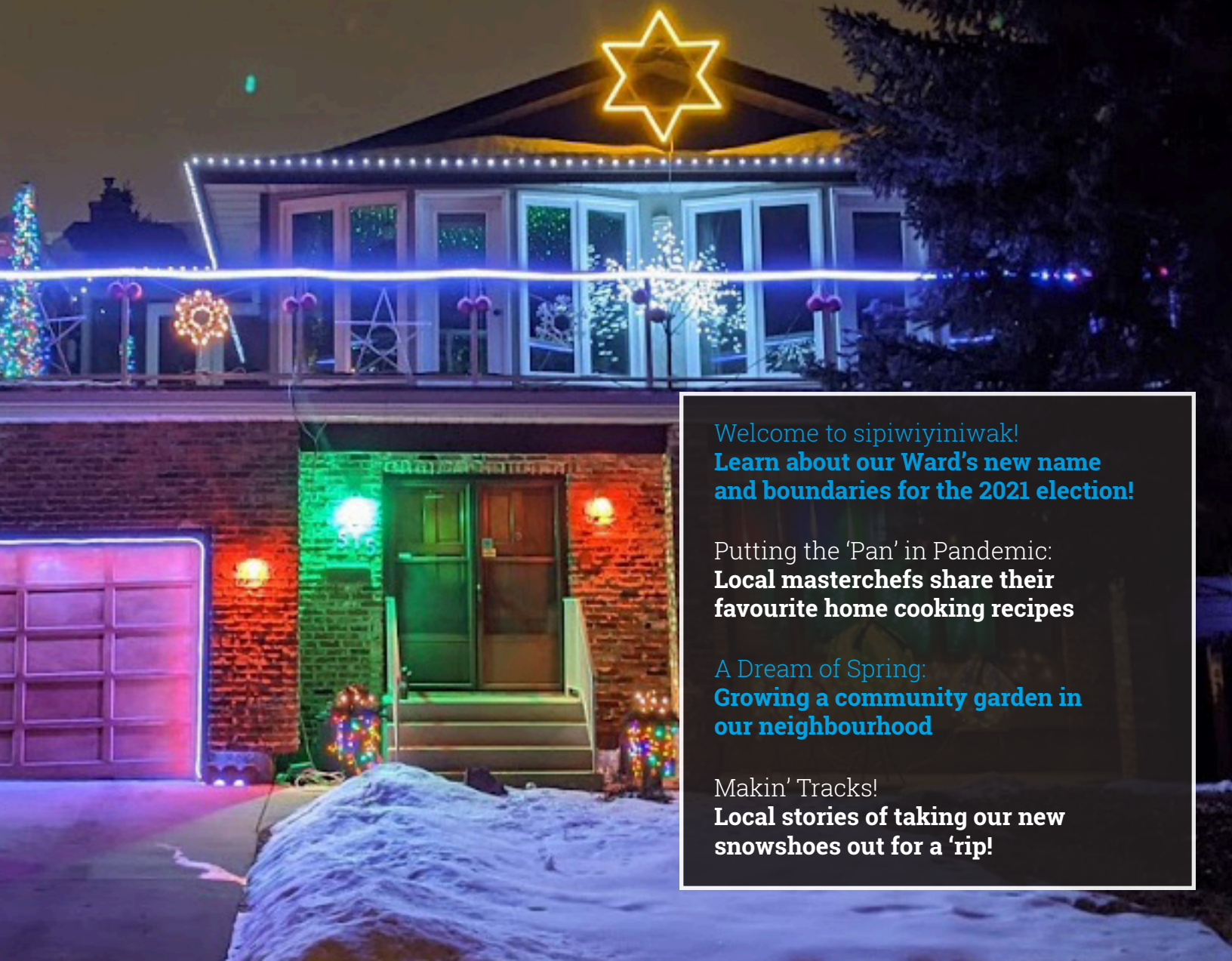


# LESSARD CALLING CARD



WINTER 2021 EDITION | PRICE: DONATE TO A FOODBANK!

TREATY 6 TERRITORY | AMISKWACIWĀSKAHIKAN  
EDMONTON | ALBERTA | CANADA  
53.493605, -113.623246



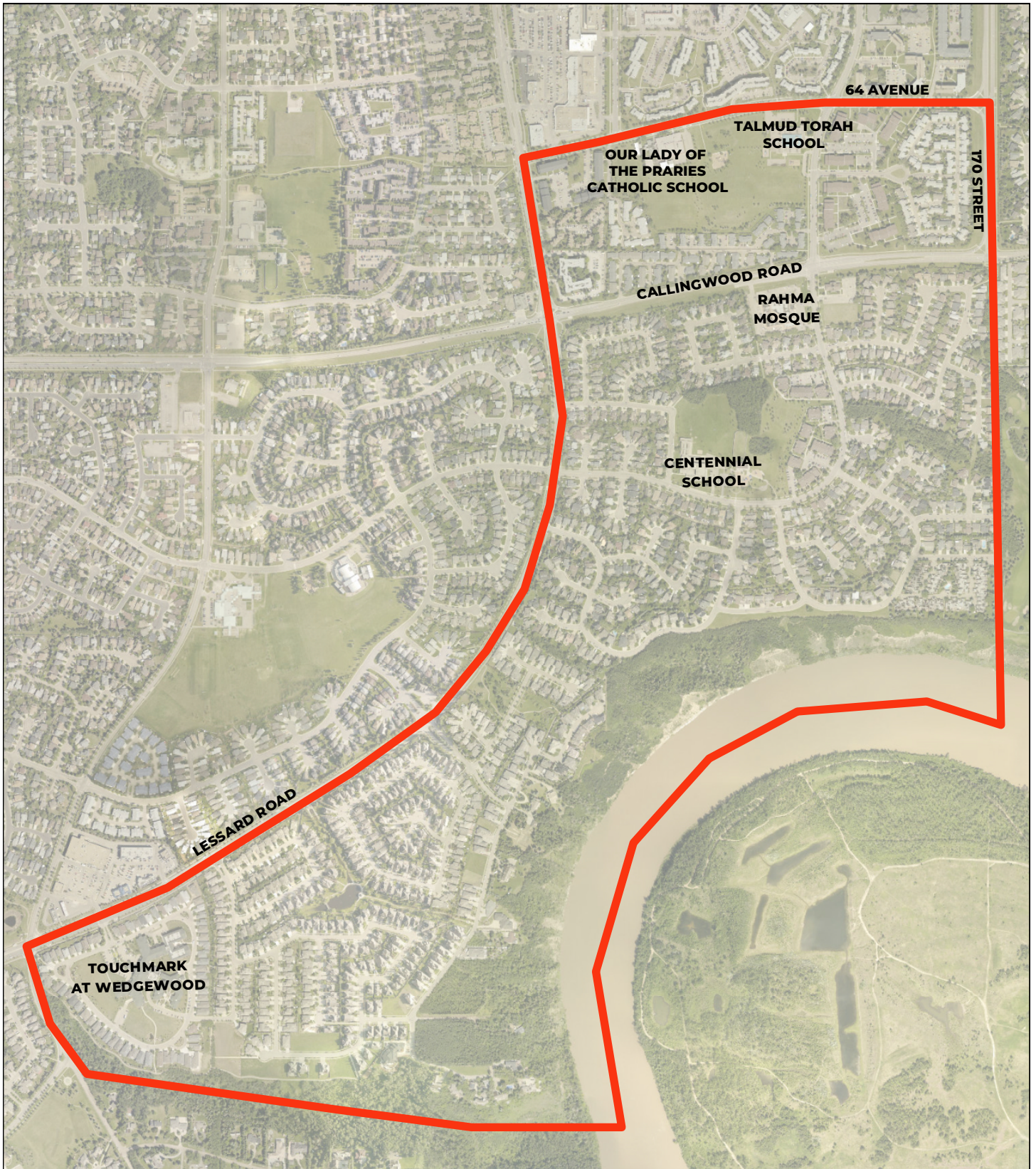
Welcome to sipiwiyiniwak!  
**Learn about our Ward's new name  
and boundaries for the 2021 election!**

