

# LENDRUM LIVING

December. 2010



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

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*Merry Christmas  
&  
Happy New Year*

# 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 Schroeffer: (780-432-0910)



## Sparks, Brownies, Guides and Pathfinders

For girls ages 5-18 Call 780-435-5068 or email [rainbowvalley.guides@hotmail.com](mailto: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.



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

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

## 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.

### Help our community build new playgrounds and you could win an all-inclusive luxury sky box for an Edmonton Oil Kings game!

The Lendrum Playground Redevelopment Committee is selling raffle tickets, \$2 each or \$5 for three tickets. The Grand Prize is a sky box for 16 people for an Oil Kings vs Red Deer Rebels game on March 18, 2011, food and beverages included. Second Prize is a custom-made wood furnishing (like a coffee table or a lamp), made especially for you and your home. Third Prize is four passes to the World Water park at West Edmonton Mall.

Draw is on February 27, 2011.

For tickets or more information, please contact Ron Grelowski at (780) 463-7079. Tickets will also be available from Lendrum and Avalon School offices starting in the new year.

Thank you for support!



Thanks to Servus Credit Union (Southgate), Lance Adamson, and the Ben-Zvi family for donating these prizes. Please note that the cost of materials is not included with the custom-made wood furnishing, but materials of the winner's choice can be purchased at special wholesale prices. Raffle license #306992.

# Bulletin Board And Forum

## Malmo Pre-Kindergarten 2011/2012 Registration

The Open House and **Information Night** for Malmo Pre-kindergarten will be held in our Malmo Elementary School Classroom on Tuesday **February 8**, 2011 from 6:00-7:30pm. (Please note: No registrations will be accepted until the Registration Night.)

The **Registration Night** will be held in the classroom on Thursday **February 10**, 2011 from 6:00-7:30pm. Due to limited openings in all classes please be aware that some parents may choose to arrive early on this date. Registrations will not be accepted until 6pm and will be on a first come first serve basis. Please have registration forms and post-dated cheques completed in order to hold your spot for the upcoming year.

For more information, to read our Parent handbook and to download our Registration Form please visit our website at [malmopreschool.com](http://malmopreschool.com)  
For all other inquires please email our Registrar at [malmopreschool@yahoo.ca](mailto:malmopreschool@yahoo.ca) or call us at (780) 240-0289.

## Lendrum Seniors come out and meet your neighbors!

**When: 1:00 - Wednesday,  
January 12th & Feb 9th, 2011**



**Where: Lendrum Hall!**

**Enjoy**

**Play Scrabble.. Crib...Cards**

**Coffee/Tea**

**Travel talk anyone... experience Spain**

**Treats**

**Interested in cross country skiing or walking?**

**and good**

**Bring your ideas! All are welcome!**

**conversation**

**Bring your ideas! All are welcome! Be part of a drop-in group!**

Sponsored by Opening Doors Support Services - 780 239-2399 - Carolyn or Sandra

## Volunteers still needed !!!

Our Next **Community Casino** is slated for February 4th & 5th, 2011 Keep in mind our primary way we generate funds, without volunteers we would not be able to participate. Fill out the volunteer form on page 12 and return it to Gord Okumura.



# Lendrum Area Schools



## Avalon Lendrum School News

Thank You to everyone that attended the Gallery Walk and Musical Production on December 15 which was hosted by Lendrum. Our lead Arts teacher, Bonnie Anderson, was nominated and will receive recognition from Edmonton Public Schools for her outstanding contributions to the ARTS. This month Lendrum welcomes Writer-in-Residence, Cathy Beverage. We appreciate the Foundation for the Arts and our Parent Association for funding this Residency.

At Avalon; we continue to strive for excellence in all areas. *We had superb **Knights Before Christmas** band concert on Dec 1. You probably noticed the cars parking in the area.* We encourage students to become involved in their school community by joining clubs and participating in events. Once students are emotionally engaged, academic achievement follows. Basketball, indoor soccer, curling and wrestling are all underway. Drama, music, leadership and services clubs are other activities that students can become involved in. Our goal is to foster the development of well-rounded, respectful citizens who take responsibility for their learning.

A HUGE thank you to the Lendrum Redevelopment Playground Committee, for their dedication and hard work for the recent Silent Auction in support of our playgrounds. Thank you to our Lendrum community for making this event so successful!

Lunch Room Supervisor needed!

