

# LENDRUM LIVING

September 2016



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**Lendrum Community League**  
11335 - 57 Ave. Edmonton  
T6H 0Z7

[www.lendrum.org](http://www.lendrum.org)

Facebook  
[www.facebook.com/lendrumyeg](https://www.facebook.com/lendrumyeg)

Twitter  
[@lendrumyeg](https://twitter.com/lendrumyeg)

## Membership Renewal

It's that time of year again! All community league memberships expired on August 31, 2016.

Your annual community league membership fee helps the Lendrum Community League provide:

- Enhanced facilities, such as the play areas, naturalized area, athletic fields and the community hall
- Community events such as the Summer BBQ, Turkey Trot, Winter Festival and New Year's Party
- The Lendrum Living newsletter and website
- An opportunity to share ideas with your neighbours and work together to promote positive change in your community.

Be sure to renew yours to take advantage of all the great things the Lendrum Community League has to offer (awesome events, five free swims, skating, voting rights, soccer and more!)

You can find the membership form on page 7 or at [lendrum.org](http://lendrum.org). Don't delay sign up today!

*Final*  
**Bottle Drive**  
benefitting the Spray Park

**Saturday October 15**

**! Volunteers needed!**

If you have a couple of hours to spare the day of or to deliver reminder flyers please contact Julie at [juliemoehler@gmail.com](mailto:juliemoehler@gmail.com)

# Greetings

## President's Message - Summer 2016

As the Fall approaches, kids go back to school and many people start new activities. Would you consider this as a time to get involved in your community league? We have openings for volunteers on the board in the positions of Vice President and Social Events Coordinator. It is a great group of people to work with and there are many exciting and interesting things happening in Lendrum. Contact me to find out what is involved.  
Gary Goulden – president@lendrum.org

## Thank You

### U of A Students

On Tuesday, August 30th, thirty U of A students volunteered their afternoon in community service to Lendrum Park. This is the fifth year students have volunteered in Lendrum. The group worked for two hours, enjoyed a snack, then returned to campus for the wrap-up BBQ of Basecamp, an introductory week to life in residence at the U of A.

This year we hosted the largest group to date and they accomplished a lot, including painting the entire inside boards of the hockey/volleyball space, raking and filling 22 bags of cut grass, removing mountains of thistles, toadflax and wild pea vine, as well as planting perennials donated by a Lendrum gardener.

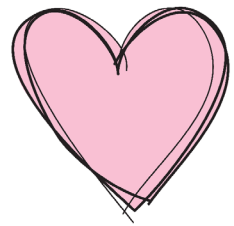
Thanks to the Lendrum residents who volunteered to supervise the students: Gary Goulden, Harvey Guhl, Art Bohnet, Jennifer Purves, Gerard Masse, Rod Barnes, Teagan Barnes and Bonnie Herring-Cooper and a huge thanks to the students for all their hard work!

### Gardeners

A BIG THANKS to these Lendrum residents who worked one or more Monday or Tuesday evenings throughout the summer: Peggy Follinsbee, Greg Falkenstein, Art Bohnet, "Monty" Montgomery, Vera Watson, John Follinsbee, Xanthe Loyer, Joe Eustace, Jennifer Purves and Bonnie Herring-Cooper. Thanks to their 60 hours of free labour, the mulched beds and natural areas were weeded, planted, pruned and mulched. Thanks to their company, we wrapped up many evenings with conversation and laughter.

### Field Volunteers

Thank you to Harvey Guhl and his team of volunteers: Luke Porter, Gord Okamura and Jacob Schroepfer. Their hard work kept our fields looking great this summer!



## Community News

### Community Meeting

Capital Regional Housing Corporation has been working with a panel of advisors, including Lendrum community members, to redevelop their existing site on 60th Ave. A community meeting on the redevelopment will be held on **Wednesday, October 12 from 5-8pm location TBD**. Watch our facebook page and website for more information on the meeting or contact Gary Goulden at president@lendrum.org or 780.450.0927.

### Redevelopment of Park North Entrance

You may have noticed some construction taking place on the north entrance to the park. The city has funded the replacement of the stairs with an accessible pathway. Now the entrance will be accessible to strollers, bikes, wheelchairs and wagons! The construction is scheduled to take two weeks, weather permitting.

