

LENDRUM LIVING

November, 2010



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



A Party For Lendrum Playgrounds

Community League Silent Auction and get-together in support of playground redevelopment in our area.

Saturday , November 27th, 7-9 pm
(See Page 8 for details)

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 - www.lendrumliving.com

Youth & Adult Programs

Ladies' Coffee Time:

First Monday each month, 10-11:15 am at Sunterra Market.

For more info, please call Dorothy (780-434-3732)



Lendrum Badminton:

Adult drop -in, Tuesdays 8pm, Avalon School. Please contact Lynn Wong (780-438-0517)



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: (780-432-0910)



Sparks, Brownies, Guides and Path-finders

For girls ages 5-18 Call 780-435

-5068 or email rainbowvalley.guides@hotmail.com

for more info Join anytime - always accepting new girls in all levels!



Crafters of Lendrum

The Lendrum Craft Group welcomes all residents and friends who enjoy doing handicrafts. We meet once a month and share a potluck lunch at the Community Hall. Please bring your own mug and dishes. Bring along a project to work on and/or completed projects to share. Next Date is Tue, Dec 14th



The dates for 2011 are:

Mondays 10:30 - 3:30
Jan. 17, Feb. 14, Mar. 21, Apr. 18, May 16, June 20.

For more information, call Peggy Folinsbee 780-436-9322

Line Dancing

every Thursday from 10:00 – 11:30 am at Lendrum Community Hall. Experienced instruction supplied by Jim & Sheila New...For Info contact Don or Rita at 780-434-5885



Lendrum Pottery Group:

Please call Joy Schaut 780-434-1997 for info.



Blue Chair Tai Chi

Mondays, 9-10:30am, Malmo Hall Thursdays, 7-8:30pm, 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.

Please contact Gary Goulden
(780) 450-0927 or
Programs@lendrumliving.com
with any ideas for possible new programs

Lendrum Pottery Group Christmas Sale

Saturday December 4th
10:00 am – 2:00 pm

Lendrum Community League Building
11335 – 57 Ave



Pottery for all occasions and celebrations, to suit all tastes. Decorative and Practical, Oven, freezer and microwave safe. Complimentary Coffee

Bulletin Board And Forum

ATTENTION SENIORS (55+)!!! PETROLIA SENIORS' GROUP

*Invites you to attend a Full
Christmas Dinner
and a Christmas Musical Program*

**Tue, December 13, 2009 (\$15.00)
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

CITY OF EDMONTON TOBOGGAN HILLS



Rundle Park ACT Hill 2903—113 Avenue
Whitemud Park North Keillor Rd. & Fox Drive
Government House Park Groat Rd & River Rd
Emily Murphy Park Emily Murphy Rd & Groat
Argyll/Mill Creek Park 84 Street & 70 Avenue

**Next Community
Casino** slated for
February 4th & 5th,
2011 Keep in mind
that this is our
primary way we
generate funds, with out
volunteers we would not be able
to participate.



We will have the volunteer form
posted on the website and in
the next newsletter.

Operation Speed Bump ... is working very well



Lendrum residents you
have the potential of
making life a little slower
for motorists that are
using our streets as a
race track & short cut.
When ever possible
make your route in and
out of the community
along the 30km zone in
front of Avalon School.

Make sure you drive no
faster than 30km....by doing

this you will frustrate speeders that are using the route as a short
cut. In addition we have been requesting more speed traps and
police presence to help curb the high speeds and people using it as
a fast through route. By staying below 40km in non marked areas
and 30km in marked areas we will slow down traffic and make
Lendrum a safer & quieter place to live.
Over the upcoming year we will be asking the City to develop traffic
calming measures which will decrease the current problems and
minimize any future ones caused by south campus development.

Thanks Again to all of you...you are making a difference!!!

Playground Revelopment

A committee has begun
the process of revelopment
of the playgrounds in the
Lendrum community. New
participants are welcome
Contact Ron 780.465.7079

Meetings are the second
Monday of
each month
from 8:30 pm
to 9:30 pm



Lendrum Area Schools



Avalon Lendrum School News

November is one of our more serious months of the year. We began November with our most formal display of respect – Remembrance Day. We invited our community to join us as we REMEMBERED at Avalon. In mid November report cards were issued at Lendrum and at Avalon Student Reflections are issued. This is the 2nd year for involving our Junior High students in the reporting process.

