

Terwillegar Tribune

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

A vibrant website for a vibrant community

By Mandy Jones

TCL Communications Director

Over the past year, the Terwillegar Community League (TCL) has undergone many changes. Our board has many new members. A playground was built and fundraising continues for three more. Many new events and programs have been created through the TCL. As a result, there is a lot of information to get out to our members.

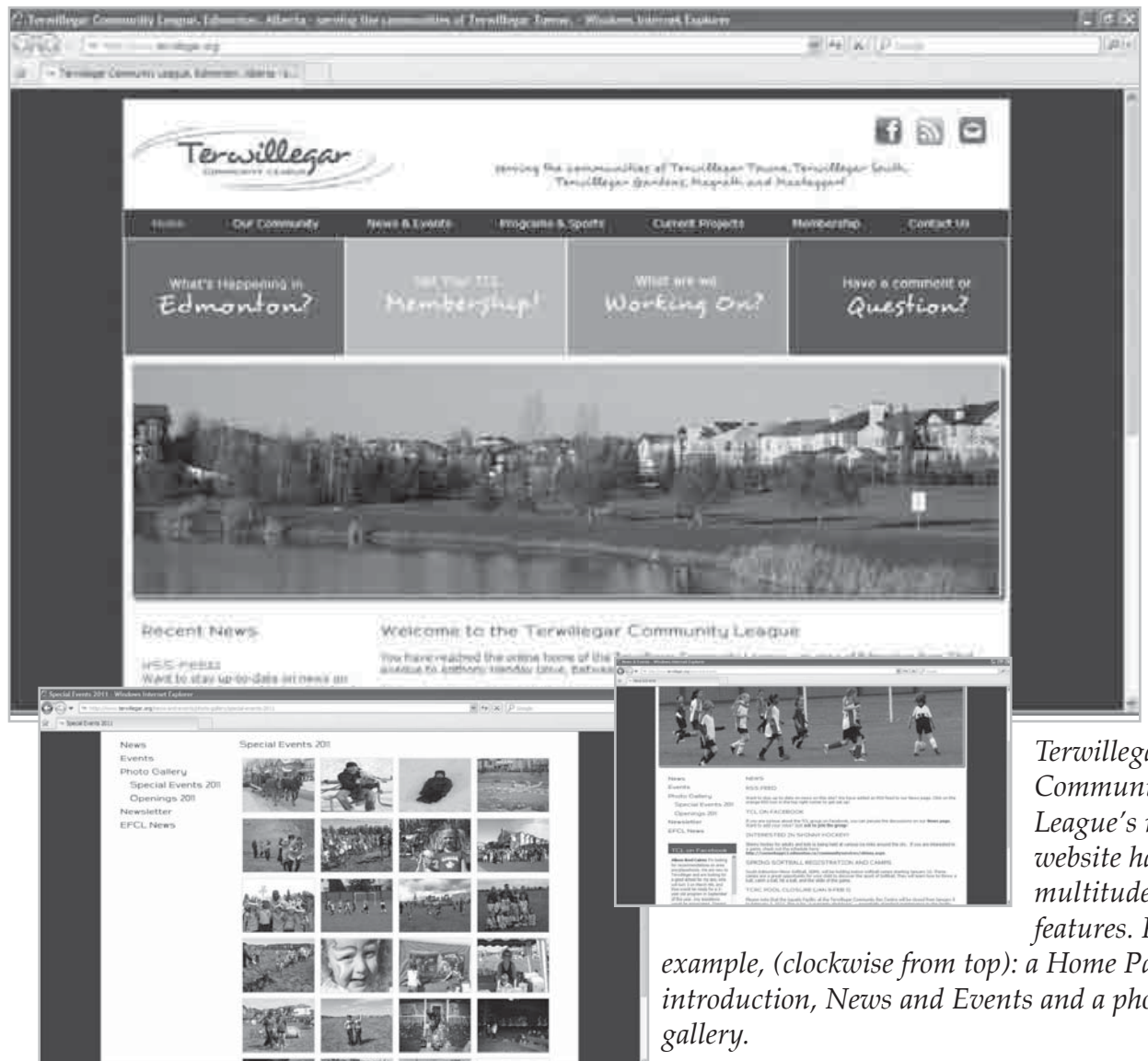
It was determined that the most effective means of communication would be our website; however, it needed to be upgraded. The old site was sufficient, but was no longer meeting our needs as a growing league. We felt we needed something with more vibrancy and color — something that demonstrated what our community is all about.

Thankfully, this is when our new Webmaster, Alison Cairns, moved to Terwillegar with her husband and four children, ages 2 to 14. She was researching the area and discovered through some TCL board meeting minutes that the Terwillegar Community League was seeking a new look for our league website.

She graciously offered her expertise as a web designer and has donated her services as a way to give back to her new community. We feel we couldn't have been luckier to have her on board! Alison not only volunteers her time to the league, but she also runs her own freelance design and development firm, Digital Rose (www.digitalrose.ca). She's one busy lady! But thanks to Alison's dedication, the new TCL site launched just months after her getting involved. It's her hope that the site is visited often by members of the community and is useful in updating them on events in the neighborhood as well as around Edmonton. She also hopes that it encourages people to get involved with the community, the league or simply the issues impacting our area.

TCL would also like to thank Michael Madan, who developed and maintained the previous website for the league. Thank you for your many years of service Michael. Your support is appreciated.

If you haven't had a chance to see TCL's new



Terwillegar Community League's new website has a multitude of features. For

example, (clockwise from top): a Home Page introduction, News and Events and a photo gallery.

website, please take a look at www.terwillegar.org. Since the new site went live in December, it has been visited by 3589 visitors, and in the first half of January alone, we were already up to 1476 visitors. More community groups are asking to be linked with our site as well, so check in regularly to see what our community has to offer.

For our most recent addition, Alison has linked our Facebook page onto the website, so you can see some of the discussions taking place, even if you aren't on Facebook yourself. And for those interested in signing up to receive regular emails from TCL, there is now an RSS feed that you can subscribe to which provides notice of changed/updated articles on the News Page.

If you love what you see, please let us know. And feedback and suggestions are always welcome. Please email myself, Mandy Jones at communications@terwillegar.org or Alison at webmaster@terwillegar.org.

Registering for spring sports? Check out page 25.

Next ad deadline: Feb. 22
Next article deadline: Feb. 29
Next issue: March 19

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How to volunteer this month:

- Help out with or donate items to our Silent Auction park fundraiser (Page 2). SouthTPlayground@gmail.com
- Flip a few burgers, help set up, or help run events for this year's Family Day event (Page 3). Programs@terwillegar.org
- Sell memberships for the TCL during soccer registration on Feb. 11 (Page 25). Memberships@terwillegar.org
- Help the TCL Fundraising Committee with their events or long-term goals. Fundraising@terwillegar.org (Page 3).
- Set up, take down or work the big items room at the I'm Too Big For it Sale. mmcwilli@live.com (Page 3).
- Become TCL's new Program Aide and help plan our much-loved events! president@terwillegar.org
- Be a Snow Angel and shovel for your neighbour.
- Shovel for your local skating "Rink Angel" (Page 26).
- 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
- Join the Citizens Police Academy (Page 5).
- Donate gently used animal gear to SCARS (Page 16).

Community garden gears up for spring

By Steve Johnson

Volunteer Community Garden Board member

There are just three months until spring. For those that start their own crops indoors, it's time to start planting items such as tomatoes and ground cherries. It's also time for those that want a plot at the community garden to contact us at garden@terwillegar.org to get on the reservation list.

We will send out e-mail updates to those on the list and to 2011 garden members when we schedule our annual meeting and registration day — currently planned for early March. The annual meeting notice will also be posted on

the Terwillegar Community League website at www.terwillegar.org/programs-and-sports/community-garden.

The volunteer board has been active over the winter, initiating works with the city to convert our temporary garden into a permanent one with walking trails, establish areas for shade and fruit trees, expand garden plots and eliminate the weed field we currently have. To make this expansion a reality, we will require a few volunteers and new board members to work with the city. If you would like to volunteer in this or any other capacity, please e-mail garden@terwillegar.org.

Get Involved!

Next TCL board meeting is **Tuesday, Feb. 7** at **HTR church** at **7:30 p.m.**



SILENT AUCTION

WINE & CHEESE

AND MORE!

Hosted by the Terwillegar Community League Fundraising Committee

When: Saturday, March 10, 2012 5 p.m. - 9p.m.

(auction closes at 8 p.m.)

Where: Riverbend Community League - 258 Rhatigan Road

Come Out and Support TCL to Build a SPRAY DECK & PLAYGROUND in South Terwillegar

Terwillegar Community Parks donation form

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

Included is my cheque for:

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

If donating \$250 or more, how would you like your name to appear at the park?

Example: John Smith OR The Smith Family

You may be contacted by phone for further details.

Which Park would you like your name at?

- Magrath Park South Terwillegar Park Mactaggart Park

Name _____ Phone _____

Address _____ Postal Code _____

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

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

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

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

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

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

Family Day barbeque brings fun new events

By Kayla McCarthy
TCL Programs Director

Can you believe February is right around the corner?

We haven't forgotten, and we're preparing a wonderful and exciting Family Day. Join us for the new Snow Man Competition, our barbeque as usual, a Dad's Hockey Game and even

more activities that will run from 1-3 p.m. at Tomlinson Common Park.

Take this opportunity to meet your neighbours and have some good, local family time. If you'd like to get more involved, please e-mail programs@terwillegar.org to register for events or to volunteer for your community league. See you there!



Families enjoyed the horse-drawn sleigh rides at the 2011 Family Day.

TCL looking for great people, and great ideas

By Michelle McWilliams
TCL Fundraising Chair

We're looking for individuals/volunteers interested in helping to shape and build the fundraising efforts of the Terwillegar Community League (TCL).

The TCL Fundraising Committee will work as a subcommittee within the guidelines and by-laws of the Terwillegar Community League. Through the efforts of this subcommittee, you will have an opportunity

to recommend fundraising policy to the Board of Directors as well as participate in organizing various fundraising activities. We have a few new and creative ideas in the works and need your help to generate more ideas and to help them come to life. The volunteer commitment will include attending regularly scheduled Fundraising Subcommittee meetings and participation in discussions and organizing efforts outside of those meetings.

The TCL Fundraising Committee's main goal is to raise funds to provide programs, opportunities and resources within our community. Currently, our fundraising efforts are focused on building parks and playgrounds in the Terwillegar Communities. With TSNAP (Terwillegar Schools Need A Playground) complete and Magrath beginning construction this summer, our next projects will be South Terwillegar, with a projected build of 2013, and MacTaggart, with a projected build of 2014. South Terwillegar's main features will include a spray deck and play structure with equipment for all ages, with hopes for adult fitness and teen areas. Mactaggart's main features plan to include a playground, basketball courts, and tennis courts.

If you are interested in helping with this effort, please contact Michelle McWilliams, Fundraising Director, directly via e-mail at fundraising@terwillegar.org or by phone at 780-432-1558. Please include your name and contact information so I can follow up with you directly.



Terwillegar Community League thanks its volunteers every year with a volunteer dinner.

Terwillegar residents bring carols to the streets

By Claire Schneider,
South Terwillegar contributor

Sloane Crescent was far from a "Silent Night" on the evening of Dec. 11, when families gathered to entertain residents with festive carols.

Organized by Kemisha Copeland, the Christmas caroling event was a hit and fun was had by all — the youngest participant was just 11 weeks old! In addition to their lovely voices, the children brought ornaments to the gathering and a fir tree was decorated in the large field behind the crescent. Perhaps you had been wondering where those beautiful ornaments came from while walking the path!

The group rang the doorbells of several homes on the crescent and residents were thrilled to have such cheery visitors during the Christmas season. One neighbour gave cookies to all the children while others called for their families to listen in.

Although the weather has been unusually warm this winter, a couple of the participants were downright chilly! To warm-up after the event and get to know each other a little bit better, the group gathered at one of the participating neighbour's home, the Bennett's, for hot chocolate, cider and Christmas cookies.

Copeland states, "I'd like for the residents of Terwillegar to know that we are interested building relationships among all of our neighbours. My goal for the residents of Sloane Crescent is to become like a family: car pooling if needed, participating in regular gatherings, beginning a walking club,



Sloane Crescent carolers pose with their decorated tree.

swimming during open pool etc." Copeland hopes to organize more events for residents of the crescent in the New Year, including tobogganing and Valentine's Day activities. Now, if only we had some snow!

Costs on the rise for city recreation

Purchase of a community league membership continues to provide discounts at City of Edmonton Recreation Centres.

Though admission subsidy for annual and continuous monthly passes has been reduced, bringing discounts from 20 per cent to 10 per cent, the discount of 10 per cent for multi admission passes has not changed.

Regular entrance fees at City of Edmonton Recreation Centres have also increased in some instances due to subsidy cuts.

Children now pay two-thirds of an adult rate instead of half, and youth and seniors now pay on average 90 per cent of an adult rate instead of 75 per cent. Luckily, adult rates have remained unchanged.

If you have concerns about the subsidy reduction, please contact your city councillor.



I'm Too Big For It Sale

**Bigger & Better
At Our New Location!**

Terwillegar Community League's
Semi-Annual Sale

When: Saturday, April 14 from 10 a.m. - 1 p.m.
Where: Esther Starkman School,
2717 Terwillegar Way

Vender Tables Are Now Available

For more info, call Michelle at 780-432-1558,
or e-mail mmcwilli@live.com

Edmonton's winter road program continues

Editor's note: Just a little reminder due to our recent snowfall!

