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www.terwillegar.org

Issue 48 September 2013

Next submission deadline:

October 30

Next issue: November 25

Terwillegar Community League AGM
Wednesday November 27, 2013
7:00pm

Terwillegar Community Church (1751 Towne Centre Blvd)
Visit our website: www.terwillegar.org for more information

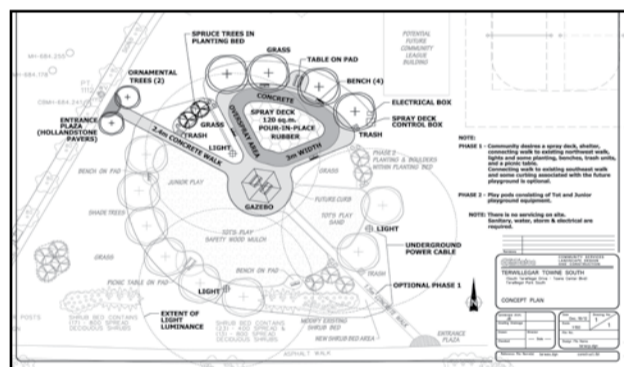
South Terwillegar Spray Park scheduled for construction

By Monte Weber, Treasurer, Terwillegar Community League

As many of you know TCL has been working on building the South Terwillegar Spray Park and Playground for the last couple of years, and the time has now come that we start to see some of the benefits to all the efforts put in by the numerous volunteers and hundreds of supporters. While we are happy to announce the start of construction, due to the substantial costs to build the project it had to be split into two phases. Phase 1 will include the spray park and gazebo and Phase 2 will include the playground (both phases will include paths, benches, picnic tables, trees, etc). Phase 1 will begin construction the week of September 16, which will allow for the spray park to be open in the summer of 2014.

While good news and something that hundreds of people in our community will enjoy next summer, we are still substantially short of funds to complete the project. To see how you can help support the next phase by volunteering for fundraising, donating, or just to provide feedback on the project please email spraydeck@terwillegar.org or call 780-231-6114. The donation slip and instructions are also able to be found in this newspaper as well as online at www.terwillegar.org. Donations over \$20 are eligible for tax receipts and donations over \$250 are recognized on the park plaque.

Curious about the spray park design? Turn to page 9.



Visit www.terwillegar.org or join our Facebook page - Terwillegar Community League for updates.

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Community

Board volunteerism - how to join a board

By Joe Ahmad, Vice President, Terwillegar Community League

Serving as a board member is one of the most challenging and rewarding of volunteer assignments. While appointment or election to a board is an honour, board members have important legally required (fiduciary) duties, including duties of care and loyalty.

As a result, one would follow the maxim "Caveat Emptor" – a Latin phrase meaning 'Let the buyer beware.' To show 'due diligence' that one was serious about the commitment one was about to make as a board member, one would adopt a 3-Step process:

STEP 1: One would seek background information to get a useful overview of the organization, the board's work and the responsibilities of the board members. For example, this would include:

- Organization's annual report
- The most recent audited financial report
- The long-range program and financial plan
- A list of current board members and their responsibilities
- The organization charts for the board

and the staff members if any

- The organization's newsletters, brochures, publications and news items

STEP 2: One would then ask questions of the President/Chair/CEO, and other board members regarding:

- Organization's Programs
- What is the organization's Mission?
- How do its current programs relate to the mission?
- Does the organization have a strategic plan that is reviewed on a regular basis?
- Organization's Financial Plan
- Is the financial condition of the organization sound?
- Does the board discuss and approve the annual budget?
- Whom does the organization serve?
- Are the organization's members satisfied with services?
- Structure and the Operation of the Board
- How is the Board structured? (Committees and sub committees)?
- Are there descriptions of the responsibilities of the board

members?

- Does the organization have director's and officer's liability coverage?
- Does the organization provide opportunities for board development and education?
- What is the board's role in fund-raising?
- How do the board members interact with each other and other community organizations?

STEP 3: Finally, one would evaluate one's own interest by asking questions: Self Evaluation

- Am I committed to the mission of the organization?
- Can I contribute the time necessary to be an effective Board Member?
- Am I in a position to place the organization's purposes and interests above my own professional and personal interests when making decisions as a Board Member?

If your answers to these questions are "yes," then you might want to consider joining a board. Terwillegar Community League Board is seeking members like you!

Get Involved!

Terwillegar Community League is looking for a: Fundraising Director, Secretary, Neighbourhood Watch Coordinator and area reps to join the board.

If you are interested, contact James at president@terwillegar.org.

Terwillegar Community Parks Donation Form

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

Included is my cheque for:

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

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

You may be contacted by phone for further details.

Which Park would you like your name at?

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.

Community

Presidents message

Hello Terwillegar Community League Members and area residents,

As the volunteer President of the Community League that represents 1,400 members and more than 18,000 area residents / 7,700 households, I would like to take a moment to articulate what TCL is doing with regard to the proposed housing development.

In addition to the fundraising, planning fantastic new neighbourhood amenities and upcoming community events, our volunteer board needs to carefully consider the next steps that the Terwillegar Community League will take. As a member organization we are accountable to our membership and our actions must be representative of what our members want and the broader community interests. With a large membership (twice as big as the next biggest league in SW Edmonton) and a large area population, building an understanding of what the entire community wants is no small task. Both Terwillegar Towne Homeowners Association (TTHOA) and Terwillegar Gardens Homeowners Association (TGHOA) have undertaken surveys of their own membership (those area homeowners) and TCL will hear about their results in good time. Area residents must understand that those surveys were designed, delivered and undertaken solely at the discretion of the respective homeowners associations to poll their own members. Even when adding those two areas together, we have not hit 50% of the area population yet.

Designing a survey, holding a community vote, or undertaking other approaches to get a measure of what everyone (or at least a statistically reliable random sample) in our community thinks/wants / understands is not an easy task and one that must be carefully designed, planned and executed. Some approaches are not without costs and TCL cannot incur significant costs outside of our budget without the official approval of our members. We have seen several groups form over the past few weeks including those that are against the project, those that support the project and various increments between those two polarities. The Terwillegar Community League has a mandate to advocate for the interests of area residents on issues and initiatives related to building community - and this advocacy role cannot be duly discharged without an accurate and defensible understanding of exactly what those community interests are. This has been the position of the TCL Board and will remain the approach that we take going forward. It is consistent with our bylaws and our mandate. I have mentioned before, TCL is a volunteer organization and historically one that has rarely had a full complement of board members. It is no different today. A review of the website will show the reader how many positions are currently vacant. We are always looking for volunteers and those that are interested in serving as board members. In fact, the TCL Annual General Meeting will be occurring later this fall (Oct / Nov) and will be a great opportunity for interested individuals to be duly elected into a position that suits their desire to contribute further.

To date, TCL has worked very hard to ensure that league members and area residents have been kept informed of the facts, developments and contacts related to the proposed development as soon as it has been possible to do so. It is very important to point out to those that attended the August 22 JPHAWC community information session that there were no previous arrangements with Jasper Place Health and Wellness (JPHAWC) to post any of their follow up information on our website after the meeting. TCL has subsequently committed to posting a link to JPHAWC's website at www.terwillegar.org and on our Facebook page once JPHAWC supplies it to us. This approach serves to keep league members and area residents informed and reflects the resources we have available to dedicate to our communication activities.

