

Lendrum Living

Winter

December, 2009



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

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What's New:

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- Ice Safety
- Fitness & Health
- Jeff Allen Gallery
- www.lendrumliving.com

Merry Christmas
Merry Christmas
&
Happy New Year
Happy New Year

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)



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!



Malmo Preschool

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 Joanne Leicht at 780-435-1574 or Programs@lendrumliving.com with any ideas for possible new programs



Lendrum Pottery Group:

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

New Soccer Coordinator Required for Lendrum

Lendrum is desperately seeking a new soccer coordinator. The outgoing coordinator has moved out of the community, and there will be no outdoor soccer in Lendrum without a new coordinator.



Please consider stepping forward to fill this role, and keep the strong tradition of community soccer in Lendrum alive.

If you are willing to volunteer, or have questions, please contact Paul at soccer@lendrumliving.com.

ATTENTION SENIORS (55+)!!!

PETROLIA SENIORS' GROUP *

Lunch and a Program

Tuesday, January 19th (\$9.00)

11:45 a.m.-2:00 p.m.

Greenfield Community Hall

3803 - 114th Street

For more information or to make a reservation

Please call: Nick Malychuk - 780-435-1045

or Betty Mullen - 780-434-0711

* active since 1987

Bulletin Board

Next Community League Meeting to be held at Boston Pizza...

Bring your ideas and wishes for the up coming year, we are looking set some basic goals of how we can make Lendrum better than it has ever been. We want to hear your ideas, anything is possible, all we need to do is set out some plans to make it happen. The night will a casual gathering aimed at brainstorming and putting fun and excitement back into the process.

Hope to see you there.... Just mention Lendrum Community League when you arrive, we have the meeting room booked for the evening.

Jan 11 at 6:30PM (Welcome)... 7:00-9:00pm (Meeting)

Boston Pizza

4804 Calgary Trail



Kids Play Free this Christmas Break



December 11, 2009

The City of Edmonton is letting kids play for free this holiday season.

From December 21, 2009 to January 3, 2010, children 12 years and under receive free drop-in admission to any City of Edmonton leisure, sports and fitness facility.

Spend some quality time with your family swimming in the pool, exploring the indoor playground, shooting baskets, playing badminton, or at the arena with free public skating.

Malmo Pre-Kindergarten Co-Operative Preschool

4716-115 Street (inside Malmo Elementary School)

Open House, Feb 9th, 6:30pm-8:00pm

(first come, first served)



Morning & Afternoon classes for 3 & 4yr olds
Exceptional Teacher & Teachers Aide
Small class sizes

Please visit www.malmopreschool.com for more information

To contact the registrar leave a message at 780-240-0289 or e-mail malmopreschool@yahoo.ca

Green Circle preschool in Parkallen has a few openings available for 3-5 year olds.

For more information, please contact: Dyane at 780-436-5408



Lendrumliving is looking for material...if you have an idea of something you would like to see here or on our website please forward your thoughts to newsletter@lendrumliving.com

Neighbourhood Watch News



Cell Phone and GPS Warning

A couple of weeks ago a friend told me that someone she knew had their car broken into while they were at a football game. Their car was parked on the green which was adjacent to the football stadium and specially allotted to football fans. Things stolen from the car included a garage door remote control, some money and a GPS which had been prominently mounted on the dashboard. When the victims got home, they found that their house had been ransacked and just about everything worth anything had been stolen. The thieves had used the GPS to guide them to the house. They then used the garage remote control to open the garage door and gain entry to the house. The thieves knew the owners were at the football game, they knew what time the game was scheduled to finish and so they knew how much time they had to clean out the house. It would appear that they had brought a truck to empty the house of its contents.



