

Terwillegar Tribune

Serving the Communities of Terwillegar Towne, Terwillegar Greens, Terwillegar Gardens, South Terwillegar, Sandalwood, Magrath, and MacTaggart

Terwillegar parks bring more than a playground

By Mandy Jones
Terwillegar Parks Committee and TCL
Communications Director

I'm sure you've seen us, heard of us or attended one of our many fabulous fundraising events. Maybe we've even come to your door to inform you of what we are doing and request your generous donation. We are the Terwillegar Parks Committee, and we have been jointly working on exciting new playground projects for the past few years such as TSNAP (Terwillegar Schools Need A Playground), Magrath, South Terwillegar and MacTaggart.

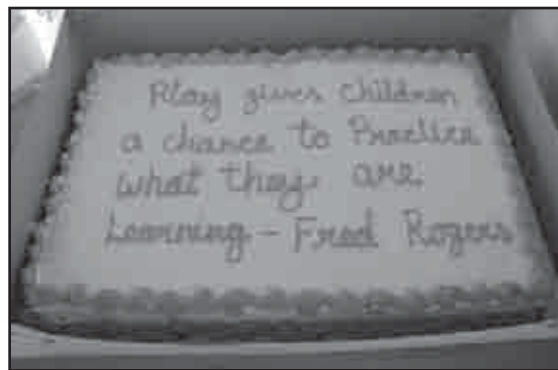
As you may be aware, TSNAP has successfully finished their beautiful playground project at the two schools located between Terwillegar Towne and Terwillegar Gardens. Even as we celebrate its success, we continue to fundraise and plan for three other park developments for you, the residents of Terwillegar: a playground at Magrath Park, a playground AND spraydeck (yes you read spraydeck) at South Terwillegar Park, and another playground at MacTaggart Park.

What you may not know, is that while we are planning a park space, we are doing SO much more than building just another playground. Of course the playground is a valuable asset to the community, but it is only one piece of what we're trying to accomplish.

Consider for a moment what you would use the park space for. A walk with your family...a place to meet your neighbours...a nearby location for your outdoor workout...a safe location for your children or grandchildren to play...to read a book in the great outdoors...or maybe even to play a game of soccer.

A playground and park space are used for so much more than just a place to play. These spaces can be utilized by everyone — in so many different ways. They allow everyone to get outside, be physically active, meet their neighbours, meet their children's friends and so much more. Parks and playgrounds allow everyone to become a part of the community that they live in — to do the things that they enjoy in a location that is safe. A park space helps build community!

For this reason, and many others, we need your help. We know what you're thinking — you're



Clockwise from top left: saucer swing entertains four kids at a time; the main attraction at the park — a teeter-totter that accommodates many; two young girls enjoy a spin; one of the cakes served at the grand opening; MLA Dave Hancock helps cut the ceremonial ribbon.

so busy and you don't know how you could fit another thing into your day. The Terwillegar Parks Committee is made of up of volunteers just like yourself. We are parents, grandparents and concerned community members that saw a need in neighbourhoods. None of us had ever built a park before starting this process. And of course there is a huge time commitment involved when only a few volunteers step forward, but not if everyone chips in.

This is where the community comes in. Volunteer your time, even if you don't have a

lot of it. Donate money. We need the financial backing of the community in order to apply for larger grants needed to build these large scale projects. Provide your feedback to the volunteers and committee members working on your neighbourhood parks.

We need your help in order for these park spaces and playgrounds to become a reality. Help us to build communities and neighbourhoods that we can all be proud of! Help us build a park!

Christmas Lights Contest

Calling all Grizwalds! Light up the winter nights and win a gift certificate for your efforts. Judges will be touring our neighbourhood Dec. 19.

Colouring Contest!
Check it out on page 27.

Next ad deadline: Dec. 28
Next article deadline: Jan. 4

Call Ron Dickson & Associates Today For A
No Cost, No Obligation
Market Evaluation of Your Home
Call Direct 780.918.2635
People You Know, People You Trust



RE/MAX Real Estate Centre
14717 40 Avenue
Edmonton, AB T6B 1N1
Office: 780.438.2000
Fax: 780.801.1048

How to volunteer this month:

- Become TCL's new Program Coordinator or Program Aide and help plan our much-loved events! president@terwillegar.org
- Become TCL's Community Advocate by attending TRAC meetings. president@terwillegar.org
- Help your local park organization fundraise through events, business friendships, or door-to-door requests. magrathpark@hotmail.com; mactaggartpark@gmail.com; SouthTPlayground@gmail.com (Or donate in someone's honour for Christmas!)
- Help the community garden prepare for next year's growing season. garden@terwillegar.org
- Join Neighbourhood Watch and make your neighbourhood safer. www.watch.edmonton.ab.ca
- Write or take pictures for your community paper! editor@terwillegar.org
- Shovel, drive, or otherwise help out your neighbourhood seniors (Page 12).
- Be a Snow Angel and shovel for your neighbour.
- Donate or volunteer at the Blood Drive on Nov. 26 (Page 23).

Get Involved!
 Next TCL board meeting is Tuesday, Jan. 10 at HTR church at 7:30 p.m.

TCGN harvests 616 lbs for food bank



TCGN's harvest time became a family affair.

*By Kim Rost
 TCGN board member*

The Terwillegar Community Garden Network (TCGN) had an exciting fourth growing season. The food bank plot was able to produce quite well with a wet July, followed by nature's balance of a beautiful August and hot summer temperatures into September. A harvest totalling 616 pounds (280 kilograms) of garden fresh vegetables was donated to the Edmonton Food Bank.

The food bank harvest is not only weather dependent, but is subject to the volunteer hours spent on planting, care and maintenance. This year, we developed a new partnership with the local Monsignor William Irwin Catholic School. The board worked with teacher Angela Flanagan to coordinate an after school club made up of students from Grades 3 to 6.

The Garden Club met twice a week in the spring and devoted their time to a food bank plot measuring 1440 square feet (134 square metres). The students learned about string lines and seed spacing as they planted potatoes, carrots, beets, parsnips, squash, turnips and onions. They then focused their efforts on row markers, watering and weeding before adjourning for the summer holidays. The club did reconvene this fall for a session, and it was great to see some familiar faces come help out at Harvest Fest.

On Friday, Sept. 30, the TCGN had a great turnout for our first annual Harvest Fest event. With all the volunteer effort, we had the food bank garden harvested in just an hour and a half. This left plenty of time to roast hot dogs, build scarecrows and play games. Thank you to everyone for their volunteer time and energy! The event was a great way to come together as a community and give to the Edmonton Food Bank.

Although the garden has been enjoying successful harvests, there is still a lot of work needed to create the permanent plot structure and garden vision plan. This plan includes more garden plots, as well as an increase in plot size, picnic area and trees. Thank You to TD Canada Trust in South McTaggart for the \$5000 donation that will be directed toward this vision. The community garden would also like to thank the Home Depot in Windermere for donating a rototiller. The TCGN will be working with the Terwillegar Community League and the city in phases toward completion.

If you are interested in acquiring your own garden plot, want to join our events or help with the food bank plot, fundraising, events or operations, please contact us at garden@terwillegar.org. To learn more about the community garden, please note that our Annual General Meeting is scheduled for the first weekend in March. Check the TCGN website for updates at www.terwillegar.org/garden. We look forward to working with you as our community garden grows!

The TCL Board is looking for a new

Editor

for the Terwillegar Tribune.

If you are passionate about this community and the written word, please send your expression of interest in this paid position to president@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

Hundreds gather for Halloween fireworks

By Areni Kelleppan
Prior TCL Program Aide

As usual, Halloween night in Terwillegar was a spooky and very busy affair for the many Harry Potters, witches, princesses, ghosts and cartoon characters wandering about, yelling “trick or treat” before even a knock on the door or ring of the bell....

And we should not leave out the many homeowners who carved jack-o-lanterns, put out ghoulish cobwebs and provided a bit of monster mash to all the eager little (and not so little) trick or treaters coming to their doors. Ah yes, Halloween hits hard in the Terwillegar community, and the Terwillegar Community League (TCL) tries to answer all the excitement and enthusiasm for the night with a little help from some great community sponsors. The TCL Halloween event seems to grow in popularity, and residents and local businesses truly get into the spirit of the night.

Starting a little before 7 p.m., Jon Connell and I set up the hot chocolate and treat stand at the gazebo (special thanks to the Mac's store on Towne Centre Blvd. for the hot chocolate.) Ron Dickson and his team were there in full Halloween regalia offering some hot chocolate, coffee and treats of their own to warm up many a child and parent. (Thanks, Ron!) Even though we doubled the amount of hot beverages on offer, we still ran out in about half an hour which tells us how popular this event has truly become. This year, we were also able to hand out 150 glow sticks (provided by Aerial Fireworks) before we headed down to Tomlinson Common Park a little before 8 p.m. to prepare for the annual fireworks show. Fortunately for us all, the weather cooperated, and it was clear — if just a wee bit windy and chilly!

We had volunteers from Lillian Osborne and Harry Ainley help to secure the perimeter of the park (thank you Sebastian, Nicholas, Lauren, Jelena and everyone else who stepped up to make the show possible!) At 8:01 p.m., the fireworks began to the delight and appreciation of a huge crowd. Connell and I lost count at about 800 spectators which was up by at least a couple of hundred from last year. Rick of Aerial Fireworks (courtesy of TCL) did another great job of providing a fireworks display that ooh'd and ah'd the crowd for almost 20 spectacular minutes.

This is the last event for Connell and I as we've stepped down from our program roles with the Terwillegar

Community League. It's with a bit of a tear that we leave since coordinating programs has been extremely rewarding and the events we've done seem to grow in popularity every year — especially our Halloween night. This is a great community to be a part of and we welcome the new programmers into an exciting role within TCL.

Clockwise from top right: a small sample of Terwillegar's fabulous fireworks; inflatable decorations entertained; even adults got into the fun; houses upped the fear factor by enclosing porches; kids bundled up for the event; elaborate decorations lined the streets.



AGM leaves great volunteer opportunities

By Mandy Jones
TCL Communications Director

This year, the Annual General Meeting (AGM) for the Terwillegar Community League (TCL) was attended by a small, but dedicated number of community members. Approximately 30 individuals from the community, subcommittees of TCL and board members, as well as the Honorable Dave Hancock attended the meeting held October 20 at Holy Trinity Riverbend Church.

The evening started with the Terwillegar Parks Committee showcasing their park designs. Magrath Park unveiled their site development plan, including the layout and equipment for their playground. South Terwillegar Park presented their concept plan, outlining what their visions are for the park site. While this project is still in the design phases, individuals who commented indicated that they liked what they saw. And MacTaggart Park raised awareness for their location.

The AGM started with President Jon Dewarle providing an overview of TCL's mission which is achieved through the neighborhood watch program, social events, various communications, volunteer opportunities, parks and playgrounds, Green Shack programs, our community garden, recreation centre access and more. All of this cannot be achieved without our dedicated volunteer board members, park committee members and event volunteers.

Updates were then given by the rest of the board. Treasurer Monte Weber provided an overview of the 2010-2011 financial statements with a detailed budget presentation. Membership Coordinator Lorrie Payne provided a breakdown of membership sales. Program Coordinator Jon Connell reviewed the programs that had been offered by the league including the summer Green Shack, Family Day, Canada Day, Halloween and the Christmas Lights contest. Unfortunately, Connell and Program Aide Areni Kelleppan are both stepping down from their positions this term, leaving both of the program positions vacant.

Fundraising and Park Development Coordinator Michelle McWilliams provided a summary of the 2010/2011 fundraising events including the Casino, Toonie Carnival, Yoga in the Park, various business fundraisers, the I've Outgrown it Sale and the playgrounds' door to door campaigns. It has been a successful year for the playgrounds, but there is still a long way to go with park fundraising. For the upcoming year there are many prospective initiatives planned including Music in the Park, a silent auction/wine and cheese, a summer park event, a community paper mail-in and door-to-door donation campaign, four to five business-sponsored events and more I've Outgrown It Sales.

It was announced that TSNAP playground is now open! Magrath Park is slated for a target

build of 2012, with South Terwillegar Park targeted for 2013 and MacTaggart Park for 2014. These dates may change with the availability of funds, grants and city resources. Dave Hancock presented a plaque thanking the community for their involvement in park development and for the success of the TSNAP build. He encouraged the Parks Committee to work together with him to make the playground builds a success.

Communications Director Mandy Jones provided information outlining the league's main forms of communication including the website which is currently under re-construction. Newsletter Editor Terri Saunders provided a quick summary of the Terwillegar Tribune and announced that she will be stepping down from her position as Editor, leaving the position vacant. She will stay on until a suitable candidate is found. The Community Advocate position also remains vacant.

Thank you to our guest speakers Linda Bombardieri with the City of Edmonton and Charlene Bowman with the School Council at Esther Starkman School who presented issues facing the overcapacity of the school and the need for more local schools.

There remain many opportunities to get involved in this vibrant and caring community. On behalf of the board, we hope you consider contributing your time, energy and support to your community league this coming year. Please contact the board to find out how you can help!

pet planet

www.petplanethealth.com



15th Anniversary CELEBRATION!

November 26 & 27, 2011



There is nothing more important to us than your pets' health

PET PLANET RIVERBEND

708 RIVERBEND SQUARE

T: 780.433.7474

100% GROOMING & NAIL TRIM PROCEEDS TO KALI'S WISH!

SATURDAY NOVEMBER 26TH ONLY

SAVE 10% ON TOYS, TREATS & ACCESSORIES

SUNDAY NOVEMBER 27TH ONLY

*excludes dry food, canned food, raw food and supplements.

PET GAMES, TREATS AND GOODIE BAGS!

WHILE SUPPLIES LAST!

VISIT PET PLANET RIVERBEND DURING PET PLANET'S 15TH ANNIVERSARY TO REDEEM THESE COUPONS

FREE

PET PLANET 15TH ANNIVERSARY GUARDIAN HEALTH MANUAL



*Valid at Pet Planet Riverbend only on November 26th or 27th, 2011 only while quantities last.

53869201

FREE

PET PLANET FOOD SCOOP!



*Valid at Pet Planet Riverbend only on November 26th or 27th, 2011 only while quantities last.

6854951

FREE

PET PLANET 15TH ANNIVERSARY COUPON BOOK!



*Valid at Pet Planet Riverbend only on November 26th or 27th, 2011 only while quantities last.

7249510

Fundraising continues for Magrath Park

By Jennifer Ocloo
Magrath contributor

The Music in the Park event was held in Magrath Park on Sept. 18 on a beautiful fall day. Congratulations to M. Pearson who won the fabulous gift basket supplied by Shopper's Drug Mart at Mactaggart. Over 250 residents came out to look at the park designs and enjoy wonderful music by the Freedom band and Verlin Rau the Cowboy Poet. The kids had a great time doing crafts, getting air brush tattoos and jumping in the bouncy house.

We had a lot of help this year from Shopper's Drug Mart at Mactaggart who supplied the talented face painters and treats, and also from Ron Dickson and Associates who brought along the balloon guy and treats. Kudos to them as the extra treats were brought over to the Youth Emergency Shelter the next day.

The fundraising efforts continue as we are close to our target, but we still need thousands of dollars to complete the build as we had envisioned. We are still in the running for a 2012 build if the provincial and city grants are approved as expected. That's a huge \$375,000 in grant funding needed for our build.

A call out to all motivated and enthusiastic volunteers who would love to be part of the group that pushes for the last bit of funds needed. It's a great way to meet new friends, be involved and accomplish something big.

Thank you to everyone who came out and supported the

project. With your help we raised close to \$5,000 at the Music in the Park event. Our next step is to work on business promotions with our local businesses. We have just completed a successful promotion with Famoso Neapolitan Pizzeria at Magrath. They helped raise \$2,000 by donating \$.50 from every dessert during the summer months.

Please contact me at MagrathPark@hotmail.com for volunteer opportunities or if you are a local business wanting to get involved.



Clockwise from top left: residents enjoy the park setting and music; face painting tickled many a cheek; the ultimate bouncy castle; a balloon artist supplied by Ron Dickson and Associates.

Community sale boasts resounding success!

By Michelle McWilliams
TCL Fundraising Chair

The Terwillegar Community League's fall "I'm Too Big For It" sale was held on Sept. 10 at Esther Starkman School, and it was a huge success! This was the first time the sale has been held in Terwillegar; in the past it has always been held at Riverbend Community Hall. With the new location, we were now able to accommodate over twice as many vendor tables — which is great considering the long waiting list for tables in previous years.

The doors opened to the long line of people waiting outside at 10 a.m., and the crowd stayed fairly constant for most of the sale. With 45 different vendors, there was a large selection and variety for people to choose from, consisting mainly of clothing, toys, games, books and movies. There was also a large item area set up in the back of the gym that was stuffed to the brim with strollers, car seats, playpens, exersaucers, bicycles, jolly jumpers, train tables, chalkboards and more.

While the sale was a success, there is always room for improvement. Based on the feedback from vendors and attendees, we will be making some changes to the next sale. The first will be a slight decrease in the number of vendors. With this being the first time the sale was held at the school, we did not know exactly how many tables we could fit. Based on measurements we were given of the gymnasium and hallway space, we had to make our best "guesstimate." While we were able to still accommodate all 45 vendors, it was definitely a tight fit.

The second change will be the setup of the large item room, limiting five items per vendor, having all items marked with table numbers, and having maps showing where that table is in the room. The final change will be a \$2 donation entrance fee, with all funds raised going towards the development of parks and playgrounds in the Terwillegar area.

The spring "I'm Too Big For It" sale will be on April 14 and will be held again at Esther Starkman School.

If you are interested in a vendor table for the next sale, watch for the ads and be sure to get your vendor application and payment in quickly. With the success of the past sale the tables will sell out fast!



South Terwillegar park representatives Danielle and Mandy helped make snacks and refreshments available during the sale.



Vendors and savvy parents packed the Esther Starkman gym for the "I'm Too Big For It" sale on Sept. 10.

Things to watch for!

The Terwillegar Community League (TCL) purchased seven 4x3 foot double-sided **sandwich boards** to be used to advertise events. These will be placed throughout the Terwillegar community prior to park fundraiser events, community events, the I'm Too Big For It Sale and more.

The sandwich boards have the TCL logo (see below) on the top on both sides, and the website on the bottom. Don't miss your opportunity to get involved!

Speaking of websites ...

The Terwillegar Community League is currently updating its **website** to be more user-friendly and up-to-date. Watch for the exciting changes at www.terwillegar.org!



Local youth inspire others to “be the change”

By *Alix Paul*

Terwillegar Towne Contributor

My name is Alix Paul, and along with my friends, Maria Wozniak and Cassidy Reglin, we are part of a global movement of youth called Free the Children.

Free the Children was founded in 1995 by 12-year-old Craig Kielburger when he saw a newspaper article that caught his eye. It was about a nine-year-old Pakistani boy named Iqbal Masih who had escaped child labour, spoke up, and became a leader in a movement to stop child labour. Iqbal was later shot and killed because he spoke out. Craig brought the article to his Grade 7 class and asked if anyone would like to help him continue Iqbal's fight. Eleven hands shot up. Thus, Free the Children was formed, and now, 15 years later, it is the largest global movement of youth helping youth through education.

