

Lynnwood Community League

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Edmonton AB

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THINGS WE SHOULD KEEP

These days, we could use a whole lot of hope, inspiration and just plain normalcy. Thankfully, lovely little stories of adaptation and community have been easy to come by in Lynnwood.

Block parties have thrived, even without potlucks. Neighbours lugged their own snacks, drinks, and chairs (and settled in with sufficient distance) to meet new residents and catch up with old ones.

Patio concerts proved that live music could still bring people together (2 meters is better than nothing!).

Pop-Up gardens thrived where our mini-rink usually is. So many potatoes...

Way to go, Lynnwood! Thanks for the inspiration.

THANK YOU...

- For mowing a neighbour's lawn, picking up their groceries and smiling with your eyes from behind your mask.
- Newsletter contributors, this is a true collaboration.
- Egg carton donors, you know who you are. You supported the Food Bank's important work.
- Sharon, for the time and passion you have given. You are appreciated.
- Ken...For the past decade, you have moved Lynnwood in the right direction. From the annual corn roast and Christmas Festival, to meetings that ran on time, and the many other things that just seemed to happen, you get all the credit.

LYNNWOOD COMMUNITY LEAGUE MEMBERSHIPS

Support Lynnwood! We encourage all residents to become annual membership holders!

Memberships are valid September 1 to August 31.

Costs:

Family	\$20
Single	\$10
Seniors	FREE
New residents (less than 6 months)	FREE



Purchase through:

- Our **friendly volunteers**. 780-484-4893 ext. 3 memberships@lynnwoodcommunity.com
- The **Communibee App**. Memberships have gone digital! Purchase your membership and save it on your phone.
- **Online**. Note: there is a fee for this option. efcl.org/membership

Benefits:

- Free access to Lynnwood's skating rink.
- Affordable hall rental.
- Free swim every Sunday from 4 pm to 6 pm at Jasper Place Pool
- Discounts at City of Edmonton Leisure facilities (15% off multi-pass or 20% off annual or continuous pass).
- Special promotions through the EFCL (www.efcl.org).
- Know that you are helping maintain our rink!

Write for the Lynnwood Link!

Contact Kate
newsletter@lynnwoodcommunity.com
[780-996-3474](tel:780-996-3474)

LIVING A LITTLE GREENER

Canning or freezing your summer harvest of fruits and vegetables is a great way to continue eating healthy through the Fall and Winter and rely less on imported goods, thereby reducing carbon footprints. There are many "You Pick" farms around the city as well which are nice to visit and support local farmers.



Halloween is a fun time for all ages! For costumes and decor, consider what you may already have at home, reuse items from second-hand stores or look into a local swap.

Raking leaves is synonymous with fall; consider using them in composting, chopping and sprinkling as mulch around shrubs or fall crafts.

Jen enjoys the outdoors, hiking, snowboarding, live music and adventures with her family.

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FALL LAWN CARE TIPS

This may come as a surprise to you – as it did for me – but the fall is an especially important time to ensure your lawn will be in tip-top shape by the time spring rolls around. Here are four fall lawn care tips.

FERTILIZING - Fall is the best time to give your lawn a good fertilizer feeding. Fertilizer should be applied when the plants are still absorbing nutrients. If the ground is frozen or the grass has stopped growing, it is too late. A fall feeding delivers vital nutrients to encourage deep root growth and will help your lawn to store essential nutrients over the long cold Canadian winter. At the first sign of spring, your lawn will quickly tap into the stored nutrients, increasing the chances of you having a healthy green lawn.

SEEDING - Early fall is a good time to seed a lawn that appears to need some repair. Over-seeding an established lawn fills in bare spots and thickens your grass. The best time to seed your lawn is in the

early fall when the evening temperatures are lower and the morning dew is heavier, sometime between mid-August to late-September. New grass that can establish itself in the fall will come back more vigorous in the spring.

