

# Terwillegar COMMUNITY LEAGUE Tribune

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

Issue 46 April 2013

Next submission deadline: May 8

Next issue: June 3

## League hosts annual wine & cheese fundraiser to rave reviews

By Stephanie Gillis-Paulgaard, TCL Communications Director

The Riverbend Community Center was all a buzz on Saturday, April 6 as local residents enjoyed great wine and yummy cheese while bidding on a wide variety of silent auction items. In only four hours, the Terwillegar Community League raised approximately \$ 5,000. This event is clearly turning into a favorite and has grown significantly over its three-year history.

Local businesses and community members stepped up and were very generous with their donations. These types of events could not be possible without their support! A very special thank you to the following donors:

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Alberta Treasury Branch Rabbit Hill  
Asna Latif  
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Mayfield Toyota Scion  
Metro Community College  
Mi & Bee Designs - Luiza Klebek  
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M&M Meat Shops - Riverbend Square  
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Paul Sadler Swimland  
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Prairie Mill Bakery  
Restoration Transformation Massage  
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River City Fitness - Tabitha Grady  
Rob Filipchuk  
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Telus World of Science  
Terwillegar Towne Book Club  
Terwillegar & Riverbend Driving School Ltd.  
Terwillegar Wellness Centre  
The Canadian Bar Association  
The Melting Pot Restaurant  
The Pampered Chef - Sabrina Will  
The Paulgaard Family  
Tres Chic Salon  
Trimesters Maternity Massage  
Twisted Yogurt  
Vision Gallery - MacTaggart  
Wendy Schaan -www.2ndincomespecialist.com  
Yvonne & John Yamamoto  
Zumba Fitness - Lorena Baretta

Article continued on page 2.

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# Community

## Presidents message - Why am I involved?

By James Richardson, Terwillegar Community League President

This is a question I ask, and one that I will encourage you to ask yourself. Right now the community league board is moving through some changes. Changes in board membership, changes in how we operate, and changes in what we are doing at any given time. While some board members were no longer able to serve, others have stepped forward that are willing and keen to step in. It is an interesting time for our board and the league. I am certainly enjoying my involvement with this organization.

I have to ask myself sometimes – “why am I involved?” All of the board positions are volunteer commitments, mine no different than the others in that way. So why am I involved? What do I get out of it? I can tell you why. I enjoy meeting new people and I like building organizations. Right now that is my key contribution (along with other ways that I pitch in) to the League and it is what I have to give. What is fascinating to me is observing how others step forward with their contributions and just how many different reasons that there can be for getting involved. I have been serving on various not for profit boards for a number of years and I have observed many different motivations for personal involvement. I think any well-intentioned reason to get involved is a good reason.

For some, it is about community consciousness. These are people that want to have the best neighbourhood and community that they can get. These are your neighbours that bring the neighbourhood watch program to keep our streets safe and inviting – and they can bring initiatives like capital city clean up to keep litter and graffiti off those same streets. People who are motivated by what I am calling ‘community consciousness’ are the hardworking people that bring new or improved playgrounds/parks/amenities to the community. It all takes time, and these caring individuals derive some satisfaction from helping to build a better neighbourhood and keep it that way. These volunteers get a safer, cleaner and better appointed neighbourhood for their family and friends – as does the rest of the community around them!

Another group of motivation is the skill building motivator. Volunteering and getting involved lends itself to practicing and improving a number of different types of skills such as project management, team work, leadership and event planning/management – just to name a few. These are the people that step up and step in to help make things happen. They are truly the backbone of any volunteer organization.

There is also the social/networking motivators to get involved. I often enjoy the people who are gregarious by nature and get involved to be around other people in a number community focused ways. These are the people that help make festivals, fireworks, carnivals and community barbecues happen. Their contributions help to build that sense of “home” and that “this is my neighbourhood” that we all can feel when it is going well. It is a great way to meet your neighbours when you are new to the area and often, many community contacts can also become great business contacts. Friendships, good neighbourly relations, and building business networks, relationships - are one of the foundational pieces of a strong and vibrant community. Thank goodness for these people.

Lastly, there is that group of people who are truly altruistic in their motivation for getting involved. These are people that are really looking to give back. They do this by freely giving and sharing their special talents and often mentoring others along the way.

This issue of the Terwillegar Tribune has a number of examples of how people have or can get involved. Our League website ([www.terwillegar.org](http://www.terwillegar.org)) and Terwillegar Community League Facebook page are often updated with opportunities for involvement. There are an abundance of opportunities to get involved in so many different ways with any number of causes and organizations. What is your motivator? What can you get out of giving? What will be better for you and your community when you get involved? It’s worth thinking about and it’s worth doing something about it. Find a way that works for you to get involved and I promise you this, you and those around you will be glad you did.

*Silent Auction article continued from page 1.*

A very special thank you to Betty and staff from Papa Murphy’s in Riverbend Square for coming out to the event and serving everyone delicious pizzas, which they generously donated. Thank you to Prairie Mill Bakery for donating the bread, Sobey’s Rabbit Hill for donating the cheese, Save On Foods Magrath for donating the food/drink for the children’s area, City of Edmonton for the sound system and staffing the children’s area and Liquor by Glassy for providing the Wine.

It goes without saying that the amount of coordination involved in putting an event like this together is staggering. A big “thank you” goes out to all of our volunteers that assisted in making this event happen. Volunteering in your community is a tremendous way to give back and send an important message to our youth. This community will one day look to them for leaders, so why not start now and make it a family affair.

“Those who can, do. Those who can do more, volunteer.” – Author Unknown

And thank you to everyone who came out to the event and supported the league. We appreciate your support and hope you had a wonderful time!

Proceeds from the event will be utilized by the Terwillegar Community League to provide programming, and support park projects.

## 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 • 5970 Mullen Way PO Box 36508 McTaggart PO, Edmonton, AB T6R 0T4

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 of each year.

*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 5970 Mullen Way, PO Box 36508 Mc Taggart PO, Edmonton, AB, T6R 0T4. 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).*

# Discover science adventure at TELUS World of Science - Edmonton

By Ryan Friele, Coordinator, Marketing & Membership Telus World of Science

This year is shaping up to be one of the busiest years in the history of TELUS World of Science as it provides a fun, unique atmosphere that is educational for all ages. Two permanent exhibition galleries have opened recently and have quickly become favourites among guests.

Grade 4 students from Monsignor William Irwin Catholic Elementary School helped open the new Environment Gallery in October 2012. This gallery features several displays unique to the centre including interactive touch tables, an interactive recycling exhibit and a simulated ice flow. Science on a Sphere is the centerpiece of the gallery and is used for live presentations. The Discoveryland gallery is another permanent feature that is scientifically engineered for children eight and under. Discoveryland opened at the end of 2011 and is an exciting and interactive destination for young children featuring four unique areas to spark any young child's creative learning through play.

Also, opening recently is the new feature exhibit gallery which will host temporary, world-class exhibitions as they travel around the world. The first exhibition in the new space was STAR WARS™ Identities. Opening on May 18, is the Canadian debut of BODY WORLDS & The Cycle of Life which promises to be even more awe inspiring than BODY WORLDS 1 that visited in 2008. This brand new exhibition presents the body throughout the human life cycle and across the arc of aging. This stunning new exhibition is your opportunity to peer behind the curtain and see the concert inside yourself as you've never seen it before.

On October 31, How to Make a Monster will be the next feature exhibition to visit the new space. This exhibition takes guests on a behind the scenes tour of animatronics. This international exhibition features the work of John Cox who won an Academy Award for Best Visual Effects for his work on Babe. His Creature Workshop has worked on many films, and this exhibit will allow guests to interact with some of his creations including running Inspector Gadget into a stop sign and touching alien guts from Pitch Black.



Rocky Mountain Express is now playing daily in the IMAX® theatre. The film was made in Alberta and British Columbia and propels audiences on a steam train journey through the breathtaking vistas of the Canadian Rockies and relates the epic adventure of building the nation's first transcontinental railway. Catch Rocky Mountain Express or any other of the IMAX films this summer before the IMAX theatre closes in September for a major upgrade. Re-opening on December 26, the theatre will feature new seating, a new screen and a 3D IMAX projector which will greatly enhance the IMAX theatre experience.

Throughout the summer, TELUS World of Science - Edmonton offers 12 action packed science themed camps for ages 6 to 14 including science, robotics and computer camps. Participants will experience a week full of fun-filled activities which may include science demonstrations, IMAX films, full-dome shows and gallery tours.

For more information on the exciting and educational opportunities for families, visit [telusworldofscienceedmonton.com](http://telusworldofscienceedmonton.com) or call 780.451.3344.

The best way to experience TELUS World of Science – Edmonton is as an annual member. Members receive free unlimited general admission which includes full-dome shows in the Margaret Zeidler Star Theatre and live presentations. Members also receive 50% off all IMAX films, special member pricing to feature exhibitions, discounts on summer camps and much more! A membership can pay for itself in less than three visits!

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# Clearing up the arena deal article



*By Councillor Bryan Anderson*

Since Council approved the final framework for the design and construction of the downtown arena, I've seen some statements made that are incorrect.

First, let me clarify the costs. The cost for the arena building increased from \$450 million to \$480 million. The entire project, which also includes the LRT connection, pedestrian corridor, community rink, Winter Garden, and the land, is now projected

to be \$601 million, an increase of \$23 million over the previous budget projection.

Also, the Katz Group will be paying for the ongoing arena maintenance and any facility upgrades. For major capital repairs, \$1.5 million will be collected from the ticket tax annually, and put in a fund for those expenditures. The City is not responsible for any maintenance or capital costs for the arena.

It is correct that the Katz Group will receive all the revenues from the arena, which is reasonable given that the Katz Group is responsible for all operating expenses. This arrangement is beneficial to the City as it removes the City from any financial risk from arena operations. One of the revenues generated by the arena will be for naming rights. This particular revenue accrues to the Edmonton Oilers in the existing arena and will belong to the Katz Group in the new arena. The City of Edmonton does not receive any revenue from the operations of Rexall Place and contributes \$2.5 million annually to assist with operating costs.

With a 35-year location agreement, the funding model had to meet one of our main goals: ensuring the long-term sustainability of NHL hockey in our city. The Katz Group shared their financial information with the City's

Chief Financial Officer. She was able to review and evaluate it on the City's behalf, and ensure that the needs of both parties were balanced.

Finally, the City is paying \$2 million annually for marketing services that are valued accordingly. This ten-year sponsorship agreement, is a unique opportunity to promote the City of Edmonton nationally and internationally, by leveraging the Oilers existing marketing programs. The investment will be reviewed annually to ensure the benefits received are in the best interests of the City of Edmonton.

The framework approved by Council protects the City's interests, will not increase property taxes, and will sustain the Oilers in Edmonton for a long time. The arena will be an important catalyst in the City's overall plan to revitalize downtown, and I am confident Council's approval of this framework will help build a great city. With a 35-year location agreement, the funding model had to meet one of our main goals: ensuring the long-term sustainability of NHL hockey in our city. The Katz Group shared their financial information with the City's Chief Financial Officer. She was able to review and evaluate it on the City's behalf, and ensure that the needs of both parties were balanced.

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## Proliferation of potholes on Edmonton streets

*By Councillor Bryan Anderson*

One of the topics currently on the minds of Edmontonians is the proliferation of potholes on city streets. In addition to frustration, there are many suggestions from users of our roads on what to do and how to fix it. I would like to make it very clear to everyone, that all transportation oriented think-tanks and all northern cities across the world, have been researching the most effective way to re-surface roads, increase the longevity of roads and when needed, repair roads.

