


**Lynnwood Community League**

15525 84 Ave NW  
Edmonton AB

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## PRESIDENT'S PEN

Hi Lynnwood,

Thanks to all who purchased memberships this year and followed the regulations at the rink. There were zero cases of COVID transmission. Lynnwood for the win!

Our former President Ken and his better half Wendy, who many of you know, are leaving our community. Ken was not only a president but a real leader and multi-tasker. He handled hall rentals, casino organization, event planning and many other positions over the years, often concurrently. Wendy volunteered at all our big events and held several positions on the board. I want to thank you both for keeping the League going when times were tough. Your years of selfless volunteering have made our community a better place. While most events were on hold last year, we hope to resume the Lynnwood Craft sale, and enjoy the hall's surrounding gardens and new deck you were instrumental in building. Cheers to you and the future!

A year of growth is coming. Several large projects are in the works for our community. Read on!

Last year's Pop Up Garden Pilot Project was a fun learning experience. It led to the development of a Community Garden Committee, bringing with it three new talented Lynnwood volunteers. We are working hard to plan a scalable garden project to bring residents together and improve our connections to nature and the community.

Recently, we partnered with Lynnwood School to begin the multi-year process of revitalizing the much loved Lynnwood Park. While the park is still in decent shape, it won't last forever. We are in the early stages so please fill out the survey (link on page 7) and save your bottles for the fundraising bottle drive on April 9 & 10!

This is our first annual Great Neighbour Day. Now, more than ever, everyone needs a boost. Appreciate your great

Lynnwood, it's

## GREAT NEIGHBOUR DAY !

Do you have a neighbour who shovels your walk, lends you a cup of sugar, brings in your mail, or returns your lost dog (again)?

This is your chance to celebrate them...with a bunch of beautiful tulips!

How it works:

1. Choose a neighbour (or two or three!)
2. Preorder a \$20 bunch of Dutch tulips
3. Tulips will be delivered to your neighbour (in Lynnwood and area) by volunteers on a Saturday in April.

Order by **April 4, 2021**

780.937.6012 or [studiobloom.ca](https://studiobloom.ca)

In support of:



neighbours by sending them a bunch of tulips (see details above).

There is always space for more people and more ideas. If you want to be more involved with the garden, park, or have any ideas on how we can build a better community, please contact [president@lynnwoodcommunity.com](mailto:president@lynnwoodcommunity.com). I would love to discuss your ideas. Or join us at our online meetings 7pm the first Tuesday of each month.

Happy spring!

Dustin Sim

President, Lynnwood Community League

## LYNNWOOD COMMUNITY LEAGUE MEMBERSHIPS

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

### Early Bird Costs:

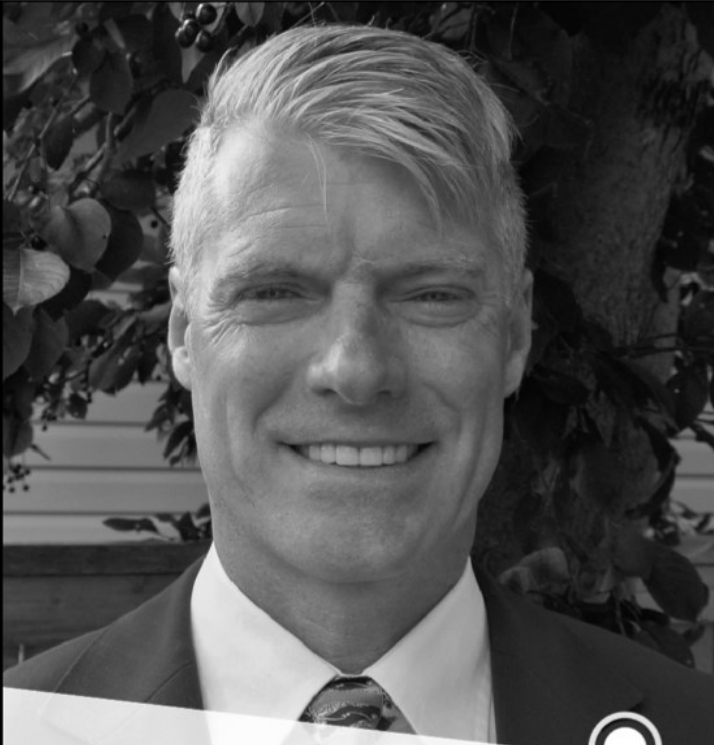
Family: \$20    Single: \$10    Seniors: FREE  
New residents (less than 6 months): FREE

### Purchase through:


- Our **friendly volunteers**. 780-484-4893 ext. 3  
[membership@lynnwoodcommunity.com](mailto:membership@lynnwoodcommunity.com)
- The **Communibee App**. Purchase your membership and save it on your phone.
- **Online**. Note: there is a fee for this option.  
[efcl.org/membership](http://efcl.org/membership)

### Benefits:

- Free access to Lynnwood's skating rink.
- Affordable hall rental.
- Discounts at City of Edmonton Leisure facilities
- Know that you are helping maintain our rink!