NEXT STEPS:

- Several of the stakeholders have asked to meet with TCL in the coming weeks. As time permits and the situation warrants, these meetings will be held and TCL will communicate the outcomes of these meetings with league members and area residents through our website and other communication channels as appropriate.
- JPHAWC has stated that they are planning additional community

information sessions. Once times and dates are known, they will be publicized to the community.

- When JPHAWC has any further information updates to share with our community, TCL will post a link to JPHAWC's website where that information can be easily found by community residents.
- Bishop Jane (leader of the Edmonton Diocese that owns the land) has stated that she believes that it is important to further engage the community and she believes that August 22 was only the beginning of the engagement process. TCL will assist in the facilitation of further community engagement.
- TCL will not be entering into any agreements (i.e. good neighbour agreements) without a mandate to do so from our members - one approach could be seeking direction from our members at our upcoming AGM this Fall.
- In the near term, TCL will continue to fulfill an impartial facilitator and path finding role (as we have been doing for the past couple of months) until such a time as there is a clear mandate from the entire community to move in a specific direction. In the meantime, as a neighbour and a fellow citizen of this planet I would encourage everyone to discuss, debate, and act in a respectful and civil manner. I am a firm believer in free speech and freedom of belief / opinion - and I also believe that one person's right to believe what they believe is exactly equal to another person's right to hold their own beliefs sacred too. We can disagree and we can be civil. We can take this as an opportunity to continue to build our community as one that embraces diversity of opinion, thought and belief and we can move forward as an example of how a mature society works through challenging issues. That is a community reputation that we can all be proud of and allow us to be true to our own beliefs.

This is the beginning. There is much work to be done by many different people and parties. TCL will work hard to make sure that members and area residents remain informed of the facts and developments as they occur and our volunteer resources permit us to share in a timely manner.

Let me also take this moment to plug the other things that TCL is doing for our community:

- Another successful summer of greenshack programs in two locations
- Casino with great volunteers that has raised a tremendous amount of money for Terwillegar Community League capital projects
- Halloween fireworks
- South Terwillegar Spray Park / Playground build scheduled to begin in spring 2014
- Other exciting events and initiatives that will be posted on our website / Facebook page and community signs

Watch our website, Facebook page and community signs for updates on community activities and we hope to see you there!

The Terwillegar Community League is working hard to continuously build a better community for the enjoyment of all. Thanks to all of our volunteers and supporters in the community.

Sincerely,

James P. Richardson
President, Terwillegar Community League
On behalf of the Terwillegar Community League Board of Directors.

Visit www.jphawc.ca for more information on the project.

**TCL will provide updates as they become available:
www.terwillegar.org**

Community

Kids helping kids - hot dog sale wrap up



By Jenn Gilliard

This past June, five friends from Monsignor William Irwin school shared their passion for helping others by holding a fundraiser. Elle (Gr.2), Keira (Kindergarten), Dolce (Gr.2), Ava (Gr.2) and Sydney (Gr.2) raised nearly \$2000 for Pediatric Neurosurgery Fund.

What was the outcome of the fundraiser, you may ask? Following the efforts of the girls, with the support of their parents and several very generous donations, the event was hugely rewarding. FOUR children were able to go to Camp Everest.

According to their website, Camp Everest is a camp for children between the ages of 7-17 and have had brain or spinal cord surgery at the Stollery Children's Hospital. It is a fun filled weekend with other children who have had a similar experience.

This is the 3rd fundraiser from this group of girls. It was a fantastic day full of friends and family, folks from the community and one goal: to raise money for sick kids. The girls well surpassed their goal, which was \$1000. Through donations,

selling hotdogs, paintings, homemade cards and raffle tickets, the girls had so much fun. A big thank you to Cold Stone Creamery Windermere, Michaels South Edmonton Common and Beaners Windermere for prize donations.

A huge thank you to everyone for coming and donating to this worthy cause. The event was covered by a local CTV reporter as well. This added "press" coverage was wonderful and added to the excitement for everyone.

We'd love to hear what else is going on in the community.
editor@terwillegar.org

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Community

Support the Food Bank at the Farmers Market

By Trisha Mickelson, SWEFM Volunteer and Sheri Hendsbee, SWEFM Board Member

Are you one of those people who thinks “I want to be more involved in my community”, but then hesitate because you are not sure where to start, or if you are quite ready for another time commitment in your life? I have found a great way to start participating more in my community without having to make that commitment. Supporting our local Southwest Edmonton Farmers’ Market (SWEFM) benefits our neighbourhood and Edmonton, while enhancing the lives of our families and ourselves. Just visiting the farmers’ market keeps you in touch with friends and neighbours, and makes you a part of the pulse of the community. This is a vibrant way to meet people, make new connections with local residents and businesses, learn about and discuss local issues, and just get out and enjoy the area in which we live.

By purchasing a product from one the vendors, you make a vote to keep the farmers’ market running in our community. But more than that, you are supporting local food growers and artisans, and keeping your hard earned dollar close to home. Keeping local producers in business strengthens the local economy in many ways.

Eating local provides your family with more nutritious food, because it is purchased and consumed closer to the location in which it is grown. It is fresher and more flavourful. Take advantage of the growing season we do have and make meals with fresh, colourful, tasty ingredients. Most of the vendors use very clean or organic growing methods as well.

Until this year, I was unaware that the Edmonton Food Bank also welcomes fresh food donations! Plant a Row, Grow a Row is a nationwide initiative that collects fresh produce for local food banks. It encourages residents to plant a row of vegetables in their home gardens in the spring, and then to harvest and donate those vegetables to their local food bank in the fall. On September 18, 2013, SWEFM is hosting its Annual Harvest Festival. This means that the Food Bank will be on location, with their truck, at our market to collect the produce that you have harvested from your gardens. And because this is happening at the farmers’ market, it is easy for non-gardeners to participate as well. Just purchase fresh produce at one of the vendors, and then donate your purchase to the food bank, on-site.

This is an opportunity to contribute to a cause that benefits all of Edmonton. It is a personal, unique, and meaningful way to be involved in your community. Through Plant A Row, Grow A Row, we can provide healthy, fresh, nutrient-dense items to help those who are in need of good quality food. The Edmonton Food Bank then works with their clients to show them how to use this fresh food simply and easily. It also supplies much of the fresh food that organizations like The Hope Mission and the Salvation Army use to feed their clients.

Here are a few tips to guide you in making your Food Bank donation:

1. **Storability** is important if your donation is going to last in the cold storage rooms at the food bank. Root vegetables with a long storage life like potatoes, onions and carrots are valuable.
2. **Cooking ease** is important. Food bank clients need foods that are simple to cook. These can include potatoes and carrots, which are easily boiled. Or cucumbers, carrots, lettuce, tomatoes and apples that can be eaten raw.
3. **Keep it fresh.** The food bank would love to see items like lettuce, tomatoes, beans and peas, despite their short shelf life. Please be sure to pick these the day of the market... or the night before at the earliest, and store them in a cool, dark location before delivering them to the Food Bank volunteers at our market.
4. **No baking required.** The Food Bank has requested that we not donate fresh foods that need to be baked or canned, as this is beyond the means of most of their clients. Unfortunately that means no crab apples or rhubarb.

Turnip to the Southwest Edmonton Farmers’ Market on September 18 and witness the excitement as we see what has been grown and how much food our community can collectively raise, purchase and donate to the Edmonton Food Bank at its Harvest Festival. Harvest your vegetables, plan your donation, and *lettuce* help feed our community together!