There is no space-age technology that has created a surface that can make roads that last forever or can instantly repair damage like potholes. For every suggested break-through there seems to be a negative side-effect. Whisper asphalt made by combining rubber crumb with regular asphalt was successful in reducing the decibel level of road noise. However, in a northern city snow plows seem to damage it much more easily than regular asphalt and when the spaces in the mixture eventually fill with debris, even the decibel reduction is eliminated.

In northern climates like Edmonton's, freezing temperatures cause the ground beneath roads to heave and asphalt to crack. As weather warms and the ground thaws, water from melting snow and ice fills the cracks and gets in between the layers in a road's surface. When temperatures drop again the water in the cracks expands as it freezes and causes asphalt to further deteriorate. Potholes form as vehicles ride over top of damaged areas and loosen the asphalt even more.

Ultra violet rays from the sun deteriorate the tar component of the asphalt mix, releasing stones that begin the process of pothole creation. Traffic breaks down the edges of the hole, the hole fills with water, freezes and expands, and the hole gets bigger. Unfortunately this is simply a fact of life where the freeze/thaw process can go from -12C on a January Friday to a +12C on Saturday and back to -12C on Sunday.

A number of years ago we had a winter that created an abnormal number of potholes (595,000 repaired at a cost of \$4.5million). It was

eventually decided to re-direct Transportation Department funds to grind and repave 35km of major arterial roads. That project was duplicated the following year and there was a significant improvement in citizens' opinion about the condition of our streets. It is distinctly possible that this is another one of those years (January 2013, 5,624 potholes repaired). It is possible that instead of trying to repair the half a million potholes over the course of this year, we can take the most heavily potholed bus routes and/or arterial roads, grind and resurface them, smoothing some of our potholed plagued major thorough-fares.

The number of potholes and/or the condition of the surface of our streets has very little to do with what the Transportation Dept. has or hasn't done. It is simply a condition created by our very changeable winter weather that gives Edmonton a problem that doesn't exist in many other cities. Vancouver or Phoenix builds a new road and can use it until it wears out. That just isn't possible here. Edmonton was built on a lake bed; that means that our soil consists of plastic clays and silt, an extremely porous condition that leaves it susceptible to seepage and water retention (and the consequent heaving caused by the freeze/thaws we get in Edmonton).

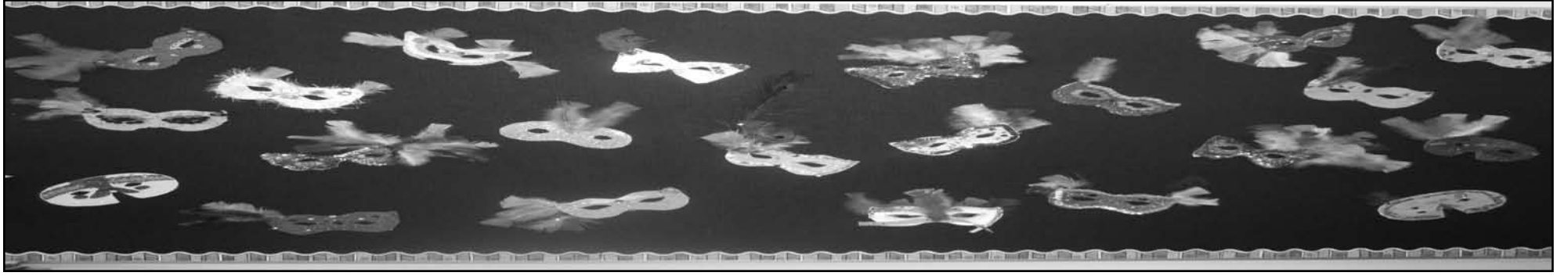
Roadway maintenance removes windrows from high traffic arterials and bus routes, reducing the amount of water to freeze and thaw. As weather gets warmer, graders are used to pop the ice from gutter and in front of catch basins to help drain roadways. It is difficult to do this during a quick thaw in January as night time temperatures quickly freeze it over again.

Although Roadway Maintenance eventually seeks out and fixes 97 percent of the potholes on Edmonton streets, we ask that citizens assist us by reporting potholes and identifying areas of particular concern. Citizens can visit our webpage [www.edmonton.ca/potholes](http://www.edmonton.ca/potholes) and submit a pothole report.

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

# Local Schools

## Mardi Gras Masks

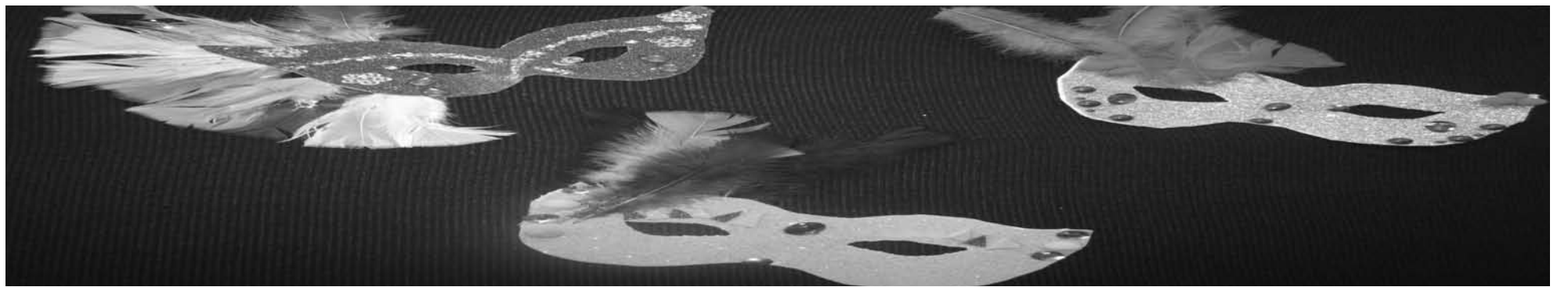


By: John Marcus, Ayden, and Annie from Grade 4A

Around the world, some people will celebrate Mardi Gras (A.K.A. Fat Tuesday) a day when there is a massive party. Mardi Gras means "Fat Tuesday" and we have Mardi Gras the day before Lent because it used to be expected that everyone had to get rid of all the fat in the house like butter and cream and other treats. Some people like drinking all the wine you couldn't have during Lent.

There are three main colors of Mardi Gras and those colors represents something. Purple represents justice, green represents faith and gold represents power. There is a parade usually. In the past, slaves would wear masks to hide their faces from their masters when they made fun of them so they didn't get caught. Different colorful beautiful floats go by with people dressed up in costumes and in masks and they dance on the floats. The party for Mardi Gras is a big event.

We made masks because it was fun to do and awesome to look at on the board and we were letting all our silly out for Mardi Gras when we made them. But it represents too that we will put our over the top silliness on the wall over lent and try to be better people.



## Mother Margaret Mary

By Shelagh Pederson, Assistant Principal Mother Margaret Mary

Mother Margaret Mary High School is located in southwest Edmonton and is welcoming all grade 9, 10 and 11 students for the 2013-2014 school year. Our focus at Mother Margaret Mary is meeting the needs of all our students with outstanding academic programs in a Christ-centered learning environment.

All students at Mother Margaret Mary High School will work with a Teacher Advisor to ensure ongoing academic guidance and post secondary planning. Our school flexibility enhancement timetable allows students the opportunity to regularly meet with teachers for academic support, enrichment or acceleration.


Mother Margaret Mary is a semestered high school. In addition to a strong academic program, the following course areas are offered to our students: Advanced Placement; Engineering Pathway; Business Pathway; Fine Arts and CTS (Career Technology Studies) For a more comprehensive list of each course area, please visit our website at: [www.mothermargaretmary.ecsd.net](http://www.mothermargaretmary.ecsd.net)

Our state-of-the-art facility includes an art studio, foods lab, construction fabrication lab, drama studio, fitness centre, science labs, television arts studio, language lab, music studio, media resource centre, Chapel, a double Gymnasium, Digital Library and a cart of Mac Book Air computers for student sign out and use as well as a lunch time Canteen/Servery.

Mother Margaret Mary has many options for Interschool Athletic and Extra Curricular Programs. We offer student leadership, social justice, theatre appreciation, yearbook, storm theatre, robotics, volleyball, swimming, basketball, badminton, soccer, golf, curling, cross country and track and field.


Please inquire in our main office about the Student Shadow Program or contact our school office for information about registration.

For more information, please contact our administrative team Shelagh Pedersen at [ShelaghMcCauley-Pedersen@ecsd.net](mailto:ShelaghMcCauley-Pedersen@ecsd.net) or Kim Brophy at [Edward.brophy@ecsd.net](mailto:Edward.brophy@ecsd.net).




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# Food & Beverages

## Not all wines are created equal

By William Bincoletto, Principal Sommelier at Vines Wine Merchants

How often do I hear this comment? "A wine is a wine is a wine"! Many people believe this to be true. Customers, when they come to my wine seminars, are often surprised when I begin to describe the differences that exist between one product from another. Many cannot fully comprehend why one wine may cost \$14.00 and another \$100.00. What do I mean when I talk about how beautiful a wine is, or how disappointing one feels when a wine is not up to par? How can the same wine be different from one year to the next? What do these "wine tasters" signify when one rates a wine "outstanding" and another "just average"? And while there may be too much emphasis on these rating systems, one often wonders: Is there such a difference that even I, you say, may be able to distinguish?

Well, according to most winemakers, one has to take into consideration four equally important but distinct aspects to understand what makes or breaks a wine. They are: The **grape**: what are the best varieties to use? What is the difference between a Cabernet Sauvignon and a Pinot Noir? Why does one producer use a blend of grapes, while another firmly believes in a single varietal? The **climatic conditions**: how does rain and sun influence the growth of the vine? Why is one vintage better than another? How important are microclimates? What makes a great vintage? The **soil and geographical region**: what flavours in the wine can be attributed to the soil? What are the best soils for wine? Where should the winemaker plant his vineyard? And finally the **winemaker/winery**: how good is he or she? What are his vinification methods? What is his or her philosophy regarding vineyard management?

While all these aspects are very much linked to one another, they can be understood independently. Over the next few issues, we will travel together around the world to discover the roles that they play and how each, separately and together, will determine the success of the final product: wine.

In the meantime let me suggest these three delicious products from different grapes, different regions and different yet excellent producers. While you imbue these three examples, let them immerse you with wonder and delectability!

### 2009 Marcelo Pelleriti Sol-Fa-Sol Malbec

Argentina malbecs have certainly invaded Alberta and Albertans are loving them more and more. And while the selection is increasing daily, I am seeing many different "quality" malbecs coming and going. This one, to my pleasure, is certainly remaining on our shelves. Marcelo's love for music is certainly influencing his creations for charming wines. This wine exceeds all expectations: freshness, fruit, soft tannins and a lively spring finish.

### 2010 Paringa Shiraz

Shiraz, even more than Malbecs, continue to have a serious love affair with most Albertans. It remains in our wine shop and many others, the top selling single varietal of them all. And this Paringa does justice to the grape. Blackberry fruit, silky tannins with just the right amount of 'jaminess' that makes it ever so popular.

### 2010 Girard Cabernet Sauvignon

When one chats, discusses California wine, it is Napa that always comes first to mind. While today many can argue that comment, it is simply that the first great Californian wines that were internationally recognized were from Napa. So it is with wonder and delight to have discovered this gem that not only exceeds its quality persona but also its price category. Bravo!



Photo by: William Bincoletto, Vines

## FEATURE WINES



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# Food & Beverages

## It is almost market time again

By Sheri Hendsbee, Southwest Edmonton Farmers' Market Board

It's almost that time of year again! Market season is just around the corner and there are lots of exciting things happening behind the scenes and special events being planned for the Southwest Edmonton Farmers' Market.

Your community market is entering its third season this year. Think of the market as more than simply *the best* place to find freshly prepared food and wonderfully ripe, fresh fruits and vegetables, think of it as a community gathering place: a place where the community spirit comes alive, where you can experience great beauty, where you can connect with friends, family and neighbours, where you can help to support the local economy and where you can nourish your family with the freshest produce and wonderfully scrumptious, nutrient-dense foods.