Teacher/Parent conferences are fast approaching. We thank our community in advance for your patience during this time of more traffic congestion in the evenings. We invite our Community to visit the Lendrum Book Fair during conference time, November 30 to December 2, to see what new books are available for your children and grandchildren.

October was a very busy month for our student athletes. Students from grade 4-9 participated in the Annual C.A.H.P.E.R. Cross Country run at Hawrelak Park. Our Avalon Senior Girls Soccer Team won Silver and the Senior Boys Soccer team won Gold in the Premier City Finals. Our Avalon X-County team had many 1st and 2nd place standing in their city finals as well. . Our Knights Volleyball teams are now off to a good start and we wish them all the best!

We appreciate our community keeping a watchful eye on our school property. You can help reduce vandalism by notifying us if you see people in the act of destructive activities or any other suspicious behaviours. Please call Edmonton Public Schools Security 780-498-8702 or the Edmonton Police Service at 780-423-4567.

Mary Butlin
Principal

Judy Darroch
Assistant Principiapl

Carla Kennedy
Curriculum Co-ordinator

St Martin School News

[Grade 6 Class wins Book Club Award](#)

October 19.....Congratulations to the Grade 6 class at St. Martin for winning the TD Kids Book Club Award! CBC partnered with the TD Canadian Children's Book Week to create a contest for students in Grades 4 to 6. The class had to write a story or poem convincing CBC that they deserved to have the Book Club come to their school. As a result, CBC Radio and author Sharon Jennings visited St. Martin School. A TV broadcast will be made during the Christmas season

Wheat Weaving

It was with great pleasure that the staff and students of St. Martin School welcomed Mrs. Irene Topolnitsky to their school Oct. 25-27. Mrs. Topolnitsky a renowned wheat weaving artist introduced students to the traditional Ukrainian art form wheat weaving. A great deal of fun and a unique project was had by all!



Simon Pryma
Principal, St. Martin School



Our Annual Turkey Trot brought out many Lendrum residents... As in years past we had two courses, a 3km and 5km for the keepers. We are so fortunate to have the farm near by and the Alberta School for the Deaf grounds which had a portion of the courses run through them. Thanks Again to Tom and Liz Schroefer for putting on this fun event It always amazes me how Tom picks the best days for weather each and every time out....KUDOS to both of you!!!



YOU ARE INVITED

- What:** SCHOLASTIC BOOK FAIR SAFARI
- Where:** LENDRUM ELEMENTARY SCHOOL LIBRARY
- When:**
 - Monday, Nov. 29 student viewing
 - Tuesday, Nov. 30 3:30 – 8 pm
 - Wednesday, Dec. 1 3:30 – 8 pm
 - Thursday, Dec. 2 2:30 – 6 pm



Please consider purchasing a Scholastic book to donate to ABC Head Start. Visit the book fair for more details.

Presidents Message

Hello again and my apologies to anyone who sent me an email and didn't get a reply. My inbox vanished three times in the last 4 weeks. I think it's working now so if you did not receive a reply, please resend your message.

Thank You

- *To each of you who participated in School Board's Sector Review.*
- *To everyone who voted in the civic election.*
- *To Tom and Elizabeth for organizing the Turkey Trot and cleaning up afterwards.*
- *To all who have renewed their community league memberships.*
- *And welcome to everyone who joined our community league this year.*
- *To all the residents who attended our November meeting. It's great to see new faces and meet fellow Lendrumites.*



"welcome to everyone who joined our community league this year."

Bill Fish
LCL
President

Good News

- *Glenn's survey of pool usage showed that we have more members swimming at community league times that we expected. Did you know your community league membership entitles you to free swim times at area pools? Let's continue to keep Lendrum fit.*
- *Community volunteers are standing by to put ice in the rink – all they need is some winter weather.*
- *We used to run skating lessons every year. If you are interested in having lessons again, call Gary, our programs coordinator.*

From the October community league meeting:

- *There are two volunteers who worked all summer keeping native plants from the wild area of the dry pond from encroaching on the playing fields. Good job!*
- *To date, we have spent about \$6,000.00 watering, mowing, reseeding, and fertilizing the playing fields with most of the work done by volunteers. I've had visitors tell me that the main field is the finest soccer pitch in town. Wow!*

South LRT

Three items continue to demonstrate that the SLRT's 'community consultations' were a sham.

