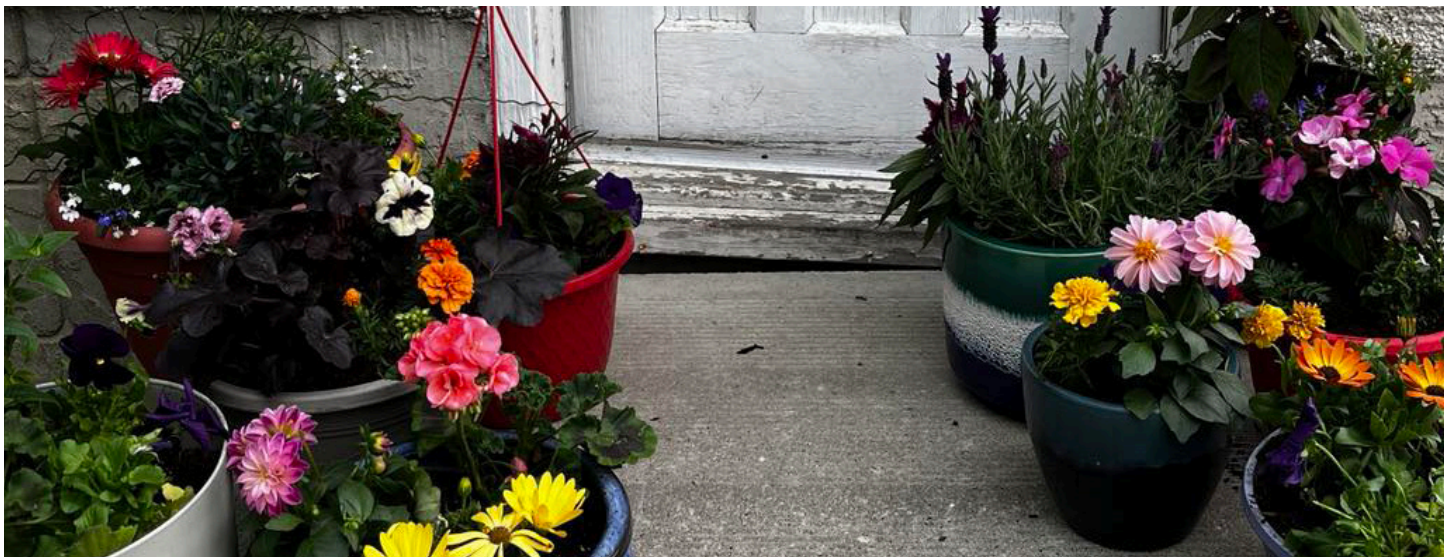


Parkallen News

Bringing Your Community to You



Civics Corner: Nature-Based Solutions for Climate Resilience

Written by Jan Hardstaff, Civics Director

Climate change means more extreme weather, increased flood risk, prolonged drought, catastrophic wildfires, and air quality alerts. How can communities grow sustainably and mitigate negative impacts to our environment, economy, and health? To grow as a sustainable city, we must adapt and become more climate resilient. What can you do?

Adopt Nature-Based Solutions (NBS)

Nature-based solutions use an ecological approach to enhance the resilience of natural and managed urban ecosystems, like your yard or community park. NBS offer an effective and economical approach to work with nature in response to problems and challenges posed by climate change, to mitigate risk, and achieve sustainable results that provide multiple benefits.

Soil is a Nature-Based Solution

Soil is nature's sponge soaking up and storing stormwater and carbon. Reducing stormwater runoff reduces the risk of exceeding existing drainage infrastructure capacity and flooding, improving water quality and the health of ecosystems downstream in the watershed. Providing deeper soil makes your landscape more resilient to extreme heat, rainfall, or prolonged drought events.