Putting the 'Pan' in Pandemic:  
**Local masterchefs share their  
favourite home cooking recipes**

A Dream of Spring:  
**Growing a community garden in  
our neighbourhood**

Makin' Tracks!  
**Local stories of taking our new  
snowshoes out for a 'rip!**

**WELCOME TO THE NEIGHBOURHOOD!**



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## IN THIS EDITION...

Message from Susan our Community League Coordinator

Current Lessard Community League Board Members and Available Positions

Welcome to sipiwiyiniwak!  
Information about our new ward

Snow Bunnies: See Where our New Snowshoes Have Been this Winter!

Planting Roots in our Community:  
A Community Garden Idea

Sooooold!  
Get in on our Playschool's Silent Auction!

'Lights of Lessard' Contest  
Winners, Nominees, and Thank You's

Nailed It! Lessard Holiday Baking Championships

Shovel the walk, and pour a drink:  
A classic cocktail idea

Putting the 'Pan' in Pandemic:  
Local masterchefs share their recipes!

Events, Programs, and Services in our Community and around the City

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! Email your ideas and comments to: [engage@lessardcommunity.ca](mailto:engage@lessardcommunity.ca).



## CONTACT INFO:

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**Online:**

[www.lessardcommunity.ca](http://www.lessardcommunity.ca)  
Download the Communibee App

**Facebook:**

[fb.me/lessardcommunityleague](https://fb.me/lessardcommunityleague)

**Instagram:**

@lessardleague

**Twitter:**

@lessardleague

**Lessard Playschool:**

[lessardplayschool@gmail.com](mailto:lessardplayschool@gmail.com)  
780 686 4201  
[www.lessardplayschool.ca](http://www.lessardplayschool.ca)

**Rental or Program Inquires:**

[coordinator@lessardcommunity.ca](mailto:coordinator@lessardcommunity.ca)

**Newsletter or Social Media Inquires:**

[engage@lessardcommunity.ca](mailto:engage@lessardcommunity.ca)

**Neighbourhood Watch Program:**

[lessardneighbourhoodwatch@gmail.com](mailto:lessardneighbourhoodwatch@gmail.com)

**Find Us:**

Lessard Community League  
17404 - 57 Avenue NW  
Edmonton, Alberta T6M 1K4

## WELCOME!

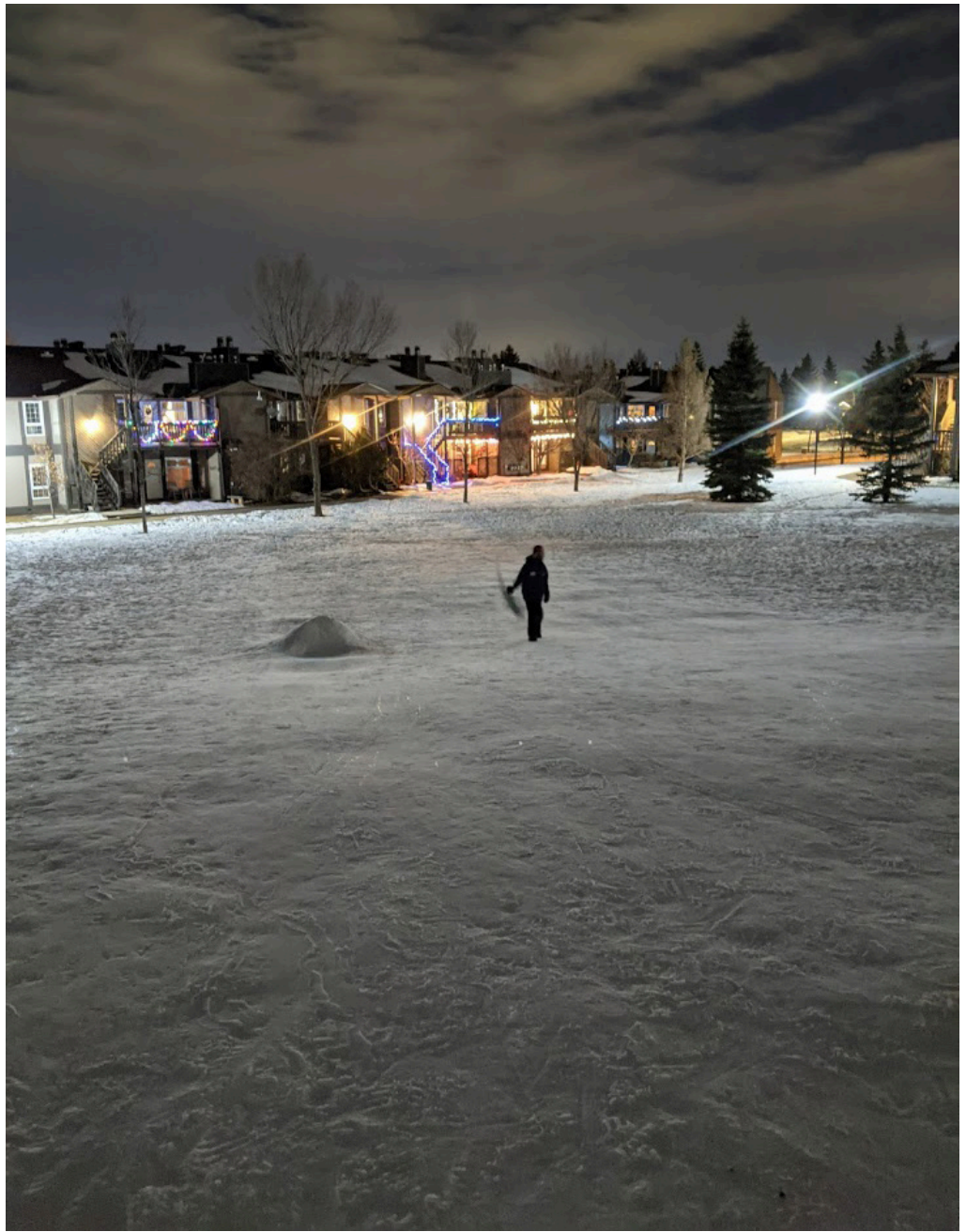
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**Susan Penner - Community League Coordinator**