If you are able to provide one hour each day supervising our students during the lunch hour, please contact the Avalon Office at 780 434-8402. **At present the position would be a temporary full-time position and later switching to an on call basis. This is a paid position.**

Happy Holidays to All.

Mary Butlin  
Principal

Judy Darroch  
Assistant Principal

Carla Kennedy  
Curriculum Coordinator

## Photo Contest

Calling all neighbourhood photographers and camera buffs.....

We will be dedicating space for pictures taken by folks in the area. This space will be a gallery of pictures that will depict Lendrum Community and the surrounding area.



To kick this off...our first event will run this holiday season.... the only guideline is that it ties into Lendrum in some way and is taken between December 24 & Jan 1st

### **Lendrum Christmas and New Years ....“a snap shot in time”**

Send your pictures to [newsletter@lendrumliving.com](mailto:newsletter@lendrumliving.com), submit as many times as you like but make sure to reference “a snap shot in time” on your email. You can enter the pics as a individual or as a group (ie school, sports team, club, social group, or family) . From the submissions we will break down the pics into categories and select a group of winners that will have their pics published in the next newsletter. Submissions may be posted on our website for all to see.



## **Beginner Learn to Skate Lessons**

**Location:** Lendrum Community League Rink  
11335-57 Avenue

**Dates:** Thursdays, January 6th- February 10th (6 Sessions)

### ***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: 3:00 pm-3:30 pm

Cost: \$22.50

Course Code: 387128

### ***Children's Learn to Skate***

This program is geared towards children 7 to 12 years old who have limited or no skating experience. Children will learn basic skating skills at their own pace.

Time: 3:45 pm-4:30 pm

Cost: \$30.00

Course Code: 387131

CSA approved skating helmets are mandatory.

Lessons take place outside and will be cancelled due to adverse weather conditions.

Classes will not be rescheduled. Leaders will contact participants an hour before the class if cancellations will occur.

### ***REGISTRATION INFORMATION:***

E-reg: <http://eReg.edmonton.ca>

By Phone: Call 311 for Information

In Person: Any City of Edmonton Leisure Centre



## Ways And Means: Volunteers Are Needed

One or more persons are needed to fill the Ways And Means position, an old term for fundraising. Yes, fundraising! The more funds that this community league is able to raise from diverse sources in a sustained and systematic way, the greater capacity we will have to better serve our members. More programs, socials, and other events that you want to see can be had in addition to maintaining what we already have.

This important position will appeal to someone who has some or all of the following attributes, or to someone who would like to develop them: You must be a superb communicator. You are organized, attend to details, and are goal oriented: you like to be challenged to produce a tangible result. You have a knack for relating to people. You are able to inspire and motivate others, delegate tasks, and you are a team player who assembles a volunteer team that works well together. You are an encourager who recognizes the skills and strengths of each team member to bring out the best in them. Your example creates leadership skills in others. You know how to train people to ask, sell, and promote. You have the ability to handle criticism without being affected by it. You welcome critique because it is an evaluation meant for self-improvement. You can commit to serve out your term.

Anyone having previous fundraising experience would be a definite asset to this position. But what really matters is for you to be willing and responsible. You should see this as an opportunity to have fun, to connect with similar people of community values, and to enjoy the satisfaction that comes through serving others.


This notice is also an appeal for volunteers of any age group to assist in fundraising efforts. A strong well-coordinated volunteer base makes work fun and easy. If you have been sitting on the sidelines, this is a wonderful opportunity to get involved meeting your Lendrum neighbours.

Anyone who would like a taste of fundraising activity is welcome to sit in on the Lendrum Playground Redevelopment Committee's meetings. We have assembled an excellent group of people who are having fun plotting strategy for fundraising activities and doing them. See how it works—why not drop in on a meeting or two? Ron Grelowski is Chair of the Committee (780) 463-7079.

Please call me if you are interested in taking on the Ways & Means position or to volunteer to help fundraise. I can also provide information on the Playground Committee meetings.


Thank you.

