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www.terwillegar.org

Issue 44 November 2012

Next submission deadline: Jan 9

Next issue: Feb 4

TCL plans for another year of community spirit

The Terwillegar Community League (TCL) annual general meeting and information session was held on Thursday, October 25, 2012 at Holy Trinity Anglican Church. Thank you to all who came to listen to our plans for the year, provide their feedback and volunteer their time.

The session started with an overview of TCL's mission statement: to encourage a safe, friendly, and active neighbourhood by providing programs and services that promote family and community; and to act as an advocate by representing the needs and interests of the members of the community. TCL works hard to make this a great community, and as a volunteer organization, we appreciate the help we receive from community members.

As the Organization is maturing & moving forward, we have been working on revising our bylaws, and once finalized, we will hold a special general meeting to vote on the new bylaws. Please watch our website at www.terwillegar.org for details on location and time.

To help with managing the day to day operations of our large community, it was voted to hire a part-time administration position. This position will help with many facets of the organization, including inquiries, board member support, newsletter publication, membership sales and more.

Membership numbers are down slightly since last year due to some sport organizations no longer requiring them. TCL will be looking at additional benefits for purchasing a membership which could potentially include additional free swim times, programs and discounts. Current events which are funded by membership fees are the summer green shacks, Canada Day, Halloween fireworks, the Christmas light contest, free swim times and various discounts.

Fundraising efforts in 2012 included a casino, a silent auction, the annual Toonie Carnival, a playhouse raffle,



Magrath park site is currently under construction. Thank you to the volunteers, sponsors and donors who made this playground possible. Photo by Danielle Gordon.

two I'm Too Big For It sales and multiple corporate fundraising events. TCL thanks all who were involved in these events and looks forward to similar events in 2013.

Park development is proceeding on schedule with the school playground seeing a lot of use, Magrath playground nearly complete, and South Terwillegar spray park and playground well into the fundraising stage. We're also looking forward to continuing with plans for Mactaggart park development.

Thank you to our guest speaker Councillor Byran Anderson who explained the reason behind the trees marked for removal. Unfortunately, it was discovered

that many neighbourhood trees are infected with the lilac ash borer. Trees that are infected were marked with a pink dot and are scheduled to be removed this year. Replacement trees will be planted as resources and availability allows.

For updates on what's happening in our community, watch our website at www.terwillegar.org, the Terwillegar Community League Facebook group, temporary sandwich boards throughout the community, the Terwillegar Tribune (now printed in colour!), and our permanent signs at the Hadow Drive and South Terwillegar Drive entrances.

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Live local, give local

By Danielle Gordon
South Terwillegar Contributor

December is nearly here and the season of giving is upon us. It's a time when we search for the perfect present for the 'hard to buy for' family member, decide which of the many charitable organizations to share our prosperity with, and give the gift of time through volunteering.

This year, consider giving locally. The following organizations offer great ways to not only give back to our community, but to help make it better.

Terwillegar Community League — A family or individual membership with your local community league not only makes a great gift, providing the recipient with access to programs and great discounts, but also provides funds for the community league to enhance our community. Memberships can be purchased online at www.terwillegar.org, or through the mail using the form on page 23.

Terwillegar Park Spaces — Through the Terwillegar Community League, you can make a donation specifically for the development of local playgrounds or park spaces. In Terwillegar, a donation of \$250 or more will provide the opportunity to place a name of your choice on a permanent park feature. What a great gift for a family in the area. See below form for details on how you can donate.

Local Churches — There are two churches within Terwillegar, (Holy Trinity Riverbend and Terwillegar Community Church) which enhance our community through programs, worship services and more. They are always in need of donations, of both time and money. To learn more about these organizations see our spiritual section on page 14.

Local Schools — Watch your child's backpack or stop by the school office for news on how to give back through our local schools. Charitable fundraisers, school fundraisers and volunteer opportunities are plentiful.

If you know of other ways to give locally, please share them on the Terwillegar Community League facebook page, or email editor@terwillegar.org.



The Terwillegar Community League uses donated funds to provide programs and resources such as playgrounds. Tax receipts are available for donations of \$20 or more.

Random Acts of Kindness

Need some inspiration?

The Random Acts of Kindness website offers all kinds of ideas, stories and resources about how to practice kindness at home, at work and in your community. Why not take a few minutes to relax and read or watch a video:

www.randomactsofkindness.org/

www.terwillegar.org

Terwillegar Community Parks Donation Form

Yes! I would like to support the development of Terwillegar Community Parks!

Included is my cheque for:

- \$100
- \$250 (family name at Park)
- \$2,000 (plaque on bench or similar)
- \$4,000 (plaque on picnic table or similar)
- Other \$ _____

If donating \$250 or more, how would you like your name to appear at the park?
Example: John Smith OR The Smith Family

_____ You may be contacted by phone for further details.

Which Park would you like your name at?

- Magrath Park
- South Terwillegar Park
- Mactaggart Park

Name _____ Phone _____

Address _____ Postal Code _____

e-mail address _____ check if you would like to receive updates by e-mail

check if you would like to volunteer for the Terwillegar Parks Committee

Send your cheque and this form to: Terwillegar Community League • Box 84031, RPO Towne Centre • Edmonton, Alberta T6R 3P4

Please make your cheque payable to "The City of Edmonton", with a note of "Terwillegar Community League Parkland Development Donation"

All donations of \$20 or more will receive a tax deductible receipt from the City of Edmonton in February

The Terwillegar Community League (TCL) is incorporated in Alberta as a not for profit organization and is requesting donations to the City of Edmonton to support the construction of the parks in the TCL area. Donations are held in trust by the City of Edmonton for use by the League for park construction. Donation receipts will be issued by the City of Edmonton. This campaign is estimated to raise \$40,000 and will cost approximately \$200. Our address is PO Box 84031, Towne Centre RPO, Edmonton, T6R 3P4. If you have any questions, please contact our Treasurer, Monte Weber, at 780-231-6114 or by e-mail at treasurer@terwillegar.org.

Marked trees scheduled for removal

City of Edmonton Press Release

Many trees in the Terwillegar area have been marked for removal because of infestation of the ash borer. These trees will be removed this year and replaced over the next few years. To help eliminate the problem, you can check your own trees and take action.

What is it?

The ash borer (*Podosesia syringae*) is a day-flying clearwing moth. The larva feed on the bark and wood of ash trees and lilacs.

Edmonton has a high density of ash trees, and monitoring shows this insect to be widely distributed throughout the city.

What's the problem?

Tunnels made by the larvae provide access to moisture and fungi which can result in further tree decline. Extensive tunneling weakens stems and can increase breakage during storms.

Trees that are stressed or damaged are the most susceptible to borer attack and dieback. Tunneling by this insect can also weaken or kill young trees, especially during prolonged dry periods.

What can I do?

The ash borer targets open-growing trees, so avoid planting ash in exposed locations. Young trees are susceptible to attack, so if you're living in a neighbourhood that already has many ash trees, it would be a good idea to select a different type of tree to plant.

Since the insect prefers to feed on trees that are drought stressed or mechanically injured, keep your ash tree protected, healthy and well watered. Ash borer eggs are almost always laid in or near wounds, so avoid pruning ash trees when the egg laying adults are present (June and July in our area).



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Music Education for Everyone

Magrath Show and Shine



Photo: Heather Layton

By Heather Layton, Event Volunteer
Liv.it – Personal Fitness and Lifestyle in Magrath

August was the 'it' month of events for our community, with the second annual Magrath Show and Shine for the Stollery being one of them. In the parking lot of the Magrath Second Cup and Save-On-Foods, we hosted this great fundraiser with a BBQ, silent and live auction, and super hot exotic cars. The cameras were out snapping away, capturing not only these dream vehicles, but the

faces of some lucky children from the Stollery being chauffeured in them. I'd love to say the cars were the draw for the event, however I think it was the addition of the fireman car wash. Pay a dollar, sit in your vehicle and watch Edmonton's finest in uniform wash your car? Not a hard sell. Perhaps this is what drew the attention of Global TV who stopped by for a visit with their camera and captured a great segment for the evening news. Thank you Riverbend for showing up to

support one of many great causes this month. Below are just some of those who contributed to our event.

