



VISION ZERO AND COMMUNITY LEADERSHIP

VISION ZERO STREET LABS INITIATIVE. IS MALMO PLAINS A GOOD FIT? DO YOU HAVE A SUGGESTION?

Vision Zero is the long-term goal of zero traffic-related fatalities and serious injuries on our streets. Help Edmonton achieve Vision Zero. The Labs create an opportunity to trial temporary traffic safety solutions on your streets by combining the expertise and power of Edmontonians and City of Edmonton staff to creatively address neighbourhood safety and livability concerns.

Each Street Lab is tailored to the unique needs of the community. You could convert a block to a shared street, add a parklet to narrow sections of the road and slow traffic, install curb extensions to shorten a crossing distance or paint a crosswalk to capture the attention of drivers.

Learn more here <https://bit.ly/3o3hXOG>.

COMMUNITY LEADERSHIP

THE LIEUTENANT GOVERNOR'S LEADERSHIP FOR ACTIVE COMMUNITIES AWARD

This award recognizes individuals and groups who are inspirational in engaging the community toward positive outcomes that build a more active community. Alberta Recreation and Parks Association and the Recreation for Life Foundation present this province-wide awards program to recognize the achievements of teams and individuals who:

- Demonstrate the very best of active community leadership
- Engage citizens in planning
- Use leadership to get people more active more often
- Work to create places, spaces and opportunities for people to be active and engage in their communities, using recreation as a catalyst.

Nominations are now open. Go to to this website learn more <https://bit.ly/2R8K4Qv>. bus-network-re-design.aspx

DO LIKE FLOWERS? MUD? BEES? HERE IS AN ACTIVITY FOR THE WHOLE FAMILY!

How to make seed bombs

wildlife
watch



Top Alberta native seeds to include in your seed bombs:

You will need:

- Meadow flower seeds or seeds collected from the garden
- Peat-free compost
- Water
- Powdered clay (from craft shops - use clay soil if you can't find any)
- Mixing bowl

1 In a bowl, mix together 1 cup of seeds with 5 cups of compost and 2-3 cups of clay powder.



2 Slowly mix in water with your hands until everything sticks together, then roll mixture into firm balls.



3

4 Now for the fun bit - plant by throwing your seed bombs at bare parts of the garden!



- brown-eyed Susan, Gaillardia aristata
- giant hyssop, Agastache foeniculum
- low milkweed, Asclepias ovalifolia
- meadow blazingstar, Liatris ligulistylis
- smooth flea-bane, Erigeron glabellus
- wild bergamot, Monarda fistulosa

COMMUNITY LEAGUE BIKE MONTH

THE RITCHIE COMMUNITY LEAGUE CHALLENGES ALL COMMUNITY LEAGUES IN EDMONTON TO GET ON THEIR BIKES THIS JUNE. READY? SET? RIDE!

HOW TO GET INVOLVED

Malmo members and non-members alike are invited to track their cycling and pool their kilometres with their neighbours on Strava. Download the Strava App to your mobile device and search for the club "Malmo Pedals" to join.

TIPS AND TRICKS

You can MANUALLY input activities into Strava even if you track your distance with a different device, just look for the plus sign [+].

- On mobile, this is found on the "Feed" screen.
- On a computer, go to the Strava website, set up or sign in to your Strava account and choose the "Training" dropdown menu. Select "Activities" and find the plus symbol [+]. (in the top right corner by your profile picture.)
- For those without access to the Strava app: submit your total distance (in kilometres) by e-mail to Rita: hall.booking@malmoplains.com. EVERY WEEK BY SUNDAY!!
- If you take your family out for a ride, your children's distance counts as well! So if your family of four takes a four-kilometre spin, you can report 16 km total!

BONUS CHALLENGE

Participate in the ParticipACTION Community Better Challenge by downloading the free ParticipACTION app and tracking all kinds of physical activity. It's part of a nation-wide search for Canada's Most Active Community. Now, more than ever, physical activity and sport participation is important to help us stay healthy in mind, body, and community spirit.