Mark your calendars for May 15, the first market day of the season. There will be lots of fun things happening at your community market on that day. This year, the Southwest Edmonton Farmers' Market is moving slightly and will be held in the parking lot of the Terwillegar Recreation Centre, at the corner of 23 Avenue and Leger Road, (the one near the big new animated sign) on Wednesdays from 4:30-7:30 pm. If you drive by, or are heading to the gym or the arena, be sure to stop in for some wonderfully fresh produce, some creative crafts and jewellery, some artfully prepared food or for a quick meal at a food truck. You will find terrific things in store for you there!

The Southwest Edmonton Farmers' Market is an outdoor, seasonal

market, so while you may not find an abundance of fresh fruits and veggies on its first market day, you will find plenty of other things to amuse and entice you. Did you know that you can buy bedding plants and wonderful planters at your local market? Plan to come and check them out while grabbing a bite to eat at a food truck with your family.

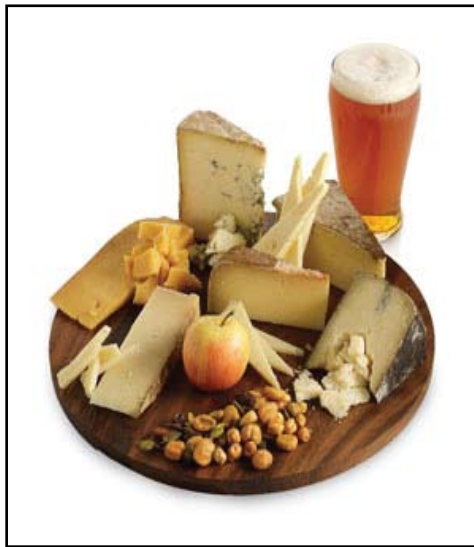
Do you find yourself itching for market season to be part of your life right now? Do you find that you just can't wait for the outdoor market season to begin? Then:

- immerse yourself in the Market Blog [www.swefm.blogspot.ca](http://www.swefm.blogspot.ca), a series of vignettes that celebrate market culture wherever you find it, whether it be on your travels or close to home.
- keep up to date on your community market's happenings and announcements by going to the Southwest Edmonton Farmers' Market website at [www.swefm.ca](http://www.swefm.ca) or its Facebook Page at [www.facebook.com/swefm.ca](http://www.facebook.com/swefm.ca).
- or follow your market on Twitter @SWEEdmFarmersMkt.



## Cheers to cheese and beer!

By Tania Hrebicek, Owner of Everything Cheese



One automatically associates cheese with wine, but in countries with a greater history of beer making, such as England, Ireland, Germany and the Netherlands, beer is the de facto pairing with cheese!

Cheese and beer grew up together on the farm, and the grain used to produce beer is often the same as that which is fed to milk-animals to produce cheese. More importantly, the flavours of beer and cheese – earthy, yeasty, musty, fruity, rich, toasty, floral – jibe in a way that many feel those of wine and cheese cannot. Even the craft beer and artisanal cheese industries bare a certain resemblance: both are propelled forward by avid enthusiasts playing new world riffs on old world styles.

Here are some great pairings to try:

The tangy taste and creamy mouth-feel of **Cheddars** are nicely washed down with beer. Orange Cheddar, white Cheddar, sharp Cheddar, mild Cheddar...it doesn't really matter. This cheese goes incredibly well with beer. Or you can try cheddar-like cheeses, such as Mahon from Spain and Drumloch from Scotland.

The dense texture and aged flavour of **Swiss Gruyere** - not too mild and not too strong - makes it an extremely versatile cheese. If you're tired of eating Cheddar, Gruyere is the next cheese you should try.

**Aged Gouda** has all sorts of intense flavours packed into it: sweet, salty, nutty and sharp. What better to wash down this flavourful cheese than with a refreshing swig of beer? If aged Gouda is too intense, try a smoked Gouda or a young Gouda that is mild and soft.

**Pecorino** refers to a large selection of Italian cheeses made with sheeps' milk that share a salty, nutty flavour. Hmmm, what else pairs well with beer? That's right, salted nuts! So it makes sense that Pecorino cheeses will taste great with beer, too. Pecorino Romano is the most well-known Pecorino cheese, but often better for cooking than snacking. Instead, look for Pecorino Toscano, or our own locally made Pecorino from Kitscoty!

It takes a big cheese to stand up to a big beer such as an India Pale Ale (IPA). A pungent, washed-rind cheese works well to combat a super-hopped, high-gravity beer. You might like to try **Ardrahan** from Ireland, or the big beauty **Epoisses** from France.

The simple fact is that cheese and beer are ideal partners. So, next time you reach for a piece of artisanal, handcrafted cheese, save the Chardonnay and try an Ale or Lager instead!

The author, Tania Hrebicek, is a resident of the Terwillegar-Riverbend area and is co-owner of Everything Cheese, an independent and local specialty cheese and food shop in Riverbend.



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By Dr. Rob Agostinis

Spring is in the air! Looking forward to an exciting year for TRAC. Here are the highlights.

#### TRAC Community Office

The TRAC Community Office, located in the Terwillegar Community Recreation Centre (near the white cat) has been open for business since the end of January. With the number of community league memberships sold and visits, the office is becoming

the hub for communities. Karin Shott is our Resource Person for TRAC, its programs and the Community Leagues of Area H (Riverbend, Terwillegar, Windermere area). You will be able to purchase your community league membership and get the answers to your questions from her! Here are the hours of the office:

**Tuesdays: 9:00 a.m - 12:00 noon**

**Wednesdays: 9:00 a.m. - 12:00 noon**

**Thursdays: 4:00 p.m. - 9:00 p.m**

**1st Saturday of the Month: 10:00 a.m. - 2:00 p.m**

Terwillegar Riverbend Advisory Council (TRAC)

Terwillegar Community Recreation Centre

#5, 2051 Leger Road NW

Edmonton, Alberta, T6R 0R9

780-439-9394

tracmail@tracspirit.ca

www.tracspirit.ca

#### TRAC AGM

Wednesday, April 17, 2013

7 pm – 9pm

Lillian Osborne High School Library Area.

A great night that will showcase all the events and programs happening in our community. TRAC will be handing out the Community Spirit Awards. Everyone Welcome! Refreshments will be served

#### BRANDER GARDENS ROCKS

This growing collaborative of **REACHING OUT TO COMMUNITY KIDS** is excited about the new programs and initiatives being planned for spring and summer. As mentioned in the previous Terwillegar Tribune, BG ROCKS received a grant for **\$100,000** from the City of Edmonton through the 2012 Emerging Immigrant & Refugee Community Grant. With this money, BG ROCKS Collaborative has hired two new people, a Coordinator – *Sharon Top-Gritter* and a Youth Facilitator – *Patti Fleger*; we welcome them to our collaborative community and look forward to exciting new initiatives.

BG ROCKS would like to thank TRSA (Terwillegar Riverbend Soccer Association) and Kid Sport for providing funding for 31 kids to play soccer in our community. The kids are excited and grateful for the assistance. TRSA, BG ROCKS and TRAC will be starting a donation drive for soccer items (soccer cleats, shin pad, etc.). If anyone has any of these items to donate, email us at [tracmail@tracspirit.ca](mailto:tracmail@tracspirit.ca)

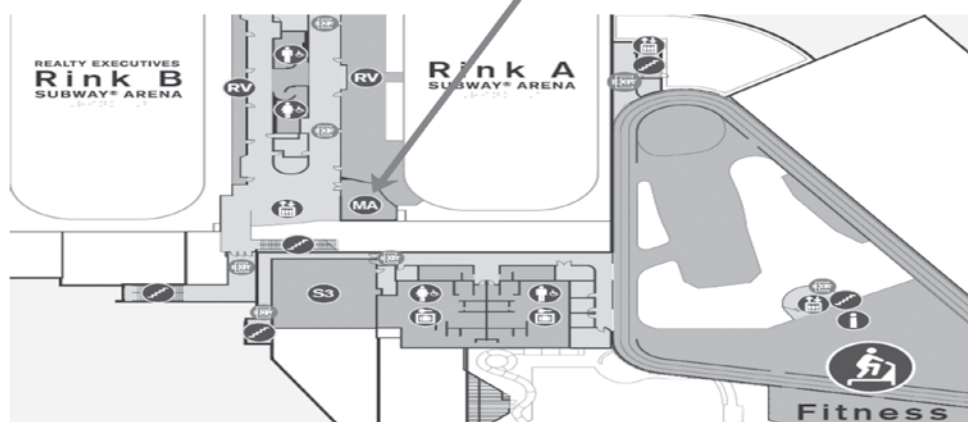
#### TRAC SENIORS

Glenn Kissick and Bill Bromling are sharing the position of Seniors Ambassador for TRAC Seniors. They are working hard to plan some programs for seniors this spring.

The Terwillegar Community Recreation Centre has set aside a free space in Multipurpose Room A for seniors to meet. The room is available from 9:00 am to 3:00 pm, Monday - Friday. Any senior or group of seniors can use this room to meet with their friends, have a coffee, conversation, and play cards and board games. To get access to the room, you pick up the key from the Arena Attendants.

The TRAC Seniors are planning a fair and pancake breakfast, which will

**Seniors Room - Multipurpose Room A**  
Open Monday - Friday, 9:00 - 3:00 pm  
\* get key from Arena Attendant to open up the room



**2ND ANNUAL EDMONTON YOUTH Talent Show**

MOTHER MARGARET MARY HIGH SCHOOL  
2010 LEGER ROAD NW  
• SATURDAY, APRIL 20, 2013 • 9 AM - 6 PM • WWW.TRACSPIRIT.CA

TRAC Terwillegar Riverbend Advisory Council  
Edmonton Federation of Community Leagues  
MOTHER MARGARET MARY HIGH SCHOOL  
MC COLLEGE  
WestWorld Computers Ltd. your Apple experts!  
OAK HILLS Community League Building Community in Cedar Crest & Egan  
THE RIVER COMMUNITY CHURCH  
Greater Windermere Community League  
Riverbend Community League

happen in conjunction with the TRAC 10K event.

#### EDMONTON YOUTH TALENT SHOW

Second annual Edmonton Youth Talent Show – **Sat. April 20, 2013** to be held at the Mother Margaret Mary Catholic High School. Registration for this is online with Eventbrite – see link on [www.tracspirit.ca](http://www.tracspirit.ca)

#### TRAC WINE

**BREAKING NEWS!!!** The 'WINE IS ON THE WATER' The Bleasdale Winery in Australia has shipped many cases of TRAC labeled Malbec wine. It should be available at the Vines Wine Merchants store in 4- 5 weeks. Yes it is finally happening and TRAC community is looking forward to the grand launch that is being planned! We will advertise when that happens.

**TRAC 10K and Grand Spring Event – 'Celebrating 10 years of TRAC'**  
On May 26, 2013, 8 am – 12 noon at Mother Margaret Mary Catholic High School, we will be celebrating 10 years of TRAC with:

**The 8<sup>th</sup> Annual TRAC 10K, 5K, 3K Run/Walk**

Mini-Farmers' Market

Mini (Youth and Seniors) Fair

Pancake Breakfast

It will be great day to celebrate our community. For registration for the TRAC 10K, go to [www.runningroom.com](http://www.runningroom.com) and look for TRAC 10K event or [www.tracspirit.ca](http://www.tracspirit.ca) and follow the TRAC 10K link. We are always looking for volunteers to join our planning committee and to help with this event. Please contact us at 780-439-9394 or [tracmail@tracspirit.ca](mailto:tracmail@tracspirit.ca)

#### NEXT MEETING DATES

AGM – Wednesday, April 17 at 7 PM at the Lillian Osborne High School Library – Everyone Welcome!