Maintaining soil health supports and sustains soil as part of a living system of plants, animals, insects, and microorganisms. Armor your soil with plants, organic mulch, and compost. Plants prevent soil erosion, control weeds, moderate soil temperature, and improve aeration and water filtration. Avoid soil compaction by stay off your lawns and gardens when wet. Fertilize naturally by leaving grass clippings on your lawn, thus returning nutrients to your soil. Mulch and compost

prevent soil erosion, control weeds, moderate soil temperature, and improves aeration. In addition: go bagless when mowing, top seed your lawn with clover or plant a legume cover crop in your garden to add nitrogen naturally, compost leaves and plant clippings, rake leaves into your planting beds and let them decompose naturally, wait until new growth starts in Spring before cutting back perennials to protect overwintering insects and animals, avoid herbicides, tolerate dandelions or mow frequently to keep them from going to seed, rotate where you plant your vegetables, try companion planting to help with pests in the garden.

Planning to renovate or redevelop your property? Look for ways to achieve climate resilience!

- Limit building footprint and increase outdoor living space,
- Transition to or incorporate alternative energy sources to reduce carbon emissions,
- Maximize opportunities for NBS in minimum required 30% soft landscaping area,
- Preserve and protect mature trees for the many NBS and benefits they provide,
- Remove topsoil for reuses or avoid disturbing soil and compaction of tree roots by providing temporary fencing,
- Grade your property with a 2%, a 10% slope around buildings, and build retaining walls where the slope exceeds 15%.,
- Increase soil depth to 30 cm (12") which absorbs 35 L/m² of stormwater from a 2.5 cm (1") rain event. Soil depth of only 10 cm (4") minimum produces 5 L/m² of runoff,
- Prevent soil erosion with plant cover,
- Replace any trees removed and exceed minimum tree and shrub planting requirements,
- Landscape with resilient native species of trees, shrubs, and groundcovers,
- Use organic mulch in non-planted areas to protect soil from erosion.

Increase soil depth and volume to increase the amount of stormwater runoff it can absorb. This supports landscaping and increases climate resilience to the extreme heat events and prolonged droughts that accompany climate change. A typical mature developed site with a small bungalow, garage, and mature landscaping, typically has

soil depth of at least 30 cm (12") deep, or more, covering 65% of the lot. Roof and impervious hard surfacing covers the remaining 35% of the site. During a typical 2.5 cm (1") rainstorm, a 600 m² mature development site absorbs 8,400 L of stormwater or more.

A redeveloped infill site often has double, or 70% impervious site coverage of roofs and hardscaping. The remaining 30% Soft Landscaping Area is typically graded to provide only the minimum recommended soil depth of 10 cm (4"). This reduces total soil volume to only 15% of the above mature site. This infill site produce 11,400 L of stormwater runoff from a typical rain event. EPCOR has proposed to increase the Stormwater Charge on utility bills for all RS & RSF small scale residential zones that reflects this increase. While small, costs to add or upgrade stormwater drainage infrastructure result in future property tax increases.

Using soil as a NBS and increasing the depth on newly developed infill site to 30 cm, also increases soil volume which can absorb 6300 L of stormwater runoff during a 2.5 cm (1") rain event. Additional NBS solutions can be implemented including rain gardens, rainwater harvesting and reuse, landscaping with native species and green roofs to reduce this even further. Achieving climate resilience requires the participation of everyone, regardless of the type of home we live in, to do our part in adopting NBS and other low impact development strategies to ensure that as our community grows our neighbourhood can remain a livable and healthy place to be.

This is the first in a series of Nature-Based Solutions for Climate Resilience. Subsequent newsletter articles will explore other NBS strategies that you can use including adding raingardens and bioswales, rainwater storage and reuse systems, landscaping with native species, and preserving and protecting mature trees. More information is provided in the Alberta Clean Runoff Action Guide, <https://resilientlandscaping.ca/crag/>


Contact civics@parkallen.ca if you have any questions or comments.

Another successful Snowfest. A big thank you to our army of volunteers. We couldn't have done it without you!



Parikallen SnowFest

THANK YOU!



Generous Donors

- Pearls Dental
- Birch' Garden Cafe
- Annie Rue
- Proctor Team
- Colombian
- Fitset Ninja
- Atelier Hair Design
- Honor Baby + Child
- Whole Family Health





Kudos to the Generosity of Parkallen!

