

# Terwillegar Tribune

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

## Silent auction raises \$10,000 for park build

By Claire Schneider  
South Terwillegar Contributor

The Riverbend Community Centre was abuzz on the evening of Saturday, March 10 with a crowd of all ages gathering to support the building of a spray park, playground and athletic field in South Terwillegar Park (the large weedy field at the south end of Towne Centre Blvd. along South Terwillegar Drive).

The TCL Fundraising Committee, in association with community sponsors and volunteers, hosted a Silent Auction/Wine and Cheese event with upwards of 100 in attendance.

Highlights of the event included many fabulous silent auction items including Oilers ticket packages, a helicopter tour of Edmonton, a private wine tasting party, a Bioware/EA games tour and video game, wine baskets, gift certificates, jewelry and so much more. And let's not forget the delectable wine accompanied by an assortment of cheeses and pairings of fresh bread!

The energy at the event was incredible; people circulating the room, bidding on their favourite items, checking back to secure their bids, socializing and mingling with friends and neighbours, and overall enjoying the excitement of the evening. The TCL Fundraising Committee, community volunteers, local businesses and all that attended the silent auction are to thank for making the evening so successful.

The committee extends a special thank you to their sponsors: Sobey's Liquor and Wine Terwillegar, Vines, Save On Foods Magrath, Glassy Liquor and Prairie Mill Bread Co. The event raised approximately \$10,000 and all proceeds received will be used towards the playground project.

The proposed concept plan of the playground includes features suitable for a range of ages and abilities, including a spray deck, bike bumps, a small sledding hill, a gazebo, a picnic area and more. A door-to-door campaign is planned for this coming spring so residents can learn more about what the plans entail and also support where they can.

Suggestions are welcome and feedback forms along with additional information on the playground are available on line at [www.terwillegar.org](http://www.terwillegar.org) or [www.souththtpark.blogspot.com](http://www.souththtpark.blogspot.com). The city has slated the playground for a 2013 build, if funding requirements are met.

Approximately \$250,000 needs to be raised to make this dream a reality, so show your support today! Donations over \$500 will receive recognition in the park (eg. The Smith Family).

For more information about this project, please contact Mandy Jones at [communications@terwillegar.org](mailto:communications@terwillegar.org) or [souththtparkground@gmail.com](mailto:souththtparkground@gmail.com).



Above: A boy having some Family Day fun in Tomlinson Common Park!

Colouring  
Contest!

Check it out on  
page 26.

**Next ad deadline: May 9**

**Next article deadline: May 16**

**Next issue: June 4**

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## How to volunteer this month:

- Set up, take down or work the big items room at the I'm Too Big For it Sale. [mmcwilli@live.com](mailto:mmcwilli@live.com) (Page 3).
- Find a friend to team up with you as TCL's new Program Director and Program Aide and help plan our much-loved events - including the Canada Day bike parade! [president@terwillegar.org](mailto:president@terwillegar.org)
- Help the community garden prepare for next year's growing season. (Page 2) [garden@terwillegar.org](mailto:garden@terwillegar.org)
- Join Neighbourhood Watch and make your neighbourhood safer. [www.watch.edmonton.ab.ca](http://www.watch.edmonton.ab.ca)
- Take the 15 to Clean challenge and clean up the neighbourhood! (Page 24)
- Check out the volunteer opportunities offered by TRAC. (Page 13)
- Help out with the programs offered by your local school.
- Write or take pictures for your community paper! [editor@terwillegar.org](mailto:editor@terwillegar.org)

**Get Involved!**  
 Next TCL board meeting is Tuesday, Apr. 17 at HTR church at 7:30 p.m.

# Garden committee plans to beautify site

By Matthew Parsons  
 Terwillegar Community Garden Member

Another great year is in store for the Terwillegar Community Garden, with many aspects already being planned to build on our past achievements.

Last year was our first season working with staff and students at Monsignor William Irwin School, and it was a highly successful after school program for everyone involved. The students were able to get their hands dirty while learning about gardening and were critical in helping us grow and harvest over 600 pounds of fresh produce for donation to Edmonton's food bank.

This year, we look forward to building on this cooperation with young students at Monsignor William Irwin School to help develop the next generation of gardeners.

Meanwhile, members of our garden committee have been busy over the winter months pursuing talks with city representatives to help us move toward our goal of establishing a permanent garden development. Our existing community garden site is still in a temporary location and anyone that has seen the garden will know that the unused portion of our space is overcome with weeds. We hope to develop and beautify the entire site such that it becomes more accessible to all community members with improved fencing, paths, soil, mulch, sod, picnic tables, etc. Significant funding and

planning is necessary to make this a reality.

This year, we are excited to put together a Terwillegar Community Garden Cookbook as a fundraiser, with recipes compiled from our members. Look for this cookbook at future Terwillegar Community League events and



farmers' markets as a way to support our community garden and to discover new ways to cook/bake/preserve fresh garden produce. We are also hoping to recruit more members to sit on the garden committee to assist with the planning aspects in developing a permanent garden site.

To kick-off this season, we will be holding a registration and information meeting at 1 p.m. on March 31, 2012 at Holy Trinity Riverbend Church. All potential and existing members should make an effort

to attend this meeting to register for garden plots; existing members that do not attend this meeting may lose their plots to those on our waiting list on a first-come-first-served basis.

Garden membership application forms are available online at [www.terwillegar.org](http://www.terwillegar.org). Please note that the Terwillegar Community Garden operates under the Terwillegar Community League, and therefore current membership in the league is required for all garden members. League membership is also available online.

For further information about any aspect of the Terwillegar Community Garden, please e-mail [garden@terwillegar.org](mailto:garden@terwillegar.org).

# Terwillegar Community Parks donation form

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

Included is my cheque for:

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

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

Example: John Smith OR The Smith Family

\_\_\_\_\_  
 You may be contacted by phone for further details.

Which Park would you like your name at?

- Magrath Park
- South Terwillegar Park
- Mactaggart Park

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ Postal Code \_\_\_\_\_

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

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

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

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

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

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

# TCRC marks year one with health and wellness

By Deanna Kayne

On Sunday, Feb. 26, the Terwillegar Community Recreation Centre celebrated its first anniversary in an afternoon celebration of health

and wellness at the Centre.

Children frolicked in the Fun Zone with fitness programming and the ever-popular inflatables. The City Arts Centre ran cartooning,

painting and Bollywood dancing classes at the heart. Elena's Rhythmic Gymnastics performed routines in the gyms alongside a series of sampler fitness classes for adults hosted by City of Edmonton staff.

Rejuvenate Health Services and the Running Room put together a Health & Wellness Fair with free back massages, facials, anti-oxidant scans and more! Around the facility, community leagues and sports groups displayed their programs.

There was music by students of Lillian Osborne High School and Diane King's Quartet with Fitness Dances choreographed by Kristine Nutting, while healthy menu choices were sampled at Second Cup and Dairy Queen.

It was a busy and fun afternoon for everyone and the pool was brimming with swimmers and some impressionable fish! Come out next year to help celebrate the second anniversary event!



Clockwise from top left: various musicians performed, visitors learn a few new dance steps (both pictures taken by Dr. Rob Agostinis), free massages were available, cupcakes were handed out to celebrate the day.

# Neighbours enjoyed Family Day regardless of mishap

By Jon Dewarle  
TCL President

Due to unforeseen circumstances, the annual TCL Family Day Event did not occur. We realize that many of our members scheduled their Family Day around this event, for this, we apologize. TCL Board is addressing the underlying issues resulting in the event not taking place as planned. We are pleased that a number of families were able to enjoy the sunny day together at the Tomlinson Common Park regardless.

TCL is run solely by volunteers. The volunteer members of our board work very hard to ensure that there are opportunities available to our members throughout the year. Through these opportunities, we seek to build community, getting neighbors out together to enjoy all that Terwillegar Towne, South Terwillegar, Magrath, MacTaggart and Sandalwood has to offer.

We cannot do this without you. Contact us at [info@terwillegar.org](mailto:info@terwillegar.org) to get involved and help us continue to build this community that we all enjoy so much!



Neighbours enjoyed a little fun in the sun on Family Day.

The TCL Board is looking for a new  
**Program Director**  
and  
**Program Aide**

To help plan our much-loved events. These include our Canada Day Bike Parade, our Halloween Fireworks, our End of Summer Barbeque, and our Family Day celebration. Even Better: find a friend or group of friends to team up with or think of a few new events of your own!

We need these volunteers to be able to continue our events. Please consider donating your time. For more information or to express interest, contact:

[president@terwillegar.org](mailto:president@terwillegar.org)

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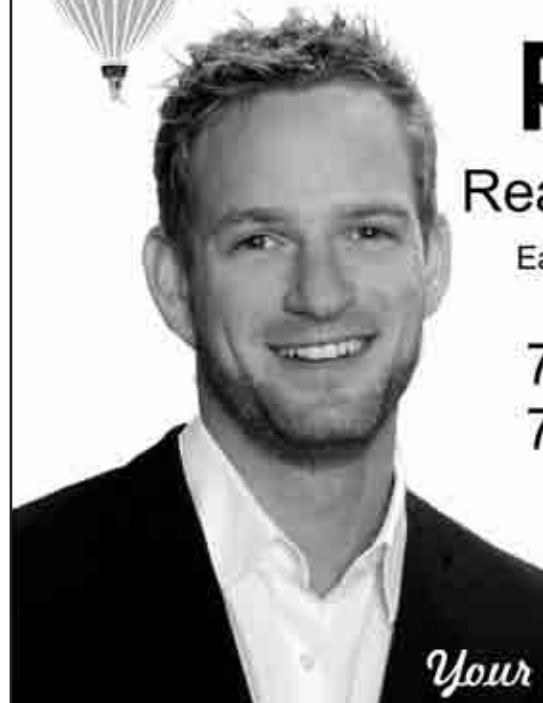
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Terwillegar Community League's  
Semi-Annual Sale

**When:** Saturday, April 14 from 10 a.m. - 1 p.m.

**Where:** Esther Starkman School,  
2717 Terwillegar Way

**Vendor Tables Are Sold Out!**

For more info, call Michelle at 780-432-1558,  
or e-mail [mmcwilli@live.com](mailto:mmcwilli@live.com)

# Residents question the absence of a footbridge



By David Faber  
The Ridge Community League President

In the January issue of the Terwillegar Tribune, I addressed the issue that many residents have considered — the absence of a Terwillegar Drive walkway for Terwillegar and Riverbend residents to access the new Windermere shopping and entertainment complex by foot or by bike. Since then, there have been some developments with the issue.

Global Television was informed of the issue, and has given it much-needed media coverage. In addition, the Windermere Community League has indicated their support. Councillor Bryan Anderson has asked city administration to look into the issue. At this point, a recommendation of connecting the trail at the base of the Anthony Henday Dr. bridge crossing the North Saskatchewan river to Windermere has been suggested. This trail, once passing underneath the bridge, would follow back eastbound towards Windermere. While this would provide a much-needed connection, it would unfortunately be many kilometers in length to cross and would require children and seniors to walk down a kilometer steep grade and then back up again.

Other projects of a similar nature have been looked into. The City of Calgary and the Province of Alberta have made investments in pedestrian crosswalks in Northwest Calgary that cross major freeways. Highway 201, better known as Stoney Tr., connects Calgarians east and westbound. When this major freeway was built, pedestrian crosswalks were built into the design to allow communities to connect with each other and share services. Two major crosswalks exist within several kilometers of each other to allow residents easy and safe access across Stoney Tr.

Pedestrian crosswalks across Whitemud Dr. in West Edmonton have also been built. These have allowed residents the choice to bike and walk

rather than the taking a vehicle.

According to both the Government of Alberta and the City of Edmonton the intersection at Terwillegar Drive and the Anthony Henday will be significantly expanded in approximately 50 years. The question is how long will our children and in fact their potential children be impacted? Can an alternative be found that connects the residents of our communities across the Henday?

With the help of more residents, we will continue to encourage the Government of Alberta, working with the City of Edmonton, to review the intersection and include a pedestrian/cyclist-friendly way of crossing the Henday.

For more information, please contact:  
John Doyle, Greater Windermere Community League President at: gwcl@telus.net  
David Faber, The Ridge Community League President at dfaber@shaw.ca.  
Jon Dewarle, President, Terwillegar Community League at president@terwillegar.org.



The Terwillegar Dr. overpass over the Anthony Henday provides no room for residents to safely cross on foot or on bike.

## SWEFM Announces grand opening day for 2012

By Zita Dube-Lockhart  
Manager, Southwest Edmonton Farmers' Market

Mother Nature certainly enjoyed herself this year! It seems like winter has only just arrived in our city, and while the late February downpour of snow may have been bad news for our drivers, it was wonderful news for our farmers who are anxiously looking forward to spring's arrival. And with this comes a brand new season for farmers' markets!

Shopping at your farmers' market does so much more than support the participating vendors; it fosters a greater sense of community, kinship and personal investment in our city and in our province. By helping to sustain our local businesses, we are building a stronger local economy and contributing to a healthier, more sustainable way of life! Moreover, when you shop at the Southwest Edmonton Farmers' Market (SWEFM), you connect directly with the grower or manufacturer of your product, you can ask questions about their practices and can learn more about what you can do to further Edmonton's ever-growing local movement.

As we gear up for spring, we at the SWEFM are already busy at work organizing for our upcoming season. We are pleased to welcome back many of our favourite vendors from last season, and excited to have some new ones joining our ranks! We know that they are all eager to offer you the very finest foods, artisanry, and entertainment that our city has to offer. As an Alberta-approved market, we are proud of our commitment to working primarily with local, handmade and homegrown producers and look forward to growing bigger and better as each week passes!

We are thrilled to announce that our grand opening will be held on May 30 at 4:30 p.m. in the west parking lot of the Terwillegar Community Recreation Centre. Our weekly market will run, rain or shine, on Wednesdays from 4:30 p.m. until 7:30 p.m. until Oct. 3. With new, earlier



The Southwest Edmonton Farmers' Market proved to be a popular site last year.

hours of operation, we welcome all community members to come and enjoy the SWEFM experience.

For more information on the SWEFM, including our list of vendors and information on how you can become a part of the SWEFM family, please visit our website at [www.swefm.ca](http://www.swefm.ca).