Glenn Miller  
(780) 439-4792



**Alberta Health Services**  
Emergency Medical Services

### Snow Shovelling Safety



Before you start:	How to shovel:
<ul style="list-style-type: none"> <li>• Dress properly for the weather before heading outdoors. Unprotected exposure to low temperatures and wind chill can result in hypothermia or frostbite.</li> <li>• Dress in layers starting with a warm insulating inner layer; ending with wind and water proof outer layers. If you become too warm as you shovel, you can always remove outer layers as required.</li> <li>• Wear proper footwear with a solid tread and adequate ankle support. Don't forget to wear a toque or hat to prevent heat loss from your head.</li> <li>• Stay well hydrated by drinking plenty of water before and after you shovel. Avoid caffeinated beverages and alcoholic beverages as well as smoking. These all act as stimulants that can put a strain on your heart by constricting blood vessels and increasing heart rate. Caffeine can also promote dehydration – another important reason to avoid it. Alcoholic beverages do not act as a stimulant, but they also promote dehydration, impair your judgment, and make you more susceptible to the effects of the cold weather.</li> <li>• Reduce the chance of injury by warming up your muscles with light exercise and stretching before you shovel. Warm muscles use energy more efficiently.</li> </ul>	<ul style="list-style-type: none"> <li>• Choose the correct size of shovel for you. A smaller shovel will require you to lift less snow at a time and reduce the strain on your body.</li> <li>• Protect your back by lifting properly: keep the shovel close to the body, stay balanced by standing with feet about hip-width apart, bend your knees, squatting with a straight back. As you lift the snow use your legs to provide the lift, tighten your stomach muscles to support your back, keep your back straight. Do not bend your back.</li> <li>• When possible, push snow, don't lift it. Always orient your body in the same direction you are pushing the snow. If you need to move the snow to one side, reposition your entire body to continue facing the direction you are pushing.</li> <li>• Do not throw snow over your shoulder or to the side. Most back injuries occur when you are in a twisted position. The injury can be made worse when you are bearing the weight of heavy snow as you twist.</li> <li>• Don't extend your arms when maneuvering a full shovel of heavy snow as this puts excess strain on your back muscles and too much weight on your spine. Attempt to keep the weight of the shovel close to your body.</li> <li>• Pace yourself and take a break, especially if there's been a heavy snowfall; don't try to clear it away all at once.</li> </ul>

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

# Neighbourhood Watch



**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.

Web: [www.watch.edmonton.ab.ca](http://www.watch.edmonton.ab.ca)

Check out [www.crimemapping.edmontonpolice.ca](http://www.crimemapping.edmontonpolice.ca)

## 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).



**1 in 3 girls & 1 in 6 boys  
will experience an unwanted sexual act.**

### Stewards of Children Program

Learn what you can do to help prevent child sexual abuse, register today!  
[www.littlewarriors.ca](http://www.littlewarriors.ca)

Be Brave.



## A BIG THANK YOU...

To everyone that attended our first silent Auction. The fundraiser run by our playground committee was a huge success, with over 150 people attending... enjoying a glass of wine chatting to neighbours and doing a little gift shopping at the same time.

Special thanks to the volunteers that made it happen, this event was one of the best events we have ever seen in Lendrum...we look forward to many more unique and fun events the committee is working on for the future.



### 3 Angels...Raise Money for our playground

Recently we received a \$50 donation from 3 Lendrum Elementary Students who raised this money during the summer by running a lemonade stand. The entire community would like to thank these girls for putting there hard earned profits back into the community

Thank You !!

Maddie Bond, Casey Irwin, Jacki Irwin

Way to go ladies....you make us all proud!!!



## LEARN TO SKATE LEARN TO PLAY HOCKEY PROGRAMS



Learn to Skate and Learn to Play Hockey programs are designed for children who have never skated or played hockey before. Programs are developed in partnership with Community Leagues and are offered in a variety of neighbourhoods across the City. The focus is on fun, participation, achievement, and of course the basics of ice-skating or hockey. Please note that a Canadian Standards Association Hockey helmet is a must! For information regarding programs in your neighbourhood call 311, visit [www.edmonton.ca/ereg](http://www.edmonton.ca/ereg) or contact your local community league.

## 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. Stay near well-lit areas so you are able to see where thin ice may be present.
- If someone falls into the ice, call 911. Do not go onto the ice and try to pull them out.

# Heat n' Eat Frozen Meals Available in Your Neighbourhood

We all want to make healthy food choices while still having the convenience of ready-to-go meals. Edmonton Meals on Wheels has a program that makes picking up a nutritious, tasty meal as easy as popping into your neighbourhood seniors centre. All meals are home cooked without the addition of salt. Low fat cooking methods are used to ensure your meal is not only delicious, but healthy too!