Last year was our first year with Free the Children. We formed a group (with just the three of us in it) and called ourselves WeCan. We collected food in Terwillegar Towne for the Edmonton Food Bank through a Free the Children campaign called Halloween for Hunger. We took a vow of silence, because sometimes, the quietest actions create the loudest responses, and we raised \$455 in pledges. We did a five-day-long campaign called Five Days for Freedom, in which



From left to right; bottom up: Kianna, Maria, Abigail, Cassidy, Mark, Alix, Chelsey and Jasmine.

we created powerpoint presentations and went to local schools, talking to over two hundred kids about Free the Children and the many issues that affect children around the world. And to top it all off, we created and sold handmade soaps called Be the Change and raised a total of \$671 to go towards the Youth Emergency Shelter Society and a clean water project for a village in Kenya that we adopted. All in all, we raised over \$1,000 for local and global organizations.

That was year one. This is year two.

This year, we plan to do everything again, but

bigger! Our first campaign was a special soap campaign to support Africa. Africa is having one of the worst droughts in sixty years, and it's affecting communities everywhere. We're happy to say that we raised \$488 for emergency relief in Africa through our soap campaign. We sent in the money on Sept. 2, and it was doubled by the government, making a total of \$976 for drought relief in Africa.

Our next campaign (and the most fun) was Halloween for Hunger. Last year, after going to one hundred and eight houses and receiving two corporate donations, we collected a grand total of 638 items weighing in at 606 pounds of food for the Edmonton Food Bank. We were excited to see some new faces helping out this year and are proud to announce that our grand total was 1,330 pounds of food (more than double what we got last year!)

Being part of Free the Children has made us feel like we are doing some good. We know that when we raise money, collect a can of food or talk to fellow students about the many issues around the world, we are not only supporting our community, but our peers overseas as well. For more information on Free the Children, visit www.freethechildren.com. If you'd like to know more about our group and what our goals are for the year, email us at wecan367@gmail.com.

Vocal group prepares for Christmas in song

By *Claire Schneider,*

South Terwillegar contributor

The Lynne Singers, an Edmonton choral group, was founded in 1974 by one of our own Terwillegar residents — Lynne Frances. Frances is the director and principal accompanist of the group, which consists of both men and women from all over the city, and has been entertaining audiences of all ages for over 30 years. Rock and Roll, Christmas Carols, Big Band Swing, gospel and musical theatre are among their specialties.

In addition to annual spring and Christmas concerts, the group also shares their gift and love of music with those in nursing homes, hospitals, senior centres and at special events across the city. The Lynne Singers are currently busy preparing for their upcoming Christmas Concert, “Can't Wait for Christmas: A Celebration in Song,” which will take place on Dec. 13 at the Polish Hall at 10960 — 104 St.

What makes Frances most proud is to watch everyone as they leave the stage after a concert. “I'm very proud of the fact that a group of amateurs in a non-auditioned chorus can put on a very professional performance and have a really good time doing it. A lot of these people didn't think they could do this. The boost to their confidence is so much fun for me to see. Everyone can and should sing. We've managed to create a situation where that can happen for just about anyone.”

Seeing friendships build over the months and years is something else that brings Frances great happiness. “There is still a group of our former singers that get together for coffee. They've been doing it for years and years — long after they've left us. And every concert has a whole bunch of alumni in our audiences.”

For those who are interested in expanding their talent, the group is welcoming new members and sings an assortment of ensembles. Experience and training are, of course, welcomed but definitely not required. Frances likens the group to a one-room school, and if you love to sing, can carry a tune and are willing to learn, she encourages you to give the group a try at new intakes in January and September. New members are

provided with rehearsal recording CDs so that everyone has their part with the accompaniment to aid in home practice. “For a choral member, every little bit you learn makes the next piece of music easier,” says Frances.

Membership in the group has a whole lot to offer. Check out the website for details, and in the meantime, check out the talent at the group's upcoming Christmas concert! Tickets are available at the door or in advance by calling 780-469-1914.



The Lynne Singers perform on the steps of City Hall.



THE LYNNE SINGERS



Santa's House

presents

CAN'T WAIT FOR CHRISTMAS!

A Celebration in Song



Tickets:

\$15.00 in advance
\$20.00 at the door
(advance tickets available till 11 December 2011)

Tickets available from any SINGER, or call 469-1914

No Refunds

One price fits all!

Tuesday
13 December 2011
7:30 p.m.

Polish Hall
10960 - 104 st.

Volunteer angel found in Terwillegar area

By Stephanie Gillis-Paulgaard
 TSNAP Committee Chair and Terwillegar Gardens Contributor

Jennifer Dalle Ore and her family have lived in Terwillegar Towne for eight years. For those of you that don't know, Jennifer was Co-Chair of the school playground project and she is considered an angel by many.

Dalle Ore started volunteering in elementary school and she hasn't stopped! She has volunteered for the Heart and Stroke Foundation, the United Way, the Edmonton Humane Society, the Canadian Cancer Society, and her children's preschools and elementary schools. She truly believes that it is a simple act of time that can help so many.

When asked why she made the decision to join the TSNAP Committee, her answer was honest and heartwarming. "I want to make a difference in my community. I want it to be a great place to live and raise a family. So, when I heard that the schools needed a playground I wanted to help to get it done as soon as possible. I have two children and I could not imagine them spending their school years at a school without a playground. Playgrounds are where families meet and get to know each other. It's something I felt was very important for the community."

Jennifer has been involved in other volunteer

initiatives, but the school playground project has been her biggest undertaking yet. We learn something with everything that we do and I asked Jennifer to share what her biggest surprise was about the playground project. "To be honest, the most surprising thing about the playground project was the lack of volunteers to help with the project," she stated. "I think people often shy away from volunteering because they think it will turn into a huge time commitment, but it doesn't have to be that way. An hour or two of your time helps. You can volunteer as much or as little as you can, but know that just by volunteering you are helping make a difference."

So even after spending eighteen months working on the TSNAP project, Jennifer is already committed to helping the South Terwillegar Playground Committee, when and where she can. Like I said earlier, she really is an angel! Her willingness to share her knowledge and her time is a true gift. One would think after eighteen months of hard work that she would take a break and allow other community members to get involved and receive the same award she has over her many years of volunteering. Simply put, and in her own words, "I'm really excited about the proposed spray deck and I'd like to see it finished before my children are too old to enjoy it!"



Jennifer Dalle Ore and her family enjoying a much-deserved vacation.

It's fitting to leave you with the following thought — Volunteers are often the glue that holds a community together.

Door-to-door campaign

Watch for members of the Four Parks Group. They'll be knocking on doors to raise funds for your local park project. Donations of \$20 and more will receive a tax receipt.

Local kids raise over \$400 for the Stollery



Left to Right: Ava, Elle, and Sydney during the cheque presentation.

By Jenn Gilliard
 Terwillegar Towne contributor

Sept. 11, 2011 was an exciting day for three Grade 1 students. Elle, Sydney and Ava held a fundraiser which included a penny drive, bake sale and lemonade stand to raise money for the Stollery Children's Hospital Foundation.

The girls had been talking about different ways they could help

the sick kids. With a little help from their families, the fundraiser became a reality!

Despite a very rainy and windy afternoon, family, friends and neighbours came together to support the cause. Some came with plastic bags filled with pennies, some had a larger donation and some others who couldn't be there mailed in their donation. Brownies, coffee, and even ice cream cones, as well as face painting, were offered to those who stopped by.

All those involved with the "Kids Helping Kids" fundraiser were very proud and excited about how much money was raised to help the children at the hospital. A big thank you to all those who donated to the event. A cheque was presented to the Stollery Children's Hospital Foundation for over \$400. It was a cool way to raise money for cool kids!

All proceeds went to the Stollery Children's Hospital Foundation.

CRAIG@WATSONHOMES.CA

*Don't feel pressured...
 Trust a Friend!*

Craig Watson
 REALTOR®



RE/MAX®

Real Estate Centre

Each Office Independently
 Owned and Operated

780-438-7000

780-906-9949



Your Friend in Real Estate

Movie theatre opening delayed



Windermere's high-tech movie and games complex was expected to open in the fall of 2011 but has been delayed. Cineplex Entertainment now states it will open sometime in the first half of 2012.

New southwest police station well underway



Edmonton Police Service

While construction began early in 2011 and

involved the tedious work of site preparation and foundation pilings, Edmonton Police Services' new Southwest Division building is now taking a defined shape with ongoing concrete-slab pours and structural steel being erected. These latter developments have occurred within the past several weeks and continue to help visually

define the many areas to be comprised within. While the late spring and unseasonably wet summer provided some challenges for the construction crews to overcome, recent dry and warm weather has allowed the pace to quicken once again.

"If our fall continues the way it has been going, we should be able to make up some of the time we lost over the summer due to all the heavy rains which delayed some of our ground work and concrete pours," says construction site superintendant Aubrey Komant of Clark Builders. "We will be concentrating on getting

most of the structural steel in place so that we can begin tarping up exterior walls and getting ready for cooler weather ahead."

Komant is still optimistic for a projected completion of fall, 2012.

The 73,000-square-foot building located at 1351 Windermere Way, is situated directly west of the community of Ambleside and is readily accessible by proceeding south on Terwillegar Drive from the Anthony Henday and then turning right (west) onto Wates Link.

Keep home and auto crime away this holiday

Edmonton Police Service

It's the season for joy and happiness, but also the season to be wary of burglars and thieves. Nothing can ruin the holiday spirit faster than becoming a crime victim.

Unfortunately, criminals view the holiday season as an opportunity to burglarize your home and car for gifts, cash or other valuables.

The following are some tips for your home:

- Be sure to check and lock your doors and windows when you leave your home.
- Do not display your Christmas tree and gifts in a window visible from the street. Criminals may be tempted to smash the window to steal packages or plan a break-in.
- Use indoor/outdoor light timers when you are away.
- If you are away, ask a neighbour to take in your mail and newspapers, and clear your walks and driveway of snow when needed.
- When going out in the evening, turn on lights and a radio or television so the home appears to be occupied.
- After Christmas, do not leave empty gift boxes by the garbage. This is an advertisement for thieves. Collapse the boxes or cut them up to conceal the items. Please remember to recycle.

The following are some tips for your car:

- Park in a well-lit area of the shopping mall parking lot.
- Do not overburden yourself with packages and bags.
- Keep your vehicle doors and windows closed and locked.
- Lock gift packages in the trunk of your car. If you have an SUV, use a blanket to cover purchases.
- Check the back seat before entering your car.
- Never leave your car running unattended.

The Edmonton Police Service wishes you a happy holiday season!

Cross Country Ski Trails

Edmonton is home to some of the most scenic cross-country ski trails in Alberta. Why not check them out!
Trail conditions are updated regularly at:

www.edmonton.ca/attractions_recreation/sport_recreation/cross-country-skiing.aspx

PRINTING

DIGITAL & OFFSET

BUSINESS CARDS

COPYING BANNERS LABELS

ENVELOPES MAGNETS

LETTERHEAD PLAQUES

GRAPHIC DESIGN

BLUEPRINTS

INDOOR/OUTDOOR

YEARBOOKS FLYERS MAILINGS MENUS PHOTO-BOOKS

STICKERS

POSTCARDS

NCR FORMS

BROCHURES

INK STAMPS

NOTE PADS

BOOKLETS

POSTERS

SIGNS



The UPS Store
In Terwillegar

T. 780.434.7676
F. 780.434.7606
14032 23rd Ave
Edmonton, AB
T6R 3L6

www.yourlocalcopyandprintcentre.com

Shopping carefully keeps your holiday joyous

By Enza Fata

Terwillegar Towne Neighbourhood Watch Zone leader

The holiday season is a time when busy people can become careless and vulnerable to theft and other holiday crime. The following tips can help you be more careful, prepared and aware during the holiday season.

- Shop during daylight hours whenever possible. If you must shop at night, go with a friend or family member.
- Dress casually and comfortably.
- Avoid wearing expensive jewelry.
- Do not carry a purse or wallet, if possible.
- Even though you are rushed and thinking about a thousand things, stay alert to your



credit card issuer immediately if your credit card is lost, stolen or misused.

- surroundings.
- Avoid carrying large amounts of cash.
- Pay for purchases with a cheque or credit card when possible.
- Keep cash in your front pocket.
- Notify the credit card issuer immediately if your credit card is lost, stolen or misused.
- Keep a record of all of your credit card numbers in a safe place at home.
- Be extra careful if you do carry a wallet or purse. They are the prime targets of criminals in crowded shopping areas, transportation terminals, bus stops, on buses and other rapid transit.
- Avoid overloading yourself with packages. It's important to have clear visibility and freedom of motion to avoid mishaps.
- Beware of strangers approaching you for any reason. At this time of year, "con-artists" may try various methods of distracting you with the intention of taking your money or belongings.

Have a safe and happy holiday season!

Neighbourhood Watch: Are you a member yet?

What IS Neighbourhood Watch?

It's a program aimed at reducing crime in the community. Becoming a member is fun and easy! All you have to do is:

- Be a little social.
- Get to know your neighbours and introduce them to the Neighbourhood Watch Program.
- Encourage residents to watch out for each other to reduce crime in your community.
- Use your eyes and ears to become active citizens for the police. Report no matter what!
- Receive ENW materials and support on how to report suspicious activity in your neighbourhood.
- Receive the many safety tips to reduce opportunity for crime to occur.

It's people helping people to prevent crime!

The emergency number for reporting a crime in progress is 9-1-1.

The phone number for non-emergency complaint calls is 780-423-4567.

Neighbourhood Watch Member Application



The Edmonton Neighbourhood Watch Program would like to give you this special invitation to join the program so you can help prevent crime in your community.

Application Date: _____ Community: _____
(Year/Month/Day)

Address: _____ Postal Code: _____

Residence phone number: _____

Applicant #1 : Male Female Applicant #2 : Male Female

Name: _____ Name: _____
(Surname/First/Middle) (Surname/First/Middle)

Age:	18-25	26-35	36-45	Age:	18-25	26-35	36-45
	46-55	56-65	66-75		46-55	56-65	66-75
	75+				75+		

Year of birth (optional): _____ Year of birth (optional): _____

Alternate contact number: _____ Alternate contact number: _____

Email: _____ Email: _____

- I agree to allow my personal information collected on this form to be shared within the Edmonton Neighbourhood Watch Program Society.
- I agree to allow my personal information collected on this form to be shared with partner organizations of the Edmonton Neighbourhood Watch Program Society.

Membership with the Edmonton Neighbourhood Watch Program Society may be withheld if the applicant does not live in the City of Edmonton or is under 18 years of age. The personal information on this form will be collected, used, and disclosed as authorized by the Freedom of Information and Protection of Privacy (FOIPP) Act and shall not be used for any other purpose without the written consent of the applicant.

Signature: _____ Signature: _____
(Applicant #1) (Applicant #2)

Office Use Only

Date received: _____

Date entered: _____

Please mail your completed application to:
Edmonton Neighbourhood Watch
#101, 9644-54 Ave NW Edmonton, AB T6E 5V1
Phone (780) 433-7458 Fax: (780) 822-7152
E-mail: admin@enwatch.ca



In September of 2012 Mother Margaret Mary Catholic High School will open its doors to high school students (Grades 9-12) in Riverbend/Terwillegar and surrounding communities. This is an exciting time for many who have been patiently waiting for a Catholic high school in this particular area. Preparations and construction have been ongoing for the past two years and will be completed before Christmas.

Six lead teachers will be selected to furnish this high tech, 21st century school with superior equipment and educational resources. This selection has taken place and will enable the 'lead team' to begin work regarding programming, curriculum and course offerings. Leading this team will be Assistant Principal, Shelagh Pedersen and Principal, Kim Brophy.

Mrs. Pedersen has been in education for the past 30 years. She has a Bachelor of Education degree with two majors in Physical Education and Special Education. Teaching at a variety of schools in the Edmonton Catholic School District, Mrs. Pedersen has taught from Grade 1 to Grade 12 and spent several years teaching Special Education. Although presently an Assistant Principal at Holy Trinity High School, she spent the previous 11 years at St. Francis Xavier focusing on CTS (Career and Technology Studies). She loves working with technology and media developing video and communication programs including a studio with school-wide broadcasts. Many of her students have graduated and pursued careers in media and television. She is active on numerous school and district committees and has coached volleyball and swimming. For her personal time (what personal time you ask?), Shelagh enjoys time with her family, travel, cycling, golf or skiing. Mother Margaret Mary Catholic High School is blessed to have such a strong leader!

Mr. Brophy is currently the principal of Archbishop Joseph MacNeil Catholic Elementary/Junior High School. For the past six years, he has been busy building a strong educational setting with his staff at AJM. As AJM is the feeder school for Mother Margaret Mary, Mr. Brophy and Mrs. Pederson will be working closely with next year's administrative team of AJM. An educator for the past 31 years, Kim has been an administrator for the past 21 of them. He has a Bachelor of Education degree majoring in Music and minoring in Physical Education. His Masters of Education is in Counseling Psychology. He is a graduate of Edmonton Catholic Schools attending St. Clare from Grades 1-9 and St. Joseph for Grades 10-12. He loves bringing a team together in partnership with parents to collaborate and develop a strong and full educational setting that develops all aspects of the student's life. This includes building excellent fine arts programs and athletics in a Christian environment where respect and individuality are valued. Mr. Brophy has coached volleyball, swimming and cross country running. For his personal time, at the top of the list is his family. Active in regular exercise and fitness, Kim plays many sports and also plays jazz music in a duo with one of his sons.

Shelagh Pedersen and Kim Brophy
invite you to visit
their website
listed above.



Any questions or queries can be
directed to either administrator at:

Shelagh.McCauley-pedersen@ecsd.net
Edward.brophy@ecsd.net



ABCs of action, balance and creativity abound



École
Monsignor William Irwin
Catholic Elementary School
Learning Through Faith, Hope and Charity

By Administration
Team Reny Clericuzio
and Denise D'Agostini
École Monsignor
William Irwin School

September, October and November have been very full months. Our school population

increased by over 145 students this fall, making our total population close to 470 students. We are experiencing growing pains but have seen an increase in kids in action. Our Running Club has grown to almost 100 students who have participated in two running events — the Edmonton Catholic School District (ECSD) Fun Run and the Terry Fox Run.

We have had a hot lunch program each month sponsored by our parents and the "Healthy Families Initiative." So far, the students have had balanced meals that have included healthy hamburgers and sloppy joes, and November is chicken soup. Many thanks to our parent volunteers who, together with our dietetic interns from the University of Alberta, have made eating healthy a hot topic at the school.



In October we helped to celebrate our community play park opening. The TSNAAP committee headed up by one of our parents had the fastest built park in the city. During the opening, Minister David Hancock spoke about the provinces' commitment to fitness and children in action. A BIG

thank you goes out to all families who supported the fundraising and made donations to see the park come to life. Also a big thank you to Stephanie Gillis-Paulgaard who worked countless hours on behalf of our students to get the new park built. The park has become a central part of our recesses and outdoor play. It truly is amazing with the newest types of playground equipment in the city.