Wed, June 12, 2013, 7 PM at Lillian Osborne High School

#### TRAC VOLUNTEERS

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

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



# Seniors

## Spring fever? Channel that energy into SWESA

**Seniors Connection: News for those 55+**

By Kathy Trepanier, Member of the SWESA Communication Committee

*"I always wondered why somebody didn't do something about that. Then I realized I was somebody."* Lily Tomlin

Spring is in the air. To others our city might look like its still blanketed in winter but we Edmontonians can already feel the beginning of the spring season. We're already looking forward to the long daylight hours, being outdoors, returning to our gardens, seeing neighbors again and enjoying Edmonton at its greenest.

If you're feeling a touch of that spring fever, you may want to channel some of this energy into the exciting work that SWESA has underway. SWESA stands for Southwest Edmonton Seniors Association. SWESA was formed to reflect the needs of people 55 and older in southwest Edmonton. Their goal is to provide social, cultural and recreational programs and services that enhance your enjoyment of life.

SWESA - Annual SouthWest General Meeting

Thursday, Apr 25, 2013 at Blue Quill Community Hall 11304-25 Ave

6:30 registration/refreshments

7:00 business meeting

8:00 guest speaker

I've been volunteering with SWESA for a year now and what excites me most is the ideas that people have for what might be possible. They all center around the social, recreational and cultural interests people have and the creation of a place where it is easy and fun to make friends and new acquaintances.

The latest cluster of novel ideas is around the possibility of a demonstration kitchen where SWESA members can take classes, share cooking and gather to cook together. Someone after my own heart suggested we'd search for the best cinnamon bun recipe and have regular SWESA cinnamon buns baked once a week. As the kids would say - OMG! So, this spring consider SWESA by:

- Attending the AGM of SWESA on April 25.
- Becoming a SWESA member. You will be counted as an interested person that helps SWESA in applying for grants and government support. You can become a member at the AGM or online [www.swedmontonseniors.ca](http://www.swedmontonseniors.ca). The new website will be up in April.



Attendees provided their ideas on programming for SWESA at the Nov 2012 Public Meeting.

- Offering to volunteer. There are lots of opportunities to match your interests and availability. This spring SWESA has positions open to help with a pancake breakfast, staff an information booth at the farmers market and help at a fall fair. You can find out more about all of this at the AGM and on the new website.
- Applying for board member positions. If you would like to know more about postings this month, email SWESA at [swedmontonseniors@gmail.com](mailto:swedmontonseniors@gmail.com)

There are a number of ongoing activities in the Terwilleger area for seniors:

- Zumba Gold and Pickleball continue at the Terwilleger Community Rec Centre.
- Close by is the Southgate Walking Group - 7:30 am weekdays. For more information call 780 435 3721. There is also free Tai Chi at Southgate 8:30-10:00 Mon-Fri. They meet between Sears and the Bay and welcome new people.

For more information on Seniors Reps in each community league in the southwest, contact **Glenn Kissick** at email [gkissick@gmail.com](mailto:gkissick@gmail.com) or phone 780 587-5198. Glenn is the Seniors Rep for: TRAC, the Riverbend Community League and the SouthWest Edmonton Seniors Association. For your ideas on this column please contact **Kathy Trepanier** at email [ktrepanier@shaw.ca](mailto:ktrepanier@shaw.ca).

## Macular degeneration: are you at risk?

By: Dr. Alysha Hirjee

Age Related Macular Degeneration (AMD) is a condition that causes progressive damage to the highly sensitive area of the eye called the macula. This area of the retina is responsible for providing us with clear, central vision. AMD is the leading cause of legal blindness in people over the age of 60<sup>1</sup>. It can cause blurring of central vision leading to a large blindspot, reduced contrast and a decreased ability to differentiate colours. Age, smoking, high blood pressure, exposure to sunlight, obesity, race and family history are all risk factors. Caucasians and lighter-eyed populations in particular have been shown to have a higher incidence of AMD than other ethnicities<sup>2</sup>.

There are two forms of AMD – dry and wet. The dry form is more common and is caused by waste deposits in the macula from deteriorating tissue. The wet form, in contrast, is when abnormal blood vessels grow within the layers of the retina, leaking blood and fluid. This causes scarring and permanent damage to the surrounding tissue. Although there is no cure for AMD, it may be possible to slow the progression of the disease using certain vitamin supplements. There are other treatment methods specifically available for wet AMD that prevent the growth of abnormal blood vessels and subsequent leakage of blood. These include laser treatments, injections, and photodynamic therapy.

### So what can you do to reduce your risk of developing AMD?

Live a healthy and active lifestyle. This can lower your risk for cardiovascular diseases and help you to maintain a healthy weight.

Eat a balanced and nutritional diet. Specifically, consume omega-3 fatty acids, which are found in fish or through supplements, and dark, green leafy vegetables such as spinach, broccoli and kale. These vegetables are rich in lutein and zeaxanthin, which are both found in the macula.

Stop smoking. Smoking is a direct risk factor for AMD and can increase your risk three fold.

Use proper UV protection. Look for UVA and UVB protection or UV400 labels to ensure adequate protection.

Routine eye exams. One of the best tools in preventing AMD and other visually devastating diseases is to see your optometrist yearly for a full eye examination. Your optometrist is able to not only evaluate your vision, but to take an in-depth look at the health of your eyes.

Talk to your optometrist if you have any of the above mentioned risk factors and about how you can protect the health of your eyes.

1. Jager, R.D., Mieler, W.E., and Miller, J.W. Age Related Macular Degeneration. *N Engl J Med* 2008; 358:2606-2617.

2. <http://www.aoa.org/Macular-Degeneration.xml>

### Looking for a LOW-KEY way to volunteer?

Your community newspaper is looking for:

**writers, photographers, area representatives**

For only a few hours every few months you can be in the know, network, or practice your hobby.

**No prior experience required - JUST ENTHUSIASM!**

Please contact [editor@terwillegar.org](mailto:editor@terwillegar.org)



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The Urban Series by Kanvi Homes offers all the modern hallmarks of Kanvi, but at a price-point accessible for the first or second-time home buyers. Enjoy the convenience of selecting from a variety of floor plans, and appreciate the Kanvi 'wow' factor with our Urban Series.

**Ambleside Showhome**  
 3691 Allan Drive SW  
 Area Manager: Betty Semeniuk  
 Phone: 780 862 9012  
 Email: betty@kanvihomes.com

**Showhome hours**  
 Monday - Thursday: 2 - 8pm  
 Friday: Closed  
 Saturday, Sunday, Holidays: Noon - 5pm



\*Price includes lot, home & GST. Price subject to change without notice.

# Gardening

## Planning your sustainable Garden

By Pat and Cathy Chan, Terwillegar Contributor

As the summer approaches many of us are thinking about our gardens. Some gardeners have already started outdoor plantings and the tomato plants are sprouting in a sunny spot in our dining room. Gardening is an enjoyable pastime and with a few adaptations can be done sustainably.

Sustainable gardening is more than just organic gardening. It's gardening with a focus on food, animals and the environment.

How can you make your garden more sustainable?

Grow your own organic food. An organic vegetable garden not only provides healthy food for your family, it's a great way to get your children involved and active outdoors. Include plants that attract children like strawberries, cherry tomatoes and carrots. Look for locally produced seeds and plants. Native species are best. Consider growing heirloom vegetables or look for varieties developed on the prairies for short growing seasons.

Plant fruit trees like dwarf apple that not only provide some shade but also food. Dwarf trees are easier for your children to harvest. Plant shade trees that protect large south facing windows in the summer but allow warming sunlight in the winter.

Make sure to plant flowers and shrubs that are hardy in our northern Alberta climate (zone 3) to avoid winter damage from cold winds and variable snow cover. Under eaves or areas that are protected from rain, plant alpine or dryland varieties that can survive without much moisture. That way you're not wasting water keeping plants moist.

Include plants, shrubs and trees that attract wildlife. Incorporate berry-producing shrubs like Saskatoons, high-bush cranberries or haskap berries that you can share with the critters. Plant flowers that attract hummingbirds, including native species like bee balm and honeysuckle. Plant trees that encourage nesting birds, including both evergreens and deciduous species. Robins, for example, may nest in an evergreen early in the spring but build their second nest in a deciduous tree once it has leafed out. Don't forget to include a birdbath or other water source in your garden design.

Use rain barrels to save rainwater and use it on your garden. City water is purified, chlorinated and fluoridated. Using rainwater saves money and resources.

Compost your vegetable scraps, coffee grounds and the like. Make a simple compost box or buy a special composter to create your own homemade garden booster. If you don't have your own compost buy organic compost.

Mulch around your plants. Don't leave soil bare as it will dry out faster and encourage weeds. Mulch holds in moisture and reduces the amount and frequency of watering. Leave grass clippings on the lawn as a convenient mulch that will also help build up the organic content of your soil.

Eliminate the use of pesticides and chemical fertilizers. You can reduce the incidence of some garden pests and improve soil quality by rotating your crops. Beans/peas fix nitrogen, reducing the need for fertilizer. Year 1 – beans/peas, year 2 – "heavy feeders" including leafy veg, cukes/squash, year 3 – light feeders including root crops and herbs.

Minimize or avoid foreign plants as some may be invasive. Be aware of plants that are considered invasive in Alberta, such as oxeye daisy, yellow clematis or tansy. Even earthworms are an introduced species. Rely on natural soil insects to promote a healthy garden.

Looking for ideas? The Devonian Gardens [www.devonian.ualberta.ca](http://www.devonian.ualberta.ca) has an excellent collection of native plantings, landscaping ideas and an annual plant sale. Look for *Naturescape Alberta: Creating and Caring for Wildlife Habitat at Home* by Myrna Pearman and Ted Pike, a book with lots of ways to make your yard more sustainable [www.naturescape.ab.ca](http://www.naturescape.ab.ca). Read more about local initiatives online at: [sustainablefoodedmonton.org](http://sustainablefoodedmonton.org).

## Farmers' market partners with the Edmonton Food Bank

By Sheri Hendsbee, SouthWest Edmonton Farmers Market

The Southwest Edmonton Farmers' Market has some EXCITING news that will make it a truly special entity on the Edmonton Market landscape! Your community market is going to be partnering with the Edmonton Food Bank in a very unique way. Come harvest time, it will be the city's collection site for the *Plant A Row, Grow A Row* donation drop off. So mark your calendars for **September 18th, 2013**

**Plant a Row, Grow a Row** is a nationwide initiative that collects fresh produce for local food banks. It encourages people to plant a row of vegetables in their home gardens in the spring that they, in turn, harvest and donate to their local food bank in the fall. Hosting this collection event at our market will allow people to donate to the food bank in a highly personal way, and it will allow non-gardeners to participate as well, as they can purchase produce from our market's vendors and donate those purchases at the harvest time event.

This has the potential to increase foot traffic through the market, media exposure to the market, and support the community all at the same time... making it even more of a destination... a happening place! And it has the added bonus of promoting a very worthy cause, one that will enrich the city, and the community, in which we live.

Through the Plant A Row, Grow A Row initiative, people can donate healthy, fresh, nutrient-dense, high quality food to the Food Bank for people who are in grave need of food, financial and educational support (when it comes to budgeting, shopping, cooking & preparing nutritious meals) in our city. The Edmonton Food Bank has a number of creative supports in place to teach their clients how to use this fresh food simply and easily, and it supplies much of the fresh food that charitable organizations like The Hope Mission and the Salvation Army use to feed their clients in their soup kitchens. This food will not go to waste and will be greatly appreciated.

With this unique partnership between the Southwest Edmonton Farmers' Market and the Edmonton Food Bank, you will be getting, as market shoppers, an opportunity to support a charitable cause in an unexpected, meaningful, and interactive way.