- The Caffeine and Octane Group of Edmonton
- Venus Eye Designs
- Save-on-Foods
- Famoso Pizzeria
- United Cycle
- Bliss Yoga Spa
- Shafana Mitha – Lia Sophia (Independent Consultant)
- Paul Saddler Swimland
- Casey Hudson – BioWare
- Donna Fahselt – Arbonne (Independent Consultant)
- Wanda Fawcett – Bishop & Mackenzie LLP
- Steve Garland – Integrity Renovations
- Lululemon Whyte Ave.
- Thread Hill
- Artym Gallery – Invermere B.C.
- Sue Trigg
- Ashif Mawja
- Millie Leung
- Emil Najjar
- Phil Smith – Alberta Hardwood
- Second Cup Magrath
- Edmonton Fire Dept.
- Edmonton Police Dept.
- Stollery Children's Hospital Foundation

We'd love to hear about your events and accomplishments!

editor@terwillegar.org



Santa

PHOTOS & HAY RIDES!

Get your photo taken with Santa and hop on a FREE horse drawn hay ride!
Saturday, Dec. 8 • 11-4 pm
Plus kids can enjoy face painting and colouring.

*Santa photos are in the lobby of the Professional Centre, 6650-177 Street.
Hay rides are cancelled if temperatures fall below -18°C.
Pick up/ drop off at Professional Centre doors.*



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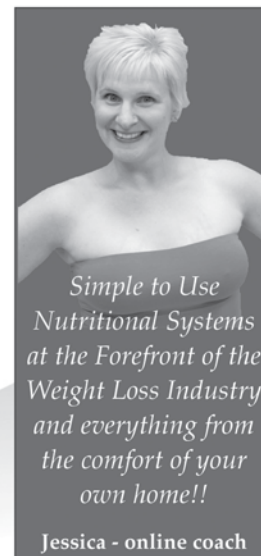
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Opinions

Letter to the Editor

October 22, 2012

In the Saturday, October 20 edition of the Edmonton Journal's Venting column, a citizen questioned the "total lack of planning and waste of taxpayers' dollars" when "the pavement at every bus stop on [Rabbit Hill Road] is being ripped up and being replaced with a cement [bus] pad." I offer the following explanation of what is currently a widely-used process in the road building industry.



"As with most arterial road rehabilitation projects, the concrete bus pads are being installed at each bus stop to prevent future road base failure at the bus stops. The best method of installing these pads is to complete the asphalt paving, saw cut to the dimensions of the pad, remove the asphalt and pour the concrete. This method provides the best match in elevation between the asphalt and new concrete thus the best ride for vehicles using the curb lane. It ensures proper compaction of the asphalt where it meets the concrete pad. Obtaining proper compaction with the pre-built concrete pad is extremely difficult. The method is also quicker as no concrete forms need to be set or patch paving performed after and damage to the concrete slab (if it is pre-built prior to final paving) is virtually eliminated."

Bryan Anderson
Councillor Ward 9
780-496-8130

October 15, 2012

These days everyone is running. We're busy with work, after school activities and household chores. Families are spending less and less time together. We think we're bonding while we're driving to hockey practice, dance class and playdates, but quality time is not structured time. It's the precious moments when we spend time in the basement building Lego, play acting with Barbies, painting each other's nails and running around with nerf guns. These are the times when we really get to know each other. These are the times our kids will remember.

Now is when our children are building their childhood memories. Do we want our children to remember us as their chauffeur, their maid or that person who was always on their phone? It doesn't take much. Let's start with ten minutes a day and shut off our phones, close our ipad, ignore the laundry pile and the sticky floor, and get to know our family. Follow our kids and play what they want to play. Let them take the lead; find out what they like and what they don't like. Once a week, let's plan an hour to play a board game, build a snowman or feed the birds. Or spontaneously drop our frantic schedule and just be with our families without expectations. Declare Sunday a screen free pajama day. Can your kids read by themselves? Read to them anyway — pick up a classic and enjoy it together. The opportunities to spend time together are endless.

Are we too busy? Maybe it's a good time to re-evaluate and prioritize. Are the things we're too busy with more important than our children?

Jayna Clark and Danielle Gordon
South Terwillegar Contributors

Do you have an opinion? Write a letter to the editor for our opinions section:

editor@terwillegar.org

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Owning a pet is a serious responsibility



*Councillor Bryan Anderson
Ward 9*

On October 17, an amendment to the Animal Licensing and Control Bylaw was passed by City Council. Efforts are underway to further enhance the current responsible pet ownership education program by collaborating with pet rescue groups, veterinary clinics and community groups.

Plans to increase participation will incorporate extending training opportunities to the off-leash community, and concentrating more staff resources toward delivering bite prevention education to owners of powerful dogs and populations in the community most vulnerable to dog bites, such as elementary school-aged children.

The majority of dogs are crossbred, making it a challenge to categorize them on the basis of physical attributes such as size, temperament, agility, strength or speed. This likely explains why no municipality in Canada uses dog size as a basis for differential treatment in licensing programs or enforcement practices.

As part of the public consultation process, a survey was conducted to gather opinions from residents (dog-owner and non-dog owner).

Public consultation efforts revealed a number of key findings:

- More than 85 per cent of Edmontonians identify improper training, poor supervision and irresponsible dog owners as the main causes for dog attacks.
- Thirty-one per cent of Edmontonians surveyed expressed concern over potential dog bite issues.
- Forty-four per cent of survey respondents felt the existing bylaw was adequate.
- Sixty-four per cent of respondents supported Breed Specific Legislation, yet only 53 per cent of respondents knew about the city's restrictions on specific dog breeds.



The Animal Licensing and Control Bylaw is to act as a guide for responsible pet ownership and ensures pets are a positive addition to the community.

As an alternative to Breed Specific Legislation, the most popular measure to reduce dog bites was greater monitoring for repeat offenders, stronger fines and compulsory training for any dogs deemed restricted.

Most importantly, the Animal Licensing and Control Bylaw is to act as a guide for responsible pet ownership and ensures pets are a positive addition to the community.

For more information, please visit: http://www.edmonton.ca/bylaws_licences/bylaw_services/animal-control-services.aspx

If you have any comments or questions, you can reach me at Bryan. Anderson@edmonton.ca or at 780-496-8130.

Have something to say about the city? Don't forget to talk to your councillor.
Help your councillor work for you!

Alberta Government wants to hear from you

*Message from Honourable Dave Hancock
MLA Edmonton Whitemud*

Throughout this past year, we've seen an amazing amount of public discussion on the future of our province. Premier Redford and government have put a focus on engaging Albertans in conversations on social policy, healthcare and fiscal issues. Albertans have, in turn, responded in record numbers to contribute to these conversations.

Many of you have participated over the summer and I'm hoping many of you will continue to be involved in conversations across the province, including my top priority, the Social Policy Framework discussion.

Over the summer, more than 20,000 people participated in Speak. Share. Thrive, the public conversation creating Alberta's Social Policy Framework in communities and online, describing their vision and desired social outcomes for our province.

Overall, Albertans said they want social policies and investments to focus more on creating positive opportunities for all Albertans to succeed, based on principles like respect, inclusion, dignity and mutual responsibility. A summary of the engagement to date is available on socialpolicy.alberta.ca, including the proposed vision, principles and outcomes for Alberta's social policy framework.

We've now reached a crucial part of the discussion, and we need your input about how we can turn your ideas into action. The focus of the conversation shifts to strategies, roles and responsibilities: How will we achieve our shared vision for Alberta, together? Who will do what? Please visit socialpolicy.alberta.ca to join the conversation!

Think you'd like to be Finance Minister? There's an app for that! All the background information you need is right there at dollarsandsense.alberta.ca. There's a budget app that puts you in the finance minister's



chair. Set your priorities and see how your choices affect the overall budget picture.

This is an exciting time for our province, and if you are looking to keep up-to-date with my work, please follow me on Twitter at @davehancockMLA and on Facebook at www.facebook.com/MinisterDaveHancock, where you can provide comments and suggestions on my daily work. Please contact me with any questions or comments by email at edmonton.whitemud@assembly.ab.ca.

Edmonton Whitemud Constituency Office

#203, 596 Riverbend Square

Edmonton, AB T6R 2E3

Phone: 780-413-5970

Fax: 780-413-5971

Email: Edmonton.whitemud@assembly.ab.ca

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Email: dave.hancock@gov.ab.ca

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TRAC Update



By Dr. Rob Agostinis
Past President, TRAC

Exciting times for TRAC (Terwillegar Riverbend Advisory Council)! The organization, now under the leadership of Sherri Jaillet-Martinez (TRAC President), continues to grow and flourish and is expanding its programs. The TRAC Community Resource Implementation Plan that was presented at the last meeting introduces a new and exciting chapter for TRAC!



Below are highlights of the September 2012 Meeting:

TRAC Community Resource Implementation Plan:

The TRAC Community Office & Membership planning committee met several times and presented an excellent report to the TRAC membership. Their suggestions will look at how to apply TRAC Membership and provide a resource person for the TRAC Community Office, which will benefit all members of community leagues in the Terwillegar/Riverbend/Windermere areas. Ambassadors will be meeting with their respective community leagues (CL's) to promote the plan. It is hoped that a resource person will be in place at the TRAC Office in the Terwillegar Community Recreation Centre (TCRC) by early 2013.