# Civics

## Bus #55 Service Reduction

Starting September 1, the City reduced 55 bus service to weekday peak hours. The City made the decision because less than eight people an hour take the bus in off peak hours. Thirty other city bus routes now have reduced service or were cancelled. Lendrum residents can use the 33, 34, 9 or LRT routes as an alternative to the 55. DATS is also an alternative. Please email civics@lendrum.org or contact the City if you have concerns regarding the reduction in service.

## University Farm Coyote Warning

The University of Alberta reminds dog owners that coyotes frequent the farm. Dogs off leash have been attacked recently. Please follow the farm's rules which are signed. Keep to grassed paths, don't disturb crops and keep your dogs leashed.

## Dog Park

In the last newsletter four potential options for an off leash area in Lendrum were suggested.

Ten families voiced their opinion on a potential off leash park in Lendrum. Three families support a park in the 51st street dry pond. Three support the 60th street dry pond. One supports a park

near the LRT tunnel and one supports the 115th street boulevard. Two people expressed general support for a dog park. No one was in opposition to an off leash area. Many people want a fence to keep dogs safe.

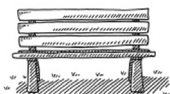
The City might ask the community to fund a fence if the City accepts the idea of a park. The City will also ask the Lendrum residents to establish a volunteer group to support maintenance of the park.

If you like or dislike the idea of an off leash park in Lendrum please send your comments to civics@lendrum.org or come to a meeting at 7-8:30 pm on October 25 at Lendrum Hall to provide your thoughts or listen. You can also raise any other civics issues you might have.

## Parking Permits

If your street has parking restrictions remember your permit expires on September 30th. A renewal letter will be sent to you with instructions on how to renew. Call the City (311) if you need help.

For more information on civics please contact Stephen at civics@lendrum.org



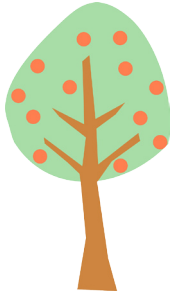
### **Lendrum is seeking donations of park benches**

The City's Benchmark program was established to offer individuals and groups the opportunity to honour friends and loved ones, or to celebrate special events through the rebuild of an existing park bench, or the installation of a new bench. A bronze plaque will be placed on the bench to serve as a lasting tribute. Opportunities also exist for park tables.

Type of Bench	Cost	Includes
New Park Bench	\$4000	Installation of new bench on parkland with memorial plaque. Includes 10-year maintenance plan.
Existing Bench	\$4000	Complete rebuild of an existing bench with addition of a memorial plaque. Includes a 10-year maintenance plan.

For more details, check out: [http://www.edmonton.ca/programs\\_services/tribute\\_honour/benchmark-program.aspx](http://www.edmonton.ca/programs_services/tribute_honour/benchmark-program.aspx) or contact Harvey Guhl at 780.504.7046.

# Community Bulletin Board



## FREE fruit tree removal

If you wish to get rid of any fruit trees (apple, cherry) from your yard I will cut down and remove them for free. Please call/text Waldek at 780.667.4515 to make an appointment.



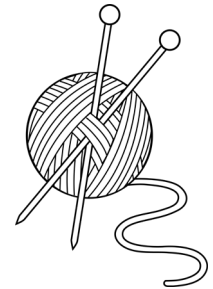
## Moving? Downsizing? Decluttering?

I can help you with that. I will take your unused items and sell them for you on Kijiji on a commission basis.

Please contact Charlene at 780.257.1813 or shesellsyourstuff@gmail.com for details.

## DROP-IN KNITTING AND CROCHET

The Lendrum Craft Group will be hosting drop-in evenings for knitters and crocheters from 7-9 pm on the first and third Tuesdays of each month starting September 20, 2016 at the Community Hall.



All are welcome- all levels of crafters and all genders! We will have some supplies available to get complete beginners started on projects such as dish cloths, scarves, or squares for Blankets for Canada. This will be informal mentoring rather than a course of instruction. If you have unfinished projects languishing, bring them along and perhaps some help with the tricky bits or maybe just some enthusiasm and encouragement will help get things rolling again. If you just want to stitch with some friendly neighbours for a relaxing evening, this is for you!

Members will bring some light refreshments. Cost is a twoonie a time.

Contact Heather Jenkins at 780.436.7011 or Joanne Leicht at 780.435.1574 for more information.