CUTTING - As the fall season progresses, you may find yourself relying less on your lawn mower as your lawn's growth begins to slow - but you should keep cutting until your lawn stops growing. For your final mowing, drop the mower blade down to a lower level than your regular season height. Trimming nice and short stops the grass from becoming matted which encourages mould.

WATERING - Your lawn is still living and needs watering to build up its root system going into winter. If you find your lawn is not getting enough rainfall, provide at least a half inch of water each week to prevent it from drying out.

A beautiful and healthy lawns provides an excellent background to highlight your flowers and your home. As has been noted by a Canadian retailer, a healthy lawn is a launching pad for a homeowner's pride!

James



POP-UP GARDENS TAKE ROOT IN LYNNWOOD

This summer, ten Lynnwood residents had the opportunity to grow vegetables for personal consumption and for charity. The City of Edmonton delivered temporary gardens, Sustainable Food Edmonton supplied a bunch of seeds, and residents planted, weeded, watered, and harvested.

Benard, Lynnwood's Community Garden Coordinator, is hoping to implement a permanent, sustainable community garden in Lynnwood.

If you are interested in future community garden projects. Please contact garden@lynnwoodcommunity.com



"Engage with and empower your community and personal wellbeing through gardening."

Benard, Community Garden Coordinator



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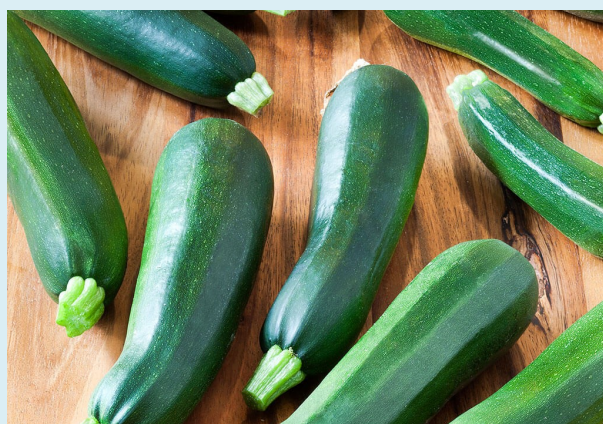
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LEMON ZUCCHINI BREAD



For that overabundance of zucchini taking over your garden...

Ingredients

- 1 1/2 c. all purpose flour
- 1/2 tsp. baking soda
- 1/4 tsp. baking powder
- 1/4 tsp. salt
- 3/4 c. sugar
- 1 c. finely shredded unpeeled zucchini
- 1/4 c. cooking oil (not olive)
- 1 egg
- 2 Tbsp. lemon juice
- 2 Tbsp. finely shredded lemon peel

Glaze

- 1/2 c. powdered sugar
- 1 Tbsp. lemon juice
- 1 tsp. lemon zest

Instructions

1. In a medium mixing bowl combine flour, baking soda, baking powder and salt, set aside
2. In a separate mixing bowl combine sugar, zucchini, cooking oil, egg, lemon juice and lemon peel. Stir to combine
3. Add dry ingredients to zucchini mixture; stir until just combined.
4. Spoon batter into greased bread pan
5. Bake at 350 degrees for 50-55 minutes or until golden brown and set.
6. Cool in pan on wire rack 15 minutes, then remove from pan and cool completely
7. Once cool, combine ingredients for glaze and drizzle over bread.

GET INVOLVED!

URBAN POLING

Nordic Walking/Urban Poling

Transform walking into a total-body exercise. It is easy on the joints and great for rehabilitation. Think cross country skiing without the skis...or even snow. Bring a walking program to Lynnwood in 2020!



PLAYGROUND RENEWAL

The park behind Lynnwood Hall (beside Lynnwood Elementary) is in need of an overhaul. This is an exciting undertaking that requires all sorts of skills. We will need people to assess needs, do promotion and communications, fundraise, project manage etc. In short WE NEED YOU. Help make a fantastic new playground.

