

Our thanks!

We have many amazing volunteers in this community who, through their dedication, help make this a great place to live.

We want to say a special thanks to **Kara Dublenko-Walters** who, for the past 7 years, has looked after making sure the newsletter has been delivered. She has been a tremendous asset to the community league board. She quietly worked behind the scenes to help keep the community informed and her efforts are truly appreciated. This month, she is handing the delivery task over to Tim Nerdahl. Thanks so much, Kara!

A special thanks to **Joe Miceli** who has been our treasurer for the past two years, and is leaving to make time for a new addition to their family. Joe has kept us organized and made sure all of our bills were paid in good time, the financial statements were in order and the books were kept up-to-date. The Treasurer role will be taken on by Meredith Mallett. Thanks for everything, Joe!

Councillor Anderson and Councillor Nickels made a motion to delay third reading of the bylaw until a review of the Mature Neighbourhood Overlay had been completed, but the motion was defeated.

Many speakers at the public hearing had asked for a "pause" in order to address some of the infill development issues prior to passing the bylaw. Citizens spoke about the need for neighbourhoods to have more say in how their neighbourhood grows. They asked for protection of heritage buildings and areas, protection of the urban forest, prevention of flooding and drainage problems, and a check on



May 2015

ASPEN news

Making the neighbourhood you want to live in!

Garage and Garden Suite and Subdivision of RF1 lots Bylaw passed by Council

Based upon the results of the community survey on the bylaw amendments that were proposed by council, I attended the Public Hearing on March 16 and again on April 13 to bring forward feedback from our community. We had excellent representation with a number of people from our community speaking against the motion and presented specific concerns that were commented on in the survey.

Below is a summary of the Public Hearing provided by EFCL:

April 14, 2015: City Council passed Bylaw 17116 which allows garage and garden suites in all locations and allows the subdivision of RF1 lots which are 50 feet or larger. The bylaw was passed April 13, 2015 during the continuation of the lengthy Public Hearing, which began March 16.

the Subdivision Appeal Board's ability to undermine the city's Zoning Bylaw, particularly the Mature Neighbourhood Overlay, which provides some protection for neighbourhood character.

Council passed motions to follow-up on some public concerns.

Councillor McKeen made the motion for Administration to report back on the status of the Glenora heritage inventory. He also made a motion for Administration to report back concerning the Zoning Bylaw regulations in relation to privacy screening for platform structures in various zones in the city.

Councillor Walters made the motion for Administration to provide a report outlining options and incentives related to development permits aimed at preserving trees on private residential property in mature neighbourhoods.

Councillor Walters also made the motion for Administration to provide a report on options to facilitate a point of contact for mature neighbourhoods, including potentially creating district oriented positions for issues such as: 1) subdivision applications, 2) development and building permits, 3) development compliance, and 4) informing residents about statutory plans and city regulations.

Dandelions as Tasty Delights

By Kristine Kowalchuk *(originally appeared in The Tomato May/June 2011)*

It began with Maria Rodale's Organic Gardening. My friend Ellen gave me a copy of this book, along with an old galvanized metal watering can, shortly after I moved into my own home and announced I was going to plant a garden. While I was already interested in natural gardening, this book – with sections such as “14 reasons why you should never, ever, ever use chemicals again” – converted me forevermore. And truthfully, I found my first garden, accomplished entirely organically, to be easy. I used compost from a bin in the backyard and by August I admit I had a particularly enviable bean crop.

However, what I hadn't counted on was the lawn. More specifically: the dandelions. Around the beginning of May, the weeds appeared here and there in both the front lawn and the back. Within two weeks, they had taken over; there was now undeniably more dandelion than grass. My dad stated this was a job for Round Up and told me I was crazy to try any other way. I bought a special dandelion digger (a spade with a notch in the tip, perfect for lifting out the rootstem) and set to work.

For some inexplicable reason, I count when I do a repetitive job. I got up to 800 in the front yard when I sat back on my heels and realized the scope of my task. Piles of weeds lay every few feet, and it occurred to me they probably shouldn't go into the compost heap or my entire garden, too, would be dandelions next year. Just as I was contemplating my dilemma, an elderly man came strolling down the sidewalk. “Lovely dandelions,” he noted. “Are you planning to eat them?”

Now one would assume this thought would have eventually occurred to me all on my own, considering I had bought salad greens at the downtown farmer's market that very morning. In any case, looking at the weed piles with fresh eyes, I realized these plants were lovely, at least equally lovely as those five-dollar ones. These leaves were firm, dark green and

fairly humming with health. And they were free. I replied that yes, indeed I was planning to eat them; then I grabbed a pile and headed for the kitchen and the lettuce spinner.

