

Lynnwood Community League

15525 84 Ave NW
Edmonton AB



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PRESIDENT'S PEN

Hi Lynnwood,

I hope everyone is safe and healthy through all of the challenges we are facing right now. We are all looking forward to slowly getting back to normal within the community and I have to applaud all the residents for their extraordinary efforts.

The Lynnwood community's AGM will be on July 16th. I will step aside as President and hand the role over to the current Vice President, Dustin Sim. I am sure he will keep you busy and entertained with everything from events to gardening. Don't be shy, we are always looking for more ideas to entertain the league and it will be good for all of us to reintroduce ourselves at that point. I am looking forward to our next "social" event.

Stay safe and see you soon,

Ken

OH CANADA! DID YOU KNOW?

The extremely rare Kermode Bear (also known as the spirit bear) are actually black bears with a recessive gene that makes them white.

Hockey is our national winter sport.

Lacrosse is our national summer sport.

Canada has the world's longest coastline, over 200,000 km, bordering 3 oceans along the way.

Canada's lowest recorded temperature was -63C in Snag, Yukon on Feb 3, 1947. A person's breath would remain as an unmoving mist in the air for 3-4 minutes.

Hawaiian pizza was invented in Ontario.

In 2012, the Great Canadian Maple Syrup Heist saw almost 3000 tonnes of maple syrup, valued at over \$18 million, stolen from a storage facility in Quebec.

THE SNOW ANGEL OF LYNNWOOD

As summer approaches with the chance we may get to have - **finally** – some pleasant weather – my thoughts return to the winter we have just survived. With warm thoughts and memories, I am reminded of the great work by our **Lynnwood Snow Angel – Percy**. Fueled by the wonderful baking of Anne, Percy would don his snow warrior outfit & got ready to battle winter's icy elements. With the focus and determination of a military

surgeon, he strapped his gas-powered weapon on his back & donned his snow goggles. Neither snow nor wind could deter him from his mission to clear the snow from the sidewalks of his lucky senior neighbours in North East Lynnwood. His concentration on the task was so dedicated that any attempt to get his attention in order to say a simple "thank you" was startling to Percy whose concentration was fully on getting the

job done for his neighbours. So Percy and Anne, please accept this short summary as a way to publicly proclaim how much your neighbours appreciated your excellent work this past winter. **You demonstrate how good neighbours make a neighbourhood great which is true of the "Jewel of West Edmonton" – Lynnwood!**

Diego Santiago

UPDATE: WEST EDMONTON TRANSMISSION UPGRADE

Alberta Utilities Commission EPCOR Transmission Inc. (EDTI)

The Alberta Utilities Commission (AUC) decision was released on March 12, 2020. In summary the AUC determined there was a need for the transmission line and upgrade and it was in the public interest to proceed with an overhead configuration along the route preferred by EDTI.

The AUC was satisfied that there were no environmental, social or economic impacts from the project.

The 111 page decision can be found on the AUC website at www.AUC.ab.ca by referring to Decision 23943-D01-2020. The following is a summary of some of the issues and excerpts of the commission's findings that relate to Lynnwood.

The Commission was satisfied that EDTI attempted to consult with all potentially affected parties, but agreed with the interveners and EDTI's Counsel that there was room for improvements.

The AUC considered the visual impact along 156 Street and 84 Avenue to be incremental and not substantially different than what already exists.

The AUC found there may be a property value impact to certain residences along 156 Street. However, they were satisfied that the presence of an existing double circuit distribution line would not be different than what currently exists. The same rationale was applied to 84 Avenue and Whitehall Square.

The AUC accepted that the estimated electric magnetic fields would be lower than guidelines and similar to calculated levels that currently exist along the preferred route.

The AUC concluded there was no material difference between expected magnetic fields produced by an overhead versus underground lines near the schools, daycares and play grounds. The AUC was satisfied with EDTI's mitigation solutions (signage, etc.) and that there would be no additional hazards to the school, daycare

and playground as a result of the proposed transmission line.

The AUC reviewed the noise impact assessment and found that the proposed and existing facilities and transmission lines would not be a significant source of noise.

The AUC found that the environmental effects were not a material factor in terms of which route to approve for this project.

The AUC found that EDTI's decision to use the existing overhead distribution alignments along 156th Street and 84th Avenue was acceptable and that routing through the Lynnwood community could not be avoided.