## Research Study

A University of Alberta Research team needs your help. They are asking that women who use products for bladder problems or weakness complete a short online survey to help them determine why women select certain containment products and how they receive information about them. To complete the survey go to: [www.surveymonkey.com/r/stopitcontinence](http://www.surveymonkey.com/r/stopitcontinence)



Advertising in the Lendrum Newsletter: No charge: classified ads from Lendrum residents, ads from non-profit organizations benefitting the Lendrum area. Paid ads: all other ads - business card \$15; 1/4 page \$25; 1/3 page \$35; 1/2 page \$50; full page \$95 (sizes are approximate). Contact [newsletter@lendrum.org](mailto:newsletter@lendrum.org).

**LOST AND FOUND**

Found: A pair of sunglasses in a case call Paul to identify at 780.850.6209

Found: A pair of French Connection reading glasses in a Ray Ban case with a cleaning cloth from Regent Optical. If yours text 780.953.2950.

A Lendrum family is looking to renovate/rebuild in Lendrum. If you are interested in selling please email camera5052@gmail.com or call 780.860.6545.



**Join the LEC**



Lendrum Energy Committee

Wherein we research and discuss ideas for the future of Lendrum's energy sustainability

Email pam@zaw.com if you are interested

This is a casual discussion group, no experience necessary, come to listen, learn, or instruct. Come share the dream. It's green!



Lendrum Community League, experience the power of TELUS PureFibre.

Fast up. Fast down. Get up to 150 Mbps upload and 150 Mbps download speeds on the TELUS PureFibre™ network, giving you the best entertainment experience.\*

Mention promo code 'community league' for a \$100 bill credit when you sign up for services.† Plus, we'll donate \$25 to a participating Edmonton charity of your choice.‡

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\*Not available in all areas. Internet access speeds may vary depending on location, usage within the home network, internet traffic, applicable network management or server configurations. For a description of TELUS's network management practices, please see telus.com/networkmanagement. †Offer expires November 30, 2016. ‡ Program includes participating charitable organizations in selected TELUS fibre optic expansion communities. Visit telus.com/fibreforgood for program details, including a list of participating charities, maximum TELUS contribution per community and dates of program in each community. Contributions will be made on behalf of new Optik TV subscribers. TELUS, the TELUS logo, TELUS PureFibre, Optik TV and telus.com are trademarks of TELUS Corporation, used under licence. © 2016 TELUS. 16\_00733-02

# Abundant Community Initiative

*Happiness is contagious, allows for great community-building, and even better community movements. Studies on happiness indicate that family or close friends living within a mile can increase our happiness by a factor of 14%. Our co-resident spouse can increase our happiness by 8%. However, when we have a good relationship with our neighbours, our happiness increases by a factor of 34%!!! I've got to get better at connecting with my neighbours in the dark and snowy winters!*  
DJ Forester, Tamarack Institute

Hey neighbours! We are Stew and Anola Carson and we are the Connector Coordinators of Lendrum's Abundant Community Initiative (ACI).

We grow as individuals and as a community by creating new connections and relationships. These connections happen when we, individually or collectively, act to make them - they don't just happen by themselves.

There really is no limit to our gifts, our associations, and our hospitality. There are four kinds of gifts. Three are practical. They are the gifts of Head, Heart and Hand. The fourth is what you are willing to teach.

- Head is knowledge. What do you know about most?
- Heart is passion, what do you love?
- Hands are your skills of any kind. Carpentry, handyman, guitar, planting and gardening. It is everything you can do.
- Teaching. What allows us to help build the neighbourhood is our willingness to teach others.

There are Block Connectors, maybe even your

neighbour from across the street, already on the move and knocking on your door to invite you for a short conversation about what you care about most.

We are still looking for some Block Connectors - let us know if you'd like to find out more! It'd be great to have you to be a part of our Connector Team!

The initiative is all about, 'if our neighbourhood could talk, what would it say?' We believe that every person living in Lendrum has something to say. We have a great neighbourhood and we can make it even better. We believe that every neighbour needs to be known and cared for. We believe that when we know and respect each other our neighbourhood will be safer and more pleasant to live in than ever before.

We want to know what our Lendrum neighbourhood has to say, so we are coming to listen to you. Our dream is to have a block connector or two on every block who will engage in a conversation with their neighbours and be an ongoing liaison to bring neighbours together. If you would like to be a listener and connector please contact us at [stewcarson@shaw.ca](mailto:stewcarson@shaw.ca), 780.604.0388 or drop by 5507-113 street.



