

# LESSARD CALLING CARD



FALL 2020 EDITION | PRICE: WEAR A MASK

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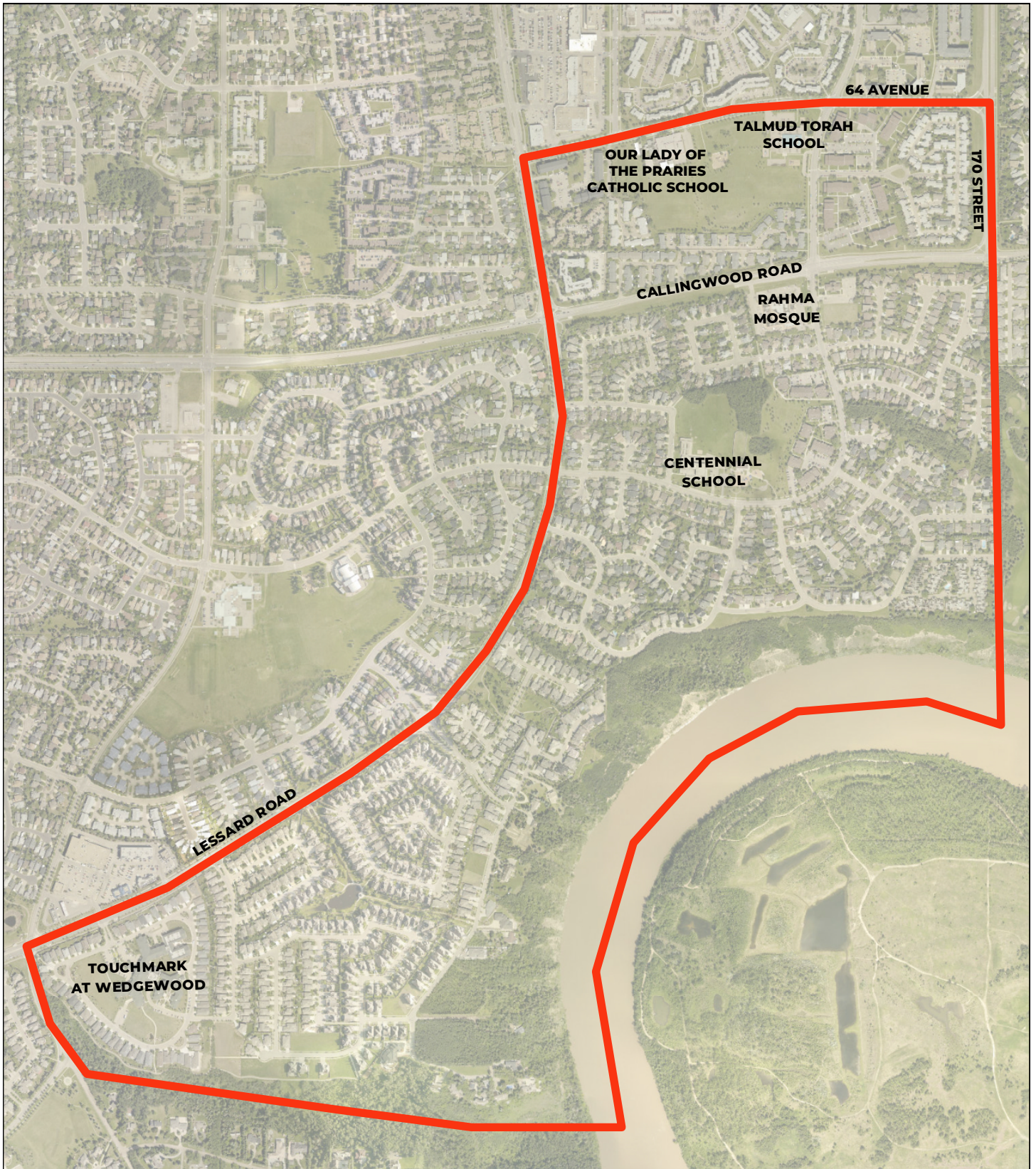
Walk this way:  
**How to get your steps in and keep  
our neighbourhood safe!**

The kids are alright:  
**Find out what's going on at the  
Playschool and Centennial**

Serve over ice (or snow):  
**Food and cocktail ideas to warm  
your spirits**

The new community league board:  
**See what they look like...  
without their masks!**

**WELCOME TO THE NEIGHBOURHOOD!**



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## IN THIS EDITION...