The City of Edmonton Transportation Services

The City of Edmonton's winter road maintenance program is designed to keep our streets in good winter driving condition, but parked vehicles on bus routes impede our ability to keep Edmonton moving when there is significant snowfall.

When vehicles are parked on bus routes during the winter and Roadway Maintenance is not able to clear snow effectively, the traffic lanes can become dangerously narrow and pose a risk to commuters and buses; in some instances, Edmonton Transit had to be rerouted during the 2011 severe snow event due to obstructions created by parked cars. The narrow lanes can also impede the ability of emergency responders to safely get to calls. It is critically important that Roadway Maintenance keep those roads well-maintained throughout the winter months so that traffic can move efficiently and safely.

As of the 2011/2012 winter season, there was an event-based seasonal parking ban on collector routes. Throughout the snow season, the city will call a parking ban on bus routes as conditions require; at that point, there will be no parking permitted on those routes until such time as the ban has been lifted. 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 Alerts email notification available at www.edmonton.ca/winterroads. Vehicles left on bus routes after the ban is in effect will be tagged and towed.

Vehicles can be parked in garages, in driveways and on side streets; collector routes must remain clear so that commuters, transit and emergency responders can get to where they're going without incident.

If you have any questions or concerns regarding the parking ban, please call 3-1-1.

Winter Driving Tips

Edmonton Police Service

Winter driving is a challenge.

Extra care is required to ensure safety for everyone. Weather conditions can be unpredictable and place extra stress on driver(s) and vehicle(s). Always adjust your driving speed to road conditions. Allow extra travel time in bad weather.

Slow down and stay alert.

Maintain a safe following distance. It will take longer to stop your vehicle in slippery conditions.

Maintain good visibility.

Clear all snow and ice off your windows, roof, lights and mirrors. Wait for the fog or frost to clear from all windows before driving. See and be seen.

Accelerate and brake slowly.

When starting from a stop on slick roads, start slowly and accelerate gradually to maintain traction and avoid spinning wheels. When stopping, plan to apply the brakes gently. Slowly add pressure rather than braking suddenly.

Always wear your seatbelt.

Your best weapon is your brain. Use common sense, imagination, and good judgment.

New sign regulations brings disappointment

Edmonton Federation of Community Leagues

The Light Efficient Community Coalition and Edmonton Federation of Community Leagues (EFCL) were both disappointed with the digital sign regulations adopted by city council in September. In their opinion, the regulations do not adequately regulate the brightness of signs, the distance

between signs or the time required between image changes. However, the new regulations do require digital signs to be directed away from residential areas and parks, to some extent.

The digital sign regulations will be under review in a few months. If you have any concerns, particularly with regards to signs close to your area, please contact Bev.Zubot@efcl.org and your local councillor.



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Neighbours light up the night and win!

By Kayla McCarthy
TCL Programs Director

The neighbourhoods of the Southwest were brightly lit on Dec. 19 as members of the Terwillegar Community League Board searched for the best and brightest. With mini-judges in tow, six houses were picked as the winners for the 2011 Christmas Lights Contest. Winners are as follows:

From South Terwillegar and Magrath

- 1st: 8090 Shaske Dr.
- 2nd: 8133 Shaske Dr.
- 3rd: #12 1128-156 St.

From North Terwillegar

- 1st: 2053 Tanner Wynd
- 2nd 5079 Thibault Way
- 3rd 5110 Terwillegar Blvd.

Many thanks to all who brightened up our Christmas season and to the businesses that donated prizes so that we could show our appreciation. Thanks to the City of Edmonton, Terwillegar Community Recreation Centre, Famoso Magrath, and Simply Supper.



Clockwise from top right: 3rd place south, 2nd place north, 3rd place north, 2nd place south, 1st place south, 1st place north.

Ridge Community League hosts New Year's bash

The Ridge Community League hosted a fabulous New Years Eve Party and Fireworks in Haddow Park.

They consider themselves very fortunate that they were able to carry on with the big fireworks show, as it could not have proceeded with the high winds blowing earlier in the day.

The league thanks everyone that came out to enjoy the New Year's Eve Party and Fireworks, and for the generous food and cash donations to the Edmonton Food Bank. This year, they collected \$273 in cash donations that go directly to the Food Bank!

The executive would like to extend a huge "Thank You" to the individuals, groups and businesses that supported the event and helped make the New Year's Eve Party a big success.

The fireworks were presented by Fireworks Spectaculars Canada.

The horse-drawn sleigh rides were provided by MP Stables.

Shuttle bus service supplied by Edmonton Transit.

Traffic control assistance by Edmonton Police Service.



Citizens Police Academy now recruiting

Edmonton Police Service

The Edmonton Police Service (EPS) is accepting applications for the upcoming class of Citizens Police Academy.

Citizens Police Academy is an exclusive opportunity offered to community stakeholders within the City of Edmonton. It provides an overview of the Edmonton Police Service, an understanding of the current priorities and initiatives taking place at the Divisional level and an opportunity to work alongside the EPS on developing and implementing crime prevention strategies.

The next class will target West Division communities, though applications will be accepted by those outside the geographical boundaries based upon the level of community involvement and/or organizational affiliation.

The class will be held at the Quality Inn West Harvest on Tuesdays, starting March 20, through June 12 from 6:30 p.m. to 9:30 p.m. Community league members who are tasked with addressing crime prevention would greatly benefit from the course.

For more information, contact citizenspoliceacademy@edmontonpolice.ca

or view the informational link at www.edmontonpolice.ca/JoinEPS/CitizensPoliceAcademy.aspx.

Keeping your car warm makes it a hot item

Edmonton Police Service

Look outside and see that the windows are completely frosted up and that the temperature is nice and cold. Unfortunately, you do not have a command start, so you figure that you might as well take the spare key and start the vehicle to let it warm up while you get ready for work or to drive the kids to school.

Of course you lock the door because you have another key and want to make sure the vehicle is safe until you return. This in theory is a great idea; unfortunately there are very few people that you can trust today and there is someone that is an opportunist willing to steal your running vehicle.

It may sound far-fetched but it happens more



often than you think.

Another faux pas is where someone has to run into a store really quickly. It has happened where the vehicle is sitting right in plain view, and

someone decides to take your running vehicle. There have even been cases where a child is strapped in the car seat when the vehicle is taken. Most criminals do not check the back seat and have no idea there is a child on board until they are already driving away.

This winter, do not be a victim of this type of crime:

- Always make the correct decision, and either sit in the vehicle while it warms up or save up and install a command start.
- Never leave the vehicle locked and running with the keys in it.
- Do not leave it unlocked with a child in the vehicle.

Enjoy the winter and drive safely.

EFCL works on crime reduction initiatives

Edmonton Federation of Community Leagues

The Edmonton Federation of Community Leagues (EFCL) will be working on two crime-prevention initiatives in the New Year.

The first will take the form of a workshop, co-sponsored by REACH Edmonton, where leagues will be invited to contribute to the city's violence reduction action plan. REACH Edmonton is an umbrella organization the city has established to develop and promote crime prevention initiatives in Edmonton.

The second exercise will be to improve communication linkages between the police and community leagues. This work is being done with the recognition that only one league in five has a Neighborhood Watch representative, and that the police service are not able to provide beat officers for every neighbourhood.

Consequently, leagues will be asked to identify a contact person, when the police are trying to work on persistent criminal activities in the immediate area. Conversely, the police will identify contact people in each district of the city that will be available to help the leagues work on these same issues.

"This is not to report a live break in, or an assault that is underway," noted EFCL executive director Allan Bolstad. "You call 911 for that."

The federation is also well aware that everyone is already suffering from information overload, so this contact network is not to be used as a dumping ground for irrelevant information. For example, the police service does not need to see community league newsletters or hear about fundraising initiatives.

Similarly, community league reps do not need to hear about all of the activities undertaken by the police. The communication linkages would be established with the sole purpose of dealing with ongoing problems facing a community, such as re-occurring vandalism, a drug house, periodic break-ins — the kinds of activities that need persistent work by both the community and police service to solve.

The EFCL will be contacting community leagues shortly to describe the nature of this initiative and begin work on establishing better communication linkages.



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Child safety meets the online community

Edmonton Neighbourhood Watch

The Internet can be a great place to connect with friends, do research, play games, and explore hobbies and interests. Like the physical world, you should take steps to play safe. Protect yourself online by following a few simple rules:

- Discuss rules for Internet use with your parent(s)/guardian(s). Together you can set the time of day, the length of time online and what areas you can visit. Do not break these rules – they are for your safety.
- Never use your real name. Use a nickname that does not attract inappropriate attention.
- Never talk to strangers online.
- Do not give out personal information such as your address, phone number or where you

attend school.

- Never share your password with anyone other than your parent/guardian.
- Tell your parent/guardian if you come across any information that makes you feel uncomfortable.
- Do not send pictures or anything else to someone without checking with your parent/guardian.
- Never agree to meet anyone you have become friends with online. Tell your parent/guardian and only go if they agree to the meeting. Be sure to meet in a public place and bring your parent/guardian along.
- Ignore messages that are mean or make you feel uncomfortable. Tell your parent/

guardian so they take steps to protect you.

- Never download or install software without your parent/guardian present.
- Do not accept email, files, links or URLs from people you don't know.
- Never do anything that hurts others or is against the law. Behave online as you behave in person.
- Introduce your online friends to your parent/guardian just as you would introduce your real friends.
- Talk to your parents about how to learn and have fun online.

Your best weapon is your brain. Use common sense, imagination and good judgment.

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

New Year inspires great learning for all



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

By Co-Leaders Reny Clericuzio and Denise D'Agostini
Monsignor William Irwin Administrative Team

The month of January is a time for new beginnings. We have

had many new students enroll after the break, and we welcome them to our school community. We have also seen lots of learning and Ice Scool attended by our Grade 4 and 5 students. This opportunity to learn outside the classroom was awarded to our teachers Mrs. Motoska, Mrs. Brilz and Mme. Brassard.

Our Grade 2 French Immersion students will be attending Zoo school just after Family Day. We are very proud of our teachers and thank them for writing up the proposals, attending summer PD (Professional Development) and enriching the learning opportunities for our students.

This past month we also had the Alberta Opera perform Pinocchio for our students. We will also be having the Concrete Theatre in to perform Lig and Bittle in February.

Our French cultural event in February will include our Winter Carnival. This event will see many activities that include French dancing, spoon playing and horse-drawn sleigh rides along with Maple Syrup frozen treats. Our school community is committed to sharing cultural events for all students in both French and English.

January brings our youngest and precious students and families to our school as they register for Kindergarten for the 2012-2013 school year. Our registration evening is on Thursday, Jan. 26 at 6:30 pm. We will be accepting all students who live in our French Immersion and English boundaries who are Catholic.

We will then be doing our best to honour your choice of morning or afternoon classes. We look forward to seeing all our new families. In order to speed up the registration process, parents can download the 2012-2013 registration forms from our website at www.monsignorwilliamirwin.ecsd.net and bring a copy of their child's birth and baptismal certificates.

Jan. 30 and 31 bring PD and Faith Development for our teachers and support staff. Our school's PD day on Monday, Jan. 30 will have teachers learning about new technologies and teaching strategies, as well as include an afternoon of Positive Playgrounds presentations and activities.

Jan. 31 is our District's Faith Development Day for all staff members. This is a day that we focus on our Catholic faith and celebrate mass together. The day is held at the Shaw Conference Centre. While we learn, our students will enjoy an extra long weekend with their families.

We would like to take this time to wish our families a very happy and healthy New Year. If you have any questions please do not hesitate to contact us at 780-430-1121.



Alberta Opera performs Pinocchio for the whole school.



GRADES 9-12

WWW.MOTHERMARGARETMARY.ECS.D.NET

We are excited to announce that the construction and progress of Mother Margaret Mary is ahead of schedule. This state of the art facility will house up to 850 students. Starting with Grade 9 and 10 in our first year, a strong lead team, secretary and administration are all in place and are entrenched in preparing for the Open House on March 13 and the school opening in September, 2012. We are very happy to introduce five of our lead team family. They are:

JOEY BOUMA:

- University of Saskatchewan graduate
- Twenty years experience in Edmonton Catholic Schools with teaching focus in the areas of Special Education, Mathematics and Guidance Counseling
- Student Services - career and guidance counseling
- Student Union - will provide student leadership opportunities and activities
- Volleyball - male and female coach and official

SHAYNE BILLEY:

- Lead teacher, Fine Arts at Mother Margaret Mary Catholic High School
- Ten years experience in Edmonton Catholic Schools teaching Concert Band, Jazz Band, Guitar, Audio Recording, Video Editing, Music Enrichment and Science
- Vast performance background in musical theatre

SHARON FITZSIMONDS:

- Administrative Support
- Ten years with Edmonton Catholic School District
- Looking forward to meeting the parents and students in the Mother Margaret Mary community

MELISSA MARCHESI:

- Ten years with Edmonton Catholic School District
- Extensive high school teaching experience in the areas of Social Studies and Math
- Melissa is looking forward to being a part of the Mother Margaret Mary team

DION SKITSKO:

- Dion loves everything science related
- Students in his classes learn science by doing science
- Dion has been known to make pickles glow in the dark, run voltages across play dough and throw eggs at sheets... all in the name of students learning science

Feel free to follow the school's progress on our webpage:

<http://www.ecsd.net/schools/mary.html>

or look us up on Facebook at

<http://www.facebook.com/mmmhighschool>



Any questions or queries can be directed to either administrator at: Shelagh.McCauley-pedersen@ecsd.net or Edward.brophy@ecsd.net

EPSB provides good resources for parents

*Megan Bates, Parent as Partners Representative
Esther Starkman Parent Council*

Following the parent council meeting at Esther Starkman School, we would like to share some great links to information for parents of children in Edmonton Public Schools. These resources are easy to navigate and give a greater understanding of how we, as parents, can help and support our children learn and grow within the school system.