## Celebrate National Forest Week with Roots for Trees, Sept. 21-24

Enjoy the great outdoors and learn about the many benefits of the urban forest. For four days, Root for Trees will be stationed in different parks throughout the city to help you celebrate Edmonton's trees! Each day will be filled with activities for all ages including tree planting, tree and shrub giveaways, presentations from Edmonton's Urban Forestry team, a nature themed photo booth, forest trivia, interactive games, and much more! Please sign-up at: [www.volunteermark.com/coe-roots-for-trees](http://www.volunteermark.com/coe-roots-for-trees).



# Lendrum Community League Membership Form

Your Lendrum Community League Membership is valid from September 1st to August 31st.

You are welcome to join anytime, though please note, all memberships expire annually on August 31st .

**Family Membership - \$40**

**Individual Membership - \$25**

**Senior Membership - \$25**

Please complete the membership form below and drop off or send via Canada Post with a cheque payable to **The Lendrum Community League** to:

Membership c/o Joanne Hamel  
11223 - 57 Ave. NW Edmonton, AB T6H 0Z7

If you need to make a cash payment, please contact Joanne Hamel directly at 780-454-5111 or memberships@lendrum.org

Do not send cash through the mail.  
Do not leave cash in the mailbox.

If you prefer you can purchase your membership online at the Edmonton Federation of Community Leagues EFCL Membership webpage [www.efcl.org/membership](http://www.efcl.org/membership). Online purchases have an additional \$5 administrative fee.

Date: \_\_\_\_\_

Membership Type:  \$40 Family     \$25 Individual     \$25 Senior

First & Last Name of each adult requesting membership

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

May we send you news by email? Yes  No

These would include emails such as: the Lendrum Living Newsletter & bulletins, requests for volunteers, and Lendrum Community League business.

You may withdraw your consent at anytime.

Names of children in household                      MM/YY    M/F

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I am interested in volunteering:

- a few hours here and there
- plan an event as a Community Host
- to run a Community League Program
- as a Coordinator on the Board
- on a committee for an event
- other special interests or skills:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Your house address and postal code

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

\_\_\_\_\_

Number of Skate Tags Required: \_\_\_\_\_

**OFFICE USE ONLY**

Membership Card No.: \_\_\_\_\_

No. Skate Tags Issued: \_\_\_\_\_

Cash     Cheque

# Park Redevelopment

Many thanks to all who volunteered and donated to summer fundraising events. The bottle drive, garage sale, book sale, Canada Day BBQ and Summer Campout together brought in almost \$5,000 for the spray park project.

We have one more bottle drive for the spray park – Saturday, October 15. If you have a couple of hours to donate either that day or before delivering flyers please contact Julie at juliemoehler@gmail.com.

The committee has narrowed down the choices for our new shade shelter and will soon be starting to pick spray features. Construction is slated to begin in Spring 2017 once the weather warms up and should be finished in time to have some play time in the summer.


The City has increased the project cost from \$511,250 to \$529,250.00. We will continue to

apply for grants. Brick sales also continue. Order forms for bricks and charitable donations forms are available on lendrum.org. All charitable donations over \$20 will receive a tax receipt. To receive a tax receipt, please make your donation cheques payable to 'The City of Edmonton' with 'Lendrum CL Parkland Redevelopment' in the memo line. The City prepares tax receipts annually. Cheques can be dropped at 5807 113a Street along with the required donation form which can be found at www.lendrum.org.

Allison  
playground@lendrum.org



Thank you to Scan Copy Print for donating the printing for our May bottle drive flyer!

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csaphysio.ca

New!

**Chronic Pain Program**

8 Physiotherapists  
and a 1200 sq. ft. gym  
(see website)

Sports Injuries

Whiplash Recovery

Massage Therapy

Post-Surgical

Dizziness & Vertigo

WCB Provider

Arthritis

Find out why we're south Edmonton's **only\*** physiotherapy specialists.