Meet Susan Penner, our new  
Community League Coordinator

Current Lessard Community League  
Board Members and Available Positions

Lessard Playschool & Centennial School  
Update for the New School Year

Community League Sports and  
Outdoor Winter Activities

Neighbourhood Watch and the  
'Walk Your Block' Program

Decorating Contests for Halloween and  
the Holiday Season

Real Estate Snapshot for the  
City of Edmonton

Sharing some of our favourite meal  
recipes

Social(ly Distant)-ables!  
A new (yet very old) cocktail idea

The Lessard Community Hall's closure  
during COVID-19

Join the Lessard Community League!  
(all the cool kids are doing it)

### Want to Advertise With Us?

We'd love to include an advertisement  
for your business or organization. For  
more information about how, send an  
email to [engage@lessardcommunity.ca](mailto:engage@lessardcommunity.ca).

### Have a hot local news tip or want to contribute to the Lessard Calling Card?

We'd love to share your stories! Send  
your ideas and comments to [engage@lessardcommunity.ca](mailto:engage@lessardcommunity.ca).



## CONTACT INFO:

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**Online:**  
www.lessardcommunity.ca  
Download the Communibee App

**Facebook:**  
fb.me/lessardcommunityleague

**Instagram:**  
@lessardleague

**Twitter:**  
@lessardleague

**Rental or Program Inquires:**  
coordinator@lessardcommunity.ca

**Newsletter or Social Media Inquires:**  
engage@lessardcommunity.ca

**Neighbourhood Watch Program:**  
lessardneighbourhoodwatch@gmail.com

**Find Us:**  
Lessard Community League  
17404 - 57 Avenue NW  
Edmonton, Alberta T6M 1K4

## WELCOME!

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Meet our new  
Community  
League  
Coordinator!



**Susan Penner** - Community League Coordinator



Welcome our new Community League Coordinator, Susan Penner!

Our Community League Coordinator is responsible for the day-to-day administrative operation of the Lessard Community League. The Coordinator reports to the Lessard Community League Board.

Susan is a mother of three grown children and a proud grandma to five grandchildren.

Two years ago, Susan and her husband Fred moved to Edmonton to be closer to their daughters and grandsons. After fourteen years of managing a fly-in fishing lodge in Northwestern Ontario, they retired this past December!

Susan is excited about working with the Lessard Community League, and looks forward to meeting the people and families in the neighbourhood.

## LESSARD COMMUNITY LEAGUE BOARD 2020/2021



**MARY JANE FEDOR** - President

Mary Jane has lived in the west end for the majority of her life.

She and her husband Dennis moved into Lessard 26 years ago and love their neighbourhood. They have both been involved in the Community League in various ways for most of that time.

They raised their three children here, all of whom played soccer for Lessard.



**CHAD MARTINIG** - Vice President

Chad is originally from the Sunshine Coast in BC and moved to Edmonton in 2010. He and his family moved to the west end in 2013 and love the area and sense of community.

Chad's kids, Kate & Max, currently attend Centennial and both spent two years attending Lessard Playschool. You have probably seen them riding around the community on their scooters, bikes and are staples on the Community League ice during the winter!

Chad recently joined the Lessard Board and wants to see our community league continue to prosper and build for the future!



**AUBREY ROGERVILLE** - Past President

Aubrey is the Lessard Community League's Past President. His role on the board is to support the president and other board members in their roles and to provide knowledge of past league programs and services.



**ALISON KEPPLER** - Secretary

A life-long resident of the west end, Alison joined the Lessard Community League board in 2019. Her family (husband, Dave; son, Sam; and Boxador, Pepper) have lived in Lessard for five years.