NOMINATE YOUR  
**GOOD NEIGHBOUR**  
TODAY!

Regardless of season or action  
a good neighbour makes a  
neighbourhood shine all year long.

Nominate a neighbour making a difference  
in the life of your neighbourhood.

To nominate: [www.edmonton.ca/goodneighbours](http://www.edmonton.ca/goodneighbours)  
or call 311 for details.

**Nomination deadline: March 31, 2012.**

Winners will be recognized May 15, 2012  
at City Hall during Connections 2012.

# Coyotes continue to tour Terwillegar area

By Terri Saunders

Last year, we ran an article which discussed coyote sightings around a lake area. Recently, a few residents have mentioned more coyote sightings — one just off Haddow Drive, a main entrance, and the other walking directly down a front sidewalk. We thought it wise to re-inform our residents of the dangers of coyotes in the city.

The City of Edmonton is informing residents that more and more coyotes are living in residential areas, and that their behaviours are changing as they adapt. A city brochure entitled “Your Guide to Avoiding Coyote-Human Contact” advises that dog owners should be particularly cautious as coyotes could consider them a threat. “Keeping your dog on a leash at all times is the best way to ensure its safety.” That said, no pet food of any kind should be left in the backyard.

Coyote attacks on humans have also been

known to happen, but “it usually involves a coyote that has been fed by humans.” The City of Edmonton is advising that residents avoid leaving food out that can attract coyotes. This includes not only garbage, but also bird-seed and fruit that have fallen to the ground.

Residents who do happen to encounter a coyote should:

- make themselves appear large, waving their arms overhead or shoving a walking stick towards the coyote.
- throw objects to scare it away.
- blow a whistle.
- spray dog spray.
- shout in a deep voice and maintain eye contact.
- NOT turn away or run.
- back away slowly and move toward buildings or human activity.

For more information, view the City of Edmonton’s brochure on coyotes on our



Coyotes such as these continue to be a danger in our community.

website at [www.terwillegar.org/images/avoidinghumancoyoteconflict.pdf](http://www.terwillegar.org/images/avoidinghumancoyoteconflict.pdf), check out the Government website information at [www.gov.ab.ca](http://www.gov.ab.ca) and search coyotes, or contact the Edmonton Coyote Information Hotline at 780-644-5744.

# Driving the circle without driving around the bend



By Terri Saunders

From time to time you’ll encounter a small traffic circle along the roads in the Terwillegar. These small traffic circles are placed to help slow down traffic and reduce accidents.

However, some people are finding that they’re being misused. I’ve been told that some motorists are entering these circles as if they are a straight throughway, with complete disregard for yield signs. Alternatively, I’ve noticed some drivers

treat it incorrectly as a four-way stop. Add to this the fact that many people are unfamiliar with the proper “rules of the road” when it comes to these circles, and you have an accident waiting to happen.

So here’s a refresher for us all :

1. Approach: Slow down as you would for any other yield sign, and signal

left to indicate your intention to enter the traffic circle. Yield to pedestrians in the crosswalk as they have the right of way.

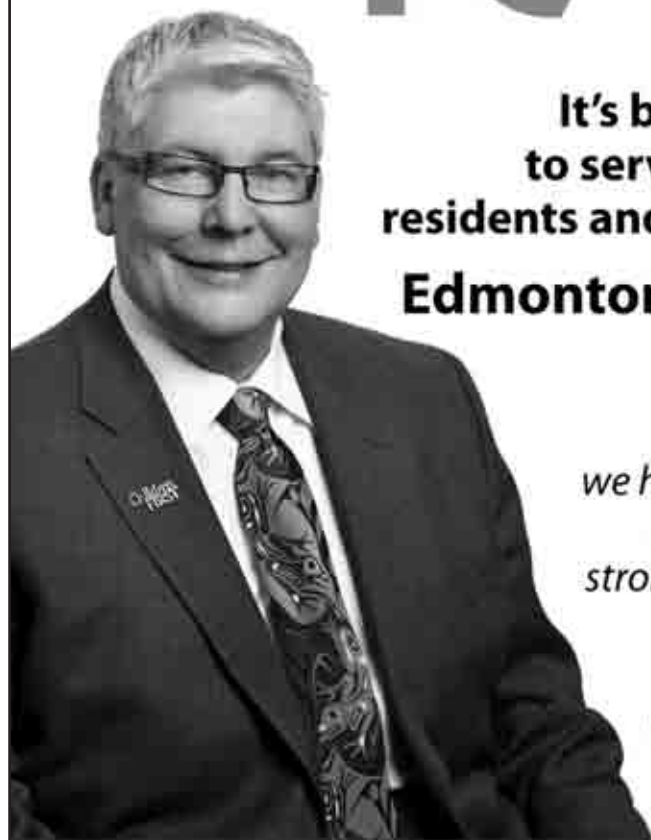
2. Enter: Yield to vehicles coming from the left in the traffic circle. Wait for a gap in traffic, and merge into traffic in the circle in a counterclockwise direction.

3. Proceed: Continue through the traffic circle until you reach your street. Never stop in the traffic circle.

4. Exit: Signal right, and then exit the traffic circle to your right. Again, yield to pedestrians in the crosswalk. Unless we are all properly informed about these rules of the road, these traffic circles will cease to provide the benefits they were meant to. Please approach these circles carefully and yield to those who have the right of way.

## A few fun events coming up this Easter:

- **April 7:** Sweet Treat Hide & Seek  
Fort Edmonton Park  
12-5 p.m.
- **April 9:** Hop to It! Easter Monday  
Edmonton Valley Zoo  
11 a.m.-4 p.m.
- **April 9:** Bunny and Bears Easter Monday  
The Muttart Conservatory  
12-4 p.m.



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*I ask you for your continued support*

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# Travel wisely when you're riding the rails

## Edmonton Police Service

1. Stand or ride near others when waiting for your bus or train. Don't isolate yourself.
2. If you're carrying small personal electronics, like an iPod, conceal it under your clothes. These are targets for would-be thieves who can easily sell or exchange the device for cash.
3. Plan the route to your bus stop and stick to the main roads as much as possible.
4. Avoid walking alone if at all possible. Walk with others and use the main roads.
5. Know the times that your bus departs beforehand. To find out when your bus is going to pick you up, visit [www.takeets.com](http://www.takeets.com) or call BusLink at 780-496-1600.

Public transit is very safe. The Edmonton Police Service, in partnership with the Edmonton Transit System Security Peace Officers, is committed to enhancing the safety of every transit patron.

In the event that you witness suspicious or dangerous behaviour while using transit:

1. Major transit centres usually have emergency "blue" phones. Use these to

contact Transit Security directly, and give them information on the emergency. Don't just hit the button and leave.

2. Talk to any bus operator. They have the ability to contact dispatch and request assistance.
3. Call the Edmonton Police Service: 9-1-1 for emergencies or the general dispatch line, 780-423-4567 for general service requests.

**Know of a good story?**  
 We'd love to hear what else is going on in the community.  
[editor@terwillegar.org](mailto:editor@terwillegar.org)

# 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: \_\_\_\_\_  
(Applicant #1)

Office Use Only

Date received: \_\_\_\_\_

Date entered: \_\_\_\_\_

Signature: \_\_\_\_\_  
(Applicant #2)

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](mailto:admin@enwatch.ca)

# Leaving a child home brings points to consider

By Enza Fata

Terwillegar Towne Neighbourhood Watch Zone leader

Due to changing work schedules or both parents working, are you forced to leave your children home alone?

Before you leave your children home alone, you must consider your children's ages and different maturity levels. There is no law that states a certain age; however, it is recommended that they are 10 years of age or older. The key is that they need to be mature enough to know and follow the rules for safety and emergency situations.

Consider:

- Do they know when and how to call 911?
- Do they know to call you immediately upon their arrival at home?
- Do they know where the first aid kit is?
- You should call home to check on your child

- All emergency contact numbers should be posted on your refrigerator, including: 911, police, fire, ambulance, poison control, family members' home and work, neighbours, and back-up child care providers.



Discuss your specific expectations and how you want your children to use their time while they're home alone. For example:

- Is the TV allowed?
- If so, are there any channels that are off limits?
- Do you want your children to answer the

phone?

- May your children use the computer?
- Can your children have friends over while you're not at home?

Make sure your home is childproof before you leave your children home alone. For example:

- Are medications kept in a locked cabinet?
- Are there firearms in the home? If so, are they in a locked cabinet?

Prepare your children for emergencies before leaving them home alone. For example:

- What would you do in an emergency?
- What if someone were trying to get into the house?
- What would you do if there were a fire?

Finally, ask your children if they feel confident and ready to stay home alone. If, for any of your children, home alone is a frightening concept, hire a babysitter and reconsider the issue in six months.

# Protect your home — and your neighbours' too



Edmonton Police Service

Daytime break and enters happen more often than one would like to know. Usually when everyone is at work or out running errands is when the criminals like to shop in your homes; however, there are many different ways to deter or prevent your home from becoming a target.

Obvious things are: do not let mail pile up in the mailbox, leave on a television or radio inside the house creating some noise to give the impression that you are home. The most obvious tip would be to have an alarm that is monitored or sends a text or message to your computer, cell phone or other device that can assist you.

These above tips are helpful when you are not home but what happens when you are home? Some suggestions are as follows.

If you are outside, pay attention to vehicles that are driving around the neighbourhood that do not belong. This applies as well for individuals that are wandering around that do not belong. In both incidences, if it looks suspicious, call the police complaint line at 780-423-4567 and let someone know.

I can almost guarantee that there have been times that you have said to yourself "what is that person doing hanging around here?" If that is the case, then call. Police would rather check out the situation, and confirm it

is nothing to worry about, rather than the other option, which is investigate the break and enter at your neighbour's house because the front door was kicked in.

If everyone had this mindset, it would assist police greatly and help prevent break and enter type complaints by providing police the ability to potentially locate the criminal before they commit the crime, or at least give police the head start of heading to the area before the criminal leaves.

That said, be the best witness that you can be. Observe the situation. What does the suspect look like? What are they wearing? What are they driving/riding? What is the license plate, if available? All of these things will assist police with tracking down the people who violate your property.

Be a good citizen, and hopefully your neighbour will be one as well. Everyone together can help prevent some crime before it actually happens.

## Random Acts of Kindness

Need some inspiration?

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

[www.randomactsofkindness.org/](http://www.randomactsofkindness.org/)

## Edmonton Census 2012



### Census workers needed

Serve your community and earn some extra money.

The City of Edmonton requires more than 1,400 census workers to visit households this April. Applications are now being accepted.

If you have questions, call 780-496-8008 from 8:30 a.m. to 4:00 p.m., Apply in person at 16304 - 114 Ave NW from 8:30 a.m. to 4:00 p.m. or at City Hall, 3rd Floor - Office of the City Clerk from 8:30 a.m. to 4:00 p.m.



# Liquor by Glassy

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# Modern Mama connects parents with experts

By Sajida Pellegrini  
Director, Modern Mama

Approximately 50 people attended the recent Modern Mama event *Survival Tips for Parents by Parenting Experts* Thursday, March 8, at Cafe Tiramisu on 124 St.

Guest speaker Alyson Schafer is a psychotherapist and author of three books titled, *Breaking The Good Mom Myth*, *Honey I Wrecked the Kids* and her latest, *Ain't Misbehavin'*.

Joining her was Maureen Dennis who is the in-house parenting expert for the Marilyn Denis Show and the founder of the portal WeeWelcome.ca. The Portal gives new



parents access to vital information, events and more.

The open session discussion included sleep issues, mealtime madness, mommy guilt, work-life balance and teen issues. Blended families were also discussed.

For more information on upcoming events with Modern Mama visit [www.modernmama.com](http://www.modernmama.com). Events you can look forward to include, how to dress in style on a budget, spring at Anthropologie and a babysitter mixer on March 22!

Left to right: Guest speakers Alyson Schafer and Maureen Dennis.

# Blood services needs new generation of donors



### Public Service Announcement

Canadian Blood Services asks more NEW blood donors to step up and save lives. If you've ever thought about giving blood, pick up the phone and book your appointment

today.

In 2011, Canadian Blood Services needs to recruit about 14,000 new blood donors in Alberta to meet patient needs.

In Alberta, donors between the ages of 45-54 make the highest numbers of donations. As Canadian Blood Services' blood donor base ages over the next several years, many may not be able to give blood and some may even become recipients of blood products.

That's why it's important to recruit a NEW generation of blood donors made up of youth and others who haven't given before.

How much blood do we need?

Please book an appointment today to help reach the target of collecting 45 blood donations at the next southwest Edmonton blood donor clinic.

**Where:** Lillian Osborne High School  
2019 Leger Road NW

**When:** Saturday, March 24, 2012  
9 a.m.-1 p.m.

Call 1-888-2-DONATE (1-888-236-6283) for more information or to book an appointment to donate. Appointments are recommended to help reduce clinic wait times. If you've already booked an appointment, please honour it. Healthy people can donate blood every 56 days, starting at age 17. First-time donors after the age of 61, or regular donors who want to continue donating after their 71st birthday will need to consult their doctor for medical permission to donate. Donors must feel well and are required to have their donor card or photo and signature I.D. at the time of donation. For more info about donor eligibility, visit [blood.ca/eligibility](http://blood.ca/eligibility) or call 1-888-2-DONATE.



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The key word is flexibility as Mother Margaret Mary Catholic High School opens its doors to students this September. The staff at Mother Margaret Mary is excited to have been one of the first schools in Alberta to receive approval as a flexibility school for the 2012-2013 school year. As a result, the school will be offering a unique timetable. This timetable allows for a block in the daily schedule to pursue instruction relevant to the individual student's needs. Depending on the student, this 'flex block' could mean additional instruction, opportunity for acceleration, the prospect of furthering a particular skill or interest area and of course portfolio development.

A faculty advisor is assigned to each student to guide them with their choices and to ensure a constant source of support as each student progresses through high school. The staff at Mother Margaret Mary strongly feels that a teacher mentor and advocate will be a distinct advantage for their students.

As a result of consultation with the students and community, several key areas have become a focus for our school. Mother Margaret Mary will offer Advanced Placement courses for students who are pursuing university accreditation. The school will also have Engineering and Business focus pathways set up for students who are planning to enter these faculties. As well, a strong Fine Arts program was indicated as a result of community request and consequently, we have already set the stage for a very strong Fine Arts program including Instrumental Music, Choral, Drama, Dance and Art.