MOBILE (Cell) PHONE

This lady has changed her habit of how she lists her names on her mobile phone after her handbag was stolen. Her handbag, which contained her cell phone, credit card, wallet, etc. was stolen. 20 minutes later when she called her hubby, from a pay phone telling him what had happened, hubby says 'I received your text asking about our PIN number and I've replied a little while ago.' When they rushed down to the bank, the bank staff told them all the money was already withdrawn. The thief had actually used the stolen cell phone to text 'hubby' in the contact list and got hold of the pin number. Within 20 minutes he had withdrawn all the money from their bank account. **MORAL** Do not disclose the relationship between you and the people in your contact list. Avoid using names like Home, Honey, Hubby, Sweetheart, Dad, Mom, etc.... And very importantly, when sensitive info is being asked through texts, CONFIRM by calling back. Also, when you receive a text from friends or family to meet them somewhere, be sure to call back to confirm that the message came from them. If you don't reach them, be very careful about going places to meet 'family and friends' who text you.

Celebrating Excellence

ATCO is challenging Alberta's youth to tell us how they are getting involved in their communities.

Students in Grades 4 to 12 are invited to describe in 150 - 650 words how they pursue leadership and strive for excellence in sports, arts, culture, education or community involvement.

166 Students will be rewarded with an exclusive trip to Vancouver!

Plus ... Runners-up will receive an Acer Aspire laptop computer and more!

ATCO GROUP For more details or to submit your composition online, visit www.atco.com

ATCO Group has been delivering outstanding services and products for more than 60 years. It's a reflection of our 7,700 people who strive for excellence every day. We recognize Alberta youth as the foundation of our future success.

Partners

To enter by mail, send your composition to "Celebrating Excellence" c/o ATCO Ltd., 800, 909 - 11 Avenue S.W., Calgary, Alberta T2R 1N6. Two students will be randomly selected from each of the 83 constituencies in Alberta and must travel with a legal guardian on their selected day. Open to Alberta students, Grades 4 to 12 only. For full rules, visit www.atco.com. Final deadline for entry is January 5, 2010, 11:59 pm (AET). Students must meet all eligibility requirements. CTV is a registered trademark of CTV Inc. Used under license.

The Alberta Olympic and Paralympic Secretariat is excited the **Celebrating Excellence** program recognizes leadership in sports, arts, culture, education and community involvement. One male and one female student from each of Alberta's 83 constituencies will be rewarded with a trip to the Vancouver 2010 Winter Games for themselves and a guardian!

Trip includes: Return airfare to Vancouver from Calgary or Edmonton for two • A pair of tickets to a sporting event and the Victory Ceremonies • Souvenir package • Visit to Alberta House in downtown Vancouver • And more!

Government of Alberta

WINTER DRIVING SAFETY TIPS

Be Prepared-before the snow flies, and make sure that your car is winter ready. Get your car in for a maintenance check up. Some important things that should be checked are your battery, tires, and brakes.



Before you head out on the road check the weather and travel conditions. The Alberta Motor Association's website www.ama.ab.ca has up to date road reports.

Plan your route ahead of time if you are traveling a long distance, and make sure to let someone know when you are leaving and when you expect to reach your destination.

Make sure that your **gas tank** is sufficiently full. It is recommended that you have at least a half a tank of gas. As well, don't forget to top up your windshield washer fluid. Keep an extra jug in your trunk-just in case you run out while on the road.

Don't forget your **cell phone** and a car charger. Use it only when necessary and only use it when you are stopped at the side of the road. If you dial 911, you will be connected to emergency services in the area.

Allow yourself **extra travel time**, and remember to adjust your driving to the road and the driving conditions

A great way to be prepared if you become stranded. Here are some **items** that you could include

CITY OF EDMONTON'S SNOW AND ICE CONTROL PROGRAM

Transportation and Streets Department makes sand available to residents for icy sidewalks. At your request, the City of Edmonton will supply and install a sandbox at your community hall. The sandbox will be filled throughout the winter season as required. To have a sandbox delivered to your community, call 311. The location of the sandbox will be mutually agreed upon and remain on site year-round.

HOLIDAY SAFETY TIPS

Be careful with holiday candles - Keep candles away from decorations or other combustible materials. Don't leave children unattended in a room with lit candles. Keep candles, matches, and lighters out of the reach of children. Never display lighted candles in windows or near exits.

Deck the halls with safety in mind - When decorating with lights, make sure they are certified by the Canadian Standards Association (CSA). If decorating an outside tree, use only those lights labeled for outdoor use. Don't overload electrical outlets, and always unplug all lights before leaving home or going to bed.