Family Literacy Day takes place on Jan. 27. Take the "Learning Journey" as part of Family Literacy Day 2012 by downloading the Journey to Learning Passport. Families are encouraged to complete at least five activities in the weeks leading up to Family Literacy

Day to see how easy learning can be. Even just 15 minutes a day working with your child can improve their literacy skills dramatically. For ideas, to download and register your passport, or for a chance to win prizes, visit www.familyliteracyday.ca.

Office of the Chief Medical Officer of Health, Alberta Health and Wellness, recently released a report entitled "Let's talk about the early

years." This report includes a look at the services which support learning and are available to parents of young children, as well as how to provide the opportunity for Alberta's diverse cultural and ethnic communities to discuss and to understand the science of early childhood development within the context of their own cultural practices.

These are only a few of the interesting topics discussed. To read the entire report, visit www.health.alberta.ca/documents/CMOH-Lets-Talk-Early-Years-2011.pdf.

The Office of the Privacy Commissioner of Canada has produced a website called "My Privacy. My Choice. My Life." It has a variety of teaching resources for Canadian educators and parents. Young people today are sophisticated users of the Internet and use this medium with ease and enthusiasm. The focus of this website is to help parents and their children understand how technology affects their privacy, and what they can do to build secure online profiles while keeping their information safe. Check for more information at <http://youthprivacy.ca/en/index.html>.

Remember that you can check out Edmonton Public School Board meetings in person or via webcasts. Check www.epsb.ca/board/agenda.shtml for more info. Also, each school parent council has a designated "Parents as Partners in Education" board member to provide a link between parents and the Edmonton Public

School Board. Contact your school to find out who this person is in your school if you would like to share information or ideas, or if you have any questions.

ZUMBA!

Come and join the party! Family Zumba is coming to Esther Starkman School. Money raised will be donated to Esther Starkman School for programs and materials.

Experience what all the excitement is about! All ages welcome, this is a fun, active hour of fitness, dance and high energy music. Haven't tried it before? No problem. A Zumba regular? Great! Come one, come all. It promises to be lots of fun.

Sessions:

- Monday, Feb. 6 at 7 p.m.
- Monday, Feb. 13 at 7 p.m.

Location: Auxilery Gym at Esther Starkman School

To register, please email megan@fitbodiesatwork.ca. This class will be capped to have enough room to "shake it up," therefore please register quickly to hold your spots. Cost is \$7 per person per class.

Come out and support your school!

Lillian Osbourne High lives a legend in 2012



Lillian Osborne students support the Helping Hampers campaign.

By Lillian Osborne High School Administration

With the launch of a new year, the staff and students at Lillian Osbourne High School are extremely proud of the accomplishments of 2011. There has been great energy in our building as we experienced our first semester with all three grades!

Recent highlights include our Fine Arts

holiday extravaganza "A Sleigh Ride Together" in December, which was a collaborative effort of over 250 talented students. Students enjoyed our Touch of Class formal day on Dec. 20, and they showed leadership and compassion as the entire school contributed to supporting local families in need through the Helping Hampers campaign. Legends Athletics continues to grow and has enjoyed success, spirit and sportsmanship from our athletes on our many Legends teams including cross-country, golf, swimming, cheer, junior and senior men's and women's volleyball and currently basketball.

Students are now extremely focused on their exams this month. Our Grade 12s are now applying for post-secondary studies and planning for their careers and after high school. And, of course, there is great anticipation about the countdown towards the first ever Lillian Osbourne graduation commencement and banquet with the very fitting theme "Live your Legend."

This is also the time of year where the school begins planning for the 2012-13 year, and we open our doors to prospective students and parents to consider Lillian Osbourne as their school of choice. Students are encouraged to visit our modern, bright, environmentally conscious facility and to experience our exceptional teachers and diverse programming, including International Baccalaureate courses, four international languages, Fine Arts, Career and Technology Studies, and Physical Education. We value our partnership with the amazing Terwillegar Recreation Centre next door.

Prospective students and parents are invited to our school on Feb. 2 at 7 p.m. to learn more about our thriving International Baccalaureate program,

as well as to our general Open House extravaganza on Feb. 23 from 7-9 p.m. For more information, please contact us at 780-391-2450 or lillianosborne@epsb.ca.

Lillian Osbourne High School

Open House

Information Night Feb 2 @ 7 pm

Feb 23 @ 7-9 pm

780-391-2450

2019 Leger Road NW

www.lillianosborne.epsb.ca

lillianosborne@epsb.ca

limited parking available please consider carpooling or public transit

EDMONTON PUBLIC SCHOOLS

Southwest seniors find a common voice



Glenn Kissick,
Seniors Representative for TRAC, Riverbend
Community League

After a very successful Seniors Forum in October and an initial Steering Committee meeting in early December, we have formed an executive committee for the Southwest Seniors Steering Committee who are made up of the following people:

Seniors' Focus

- Chair: David Faber
- Vice Chair: Richard Perry
- Secretary: Bruce Duncan
- Treasurer: Glen Wong
- Communications: Dr. Rob Agostinis
- Seniors Ambassador: Glenn Kissick

The first meeting of the executive was held in late December to set out the terms of reference and to define how the steering committee will work. The executive will then bring it back to the open steering committee (a group of 35 plus members) for their input sometime in January, and then to a larger group (all seniors) sometime in late February.

The purpose of the committee is to establish a Southwest Seniors Association that will address the social, cultural and recreational needs of seniors.

The Southwest Edmonton catchment area boundary has been defined as along Calgary Trail to Whitemud Drive, then along Whitemud Drive to Whitemud Creek, along Whitemud Creek to the North Saskatchewan River, and then along the river to south city limits. Participation from other areas is encouraged and it was agreed the Southwest Edmonton Seniors

group would work collaboratively with other senior centres.

The key responsibilities of the steering committee are as follows:

- Create a complete inventory of services, programs and facilities.
- Identify the demographics of the seniors in the catchment area, including all cultural group needs.
- Identify the gaps in the services, programs and facilities.
- Engage in strategic planning and complete a needs assessment of the future needs of seniors.
- Prioritize the needs and the wants of the seniors community to determine what should be included in both a seniors centre and in information/communication services.
- Establish and increase communication of the information from the committee as a united voice to the community at large. (Ideas to do this include a website, communication committee, newsletter, church groups, Ragg-Times, Terwillegar Tribune and networking/assembly). It is necessary to communicate back out to the community at large at each stage.
- Establish a viable association that will perform the action items identified through this work.

This will help to unite all seniors groups with a common voice to show the need for a larger seniors centre in the southwest area. In the future, it will allow seniors to have a place to go for recreation, meetings, coffee and crafts, and give them a chance to get out of their homes and communicate with other people in a centralized location.

The Steering Committee executive has started work on a website. With the website, emails and printed material, the committee is striving for better communications to seniors and seniors groups in the southwest area.

Stay tuned in the following months!

Edmonton waste collectors help those in need

By Garry Spotowski, Education Programs
Coordinator

City of Edmonton Waste Management Services

For many seniors and people with restricted mobility, taking out the garbage or recycling is a huge challenge — especially when it's wet or icy outside. So where can they turn to for help?

The City of Edmonton offers an assisted waste collection service for people who have difficulty getting their garbage and recycling to the curb.

This service is available at no charge for Edmonton residents with mobility challenges who don't have someone to help them take out their waste. There is a brief application form

online or you can call Waste Management Services to apply for the program. Once you are set up, a waste collector will come to the door and pick up your garbage and recycling from outside your front or back door.

Over 170 people currently receive assisted waste collection. Collectors pick up the same materials collected from all households.

To find more information or to sign up for this service, call 780-496-5698 or visit Edmonton.ca/waste.



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.

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TRAC anticipates another full year ahead



By Rob Agostinis
TRAC President

TRAC had a great turnout at their holiday themed regular meeting on Dec. 7, 2011.

It was amazing how much TRAC and Area H community leagues have

accomplished in 2011! What's more exciting are the new initiatives, projects and events planned for 2012.

Terwillegar Community Recreation Centre (TCRC)

The TCRC is breaking records with its registrations and admissions. As of last December, the TCRC reported that over 935,000 people went through the turnstiles. This is well above what was predicted and one full year hasn't even arrived yet. Also, it is reported that the TCRC has surpassed all expectations in its first year of operations — 128 percent cost recovery on facility operating expenses.

The TCRC Aquatic Facility will be shut down from Jan. 9 to Feb. 5 as part of the warranty and maintenance.

The free community leagues swim/recreation program (Community League Wellness Program) continues to be a success. Please note that access to the TCRC coincides with regularly scheduled activities, including the public swim time. Members can also enjoy access to the fitness centre, the indoor running track, and the indoor playground. Admission is on a first come first served basis and if/when the community league access reaches capacity, league access will be suspended. To avoid disappointment, be sure to arrive early. Just to note, because of the many participants, the City of Edmonton has increased the quota from 225 to 275.

The Terwillegar Community Recreation Centre (TCRC) free swim/recreation time is on Sundays from 5 to 7 p.m.

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

TRAC/community league partnership

TRAC has been in existence for over nine years and is looking at the next stage of programming and funding sustainability.

There was discussion about developing a forward-looking partnership model between TRAC and the AREA H community leagues. The idea is to support coordination of the many projects, events and fundraising initiatives and to provide centralized information distribution through the TRAC community office located in the TCRC. A planning session is planned for late January to further explore a proposed new partnership model.

New community ambassadors

TRAC welcomes *Steve Sedgwick* as the new ambassador for Brookside (a community of the Riverbend Community League) and *Char Bowman* as the new ambassador for Terwillegar Towne (a community of the Terwillegar Community League).

As communities in the catchment area of Terwillegar Community League grow, our bylaws require an ambassador to represent those respective communities. The communities are South Terwillegar, Terwillegar Towne, Magrath Heights and MacTaggart.

We still have a vacant spot for Olgilvie Ridge (Whitemud Creek).

Southwest Edmonton Farmers' Market (SWEFM)

The SWEFM was very successful in its first year of operation. The winter version did not take off this year but is being planned for next winter.

There will be a few changes for this spring/summer farmers' market. It will run from May 30 to the first week of October and will operate from 4:30 p.m. to 7:30 p.m. The reason for delaying the opening until the end of May is to take advantage of added sunlight to ensure the very best produce is brought to market. The change in hours is also to add more daylight.

The 2012 Vender Application is now available. If you would like more information about the Southwest Edmonton Farmers' Market or would like to volunteer or sponsor, you can check out the website at www.swefm.ca or call Marketing Manager Zita Dube-Lockhart at 780-868-9210.

Southwest seniors

Glenn Kissick, our Seniors Representative, reported on the happenings of seniors in southwest Edmonton (see Page 10). After a forum and several other meetings, a Southwest Seniors Steering Committee has been formed and its purpose is to establish a Southwest Seniors

Association that will address the social, cultural and recreational needs of seniors.

Fundraising and TRAC 10K event

As mentioned previously, TRAC is holding a planning session in late January to explore a proposed new partnership model. Along with that, a fundraising strategy will be pursued to help with all the projects and new initiatives being put forward.

The TRAC 10K (10K run, 5K run and 3K walk) will take place on Sunday, May 27 at 8:30 to noon at the Archbishop Joseph MacNeil Catholic School site.

As per every event, we are looking for more sponsors and volunteers from the business community, from the community in general and from community leagues. You can contact me, Rob Agostinis, for more information at whitemudhills@tracspirit.ca.

TRAC talent show

The EFCL (Edmonton Federation of Community Leagues) took its final bow in hosting a citywide talent show. So voice/music teacher Brittany Graling decided to see if TRAC would be interested in taking over this event. With no hesitation, TRAC voted to support the organization of a major TRAC Talent Show to be held in late April.

The talent show would be funded by participants, sponsorships and donated services. Graling emphasized the need for young performers to compete rather than showcase; confirming that the show would be adjudicated by industry professionals in three age categories for 5 to 18-year-olds.

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!

Regular meeting dates

Wednesday, Feb. 22; 7 p.m.; Lillian Osborne High School Library

Wednesday, June 13; 7 p.m.; Lillian Osborne High School Library

Annual general meeting

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

New mailing address

TRAC (Terwillegar Riverbend Advisory Council)
Terwillegar Community Recreation Centre
TRAC Community Office
2051 Leger Road NW
Edmonton, Alberta, T6R 0R9

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EAC supports Edmonton's creative community



By Bryan Anderson,
Ward 9 Edmonton City
Councillor

Edmonton is known for its dynamic arts and culture community. Much of this reputation can be attributed to the Edmonton Arts Council (EAC). The council, a not-for-profit society and charitable organization, actively promotes the arts community in Edmonton. Together with the City of Edmonton, the EAC works to increase the profile and involvement of arts and culture in all aspects of our community:

- Guides and implements the city's 10-year cultural plan, the *Art of Living*.