CALLING NEW PARENTS

There is no time like the present to start meeting other parents! What kinds of activities would you like to see in Lynnwood? We are all ears!

Contact pammy_marie@hotmail.com or through the Facebook group:

Lynnwood, Edmonton Parents' Social & Support

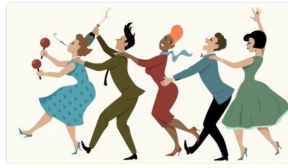
YOGA

Hatha Yoga will be returning soon! Please check lynnwoodcommunity.com for updates.

SWIMMING

Be sure to take advantage of free swimming at Jasper Place Pool on Sundays from 4-6 pm. Make sure you have your up-to-date Lynnwood Community League membership! Start date TBD.

PLAN PARTIES!



Our community needs someone who wants to bring people together. It could be a fall corn roast, a winter festival, a spring fling or all of the above!

A **Social Director** takes the lead on events but has volunteers to help put a plan into action.

LEMONADE

Buy a cup of lemonade in the parking lot of the hall on Sunday **August 30 from 11-3**. Proceeds will support art therapy at the Stollery Children's Hospital.



Our next **Community League Meeting** is on September 1 at 7:00 pm at the hall. All are welcome!

A NOTE FROM LYNNWOOD SCHOOL

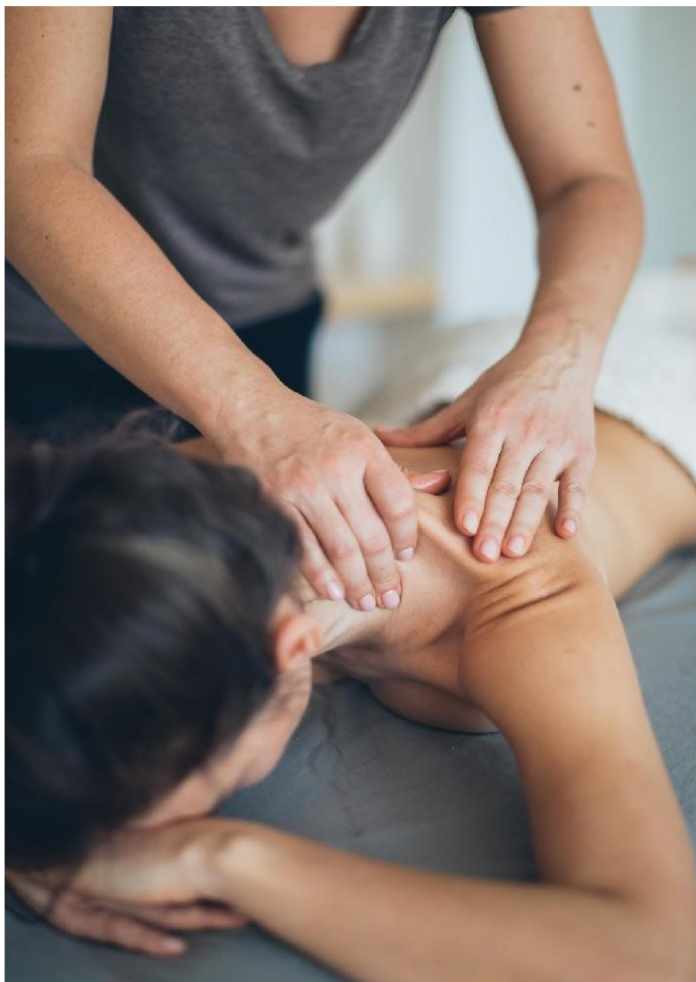
The staff at Lynnwood School are so excited to see our students and their families as we embark on a school year like no other! As the new Principal at Lynnwood School, I have enjoyed learning about the neighbourhood. It is clear that the residents of Lynnwood take great pride in their community. I am looking forward to working with community stakeholders to continue to ensure that children have wonderful school experiences.