- *The fence along 111th*
 - *The architect said it was built too close to the alley to save mature trees. The City said it was built too close to the alley "to avoid utilities". Can they both be right?*
 - *The relocation, plus secret design changes, plus shabby work, plus inadequate finishing adds up to an eyesore.*
- *Entrance signs – as you can see, there are none.*
- *Parasitic parking – Councilor Don Iveson has been working with some of the most affected residents on workable solutions to this problem.*
- *Short-cutting – still no solutions that the City is willing to implement*

The City of Edmonton is bidding for the right to hold an EXPO in 2017 – Canada’s 150th birthday. The proposed EXPO site will be on the University farm. For more information visit www.edmontonexpo2017.com

- What will this mean for Lendrum and the other surrounding communities?
 - We hope – the site and buildings will be state-of-the-art and worthy of welcoming the world.
 - We fear – more big boxes and haphazard development.
 - We know – there will be four years of construction, followed by 5 million visitors in 3 months, and then a year of cleanup.
- If you want to have a say in the design and development, join us.

Reminders

Check your new sidewalk. It has only a two year warranty – and you are paying half the cost. Some of the faults that must be reported before the two years are up:

- Cracks – these might be either across the walk or along it
 - Low spots – water pools on the sidewalk
 - Wrong slope – water flows on to your property instead the road
 - Spalling – concrete is flaking off, usually at joints or the edge of curbs
- If you notice any of these faults, please send me an email with the location.
- Renew your membership – or join the community league for the first time. The more members we have, the more influence we will have with our elected officials.
 - EXPO 2017/ University Open House at the Saville Centre (South Campus) on 29 Nov.

Best Regards,
Bill Fish
LCL President

EDMONTON

RECYCLE IT!

PAPER	NEWSPAPER & INSERTS 	WRITING & COMPUTER PAPER 	LOW GRADE
MAGAZINES 	PAPER BAGS 	METALS <small>(please fold lids inside cans)</small>	TIN CANS
ALUMINUM CONTAINERS 	ALUMINUM CANS 	GLASS <small>(discard lids)</small>	JARS
BOTTLES 	CARDBOARD <small>(breakdown and flatten)</small>	CORRUGATED CARDBOARD BOXES 	CEREAL AND FOOD BOXES <small>(discard plastic liners)</small>
BOX BOARD (EG. SHOE BOXES) 	MILK CARTONS <small>(rinse with cold water and flatten)</small>	JUICE BOXES 	PLASTIC <small>(discard caps and lids; empty and flatten)</small>
BEVERAGE BOTTLES 	OTHER PLASTIC BOTTLES 	PLASTIC BAGS 	MILK JUGS <small>(flatten)</small>

If you have any questions about Recycling, please visit our website at www.edmonton.ca/waste or call the Waste Hotline at 496-5678.

A PARTY FOR OUR PLAYGROUNDS!

Announcing the Lendrum Community

Silent Auction

Saturday, November 27th, 2010
7-9 pm

Tickets \$5

Ticket includes admission, one beverage, and hors d'oeuvres
Additional beverages available for \$2

Where: St. John the Evangelist Anglican Church
11111 - 57 Ave.

- Please join us for a silent auction to raise funds for new playgrounds in Lendrum.
- Lots of great items and services from local merchants up for bids—just in time for holiday gift-giving!
- See what the Playground Committee is planning for your kids!

For tickets contact Elizabeth Ng at tomandliz@shaw.ca or Ron Grelowski at ronandjo@telus.net.



Neighbourhood Watch



People Helping People to Prevent Crime Working With You in the Community

Neighbourhood Watch is a program aimed at reducing crime in the community. It involves getting to know one's neighbours and introducing them to the concept of Neighbourhood Watch – that is, good neighbours working together, alert to the potential of crime and willing to look out for one another's interests.