By Gord Demers, Civics Team Member

Parkallen community recently sponsored two events with a charitable component. Our hugely successful Breakfast with Santa in December garnered 72 kilograms of food and \$310 (not including online donations) for the Edmonton Food Bank. This was much appreciated, as attested by the nice thank-you letter the community received from the Food Bank (see www.parkallen.ca). In January, we held a winter clothing drive in support of Boyle Street Community Services. Again this event was a big success, we packed a van full of winter clothing. Our Social Team member Gord Demers spoke with Boyle Street representative Doug Cooke after the event, and this is what he had to say:

Doug, would you share with us a little about your role at Boyle Street?

I am Manager of Community Engagement. I feel I work the best of two worlds. I build and maintain relationships with businesses, schools and community stakeholders throughout Edmonton.

What inspires you in your work?

The other part of my role is meeting and building

personal relationships with folks living rough on the streets, back alleys and parks of Edmonton. The spirit, strength and often humour these folks possess is astonishing to me considering the living situations they are often in.

Could you please share with us how the winter clothes and footwear donated by the Parkallen community were distributed?

All of the donations were graciously accepted and distributed to Edmonton's homeless and precariously housed individuals through Boyle's programs.

Sandy's Place Bridge Housing provides transitional housing to individuals experiencing homelessness and assists in connecting folks to community support and services while working towards secure housing. Another Boyle Street program that received the donations was our Managed Alcohol Program (MAP). MAP offers managed alcohol support to people who are consuming non-beverage alcohol (hand sanitizer, rubbing alcohol, mouthwash and more) by providing a controlled amount of on site brewed wine at regular intervals. Wrap around case

management support is provided as well in this space.

The timing couldn't have been better as we all went through the January cold snap which exacerbated the life threatening challenges faced by some of our less fortunate community members.

You have mentioned before that the need for clothing and other items continues throughout the year. Should we have a follow-up clothing drive for the Spring/Summer, what kind of items would be most needed?

- Raincoats/ponchos, light jackets
- Sweaters, hoodies, sweatpants, jeans, socks & underwear
- Blankets, sleeping bags
- Sunscreen, bug spray
- Toothbrushes/toothpaste

Doug, on behalf of the Parkallen Community, thanks for all that you and Boyle Street Community Services do to help the less fortunate in our community.

On behalf of Boyle Street and those we serve, thank you!


A big shout-out to Parkallen residents who so generously supported these initiatives. And stay tuned – Parkallen will be holding a summer clothing drive in late spring.

Do You Have Your Community League Membership?

One of the best ways to support your community is to purchase a community league membership. The funds generated help support all community league activities such as pub night, the community garden, programs for kids, and seniors' dinners.

By purchasing a membership you receive skating privileges, free community swim days, and many discounts, including for city recreation centres.

Learn more and purchase a membership at www.parkallen.ca/membership.



zebra
Child & Youth Advocacy Centre

**PARKALLEN
BOTTLE DRIVE**

March 10th

Please leave bottles out front before 9 a.m.

For more information Visit

zebracentre.ca

Email us for any further questions

o.flesher@share.epsb.ca

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Volunteers Wanted!

The Parkallen Community League is looking to fill some spots on their Board. Support your community, take part in fun events, and meet your neighbours-plus, it looks great on your resume! *Could it be you?*

New Civics Committee Director & Members*

Responsibilities include providing input with a community context to:

- Inform and advise the PCL Board, community members & residents about Civics matters including transportation, transit, utility, and planning & development matters,
- Respond to Future Rezoning Applications,
- Respond to Notifications of Direct Control Development Permit & Variance applications,
- Participate on behalf of PCL Board in City Engagement, provide input to Council,
- Participate in Scona District Community Council meetings and provide feedback to EFCL,
- Encourage safe residential infill construction.

New Sustainability Director & Members*

Responsibilities include providing input with a community context to:

- Creating a Sustainability Plan for Parkallen Community League
- Sustainable events workshops and programs
- Advising the PCL Board and community about energy transition and efficiency initiatives,
- Advising the PCL Board and community about sustainable landscaping and achieving neighbourhood climate resilience
- Advising the PCL Board about sustainable waste management, water use, purchasing and transportation.
- Participating in EFCL Green Leagues workshops and initiatives.

