


Lynnwood Community League

15525 84 Ave NW
Edmonton AB

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A SKATING WE WILL GO

Winter is here and I am thrilled to announce that we are moving forward with the Lynnwood Community Ice Rink.

Our goal is zero COVID transmission tied to the Lynnwood ice surfaces. We must keep the ice safe and healthy for everyone while observing COVID regulations laid out by AHS, EFCL and the City of Edmonton. We have created an Ice Rink sub committee that will be meeting biweekly to keep ahead of any changes. Regulations and procedures will be fairly fluid but here is what we know at this point in time:

- The Rink shack will *not* be available for changing, however additional **outdoor benches** are set up to keep everyone spaced out while lacing up their skates.
- During rink hours the **washroom** will be made available for single person use and cleaned promptly by Ken, our rink attendant. Please remember to wear a mask when entering.
- All skaters must provide their name, phone number and email address for

contact tracing purposes. (*Tech assistance welcome! Can you make an digital sign-in for contact tracing? Contact me!*)

- There will be limits to the number of people who can be on the ice at one time. Please see our signage for details.
- As with every year **Skate Tags** are required for use of the ice. Skate tags are available with purchase of a community league membership (see page 2).
- Please note that the rink will be closed when the temperature drops below -15C.

If everyone pulls together, respects the rules, and stays away when sick, we hope to keep the ice open and clear for the entire season.

Happy skating!

Dustin, Lynnwood President

president@lynnwoodcommunity.com

Wishing everyone a safe and happy holidays.

The Lynnwood Community League



HOLIDAY EVENTS TO CHECK OUT

CANDY CANE LANE	Starts Dec 11 at 6PM	148 St (92 to 100 Ave)	Check out the most lit-up street in Edmonton! Driving is encouraged this year.
ZOOMINESCENCE	Nov 26-Jan 3	The Zoo	See the zoo sparkle in this evening of light, animals, skating, hot chocolate and fun.
GLOW	Nov 28-Jan 4	Edmonton Expo	Light gardens, illuminated structures, food, festive drinks and entertainment, all under the twinkle of a million lights.
WINTER WONDER FOREST	Until Jan 3	Rainbow Valley Campground	115,000 sq. feet of campground have come the stunning Drive Thru Holiday Light Experience.

LYNNWOOD COMMUNITY LEAGUE MEMBERSHIPS

Membership fees help maintain our rink. Plus you get free access all winter!

Early Bird Costs:

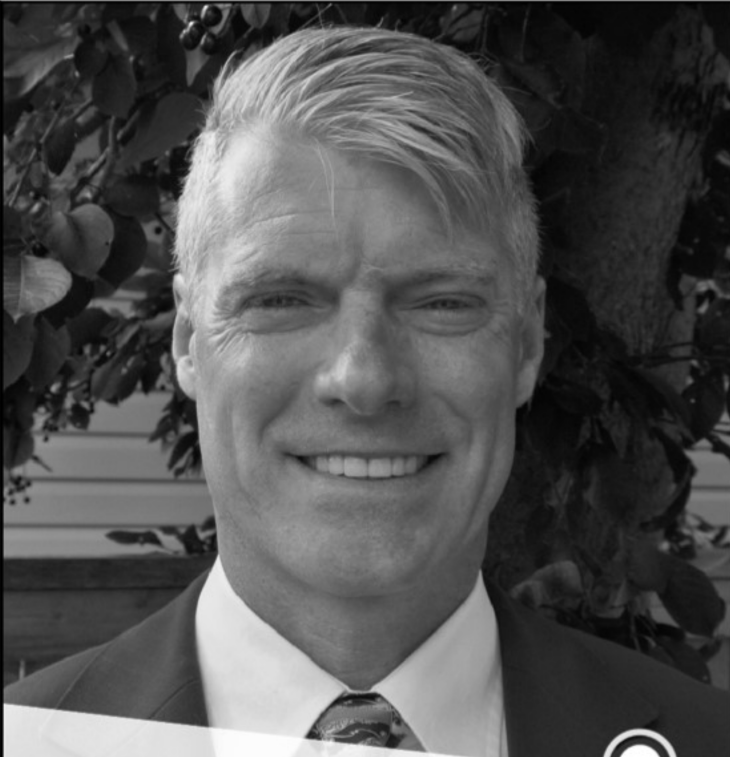
Family: \$20 Single: \$10 Seniors: FREE
New residents (less than 6 months): FREE

Purchase through:

- Our **friendly volunteers**. 780-484-4893 ext. 3
membership@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.
- Discounts at City of Edmonton Leisure facilities



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ALL ABOUT SIDEWALKS

The City of Edmonton has specific standards for clearing snow and ice from sidewalks. If these standards are not met, you might get a ticket and be invoiced the cost of hiring snow/ice removers.