Our music program this year is being led by Mrs. A. Gaboury. The students are learning to play hand bells, sing and read music, and the Grades 4 to 6 are beginning to learn how to play the string instruments. Also with music, we have a strong dance program led by Ms. L. D'Agostini. Each class receives 30 minutes of dance each week and our Liturgical Dance program continues. Our students are also fortunate to have a



Liturgical Music program led by Mme. Brassard and Mr. Pagacz. Each week, students receive 30 minutes of singing instruction that brings the music and songs from our Liturgical Celebrations to life. We would like to thank our dedicated and talented teachers who are

enriching the lives of our students with music, song and dance.

Our Christmas concert dates have been set. The Kindergarten Family Christmas Activities will be held on Dec. 15. Our Christmas concerts for Grades. 1 and 2s will be Dec. 19 and the Grade 3 to 6s concert will be held Dec. 20. We wish everyone a blessed Advent and Christmas Season!

Muttart Conservatory

One thousand poinsettias transform the Feature Pyramid into the blue and white landscape of the Snow Queen's Garden.

"The Snow Queen's Garden"

is on display from Nov. 26 to Jan. 9

Overcrowding of new school brings concern

Esther Starkman Parent Council

Esther Starkman School is a fantastic addition to our community, but it cannot service all of our community. The Parent Council at Esther Starkman school is concerned about the future of education in new neighbourhoods and would like you to be aware of the issues:

- Esther Starkman School is already, in year two of operation, running over capacity by approximately 50 students. This number is expected to be 200 by fall, 2012.
- Modulars (detached classrooms) are arriving (hopefully in January) to try and relieve some of the pressure; however, beyond the two modulars, there is nowhere else for the school to expand.
- Esther Starkman cannot turn away students within zone boundaries. This means that

no matter how many students there are per class, or how many “specialty areas” (library, music room, etc.) are turned into classrooms, there is no cap on registration numbers.

- Students who are moving into new areas (Windermere, Ambleside etc.) will be bussed to under capacity schools as a result. The amount of time that a child can commute by bus, according to Edmonton Public School Board (EPSB) policy, is 90 MINUTES each way — up to three hours in a single day.
- There are currently NO plans to build a new school in this area. Instead, Edmonton Public Schools has promised no more school closures for the next two years. This means that under capacity schools, which are old and expensive to run, will remain open. Keeping under capacity schools open draws from funds that should be allocated

to communities where schools are already overflowing.

How can we help? In order to be heard, we must come together as one, large, strong body of concerned parents and community members. We need your help to show the EPSB that this is an issue and that we are concerned about this as a community.

If you support this cause and want to help, please sign a copy of the letter we drafted to the school board.

Contact the Parent Council at esscexecutives@gmail.com for your copy. You can then email it in to Dave.Colburn@epsb.ca or fax it to 780-429-8318.

If we all speak up, hopefully we can make an impact and a change to the plan that is currently in place.

Lillian Osbourne offers a musical sleigh ride

Lillian Osbourne Fine Arts Department

Fast approaching is our holiday season, a time when family and friends gather to enjoy each other’s company, sing songs and express our gratitude and love. This year, Lillian Osbourne High School celebrates this festive season with a magical production entitled “A Sleigh Ride Together — a festive celebration of the arts.”

Students in our concert and jazz bands, musical theatre, drama, dance and visual arts will present this heart-warming performance at the University of Alberta Timms Centre for the Arts on Dec. 15 and 16 at 7 p.m. Tickets are available at Lillian Osbourne’s office or by phone at 780-391-2450. Ticket prices are \$15 for adults and \$13 for seniors and students.

Seating is limited, so get your tickets early and join us on this wonderful “Sleigh Ride Together.”

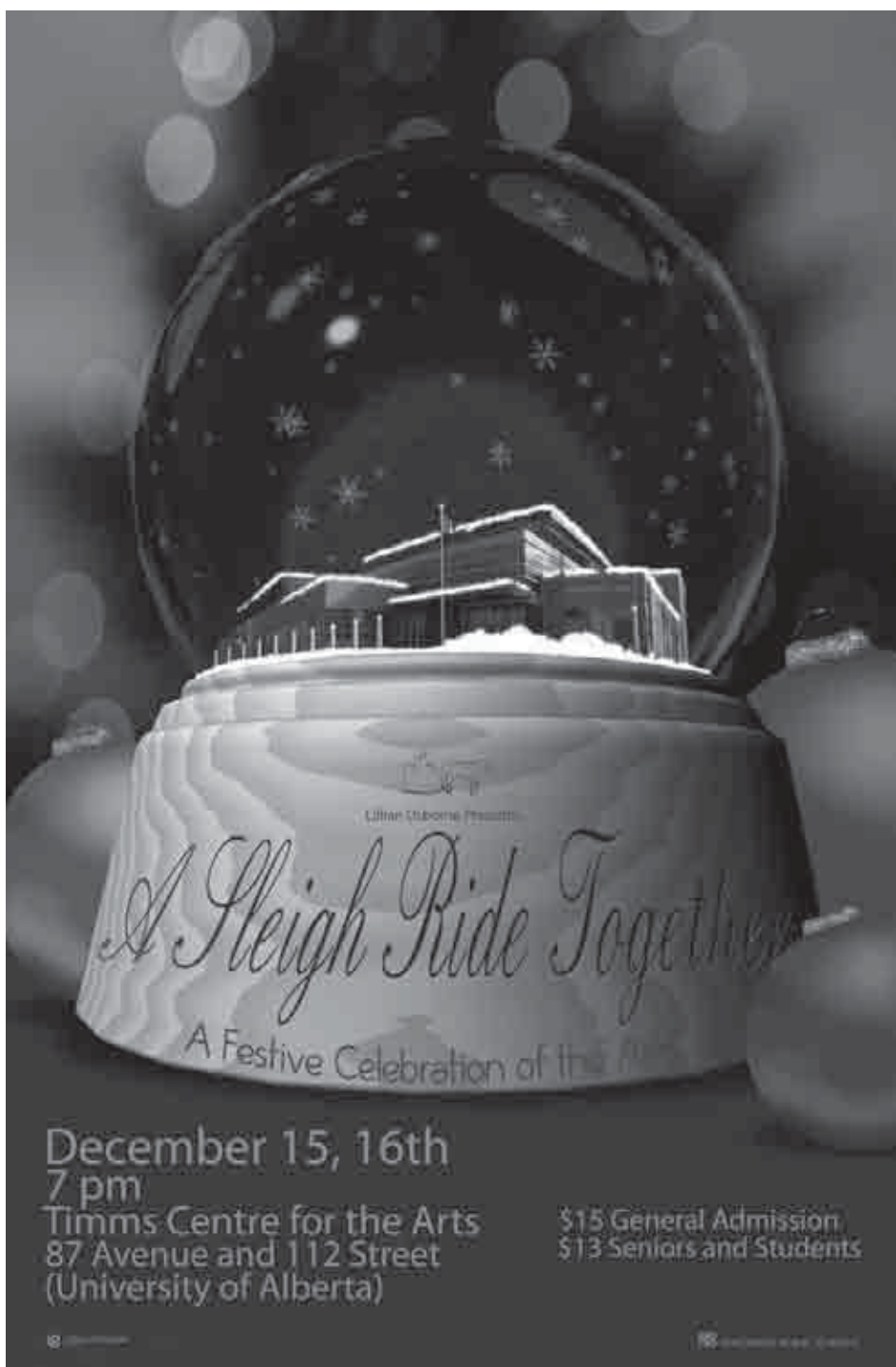
The Ridge’s New Years Party and fireworks!

When: Dec. 31

Where: Haddow Park

The Ridge Community League is having a party and all of Riverbend and Terwillegar is invited! It will start with winter activities like tobogganing, skating and horse-drawn sleigh-rides, and finish off with a “bang” with an awesome fireworks display.

Please bring a food bank donation.



Lillian Osbourne Presents
A Sleigh Ride Together
A Festive Celebration of the Arts

December 15, 16th
7 pm
Timms Centre for the Arts
87 Avenue and 112 Street
(University of Alberta)

\$15 General Admission
\$13 Seniors and Students



Season's Greetings
From

Tres Xhic Salon & Spa

Facial \$55
Pedicure \$50
Manicure \$30
Brow Thread \$7
Men's Haircut \$22

Gift Certificates available

780-438-9442
2333 Rabbit Hill Road
TxSalonSpa.com

Seniors' committee looking for members



Glenn Kissick,
Seniors Representative for TRAC, Riverbend
Community League

I would like to hear from you on your ideas and suggestions for a new Seniors Centre complex to be built in the southwest part of the city.

The City of Edmonton has forecasted that the southwest area will have 27 percent of our total population to be seniors by 2023. The southwest area runs from Whitemud Dr. south to 41 Ave., and from Calgary Tr. west to the river valley. But I am *sure* we will have seniors from other parts of the city as well.

Seniors' Focus

This is a large area without seniors' facilities. This complex should be large enough to accommodate lessons for arts, music, drama as well as gyms for sports such as badminton, table tennis, carpet bowling and pickleball. Other things to consider would be a cafeteria, dance floor for social dancing, rooms for cards, meetings, and games such as billiards or shuffleboard, as well as crafts, woodworking and more.

Space could also be rented to health service agencies to provide things like physiotherapy, foot care, flu shots, and information seminars such as financial planning, grief counseling, and stress management. These rentals could help offset the operating costs of the facility. Instead of traveling all over the city to access these services as we do now, they could be provided in one location in our area.

These are only some of the things that could be in this complex. I am sure

that you will have many more ideas as well and I look forward to hearing from you. We had our first meeting at Lillian Osbourne High School on Oct. 26., but it is not too late to get involved in the planning for this new facility. We will need members of the public, retired or not, to join our committee for this important addition to our community. It is up to us to get this project off the ground now and not ten years down the road.

Please contact me at hgkissick@shaw.ca or 780-758-5198.

Upcoming Events:

Senior Skating

Senior skating will be at the Terwillegar Community Recreation Centre. Please check the weekly schedule at the arena office for times.

Pickleball

Drop-in Pickleball runs at the Terwillegar Community Recreation Centre Flexihall #2 from 1 to 3:30 p.m. Mondays, Wednesdays, and Fridays. Come and join us for fun and exercise. Lessons are available.

Senior Resources

Seniors Assisted Transportation Society (SATS)

A non-profit transportation organization which provides low-cost transportation service to low-income elderly seniors in Edmonton.

They also are recruiting drivers and would love to hear from you.

Phone: 780-732-1221; Email: info@satsofedmonton.org

Website: www.satsofedmonton.org

Snow Busters

Help seniors in your neighbourhood through this SAGE initiated community based snow removal program. This is a program through which community leagues, groups or clubs provide seniors living in their neighbourhood with affordable snow removal.

If you are interested in forming a Snow Buster group in your community, please contact Sage Home Services at 780-701-9007.

Edmonton SeniorNet

This is a project run mostly by senior volunteers. Its goal is to help seniors connect with friends, family and the community using internet applications such as Skype, Twitter and Facebook.

They are looking for people to join their training team and teach participants how to use social media. "All you need is a positive attitude and a little bit of experience." Training takes place during the day. To participate and/or find out more, email EdmontonSeniorNet@gmail.com or phone Karolina at 780-423-5510 ext. 340.



Picture making a difference

With every connection you can make a difference and change a life.

Start today.

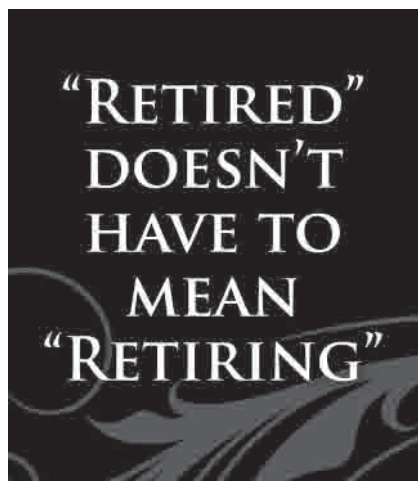
BECOME A HEALTH CARE AIDE

Visit albertahealthcareaide.ca



SNOW SHOVELLING/YARD WORK & HOME SERVICES FOR SENIORS CONTACT LIST OF SENIOR-SERVICE AGENCIES 2011-12

CONTACT PERSON & AGENCY	SERVICES OFFERED	REQUIREMENTS TO ACCESS SERVICES	AREA COVERED	ADDRESS	PHONE # FAX #
Westend Seniors Activity Centre:	Snow removal, yard work, housekeeping and other outreach services as may be available	No membership fee is required. Senior (55+) is referred to a screened private contractor(s). Senior negotiates and pays contractor directly for services.	West Edmonton	9629 - 176 Street T5T 6B3	Phone 780-483-1209
SAGE (Seniors Association of Greater Edmonton):	Snow removal, yard work, housekeeping, handyman services, moving services & other home maintenance resources as requested by seniors	SAGE membership is <u>not</u> required. For snow removal, seniors (60+) are connected with Snowbusters (community shovellers) when available and rates vary from \$70-\$90/month for 5 month contract. For all other home services/snow removal if there are no Snowbusters in the area, names of screened contractors are provided and the senior negotiates payment with them.	City-wide	#15 Sir Winston Churchill Square T5J 2E5	Phone 780-701-9011
Seniors Caring About Seniors:	Snow removal, yard work, house work, odd jobs and driving	Must be a senior (65+) below income threshold \$35,000 single, or \$60,000 couple to qualify for membership (\$10 annually). Members can access home help services & be matched with a screened worker. Senior pays worker a negotiated fee (\$13-\$15 per hour)	South of the river only	7814 - 83 Street T6C 2Y8	Phone 780-465-0311
Lifestyle Helping Hands Seniors Association	Snow removal, yard work, odd jobs, volunteer drivers and outreach services as may be available	Must be a member to access home help services & be matched with a worker. Seniors (65+) pays worker a negotiated fee. Annual membership is \$20 per individual, \$30 per couple	South of river & West of 104 Street	10740-19 Avenue T6J 6W9	Phone 780-450-2113 Office M-Fr 11a.m. - 3p.m.



Inspired by today's active adults, Devonshire Village and Glastonbury Village are leading the way in redefining the home and lifestyle options available to seniors. Designed to foster a dynamic, carefree senior lifestyle, Devonshire and Glastonbury offer Independent Living, Assisted Living and Supportive Living services... all in a place you will be proud to call your home!

Discover a new carefree lifestyle today..

Open Daily 1-5 p.m. or by appointment

780-934-6636



Building Lasting Relationships



1728 Rabbit Hill Rd., Edmonton
(South of 23 Ave. on Rabbit Hill Road)



1585 Glastonbury Blvd., Edmonton
(West on 62 Ave. exit from Anthony Henday Dr.)

www.cdlhomes.com

Seniors voice concerns about SW services

By Glenn Kissick,
Seniors Representative for TRAC, Riverbend
Community League

The Seniors Forum brought an amazing turnout of over 85 people on Oct. 26 at the Lillian Osborne High School.

The Forum, cosponsored by TRAC (Terwillegar Riverbend Advisory Council) and the City of Edmonton, was attended by seniors groups and organizations, provincial and city officials and very interested seniors from the southwest communities.

The purpose of the Forum was to:

- Provide a “snap shot” of the variety of seniors centres in Edmonton.
- Share information on the emerging trends in regards to seniors recreation and services.
- Orientate participants to the Seniors Centres Plan 2011-2012, jointly created by the City of Edmonton and the Edmonton Seniors Coordinating Council.
- Continue to obtain input on existing services and the needs of seniors in southwest Edmonton.
- Form a steering committee to best deliver priorities for the southwest area. The ultimate



Attendees of the Seniors Forum brainstorm ideas.

priority is to eventually build a Seniors Centre for Programming and Recreation. The meeting was facilitated by Dr. Rob Agostinis, President of TRAC. After a brief introduction of dignitaries and the objectives of the forum, the main speakers took centre stage. Sheila Hallet, the Executive Director of Edmonton Seniors Coordinating Council spoke on seniors centres and seniors trends, while Brenda Wong, Seniors Coordinator for the City of Edmonton spoke on types and strategies of seniors centres now in place in Edmonton. Laura Shewchuk, Community Recreation Coordinator for the City of Edmonton, spoke on ways the city can help in assisting the steering committee meet its priorities and assist in the process.

There was a short question and answer period after which the audience broke up into small focus groups. The questions asked of the focus groups were:

1. What service and program gaps currently exist or will exist for seniors in southwest Edmonton in the next five years?
2. What suggestions can you provide to address these current and future gaps?
3. What is your vision for seniors services and programs in southwest Edmonton in the next 10 years?
4. As a group, what are your top three ideas or visions you wish to share with the large group?

Feedback on the focus groups was as follows:

- Combine with other groups that need more space to run their actives.
- Work with the communities so as not to conflict with seniors groups that already have programs that work locally. Seniors said they do not want to lose these existing programs,

but that some of the groups do not have enough room in their present locations.

- The main concern of the people in attendance was the time it will take to build the complex. Most comments were that the building of this complex is already long overdue for this area.

At the end of the evening, volunteers submitted their names for the new steering committee. For those of you who could not be at the meeting but want to work with us, please contact Glenn Kissick at hgkissick@shaw.ca or 780-758-5198. If you are not yet a senior but 50 to 55 plus, you might want to get involved now so that when you retire this will be in place for you. This is your chance for your input!



Time is Brain! Don't delay! Rapid treatment can improve recovery if you are experiencing a stroke.



Time sensitive stroke treatments are available.

Call the Edmonton Zone Stroke Program at 780-407-3041 for more information.

Call 911 immediately if you are experiencing sudden weakness, speech disturbances, visual disturbances, headache or dizziness.



INFINITE fusion
YOGA + PILATES

14217 23 Ave - Shoppes of Terwillegar Gardens
Edmonton, AB, T6R 3E7

780.436.0002
www.infinitefusion.ca



Mention this Ad and receive:

30 Minute
Pilates Intro Session

&

Purchase **5 or more**
Private or Semi-Private classes and
Receive a **Free Session**

Pilates Classes we offer

Jump Board	Reformer
Stability Chair	Mat - Beginner to Advance
Small Equipment	Stott Pilates

To see how Pilates Benefits You visit
www.infinitefusion.ca

* Offer Valid till December 31, 2011 | Applicable to new clients only.



Gift Cards now available.
All prices exclude GST and Deposit

Liquor Depot offers an impressive selection of wine, spirits, liqueur, beer and coolers with new and exclusive varieties arriving throughout the year. Check out the two Terwilligar locations today for these great savings and many more!



Canadian and Coors Light

15 cans

\$25.99

Oilers Game Day bonus items!
With purchase while quantities last

Crown Royal

750 mL

\$22.99



BONUS Glass
With purchase while quantities last



BONUS Luggage Tag
With purchase while quantities last

Wolf Blass Yellow Label

Cab or Chard
750 mL
Australia

\$12.99

Prices effective from November 12 to December 23, 2011

Liquor Depot at Magrath
14175 - 23 Ave. Edmonton
(780) 432-6320

HOURS:
OPEN
10 am until 2 am
7 Days a Week

Liquor Depot at Riverbend Square
740 Riverbend Square, Edmonton
(780) 435-3535

HOURS:
Mon-Thu
10 am to 11 pm
Fri-Sat
10 am - Midnight
Sun
11 am to 9 pm



www.liquordepot.com

WE RESERVE THE RIGHT TO LIMIT QUANTITIES. ALL ITEMS WHILE SUPPLIES LAST. ALL PRICES EXCLUDE DEPOSIT AND GST. BONUS ITEMS MAY NOT BE EXACTLY AS SHOWN AND ARE SUBJECT TO CHANGE AND AVAILABILITY.