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## LYNNWOOD COMMUNITY GARDENS

As the Lynnwood Community Garden Committee, we acknowledge that Covid19 has a significant negative impact on our community lives. We also believe that a community garden bears the foundational structure of mental health and happiness in times of change.

It's already March, and time seems to fly by these days, so we need to start thinking about how we are going to cultivate an inclusive sense of belonging through the community garden this growing season.

In the next few months, we aim to connect residents through the planning, planting, and harvesting phases. We want to make sure our more vulnerable Lynnwood residents also have access to fresh produce and opportunities to overcome mental health impacts, isolation and limited mobility.



A community garden has always been a place for collaborative learning. Individuals from different backgrounds and with varying gardening experience will all be working together, chatting, and offering gardening tips while working in the garden.

Our message today is to connect with those of you who are interested in being part of shaping the first season of a garden that will be here to bring people for years to come.

Are you interested in volunteering for a maximum of 4 hours per month with us? If so, contact Ben at [garden@lynnwoodcommunity.com](mailto:garden@lynnwoodcommunity.com) or by phone at 780-868-0599

Thanks so much,

*Lynnwood Community Garden Committee*

**The future depends on  
what we do in the present.**

*—Mahatma Gandhi*

## GET INVOLVED

**EVENT PLANNER!** Help bring people together for some fun and connection by using your event planning skills in Lynnwood.

Bring **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.

**PARK REVITALIZATION**—Both Our Lady of Victories AND Lynnwood playgrounds are up for renewal. There are so many ways to help!

**COMMUNITY GARDEN**—Help plan and build a community garden next to the hall. Join the Community Garden Committee and share your green thumb.



**TAKE A BOOK, LEAVE A BOOK**—Join other residents and make something like this!

**BOTTLE DRIVE**—Donate your bottles or help with pick up April 9-10 (see page 4)

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

**YOGA IS BACK!** Krista is ready to welcome you for a new session of yoga in the hall (15525 84 Ave). Starting April 9—Fridays 1-2 and Tuesday TBD. All current health regulations will be followed, which at the time of writing includes wearing masks for the duration of the class. Contact [kpoweryoga@shaw.ca](mailto:kpoweryoga@shaw.ca) to register.

**NEWSLETTER**—Love to write? We love contributions. Love to walk? We have a route for you to deliver!

**FACEBOOK MAVEN** needed to keep our league's Facebook page fresh and inviting.



**I WANT TO PLAY BRIDGE, DO YOU?** Let us find each other and start using the Lynnwood Community building on a regular basis. Before you know it, we will be able to meet indoors. The league has the coffee and cookies. **Let's get organized!** Anna



## A MESSAGE FROM HALL RENTALS...

Slowly but surely our community league building is going to open. The building is in great shape and we open for business just as soon as restrictions allow. The pandemic restrictions have given us a renewed appreciation for connection. You have a charming building within your community that needs to have people coming and going. Share your ideas.

**Some ways to bring activity back into the community:** Social events, house concerts, card games, ukulele circles, craft & bake sales, conversation corners for newcomers, kids & crafts, story telling, dancing clubs, fitness, music clubs, choirs, garden clubs, quilting clubs, bicycle maintenance, cultural events...use your imagination. **What would you like to see happening in the community? I look forward to working with you.**

Anna at [hallrentals@lynnwoodcommunity.com](mailto:hallrentals@lynnwoodcommunity.com)  
780-718-3070

## OUR LADY OF VICTORIES

Catholic Elementary School

*Greetings neighbours and friends!*

*We would like to share a few highlights from your neighbourhood school, Our Lady of Victories. If you haven't had a chance to walk by our school, we are located on 7925-158 Street. Our "Small School with a Big Heart" is a Kindergarten to Grade 6 school filled with amazing teachers and young people.*