See you out there,

Rita Sarrate

COMMUNITY LEAGUE BIKE MONTH



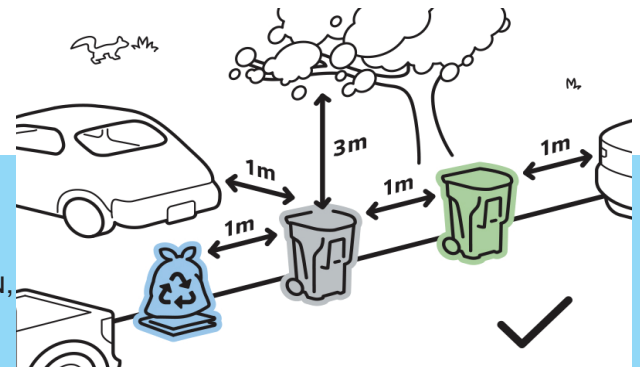
WHO WILL WIN?

THE LEAGUE WIDE CHALLENGE IS BACK

JOIN MALMO PLAIN'S STRAVA CLUB: 'MALMO PEDALS' OR EMAIL YOUR TOTALS WEEKLY*

RECORD YOUR PROGRESS BETWEEN JUNE 1 - 30 2021

*MORE INFO, CONTACTS AND QUESTIONS: hall.booking@malmoplains.com



CART-BASED WASTE COLLECTION COMING TO MALMO THIS MONTH!

EDMONTON IS TRANSITIONING TO CART-BASED WASTE COLLECTION, WITH A SEPARATE COLLECTION OF FOOD SCRAPS AND SEASONAL YARD WASTE.

Cart Delivery. Starts May - ends in June. You will receive your new carts during these two months.
Cart Collection Service. Starts on Friday, July 2. Do not set out your cart for collection before this date.

Professional Window Cleaning & Services

Call Mike Hutcheson at 780-237-0446. www.procleaningandservices.com

Dog Walking and Care

Malmo Plains own professional dog walking service. We offer daily walks on- or off-leash. Call Janneke at 780-885-2437.

Piano Lessons for Children

Beginner piano lessons for children aged 5 to 12 years. Lessons held in the Malmo area. Contact Daria at dariapiano2016@gmail.com or call 780-267-1802.

Cleaning Services

Homes or businesses. Call or text Shamila at 780-243-5507.

Painting Service

Resident Painter and Power washer. Please call James 780-934-2803.

Pet Photography

Contact Ron at auto-suspect@gmail.com.

General Contactor

General contractor completing renovations

of all sizes, from small details to full house remodeling. Contact Stillman Taylor at tsquared-building@gmail.com.

Steeped Tea

Do you enjoy quality loose leaf tea? Email: cherylmtea@shaw.ca or phone: 780-439-1587.

Carpentry and Drywall

Anything from fixing doors to patching holes. No project is too small. Call Adam at 587-984-4291.

Handyman Services

For all your handyman work. Call Lalith at 780-803-4731 or Lalith_gamage@hotmail.com.

Violin Lessons Available Now!

Master of Music violin teacher offering lessons in Malmo studio. Children and adult lessons! Contact becky.schellenberg@gmail.com.

Yard Services

Landscaping services, painting, snow removal. Call Roman 780-707-9697.

Plumbing and Gas Fitting

Call Brett at 780-668-4788.

Landscaping & Hard-scaping Construction Services

Bobcat service, grading, topsoil, sod, paving stone & retaining walls, decorative rock, trees & shrubs. Call Blair @ 780-996-2041 or email info@earthandturf.ca.

Guitar, Piano, and Mandolin Lessons

For children and adults. Lessons are held in my Malmo home studio. Call Charlotte at 780-242-6600.

Karmic Balance Massage

Registered massage services at from home in Malmo. Call 587-936-9466 or book online at karmicbalance.ca.

Gateway Veterinary Centre

Call 587-557-2210 www.yegvet.ca. Open 7 days a week!

Professional Photography

Restoration, augmentation, large format printing and mounting (paper, canvas and metal); fully guaranteed. photography-bybaine.com; David vectorin@telusplanet.net; 780-691-6339.

YOUR COMMUNITY LEAGUE TEAM

PRESIDENT - Ken Hemmerling
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Vice President - VACANT
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WOULD YOU LIKE TO ADVERTISE IN THE MALMO PLAINS NEWSLETTER?

Priority is given to members of the community and there is no cost. For further information, contact Yuliia at communications@malmoplains.com.

Next Newsletter

OUR NEXT NEWSLETTER IS SCHEDULED FOR JULY!

You will see a combined July/August newsletter between July 15 and 23, 2021. If you have any suggestions or comments, please send them my way to communications@malmoplains.com. You can find a PDF version of this newsletter on <https://www.malmoplains.com/newsletter>.

We look forward to hearing from you!

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