What you should know about clearing the snow

By Linda Wilde

Terwillegar Towne contributor

As winter approaches, so does the spectre of snow-filled streets and walkways, and the question of “who is supposed to shovel what?” Here are the quick answers:

Roads: Clearing (grading) the roads is the city’s responsibility, but we all remember the challenges they faced last year with the exceptionally heavy snowfall. City policy is to plow and sand roads and walkways “as needed,” based on weather conditions, safety considerations and the priority of the roadway. When winter is in full swing, they have 110 sanding trucks and 20 sidewalk plows operating 24 hours a day, seven days a week. Normally, major roads are plowed when three centimetres of snow has accumulated and the forecast calls for continued snowfall. Residential roads are bladed *after* the arterial and collector road network has been done.

NEW seasonal parking ban! This winter, the city will declare a parking ban on collector/bus routes. These parking bans are intended to remove vehicles which in the past have impeded

the city’s ability to keep Edmonton moving when there is significant snowfall.

Bans will be called with a minimum of eight hours notice. Residents can find out about bans by way of TV and radio announcements, the City of Edmonton’s website, Twitter and Facebook accounts, and by signing up for the Roadway



A seasonal parking ban will ensure cars are removed to roads can be cleared.

Alerts email notification available at www.edmonton.ca/winterroads.

Sidewalks: Residents and businesses must clear the sidewalks adjacent to their property within 48 hours of a snowfall. The snow may not be placed on nearby streets, alleys or other public places. If your sidewalks are not cleared, you may be subject to a \$100 fine, along with the cost of removing the snow and ice. For more information, see Part II of Bylaw 14600, the Community Standards Bylaw.

How can you help?

- **Keep vehicles off the street.** Terwillegar area roads are narrow by design, and with the windrows piled on each side, there’s no room for parked cars. Use your garage and driveway to their fullest capacity.
- Shovel out the windrows from driveway & sidewalk entrances.
- Help your neighbours keep the sidewalks clear.

Do you have more questions?

Visit the city’s winter roads FAQ page for list of detailed answers on all things snow at: www.edmonton.ca/transportation/roads_traffic/winter-road-maintenance-faq.aspx.

Waste collectors ask you to tame the winter walks

By Garry Spotowski

Education Programs Coordinator, City of Edmonton Waste Management Services

Imagine trying to lift an awkward 20 kilogram bag or can, while standing on an icy slope, and heaving it up into a truck, many times a day. That’s a risk city waste collectors face on a daily basis in the winter.

Here are a few things you can do to make garbage collection safer for your collector:

- Clear ice and snow from your garbage stand.
- Place your waste on the ground as close to the street or alley as possible.
- Put bags and cans on the street side of windrows and snow piles.
- Place garbage away from down spouts or sump pump runoffs.

“It’s so important for Edmontonians to keep their walks shoveled,” said Dave Budzinski, general supervisor of collection for the City of Edmonton. “Ice is one of the biggest dangers garbage and recycling collectors face. Keeping walkways free from ice goes a long way in reducing injuries to collectors.”



BE A SNOW ANGEL



Keeping sidewalks clear for all pedestrians is a challenge, even at the best of times! Seniors in particular need extra help in the winter, keeping their sidewalks shoveled, ice-free and safe.

Anyone can be a Snow Angel! —All you need to do is shovel snow for a person in need in your neighbourhood. By doing so, you will help create a safer community for everyone to enjoy. You will also help people in need meet their responsibility to remove ice and snow from their sidewalks within 48 hours of a snowfall under the Community Standards Bylaw.

Helped by a Snow Angel? — Want to say thanks and help them get their wings? If you have had snow shoveled by a good neighbour, nominate them for mayor’s recognition and a chance to win great prizes.

For more information, call 311
or visit www.edmonton.ca/snowangels

wok n'go

750 Riverbend Square
Call Today!
(780) 758-8889

Now Offering **FREE*** Delivery to
Riverbend and Terwillegar!

* Valid on orders over \$30.00

Take \$5 off your next
pick up order over
\$15.00!

May not be combined with other offers.
Offer Valid until December 15, 2011

TRAC helps spearhead numerous projects



By Rob Agostinis
TRAC President

The Terwillegar Riverbend Advisory Council (TRAC) had its regular meeting on Sept. 14, 2011, kicking

off the next stage in planning for this community.

TCRC

The Terwillegar Community Recreation Centre (TCRC) has been a big hit and is the first recreation facility in Edmonton that is making a profit!

Mark Dafoe, the supervisor for the TCRC, reported at the TRAC meeting that Stuart Olson is finally completing some of the minor stuff. The hallways are now adorned with sofas, giant planters and free lockers to store smaller items.

He reported that the TCRC has a state-of-the-art filtration system in the aquatic centre. The quality of the water in terms of clarity and cleanliness exceeds the normal standards. In other words, we have the cleanest pool water in town! Plus, the moveable bulkhead in the lap pool has been repaired and can be positioned to allow for a 50-foot swimming competition.

Programmable space has been reaching 97 per cent capacity and the flexihall has been the main drawing point for students from the surrounding schools for noon and afterschool recreation.

The "Running Track" sculpture has received some criticism lately regarding the newly constructed lighting features. Many feel that the above ground lighting looks hideous and detracts from the sculpture. Hopefully, a remedy will soon be in place.

If you have any concerns or suggestions for the TCRC, please direct them either directly to Mark Dafoe, supervisor or send an email to TRAC President at whitemudhills@tracspirit.ca or the TRAC Vice-President at bulyeaheights@tracspirit.ca.

TRAC community office

Negotiations are continuing with some community leagues with a revised funding formula for the TRAC office. The office located in the TCRC near the "white cat" was given to TRAC for \$1 a year, and the idea is to use this office as a central information hub for all the community leagues in the Terwillegar/Riverbend area and also as the central office for the local sports groups.

A sign for the office has been designed and we are currently receiving feedback on making some adjustments to the sign. A dedication wall will be planned to thank all of those who contributed to the success of TRAC endeavors such as the TCRC, Southwest Edmonton Farmers' Market, TRAC 10K, community advocacy, programming and fundraising events.

Southwest Edmonton Farmers' Market

The farmers' market has been a great success, and with its new location at the West Parking Lot of TCRC, citizens have been happy. The committee will be planning for next year and will also be considering a winter version of the farmers' market indoors (preferably in the TCRC). Other ideas were to have a travelling winter farmers' market set up in other areas of Southwest Edmonton. Stay tuned!

Security

Crime is low, according to Superintendent Nigel Stevens who attends every TRAC meeting. He has indicated that crime is down 14 per cent compared to last year, and last year was low already. Most communities are down, except for Terwillegar, which was up slightly. TRAC is planning to have a security forum sometime in the new year with the new police chief. Stay tuned for that date and venue.

New initiatives

TRAC has been meeting with several levels of government in planning for more venues for the TRAC area. There has been great interest in another flexihall for the TCRC, an auditorium for our local artists and schools and a centre for our seniors.

All this discussion is at a preliminary stage and committees are currently being set up to continue with the rest of the planning.

Seniors initiatives

Glenn Kissick, our seniors rep, has been working hard in getting seniors

together to discuss future plans for a seniors centre/recreation facility. His first priority is to have a seniors rep for each community league. These reps would then collaborate with other senior volunteers from south Edmonton to set up a seniors advocacy group.

TRAC and the City of Edmonton co-sponsored a seniors forum which was held on Wednesday, Oct. 26 at the Lillian Osborne High School Library. Please see page 13 for more on this event.

Fundraising

TRAC is embarking on an aggressive fundraising program to raise monies for extra community amenities, the TRAC community office, the Southwest Edmonton Farmers' Market and to sustain community programs.

We have established a fundraising strategy committee to first of all search for a new fundraising chair. Dave Rumbold, our past chair, had done an admirable job but is moving on to other ventures. Secondly, the committee will be establishing a strategy on how to acquire funds in a more efficient and easy way.

Joe Yurkovich, our TRAC Advocate, has been working on the TRAC Foundation, a means in which to attain more corporate dollars. The addition of the farmers' market under the TRAC umbrella makes us eligible for a future casino. Our Annual TRAC 10K may become an all community leagues event, to raise monies for the leagues and their contribution to the TRAC community office. A spring event is being contemplated

as another fundraising event.

With regards to the TRAC 10K, we will be calling a meeting to get volunteers to help with this event. Al Sibilio has stepped up to the plate to act as the "racing director."

TRAC volunteers

TRAC has become an established entity and advocacy group in your area. There are a multitude of opportunities to get involved with our new initiatives. Please join the TRAC team and make your community happen!

Meeting dates

Regular meetings:

Wednesday, Nov. 23, 7 p.m. Lillian Osborne High School Library

Wednesday, Feb. 8, 2012

Wednesday, June 13, 2012

AGM:

Wednesday, April 18, 2012, 7 p.m., Lillian Osborne High School Library.

Catch the spirit! www.tracspirit.ca



Many feel that new lighting at the TCRC detracts from the "Running Track" sculpture seen above.

The TCL Board is looking for a

Community Advocate

We need someone to attend meetings like TRAC's monthly meetings, and act as a representative for the neighbourhoods of Terwillegar.

This representative would both be our voice when meeting with other organizations, and inform/update the Terwillegar Community League of current issues.

If you think you'd be interested in helping us out, please contact:

president@terwillegar.org

RIVER CITY FITNESS.CA ← Register NOW!

Register ONLINE or call 780 905 5405

Community ZUMBA
Party yourself into Shape
Mondays 7:00pm @ HTR Community Church

Fitness Kickboxing
Fight your way towards Fitness
Thursdays 7:00pm @ HTR Community Church

Projects complete as Rabbit Hill Rd. picks up

By Tim Cartmell

Following is an update on the status of several transportation projects concerning the Terwillegar/Riverbend area.

Quesnell Bridge rehabilitation

Work on the Quesnell Bridge rehabilitation project is now complete, except for some landscaping and site clean-up work.

Rabbit Hill Rd. twinning

This project consists of widening Rabbit Hill



Widening of Rabbit Hill Rd. continues.

Rd. from two to four lanes; full signal installation at Riverbend Rd., Carter Crest Rd. (east entrance) and 25 Ave.; new pedestrian signal installation at Carter Crest Rd. (west entrance) and Magrath Blvd.; shared use pathway installation; street lighting installation; and boulevard landscaping.

Paving west of Terwillegar Dr. is incomplete, with Rabbit Hill Rd. open to full width, between Terwillegar Dr. and Riverbend Rd. East of Terwillegar Dr., traffic will continue with one lane in each direction while work proceeds on the centre median. Street light and signal installations are ongoing. Hodgson Blvd. to MacTaggart Dri./Terwillegar Blvd. will be completed in 2012.

Misc. Terwillegar/Riverbend activities

Other activities taking place in the Terwillegar/Riverbend area include the construction of new signal lights at Terwillegar Gate and 23 Ave., new traffic lights at McTaggart Blvd. and Rabbit Hill Rd., and new pedestrian flashers at Magrath

Blvd. and Rabbit Hill Rd.

Rabbit Hill Rd./Anthony Henday Dr.

Construction of this interchange was completed on Oct. 28, 2011.

23 Ave./Calgary Tr.

Work on this interchange is complete, with some final landscaping work to be completed in 2012.

Stony Plain Rd./Anthony Henday Dr.

Progress continues on this project, with an expected completion date of November, 2011.

Callingwood Rd. and Lessard Rd.

Progress continues on this project, with an expected completion date of November, 2011.

Cameron Heights Dr. Interchange

Progress continues on this project, with an expected completion date of November, 2011.

Anthony Henday Dr. northwest

This project was opened to traffic on Nov. 1, 2011, with localized lane marking and ramp paving to be completed.

TCRC grows to be the community place to be

By Jennifer Juchli

Marketing & Communications Officer, City of Edmonton

We know it's cold, but there's no need to hibernate — you can come and enjoy the great indoors at the Terwillegar Community Recreation Centre! Bring your family and tire out your little ones in the indoor playground, or in one of our super popular Active Bugs programs. Take a break from the everyday in our bright and lively facility. Meet some friends to work out, then enjoy a latte at Second Cup or massage at Rejuvenation Health Services. If you're a runner or walker, the Running Room hosts runs and walks out of our facility — a great way to improve your skills and meet new people!

Looking for a place for a kid's birthday or party? Host it at Terwillegar; we have everything you need to have a great party. It's so easy — from great

private room bookings to awesome amenities to keep the kiddies occupied, and you can even buy a great ice cream cake on site! If you need nibbles as well, Second Cup has catering. And call us about themed birthdays; we're working up some great popular themes. We can also host all sorts of other meetings and celebrations, from board meetings to wedding anniversaries.

Go to www.edmonton.ca/tcrc or call 311 for more information.





INFINITE *fitness*
Personal training

206, 596 Riverbend Square
Edmonton, AB, T6R 2E3

780.435.7111
www.infinitefit.ca



ONE GOAL *infinite* POSSIBILITIES

Personal Training is not just for the elite. We offer easy payment plans. Group fitness classes. Personal one on one training for 30 or 60 minute sessions. Small Group Training. And More!

There is a plan for everyone! Book your appointment now!

* Offer Valid till December 31, 2011 | Applicable to new clients only.

Mention this Ad and receive

2 Free

Personal Training Sessions

Make a voice with community engagement

By David Faber

What is community engagement? The term certainly carries with it a lot of expectations.

For some, it can mean the sharing of information. The challenge in this, of course, is that information can become overwhelming. We have so much coming to us in so many different forms throughout our day. Just think about the last time that you waded through your email or a stack of flyers and newsletters sitting on the table or went down to the local grocery store and looked over the bulletin board. While sharing of information can help, it can be difficult to find the right information at the right time.

Add to this the many voices of community. Our community of Edmonton and the communities within our growing city all have a voice. Our schools, places of worship, sporting events, and local gathering places like the local coffee shop and recreation centre are all examples of where our community comes together. You and I have a voice as individuals, but when do we use it, and, just as importantly, who is going to hear it? How do our voices make a difference?

One way to make ourselves heard is to join those voices and make the most of community engagement. We need to sit down and pay attention to each other — share our wisdom and experiences. There are, without a doubt, experiences in this community that we all share. Once we truly engage each other, we can look for opportunities to engage, listen and dialogue together with government on decisions that impact our community. This is how we, as citizens, can help direct our government's decision making.

So why does the community need engagement with the government? We all care about our community and those around us. We already talk about what is important to each one of us. We need to keep these conversations flowing with the government so our community can really work for us. We need to continue to bring to life a community we are all proud of and see our children grow up in.

Communication with the government doesn't end on voting day. These living organisms that we call communities continually grow, shrink and change. We need a voice and time for government to continually dialogue. We need to pay attention to what is happening within our community and to share our ideas so we can make them reality.

This is an amazing time of growth and change for our community. Open dialogue with our city government will make a difference. Engage with your community and your government. Make the change.

David Faber is a resident in South West Edmonton (Haddow). He volunteers in the community and has 13 years of municipal government experience. He's passionate about our community and Edmonton.

Public Hearing

A Statutory Public Hearing will be held to discuss amendments to Transportation System Bylaw 15101. The bylaw includes changes to formally remove the proposed 119 St. NW arterial designation between Anthony Henday Dr. and 23 Ave. NW, including the proposed arterial roadway across Blackmud Creek.

This change is a follow-up to council direction on July 6, 2011.

The Public Hearing will be held on **Monday, Nov. 21, 2011 at 1:30 p.m.** in the Council Chamber, 2nd Flr. City Hall. You may attend the Public Hearing to express your views or listen to the deliberations.

You may view the bylaw and accompanying report at www.edmonton.ca/meetings as of Nov. 4, 2011. Select City Council Agenda and then the meeting date. You can watch all city council and committee meetings live via streaming video at www.edmonton.ca/meetings.

If you wish to speak at the Public Hearing, please complete a Request to Speak form at www.edmonton.ca/meetings. You may also register to speak by calling the Office of the City Clerk at 780-496-8178. To designate someone to speak on your behalf, please provide them with a written permission form which includes their name, the item they will speaking on, your name and signature.

You may send your comments to the address above, by e-mail to city.clerk@edmonton.ca or fax 780-496 8175. All written submissions will be available for public viewing at the Public Hearing and at the Office of the City Clerk.

Dr. Darcy Allen Dietz,
BSc, DMD, MSc, FRCDC(C)
Certified Specialist in Orthodontics



TOWNE
SQUARE
Orthodontics

Complimentary
Consultation

Terwillegar Heights Towne Square
2335 rabbit Hill Road 434-7144

No Referral
Required

City makes footbridge a handier feature



By Bryan Anderson
Ward 9 Edmonton city
councillor

On November 17, 2010, the City of Edmonton opened the gates to the Fort Edmonton Footbridge and trails for public use.

Since its opening, thousands of

Edmontonians have enjoyed the bridge and its surrounding trails. For many citizens however, accessing the trail system from the south side has become a challenge since no-parking signs were reinstalled along Whitemud Drive.

Although parking has never been allowed along Whitemud Drive, these no-parking signs were removed during construction. This parking restriction has caused concern over accessibility to the base of the footbridge — especially for those with limited mobility. Without parking, users have to walk a significant distance down a steep road without

sidewalks.

In response to these concerns, the city will be changing the signage along a small portion of Whitemud Drive to make a limited number of parking spaces available near the entrance to the footbridge on the Riverbend side of the bridge. This will include a disabled parking zone.

In addition, the city is continuing to monitor

pedestrian and vehicle traffic around the new bridge to determine if additional measures are needed. This was part of our commitment to citizens during the public consultation process for the footbridge.

We believe these measures will enhance access to the Fort Edmonton Footbridge for citizens with disabilities or limited mobility. The

changes will create a balance between the needs of the bridge users and local residents who expressed concerns about parking along Whitemud Drive and will maintain sufficient width along the roadway for emergency vehicle access.

The Fort Edmonton Footbridge is an integral part of a larger system of parks, attractions and facilities, trails and pedestrian bridges built to provide citizens and visitors to the river valley with a memorable park experience in a large urban centre.

Comments or questions? You can reach me at Bryan.Anderson@edmonton.ca or by phone at 780-496-8130.



Government makes outcomes, not rules, priority



By Dave Hancock
MLA Edmonton Whitemud

It is an exciting time to be in government! Our new premier, Alison Redford, was sworn in as Alberta's 14th premier on Oct. 7 and her new cabinet inducted Oct. 12. We are well on the way to implementing the premier's new directions.

After an invigorating eight month leadership process talking with and listening to Albertans, our caucus and cabinet are now focused on moving

forward with those ideas and issues which we heard were most important to Albertans.