*We invite you to follow us on Instagram at [olov\\_ecsd](https://www.instagram.com/olov_ecsd) and check out our monthly newsletter at [www.ourladyofvictories.ecsd.net](http://www.ourladyofvictories.ecsd.net) to check out the awesome that lives here.*

*We are so happy to share that most of our students returned this year for in person learning. Being together allowed us to support one another in class, but also reach out to support our amazing community at large. Students made cards and gifts for our local senior residence and sent cards and treats to our front-line workers at the Misericordia hospital. We look forward to bringing the joy of spring to our community!*



*We are very excited to announce that our school has begun planning for a new playground and so we invite our neighbours who may be interested in supporting this exciting venture to please contact Pat at (780) 489-7630.*

For more information on the above please contact [newsletter@lynnwoodcommunity.com](mailto:newsletter@lynnwoodcommunity.com); 780-996-3474.  
*I will point you in the right direction! Kate*



## BOTTLE DRIVE



**Our Goal:** To provide all residents of Lynnwood, and students at Lynnwood School, spaces where they can develop neighbourhood connections, enjoy the outdoors and learn from the passions and interests of others.



**Playground Revitalization**  
Our beloved wood playground (behind the community league) is nearing the end of its lifespan. Lynnwood Community League is working in collaboration with Lynnwood Elementary School and the Parent's Association, to revitalize our park area. We intend to make this space mobility accessible for everyone to enjoy!



**Outdoor Classroom & Community Space**  
The outdoor classroom will include a partially covered space with picnic tables and raised gardens.



**April 9 & April 10, 2021**  
**Drop off at Lynnwood School**  
**15451 84 Ave NW**  
**Friday, April 9 - 8:00-9:00 am & 3:30-6:00pm**  
**or Saturday, April 10 - 9:00 am-1:00 pm**  
**or email [vicepresident@lynnwoodcommunity.com](mailto:vicepresident@lynnwoodcommunity.com) to**  
**arrange for pick up. 780-996-3474**



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# SPRING YARD PREPARATION

As we notice the wonderful warming signs of spring beginning to appear in Lynnwood, it is time to think about getting the yard in shape for gardening. Here are some suggestions to help in planning what needs to be done.

## Compost Treatment

Gardeners who like to compost will want to turn it over and get some oxygen into the mix to speed up the decomposition. By preparing the organic compost for your garden, you are able to provide great soil conditioners and nutrients at no cost.



## Power Tools Preparation

One of the most discouraging sounds in the spring is the sputtering of garden power tools such as lawn mowers, grass trimmers, aerators and tillers - machines that just won't start. Before the yard is ready, prepare your power tools. If something doesn't work properly, there is plenty of time to get it fixed. This includes getting blades sharpened and scraping off rust flakes, getting new spark plugs and coating bare steel with rust paint.



## Seeds and Plants

When it comes to tomatoes and other plants many Canadians begin with seeds indoors in late February or early March. The small plants can grow on warm sunny days behind the safety of glass either in a warm greenhouse or living room area. For some types of popular plants and flowers, it is a good time to order them so that the garden centres will have them on hand when the warmer spring weather brings out a flood of buyers.



## Pruning

From March on is a good time for pruning trees and shrubs. However, do not prune those trees and shrubs that are spring blooming otherwise the beauty of the blossoming will be missed. As well, thinned out bushes can be cleaned of any debris that was not easy to reach during the fall.

## Yard Clean-Up

After pruning, the rest of the yard can be cleaned of debris that has accumulated over the winter or missed in the fall. Burlap covers for shrubs and trees can be

taken off. Be sure to spread these out and dry them in the sun before storage or any dampness might lead to mold growth. Remember, everything that is put away now should be organized in preparation for taking out and putting in place in the fall.

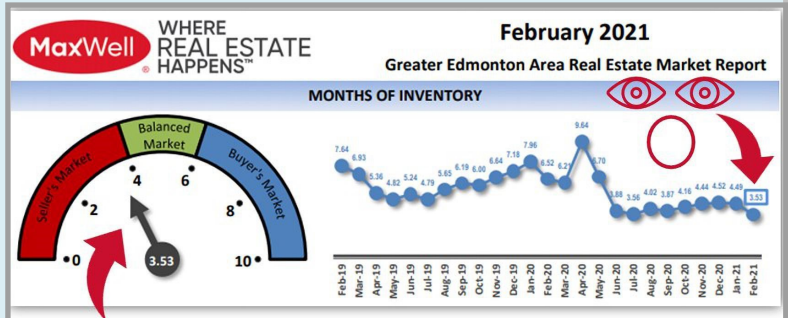
## Mulching

When the weather begins to get hot and the ground dries then the garden work can begin. Also remember that the soil should not be allowed to get too dry or the roots will burn. This is where garden mulch will come in handy.