Neighbours working together through Neighbourhood Watch can combat crime in their area the most effective way – before it starts. Through the active participation of citizens in crime prevention, Neighbourhood Watch provides a means of reducing the opportunity for crime to occur. Citizens are taught how to make their homes less inviting as a target for thieves; how to participate in Operation Identification, making their personal property less desirable to burglars; and, how to be alert to suspicious activity in their neighbourhoods.

Very few people are in a position to protect their homes and property all of the time. Vacation, business and shopping trips, or even an evening out will leave home unattended and vulnerable to theft. The Neighbourhood Watch program will provide a sense of security for individuals or families who leave their homes for any length of time. The program will also help to co-ordinate the efforts of the police and the community in tracking down criminals. Strong community involvement is encouraged because neighbour unity can deter crime. Neighbours joined together do help correct situations that threaten their peace and safety.

For more information about the Edmonton Neighbourhood Watch Program please contact the business office at:

The Edmonton Neighbourhood Watch Program Society
9620 103A Ave
NW Edmonton, AB
T5H 0H7

Phone: (780) 421-3428
Fax: (780) 421-2341

Email: watch@tera-byte.com

Web: www.watch.edmonton.ab.ca

Check out www.crimemapping.edmontonpolice.ca

Please call a Neighbourhood 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).

ENW Info for Lendrum – 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 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. (eg. Suspicious person or vehicle)

Any reports of suspicious or criminal activity should be reported to neighborhood watch zone leaders, so that it can be noted 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.



COMMUNITY CRIME PREVENTION

By Constable Shelly Fisher

Some simple tips to prevent theft of your vehicle and theft from your vehicle. Working together, we can reduce vehicle crime in your community. Here are some tips on how to protect your vehicle and valuables:

- Lock your car doors and close all windows.
- Never leave your car running unattended.
- Don't hide keys in your vehicle.
- Park in a sensible place, avoiding unlit areas at night.
- Consider installing a car alarm or an anti-theft device such as a steering wheel bar lock, an engine disabler switch, etc.
- Don't leave valuables in your car. Even small items such as CD's, iPods, laptops or change can be tempting to a thief.
- If you must leave valuables in your vehicle, lock them in the trunk before reaching your destination.
- Use portable mounts for add-on stereo equipment.
- When you leave the car, you can take add-ons with you.

For more information, go to the AMA web site under 'vehicle protection'— www.ama.ab.ca. Report any suspicious activity to police

Snow Shoveling for Seniors



Are you a senior who is fearful of the onset of winter because you don't know how you're going to manage once the snow hits?

Keeping walks free from snow is also important to help prevent falls. So if you know of a senior who needs help, do that extra little bit and shovel in front of their house! They appreciate it!

There are a number of agencies in Edmonton who match seniors with a low-cost snow shoveller to ensure you're not snowbound or risk being fined for not clearing your walks.

"Winter can be a challenging time for seniors. As a first resort, seniors could ask family members, neighbours or friends for help, but if that's not an option, there are several agencies which seniors can contact to request snow shovelling service," said Brenda Wong, seniors coordinator with the City of Edmonton. If you are a senior who needs help, or if you can help seniors shovel their snow, contact one of the following groups.

SNOW SHOVELLING/YARD WORK & HOME SERVICES FOR SENIORS CONTACT LIST OF SENIOR-SERVICE AGENCIES 2010-11

Edmonton's Senior Centres

also provide a number of educational and recreational opportunities for seniors including crafts, hobbies, clubs, support groups, day trips, education on healthcare, finances, and a number of other topics.

Visit your local Seniors Centre for:

- Seniors Housing
- Help Around the Home
- Elder Abuse Support
- Safe Housing
- Support Groups
- Health Services
- Foot Care
- Flu Clinic
- Financial Advice
- Art Classes
- Music Lessons
- Crafts and Hobbies Workshops
- Lecture Series
- Fitness Classes
- Computer Classes
- Day Trips
- Clubs
- Special Events and more!