A wide range of Career and Technology Studies options include Sports Training, Foods, Sound - TV-Video Production, Photography, Computer Science, Woodworking, Financial Management and Enterprise and Innovation are also planned. With the flex schedule, students who have skills or interest in particular career areas may also be able to pursue skill in other CTS areas.

The design of the school takes full advantage of the newest technologies and beyond bright, well-lit classrooms and open areas, boasts a double Gymnasium, Fitness Centre, Video and Television Studio, Foods and Woodworking Labs and a Fine Arts Centre.

A handpicked staff of lead teachers has been selected and is currently planning curricular and course development to ensure that Mother Margaret Mary is an exceptional 21<sup>st</sup> century school. These teachers are veterans in their area of expertise and are excited to plan for and implement a thriving program where students are pivotal in their high school experience with support and assistance from their own Faculty Advisor.

The principal of Mother Margaret Mary Catholic High School, Mr. Kim Brophy and assistant principal, Mrs. Shelagh Pedersen invite you to learn more about the school, its unique flex schedule and state of the art facility by visiting their website.



**Opening SEPTEMBER 2012**

Any questions or queries can be directed to either administrator at: shelagh.mccauley-pedersen@ecsd.net or edward.brophy@ecsd.net

# Bonhomme visits William Irwin for Carnival



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 Administration Team

The first few months of this new school year have brought

many activities, our most recent being our Winter Carnival held on Feb. 24. Lucky for us, the weather cooperated, and we received the first major snowfall of 2012 the night before our activities took place.



Bonhomme, the French Canadian snowman icon of the Winter Carnival was on hand to help the students celebrate the French Canadian cultural event of the winter. Being a dual track school, our French and English students participated in many activities outside like curling,

hockey, maple syrup treats on a stick (frozen in snow) and horse drawn sleigh rides. The students also participated in French Canadian dancing in the gym. Many of the media groups in the city were on hand to see the children in action and pictures were posted on the Edmonton Journal website, the front page of the Edmonton Examiner and in the Edmonton Sun. We, as educators, believe that culture goes hand in hand in learning a language. It helps our students understand why certain traditions are carried forward.

Our parents were also involved in this wonderful day. With volunteers preparing hot vegetable soup with nutritious side dishes and a variety of berries with fresh Greek yogurt, our hungry students enjoyed their lunches immensely. This is all part of our Growing Healthy Families Initiative that has been spearheaded by our parent group. Both students and staff extend appreciation to the parents who made this wonderful luncheon possible!

On Monday, Feb. 27, Bonhomme phoned the school to see if our students had enjoyed the Carnival. He is planning to visit Monsignor William Irwin again next winter! Our children loved Bonhomme, and they can't wait until next winter for another marvelous cultural event!



## Spring Break 2012: Lego® Starts Here

Have you been looking for a place to show off your Lego® skills? Join us for Lego® in the Library during spring break!

This 30 minute program for youth ages 6-12 starts at:

**2:15 p.m. on Friday, March 20.**

No registration is required, but participation is limited to 30. Tickets will be available starting 15 minutes before the program.

**Go to [www.epl.ca](http://www.epl.ca) for more library programs!**

# More events to come at Esther Starkman

By Liz Hagage  
Esther Starkman Parent Association  
Secretary

With three more months to go until the end of the school year, there are still some exciting events coming to our school. Our biggest one will be on June 1, which is a family dance and silent auction with all funds raised going to much needed teaching supplies, field trips and resources. If you would like to donate to the auction, you can contact Liz at [lizhagag@gmail.com](mailto:lizhagag@gmail.com).

In June we are also having a teacher/staff appreciation lunch to show that the hard work of Esther Starkman teachers and staff does not go unnoticed. On the last Friday of every month we always have a popcorn sale where half of the funds go to a charity of choice.

On another note, we are always in need of volunteers. It is unfortunate when some of our events get canceled due to a shortage of volunteers. Lastly, to the handful of ladies that run all these special events at our school — thank you!



Three wonderful things you can see at Esther Starkman every morning. From left to right: a tv at the entrance which keep everyone up-to-date on events; smiling faces to greet students at the door; hard-working volunteers that help children out of cars at the drop off area.

# Lillian Osborne High showcases local talent

The Edmonton Youth Talent show is ready to showcase our incredible future in a one-day competition!

On April 28 at Lillian Osborne High School, be ready to bring your talent to the rest of the city — you will be part of our one hundred competitors

aiming for the top spot in your category, with cash and prizes to be won!

With support from the Terwillegar Riverbend Advisory Council (TRAC) and the River Community Church, we are excited to bring this event back to Edmonton and the surrounding areas.

The deadline to register is April 1. If you are interested visit [www.eventbrite.ca/event/2948475971](http://www.eventbrite.ca/event/2948475971).

This competition will be open to all vocal participants from five to 18 years of age. Our mission is to promote the development of our amazing local Edmonton talent, and bringing your skill to the stage will be an amazing opportunity to be discovered and grow your abilities.

**Let's get cooking!**

**Edmonton Catholic Schools has launched a Wellness Recipe Book.**

The recipe book was created in collaboration with the Career and Technology Studies Food Teachers. Each teacher worked with their students to submit healthy choice recipes that support the district Nutrition Policy of "choose most often" and "choose sometimes" food choices.

The recipes were categorized as per the Nutrition Policy and we included a Nutrition facts table with each recipe. The recipe also includes the name of the school that submitted it. There are even a few recipes for "choose least often." Edmonton Catholic Schools designed the book.

Each school received copies of the recipe book and many are selling it for \$20 as part of a fundraiser to support their CTS Foods Program. This recipe book was supported by the Alberta Initiative for School Improvement and the Alberta Wellness Fund.

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HERE IS THE EVENT REGISTRATION LINK:  
<http://www.eventbrite.ca/event/2948475971?ebtv=C>  
Registration Deadline is April 1st, 2012.

or CONTACT:  
Cody Kotyk - Event Manager  
Edmonton Youth Talent Show  
780-700-2241  
[codykotyk@gmail.com](mailto:codykotyk@gmail.com)

# Greetings from Riverbend Community League!

By Dave Rumbold

Riverbend Community League Contributor

We'd like to take this opportunity to say hello to our southern neighbors in Terwillegar Community.

Riverbend was the first community league west of the Whitemud Ravine and encompasses the original 60's and 70's Riverbend neighbourhoods of Brookside and Brander Gardens along with Ramsay Heights and Rhatigan Ridge, which were developed in the 70's and 80's. Our league has two buildings with three rental rooms, tennis courts and twin rinks. This summer we will see the addition of Pickle Ball courts!

Our facilities are well used by all residents of Riverbend/Terwillegar for a multitude of purposes — everything from the Peanut Butter and Jam playgroup, church groups, drop-in Bridge, Girl Guides and yoga to preschools and political parties! We have been busy refurbishing and replacing our old, original playgrounds over the last few years to accommodate the many new, young families moving into our community, so we understand the excitement as the Terwillegar Community League builds their own new playgrounds.

You have probably heard about our fantastic Winter Festival and Art in Our Park events, as well as the very popular Taste of Riverbend, which

has raised tens of thousands of dollars over the years for community infrastructure. These events have grown significantly, and we now partner with other leagues on occasion. We've also donated to the Terwillegar Community League spray park initiative.

Check out our website and our great programs at [www.riverbendonline.ca](http://www.riverbendonline.ca).



Many came to Riverbend's Art in Our Park event last year, which featured an outdoor stage performance by Captain Tractor.

# TCRC hosts fun competition for city lifeguards

By Mark Dajoe

The Terwillegar Community Recreation Centre hosted a lifeguard competition on Feb. 4, aimed at challenging the skills of lifeguards across the city.

The event was well attended with a total of 16 teams (70 participants) representing pools from all corners of the city. While the event was friendly and fun, the competitive juices quickly began to flow once activities were underway. The teams competed in events to test their fitness level, spinal removable techniques, first aid skills and water rescue situation responses.

One event in particular stood out for the competitors, thanks to make-up artist Kami Willert-Campbell, who created "real-life" looking victims for the first aid event. Kami, who is also a lifeguard at the recreation centre, forced teams to first get over the shock of seeing blood on the victims before actually beginning to treat them.

First aid event captain John Mervyn created a situation that many will remember for some time as they return to their home facilities. Victims



Plans are being made to run this successful event every year.

for the lifeguarding situations were not only facility staff but also members of Edmonton Ocean, a junior lifeguard club.

What began as an idea to provide some hands on practice for the lifeguards at our pools quickly morphed into an exciting and fascinating learning experience for all who attended. While lifeguarding is often thought of as a spectator sport, these 16 teams proved there is much more to the job than just watching swimmers play around. While formal scores were not generated, it is apparent that there was a clear winner in the competition....everyone that participated!

The organizing committee would like to acknowledge the efforts of all the event coordinators, volunteers, judges and competitors that made this event so successful. Plans are already underway to host the event again next year!

## Seniors, mark your calendars!

The fifth annual Creative Age Festival will take place from June 8-10, 2012

The Creative Age Festival is a celebration of seniors' involvement in the arts. This year's festival will focus on theatre performed by and for seniors.

### Who Hosts the Creative Age Festival?

A collaborative team of community partners including GeriActors & Friends, The Edmonton Seniors Coordinating Council, The Department of Drama at the University of Alberta, and the City of Edmonton.

### What we heard from last year's participants:

- "The encouragement and positive attitude is helping me be happy, pleasant and lead a better life."
- "It exposes you to opportunities and ideas you may never otherwise have had."
- "The festival engendered a good feeling of being respected as a senior and that someone feels we are worthwhile."
- "It's fun and a good way to meet people and develop sound support."

Watch for information updates at [www.CAFestival.ca](http://www.CAFestival.ca)

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Building Lasting Relationships

# TRAC President Agostinis passes the torch on



By Dr. Rob Agostinis  
TRAC President

This is my last article as TRAC President as I have stepped down from most of my community volunteer duties. I will still be involved with community issues but in a different role. I will be setting a new direction, combining my medical background with community engagement knowledge and passion, and forging ahead with "Healthy Communities/Healthy Cities." Stay tuned for that!

In my 18 years of community volunteerism, it has been a pleasure working with all of you. The community has achieved a lot: a new Recreation Centre, Farmer's Market, TRAC 10K Fundraising Event, new schools, new playgrounds, better roads, more pathways, more programming, community engagement and most of all — a renewed community spirit! We have created a "towne within a city."

Of course, there is a lot more to do and a multitude of ideas to nurture and bring to fruition. With new volunteers, the sky is the limit. Forge ahead! Make it happen!

## New Partners for Smart Growth Conference

I had the opportunity of attending this excellent conference in early February. The conference offered the venue for dialogue on creating livable cities and healthy communities for everyone. Please check out [www.newpartners.org](http://www.newpartners.org) to learn more about this conference. In future publications, I will be highlighting some of the ideas brought forward at this conference.

## Terwillegar Community Recreation Centre (TCRC)

Mark Dafoe, Supervisor of TCRC, indicated that a lot of minor jobs are getting done. There is now television operating on the exercise equipment and other enhancements are to be completed soon.

One issue that TCRC is tackling is the amount of cigarette butts strewn along the sidewalks and landscaping outside the doors of the recreation facility. He indicated there would be new ashtrays and signs at all entrances. Hopefully, with some awareness, smokers will get the message!

Some users have complained that the water pressure and temperature of the showers was inadequate. He was aware of this and the city is working to solve the issue.

If you have any concerns or suggestions for the TCRC, please contact Mark Dafoe, Supervisor, or send an email to the TRAC President at [whitemudhills@tracspirit.ca](mailto:whitemudhills@tracspirit.ca) or Vice-President at [bulyeaheights@tracspirit.ca](mailto:bulyeaheights@tracspirit.ca).

## TRAC Community Office & Presidents' Council

A proposal on community league partnerships for the TRAC Community Office was presented to the community league presidents at the last Presidents' Council Meeting.

A motion was passed to ask community league presidents to confirm their commitment by June 30 to fund a resource person for the TRAC Community Office.

The resource person would field all calls, relay information and sell memberships for the

community leagues in Area H and would work out of the TRAC Community Office located in the social heart (by the white cat) of the TCRC.

The Presidents' Council also motioned to organize a community league membership drive and sports registration for 2012/2013. This would happen twice a year (February and August/September). There would be three sessions for



Rob Agostinis has been involved with countless projects in the Terwillegar/Riverbend area.

each of the two timeframes, and they would take place in the large community room in TCRC (pending availability).

## Security Report

Superintendent Nigel Stevens, who attends our TRAC meetings, indicated that crime rates were low in our area. For more information on this, visit [www.edmontonpolice.ca](http://www.edmontonpolice.ca).

The opening of the new Southside Police Station (in the Windermere area diagonally across from the "The Currents" shopping district) is slated for the fourth quarter of this year.

## Southwest Seniors Steering Committee

The Southwest Seniors Steering Committee had their information meeting on Feb. 29. They presented the "Terms of Reference," which was later approved. There was dialogue on the future direction of the committee and discussion on the formation of the Southwest Edmonton Seniors Association.

As a result of that discussion, the Southwest Seniors Steering Committee is looking for volunteers for the five sub-committees:

- Communications — writers, presenters, web page design.
- By-laws — creation of bylaws for incorporation as an association.
- Support — sponsorship and grant development.
- Events — AGM, summer fair preparation, etc.
- Resource Analysis — looking at existing seniors services in southwest Edmonton and assisting in determining gaps.

If anyone is interested in participating in the sub-committees, please contact Dave Faber, Chair ([dfaber@shaw.ca](mailto:dfaber@shaw.ca)) and/or Richard Perry, Vice-Chair ([cpoire@shaw.ca](mailto:cpoire@shaw.ca)).

Please note that Glenn Kissick is the Seniors

Ambassador for TRAC and the Seniors Rep for the Riverbend Community League.

## EFCL Director — District H (Windermere, Riverbend, Terwillegar)

The TRAC ambassadors and community league presidents voted in Barry Davis as the new EFCL — District H Director. He replaces Rob Agostinis, who has been the Director for the past three years. Congratulations Barry!