Be sure to visit the Southwest Edmonton Farmers’ Market every Wednesday (rain or shine) until October 2nd, 2013. The market runs between 4:30pm and 7:30pm and is located at the Terwillegar Community Recreation Centre. For more information visit www.swefm.ca or contact Melisa at 780.868.9210.



Community

Creativity thrives at Create The New School

By Claire Schneider, Terwillegar Contributor

Photography, Design, Business, Fine Art, Music – Create The New School is a new venture right here in Edmonton geared towards creative types interested in and passionate about all of the above! Two busy mothers balancing family with their passion for creativity, Amber Reid and Jenn Duby founded Create and Instruct as well. Both possess impressive credentials; Amber is a newborn and maternity photography specialist with over ten years' experience in the photography industry. Having had the opportunity to learn from Ana Brandt, she has also studied at University of Saskatchewan and the Emily Carr Institute in Vancouver. Jenn holds Masters and Bachelors Degrees in Design from the University of Alberta & Medicine Hat College respectively. She is a primary instructor at the University of Alberta and is also a practicing design professional.

Create has three focuses:

1. Inspiring Beginners to Explore: Whether you have just bought a new camera or want to learn about colour psychology, the introductory classes are great for beginners to learn and explore their creativity.

2. Inspiring Professionals to Grow: Skill-building workshops in this category enable professionals to refine their craft and learn more about their profession while doing what they love.

3. Connecting Creatives with Business Knowledge: Those in creative fields (musicians, photographers, designers, fine artists, dancers etc.) have a considerably higher rate of self-employment as compared to other professions. These workshops provide the business complement required to succeed and include topics such as accounting, write-offs, marketing and printing.

In addition to online resources, Create features local instructors who provide insights indigenous to Edmonton. The workshop/seminar format is ideal for those who cannot commit to a 9-5 education or a full-semester schedule.

Busy getting ready for Fall, Create is offering 29 workshops this season alone (September through December) in various locations across Edmonton. To check out the Fall workshop lineup and learn more about Create, visit the website: www.createthenewschool.com. Registrations are now being accepted! Live. Learn. Create.

Soccer coach teaches more than just sports

By Terri Saunders, Terwillegar Contributor

TRSA soccer coach Len Wong, is one of many community volunteers that make that special effort to contribute to our community – and he does it with his own unique twist. He has coached for 7 seasons and sees community sport as an opportunity to teach more than just sports. This year, while coaching U10 girls soccer, he made sure to incorporate lessons of fun, trying your best, respect, and giving back to the community.

In a world where sport players and fans can get quite serious, Coach Len recognized that having fun was an important aspect. He incorporated this not just within the game itself, but also with themes such as “Crazy Hat Day” or “Canada Day,” with noise makers at games, and by organizing a parents versus kids game.

Coach Len feels that with community sport, you can be fun and silly, while still taking your sport seriously.

Trying your best is always an important lesson to teach youth, and what better way than through sport? Coach Len recognized those players that tried the hardest by having an “Eye of the Tiger” award after each game. He also provided an “Ironlen” award for those kids that made it to every game and practice. This award recognized the players' commitment to the team, as well as that they were able to stay injury and illness free.

One aspect that is apparent in martial arts classes, but not so much in community sport is respect for elders. Coach Len incorporated this idea into soccer – he had the teammates thank and show respect for the parents and referees by saluting or bowing at the end of each game. This was also extended to opposing teammates and helped establish the concept of gratitude towards those that contributed to their enjoyment of the sport.

Contributing to the community is not a new concept in community sport, but it is one that Coach Len was sure to carry through with his teams. He organized a sports equipment drive on June 3 with one team and food bank drive on June 26 with another. While many have chosen to donate equipment to third-world countries, Coach Len chose Brick Sports Central. “I knew that many kids in Edmonton don't get to play sports because their parents cannot afford equipment.”

Thanks to Coach Len, some players have experienced so much more than kicking and scoring during their soccer season. He encourages coaches of all sports to consider coaching alternatives and provide the richest experience possible for all our community players.



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Local Schools

Get to you know your School Trustee candidates

By Catherine Ripley, Trustee, Edmonton Public Schools

For the last six years you have allowed me to serve you in the most important elected public official role of all – that of, public school trustee. Decisions made at the Board table on policy, priorities, funding allocations and capital planning affect all Edmontonians – whether or not you have children attending school. Why? Because the quality of the education our children receive today impacts the “ability, passion, and imagination” of our future decision-makers, nurses, plumbers, actors, scientists, fitness instructors, welders, engineers, and so on. Simply, our future depends on the thoughtful, principled, forward-thinking, evidence-based decisions made by school trustees.

As of writing (August 21), in SW Edmonton, there are four people who want to serve you as your next public school trustee. Thank you to each of them for their commitment to share their time, energy and public conscience in this important way!

I ask you to get to know the candidates, so you can make an informed vote on October 21. What are the person’s perspectives on public education? What experiences and expertise does he or she bring to the table? How will this person make decisions on your behalf and communicate with you? “Character counts!” If elected, will you be able to trust the candidate?

As I will not be seeking re-election this year, I would also like to say THANK YOU. First, thank you for giving me the privilege of representing you in the powerful work of public education governance. Second, thank you for all your thoughts, ideas, and support over the past 14 years as I talked public education with many of you – first as a parent advocate, then as a trustee. Serving you has been both an honour and a blessing. All the best.

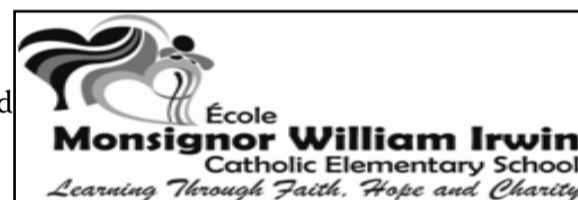
If you are not able to attend the Candidate Café, links to the candidates’ information can be found at www.catherineripley.ca under the Election 2013 tab. But, on October 3, EVERYONE IS WELCOME! Please save the date. I look forward to seeing you!

Candidate Cafe
Thursday October 3
Drop in any time between
5pm and 8pm
Royal Gardens Community Hall (40 Ave and 118 St.)

Monsignor William Irwin welcomes back students

Written by the Reny Clericuzio, Pat Opyr and Monique Gibeau, Monsignor William Irwin Administration

The faculty of Monsignor William Irwin continues to be dedicated to the students in their care both in English and French. We as a staff are highlighting 21st century learning skills as well as academic rigor in reading and numeracy. We feel that these are skills that students need for their future. Our technology also helps our children prepare for their future, Our students all have the ability to use laptops along with Ipads and Smartboards. All these elements provide an excellent education, we cannot forget that we are a Catholic school and we help children learn about our Catholic Faith that guides our path to make this a better world. Through prayer, gospel reading, faith music and social justice we provide our students with a solid faith experience.



Our school continues to grow due to the excellent reputation we have in the Riverbend area. A special welcome back to school to all our families. We believe that parents are our partners in developing a strong educational experience. We look forward with open arms as we begin another year together. It is together that we create a wonderful experience for our community.

Engaging families at Edmonton Catholic Schools

By Marilyn Bergstra, Trustee Edmonton Catholic Schools

It is hard to believe that another school year is underway. It is always inspiring to see the energy and buzz in our schools at this time of year. My wish for parents is success for their children and a year that is inspiring and memorable for them. Most importantly, I hope that each and every student, with support from parents and staff, will come to clearly understand that their progress is limited only by their own innate belief in themselves and their own hard work. For our parents, I wish you a year filled with opportunities to meet and make new friends within a positive and engaging school community. Last, but certainly not least, I wish that all staff find and continue to contribute to a workplace that is positive, supportive and encouraging. Your commitment and contributions, regardless of position or role, cumulatively creates a school community for students and families that have set the stage for success. It is this commitment that has allowed our system to achieve greatness.