10947-23 Ave  
Next to Shoppers Drug Mart

780-988-5803

10393-51 Ave  
Behind Cgy Tr McDonald's

780-989-9789

\*as certified by the Canadian Physiotherapy Association



For more information please visit: [edmonton.ca/dropincommunity/programs](http://edmonton.ca/dropincommunity/programs) Or Call 311

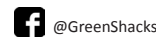
Site	Month	Days	Times
MacTaggart 4410 MacTaggart Drive	September 17- October 10	Saturdays, Tuesdays, Thursdays	Tu, Th: 3:30 pm -6:00 pm S: 1:00 pm-5:00 pm
Haddow 2097 Haddow Drive	September 17- October 10	Saturdays, Tuesdays, Thursdays	Tu, Th: 3:30 pm -6:00 pm S: 1:00 pm-5:00 pm
Chappelle 1137 Chappelle Boulevard SW	October 15- November 10	Saturdays, Tuesdays, Thursdays	Tu, Th: 3:30 pm -6:00 pm S: 1:00 pm-5:00 pm
Duggan 3728 106 St	October 15- November 10	Saturdays, Tuesdays, Thursdays	Tu, Th: 3:30 pm -6:00 pm S: 1:00 pm-5:00 pm
Lansdowne 12323 51 Ave	November 12- December 8	Saturdays, Tuesdays, Thursdays	Tu, Th: 3:30 pm -6:00 pm S: 1:00 pm-5:00 pm
Aspen Gardens 12015 39A Ave	November 12- January 5	Saturdays, Tuesdays, Thursdays	Tu, Th: 3:30 pm -6:00 pm S: 1:00 pm-5:00 pm
McKernan 11341 78 Ave	December 10- January 5	Saturdays, Tuesdays, Thursdays	Tu, Th: 3:30 pm -6:00 pm S: 1:00 pm-5:00 pm

## Fall & Winter Green Shack 2016-2017

Our Summer Green Shack program is now running in select locations in the Fall & Winter!

Come join us for games, crafts, sports, outdoor cooking and more!

This program is targeted for children aged 6-12, but all children accompanied by an adult are welcome to attend.



Dr. Douglas Haberstock  
Orthodontist

5520 – 111 Street  
Edmonton, AB T6H 3E9  
Ph#: 780-432-1832  
Email: [info@iortho.ca](mailto:info@iortho.ca)

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We can improve the appearance of your smile and, just as important, we correct the function of your teeth.

Check out our website at [iortho.ca](http://iortho.ca)

Contact our office if you have any questions about braces or orthodontic treatment. You are always welcome to call our office to book an examination ....a referral is not required.



# Lendrum Happenings



## 6th Annual Campout Under the Stars

Thanks to everyone who joined us!

The campout was held on August 12, 2016. After a late afternoon rainstorm, six families came to camp under the stars and many other friendly faces dropped by to enjoy the campfire and evening's activities. A good time was had by all. Thanks to our volunteers Georgina Hawkeye, Christine Sanderman, Liz Ng (who came by early to cook us all breakfast!) and Gillian Harvey. Thanks also to Luke and John Porter who brought the campfire kit! The campout raised \$148 for the spray park.



## Turkey Trot

Come out to Lendrum Hall on Sunday, October 2 at 10:00 for our annual Turkey Trot! Come with your family for a 3 km stroll around our neighbourhood, or try out the 5 km run – but more importantly, come to enjoy time with your neighbours.

All are welcome – families with strollers, folks with bikes or rollerblades – and every participant is entered in the draw for a Thanksgiving turkey! Hope to see you there for a fun time together in the autumn colours.



## 2016 Chili Cookoff

Come to the hall November 26th, from 5-8 pm, and vote for Lendrum's Best Chili. The \$5 entry gets you a bowl & spoon, 3 votes, and as many refills as you can handle. Voting ends and prizes are awarded at 7:30pm. A variety of beverages will be available for purchase at this family friendly event.

Big prizes for winners in "Best Traditional Chili", "Best Vegetarian Chili", and "Neighbourhood Choice". The winners will have their recipes posted on our website so the whole neighbourhood can enjoy them.

If you have never submitted an entry in this really fun event – please take a turn, it's the only way this works and it's fun!! To enter your chili, or volunteer for this fun evening, please contact Xanthe at [xloyer@telus.net](mailto:xloyer@telus.net). Looking forward to seeing you there!

## Canada Day BBQ and Bike Race

The Canada Day Criterium was another success. A large thank you to all the community volunteers who helped with the bbq and a big thank you to Lance and Janice Adamson, Gary Goulden, Marnie Young and Allison Nitchke who were key organizers.



## Social Events Coordinator and Event Hosts Needed!

The Lendrum Community League is looking for a new Social Events Coordinator. We have redesigned the position so that the coordinator will plan only a few events a year and will primarily assist Event Hosts with the planning of their events.

An Event Host is a community member who would like to host a community wide event. Examples of events taken over by Event Host so far are the campout, chili cookoff, New Year's party and the turkey trot.