## Southwest Edmonton Farmers' Market (SWEFM)

The market officially opens on Wednesday, May 30, and will run through to the first week of October. It will be open from 4:30 to 7:30 p.m. in the west parking lot of the TCRC.

A motion was made at the last TRAC meeting to proceed with a casino license application. With future monies, the Farmers' Market will be able to offer an indoor winter experience.

The 2012 Vendor Application is now available. If you would like more information about the SWEFM or to volunteer or sponsor, you can check out the website at [www.swefm.ca](http://www.swefm.ca), or call Market Manager, Zita Dube-Lockhart at 780-868-9210.

## TRAC 10K, 5K and 3K Walk 7<sup>th</sup> Annual Event

The TRAC 10K, sponsored by TRAC and the Running Room, will take place on Sunday, May 27, 2012. The time is 8:30 a.m. — 12 p.m..

This year we will be starting the event from the new Mother Margaret Mary Catholic High School (located behind the TCRC). Kim Brophy, the Principal of the new high school which officially opens in September 2012, is excited about showcasing the new school for our event.

Proceeds go towards TRAC and community leagues of Area H for programming and projects. **Online registration:** [www.runningroom.com](http://www.runningroom.com)  
**For more information:** Contact Co-Race Directors Rob Agostinis or Mike Boychuk at 780-994-0516 and 780-245-4499.

## TRAC meetings

TRAC's AGM will be held at Lillian Osborne High School on Wednesday, April 18 from 7 p.m. — 9 p.m. There will also be a keynote speaker as well as Meeting and Community Spirit Award presentations. Refreshments will be served. Everyone is welcome!

The next regular meeting is Wednesday, June 13 at 7 p.m., also at Lillian Osborne High School Library. Sherri Jaillet-Martinez, the current Vice-President, will be chairing the AGM and future meetings. She will become the new president for TRAC FOR 2012/2013. Congratulations Sherri!

## 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!

## New mailing address

TRAC (Terwillegar Riverbend Advisory Council)  
Terwillegar Community Recreation Centre  
#5, 2051 Leger Road NW  
Edmonton, Alberta, T6R 0R9

**Catch the Spirit! [www.tracspirit.ca](http://www.tracspirit.ca)**

# City Council explains funding for new arena



*By Bryan Anderson  
Ward 9 Councillor*

In the past few weeks, I have read a number of letters regarding the proposed downtown arena project. As a City Councillor, I appreciate reading all citizens' views on such a

significant project to our city; however, some of these letters contain inaccurate information requiring clarification.

The City of Edmonton and the Katz Group are moving forward in partnership on the next steps for the proposed downtown arena. One of these next steps includes the hiring of ICON Venue Group to project manage the design and construction of the arena. ICON will be responsible for overseeing work to get the project design to 60 per cent completion and at a guaranteed maximum price of \$450 million, as per Council's direction.

Another issue that has caused some confusion is how the arena will be financed. To date, sources to cover \$350 million of the \$450 million cost have been identified. Let me try and explain how this will work. First it is important to note that the city will not borrow \$350 million at the same time. Instead, borrowing will occur as the cash flow for the project is needed.

Of that \$350 million the city's contribution for the arena is capped at \$125 million. This will be paid out over approximately 20 years and will not be paid from current general property taxes. It will come predominantly from tax revenue based on the increased value of property downtown,

through a community revitalization levy, as well as from city support currently going to Rexall Place, new parking revenue and the redirection of other expenditures. A conservative estimate over 20 years for the new tax revenues generated through a CRL is \$1.2 billion.

Another \$100 million will be generated from the Katz Group. They will pay \$5.667 million

required.

Another concern that I often hear from some citizens is that Edmonton doesn't need a new arena. In its current state, Rexall Place requires \$2.5 million a year to maintain. Built in 1974, it is coming to the end of its life. According to Northlands, to meet current NHL arena standards would cost between \$200 and \$250 million in renovations. This cost would likely all be at taxpayers' expense.

City Council and the citizens of Edmonton will both continue to play a significant and valuable role in the design process, including public consultation. A formal plan for public design consultation will be laid out in spring this year. The final arena design will be approved by council.

In cities across North America, multipurpose facilities like the proposed downtown arena have sparked rejuvenated downtowns and new entertainment districts, resulting in significant economic, social and cultural benefits. A new downtown arena has the potential to accelerate urban development, enhance our city's image and build civic pride.



*Artists's rendition of the new Edmonton arena.*

annually for 35 years. This will generate the \$100 million and \$98 million in interest.

The remaining \$125 million will be generated from a seven per cent ticket tax applied to all tickets (hockey, concerts, etc.). This will pay the principal and interest until the \$125 million loan is repaid. Once that occurs, revenue from the ticket tax will cover major capital renovations (i.e. roof, HVAC system, structural, etc.) as

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# When candidates come knocking — be prepared!



By Catherine Ripley  
Ward H Trustee, Edmonton Public Schools

In preparation for voting, the Edmonton Public School Board invites you to join with us in raising four key issues with any candidate who comes knocking as well as with your family, co-workers, and neighbours.

**Question 1: How will your party ensure adequate, sustainable, predictable funding for public**

**education?** The 2012 budget, released on Feb. 9, addresses predictability. This is great! Predictability allows better planning over the long term. Adequacy is also critical. Right now, the superintendent is analyzing what the current 2012-15 budget will mean for Edmonton Public Schools. Over the past several years, staff have been drawing on operating reserves to sustain the current levels of programming and services for students, but forecasts show that we may only have \$ 1.7 million in reserves by August 2012. With minimal reserves, how will the services be sustained? There is a lot to think about in the days ahead.

**Question 2: Do you view public education as an expense or an investment?** The board sees public education as an investment. If students complete high school, we believe they will lead rewarding lives and contribute to society, and their risk of unemployment, crime and poverty will be greatly reduced. Simply, we can invest now... or we can pay MORE (way more) later.

**Question 3: Do you support greater flexibility in both the funding and usage of school space?** New maintenance and infrastructure renewal funding formulas would assist the further development of the “schools as community hubs” model in which a range of services for families are delivered out of the school. Greater flexibility to create long-term partnerships in support of children would also enhance the Board’s work.

**Question 4: What value does your party place on early learning?** The first five years of a child’s life are critical to setting a platform for future learning success. In addition to requesting that half-day kindergarten be mandated for all children, the board believes FULL-DAY Kindergarten for students with socio-economic vulnerabilities should be fully funded. Right now it is not. Currently, the board supports 21 full-day kindergartens and

our foundation has supported three additional full-day kindergartens for this school year, but there are still children in other neighbourhoods who could use this learning boost.

Finally, please mark your calendars! On Apr. 4 (7:00 p.m.), the board will be hosting an Education Election Forum at the Centre for Education (On Kingsway). I encourage you to attend! As always, if you have any questions or comments, please contact me at 780-887-1002 or by email at Catherine.Ripley@epsb.ca.

## MEN & RELATIONSHIPS

Registrations are now being accepted for “Men & Relationships” Concentrated Weekend




March 30th – April 1st, 2012

- Wrestling with relationships, communication, how to be a good dad?
- Dealing with a separation, divorce, job loss... feel empty and alone?
- Doesn’t matter what you try, it just doesn’t work out?

Men who have survived these challenges have helped develop a program that helps you answer questions and set direction! To register, or for more information contact:

Christian Guinez B.S.W. Intern 780- 496-5966  
Dean McKellar, M.S.W., R.S.W. 780-944-5542  
Tony Arcand, B.S.W., R.S.W. 780-944-5543


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your Alberta Party candidate in Edmonton-Whitemud



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Everyone welcome at our campaign office - Brookside Community Hall, 5320 - 143 St. Go to [julianecheff.ca](http://julianecheff.ca) for office hours and other details.

Candidate meet-and-greet April 4 — stop by our office and say 'hi' to Julia.



@JuleNecheff



# Holy Trinity Riverbend plays host to winter BBQ

By Reverend Nick Trussell  
Holy Trinity Riverbend Church

Holy Trinity Riverbend's Mid-Winter Barbeque kept the hope for spring alive and gave an extra bit of warmth to help get us through this last blast of winter.

While snow was falling outside, the at-capacity crowd inside enjoyed the smells and flavours of smoked beef and chicken accompanied by slaw and potato salad.

In the spirit of barbeques and Family Day, friends and family connected while others made new friends with their neighbours. Barbeque might actually taste better in the winter so look for it to become an annual event in Terwillegar Towne!

Thank you to everyone who helped make

the event a success, especially Deb, Dan, Brian and Chef John Berry.

After all the events this summer, join us mid-winter and taste for yourself!



Left: attendees dig in to the delicious fare. Above: a winter barbeque couldn't happen without a few fabulous cooks in the kitchen!

# Reverend reflects on the surprise that is Easter

By Reverend Nick Trussell  
Holy Trinity Riverbend Church

Happy Easter! Easter has a funny tendency to sneak up on us every year. Maybe it's because the date is different year to year or because it doesn't evoke the same festivities and celebrations as Christmas does. Radio stations don't go to 24 hours of Easter music and we don't count the shopping days until Easter. If it weren't for Cadbury Cream Eggs, many of us could easily forget that Easter is on its way.

Even for many Christians, Easter sneaks up on us. Though the celebration of God's gift of new life through the resurrection of Jesus is the heart of our faith, it is the truth we celebrate and take hope in week-by-week, but that one day that hops around the calendar can still appear as from out of nowhere. Surprise, Easter is here!

I think that's actually quite appropriate for what it is that we're celebrating in Easter. The new life, the new creation, the fresh start we know in Easter from God is a break from the cause and effect trend of the world. I think we celebrate Christmas with more fervor and excitement than Easter not

only because we know it's coming every Dec. 25 but also because we know what to expect. We all have experience with birth, with holding a new baby and with the nine months of expectation that lead up to that joyous day. Resurrection isn't something we really have experience with, and the gift of this new life is a free action of God apart from what we have come to expect from the normal flow of the world.

For those who first experienced it, who first knew the risen Jesus, to say it was a surprise would be an understatement! But for Christians it has become an essential part of who we know God to be and what we know our lives to be about. We know a God who surprises us with love and new life where we might least expect to find it or when we may least feel like we deserve it. We know a God who is free to do amazing things for no reason, other than for the sake of God's own love for us.

So I hope Easter surprises you this year. I hope you are surprised by God's love creating new life in you and in the world around.

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# Community preschool to launch in September



By Ken MacDonald  
Pastor of Terwillegar  
Community Church

Terwillegar Community Preschool (TCP) will open its doors in September of this year. TCP will be organized and hosted by Terwillegar Community

Church at their new location on 1751 Towne Centre Blvd. where the second floor of the building is being dedicated to programming for the children of our community. The church has recently hired Nicole Michaud as the Preschool Director and Michaud is busy putting together the building blocks of this exciting community venture.

Michaud has announced that TCP will be ready to start receiving registrations on Monday, April 2., and registration information will be posted on the church website at [www.tcchurch.ca](http://www.tcchurch.ca). The schedule has been established and the preschool will be operational Monday through

Friday.

The construction of the new church facilities is proceeding efficiently and safely. We are thankful to God for safety on the site each day. The 30,000 square foot building has two levels. The main level contains an auditorium that will accommodate 450 people. The large foyer will seat 300 for hot brunch, which has become a regular feature at the church. A bank of church offices and commercial kitchen complete the main level.

On the second floor there is an area designed for the preschool. Additionally, there are classrooms for kindergarten through Grade 6. The youth of the congregation are excited to finally have their own room, which will be furnished with furniture and equipment to suit their needs.

The congregation of Terwillegar Community Church (TCC) has been meeting at Taylor



The new Terwillegar Community Church may open as early as May.

College on 115 St. and 23 Ave. It is an understatement to say that TCC is excited to move into their new home, hopefully, in May of this year. We look forward to continuing to be an integral part of our community.

# Riverbend United receives grant for expansion

By Lynne Wolford

Board Chair for Riverbend United Church

Recently, Riverbend United Church was the recipient of a Community



Facility Enhancement Program Grant in the amount of \$125,000.00. These funds, as well as a matching contribution from Riverbend United, are going towards the expansion of our parking lot to the west of the

church.

Not only is additional parking required by the congregation of the church, but this newly expanded lot will be used by various community members and associations who use the church as well as the park to the south of us.

At the recent cheque presentation ceremony were David Hancock, MLA for Edmonton Whitemud, Lynne Wolford, Board Chair, Dave Rumbold, Past Board Chair, Kay Quon, Presbytery Representative, Don Koots, Minister and Fred Horne, MLA for Edmonton Rutherford. We look forward to having our lot expanded in 2012!

-Previously printed in the Riverbend Ragg-Times

**Holy Trinity Riverbend**  
Your Neighbourhood Church  
1248 - 156st [htrchurch.ca](http://htrchurch.ca) 780-431-1817

*Easter is new life*

Prepare for Easter by exploring your faith with prayer and the "Nooma" video series (google it!) Weds before Easter at 7:30pm

**Sunday Worship Easter! April 8th**  
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](http://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](http://htrchurch.ca) for details about upcoming events.

**Terwillegar Community Church**

**Preschool launches in September!**

Worship Service at 10:00 a.m.

Followed by Hot Brunch

Register on our website starting April 2

Currently meeting at Taylor Campus (Gymnasium)  
11525-23 Ave.; 780-430-8389



[www.tcchurch.ca](http://www.tcchurch.ca)



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*90 pts Robert Parker. Intense red and dark berry aromas are complemented by potpourri and smoky herbs. The dark fruit flavours become brighter with air and have a hint of spice. The finish has good clarity and juicy persistence, repeating the berry and spice notes. Remarkable value. Great with hearty stews, hard cheeses or paella with chorizo sausage.*

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# Edmonton's Food Bank launches new website

Media Release  
January 24, 2012

Edmonton's Food Bank is serving more than 15,000 individuals every month of the year through the hamper program. Additionally, more than 300,000 snacks and meals are served every month through the work of the 190 agencies accessing food from Edmonton's Food Bank for their clients. In an effort to allow access to information, procedures and clear communication, we have created a new website. The site is simple and easy to use for donors, volunteers and those experiencing food insecurity in our community.

"Our new website is designed to serve each visitor to the site whether a client in need, or a supporter of the organization," said Marjorie Bencz, CM, Executive Director. "One of the greatest features of the site are the links and maps showing hungry Edmontonians where hot meals and other resources can be found in our city. Please visit our new site online at [www.edmontonsfoodbank.com](http://www.edmontonsfoodbank.com)."