We wanted to share our excitement with you early in the season. If you would like to get down and dirty for the food bank, come down to opening day at the market on May 15. There you can purchase vegetable plants and seeds to put in your own gardens or you can plant them up in pots. Your kids will love it! We can't wait to see what you grow, and how much food we can collectively raise, purchase and donate to the Edmonton Food Bank. More details will follow...

- On the Market Blog [www.swefm.blogspot.ca](http://www.swefm.blogspot.ca), a series of vignettes that celebrate market culture wherever you find it, whether it be on your travels or close to home.
- On the Southwest Edmonton Farmers' Market website at [www.swefm.ca](http://www.swefm.ca).
- On the Southwest Edmonton Farmers' Market Facebook Page at [www.facebook.com/swefm.ca](http://www.facebook.com/swefm.ca). or you can follow your market on Twitter @SWEfmFarmersMkt

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# Community call to action - we need your help!

By Scott Riddell, Community Advocate Terwillegar Community League

What's in it for me?

Your kids, your family, your friends, your business. There's a lot to consider when building a strong and close knit community.

This year, the Terwillegar Community League (TCL) board is committed and excited to enhance your community experience. We are ready to put on some great events, raise money to make community improvements, and have a lot of fun while doing it. But there is one thing... we need your help!

Membership is strong, but we need to build a strong base of volunteers who are ready to assist with fundraising activities as well as set up and participate in fun family events. TCL encompasses a diverse group of people ranging from young families with children, to seniors, to double income - no kids, to everything in between, but we are all very connected, more than you might think. Maybe you pick up your groceries on Saturday at Sobeys or Save on Foods and run over to the Timmy's, Second Cup or Starbucks for a quick coffee. You might be up early in the morning working out at the Terwillegar Rec Centre or taking a swim. Whether it's getting on to the Anthony Henday off Rabbit Hill Road to go to work or taking the Bus to Century Park ETS to get to school, so much of what we do is done side by side with neighbours.

How do we make this bond stronger in the community so everyone has a real sense of pride, and enjoyment living here? How do we address the real needs of our members and the community at large? It starts with you.

People talk about change all the time, sometimes people stay away from politics altogether because it's considered a taboo subject, but the funny thing is if you want to make a real difference the most impactful decisions start at a very local level. It starts with you.

Here's what we propose: don't change your life; let's take it one step at a time.

Get to know your neighbours. Then get to know your community, and volunteer for just one of the following upcoming events:

- Canada Day Celebration July 1, 2013
- Casino August 15 & 16
- Toonie Carnival Fundraiser August 2013

Email us at [volunteercoordinator@terwillegar.org](mailto:volunteercoordinator@terwillegar.org) to volunteer.

We guarantee you'll have a whole lot of fun bringing your neighbors, family and friends together and with your help we will make these events spectacular. We want to cater to our community as a whole, so volunteer. Give your perspective on events and activities. And together we will build a strong and close knit Terwillegar Community!

Thank you for your support!

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 Want to play and have fun learning about drums?  
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*Practice pad and sticks are provided!*  
 July 15 - July 19 4:30 PM - 6:30 PM **AGES 7-12**  
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**KIDS KEYBOARD ADVENTURES**  
**INCLUDES A DIGITAL PIANO TO TAKE HOME!**  
 From piano basics, creative games, and ensemble playing to rudiments in composition, this exciting program has everything for the young piano student.  
 July 2 - July 5\*\* 9:30 AM - 12:30 PM  
 July 8 - July 12 10:00 AM - 12:30 PM  
 July 29 - Aug 2 9:30 AM - 12:30 PM  
 Aug 19 - Aug 23 1:00 PM - 3:30 PM **AGES 7-11**  
**Tuition \$119.00 + \$50 Deposit**

**CAMP THEATRE TECHNICIAN**  
 Learn about sound, lights, sets and how to direct for live stage. Perfect for those who prefer to be behind the scenes of a musical theatre production. Students will do technical work on It's a Jungle out there, including learning how to set up audio and lights.  
 July 8 - July 12 9:30 AM - 3:30 PM **AGES 11-15**  
**\$199 / Week**

**GUITAR INTRO**  
 This course is a great start to the adventure of guitar. Students learn the basic theory & technical elements through fun exercises and cool songs.  
**Ages 7-9**  
 July 22 - July 26 5:00 PM - 6:00 PM  
 Aug 12 - Aug 16 5:00 PM - 6:00 PM  
**Ages 10-12**  
 July 22 - July 26 6:00 PM - 7:00 PM  
 Aug 12 - Aug 16 6:00 PM - 7:00 PM  
**Ages 13-17**  
 July 22 - July 26 7:00 PM - 8:00 PM  
 Aug 12 - Aug 16 7:00 PM - 8:00 PM **AGES 7-Teen**  
**\$129 / Week**


**BUGZ! Musical Theatre**  
 There's going to be a picnic and everyone is pitchin' in. Children sing, dance, act and make crafts in this lighthearted musical!  
*\*\*4 day program.*  
 Aug 6 - Aug 9\*\* 9:00 AM - 4:00 PM **AGES 5-6**  
**\$219 / Week**

**CAMP ROCKSTAR JR!**  
 Your time is now! Sign up for this week-long day camp, and we'll train you on your instruments, form you into bands, and work together on cover and original songs. Friends and family are invited to attend the final concert.  
*One year of playing experience is required to participate.*  
 July 15 - July 19 9:30 AM - 4:00 PM **AGES 10-12**  
**\$250 / Week**  
 **CAMP ROCKSTAR** [CAMPROCKSTAR.CA](http://CAMPROCKSTAR.CA)

**IT'S A JUNGLE OUT THERE! Musical Theatre**  
 King Leo is a victim of the corporate jungle! He has money, power, and fame, but he still has not found happiness. This heart-warming musical play will help your students see that the true meaning of happiness is not money, power and fame, but treasured friendships and life's simple pleasures.  
 July 8 - July 12 9:30 AM - 3:30 PM  
 July 22 - July 26 9:30 AM - 3:30 PM **AGES 7-12**  
**\$219 / Week**

**Spring Session Music Funtime**  

 Developed specifically for this age group, this exciting program introduces young children to the violin, piano, and percussion instruments. Movement, singing, rhymes, and finger play keep your child interested while teaching basic music concepts. Experience the joy of making music together with your child!  
**18 - 36 MONTHS**  
 Mon 10:45 - 11:30 AM Apr. 15 - June 24  
 Tues 9:45 - 10:30 AM Apr. 16 - June 18  
 Sat 9:15 - 10:00 AM Apr. 20 - June 22  
**Tuition \$109.00\***

**YOUNG MUSICIAN**  

 Young students have fun learning to play piano in this rewarding group program.  
 July 2 - July 5 1:00pm - 4:30 PM  
 July 19 - July 23 1:00pm - 4:00 PM **AGES 4-5**  
**\$149 / Week**

**DISNEY DAZZLE**  
 Sing and dance to beloved Disney classics in this exciting summer camp. Create characters, learn songs, develop singing & dancing skills and perform at the end of the week!  
 July 29 - Aug 2 1:00 PM - 4:00 PM **AGES 6-10**  
**\$129 / Week**


**MUSIC JAM**  
 This camp is for those with minimal or no musical experience. Kids learn about various instruments including piano, guitar, percussion, and violin, and perform at the end of the week. *Fabulous fun!*  
 July 22 - July 26 9:30 AM - 3:30 PM  
 Aug 12 - Aug 16 9:30 AM - 3:30 PM **AGES 7-11**  
**\$219 / Week**

**I've got the music in me**  
 Everyone has music inside, and this summer camp will bring out the joy of music in preschool children.  
 July 2 - July 5\*\* 9:00 AM - 12:30 PM  
 July 15 - July 19 9:30 AM - 12:30 PM  
 July 29 - Aug 2 9:30 AM - 12:30 PM  
 Aug 19 - Aug 23 9:30 AM - 12:30 PM **AGES 3-5**  
**\$119 / Week**

Times and dates of programs are subject to change at any time. Visionary College reserves the right to cancel classes. \*Materials and GST extra.

**What's going on in the community? Check [www.terwillegar.org](http://www.terwillegar.org)**

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# First annual ball hockey tournament planned

By Christopher Giffen, Riverbend United Church

As Spring creeps into our neighbourhood, Riverbend United Church is looking forward to celebrating the first new addition to our building... drum roll please- The New Parking Lot :-). The folks at Riverbend United hope that the parking lot can be a part of making Ramsay Park more accessible for all, as well as helping to keep people safe next to the busy Riverbend Road. So unless you see signage for a special event we hope you'll take advantage of this space and enjoy the community green space that Ramsay Park has to offer.

It's a huge lot so... to inaugurate and show forth it's many incredible and imaginative uses (in addition to parking), we'll be hosting a Community Ball Hockey Tournament on May 25, and general parking lot party. The Riverbend United Youth Group will host the tournament, and we're hoping to create a less competitive and more of a fun and supportive atmosphere for people of all skill levels (including no skills!) throughout the day's play. The tournament will also be a fundraiser for the recently restored youth room after our multiple floods last summer.

The games will run from at 10 am to 5 pm with a noon skills competition and a lunch break. A dedicated BBQ team will be cooking up hot eats all day long. We'll have 4 rinks for general play and a Family Fun Rink where younger children and their folks can play. Teams must have five to seven members, with a minimum of two women, and will be guaranteed a minimum of three games. There will be a different rate for those with and without equipment: \$100 for teams with equipment and \$125 for those who need equipment, there will be a \$30 dollar fee per family for day long access to the Family Fun rink and children's equipment.

We're already getting excited about this event and we're hopeful it'll be a great way to get the community together. There'll be prizes from local businesses in the strip mall- Taste of Yogurt, Everything Cheese, and Secret Sweets! For further info and to find a registration form you can call Jon Spaner at 780.885.4524, email him at jonspaner@yahoo.ca, or call Riverbend United Church Office at 780.430.7275. We'll pray for no rain, and you do the same! Okay?

# Holy Trinity Church

By the Rev. Nick Trussell, Priest-in-Mission, Diocese of Edmonton

Spring is easily my favourite time of year because we can see new life bursting out in the world all around us. Spring is a verb and the season when we most vividly see life in action; when we see new beginnings and new life forming, growing into what it will become. Spring is full of energy and possibility. After a long winter's rest under a blanket of snow, life springs forth, jumping out of our flower beds. New beginnings are happening all around us as the plants revive, new shoots sprout up and the land and air are filled with the signs and songs of joy in new life. It is a time of awakening that moves us forward as well.

That is why it is the time of year that the Church celebrates Easter. Easter is the joyful celebration of new life that Christians have come to know in Jesus. In Jesus' resurrection, death is overcome and new life begins. We are awakened to new possibilities for life and love.

A few years ago I was listening to a program on CBC radio about the simple to ask and difficult to answer questions that children ask their parents, like "Why is the sky blue?" or "Where do babies come from?" A father told the story of riding bikes with his daughter through their neighbourhood when suddenly she stopped and asked: "What does God do all day, really?" The father was struck by the deep question that rolled easily and innocently from his six year old.

I often wonder what answer I might have to that question. At different times I've thought of different responses, but what I keep coming back to is resurrection. Resurrection is what God does all day, really; giving new life and new opportunity, new beginnings and new ways forward in life, love and community. That's what I believe God does all day.

I think what makes Easter such a challenge is what comes before the joy of new life. Before Jesus sprung from the grave he died on the cross. That kind of pain and loss is difficult for us to face because it is personal. We will all struggle through loss at some point and it will not be an easy experience. But it is then, precisely, that we need the hope of new life the most.