- Invests in festivals, arts organizations and individual artists. The EAC oversees 12 grant programs on behalf of the city.
- Stimulates private investment and donations to the arts.
- Produces arts projects and events. This includes the EAC's *TIX on the Square* operations in Churchill Square.
- Through Arts Habitat Association of Edmonton, identifies, develops and manages space for the arts and artists in Edmonton.
- Implements the city's public art programs including acquisitions, conservation and administration.
- Represents Edmonton's arts community to government and other agencies, and provides expert advice on issues that affect the arts,

as well as creates awareness of the quality, variety and value of artistic work produced. The EAC provides residents and visitors with invaluable opportunities to experience Edmonton as a city of talent and creation. It is a way for Edmonton to define and enhance its longstanding reputation as a place that encourages continual growth. Supporting the arts is fundamental in helping the city, along with aspiring artists and cultural enthusiasts, to succeed.

For more information please visit www.edmontonarts.ca

Wishing each of you a very Happy New Year! If you have any comments or questions, you can reach me at Bryan.Anderson@edmonton.ca or at 780-496-8130.

New Alberta premier brings new leadership vision



By Dave Hancock
MLA Edmonton Whitemud

With a new year upon us and a new leadership vision from Premier Alison Redford, the government is continuing to focus on the things that matter most to Albertans.

Premier Redford has hit the ground running with an aggressive, forward-thinking legislative and policy agenda, and a new team around the cabinet table.

The premier's fresh start began by outlining the government's plans for Alberta's future in the face of the unstable global economy in the State of Alberta address (<http://alberta.ca/premieraddress.cfm>).

With clear vision and dedication to change, the Ministry of Human Services was formed as part of Premier Redford's strategy to take action on the priorities that Albertans communicated during the leadership. By creating this ministry, our Premier has made it clear that serving and

supporting all Albertans is a top priority.

For me, an important part of the work that my ministry and I do is identifying what change means in the daily lives of Albertans. Human Services programs touch Albertans' lives every day in a multitude of ways — on the job, at home, at day care, in training programs and more. We support children, protect them from harm and assist families so that children get a solid start and their parents are safe at work with the skills they require now and in the future, and we provide families with the support and opportunity to have success in life.

One part of my mandate is to create a comprehensive social policy framework, identifying the expectations we have as Albertans for our society. I'll also be working collaboratively with the private sector, volunteer and non-governmental organizations, and within government to create opportunity and to operate with compassion so that every Albertan can participate and succeed as citizens to the best of their ability, and so that they are able to live as Albertans with dignity.

For more information on the ministry of Human Services please visit www.humanservices.alberta.ca.

I'm always happy to hear from constituents and believe in open, frank and honest discussion. I welcome your ideas and suggestions on how our government can do an even better job of ensuring that Albertans have the support services, the safety, the fairness, the jobs and the opportunities to succeed that they deserve.

I can be reached by email at edmonton.whitemud@assembly.ab.ca, and our constituency office's phone number is 780-413-5970.

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Honourable Dave Hancock, MLA
Edmonton Whitemud
Minister of Human Services
Government House Leader

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Public Schools pursue priorities for 2011-2014



By Catherine Ripley, Ward H Trustee
Edmonton Public Schools

Last spring, the Edmonton Public School Board (EPSB), on your behalf, established five district priorities for Edmonton Public Schools to pursue from 2011-14, and it is full steam ahead!

A new district plan

In support of the priorities, the superintendent has created a ten-year district plan that concentrates on four key areas: enhancing staff capacity, enhancing quality teaching, enhancing supports for diverse learners and ensuring effective and efficient business practices. All schools and central departments have now created plans in these areas to enable progress in the priorities.

For example, at Lillian Osborne, the staff is undertaking a school-wide action research initiative to guide their professional growth, encourage collaboration and engender a culture of dialogue and discussion. The better teachers share their best ideas (and mistakes), the more likely their students will be engaged in learning and complete high school (Priority 1).

At Esther Starkman, in terms of Priority 3 (welcoming, respecting, accepting and supporting all children) and “enhancing supports for diverse learners,” staff are collectively identifying students who need extra help and timetabling then supports the right people giving the right help at the right time. And so go the plans... across the district.

Healthy kids, healthy schools, healthy communities

To pursue Priority 4 (health and wellness), Trustee Michael Janz and I hosted a community meeting in November at which Erin Wright of APPLE Schools (www.appleschools.ca) and Bev Esslinger of SHAPE (www.shapeab.com) inspired participants with the positive effects that active living and excellent nutrition can have on student health and school performance.

Participants also shared their thoughts on where EPSB could focus more attention with regard to emotional health, nutrition and active living, and on possible measures of success. The full report is online under our Jan. 17 board agenda (<http://www.epsb.ca/board/agenda.shtml>).

New Education Act

The stronger and more enabling the new Education Act, the better Edmonton Public Schools will be able to pursue its priorities and “ensure all students reach their full potential and develop the passion,

ability and imagination to pursue their dreams and contribute to their community” (our vision). So, in September, 2011, Trustee Janz and I invited the community to discuss the proposed parent, student and board responsibilities.

The Honourable Dave Hancock kindly joined us to answer participants’ questions and consider their ideas. This critical bill is due back in the legislature this winter, and I encourage you to pay attention to it as it will govern our education system for the foreseeable future.

Do you have thoughts for your MLA before the final vote is taken? If so, please let him know! For background, please visit www.catherineripley.ca/education_act.

2011-14 priorities for Edmonton Public Schools

1. Provide supports and programs that will enable all students to complete high school.
2. Deepen students’ understanding of equity and empathy as key citizenship traits.
3. Ensure all students and their families are welcomed, respected, accepted and supported in every school.
4. Promote health and wellness for all students and staff.
5. Listen to staff, honour their contributions and support their opportunities for collaboration, growth and professional development.

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Class Schedule

- | | |
|-----------------------------|-------------------------------|
| 8 - 830 - Barefoot Bosu | 1030 - 11 - Core Conditioning |
| 830 - 9 - TRX Training | 11 - 1130 - Purna Yoga |
| 9 - 930 - Spinyasa | 1130 - 12 - H.I.T. |
| 930 - 10 - Cycle & Strength | 12 - 1230 - Fusion Flow |
| 10 - 1030 - Infinite Ride | 1230 - 1 - Acro Yoga |

Visit www.infinitefit.ca for more information

Terwillegar church hosts delightful Winter Delight

By Claire Schneider,
South Terwillegar contributor

Thank you to the wonderful staff and volunteers of the Terwillegar Community Church (TCC) who hosted yet another "delightful" Winter Delight! Quite possibly the best turn out yet (and the warmest weather yet!), the 8th annual Delight drew an all-ages crowd to kick-off the holiday season.

Tomlinson Park, in the heart of Terwillegar Towne, was a bustle on Nov. 26 with neighbourhood residents and friends of the church gathering to enjoy horse-drawn sleigh rides, get that first glimpse of Santa and his elves and mingle with all in attendance. Enjoying hot chocolate and homemade baking by the bonfires was a great way to wrap-up the afternoon.

TCC prides itself on being an active participant

in the community and hosts a variety of family-oriented events for residents, which provide great venues to connect with neighbours. Although TCC's events are offered at no charge, food bank donations are always welcome.

TCC is currently meeting at the Taylor Campus on 23 Ave. and Saddleback Rd. while awaiting their new home across from the Mac's store on Towne Centre Blvd.



Above: for many kids, this was the first visit with Santa;
Left: the good weather brought a great turn-out.

HTR Messy Wednesdays changes to monthly meals

By Ginette Jobb
Holy Trinity Riverbend Parishioner

Two years ago, a wild little organism called Messy Wednesday was birthed in Terwillegar. And what fun we've had!

Over a hundred times we've held this gathering of kids and their adults, convening to play, cook, craft and eat together. We try to do unique crafts like making tropical homesteads out of popsicle sticks, green rice and flowers, and big cooperative activities like a life-size cardboard box village. We've had special guests come teach us highland dancing and how to spin wool. We do a small faith focus time with the kids, and make lots of time for free play and dress up, because the kids absolutely thrive on this creative socializing.

One of the best parts of Messy Wednesday has been our visits from Owen the baker, of Prairie Mills Bread Company. Over the years, he has come many times and helped the kids make dinner buns, cinnamon buns, hot cross buns and baguettes! Thank you so much Owen!

Messy Wednesday will continue to meet, but this year it will be on a monthly rotation, instead of weekly. (With two of our organizers about to have babies it's time to consolidate our energies into one bigger event). If you would like to be on the email list to receive monthly invitation details, contact Holy Trinity Church or check their website at www.htrchurch.ca.

In the meantime, here are a few of our upcoming events:

Feb. 1 — Happy Valentine's Day!

St. Valentine's day is a time to celebrate all our loving relationships, including brothers, sisters, parents and pets. And of course is a time to praise God who is love.

We'll be celebrating with a colourful painted marble craft, heart shaped pizzas and a cupcake fondue!!

Everyone is welcome. Make it a date night and bring a long a friend or neighbour!

Mar. 7 — St. Patrick Celebration

Expect good food, clover crafts and lots of green! St. Patrick's life is truly amazing. A missionary to Ireland in his twenties, his works and presentation of God's Good News for us became an integral part of Irish identity.

Apr. 4 - Easter!

Jesus Lives! Celebrate new life with us!

Volunteer required for free tax service

The Southwest location of Make Tax Time Pay (E4C) is looking for a volunteer that would be able to schedule appointments for individuals and families that qualify to use this free tax prep service.

This would involve assessing eligibility to use the service based on income, booking appointments, informing participants of the documents they will need for the appointment and a follow up reminder of the appointment.

This position can be done from home or off site location. If you have someone that may be interested please have them contact Don at shirdon@telusplanet.net.



Greenfield Community Nursery School
Open House & Registration for 2012/2013

Wednesday, February 8

6:00-8:00 pm

Come meet the teachers and learn more about our programs!

- ❖ Stimulating programs for 3 and 4 year olds
- ❖ Excellent teachers
- ❖ We are a not-for-profit, parent-run organization offering a Learn-Through-Play program for the past 36 years.

The playschool is located in the
Sweet Grass Elementary School
(11351 31 Ave, Rm 16)

For more information and to download a registration form, visit our website:

www.greenfieldnurseryschool.com

registrar@greenfieldnurseryschool.com

or call: Shannon 780-249-0350

Spring opening planned for local church



By Ken MacDonald, Pastor
Terwillegar Community Church

The warm winter days have allowed great progress to be made on the construction of the new Terwillegar Community Church building on the corner of Towne Centre Blvd. and Terwillegar Common. The steel was completed just before the Christmas break. In the next few weeks, the building will be closed in, allowing the work to continue on the inside.

The building will provide a place for the community to meet for a variety of functions. There will be a preschool that will launch in September of this year. Details for the preschool will be available soon on the church website at www.tcchurch.ca.

The building, nearly 30,000 square feet, contains a worship centre on the main level, along with a commercial kitchen and very large foyer. The foyer is designed to host several hundred guests each week at the Sunday brunch.

A suite of church offices is located on the main floor for our pastors and

community leaders. The second floor level will accommodate our preschool program and Sunday educational program.

The completion date is targeted for the end of May, although some have optimistically suggested even sooner. Terwillegar Community Church continues to look forward to being an integral part of the "glue" in our community.



Terwillegar Community Church's new building boasts many community-friendly features.



Holy Trinity Riverbend

Your Neighbourhood Church
1248 - 156st htrchurch.ca 780-431-1817

Winter BBQ!

Sunday February 19th at 4pm is Holy Trinity's Winter BBQ!
Smoked Brisket and Chicken with the fixin's.
Tickets are \$15
Seating is limited so order yours through htrchurch.ca,
phone 780-431-1817 or drop in.
Smokey BBQ to keep you warm in the mid of winter!

Sunday Worship

10am With Children's Church and Nursery Care
11:30am in Cantonese

Messy Wednesdays

Monthly 4:30 - 6:30pm
A wild and fun craft/meal/faith time for children and their adults. Creative crafts, good meals and great friends make it a fun mess to make! Check htrchurch.ca for details of the next Mess.

Holy Trinity Playgroup

Thursdays 9 - 11:30am
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! Find the Newsletter at htrchurch.ca for details about upcoming events.



Terwillegar Community Church



Worship Service at 10:00 a.m.

Followed by Hot Brunch

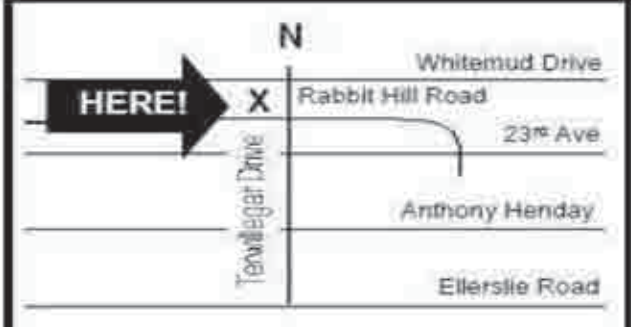
Meeting at Taylor Campus
(Gymnasium)
11525-23 Ave.
780-430-8389

www.tcchurch.ca

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NEW EXTENDED HOURS!