The Standard of a "Clean" Sidewalk: *All snow and ice (the entire width and length of the sidewalk) should be removed right away. Sand, gravel and/or ice melt are just to be used temporarily while shoveling.*



Snow Shoveling Tips

- Be a good neighbor. Remove snow and ice as soon as possible
- Push the snow when possible, instead of lifting.
- Lift small amounts with your legs bent and back straight. Don't twist.
- Spray shovel blade with cooking oil if snow is sticking to it
- Don't throw your snow on the road
- Keep on going and do a neighbour's! Especially those with mobility or health issues.

FEEDING THE BIRDS DURING LYNNWOOD WINTERS

Over the past year, we have taken up the hobby of feeding the birds and have discovered it to be a very pleasant, rewarding, and joyful hobby. With winter already here and because my knowledge and experience is limited, I sought out the expert advice of Jordan and Alana Tollenaar who operate a wonderful business in the west end called Wild Birds Unlimited.

They told me that some of the most popular birds in Edmonton include:

Black-Capped Chickadee - Everyone loves chickadees. Their sweet little song sounds like their name, “chicka-dee-dee-dee”.



These friendly birds are frequently spotted in backyards,

parks, and in the river valley. Chickadees prefer sunflower seeds, both in the shell and out of the shell, but will also go for nuts and suet.

Red-Breasted Nuthatch - Red-breasted nuthatches are often called “upside-down” birds because of how they scale up and down the trees head-first. Red-breasted nuthatches are very small and their song sounds like a tiny tin horn. Nuthatches enjoy eating sunflower seeds, tree nuts, and suet.

House Sparrow - Very common birds in the Edmonton region and can be found on every continent except for Antarctica. They like to eat white millet and will often throw it onto the ground from the feeder to eat there instead.



Blue Jay - Blue jays are a common sight around the city. They are a member of the crow and raven family, which explains their less than beautiful cackle. They love peanuts in the shell - sometimes they'll crack them open and eat them

immediately, and sometimes they stash them for later.

We have seen all of these birds in our yard and really enjoy their interactions with each other. My neighbour suggested once you start feeding them, you shouldn't stop. And some people have suggested that feeding birds makes them dependent on humans for food. However, Jim Carpenter in the book entitled “The Joy of Bird Feeding” presents evidence from research studies that some birds will only get 21% of their food at winter feeders and the rest from natural sources. He states “Birds do not become addicted to bird feeders, and they always know how to fend for themselves in the wild”.

We will continue to feed the birds this winter because we get so much joy out of observing nature and we feel that we are helping the birds at critical times here in Lynnwood.

James

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“Where are we going, Pooh?”
‘Home, Piglet. We’re going home
because that’s the best thing to
do right now.’”

—A.A. Milne

ASK THE ACCOUNTANT

The end of the calendar year means it is the beginning of the personal taxation season. This year, there have been a number of unprecedented changes in our world that will impact the way we file our taxes.

Among these changes is the Canada Emergency Replacement Benefit (CERB) and how this will be reported. The CERB benefit was paid to certain individuals who were unable to return to work due to the COVID-19 pandemic. The income received is taxable and must be reported on your 2020 tax return. You will be issued a tax slip similar to a T4, T4AP or T4OAS or any other slip for income by the end of February 2021. This will be available under your Canada Revenue Agency (CRA) account online and will be mailed to the mailing address on file (the address used on your last tax return).



Accessing documents online through My Account, which is the CRA's online portal for individuals, is much faster and more secure than mailing documents. Setting up My Account also enables you to check on the status of your tax return, other benefit payments, refunds, balances owing and many other features. I would recommend that anyone who wishes to know more about this process to view the directions at below.