In considering Lynnwood's request to bury the lines, the AUC considered that the additional cost to construct the line underground was not justified.

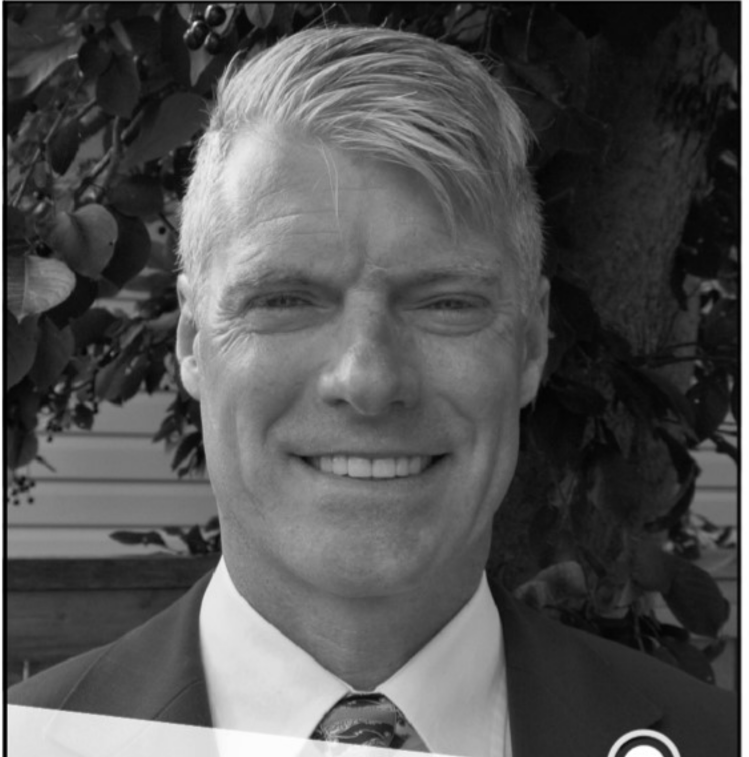
The community league would like to thank those who submitted statements, attended and testified at the hearing.

Sharon, Lynnwood Working Group

SHARE YOUR THOUGHTS!

Contributions to the Lynnwood Link are welcome!

Contact Kate
newsletter@lynnwoodcommunity.com
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STROLLER WALKS

Join other parents for a socially distanced Stroller and Wagon walk on Wednesdays at 6:00p.m. We meet outside of Our Lady of Victories school. Join our Facebook group for updates: Lynnwood, Edmonton Parents' Social & Support Group.

GREENSHACK AND CAMPS

Sadly, this summer's green shack program and summer camps here in Lynnwood, and across the city are cancelled. We hope to see all you kids on the playground and in the field (2 metres apart!).

LYNNWOOD AGM

Join us for Lynnwood's Annual General Meeting on July 16, 2020 at 7:00 pm at the hall.

EGG CARTON DRIVE



"I'd like to add some beauty to life," said Anne dreamily. "I don't exactly want to make people KNOW more...though I know that IS the noblest ambition...but I'd love to make them have a pleasanter time because of me...to have some little joy or happy thought that would never have existed if I hadn't been born."

L.M. Montgomery, Anne's House of Dreams



TIPS FOR RUNNERS

As the weather gets warmer and summer approaches, many of us are taking to the outdoors for fresh air and exercise. Running is a great way to get both! Running is also a great tool for weight loss - just 15-30 minutes of running can kickstart your metabolism and help you to burn fat during and after your run. No matter what your reason for running, and whether you are new to running or maybe just getting back into it, here are some helpful tips from Stacey Ohlmann, a neighbourhood fitness and nutrition coach, to get you moving.

1. Invest in a good pair of running shoes - this will make running easier and protect your body from injury.
2. Start gradually - don't do too much too soon, allow your body time to get into it.
3. Focus on distance rather than time - take it as slow as you need to and just focus on going the distance, no matter the pace. This also helps you to see improvements

as you continue to progress with your running. If you want to challenge yourself, try mapping out a route and see if you can beat your last time for that same distance on your next run.

4. Stay consistent - make running a habit and get out regularly, even if for a short distance. Joining a virtual running group or challenge can help with motivation and accountability.
5. Take rest days - allowing your body time to recover will help you improve as a runner and make your runs more enjoyable.