Working together is the basis for creating a strong system and given this, I must acknowledge the role I play as Trustee in tying education to community. In my ongoing effort to build bridges, please watch for my next community engagement evening. For those who missed out on the last community session hosted in May the topics included: Accessing Scholarships, Student Mental Health and Grant Writing. If you feel there is merit in repeating any of those sessions please forward your thoughts to me. Further, I am looking for new topics of interest for another session to be held this fall. Please submit your ideas to Marilyn.bergstra@ecsd.net.

On a separate note, I would like to mention that the regulation-making powers in the new *Education Act* will be reviewed. If you would like to provide feedback, the government is providing opportunity to participate in an online survey, at <http://ideas.education.alberta.ca/engage/current-initiatives/educationactregulatoryreview/>

Have a wonderful 2013-2014 school year!

Local Politics

By Councillor Bryan Anderson

Edmonton's many parks and playgrounds are an important community gathering place and a source of recreation for our citizens. In Ward 9, residents will soon have new slides, swings and natural trails to use and enjoy as many projects reach or near completion.

Parks are often a catalyst for community spirit and civic pride and Hodgson Park was thoughtfully designed to accomplish just that. Its playground (Phase I) was finished in 2012 and Phase 2 will involve the construction of a shelter and trails. Though weather and unforeseen circumstances have delayed its construction, completion of this family-oriented park is expected by August 15.

Magrath Park, located at the intersection of Magrath Boulevard and Magrath Road, is now finished. This new park compliments its forested surroundings with nature-inspired feature rocks, logs and play equipment at one of the highest points in the city. Benches, picnic tables and a small sand area also provide places to gather, play and eat.

With the tender for Phase I set to be released in early August, South Terwillegar Park is scheduled to start construction shortly after. Phase I includes building a spray park, a plaza with shelter and a trail to the main road. Phase 2 will be complete in 2014 and will include a playground and additional trail to the south.

The Rutherford playground project consists of a playground, plaza and shelter with a connection to the school and park trail. The tender has been received for this project and closes on August 6.

Keep an eye out for more details in the coming months on our progress on Mactaggart Park, which is in the concept phase with a design yet to come.

Parks and playgrounds are typically funded by a combination of grants and community fundraising. The Neighbourhood Park Development Program, which aims to help create beautiful and fun spaces for Edmontonians, is a great way to access support from the City of Edmonton. Applications for this program are available on the City of Edmonton website at www.edmonton.ca. Those communities interested in building a new park or playground in their area should contact their local community league who will help navigate the process.

If you have any questions or concerns, please contact me at 780-496-8130 or bryan.anderson@edmonton.ca.



Have something to say about the city? Don't forget to talk to your councillor.

Help your councillor work for you!

Bryan

ANDERSON

Re-elect your Councillor for **WARD 9**

“ Bryan is an engaged and accessible councillor. He keeps well informed and is consistent in his approach and values to issues impacting his ward and the city generally. Bryan is an advocate, and often facilitator, on ward issues, always seeking a balanced solution. He has championed numerous initiatives for the good of our community. I support his return to council. – Don Hickey, Magrath ”

“ We have found him to be very receptive and responsive to our challenges. His approach to any point raised has been fair, balanced and mindful of the needs of our community. He has taken our concerns to the city administration until each matter was handled with an effective response. The TGHA sincerely appreciates the commitment of Councillor Anderson. – Ray Trainberg, President, Terwillegar Gardens Homeowners Association ”

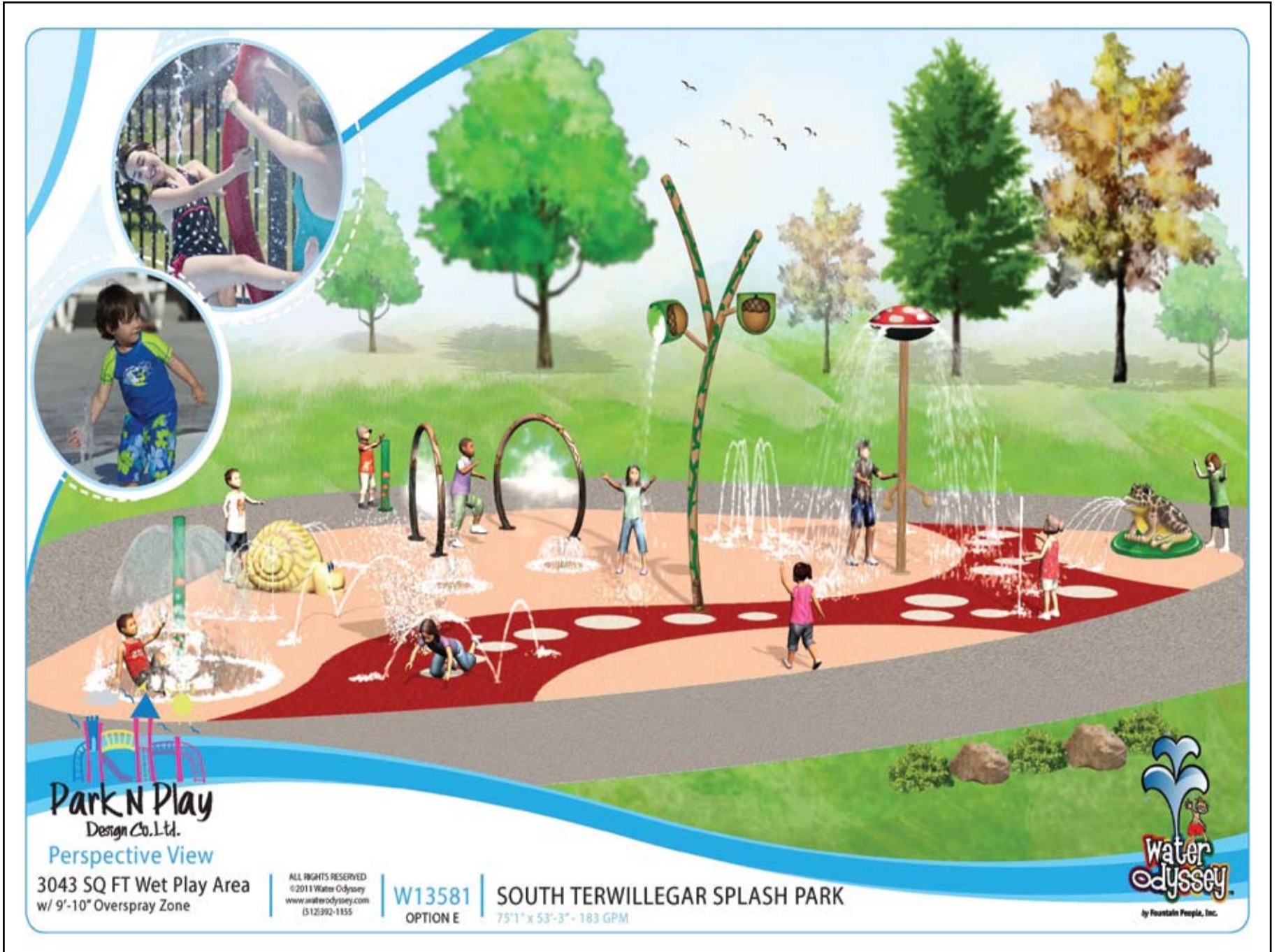
“ Bryan is responsive and has an incredible knowledge of the issues in our neighbourhood. He works hard to solve them. – Steve Simala Grant, Executive Director, Terwillegar Towne Homeowners Association ”