There is no doubt that things will look different this year. At this time, we are unable to have visitors enter our school because of COVID-19. However, we hope that you will not hesitate to reach out through phone (780-489-4500) or email (Lynnwood@epsb.ca) if there are ways we can support the community.

Sincerely,

Christine Dibben

Principal, Lynnwood School



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IT'S TIME TO PUT THE GARDEN TO BED!

A good fall clean up makes for an easy spring start. Make sure your lawn is mowed, and clear of debris and leaves. Prune back your perennials and tidy up your flower beds.

Plan ahead for your spring garden – late fall is the time to plant your bulbs. Tulips, daffodils, crocus, muscari and hyacinths will bring colour to your yard in Edmonton's brown mucky springs. Bulbs will also continue blooming every spring – no need to replant them!

Fall is also the time to divide up your perennials. It is always best to divide your plants in cooler weather. You can plant your separated roots to spread your garden or pass them along to a friend to grow in theirs.

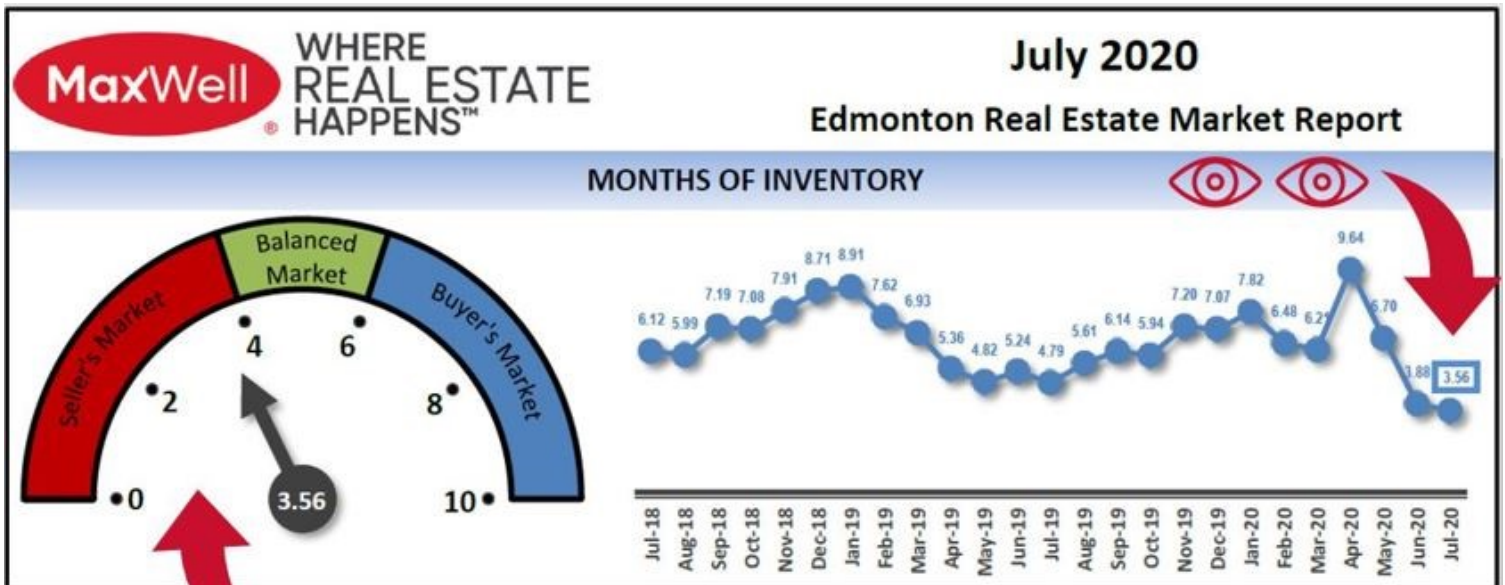
My favourite plants in my garden are the ones that have been passed on from friends, neighbours and loved ones. It is also a money saver as you don't have to buy more from a greenhouse to expand your garden!