A subcommittee has been struck to reevaluate the mission statement and vision of TRAC. TRAC has evolved into a strong community entity for the Riverbend, Terwillegar and Windermere areas.

Benefits of TRAC Membership:

- TRAC 10 K & Fundraising Events for CL's & Organizations. Southwest (SW) Edmonton Farmers Market - enhanced community image; ongoing tangible benefits to CL members.
- Promote CL initiatives. Successes include Brander Gardens Rocks, Edmonton Youth Talent Show, SW Edmonton Seniors Association.
- Regional advocacy organization that can influence public policy at all levels of government.
- TRAC advises CL's on transportation and education issues that are difficult to deal with effectively as individual leagues.
- TRAC creates opportunities to enhance membership sales via a staffed community office.
- TRAC advocacy made the Terwillegar Community Recreation Centre (TCRC) happen. TRAC is now focusing attention on enhancements to area facilities, and is moving forward with the idea to build an auditorium for the area. The Design & Development Committee for the proposed auditorium, chaired by Tim Cartmell, has met and will be planning more stakeholder meetings before presenting a plan to the City of Edmonton.

South West Edmonton Farmers Market (SWEFM)

The Farmers' Market continues to draw large crowds, except for the occasional times when we had erratic thunderstorms. Plans for SWEFM 2013 is well underway and looking to increase our marketing and advertising. If you are interested in volunteering on the SWEFM Steering committee, please go to the website: www.swefm.ca

Brander Gardens Rocks (BGR)

This TRAC program is a growing collaborative of kids, neighbours, community organizations and institutional partners committed to creating a neighbourhood where diversity is celebrated and all families flourish. The fall program is well underway and the kids are participating in academic and sport programs. Programs for moms and tots are also well underway and the BGR Board is exploring ways to expand the collaborative. The model for the BGR program has become noticed by many community groups and

is now becoming the common template for community engagement and programming.

TRAC Seniors

Glenn Kissick, our Seniors Ambassador has been busy in the last few months. The Southwest Seniors Association is now its own non-profit organization and held its first successful Seniors Fair (refer to Seniors article on Page 8). Glenn has also been meeting with seniors reps from community leagues to plan various events and programs for the greater community (Area H.)

The TRAC 55+ Talk Series will be starting in the new year. Stay tuned!

Transportation (Bike Lane Update)

As part of the city's On-Street Bike Route Network, on-street bike lanes were installed along Leger Way in both the northbound and southbound directions this past summer, north of Leger Road through the Archbishop Joseph MacNeil Catholic School area. This on-street bike route was to connect cyclists to the Archbishop Joseph MacNeil Catholic School from the existing on-street bike route along Leger Road which already provided a link for cyclists between Mother Margaret Mary School, Lillian Osborne High School and the Terwillegar Community Recreation Centre.

Based on communications from the school administration of Archbishop Joseph MacNeil Catholic School, residents of the area and parents of the school are expressing concerns with the configuration and lack of parking space. As a result of the site inspections, and due to the fact that the east/west trail running north of Archbishop Joseph MacNeil Catholic School provides an alternate connection to the Terwillegar Community Recreation Centre, a decision was made to remove the on-street bike route along Leger Way.

Fundraisers

Vines Wine Merchants is partnering with TRAC and will be selling a TRAC labeled wine. The Bleasdale Vineyard in Australia is allowing TRAC to put their label on their wine and to sell it and raise funds for TRAC and the community. For the first year of the wine fundraising event, the TRAC wine will be called **TERWILLEGAR**, with an old photo of Dr. Terwillegar on the label (courtesy of Edmonton Archives). Stay tuned for the launch event!

The **TRAC 10K 2012** was a success due to all the volunteers from various community leagues and schools in the Terwillegar / Riverbend / Windermere area. TRAC presented the community leagues, schools and community organizations with a cheque for **\$11,500** for their volunteerism.

TRAC Volunteers

TRAC has become an established entity and advocacy group in our area. There are a multitude of opportunities to get involved with our new initiatives. Please join the TRAC TEAM and Make Your Community Happen!



Next meeting:

Wednesday, November 28, 2012, 7 p.m. at the Lillian Osborne High School Library.

Catch the Spirit!
www.tracspirit.ca

Southwest Edmonton Seniors Association

SENIORS CONNECTION News for those 55+

By Kathy Trepanier

**Delicious autumn! My very soul is wedded to it,
and if I were a bird I would fly about the earth
seeking the successive autumns.**

-George Eliot-

Hello readers. As I prepare my second column, taking over the writing reins from Glenn Kissick, I am enjoying the last days that feel like fall. You know, the days you start pulling out that cozy sweater and considering what new things you might do or volunteer for this coming season.

As someone newly over the 55+ mark and volunteering with the Southwest Edmonton Seniors Association (SWESA), I have been amazed by the vitality and interests of people I've met in their 50s, 60s, 70s and 80s. It's almost as if there is a new "old age." I'm looking forward to reflecting this vitality in the Seniors Connection column and I invite you to be part of this by telling me of activities, events or areas of interest for fellow readers in the southwest.

SWESA FAIR 2012

About 400 people crowded into the William Lutsky YMCA on October 9, 2012, to attend the first annual Seniors Fair, hosted by SWESA.

SWESA has been recently formed to reflect the needs of people 55 and older in southwest Edmonton. Their goal is to provide programs and services that enhance your enjoyment of life. Think: social, cultural and recreational programs. www.swedmontonseniors.ca

Sixty exhibitors showcased services for people over 55 as well as other senior's centers in the city. Entertainment included live music, dancing and a wonderful demonstration of Tai Chi.

A survey was conducted to ask what programs and services should be developed in southwest Edmonton to meet the interests of people over 55. SWESA is now tabulating the results of the survey. This will be used to create an exciting vision of what these programs and services could look like in a new centre for the southwest.

So... if you haven't already done so, please use that burst of fall energy and go to the Contact Us page on the SWESA website www.swedmontonseniors.ca. It's a starter website so it's pretty basic right now, but you'll be able to find out more about SWESA.

Email or mail your name and contact information so you can receive the newsletter and notices of public meetings. I can tell you first-hand that there are many interesting opportunities to support the development of this new centre through volunteering. Tell SWESA if you are interested in knowing more about volunteering.



Almost half of the fair participants filled out a survey on what they want to see in programming for people over 55. Photo by Rob Agostinis

ONGOING ACTIVITIES

Drop In Bridge

Thursdays, 12:30 - 3:00 p.m. at Riverbend Community Centre, 258 Rhatigan Rd. East.

Adult Yoga

Riverbend Community Centre. For details or to register call 780-437-7108

Zumba Gold

Zumba Gold is a new work out to zesty Latin music that is geared for active older adults. It's a great cardiovascular workout that is a lot of fun. Both the William Lutsky Family YMCA and the Terwillegar Community Recreation Centre (TCRC) offer these classes. Check costs and schedule information at individual locations.

Pickleball

Monday, Wednesday and Friday from 1:00 -3:30 p.m. The Pickleball players have moved indoors to the TCRC. They are still accepting new members and will provide lessons. It's a fun and friendly group.

For more information on seniors representatives in each community league in the southwest, email Glenn Kissick at gjkissick@gmail.com or phone 780-587-5198. Glenn is the seniors representative for Terwillegar Riverbend Advisory Council (TRAC), the Riverbend Community League and the Southwest Edmonton Seniors Association.

To share your ideas on this column and what other 55+ers would like to read about, please contact Kathy Trepanier at email ktrepanier@shaw.ca. Kathy is a member of the SWESA communications committee.

Right: The exhibit hall was packed with interesting booths, giveaways and resources. Photo by Sherri Henderson



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Riverbend Art In the Park



Photo Kris Morra EFCL

Riverbend Art In Our Park was a Huge Success

Sue Triggs

Art in Our Park 2012 was a huge success. The weather cooperated and close to 4000 people made their way to James Ramsey Park on September 15. The Art Market boasted 35 great artists ranging from painters to potters, iron sculptors and everything in between. There was also a display of incredible student artwork from the Lillian Osborne High School Fine Arts Department.

The Atco Gas Sound Stage and the ATB Financial Main Stage showcased talented musicians like Koreen Perry, Derek Elliott, Asim Chin, Leah Magnan, Danielle Lowe and Scenic Route to Alaska; and Boogie Patrol ended our day on a high note. Eighteen different interactive activities kept the children more than busy while the adults perused the Art Market and listened to the music. A barbecue featuring chicken souvlaki, hamburgers, chili, cookies and drinks ran all afternoon.