Stacey Ohlmann is the owner of Healthy Balance Nutrition, an Edmonton-based exercise, fitness and nutrition coaching service. Stacey is a certified nutrition coach and personal trainer with a passion for health and fitness; motivating and supporting others to reach their health and fitness goals is what drives her. Stacey has been a longtime resident of Lynnwood and can be seen in the neighbourhood daily either walking, running, or biking.

LET IT GROW!

GARDENING WISDOM

In England, there was year-round gardening; in Lynnwood, there were no trees, no proper roads, and the soil was "clay, clay, clay." Luckily our neighbour, Joyce, stayed and now has 62 years of experience gardening in Lynnwood.

Here are a few tidbits to help the rest of us along with our gardening.

1. Keep trying. Gardening is trial and error.
2. Don't try to do everything all at once. It's too expensive.
3. Walk around and look at your neighbours' gardens for ideas.
4. The freeze and thaw cycle of winter really impacts our plants. We need hardy ones. (Edmonton is in Zone 3b)
5. Gardening isn't just about the plants. Add stumps and rocks to your garden. Bird lovers? Add bird houses!
6. Dig down a bit, and you'll find clay. Add soil each year because it seems to disappear. Mix compost and dirt (with peatmoss).
7. Careful with ground covers! "I once had a friend with a dear patch of Lily of the Valley so I planted it. It grew like crazy and they were so hard to get rid of!"
8. North facing gardens: Hostas, Elephant Ears
"Most plants need care except the hostas!" They are very forgiving and come in so many different coloured leaves.
9. South facing: Pavement roses, petunias, jackmanii clematis (great climber), hollyhocks. "Oh and sweet peas! Sweet peas smell so wonderful." They require a trellis to climb. Start them inside in an egg carton and when they start coming up, plant in your garden.
10. The beauty of buying some annuals is that they flower all summer long. "Put them in a place where you like to sit so you can enjoy them."

Happy gardening, neighbours!

TO BEE OR NOT TO BEE

Percy and Anne have lived in Lynnwood since 1984 and their combined skills in baking, farming, canning, and gardening make them unstoppable.

A few years ago, their sewer backed up. The city dug up their lawn and fixed the pipe (twice!), but when they were about to plant the grass seed, inspiration struck. Percy and Anne asked the workers to leave the dirt patch as-is and turned it into a prairie garden instead.

What is a prairie garden? Think of what you'd find in the southern Alberta prairies. Think beautiful, native flowers



that just seem to grow. Think low maintenance. Think you're sold? Read on! Prairie gardens burst with both colour and fragrance, plenty of birds, and extremely happy bees. Also, the wildflowers are more than a match for weeds, so you don't need to worry about weeding either! If some do manage to take root, Anne sprays them with a little salt water, vinegar, and a drop of dish detergent (to make it stick). Voila! Dead weeds.

Back to the bees. Bees have been having a tough time in recent years and pretty much win the "insects we'd be lost without" contest. Any opportunity to make life better for a bee is an opportunity well worth taking. Bees love flowers, any flower, really. If you really wanted to win them over, though, you could try planting some milkweed. It smells like heaven, is loaded with blossoms and grows between four and seven feet tall.

With a few seeds and some time, you can sit back and enjoy the beauty of your new prairie garden. The bees will thank you.

LIVING A LITTLE GREENER—TIP # 3 & 4



Grasscycling is a great way to use less plastic garbage bags and provide valuable nutrients to your lawn. Leave the grass clippings on the lawn to decompose and enrich the soil, while at the same time reducing the effort to bag the clippings. In the spring, rake the lawn to remove any dead clippings and aerate periodically to allow for nutrients, air and water to reach the roots for a healthy lawn.

Using rain water collected in rain barrels is a great way to water your garden, flowers and lawn and reduce your city water consumption. Rain water is relatively pure and soft, not having been treated with chemicals. Cover the inside of the rain barrel with a debris filter which can also inhibit mosquitoes from laying eggs and keep the lid closed. Since collected water can become stagnant over time, use the water frequently after it rains.

LEARNING THE ART OF COMPOST

The year was 1958 and great-grandpa Campbell had a makeshift compost pile behind his huge garden. In went rotting vegetables; out came the stuff that gardeners dream of – beautiful, dark, nutrient-packed compost ready to be mixed into his garden. The results were the most glorious raspberries, the size of a baby's fist! Or so the story goes. Who am I to question my mother's childhood memories?