1. Go to: <https://Canada.ca>
2. Choose language of preference
3. Choose "Taxes" from the menu
4. Choose "My Account" under the sidebar on the right
5. Choose "CRA Register" under Option 2

Once you are at Step 5 the website provides comprehensive instructions that are easily followed to complete the process.

It is my privilege to serve the community in which I live and I do hope you are able to get something of value from this column. I encourage feedback and suggestions as to financial topics that you would like discussed. Readers, please submit questions to newsletter@lynnwoodcommunity.com.

Sachin, a Lynnwood Resident since 2014, is a Chartered Professional Accountant specializing in owner-managed businesses and personal income taxes. You can often see him and his wife, Kayla, walking their 100 LB Newfoundland/Lab Barney.

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HELP WANTED

AVID WALKER needed to help bring **Nordic Walking/ Urban Poling** to Lynnwood.

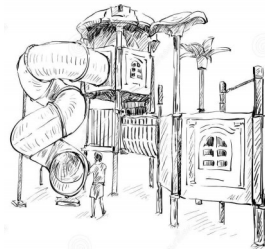
Do you have an fitness background or just like to get out of a good walk?

Transform walking into a total-body exercise that is easy on the joints and great for rehabilitation.



Contact membership@lynnwoodcommunity.com or 780-434-3446

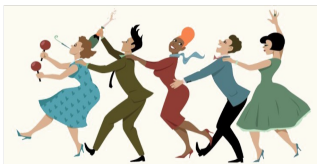
SECRETARY AND TREASURER are required to start the ball rolling on the Lynnwood Playground Committee.



Help plan the future of Lynnwood's playground.

newsletter@lynnwoodcommunity.com 780-996-3474

SOCIAL DIRECTOR! 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! This person will take the lead on events but has volunteers to put the plan into action.



GRANT COORDINATOR Are you a skilled writer? Are you organized and would you get satisfaction out of successful grant proposals that support your neighbourhood's projects? This could be the role for

HALL RENTALS Exactly what the title suggests. We need someone to show the hall to prospective renters and maintain the rental calendar.

For more information on the above please contact newsletter@lynnwoodcommunity.com

GET INVOLVED

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 Group.

YOGA

Yoga instructor, Krista, has been running a Hatha Yoga class at full capacity (COVID capacity, that is) right here in Lynnwood Hall. Keep checking back for openings.

WRITE A LITTLE OR A LOT

Contributions are always welcome! We'd love to hear from you. Please contact Kate at newsletter@lynnwoodcommunity.com 780-996-3474

“

I always wondered why somebody doesn't do something about that. Then I realized I was somebody.

—Lily Tomlin

”

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TRUFFLES

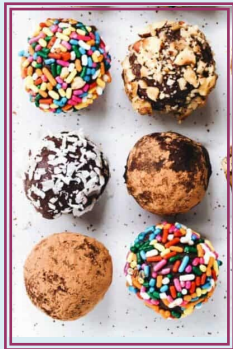
Yields approx. 60 truffles (30 chocolate, 15 Kahlua, 15 Rum)

Ingredients:

- 2 cups semi sweet chocolate chips
- 1 Tbsp Butter
- 1 can sweetened condensed milk
- 28 Mr. Christie's Chocolate Wafers
- 1 mini bottle rum
- 1 mini bottle Kahlua, Amarula or Baileys

For coating:

- Cinnamon
- Sugar
- Tiny coloured sprinkles
- Cocoa



Directions:

1. Crush 22 wafers and set aside. Crush 4 more and keep separate.
2. Melt chocolate chips and butter in microwave for 1-2 minutes. Stir until all are melted.
3. Mix in crushed wafers (22) into the melted chocolate
4. Take half of your batch, roll into small balls, roll in cocoa.
5. Chill 3-4 hours.
6. With the other half of your batch, add the 4 crushed wafers.
7. Split this into two.
8. Add 10 ml of rum to one half.
9. Add 10 ml Kahlua to the other half.
10. Roll into balls
11. Coat the rum balls in cinnamon and sugar
12. Coat the Kahlua balls in tiny coloured sprinkles.
13. Chill 3-4 hours. Remove 1 hour before serving.