They're an active family and enjoy spending time outdoors, in every season.

They can be found walking, running, or biking throughout the neighbourhood or on river valley trails. Quick access to Edmonton's excellent trail system is one of their favourite things about living in Lessard.

They love the community feel Lessard offers its residents and look forward to continuing to make meaningful connections with neighbours.



**DENNIS FEDOR** - Soccer Coordinator

Dennis has been living in the Lessard Community since 1994. His three children all grew up here!

Dennis has coached U6 - U16 soccer teams over the years. He's been a member of the Lessard Community League Board since 2007, and has been the Soccer Coordinator since 2007. Additionally, Dennis has been a Board member with the Edmonton Minor Soccer Association West Zone since 2014.

His motto is: "When a kid wants to play soccer, we will find them a place to play!"



**KIRSTEN SCHMIDT** - Neighbourhood Watch Director

Kirsten has lived in the Lessard area since 2014. Her family loves everything about this community and all that it has to offer - especially all the wonderful people who live here!

Before starting a family she had a career in Social Work with a focus on mental health, children and families.

She is pleased to be part of the board and working alongside the other board members to help strengthen our community even more.

## LESSARD COMMUNITY LEAGUE BOARD 2020/2021



**NATALIE SMITH** - Membership Director

Natalie was born and raised in the west end of Edmonton, and has been actively involved in sports her whole life. Soccer was always a strong suit for her; she moved her way through community to club then playing major league right here in Edmonton. She still plays in a competitive women's league.

Natalie began coaching soccer for Lessard when her oldest son really got into the game and together they share a love and passion for the game.

Natalie works in Health and Safety and has her NCSO designation.



**CHELSEA CASAULT** - Casino Director and Playschool Liaison

Chelsea and her husband have lived in Gariepy since 2009. Before making the decision to stay at home full time with her two kids who now attend Centennial Elementary School, she had a career in Oral and Maxillofacial surgery as a dental assistant.

She sings with Òran, a young adult choir in the Kokopelli Choir Association. She loves to cook, eat and sing! She and her family love the community and look forward to many more years forming meaningful connections within the neighbourhood.



**JANE DAUPHINEE** - Director at Large

Jane is new to the board, having lived in Gariepy since 2015. She is the Principal and Senior Planner of Municipal Planning Services, a Land Use and Community Planning firm that specializes in providing planning services to small urban and rural communities in Alberta.

When not being led around the neighbourhood by her greyhound (Bill 'Billy' Pat) or her boys (Colton and Andy), Jane can be found creating unique and functional ceramic objects through her alias, Willow and the Wolf Atelier.



**BRAD MACDONALD** - Special Events and Newsletter Director

Brad is an urban planner with strong opinions about seafood chowder. As a goalie, he sports a save percentage barely north of 50% on the outdoor rink; made worse usually by his two boys, Colton and Andy.

He also volunteers his time with South Jasper Place Baseball, Snow Valley Racing, and the Centennial School Council.

If you notice any typos in this newsletter, please let him know gently.



**YONI RESHEF & NURIT RESHEF** - Webmaster

Yoni and Nurit run the Lessard Community League's website - [www.lessardcommunity.ca](http://www.lessardcommunity.ca), and ensure that information and events are shared to our community members.

They also manage content for our community league app - CommuniBee!

Community members can download the app from the Apple App Store or Google Play and stay informed of new events and programs in our community.



**YOU. ...YES, YOU!**

There are currently several **open board positions** waiting for community members to become involved. These include:

Programs Director

Events Coordinator

Grant Proposals Director

Facilities Coordinator

If **any** of these positions interest you, or you have interest in serving on a committee (or any other capacity), feel free to reach out - we'd love to have you on the team!



**T**he staff, students and families of Centennial School are grateful for the ongoing relationship with the Lessard Community League.

At Centennial School, we are committed to developing successful learners and leaders who are prepared to live as compassionate, engaged, and ethical citizens. We work collaboratively as a staff and in partnership with parents and the community to provide a safe, caring, and inclusive learning environment that fosters resiliency, exemplary character, and healthy, active lifestyles.