Prevent choking - For children, small toys and special foods can be an incident waiting to happen. Ensure toys are appropriate for the age of the child, and won't create a danger for younger children in the household. Don't put out nuts or candies when young children are expected, and don't allow children to run around with food in their hands or mouth. Learn basic first aid, so you know how to help a choking victim.

Keep Christmas trees fresh - Choose a fresh Christmas tree and secure it in a sturdy stand. Place the tree away from heat sources and exits and check water levels daily. If you purchase an artificial tree, be sure it is fire-retardant.

Prepare for holiday parties - Decorate only with flame-retardant or noncombustible materials. If guests will be smoking, provide them with large, deep ashtrays and check them frequently. After the party, check under sofa cushions and in trash cans for cigarette butts that may be smoldering.

Designate a driver - When attending a party, designate a non-drinking driver. If you are hosting a holiday gathering, be sure there are non-alcoholic beverages for guests who are driving and arrange for alternate transportation for guests who drink.

Inspect fireplaces and wood stoves - Have your chimney connections and flues inspected by a professional and cleaned if necessary. Use a sturdy screen when burning fires. Burn only wood—never burn paper or pine boughs. If purchasing a factory-built fireplace or wood stove, select one listed by a testing laboratory, and have it installed according to local codes. If you plan to hang stockings on your fireplace, do not use the fireplace for fires.

Buckle up - During the holiday season, more people are on streets and highways. Ensure that all passengers are wearing safety belts. Seat children in the back seat of the car and in approved safety seats if younger than eight years old (less than 60 pounds).

News From EFCL

OUTDOOR ICE SKATING/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 Shiny Hockey Schedules and information check out The City of Edmonton Website at www.edmonton.ca/arenas or call 780-496-4999



Safe Sledding:

Dress for the weather; wear a helmet, Sled in daylight, Choose a hill with a gentle slope, Ensure path is clear before starting down, Always face forward, Always stay in control; go down safely.

CITY OF EDMONTON TOBOGGANING HILLS

Rundle Park

2903 - 113 Avenue
A.C.T. Hill, Walton's Mountain

Gallagher Park

97 Avenue & 92 Street

Whitemud Park North

Keillor Road & Fox Drive

Government House Park

Groat Road & River Road

Emily Murphy Park

Emily Murphy Road & Groat Road

Argyll/Mill Creek Park

84 Street & 70 Avenue

Jackie Parker Park

4540-50 Street



**Alberta Health
Services**

**Emergency
Medical
Services**

Sledding Safety

Sledding is a fun and exciting activity that thousands of children and adults enjoy every winter. It is one of several great outdoor pastimes that make this snowy time of year more enjoyable. But while sledding is a lot of fun, it is not without its risks.

Alberta Health Services, Emergency Medical Services would like to remind everyone most sledding injuries can be prevented. Injuries may result from collisions with stationary objects such as trees and rocks or with other people on the hill. Unprotected falls can result in injury if you lose control at high speeds. Everyone is at risk – especially children. Educate your family how to stay safe and follow these simple safety tips for a fun day on the toboggan hill.

Equipment

- Make sure your sled is in good condition. Don't use sleds with broken parts, sharp edges, or splits in the material.
- If your sled won't stop, or if you are out of control, roll off your sled onto the snow. You can always retrieve your sled afterward.
- Currently, there are no helmets designed specifically for sledding. However children should wear a properly fitted helmet designed for high impact collisions, such as hockey, cycling, or climbing helmets.

Plan Ahead

- Be conscious of clothing that contains drawstrings, or loose clothing, such as scarves, which may present a choking hazard if they become caught or snagged.
- Dress warmly in layers and anticipate weather changes. Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks to warm up out of the cold. Ensure frostbite hasn't affected any exposed skin, frequently the finger tips, toes, ears, the tip of the nose, and other high points on the face such as the cheek bones.
- If frost bite has occurred, treat it by first removing the individual out of the cold environment. Gently warm the affected skin by placing a warm hand over it or by placing the affected part in warm water (not hot; ~41°C max.) until re-warmed.