Many thanks to our partners: ATB Financial, ATCO Gas, Edmonton Arts Council, PCL, Re/Max Real Estate and the six partnering community leagues: Brookview Community League, Hodgson Community League, Oak Hills Community League, The Ridge Community League, Terwillegar Community League and Riverbend Community League.

Thank you also to our Sponsors: Benjamin Moore - My Favorite Paint Store - Renee Medele, Bricks4Kids - Penny Birkholz, Café O Play - Nicole Gaida, City of Edmonton Community Services - Linda Bombardieri, Edmonton Public Library - Kim Bates, El Chami Mediterranean and European Grocery - Hassan El Chami, 4 Cats Arts Studio Riverbend - Kelly Cyre, Harcourt House Gallery - Stacey Cann, M&M Meats Riverbend Square - Don Padzer, Monkey's Due - Amanda Carson, Play Creative Studios - Kirk Mockford, Prairie Mill Bread Company - Owen Peterson, Riverbend Child's Pavilion Daycare - Dalgit Chauhan, Riverbend Cooperative Playschool - Susan Burke, RONA - Duane Paulowicz, Save-On-Foods Magrath - TJ Tarnowski, Snow Valley - Shawn Symington, The Ticket Eatery - Reid Hayden, Terwillegar Riverbend Advisory Council (TRAC) - Sherri J. Martinez, and The Wind Shoppe.

An event of this magnitude would not have taken place without the dedication of the Art in Our Park Committee. Many, many thanks go to Sheryl Bowhay, Kelly Cyre, Christine Ens, Sherri Henderson, Patty Holowychuk, Bronwyn Irvine, Susan Pointe, Fiona Stuart, Sue Trigg and to the team from Lillian Osborne High School: Davey Thompson - Art, Scott MacAuley - Photography, Kerri Neitsch - Dance, Brendan Tonn - Music, Coreen Hudec - Volunteers, Lindsay Levytskyy - Fine Arts ADH,

and Janet Bell - Fine Arts DH.

More than one hundred adults and students volunteered at Art in Our Park to ensure the event was a success. Thank you to: Jim Adams, Linda Allen, Rob Agostinis, Kenedy Assman, Bowen Assman, Atee Babar, Lita Bablitz, Christine Basler, Gary Blair, Jillian Bosgoed, Roger Bryan, Marilyn Burkett, Hasnain Chandio, Sumaira Chandio, Dave Chapman, Laura Chapman, Tarig Chaudary, Joanna Chen, Kelly Chen, Mrs. Cole, Murray Cooper, Aria Divlin, Dru Edmiston, Nikita Eleniak, David Faber, Kristen Falconer, Robin Fehr, Matt Fok, Rachel Han, Andrea Harrison, Steve Harrison, Wendy Harrison, Alastair Hodgson, Patty Holowaychuk, Brianna Jackson, Joanna Jacob, Margaret Jenson, Hanna Kaiser, Makayla Kaiser, Salma Kamalipour, Alexis Katzell, Glen Kissick, Julia Kwan, Lynness Lee, Jude Lee, Allison Lewis, Brynn Lewis, Leslie Leeworthy, Dave Leeworthy, Tiffani Lok, Don Lore, Mark Lore, Peter Lore, Anthony Ma, Carrie Markowski, Meg Markoski, Rob Markowski, Steph Markowski, Cindy Martin, Doug Meston, Brooke Miller, Rebecca Milne, Shamim Mohajery, Grace Muthomi, Ivy Naling, Alyssa Nam, Emile Nickel, Kathy Nickel, Tina Oh, Mary Parent, Matt Parsons, Lori Payne, Ed Pitman, Grace Hill-Rackette, Nick Redmond, Maha Rehman, Lorene Ruff, Dave Rumbold, Sajana Samarasil, Heather Schmidt, Ben Severson, Marv Severson, Al Sibilo, Larry Shaben, Feo Poukhovski- Sheremetye, Casey Shott, Shannen Shott, Trisha Sood, Hyo Song, Leanne Stevens, Shelly Stevens, Karen Stewart, Fiona Stuart, Chris Surbey, Connor Thompson, Kristin Riehl-Tonn, Blair Trigg, Gary Trigg, Pat Trigg, Chris Vasquez, Anna Warns Vogels, Pamela Ward, Steve Werner, Leslie Whervin, Nancy Wendt, Juli Wenger, Risa Wilten, Liza Xenzova, Tracy Xiang, Dani Yu, and Ding Yuan.

Thank you to anyone else who helped to support this event, and we will see you next year on September 21, 2013 for the next Art in Our Park.



Photo Dave Rumbold



Photo Sherri Henderson



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Home & Garden

TCL Community Garden ended another great growing season

By Steve Johnson

The last of the root vegetables being harvested is the signal that the garden season is coming to a close, as well as our garden. This is the last year of being a temporary garden and our home for the past four years will be leveled and grassed by the developer. In order to have the garden area redeveloped, all of the garden borders and temporary fencing must be removed by the membership. The garden committee will work over the winter in the hope to complete the planning and get funding in order to develop a permanent garden home. If you are interested in helping out with the planning please contact us at garden@terwillegar.org. As for the funding - Do you need a stocking stuffer? If so, have you purchased your Terwillegar Garden cookbook yet? The garden fundraiser is ongoing where we are selling cookbooks at \$10/each. All the proceeds go to the Terwillegar Community League which provides the garden development funds. And with the redevelopment of the community garden we will need funding for soil, contractors to build plots, fencing, and the relocation of the water tanks and storage shed.

Thanks to all of our volunteers. The 2012 garden committee of Matt Parsons, Teresa Brooks, Tiffany Keeping, Kimberly Barrett, and Kim Rost met monthly and were involved with the following activities:

- Coordinated and led the food bank area preparation and planting

- Cookbook fundraiser
- Communication to membership
- Handling membership disputes
- Articles for the Terwillegar Tribune
- Attended Terwillegar Community League meetings
- Filling water tanks
- Fire hose watering of the food bank area
- Food bank weeding, watering, harvest and delivery

The food bank area produced 158 kg of potatoes, carrots, squash, and onions this year. Thanks to all of you that helped out by removing Canada Thistle, rotor tilling, planting, watering, ongoing weeding and controlling the potato beetle. A special thanks goes to Monsignor William Irwin School where, with the participation of the school garden club in June, we managed to get most all of the seeding done. Also thanks to Joss Manning Fox for assisting with water tank filling, Angela Johnson for registration, and Keith Oldford for ongoing weed control.



On the green path: A green Christmas tree?

By Steve Johnson

Oh Christmas Tree

Oh Christmas Tree

How plastic are your branches?

One of my favorite childhood memories is going out with the family and getting a Christmas tree from the forest. After we got our tree permit from Alberta Forestry, we had a fun day searching for a tree which included a campfire and hotdogs, ski-doing, or visiting some farmer friends.

Thirty or so years have really changed the holiday. Now I pull out my poly vinyl chloride (PVC) Christmas tree and fold out its branches. The plastic smells bad and I hate the feeling of it on my skin. To me it just doesn't seem 'Green.'

So that begs the question of which type of tree is 'Greener' for Christmas?

My bias is a natural tree is greener knowing that the PVC tree cannot be recycled, has fire retardants (much like most furniture and appliances in our homes) hence health related issues, that it takes more energy resources to make it than growing a tree, and is not made locally. As we live in Edmonton, which has a great waste management system, I know all trees are chipped and mulched so there is a beneficial use of the trees. Of course, trees produce oxygen, help minimize erosion, provide habitat for animals, and are a carbon sink. So I expected nothing but damning evidence when I started researching. I did a Google search on "Green Christmas Trees" and "Christmas Tree Carbon Footprint," and I was quite surprised with the finding as there is quite the longstanding divide on this issue. Each faction had good points beyond what I considered:

The natural tree argument includes:

- Uses less fuel to grow a tree than to make a PVC tree
- PVC trees are predominantly manufactured in China and use hazardous chemicals
- Use of land not viable for other forms of agriculture (e.g. livestock, cereal crops, orchards)
- Less carbon footprint for a natural tree
- A six foot fake tree has a carbon footprint of 40kg of carbon dioxide equivalent emissions if it is sent to landfill.
- A real tree has a footprint of 3.5kg of carbon dioxide equivalent emissions, if it is chipped after Christmas. Even if it is sent to landfill, it has a carbon footprint of 19.5kg.
- Trees are replanted every year
- The artificial tree argument includes
- Tree farms use fertilizers and pesticides
- Bugs and insects potentially brought into the home



- Creates a monoculture of non-native species which impact the native ecosystem
- Long haul distances to move trees (Edmonton does get a portion of its tree's from British Columbia)
- You have to drive to get one every year versus once for an artificial tree
- An artificial tree can be used for decades
- Mold spores and potential allergies
- Less carbon footprint for an artificial tree if it is used over 10 years
- Can donate artificial trees to extend use

One idea I was not aware of is the use of a rental live tree agency or by purchasing a small live tree to be planted outside in the spring. However, a Google search did not show any vendors in Edmonton that provide live trees.