MONDAY - WEDNESDAY
THURSDAY - FRIDAY
SATURDAY

9AM - 8PM
9AM - 6PM
9AM - 4PM



Resident steps up to help rescued animals

By Chandra Dickson
Terwillegar Towne contributor

Every Christmas I find myself buying a new dog bed, maybe a new toy or even a fancy new collar for our dog Linnie. Now that she's older, the basket of toys in our house grows and she seems to have a bed in every available corner. This got me thinking this year. You see, my dog is a rescue. Second Chance Animal Rescue Society (SCARS) was there to rescue her from a kill-pound up north three years ago now. I can't imagine her fate if they weren't looking out for her.

SCARS is a non-profit, no kill rescue group operating in central and northern Alberta. Founded in 2002, SCARS has dedicated volunteers who have rescued over 3500 strays. In 2011 alone, 848 dogs were taken in. That's 848 lives made better.

Rescued animals are placed in volunteer foster homes, providing them with a warm shelter, food, exercise and, most importantly, loving care — something many have



Chandra's dog Linnie - the inspiration.

never experienced. Once they are healthy and ready to be integrated into family life, they are adopted.

As a non-profit organization, they rely solely on volunteers and donations. They are looking for blankets (especially wool and wool blended) for those dogs in the pounds that are waiting for a space in the SCARS foster system. Gently used or new dog beds, dog toys, collars, leashes, stainless steel bowls and heated bowls for the winter are also needed. So if you are like me and need to clean out the toy bin or have beds, crates or collars lying around, please let me know. You can reach me at chandradickson@shaw.ca. I live in Terwillegar Towne and would be happy to pick up any donations in the area.

For more information about SCARS and their complete wish list for donations, you can visit www.scarscare.org. Maybe your new family member is in foster care right now!

APS Donates 6,872 gifts to Stollery Hospital

By Ayako Ohtake, Communications Advisor
Alberta Pensions Services Corporation

The holidays were a bit brighter for children at the Stollery Children's Hospital on Dec. 9, thanks to a donation of 6,872 gifts from employees at Alberta Pensions Services Corporation (APS).

"This was a phenomenal result for a small corporation of 230 employees," says APS President and CEO, Monica Norminton. "To contribute on such a grand scale is a testament to the commitment and generosity of APS employees."



The gifts were the result of the "12 days of Christmas Campaign," which saw 15 teams engaging in friendly competition. Teams received a point for each item they brought in from the "Item of the Day List," which covered gifts for all age groups from infants to teenagers.

The Stollery Children's Hospital Foundation thanked APS employees for caring and sharing. "Everything we do is for the kids, so when we see people in the community who are sharing that

purpose, we are more touched than words can say," said Jennifer Wood, Stollery Children's Hospital Foundation President and CEO. "Because of people like those at Alberta Pensions Services, we're sending more children home to be with their families than ever before. Their monthly donations, Casual for a Cause and the recent 12 Days of Christmas programs all show how much they care about making sure we can continue to help the kids."

The gift drive was in support of APS employees' charity of choice. In addition to this campaign, employees raised \$15,957 for the Stollery in 2011.

Alberta Pensions Services Corporation guides the pension experience on behalf of Alberta's public sector pension plans. Seven public sector pension plans and two supplementary retirement plans, 500 employers and more than 304,000 members and pensioners across Alberta rely on APS' trusted pension expertise. APS was incorporated in 1995 under Alberta's Business Corporations Act with the Government of Alberta as the sole Shareholder. In 2009, APS moved to a new location in Windermere located in southwest Edmonton.

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



It's Registration Time!

If you have a three or four year old who would like to attend Riverbend Playschool in September, please take note of the following dates:

**Registration for
Current Members and Alumni**
February 15, 2012 from 7:00 to 8:30 pm

Open House (Come see our playschool!)
February 21, 2012 from 6:00 to 7:30 pm

Open Registration
February 25, 2012 from 8:00am to 10:00am

258 Rhatigan Road East
780-988-0704

riverbendplayschool.org

Welcome Wagon provides a warm welcome



By Margaret Carlson, Senior Representative
Welcome Wagon — Unit 13

Is Welcome Wagon in your neighborhood?

Yes we are! We are the only national, Canadian-owned, free greeting service for families experiencing a lifestyle change.

The first visit was made in Vancouver in June 1930, and service is now available in more than 500 communities across Canada. We greet

people who are undergoing lifestyle changes with a friendly visit, including those moving to a new neighbourhood, planning a wedding, expecting a baby, or for a new executive, manager or professional.

Welcome Wagon from a business perspective provides visibility in the local community. Serving the advertising needs of reputable businesses that can assist people with the changes they are experiencing.

The Terwillegar/Riverbend Welcome Wagon Team can help you get acquainted with your new community in your recent move or congratulate you by showering you with information and free gifts for you and your new baby. We look forward to meeting you!

Are you new to the neighbourhood and looking for assistance in finding your way around town? Welcome Wagon is there to help with all the civic and community information you may need to familiarize yourself and your family with

the local community. Here are a few items and information you will receive:

- Local map
- Community newspapers
- Transit
- Recycling
- Library
- Local recreation centre
- Newcomers club

Welcome Wagon Representatives also personally recommends local community-based businesses (for example dentists, optometrists, beauty consultants, bakery, and other great stores and businesses) who offer gifts and services to the relocated consumer or new parent. We take referrals from friends, neighbors and family and of course you!

To refer somebody you know has moved or just had a baby, please contact Margaret at 780-905-7173 or mmjs.mc@gmail.com, or Karli at 780-937-4953 or karliwright@rogers.com.

Review your options when insuring your home

By Enza Fata, Sun Life Advisor
enza.fata@sunlife.com

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? Consider the differences:

Mortgage insurance

- Most companies offer decreasing term insurance. Even though the death benefit is decreasing, the cost remains level. The coverage expires without allowing you the opportunity to purchase other insurance or provide you with cash values.
- The proceeds are payable to the mortgage company. In the event of death, the mortgage is automatically repaid.
- In most cases, if you take your mortgage to another company, you lose your protection. To obtain mortgage insurance with the new company, you must submit new satisfactory evidence of health and are subject to the current rate charged by the new mortgage company.
- The face amount can only be the exact amount of your mortgage (no more, no less).
- You may not be able to insure both you and your spouse if the mortgage is registered in only one spouse's name.

Individual life insurance

- You can choose term coverage and match the term length to your amortization period. A term policy may be converted, regardless of health, until age 65.
- Or you can choose permanent coverage immediately. At some point in the future, the cash value of a permanent policy may be sufficient to pay off the balance of the mortgage.
- You appoint a beneficiary who can use the proceeds in whatever manner he/she wishes (for example, to invest rather than pay off a low interest mortgage).
- Your policy is portable. If you transfer your mortgage to another

company, your insurance remains in force. You don't need to re-apply and prove your insurability. You're protected from the danger of losing your insurance because of a change in your health.

- You may select an insurance amount sufficient to cover your mortgage and other outstanding debts, and term length to match your amortization.
- You can insure both you and your spouse even if the mortgage is registered in one spouse's name.

These are only a few of the many reasons why one may wish to make a larger investment in personal life insurance. For more information on life insurance, or if you wish to make changes to your life insurance, contact your personal life insurance advisor.

WINTERLIGHT

Based on a theme of 'light,' Winter Light is a celebration that showcases Edmonton as a beautiful and interesting winter city, taking joy in our unique sense of place, climate and environment.

The Winter Light festival will support the already active spirit — and spirited activities — that thrive in Edmonton. Silver Skate, Ice on Whyte, and Deep Freeze are just a few of the highlights of the winter season.

For more information about this celebration, or about the specific events taking place in Edmonton, visit:

www.winterlight.ca

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780-438-9442
TxSalonSpa.com

Unique option for ceilings hits the market

By Doug Whyte
Terwillegar Contracting, terwillegarcontracting.com

functions such as water lines, electrical lines, and heating and ventilation ducts, makes Clipso an appealing choice. Clipso covering can also be

used on walls as well as ceilings.

One of the latest residential construction developments from Europe is the Clipso technical fabric ceiling (www.clipso.com).

A Clipso ceiling is made of a technical polyester mesh coated with polyurethane. It forms a brilliant white, clean, durable hypoallergenic sheet and is applied as one big sheet on ceilings or walls. Proper installation provides a uniform tension on the fabric, resulting in an absolutely smooth, even, uniform fit that looks very distinctive from stipple on drywall or dropped ceilings.

What makes Clipso so attractive besides its finished look is that it's an environmentally friendly product that is also dirt and water repellent. Added to that, the inherent ease of access it provides above the ceiling to mechanical



It's hard to imagine a single fabric stretched over a complete ceiling, but once prospective clients are shown a completed project, installers often hear comments such as "It was hard to visualize until I saw it, but once I did, there was no question as to which way I wanted to go."

Clipso ceilings work with any type of lighting system including Swarovski Crystal lighting systems, which are uniquely designed for Clipso. A Clipso ceiling can be backlit, comes in a variety of colours and can even be custom printed with spectacular images and designs to suit the homeowner's need.

Though comprehensive FAQ are included on the Clipso website for ordering and installation, professional installation of Clipso in Edmonton is exclusive to Terwillegar Contracting and is now requested by virtually every one of their clients.

Cooking Club Workshop

Looking for new ideas or someone to cook with? Cooking clubs are a great way to meet new people and learn new recipes. It can make meal preparation a fun, social event. Learn how to start a cooking club or recipe exchange with your friends, family, or co-workers.

Come to the Meals on Wheels free Lunch n' Learn workshop led by a Registered Dietitian on **Tuesday, Feb. 7 from 12 p.m.-1 p.m.**

Bring your questions and ideas so you can learn, share, laugh and enjoy. Bring your own bag lunch or enjoy our meal of the day for only \$3.25; tea & coffee is complementary. Free parking.

Register at 780-429-2020 or
emow@mealsonwheelsedmonton.org.

VALENTINE'S MURDER MYSTERY AT MUTTART:

'TIL DEATH DO US PART

Join the Muttart Conservatory for an entertaining evening of mystery, romance, and fantastic food.

Date: Saturday February 11, 2012

From: 7-10pm

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



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Whisky tasting on the rise in Edmonton

By Stephen Richmond
Whisky lover at Vines Wine Merchants

In celebration of The Bard's upcoming birthday, a.k.a. Robbie Burns, I felt moved to share a few random thoughts on the wonderful world of whisky in this fair city in the year 2012.

The first thing that needs to be shared is that the choice of whiskies at this time in Edmonton and Alberta is outstanding, compared with any other province in Canada. Since privatization, some 18 years ago, the choice has exploded to such an extent that in my capacity as buyer for one of Edmonton's finest whisky stores, it's hard to keep on top of everything that's out there.

I know, I know, I hear you cry. How tough can it be for a self-confessed whisky lover, but you wouldn't believe the days and months of research and tasting! Seriously though, the choice is amazing out there. It should be emphasized that I'm not just talking about scotch whisky. There are now whiskies available from the four corners of the globe — from established sources such as Ireland, Canada and the U.S.A., but somewhat more surprisingly, whiskies are now also accessible from England, Sweden, Wales, Japan and India.


Edmonton is, at this time, reflecting a growing worldwide interest in all things whisky. Take a look around town at the growing number of whisky dinners available, together with an explosion of tastings, both formal and informal. There are an increasing number of people getting together to form themselves into tasting groups, the latest one I know of being The Alberta Scotch Society. For further details, please go to www.albertascotchsociety.com.

Worldwide, and within Edmonton, demand for whisky is outstripping supply, and like any other commodity, two things happen — availability goes down and the price goes up. There are many whiskies that come and go all too rapidly, and I've only managed to get my grubby hands on six or 12 bottles.

If you've been an avid whisky drinker for decades or are just starting to

dip your toe in the water, there's never been a better time to get out there and indulge your passion!

In no particular order, here are my three favourite whiskies from the recent 3rd Annual Edmonton Whisky Festival that took place as a fundraiser for the M.S. Society on Jan. 18 at the Sutton Place Hotel.

	Glen Garioch 1994 Toffee and demerara sugar give way to a floral freshness of springtime Highland heather, finishing with lasting, yet subtle, warm smoking embers. Tasting note courtesy of Royal Mile Whiskies. Approx. \$89.99.
	Glenrothes 1988 More than two decades maturing in a combination of Spanish and American oak gives the citrus notes a delicious cooked orange flavour and plenty of fruit as well, which are evident on the nose and the palate. Tasting note courtesy of TheGlenrothes.com. Approx. \$104.99.
	Amrut Intermediate Sherry Matured, India Exotic spices and fresh flowers on the nose, plus a hint of honey. Very lively on the palate, with plummy, oriental spices, and background furniture polish and new leather. Drying oak and persistent spice on the finish. Tasting note courtesy of whisky-pages.com. Approx. \$112.99.

Fondue for flexible fun this Valentine's Day

By Claire Schneider,
South Terwillegar contributor

What comes to mind when you think Valentine's Day? Cupid, flowers, candy...
CHOCOLATE!

Many go all out on Valentine's Day, but if eating a pricey, pre-set meal in a busy restaurant doesn't tickle your fancy, then how about setting the mood in the comfort of your own home with a fondue? The beauty of a fondue is that it's easy (much more so than preparing a multicourse meal), cost effective, can be prepared in advance and finally — how romantic!