Heat n' Eat frozen meals from Meals on Wheels are available at:

- Calder Seniors Centre
  - Strathcona Seniors Centre
  - Southeast Edmonton Seniors Association (SEESA)
  - West-end Seniors Activity Centre
- Setting up an outlet in your neighbourhood seniors centre, recreation centre or office is easy. Outlets will:

- Provide a small freezer and inventory of 40 selected items
- Stock and sell meals
- Reorder when necessary
- Promote the partnership with their members and the community

Edmonton Meals on Wheels will:

- Provide a list of the stock for your member's convenience
- Deliver to the centre other stock that members may choose (pick up also available)
- Rotate the inventory at the end of each month
- Provide signage promoting the partnership and the availability of Heat n' Eat meals
- Introduce the partnership with a variety of the Heat n' Eat meals for sampling

With over 30 entrees to choose from, making healthy meals available to your community is easy.

View a full list of Heat n' Eat frozen meals by visiting [www.mealsonwheelsedmonton.org](http://www.mealsonwheelsedmonton.org).

For more information or to set up an outlet at your location, contact Meals on Wheels at 780-429-2020 or

[emow@mealsonwheelsedmonton.org](mailto:emow@mealsonwheelsedmonton.org).

## WINTER PARK AT JACKIE PARKER RECREATION AREA



December 17, 2010 to February 27, 2011  
Fridays 6 – 9 pm  
Saturdays & Sundays: Noon to 6 pm

Special holiday hours: Dec 20 to 23, 27 & 28, Jan 2, 3:  
Noon to 6 pm Dec 30, Jan 1: 1:00 to 5:00 pm

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 please call our Information Line at 311. If the WEATHER is -20C or colder with windchill, the program will be cancelled!  
Presented in partnership with MCARFA



## CROSS COUNTRY SKI TRAILS

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



Trail conditions are updated regularly at:  
[http://www.edmonton.ca/attractions\\_recreation/sport\\_recreation/cross\\_country-skiing.aspx](http://www.edmonton.ca/attractions_recreation/sport_recreation/cross_country-skiing.aspx)

**Argyll at Mill Creek**  
(Classical Skate) 69th Ave and 88 street

**Capilano Park**  
(Classical, Skate & Night Skiing)  
109A Avenue & 50 Street

**Gold Bar Park**  
(Classical, Skate Night Skiing)  
109A Avenue & 50 Street

**Kinsmen Park**  
(Classical, Skate, Night Skiing)  
9100 Walterdale Hill

**Whitemud Park**  
(Classical) Keillor Road access

**Riverside Golf Course**  
(Classical, Skate, & Night Skiing)  
Rowland Rd. & 84 Street

**Terwillegar Park**  
(Classical, Skate) Rabbit Hill Road – West End

**Twin Brooks Natural Area**  
(classical & skate) Pilot Program

**Victoria Park**  
(Classical, Skate) 12130 River Valley Road

**William Hawrelak Park**  
(Classical, Skate) 9330 Groat Road

**Snow Valley**  
(Classical, Skate, Night Skiing)  
One block south of Whitemud Drive on 119 Street

## Give Help, Get Help

### 211edmonton.com

If you need community information and services, or would like to donate your time or goods during the holiday season, 2-1-1 is available 24 hours a day, seven days a week.



During the holiday season (and all year long), 2-1-1 can help you find:

- **Community meals and holiday celebrations**
- **Food hampers, gift and toy donations**
- Shelters, warm clothing
- Counseling/support groups
- Addictions supports
- Financial supports
- Volunteer information
- And MUCH more.

## 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.

## 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 Shinny Hockey Schedules and information check out The City of Edmonton Website at: [http://www.edmonton.ca/attractions\\_recreation\\_sport\\_recreation/public-skating.aspx](http://www.edmonton.ca/attractions_recreation_sport_recreation/public-skating.aspx) or call 780-496-4999**

## BE A SNOW ANGEL

Keeping sidewalks clear for all pedestrians is a challenge, even at the best of times! Seniors in particular need extra help in the winter, keeping their sidewalks shoveled, ice-free and safe.



**Anyone can be a Snow Angel!** All you need to do is shovel snow for a person in need in your neighbourhood. By doing so, you will help create a safer community for everyone to enjoy. You will also help people in need meet their responsibility to remove ice and snow from their sidewalks within 48 hours of a snowfall under the Community Standards Bylaw.