CONTACT PERSON & AGENCY	SERVICES OFFERED	REQUIREMENTS TO ACCESS SERVICES	AREA COVERED	ADDRESS	PHONE # FAX #
Lifestyle Helping Hands Seniors Association:	Snow removal, yard work, odd jobs, volunteer drivers and outreach services as may be available	Must be a member to access home help services & be matched with a worker. Annual membership is \$10 per individual, \$15 per couple	South of river & West of 104 Street	10740-19 Avenue T6J 6W9	450-2113 Office Hours Weekdays 11a.m. – 3p.m.
Westend Seniors Activity Centre:	Snow removal, yard work, housekeeping and other outreach services as may be available	No membership fee is required. Senior is referred to private contractor(s). Senior negotiates and pays contractor directly for services	West Edmonton	9629 – 176 Street T5T 6B3	Phone #483-1209 Fax #484-7738
SAGE (Seniors Association of Greater Edmonton):	Snow removal, yard work, housekeeping, handyman services, moving services & other home maintenance resources as requested by seniors	SAGE membership is <u>not</u> required. Seniors are provided with home maintenance contacts from list of screened contractors. Payment for services is negotiated between the senior and the contractor	City-wide	#15 Sir Winston Churchill Square T5J 2E5	Phone #780-701-9011
Seniors Caring About Seniors:	Snow removal, yard work, house work, odd jobs and driving	Must be a member to access home help services & be matched with a worker. Annual membership is \$10	South of the river only	7814 – 83 Street T6C 2Y8	Phone #465-0311

Southwest

- [Senior Citizens Opportunity Neighbourhood Association \(SCONA\)](#)
10440 84 Ave
780-433-5377
- Southwest Seniors Outreach Society
10832 62 Ave
780-435-9515
- [Strathcona Place Senior Citizens Centre](#)
10831 University Ave
780-433-5807

West

- [Westend Seniors Activity Centre](#)
9629 176 St
780-483-1209

Build...Inspire...Grow: Great Volunteers Building a Great City

Share your time, skills and energy with one of the many services or programs the city offers. Your involvement makes a difference.

Volunteer With the City

Join the City's 12,000 volunteers who directly help deliver municipal programs and services.

Check out the various volunteer opportunities within the city:



[Agencies and Boards](#)

[Attractions and Recreation Centres](#)

[Capital City Clean Up](#)

[Edmonton Police Service Volunteering](#)

[Edmonton Public Library](#)

[Emergency Services](#)

[Master Composter/Recycler Program](#)

[Off-leash Parks Clean-up](#)

[Parks Patrol](#)

[Parks Steward Program](#)

[Reuse Centre](#)

[River Valley Clean-up](#)

**For
Information
Call
311**

**Or
Email
volunteer@edmonton.ca**

Planning Matters

No limit set for projects near LRT stations and major Transit Routes:

High Density Development on the Way

The City is working on Transit-Oriented Development (TOD) Guidelines and Standards which would allow more intense developments around stations, while improving pedestrian and cycling access to the LRT stations. Maximum densities are not specified in the TOD guidelines because higher density around LRT stations is being encouraged in order to maximize ridership. New construction of single-family homes would not be permitted, with the exception of home replacements. Row housing and low rise apartments would be the smallest buildings developed in the 400 m radius of an LRT station and in the 200 m radius of a major transit route.

The EFCL has been asked to provide feedback on the draft TOD Guidelines which will be revised in the next few weeks. Your Community League District representatives on the EFCL Planning Committee have already provided some preliminary feedback to the City on the proposed Transit-Oriented Development policies. In general they have expressed support for moderately increasing density around transit stations and improving pedestrian and cycling accessibility. They have said that higher density housing around LRT stations should be family friendly, especially when there is a school within 800 m of the station. Infill housing should meet the family friendly housing guidelines being developed by EFCL.

In addition, they believe there should be limits on density in order to address quality of life issues and predictability. They support the mandatory 30 m separation of houses from larger scale housing; however, the 30 m separation is greatly opposed by the development industry, thus this requirement may be removed from the TOD standards, unless there is significant public demand.

Furthermore, EFCL Planning Committee members have expressed support for the mandatory pedestrian and cycling enhancements around stations, including shorter blocks, wider sidewalks and dedicated bike lanes.

Finally, they have asked that historic buildings on the LRT route be identified and protected, believing that the historical character of each neighbourhood should be honored.

Before finalizing its response to the city the EFCL would like to hear from community leagues.