* Parkallen is refreshing its Civics Committee and creating a new Sustainability Committee. There is potential for both committees to collaborate and support one another to ensure, as Parkallen grows and changes, we achieve a balance of sustainable social, environmental and economic outcomes that benefit the members and residents of our community. If you are interested, email civics@parkallen.ca, president@parkallen.ca, or volunteer@parkallen.ca.

Social Committee: Upcoming Parkallen Hall Events

March 16: St. Paddy's pub night with Irish trivia at 8PM

March 31: Easter egg hunt, 9 AM sharp

April 6: Senior's information fair, 10 AM to 3 PM

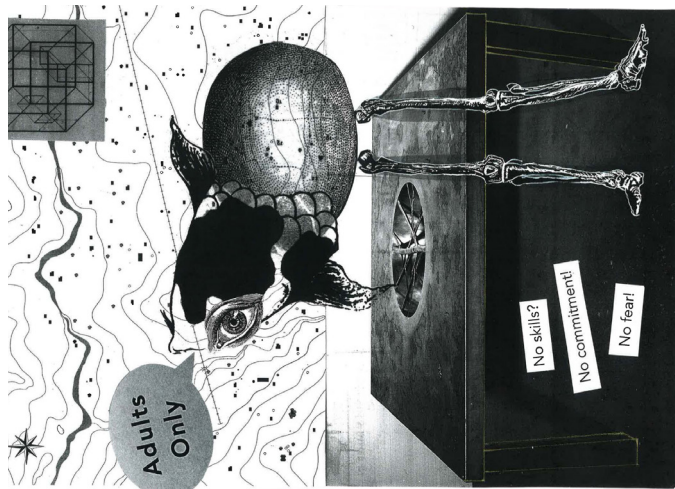
Exhibitors include:

- Power of Attorney, Personal Directives, Wills & Estates
- Green Burial /Traditional Burial
- Money Mentors-Money Matters
- Community Connections
- HAAI Healthy Aging Assessment Index
- Self-Defense for Seniors
- Sage Seniors Association of Edmonton

April 20: Community cleanup

May 26: Seniors' luncheon

Keep watch on the Parkallen website for further details!



Westwood Playshop Drop-in

We offer optional guided art projects or a space to work in on your own art in the company of others. We provide materials for the guided projects.

\$5.00 or pay as you can

Playshop monthly on the 1st and 3rd Thursday from 6:30 to 8:30 PM

Questions? programs@westwoodunitarian.ca



SAVE THE DATE

We invite all Parkallen residents to attend our community Annual General Meeting & BBQ

When: June 2, 2 p.m.

Where: The Parkallen Hall

Contact president@parkallen.ca for more information



Parkallen
Community League

Parkallen Seniors Save the Date

SENIORS INFORMATION FAIR

Saturday April 6, 2024

Parkallen Community Hall
10am - 3pm

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gregorybrowning@royallepage.ca
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Green and Gold Garden Update

Want to get your hands dirty? The Green & Gold Community Garden is always looking for new volunteers interested in being part of a vibrant, land-based, learning community that is passionate about growing food. The Garden is situated on the University of Alberta farm on the University south campus.

We welcome folks of all ages and abilities—no gardening experience is necessary! Our garden market garden raises funds for Tubahumurize, an organization that supports socioeconomically marginalized women and children in Rwanda. We also have connections with many local organizations that support our efforts to grow food using sustainable and regenerative, organic gardening methods. If you are interested in volunteering with us, we have two upcoming orientation sessions for new and returning volunteers:

Saturday April 13th: 12:30 to 2:00 pm
Saturday April 20th: 12:30 to 2:00 pm

These orientation sessions will be held at the Green & Gold Community Garden (on 118th St, just south of 60th Ave). All are welcome to attend, and pre-registration is not needed. To attend the orientation, simply send an email to gggarden@ualberta.ca and indicate which day you would prefer to attend. For additional information about the garden or to join our produce email list, please visit our website <https://www.greengoldgarden.com/volunteer/> or email us at gggarden@ualberta.ca.