Over the next few weeks, I tried numerous recipes with my dandelions. It became a bit of a game, and I began to consider those still growing in the lawn as my crop: I made sure to pick only what I needed each day, and left the smallest ones to plump up for later harvest. (Although in all cases, I heeded the words of The Concise Larousse Gastronomique: “Wild dandelion leaves should be picked before the plant has flowered...when they are small and sweet.” The same rule applied, I learned, for lawn varieties.) While I'd have to wait another month to pick anything I'd planted in my garden, the dandelions already offered vegetal bounty.

Of course I made all kinds of salads – dandelion greens with goat-cheese toasts and walnuts; dandelion greens with balsamic dressing, fresh strawberries and feta; dandelion greens niçoise with tuna, boiled new potatoes, baby asparagus and olives – but I also used them in lieu of spinach or herbs in my favorite cooked recipes as well. I mixed my dandelion leaves with capers and garlic for a salsa verde on sole. I chopped up handfuls of them to replace most of the mixed herbs I toss with linguini in a Parmesan cream sauce (the nutmeg in the sauce nicely tempered the dandelions' peppery taste). I threw them into spring vegetable soup with onions, baby potatoes, zucchini and wild rice. And I blended whole bunches with almonds, garlic and olive oil for the most cost-effective pesto ever. Finally, I even fried the dandelion flowers: crisped up in oil and tossed with sea salt, they made the perfect snack to accompany a post-gardening beer.

While maybe the idea wasn't entirely my own, I was pleased with the cleverness of all this dandelion eating. It was environmentally responsible, healthy,

thrifty, and even trendy. (Although, now that I am doing a PhD thesis on 17th-century cookbooks, I know that eating weeds is certainly nothing new.) And, most importantly, the recipes tasted good – which even my dad conceded. With each success, I became increasingly enthusiastic. Imagine if everyone in Edmonton ate their dandelions rather than spraying them. I even suggested that my friend Kerstin introduce “dandelion” to her chocolate flavour lineup. And, since dandelions know no borders, I emailed my friend Nathalie in New York, who owns a gourmet popsicle shop at the Chelsea Market, with the idea that dandelion pops might make for a best-seller amongst NYC locavores. Neither a chocolate nor popsicle form of dandelion has yet come to be, but I remain convinced both are worth attempting.

This year, I plan to experiment with a light lasagne of dandelion, grilled zucchini and lemon, and chilled dandelion soup, and dandelion flower ice cream – anyone who has traveled to Mexico and sampled, say, shrimp cocktail ice cream, knows this last idea is not so outlandish. For I admit that, while my beans are pretty impressive, I seem to be best at growing dandelions.

Pasta With Creamy Dandelion Sauce

Serves four

- Cook 500g spinach linguini according to package directions.
- Meanwhile, make sauce:
 - 4 tbsp butter
 - 1 ½ cups whipping cream
 - ½ tsp salt
 - pinch freshly grated nutmeg
 - fresh-ground four-grain pepper to taste
 - ¼ cup freshly grated Parmesan
 - 1 cup dandelion leaves, sliced into a chiffonade
 - ¼ cup chopped mixed fresh herbs (thyme and chives are best)

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Directions:

Place butter into a large, heavy-bottomed saucepan; cook on medium heat until lightly browned. Add cream, salt, nutmeg and pepper; bring to a simmer and then reduce to low. Whisk in cheese, dandelions and herbs and return sauce to a light simmer, then remove from heat.

Add cooked pasta to the saucepan, toss gently, and return to heat briefly to warm through.

Serve topped with a little additional grated Parmesan and a few black olives.

Dandelion Salsa Verde

- Makes approximately 1 cup
- 1 ½ cups chopped dandelion leaves
- ½ cup chopped Italian parsley
- 1 clove garlic, minced
- 1 heaping tbsp small capers
- ½ tsp grainy mustard
- 1 cup olive oil
- zest and juice of one lemon
- sea salt and freshly ground black pepper to taste

Combine the first five ingredients in a blender; pulse on a low setting to a coarse mixture. Then, with the blender

on a low setting, add the olive oil in a slow stream. Add lemon zest and juice, salt and pepper and blend again to just combine.

Refrigerate at least half an hour before use. Delicious on baked sole—spoon sauce over cooked fish and top with a sprig of Italian parsley.

Note: Be careful to only eat dandelions that have not been sprayed.