For Christians the cross of Jesus is life's starting line. It is where the worst of what we have known, loss and hurt that we have suffered and inflicted, is put to an end. That struggle is ended by God who enters into it alongside us so that can start new, with new possibilities, together with God. Resurrection is what Christians celebrate at Easter. but it is what God does all day, every day, really.

May this Spring be for you a new beginning of love in action.



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- Saturday 9am Cantonese
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**South Side Youth Group**

<http://www.facebook.com/SouthsideEdmontonYouthGroup>  
Southside Edmonton Youth group is a place for youth ages 12+ to connect. Week to week they expect to play games, watch movies, and just be themselves. Meeting for the first time April 29th. Check the site for details.

**Holy Trinity Playgroup** Thursdays 9 - 11:30am

A drop-in playgroup for ages 0-5 and their caregivers just \$2 per child. Crafts and activities for little ones, and coffee for the rest! Find the Newsletter at htrchurch.ca for details about upcoming events.

# Spiritual



## What's in your community pocket?

*By Marita Schmidt, New Attender at TCC*

I am not going to entice you with yet another fabulous community event. In fact, I'm going to suggest you look at community through a whole different lens; the, "why haven't I done anything about it yet" lens or the, "gosh that sounds really interesting I should get involved in that, but never do" lens.

The word community can be confusing and scary. Let's be honest. We want it but we're afraid of it. We think we're a part of it, but are we really? So we settle for community as the postal code we're part of along with many other misperceptions. It's safe to be nobody. In fact, most of us are afraid to really be somebody. My philosophy is that nobody is a nobody. Every one of us is a somebody and I'm wondering are you embracing your 'somebody'?

You may be feeling a small knot in the pit of your stomach right now. You know, the one where you're starting to feel uncomfortable because some area of vulnerability is being unlaced. The guilty category of all the 'should's'; "I should have", "I should be." But keep reading!

I recently changed my home church and although I loved the one I attended it was just too far away. In fact, it couldn't have been more at the opposite spectrum to where I live. Over the months and years there was always something that continually nagged at me but I couldn't put my finger on it. I very much wanted community but it just wasn't happening.

I now attend TCC. Its less than five minutes from home. Literally in my community postal code and I love it! I'll admit that I felt uncomfortable at first. So uncomfortable that I came up with every reason in the book to not continue going. My former church was a lot larger and as a result its sheer size had a lot to do with my definition of community. Or at least the type of community I thought I needed to be a part of. The reality was that it was very easy to be a nobody. It was easy to just blend in. It didn't take me long to see how far off my reality of community actually was and that to be a part of this community I had to risk being truly seen. I had to embrace my 'somebody'! What I also realized is that until we make community a verb we won't be a part of one. So I finally made community a verb in my life. In fact writing this article is one pretty big community verb if you ask me.

I'm not saying you have to do something grandiose. I'm simply suggesting you think about if your current community is a noun or a verb and are you embracing your 'somebody'? There's no better time than the seasons of spring and summer to redefine your community and allow yourself to truly be seen. What's it going to be, noun or verb?

### UPCOMING EVENTS Terwillegar Community Church

**Annual Spring Carnival**  
May 25 2-4pm at Tomlinson Common Park.  
Join us for a petting zoo, Jumpy Thing,  
Games, Cotton Candy and fun. Everyone  
welcome!

**Soccer Camp**  
Aug 12- 16 Registration Online at [www.tcchurch.ca](http://www.tcchurch.ca)



*Artwork by Asna Latif, age 15, Teen Contributor*

**Interested in trying  
your hand at writing?  
Are you an artist?**

Contact [editor@terwillegar.org](mailto:editor@terwillegar.org) if you'd like  
to contribute.

# Kids and Teens Corner

## Fun with poetry

Spring is a happy time of year that inspires a lot of songs and poetry. A limerick is a great way for the whole family to create easy and fun poems about things happening all around them. Here are some examples of limericks by people in our community:

### The Girl who like everything, by Sarah, age 7

There once was a girl who liked everything  
She called to her dog she'd named beverything  
She loved shoes, dolls and cats  
Purses, dresses, and hats  
Happy was the girl who liked everything

### The boy who played Minecraft, by Tom, age 9

There once was a boy who played Minecraft  
It made him quite cheerful and he laughed  
Made a house from some logs  
Then he spawn some pet dogs  
Then his Mom made him stop playing Minecraft

### The Mactaggart Goose, anonymous

A goose from Mactaggart loved to fly  
Looked down at the houses from up high  
A great place to live  
With neighbours who give  
Thought the goose flying up in the sky

Now it's your turn! Get your parents, brothers, sisters and friends together and come up with some limericks about you and your family. Don't forget that you can always make up words and keep your poems silly and fun!

## Community involvement: a simple step in the right direction

By Kailey Brown, Teen Contributor

What does community involvement/volunteering mean? It is giving your time and self in exchange for fun, meeting people and learning about others while being exposed to new challenges. Lillian Osborne's grade ten Introductory Team Leadership course has volunteer presenters and encourages students to participate in the community. The students can learn the benefits and importance to themselves and others by volunteering.

My volunteering experience includes: submitting artwork and articles for the Tribune, mentoring a 10 year old in Big Brothers and Sisters, creating pages for my schools yearbook and babysitting. Regardless of your age, volunteering benefits you and those you give your time to. It allows you to give and receive a better life.

Getting involved helps build new relationships. It's a great way to meet like-minded people that live in the area. Contributing to an event and meeting new people are easy ways to enhance social and communication skills. This helps us be connected to others in our community. Being involved in the community gives a sense of belonging which is a proven way to reduce depression. The happier you are, the more your life will improve! With a positive outlook you will find more motivation to get in control of your life. As a teenager without much work history, community involvement contributes valuable experience for your resume.

Community involvement opens up opportunities to learn about yourself and others. Maybe you will discover a new hobby, talent, skill or career possibility. Participating in the community provides a chance to get off the couch, learn new things and become a better person!

Whether it is contributing to the Tribune (a great way of self-expression) or volunteering for a Terwillegar event such as the Silent Auction, Canada Day festival or Winter Nights in the park, involving yourself in the community is physically and mentally rewarding. There are plenty of opportunities to get involved if you look! Try checking out [www.terwillegar.org](http://www.terwillegar.org) for some ideas. Remember there is a wide range of community opportunities suited for everyone. Volunteering is a simple step in the right direction. One thing may lead to another; you just have to be willing to try something new!



Emergency  
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## Window & Balcony Safety

With the return of warmer weather, Alberta Health Services EMS would like to remind parents of an often overlooked hazard in the home – open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window in their house— often from the second floor. Falls such as these are preventable by taking time to assess your home and ensuring windows are safe.

### Windows and screens

- Move furniture such as cribs, beds, stools, and change tables away from windows to prevent access to them.
- Keep drapery cords out of childrens' reach. Wrap excess cord around cleats or tie-downs to avoid a choking hazard.
- Remember: screens are designed to keep bugs out, NOT to keep children in!

### Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing.
- Consider installing a balcony guard to eliminate access between the vertical bars of a balcony or deck.

### Further prevention tips

- Children aged one to four are at highest risk of falling from a window or balcony.
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies.
- Consider installing safety devices which limit windows opening to a maximum of 4 inches or 10 centimeters.
- Ensure the safety device can be released quickly so the window can be used for escape in case of fire or other emergency.

AHS EMS is proud to be a member of the **Partners Promoting Window and Balcony Safety**. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs.

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

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# Neighbourhoods

## Terwillegar Towne Homeowners Association

### Investigates Additional Landscape Maintenance on City Owned Property

By Steve Simala Grant

Executive Director, TTTHOA

The Terwillegar Towne Homeowners Association (TTTHOA) is excited to announce plans to do more to make our community beautiful this coming growing season.

There is a popular misconception that the Association is responsible for all the green spaces in Terwillegar Towne. In fact, most of those are city owned and maintained. If we were to own and maintain them, it would require a lot

more than \$8.33 per month from all of us! We do own and maintain the entrance features on 23 Avenue and Towne Centre Blvd, the small tot lot on Tanner Wynd, and the large park/toboggan hill/naturalized area along the east side of Towne Centre Blvd.

This year, we are looking to do more.

This means working closely with the city so we are not duplicating efforts, and identifying maintenance that they would not provide. For example, the Schubert Cherry trees down the center of the boulevard produce a lot of suckers growing up around the base of the tree, making

them look like un-kept bushes rather than trees. The city does not trim those, they mow the grass around them. The TTTHOA has been stepping in to trim those over the past year, and will continue, while we also look for additional projects like that to keep our community in great shape.

I am planning to hire two summer landscape maintenance workers this year, and would be glad to hear from anyone interested in these positions. Please email me at [steve@terwillegartowne.org](mailto:steve@terwillegartowne.org) for more information.

## Trees might be saved!

By Steve Simala Grant

Executive Director, Terwillegar Towne Homeowners Association

Late last summer, many of us were alarmed to drive into our community and find large numbers of trees with an orange "x" painted on them.

As the Terwillegar Towne Homeowners Association, we took action to find out what was going on. Conversations with Councillor Bryan Anderson's office revealed that the City of Edmonton Forestry Department had identified a wide-spread infestation of a pest called the "Lilac-Ash Borer Moth". This pest makes a small hole through the bark in Ash and Lilac trees, and then digs tunnels throughout the trunk of the tree, eventually weakening it to a point where it becomes a danger of falling and damaging property. The moth can quite easily kill the entire tree, especially when they are younger trees (as most of ours are). In the fall, we were told that the trees had been identified for removal.

The TTTHOA had several conversations about our desire to be involved with potential replacement, including freeing funds to either expedite replacement or to plant more mature trees than might be in the city budget.

Fortunately, it looks like this may not be required.

I recently spoke with Jenny Wheeler, Principal of Forestry for the city of Edmonton. The City has devised an alternate plan to the initial plan to cut down all the trees infected with the Lilac Ash Borer Moth. Over the next 3 years they are going to aggressively monitor for the appearance of the pest, and then use an approved insecticide immediately upon emergence, reapplying consistently throughout the season (approximately every 2 weeks). They have reports of this being successful in other communities and are optimistic that most trees can be saved (of 2000 trees identified, they have only removed 95 thus far). This is fantastic news!

Of course, the city plan only deals with the infestation on city-owned trees. It is very likely that privately owned trees susceptible to this pest are also infected. Ms. Wheeler told me that they are currently working on information and recommendations for homeowners to identify and deal with the infestation in privately owned trees. One simple recommendation is to carefully inspect trees on your property, and if you see any small holes through the bark you can take a thin wire and poke it in and around inside the tree, and quite possibly kill any pests that might be living there.

**If you're like me...  
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## Budget 2013 builds on Alberta's strengths

By the Honorable Dave Hancock,  
MLA, Edmonton Whitemud



Budget 2013 delivers responsible change for Albertans. It strikes a balance between delivering for Albertans today, and ensuring success for Albertans 20 years from now when five million people will call our province home.

Budget 2013 is a big step in the direction we need to go as a province. As we continue to feel the impact of the bitumen bubble, our budget will maintain our investment in core programs and services, while putting us on a path to spend smarter, live within our means, and work on expanding markets and getting higher prices for Alberta's resources. We will not raise taxes, but instead challenge every dollar government spends through results based budgeting and holding the line on salaries for public service

managers and MLAs. We have embarked on some important and necessary structural change to government and our choices are focused on ensuring Albertans continue to receive the outcomes they expect.

We know Albertans expect us to save in good times and in bad. Budget 2013 will introduce an annual, legislated savings strategy for the province. Under our new savings plan, the province's total savings in various funds – including the Heritage Savings Trust Fund – will grow to more than \$24 billion over the next three years. This will ensure we're leaving a legacy for future generations.

Albertans also told us to continue investing in needed infrastructure. The province will invest \$15 billion into infrastructure projects over the next three years, including \$5.2 billion this year. We will continue building Alberta by investing in

the schools, health facilities and roads needed in our communities and that will help our economy grow.