We welcome all questions and inquiries from the community at Centennial School.

Our office number is 780-481-5590.

Thank you,

Shannon Harwood  
Centennial School Principal



**D**id you know that Lessard Playschool is running both a four year old class, and a three and four year old class again this year? After adjusting our schedule, our procedures surrounding arrival and dismissal times, and enhancing our cleaning and sanitization protocols, we are very excited to be welcoming students to our classroom!

We continue to offer a learn through play program, with a focus on engaging our students in activities that will promote a love of school and learning that they can build on as they grow. Our two lead teachers, Miss Jen (four year old class) and Miss Michelle (three and four year old class) have been at Lessard Playschool for over five years.

We are so privileged to teach return families, and younger siblings that have been anticipating the chance to attend school themselves! We also love getting to know new families in our community, and from beyond.

There is no hiding that this year at playschool looks different. However, the most important things have not changed. Students are greeted with a huge smile from their tea-

chers, even if they are hidden by a mask. Games are played, friends are made, and little people are learning and having fun within our walls. We are still thankful to be here to play and learn with our students each day!

We do have a **few spots remaining** in our **three and four year old class** which meets on Monday and Tuesday mornings.

If you are interested in more information, please see our website at: [www.lessardplayschool.ca](http://www.lessardplayschool.ca)

Or, send us an email us at: [lessardplayschool@gmail.com](mailto:lessardplayschool@gmail.com)

### **Gingerbread House Fundraiser:**

The following two pages include information about our Playschool's annual Gingerbread House Fundraiser.

Anyone in the community looking to order kits can contact [lessardplayschool@gmail.com](mailto:lessardplayschool@gmail.com) for more information!







Hello Playschool Families!

It is time to look ahead to some fun Christmas traditions!

We are once again selling freshly baked gingerbread house kits, and gingerbread men. The houses are larger than those typically found in stores and include ample icing and candy! The gingerbread men include icing (no candy). This will be our fourth year selling these kits as one of our Christmas fundraisers, and they are delicious and fun to build and decorate!

The gingerbread is baked and assembled by a retired professional baker. In light of Covid-19, he is taking extra precautions and sanitization to ensure everyone's safety. Once the gingerbread is ready, we will deliver it to the playschool, where families will be able to pick up their order from the parking lot.

Gingerbread ingredients: Ginger, Cinnamon, Pastry flour, All-purpose shortening, Salt, Sugar, Black strap molasses, Baking soda

Icing ingredients: Sugar, Water, Cream of tartar, Meringue powder

\*\*\* The types of candy included are not identical in each kit\*\*\*

We are selling the gingerbread house kits for \$25 each. The cost to us is \$17, so that means you earn \$8.00/house towards your fundraising commitment. Gingerbread men cost \$20/12 or \$10/6. You earn \$6/dozen towards your fundraising commitment. Please feel free to sell to family and friends!

Orders must be submitted to the playschool **no later than 11pm on November 23**. You may submit orders by sending in a paper copy of your tally sheet, with your student. Alternatively, you may email your order to [lessardplayschool@gmail.com](mailto:lessardplayschool@gmail.com) Payment must be made at the same time as you place your order. **Please pay by cheque made payable to Lessard Community League OR by EFT to [coordinator@lessardcommunity.ca](mailto:coordinator@lessardcommunity.ca)** Gingerbread house kits will be delivered to the school the week of November 30.

Thank you from the fundraising committee!

Name	Gingerbread House Kit \$25 each	Gingerbread Men 12 for \$20	Gingerbread Men 6 for \$10	\$ Owing	\$ Paid
<i>EXAMPLE Santa Claus</i>	2	1		70	Yes

Total number ordered	0	0	0
	x \$25.00 =	x \$20.00 =	x \$10.00 =
Total \$ amount owing			Total \$



## NEIGHBOURHOOD WATCH UPDATE

# WALK YOUR BLOCK!

This fall, the Neighbourhood Watch program that we focused on was “Walk Your Block”. Research has shown that crime is significantly reduced where community residents are visibly present and actively involved on their streets and in their neighbourhoods.