Hazards

- Avoid hills that are too steep, or too icy– you might lose control very quickly.
- Choose hills free of obstacles such as trees, rocks, utility poles, or fences.
- Don't sled on hills that end with a road or busy parking lot at the bottom.
- Never go down a hill head first or backward.
- Avoid sledding at night if the hill is not well lit.
- Consider using sleds that you can easily control. Inner tubes, crazy carpets, and flying saucers cannot be steered!

THIN ICE SAFETY

Each winter season, ice-covered water presents a dangerous hazard to Edmontonians. For everyone's safety, please remember not to go on the ice when the DANGER - THIN ICE signs are posted. When the ice is at least six inches thick, the DANGER signs will be covered or removed by The City of Edmonton. The City does not flood, shovel, or maintain these areas.

Avoid inlet/outlet areas of lakes during the winter season, as they are dangerous due to water movement. Please remember these tips:

- Avoid playing on or near ice along creeks, ponds, or along the North Saskatchewan River.



BE A SNOW ANGEL

Keeping sidewalks clear for all pedestrians is a challenge for some Edmontonians.

Seniors in particular need extra help in the winter, keeping their sidewalks shoveled, ice-free and safe. All you have to do to be a Snow Angel is simply adopt a senior's sidewalk this winter and keep it clear of snow and ice. Watch for people in your neighbourhood that could use help removing snow from their sidewalks and driveways and ask if you can lend them a hand.

For more information, call 311 or visit:

www.edmonton.ca/for_residents/resident_services_programs/snow-angelsprogram.aspx

CANDY CANE LANE

The houses along 148 Street (the Lane) between 92 and 100 Avenue are all decked out for the holiday season. The December 12 at 6 pm at the North end of the lane.

The Lane is officially open from **Saturday December 12 - January 3**

Where the lane will be lit up with Christmas lights and decorations from around 5:00 pm to midnight.

Please help them continue to spread the holiday spirit and bring a contribution for the food bank. Boxes are located at various locations on the lane



CROSS COUNTRY SKI TRAILS

Edmonton is home to some of the most scenic cross-country ski trail in Alberta. Why not check them out!

Capilano Park (Classic, Skate & Night Skiing)

109A Avenue & 50 Street

Gold Bar Park (Classic, Skate Night Skiing)

109A Avenue & 50 Street

Kinsmen Park (Classic, Skate, Night Skiing)

9100 Walterdale Hill

Whitemud Park (Classic)

Keillor Road access

Riverside Golf Course (Classic, Skate, & Night Skiing)

Rowland Rd. & 84 Street

Terwilliger Park (Classic, Skate)

Rabbit Hill Road - West End

Victoria Park (Classic, Skate)

12130 River Valley Road

William Hawrelak Park (Classic, Skate)

9330 Groat Road

Snow Valley (Classic, Skate, Night Skiing)

One block south of Whitemud Drive on 119 Street



JACKIE PARKER WINTER FESTIVAL

Saturday, January 2, 2010

Time: 1:00-4:00pm

Cost: Absolutely Free!

Activities Include:

Winter Games, Snow shoeing

Face Painting, Skating (depending on ice)

Snow Painting, Snowshoeing

Cross Country Skiing

And Lots More!

For more information about this program, please call our Information Line at 311. If the WEATHER is -20C or colder with windchill, the program will be cancelled!

FIRST NIGHT

Ring in the New Year with this free family event.

For both young and old and indoor and outdoor activities, entertainment and fireworks.

Where: In and around Churchill Square

When: Dec. 31, 2009

Festivities from 6:00 p.m. to 12: 30 a.m. Jan. 1, 2010

ASSISTED WASTE COLLECTION

The City's Waste management offers an assisted waste collection service for customers who cannot get their recycling or garbage to the curb or lane. The Service is for Edmonton residents with temporary or permanent mobility challenges who do not have someone to take their waste to the curb or back lane for them.