Is there a Lendrum event that you love? Consider organizing it or if you have a great idea for a new community event that you could plan then come talk at a community league meeting or send an email to [president@lendrum.org](mailto:president@lendrum.org).

Part of what makes Lendrum such a vibrant place to live is the community wide events that take place here. Without them, there are fewer opportunities to meet our more distant neighbours and that makes our lives a little less rich.



# Glass Monkey

GASTROPUB

We're pleased to be your neighbourhood restaurant and lounge!

**Join us for specials throughout the week!**

**'Happy Monday'**... all wine bottles are discounted!

**'Wing Wednesday'**... chicken wings are half price!

**'Thirsty Thursday'**... all beer is on sale!

 @GlassMonkeyYEG

Located in the Lendrum Shopping Mall. Open daily from 3:30 until late. Closed Tuesday.

## Summer BBQ & Soccer Wrap-up

Big thanks to all who came out for the Lendrum Summer Barbecue back in June! Everyone had a great time in the sunshine, enjoying a burger or hotdog, playing in the new park, fooling around on the giant toys from the City, and mostly visiting with neighbours.

The photo booth was a big hit, with some hilarious shots of kids and families – thanks to Charmaine Davidson, Allison Nitchke and Christine Sanderman for their contributions for this booth. Handpainted murals by the kids of Lendrum decorated the hall, and the bouncy castles were always full! Thank you to the many, many volunteers who contributed to this afternoon of fun – without your help, these events would fall flat!

Please consider volunteering to host an event like this one for the community! It is a great experience and your neighbours always appreciate the hard work.





# New Patients Welcome!

Dr. Mary Ann Kuharchuk,  
b.sc., d.d.s

Dr. Jason Nijjer  
b.msc., d.d.s

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5534-111 Street, Edmonton

info@makdental.com



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[www.makdental.com](http://www.makdental.com)

# Seniors' Groups

## Petrolia Seniors Group Offers Activities for Seniors

Results of a "Needs and Talents Survey of Seniors" undertaken in 1987 by Southminster-Steinhauer United Church in our Southwest neighborhoods, indicated that seniors had a very real desire to have more opportunities to meet together for fellowship. Thus "Petrolia Seniors" (55+) was born and the seniors attending soon took over the organizing and a small executive committee continues to plan our activities. Of benefit to the seniors who attend has been the opportunity for fun, friendship, sharing and caring—regardless of creed, colour, age or politics.

For almost 30 years, this popular group has met the 3rd Tuesday of every month, except July and August, for a reasonably priced lunch and program, plus an extra lunch out or field trip. Over the years the group has been treated to many

interesting speakers and entertainers.

The registration fee covers the cost of the catering; rental of the hall; extra supplies; cost of the newsletter; as well as a small honorarium for the speaker. The requirement to have liability insurance has been a considerable added expense these past two years.

All seniors are welcome. There is no membership fee and little structure. Petrolia Seniors' aim is to provide an opportunity to "enjoy fun activities with the least amount of Red Tape and fewest Rules and Regulations."

Petrolia Seniors meets the 3rd Tuesdays 11:45 a.m. - 2 p.m. at Greenfield Community Hall, 3803 – 114 Street

Question?? Call Nick (780-435-1045) or Betty (780-434-0711)

**ATTENTION SENIORS)!!!**

**PETROLIA SENIORS' GROUP (55+)**

Invites YOU to come to enjoy

LUNCH and a PROGRAM (\$15)

Every Third Tuesday (except July and August)

11:45 a.m. (sharp) to 2:00 p.m.

at Greenfield Community Hall

3803 - 114 Street

Sept 20<sup>th</sup> – A Bold Vision for Canada for the next 150 years  
Dr. Margaret Anne Armour –one of Canada's most powerful women

October 18<sup>th</sup> – Paula Simons – Edmonton Journal Columnist (TBC)

November -15<sup>th</sup> – Michael Walters – Edmonton Councillor  
Neighbourhood Update and Local Issues

In addition enjoy another "outing" during the month

To CONFIRM your attendance or for more information

Call: Nick --780-435-1045 or Betty --780-434-0711

We look forward to your participation.

Bridge-Wednesdays 12 - 3 p.m. for info call Lawrence--780-436-2080

**Open House for Seniors Programs  
Friday September 16<sup>th</sup>  
11am to 1pm**



**STRATHCONA PLACE 55+ CENTRE  
10831-university Avenue  
780-433-5807**

- + Come and learn about our New & Exciting Seniors programs!
- + Body Balance & Woodworking Workshop Demonstration
- + Meet our friendly staff and discover if we have a program that's right for you.