With the challenges that Covid-19 poses in regards to connection and socialization, “Walk your Block” is a perfect way to stay active, get to know your neighbours and stay connected, all while helping to reduce crime. Anyone can participate in this program at any time. Simply take a walk in your neighborhood whenever you like!

While you are walking, take note of the homes and cars in your area and what does and does not belong. If you see suspicious activity, report it to the non-emergency police line at (780)423-4567. If you see a crime in progress, call 911 and do not engage.

Participants of “Walk your Block” are encouraged to sign up for a walker ID number and log their walks online. Visit [www.enwatch.ca/walk-your-block](http://www.enwatch.ca/walk-your-block).

This Halloween, Lessard residents were encouraged to “Walk Their Haunted Block” with the first ever Halloween decoration contest! Take a look at some of the creative entries that were submitted by community members, and the online voting results! Stay tuned for our **winter season events!**



## UPDATE ON THE HALL AND RINK



**H**ave you noticed that things around the hall have been a bit quiet ...since March? When provincial and municipal health advisories related to COVID-19 were enacted, the Lessard Community League (like other community leagues around our city) closed our hall to public gatherings in order to limit the potential for the virus' transmission.

It was not an easy decision to make as it has limited our ability to gather, celebrate, and enjoy each others' company. However, knowing that we are collectively contributing to the larger global effort of reducing the burden on our health care system is something we should all be proud of.

When can we get back in the hall? The short answer (as of publishing this newsletter) is that we don't know. Today, most community league halls are still closed throughout our city.

This past summer, the Lessard Community League Board met a few times (in the hall's parking lot, and virtually) to discuss 're-opening' scenarios. Following the guidance of the Edmonton Federation of Community Leagues (as well as the re-opening strategies of other community leagues) the Lessard Community League Board drafted an updated Hall rental agreement. The updated agreement provides the League (as well as the renter) with clear roles and responsibilities to ensure that all federal, provincial, and municipal health guidelines are followed. This includes limiting the number of persons allowed in the hall, the type of activities that may be allowed, main-

taing contact information of attendees for tracing purposes, as well as cleaning and sanitization measures. Our plan, in the early days of Autumn, was to prepare for a possible re-opening in the middle of October.

Current COVID-19 infection and hospitalization rates, as well as the knowledge that transmissions are occurring in part due to community events, has resulted in the Board's decision to continue to keep the Hall closed for public rentals. A very small number of long term rental agreements are currently being honoured by the Board due to the commitments on the part of the rental parties to adhere to our new rental agreement guidelines.

We are committed to staying up-to-date on this situation, and will consider re-opening the hall in the new year when it is safe for our renters and community to do so.

The current (and short term) closure of the hall has the Board wondering about potential impacts on our outdoor rink. In the past, our small 'locker room' was open to rink users to lace their skates, warm up from the cold, and to use the washroom.

Currently, we do not have a rink manager for our outdoor rink. Our approach for this season was to establish a committee of eager community volunteers to build/flood the ice and to share ice clearing duties.

This is still our preferred approach, however we recognize that how the rink may be used will be impacted by the status of the hall.

At the top of our collective minds is providing the community with fun, and accessible activities this winter. Regardless of how the rink will be programmed this winter, we will be hosting outdoor events this winter that focus on keeping active and happy. We can still throw snowballs from 2 metres away, right?

Want to volunteer to help build and maintain the rink this winter? We would love to have you on the team. Reach out to [engage@lessardcommunity.ca](mailto:engage@lessardcommunity.ca) to get in touch! Experience is **NOT** required! We are starting from the knowledge that water freezes in sub zero temperatures, and going from there!

The City of Edmonton is offering a free online Ice Making Workshop on Wednesday November 18, 2020 from 6:30 p.m. - 8:30 p.m. email [engage@lessardcommunity.ca](mailto:engage@lessardcommunity.ca) to find out how to RSVP.

Have other ideas for winter activities? Send us an email or get in touch with us via Facebook or Instagram.