If you have young children, perhaps a babysitter isn't in the budget. A fondue can be enjoyed after the kids are in bed, just the two of you, with another couple or as a group. Need another great reason to fondue this Valentine's Day? It's a great way to use up all that left over Christmas chocolate!

There are several different methods of fondue: cheese, oil, broth, chocolate... The cheese concoction, which most commonly includes Emmental and Gruyere cheeses, kirsch, white wine and garlic, can be made at home or purchased at your local deli in a pre-made, melt-ready package. A hot oil fondue (called bourguignonne) typically uses peanut or canola oil in a copper, stainless steel or cast iron fondue pot. Chocolate is pretty straightforward and any style of fondue pot will work — just add heavy cream to your favorite, good quality varieties of chocolate and dip away.

Dipping ideas for chocolate:

- Fruit (the obvious)
- Sponge cake
- Marshmallows
- Lady fingers
- Cheesecake
- Brownies
- Pastry

Cheese Dippers:

- Cubes of crusty bread
- Cured meats (cubed)
- Apples
- Lightly steamed vegetables

Oil Dippers:

- Seafood
- Tender cuts of meat (cubed)
- Cheese dip or other morsel wrapped in wonton wrappers
- Vegetables
- Cubes of cheese dipped in egg and bread crumbs

Hint: Try dipping your seafood or vegetables in batter right before putting in the fondue pot for an extra tasty treat!

Did you know? Approximately 141 million Valentine's Day cards are exchanged annually, making Valentine's Day the second most popular card-sending holiday, next to Christmas.



This year for Valentine's Day, treat your special someone to a spectacular evening, while supporting two great causes!

Edmonton Opera and CapitalCare present a memorable evening on Feb. 14, where guests enjoy the sights and sounds of music, fantastic decor, and culinary delights.

This is a premier event, where over 800 leaders in the business community come to socialize and network with influential Albertans, including local and provincial politicians. A one of a kind Valentine's Gala, not to be missed!

Support Two Causes

This evening presents a marriage between health care and the arts, and the importance and value of both in our lives. CapitalCare & the Edmonton Opera enrich the lives of Albertans by providing a much needed respite and diversion from the rigors of day-to-day life. Both organizations are committed to contributing to the overall well-being and improving the quality of life in our community.

Event held at the Shaw Conference Centre, Feb. 14; 6:30 p.m.-12:30 a.m.

Tickets available at the Edmonton Opera Box Office 780-429-1000

Email boxoffice@edmontonopera.com

Link www.edmontonopera.com

Aim for achievement through simple action



By Kamran Akbarzadeh,
PhD
Founder of Dream Achievers
Academy and author
of Amazon best-seller
Leadership Soup

We all know that action takes us from where we are to where we want to be, yet many of us do not take the necessary action. This is called procrastination. According to Don Marquis, "Procrastination is the art of keeping up with yesterday."

Procrastination is the main reason for not doing what is necessary. Statistics show that over 20 per cent of adults are chronic procrastinators and over 75 per cent of students procrastinate in one way or another. We procrastinate for a variety of reasons. Here are four reasons why we don't take the necessary action to achieve what we really want.

1. We have fear and doubt

We often know what is best for us, where we should go and what actions we should take, but we don't move forward because we are afraid.

Fear of failure, disapproval or change, fear of accepting more responsibility, fear of taking risk and fear of rejection are all mental barriers.

Similarly, our doubts prevent us from taking action. We doubt our ideas, plans, capabilities, people and even our vision.

Fear and doubt both come from ego and create self-limiting thoughts and beliefs. As a result, we think a lot about "what ifs," which prevents us from taking action. As Jawaharlal Nehru said, "Success often comes to those who dare to act. It seldom goes to the timid who are ever afraid of the consequences."

2. We have no plan

A proverb says, "He who fails to plan, plans to fail." Without a plan, no meaningful action is ever taken. People do not know what to do or how to progress. As Peter Ducker said, "Unless commitment is made, there are only promises and hopes; but no plans." Without a plan, there is no commitment to action.

3. We think too much

Thinking too much about what tasks to do, why to do them and how to do them consumes a lot of energy, which decreases our productivity.

We become exhausted and frustrated and that prevents us from taking action. As Eva Young said, "To think too long about doing a thing often becomes its undoing."

Sometimes we have great ideas and plans but we don't implement them because we think we are not yet ready. We think we need to wait for the perfect moment or until we have all the knowledge and tools required. At other times, we think that it is other people's responsibility to execute the plans so we wait for others to act. However, if we do nothing about executing our plans, we cannot expect others to do it for us.

4. We are not focused

With email, the Internet and social media such as Facebook and Twitter, it is very easy to be distracted and waste valuable time by not taking meaningful action. We tend to busy ourselves with less important activities to avoid doing higher priority or more challenging tasks. When we lose focus, we get off track because we do not take the actions that take us to the right destination. Our plans will not be implemented and our visions and dreams will not be attained unless we get back on track again.

Postpartum depression brings misconceptions

By Sajida Pellegrini, Director

Modern Mama SW Edmonton, www.modernmama.ca

This month is Postpartum Depression Awareness Month, and as someone who once suffered from this misunderstood disorder, I'd like to address some of its common misconceptions.

Myth #1: Women who suffer from PPD do not love their babies

I think the biggest myth is also the number one reason why many women refuse to get help or talk about their PPD. They are afraid they will be judged as bad mothers. Women who have PPD DO love their babies but may not feel quite like themselves. Some may even feel disconnected from their child. Others feel a deep connection for their little ones but long for their old uncomplicated life.

Having a child is such a huge change and really no book or research can prepare you for the huge responsibility. Sleep deprivation, lack of support and financial worries can all contribute to the stress and exhaustion of new mothers. Plus, the media often reports on bizarre and rare cases where women actually hurt their children. This is not PPD but another rare disorder known as postpartum psychosis which requires immediate medical attention, and includes symptoms like thoughts of suicide, hallucinations and delusions.

Myth #2: There is nothing you can do about PPD.

This is also a big myth and the reason many mothers suffer needlessly. Some think it will go away on its own in just a few weeks or a month. This can happen, however you can also suffer for many months – even up until your baby's first birthday. My doctor actually told me that it tends to peak around six to seven months.

Medication is one option, but there are other options too. Just getting out of the house and meeting other new moms can help. Many are going through the same issues and talking to someone who won't judge you can be helpful. Also exercise, eating right and taking supplements can help. Everyone's journey is different and a great place to start is with your family doctor.

Myth #3: You can tell a mother who has PPD by looking at her

There is no way to tell if someone has PPD. However, some signs include:

- Lack of interest in her baby
- Negative feelings towards her baby
- Worrying about hurting her baby
- Lack of concern for herself
- Loss of pleasure
- Lack of energy and motivation
- Feelings of worthlessness and guilt
- Changes in appetite or weight
- Sleeping more or less than usual
- Recurrent thoughts of death or suicide

Many moms may appear perfectly fine though they are hiding feelings of guilt and resentment. Personally, I just felt overwhelmed. Because I

was a perfectionist, I felt I was always failing and not living up to my own expectations.

Myth #4: All women suffer from depression after their birth of a baby

Many women suffer the "baby blues" after giving birth. One minute they may be excited and happy, and the next minute they are crying. However, these mood swings only last about three to four days. If mood swings and depression continue, you may be suffering from PPD and should see your doctor.

I'm sure there are many other myths and misconceptions, and as far as I know, there is no way to prevent the disorder. But you can take steps to take care of yourself. Get as much sleep as you can for your situation. Drink plenty of water, and try to get at least 20 minutes of exercise a day. Take your vitamins, including Omega 3 fatty acids. Get out of the house, meet new friends and keep your baby as close to you as you want. There is no way to spoil a baby! Best of all, be gentle and kind to yourself.

For more information on PPD, visit www.ppd.ca or email info@ppda.ca. There is also a special PPDA Mommy event happening Saturday, Jan. 28 at West Edmonton Mall. Also visit www.modernmama.ca for more fun mom events and unique ways to get out of the house. Hope to see you there!

Brookview Community Preschool Registration Dates and Open House:

Early Registration (Alumni): Friday, February 3, 6:30 – 8:30pm

Open House: Tuesday, February 28, 6:00 – 8:00pm

Open Registration: Monday, March 5, 6:00 – 8:00pm

Brookview Family Winter Carnival and Silent Auction

February 4, 12:00 – 4:00pm

Please check out our website at
www.brookviewpreschool.com
for further details.

Cut this out and mark your calendars!



Brookview Community Centre, 280 Bulyea Road

SAD? Bring some light in your winter life

By Dr. Christina Bjorndal, ND

Winter has always been my favorite time of year — with the trees losing their leaves, the crisp cool days, the first snow fall and the excitement of ski season. The turning back of the clocks at daylight savings time, however, brings the turning back of moods for many people. With exposure to less sunlight, especially in communities in Northern Canada, it can be more difficult to motivate yourself.

My husband grew up in the Yukon where there is very little sunlight during the winter, and he never had a problem with Seasonal Affective Disorder (SAD). However, many people do. If you're like most people with SAD, your symptoms start in the fall and may continue into the winter and spring months, zapping your energy and making you feel depressed. It is helpful to know what the signs and symptoms are, and once you understand the SAD picture, it is equally important to know what you can do to help yourself.

How do you know if you suffer from the winter blues or SAD?

Seasonal affective disorder is a pattern of major depressive episodes that occur and remit with changes in seasons. The most recognized form of seasonal affective disorder, "winter depression," is characterized by at least five of the following symptoms that are present during the same two-week period, nearly every day, and represent a change from previous functioning. At least one of the symptoms is either (1) depressed mood or (2) loss of interest or pleasure:

Not everyone with SAD has the same symptoms, but common symptoms of winter depression include the following:

- A change in appetite — especially a craving for sweet or starchy foods
- Weight gain
- A heavy feeling in the arms or legs
- Fatigue or loss of energy
- A tendency to oversleep or difficulty getting out of bed
- Diminished ability to think or concentrate, or indecisiveness
- Irritability
- Increased sensitivity to social rejection
- Avoidance of social situations
- Feelings of worthlessness or excessive or inappropriate guilt
- Loss of interest or pleasure in activities you used to enjoy
- Ongoing feelings of hopelessness or helplessness
- Physical problems, such as headaches and stomach aches
- Recurrent thoughts of death (not just fear of dying), recurrent suicidal ideation without a specific plan, or a suicide attempt or a specific plan for committing suicide.

Symptoms of SAD keep coming back and tend to come and go at about the same time every year. The changes in mood are not necessarily related to obvious seasonal stressors (like being regularly unemployed during the winter). To be formally diagnosed with SAD, you must have experienced the symptoms for the past two years.

If these symptoms ring true for you, a friend or loved one, the following suggestions are a good place to start.

Steps you can take to prevent or alleviate SAD

There are many effective self-help treatments for SAD. The first priority is to increase your daily exposure to natural sunlight by getting outside for a walk or regular exercise during the day. Be sure to expose your eyes to the light and remove your sunglasses. You can also try sitting next to a south-

facing window at your home or office.

In some cases, the addition of light therapy to daily exposure is necessary to ensure adequate vitamin D production. In the winter months, we do not produce enough vitamin D because we are not outside for long enough in cold temperatures, nor do we have much skin exposed when we are outside. Research has shown that vitamin D plays many key roles in the body – and improving mood is one of these. Light therapy has been shown to be an effective treatment for seasonal affective disorder and this means sitting in front of a specialized light for 15-30 minutes per day. There are many brands on the market. Another lighting suggestion is to replace commonly

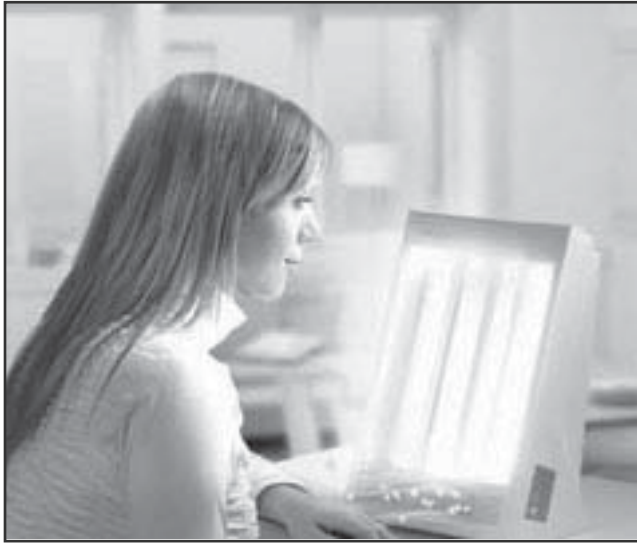
used light bulbs in your home with full or broad spectrum light bulbs. These bulbs provide light that is similar to natural sunlight.

To help prevent SAD, a regular sleep schedule is extremely important to maintain. It may be helpful, for instance, to have your bedroom lights on a timer to turn on a half-hour before you wake. This may help in waking at a regular time every morning when it is still dark outside in the winter months.

Foods have a significant influence on the brain's behaviour. A poor diet, especially one high in junk food, can contribute to depression. The levels of brain chemicals (known as neurotransmitters) are controlled by what we eat. These neurotransmitters regulate our

behaviour and our mood. An important neurotransmitter implicated in depression is serotonin, which plays a role in mood, sleep and appetite. Low levels of serotonin may result from diets too high in simple sugars/ carbohydrates (e.g., white sugar, white flour, sweets, processed foods) and leads to depression, anxiety and sleep disturbances. Diets high in complex carbohydrates (e.g., vegetables, whole grains, legumes/beans), on the other hand, help to increase serotonin and elevate mood.