So when we moved into our last house, I set myself up for composting success. I bought a compost bin, filled it with sticks and leaves and then left it. Fast forward a few years and I had a bin full of sticks and leaves. Composting fail.

Undeterred, and after moving to Lynnwood, I revisited this harder-than-it-looks backyard hobby and took a course at the John Janzen Nature Centre. I came away with an appreciation for the beauty of mold on my lemon slices, slime on my potato peelings, and bugs. So many bugs.



The experts reveal... here is what a good compost needs:

Greens – peels, cores, rinds, coffee grinds

Browns – dead leaves, paper towel, shredded paper

Water – Keep it damp (like a rung out sponge)

Air – Mix it up once a week.

Keep a bin of browns near your compost so that leaves can always be your top layer, which keeps your compost from stinking. Compost should smell like dirt. If it doesn't, it just needs some rebalancing such as more browns and less water.

Side note: Industrial composters are a totally different ballgame. They get hot enough to break down "biodegradable" plates, sticks, weeds, meat, and birthday cake. They can probably handle left over straw from your dog's bed too. Who knew that when you add a nice bundle of dry straw, mice come for a party? Straw has been removed from my list of browns.

Happy composting!

Kate

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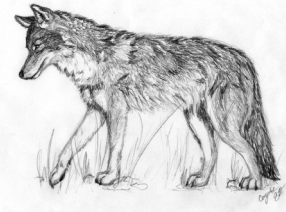
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COYOTE INFORMATION

60 residents attended the Coyote Information Session on March 12 at Lynnwood Hall presented by Dr. Colleen Cassady St. Clair from the University of Alberta. She gave an excellent and informative presentation on her research program on coyotes. She also graciously presented information for Gareth Villanueva, the City of Edmonton



Park Ranger, who was unable to attend due to the Covid 19 restrictions issued by the City of Edmonton that afternoon. The following links offer additional information on coyotes.

edmontonurbancoyotes.ca/olio.ca/human-encounters-with-bolder-edmonton-coyotes-on-the-rise/

[edmonton.ca/residential_neighbourhoods/PDF/COE Urban Coyotes Brochure Final WEB.pdf](http://edmonton.ca/residential_neighbourhoods/PDF/COE_Urban_Coyotes_Brochure_Final_WEB.pdf)

All publications emphasize the crucial importance of avoiding food conditioning of coyotes whether intentionally or otherwise.

Conflict Prevention

- Don't feed coyotes. Remember coyotes are scavengers and eat garbage, compost, birdseed, berries, and anything they can find, so it is essential they do not have access to these food sources.
- Secure your garbage in a protected container
- Clean up fallen fruit and spilled bird seed
- Keep pet food inside
- Keep your dog on a leash in areas frequently coyotes
- Don't leave small pets unattended in your yard for long periods of time
- Don't leave cats out roaming.

When to Report a Coyote

- The coyote has followed, chased or attacked someone or a pet
- The coyote is acting aggressively or defensively
- The coyote is injured and immobile
- Please contact the City of Edmonton at 311 to report an incident.

The Lynnwood Community League extends our sincere thanks to Dr. St. Clair for taking a personal safety risk by attending the session and for providing us with her informative presentation.

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3. **Online**. Note: there is a fee for this option.
efcl.org/membership

KEEPING ALLEYS TIDY

Dear Lynnwood residents,

In a number of alleys in our community, bags of garbage (not in a closed container) are being put out well before garbage collection day. They bags are opened and spread by animals. Please be reminded that the City of Edmonton garbage disposal bylaws state that owners should ensure that containers and waste are not set out before 4pm on the day prior to collection day.

Please respect these timelines to help keep our garbage heading for the landfill, not the alleys.

Anonymous

KEEPING IN TOUCH WITH TECHNOLOGY



Today's technology provides tremendous opportunities to stay in touch and communicate with family and friends located anywhere in the world.

As a senior myself, I have used a variety of video chat applications (but Android and PC only – I don't have Apple).