### Donation Request:

To get the ball rolling on winter activities, we have an ask of community members - do you have old/excess outdoor Christmas lights (any colour) that you've been putting off getting rid of?

We'd love to have them for future events this winter to give our park space a blast of colour and light. Email [engage@lessardcommunity.ca](mailto:engage@lessardcommunity.ca) to donate!

### MONTHLY SUMMARY

SEPTEMBER NEW LISTINGS **2,981**

Month to Month ▲ 5.90%    Year to Year ▲ 10.37%    Year to Date **25,000**

SEPTEMBER SALES **1,872**

Month to Month ▼ 0.21%    Year to Year ▲ 35.55%    Year to Date **13,000**

### SELLING PRICES



SINGLE FAMILY

AVG **\$440,000**

Month to Month ▲ 0.11%

Year to Year ▲ 4.73%

MED **\$400,000**

Month to Month ▼ 2.44%

Year to Year ▲ 4.79%



TOWNHOUSE/DUPLEX

AVG **\$341,000**

Month to Month ▼ 0.50%

Year to Year ▼ 0.89%

MED **\$329,000**

Month to Month ▲ 1.23%

Year to Year ▲ 1.54%



CONDOMINIUM

AVG **\$232,000**

Month to Month ▲ 1.34%

Year to Year ▲ 6.74%

MED **\$218,000**

Month to Month ▲ 1.40%

Year to Year ▲ 9.00%

### ALL RESIDENTIAL

Average **\$377K**

Month to Month ▲ 0.54%

Year to Year ▲ 7.12%

Median **\$353K**

Month to Month ▼ 0.62%

Year to Year ▲ 7.56%

### AVERAGE DAYS ON MARKET

**47 days**

SINGLE FAMILY



2019 Average  
59 days

**52 days**

TOWNHOUSE/DUPLEX



2019 Average  
67 days

**65 days**

CONDOMINIUM



2019 Average  
67 days

### SEPTEMBER 2020

**53** days average

Month to Month Average  
*Homes are selling SLOWER compared to last month.*

**1.92%**  
SLOWER  
than AUG 2020

Year to Year Average  
*Homes are selling FASTER compared to last year.*

**15.87%**  
FASTER  
than SEP 2019



**Chad Martinig**  
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🌐 YEGProRealty.ca

📍 #203 10432 123 St Edmonton, T5N 1N7

# A drink as old as our city: The Whisky Sour

## ABOUT THIS COLUMN

The Cocktail Corner is intended to be a light-hearted paper version of the neighbourhood pub. With COVID-19 keeping us at home, this column looks to provide bartending banter and well as recipes for you to make delicious cocktails at home.

The author is a bartender and resident of our West Edmonton community.

**M**y role as a bartender is to pour drinks, prognosticate, and tell people things will be okay. Not since prohibition has pouring drinks been such an integral activity, and there's no shortage of advice required; it changes every day.

Pouring drinks and providing advice in public has been challenging in 2020. Towards the end of 2019, bartenders and soothsayers alike were asked what 2020 may bring.

A friend of mine, Robert Simonson, wrote a column in December 2019 for 'Punch' predicting 2020 to be the year of "No ABV Cocktails." I'm glad nobody can find my columns from 2019. Like the rest of us, Rob missed the mark. 2020 is perhaps the year to sit down and enjoy a nice drink. While 2020 hasn't completely stopped bartenders from pouring drinks, it's made our lives more difficult. I'm still happy to prognosticate though.

For this edition, we present for your drinking pleasure, the **Whisky Sour**. This drink had its heyday in the late 1800s. 'Sours' (made with any liquor) had existed for many decades prior, as they were popular drinks on board naval ships. With long months spent at sea, sailors ran a major risk of malnutrition, and the threat of developing scurvy as a result seemed imminent.