I hope that everyone in the community is staying well and trying to keep busy! I'd like to thank the volunteer ice makers, as our local rinks have really added a lot of spirit and a much needed physical release to our members. It looks like the weather is supposed to go to more normal temperatures for the end of February, so I encourage everyone to borrow the League's snowshoes and go exploring in the many beautiful green spaces that Edmonton has to offer. We are fortunate that we have a vital and vibrant playschool operating each weekday in the basement of the hall. It gives the youngest residents in our area a chance to meet other children and socialize and learn through play.

For the safety of our members and community, Lessard Community League is following Alberta Health guidelines with respect to COVID-19. Unfortunately at this time, community leagues are still required to remain closed to the general public. Leagues are also prohibited from planning or running events or activities. As provincial rules change, please know that we are looking forward to the time when we can gather and enjoy meeting each other again. Until then, stay safe!



## 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!

INFORMATION ABOUT OUR NEW WARD

**O**ur city's next municipal election happens this fall. On October 18, Edmontonians will elect a mayor and one councillor for each of the city's wards. There are 12 wards in total in the City of Edmonton.

In previous elections, these wards were given numerical names (e.g. Ward 1, Ward 2, etc.). The Lessard Community League (until this election year) was within Ward 5.

As our city grows, it is common to review and (if necessary) revise ward boundaries to reflect current and planned populations.

As part of our City's most recent ward boundary review, Indigenous Elders and urban Indigenous community members approached City Council to consider renaming Edmonton's newly amended wards with Indigenous names. In 2020, Council directed City Administration and the Naming Committee of Council to explore new Indigenous names for the city's 12 wards.

Edmonton has been a gathering place for Indigenous Peoples for thousands of years. **iyiniw iskwewak wihtwawin** (the committee of Indigenous matriarchs) have gifted traditional names to the City's naming committee to honour these sacred places in Edmonton and to preserve their history for future generations.

Indigenous cultures traditionally uphold women as leaders in their communities, which is why they were chosen to lead this initiative. This is an opportunity for reconciliation for matriarchs to reclaim their roles within the community.

The committee is made up of 17 women from First Nations in Treaty No. 6, 7, 8, as well as Métis and Inuit representatives. They represent the Anishinaabe, Blackfoot, Cree, Dene, Inuit, Iroquois (Michel Band), Métis, and Sioux nations.

The Lessard Community League is now part of **ward sipiwiyniwak** (pronounced **SEE-PEE-WIN-EE-WOK**). A useful audio clip on how to pronounce sipiwiyniwak (and the names of our city's other wards) can be found on our city's website.

LANGUAGE OF ORIGIN:

Enoch Cree

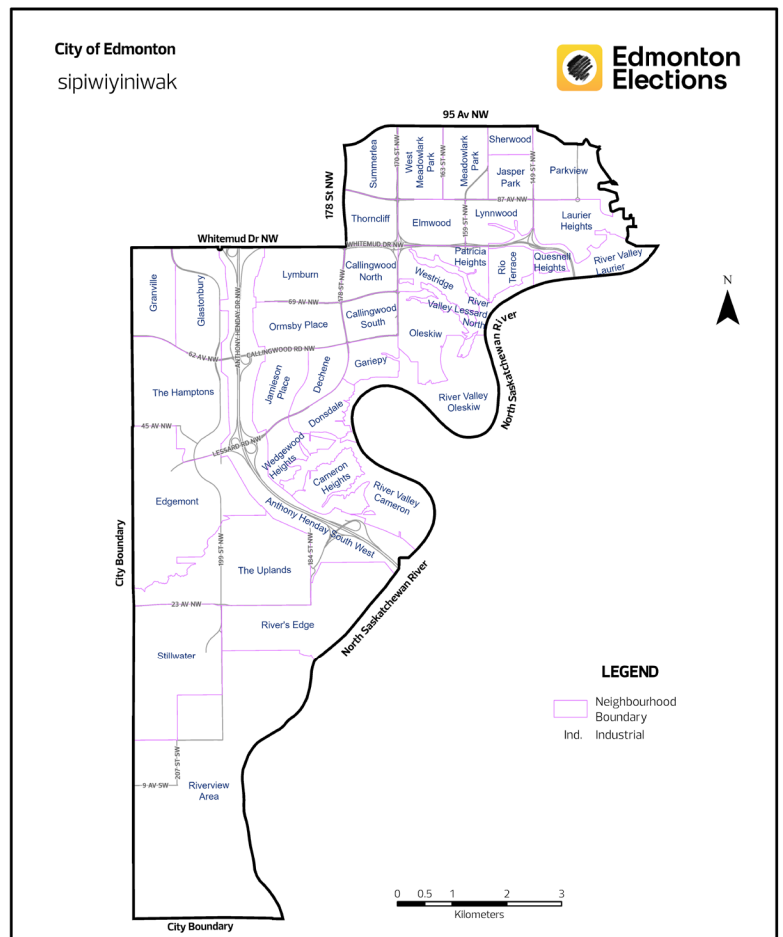
MEANING:

The people of the Enoch Cree Nation being River Cree.