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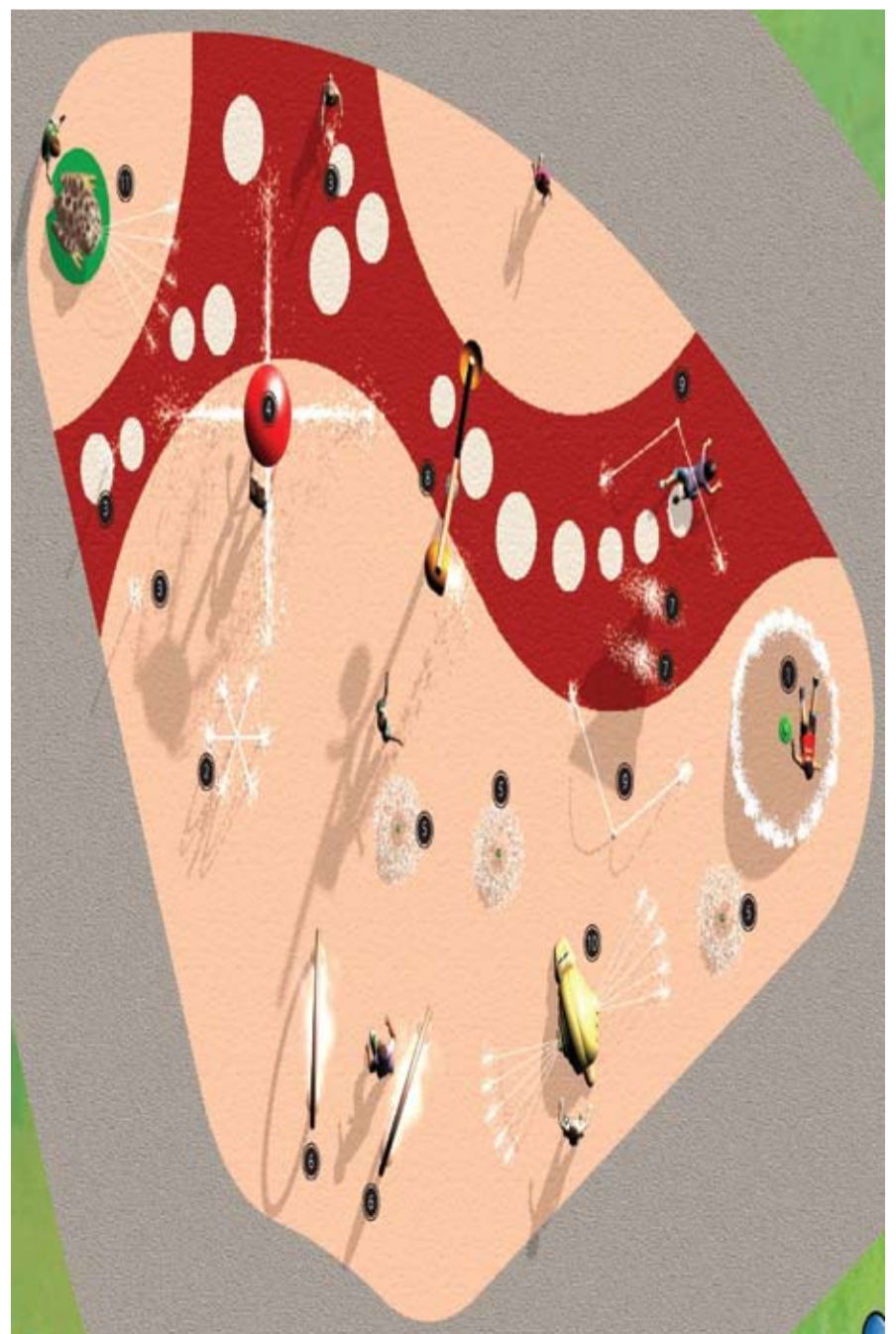
We want to thank everyone who supported our fundraising on August 1, 2013. Famoso and TCL Fundraiser's "For the Love of Terwillegar" was a great success. The money raised will be donated to help build the South Terwillegar Playground & Spraypark.

Thanks again for supporting your local businesses and community!

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By Karin Shott, TRAC Community Office

The last TRAC meeting was held Wednesday, June 12th, 2013 and was well attended. There are many exciting ventures coming up for the year ahead.

There has been much discussion on a theatre/auditorium for the southwest area and a planning committee has been formed to look at the logistics. Such a facility would have countless uses and would be a fantastic addition to our very vibrant and growing area.

A "Community Music Theatre Program" has also been proposed for our area. This would be a year round program once a venue is secured, and it may begin as early as the end of September or beginning of October 2013. Initially it will be for Grades 1-6, but will incorporate all age groups as time goes on. More details will be forthcoming!

In early November 2013, a "TRAC Strategic Planning Retreat" is scheduled. This will be very important for TRAC as a 5-Year Plan Going Forward will be discussed and implemented.

The BG ROCKS Program has had some very interesting events going on. Please check out their update to read all about everything that has been going on with them.

Discussions have taken place between The City of Edmonton, the TRAC Seniors and SWESA on having a Seniors Lounge in the Terwillegar Community Recreation Centre. This would be a room for the seniors in the community to come & meet for coffee, have meetings, seminars and provide support for each other. More details will be following once the details have been approved and finalized.

Our Terwillegar Malbec wine sales have been going very well. If you haven't tried it yet you should do so before they are all gone. Remember, \$5 from every bottle sold goes back into community endeavors. The next fundraising venture could be a Riverbend Red or possibly a Windermere White.

The Southwest Edmonton Farmers' Market (SWEFM) continues to be held every Wednesday, from 4:30 – 7:30 p.m. in the south parking lot of the Terwillegar Community Recreation Centre until Wednesday, October 2nd, 2013.

As your current Community League Membership will have expired August 31st, please renew and continue to support your community, all the programs, events & receive all the benefits of a membership. Stop by the TRAC Community Office to purchase your new membership. The hours are: Tuesdays & Wednesdays: 9:00 a.m. – 12:00 noon, Thursdays: 4:00 – 9:00 p.m.; and the 1st Saturday of the Month: 10:00 a.m. – 2:00 p.m. Telephone: 780-439-9394. Email: tracmail@tracspirit.ca.

PLEASE NOTE:

The Terwillegar Community Recreation Centre pool will be closed for maintenance from Tuesday, September 3rd to Wednesday, November 6th, 2013.

While the pool will be closed, with your Community League Membership you will still be able to enjoy the free access to the indoor children's playground, the fitness area, the running track & the flexi-hall on Sundays from 5:00-7:00 p.m.

*Please check the TRAC website for alternate pool access while the TCRC pool is closed.

MARK YOUR CALENDAR:

Next TRAC Meeting: Wednesday, September 18th, 2013. Lillian Osborne High School Library, 7:00 – 9:00 p.m. Everyone welcome! Please check the TRAC Website for a list of the upcoming TRAC Meeting Dates.

And don't forget about Community League Day/Art in Our Park: Saturday, September 21st, 2013.