Wading through the hype from both factions, I tend to support my live tree bias for one main reason; it comes the closest to completing the loop. By this I mean it starts from the earth, and by being chipped for reuse, it is returned to the earth. The nutrients aren't returned to the same area so it isn't a true loop, but it is being returned and that cannot be said for a plastic tree.

The reality is a tree will be picked for other reasons. For me, my spouse doesn't like the needles. So I'll have to be content taking my daughter out into the forest, have a campfire and hotdogs, and look at the real trees.

Neighbours Volunteer Time and Talent

Neighbours Volunteer Time and Talent

By: Claire Schneider, South Terwillegar Resident

Earlier this year, residents from Sloane Crescent in South Terwillegar gathered once again and volunteered their time and talents preparing a dinner at the Ronald McDonald House.

The Ronald McDonald House is a not-for-profit organization providing a home away from home and support for hospitalized children and their families. Since opening in 1985, the purpose of the House has remained the same: keeping families together while the child is being treated for illness in a compassionate and comfortable, home-like atmosphere.

A Dinner Group is one of many volunteer opportunities within the home, and 17 volunteers of Sloane Crescent, along with some friends, had a most enjoyable afternoon! The group planned a meal, purchased the groceries and then spent the afternoon preparing the dinner with all the fixings. The volunteer duties included cleaning up and packaging the leftovers. A meal already prepared for the families greatly reduces the stress incurred after a potentially long day.

The meal the group prepared consisted of braised chicken thighs and meatloaf paired with a layered salad, roasted potatoes, glazed carrots and rice. Strawberry punch and an ice cream sundae bar concluded the delicious feast!

A special thank you goes out to Sobey's on Rabbit Hill Road for helping out with the groceries and to Chef's Hat Inc. for providing hats and aprons for all of the volunteers. Youth entertainment was also provided by Knesui Jonasi, Chip and Kevin.

The Northern chapter of the Ronald McDonald house, located in Edmonton, has seen over 25,000 people since it opened and after completion of their expansion, the house will accommodate up to 30 families. This is one of 12 houses across Canada and one of over 270 around the world. During this time of expansion, and with the holiday season just around the corner, the opportunities are endless. Volunteer opportunities include decorating for the holidays, dinner groups, baking groups and utilizing special talents such as reading to children, yoga or crafts. For information on how to volunteer, please contact Alan MacKenzie, Volunteer Coordinator at alan@rmhnorthernalberta.org.



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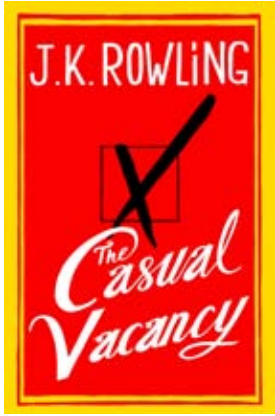


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Looking for a good book?

The Casual Vacancy by J.K. Rowling

A review by Danielle Gordon
South Terwillegar contributor



As one of millions who loved the Harry Potter series, I have been anxiously awaiting J.K. Rowling's new book, *The Casual Vacancy*. Labelled as an adult book, I knew it was going to be different than the wizard books we all love, but all the same I was surprised by what I read.

When Barry Fairbrother dies and leaves an empty seat on the parish council, the town of Pagford is thrown into an election tense with controversy and passion. On the surface, Pagford is a typical English paradise, with the ruins of a historic abbey and cobbled streets; however, war lurks. Rich vs. poor, teens vs. adults, and man vs. woman. First impressions are shattered as the story unfolds.

This book is different than anything J.K. Rowling has written in the past. It's very adult, and definitely not for a youth audience. I'll admit that it was a bit of a shock, even though I had been warned that it wasn't anything like J.K. Rowling's past novels.

With that said, I did enjoy the book once I got into it. However, getting into it took a while — with a grand total of 15 points of view to juggle in your mind, it's difficult to remember all the names, who they are and how they interact with each other. Yet I persevered and about a quarter of the way through I found I was no longer having trouble and was starting to care about the people

and the story.

The people themselves are very real. All of them are tremendously flawed and very complex. This is not a story about beautiful people with perfect lives and superficial or unrealistic problems. Some of the characters are well meaning but none of them are perfect and that's what makes this book genuine.

I would recommend this book to adults who enjoy reading gritty stories that make you think about life and how people react to each other. I would not recommend this book to anyone looking for a light read, or to a youth audience. Personally, I look forward to reading more of J.K. Rowling's work in the future, if only to find out where her imagination takes us next.

Terwillegar is FULL of avid readers.

So let's hear one of your reviews!

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Spiritual



Photo: Nick Trussell

Backpacks and Blessings at Holy Trinity

By Nick Trussell

I had no idea teenagers could find backpacks, calculators and socks exciting until I saw the smiles and heard the shouts from two youth at the Youth Empowerment and Support Services office who helped me unload the donations. "Yes, new backpacks! This one's mine! Awesome, a new calculator! And socks!"

For the second year in a row Holy Trinity collected donations of school supplies from the church and community to support the work of the Youth Empowerment and Support Services (YESS). We were encouraged to see an even greater response this year with over 3 dozen backpacks donated, each of them stuffed with school supplies and each of them a blessing to the youth who YESS serves.

Students from pre-school to university headed back to church before going back to school, where they and their backpacks received special prayers, along with prayers of blessing for the donated supplies and those who would receive them. Fae, from YESS, addressed the congregation to thank them and Terwillegar for the donations and to remind us that YESS serves youth from every part of the city in a variety of ways, from shelter to after school drop ins.

Thank you Terwillegar for supporting our youth and the work of YESS! Look for the Backpacks and Blessings campaign again next year and check out www.yess.org for upcoming opportunities to support the work of YESS or to volunteer.

Interested in supporting YESS?

Youth Empowerment & Support Services (YESS) is a not-for-profit organization unconditionally devoted to helping youth facing difficult realities. Their one-of-a-kind services provide support to youth who have found other doors closed to them.

They are so much more than an emergency shelter.

YESS accepts monetary donations directly on their website. They welcome in kind donations and have a recycling program for your empty bottles. They are also happy to accept food, clothing, and other items. YESS can even offer a tax receipt for items over ten dollars!

www.yess.org

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Saturday 9:30am in Cantonese

Messy Wednesdays 4:30 - 6:30pm

First Wednesday of the month join in fellowship over a delicious and casual supper, with crafts and activities for everyone. All ages are welcome!

Terwillegar Playgroup Thursdays 9:30 - 11:30

A drop-in playgroup for ages 0-5 and their caregivers just \$2 per child. Crafts and activities for little ones, and coffee for the rest!

Terwillegar Community Church moves into new home

We Love Our New Home



By Ken MacDonald - Pastor of Terwillegar Community Church

Settling into a new home takes some adjustment, but every day gets better. For a while you can't find the power cord to the projector or even the projector itself.

Everything is new and doesn't quite feel like home. Now, seven weeks into our new home, it really is feeling like we belong here. Although there are some details to attend to outside the building, most of the finishing touches are now complete on the inside.

We celebrated the Grand Opening on October 14 with guests from near and far and many wonderful affirmations from community leaders. We have decided that there would be merit in

having an Open House for the people of our community to simply drop by, have a coffee/pastry and take a tour. We are planning that event for Saturday, November 10. We will announce the Open House through postcards and our community sign.

One of the "feeling at home" components of our new building is enjoying brunch together after every Morning Worship Service. Our kitchen crew loves to cook and they are enjoying their new kitchen equipment. There are some pretty wonderful hot brunches that are emerging from the kitchen each Sunday. Best of all, they are free!

The Out of School Care with the YMCA is now settled into their space as is the Preschool. Each day of the week there is a flurry of activities with children and parents coming and going. We've enjoyed our first Community Conference with plenary sessions and breakout sessions along with the first lunch served from our new kitchen. If we can be of service to you, please go to our web site and check some of the services that are available (www.tcchurch.ca).



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Terwillegar Community Church Grand Opening!

November 10, 2012

1pm to 3pm

Kids Corner

By Danielle Gordon
South Terwillegar Contributor

Sally had a problem. It was Christmas time and all her friends were going out to fancy stores to shop for fabulous presents to give away to their friends. Sally wanted to give fabulous presents to her friends, too.