Mailbox Update — Further Questions Answered



First things first: A huge apology for getting my mailbox partner in crime last name incorrectly in the last newsletter thanks to my oversight in not catching the auto correct. I would not want to let this go as Jack Meikle has been a huge voice in the issue with CP and has helped me out whenever I have asked. Many thanks must go out to Jack.

Question: How Many families per site will go to a box?

In communities where residents have expressed a preference for smaller sites throughout their neighborhood, community mailboxes are most often installed in groups of 1 to 3. Each community mailbox can serve as many as 16 addresses. In our community most sites have 3 boxes per site.

Question: What if I am not able to get my mail now at a community box or if I see myself becoming unable to use this service in the next few years?

Some Canadians with disabilities have concerns about their delivery changing. Canada Post realizes every

person's situation is unique, and we must tailor our solutions to individual circumstances on a case-by-case basis. Through consultation with various organizations, we have created an accommodations process and a dedicated team to ensure customers with disabilities can continue to access their mail and parcels.

At the right are some of the modifications Canada Post can provide that may make access easier for you. Other solutions include redirecting your mail to a post office or to a trusted person you designate, or Canada Post collecting your mail from your assigned community mailbox and delivering it to your door one day per week.

If you need special accommodation, please call Canada Post directly at:

1-844-454-3009

Please keep your questions and concerns coming and I will do my best to find the answers for you.

Cheers, Civics Kim

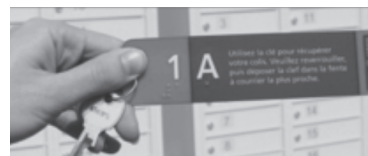
1. Your compartment could be equipped with a sliding compartment tray. It could make it easier for you to see and reach your mail by reducing bending or stretching. To use the tray, just pull on a tab and slide it toward you.



2. We could also assign you a compartment at the height or part of the mailbox that you identify as most appropriate for you.



3. If arthritis or dexterity are important considerations to you, we could provide you with a key turner. It would allow you to insert, turn and pull out your compartment key.



4. The tags for keys for the parcel compartments have Braille and raised lettering to help customers with impaired vision locate the compartment that has their parcel.

May 9 Event Cancelled

We have cancelled the May 9 event to allow the Duggan Mother's Day Soccer Tournament to use the field and surrounding space. Stay tuned for more events this summer and fall!

BIKE LANE UPDATE

Hello Folks- here is a link to a blog post detailing the next steps to re-plan and hopefully replace the bike lanes installed in 2013 on 106 street and 40th ave.

<http://www.michaelwalters.ca/bikelanes8-80>

As you recall I had asked for a review shortly after the election which lead to a report suggesting low usage of the lanes on 40th ave and 106 street. The report also concluded the lanes were safe, a claim which I on behalf my constituents contested based primarily on the experiences of residents, particularly around the many schools in the area.

So this May and June the Administration is coming back to the Ward to work with local residents to come up with a better plan - a plan that I hope to have before council this coming fall.

As always if you have any questions, please do not hesitate to email or to call.

I thank you for your patience in allowing me to deal with this issue in away and in a time frame where I can achieve the best possible outcomes for our communities.

Thanks

Michael Walters, City Councillor - Ward 10
Edmonton, Alberta
780-496-8132 www.michaelwalters.ca

Confederation Pool Swim Program Resumes!

The indoor swim program is back Confederation Pool on Saturday and Sunday from 4-5:30 pm. Members must show a valid Aspen Gardens membership card to attend.

Community Bulletin Board

Community league members who have a homegrown business, have something to sell, are having a sale, or have a service to offer can post information here. The deadline for submitting information is the 18th of each month, and must be kept to a maximum of 30 words. And, you **MUST** include your community league membership number to have the posting included in the newsletter.

We will also be including thank you notes and announcements and announcements from all residents. Submissions should be sent to communications@aspengardens.ca. There is limited space so posting will be at the discretion of the Communications Director.

Registered Massage Therapist

Gabriella Rozsa B.A., R.M.T. is accepting new patients weekday mornings and weekends. Professional home-based business; 15 years clinical experience; licensed with RMTA. **Information and/or to book an appointment call 780.757.3848 or email grozsa@shaw.ca. 12303 – 39 Avenue**

The **MINKHA SWEATER SALE OPEN HOUSE** is Saturday , June 20, 2015, at the Windsor Park Community Hall (11840 87 Ave.) from 9:00 AM to 3:00 PM.