Collectors will walk up to the home to pick up garbage and recycling. There is no additional charge for this service. For more information and an on-line application go to: http://www.edmonton.ca/for_residents/service-assisted-waste-collection.aspx



ICE ON WHYTE FESTIVAL JANUARY 14-24, 2010

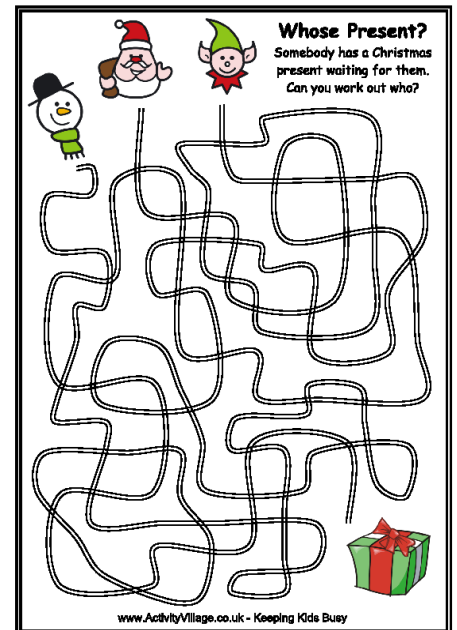
The Ice on Whyte Festival is a family oriented outdoor festival that features an ice carving competition, a beautiful ice castle, an exhilarating ice slide, a children's ice maze and much more. The festival takes place in Old Strathcona in the park on 104 Street at 85 Avenue. The sculpting competition showcases up to 10 teams of international artist who create spectacular ice carvings. There is live musical entertainment in a heated tent every evening and hot beverages are available by making a donation to the Canadian Breast Cancer Foundation. The festival is open from weekdays from 2 pm to 10 pm and weekends from 10 am to 10 pm and admission to the park is \$2 per person. For more information visit www.iceonwhyte.ca. Come out and enjoy our winter City!



THE GROCERY BAG

The Grocery Bag is a new grocery delivery service offered by Edmonton Meals on Wheels. The Grocery Bag is a convenient and reliable way for seniors or homebound individuals to have groceries delivered. There is a minimum order of \$15.00 and a service fee of \$5.00 for each order. All orders must be prepaid by cheque or cash (in person) or credit card (by phone).

Grocery orders will be delivered the following week after the order is placed. For more information call 780-429-2020 or go to www.mealsonwheelsedmonton.org Neighbourhood and Community Development Branch Newsletter Page 5 of 6



Pleasantview Community League Beginner Learn to Skate Lessons - There are two classes being offered for different ages and skill levels:

1) Preschool Learn to Skate: This program is geared towards children 4 to 6 years old who have limited or no skating experience. Children will learn basic skating skills at their own pace. Time: 1:00 - 1:30pm (349281) Cost: \$22.50

2) Children Learn to Skate: This program is geared towards children 6 to 9 years old that have limited skating skills and are still learning the basics. They will learn to glide and skate using proper technique and balance in a safe and fun environment. Time: 1:45 - 2:30pm (349226) Cost: \$30

CSA approved skating helmets are mandatory. Lessons will take place outside and will be cancelled due to adverse weather conditions. Classes will not be rescheduled. **REGISTRATION INFORMATION:** By Phone: Call 311 for Information. E-REG: <http://eReg.edmonton.ca> or register in person at any City of Edmonton Leisure Centre

Nutrition: Healthy Holiday Eating

Don't skip meals. By skipping meals in anticipation of a large meal, we tend to eat too much when the mealtime comes and we often consume more calories that way. By eating regular meals and snacks, we can control our appetites for that big dinner or appetizer party and won't feel the guilt of overeating.

Mix and mingle with guests, not food. It's easy to overindulge when tasty appetizers and treats are out on the table in front of you. Try to take a few of your favourites and then socialize away from the food table. We are more likely to over eat when the food is sitting out in front of us.

Watch those liquid calories. Along with food, drinks often accompany the festive season. Beverages such as juice, apple ciders, eggnog, hot chocolate, pop and punches are high in sugar and can add up quickly. And a lot of these beverages are combined with alcohol which further adds up in calories (about 100 calories in 5oz of wine or 1½ oz liquor, and 150 calories in a can of beer). Try to have a glass of water in between each beverage. Instead of wine try a wine spritzer for half the calories or substitute the pop for diet pop.