Because of their proximity to the North Saskatchewan River, Enoch Cree Nation members were known as the River Cree to other tribes, or in the Cree language, sipiwiyniwak.

In the 1800s, the Enoch Cree Nation was an area of 44 square miles that stretched from north of Big Island to present day Stony Plain Road. In 1884, Chief Enoch Lapotac signed an Adhesion to Treaty 6, but involuntary land surrenders caused the loss of over half of Enoch land. The Enoch First Nation, and its more than 2,500 members, is situated on Treaty 6 Territory in central Alberta, bordering the west side of the city of Edmonton. They continue to fight for their land rights today.

Our City and Province has many examples of Indigenous place names, including the North Saskatchewan River, Athabasca, Kananaskis, Okotoks, Wetaskiwin, and Maskekosihk Trail. These new ward names are a way of honouring our City's indigenous history.



Map compiled by:  
Edmonton Elections  
City of Edmonton  
The City of Edmonton disclaims  
any liability for the use of this map.  
Map Revised: 2021-01-18

WARD BOUNDARIES IN EFFECT FOR  
2021 EDMONTON ELECTION




## THANK YOU TO OUR RINK VOLUNTEERS!

**O**ur rink this season was run under a 100% volunteer model, different than previous years, as our Community League learned to quickly adapt to an environment with fewer income opportunities like hall rentals and fundraising events. We'd like to extend a huge thank you to the many families and individuals who steps up to take regular weekly shifts, provide shift relief, and assist with shovelling and maintenance. We were all new this year, and the willingness to learn and support each other was tremendous! Thanks also go out to the community members who've provided support in the form of words of encouragement and messages as we all find our way through this difficult year!

We'd also like to recognize the many 'kids' (in age and spirit) who followed the posted safety rules and requirements, and found ways to have fun on the ice. And to the deer in the neighbourhood who enjoyed the hay bale 'snacks' we left out this winter - you're welcome!







**“...I think those bunnies in our city are on to something.”**

**T**his fall, our community league became aware of a new City program called ‘Pitch Your Project: Winter Doesn’t Mean We Have to Hibernate!’ Edmonton Community Leagues and other groups and organizations were invited to submit initiatives that can connect neighbours together and create stronger, more resilient communities in the face of COVID-19 and winter isolation.

Our board pitched the idea of acquiring sets of snowshoes for community members to use among their household/immediate cohorts as a way to be physically active (while remaining socially distant), share stories with neighbours, and explore the wonderful park systems our city and province have to offer. And you know what? We were accepted! As of December, the Lessard Community League is the proud owner of 2 sets of adult and 4 sets of child-sized snowshoes.

Instructions on how to borrow are on our website; in short we ask that community league members provide their membership info, and we arrange drop off and pick up times/locations with you. In between use, the snowshoes are checked over and sanitized. Borrowing is free for community league members!

While our snow so far hasn’t been 100% ideal for snowshoeing, the response from borrowers has been great. We’ve found that most people who are borrowing the snowshoes have never done this before, and may not have had such an easy opportunity to do so. To date, our snowshoes have been walked as near as our community park and river bank, to as far away as Banff, Kananaskis, Pigeon Lake, Wabamun Lake, Bunchberry Meadows, and Slave Lake! Check our our website if you would like to give them a try!





**INTERESTED IN GROWING A COMMUNITY GARDEN  
IN OUR NEIGHBOURHOOD?**

**“To plant a garden is to believe in tomorrow.”**

**D**oes the weather and short daylight hours of winter have you dreaming of spring? Have plans for growing next year’s harvest, but nowhere to plant it?

A community garden is a group of people coming together to nurture, develop, and sustain a growing space in their community. Sometimes they are lead by faith groups, schools, community leagues, non-profit organizations, or owners of undeveloped or under-developed lands. This type of garden can reflect the area it serves; engaging, educating, building and strengthening community in a significant way. There are over 90 community garden sites now operating throughout the Edmonton region promoting local, organically grown food; healthy and active lifestyles; and safer, more vibrant and connected communities.

Community gardens contribute to healthy lifestyles and strong neighbourhoods by:

- providing fresh, safe, affordable herbs, fruits, and vegetables;
- helping to relieve stress and increase sense of wellness;
- getting people active, which improves overall physical health;
- providing social opportunities that build a sense of community and belonging; and
- giving people an opportunity to learn and share knowledge on gardening, nature, and cooking.

**A** group of Lessard community residents in the Donsdale neighbourhood are exploring opportunities for a community garden in our neighbourhood. They are looking for fellow gardeners to join their group as they begin navigating the process with the City of Edmonton.

Interested in joining with them? Please send an email to: [donsdalegarden@gmail.com](mailto:donsdalegarden@gmail.com).

**RESOURCES FOR STARTING AND  
RUNNING A COMMUNITY GARDEN**

**SUSTAINABLE FOOD EDMONTON**  
[WWW.SUSTAINABLEFOODEDMONTON.ORG](http://WWW.SUSTAINABLEFOODEDMONTON.ORG)

Sustainable Food Edmonton is a non-profit charitable organization that initiates and supports projects and programs to encourage the building of community through urban agriculture. They connect communities and kids with their food, how it’s produced, and the planet that makes it all possible. They provide grants annually to community gardens within Edmonton. If you are starting a new garden, looking to expand, renovate, or renew an existing community garden they can help with funding, resources and support.

**CITY OF EDMONTON**  
[WWW.EDMONTON.CA/RESIDENTIAL\\_NEIGHBOURHOODS/GARDENS\\_LAWNS\\_TREES/COMMUNITY-GARDENS.ASPX](http://WWW.EDMONTON.CA/RESIDENTIAL_NEIGHBOURHOODS/GARDENS_LAWNS_TREES/COMMUNITY-GARDENS.ASPX)

The City of Edmonton has requirements for permanent and temporary community gardens located in open spaces, parkland, rights-of-way, and private land located in the city. These requirements have been updated to reflect COVID-19 safety protocols (e.g. sanitizing common touch points, limiting social gathering, etc.).

The City of Edmonton also operates a ‘Pop-Up Community Gardens Pilot.’ This pilot project provides additional food growing opportunities to the community with a goal to add over 350 gardening plots in 30 temporary garden sites across the city. Each selected site will be provided with seven to fifteen planter boxes for community food production; the City will deliver the planter boxes (including soil) to each selected site and will also water each planter box twice per week.