Hand-knit pure alpaca and Peruvian pima cotton sweaters, scarves, hats, and vests for men, women and children are for sale. Orders for custom knit items are available. Minkha is a non-profit group and all money is returned to the Minkha Women's Knitting Cooperative in Bolivia.

For further information call: Linda Haswell at 780-436-5732
www.minkhasweaters.com

Petrolia Seniors' Group (55+)

Invites **YOU** to come to enjoy lunch and a program (\$15)

The third **Tuesdays**
(except July and August)

11:45 a.m. (sharp) to 2:00 p.m. at
Greenfield Community Hall
3803 - 114 Street

May 19 – Anne Loewan - 'Pictures and People of Napal'.

June 16 – "Show and Tell" Featuring
Life and Times in Early Alberta

In addition enjoy another "outing" during most months.

For more information or to **CONFIRM** your attendance by the Friday **preceding** the lunch meeting please

Call: Nick @ 780-435-1045 or
Betty @ 780-434-0711

We look forward to your participation!

Free Drop-In Bike Safety Program

Aspen Gardens Community League

12015 39A ave

Program will take place in the parking lot

**For participants of all ages on 2 wheels or 4 wheels!
Children 5 and under require a parent or guardian to attend.**

Fun and basic bike safety skills are the focus of this **free drop-in** program. Participants will enhance their bike safety skills while participating in stations and games. Participants can make a personalized bike plate.

The program will be adapted to the age and skill level of the participants dropping into the program. The program will take place in a contained area.

Sunday May 31st, 2015

Time: 1:00 pm – 4:00pm

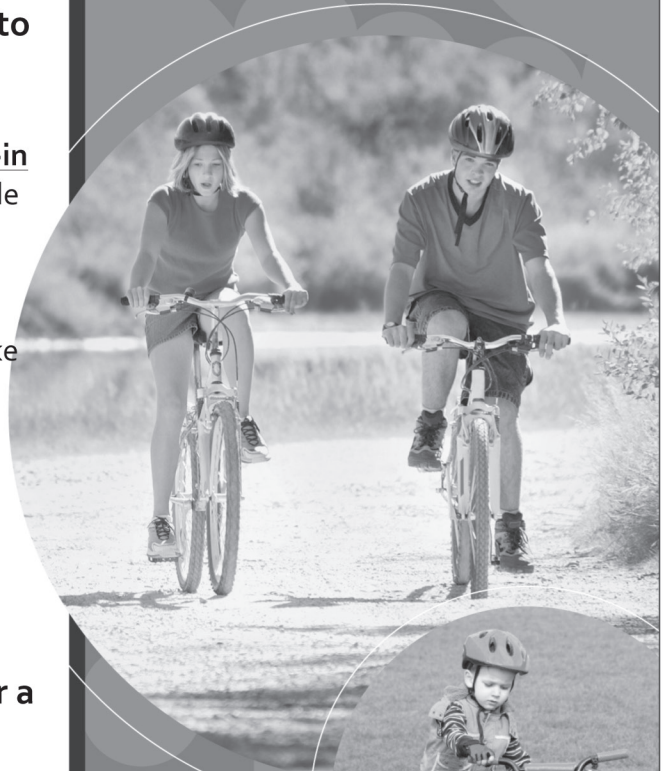
4 wheels – 1:00pm – 2:15pm

2 wheels – 2:30pm – 4:00pm

Participants can stay for the full time or drop-in for a short while!

The program may cancel due to inclement weather

Participants must have their own bikes. A CSA approved helmet is mandatory for participation





LEAGUE **contacts**

Aspen Gardens Community

Joel Ruff	President	president@aspengardens.ca
Matt Rogerson	Vice President	vicepresident@aspengardens.ca
Meredith Mallett	Treasurer	treasurer@aspengardens.ca
Lisa Labbe	Secretary	secretary@aspengardens.ca
Jan Archbold	Communications Director	communications@aspengardens.ca
Sara Flanders-Brown	Programs Director	programs@aspengardens.ca
Harold Bens	Operations Director	operations@aspengardens.ca
Kim Ruff	Civics Director	civics@aspengardens.ca
Sandra Carry	Memberships	membership@aspengardens.ca
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Vacant	Soccer Director	soccer@aspengardens.ca
Krys Holmes	Sign Changer	sign@aspengardens.ca
Tim Nerdahl	Newsletter Distribution	newsletterdistribution@aspengardens.ca

The deadline for submissions to the newsletter is the 20th of each month.
Send submissions to Jan Archbold at **communications@aspengardens.ca**.

In the event of a building emergency at our community hall, please
contact **Harold Bens at 780.434.6073**.