Slow and steady wins the race. Remember, it takes our brain 20 minutes to know that our stomach is full so be sure to eat slowly. If you are still hungry, try to have a glass of water or take a second helping of fruit or vegetables. The same goes for alcoholic beverages, it's easy to drink a lot of those fruity drinks and not realize all the calories you are taking in. Save yourself the extra calories and the headache the next morning.

Healthy options still taste great. Even though it's a holiday, you still need at least 5 servings of fruit and vegetables per day. Aim for a serving of vegetables and fruit with each meal and snack throughout the day. When it comes to the dessert table, choose 1 or 2 of your favourite treats and pair with fresh fruit. Load up on a second helping of veggies rather than another helping of turkey and mashed potatoes.

Be merry and active. It's important to keep active throughout the holiday season. Aim for 30-60 minutes of activity per day. Whether you do it all at once or add up 10 minute bouts of activity, you'll feel great and enjoy the holidays that much more. Try to include all the family and friends by going for a walk, tobogganing, skating or snowshoeing.

If you keep your good habits of healthy eating and active living throughout the holidays, you won't need to worry about making that new years resolution to lose some unwanted pounds.

Fitness: Discover Your Fit, Heart Health

Discover your Fit—Level 1 » \$386*

For beginners wishing to join the winning program of lifestyle change! Learn and participate in the basic design and implementation of your own fitness program and understand how to pair nutrition with exercise for a winning combination. Enjoy a supportive small group environment while receiving individual attention. Long-term success and safety are at the core of this ultimate fitness and lifestyle package.

53956 / Tue & Thu / Jan 26–Mar 18 / 5:30–7pm... *endorsed by Alberta Health Services Weight Wise Initiative*

Heart Health: Active Living the Heart's Way » \$300* (16 Sessions)

Managing high cholesterol, high blood pressure and/or type 2 diabetes? This program has been created by a multi-disciplinary team of practitioners to help patients managing Stage One and Stage Two heart failure. The focus is on giving you the support and tools needed to be active.

Guiding you step by step through a variety of physical activities, sound nutritional habits and Smart goal setting in a small group format, we will create a healthier you. Using guidelines from the Canadian Association of Cardiac Rehabilitation and the Canadian Society for Exercise Physiology, we closely monitor you through classroom, pool and gym-based sessions, demonstrating and implementing healthy active-living practices. PAR-Q and ParMedX forms will be issued in person upon registration and must be completed before the first class unless physician clearance has already been received.

54703 / Tue & Thu / Jan 26–Mar 18 / 11am–12:30pm
53957 / Tue & Thu / Mar 25–May 18 / 11am–12:30pm
*Logbook & heart rate monitor included

www.macewancentre.ca
MacEwan Centre for Sport and Wellness
10700 – 104 Ave.

General Interests

Stitching Inspirations from Nature

Jeff Allen Art Gallery
Strathcona Place Senior Centre
10831 University Ave.

January 5, 2010 – January 28, 2010
Reception January 13, 2010 6:30 – 8:30 PM



The Edmonton Needlecraft Guild began in 1974 with 28 members. This group has evolved into 80 plus artists who provide high quality workshops and programs for those interested in this particular art form. This exquisite show will demonstrate a wide variety of skills including many styles of embroidery both traditional and contemporary. Come and view needlecraft at it's finest. Everyone is welcome.

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

Recipe: Chunky Tomato Potato Soup



Ingredients

2 tablespoons butter
2 onions, chopped
4 cups peeled, cubed potatoes
1 1/2 cups chopped celery 1 1/2 cups chopped carrots
2 cloves garlic, minced
1 tablespoon Italian seasoning
2 cups milk
1 tablespoon cornstarch
1 (14.5 ounce) can tomatoes
1 1/4 cups chicken broth
2 tablespoons tomato paste
salt and pepper to taste

Makes 8 servings.

Directions

Melt the butter in a large saucepan over medium heat, and cook the onions until tender. Mix in the potatoes, celery, carrots, and garlic. Season with Italian seasoning.

Pour in milk, gradually stir in cornstarch, and bring to a boil. Mix in tomatoes, broth, and tomato paste. Return to boil, reduce heat to low, and simmer 20 minutes.

Season with salt and pepper.