She went to her piggy bank and counted up all her change. How much did she have? Three dollars and 26 cents. She couldn't even buy a teddy bear for her baby brother.

What in the world was she going to do?

She thought,
and thought,
and thought some more.

Maybe she could give away her own toys! Sally went down to her toy box.

She had lots of Barbies. She had cut their hair and given them orange lipstick with her crayons. They looked fabulous, and they were definitely keepers.

She had lots of stuffed animals. They were all great huggers and were squished in just the right spots and had some holes where the stuffing was coming out. She loved them all and giving them away would be like abandoning a best friend.

She had plenty of books, and some of them she could read all by herself. They all held adventures that she loved to relive again and again, and she just couldn't give them up.

She had lots of markers, paper, glue, sparkles, and ribbon. She loved making crafts...

She thought,
and thought,
and thought some more.

She could *make* Christmas presents for her friends.

She found some old Christmas cards, some colourful paper, glue and sparkles. She worked hard and added some Christmas ribbon.

When she was done she had fabulous Christmas tree decorations to give to everyone she knew and loved.

They weren't from a fancy store, but they were fabulous because they came from her. Everyone loved them, especially her baby brother (who thought his was a cookie).



Coloring Contest

Be creative! Color and decorate this tree and send it in to the Terwillegar Community League for your chance to win one of three prize packages.

All entries must be postmarked by December 1st. Only one entry per child. All entries will be judged on effort and creativity in the following categories: ages 2-4; 5-7; 8-11. Contest is open to all Terwillegar area residents.

A copy of this coloring page can also be found on our website www.terwillegar.org.

We will post all winning entries on our website and give an honorable mention in the next edition of the Tribune!

Happy holidays!

Please make sure you write your name, age, address and phone number on the back of your picture and mail it to:

Terwillegar Community League
Box 84031, RPO Towne Centre
Edmonton, Alberta T6R 3P4

Family crafts make great ornaments for the Holidays

Making crafts with your kids can be a wonderful holiday memory for all of you. Whether you celebrate Christmas, Hanukkah, or Kwanzaa, the holidays are all about family. Spend some time with yours making ornaments to help decorate your home.

The homemade ornaments on the right were made for a Christmas tree, but can be modified to fit any celebration. What a great memory to pull out of your holiday storage box every year.

The pipe cleaner candy cane can be made by the very young artist. Pipe cleaners can also be used by older children to form anything from snowmen to a menorah.

Stuffed felt animals are great for the older child to cut and sew themselves, and the younger child can help decorate them.

A popsicle stick Christmas tree is simple to put together and fun to decorate for kids of any age.

Basic craft items such as paper, ribbons, and glue can be used to make any shape you can imagine. The simple cornucopia shown looks great hanging from a tree.

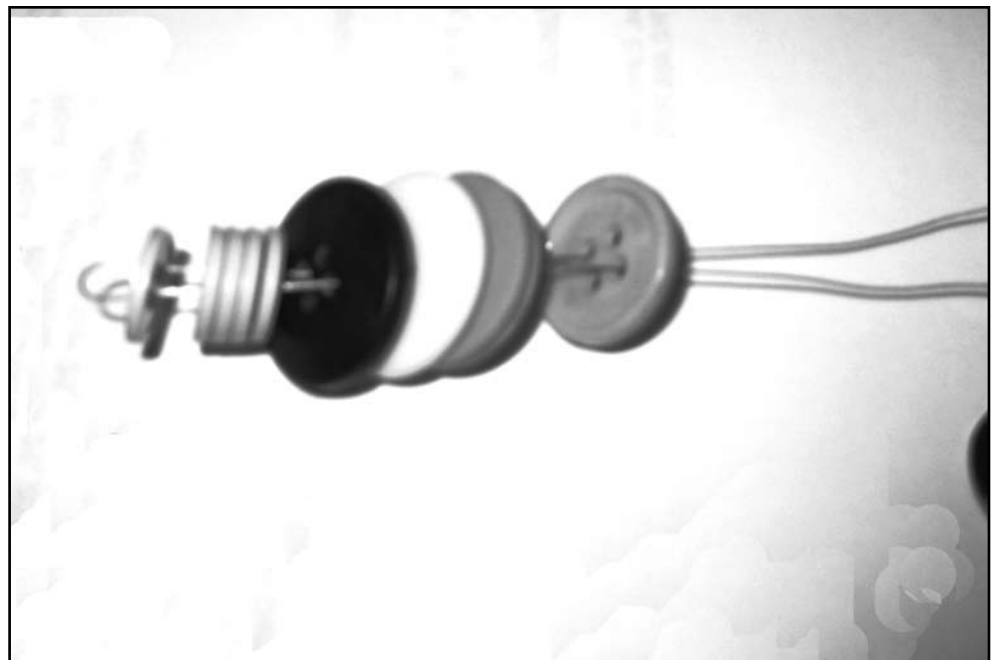


Making holiday crafts with your children is a great way to celebrate and build memories. The above crafts can be modified for any age or holiday celebration.

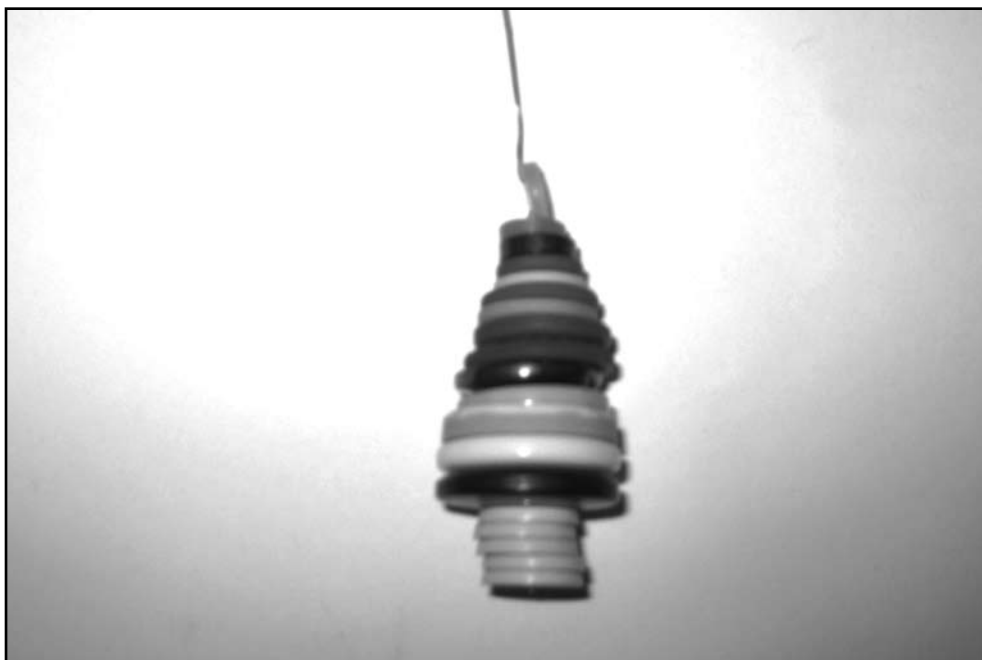
Button crafts are easy, unique and can let your imagination shine



Step 1: Choose buttons of the correct size and colour for the project. These multicoloured buttons which gradually decrease in size will be perfect for a Christmas tree ornament. You will also need craft wire or thin string.



Step 2: Start using the wire to connect your buttons, forming the shape you planned out in step 1. Above, the smaller buttons will form the base of our Christmas tree, and the other buttons are placed from largest to smallest.



Step 3: Once all the buttons are attached together with the wire, secure the wire to hold them in place. You can then use the wire to form a looped hanger, or use a length of string or decorative ribbon.

Your finished ornaments can be displayed on a traditional Christmas tree, hung on cupboards, or even made into jewelry. Use your imagination and be unique.

The driftwood tree on the right can be decorated year round with your creations, and was made locally in the Terwillegar area.

Have fun this holiday season crafting your way to great family memories.

For more information, or to order your own driftwood tree, contact Laurette at iamlb@shaw.ca



Parents

Journey into Motherhood

By Janelle Schmidt, BSc - DONA trained birth and postpartum doula
Owner & Creator of Mother Haven

Among life's transitions, becoming a mother is one of the most altering ones. Many expectant mothers are not prepared for the journey they are about to embark on. Even though they may have taken a prenatal course and have read numerous books, bought the crib, change table, diapers and diaper bag, and the nursery is perfectly designed, most forget about an integral part of the process: becoming a mother.