Eating citrus was an effective way to combat scurvy, so ships often left port with rations of lemons, limes, or oranges for sailors to eat. Given that refrigeration was also not available, sailors would take liquor like rum, whiskey, or gin on ships to have something safe to drink during long journeys. Over time, the citrus (usually lemon) was mixed with a liquor and water to create a drink that would not only quench thirst, but also effectively prevent the onset of scurvy. Win-win! I'm not saying we're at risk of scurvy, just that day-long Zoom calls may necessitate some added citrus in our diets.

The late 1880s may be the last time it was trendy. Today, this one is picked last for the classic cocktail team. It has suffered at the hands of unqualified bartenders. But if you watch your proportions carefully, can squeeze a lemon, and pour in a barspoon of sugar, this drink can't help but put a smile on your lips.

We can argue just how strong, sweet, or tart a good whisky sour should be. But it's a drink which you can meld to your identity. Use a good whisky (I prefer rye whisky with a 100% rye mash bill, ie. Alberta Premium), fresh juice, and shake it hard. This drink requires no garnish, we'll leave our drink some dignity.

I have endeavoured to provide satisfaction and remain humbly - yours in 90 proof,

**Doug Thomas**



## INGREDIENTS:

2 oz Rye Whisky  
3/4 oz Rich Simple Syrup  
3/4 oz Lemon Juice

## METHOD:

Combine all ingredients with ice in a cocktail shaker (or mason jar with lid) and shake vigorously until chilled (20-30 seconds).

Strain into a coupe or rocks glass.

For rich simple syrup, heat 1 cup sugar with 1/2 cup water in a saucepan over medium heat, stirring occasionally, until sugar is dissolved.

Remove from heat and cool. Store in a sealed, container.

To preserve, add 1/2 oz vodka.

## WHAT'S COOKIN' IN THE NEIGHBOURHOOD?

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**E**ver walk through the neighbourhood - perhaps during the height of barbeque season or a Sunday afternoon on a long weekend - and smell a delicious aroma in the air? COVID-19 may have us unable to get together for dinner, but it can't keep us from sharing meals that we love with one another. Thus, a new idea for the Lessard Community League Newsletter - sharing recipes we love with neighbours. Perhaps you have an old family favourite, a cultural dish you can't go without, or are taking this time of social distancing to try new things in your own personal test kitchen. Each edition we hope to have a few different submissions from community residents and area cooks to share. Kicking it off for Fall 2020, we have board members Chelsea Casault and Alison Keppler. *Have a recipe you'd like to share?* Send it to [engage@lessardcommunity.ca](mailto:engage@lessardcommunity.ca)!

# BUFFALO SAUCE WITH BLUE CHEESE

CHELSEA CASAULT

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"This sauce can be made as a pasta sauce, or you can drizzle it on omelettes or scrambled eggs, hot wings, as a buffalo blue cheese salad dressing... Anything that asks for buffalo flavour (and even things that doesn't)! It's just delicious!"

### Ingredients:

1/3 cup Frank's Red Hot Sauce  
1 1/2 tbsp Oil  
1 1/2 tbsp Worcestershire Sauce  
1/2 tsp Garlic Powder  
1/2 tsp Onion Powder  
2 tsp Green Tabasco Sauce  
1 1/2 tsp Yellow Mustard  
1 1/2 tbsp Honey  
1/3 cup Blue Cheese (or more if you're feeling it)



In a small bowl, whisk together the Frank's Red Hot Sauce, oil, Worcestershire Sauce, garlic powder, onion powder, Green Tabasco Sauce, yellow mustard and honey. Add the sauce to your dish of choice and crumble blue cheese on top of your finished dish.

If you would like to serve the sauce hot, add it to a sauce pan and heat through, stirring often. You can add the blue cheese to the sauce pan and melt it for a creamy texture. Drizzle the sauce on to your dish of choice and if you wish, add blue cheese as a garnish.

It is delicious on baked chicken breast too! Season the chicken breast with poultry seasoning, salt and pepper and while baking the chicken @ 400F, flip the chicken over and brush it with the sauce every 10 minutes until the chicken is cooked through, about 50 mins. With 10 minutes remaining, crumble blue cheese on top of each chicken breast and let it melt in the oven. Serve hot!