Catch the Spirit! www.tracspirit.ca

New programs developing in Riverbend

By Sharon Gritter, Brander Gardens ROCKS

New Affordable Music School in Brander Gardens Riverbend Area

Thanks to "MusiCounts" T.D. Bank Community Music Grant, ten thousand dollars has been awarded to a new music school in the Brander Gardens area. The grant will primarily be used to purchase music instruments for the school. Brander Gardens Elementary School is generously opening its doors to this after school program for children and youth who could otherwise not afford music lessons. Lessons will be available at a fraction of the cost. Given that this is a new venture, the school is currently seeking both music teachers and students for guitar, voice and keyboard.

For more information or to volunteer, please contact Sharon Gritter, the coordinator of Brander Gardens ROCKS at bgrocksone@live.com or 780-884-0570.

New Mom and Tots group

The Centre for Family Literacy is offering a new Rhymes that Bind group for babies and toddlers in the Riverbend area. The program promotes language development through rhymes, songs and stories. The group meets once a week for ten weeks starting Wednesday, September 18. These language skills will help your child with both reading and speech development. It also a great way interact with your child. The Riverbend United Church (14907 45 Avenue) is graciously offering their facilities on Wednesdays at 1PM for this amazing, free drop-in program. Invite your friends. Contact Sharon Gritter at bgrocksone@live.com or 780-884-0570 for more information.

Seniors

News for 55+



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.

www.swedmontonseniors.ca

Here are the new board members for the SouthWest Edmonton Seniors Association (SWESA), elected at their AGM on April 25, 2013. From L to R: Phil Brooks (Chair), Linda Bigam (Vice Chair), Elnora Hibbert (Secretary), Barbara Olsen, David Faber (Past Chair), Mary Fung, Joe Roberts, David Nichiporuk (Treasurer), Richard Poire (stepped down from his role as an Executive Member, Past Vice Chair)

Photo by: James Fung

Seniors Connection

By Kathy Trepanier, SWESA Communications Committee

We are what we repeatedly do.
Excellence, then, is not an act, but a habit.
-Aristotle-

From my sister, who teaches a wonderful yoga class, I have learned to use the word “yet”. In yoga, it is a gentle reminder that there is always within us the possibility of achievement.

Whenever I catch myself saying there is something I can't do, I now add the word “yet”. I can't get hang of swimming laps - yet. I haven't lost those last 5 pounds - yet. I've not learned to speak French - yet. It is a trigger for me to persist and not give up because I feel too old or feel otherwise incapable.

In my late 50's, I finally learned to swim lengths and now swim a kilometre twice a week. To some this may seem a small accomplishment but I delight in it and look forward to this time in my week. I have learned enough French to talk about what I did, am doing and will do - and one of my favorite books is a two inch book of french verbs.

And the 5 pounds - I haven't lost it yet. With this personal insight and being retired, I feel like there is a whole world of opportunities out there waiting for me.

If you feel this same potential and are not sure where to start, you could try the new SWESA website www.swedmontonseniors.ca which lists programs and events happening in southwest Edmonton and links to some of the best city-wide resources.

Pickleball - The 55+ Pickleball Group plays Mon, Wed, Fri from 9:30 to noon at the outdoor courts near Riverbend Jr High. They welcome new players anytime. For more information, contact Glenn Kissick gjkissick@gmail.com or phone 780 587 5198).

Free Drop-in Bridge - 248 Rhatigan Rd East - Thursdays 12:00-3:00 - sponsored by the Riverbend Community League.

Zumba Gold continues at the Terwillegar 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 your ideas on this column please contact **Kathy Trepanier** at email ktrepanier@shaw.ca. Kathy is a member of the SWESA Communications Committee.

Terwillegar resident earns alumni honour award



The University of Alberta Alumni Association is pleased to announce that Terwillegar community member Jim Wheatley will receive an Alumni Honour Award Wednesday, September 25, 2013, at the annual Alumni Recognition Awards.

JAMES WHEATLEY, '68 BEd, '71 LLB, has made an extraordinary contribution to sport and community activities in Edmonton. Following a diverse practice of law, he was appointed in 2003 to the Provincial Court of Alberta. After serving from 2008 to 2013 as assistant chief judge in the criminal division, he has now returned to sitting as a trial judge. He was the driving force behind successful Edmonton bids to host the 1994 Canadian Figure Skating Championships and 1996 World Figure Skating Championships, as well as four World Cup Swimming Championships. He was inducted into the Alberta Sports Hall of Fame in 2000 as a Multi-Sport Builder. Other community activities include the National Entrepreneur Development Institute, Victoria School Foundation for the Arts, City of Edmonton Salute to Excellence Awards and Players De Novo.

The Alumni Association invites all community members to celebrate this outstanding alumna's accomplishments and those of 34 other award recipients at the 2013 Alumni Recognition Awards.

Date: Wednesday, September 25, 2013

Location: Winspear Centre (99 Street & 102 Avenue)

Time: 6:30pm | General seating begins in Enmax Hall, the main performance chamber

7:00pm | Alumni Recognition Awards ceremony

8:30pm | Complimentary champagne reception

Cost: Free, register at: <http://www.alumni.ualberta.ca/events/alumni-weekend>

Dress: Business attire

The Alumni Honour Award recognizes the significant contributions made over a number of years by University of Alberta alumni in their local communities and beyond.

For more information, please contact the Office of Alumni Affairs at 780-492-3324 or alumni@ualberta.ca.

Health/Wellness

Fresh start on your fitness

By Jessica Zapata, BSc. Kin, CSCS, Infinite Fitness

Fall often feels like a fresh start. The season begins to change, kids return to school and festivals and BBQs begin to fade away. It's the perfect time to start a new fitness regime for your self. Whether you're a beginner to fitness or you've just taken the summer off here are Infinite Fitness' top 4 tips for success!

1. Don't Change Everything At Once

Does this sound like you? "Monday I will go to the gym, take my dog for a 30 minute walk, drink 2 litres of water, not eat any junk food, go to bed by 10pm..." For the creatures of habit that we are, we certainly like to try to change as many habits as we can all at the same time!

This proves to be difficult, if not impossible, for most of us. We become frustrated, blame our lack of discipline or will-power, or worse become sick or injured and slip back into our old ways.

Don't continue to fall into this trap. Choose ONE habit and work on that for a week, maybe even two, before adding in another. Remember, you are aiming for long-term sustainable results. Nothing happens overnight, be patient with your self.

2. It's Not All or Nothing

The best-laid plans often fall apart. Stuff will happen. Your kids will get sick. Work will demand your attention. Events will pop up. If your workout doesn't happen that day as planned, don't stress! Try to add in some activity somewhere else in your day. It may be as simple as going for a jog around the block, running up and down the stairs at home, doing lunges, push-ups and crunches in front of the TV. 10 minutes of activity is *always* better than nothing.

3. When it Comes to Exercise, Sometime Less Really is More

Everywhere we look popular media is telling us how we can burn 1000 extra calories in as little as an hour; we hear stories of people working out till they feel sick; we push our bodies repeatedly to the max thinking that it's the only way to see results.

Let me tell you a secret – *anyone* can design a tough workout. The key to success is to design a fitness program that doesn't break down your muscles too much, that allows for just the right amount of rest and recovery, and that makes you feel rejuvenated! After all, one of the benefits of exercise is more energy, not less!