On a personal note, I am privileged to continue to serve in cabinet as the minister of Human Services. This is a new portfolio which brings together Children & Youth Services, Employment & Immigration, Homelessness (from Housing & Urban Affairs) and Alberta Supports (from Seniors). It will be a significant challenge!

By combining these portfolios, I have been given the responsibility of designing and leading a new social policy framework for government, with a consistent, efficient and effective process for supporting our most vulnerable citizens and citizens in need, while assuring that mechanisms are in place to encourage and assist re-skilling and job training where necessary, as well as a robust labour market.

In my analysis, this centres around children and their families, protection for those at risk, support for families in need of help so that they and their children can be successful to ensure a strong and reliable job market, appropriate labour market initiatives, and more. We will need to focus on achieving appropriate outcomes for Albertans rather than trying to design programs to deal with each issue that arises.

At its best, government employees will be tasked to make their best judgement, within ethical and moral parameters, to achieve the desired outcomes. Innovation and ingenuity will be promoted and celebrated. Rules should be for when brains run out. There will be standards and guidelines of course, but we cannot write rules and regulations to cover every situation, so we should ensure that our people have the skills and knowledge they need to make appropriate decisions and judgements to then count on them to achieve the desired outcomes.

I also continue to hold responsibility as Government House leader and as a member of Agenda & Priorities and Operations committees of cabinet. As Government House leader, I ensure that we take policies determined in caucus and prepare a legislative agenda for each legislature session. Both myself and the "house leader team" schedule the government business in the legislature and work with the opposition house leaders in that regard. Both the Agenda & Priorities and Operations committees deal with determining the priorities of government and how those priorities will be carried out both in terms of the legislative agenda as well as in the public

arena.

I continue to serve, of course, in my most important role as your Edmonton-Whitemud MLA and representative and look forward to your advice and direction on any matter government is dealing with or should deal with.

I am always pleased to hear from constituents. I can be reached by e-mail at edmonton.whitemud@assembly.ab.ca, and our constituency office's phone number is 780-413-5970.

Wildrose Party Edmonton- Whitemud

A.G.M.

Sat., Nov. 19, 10:15 a.m.,
Edmonton Public Library,
Riverbend Branch,
Program Room.

Come out
and meet
our candidate!

Ian Crawford - It Starts Now!



780-940-8420
www.IanCrawford.ca



St. Andrew's Day brings dinner and dance!

By Fiona McDonald Connell
Terwillegar Towne contributor

Almost everyone is familiar with St. Patrick's Day: we wear green, we drink green beer, we say "top o' the mornin' to ya." But what about St. Andrew's Day? He is Scotland's patron saint and is celebrated every Nov. 30.

Miss Fiona's Studio and Holy Trinity Riverbend's (HTR's) Messy Wednesday congregation will be holding a Food Bank Fundraiser for St. Andrew's Day on Wednesday, Nov. 30. There will be Highland dancing to watch and shortbread to eat. Messy Wednesday



Some of Connell's Highland dancers from left to right: Virginia Briggs, Rosalie Briggs, Arabella Connell and Sophie-Charlotte Connell.

starts, as always, at 4.30 p.m. Later, performances by the dancers of Miss Fiona's Studio will continue at 6.30 p.m.

To find out more about Messy Wednesday in general, go to htrchurch.ca. To join in the Messy Wednesday fun on Nov. 30, contact Nick Trussell at n.trussell@edmonton.anglican.ca.

To come along to the dance performances on Nov. 30, contact Fiona McDonald Connell at missfionasstudio@gmail.com. Admission to the celebration is donations (either non-perishable food items or monetary gifts) to Edmonton's Food Bank.

Conference sheds light on men's spirituality

By Christopher Giffen
Youth and Family Minister, Riverbend United Church

I've just returned from Banff, having offered Theme and Music leadership at the Banff Men's Conference of the United Church of Canada. This year's conference was a very different experience for the men involved — and an "experience" is a good word for it, as we truly used the experiential learning model. Here are some words about the content taken from the promotional material:

"Building upon 55 years of serving men, the 2011 conference was an experiment — in community building, storytelling and listening. Creativity, interaction and embodiment were the hallmarks of the new format. The medium was the message; we ourselves were the theme: men courageously reaching, receiving and moving into new ways of being in community."

Men's identities have been strongly shaped by our culture — one where competition,

individualism and consumerism erode community, where intergenerational relationships have suffered greatly, and the Banff Conference has seen the effects of these dynamics as older participants thinned out and there were almost no new men attending. So in the context of a changing church and world, men's souls and relationships need nurturing. On the weekend, we looked to the story of Abraham's near sacrifice of Isaac for transformative insights into men's spirituality, men's passage to adulthood and men's absence or presence in the church and in community.

We identified together that understanding the faith of Abraham in a traditional way — with duty, obligation and faithfulness to a vision even if it means violence — was no longer much help in understanding our time and our context. But we explored how a real paradigmatic shift was truly at work in this ancient story. We looked at Isaac's story and noted the symbolic destruction of relationship between father and son, and between men in

general, and asked meaningful questions about how relationships could be more central to our identity and community involvement; and we imagined together a new emergent paradigm. We practiced communicating our experiences and feelings about this story and about the changing conceptions of masculinity in our culture.

Through the conference, we found that authentic intergenerational connections take real work indeed: a kind of relationship work with which men often struggle. They require patience, stillness, play and listening. They are an experiment. But as we do the work, these relationships ground us in our heritage, a sense of shared history, and they contribute to our sense of personal and collective identity. Differing experiences and perspectives encourage humility and understanding among men, and this cultivates a sense of shared responsibility for the whole community. All in all it was a wonderful event to lead and learn at.

Terwillegar builds community and friendship

By Rev. Nick Trussell
Holy Trinity Riverbend Church

At first one might be suspicious of the cute homes, winding streets with names instead of numbers and an extra vowel here and there, but as a newcomer to Terwillegar, I can say the friendly and inviting community emerging here is quickly evident.

The people of Terwillegar are proving that the place we call home is more than an address. Running against the norm, Terwillegar is an urban environment that is actually working (and succeeding) at building a community based on relationships as well as location. Good fences may make good neighbours, but good friendships make better ones and the people of Terwillegar are great at making new friends! The breadth of

community events that exist solely to bring neighbours together, whether they're families, singles or seniors, are evidence of that.

Building community and friendship between neighbours are the foundations of Holy Trinity's Messy Wednesday and playgroup gatherings. They are a time for neighbours to meet together, get creative, share a meal and play. City life can often mean feeling alone in a crowd or part of a system but many of the people in Terwillegar are choosing to make it a place where you are member of community. A place where neighbours know and care for one another and work together to make the place they live the kind of community they're proud to call home.

Whether you're new to Terwillegar or have been here for a few years, keep a look out for ways to have fun getting to know your neighbours and building a better community. There are plenty just around the corner!

Riverbend Registry Services

Authorized Registry Agent

FOR ALL YOUR ALBERTA REGISTRY NEEDS!

<ul style="list-style-type: none"> Driver Licence Vehicle Registration & Renewal Knowledge Test (All Classes) Road Tests (No Wait List) Business Registrations & Incorporation Government ID Cards Legal Name Changes 	<ul style="list-style-type: none"> Auto Lien Searches Marriage, Birth & Death Certificates Land Title Searches Business & Personal Debtor Searches Boat Operator Licence Out of Province Lien Searches Notary Public/Commissioner for Oaths
--	--

2nd Floor, 201 – 596 Riverbend Square NW
Terwillegar Drive & Rabbit Hill Road
T: 780. 437. 7355 F: 780. 436. 4147

Need more information? Visit our website at www.riverbendregistry.ca
Or email us at info@riverbendregistry.ca

NEW EXTENDED HOURS!

MONDAY – WEDNESDAY
THURSDAY – FRIDAY
SATURDAY

9AM – 8PM
9AM – 6PM
9AM – 4PM

Pastor reflects on the best place to live



By Ken MacDonald,
Terwillegar Community
Church pastor

We are waiting for the United Nations to publish the 2011 findings of the top ten best countries to live in the world. It should be released fairly soon. Did

you know that for the past eight years, Norway has been given top marks as "the best country in which to live?" The United Nations chose Norway because of the level of education, life expectancy, GDP per capita, literacy rate, and the index of gender equality and poverty.

Where is the best place in the world for you to live? Immediately, I start thinking of places a little warmer than Norway or Canada. I was thinking Hawaii or the Caribbean. But really — where *is* the best place to live?

The best place to live is not all wrapped up in geography. The best place in the world to live is probably in a place called "meaning." Rick Warren, the popular writer of "The Purpose-Driven Life," says it very well: "The purpose of your life is far greater than your own personal fulfillment, your peace of mind or even your happiness. It's far greater than your family, your career, or even your wildest dreams and ambitions. You were born by God's purpose and for His purpose."

The best place to live in the world is where we find purpose and meaning. The richness of purpose enables us to celebrate the joy of each day. Do you notice how we are often thinking, "Well, someday, you know, life will be better." Planning for the future is a very good thing, but

missing the joy of the moment is disheartening. David, the Psalmist wrote, "This is the day that the Lord has made; I will rejoice and be glad in it."

We really only have the moment. This is the moment we have to enjoy with our family and our friends. This is the moment to celebrate the important events of life.

Our capacity to celebrate increases as we take the simplest things and recognize them as being from God and stopping long enough to celebrate them. Birthdays, anniversaries and special events in life deserve to be celebrated. It may be that we have greater insight into some areas of our lives this year than we did last year or five years ago. If we've had a narrow brush with death, we suddenly become aware of the value of life, and

this prompts us to celebrate and give thanks for the gift of life itself.

Where is the best place in the world to live? Perhaps a better choice than geography is a place called "meaning."



**THE SINGING
CHRISTMAS
TREE**

(An Edmonton tradition)

Will be performing December 16, 17, and
18, 2011 at the Northern Alberta Jubilee
Auditorium.

Ticket price: \$15-\$55

Tickets at Edmonton Ticketmaster

www.ticketmaster.ca
1-855-985-5000

**Singers
Needed!**

**Riverbend Lutheran
Church**

Needs singers for their annual
Christmas Cantata on Dec. 11!

**Rehearsals are Saturdays
from 8-9 p.m.**

For more information, email
Carly at c.stanfel@gmail.com.

Holy Trinity Riverbend
Your Neighbourhood Church
htrchurch.ca 780-431-1817
1248 - 156 St.

**Christmas Spirit is
God's Spirit!**

Prepare for Christmas with us as we
celebrate God's Gifts of **Hope**
Peace Life & Love
Nov. 27th - Dec. 18th 10am

Sunday Worship
10am Family Friendly Worship
11:30am in Cantonese

Messy Wednesdays Weekly 4:30 - 6:30pm
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**

**Worship Service at
10:00 a.m.**

Followed by Hot Brunch

Meeting at
Taylor Campus
(Gymnasium)
11525-23 Ave.
780-430-8389

Winter Delight!
Saturday, Nov. 26, 4-6 p.m.
Tomlinson Common Park
8th annual sleigh ride!

www.tcchurch.ca



The only braces made
for girls night out

Hollywood Style Braces



Smile with Confidence

You are about to discover a completely different way to wear braces. Incognito™ Orthodontic Braces are the only invisible braces that are 100% customized to the shape of your teeth and to your individual orthodontic situation. Created using state-of-the-art technology, Incognito Braces are placed behind your teeth. *No one will ever know you are wearing braces – unless you tell them!*

Ask about Incognito Orthodontic Braces today

COMPLIMENTARY
CONSULTATION

FACE ENHANCING
ORTHODONTICS



780 • 438 • 3223

www.faceenhancingorthodontics.com

NO REFERRAL
REQUIRED
FLEXIBLE
PAYMENT OPTIONS

LOCATED IN SOUTH EDMONTON • 202, 856 - 119 Street

Give your child the gift of a BEAUTIFUL, HEALTHY SMILE



Underbite age 4



Corrected 3 months later



Receded Lower Jaw



Corrected Lower Jaw

YOUR CHILDREN DESERVE....

Broad
Beautiful Smiles

Healthy
Jaw Joints

To Breathe
Freely

End to
Ear Pain

Facilitated
Speech Development

DID YOU KNOW????

It is recommended that every child should see an orthodontic specialist NO LATER than the age of 7. Many orthodontic problems are easier to correct if detected early rather than waiting until jaw growth has slowed. Early treatment may mean a patient will avoid surgery or other more serious corrections later in life.

Blood donor clinic comes to Terwillegar

By Lori Bosko

Community Development Coordinator,
Canadian Blood Services

Canadian Blood Services invites Terwillegar residents to rally friends and family members and give blood at the new bi-monthly mobile blood donor clinic in our community.

Many blood donors prefer to donate close to home, and with the tremendous population growth in the Terwillegar area, Canadian Blood Services expects there will be enough donors to support this clinic.

When you give blood, your gift will help blood recipients just like six-year-old Hunter (pictured here with his mom, Carrie). When he was just two months old, Hunter was diagnosed with a rare blood cell disease called Diamond Blackfan anemia. He has been receiving regular blood transfusions ever since. In fact, Hunter has needed more than 120 blood transfusions and will continue to need them for the rest of his life. Hunter depends on the generosity of blood donors to keep him healthy.

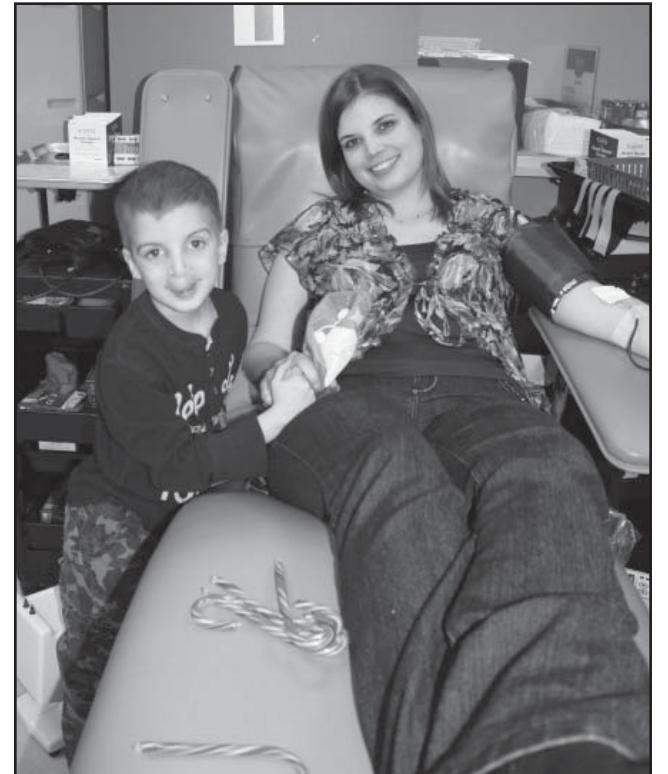
Healthy people can donate blood every 56 days, starting at age 17. First-time donors after the age

of 61, or regular donors who want to continue donating after their 71st birthday, will need to consult their doctor for medical permission to donate. Donors must feel well and are required to have their donor card or photo and signature I.D. (e.g. driver's license) at the time of donation.

If you're not eligible to donate but would like to help out at the blood donor clinic, Canadian Blood Services is also looking for friendly volunteers who can spare two to four hours every two months. There are a variety of roles to fill, so if you'd like to find out more, contact their Volunteer Resource Coordinator by email: vanessa.kohut@blood.ca or phone 780-702-8824.

The first Terwillegar blood donor clinic is Saturday, Nov. 26, from 9 a.m. to 1 p.m. in the Lillian Osborne High School gym, across from the Terwillegar Community Recreation Centre.

Call 1-888-2-DONATE (1-888-236-6283) for more information or to book an appointment. You can also book your appointment online at www.blood.ca. Appointments are recommended to help reduce clinic wait times, but walk-ins are also welcome.



Six-year-old Hunter (pictured with his mom, Carrie, has received over required 120 blood transfusions, thanks to blood donors.

Meals on Wheels brings personal shopping

Meals on Wheels Media Release


The SHOP 4 U personal shopping service is now available for all seniors in Edmonton. This is an ideal option for people who have difficulty getting out for shopping, find it overwhelming or are just home from the hospital and need specific supplies.

Our shopper will purchase anything clients need from Christmas gifts, personal items and groceries to clothing and more. Just give her a list! No referral is necessary. "Adding this service to Meals on Wheels further enhances our commitment to helping local seniors continue to live in their

own homes," says Meals on Wheels executive director Liz Tondou.

The personal shopping fee is \$25 for each 1 ½ hours plus the cost of the items purchased. This fee includes travel time, parking, shopping and delivery right to the door! For time above the 1 ½ hours, the fee is \$10 per ½ hour.

Our personal shopper has a security clearance, loves seniors and is a young and energetic shopper with plenty of time to do the shopping. Call Edmonton Meals on Wheels at 780-429-2020 to arrange for SHOP 4 U! *Personal Shopping at its best.*



**Open 8 'til late,
6 days straight**


**And with friendly staff
to serve you better.**

We're part of your community and it is our privilege to serve you better. Our friendly staff is here to help, serving your needs with a complete range of personal and small business banking services. What's more, we are open longer hours than any other bank in Canada. We are open earlier, and we stay open later in the evening. So why wait? Visit your nearest TD Canada Trust branch right away. And enjoy a more comfortable banking experience.

Visit us today.


WINDERMERE BRANCH
6250 Currents Drive, Edmonton
780-448-8111

Monday - Wednesday	8 am - 6 pm
Thursday - Friday	8 am - 8 pm
Saturday	8 am - 4 pm



Banking can be this comfortable

M01260 (0310)



Because you're the type to save a life...


**ATTEND OUR NEW COMMUNITY
BLOOD DONOR CLINIC:**

**Lillian Osborne High School
2019 Leger Road NW
(across from the Rec Centre)
Saturday, November 26
9:00 a.m. - 1:00 p.m.**

**One hour of your time could help
save up to three lives!
Rally your friends and family to give
blood.**

**Call 1 888 2 DONATE
to book an appointment.**

www.blood.ca



Canadian Blood Services
it's in you to give

1 888 2 DONATE

Common power surges affect home electronics

By Doug Whyte

Terwillegar Contracting, terwillegarcontracting.com

An Edmonton resident just bought a power filter for his house power. "I wasn't particularly convinced that it was doing anything My computer seems to work the same as before I got it." But not a week after he had it installed, lightning struck only two power poles away from his home. "The filter physically exploded off the wall!" But his computer survived. The filter absorbed all the extra energy and saved him thousands in replacement costs.

Electric power is a dirty word

The electrical power coming into your house surprisingly is very dirty, electrically speaking. What I mean by this is that, along with the normal electrical power you are paying for, your electrical lines carry an incredibly high level of electrical spikes, hash, pulses and noise into your home. These spikes are deadly, gradually destroying sensitive electronics such as computers. The power utility classifies a clean line as having less than one hundred spikes an hour!