**Refreshments!**

# In 2015 we helped over 400 seniors maintain an independent lifestyle.

## Lifestyle Helping Hands Seniors Association



We are a registered non-profit association whose purpose it to help seniors maintain an independent lifestyle, in their own homes, for as long as possible. We offer two programs:

**Seniors Home Supports – home support services referral**  
**LIFT Drive Happiness™ - door-thru-door assisted transportation**

To find out more contact us: (780) 450-2113 hsc@LHSA.org WWW.LHSA.ORG

## Society of Seniors Caring About Seniors

Our mission is to be an effective service facilitator for seniors to help them retain their lifestyle, sense of independence and well-being.

The purpose of the society is to help low-income seniors city-wide live independently in their communities for as long as possible.

We are currently looking for new volunteers to join our program. SSCAS has openings for volunteer drivers and service providers!



# Lendrum Neighbourhood Safety

## Remember: 30 km/h in School Zones

In September 2014 school zones came into effect around elementary schools throughout Edmonton. Motorists are required by law to slow down to 30 km/h between 8am and 4:30pm on school days where school zone signs are posted. The lower speed limit improves safety around elementary schools and protect our most vulnerable road users: young children.

With school starting again this fall, be prepared to follow the posted speed limits.

Crime Stats for Lendrum													
	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sept	Oct	Nov	Dec	Total
2016	7	2	6	8	4	8	2	2					39
2015	2	3	5	7	6	2	2	3	2	3	2	3	40
2014	3	1	2	1	4	3	3	1	3	3	5	3	32
2013	2	0	3	2	11	1	8	5	0	1	1	0	34

<http://www.edmontonpolice.ca/CrimeFiles/NeighbourhoodCrimeMapping.aspx>

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 Fur Evolution is accepting new clients for dog and cat grooming. Groomer is a certified pet stylist, a long-time Lendrum resident and has a home-based business.

Call now 780-934-8986 or visit us at [www.furevolution.ca](http://www.furevolution.ca)



# Community Programs

## **Lendrum Ladies' Coffee Time:**

First Monday each month, 1:30pm at Sunterra Market. For more info, please call Betty-Anne Stromsmoe at 780.437.7942

## **Sparks, Brownies, Guides and Pathfinders:**

For girls ages 5-18. Call 780.435.5068 for more info. Join anytime, always accepting new girls in all levels!

## **Lose Weight -TOPS:**

(Take Off Pounds Sensibly) Meets Tuesdays from 10-11 am at Cross of Christ Lutheran Church, 11460-60 Ave. For support in weight loss related programs contact Betty-Anne at 780.437.7942.

## **Crafters of Lendrum:**

The Lendrum Craft Group welcomes all residents and friends who enjoy doing handicrafts. We meet the 2nd and 4th Mondays from 11:00-4:00 with the exception of holidays and share a potluck lunch at the Community Hall.

Upcoming dates:

2016 - Sept. 12, 26; Oct. 17, 31; Nov. 14, 28; Dec. 12

For more information, call Peggy Folinsbee at 780.436.9322.

## **Line Dancing:**

Every Thursday from 10:00 –11:30 am at Lendrum Community Hall.

For info contact Don or Rita at 780.434.5885.

## **Lendrum Pottery Group:**

For more information please call Joy Schlaut at 780.434.1997.

## **Blue Chair Tai Chi:**

Mondays 9-10:30am Malmo Hall  
Fridays 9-10:30am Lendrum Hall.

Sorry, we do not offer beginner classes. If you know the 108-move Moy-style set, please join us in practicing at an intermediate level. Call Kathy at 780.435.0738.

## **Lendrum Parents Meetup**

Are you a parent in Lendrum? Are you interested in connecting with other parents in Lendrum for nights out, playdates and meetups? Join our Facebook page - Lendrum Parents.

## **Little Explorers**

Find new ways to play using upcycled and unique materials. Come explore with the Southwest Family Resource Centre staff at Lendrum Community Hall, Tuesdays, Sept. 13-Dec. 13, 10-11am. Ages 2-6 (siblings welcome).

## **Music and Motion**

Enjoy songs, parachute play and action games with the staff of the Southwest Family Resource Centre. Mondays, Sept. 12-Dec. 12, 10-11am at the Pleasantview Community Hall (no class Oct. 10). Ages 2-6 (siblings welcome).