In the weeks leading up to the birth, there seems to be endless things to do, from shopping trips for baby furniture, to buying cute little onesies, to learning how to properly install a car seat. And today many mothers aptly prepare for the big day — the impending birth. They hire a birth doula, learn about the stages of labour and how to cope during transition, and attend prenatal classes. All are necessary, but the preparation needs to extend beyond that.

There is no textbook answer on how you can prepare for motherhood and the incredulous changes, but you can start with the basics: get educated on breastfeeding and take a breastfeeding class, learn about postpartum recovery and what to expect in the initial weeks, and read up on the baby blues and postpartum depression.

Find out what supports are available should you need them – postpartum depression support groups, counsellors who specialize in the transition to motherhood, lactation consultants and postpartum doulas.

Emotionally, it is important to prepare as well. All mothers need to create a community of support and would benefit if such a community existed before baby arrived, so that when needed in the fog of early mothering they can reach out and talk to other mothers who are willing to be open and honest.

I also recommend moms to try journaling and reflect on their expectations. Are they realistic on what life will be like with a baby? Joining a prenatal yoga class, and if at all possible, taking a few weeks off before the baby arrives, will also help with mental preparation. And most importantly, expectant mothers need to openly share their excitement as well as their fears and anxieties about becoming a mother.

Designed to help mothers to be prepared for this major life transition and connect them with other pregnant women, Mother Haven is offering a new workshop — the first of this kind in the city. Journey into Motherhood will involve yoga, a sharing circle and a discussion on becoming a mother. Mother Haven offers sharing circles, workshops and retreats for mothers.

Inspire, share, and connect with other mother's on a deeper level.
www.motherhaven.ca
motherhaven@hotmail.ca

Edmonton Public Library programs for kids

Baby Laptime

Description: Enjoy delightful stories, songs, books, rhymes, finger plays and more especially for babies. Cuddle with your baby and connect with other caregivers. Riverbend Branch

Duration: 30 minutes

Ages: Up to 12 months

Participation limit: 15

Tickets available 15 minutes before the program. Arrive 15 minutes before program to pick up ticket

10:15 a.m. Tuesdays, September 11 to December 18, 2012

Drop In. No registration required

Fairy-Tale Puppet Theatre

Description: Travel with our puppet guides into the magical world of Once Upon a Time and discover some new fairy tales or listen to an old favourite. Do you like to hear: Once Upon A Time...? We do too. Come to our puppet show and you just might hear a new Fairy Tale or hear your favourite Once Upon A Time.

Stanley A. Milner Library

Duration: 30 minutes

Ages: 3 - 7 years

Participation limit: 50

2:15 p.m. Saturday, November 24, 2012

2:15 p.m. Sunday, November 25, 2012

Drop In. No registration required

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Whitemud Crossing Branch

Duration: 1 hour

Ages: 7 - 12 years

Participation limit: 15

1:30 p.m. Saturday, November 24, 2012

1:30 p.m. Saturday, December 29, 2012

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Description: Calling all LEGO® lovers: Come to the Library to design and build a LEGO® creation. Share your building tips and tricks with others!

Lois Hole Library

Duration: 1 hour

Ages: 8 - 12 years

Participation limit: 12

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2 p.m. Saturday, December 1, 2012

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Health/Wellness

Ways to avoid the holiday bulge

By Dr. Christina Bjorndal, ND

It's that time of year again – where we throw caution to the wind with our diet and tend to overindulge in sugar-laden food and maybe a little too much wine. Do you notice that you are more susceptible to catching a cold or flu during the holidays, have lost your “get up and go” or your overall health isn't as vibrant as it was a few short months ago? Many people take for granted the effect that diet has on our health. Is it any wonder that people have increased or aggravated health concerns from October to April? Look at what we, as a society do to ourselves:

October - Thanksgiving and Hallowe'en – we overindulge in sugary, chemical laden foods that are devoid of vital life energy.

November - start celebrating Christmas early with parties (i.e. increased alcohol and sugar consumption).

December - Christmas or Hanukkah – more sugar and alcohol

January - recovering and busy eating up all those leftovers from December. Some start with a “New Year's resolution” to eat better.

February - Valentine's Day - more chocolates....or so the media tells us that we need to celebrate this way.

March/April - Spring break or Easter - another “chocolate” holiday.

Let us get back to basics or nature and remember the true meaning of all these holidays before they became commercialized by our North American culture of consumption. The first step to surviving the holidays is to always remember that diet is the foundation of health! You are what you eat, what you absorb and what you don't excrete. Profitability drives our society and it, not your nutritional health, is the key motivating force behind the food industry. Many of the high-sugar, high-salt, and high-fat foods are intensely marketed and often, the advertising influence of companies impacts our diet and health more than information from health professionals. As food technology has continued to advance, shelf life has replaced health life. Technological developments have provided benefits, but most often I find the mass processing of food is not in the best interest of nutrition.

The key to managing your weight during the holiday season is to address five key areas: what you are eating, how you are eating, what is eating you mentally, emotionally and spiritually, your stress levels, your physiology, and exercise.

In terms of what you are eating, it is important to recognize that many diets consist of too much red meat, saturated fat, sodium and alcohol; such a diet provides less nutrition per calorie consumed than does a wholesome diet of natural foods. The decreased consumption of vegetables and complex carbohydrates means a lower intake of vitamins, minerals and fiber. Research has linked many well known diseases (obesity, cardiovascular disease, kidney disease, diabetes, autoimmune diseases, cancer, behavioural problems) with poor diet. Perhaps you don't consider yourself at risk for developing a serious disease, yet you experience the following symptoms: fatigue, headaches, mood swings, indigestion, constipation, skin problems, menstrual discomfort and weight problems. These symptoms not only interfere with your ability to fully enjoy life, they are early warning signs for future problems. Eating a healthy diet can improve these complaints, as well as protect you against serious disease.

How you eat your food is as important as what you are eating – are you someone who finishes their dinner in two bites? Or when you do take a bite is it “chomp, chomp, swallow?” If so, this is one area you can easily improve. It is very important to chew your food thoroughly. I find that in our “fast food nation” many people forget that the digestive process actually starts in the kitchen with the sense of smell when we are cooking our food. This sense of smell triggers our brain and sends the message to our stomach that food is coming. The stomach, in turn, prepares for the arrival of food. When we take the time to chew our food thoroughly, put our fork down between bites and not rush, we are able to adequately process our food so that it can be broken down into micronutrients or “fuel” that our body needs to survive.

Now, given the basic mathematics that 3500 calories = 1 pound – it stands to reason that either increasing your output (exercise) or decreasing your intake by 500 calories/day will result in weight loss of 1 pound per week. This doesn't always happen because one might have an underlying physiological condition (thyroid or adrenal) or they may not be addressing the real reason why they are eating in the first place. As a Naturopathic Doctor, I feel that an individual's relationship with food is an important factor in managing one's weight and overall sense of well-being. To me, it boils down to: your ability to cope and handle stress, your negative self

talk/thought processes and not being in the moment, your ability to listen to the messages from your body, and your self esteem or sense of self love.

For example, the full signal sent from your stomach to your brain typically takes 20 minutes. It is also interesting to note that we have approximately as many nerve endings in our entire digestive tract as we do in our spinal column. This is why it is important to learn to trust our gut reactions, or intuition. Also, serotonin, an important neurotransmitter responsible for regulating mood, also affects our weight given the amount of nerve endings we have in our digestive system. This is an important point to keep in mind as many anti-depressants, known as Selective Serotonin Reuptake Inhibitors (SSRIs), have the unpleasant side effect of weight gain.

I have to warn you when you start to eat better you will experience the following effects: more energy, decreased cravings, better digestion, improved concentration, increased ability to handle stress, glowing hair, skin and nails and painless menstrual periods. Prevention is the best medicine and as Hippocrates, the father of medicine, said: “Let food be your medicine and medicine be your food”.

Contact your Naturopathic Doctor to customize a nutritional plan for you today – www.cand.ca and click on “find a practitioner”.

Dr. Christina Bjorndal is a Naturopathic Doctor practising at the Natural Terrain Naturopathic Clinic in Edmonton, Alberta. Call 587-521-3595 or visit www.drchristbjorndal.com

Have an article idea?