Do you support the ideas of the EFCL Planning Committee? What are your recommendations? Please take the time to review the [draft TOD framework](#) and send your comments to the EFCL Planning Committee. Also, you are invited to join the TOD discussion group or the December 1 city workshop by contacting Bev.Zubot@efcl.org, 780-437-6930.



Learn More About City Planning

Understand the urban planning process in Edmonton and be an effective voice for your Community

Join the Planning Academy! **EFCL's Edo Nyland Scholarship** Worth \$70 Available to Community League Members upon completion of 3 core courses and 1 elective. Courses are 3 or 6 hours each. To register, search for the [Planning Academy](#) on www.edmonton.ca

Creating a New Style of Low-Rise Apartments

Low rise apartments being built in mature neighbourhoods could take on a different look if a new set of regulations in a Medium Scale Residential Overlay is adopted.

Based on interpretations of the Residential Infill Guidelines, city planners are proposing a number of new regulations for infill apartments. For instance each apartment unit is to have a private outdoor amenity space – a yard or balcony. Presently this is not required.

Ground level units are to have a minimum 15m² of private amenity space, as well as private entrances. Common/shared outdoor amenity space would be required if the building had 20 or more units.

The Overlay also calls for additional setbacks and architectural treatments.

The EFCL Planning Committee is currently analyzing the first draft of the regulations and we need your input. Please contact Bev Zubot if you want to review the draft Overlay draft or attend a presentation by the Planning Department.

The Overlay is scheduled to go before City Council in December.

Chef Henry Palmer's Hotel Selkirk Pumpkin Bread

- 1 (15 ounce) can of pumpkin puree or 1 whole pumpkin, baked and mashed
- 4 eggs
- 1 cup vegetable oil
- 2/3 cup water
- 3 cups white sugar
- 3-1/2 cups all-purpose flour
- 2 teaspoons baking soda
- 1-1/2 teaspoons salt
- teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1/2 teaspoon ground cloves
- 1/4 teaspoon ground ginger



History that's alive & kicking!



Fort Edmonton Foundation

1. Preheat oven to 350 degrees F (175 degrees C). Grease and flour three 7x3 inch loaf pans.
2. In a large bowl, mix together pumpkin puree, eggs, oil, water and sugar until well blended. In a separate bowl, whisk together the flour, baking soda, salt, cinnamon, nutmeg, cloves and ginger. Stir the dry ingredients into the pumpkin mixture until just blended. Pour into the prepared pans.
3. Bake for about 50 minutes in the preheated oven. Loaves are done when toothpick inserted in center comes out clean... Enjoy!

Have a Heart Give Smart Campaign

Give Smart is a public education campaign about panhandling and the choices

Edmontonians have to help make **real** life changes for someone in need.

Edmontonians care about each other. Giving money to panhandlers, however, may not be the best way to help people.

It's ok to say "No" to panhandling and "Yes" to giving There are many places in Edmonton for people who need free food, shelter and support. They help thousands of Edmontonians. Regular free meals are available throughout the city. Food banks are also available. Not all panhandlers are homeless. Many, however, share the same issues as people who are homeless - - addictions, mental health issues, living in poverty. If you want to make **real** life changes for someone in need, donate your money or time to agencies that provide support. Phone 2-1-1 or go to **211Edmonton.com** for a list of agencies that accept donations.

For more information go to:
www.edmonton.ca/GiveSmart



Alberta Health Services

Emergency Medical Services

Cold weather safety

Alberta Health Services EMS responds to many cold weather related emergencies every winter. Simple actions such as dressing appropriately and anticipating sudden weather changes can help keep you both warm and safe this season. And don't forget to wear a toque – a significant percentage of body heat lost escapes from the top of your head!

Frostnip

- Frostnip occurs when skin is extremely cold, but not frozen. It commonly affects the ears, nose, cheeks, fingers and toes.
- The skin appears red but also turns to white when pressed. It may feel numb to the touch.
- When treated promptly, frost-nipped skin will heal without complication.
- Gently re-warming the affected area in a warm environment is advised.