In summary, doing these spring tasks to prepare your yard for the summer season will not only get it looking good and healthy but you will also get to be outside and enjoy the fresh air after a long winter of being cooped up inside!

James



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## ASK THE ACCOUNTANT

**Are you working at home due to COVID-19?** As a result, you may have incurred the extra costs for utilities, internet, minor repairs, or conversion of an existing space into an office. In light of this situation, the Federal government has a new deduction available to individuals who had to work from home in 2020. If you worked *more than 50% of the time from home for a period of at least four consecutive weeks in 2020* then you are eligible for this new deduction of Home Office Expenses.

There are two different methods to claim the new Office in Home Deduction, depending on your situation::

### Option 1 - Simplified Method:

- This is for individuals that chose to work from home and is equal to \$2/per day up to a maximum of \$400 for the year
- Individuals DO NOT need a signed T2200S form from their employer to claim this
- Individuals DO NOT need to keep their invoices and records of the expenses
- In order to claim, fill out form T777S on your personal tax return
  1. Enter the amount of days you worked from home X \$2 per day
  2. Enter the amount from Line 9939 on Form T777S to Line 22900 "Other employment expenses" on your 2020 income tax return.

### Option 2 - Detailed Method:

- This is for individuals that were *required* to work from

home and enables you to claim a percentage of actual home office expenses incurred

- Individuals DO need a signed T2200S form from their employer to claim these expenses
- Individuals DO need to keep their invoices and records of the expenses in case they are audited by CRA
- Form T777S is for home office employment expenses related to COVID-19 only, if you have other employment expenses you would fill out form T777 and have a signed T2200 form from your employer
- In order to claim fill out form T777S on your personal income tax return
  1. Enter the expenses you want to claim according to the categories
  2. Total Employment Use (Line 12) is: Total Area of Home Office / Total Area of Home
  3. Enter the amount from Line 9368 on Form T777S or Form T777 on Line 22900 "Other employment expenses" on your tax return.

CRA has provided an online calculator as well as additional guidance on the program which you can find at:

**[canada.ca/cra-home-workspace-expenses](https://canada.ca/cra-home-workspace-expenses)**

If you have questions about the T2200S form or your company's policy on working from home, contact your HR or Payroll Department so you can decide what method, if any, you are going to use to make this claim on your income tax return.

*Sachin Simon (CPA)*

## SENIORS MEAL PROGRAM

*Tired of cooking? Know someone who would benefit from healthy, affordable, nutritious meals?*

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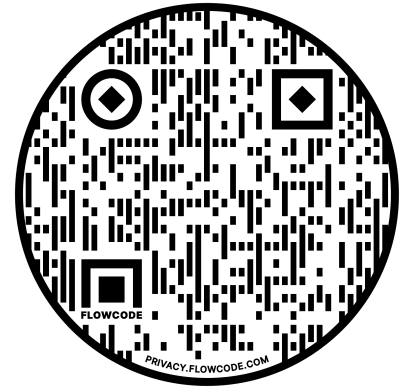
15525 84th Avenue  
780-918-1115

## PARK REVITALIZATION SURVEY—YOUR INPUT IS NEEDED!



The Lynnwood Park Revitalization Committee needs to know what you want for your future playground and park area. Simply hold your phone camera over the QR code and click on the link that appears. Or go to this link:

[shorturl.at/iDEOZ](https://shorturl.at/iDEOZ)



## EMPATHY AND CARING FROM THOSE WITH DISABILITIES

I have the joy and wonder of a daughter with Down Syndrome. Her name is Melanie.

Melanie attends a not-for-profit organization called Adaptabilities. Normally Melanie would be attending her day program at the Orange Hub 5 days a week, 6 hours a day. However, due to COVID-19, she now does a Zoom program with some peers and staff. It's not the same as getting together of course, but it helps to keep them connected.