Edmonton's Food Bank is very pleased to partner with the award winning Lift Interactive who have provided their professional advice and insight into the design and vision of the new site. For more information you can contact



Marjorie Bencz, Executive Director at 780-426-7657 or Micah Slavens, Owner/Operator at 780-426-1176.

## Edmonton's Food Bank is recruiting volunteers...

for the client services department. Client services workers assist our clients by providing access to an adequate and nutritious supply of food. By speaking directly to our clients in our phone room, volunteers will be assisting people in need in our community.

The potential volunteer requires good communication and computer skills. Training will be provided. Please call Judy at 780-425-2133 for more information and to set up an appointment.

## Want a job where you can make a difference?

Edmonton Meals on Wheels is looking to fill a number of positions:

- **Part-time volunteer coordinator** (weekdays, 8:30 a.m. to 2:30 p.m.) Duties include screening, hiring, training and scheduling, while providing ongoing support, recognition and evaluation. Qualifications must include post-secondary education and/or certification in volunteer or human resource management. "Advanced proficiency with Microsoft and database management is advantageous. A security clearance and use of your own vehicle for work purposes is mandatory." This position is available as of May 15, 2011 and the posting will stay open until a suitable candidate is found.
- **Summer student** — as a temporary full-time customer service/fund development assistant. "This person will interact with volunteers, answer client and volunteer inquiries, solve delivery problems and assist with meal delivery, complete data entry and assist with organizing agency events." Hours of work are 8 a.m. to 4 p.m. beginning May 1 for 16 weeks. Salary: \$12 per hour.
- **Summer student** — as a temporary full time kitchen helper. "This person will assist in all aspects of kitchen duties including food preparation, portioning, packaging, cleaning and storing food." Hours of work are 7 a.m. to 3 p.m. Monday to Friday beginning May 1 for 16 weeks. Salary: \$11 per hour.

To apply, submit your resume to 11111 - 103 Avenue, Edmonton, T5K 2P1; fax it to 780-424-5561; or email it to [emow@mealsonwheelsedmonton.org](mailto:emow@mealsonwheelsedmonton.org).

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# Entrepreneur gives crash course in social media

By Carol McBee

President and Founder of Bossy Mama

By now, I am sure everyone has heard of the four big social media platforms; facebook, twitter, LinkedIn and YouTube; but you may not know the difference. Here is a quick rundown:



**facebook** — This is a place where you can connect with friends and family, post photos and create daily (or even more often!) updates with what is happening in your life.

Businesses can also have “fanpages” whereby you “like” the page to get their updates as well. All of these updates from everyone you are connected to on facebook show up in your timeline, which is constantly changing. Others can only see your profile if you “accept” them.



**twitter** — This is a place where you can follow anyone (from Justin Bieber to Best Buy!) and anyone can follow you – without permission.

It is a very simple platform – you post 140 character or less updates and you follow other people’s updates. Twitter has become the place where you can get breaking news, weather and information from a variety of sources (even the City of Edmonton!) In business, it is a great

way to network online.



**LinkedIn** — This is a place to create your online resume and get connected to other professionals, colleagues, industry groups or companies. If you are looking for business connections or a job – this is the place for you to really network online and get yourself out there.



**YouTube** — it isn’t always listed in the “big three,” but it is a hugely influential platform that is beneficial for both business and personal use. It is a great way to share video of your kids with distant family and friends (even create your own YouTube “channel”). You can also watch a variety of different “how to” videos on anything from gardening to home repairs to French braiding! It is also a great way for companies to post corporate videos, product videos and more. And, let’s not forget, it is where many artists first get noticed. They simply post a video and that video goes viral.

Just a few of the other less common platforms are Tumblr (mini-blogging) Instagram (photo-

blogging) Foursquare (geo-location program) and Google+ (a cross between facebook and twitter).

Lastly, my latest favorite social networking craze is Pinterest – be careful with this one, it can quickly become an obsession. An egg timer might be required next to your computer to ensure you don’t get lost in it! If you are someone that loves to clip out articles and photos of anything from hairstyles to decor – you need to check it out! You can pin a favorite paint colour, product, recipe, kids craft project, piece of art, kitchen design and more. Rather than putting all of these clippings into a folder or junk drawer, you simply create a board “for example: food I want to try” and then pin the item to the board for future reference. Get ready to start pinning all of your goals and dreams!

If you want to learn more – check out the upcoming social media conference iMedia happening on May 4 and 5 at the Fantasyland Hotel. Many brands and businesses are involved; Epson, Staples, Ford, Edmonton Oilers, Edmonton Food Bank and more, and will be offering guidance on a variety of topics related to social media. Learn more at [www.imediaconference.ca](http://www.imediaconference.ca).

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# Save on local foods at your local Save On

By Claire Schneider  
South Terwillegar Contributor



Love local products?

The Magrath Heights Save On Foods has recently stocked their shelves with a selection of local products that we have come to love. To name a few; Blue Kettle Kitchen (dressings, sauces, salsa and chili base), Souptacular!, Get Sauced, Kinnikinnik (gluten-free products), Le Chocolatier and Beary Berry Honey.

The new products are currently on display at the front of the store marked with blue Alberta signage. Once the products are integrated into the grocery isles, you can find them by looking for these same blue Alberta signs. In the near future, the store will be carrying more and more local products and plans to have permanent shelving set up to house these products thereby organizing them together and making them easy to find.

Shopping locally means doing business with people who live and work where we do, and that means they're as committed to our community as you are. Local businesses support and encourage marketplace competition, which in turn creates more jobs and a better standard of living for people living in the community. What would our community be without these distinct, one of a kind businesses that add flare and character to the neighborhood? Live Local Alberta.

For more information on living local, including dining, eating, shopping and working, check out the Live Local website at [www.live-local.ca](http://www.live-local.ca).

An Alberta map tops the display of locally-made products that can be found at Save On.

[www.live-local.ca](http://www.live-local.ca)

# Advisor simplifies term and permanent insurance

By Enza Fata,  
Sun Life Advisor and local resident

Most Canadians recognize the need for life insurance, but to many it's a complicated product that is difficult to understand. There are two basic kinds of insurance: term insurance and permanent insurance.

Choosing between term and permanent insurance is like deciding to rent or buy a house. Term insurance is like renting a house. You pay a set price for a set period of time. You have the option of renewing the term of the contract but you will have to pay more. Term insurance, like renting, means you don't have equity — you don't receive any additional value for the money you've paid when you decide to leave.

Permanent insurance is like owning a house. It's more expensive than term but, over time, your policy accumulates a cash value. Payments are level and they're for a set period of time much the same as a mortgage. When you've paid for your home, it can be sold for its market value; with permanent insurance, the money earned in a policy is paid to you if the policy is cancelled.

Need more clarification? Have a look at the key features of each insurance type that as detailed in the box below.

If you are considering which is best for your needs and the needs of your family, ask yourself these two questions:

How much coverage do I need and for how long do I need coverage? The answers will help you determine if you require term insurance or permanent insurance.

For more information, contact your local insurance advisor.

<u>Term Insurance</u>	<u>Permanent Insurance</u>
<p><b>Term provides:</b></p> <ul style="list-style-type: none"> <li>• coverage for a limited period</li> <li>• no cash value</li> <li>• premiums that increase with age</li> </ul>	<p><b>Permanent provides:</b></p> <ul style="list-style-type: none"> <li>• lifetime coverage</li> <li>• cash value</li> <li>• level premiums</li> </ul>
<p><b>Term is often used to:</b></p> <ul style="list-style-type: none"> <li>• protect your mortgage</li> <li>• cover a personal or business loan</li> <li>• protect a key person in a business or a buy/sell agreement</li> </ul>	<p><b>Permanent is often used for:</b></p> <ul style="list-style-type: none"> <li>• long term needs</li> <li>• final expenses</li> <li>• estate conservation</li> </ul>
<p><b>Term is like renting a house:</b></p> <ul style="list-style-type: none"> <li>• full coverage for less money</li> <li>• you can renew for another term, at a higher cost</li> <li>• you can move to something permanent but you don't take any equity with you</li> </ul>	<p><b>Permanent is like owning a house:</b></p> <ul style="list-style-type: none"> <li>• it's more expensive than term</li> <li>• payments end when the policy is paid for</li> <li>• you build equity in the form of cash value over time</li> </ul>

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Need more information? Visit our website at [www.riverbendregistry.ca](http://www.riverbendregistry.ca)  
Or email us at [info@riverbendregistry.ca](mailto:info@riverbendregistry.ca)

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**SATURDAY** 9AM – 4PM

# Bones can't be composted — or can they?



## On the Green Path

By Steve Johnson  
Terwillegar Towne  
Contributor

Last summer I heard about a “new” type of composting from my friend: a compost “nut.” She comes by the name honestly as it is her role within the provincial government to create organic programs through provincial policy.

She was really excited to show me her bucket under her sink where she was composting meat and chicken bones. At first I didn't believe her as, in my experience, you cannot compost meat and bones using a backyard compost bin or a vermi-compost bin. I was expecting a strong stench when she opened the container but was quite surprised when I saw a reasonable

product with no foul smell. She then told me that the end product was higher in beneficial microbes and nutrients than normal compost (words that are highly coveted amongst gardeners).

All the process entails is sprinkling the Bokashi mix in the bucket as you add the organics, squish it down, seal the unit shut (it must be air tight) and drain off the “juice” weekly for use in your house plants. I didn't think it was that simple but I found an online brochure from New Zealand that shows just how simple it really is. Check out <http://resources.ccc.govt.nz/files/UrbanComposting.pdf>. I also found that even Edmontonians have posted web links and are raving about it.

So with the rave reviews and simple operation I decided that I'd have to try it out for myself and see what the product will do for my tomatoes.

The only store I found online selling a Bokashi system in Edmonton is Earths General Store. Perhaps I'll see you there!



# Build a better community from the “grounds” up

Leigh-Ann, a Master Composter Recycler Volunteer

About this time last year, I noticed an ad for the Master Composter Recycler Program (MCRP) offered by the City of Edmonton. I confess my interest was purely selfish. Compost, I knew, was great for gardens, but my home compost bins were sorry piles of semi-rotten vegetables, liberally laced with coffee grounds and topped with fall leaves. Somehow, the rich dark “black gold” that was supposed to magically appear – hadn't. Here was my chance to find out how to compost – and for free!

Learning about recycling was appealing too – though I was already a, some would say, fervent recycler and pretty sure I'd ace that part of the course. I checked the MCRP web site, and without thinking too much about it, submitted my application form.

After the first class I realized that the program is much more than learning how to compost, and not just a crash course in waste management. It is all about how we can each make Edmonton a greener and better city. The classes included terrific presentations by local experts and MCRP graduates. We learned a lot about garbage – how we can save energy and the environment (as well as money) by reducing the amount of garbage we produce.

We learned about what makes a “liveable” city. Some of the sessions were workshops (my favourite – the day we made worm bins and watched demonstrations of different composting systems); while others were field trips (the Edmonton Waste Management Centre is truly impressive). Most importantly, we learned about the many City of Edmonton resources for waste management and sustainable living and how to help promote these resources in our own communities.

If you are interested in becoming a fellow Master Composter Recycler, check the MCRP website at [www.edmonton.ca/mcrp](http://www.edmonton.ca/mcrp) or call 780-496-5991 for more information. Enjoy the program!

Right: The Edmonton Waste Management Centre



## Earth Hour - March 31

Join the City of Edmonton on Saturday, March 31 from 8:30-9:30 to celebrate the global lights out phenomenon, Earth Hour.

For the past four years, the city has hosted a community event in front of City Hall but this year they are focusing their efforts on more grass roots initiatives in keeping with the WWF decision to make Earth Hour a celebration of all things unplugged at the community level. The WWF would like to see more individuals and groups to organize local events rather than have cities lead these initiatives.

The City of Edmonton continues to support Earth Hour in a variety of ways and encourages everyone to get involved in whatever ways works best for them, so long as it happens in the dark! The WWF's new “playbooks” offer lots of tips and ideas on how you can celebrate Earth Hour or host local events. See their website at <http://earthhour.wwf.ca/earthhour>.

The city's Office of Environment is working to promote Earth Hour among individuals, businesses, schools, Community Leagues and post-secondary institutions. As always, power consumption will be tracked and reported for the wider community as well as for building operated by the City of Edmonton.

Edmontonians, unplug, unwind and reflect on years past and think about a sustainable future. Get together with friends and family to share your thoughts.

## Looking to get a bit more green?

Here are a few more Earth-friendly events coming up:

- Toxic Bodies: Greening the Rubber Duck: Avoiding our Toxic World Wednesday April 4; 6:30 p.m.  
Telus World of Science  
Cost by donation
- Mother Earth Expo  
Saturday, April 14; 11 a.m.–5 p.m.  
Alberta Aviation Museum Hangar  
Cost is free
- Green Shopper Expo  
Sunday, April 22; 11 a.m.–8 p.m.  
Centre stage and Phase 1 Corridor, West Edmonton Mall  
Free entry
- Backyard Biodiversity!  
Sunday, May 6; 11 a.m.–4 p.m.  
John Janzen Nature Centre  
With admission

# Wonderful wines for a barbecue-happy Easter



## Uncorked

By William Bincoletto  
Principal Sommelier of  
Vines Wine Merchants

Last year, while writing my article on Easter wines, we were in the middle of whirling snow and cold freezing temperatures. This year, I am looking out to sun, fragrance and very light snow. So I can quite easily imagine the possibilities of a great Easter weekend. And hopefully so can you.

So in honour of my friends who are already planning some great barbecues, here are three great wines that will fit your gourmet tastes.



### 2009 Tridente Tempranillo

From the very first taste, I was super impressed by all aspects this wine has to offer. The bright, graceful colour, the appealing and sexy aromas of dark ripe berries, as well as the oak and vanilla. The bold black fruit palate with ripe plums plus hints of espresso and dark chocolate gives a wonderful, velvety quality enhanced by desirable and firm tannins, along with a profound depth of flavour. This wine has become one of our best discoveries in years. As some of our customers have done, this wine is to be purchased BY THE CASE!