DRUM LESSONS

WITH DAN SKAKUN

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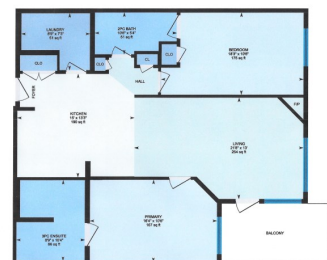
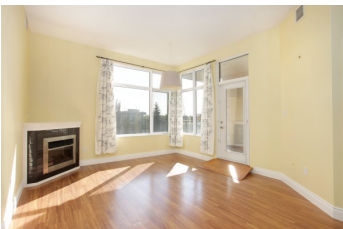
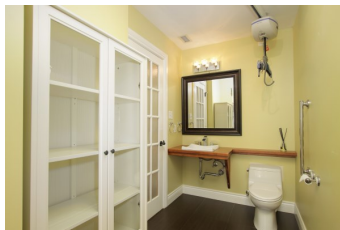
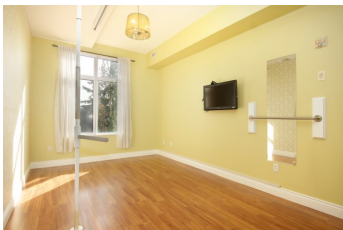


Park One West

401, 11140 68 Ave

Price Reduced!

2  2  \$364,900



What a RARE find! This unique original owner 2 bedroom, 1 1/2 bath condo is nestled in the quaint community of Parkallen. This GEM of a UNIT has had \$80,000 in renovations & upgrades to accommodate those w/ mobility concerns. The kitchen was tastefully redone with an open concept, white cabinetry, gleaming granite counters, Jenn-Aire appliances and access for anyone to cook like a chef! Both bedrooms are roomy with lifts to take you from bed to the bathrooms with ease...the primary had a total ensuite renovation with glorious walk-in/wheel-in shower. Views from the balcony of the park & school across the street provide tranquility and peace. Added features of this property are A/C, gas line for BBQ on the deck, plus the elevator leads to your tandem underground parking, storage room, fitness room & meeting room in the building. Just down the street is the community centre, park, community garden, coffee shop, bakery & more! You will be impressed with everything that this unit and area has to offer! **MLS E4358656**

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Parkallen Community League Volunteer Board

Interested in joining the board, but not sure where you would fit? We have many fun, flexible positions suited to your skills and interests. Find out more: volunteer@parkallen.ca. We look forward to hearing from you!

President	Suzanne Chedarchuk	president@parkallen.ca
Vice-president	VACANT	vice-president@parkallen.ca
Secretary	Heather Wright	secretary@parkallen.ca
Treasurer	Keith Ramsay	treasurer@parkallen.ca
Casino	Meghan Dunnigan	casino@parkallen.ca
Volunteer Coordinator	Sylvia Van Loveren	volunteer@parkallen.ca
Social Director	Sharon Bolton	social@parkallen.ca
Communications Director	Marlene Wurfel	communications@parkallen.ca
Newsletter Editor	Theresa Faulder	newsletter@parkallen.ca
Civics Director	Jan Hardstaff	civics@parkallen.ca
Membership Coordinator	Culley Schweger Bell	membership@parkallen.ca
Statistics and Survey Advisor	VACANT	stats@parkallen.ca
Newsletter Delivery	Elissa Woolnough	delivery@parkallen.ca
University of Alberta Liaison	Ed Hudson	uofa@parkallen.ca
Hall Coordinator	Jenny Proctor	hall@parkallen.ca
Rink Manager	Matt Larouche	rink@parkallen.ca
Soccer Coordinator	Julie Beschell	soccer@parkallen.ca
Community Garden Director	Brent Flesher	garden@parkallen.ca
Web Hosting and Graphic Designer	Lindsay Erickson	graphics@parkallen.ca
Fitness Program	VACANT	programs@parkallen.ca
Web Developer	VACANT	webmaster@parkallen.ca
Fall Drive Coordinator	VACANT	falldrive@parkallen.ca



ParkallenCommunityLeague



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