I'm usually cooking or baking while Melanie is on her program. Because the computer is in the kitchen - I hear everything. On November 26<sup>th</sup>, I was brought to tears listening to these individuals sharing their feelings on empathy and love, and which person in their lives had the most influence on them. The responses varied and were so heartfelt it's hard to explain the emotions I went through hearing them. This particular morning, I got to hear how they feel about society, COVID-19, family etc.

The empathy and feelings that were spoken were some of the kindest words I've ever heard another person share about the world we live in and the people in it. Some shared about being really sad when loved ones had

passed. They shared stories about their personal journeys as people who have different abilities and struggles than most. But through all of that, they still have the best attitude and love for humankind. I could go on and on, but you almost have to live it, or live with it to totally understand what I'm saying.

My hat goes off to the staff at Adaptabilities for their part in empathy, kindness and acceptance; these people are a rare commodity and I thank them for their compassion to make all feel welcome and heard.

What we can learn from this amazing community who love unconditionally, give what they can to society, accept their plight and do what they are able?

What can we do for the people in our province with developmental disabilities? First and foremost, we need to provide them with the necessities to live a productive happy life. We need to do this through family, programs, housing, schooling and providing jobs they are capable of doing and so much more.

I can tell you all too clearly that in this climate and government, that is not what they are getting. As parents and siblings of Melanie we have had to fight for almost everything she needs

to date. We've all read the news about funding cuts, AISH changes, 'urgent needs only' and overall cutting and reducing programs. Why are we taking funds away from those who don't have much to begin with, and who show this province more love and concern than we deserve?

We all pay taxes, and to me taxes are more than just about roads being fixed, bridges built, parks taken care of etc. It's about exactly what I heard today in Melanie's Zoom class. It's about showing others you care. Our taxes pay for many services in this province including free medical coverage for people who have all sorts of different diseases, conditions, surgeries, and so forth. We might not always agree on where our taxes go, but I truly believe that we need to have the same empathy for the disabled as they have for us. That means our taxes have to assist all Albertans including these special individuals. They need the programs to continue to learn, grow and live the best life they can.

We are all living in a very challenging time right now, so let's be more like Melanie's zoom class and show empathy, honesty, and compassion, and give where needed.

Tracy

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## GETTING TO KNOW YOUR NEIGHBOURS

Lynnwood was a new community when my grandparents moved from Killam, Alberta in 1959. They had 4 kids, Gary, Bryan, Judy and Ken and felt this would be a great place to continue to raise their family.

We bought the property 18 years ago from the family estate.

When Wendy and I moved in, we would decorate the house without spending anything. The majority of our decorations were made by us. We were called the Halloween House for years and saw

a lot of kids, but with time it slowed down. We also decorated the house at Christmas and again, a lot of people would do drive-bys and that's why we did it. It made people feel good; us too.

Before Whitehall Square was built, my uncle and I would go sit on the hill outside of the Starlight drive in and watch movies. He would jump the fence and turn up all of the speakers so we could hear.

We participated on the board of the Lynnwood Community League for almost 12 years from rentals, memberships,

president, events. The list goes on.

We really like the community and we will miss it. Mrs. Bristow, our neighbor from the day the houses were built in 1959, I will miss the most. She has known me my entire life and has always been a part of our family. She is 99 this year and is still the guardian of my place when we are gone. And I help her as much as I can. I hope someone reaches out to her next winter to help if they can.

Ken Pederson

## BUY NOTHING PROJECT

*Give. Ask. Gratitude.*  
www.buynothingproject.org

### You're invited!

Give and receive kindness in our community.

- Give where you live and declutter like a BOSS.
- Find some fantastic free items instead of buying!
- Keep things out of the landfill.
- Bond with the community.

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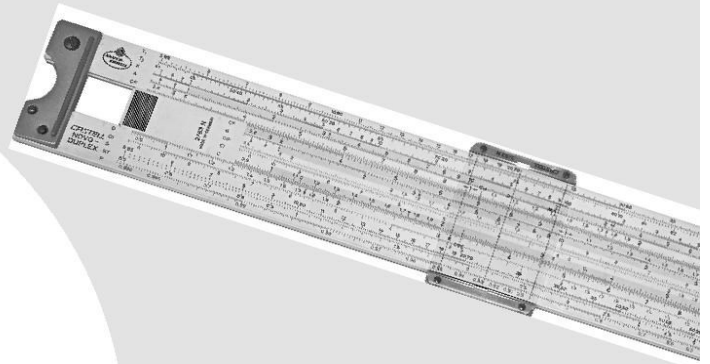
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