Applications for the pilot project are available on the City’s website, along with a list of other grant opportunities from public and private sources.

**PHOTO SOURCE:  
SUSTAINABLE FOODS EDMONTON**

LESSARD PLAYSCHOOL



# OUR FIRST EVER SILENT AUCTION!

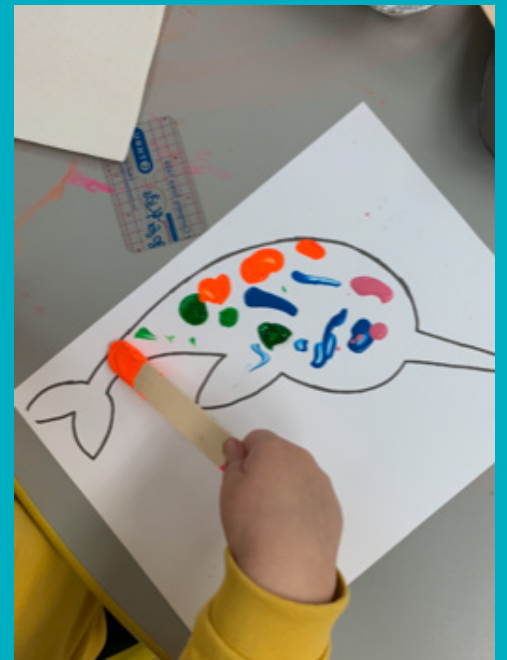
Lessard Playschool families are excited to be holding our first ever online Silent Auction!

We have been getting creative with our fundraising efforts this year, as many of our traditional fundraisers are not COVID-19 friendly. Our amazing families have collected some fantastic auction items such as gift cards, gift baskets, board games, and a signed Connor McDavid Oilers jersey! We will continue to accept donations until March 4 and would be grateful for any auction items you would like to contribute!

We hope you will visit our auction at:

**[WWW.32AUCTIONS.COM/LESSARDPLAYSCHOOL](http://WWW.32AUCTIONS.COM/LESSARDPLAYSCHOOL)**

The auction will run from Friday, March 5 at 9:00am until Sunday, March 7 at 5:00 pm.



# Lessard Community Playschool

2021-2022 School Year

## Registration Open

**February 15, 2021**

780-686-4201

Email: [lessardplayschool@gmail.com](mailto:lessardplayschool@gmail.com)

Website: [www.lessardplayschool.ca](http://www.lessardplayschool.ca)

Come and visit our website to view the virtual classroom tour, and frequently asked questions. Read about the learn through play program offered! We offer morning classes for 3 & 4 year olds. Our classes are taught by a teacher with a BEd. Degree and experienced teacher assistants in each class. There are no parent roster days or cleaning bees! Our students have access to a gymnasium and playground.





## LIGHTS OF LESSARD CONTEST!

# BRIGHTEN OUR NIGHTS!

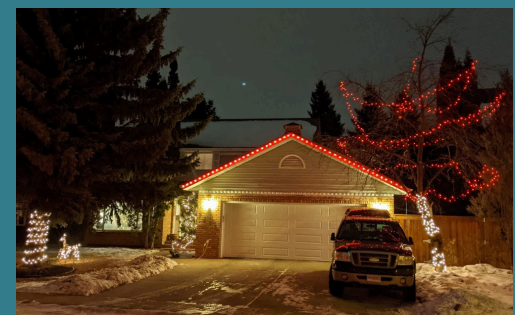
Last fall, Lessard residents were encouraged to “Walk Their Haunted Block” with our first ever Halloween decoration contest. Many homes in our community work hard to embrace the spooky season, and it was awesome to be able to highlight and recognize some who go the extra mile.

For the winter holidays, we ran a contest on our website and Facebook page called ‘Lights of Lessard’ to help spread festive cheer and to encourage our community members to continue to ‘walk our blocks’ for physical exercise, mental health, social connection, and neighbourhood safety.

We had many entries from community members nominating their neighbours and homes that put smiles on their face each night they lit up.

Three entries at random were drawn, and the winning homes were provided prizes from local businesses. Thank you to everyone who nominated and decorated!

We are happy to see many homes keep their decorations up through this winter season, providing much needed bursts of colour, light, and joy in our lives. Thank you!



# Sarah Hamilton

*CITY COUNCILLOR*

 SarahHamiltonYEG

 SJLHamilton

 Sarah\_Hamilton\_Yeg

(780) 496-8120

Sarah.Hamilton@Edmonton.ca

SarahHamilton.ca



*Proud to represent Ward 5 on City Council.*

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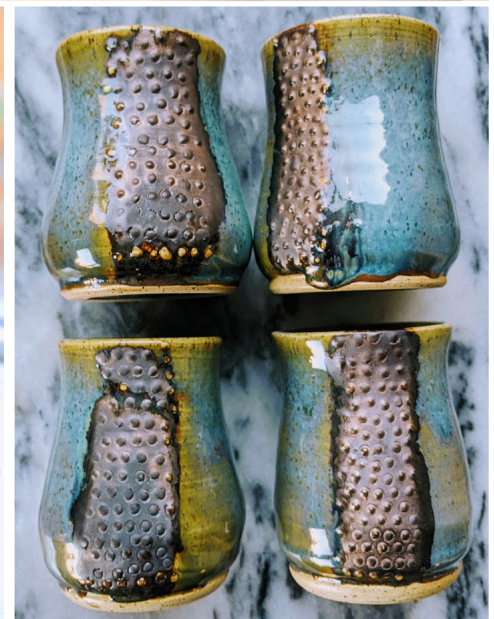
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## WILLOW & THE WOLF ATELIER

LOCAL, SMALL BATCH CANADIAN CERAMICS BASED IN GARIEPY, EDMONTON

WILLOWANDTHEWOLF.CA | INSTAGRAM.COM/WILLOWANDTHEWOLFATELIER



# NAILED IT! LESSARD HOLIDAYS 2020 BAKING CHAMPIONSHIP!

Over the winter holidays, the Lessard Community League ran a little baking competition inspired by the Netflix show 'Nailed It.' The premise of that show is a series of difficult baking challenge between bakers who aren't necessarily the best in the business. The end result is usually a series of baked cakes and other creations that 'needed a little more time' in the oven.