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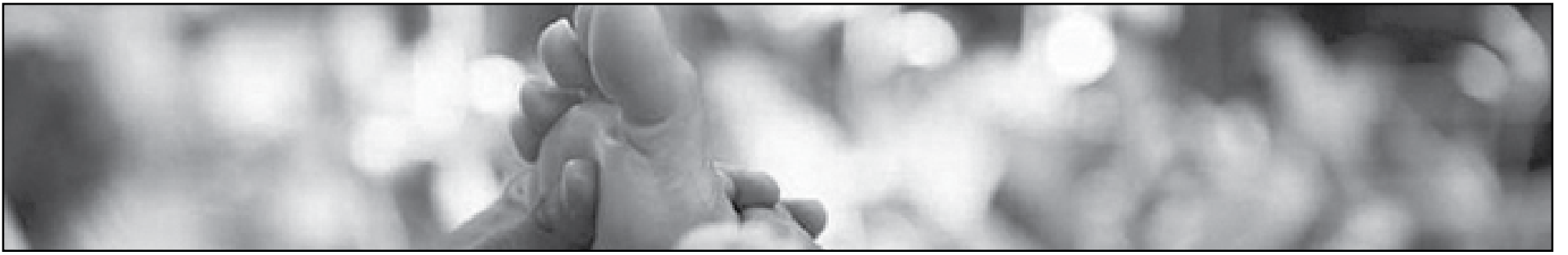
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Health/Wellness



Your Body For Life: There's Foot Pain...and then There's Foot Pain

By Faith Grant, Rejuvenation Health Services

Maybe you've felt it first thing in the morning, as you tentatively put one foot on the floor, fearful that putting weight on it will send a jolt of pain coursing through your body. Walking down the stairs becomes unbearable, as you wince with every step. But the pain subsides as the day wears on. You can walk pain-free, maybe even exercise without any ill effects. It's called "plantar fasciitis" and it's a condition that plagues seasoned athletes, people who stand all day for a living, pregnant women and even those who are sedentary.

As with all "itis" conditions, it's an inflammation. In this case, an inflamed ligament called the Plantar Fascia. It's a fibrous band of tissue on the bottom of the foot that helps to support the arch. The ligament runs from your heel bone to the bones of your toes. The ligament is made of collagen, a rigid protein that's not very stretchy. If it gets inflamed, you'll know about it pretty quickly.

What are the symptoms of plantar fasciitis?

It's usually described as a sharp "electric" pain in the heel, where the plantar fascia ligament starts its journey to your toes. The pain is usually most intense in the morning or after extended periods of inactivity. When not warmed up, the strained ligament contracts and sends you a reminder that it is inflamed when you put weight on it again. You may start to shorten your stride while running or walking and you may also try to compensate for the pain by shifting your weight closer to the front of your foot, away from your heel.

You can develop plantar fasciitis if you:

- Increase your exercise activity too much, too quickly — like adding too many kilometres to your running or walking program,
- Have high arches or flat feet,
- Stand on your feet for most of the day,
- Wear worn-out shoes or shoes that don't support your arch,
- Over pronate — (roll your foot inward when you walk or run),
- Walk around barefoot or in flimsy shoes like flip flops.

Plantar fasciitis is also common in obese people and pregnant women, as the extra weight they carry puts an increased load on the ligament. It is also more common in people with diabetes, although it's not clear why.

How is it treated?

The good thing about plantar fasciitis is that it usually responds well to treatment, if started fairly soon after the pain begins. It usually takes six to eight weeks to begin to see improvement.

If you don't get treatment, the condition could worsen, and you could be looking at a year or more of that morning pain and not being able to take part in some of your favourite activities.

Treatment programs could include:

- Stretching exercises to lengthen the heel cord and plantar fascia,
- Ice massage to the bottom of the foot after activities that trigger heel pain,
- A temporary switch to swimming and/or bicycling instead of sports that involve running and jumping,
- Shoes with soft heels and insoles,
- Physiotherapy using electrical stimulation,
- Acupuncture,
- Orthotics.

What's the prognosis?

Excellent. At least 90 per cent of patients respond to six to eight weeks of conservative therapy. Still, it may be several months before the pain is totally gone.

Faith Grant is a licensed physiotherapist and owner of a full-service sports injury, rehab and wellness clinic called Rejuvenation Health Services located in Terwillegar Recreation Centre.

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Coming Events

Monthly:

Messy Wednesday,

First Wed. of the Month, 4:30-6:30 p.m. at Holy Trinity Riverbend (page 14)

Weekly:

Southwest Edmonton Seniors Association (SWESA) (page 9):

Pickleball, Every Mon., Wed. and Fri. 1:00-3:30 p.m. at TCRC

Bridge, Every Thurs. 12:30-3:30 p.m. at Riverbend Community Centre

Terwillegar Playgroup:

Every Thurs., 9:30 - 11:30 a.m. at Holy Trinity Riverbend (page 14)

Events:

Nov 28: TRAC meeting, Lillian Osborne High School, 7:00 p.m. (page 8)

Dec 1: Coloring Contest Deadline

Dec 1 - Dec 23: Holy Trinity Riverbend Hope, Peace, Life and Love (Page 14)

Dec 19: TCL Christmas Lights Contest

Jan 9: Deadline for submission to Terwillegar Tribune

Feb 4: Next issue release

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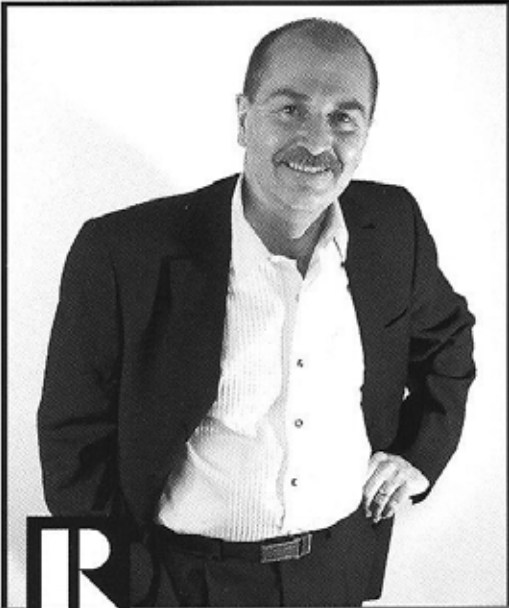
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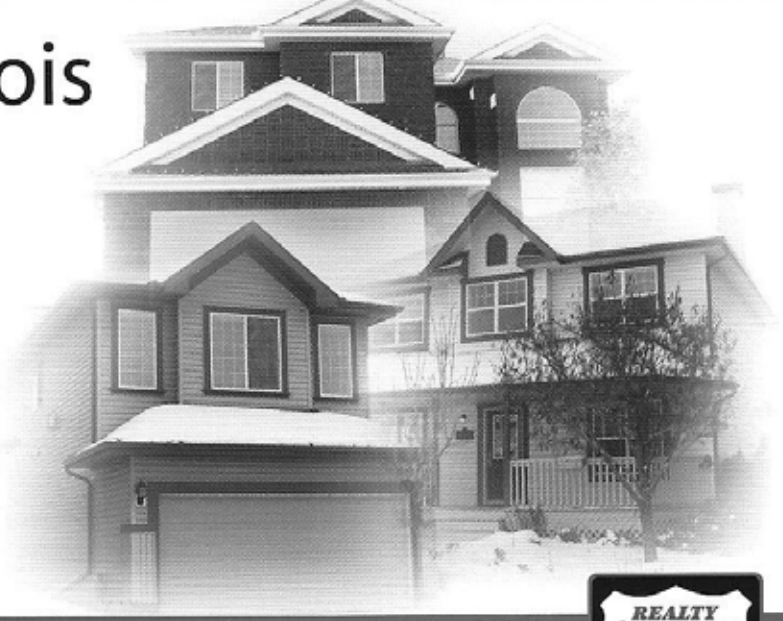
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How to contact the Terwillegar Community League

www.terwillegar.org

- President — James Richardson, president@terwillegar.org
- Vice-President — Dan Reid, vicepresident@terwillegar.org
- Treasurer — Monte Weber, treasurer@terwillegar.org
- Secretary — Laurie Ann Wheeler, secretary@terwillegar.org
- Memberships — Jennifer Dalle Ore, memberships@terwillegar.org
- Programs — Marc Lachance, programs@terwillegar.org
- Program Aide — vacant**
- Community Advocate — Char Bowman, advocate@terwillegar.org
- Community Advocate — Scott Riddell, advocate@terwillegar.org
- Editor — Mandy Jones (temporary), editor@terwillegar.org
- Webmaster — Alison Cairns, webmaster@terwillegar.org
- Communications — Stephanie Gillis-Paulgaard, communications@terwillegar.org
- Fundraising — Stuart Riessen, fundraising@terwillegar.org
- Fundraising Aide - vacant**
- Volunteer Coordinator - Terri Saunders
- Community Garden — Steve Johnson, garden@terwillegar.org
- Neighbourhood Watch — Enza Fata, watch@terwillegar.org
- Directors at Large:
- Mandy Jones (South Terwillegar)
- Kelly Jeffrey (Mactaggart)
- Michelle McWilliams (Magrath)

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