West Edmonton Playschool, located in the basement of Lynnwood Hall, is up and running. Our teachers, Mrs. Cyre and Miss Vanessa, have done a wonderful job of implementing procedures to keep our kids safe. They take temperatures every day, wear masks, sanitize frequently and have reduced the number of people who enter the playschool .

The Learn-Through-Play program allows 3 and 4 year old children to explore and develop their social, cognitive and physical skills in a caring environment. There is plenty of free play as well as circle time, stories, crafts, early literacy, and yoga.

There are still spots available. Please do not hesitate to contact us.

www.westedmontonplayschool.com
registrar@westedmontonplayschool.com

780-918-1115

LIVING A LITTLE GREENER

As the days get shorter and colder, bundle up with more sweaters instead of cranking the thermostat, use indoor plants to brighten up your space, make meals with seasonal produce and get out for a walk in the sunshine. It might be a good time to dust off the snowshoes or cross-country skis and enjoy each other's company outdoors this winter!

Not to be forgotten, the gift giving season is upon us! Here are a few ways to go green:

Consider **alternatives to using wrapping paper** such as cloth gift bags, "Santa Sacks" or reusable containers and baskets. Do you have an overabundance of kid's drawings? Perfect for wrapping!

It is also a great time to **support local businesses** by shopping for handmade products or gift certificates for local restaurants or amenities. The local business will appreciate it as much as the person you are giving to.

Last but not least, providing a donation to a charity in lieu of purchasing a gift definitely spreads the holiday cheer.

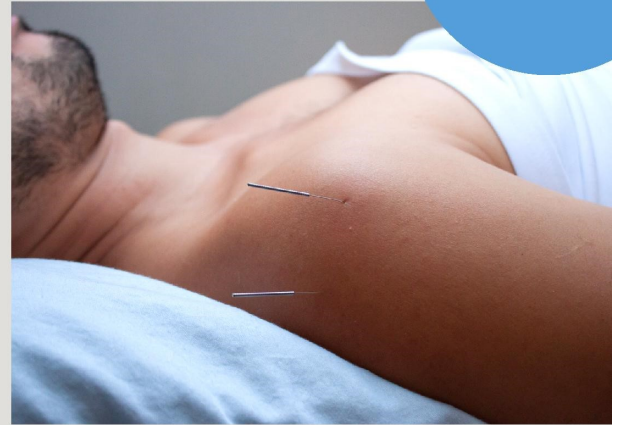
Jen



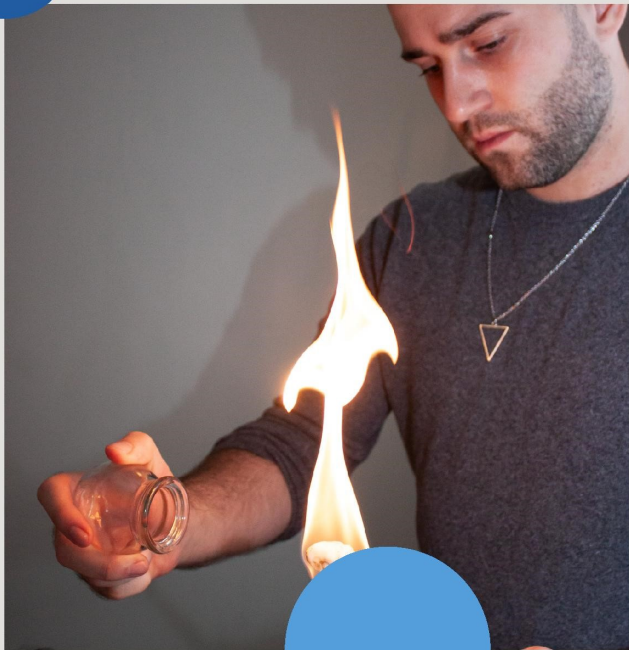
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GETTING TO KNOW YOUR NEIGHBOURS

Dave and Carol Wright here sending a big hello to our Lynnwood neighbours.

We first moved into Lynnwood back in April 1986, and still reside in the same home which was our first purchase. Before that we lived in Prince Charles community for about 5 years until marrying in '84. Our Daughter was also born in '86 so it was a very busy year! We then had a son born in '90.