### 2009 Rivetto Barbera d'Alba

Alessandro Rivetto was recently in town, and from one Italian to another, we certainly discussed how the region of Piemonte is now offering so much more than just the well-known wines of Barolo and Barbaresco. And this was easily confirmed when I tasted this 2009 Barbera d'Alba. This is a wine that will bring a ready smile to all taste buds. Full of fresh fruit, delicious acidity and great balance, this Barbera represents today everything that our modern consumers look for.



### 2010 Mollydooker The Boxer Shiraz

For 12 years, Sparky Marquis has been "WOW"ing wine fans around the world with his award-winning Australian wines made for such brands as Fox Creek, Henry's Drive, Parsons Flat, Shirvington, Marquis Philips, Integrity, and now Mollydooker. Here at Vines we've been huge fans of this brand of Australian delicacies for some time now. Mollydooker has been delighting our clientele with their ripe, rich, but balanced style, not to mention stunning the critics!

So when the great Sparky came to Edmonton, we could not resist sending him an invitation to present his wines to our customers. Of all the seven wines we tasted, I chose The Boxer Shiraz to represent what Sparky does best, creating bold and jammy styles with powerful mouthfeels, yet maintaining delicacy and freshness. This is a wine for the now and when you open this wine, please do not forget the Mollydooker Shake!

# Specialist cries "say cheese —artisan cheese"

By Tania Hrebicek  
Owner, Everything Cheese

It's important to understand the distinction between artisanal cheeses — the ones celebrated as the world's best — and all the rest. Fine cheeses and cheese-making is an art, and this is where the word "artisanal" is derived from.

Artisanal cheeses are handmade, primarily by small independent cheese makers using traditional methods with no adaptations for efficiency. An artisan is a skilled worker or craftsperson, which perfectly describes the makers of real cheese. They painstakingly and lovingly oversee every aspect of cheese making, they maintain the highest standards and their focus is solely on quality rather than quantity.

Artisanal cheese in its purest form is made with unpasteurized milk that originates from a single milk source, preferably the farmer's own herd. It is

produced on a farm or in a small dairy and has a naturally formed rind (no plastic or wax). To the maximum extent possible, it is organic, meaning no artificial treatments or ingredients are introduced at any stage of animal husbandry or cheese making.

What makes a cheese superior? Purity and integrity of raw materials, and individuality of character. Artisanal manufacturing alone is not an absolute guarantee of superiority; a great deal of extra attention is also required. Likewise, some factory-made cheeses are very good — even excellent, but they are the exceptions rather than the rule.

Good factory-made cheeses are consistent, satisfying and guaranteed to offer few surprises — unpleasant or otherwise. Fine artisanal cheeses are the ones that really talk to you. But they comprise merely the uppermost tip of a very large pyramid, the base of which is the vast tonnage of "industrial cheeses" churned out every year by the world's cheese factories. The best artisanal cheeses can be hard to find, since they are not cost-effective to produce and are made in small batches.



Hrebicek presents a large selection of high-quality cheeses.

## Processed Cheese

Processed cheese is an all-purpose term that covers any number of mass-market products. The basic "process" is that cheese is melted down and mixed with various preservatives, fats, flavourings, colourings and water. It is then reconstituted into blocks, slices or wedges, sometimes packed into tubs and often shrink wrapped in plastic.

If you want good cheese, buy only freshly cut cheeses. If you do buy prepackaged, read the label and beware of chemical additives or preservatives as well as hydrogenated or partially hydrogenated fats or oils. And always remember that good cheese — real cheese — is made from milk, starter cultures, rennet or plant coagulant, and occasionally a natural colouring or a mould culture. Nothing more.

## Community Access Nights at the Art Gallery of Alberta



In 2010, Servus Credit Union partnered with the Art Gallery of Alberta (AGA) to help make the arts accessible to all. The result was Servus Community Access Nights — an evening of free admission every month to the AGA!

More than 14,000 people have attended a Servus Community Access Night and enjoyed the sights of the AGA so far. It's a great way to experience local, national and international art — contemporary pieces to the classics. There's something for everyone at the AGA.

Servus Community Access Nights happen the last Thursday of every month from 6-9pm. Admission is free for everyone (you don't have to be a Servus member to attend).

Visit [www.youraga.ca](http://www.youraga.ca) for current exhibitions and location information.

# Coach says life is like living on a diamond island



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

When I was a kid, I had a big question: Why was I born in a small town?

When I grew up, I had an even bigger question: Why was I born anyway? What is my purpose here on the earth?

I used to ask the first question because, as a kid, I was comparing myself to those who were born in big cities and in richer families than mine. I asked the second question because deep inside, I was not satisfied with life. I was not happy. I wanted to know the meaning of life.

Time passed, and I could not find satisfactory answers. I tried though. I looked for them by getting my PhD in engineering, by becoming interested in astrology, palm reading and energy healing, and even by moving to a big city and then to Canada. Nevertheless, I still did not know the purpose of life. Still the main question was: Why are we here on Earth? Eventually, the answer came through an old story.

It was the story of a very poor candle-maker who once heard of a mysterious island full of diamonds. He decided to go to the diamond island and return rich. After a long trip, he arrived at the island and realized that what he had heard about the island was actually true. Diamonds were everywhere like sands on the seashore. He became so excited and began filling his bags with shiny diamonds. After a while, one of the inhabitants of the island saw the candle-maker while he was collecting diamonds. He came close and said: "These diamonds are worthless here. You are wasting your time."

"Why?" the candle-maker asked. "Because the boat you just came with sails to the island once every seven years! You'd do better to do something to support yourself," the stranger responded.

Therefore, to support himself, the candle-maker started making candles, and soon he became very famous on the island. In the blink of an eye, seven years passed, and one day the boat arrived. The candle-maker packed quickly and jumped on board to go back home and tell his family how



famous he had become on the island. When he returned home, his family eagerly looked in his bags and found nothing but a bunch of candles! That was when the candle-maker realized the truth. He had forgotten the purpose for which he had gone to the island, and now he had nothing more valuable than when he left.

After reading this story, I understood that our physical world is like the diamond island. We, as human beings, are like candle makers who have come for a visit to the island, and the numerous opportunities available to us for giving, sharing and fulfilling our true purpose are like the diamonds on this island. The opportunities exist all around us. The problem is that as soon as we want to use them to fulfill our purpose, someone tells us that they are worthless. We are told that in order to survive, we need to think of ourselves only, and we accept that idea. After a while, we get busy with our physical life and simply forget the purpose for which we came here on earth. As a result, we leave this world without meeting our true objectives. In other words, we go back home empty-handed like the candle-maker in the story.

Through this amazing story, I got my questions answered. It doesn't matter where we were born. It doesn't matter what country or culture we are coming from. It doesn't matter whether we are black or white. It doesn't matter whether we are well-educated or not. However, it matters to make use of the numerous diamonds on our diamond island, the Earth. It matters to fulfill our true purpose in order not to go back home empty handed. We are here to live in joy and fulfillment, to share with others and to transform ourselves.

Now simple acts of kindness and care, such as smiling at others even when they are angry with me, a pat on the back to say thank you and even changing my son's diapers are like collecting precious diamonds to me.

So, I realized my purpose. However, this is not just my purpose. It is your purpose too. In fact, it is the purpose of humanity. To fulfill our united purpose, we should always look for ways to serve each other through sharing and giving. Let's take advantage of the numerous opportunities and collect as many diamonds as we can so that when we leave our diamond island, we leave as rich souls.

**15 to Clean Challenge!**

Imagine if everyone helped clean a piece of litter or graffiti!

**April 24 to May 1**

Take 15 minutes to help clean up Edmonton.

**Register to win prizes!**

Join the Challenge. Details at [Edmonton.ca](http://Edmonton.ca). Call 311

**SOFTBALL**

**South Edmonton Minor Softball**

2012 REGISTRATION

22-MAR Thurs 6—8 Meyokumin School Gym 57 St & 19A Ave	25-MAR Sun 1—3 Millwoods Rec Centre 72 St & 28 Ave
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CATEGORY	YEAR OF BIRTH	GAME DAYS	FEE
T-BALL	2006, 2007	TUES / THURS	\$105
COACH PITCH	2004, 2005	MON / WED	\$105
MITE (U10)	2002, 2003	TUES / THURS	\$125
SQUIRT (U12)	2000, 2001	MON / WED	\$140
PEEWEE (U14)	1998, 1999	TUES / THURS	\$140
BANTAM (U16)	1996, 1997	MON / WED	\$160
MIDGET (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.southedmontonminorsoftball.ca](http://www.southedmontonminorsoftball.ca)



# Becoming a mother brings joy — and loss

By Janelle Schmidt  
 Founder of Mother Haven, [www.motherhaven.ca](http://www.motherhaven.ca)

As spring approaches, we are eager to shed our bulky winter coat, get outdoors and embrace the changes this new season brings. The passing of seasons from one to the next is nature's life cycle; it brings change and renewal. Like the seasons, a woman who births her first child is moving through a transitional time in her life — a powerful, life-changing one.

Getting married, losing someone through death and having a baby are some of life's greatest transitions. The transition into motherhood is met with joy, trepidation and reverence. But what is often not spoken about is the sense of loss and subsequent grief a new mother can feel as a result of this transition.

When we become mothers, we leave our old life behind and embark on a new journey. Some of the losses mothers may experience: loss of freedom, a positive body image, time for self and a spouse, loss of income and financial independence, sense of accomplishing tasks, self as an individual, confidence and professional identity, loss of being organized, being in control,

friendships, and loss of sexuality and intimacy.

Every mother experiences this major transition and the resulting losses that come with it, but to what depth she will feel this loss will vary from mother to mother. Some easily accept these losses, while others have a more challenging time. For some, integrating their new identity may take mere months, while for others it can take much longer.

Embracing this major life change is only made more difficult by unrealistic expectations placed on the new mother. Six weeks after the baby is born, a new mother's uterus has shrunk to its pre-pregnancy size, she has her final check up with her health care practitioner, she is given the approval to resume exercise, sexual intercourse and in some sense she is expected to get back to her "normal life."

However, the first year after the birth is an intense time. Not only does a woman's identity shift, her whole life now revolves around her new baby. The adjustment after this transition is difficult with recovery from birth, sleep deprivation and learning to breastfeed — all making it more challenging. In addition, she is

expected to learn all about her infant and readily fall into her role as a mother.

What every new mother needs is time to accept and integrate the mother role into her identity. And she needs acknowledgment that, although she may be over the moon with her new baby, it is okay to feel sadness and some grief since becoming a mother. It is important she has people she can openly share all of her emotions with — the joys, frustrations and the sadness that she may experience as a new mom. This support will only make this new season in her life an easier one to move into.



## Mommy Connections has the whole family in mind



By Karli Wright  
 Mommy Connections South

Becoming a mom is supposed to be the most fantastic thing that ever happens to you, whether it is

your first baby or fourth baby. So how come babies often leave many of us feeling isolated and disconnected?

One day you are pregnant and the next day you are expected to know exactly how to care for this new little life. Moms often experience long days and some dads aren't sure where they fit in the new family puzzle. In our culture, women are expected to be independent. Everyone has heard "it takes a village to raise a child" — who does your village consist of? Are you looking for a local mom's network? Does Dad have other daddy-friends to seek advice and counsel from?

Mommy Connections Inc. was created with this in mind. The company began in 2009 with one postnatal program in Riverbend and has quickly expanded across Canada and the U.S. The postnatal program is for mom and baby (siblings are always welcome!) and meets for a total of eight 90-minute sessions. The sessions are very interactive and include a great mix of education as well as class demonstrations. There is a huge emphasis on the social aspect of the program. The goal for the program is to connect new moms in their communities and create a local support network in the form of a moms group once the eight-week program is over.

There was a lot of feedback received that a prenatal program with a similar social twist was not currently available in the city. Mommy Connections prenatal is now up and running. Part I touches on how to stay healthy through pregnancy, how to dress for a growing belly and bosom and other fun topics. Part II will be a modernized birth preparation course that will include relaxation, doula support, meditations, infant care and more. Intimate class sizes, modern program materials and fantastic instructors will make it an amazing resource for expectant families. Just like the postnatal program, the families will be encouraged to create support networks that will continue on after the baby is born!

Have a toddler? Mommy Connections Toddler Program is a great

daytime activity to keep you and your little one busy. Throughout the eight-week session, we will address eating and sleeping habits, potty training, tantrums and other concerns while participating in music demos, crafts, taekwondo and more fun activities!

If you are a working family looking for an evening or weekend program where you can get out and meet other parents in your community, we are in the planning process and will be introducing that very soon!

For more information on meeting new moms and families, visit [www.mommyconnections.ca/edmonton-south](http://www.mommyconnections.ca/edmonton-south) or email [karli@mommyconnections.ca](mailto:karli@mommyconnections.ca).

## Aurora Synchro

Synchronized swimming for children  
from novice to national

### Spring break and summer camps at Terwillegar rec centre

[www.AuroraSynchro.org](http://www.AuroraSynchro.org)  
 E-mail [info@AuroraSynchro.org](mailto:info@AuroraSynchro.org)  
 Call 780-439-7091

### Looking for Mother's Day fun?

**Check out:**

- The Mother's Day walk at [www.mothersdaywalk.ca](http://www.mothersdaywalk.ca)
- The Zoo's Mother's Day magic (Spa day!). Search at [www.edmonton.ca](http://www.edmonton.ca)
- Health and Happiness Mother's Day at the Muttart Conservatory. Search at [www.edmonton.ca](http://www.edmonton.ca)

# Kids' Corner

## The Chocolate Easter Egg

By Danielle Gordon  
South Terwillegar Contributor

The little chocolate Easter egg with purple, blue and yellow stripes sat quietly, hiding from the huge beasts called children. It was tucked away in a patch of grass with a flagpole on one side, a large rock on the other and an old baseball glove almost covering it. Maybe, just maybe, it would make it through Easter without being gobbled up.

A pair of yellow shoes came dangerously close, but they kept on walking.

A pair of white dress shoes with bows skipped by, but they kept going too.

It stayed safe from the yellow shoes and hidden from the white shoes. It was going to make it through Easter, it was, IT WAS!

A pair of blue running shoes came so close that the egg thought it was done for. They stopped right in front of it, turned around twice shouting, "I've got the most chocolate eggs" and jumped right over the hidden egg.