## **Lendrum Men's Night**

We are hosting a Lendrum Men's group at the Community Hall the last Friday of each month (Sept. 30, Oct. 28, Nov. 25, no Dec. meeting) between 4:30 and 7:00 p.m. There will be beer and snacks. You are welcome to come for a few minutes or the entire time. Drop by with a few dollars to socialize and have a beer. Meet new people and get to know your neighbours or talk about old times with your old neighbourhood friends.

**Next Community League Meetings**  
**Monday, September 12, 2016, 7-9pm**  
**Monday, October 3, 2016, 7-9pm**  
**Monday, November 7, 7-9pm**  
**at the hall**

**Please contact Gary Goulden**  
**with any ideas for possible**  
**new programs**  
**780.450.0927**

# Calendar of Events

September 12	Lendrum Community League Meeting (7-9pm)
October 2	Annual Turkey Trot, 10am-12pm
October 3	Lendrum Community League Meeting (7-9pm)
October 12	Community Meeting on new Capital Regional Housing Development, 5-8pm, Location TBD
October 15	Lendrum Park Redevelopment Bottle Drive (Bottles out by 9am)
October 25	Off-Leash Community Meeting, 7-8:30pm
November 7	Lendrum Community League Meeting (7-9pm)
November 26	Chili Cook-Off (5-8pm)

\*\* All events at Lendrum Hall unless otherwise noted \*\*

## Block Parties!



# Lendrum Community League

## 2016-2017 Executive & Coordinator Contacts

President	Gary Goulden	780.450.0927	president@lendrum.org
Vice-President	VACANT		
Past President	Bill Fish	780.437.6794	pastpresident@lendrum.org
Treasurer	Rick Young	780.437.1981	treasurer@lendrum.org
Secretary	Laura Sherman	780.425.0993	secretary@lendrum.org
Casino	Catherine Rostron	780.434.3839	casino@lendrum.org
Civics	Stephen Dobson		civics@lendrum.org
Membership	Joanne Hamel	780.454.5111	membership@lendrum.org
Social	VACANT		
Soccer	Matthew Hawkeye	780.920.6122	soccer@lendrum.org
Volleyball	Lance Adamson	780.438.9168	volleyball@lendrum.org
Athletic Park	Harvey Guhl	780.504.7046	athleticpark@lendrum.org
Master Gardener	Bonnie Herring-Cooper	780.431.9513	communitygardener@lendrum.org
Master Naturalist	Peggy Folinsbee	780.436.9322	peggy.folinsbee@gmail.com
Fundraising	Allison Nitchke	780.988.0601	fundraising@lendrum.org
Park Redevelopment	Allison Nitchke	780.988.0601	playground@lendrum.org
Hall Rentals	Bonnie Herring-Cooper	780.431.9513	hallrentals@lendrum.org
Ice Rink	Ben Willing	587.523.3520	icerink@lendrum.org
Lendrum Sign	Luke Falkenstein	780.431.0752	sign@lendrum.org
Newsletter Editor	Erin Sawyer	587.523.3520	newsletter@lendrum.org
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Abundant Community	Stew & Anola Carson		stewcarson@shaw.ca
Energy Committee	Pam Smith		pam@zaw.com
CRC Rep (City of Edm.)	Anna Vesala	780.496.1473	anna.vesala@edmonton.ca

### There are many ways to stay connected to the community!

1. Check out the newly redesigned website at [www.lendrum.org](http://www.lendrum.org).
2. Follow us on twitter @LendrumYEG
3. Join our Facebook page [www.facebook.com/lendrumyeg](http://www.facebook.com/lendrumyeg)

Um...where did the summer go? Not only has the temperature changed rather suddenly but the summer also seemed to fly by. And now I'm back at the computer working on the Lendrum newsletter. There were quite a few contributions from various people this edition and for that I'd like to say a big thanks! It's great to hear some thoughts on what should be included.

I had the pleasure of hosting the community campout this summer. What a fun time! It was my first time organizing a community event and I'm pleased to say it turned out well (or at least I thought so). At League meetings we've heard ideas for lots of different types of events - informational/educational evenings, family dances and more. But it takes someone to take charge of these events to make them a reality. Perhaps you have a fun idea for a new community event? Why not try on the new role of event host and make it happen?!?

I wish you all a good back to school and happy autumn (???)  
Talk to you in November!  
Erin