Frostbite

- Frostbite is when skin becomes so cold, the skin and underlying tissue freeze completely.
- It may look white and waxy and will feel hard to the touch.
- Treatment begins with removal from the cold environment and placing the affected area in warm, *not hot*, water (about 41°C) until re-warmed.
- Seek further medical attention as required.

Hypothermia

- Hypothermia is abnormally low body temperature (less than 34°C as compared to normal body temperature of about 37°C).
- People suffering hypothermia may act inappropriately with uncharacteristic stumbling, mumbling, and fumbling, as their body temperature continues to lower.
- Early recognition and prompt medical attention is crucial. Left untreated, hypothermia may progress to coma and death.
- Call 9-1-1. Don't forget to protect yourself from the factors that originally lead to the patient's situation.
- Gentle re-warming should start as quickly as possible including: removal of wet or constrictive clothing, covering with blankets or sleeping bags, and protecting the patient from further heat loss (wind, moisture and contact with cold surfaces).

Classifieds and General Interest

Neighbourhood Bissell Donation Centre The Old IGA on 122st !!!

I love being able to donate to a worthy cause and of all the charities I have worked with, Bissell is **one of very few** that I would highly recommend. I select my charities of choice by seeing **what they do in our community** and Bissell makes a difference.

The Bissell Centre runs an inner-city kitchen to feed the homeless, along with various other programs committed to fighting poverty. The Community Closet is a voucher-based system assisting low-income families and individuals by providing basic essentials of clothing and household goods at no charge. An Intake Resource Worker is available daily to meet with community members who have immediate needs such as obtaining medical care, clothing and house ware vouchers, social assistance, and advocacy. The Robert Tegler Friendship Room (Adult Drop-In) is a space for men and women to get their basic daily needs met. Toilet, shower and laundry facilities are available as well as telephones, a daily meal and coffee. Other services include free haircuts, adult literacy, care from Capital Health Community Health Nurses and sexually transmitted infections (STI) nurses. Mental Health Support works with individuals who have mental health concerns, and often-concurrent addictions issues, and who do not have appropriate supports to address their daily living needs. The program helps people to function successfully in the community by reducing the barriers involved in meeting their economic, social and personal needs.

They are working with whom we would like to help but often are limited in our time but **we can make a difference**. Working with charities needing donations, the biggest question is "What do I donate?" If you'd like to help, the Centre is always looking for

- basic toiletries, you know those hotel sample size bottles? These are IDEAL as each individual gets their own. Shampoo, soap, toothpaste, shavers...
- new and used clothing, Please remember these are to be worn and/or sold (if the homeless can't wear the high heels or Tommy bathing suit you donate) so please donate goods that are wearable or sellable. Note – your donation goes to the mission FIRST at Bissell.
- Shoes and boots
- Purses and bags
- Toys
- Household pots and pans, cutlery, glasses, nic naks,
- furniture
- craft supplies,
- nonperishable food,
- and more volunteer help.

Bissell is also apart of the Furniture Bank which efforts are to not only provide housing but to furnish the homes provided. The Bank as well as the donation centre is located at: **IGA on 122nd St.**

We couldn't ask for a more convenient donation centre!

You all know the old IGA on 122nd street. It is in the south corner of the space and they are open now. I hope you too will support Bissell in their efforts to do all they can for the homeless and those in need – our extended community.

Barbara Sutherland
Aspen Gardens



In the Heart of Belgravia/McKernan...



Open daily, serving Fresh Start Baking & Transcend Coffee

On the corner of 76 Avenue & 115 Street, at the 4-way stop

Tuesday to Thursday: 7:15 am - 5:30 pm
Friday: 7:15 am - 9 pm
Saturday: 9 am - 5 pm
Sunday: 9 am - 3 pm





Buy one Specialty Beverage and get a Muffin or Cinnamon Bun

Free

Fresh Start Baking - Transcend Coffee

7601-115 st 780.758.8686

Valid December 7th to December 11th, 2010. One coupon per customer.



Classifieds and Notices

Jeff Allen Art Gallery—Christmas Show and Sale - Presenting All Past Exhibitors in 2010 from November 30 to December 22. Great place to do your Christmas Shopping – Hand made Sewing and Crafts, Pottery, Woodworking, Quilts, Watercolour, Acrylic, Pastel, and Oil Paintings. Best viewing hours are from 11:30am to 1:00pm. Monday to Friday.