### Activities:

1. Lots of kids look for chocolate eggs at Easter, but many families have different traditions that they celebrate in the spring. What are some spring traditions in your family?
2. How many words can you find using the letters in the word "TRADITIONS?"
3. Draw a picture of YOUR favourite shoes.
4. What outdoor activities are you looking forward to this spring? Baseball? Soccer? Cartwheels in the grass? Afternoon picnics?
5. Keep an eye out around our neighbourhood for signs of spring!

It stayed safe from the yellow shoes, hidden from the white and narrowly avoided getting stepped on by the blue. It was going to make it through Easter it was, IT WAS!

A pair of sparkly pink sandals with toenails painted gold came dancing close by. They spun twice around the flagpole and knocked the glove over but then kept on dancing away from the chocolate egg.

It stayed safe from the yellow shoes, hidden from the white, narrowly avoided getting stepped on by the blue and was now more visible than ever because of the pink shoes, but the egg was still safe. It was going to make it through Easter it was, IT WAS!

"I think we found all the eggs," yelled the biggest beast yet. "Who wants to play some baseball?"

"I do," said the yellow shoes.

"I do," said the white dress shoes.

"I do," said the blue running shoes.

"I don't," said the sparkly pink sandals, "but I'll cheer for you."

The egg was safe! The huge beasts called children thought they'd found all the eggs. The little chocolate Easter egg with purple, blue and yellow stripes had made it though Easter, it had, IT HAD!

Then the blue running shoes came running over, picked up the baseball glove and leaned dangerously close. He spotted the little chocolate Easter egg. He picked up the delicious egg, yelled "Hey look, I found another one!" unwrapped it and popped it into his mouth.

But after all, that's what chocolate Easter eggs are for.

## Hey kids! Like to colour?

Do your best colouring job on our Easter bunny and send it in to the Terwillegar Community League for a chance to win one of three family admission passes to a City of Edmonton recreation centre! (Valid also at the Terwillegar Community Recreation Centre.)

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

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

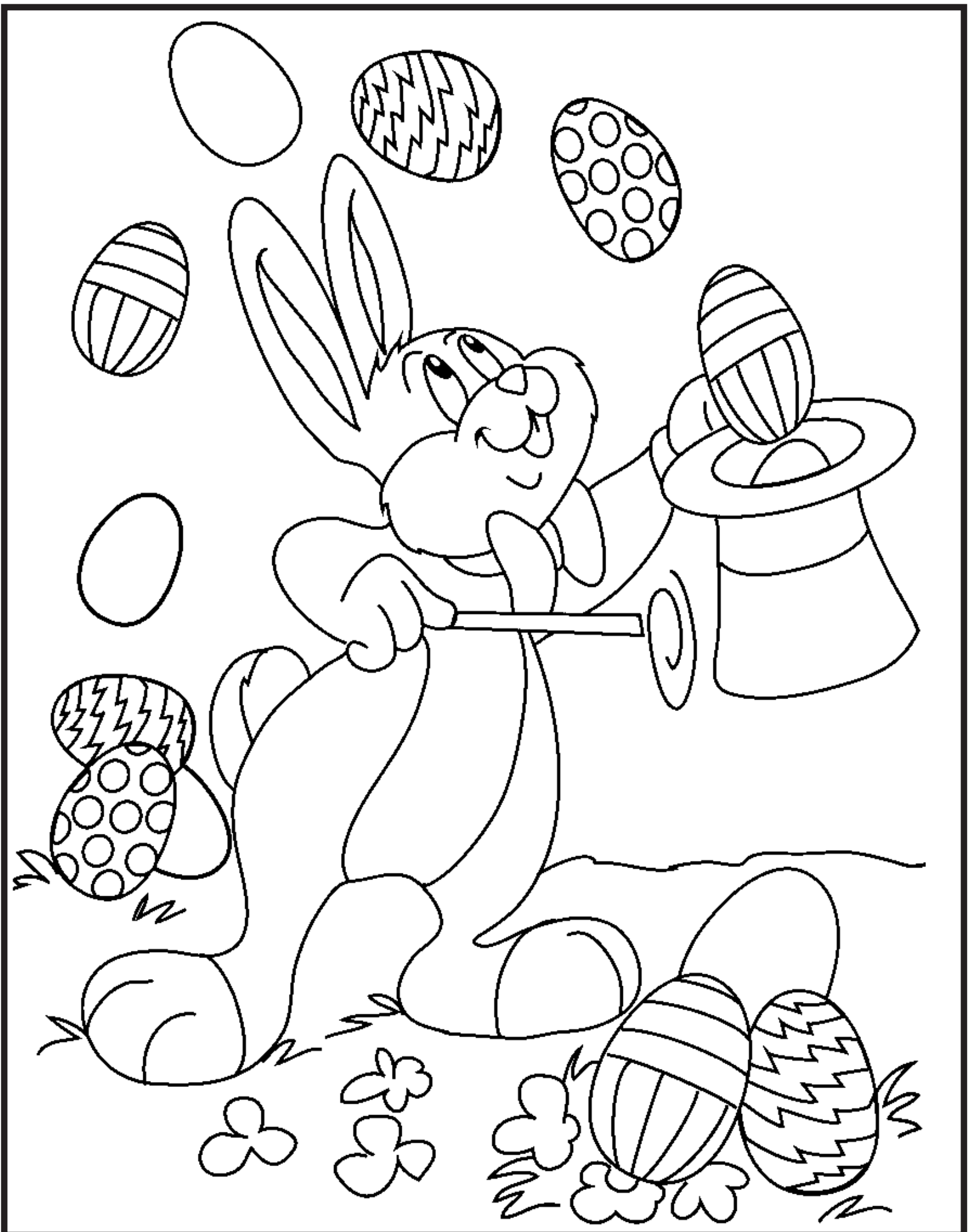
Entries must be postmarked by May 1. Only one entry per child is allowed.

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

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

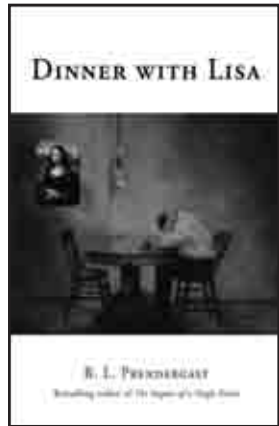
A copy of the colouring page can also be found on our website at [www.terwillegar.org](http://www.terwillegar.org). We will post winning entries on our website and give an honourable mention in our newsletter.

Happy colouring!



# Best-selling author calls Terwillegar “home”

By Lorrie Payne,  
Terwillegar Towne Contributor



Did you know that a best-selling author lives in our neighbourhood? Perhaps you’ve seen him taking a jog on the local trails or playing at one of our parks with his wife and young son. His name is Rod Prendergast and he writes under the name R. L. Prendergast.

Born and raised in Alberta, Prendergast and his wife moved to the Terwillegar area in 2005. A few years later, his first novel, *The Impact of a Single Event*, was released. It quickly struck a chord with readers and became a national

bestseller. His latest novel, *Dinner with Lisa*, was released before Christmas and is well on its way to becoming another literary hit.

Set in the Canadian west during the Great Depression, *Dinner with Lisa* is a compelling story of Joseph Gaston, a young widower with four children, who is seeking security for his family. He does his best despite great adversity, but the strain of feeding and protecting his family whittles away his strength. Finally, destitution forces him to consider giving up his children in order to save them. Enraged by his situation, he attempts one last desperate act — on the night he learns about the mysterious Lisa.

Prendergast didn’t set out to be an author. He was that entrepreneurial kid you saw on your neighborhood street selling lemonade on a hot summer’s day. Recognizing the young Prendergast’s preoccupation with money, his mother bribed him to read with an offer of 25 cents per book — and instilled in him a lifelong love of reading. Although he continued down the path of industry (he started and sold his first business before completing his Bachelor of



Commerce) he continued to read voraciously. After a number of years working in sales, marketing and management for several companies, he spent a year’s sabbatical surfing and reading in New Zealand and, free of business pressures, he began to write. Those first words became the backbone of *The Impact of a Single Event*, which was long-listed for the Independent Publishers Book Award for literary fiction and also became a national bestseller in Canada. Spurred on by the success of his first novel, he took another sabbatical and wrote *Dinner with Lisa*.

*Dinner with Lisa* bristles with life. The characters are so real; you would bet it was a true story. In some ways, your bet would be safe. *Dinner with Lisa* was inspired by stories of the author’s own family. “After completing *The Impact of a Single Event* I had no intentions of writing another novel,” Prendergast says. But he began writing down stories he had heard from his grandparents and great aunts and uncles. “I was probably eight or nine-years-old when I heard those stories. And even though I was very young, these stories stayed with me because they were so fascinating.”

Before long, those family anecdotes led him to research the time period in which the stories took place. He pored over old newspapers and it was this dedication to investigating the past that makes the story so authentic. “It’s pretty hard for us to imagine how bad it was,” Prendergast says. “Siblings eating on alternate days so everyone could get something in their stomachs.”

Although the Great Depression was a terrible time, the story isn’t all about hardship. It also includes love, loyalty and laugh-out-loud scenes. Ultimately, the message of the novel is one of hope and the courage to survive even the

worst odds. You will care about the characters and, like me, wish the book didn’t have to come to an end.

Prendergast’s books are available electronically and at your local bookstore. To learn more, visit his website at [www.RLPrendergast.com](http://www.RLPrendergast.com). And if you see him around, say hello!

## Library welcomes spring with new programs



By Hazel Spratt,  
Riverbend Branch Manager, Edmonton Public Library

Planning activities for Spring Break? From March 26-31, the Riverbend Library will be celebrating the break with programs every day. For detailed information, please consult the Edmonton Public Library website at [www.epl.ca](http://www.epl.ca) or phone the branch at 780-944-5311.

The Riverbend Library is also pleased to announce that, in conjunction with all other branches, Sunday service (1 p.m. to 5 p.m.)

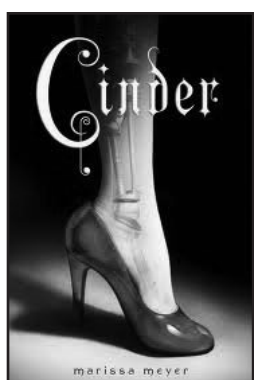
will be offered year-round. Please drop in for a Sunday program, browse the collections or pick up your holds.

New to the Riverbend Branch is a pilot loan of teen materials via the Lillian Osborne High School. Students at the school will be able to browse and borrow a selection of popular teen fiction, graphic novels, comic books and paperbacks selected by students of Lillian Osborne. This pilot program will run until the end of June, at which point it will be evaluated for possible continuation for the next academic year. The project will expand students’ opportunity to use Edmonton Public Library



collections in a convenient, local setting. More details to come!

## Youth book review



By Danielle Gordon  
South Terwillegar Contributor

Book 1 of the Lunar Chronicles  
Recommended for ages 12 to adult

A cyborg, lunar aliens and a killer virus meet a classic fairy tale? I know, I was skeptical too, but during a midnight attack of insomnia I found myself downloading *Cinder* onto my e-reader. Here’s what I discovered.

*Cinder* is a cyborg. The single fact that some of her body contains metal and wires, because of an accident when she was younger, makes her a second-class citizen with no rights of her own — a slave to her evil stepmother, and nasty step-sister. She’s lucky, however, to have found a friend in her younger step-sister, Peony, and her quirky android, Iko.

All around her, people are dying of a deadly virus, and when Peony gets ill, *Cinder* suddenly finds herself in the middle of a forbidden attraction with Prince Kai, an intergalactic struggle with the powerful Lunars and secrets of a past that might just change the future.

## *Cinder*, by Marissa Meyer

Can *Cinder* find her pumpkin and escape before the world comes crashing in?

**The Good:** As I mentioned, I was skeptical, but Marissa Meyer seamlessly blends classic fiction with futuristic fantasy. The characters are real and believable — the kind that you wish you could meet and become friends with. *Cinder* is a strong female character, and Kai is a Prince who wants the best for his people. This is a unique and enjoyable fractured fairy tale.

**The Bad:** Some of the twists in *Cinder* are predictable, and don’t even get me started on the “ending.” I’m seriously considering not starting any more series until ALL of the books are released (however, I am the type who reads the last page long before I get to it, so perhaps others are a little more patient).

**The Verdict:** This is a quick, entertaining read, which is also refreshingly different and extremely engaging. I look forward to the next book in the series, *Scarlet* (rumour is it brings in a new character loosely based on Snow White), but we’ll need to wait until 2013 for its release. I give *Cinder* 4 out of 5.

# Food intolerance? It may be a leaky gut!

By Dr. Christina Bjorndal

Optimum Wellness Naturopathic Medical Clinic

Think, for a moment, of the intestinal lining in your digestive tract as a tile floor. For a tile floor to not leak, we put grout between the tiles. When the grout is damaged, the floor leaks.

The same goes for your intestinal lining. The space between the cells (called Tight Junctions) is like grout, ensuring that undigested food does not make it into your body.

Food must be digested all the way down to the most simple substances (glucose, minerals, vitamins, amino acids, fats) in order to be transported across the cell wall, through the cell, back out the other side, then through the space between the intestinal lining and the blood vessels, and finally into the blood stream.

When the “grout” in the intestinal lining is damaged (due to stress, antibiotics, yeast and gluten, to name a few causes), partially digested food can get between the cells into the area where your immune system is “on guard” waiting to attack “foreign substances.” Stress reduces our ability to digest food as digestion is a parasympathetic nervous system function.

This is where IgG food intolerances develop.

Once the immune system attacks, it sends inflammatory signals throughout the body, which is why symptoms of food intolerance and leaky gut can appear anywhere, not just in the digestive tract.

Just as a drop of ink discolors an entire gallon of water, one exposure to an intolerant food can cause severe symptoms (usually within one to four days) after consumption. But not only that — the exposure becomes an additional stress on the body, which perpetuates the susceptibility to illness.

It makes sense that the immune system reacts to the foods that are coming through — the foods that you eat most often. So an important distinction is that the priority solution is to heal the leaky gut, not just to avoid the foods that are triggering the reaction.

## How do you know if you have leaky gut?

There are tests available that specifically measure whether substances that don't usually traverse the intestinal lining are getting through. The most common way to identify this is by doing an IgG food intolerance panel. Based on the number and severity of IgG reactions, as well as the types of foods that show as reactive (wheat, for example), we can determine that leaky gut exists.