Start slow and increase your intensity by a little each week. You may be a little sore when you first start working out but it is not ok or normal to feel sore after each and every workout. Soreness is NOT a sign of a good workout; no pain does NOT equal no gain!!

4. Make a Fitness Appointment With Yourself

Don't just tell yourself you are going to go to the gym tomorrow. Decide when exactly you are going to go. If you find it difficult to motivate yourself try a class, book an appointment with a Personal Trainer or meet up with a friend.

Expect that you are not going to always want to go. You will be able to come up with every excuse as to why you need just 20 minutes more of sleep or as to why you can't fit in the gym after work. I challenge you to abide by the **10 minute rule** - when you just don't feel like it, you have to do it for 10 minutes. If at the end of the 10 minutes, you're still just not into it, you can quit. Chances are you'll keep going!! But if you don't, it's ok, remember number 2 above.

It's not about how many calories you burn every workout or if you got your heart rate high enough that day. It's about being consistent. About putting your best effort forth each day and remembering that the journey is long but worth it.



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Taking care of your vision

By Dr. Mike Joljart and Dr. John Pucylo



At The Vision Gallery, we are ready to provide eye care for your entire family. With over 20 years of experience between the two optometrists, we can provide comprehensive eye care for all ages. We want to make sure that your eyes are healthy, and that you achieve the best vision possible. Whether that means browsing through one of Southwest Edmonton’s largest selection of frames and sunglasses or being fitted for contact lenses, our team is here and ready to help.

It’s true that “the eyes are a window into the rest of your body”. If you look at someone’s eyes carefully, sometimes you can diagnose problems that are being caused by something else happening in other parts of your body. An example of this is when we have been able to discover that a person may have diabetes. This can be achieved when we pay careful attention to the

history of their symptoms, find certain prescription changes, or see changes in their eye health. The best part is that it can help with early detection and lead to intervention by your family doctor.

Eye conditions such as glaucoma, cataracts, and macular degeneration can be best diagnosed and followed using digital photography to capture pictures of any changes. Care of glaucoma also requires visual field testing and pressure checks with accurate instruments - we have those too! Healthy eyes are a great starting point for good vision. Did you know that eye examinations which are necessary for monitoring eye disease are often covered by Alberta Health Care? Examples of these would be: red eyes, infections, injuries, allergies, and more serious issues.

Another important fact is that “good vision” is more than just the prescription in your glasses. Vision is complex and requires that the brain control the eye movements accurately, and processes the information properly to ensure good vision. This is why we make binocular vision testing, eye muscle tracking, depth perception testing, and color vision testing part of our routine examinations. Deficiencies in any of these skills can inhibit sports performance (following the puck, baseball, golf ball, etc), and important everyday activities such as driving, and most importantly, reading!

The brain is the control center for everything, and you may hear us say, “I’m looking inside your eyes at part of your brain.” People think we’re kidding, but the retina is a part of the brain that collects the light and information that we use for vision. We can’t tell you how smart you are or what you’re thinking, but we can see if that part of the brain looks healthy, and we can run a visual field test to see if the brain is seeing your central and peripheral vision the way it should be.

As optometrists, we are primary eyecare providers, which means we diagnose and treat eye disease as well. If we need a second opinion it may mean making an appointment with your family doctor or a direct referral to an ophthalmologist to ensure your eyes receive the most appropriate care. In some cases, we can utilize telemedicine, by sending photos and information to the specialist via a secure internet connection. It allows us get a quick response back letting us know if further testing is needed and when.

Our goal is to make sure you not only see great, but look great in your glasses! And of course, we will take care of your eye health. Come in and visit us, meet our awesome team, or call and book an appointment with one of our friendly receptionists. In addition, our dispensary has well over 2000 frame choices. We carry *name* brands, *boutique* brands, and a large selection for kids. We have something for all ages and our licensed opticians will help you make the right choice! Come visit us today!!!



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Fitness training puts you on par

By Faith Grant, Rejuvenation Health Services

With golf season in full swing, are you still waking up with a sore back, tired muscles, or aching legs and feet. Here are some tips that will make positive changes to your game and put your fitness level on par!

Warm up

Before you head to the driving range or plan to play a round, warm up your muscles. This is always good advice for any fitness activity. Walk a little. Stretch your arms, back, shoulders, hips and hands. Begin with short swings of your golf club and increase the range of motion gradually.

Take it easy at first

If you haven't swung your driver for a while, it's probably not a good idea to make the first outing to the driving range a marathon. Start by hitting 25-50 balls and gradually increase the amount of strikes you make in one outing.

Be flexible

Increasing your flexibility will not only help your range of motion, but will also lessen the chance of injuries later on. Incorporate regular stretching exercises into your fitness routine.

Speaking of endurance

Walking, bicycling or swimming can really help your game by giving you the endurance you need to make it through 18 holes feeling like you just took a walk in the park.

Long drive, strong drive

We know golf is more about precision and less about strength, but if your muscles are strong you'll be able to have better club speed, accuracy and endurance. Strength training will help you have long, precise drives off the tee.

Get the right gear

Having the right gear helps make your game more effective. Wear comfortable, breathable clothing. Choose golf shoes that fit well and can accommodate orthotics for an even more comfortable walk. Make sure your clubs fit you properly.

And, there's more:

Make safety and comfort a priority

- Don't forget to wear sunscreen and sunglasses. It's a good idea to always have an extra tube of sunscreen tucked away in your bag somewhere in case you run out or someone else needs it.
- Wear a hat to slow down the effects of sun exposure while you're exerting energy.
- Drink lots of water to minimize the chance of dehydration.
- Finally, keep an eye out for storms and leave the course at the first sign of threatening skies or lightning.

Stay safe and have fun! And, if you're feeling pain, let us give you the freedom to move!

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

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Thief of Time

By Heather Layton – CPT NSCA Certified Personal Trainer

The desk in your office is covered with receipts, statements, various scraps of paper and that tray you put at the corner to make things look tidier is overflowing. Yes it's been that way for a while, but it's not that you haven't tried to get more organized, it's just that, well...it doesn't matter because today you sit down ready to take control. Before that though you first check your email, decide that 184 messages is perhaps a little too much for your inbox and finally start opening and deleting some of them. Oh look some pictures are attached from your nephews birthday party, your in-laws sent you photos of their new puppy and then you scroll through the offers from the latest airline seat sale, followed by the top 10 places to travel in 2013! Okay back to work.

After opening some mail and contributing to the paper on your desk, you decide that a coffee will be just the solution for getting right down to business. You look at your clock and think that maybe starting now won't be enough time to finish organizing your desk, but you have more time tomorrow so maybe you'll just start then instead.

Right, so at what point do you decided you have a problem? How about the moment you step in with the intention of doing something only to deliberately or subconsciously find a distraction and reason why today is just not a good day. Is there ever a good day? Is there ever a "best time"? No there is not! The truth is any day will NEVER be a good day for you to do that "thing" you say you are going to do. What is putting that "thing" off doing to your mental state?

You can find yourself unhappy for dozens of reasons, many of which you don't acknowledge because either you haven't given it any thought, or because you are procrastinating. Stop procrastinating!

Many times the action shoes need to be put on before the motivation shoes because the motivation shoes are not just going to

land on your feet. Think about the last time you did something you didn't want to do but then it felt good once you started. Well then let's get started. The easiest way is to figure out a few things first, make sure you have an answer before going on to the next question, it won't work otherwise.

What are you putting off?

Why are you putting "it" off? Be specific

How will you deal with this obstacle? Find help, get the tools you need, etc.