## Helped by a Snow Angel?

Want to say thanks and help them get their wings? If you have had snow shoveled by a good neighbour, nominate them for Mayor's recognition and a chance to win great prizes.

For more information, call 311 or visit:

[www.edmonton.ca/snowangels](http://www.edmonton.ca/snowangels)

## ASSESSMENT AND SHORT TERM COUNSELING



**Counseling** We can help with such concerns as: Daily life stresses, issues with dating and marital or partner relationships, problems with family or abuse or violence in the family

**Referral** We can point you in the right direction with: Financial resources, housing options, community resources and neighbourhood social and recreation opportunities

**Groups**

We offer group program opportunities related to personal development, family violence, and other topics such as:

For more information or to speak privately with a Social Worker call 780-496-4777 8:30 to 4:30 pm (leave message after hours) Services are available at sites throughout the City. Evening appointments are available.

# Volunteers needed

## !!!



### CASINO VOLUNTEER BOOKING FORM

**VOLUNTEERS: FILL OUT THIS FORM AND SEND IT TO GORD OKAMURA (See below)**

<b>ORGANIZATION:</b>	<i>Lendrum Community League</i>		
<b>CASINO DATES:</b>	<i>February 4 &amp; 5, 2011 (Friday/Saturday)</i>		
<b>VOLUNTEER NAME:</b>			
<b>VOLUNTEER CONTACT INFORMATION &amp; NUMBERS:</b>	<b>DAY:</b>	<b>EVENING</b>	
<b>E-MAIL (please complete):</b>			

*Please indicate the preference for position and date of time to work in the casino:*

<b>SHIFT PREFERENCE:</b> <i>Please indicate when you are available to work</i>			<b>POSITION PREFERENCE</b> <i>Indicate your preference or past experience</i>		
<b>DATE</b>	<b>February 4 Friday</b>	<b>February 5 Saturday</b>	<b>Preference (rank top 3)</b>	<b>Past Experience (yes/no)</b>	
<b>DAY OF THE WEEK</b>	<b>first day</b>	<b>second day</b>			
<b>10:30 am to 7:00 pm</b> General Managers & Bankers only					<b>General Manager</b> (admin, helping banker, cashiers) (same as Alternate General Manager) Volunteer form will be required.
<b>6:15 pm to 2:30 am</b> General Managers & Bankers only (later on Day 2)					<b>Banker (helping cashiers, chip filling, computer, Gen Mgr provides breaks)</b> Volunteer form will be required.
<b>11:15 am to 7:15 pm</b> Cashiers and Chip Runners					<b>Cashier</b> (Cashes out the players' chips, makes change, does not sell chips. Always supervised and monitored.) Volunteer form will be required.
<b>6:30 pm to 2:15 am</b> Cashiers and Chip Runners					<b>Chip Runner (carry chips to games)</b>
<b>9:30 pm to 2:30 am</b> Count Room Supervisor					<b>Count Room Supervisor (admin, computer)</b> Volunteer form will be required.
<b>9:30 pm to 2:30 am</b> Count Room workers					<b>Count Room Workers (sort money, run money counters, computer)</b>

Your Lendrum Casino Coordinator: Gord Okamura

Phone 780.435.2973, FAX 780.437-7532, Address: 11247 59 Avenue, e-Mail: gokamura@telus.net

# Classifieds and General Interest

## 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](mailto:info@seniorcentre.org)  
Website: <http://www.seniorcentre.org>



### Winter Class Registration Begins Tuesday, January 4, 2011.

Strathcona Place Senior Centre is offering 45 programs, activities and services. The Centre offers members a great promotion; once you have become a member you are invited to sign up for as many classes and activities as you wish, the cost to you will not exceed \$50. Come check us out!

**Jeff Allen Art Gallery**—Presents Don Sharpe, “Mountains, Prairies and Skies”. Don’s wonderful landscapes and seascapes are painted in “plein aire” whenever possible. Come and meet Don at his Open House Reception, Wednesday, January 12 from 6:30 to 8:30 pm. Best viewing hours are from 11:30am to 1:00pm. Monday to Friday.

### Wednesday Evening Dinner – January 12 at 5:30 pm.

Please pick up your tickets at the front desk. Cost \$10 Bring your friends and family!