If none of these suggestions seem to help your depressive symptoms after a few weeks, please consult a Naturopathic Doctor, Psychologist or Medical Doctor who can further assist you. Don't be afraid to talk about this condition with a professional, it's nothing to be ashamed or afraid of. With a little effort, the winter blues can be beaten.



Thursday Evening Escapes at The Muttart

Need a little summer in your winter?

The Muttart Conservatory has extended its hours for 2012. Every Thursday, visitors can explore the pyramids in the evening until 9 p.m. In addition, Culina Muttart will be open Thursday evenings with delicious dinner offerings using locally-sourced ingredients, including herbs and leafy greens grown in the Muttart greenhouses.

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Kids' Corner

The Ride

By Danielle Gordon
South Terwillegar contributor

A drop of water (let's call him Larry) was swimming around in a puddle on a sunny fall day. A dog, pausing for a quick drink on his daily walk, almost slurped him up, but luckily, Larry managed to escape.

He was happy in the puddle, but on such a bright sunny day he always longed to be floating in the sky. He looked up and saw soft white clouds shaped like flowers and bunny rabbits, sports cars and comfy chairs.

Larry felt the sun warm his back. He started to break apart into water vapour and rise into the sky, drifting up through the air all the way to a fluffy cloud shaped like an elephant (he was part of the ear). Larry loved being part of a cloud.

He loved floating through the sky and looking down at the earth below where he saw forests and lakes, cities and farms. His cloud shifted from an elephant to a giraffe (he was part of the tail).

Then the earth turned white and Larry started to get chilly. It got colder and colder until something wonderful happened. All of his water vapour bits came back together and formed a beautiful snowflake. Larry started to fall, tumbling and drifting, spinning and dancing back down to the earth below.

He landed on something soft and green, and when he looked, he found he was sitting on a

Activities:

1. When water turns to water vapour and floats up into the sky, it's called evaporation. You can see evaporation happening. All you need is a glass, a little piece of tape and some water. Fill up the glass with water (about half way). Use the tape to mark how full the glass is. Leave the glass on the counter for one whole day AND one whole night. Is there just as much water in the glass or did some of it evaporate?
2. Condensation is when the water vapour turns back into water. Get a glass of water with ice in it. Make sure it's nice and dry on the outside and put it on the counter for 10 minutes. What happened? Is the glass still dry on the outside? The water vapour in the air got cold when it came close to your glass and turned back into water.
3. Precipitation is when the water falls down from the sky. There are many different kinds of precipitation. How many can you think of? (HINT - Larry turned into snow). What's your favourite kind of precipitation?
4. Puddles and snowflakes, lakes and ice rinks. There are many ways to have fun with water. Find a way to have fun with water today!
5. Solve the crossword puzzle.

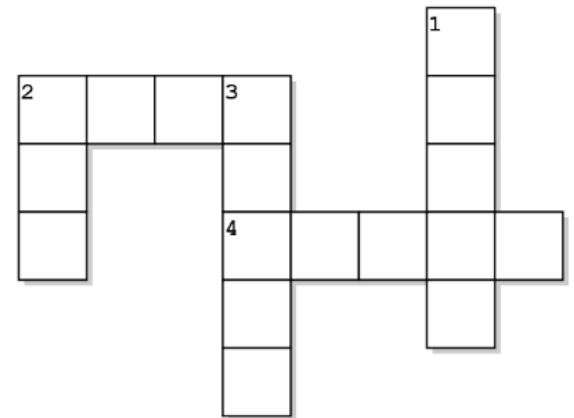
toque on the top of a snowman. All around, he could hear children laughing and playing with his snowflake friends. Larry always liked to hear children having fun.

The next day was warm and the snowman melted into a puddle. The children came by with their rubber boots to jump and splash and play some more. Larry loved to be part of a splash — jumping through the air and landing with a bounce.

He was having fun, but the sun was warm and he looked up into the beautiful blue sky and longed to be floating with a cloud.

Time to start the ride again.

Crossword Puzzle



Across

- 2 cold and fun to play in
4 warm winter hat

Down

- 1 white and fluffy
2 warm, bright, and yellow
3 melted snow

Possible Answers:

cloud, snow, sun, toque, water

Youth book review



By Danielle Gordon
South Terwillegar contributor

Appropriate for ages 13 and up.

With the availability of websites such as Smashwords, self-published authors are becoming more mainstream. Justin Kemppainen is a self-published author with a bright future ahead of him. His books are available on Amazon, Smashwords, Kobo and wherever e-books are sold.

His new series, The Fall of Haven (Book 1 — Uprising and Book 2 — Exodus) takes us to a dystopian future where your social class either means you can live in sunlight and luxury, or in darkness and constant fear. Unable to expand the city of Haven out and unwilling to continue living with the undesirable lower classes that contaminate their city, the citizens of Haven were forced to take drastic action. The aristocratic elite of New Haven now live in luxury in a shiny new city built above the rubble of Old Haven. The undesirables? Well, there's plenty

of room for them down below. They can stay in the dark until the Citizens decide they need more workers and send recruiters to brave the dangerous depths of Old Haven, capture and chemically reprogram the rejects to use as required.

Kaylee is below in Old Haven. Used to the dim lighting, scrounging for food, and living in constant fear of rival gangs and Citizen recruiters, she

Fall of Haven series by Justin Kemppainen

exists only to survive. Then she meets Malcolm, a strange being different than anything she's ever seen, and Elijah, the leader of a plan destined to change their world forever.

The Good — This is a refreshing, unique new twist on dystopian fiction. Kemppainen writes realistic characters with depth. Kaylee is a strong young woman who can take care of herself, but she also shows moments of doubt and weakness that make her very believable. Although the novels are built around Kaylee, we get to see the story unravel through many different points of view, which gives the reader a unique insight into the world of Haven.

The Bad — As with many self-published novels, the Haven series does have its fair share of typos which was distracting at first, but once you're pulled into the story, they're easy to ignore. I also found there were still a lot of questions left unanswered at the end of the two books about the rise of Haven and the strange Malcolm. I would love to see these explored, possibly in a prequel.

The Verdict — A great series from an emerging author. I can't wait to read more of Justin Kemppainen's work. I give The Fall of Haven series 4 out of 5.

CONGRATULATIONS!

To the winners of our Winter Colouring Contest:

Ages 2-4; Megan Hoose

Ages 5-7; Isabella Donald

Ages 8-11; Kiana Chan

Check out our website to see their colouring talent!

Terwillegar is FULL of avid readers.

So let's hear one of your reviews!

Contact editor@terwillegar.org

Riverbend Library extends its drop-in programs



By Hazel Spratt, Manager
Riverbend Branch, Edmonton Public 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 start 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 Sign, Sign, Laugh and Learn.

Family Fun at the Riverbend Library

Spend Family Day at the Library and bring your whole family! The Riverbend Branch will be open from 1-5 p.m. and will host T.A.L.E.S. storyteller Renee Englot at 2 p.m. Free tickets available 15 minutes prior to the performance.

Need a new resolution?

Are you looking for a New Year's resolution that will really motivate and inspire you? Start the New Year off with a novel-writing bang! Join author Natasha Deen on Feb. 21 and learn fast, simple ways to plot and easy tricks to get you from "once upon a time" to "the end." Registration for this popular event begins Feb. 7.

Teachers' convention activities

Want to try making some new artwork but not sure where to start? Whether you are a novice or not, Art Works by You! is the program for you! This program is offered on Mar. 1 and 2 at 2:15 p.m. and is geared for eight to 12-year-olds. Free tickets available 15 minutes prior to the program.

Grown-up fun at the library

Join the Riverbend Book Club on Mar. 22 at 7 p.m. for a visit with local author Corinne Jeffery. In addition to reading excerpts from her first novel, *Arriving 1909-1919*, she will speak

about the writing and publishing process. Please contact the Riverbend Library at 780-944-5311 if you are interested in attending this event.

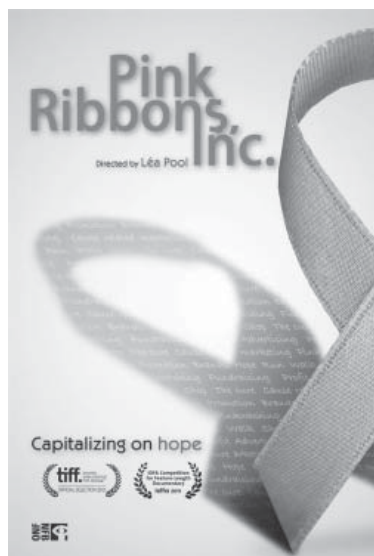
Spring Break fun starts here

Looking for something fun to do during spring break? Find what you're looking for at the Riverbend Library! Join us for an array of activities all week long and maybe even meet some new friends. We have everything from Lego to Puppets! Have you ever wanted to be a mad scientist? Explore the way our world works and visit the library for some exciting experiments. Interested in Dragons? We have a fiery, scaly, winged expedition for you too!

Free tickets available 15 minutes prior to the program.

For more information on any of these programs, including dates, times, and registration where applicable, visit www.epl.ca or the Riverbend Library.

Pink Ribbons Inc. opens in Metro Cinema Feb. 3



National Film Board of Canada Press Release

Following its acclaimed world premiere at the Toronto International Film Festival, *Pink Ribbons, Inc.* will open in over 20 theatres across Canada, beginning Feb. 3, 2012. The National Film Board of Canada has released the trailer and poster in anticipation of this theatrical run.

Directed by Léa Pool and inspired by the book *Pink Ribbons, Inc.: Breast Cancer and the Politics of Philanthropy* by Samantha King, *Pink Ribbons, Inc.* looks at the pervasive impact of breast cancer fundraising. Every year, hundreds of thousands of people walk, run and shop for "the cure." Millions of dollars

are raised, but where does all the money go, and what is actually achieved? The film offers a completely different take on the pink ribbon "success" story that has overtaken North America, with insight from leading doctors, activists and social critics, as well as women diagnosed with breast cancer. *Pink Ribbons, Inc.* is produced by Ravida Din for the NFB.

Take the opportunity to view this unique film.

Edmonton Location:

Metro Cinema Society
8712 109 St

Tickets Phone 780-425-9212

14217 23 Ave - Shoppes of Terwillegar Gardens

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Get out and enjoy the snow!

Looking for something to do during the winter? The City of Edmonton has a number of programs to get you and your family active and out of the house. Here are just a few not too far from home.

Family Learn to Cross Country Ski

Parking Lot, Twin Brooks District Park
 - Jan. 29; 12:30 p.m.-3:30 p.m. — Course Code 444646
 - Feb. 5; 12:30 p.m.-3:30 p.m. — Course Code 444647

Sweetheart Snow Shoe (Adult)

Atco Trailer; Whitemud Park
 - Feb. 14; 6:30 p.m.-8:30 p.m. — Course Code 437187

Family Showshoe

Whitemud Park
 - Feb. 25; 1 p.m.-3 p.m. — Course Code 437188

Survival Skills (Ages 8 to 99)

Atco Trailer; Whitemud Park
 - Feb. 25; 10:30 a.m.-12:30 p.m. — Course Code 437184

Geo Caching (Ages 4 to 99)

Aspen Gardens Community League Hall
 - Mar. 10; 2 p.m.-4 p.m. — Course Code 450076

To register for these, or other City of Edmonton programs, call 311 or go to www.edmonton.ca/eReg

Forecast of snow means it's time to get down!

by Terri Saunders
 Newsletter Editor

Get out and get down! The Terwillegar area has a few great places for tobogganing. Whether you join in the fun, or hang on to your hot chocolate on the sidelines, get out and have a look!

Some tobogganing hills include:

- The ravine park along Towne Centre Blvd.
- Small slopes along the storm water pond south of Tomlinson Park
- The park in South Terwillegar along South Terwillegar Dr.
- Hadow park on Hadow Dr. (west of Terwillegar Dr.)
- Ramsay park on Riverbend Rd. and 43 Ave.

You can also check out some of the city-maintained toboggan hills. These include:

- Emily Murphy Park on Emily Murphy



- Park Rd. and Groat Rd.
- Gallagher Park on 97 Ave. and 92 St.
- Government House Park on Groat Rd. and River Valley Rd.
- Castledowns Park at 11520 - 153 Ave.
- Rundle Park - ACT Hill at 2903-113 Ave.
- Rundle Park - Walton's Mountain at 2903-113 Ave.

For more city recreation ideas, check the City of Edmonton website at www.edmonton.ca.

SWIM GYM!

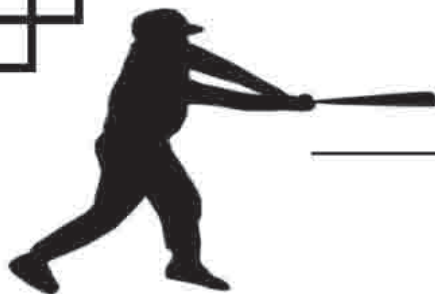
There's an interesting new program offered for kids at the Terwillegar Community Recreation Centre. The program incorporates swimming, diving, trampoline, gymnastics, and more! Check it out at:

www.swimgym.org

SHINNY HOCKEY!