Nutritional Information

Amount Per Serving:

Calories: 166
Total Fat: 4.6 g
Cholesterol: 13mg
Sodium: 406g
Total Carbs: 27.1g
Dietary Fibre: 4.4g
Protein: 5.4g

Malmo Pre-Kindergarten Co-operative Preschool

currently has openings in the 3 year old afternoon class. Please visit www.malmopreschool.com for more information.

To speak to the registrar call 780-240-0289



Classifieds & Help Wanted



Feel the Rhythm!

Call for Registration Dates & Times!!!

Studio Address:

2429 104th Street
Edmonton AB, T6J 4R1
Studio Phone: (780) 233-6756

• Tap	• Jazz
• Ballet	• Novelty
• Lyrical	• Hula
• Hip-Hop	• Belly Dancing

Website: www.dancin-company.com



Diamond Shine Cleaning

Melanie Frattinger
(780-465-3538)

Small Office cleaning / Post construction clean ups
General / basic cleaning / Spring / Fall cleaning
Move in / Move out / Blinds / Walls / Bi-weekly

(In business since 1991)
Licenced, Police Clearance, Bonded, & Insured
GST required on Payments

NEED AN ELECTRICIAN?





Call Rob - Master Electrician at 780-433-3837
For all your electrical needs.

Need Landscaping, yard work or snow removal? Call TJ at 780-265-5943



Looking for a dog walker for 3-4 days per week for my puppy. Please contact Stephanie 780-468-7626



FREE dog & cat grooming, call for evening & weekend appointments 780-934-8986 limited number of free bookings available.

This Space Available...
Put your ads here to reach over 700 homes!



(780) 434-3982

#2, 9820-47 Ave NW
Edmonton, AB T6E 5P3

WARRANTY APPROVED DEALER ALTERNATIVE



Mission

To remain committed to the total satisfaction of our customers' service experience by providing highly trained technicians utilizing the latest technology with quality parts.

Vision

To be the best provider of Automotive Maintenance & Repair Services in the Edmonton Region.



www.lendrumautoservice.com

ACDelco®

Community League Membership

Valid through August 31/11
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:** _____

Email: _____

Number of Adults in household: _____

Number of children in household: _____

Number of skate tags required: _____

A Celebration Place

If you need a location for your fam-
ily party or office function, consider
renting our Community Hall.

Available to all league members
residing in Lendrum.

Please call Nigel Davidson
at 431-0752

Lendrum Community League

2009-10 Executive & Contacts

President:	(Vacant)	
Vice-President:	(Vacant)	
Past President:	Brent Shaben	(780) 438-8052
Treasurer:	Dale Somerville	(780) 434-1032
Secretaries:	Ami Brodribb & Brendan Marlatt	(780) 433-1678
Programs:	Joanne Leicht	(780) 435-1574
Building Rentals:	Nigel Davidson	(780) 434-0135
Casino:	Gord Okamura	(780) 435-2973
Civics:	Gail Faurshou Gary Yaskowich Mike Kuntz	(780) 436-4361 (780) 432-1029 (780) 438-4818
Memberships:	Jacqui Krahn	(780) 438-3916
Newsletter/Web:	Lauren Guhl	(780) 438-8226
Newsletter Dist.	Catherine Stout	(780) 436-7179
Member at Large	Tom Havlas John Porter Kate Ryan Ron Grelowski	(780) 432-4577 (780) 438-1896 (780) 436-5431 (780) 465-7079
Soccer:	(Vacant)	
Social:	Tom Schroepfer	(780) 432-0910
Volleyball:	Lance Adamson	(780) 438-9168
Ice Rink:	Gary Goulden	(780) 450-0927
Athletic Park:	Harvey Guhl	(780) 438-8226
Lendrum Sign:	Luke Falkenstein	(780) 431-0752
Neighborhood Watch:	(Vacant) 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

*Next Community League Meeting
See page 3 for details*

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 Mac or PC files usable, please allow enough time to verify your file is print ready. Payment to be made to Lendrum Community League (POBox 4570, T6E 5G4) Edm, Ab. **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. (Dist. Of 750 Newsletters each month) **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.

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