Consider for a moment how many pieces of electronic equipment you have in your home. In addition to computer equipment, all of the following devices have dedicated, sophisticated computers inside them, and are sensitive to electrical damage:

- Flat-screen televisions
- Standard televisions
- Stereo and surround-sound audio amplifiers
- X-boxes, Wii players
- Cable TV receivers

- Satellite receivers
- iPods and mp3 players
- Cell phones
- Wireless phones
- Boom boxes
- Clock radios



And that's just a very partial list. Even the following items are subject to electrical damage. If a device has an electronic display, it has sophisticated electronic components inside:

- Modern electric ranges
- Dishwashers
- Microwave ovens
- Fridges
- Modern toasters
- Coffee makers
- Washing machines

And the list goes on.

When you add it up, the amount of sophisticated electronics in your home can easily amount to tens of thousands of dollars. Can you

afford to let any of it be destroyed?

Where do these power spikes come from?

The spikes that come into your home can be in the order of several thousand volts or more — sometimes as much as 10 or 20 thousand volts.

These are short duration, high speed pulses that hammer electronic components.

The spikes are produced by any of the following:

- Lightning strikes anywhere within several miles of your home
- Arc welders within several miles of your home
- Electric buses or subway lines
- The power company itself when it switches power banks to regulate power demands
- Electric motors turning on and off, inside or outside of your home (dishwashers, washing machines, fans, etc.)
- Air conditioners
- Furnaces
- Arcing electrical switches

All of these and more produce power pulses.

How can you protect your valuable electronic equipment from being damaged?

Many companies have been aware of this power problem for years and have developed power filter systems which are installed at the power panel in your utility or furnace room. This will effectively wash your power and prevent damage, early failure and destruction of all the electronics in your home.

Check with a local contracting company to see what options are available.



TAKE FULL ADVANTAGE OF THE PART-TIME POSITIONS AT THE NEWEST SAFEWAY IN WINDERMERE

Be part of the team at Safeway Windermere, our exciting new location in Edmonton! As someone who works part-time, you will have fulfilling work and be part of a company that supports your growth. That's what we believe at Safeway. It's that belief that has helped us become one of the largest food and drug retailers in North America. Part-time or full-time, with us, you're all on the same winning team and that means access to opportunities like regular raises and company paid benefits for all eligible employees.

At the same time, we understand you need a flexible work schedule that fits your life.

You'll find all this and a team that values integrity, personal excellence, and lifelong learning at Safeway. Plan your future with us.

For more information on Safeway Windermere Hiring Events go to safewayjobs.ca

SAFEWAY 

Phone apps give parents hand-held help

By Sajida Pellegrini

Director of Modern Mama Edmonton, www.modernmama.ca

Let's face it: as busy moms and dads, we need all the help we can get. Technology has now become part of the team, helping educate and entertain our kids. With so much going on it's nice to have a helping hand in finding the nearest bathroom or playground! I have tried many apps — some are more helpful than others. Here are some of the ones I use and my two cents on them.



SitorSquat — Free

I discovered this app on a road trip we took from Edmonton to Victoria BC. With a newly toilet trained two-and-a-half-year-old and a soon-

to-be seven-year-old with a very small bladder (who will only go in clean restrooms), it was something I had to have! What I love about it is that it will give you reviews on what the bathroom is like. Let's face it ladies, I love that option! It will even tell you the "features" of the facility including auto flush, change tables, vending options and more.



FastMall — Free

Okay. Have you ever been that parent with a cranky two-year-old in West Edmonton

mall and you can't find where you need to be? Well it sucks. This is why I installed FastMall. It's a fantastic app that shows a virtual map, giving you the overall layout of the mall, allowing you to search for fast food, coffee shops and stores by category and showing you exactly how to get there! There are some glitches though; sometimes it will not find a store though it IS in the mall. One feature even allows you to voice record where you park so you don't forget on the way home. Overall, I do like it, and since it's free why not download it?



CardStar — Free

Are you tired of carrying all of the membership cards for different stores? Grocery stores, airmiles, aeroplan, etc. CardStar lets you enter the number of all your cards, and when you purchase something, it will bring up a bar code that the cashier can scan! I was a little sceptical about this app so I tried it out at a couple locations and it worked! Downside is that most of the retailers are in the U.S., but it may save you carrying some of your cards and they are adding different stores all the time.



Sleep Machine Lite — Free

This app is worth its weight in gold for all of you parents that use white noise machines for your kids. It has hundreds of sound options from bathroom fan, to beach sounds, rain, dishwasher and vacuum cleaner for those colicky babies. It works like a charm for my little one when I need her to take that nap in the car! The

\$1.99 version allows you to use three consecutive noises at once. Not sure if

you would need this option, so you may get by with the free "lite" version.

Epicurious — Free



What's for dinner? This is every parent's daily dilemma. What I love about this award winning app is you can search by meal (breakfast, lunch, dinner or dessert) or by main ingredient. That way, you can search for recipes by what you actually have on hand! It also allows you to search by cuisine, dietary consideration (low carb, healthy, low fat) or seasonal

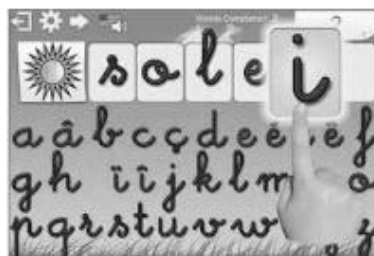
and occasions. It literally gives you access to thousands of recipes and even creates a shopping list for you! There are many other neat options that I will let you discover for yourself. This is by far my favourite app and I use it almost every day!

Goby — Free



At first I wasn't a big fan of this app. It's supposed to allow you to search for events and fun things to do based on your location. That part of the app has never really worked for me, but it may work better in more global or destination cities. I do love the find the nearest playground option. This was especially useful on our road trips. We would plan all of our stops and let the kids release a little steam after sitting in a car for hours!

French for kids — \$3.99



Since our seven-year-old is in the French immersion program, I love this educational app. It's fun and keeps her challenged when we are on the road or in a waiting room, Downside is that it requires sound which sometimes can be disruptive to those around us, but isn't that better than whining?

ICE app — Free



ICE stands for in case of emergency. This app is available for Iphone or Android phones and there is also a version available for blackberry.

It provides a centrally located place on your phone to share who to call in case of an emergency, as well as information about medication, allergies and other vital information for emergency responders. The makers of the app suggest you place the app in the upper right-hand corner of your phone so that it is easily noticeable and accessible.

There are so many apps on the market these days for practically everything from potty training to picking out a car or just entertaining your kids. My advice would be to go online and read all the reviews to see if it's worthwhile. And if there is a free "lite" version, try it first to see if it actually does what it is supposed to. Have fun and play around with it as it may actually make your life easier!



Unhappy in your career? About to finish school?

VANTAGE ASSESSMENTS is dedicated to providing comprehensive assessments to individuals and corporations. For the individual there are assessments that will aid in career exploration, choosing post secondary education, suitable work environments based on personality, study and learning styles, and more.

The **STRONG INTEREST INVENTORY** assessment is the most respected and widely used career planning instrument in the world.

Take the 'STRONG' if you..

- ✓ are deciding what to do after high school
- ✓ want to be well informed of all career possibilities
- ✓ are not satisfied with your present career
- ✓ are considering a job or career change
- ✓ are returning to work after a period of time
- ✓ considering post secondary education
- ✓ are planning to obtain degrees for career advancement
- ✓ are early retirees and looking for new ventures

All Assessment packages come with a FREE interpretation from a Certified Strong Practitioner.

Please contact us for additional information.

Tel: 780.757.7555 Toll Free: 1.877.730.4361

Fax: 780.757.7555 Email: info@vantageassessments.ca
www.vantageassessments.ca

Edmonton Rhythmic Gymnastics

Classes for Beginners, Ages 5-12

AN ATHLETIC & GRACEFUL
OLYMPIC SPORT

Movement to music with ribbons, hoops, balls and ropes

GEORGE H. LUCK SCHOOL,
300 Bulyea Road

Classes Start: January 9, 2012

Mondays, 5:00 - 5:45 p.m. 5 - 7 years

5:45 - 6:30 p.m. 8 - 12 years

CALL 780-460-8709 or 780-917-2851

www.edmontonrhythmic.com

REGISTRATIONS ACCEPTED THROUGHOUT THE YEAR



Mommy Connections

SOUTH EDMONTON



**NEW BABY?
WANT TO MEET OTHER MOMS IN THE AREA?**

Join our 8 week post natal programs with a variety of topics being presented:
Hip Classes - Nutrition - Safety - Communication with baby and more!
Every registration includes a swag bag full of goodies from our sponsors and 5x7 photo of mom and baby

For more details visit: www.mommyconnections.ca/edmonton-south



Inspiring the Love of Dance!



Programs for all ages

- Adult Fitness
- Kids & Teens
- New Moms
- Families
- Pre-school

Warm {indoor} fun for the long, cold Edmonton winter.

Heat up on the dance floor with classes for the whole family!

j'adore & dance

Register for winter classes: 780.701.4942 jadoredance.com

De-commercializing a commercial holiday

By Terri Saunders
Newsletter Editor

The lights are going up, decorations are coming out of the storage room, and toys are lining the shelves. Yep! Christmas will soon be here. But do you ever think it's a little much? Here are a few ideas to tone down the consumer holiday and find some true Christmas spirit.

- 1. Make your own family traditions.** The little quirks special to your family holiday are what make memories. Check with your grandparents, aunts, uncles, etc. to find traditions long forgotten, or get creative and think of something new. Be sure to spread these traditions over the entire season. Doing everything right around Christmas day brings too much focus on "present" day, and can be very overwhelming to accomplish.
- 2. Reconsider your gift list.** Many of us have a gift list that expands every year. Hunting for the perfect gift in ever-increasing numbers adds greatly to the stress, not to mention to the whole consumer aspect of the holiday. Approach the subject of a "no-gift" policy with friends early in the year — before they've done their Christmas shopping. Or discuss alternatives such as drawing names, placing a dollar limit or giving to charity. Other options include making a rule of "homemade," "garage sale" or "used" (from your own home) gifts. You'd be surprised how special these gifts can be.
- 3. Don't forget the message of peace and goodwill.** One of the first questions people tend to ask is "what do you want for Christmas?" Or even "what are you going to give <insert name here>?" Try to incorporate other questions, such as "What can we give the earth for Christmas?" Perhaps the answer would be less wrapping paper, or more homemade decorations. Or "How can we share more this Christmas?" Maybe you'll visit the food bank with donations or share your time at a soup kitchen.
- 4. Try to give "green."** Gifts don't have to be yet another knick-knack from the store shelf that will soon find its way into the basement. Try earth-friendly ideas like transit passes, bicycle gear, or even bird-watching gear. Consider plants to help the environment, hand-knitted sweaters for those constantly turning up the heat, plastic coffee mugs to reduce throwaway cups or donate to a "plant a tree" organization. If this doesn't suit your fancy, you can still reduce the clutter by giving consumable gifts like grocery cards, specialty cheeses, or even premium oil for that car-lover. Or try things like massages, a membership to a favourite organization, or dinner and a movie night out — babysitting included. Think outside the mall!
- 5. Decorate "green."** Don't forget some of our favourite decorations — most of which are easy on the eyes, on the earth and on the pocketbook. Popcorn chains, candycanes and gingerbread men on the tree. Boughs of cedar to dress the room and bring an earthy smell. Paper chains and snowflakes bring recycled paper to life. These and many more decorations will make an activity, bring the family together and bring the Christmas



spirit into your home.

- 6. Find ways to reduce the workload.** Everyone needs a little help this time of year. Why not work together? Arrange a cookie exchange so you're ready for guests with a variety of tasty treats. Trade off shopping/babysitting days with a friend. Lastly, decide as a family which activities are most important during the season and feel free to "unschedule" the remaining days for simple family time.
- 7. Get away!** Feel like you just want to drop everything and go? That may be an option — especially with all the deals on hotels out of town just before Christmas. Drive out to the mountains, go skating, hiking or just sit by your chalet fireplace. No time? I can practically guarantee that if you dangle a peaceful holiday in front of yourself, you'll either finish all the Christmas errands or choose only the ones which are priorities.

Merry Christmas!

Open your home for easy holiday entertaining

By Claire Schneider,
South Terwillegar contributor

It's beginning to feel a lot like Christmas... well maybe not quite yet — but we all know how fast the season sneaks up. The December page in the calendar always fills up fast, so if you're thinking of planning a holiday gathering, the earlier the better — for hosting and attending.

Hosting a gathering doesn't have to be complicated. Instead of an all-out Christmas party, why not try a holiday open house this year? An open house is great way to get together with a lot of friends and neighbors in a short amount of time, without creating too much work for yourself or causing too much stress. All you need is a few hours in the afternoon or evening!

A few tips to keeping it simple...

Deck the halls (inside and out): Yes, your Christmas tree should be up and somewhat decorated and your outside lights hung but you don't need to go all out.

Be clear in your invite: You should specify the type of food you will provide (for example light snacks and appetizers, desserts), whether or not



children are welcome, dress etc. Also, by indicating an end time, you will find the get-together easier to manage.

Food /drink: A festive punch or urn of hot chocolate or cider will allow guests to help themselves and free you up for visiting. Bottles of sparkling water are also great to have on hand. As for food, some snack stations with plates of cookies and martini glasses filled with pretzels will keep your guests happy wherever they happen to be sitting or standing. These can both be prepared well in advance and restocked as needed.

Seating: Depending on the amount of people you extend your invite to and when your friends decide to drop in, you could have quite a house full! Clearing furniture out of the way and having ample chairs and cushions available will ensure that everyone is comfortable. Even foldable chairs can look festive with throws over them or cushions on the seats.

Ambiance: Think festive music, lots of sparkly lights and a warm glow from your fireplace. Mulling spices simmering on the stove will also give that welcoming, holiday feel while making your home smell terrific.

Most importantly: Have fun. Your friends and neighbours certainly will!

CALLINGWOOD LANES FALL BOWLING LEAGUES ON NOW!

Join a 55+, adult or youth bowling league!
There is still space for singles, couples
and full teams.

We also have
public bowling, neon
bowling, birthday and group
packages available. Ask us for details.



For dates,
prices and availability,
please call 780-444-BOWL (2695)
or visit

www.callingwoodlanes.com

Curing the energy drain with 10 tactics



By Kamran Akbarzadeh,
PhD, CDC, Founder of Dream Achievers Academy and
Terwillegar area contributor

Many of us run out of energy very quickly and don't know why. We also don't know how to re-energize ourselves once our energy is drained. But this article can help with 10 ways to recharge your inner batteries, cure your lack of positive energy and keep yourself energized all the time.

The cure process should be done on both internal and external levels.

Internal Level — On the internal level, the first step is to decide. As long as you avoid a decision, you are not taking responsibility for change and cure. When you decide to become energetic, you shift your gears internally, the energy flows and you feel energetic. It's like deciding to turn on the switch in a dark room. Suddenly the room becomes full of light and darkness disappears.

Though the decision is the most important factor, there are five more ways to become positively energetic.

1. **Love what you do** — Loving what you do connects you with your passion. To do this, you need to find a link between what you do and your life's purpose.
2. **Be present** — When you are fully present, you disconnect yourself from the past and the future, thus removing all the regrets of the past and all the worries of the future. This fills you with a sense of joy and positive energy, allowing you to easily connect with people and transmit your positive energy to them.
3. **Be real and honest** — Being real and honest in today's world sounds strange! Many people wear masks and play roles in order to impress others. In this way, we isolate ourselves from the rest of the world and drain our energy. By removing your masks, you let the universal energy flow and connect you to high-frequency energy levels. You also have nothing to worry about because you're not looking for ways to impress.
4. **Open up** — When we feel stuck, we have already closed many doors and imprisoned ourselves. By opening up to new possibilities, new thoughts and new ways of doing things, you let the positive energy flow and open the closed doors.

5. **Meditate** — Meditation is not limited to closing your eyes in silence. It can be done throughout the day by withdrawing for few moments from the world around you and focusing on positive and high frequency thoughts.
- External Level** — Here are five ways of energizing yourself with activities on an external (physical) level and radiating the energy to others.
6. **Do what you love** — When we spend most of our time doing what we are not passionate about, we drain our energy and feel down. Doing what you love helps you finish the unfinished and brings satisfaction and joy into your life.
7. **Physical activities** — Through physical activities and exercise, you remove any negative energy which is stuck in certain areas of your body and causes physical pain. Physical activities should always be in balance with mental and spiritual activities to keep the universal energy flowing.
8. **Laugh and smile** — When you feel down or when you lose connection with the rest of the world, just remember that a hearty smile or laugh transforms the situation in the blink of an eye, making you feel energized and connected again.
9. **Stay healthy** — Being healthy is a sign of positive energy flowing through your body without interruption. Consuming healthy foods, keeping your body clean, and avoiding unhealthy behaviors and relations energizes you with no side effects on your soul and body in the long-term.
10. **Dance and sing** — Dancing is one of the best ways to get fit both physically and spiritually. Dancing with your feet eventually leads to dancing with your heart. To make the positive effect even stronger, sing along when you dance. When you sing, you automatically release your tensions and replace them with appreciation, joy, and vitality.

Have an article idea?

Feel free to let us know!

editor@terwillegar.org

Strong bridges build strong relationships

By Kristine Aanderson, Registered Psychologist
Rejuvenation Health Services at the Terwillegar
Recreation Center

We all live in our own worlds. Men like structure. Women are flexible. These are things that cannot be changed, but we use communication to bridge the gap and come to an understanding. We instinctively know how to build these bridges and are constantly building and adapting them in our everyday lives.

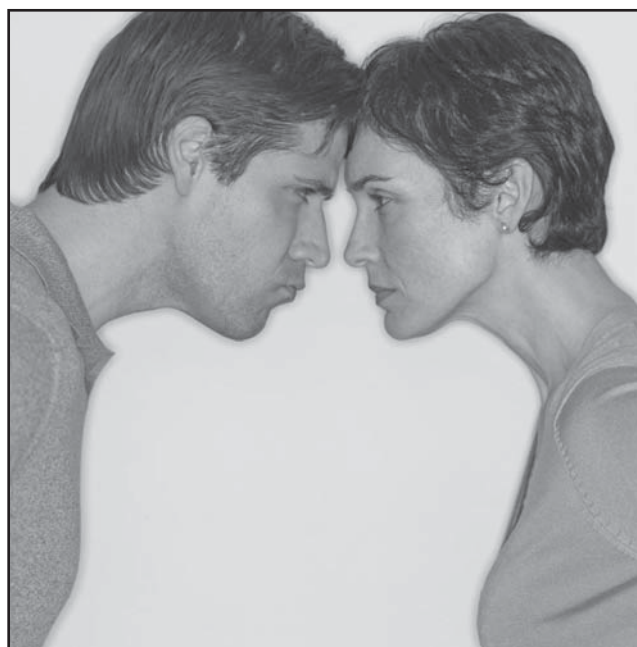
So what happens when these bridges break down? Fights can erupt. Feelings get hurt. We often revert to trying to "win" an argument instead of trying to understand a problem and look for a solution. Then we need to refer back to the blueprints of how to build a good bridge. There are three rules to building a good communication bridge:

1. Listen first.

We all want to be understood. Good listening skills can help to diffuse an argument and help both parties feel heard.