## How to heal leaky gut?

The treatment we suggest at our clinic is a four-step process called “The 4 R's.”

1. Remove the offending foods
2. Repair the GI tract
3. Reinoculate the digestive tract with good bacteria
4. Reintroduce the foods you initially reacted to.



## Join the fight during Daffodil Month

*Daffodils are a beautiful symbol of hope and renewal, and a fundraising tradition for the Society that's more than 50 years old in Canada.*

*Daffodil Days kicks off the spring campaign when it takes place in late March. Volunteers will be selling daffodils for \$6 a bunch throughout Edmonton.*

*The annual flower sales lead into Daffodil Month in April — when you can show your support by wearing our new daffodil pin throughout the month.*

*Money raised through flower and pin sales funds the most promising cancer research, supportive care to people living with cancer, comprehensive cancer information, prevention initiatives, and advocacy for healthy public policy.*

Avoiding the foods that the immune system is attacking is the first step to healing leaky gut because it helps to reduce inflammation and prevents the perpetuation of leaky gut.

The single best action you can take to address the underlying cause is to avoid gluten, because it directly causes leaky gut by disrupting the “grout” (by stimulating a substance called zonulin).

Taking digestive enzymes and probiotics (and hydrochloric acid when needed) helps to ensure that all food is fully digested by the time it gets to the intestines.

It is also important to address intestinal yeast overgrowth, heavy metal toxicity and infection anywhere in the body (Lyme Disease, Mononucleosis, tooth infection, etc.) when it is present.

The second step in addressing leaky gut is to take nutrients and herbs that have been shown to heal it. These include, but are not limited to, L-glutamine, N-acetyl glucosamine, zinc, berberine, herbal licorice (Glycyrrhiza), quercetin and aloe vera leaf extract.

## What is the impact of leaky gut?

While leaky gut (also known as Intestinal Permeability) is established in the medical community, and significant research on the subject is coming out every year, it is not often addressed in conventional medical care.

Meanwhile, it is a major underlying cause of illnesses of all sorts, in every system of the body. From chronic fatigue, sinusitis, and interstitial cystitis, to anxiety, depression, hypothyroidism, autoimmunity (of all types) and cancer. Leaky gut is both an originator of illness and a result of illness.

Stress and the adrenal response (cortisol/adrenaline) are both a result of leaky gut and a cause of leaky gut, due to suppression of digestion, immunity and hormone function. Supporting and rebalancing adrenal function is an important part of healing leaky gut.

## How long does it take to heal?

Putting a stop to this snowball effect and vicious cycle associated with leaky gut is not done overnight. It requires diligence, consistency and changes both in diet and lifestyle over months to years.

The good news is that it is possible to heal. I've seen it in practice. Patients report a gradual decrease in symptoms over one to 12 months.

Overall, healing leaky gut is a TOP priority for achieving optimal health, which your naturopath can help you accomplish!



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**356 Saddleback Road (27th Ave.)**

Limited space available, call now to reserve your spot, (no referral required; cost \$250 plus GST)

**To register, please call: 1-866-242-5554**

# Get fit and have fun with a dance party workout

By *Tabitha Grady*  
Owner, *River City Fitness*

When I first heard the buzz around ZUMBA, I initially assumed the talk was about a rare, exotic bird. What I found out was it is a workout that fuses dance and exercise together. What impressed me more, was the energy behind this new trend, the fun attire of the instructors, the ease of getting started and the coming together of women, any age and size, to workout and dance together. It is a blast!

Is ZUMBA for me? To find out, ask yourself the following questions. Do you like to dance? Do you like to have fun and workout in a dance party



*Zumba is a fun and easy workout that's good for fitness beginners and gurus alike.*

format? Do you like music? Do you like to exercise in a positive and energetic environment? If you answered yes to these questions, then ZUMBA is worth a try. You won't be disappointed!

This is the best beginner workout around. You don't

need to worry about getting the moves right, you can modify your style to what works for you, finding your own groove, and then increase the intensity as time goes on. You will become more fluid in a session when you just let loose and have fun!

How do I find an effective class? Your experience is directly associated to the excellence of your instructor. According to Deanna Moore, ZUMBA Certified Instructor for River City Fitness, "What you need to look for is an instructor who spreads the philosophy of health and happiness – one who can lead you seamlessly through your hour, keeping you exhilarated, motivated and enthusiastic for the next tune!"

All you need to get started is a pair of running shoes, a bottle of water, a willing spirit and the desire to have fun while accomplishing a fantastic workout!



### **'Tiny Hands Talk' Preschool**

**Starts September 2012 in Terwillegar Towne**

Available for 4 year olds only or year before they begin Kindy.

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Topics cover: Math, Literacy, Art, Drama, Music & Sign Language

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*'Thanks for a great year! I can't imagine a better school for Sarah - you've been fantastic!'*

Ph: **Jenny** M.Sp.Ed, Dip.Teach, Ass.Dip.Drama – **780.757.5514**

[www.tinyhandstalk.blogspot.com](http://www.tinyhandstalk.blogspot.com)

## **Lets get everyone moving!**

The Alberta Centre for Active Living and Mount Royal University present a Physical Activity Forum in Edmonton on May 1.

Dr. Grant Schofield, Professor of Public Health at Auckland University of Technology in Auckland, New Zealand, will focus on "new ways to get adults moving in their workplaces and children moving in our neighbourhoods."

For more information and to register, go to:

[https://www.karelo.com/enter\\_res.php?&BID=319](https://www.karelo.com/enter_res.php?&BID=319)

[www.infinitefit.ca](http://www.infinitefit.ca)

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"My experience so far at Infinite Fitness has been life changing I know I have a long way to go yet but with the help of your team I know I will reach my goal." - Todd

"There isn't a day that I'm not excited to show up for my appointment!" - Cassie

"That is one of the benefits of working with Infinite Fitness as they are a team and anyone of them are willing to give advice and support to all the clients." - Bob

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# New Vice President brings bricks and mortar

## Vice President's Message

By James P. Richardson, MBA  
Vice President, Terwillegar  
Community League

Hello Community! My name is James Richardson, and I began serving as the Terwillegar Community League Vice President in December, 2011. My family and I moved to Sandalwood in December, 2010, and we have lived in the Southwest area for more than 12 years. I have served on a number of boards, and I am pleased to have this opportunity to once again contribute to meaningful community-based work.

At present, I am leading the charge on updating and enhancing our community

league bylaws. The original bylaws served their purpose of establishing our community league and setting out the foundations for formation. The time has come to enhance our bylaws to better articulate how we pursue our community building efforts, now and into the future. The enhanced bylaws will further define a solid governance framework to support us in our league endeavors. In the coming months, watch for a notice of a special general meeting where we will present the new and improved bylaws to the membership for approval and adoption. This is foundational work that will position the Terwillegar Community League for even more success in the coming years.

I choose to volunteer my time and energy with the board as it is the type of work that I find engaging. It is a pleasure to share my skills and abilities with a dedicated group of individuals that are focused on community-building in our neighbourhoods. For me, it is very rewarding to focus on building on past successes, looking into the future and creating sustainable approaches to the important work that the Terwillegar Community League does for all of its members. I am looking forward to serving as Vice President this year and I am pleased to be a part of building a stronger, healthier and more sustainable league that will continue to serve its membership in meaningful ways.

# Resident's Association announces new president

By Steve Simala Grant  
TTRA President

The Terwillegar Towne Resident's Association (TTRA) is pleased to announce the appointment of Steve Simala Grant as the new part-time Executive Director of the Association.

Steve has served on the TTRA as a volunteer director since 2008, including several years as president. He resigned as a volunteer director when the board announced a search for an executive director, and his detailed knowledge of the community and the needs of the association, along with his professional background, made him an excellent candidate to take over the management of the association.

The highest priority for Simala Grant will be the transition from our current property manager during the month of March. By April 1, all of the affairs of the TTRA will be managed by direct employees rather than a contractual arrangement for services.

The board is excited about this opportunity to focus exclusively on the needs of our community and our residents. Volunteer directors will

continue to provide governance and oversight to the TTRA, with employees carrying out the day-to-day management. Our management contract with Ayre and Oxford expires at the end of March, 2012.

Steve can be reached at [steve@terwillegartowne.org](mailto:steve@terwillegartowne.org)



From Left: TCL President Jon Dewarle and TTRA President Steve Simala Grant at a TCL meeting last spring.

• • • • •

## National Volunteer Week!

**April 15 - 21**

The work of volunteers is essential to maintaining healthy, dynamic communities at home and around the world. National Volunteer Week is all about taking time to recognize the incredible contributions of Canada's volunteers and letting them know how much their efforts are appreciated.

Volunteer Canada has launched its new National Volunteer Week website and it now includes "new tools and resources to support voluntary organizations and volunteer centres in their efforts to recognize Canada's volunteers". The website is located at:

<http://nationalvolunteerweek.ca>

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## 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](http://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](mailto:terwillegar.org) to join.

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

# JOIN THE LEAGUE

Name #1: \_\_\_\_\_ Date: \_\_\_\_\_

Name #2: \_\_\_\_\_ **Membership Type:**

Address: \_\_\_\_\_ Senior:  Single:  Other:

Postal Code: \_\_\_\_\_ Adult:  Family:

Res. Ph.: \_\_\_\_\_ Bus Ph.: \_\_\_\_\_ Member interested in participating in activities?

Email: \_\_\_\_\_ Yes  No  (See Over)

Children's Names: \_\_\_\_\_ Y/M/D \_\_\_\_\_ M/F Member willing to volunteer?

\_\_\_\_\_ Yes  No  (See Over)

\_\_\_\_\_ Fee Paid: \_\_\_\_\_

\_\_\_\_\_ Donation: \_\_\_\_\_

\_\_\_\_\_ Total Paid: \_\_\_\_\_

\_\_\_\_\_ # of Skate Tags: \_\_\_\_\_

Cash:  Cheque:  Cheque#: \_\_\_\_\_

**Terwillegar  
Community League**

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Volunteer Interests	Comments
Activity Interests	



## Coming Events

- Every Thursday:** HTR's Playgroup 9:00-11:30 a.m.
- March 31:** Earth Hour 8:30-9:30 (Page 22)
- March 31:** Community Garden Registration and information meeting Holy Trinity Church 1 p.m. (Page 2)
- April 1:** Registration deadline for the Edmonton Youth Talent Show (Page 11)
- April 2:** Terwillegar Community Playschool registration (Page 17)
- April 8:** TRAC AGM Lillian Osborne High (Page 13)
- April 14:** I'm too Big For it Sale Esther Starkman 10 a.m.-1 p.m. (Page 3)
- April 26, May 31:** Free admission to the Art Gallery of Alberta (Page 23)
- May 1:** Colouring contest deadline (Page 26)
- May 27:** TRAC 10K event 8:30 a.m.-12 p.m. (Page 13)
- June 13:** TRAC meeting Lillian Osborne High (Page 13)

### 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.

### Membership Online

Now you can purchase your Community League membership online at [www.terwillegar.org](http://www.terwillegar.org).

**Check [www.terwillegar.org](http://www.terwillegar.org) for current information**

# How to contact the Terwillegar Community League

Website: [www.terwillegar.org](http://www.terwillegar.org)

### Board members:

- President — Jon Dewarle, [president@terwillegar.org](mailto:president@terwillegar.org)
- Vice-President — James Richardson, [vicepresident@terwillegar.org](mailto:vicepresident@terwillegar.org)
- Treasurer — Monte Weber, [treasurer@terwillegar.org](mailto:treasurer@terwillegar.org)
- Secretary — Danielle Gordon, [secretary@terwillegar.org](mailto:secretary@terwillegar.org)
- Memberships — Lorrie Payne, [memberships@terwillegar.org](mailto:memberships@terwillegar.org)

### Programs — vacant

#### Program Aide — vacant

Community Advocate — Char Bowman, [advocate@terwillegar.org](mailto:advocate@terwillegar.org)

#### Editor — vacant

- Webmaster — Alison Cairns, [webmaster@terwillegar.org](mailto:webmaster@terwillegar.org)
- Communications — Mandy Jones, [communications@terwillegar.org](mailto:communications@terwillegar.org)
- Fundraising and Parks Coordinator — Michelle McWilliams, [fundraising@terwillegar.org](mailto:fundraising@terwillegar.org)
- Community Garden — Steve Johnson, [garden@terwillegar.org](mailto:garden@terwillegar.org)
- Neighbourhood Watch (Terwillegar Towne) — Enza Fata, [watch@terwillegar.org](mailto:watch@terwillegar.org)

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**ANNUAL GARAGE SALE** — Saturday, May 12; 9 a.m. to 3 p.m. Southminster-Steinhauer United Church; 10740-19 Ave. Lots to choose from! New women's wear boutique. Hot dogs/soup on sale at lunchtime.

**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.

**COMMUNITY AND FAMILY MEDIATION SERVICES** — Lynn Hutchinson; Qualified Mediator and Erickson Professional Coach. Contact 780-434-2401 or [lmcdee@shaw.ca](mailto:lmcdee@shaw.ca); <http://communityandfamilymediationservices.com/>

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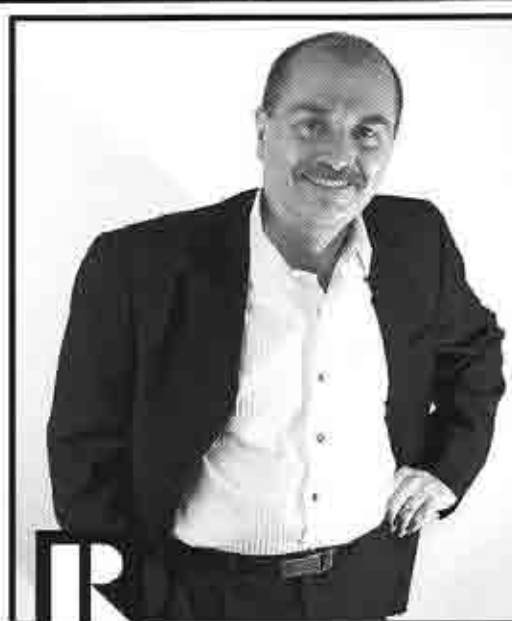
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