This budget builds on Alberta's strengths, our strong economy and our ability to stand tall in the face of challenges. It's a responsible plan that will chart the future course of our province, ensuring the tough decisions we've made today bring prosperity for future generations.

I encourage you to read more about Alberta's provincial budget at [www.budget2013.alberta.ca](http://www.budget2013.alberta.ca) and to forward me your comments and suggestions at [dave.hancock@gov.ab.ca](mailto:dave.hancock@gov.ab.ca).

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# Health/Wellness

## Using an anxiety ladder to step down from your stress

By Kristine Aanderson, Registered Psychologist

Rejuvenation Health Services at the Terwillegar Recreation Center

We all live with anxiety of some kind. It ranges from feeling nervous before a big presentation at work to not being able to leave the house. Even low levels of anxiety can drain the richness out of our lives.

Don't you wish there had been a course in High School about learning the skills to manage things like anxiety? I've never used trigonometry – but I sure could have used skills to help with my test anxiety! We have all heard of the basic skills – deep breathing, imagine a happy scene, etc. but how do you use them?

I've learned that not every skill fits for every problem – and often when anxiety gets a chance to get going, it often is harder to stop. So I developed the anxiety management ladder. It is a way to match the problems that you have with the skills that can help you to manage them and ways to identify anxiety at it's earliest, and address it right away instead of ignoring it.

1. First, take out an empty sheet of paper and draw a table that is 10 boxes long and two boxes wide.
2. On the top of the first box write, "When I'm anxious I feel...". These may be feelings (dread), thoughts (I'm going to screw up) or body sensations (tingling in fingers). Number the boxes 1-10, with 1 being the least anxiety and 10 being the most and write in each thing you feel when you are anxious.
3. On the top of the second box write, "So I will...". These are things that you already do to help you feel more relaxed, or things you have always wanted to try. Across from each feeling, write in something that might help counteract that specific thing. "Tightness in chest" may be helped by breathing or stretching, or "Thinking I'm going to screw up" may be helped my looking at the evidence of all the times when similar things have worked out well.
4. Then practice when you feel things in the first column, doing things in the second column.

This is called the anxiety ladder because using the specific skills in specific situations can help you 'climb down off the anxiety ladder'.

Here are some examples of anxious feelings and strategies you may have in your ladder:

1. **Trouble focusing:** Stop what I am doing, take a break to focus on one thing (sipping a cup of tea) and then go back to the task.
2. **Like I am going to fail:** Remind myself of all the times when I have been successful and tell myself that there is no reason for this time to be different.
3. **Tightness in my chest:** Practice square breathing. Taking 5 seconds to breathe in, 5 seconds of holding the breath, 5 seconds to exhale, 5 seconds holding the breath out.

If you need help completing this or would like ideas on what to do when you feel anxious, please do not hesitate to call our office and book an appointment.

About the author ~ Kristine is a Registered Psychologist who runs a private practice called Aanderson Counselling at the Terwillegar Recreation Center – through Rejuvenation Health Services. She specializes in working with bullying, eating disorders, depression/anxiety and addictions – 780-431-9623. [www.i-listen.ca](http://www.i-listen.ca)



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## Setting a Fitness Deadline

By Jessica Zapata, BSc. Kin, CSCS, STOTT Pilates

Co-founder of Infinite Fitness

Busy – the English language's most overused word that really doesn't mean much of anything. Everyone's busy. We practically compete with each other about how busy we are. You are likely *way to busy* to exercise.

Ok, let's be honest, none of us are really *that* busy. We all have an extra 20 to 60 minutes to which we could add a bit of activity to our life. And it really doesn't take any longer to make a healthy versus unhealthy meal choice. What it truly comes down to is priorities and deadlines.

Give yourself a deadline and you'll likely hit it. Depending on your personality, you might just make it in time with only seconds to spare but you'll do it. It's time to set a *Fitness Deadline*. Here's how it's going to work:

1. Schedule it in! Make your workout a meeting in your day timer. One that is just as important as any other meeting you may have, including doctor and dentist appointments, business dinners, etc. If others want to meet during that time, tell them you have another meeting. They don't need to know any more details.
2. Don't minimize it. It's not "just a workout". It's time to focus on you and improve yourself - mentally, physically and maybe even socially.
3. If you don't know where you want to go, how are you going to know how to get there? Write down your goals, make them mean something to you and then make a plan of action!
4. Share your plan with others. Hire a Personal Trainer; workout with a friend; let Facebook know what you are doing. You need to let others know what you are trying to achieve and that you may need a bit of support.
5. Reward yourself! We like to celebrate – whether it's a big or little thing. So start rewarding yourself when you have stayed true to your plan. Pedicures, massages, tickets to an event, a new outfit/bag/earrings/etc.; all ideas to use as little rewards. Set up rewards as often as weekly and no less than monthly.

Finally, keep in mind that nothing happens overnight - you won't be able to transform your fitness level that quickly either. But with a little dedication, commitment and perseverance, it will happen!

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\* As our clients vary, so do their results. † See in store for details, certain conditions apply. Offer valid on weight loss personal coaching services for new contracts for a 1 year program. Not valid with any other coupons, specials or promotions. Must first meet eligibility criteria to be accepted into a program. Costs of products and food selection guide are additional and at regular prices. Offer available until May 5, 2013. Herbal Magic © 2013. All rights reserved.

**Check www.terwillegar.org for information on the spring and summer green shacks coming to our community!**

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# Health/Wellness

## Your body for life: tips to bounce back from injury

By Faith Grant, Rejuvenation Health Services

If you've ever been injured in an auto accident or experienced a painful sports injury – you know how the road to recovery can sometimes be long and exhausting. It's no accident that successful rehabilitation programs that get you back on the track, ice, or trail as soon as physically possible cover off some important aspects of pain management and sports injury recovery.

There are 4 things any successful rehabilitation program should have: Early Intervention, Specialized Support, A Customized Plan and Celebration of Success:

### Early Intervention

Early intervention serves a number of purposes. First, it can sometimes shorten recovery time by reducing the inflammatory response to injury. Second, you'll learn to manage your pain at any early stage – before it escalates to an unmanageable level. And third, early intervention can sometimes help you avoid aggravating the injury (if you have a sports injury) or stress on a painful area.

### Professional Practitioner

Ignoring the signs and symptoms of serious pain is never the best option. A professional practitioner has the knowledge and experience to help you manage your pain. Ask your family doctor to refer you to a specialist that has experience in dealing with your specific type of injury. Physiotherapists, Sports Medicine Doctors, Personal Trainers, Registered Massage Therapists, Kinesiologists and Exercise Therapists are just some of the advanced supports that are available and most are covered by Alberta Health or your work health benefits. There are also holistic options available, such as Reflexology, Acupuncture and Traditional Chinese Medicine that are proven to get rid of chronic suffering.

### A Customized Plan

Together with your practitioner, you can develop a rehabilitation plan tailored specifically to you and your injury with the goal of reducing or eliminating pain, restoring movement and flexibility, increasing strength and returning you to your regular activities.

### Celebrate Success

When you're hurting, even small, incremental progress can make you feel better – and should be celebrated! It means you may be one step closer to a full recovery. Keeping your mental health in mind as you work towards a pain-free life is an important aspect of any recovery plan.

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

## Four powerful ways to recognize and reward others

By Kamran Akbarzadeh, PhD, Founder of Dream Achievers Academy ([www.DreamAchieversAcademy.com](http://www.DreamAchieversAcademy.com))

In their book, *The One Minute Manager*, Ken Blanchard and Spencer Johnson noted, "People who feel good about themselves produce good results." An exemplary leader recognizes and rewards his or her people in such a way that they feel good about themselves.

Recognition and reward are either tangible or intangible, and they both have a great effect, but remember not to be bound just to tangible rewards. People appreciate intangible recognition when it comes from the heart.

You can recognize and reward people in four ways.

### 1. Tell them.

People always remember and share the good things that others have said about them. Verbal recognition does not need to be long. Short yet meaningful and powerful statements that come from your heart are sufficient to tell people that you feel good about them and you appreciate their presence in your organization. Statements like "Thank you, you are one of the highly valued members of my team," "Your leadership is exceptional," "You are so creative," "Way to go, my friend," and "You have impressed me with your performance" are examples of verbal recognition. It is recommended, however, that you spend more time with the person whom you'd like to recognize and tell them specifically which action, quality, or behavior you liked about them. People appreciate more detail when it comes to positive points and recognition.

Verbal recognition is helpful when you want to encourage the person to do even better next time, but never criticize while recognizing someone because it diminishes the effect of the recognition. If you want to indicate some points of improvement, you can do so by providing constructive feedback, but it should not be combined with verbal recognition. In constructive feedback, you start with two or three positive points and then mention points for improvement. In terms of recognition, on the other hand, you focus only on what was done right.

Always be generous with your verbal recognition when you know that someone is worthy of praise, but be careful not to go too far as it may lose its impact and authenticity in the eyes of the person you are recognizing. The main point is to be sincere, authentic, and passionate during your verbal recognition.

### 2. Write to them.

A handwritten note of appreciation, a formal letter of recognition, a brief note of recognition in the organization's newsletter, and even an e-mail are effective ways of conveying your appreciation to the individual or team you want to recognize.

When you are preparing your written recognition, remember to use words and phrases that are positive and powerful. Mean what you write and write what you mean. In your recognition note, mention what you liked about their performance, qualities, and/or behavior that made you write to them and thank them. Written and verbal recognition can be combined to create an even stronger impact. Depending on the situation and person, you may choose written recognition or a combination of written and verbal recognition.

### 3. Show them.

You can show your appreciation through your body language, facial expression, emotions, behavior, and actions. A pat on the back, a warm handshake, a meaningful smile, sincere eye contact, a thankful hug, respectful behavior, and an act of kindness are ways you can demonstrate your recognition.

Typically, this form of appreciation is combined with verbal recognition so that the individual knows the precise reason for recognition especially if you always behave in the way mentioned above. Note that people easily distinguish slight differences in your behavior with them. Therefore, when you want to show your appreciation, really mean it and put some more love and positive energy in it.

When you want to show your appreciation, really mean it and put some more love and positive energy in it.

### 4. Present to them.

You present your gifts of appreciation to the recipients to convey your recognition through tangible rewards. You can present a gift card, a certificate of appreciation, a placard, lunch out, a day off, a raise in salary, or a promotion in responsibility. It should be noted that the types of gifts and their values depend on the extent of service that recipients have rendered to the organization. The monetary value of tangible rewards should be sufficient for people to feel proud to receive them. It is recommended that you present rewards to your people in public—during weekly meetings, organizational events, or annual gatherings. This way, others become aware that you are giving out awards and why, and they will be encouraged to make an effort to become eligible for a reward in the future or to recognize and reward others for what they have done.

In deciding about the type of recognition and reward for individuals or teams, do your best not to compare one individual with another or one team with the other. Rather, weigh their performance against their capacities, qualities, and behaviors and determine whether they are supporting the organization in fulfilling the vision and, if they are, to what extent.