How to listen — When one person makes a point, repeat it back to them, including what made them upset and how that makes them feel, in one sentence. This does not mean you agree — it's letting them know you heard them. Having to repeat their point back to them will force you to listen. For example, a good listener may say "I'm hearing you say that you're upset that I didn't do the dishes and that it makes you feel unappreciated." Signs that you are not listening include:

- Interrupting
- Playing psychologist (telling the other person why they are doing something)
- Cross complaining (answering their complaint with another complaint)



2. Speak so that you can be understood.

It's important that you are clear about what your problem with the situation is and how it makes you feel.

How to speak so you can be understood — Tell the person, in one sentence, what the problem is right now and how it makes you feel. Ideally, the other person would then reflect back what they heard you say. Signs that you are speaking in a

way that is hard to understand include:

- Bringing up the past
- Making speeches

3. Look for solutions.

You are a team. Even if the problem is about the other person, you still need team solutions.

How to look for solutions — Complete each of these steps in sequence. A. Each person should brainstorm five solutions to the problem and share them. B. After the solutions are on the table (or often a sheet of paper), look at the negative and positive consequences of each solution. C. Look for what solution will make your relationship stronger when you look back five years from now. If there is no solution that meets that criteria, go back and each brainstorm another five solutions. Keep going until you find one that makes your relationship stronger. Signs that you are trying to "win" rather than looking for solutions include:

- Name calling
- Snide remarks/sarcasm
- Raised voices
- Emotional blackmail ("if you really love me...")

So to build a good communication bridge, first listen, then speak so that you can be understood and then look for solutions. By using these steps, you can rebuild communication bridges that help bring you closer together.

Doula support empowers both mom and dad

By Chantell Simmons

Doula, www.definingmomentsdoulaservices.com

Pregnancy and childbirth are among life's greatest moments. They should be times of great happiness when we celebrate our inner strengths, feel empowered and confident in our decisions, and enjoy the sheer wonder of this amazingly natural and beautiful journey.

The support a doula can provide is invaluable to this end.

Doulas provide physical and emotional pregnancy and labour support to women and their families. Through non-medical comfort measures such as breathing, relaxation, positioning and massage, they can help to make the birth experience a positive one.

The doula works together with the family to formulate a birth plan and supports the parents when a change in plan is required. She further helps to facilitate communication between themselves and their caregiver. She does not speak for her client, but rather acts as a mediator when needed and advocates for her clients' wishes. The medical needs of the labouring mother and baby always take precedence over the non-medical comfort measures a doula provides. Ultimately, they work together, parents, medical professionals and doula, to help make the birth a healthy, safe and fulfilling experience.

Though doulas are not medical professionals,

their support has been proven to significantly reduce the need for medical interventions, including caesareans, and increase maternal satisfaction. Their knowledge of the birthing process also allows the couple to make informed decisions regarding their choices and



helps them to achieve their vision of an ideal birth. For the more we know about labor and delivery, the better prepared we are to cope with it. The doula's constant presence does not replace the partner; they simply work together, complementing each other's strengths, to help the birth experience be as comfortable and fulfilling for him as it is for her. Lastly, the doula does not reflect her own opinions on to her client, but supports her client's wishes for a wonderful birth experience as she defines it.

As parents, the initial bonds we form with our new baby are vital. The type of care given during the birth experience helps to facilitate these strong emotional ties. A negative birth experience can affect the ways these bonds are formed, which in turn affects society as a whole. The presence of a doula helps to facilitate these initial bonds by creating a comforting and supportive environment during labour and delivery, as well as by enhancing early mother/infant bonds through initial breastfeeding support.

Mothers who have had the support of a doula have found increased satisfaction with their birth experiences, as well as an increase in their own self-esteem. The continuous presence, hands-on support, and emotional encouragement provided by the doula allow the couple to be confident and informed throughout the birth process.

Every woman deserves a doula.

As a doula, I am extremely honoured and humbled by each birth I attend. The sheer natural beauty of the entire process amazes me each time and I feel so very fortunate to be a part of this wonderful profession. It is my goal to whole-heartedly support my client's decisions, within my scope of practice, and help them to realize their vision of an ideal birth. I'm confident every doula feels this same honour and dedication.

Program provides a haven for new mothers

Motherhood is an experience. From the highs to the lows, the joys to the challenges, mothers are expected to embrace it all. Ever since becoming a mother, Janelle Schmidt, a DONA trained birth and postpartum doula, has realized that whether mothers are feeling boredom or bliss, excitement or frustration, it is important they have the opportunity to share their experiences in a supportive and safe environment.

After the birth of her first daughter in 2006, Schmidt joined a new moms group and was excited to connect with other new moms. Although it was great to get out of the house and listen to information on infant care and programs, she felt something essential was lacking from the group: the opportunity for the mothers to talk about what they were going through, listen to each other and learn from each other.

New mothers in our city are fortunate as there are many opportunities to learn about topics from infant sleep, nutrition and dental hygiene, as well as about what classes are available in their community. There are new mothers networking groups, new moms fitness classes, mommy and baby yoga classes, and even event-based excursions dedicated solely to the mother. However, mothers need a place where they can share their experiences with other mothers and this is never more needed than in the first year of motherhood.

Mother Haven was created in the spring of 2011 and offers sharing circles where mothers can openly discuss the joys and challenges of being a mother. Mother Haven goes beyond giving resources and educating mothers and provides a supportive and structured environment where a mother can share *her* story – her expectations, her emotions, and her experiences as a new mother.

The major premise behind the sharing circles is to allow the mother, rather than a presenter, to talk about her experiences on topics related to new mothers as well as listen to other mothers in a small group environment, typically around eight mothers.

Some of the topics include: expectations, the transition to motherhood, relationships, living your bliss and celebrating motherhood. At the end of the sharing circle, new moms will have explored how motherhood has impacted them and they will have made lasting connections with other mothers. In addition, each mother will take home keepsakes and a gift that honours her journey.

Often women are not supported enough during one of life's major transitions: becoming a mother. Once the baby arrives, the emphasis is shifted from the mother to the new baby. Mothers need just as much support as their children, and they need a safe place to share with other mothers what they are going through. Come share *your* experiences in

motherhood at a Birthing Into Motherhood sharing circle.

New sharing circles start at Terwillegar Community Recreation Centre in January. Please contact Schmidt at 780-271-5765 or motherhaven@hotmail.ca to register or check out the website at www.motherhaven.ca.



Santa's WORKSHOP

Avoid the large malls and get your photos with Santa right here at the Marketplace at Callingwood!

Dec. 10 & 17 • 12-4 p.m.

Located in the Professional Centre lobby, 6650-177 St.

Enjoy face painting, balloons, carollers, crafts and more! Enter to win fantastic prizes including an iPad and Gaming System. Hop on a FREE horse drawn hay ride around the parking lot!*

*Hay rides are cancelled if temperatures fall below -18° C.
Pick up/drop off point at Professional Centre doors.



shopcallingwood



marketplaceatcallingwood

the Marketplace at
CALLINGWOOD

69 Ave. & 178 St. callingwoodmarketplace.com



Examiner



SHOPPERS
DRUG MART

Stuff the stockings with books at Christmas

By Katie Turzansky

Community Librarian, EPL's Riverbend Branch

As we approach the holidays, we know that everyone is busy trying to check off all the names on their gift list. If you think Santa might be putting some books in your family's stockings, here are some things for you to think about:

- It's never too early to give books to children! Developing strong literacy skills and a love of reading can start as soon as a baby is born! Visit www.epl.ca/readtalkplay for tips on early literacy skills.
- It's important for kids to have books and other reading materials accessible around their home. If they are accustomed to books from an early age, they'll embrace them as they learn to read. You can, of course, surround your child in books from the library, but it's also nice for them to have a few of their own.
- Board books are a terrific way to introduce young children to the mechanics of books. They are virtually indestructible, which means that there's no need to fear ripping, chewing or otherwise damaging them. If your children grow up afraid of handling books, it will be hard for them to develop a love of them in the future. Fabric books are also a great, durable introduction to the book for young children. These types of book are an enjoyable play thing as much as they are a book...and reading should be a type of play!
- The eyesight of very young babies is still developing, so we recommend books with simple, high-contrast images. At this point, having words in the book isn't really important; you can make up a story to go along with the pictures together! The time you spend together reading is as important an association as the actual content of the book.
- Once babies are a bit more interactive, they love to see pictures of other babies. Toddlers love mirrors and textures on the page, as well as flaps and moving parts. As their vocabulary increases, books that support the words they know allow children to feel confident in their language and literacy skills. For most kids, this includes books on household objects, food, animals, clothing, etc. Bright colours and vivid illustrations become important at this point (make sure you talk about the illustrations as you read), as well as large, clear typeface so they can follow along as you read.
- As children grow older, choose books that reflect their interests. Does this mean you might have to read the same book about trucks every night for the better part of a year? Maybe. But trust us, they will grow out of that and as long as they are enjoying it, you're helping pave the way for a lifelong love of reading!
- For school-age children, it's important to remember that recreational reading is an important part of supporting their academic achievement. As long as children are enjoying reading for fun, they are developing their literacy skills and will be better prepared to face their school assignments. Encourage

whatever type of reading they enjoy (be it popular fiction, graphic novels, or everything they can find about bugs)!

- Finally, don't underestimate the value of role modelling in literacy. If children grow up seeing the adults they love reading, they will be motivated to read themselves. So pick something up for yourself while you're out there!

The Edmonton Public Library site has a large number of lists by grade and by genre that might help you choose books for the naughty or nice child on your Christmas list. Perhaps you could visit the library with your child to see what they're interested in reading. And remember, the library has all of your favourite Christmas CDs and movies, so stop by and get in the spirit. All you need to provide is the figgy pudding!

Drop in to programs at the Library!

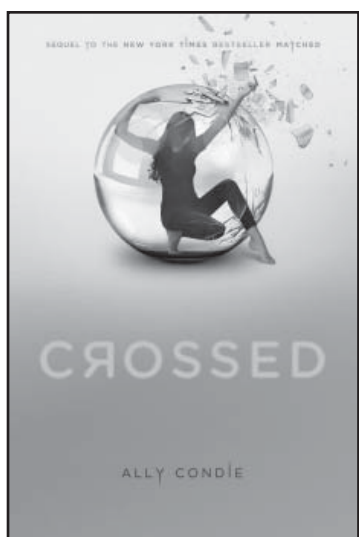
Starting in January, our programs for young children are going to be drop-in! This means you will no longer be required to register for the programs in advance — just show up 15 minutes before the program time to pick up a ticket for your spot in the class (space is limited)!

In addition to our preschool and family storytimes, which have always been drop-in, join us for *Baby Laptime*, *Fun for Ones*, *Time for Twos*, and *Sing, Sign, Laugh and Learn*, which will now be drop-in as well.

For more information on dates and times, visit www.epl.ca or the Riverbend Library!

Youth book review

"Crossed" by Ally Condie



By Danielle Gordon

South Terwillegar contributor

Another eagerly awaited young adult sequel. *Crossed* picks up right where *Matched* left off. Cassia, Ky and Xander journey through the trials of a dystopian society, trying to find their own way and break free from a pre-set future.

Cassia grew up trusting the choices of the Society — what to eat, where to work, who to love, when to die. In the first book, *Matched*, this trust was shattered when Cassia's own wants and desires forced her to see that the Society may not be perfect. In *Crossed*, Cassia tries to escape the Society in search of a future

with Ky. However, on her journey to freedom, more is revealed about an organized rebellion, a shocking betrayal, and a secret about her best friend and match, Xander, that has us all wondering where Cassia's future will

take her.

The Good — Ally Condie's first two books in her *Matched* trilogy are reads that you will think about for months and remember forever. In *Crossed*, the second book, she tells the story from both Ky and Cassia's perspectives, which gives the reader insight not only from someone who grew up in the Society, but also from someone who comes from a more complex background and knowledge of life outside the Society. Both characters grow through their journey and the plot twists have me eagerly awaiting the third and final book.

The Bad — After looking at other reviews of this book I found comments about slow moving plotlines, unanswered questions and confusing motivations. Although I can see the reason for these comments, I wouldn't personally change a single thing about this book or this series.

The Verdict — A rare treasure for both teens and adults. I give *Crossed* 5 out of 5.

I'd love to hear your comments about these books, chat about others you've read or hear your suggestions for my next review. E-mail me at terwillegar.books@gmail.com!

WHO HAS TIME FOR BACK PAIN?!

I do ... Dr. Chad Mestdagh

Doctors of Chiropractic diagnose and treat
back, neck, and head pain - so you can
get back to what you need to do.

Call for an appointment:

780 - 433 - 0686

Terwillegar Wellness Centre, 14259 - 23rd Ave.

www.twcedmonton.com

Kids' Corner

The Whisper Bug

By Danielle Gordon
South Terwillegar contributor

An itty bitty teeny tiny Whisper Bug sat on a shelf, watching a boy. The boy had a cast on his leg, and his leg was in a sling that hung from the ceiling. The only part of his whole leg sticking out of the cast was his big toe.

He couldn't get up. He had nothing to play with, nothing to read and nobody to talk to. He was BORED.

The Whisper Bug wanted to help, but what could an itty bitty teeny tiny Whisper Bug do? He was too tiny to be noticed. He was so quiet hardly anybody could hear him. He could only fly around and whisper.

He thought and thought and thought and finally decided to take a little buzz around to see what he could do.

He went next door and saw two boys playing cards. He perched himself on the edge of their ears and tried and tried and tried to whisper to them about the boy next door, but they couldn't hear him.

He went across the hall and found a girl reading some magazines. He perched himself on the edge of her ear and tried and tried and tried to whisper to her about the boy across the hall, but she couldn't hear him either.

He went around the corner and found a room with another girl colouring a picture. He perched himself on the edge of her ear and tried and

tried and tried to whisper to her about the boy around the corner, but she simply scratched her ear and kept colouring. The Whisper Bug got away just in time before getting caught under her fingernails!

Just when he was about to give up and buzz around some more, the girl stopped colouring, picked up her crayons and her colouring book, stood up, and walked out the door.

The Whisper Bug followed the girl all the way to the lonely boy's room. She walked right up to the door, peered inside and shyly knocked.

"Hello!" said the boy. "I've been waiting and waiting for someone to visit!"

"I know," said the girl. "A little voice told me. Would you like some pages from my colouring book and some crayons?"

And so now the boy had some pages to colour and some crayons, but more importantly he had a friend to colour with.

A few minutes later the girl with the magazines knocked on the door.

"I see you have colouring pages and some crayons. Can I colour too?" asked the girl. "I'll share my magazines with you." The boy smiled and nodded his head. Now he had some pages to colour, some crayons, some magazines to read and, more importantly, two friends to talk to.

A few minutes later the two boys with the cards knocked on the door.

"We heard lots of talking and laughing and it sounded like fun. Can we join the party?" asked the two boys. "We have some cards to share." The boy smiled and nodded his head. Now he had some pages to colour, some crayons, some magazines, some cards, and, more importantly, four friends to have fun with.

Activities:

1. The Whisper Bug is teeny tiny, but he tried his best to help the lonely boy, and he made a big difference. Kids can make a big difference too. Is there something you would like to try your best to change?
2. Where do you think the boy is? How do you think he broke his leg? Why do you think the other kids were there?
3. Try to think of some activities the boy could do to have fun even though he can't get out of bed.
4. What do you think the Whisper Bug looks like? What about the boy? Draw some pictures to illustrate the story.
5. Unscramble each of the clue words from the story below. Write down the numbered letters to find out how you can be a good friend!

- leims _____ 1
- repshiw _____ 2
- tcsa _____ 3
- rfdein _____ 4
- yoleln _____ 5

Answer: share

The boy wasn't lonely or bored anymore. The itty bitty teeny tiny Whisper Bug was so exhausted from his buzz around, he was fast asleep...
...on the boy's big toe.

Colouring Contest!

Do your best colouring job on our Santa and send it in to the Terwillegar Community League for a chance to win one of three prize packages!

Write your name, age, address and phone number on the back of the picture and mail to:

Terwillegar Community League, Box 84031
RPO Towne Center,
Edmonton, AB, T6R 3P4

Entries must be postmarked by December 27 (just after Christmas!). Only one entry per child is allowed.

Pictures will be judged on effort and creativity, and by the following age groups: 2-4, 5-7, and 8-11.

All Terwillegar-area residents are eligible. This includes the communities of Terwillegar Towne, Terwillegar Greens, Terwillegar Gardens, South Terwillegar, Sandalwood, Magrath, and Mactaggart.

A copy of the colouring page can also be found on our website at www.terwillegar.org. We will post winning entries on our website and give an honourable mention in our newsletter.

Happy colouring!



Professional yoga provides greater benefits

Edie Cassady RYT
www.yogawellness.com

Ever wonder why yoga's popularity has exploded in recent years? People are drawn to the physical, mental, emotional and spiritual benefits of yoga including: the alleviation of pain, the increase in strength and flexibility, the toning, the surge in energy and the sense of peace and calm that is often associated with a yoga practice.

It seems as though one cannot turn a corner without an enticing offer for yoga. However, the yoga practice should address the individual's specific needs, body type and health issues. Due to consumer demand, revolving door programs that



Edie Cassady has been studying yoga for almost 15 years.

certify large numbers of teachers in a minimal amount of time do not have the commitment to develop a yoga teacher's skills over time. These programs have been established to provide the quickest, fastest, cheapest way to obtain "credentials" in response to yoga's popularity. Just because a teacher is "certified" doesn't mean that they are experienced in the ancient teachings of yoga.

"There is an underlying assumption that proficiency in a limited number of poses translates directly into teaching expertise. While teaching programs may be creative, innovative and helpful to many, they do not authentically represent the teachings, methodology and tradition of yoga," says Edie Cassady, RYT.

It is imperative that yoga be taught by an accredited teacher to ensure the practice brings body awareness, and that adaptations and accommodations can be made to achieve success at all levels of ability.

Here is a guide to ensuring that your yoga professional is indeed a professional:

- Check with your local yoga association.
- Check the teacher's credentials.
- Ask for references.

- Talk to the yoga teacher. Ask them how long they have been practicing, whether they are currently enrolled in professional development, and how often they practice outside of their regular classes. A dedicated teacher is continually learning and is an educator.
- Ask if the classes include educational teachings such as mantra, mudra, pranayama, chanting and philosophy.

Most importantly, yoga is for every body to receive the benefits of healing. The breath is the link to the mind body awareness, "personal transformation one breath at a time," says Cassady.

Edie Cassady is a Certified Senior Teacher with the Yoga Association of Alberta and the only yoga instructor in western Canada to achieve a Yoga Therapist accreditation (R.Y.T.) from the American Viniyoga Institute. She has been studying the therapeutic aspects of yoga for almost 15 years and has benefited individuals with health conditions including digestive disorders, fibromyalgia/chronic fatigue, back pain, better sleep, obesity and depression/anxiety.

Keeping safe when heading down the hill

Edmonton Police Service

Sliding down a hill on a pleasant winter day is a great outdoor activity. For yourself and the other sliders, please slide safely. The Alberta Centre for Injury Control and Research reported 410 sledding related injuries in Alberta between 2004 and 2008. Here are a few ways to prevent those injuries:

- Check the weather. If the temperature is too low, the risk of frost bite and hypothermia increases.
- Ensure that children wear a helmet — parents should too.
- Dress for snow — mitts, boots and waterproof outer layer.