The Lessard Community League decided to adapt this premise for a community-wide home baking contest. Who could create beautiful, colourful, and unique baked goods based on a surprise theme on short notice?!? Apparently, A LOT of you can!

The themes we chose were ugly holiday sweaters, and science! Using whatever base (e.g. cookies, gingerbread people, etc.) you wanted, and the supplies you had at home, the end results were amazing!

Thank you to our local **Hawkstone Co-op** for providing the winner of a the random draw with a baking themed prize pack and gift card! Co-op was also generous with providing a movie-night prize pack for our holiday 'Eagle Eye Movie Trivia' Contest. Thank you, Co-op!



## Oh so pretty in pink: **The Cosmopolitan**

### 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.



**T**hese first several weeks of 2021 have been difficult for many of us. A combination of -40 celcius temperatures and COVID-19 have made gathering with friends and family difficult. I find myself missing looking around a crowded bar and seeing my friends and patrons. We're all here because we're not all there...

I wanted to pick something simple and easy this month, something we all have the ingredients for in our fridges, or are easy to come by with a quick run to the our favourite alcohol provisions store.

This month, we present for your drinking pleasure: the Cosmopolitan. Or, as Carrie Bradshaw called it, the 'Cosmo.' The Cosmo wasn't invented by *Sex and the City*, but the show worked to hasten its demise.

Classics, and we may consider the 'Cosmo' a type of modern classic, have stood the test of time. They've been tweaked and improved. Sometimes the intervening years aren't kind for a drink. Bartenders using fake ingredients ruined a lot of great cocktails. I firmly believe the '90s tried to kill the Cosmo.

Like any cocktail, stories about its invention are varied and many. Bartenders believe that the first recipe for a Cosmo appeared in 1934 in a book called *Pioneers of Mixing at Elite Bars*, but that drink has been tweaked in the intervening decades.

We have Dale Degroff to thank for our version, he standardized the drink's recipe while working at the Rainbow Room in New York City around 1996.

With fresh lime juice, bright cranberries, and a healthy dose of vodka, a well made Cosmo is a treat. If you can, garnish with a flamed orange twist.

(For a really weird hack, and trust me on this, try lemon juice and raspberry jam if you don't have lime juice and cranberry juice).

Pour yourself a Cosmo, raise your glass, sip and smile and think of friends near and far.

I have endeavoured to provide satisfaction, and remain humbly,

Yours in 90 proof,

**Doug Thomas**

### INGREDIENTS:

1½ oz Absolut Citron  
1 oz Cointreau  
(or other triple sec)  
¾ oz lime juice  
1 oz cranberry juice

### OPTIONAL:

Evening gowns, cummerbunds

### 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 martini glass.

Garnish with an orange twist.

### MODIFICATION:

For a decidedly wintery take on this classic, substitute regular cranberry juice with white cranberry juice, and garnish with 4-6 frozen cranberries.



**E**ver walk through the neighbourhood - perhaps during a cultural holiday 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. For Winter 2021, we have community members Lisa Baylis, Holly Carrington, and Britt Fedor.

## MARVELOUS

# MACARONI AND CHEESE

LISA BAYLIS

---

Nothing hits the spot like mac n' cheese and with the past few weeks of frigid cold, this warms the heart and the stomach. I don't know how to cook for a small group - so this recipe will feed an army but it freezes perfectly and can be reheated in the oven on those nights you don't want to cook. This is my best break down of the recipe - but as with any good cook, measure with your heart. I hold no responsibility for anyone becoming addicted or getting clogged arteries. Enjoy at your own risk and no more than twice a year. Consult your physician!

### Ingredients:

2 - 500g packages of pasta (shells or similar to hold the cheese sauce)  
1/2 cup butter - with some extra for the topping  
1/2 cup flour  
1 litre half/half  
6 cups old white cheddar, shredded (I get mine from the Italian Centre and ask for the sharpest white cheddar - the tang is worth it!)  
1/4 teaspoon freshly ground nutmeg  
1/2 cup italian breadcrumbs and cubed butter

### Directions:

Prepare pasta as per direction - I keep mine a little more al dente as it will continue to cook in the oven with the sauce. Melt the butter in a large pot. When melted, add the flour and stir with a wooden spoon to create your roux. A nice nutty colour is good but don't let it darken too much. You can then begin to add your half/half. I do it gradually, warming the cream before adding the next bit. Stir constantly to make sure there are no clumps. Once incorporated, you can start the best part - adding the cheese. Add handfuls at a time and mix to melt the cheese. It will start to thicken and you can decide if you need more cream. You want it thick as opposed to runny but not too thick - you know, right? Keep your heat a medium so as not to burn the bottom - once the cheese sauce is goeey, you can add the nutmeg. That is the secret ingredient. Don't tell!! Drain your pasta but don't shake it - pasta water is our friend.

Pour the pasta into a large casserole dish - I use my nona's ancient lasagna pan. Pour the sauce over top and stir to get all that yummy sauce into the shells. You can certainly eat at this point but the best part is yet to come. Sprinkle the top with the italian breadcrumbs. Cube some butter on top of the breadcrumbs. Bake at 350 for 20-30 mins or until the top is golden and the cheese is bubbling. You can also divide the mixture into individual pans, following the same process for the topping - just don't bake. Pop them in your freezer and when you crave mac and cheese, toss in the oven and bake until bubbly. It's always a crowd pleaser and your neighbours may enjoy it too :) Buon Appetito!



# BUMBLE CHICKEN

HOLLY CARRINGTON

## Ingredients:

2-3 lbs chicken thighs or chicken breast cut into chunks  
1 envelope onion soup mix  
1/2 cup ketchup  
1/4 cup brown sugar  
3/4 cup water  
3 tablespoons lemon juice  
3/4 cup sliced mushrooms  
1/2 medium sized onion chopped  
3 celery stalks chopped

Flour to thicken sauce to desired consistency

## Directions:

Preheat oven to 375 degrees Fahrenheit and place chicken in a roaster. Combine soup mix, ketchup, brown sugar, water and lemon juice and mix together. Add cut veggies to the sauce and pour over chicken.

Cook for 45-50 min until chicken is thoroughly cooked.

Remove chicken and pour sauce into pot. Cook on medium heat and add flour to make a gravy. Once at desired consistency remove from heat and pour back over chicken and serve!

.....