Note: This recipe is a modified version of the original which can be found at [www.kalynskitchen.com](http://www.kalynskitchen.com).

# DEEP DISH MEAT LASAGNA

ALISON KEPPLER

## Meat Sauce Ingredients:

2 lbs lean ground beef  
1 (28 oz/796 ml) can diced tomatoes  
1 cup tomato paste  
3 tbsp packed brown sugar  
1 tbsp chopped fresh basil  
1 ½ tsp kosher salt  
1 tsp oregano

## Cheese Filling Ingredients:

2 large eggs, lightly beaten  
4 cups ricotta cheese  
¾ cup freshly grated Parmesan cheese  
1 tbsp chopped fresh basil  
1 tsp kosher salt

## Other Ingredients:

12 oven-ready lasagna noodles  
3 cups shredded mozzarella cheese, divided in half  
¼ cup freshly grated Parmesan cheese, for topping

## Directions:

Preheat oven to 375° F. Coat a 13x9-inch baking dish with non-stick cooking spray.

For the sauce, in a large skillet, brown beef over medium-high heat. Drain and return to pan, adding diced tomatoes with their juice, tomato paste, brown sugar, basil, salt and oregano. Bring to a boil and then turn down to low, simmering for 30 minutes.

For the cheese filling, in a medium bowl, whisk eggs, ricotta, Parmesan, basil and salt.

To assemble, spread 1 cup of meat sauce in the prepared dish. Top with 4 noodles, half of the ricotta mixture, 1 ½ cups of mozzarella and 1 cup of meat sauce. Top with 4 more noodles, remaining ricotta and remaining mozzarella.

Place 4 remaining noodles on top, cover with remaining meat sauce and sprinkle with Parmesan cheese. Bake uncovered for 35 minutes.

Note: This recipe is a modified version of the original which can be found at [www.bitemore.com](http://www.bitemore.com).

.....  
**“This lasagna is a favourite go-to for our family and a real treat, too. Easy to prepare, it’s the epitome of comfort food; rich, cheesy deliciousness that will have everyone hoping for leftovers. Better make a double batch!”**





## LOCAL EVENTS AND PROGRAMS

In our community  
**and around our City**

### GLOW CHRISTMAS

GLOW Christmas Edmonton returns with A new show & enhanced COVID-19 safety protocols!

Visit Edmonton's largest indoor holiday celebration! Enjoy over 90,000 square feet of family fun walking through the million twinkly lights in the Light Gardens, delicious food, festive drinks, live entertainment, the Glow Merry Makers Market, and a visit with the one and only Santa Claus!

November 18 to January 3  
Edmonton EXPO Centre

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

### WESTEND SENIORS ACTIVITY CENTRE

Colder days are upon us, and the Westend Seniors Centre is ready to serve seniors with a variety of resources and connection opportunities. The Centre has a number of live classes for people 55+, as well as online classes provided via ZOOM.

In addition, the Centre is providing 1:1 training to teach seniors how to use platforms like ZOOM and Google.

The Centre has also recently revamped its website to include lots of fun reading, online activities, brain games and other resources to keep seniors engaged.

A Meal Program was also recently launched to provide seniors with healthy, affordable meals. They even offer free delivery for those who cannot come to the centre to pick up their food.

9629 – 176 Strett  
Edmonton, Alberta T5T 6B3

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

**UNTIL NEXT TIME!**

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## **TELL US YOUR STORIES!**

We'd love to have you contribute to the next edition of the Lessard Calling Card! For the next edition (Winter 2021) we are looking to profile local makers, artists, and businesses in our community. Send your suggestions and ideas to [engage@lessardcommunity.ca](mailto:engage@lessardcommunity.ca).

We'd love to feature your stories, photos, and ideas for the community.

More calls for submissions will be posted online on our website, on the CommuniBee App, and on our Facebook, Instagram, and Twitter pages.

## **ADVERTISE WITH US!**

We'd love to help boost your business or organization's message to our community. For advertising rates and options, email [engage@lessardcommunity.ca](mailto:engage@lessardcommunity.ca).

**LESSARD  
CALLING  
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