Think ahead to next fall as well. Sedums, monkshood and asters are all nice fall blooming plants that will shine through when the rest of your flowers are faded.

If you want to add a little colour and fall décor, Chrysanthemums ("mums") always do the trick. Mums come in a wide variety of colours and can be found at any grocery store or greenhouse in the fall. Just keep an eye on the forecast as they will need to be covered if it calls for frost.

For other inexpensive fall décor, try utilizing what you already have. Things from your fall clean up like dried cut branches or flowers make for excellent indoor and outdoor décor.

Catriona is a nurses aide and event planner/designer. She has a passion for gardening and making things



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NIEGHBOURHOD CRIME STATISTICS

	Lynnwood	Jasper Park	Elmwood	Laurier Heights	Rio Terrace	Meadowlark Park
Assault	4	3	1	0	0	3
Break & Enter	0	3	4	1	0	4
Theft from Vehicle	10	4	2	1	0	2

A quick review of the Edmonton Police Service Neighbourhood Crime Map from June 1—Aug 11 shows Lynnwood leads neighbouring communities in Thefts from Vehicles.

These are the crimes that were reported. Since resources are allocated based on numbers please report crimes to the police. Many property crimes can easily be reported online at <https://www.edmontonpolice.ca/ContactEPS/OnlinePropertyCrime>.



A tip from EPS: **“Remove all Valuables** - Never leave ANYTHING on display when you leave your vehicle. Even loose change, cigarettes, cigarette lighters, sunglasses, CD’s, cell phones, stereos, cameras, and clothing, if they can see it they will steal it. “

GETTING TO KNOW YOUR NEIGHBOURS

Susan and her husband, Bob, moved to Lynnwood in 1977. They loved Lynnwood for the proximity to the dentist, groceries, library, pharmacy and coffee. Plus, there were three of each school level to choose from for their kids and a bus went right to the university. It was the perfect place to raise a family.



For years, Susan worked in Health Care Management and, while she was interested in art, she didn't have a lot of time for it while juggling their kids swim meets, billeting kids from other cities, volunteer bingos, and life.

Then in 2008, she inherited her late sister's painting supplies. She picked up a paint brush, took a course, and the rest is history. She found a passion in the "messy but fun" art form that encourages experimenting, constant learning, and letting go of control.

Some words of wisdom for budding artists:

- From Realism to Abstract and everything in between, there will be elements that attract any individual and budding artist. The key is when you see a painting you like, you need to dig deeper and really ask yourself "why?" Is there a specific colour, a technique or mood that you love? You can then take that specific element and apply it to your own art.
- If you find yourself frozen (a painter's version of writer's block), you are probably thinking too much. Drop the teeny tiny paint brush, grab a different tool, or add another colour. A different colour completely changes the look of the existing colours and allows you to refocus.

You are in the right spot "when you are lost and having fun."

Susan (www.susanmckayartist.com)

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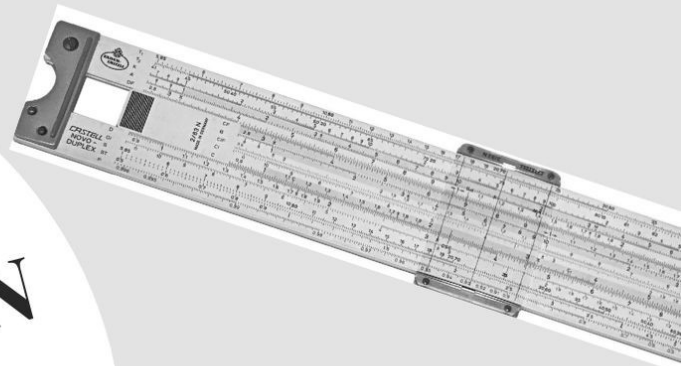
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