**“I grew up on this recipe and it was passed down from my Grandma. We like to put the gravy on top of mashed potatoes, too. Super easy and delicious – even great as leftovers. We don’t know really where the “Bumble” part of the name came from as my Grandma likes to call it “Celebration Chicken.” It may have come as a joke, but it stuck and that’s what we keep calling it!”**



## ADVERTISE WITH US!

We'd love to help your business or organization reach our awesome west end community.

Advertisements placed in the Lessard Calling Card help our Community League to provide programs, services, and facilities to our community members. To find out more, email [enagage@lessardcommunity.ca](mailto:enagage@lessardcommunity.ca)!



# THE PERFECT CAESAR RECIPE

BRITT FEDOR

The not so distant cousin of the Bloody Mary, the Caesar is a classic Albertan cocktail. Savoury and with a bit of a kick, it's the perfect brunch cocktail...especially if your Friday Zoom Happy Hour or Saturday Games Night gets a little carried away.

## Ingredients:

Celery salt  
Gin or Vodka  
Pickle Juice  
Worcestershire Sauce  
Tobasco Sauce  
Mott's Clamato Juice  
Garnish of Choice

## Directions:

Rim a 12oz glass with celery salt or montreal steak spice. Fill glass with ice, and add 1-2oz gin (or vodka). Add 1-2oz pickle juice, 4-5 shakes of Worcestershire Sauce, and 1-3 shakes of Tobasco Sauce.

Fill remainder of glass with Mott's Clamato Juice, and enjoy with garnish of choice (pickle, bean, pepperoni).



## CAN YOU SMELL IT?!

Grillin' Season will soon be upon us! Want to share your go-to recipes for outdoor cooking in the next Calling Card? Send an email to [engage@lessardcommunity.ca](mailto:engage@lessardcommunity.ca).

We'd also happily accept free samples of your home cooking!

PAID ADVERTISEMENT

## HOW CAN YOUR MEMBER OF PARLIAMENT HELP?

Your Member of Parliament, Kelly McCauley and his staff are here to assist you with any questions that you have regarding any programs or services offered by the Government of Canada. The local office is here to guide anyone who may have any questions relating to:

- Citizenship and Immigration
- Service Canada
- Canada Pension Plan
- Disability Pension Plan
- Old Age Security
- Employment Insurance
- Passports
- Canada Revenue Agency
- Social Insurance Number (SIN)
- Veteran's Affairs

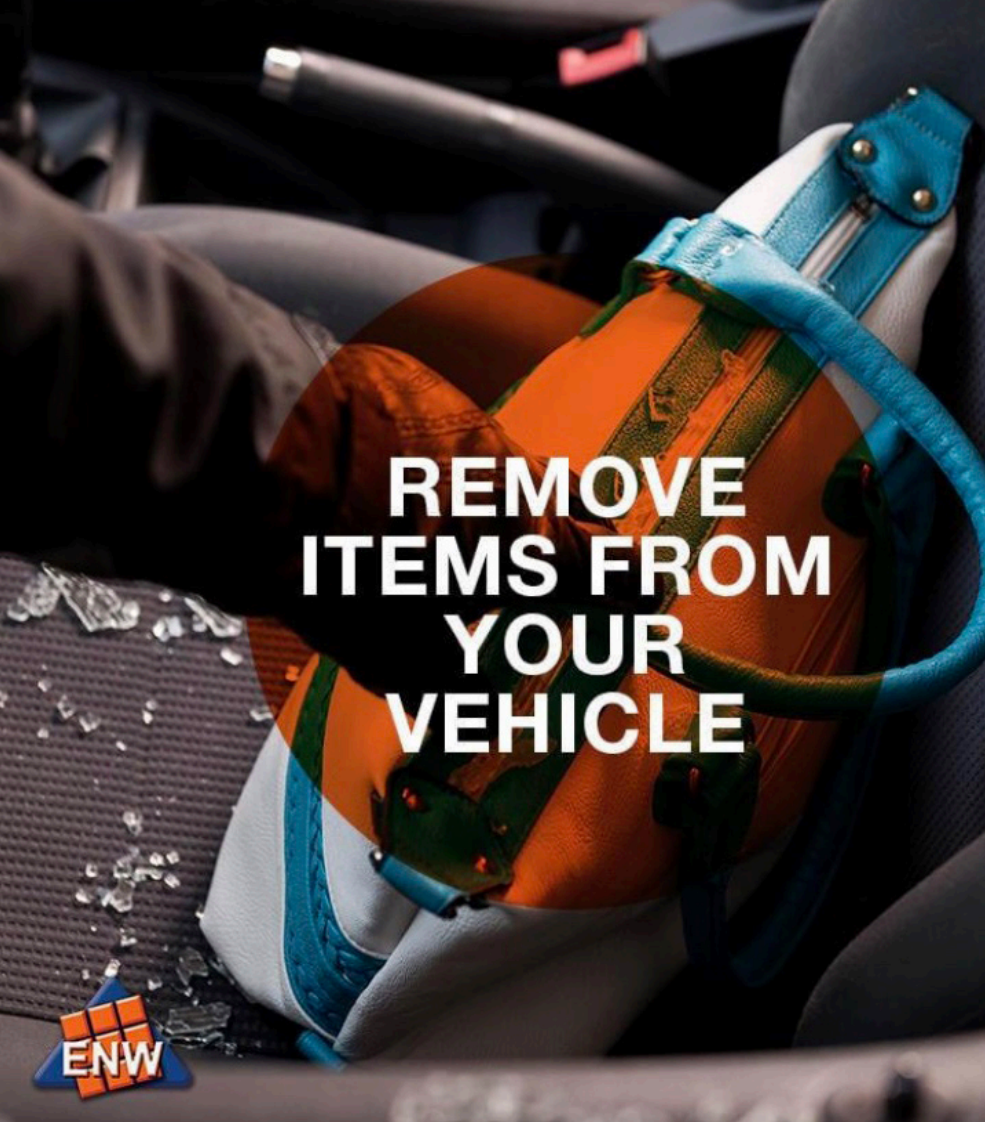
Celebratory Greetings for milestone birthdays and anniversaries are available from Mr. Kelly McCauley.

We always look forward to hearing from you. If you have any feedback to share, please get in touch with the office either by phone, through email, or a letter to the office postage-free.