**Happy rewarding!**

# Coming Events

**Weekly: Please contact organizer for details**

**Southwest Edmonton Seniors Association (SWESA)**  
**Pickleball**, Every Mon., Wed. and Fri. 1:00-3:30 p.m. at TCRC  
**Bridge**, Every Thurs. 12:30-3:30 p.m. at Riverbend Community Centre

**Terwillegar Playgroup:**  
 Every Thurs., 9:30 - 11:30 a.m. at Holy Trinity Riverbend Church

**Events:**

- Apr 17:** TRAC AGM
- Apr 20:** 2nd Annual Edmonton Youth Talent Show
- Apr 27:** TCL I'm Too Big For It Sale at Terwillegar Community Church at Terwillegar Community Church 10am to 1pm
- May 8:** Submission deadline for Terwillegar Tribune
- May 15:** Farmers Market Grand Opening for 2013 Season
- May 25:** Terwillegar Community Church Spring Carnival
- May 26:** TRAC 10K
- June 3:** Next issue of Terwillegar Tribune released
- June 12:** TRAC meeting
- Aug 12-16:** Terwillegar Community Church Spring Carnival

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

Terwillegar Tribune Upcoming Deadlines	
Advertising Deadline	Released
January 9	February 4
March 13	April 15
May 8	June 3
August 21	September 17
October 30	November 25



**I'm Too Big For It Sale**

**Check Out Our New Location Terwillegar Community Church!**

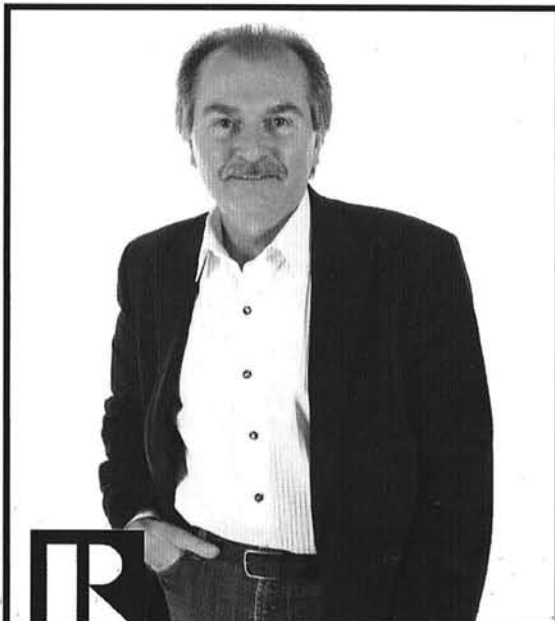
Terwillegar Community League's Semi-Annual Sale

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**When:** Saturday April 27 from 10am - 1pm  
**Where:** Terwillegar Community Church  
 1751 Towne Centre Blvd NW


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# The New Dental Centre at Riverbend Square

Dr. H. Sekhon, DMD, MSC

Welcome to Dr. Sekhon's Dental Centre! We are happy to announce the opening of our dental clinic at the former Blockbuster location adjacent to the Riverbend Edmonton Public Library.

**So, who are we?** We are a practice that loves to spend time with our patients. Our primary focus is to spend time with you in order to understand and address your concerns. To do so, we are committed to continual learning that allows us to educate our patients - not only in relation to their oral health, but in the connection it has to their overall well being; who would have thought that snoring and TMJ would be connected?

Our goal is to ensure that your visits are not only comfortable but respectful of your time, schedule, and active life style. To this end, we are committed to:

- on-time scheduling with a dentist who runs on time
- appointments that fit your busy schedule, with early morning and Saturday appointments
- same day emergency appointments – we are here when you need us
- offering you a caring team that is experienced with anxious patients

If you presently have a dentist that you are happy with, we hope that you find this information helpful. If you are looking for a dentist, we would welcome the opportunity to have you join our dental family. Please feel free to call or visit us for an introduction to the office and the services we offer.

\*All services provided by a general dentist.

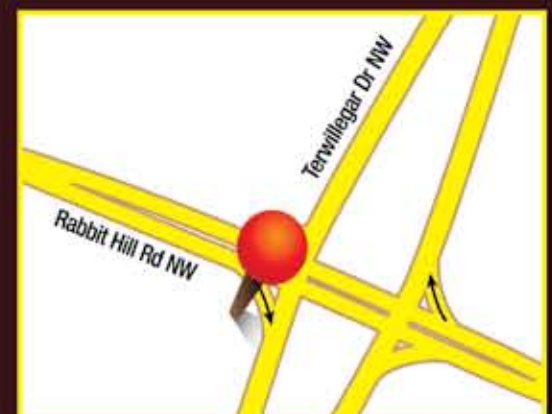


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Name #1: _____	Date: _____
Name #2: _____	<b>Membership Type:</b>
Address: _____	Senior: <input type="checkbox"/> Single: <input type="checkbox"/> Other: <input type="checkbox"/>
Postal Code: _____	Adult: <input type="checkbox"/> Family: <input type="checkbox"/>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

**Terwillegar  
Community League**

**Terwillegar Community League memberships are also available online at [www.terwillegar.org](http://www.terwillegar.org)**

**Membership Fees:**

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

**Memberships expire annually  
Aug. 31.**





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.

**Times are subject to change. See [www.terwillegar.org](http://www.terwillegar.org) or call 311 for details**

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

Terwillegar Community League has a new mailing address:  
5970 Mullen Way PO Box 36508 McTaggart PO  
Edmonton, AB T6R 0T4

**How to volunteer this spring:**

- Help raise money for our parks by assisting with fundraising events like the door to door campaigns.
- Find a friend to team up with you as TCL's new Fundraising Director and Fundraising Aide and help plan some lucrative fundraisers.
- Join Neighbourhood Watch and make your neighbourhood safer.
- Help a neighbour with their Spring yard clean up.
- Help out with the programs offered by your local school.
- Write or take pictures for your community paper! Contact our Editor at [editor@terwillegar.org](mailto:editor@terwillegar.org)
- Set up, take down or work the big items room at the Spring I'm Too Big For it Sale.

Contact our Volunteer Coordinator at [volunteercoordinator@terwillegar.org](mailto:volunteercoordinator@terwillegar.org) for more information on how you can help support your community! We cannot do it without you.

# How to contact the Terwillegar Community League

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

- President — James Richardson, [president@terwillegar.org](mailto:president@terwillegar.org)
- Vice-President — Joe Ahmad, [vicepresident@terwillegar.org](mailto:vicepresident@terwillegar.org)
- Treasurer — Monte Weber, [treasurer@terwillegar.org](mailto:treasurer@terwillegar.org)
- Secretary — vacant**
- Memberships — Jennifer Dalle Ore,  
[memberships@terwillegar.org](mailto:memberships@terwillegar.org)
- Programs — Marc Lachance, [programs@terwillegar.org](mailto:programs@terwillegar.org)
- Program Aide — vacant**
- Community Advocate — vacant**
- Community Advocate — Scott Riddell,  
[advocate@terwillegar.org](mailto:advocate@terwillegar.org)
- Editor — Mandy Jones, [editor@terwillegar.org](mailto:editor@terwillegar.org)
- Webmaster — Alison Cairns, [webmaster@terwillegar.org](mailto:webmaster@terwillegar.org)
- Communications — Stephanie Gillis-Paulgaard,  
[communications@terwillegar.org](mailto:communications@terwillegar.org)
- Fundraising — vacant**
- Fundraising Aide - vacant**
- Volunteer Coordinator - Terri Saunders,  
[volunteercoordinator@terwillegar.org](mailto:volunteercoordinator@terwillegar.org)
- Community Garden — Steve Johnson,  
[garden@terwillegar.org](mailto:garden@terwillegar.org)
- Neighbourhood Watch — Enza Fata, [watch@terwillegar.org](mailto:watch@terwillegar.org)
- Directors at Large: Gurleen Bal-Sra (South Terwillegar)  
Kelly Jeffrey (Mactaggart)  
Michelle McWilliams (Magrath)
- Executive Director - Mandy Jones,  
[executivedirector@terwillegar.org](mailto:executivedirector@terwillegar.org)

## Terwillegar Classifieds

**NEED AN ELECTRICIAN?** Call Rob - Master Electrician @ 780-433-3837. Residential electrical work including Service Changes. Reasonable rates.

**ANNUAL SPRING GARAGE SALE** - Saturday, May 11th - 9am till 3pm  
Southminster-Steinhauer United Church 10740-19 Ave, Edmonton

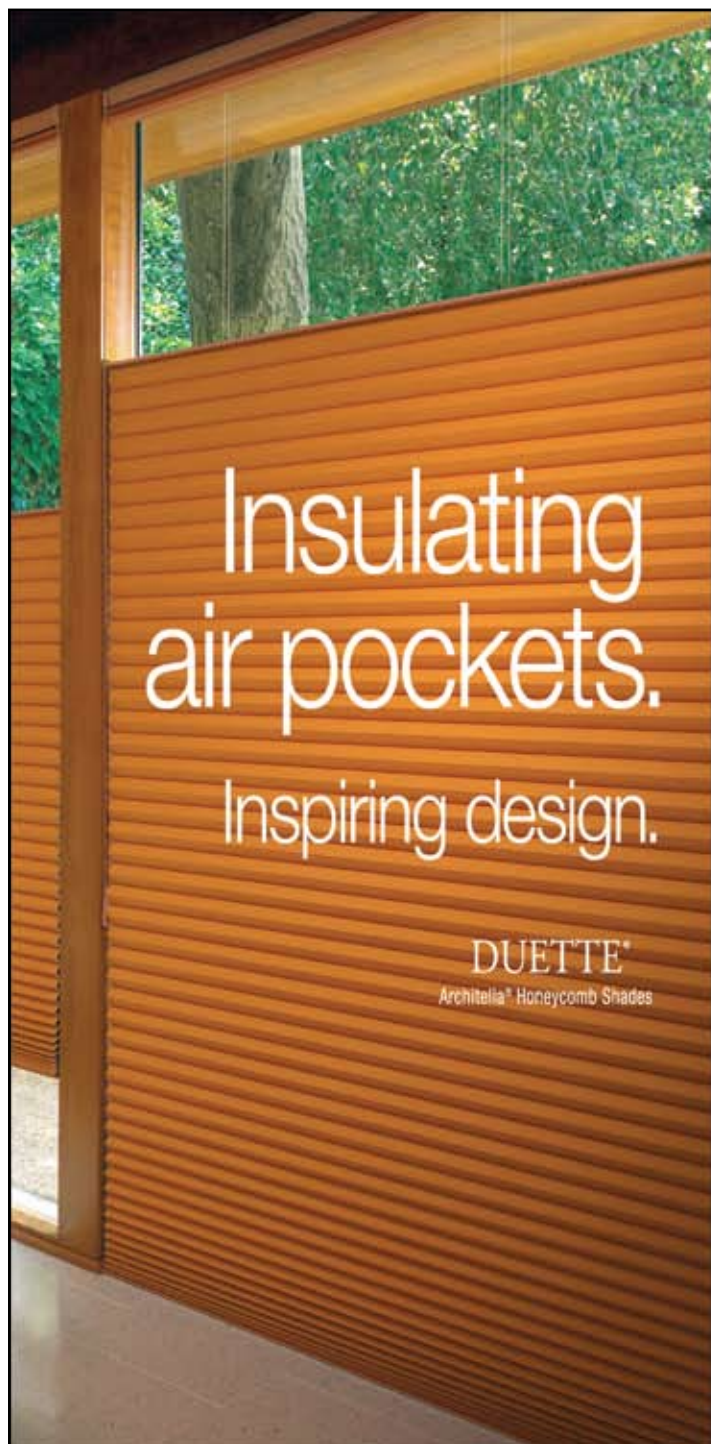
**HOLIDAYS!** We provide house checks for your home. We take in the mail, water plants, feed pets and cut grass.  
**Custom Home Watch** - 780-992-2275

*Classified ad - \$12 for 25 words or less!  
Send to [editor@terwillegar.org](mailto:editor@terwillegar.org)*

### Are you interested in:

- Meeting New People?
- Helping plan resources in our community?
- Strengthening our Community Spirit?
- Join our Community League!
- We will help you find a role that interests you.
- [volunteercoordinator@terwillegar.org](mailto:volunteercoordinator@terwillegar.org)

**Want to join the Terwillegar Community League Board?**  
Contact James at [president@terwillegar.org](mailto:president@terwillegar.org)



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