1. Duo (phone) – to speak with my brother in Asia and my wife when I was travelling in Mexico; we could see & hear each other.
2. Zoom (phone and computer) – to have regular video meetings with my friends as a group; I have even learned how to display pictures & videos, play music, show websites from the Internet, show PowerPoint presentations, and use a whiteboard (kind of like a blackboard in school).
3. Skype (phone and computer) – to have video chats, make calls to places like Cuba where it is expensive to place calls, and send chat messages; you can set up Skype-to-Go phone numbers which allow you to dial a local number to connect you to someone you know located anywhere in the world – for free!
4. WhatsApp (phone and computer) – to have video chats, make calls and send chat messages.
5. Facebook Messenger – (phone and computer) – to have video chats, make calls and send chat messages.

It takes a little time to learn how to use modern communication technology but, as a senior, I was able to do it by spending the time to learn how to use these applications, practice using them to build my skills, and enjoying the learning experience. Video chat applications such as Zoom provide both live and recorded training sessions for free.

Finally, rather than getting upset or impatient with learning something new and unfamiliar, I reminded myself that learning how to use this technology was a both retirement hobby and a chance to exercise my brain. Good luck and have fun!

James

“Act the way you'd like to be and soon you'll be the way you act.”

Leonard Cohen



POLICE INFORMATION SESSION

The Edmonton City Police Service Information Session scheduled for the evening of May 7, was cancelled as the result of the COVID 19 restrictions. The following topics were planned for discussion:

- Lynnwood Crime stats
(crimemapping.edmonton.police.ca/)
- Residential security, protecting your home, garage from break-ins
- Vehicle thefts/thefts from vehicles
- Bike thefts
- Police auctions
- Identity theft
- Personal safety
- Phone & e-mail scams, cybercrime
- Suspected drug houses. How to identify, what to watch for, when to report
- Homelessness in Ravine
- Vacation security awareness

Please let the community league know if you are interested and would like this information session rescheduled in the future. We also welcome suggestions for any other topics you would like the community league to organize.



“Leave the beaten track behind occasionally and dive into the woods. Every time you do you will be certain to find something you have never seen before.”

Alexander Graham Bell



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OUTDOOR FIRE PITS & FIREPLACES

Backyard fire pits and fireplaces are a great way to enjoy the outdoors, but please be a safe and considerate neighbour.

Fire pits are regulated under the Community Standards Bylaw . Here are a few things you need to do to make sure your fire is safe and legal.

Within Edmonton city limits, fire pits must:

- Be at least 3 metres (10 feet) from buildings, property lines and anything else that could catch fire
- Have enclosed sides made from bricks, concrete or heavy-gauge metal
- Have a mesh screen on top to stop sparks

Burning the Proper Fuels

The only things that can be burned in an outdoor fire pit are clean (non-treated), dry wood and charcoal

Note that burning yard waste, garbage and paper is prohibited and creates too much toxic smoke.



Limiting Noise and Smoke

Remember to be considerate of your neighbours. Some medical conditions are aggravated by smoke. Please limit the noise from around the fire pit, especially late at night.

Complaints

Can result in a visit from a bylaw officer and a possible fine of \$250.

You can refer to the following link for the full information:

https://www.edmonton.ca/city_government/bylaws/fire-pits.aspx

S'MORES

S'mores are a fire-side must!

1 marshmallow 2 graham crackers 1 square of chocolate.

Allow the chocolate to melt slightly on one cracker by setting it on the bricks while you toast your marshmallow. If you want a delicious change, try Lindt Salted Caramel chocolate.

Place your toasted marshmallow between the crackers.

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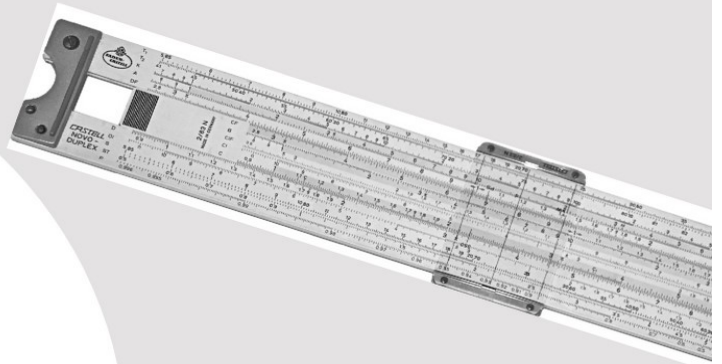
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