Movie of the Month - December 2 -\$2. Includes movie and refreshments.

Christmas Turkey Dinner with all the trimmings - December 8 at 5:30pm. Stop in to pick up your tickets, cost \$10. Entertainment following dinner-- Cosmopolitan Clarinet Choir

Christmas Turkey Luncheon with all the trimmings - December 13 at 11:30 am. Cost \$10.

Christmas Bingo - December 17. \$4 includes; homemade baking and bingo cards!

Volunteer needed - kitchen preparation and dining room servers. Call Mary at 433-5807.

Strathcona Place Seniors Centre

Services and Recreation for Seniors
10831 University Avenue, Edmonton, Alberta
T6E 4R1

Phone: (780) 433-5807 Fax: (780) 433-5282
Email: info@seniorcentre.org
Website: <http://www.seniorcentre.org>



This Space reserved for Wanted, Looking For, Needed, and Misc For Sale Items




5534 - 111 Street
Edmonton, AB T6H 3E9
Email: makdental@shaw.ca
Phone: (780) 434-7616 Fax: (780) 435-9346

HOURS OF OPERATION:
Monday to Thursday 8:00AM to 4:30PM
Friday 8:00 AM to 3:00PM


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Community League Membership

Valid through August 31/11
Complete this form and drop it with your cheque (\$25.00 or \$10.00—Seniors) (payable to Lendrum Community League)

Zian Chen
11216—53 Ave.

Or Call 780-433-8785

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

Thank you for your support !!!

Name: _____

Address: _____

Postal Code: _____ Phone: _____

Email: _____

Willing to Volunteer: _____

Number of Adults in household: _____

Number of children in household: _____

Number of skate tags required: _____

All Community residents are welcome to attend our monthly meetings... there is no commitment required, just drop by and meet your neighbours while finding out whats happening in Lendrum and area...

Lendrum Community League 2010-11 Executive & Contacts

President:	Bill Fish	(780) 437-6794
Vice-President:	Glenn Miller	(780) 439-4792
Past President:	Brent Shaben	(780) 438-8052
Treasurer:	Dale Somerville	(780) 434-1032
Secretaries:	Ami Brodribb	(780) 433-1678
	Brendan Marlatt	(780) 433-1678
Programs:	Gary Goulden	(780) 450-0927
Casino:	Gord Okamura	(780) 435-2973
Civics:	Gail Fauruschou	(780) 436-4361
Ways and Means:	(Vacant)	
Memberships:	Zian Chen	(780) 433-8785
Member at Large	Mike Kuntz	(780) 438-4818
	Kate Ryan	(780) 436-5431
Social:	Tom Schroepfer	(780) 432-0910
Soccer:	Xanthe Loyer	(780) 433-3627
	Jo Grelowski	(780) 463-7079
Volleyball:	Lance Adamson	(780) 438-9168
Athletic Park:	Harvey Guhl	(780) 438-8226
Playground Devl:	Ron Grelowski	(780) 465-7079
Building Rentals:	Nigel Davidson	(780) 434-0135
Ice Rink:	Gary Goulden	(780) 438-1896
	Gary Yaskowich	(780) 432-1029
Lendrum Sign	Luke Falkenstein	(780) 431-0752
Newsletter/Web:	Harvey Guh	(780) 438-8226
Newsletter Dist:	Catherine Stout	(780) 436-7179
Neighborhood Watch:	Shannon D.	(780) 428-8135
	Carol Allen	(780) 434-1294
CRC Rep (City of Edm)	Paul Samboryk	(780) 496-5924

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

Next Community League Meeting
1st Monday of December...
7:00-9:00pm at the hall

Need a place to host a wedding reception, birthday party or any other special occasion? The Lendrum Community Hall on 11335-57 Ave is a perfect place for community meetings and gatherings. Our main hall holds (70) people and comes with a full kitchen and adjacent meeting room. To view or book this hall, contact Nigel Davidson at 780-434-0135, or send us an inquiry by email to hallrentals@lendrumliving.com

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; 1/4 page \$20; 1/3 page \$30; 1/2 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.

www.lendrumliving.com