- Avoid strings, scarves or loose clothing.
- Keep long hair in a toque so it is not caught on things.
- Adults should accompany children under five on the slider. Ensure the slider is large enough for an adult and a child.
- Teach children to sit or kneel facing forward, not backwards, headfirst or lying down.
- Obey age and weight limits for your slider.
- Keep your hands, arms and legs inside the sled.
- Teach children to slide down the middle of the hill and climb up the sides.
- Ensure the toboggan or sled is in good condition.
- Check the hill before sliding. Make sure it is safe and free from other sliders, trees, rocks, fences or other obstacles.
- Toboggan on snow — icy hills can cause excessive and unsafe speeds.
- Quickly move out of the way when reaching the bottom of the hill.
- If a slope is beyond your ability, or conditions look unsafe, do not go down.
- Maintain control while sliding.
- Do not toboggan at night, dusk or when visibility is poor.
- Never toboggan on or onto a roadway or parking lot.
- Never toboggan near or onto a lake, river or other ice.
- Roll off the toboggan if you are heading for danger.
- Never attempt to stop the toboggan with your hands and feet if you lose control.
- **HAVE FUN!**

ICE MAKING WORKSHOP 2011

Ice Making & Routine Maintenance of
Outdoor Rinks

Tuesday, November 29th: 6:00—9:00 p.m.

Ritchie Community League Hall: 7727—98 St.

Cost: FREE

Registration: Call 311

Course Code: 439477



Receive hands on training and tips from an experienced community ice-maker. Learn what to do....and what not do to make great outdoor ice!

- A light supper will be provided
- Dress for the weather! Some of the training will be outside!
- For further course information please call Jay @ 780-496-1119 or Julie @ 780-944-5548





MUGGN'Z

FAMILY RESTAURANT

BUY 1 GET 1 FREE

Buy one menu item and get the second menu item (of equal or lesser value) for free when you bring in this coupon!



BUY 1 GET 1 FREE

Buy one menu item and get the second menu item (of equal or lesser value) for free!

MUGGN'Z 6655-178 Street
Edmonton, AB

Discount taken on lesser value. Excludes kids meals. Regular priced items only. 1 coupon per table only. Expires December 24, 2011.

www.muggnz.com

This winter, don't get cold — get moving!

By Tabitha Grady

FIS/Fitness Kick-Boxing Certified Instructor,
River City Fitness

As the seasons change, it can be difficult to stay active and positive, especially if most of our physical activity was outdoors. But if there's a will, there's a way! Here are some tips to stay active and feel better for it!

1. **DVD Workouts Mania!** There are a variety of DVD workouts you can purchase. Some offer a quick 20 minute program, which will boost the cold weather blues!
2. **Give in!** Grab the toboggan, skates or skis, and just embrace the cold with enthusiasm!
3. **Spice it up indoors!** Attempt something new to keep you motivated. Try Zumba, Fitness Kickboxing or an indoor bootcamp to get a good burn not associated with frost bite.
4. **Get wet!** The Terwillegar Community Recreation Centre has a great pool, so take the kids, take a lesson or just burn some calories lane swimming.

5. **Partner up!** Make sure you incorporate a family member, co-worker or friend and pick an activity together. I can never say enough how important an accountability partner is!
6. **Join a gym.** Get a membership at a facility near you for access to trainers, classes and equipment that will help you reach your winter goals.



7. **Avoid the winter blues.** Maintain your social life, stay involved, get out as a family and avoid shutting yourself in.
8. **Enjoy the sun!** If the darkness is getting you down, grab your toque and mitts and go for a brisk walk on your lunch hour, or in the afternoon to avoid sun starvation!
9. **Avoid the winter layer!** With less activity in this season, some of us are prone to acquiring some extra pounds. Try and be cautious of your calories, and any weight gain that might have you saying DOH!
10. **Invent a Power Move!** We can all feel the weight of the cold season and the associated lack of motivation or depression that comes with it. Fight back and create a Power Move! Your Power Move would mimic your actions or expressions associated with winning the lottery. Go ahead get silly, and feel the boost in your mood as a result!

Masters brings track back and life in your step

By Terri Saunders

Newsletter Editor

Ever think back to that time in high-school or college — a time when you were active in track and field and at your fitness prime? Wouldn't it be great to have that energy again, those resources, that training? But you're probably not in the Olympics, and probably aren't going to register in school again. So where do the 30+ go to get involved in track and field?

Well you're in luck. There's a great organization in Edmonton that's currently accepting new membership. The Edmonton Masters Athletics Association (EMAA) is a non-profit organization which serves athletes ages 30 and over, and which focuses on the health and wellness of its athletes. Imagine: twice a week for two hours, getting away from your other duties and responsibilities to a stress free environment.

Founded in 1986, the EMAA provides training in track and field, road racing and cross country, and all abilities are welcome to join. Though members are encouraged to enter competitions, they can also train simply for recreation. The primary focus is on accomplishing individual fitness goals.

This association uses experienced coaches and has access to the proper



Second from right: EMMA President Bruce Mintz in Toronto last June at the Canadian Masters Track and Field Championships in the 200 final.

equipment and facilities. Training is also available throughout the indoor and outdoor seasons and competitions range from local meets to international opportunities. What's more, members provide great support for each other and forge lasting friendships with other athletes both home and abroad.

Think you might be interested in joining? Fees are kept to a low \$55 a year, not including an Athletics Alberta membership, and appropriate venue and competition fees. Still not sure? Those interested are welcome to try it out, with no membership fee, for two weeks.

Check out www.emaa92.ca for more information on the EMMA and for pictures of members in action; then email EMMA President Bruce Mintz at BMintz@mintzlaw.ca so you can start your journey!

- Physiotherapy
- Ortho surgeon consult
- Sport medicine
- Orthotics
- Footwear
- Acupuncture
- Massage
- Reflexology
- Dietician
- Stress management
- Eating disorders



REJUVENATION
HEALTH SERVICES

Freedom to move!



SHINNY HOCKEY!

Did you know that indoor, drop-in Shiny Hockey is available in Edmonton for **children, youth and adults?**

Go to www.edmonton.ca and search on "shiny hockey" for more information and a current schedule.

Resident questions lack of volunteers

Letter to the Editor

Why is there a lack of community volunteers? With the school playground project now complete and community members enjoying the wonderful addition to

our neighbourhood, I feel it is important to share with readers the disappointment felt by many when it comes to the lack of volunteers in the area. It truly is difficult to understand why more community residents don't come forward and offer their time, their knowledge or their services to make a positive impact in the community that we live in.

To think that only fifteen community residents attended the Terwillegar Community

League annual general meeting is appalling. I have heard residents complain about the lack of programming and events in the area, the opening of the new liquor store in Terwillegar Towne and the list goes on. In my opinion, if you don't do what you can to get involved, to whatever degree you are able, then you don't have the right to complain. Step up people!

Daycare options are limited, and for some families in our community it is a real problem. The future of the daycare programs currently being run in brand new schools are at stake. What are you prepared to do about it?

A new spray park and playground site is slotted for South Terwillegar. The committee currently consists of two very determined but tired volunteers. They have already put over a

year's work into this project, but it is unrealistic and completely understandable that they cannot continue without additional support. Will you help?

There are vacant positions within the Community League; it's your opportunity to give back and make a difference. Community projects, like the school playground project, can be accomplished but only through the commitment and dedication of volunteers. The more people that come forward the less overwhelming the task becomes. We can all benefit in the end and what a great lesson we would be teaching the younger generations.

- A concerned community member

TGHA looks at shrubs, shelter and speed



By Sandy Lau,
TGHA Secretary

Terwillegar Gardens Homeowners Association (TGHA) includes the subdivisions of Terwillegar Gardens and Terwillegar Greens (approximately 570 homes). Our board consists of volunteers who are involved in managing and maintaining the landscaping, gardens, fences and other exterior ground areas of the subdivision, including weekly common area garbage and debris removal.

Recently, we hired a new property manager for the TGHA. Already, she has made an impact in improving the appearance of our community. Our gardens and green space look remarkably well despite the unseasonably cold summer, very wet spring and the extensive damage done by rabbits. With good progress on the removal of the dead trees, we look forward to replacing them with the City of Edmonton's

support.

The board is also focusing on a few issues such as the rural ditch along 23 Ave. We met with Ward 9 Edmonton City Councillor Bryan Anderson to discuss our concerns about the state of the ditch. Although the city's stance is to naturalize the ditch, Mr. Anderson was open to exploring other options. Another concern raised was the speed of vehicles travelling along Tory Rd., especially at Todd Link. The board requested a traffic speed and volume study along Tory Rd. and the results indicated an alarming number of speeding vehicles — some exceeding 100 kilometres per hour.

Through consultation with Traffic Safety and Mr. Anderson, we had temporary light post signs and portable speed signs located in highly visible spots along Tory Rd. in the hopes of deterring speeders. Additional measures are also being considered by the City of Edmonton and the Edmonton Police Service (EPS). Our concern is the safety of the pedestrians — especially the young children and seniors — who cross Tory Rd. We encourage our residents to report speeding vehicles directly to the EPS Complaint Line at 780-423-4567.

Another initiative of the TGHA has been to support the Terwillegar Schools Need a Playground (TSNAP) project. Recently, the board purchased a 20 foot Apache Shelter for the playground. The shelter will offer an ideal meeting place for families in warm or inclement weather. We hope the shelter will be a source of pride and joy for our community members.

Our AGM was held on Oct. 26, 2011 and our minutes for the AGM will be posted on our website at www.tgha.ca.

Affordable Basement Development

Development price includes:

Framing, wiring, plumbing, drywall, taping, texture, painting, finishing and full bathroom development including tub, shower faucet, 24" vanity, sink faucet, fan, tile tub surround, tile floor, light and toilet.

Prices start at \$35 per square foot.


Do not miss this opportunity!




Check, Visa and MasterCard accepted

Contact us at 780-717-9230, or affordablebasementdevelopment@gmail.com

Check out www.tgha.ca


RBC Insurance®



Carol Raaymakers
Insurance Advisor, RBC Insurance
1-780-616-0933
Carol.raaymakers@rbc.com

"Why not also ask about Disability insurance to protect you in the case of illness or injury which prevents you from maintaining a living"

- Multiple coverage to choose from
- Best pricing on the market
- Great for self-employed individuals and small businesses
- No evidence of insurability required

INSURE YOUR WEALTH – NOT THE LENDERS!

Your home is probably the biggest investment you'll ever make. When arranging a mortgage, your mortgage company may offer you mortgage insurance. Have you considered the advantages of personal life insurance to cover your mortgage as well as any additional loans or line of credit you may have through your bank? And it is as easy as a phone call away to switch over at any time.

Consider the advantages:

- Choice of Term Coverage or better yet, permanent coverage
- Beneficiary can use proceeds any way they wish and receipt is within 5 days of death
- Coverage can be combined to include mortgage, loans, outstanding credit and living expenses for spouse to carry on
- Policy will always stay with you and no further evidence of insurability is required
- Insure as spousal joint coverage

Call Carol today for a complimentary assessment!

Special offer for Home Buyers in Alberta!

You buy the home, the insurance is on us!

You can get your first 12 months of home insurance free with RBC Insurance home and Auto when you move into and close on a new or resale house or condo in Alberta between July 27 and December 31, 2011.

Take advantage of this great offer today and call me direct to assist in speaking with the right specialist! 1-780-616-0933 or carol.raaymakers@rbc.com Mention you wish to take advantage of the housewarming offer!

JOIN THE LEAGUE

Name #1: _____	Date: _____
Name #2: _____	Membership Type:
Address: _____	Senior: <input type="checkbox"/> Single: <input type="checkbox"/> Other: <input type="checkbox"/>
Postal Code: _____	Adult: <input type="checkbox"/> Family: <input type="checkbox"/>
Res. Ph.: _____ Bus Ph.: _____	Member interested in participating in activities?
Email: _____	Yes <input type="checkbox"/> No <input type="checkbox"/> (See Over)
Children's Names: _____ Y/M/D _____ M/F _____	Member willing to volunteer?
_____	Yes <input type="checkbox"/> No <input type="checkbox"/> (See Over)
_____	Fee Paid: _____
_____	Donation: _____
_____	Total Paid: _____
Terwillegar Community League	# of Skate Tags: _____
	Cash: <input type="checkbox"/> Cheque: <input type="checkbox"/> Cheque#: _____

Volunteer Interests	Comments
Activity Interests	



Membership Fees:

Family, \$42,
Senior/Single/adult, \$32

**Memberships expire annually
Aug. 31.**

Send membership forms to:
**Terwillegar Community League
Box 84031, RPO Towne Center
T6R 3P4**

Please make cheques payable to:
Terwillegar Community League



Free Access!

With a Terwillegar Community League membership, you get access to the Terwillegar Community Recreation Centre's swimming pool, indoor playground or workout area on **Sundays from 5 to 7 p.m.**

Please bring your membership card; admission may be declined otherwise.

Coming Events

Every Wednesday: HTR's Messy Wednesdays
4:30-6:30 p.m. (Page 21)

Every Thursday: HTR's Playgroup
9:00-11:30 a.m. (Page 21)

Nov. 21: Public Hearing on removing proposed 119 St. designation
City Hall
1:30 p.m. (Page 18)

Nov. 23: TRAC meeting
Lillian Osbourne High
7 p.m. (Page 16)

Nov. 26: Blood Donor Clinic
Lillian Osbourne High
9 a.m.-1 p.m. (Page 23)

Nov. 26: TC Church's "Winter Delight" sleigh ride
Tomlinson Common Park
4-6 p.m. (Page 21)

Nov. 30: St. Andrew's Day celebration
HTR Church
4:30 p.m. (Page 20)

Dec. 15, 16: Lillian Osbourne's "festive celebration of the arts."
Timms Centre for the Arts; 7 p.m. (Page 11)

Dec. 19: Holiday lights contest
Prizes to 3 decorated Terwillegar homes!

Dec. 27: Colouring Contest
deadline (Page 31)

Dec. 31: The Ridge's New Year's Party and Fireworks
Haddow Park (page 11)

Check www.terwillegar.org for current information

Membership Online

Now you can purchase your Community League membership online at www.terwillegar.org.

How to contact the Terwillegar Community League

Website: www.terwillegar.org

Board members:

- President, Jon Dewarle, president@terwillegar.org
- Vice-President, James Richardson, vicepresident@terwillegar.org
- Treasurer, Monte Weber, treasurer@terwillegar.org
- Secretary, Danielle Gordon, secretary@terwillegar.org
- Memberships, Lorrie Payne, memberships@terwillegar.org
- Programs — vacant
- Program Aide — vacant
- Community Advocate — vacant
- Editor, Terri Saunders, editor@terwillegar.org
- Webmaster, Alison Cairns, webmaster@terwillegar.org
- Communications, Mandy Jones, communications@terwillegar.org
- Fundraising and Parks Coordinator, Michelle McWilliams, fundraising@terwillegar.org
- Community Garden, Steve Johnson, garden@terwillegar.org
- Neighbourhood Watch (Terwillegar Towne), Enza Fata, watch@terwillegar.org

TERWILLEGAR CLASSIFIEDS

CAROLYN'S HOUSE CLEANING & WILLCLEANWINDOWS.COM
Excellent, mature and experienced workers. Carolyn 780-922-1076.

TUTORING SERVICES IN HOME
Great tutors available in all subject areas Gr 1 - 12, University. Free, no obligation consultation. Ph. Peter @ 780-298-3710 / e-mail phares@tutordocor.com.

HELP WANTED
Small kitchen in Brander Gardens needs prep/cleaning person. Call 780-756-9044 for more information.

TERWILLEGAR/RIVERBEND HOUSECLEANING
Immaculate residential/commercial house cleaning. Two person team w/ police security background check and great references. Senior's discount. Weekly, bi-weekly and monthly. 780-481-3878.

HELP WANTED
House cleaners needed with vehicle for Terwillegar/Riverbend area. Good competitive wage. Mon.-Fri. days. Please reference Terwillegar Tribune and leave a message at 780-922-1076.

*Classified ad - \$11 for 25 words or less!
Send to editor@terwillegar.org*

In your community . . .

These are the people in our neighbourhood:

Residents' Association: Responsible for the maintenance of specific plots of designated land. It is also responsible for the regulation of neighbourhood architecture. (Do you have a mailbox on your property? Two bushes and a tree?) Annual fees are required and residents are contacted directly if payment has been missed. Different areas have different residents' associations. Please ensure you are contacting the correct association.

Community League: Responsible for the personality factor and all the extras. This includes all of those fun events you get to attend, our website (www.terwillegar.org), the Terwillegar Tribune, neighbourhood watch, and more. Membership fees are optional (but well worth it!). The Terwillegar Community League is a single organization for all of Terwillegar. E-mail memberships@terwillegar.org to join.

Fees for one organization do not cover fees required for the other. Please ensure your fees are up-to-date.

NEED A NOTARY PUBLIC OR A COMMISSIONER FOR OATHS?

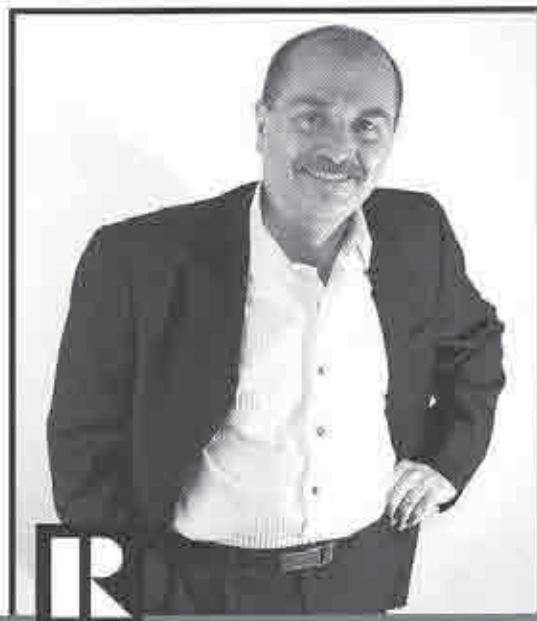
Call Riverbend Registry Services at 780.437.7355
2nd Floor, 201 – 596 Riverbend Square NW
By Appointment Only.

MONDAY - WEDNESDAY	9:00AM - 8:00PM
THURSDAY - FRIDAY	9:00AM - 6:00PM
SATURDAY	9:00AM - 4:00PM



"Personally working harder for you!"

www.LeeBourgeois.com



Lee Bourgeois

Top Producer
Top Results
Top 5%



Realty Executives Devonshire



CALL NOW FOR YOUR PERSONAL MARKET EVALUATION!

With over 30 years of experience as a Sales and Marketing Specialist, I will strive to serve your every need. I will market your home via my 7 step marketing plan and 12 point action plan. For buyers, we can discuss my service plan that best fits your needs.

direct: 780.909.1600
email: Lee@LeeBourgeois.com



Not intended to solicit properties already listed for sale or individuals bound to an agency contract.

Realty Executives Devonshire