**Volunteers needed** - Zumba Instructor, kitchen preparation and dining room servers.  
Call Mary at 433-5807.

### Who says ice cream is just for summertime?



This Christmas recipe for a mint-flavored shake is a perfect wintertime treat. This recipe yields six 8-ounce servings.

**Prep Time:** 5 minutes

**Total Time:** 5 minutes

### Ingredients:

- 4 cups mint or mint-chocolate chip ice cream
- 2 cups milk
- Optional: whipped cream
- Optional: candy cane

### Preparation:

Place the ice cream and milk in a blender and mix on high for about 1 minute or until smooth.

Pour into 8-ounce serving glasses.

Optional: top with whipped cream and insert a candy cane.

# Classifieds and Notices

## Help Wanted!!!

We require some one to help out with bulb replacement at our rink. If you know of anyone that may have a bucket truck or access to a lift which would work please call one of our rink coordinators ...

- Gary Goulden (780) 438-1896
- Gary Yaskowich (780) 432-1029
- John Porter (780) 438-1896

## Help Needed !!!

We run two major events in our community which are celebrations of the season and a chance to thank all the volunteers and community members for their part in making Lendrum a great place to live.

Our WinterFest will be held on Feb 27 this year. If you have any ideas or would like to volunteer to help make the day even better please call or email Tom or Social Coordinator. We will be discussing details at our next community meeting which will be held the 1st Monday in January.

This is a ground level opportunity to get involved in making this event as successful as our Summer BBQ's.... no idea is to crazy or impossible... bring your thoughts and lets make this a great event.

**Mark your Calendar  
Feb 27, 2011**

**LENDRUM  
WINTER-FEST**



**Joanne Pointe**  
*Independent Consultant*  
CM ID 42351698

**Home:** 780.434.0224  
**Cell:** 780.902.6890

joannesflowers@hotmail.com  
www.mycmsite.com/joannepointe

**11216 - 57 Avenue**  
**Edmonton, AB T6H 0Z9**




5534 - 111 Street  
Edmonton, AB T6H 3E9  
Email: [makdental@shaw.ca](mailto: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


MAK Dental is celebrating the partnership of Dr. Mary Ann Kuharchuk and Dr. Jason Nijjer.

We welcome new patients to come and meet Dr. Nijjer.

**SERVICES OFFERED:**  
Cosmetic Dentistry  
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Dr. Jason Nijjer



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**Complete family dentistry with a gentle touch.**

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# Classifieds and Help Wanted

## Professional Piano Instruction



- 15 years experience, B.Mus.
- Warm, patient approach with children
- Focus on process based learning
- Sound pedagogical and technical background
- Accepting beginner to advanced students

McKernan/ University area

780-424-3385 or

email [kochr97@gmail.com](mailto:kochr97@gmail.com)



## Flute Lessons

### Suzuki method flute instruction for children from 4 years of age.

The advantages of studying music following Suzuki philosophy-

- Child-centered approach with focus on individual child's needs
  - Step-by-step method as a structure for success
  - Superior aural skills and memory training
- Community of support for each child and their family

**Tami Cooper, B.Mus., Certified Suzuki Instructor, is accepting flute students of all ages and levels of experience.**

**780-430-0724**

Studio located in community of Parkallen.

This Space reserved for you !!!



# SINGularity

## Voice Studio



**Jeffrey Alan Owens, Teacher of VOICE**  
**30 Years Experience**  
**Individual & Group Lessons/Choirs - All Ages**  
**References Available**

*Classical*

*Jazz*

*Broadway*

Where: 714 Burton Crescent NW

Times: 10:00 am - 8:00 pm

780-709-7238

[jeff.owens@me.com](mailto:jeff.owens@me.com)

*Sound Healing*

*Overtone Singing*

## 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.  
 T6H 0S5

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: \_\_\_\_\_



## Lendrum Community League 2010-11 Executive & Contacts

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

Check [www.lendrumliving.com](http://www.lendrumliving.com) for a full list of email addresses

**Thank You to all our executive and volunteers that spend so much time working towards making Lendrum the great place it is....  
 Kudos to all!!!!**

**May you and your Families have a wonderful holiday season ..  
 Merry Christmas and a Happy New Year !!!**



**Next Community League Meeting**  
 1st Monday of January...  
 7:00-9:00pm 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; 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](mailto:newsletter@lendrumliving.com)..... Back issues can be found at our web site.