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

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



Play Ball! ... the Original Game of Summer.

SOFTBALL

South Edmonton Minor Softball

2012 REGISTRATION

25-FEB Sat 10—4 Yellowbird Community Hall 107 St & 19 Ave	26-FEB Sun 1—3 Millwoods Rec Centre 72 Str & 28 Ave	29-FEB Wed 6—9 Yellowbird Community Hall 107 St & 19 Ave	10-MAR Sat 12—2 St. Hilda School Gym 76 St & 38 Ave	10-MAR Sat 1—3 Yellowbird Community Hall 107 St & 19 Ave	15-MAR Thurs 6—8 Yellowbird Community Hall 107 St & 19 Ave	17-MAR Sat 10—4 St. Hilda School Gym 76 St & 38 Ave
22-MAR Thurs 6—8 Meyokumin School Gym 57 St & 19A Ave	25-MAR Sun 1—3 Millwoods Rec Centre 72 St & 28 Ave	INTERESTED IN COACHING ??? Let us know at Registration.		INTERESTED IN BEING AN UMPIRE? Find out how to earn extra Cash.		

NOTE: Squirts & older must supply their own batting helmet

Camps are being provided \$2.00 Drop-In Fee.
 Opportunity to experience the Sport of Softball & Develop Skills.
 Open to New and Returning Players.
 Dates & Locations posted on our Web Site.
www.southedmontonminorssoftball.ca

CATEGORY	YEAR OF BIRTH	GAME DAYS	FEE
T-BALL	2006, 2007	TUES / THURS	\$105
COACH PITCH	2004, 2005	MON / WED	\$105
MITES (U10)	2002, 2003	TUES / THURS	\$125
SQUIRTS (U12)	2000, 2001	MON / WED	\$140
PEEWEEES (U14)	1998, 1999	TUES / THURS	\$140
BANTAMS (U16)	1996, 1997	MON / WED	\$160
MIDGETS (U19)	1993, 1994, 1995	TUES / THURS	\$160

What will you need to Register?
 * Valid Community League Membership
 * Cheques for Registration, Uniform Deposit, & Fundraiser
 For more information, call 780-395-1117 or visit our website

www.southedmontonminorssoftball.ca

Two spots offered for spring soccer sign-up

by Jane Calvert
President, TRSA

Registration for the 2012 outdoor soccer season begins in January! Please note that the locations for registration have changed.

Saturday, Feb. 11 – 10 a.m.-2 p.m.; Riverbend Community League Hall, 258 Rhatigan Rd. East

Saturday, Feb. 25 – 10 a.m.-2 p.m.; Brookview Community League Hall, 280 Bulyea Rd.

Wednesday, Feb. 29 – 6 p.m.-9 p.m.; Brookview Community League Hall, 280 Bulyea Rd.



The online pre-registration system will be available from mid-January until approximately the end of February. Go to www.trsa.ca and follow the link. Remember that registration is not complete until payment is received at one of the sessions listed above. Community league membership is mandatory for all players.

Five important things to know for registration:

1. Pre-register your players and state volunteer preference online.
2. Print out two copies of your completed registration form.
3. OR you may pay \$10 per player to skip the online registration and complete a paper form at one of the in person sessions instead.
4. Bring both copies of your completed form, your community league membership number, and TWO blank cheques (one for fees and one for volunteer deposit) to one of the in-person registration sessions listed below.
5. Players registering after the on-time registration is closed will be required to pay the late registration fee of \$35.00, and their place on a team cannot be guaranteed.

TRSA 2012 Outdoor Season				
Age Group	Year of Birth	Game Times	Tentative Fees*	Co-ed?
U4	2008	Saturday morning	\$40	Yes
U5	2007	Tuesday and Thursday	\$80	Yes
U6	2006	Monday and Wednesday	\$80	Yes
U8	04/05	Tuesday and Thursday	\$110	Girls/Mixed*
U10	02/03	Monday and Wednesday	\$110	Girls/Mixed*
U12	00/01	Tuesday and Thursday	\$130	Girls/Mixed*
U14	98/99	Monday and Wednesday	\$130	Girls/Mixed*
U16	96/97	TBD by SWEMSA	\$150	Girls/Mixed*
U18	94/95	TBD by SWEMSA	\$150	Girls/Mixed*

Please note that mixed teams are generally boys teams, with a very small number of girls.

Outdoor soccer season typically runs from mid or late April to late June. For U12 and older, post-season play may extend the season into July.

Players from U10 to U18 who are interested in a more competitive level of play can tryout for a STING team (SWEMSA premier program). Open tryouts are in March. Check the Sting website for details at www.swstingsoccer.com.

Registering for soccer?

If you're planning registering for soccer, consider staying a little while longer to help out your community.

We need people to sell community league memberships on **Feb. 11 at the Riverbend Community League**.

Two shifts are available:

10 a.m.-12 p.m. OR 12 p.m.-2 p.m.

Contact memberships@terwillegar.org

CONFEDERATION PARK LITTLE LEAGUE BASEBALL REGISTRATION

Registration for the 2012 season
United Cycle
Gateway Boulevard and 76 Ave.



Saturday
March 3, 10, 17 and 24
10:00 a.m. to 1:00 p.m.



For other locations
Go to www.register4baseball.ca
and click on Confederation Park

It takes a community to build a community



By Terri Saunders
Newsletter Editor

Message from the Editor

Lately, when I meet someone new and they find out that I'm the editor of the Terwillegar Tribune, I'm getting fabulous comments like "that's where I get my news!"

Though it seems obvious to some (yes, a newsletter *would* bring news), to me I hear "success." Over the past three and a half years that I've worked on this paper, I've strived to make it a good resource for all ages and for all residents of Terwillegar — from Terwillegar Towne to MacTaggart. I'll be honest — it's a bit of a challenge — especially when new residents

don't know they're part of the Terwillegar community, or when new homes in our ever-expanding area don't yet receive mail properly from Canada Post, and thus don't receive the newsletter directly. To know that people are familiar with the paper and are reading it regularly brings more than a smile to my face.

This is one reason that makes it so hard for me to step down.

Though I will always contribute to my community and likely to the Terwillegar Tribune as well, I've decided that it's time for me to pass the title of editor on and move on to other ventures. To all those who've contributed to the paper by way of articles, advertisements and pictures, I give great thanks. You've helped this paper double in size, in information and in recognition. I am very proud of what we've

accomplished this past few years.

That said, the Terwillegar Community League Board is attempting to serve and to unite our community, and the Terwillegar Tribune is just one vehicle for those efforts. The board has been faced with the largest community league in Edmonton in one of the fastest-growing areas. They've been faced with major projects required to create the foundation of a community, such as building parks, signs and programs. And of course, they've been faced with a lack of volunteers to make it all happen.

One of the reasons many move to this area is because of the great events and activity happening in our community. Please do your part to help make it all happen. Please do your part to serve and unite our community.

For me, it's been a pleasure!

Ridge president aims for local citizen safety



The expansion of the Windermere shopping and entertainment complex is exciting to watch. But with each completed project, some residents are questioning the absence of a Terwillegar Dr. walkway for Terwillegar and Riverbend residents to access these businesses without having to hop in the SUV.

Many family-friendly services are being built in Windermere, such as a movie theater, ice cream shop, and food stores — quite a draw for the number of

families north of the Anthony Henday. The Windermere area, in fact, boasts that it's walking-friendly and within walking distance to many houses, yet crossing over Anthony Henday on foot can be a dangerous venture since there's no lane way for pedestrians or cyclists on the overpass.

Walking or biking with families increases not only health, but also community development through the meeting of friends, family and neighbours. For all these reasons, we try to encourage active transportation such as biking and walking... or do we?

It's true that there's a pedestrian crossway at the interchange of Rabbit Hill Rd. and Anthony Henday, however it is far from accessible for families in the Terwillegar Towne and Haddow areas. We need a safe pedestrian/bike crossway across the Anthony Henday along Terwillegar Dr. It would not only promote this active living for those in Terwillegar/Riverbend, but it would allow those in Windermere to be able to walk or bike to features further north such as parks, services in the Terwillegar/Riverbend area and

the Southwest Edmonton Recreation Centre.

MLA Dave Hancock has been informed of the growing concern in the area. With the help of more residents, we could encourage the Province of Alberta, working with the City of Edmonton, to review the intersection and include a pedestrian/cyclist-friendly way of crossing the Henday.

Sincerely,

David Faber, local community resident and The Ridge Community League President dfaber@shaw.ca

Letter to the Editor

My family would just like to thank the volunteers responsible for clearing the skating surfaces on the ponds. During the Christmas break we were able to enjoy the wonderful weather and get out and do some skating thanks to you all.

I hope everyone realizes that these people are doing all that work out of the goodness of their hearts. In saying that, please help out when the snow does decide to come. Also, pick up after yourselves and if chairs are left down there for the convenience of tying skates on or having the much needed rest, don't break them.

Once again, thank you so much for taking the time to clear these areas for all the community's enjoyment.

The LaFrance Family

Little Aspen Playschool

OPEN HOUSE

Wednesday, February 1st, 2012 (7-9 pm)
Aspen Gardens Community League Building
12015 - 39A Avenue



*3 hr programs for 3 & 4 yr olds
*No parent duty days

Come and meet our wonderful teachers, see our playschool, and have your questions answered. Online registration February 13-17 at www.littleaspenplayschool.com

RINK ETTIQUITE

The Terwillegar area is lucky enough to have generous neighbours who are willing to clear a space on various local ponds for use as skating rinks. Thank you to those wonderful volunteers!

In order to ensure proper safety and etiquette regarding these rinks so that everyone can enjoy them, please remember the following:

1. The City Of Edmonton monitors the ice thickness — DO NOT skate until the City of Edmonton posts a sign indicating the ice is a safe thickness.
2. **Bring a shovel!** The rinks are cleared by VOLUNTEERS. All help is greatly appreciated.
3. **Take your garbage.** Please do not leave any garbage or litter around the ice surface. If snowblowers are used to clear the rink, objects can plug the volunteer's snowblower.
4. **Be patient.** Everyone is anxious to use the rink, but if is not cleared, see point #2.
5. **Say thank you.** The rinks are exclusively maintained by residents who live around the area. Terwillegar Community League has NO affiliation (other than our sincere appreciation) in the snow removal or flooding of rinks. Leave a thank you note, bring a shovel and take your garbage.

Your investment portfolio should be made up of 100% good advice.



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- Do you know what investments you own and why?
- Are you worried about your retirement savings?
- How recently has your portfolio been rebalanced?

If you feel that your investing confidence has wavered over the last year, a **Second Opinion** could be the best financial decision you've made in a long time. Call today.

Kevin Klein, Wealth Advisor
(780) 421-5012
kevin_klein@scotiacleod.com

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

Feb. 1 & Mar. 7: HTR's Messy Wednesdays
4:30-6:30 p.m. (Page 14)

Feb. 5 & 13: Esther Starkman's Zumba Fundraiser
Auxiliary Gym
7 p.m. (Page 9)
megan@fitbodiesatwork.ca to register.

Feb. 11, 25 & 29: Soccer Registration
Various Locations
(Page 25 for details.)

Feb. 19: HTR Winter BBQ
4 p.m.
Tickets required.
www.htrchurch.ca

Feb. 22: TRAC meeting
Lillian Osbourne High
7 p.m. (Page 11)

Feb. 20: TCL's Family Day Event
Tomlinson Common Park
1-3 p.m. (Page 3)

Feb. 25-Mar. 25: Minor Softball Registration
Various dates and locations (Page 24 for details)

Mar. 3, 10, 17 & 24: Little League Baseball Registration
(Page 25 for details)

Mar. 10: TCL's Silent Auction/Wine & Cheese Fundraiser
Riverbend Community League (Page 2)

April 14: I'm too Big For it Sale
Esther Starkman
10 a.m.-1 p.m. (Page 3)

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 — Kayla McCarthy, programs@terwillegar.org
- Program Aide — vacant**
- Community Advocate — Char Bowman, advocate@terwillegar.org
- Editor — vacant**
- 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

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Providing full/part-time care. See my website at paulinasdayhome.webs.com or contact by phone 780-443-0518.

HELP WANTED
House cleaners needed for company with regular residential and commercial clients. Attention to detail and references required. 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?

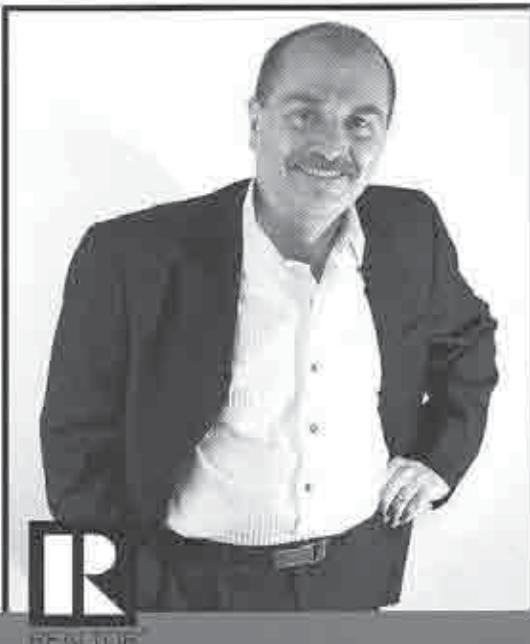
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