After searching around we finally settled on Lynnwood because of its

beautiful mature trees, parks, green space ravines and the good choice of schools in the nearby vicinity, as well as the freeway access. We have always tried to support the community in different ways whether buying memberships, enjoying the many corn roasts, pub nights or helping at casinos for The Hall, Hockey rink or Playground Society.

Carol worked as Treasurer for Lynnwood for several years as well as casino coordinator. Both of our kids played soccer and baseball

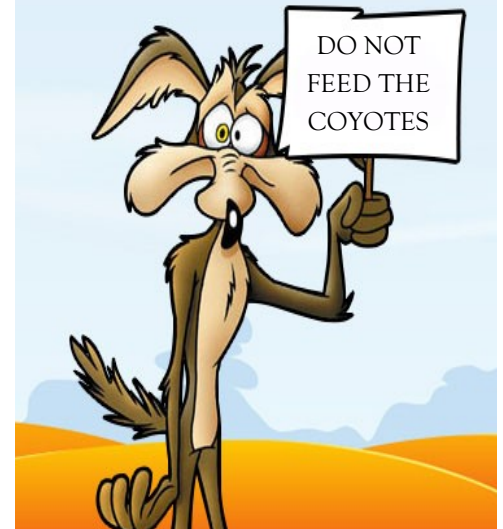
One of our favourite pastimes in the winter was going to the ravine hill to toboggan with the kids and skating at the Hall when it wasn't too cold!

Can't really say I would change anything about this community, the people are friendly, it just keeps getting more beautiful (aside from those future transmission lines)

Stay safe out there in these crazy times, we will prevail eventually. Thanks.

Dave and Carol Wright

WITH REGARDS TO OUR OTHER NEIGHBOURS...



“We cannot direct the wind, but we can adjust the sails.”

—Dolly Parton

WEST END SENIORS ACTIVITY CENTRE—MEAL PROGRAM



The Westend Seniors Activity Centre (located in Terra Losa) is now offering a **Meal Program** that features homemade meals, frozen soups, and baked goods.

Made weekly using the freshest ingredients, these meals are frozen and simply need to be reheated.

Nutritious AND affordable, the centre also is providing free delivery for seniors who do not drive or are unable to go to the centre to pick up. The menu changes bi-weekly. Here are some sample items:

ENTREES - Lasagna, Chicken Pot Pie, Beef Stew, Shepherds Pie, Swedish Meatballs and Rice and more!

HEARTY FROZEN SOUP—Chicken Noodle, Beef Barley, Borscht, Manhattan Clam Chowder, Cream of Mushroom, Cabbage Roll, and more!

Chicken soups are made with homemade stock and fresh vegetables and chicken breast. Beef Barley is made with AAA beef. Fresh beets are used in the Borscht soup and fresh mushrooms in the Cream of Mushroom!

MUFFINS - The muffins are homemade with some of WSAC Kitchen Coordinator Tracy's favorite recipes! Blueberry, Rhubarb Crumble, Zucchini, Cranberry Orange, Raisin Bran, and more...all of the muffins are made using fresh ingredients.

HOW TO ORDER:

OPTION 01 - Place your order for pick up/delivery:

- Use the online ordering system
- Email their centre - foodorders@weseniors.ca
- Call their centre - 780 483-1209 ext. #225
- FREE DELIVERY** for seniors who do not drive

OPTION 02 - Visit their centre (9629 176 Street) Edmonton, AB) and pick up your meals!

Please visit their website at www.weseniors.ca to see the latest menu, photos, pricing etc.



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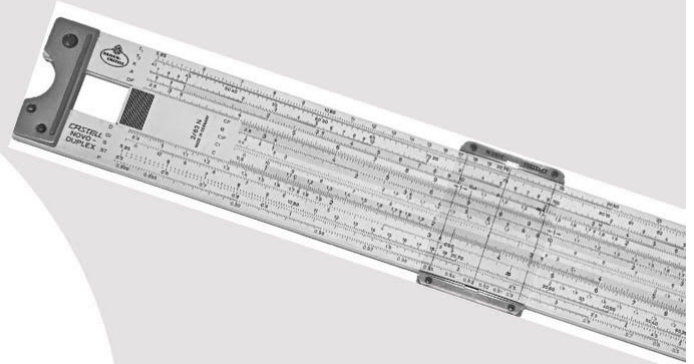
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