**KELLY**   
**MCCAULEY MP**  
EDMONTON WEST

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Edmonton, AB T5S 1R5  
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**REMOVE  
ITEMS FROM  
YOUR  
VEHICLE**



## NEIGHBOURHOOD WATCH UPDATE

# HELP US ALL STAY SAFE!

Over the last several months one of the crimes that we have been noting in our community is theft from vehicles. To help prevent theft, please remove valuables from your vehicle and always double check that your vehicle is locked. Phones, laptops, cash/coins, purses and garage door openers are common items stolen from vehicles. If these items are out of sight your vehicle will be less likely to be targeted. You can report suspicious activity to the non-emergency police line by calling 780-423-4567. If you see a crime in progress please dial 911 and do not engage.

With the cold winter temperatures it may be tempting to start your car and leave it to warm up while waiting inside your home, but please remember that it is never safe to leave your vehicle idling and unattended, even for a brief period of time.

The Edmonton Police Service has recently posted about idling auto theft, stating that this crime of opportunity usually takes place on weekdays during peak commuting times (5:00 am- 8:30 am) when individuals are preparing to travel.

## TRAFFIC SAFETY IN OUR NEIGHBOURHOOD

The Lessard Community League Board was pleased to have a presentation from Cst. Clint Stallknecht with the EPS Traffic Safety Branch at our February board meeting. Cst. Stallknecht discussed how COVID-19 has impacted city-wide issues of traffic flow, noise, safety, and enforcement, and potential impacts of speed limit changes on residential streets.

Cst. Stallknecht noted that EPS' ability to respond to traffic concerns is highly dependent on how complaints and cases are reported. If you see traffic issues in our neighbourhood (a single instance or ongoing matters), please report it to: [trafficcomplaints@edmontonpolice.ca](mailto:trafficcomplaints@edmontonpolice.ca). This is a more effective way to report traffic issues than 311.

Be specific in your report (exact location of the concern, times/days of the occurrence, vehicle identification information if applicable). This helps EPS identify trends and develop an effective strategy for enforcement!



“Behind every kick of the ball, there is a thought.”

**R**egistration for the upcoming 2021 outdoor soccer season with **Edmonton West Zone Soccer Association (EMSA West)** is scheduled to open on March 15, 2021. Parents, guardians, and players are asked to check the EMSA West website (**[WWW.EMSAWEST.COM](http://WWW.EMSAWEST.COM)**) for program details and fees. When registration information is available, it will be shared on the Lessard Community League website and social media (Facebook and Instagram).

Registration pricing for the 2021 outdoor season for the Lessard outdoor soccer program will be as follows:

<b>U4/U5</b>	<b>\$135</b>
<b>U6</b>	<b>\$160</b>
<b>U9</b>	<b>\$210</b>
<b>U11</b>	<b>\$240</b>
<b>U13</b>	<b>\$280</b>
<b>U15</b>	<b>\$280</b>
<b>U17</b>	<b>\$280</b>
<b>U19</b>	<b>\$280</b>

Regarding the current EMSA West **indoor soccer season**, AHS guidelines (effective February 9) permit return to train for soccer with 8 players and two coaches. Three metres of distancing must be maintained at practice. Games are not permitted. As a result, EMSA has **cancelled the Winter 2021 community youth U5/U7 indoor programs**. However, EMSA has **not officially cancelled the Winter 2021 community youth U9 to U19 Indoor program**. EMSA plans to make a final decision on the season on March 1, 2021.

Interested in being a soccer coach? Alberta Soccer coaching courses are currently being offered at no cost!

See **[WWW.ALBERTASOCCER.COM/COACH/COMMUNITY-WORKSHOPS](http://WWW.ALBERTASOCCER.COM/COACH/COMMUNITY-WORKSHOPS)** for more information.

## LOCAL EVENTS AND PROGRAMS

### In our community and around our City

#### WESTEND SENIORS ACTIVITY CENTRE

Tired of cooking? Know someone who would benefit from healthy, affordable, nutritious meals? WSAC's weekly menu is now available! Open to the public, **meals are made fresh and easy to prepare**. To order, visit their website at [www.weseniors.ca/whats\\_new/new-menu-available-now](http://www.weseniors.ca/whats_new/new-menu-available-now) or call 780.483.1209 extension 225.

#### FLYING CANOE VOLANT

Join one of Edmonton's great winter celebrations! The Flying Canoe Volant is a creative, interactive, and cultural event that celebrates local history and everything that is great about a long winter's night. Loosely based on the legend of the Flying Canoe, and on **French-Canadian, First Nation, and Métis traditions**, the Flying Canoe Volant invites you for a nighttime adventure in Edmonton's French Quarter and along the illuminated trails of the **Mill Creek Ravine**. March 1 to 6, 2021. [www.flyingcanoevolant.ca](http://www.flyingcanoevolant.ca) Note, pre-registration to attend is required (and free).

#### EDMONTON PUBLIC LIBRARY'S FORWARD THINKING SERIES

EPL invites thought-leaders from a variety of industries to share their insights, ideas, experiences and viewpoints. Its purpose is to help build better organizations, neighbourhoods and communities. For the time being, all events are held online and tickets are \$5.

Upcoming speaker: **Tanya Talaga** (Wednesday, March 10, 2021)

Stemming from her award-winning book *Seven Fallen Feathers*, the story of seven Indigenous high school students who mysteriously died in Thunder Bay, Tanya Talaga creates an intimate experience for her audiences. She imparts audiences with in-depth knowledge on Indigenous culture and history, while leaving them empowered through a hopeful message that we can learn from our past and set forward on a new path for our nation based on inclusivity and equity.

#### CALLINGWOOD FARMERS MARKET 2021 SEASON

The original outdoor Sunday Farmers' Market in Edmonton will be opening for the 2021 season Sunday May 2 (and Wednesday, May 5) Visit [www. https://www.callingwoodmarketplace.com/farmers-market](https://www.callingwoodmarketplace.com/farmers-market) for information about the Market's new online store and curbside pick-up option, and about how to be a vendor.

## NEXT UP: THE TRAILS EDITION

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### LESSARD IS AT THE HEART OF OUR CITY'S TRAIL NETWORK

Our city has a world class integrated trail system. Whether you're propelled by your shoes, bike, skateboard, scooter, or other means - there's something for everyone.

Lessard is fortunate to be at the doorsteps of some of our city's best trails and pathways; some you are likely familiar with, and others that require some extra 'seeking out' to find.

For our spring edition of the Lessard Calling Card, we want to bring these trails (and stories) to you. Tune up your 10-speed, replace your sneakers, and get ready to learn about our city's great trail network. Got great stories to tell about the trails in our community? Let's hear them!

### 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**  
**CARD**