How will you feel when you meet the goal?

When would you like to achieve the goal? The end of the day, week or month, etc..

How will you achieve the goal? Set time aside each day, specific days?

Congratulation, you have just set your own plan, how does that feel?

Just like cleaning your desk your health and fitness goals get tossed into the procrastination bucket. Again, remind yourself the last time you did something active and how it made you feel. You now have the tools to come up with your own plan to meet your goals. As long as you are aware and honest with yourself about when you are procrastinating you can find the solution and feel better about yourself for taking action.

Heather is a certified personal trainer providing small group instruction in fitness, nutrition, core strength and corrective exercise from her studio in Magrath. For more information please visit her website at www.livitfit.ca

Brown bag lunches don't have to be boring

By Jessica Zapata, BSc Kin, CSCS, Infinite Fitness

I remember as a kid eating peanut butter and jelly sandwiches everyday for at least a year (truth be told it might have been all thru junior high). There was not a lot of variety or excitement in my brown bag but it doesn't need to be this way. Try these brown bag friendly foods this fall for yourself and for your kids.

- turkey/ham/chicken and cheese roll-ups (you can use small tortillas or lettuce)
- hummus or tzatziki with crackers or raw veggies
- pretzels
- fruit slices with yogurt for dipping (take advantage of yummy options like plums, peaches and nectarines before fall hits)
- cheese and crackers (can add turkey pepperoni sticks)
- hard-boiled eggs
- nut-free granola and yogurt
- quesadillas (salsa, cheese, guacamole, shredded chicken, etc)
- pasta salad
- English muffin pizza (cooked night before and eaten cold or re-heated)
- soups in a thermos
- cottage cheese with berries or veggies depending on your palate
- fruit and veggie smoothies
- pumpkin or banana bread with cream cheese
- Leftovers!!

The goal is to try different foods that are kid friendly but nutritious. Focus on foods that you know they will eat and enjoy but try to stay away from as many pre-packaged foods as possible. Have more nutritious and delicious lunch ideas? Share them on our Facebook page facebook.com/infinitefit

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Food & Beverages



Wine for every season

By William Bincoletto, Principal Sommelier

Writing this article today in shorts may be suitable now when Edmonton sees daytime highs of 26 C. But Environment Canada says to get ready to don your warm, waterproof gear come September, October and November when southern and central Alberta may see a significant drop in temperature.

The average temperature for September is expected to be about 17 C. It will drop another six degrees in October and will dip down to zero by November.

So while it is difficult to talk about upcoming fall, we always know that there is more than enough “wine for every season”. And we need to take into consideration that we are also creatures of climate. It is amazing how the weather influences our buying and drinking patterns. Those dear rosés that I truly enjoyed during those warm to hot summer days (that is exactly what I am sipping at this moment), feel somewhat light compared to some of the wines that I will go searching once the temperatures drops.

What I will soon crave will be wines that offer body, weight and texture, yet with lots of elegance and suave. I tend to select wines that will marry well with my richer foods that sustain me during these seemingly longer days with less and less sunlight.

So check out my following “3 Best Buys”!

2011 Giesen “Brothers” Pinot Noir. This mid weight pinot noir offers all the suave textures that you expect from Marlborough, full of dark cherries, black truffles, roasted mushrooms as well as lively acidity(freshness) and silky tannins

2011 Villacreces Pruno. This wine has become a guarantee favourite here at Vines. Since the 2008 vintage, Pruno has always demonstrated a superb level of quality and value from this outstanding wine region in northern Spain. Multidimensional this wine is often compared to wines double its price if not triple. Dense, complex, rich, this wine consistently “over-delivers”.

2011 Yalumba “Patchwork” Shiraz. Then we first tasted the 2010, we were all blown away about how elegant this shiraz was. Then the 2011 arrived on our shelves, and guess what? This wine is just as “juicy” but even more drinkable now than the 2010. That delicate sweetness makes it so endearing especially with a great burger or with barbecue ribs. Yummy!

EXCLUSIVE TO VINES



**2011 Giesen
Brothers Pinot Noir**

91 Points
William Bincoletto

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Food & Beverages

'Tis the season for parties and potlucks

By Janet Fowler, Whish Enterprises

The fall season often brings a move from outdoor barbecues and time spent by the pool or lake to indoor get-togethers. Perhaps you'll be invited to a celebratory event to wrap-up the summer sporting season, or a meet-and-greet for new members of the neighborhood. Though one thing is certain: the fall season often comes with a rise in the number of potlucks and other social events.

Potlucks are popular for many reasons, though one stands out in particular. They're easy to host. It's perfect, right? Just get everyone to bring one dish and you've got a full-fledged party with only a portion of the work. Though these casual affairs can go awry just as easily as any party or event, unless you take the time to think things through and plan for the common scenarios. I have been to more than a few potlucks in my day, and I recently had the opportunity to attend one that achieved a whole new level when it came to poor planning, though with a bit of work these sorts of disasters are easily avoided.

Many people obsess over finding a recipe or item that's easy to make, is allergy friendly, transports well or will have broad appeal. Though perhaps the common problem isn't the food itself, but rather the gaps within the menu. If everyone brings a dessert you'll likely have a problem – not only due to the lack of nutritional foods and satisfying meal options, but also because then you're likely to have a load of sugared-up kids on your hands. Either assign attendees to take care of different types of foods (such as appetizers, salads, side dishes, main courses, deserts, etc.), or have people notify you in advance as to what they'll bring so you can fill in the gaps yourself. You should also take care to consider any condiments that may be required.

Providing utensils and dinnerware may not be a big a concern if you're hosting a potluck at home, but if you'll be hosting a potluck at another location it's imperative. The potluck I'd mentioned earlier was probably most memorable for its lack of plates and cutlery. Besides the fact that the meal was comprised largely of donuts, cakes and cookies, what salads and meal items were available were almost impossible to consume due to the fact that no one had been appointed to supply plates, forks or spoons to make these items edible. It may seem like common sense to bring these items to a potluck, but when there are a lot of other activities going on, the simple stuff can be easily overlooked.

We at Whish have put together a potluck checklist that you can access on our website (www.whish.ca) should you be the organized type of party planner, however, some highlights include:

- Ensure the menu includes a range of food items that comprise a complete meal
- Ensure serving utensils, plates, bowls and cutlery are available
- Have a list of potluck food suggestions on hand so you can advise anyone who is unsure
- Make sure guests know how many people will be in attendance so they can bring enough
- If food items contain common allergens, such as peanuts or eggs, ensure that everyone is aware of that fact, or vice versa, highlight those items that are allergy sensitive or gluten-free

Fear not! Potlucks are still an outstanding method for bringing people together, though with a few simple cautions, you can control the fun and ensure everyone has a good time. After all, the Christmas season is just around the corner!

“The language of love is great food.”





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Mangia bene, ama molto.
(Eat well, love much.)

Kids & Parenting

Saying goodbye: why a goodbye routine is important for you and your child

By Ally Kothari, Director of Grandin Prescolaire

Starting in a new environment, such as preschool, kindergarten or any type of new childcare setting, away from the comforts of home can be an exciting and overwhelming time for both parents and children. Sometimes, joining a new program, and saying goodbye to mom or dad for the first time can be scary or intimidating, especially for children who are shy, or have never been in a group setting before. What is so important when your child starts in any kind of new setting with others is to establish a good-bye routine. This enables you to leave your child with no surprises at drop-off time. This also ensures there are no surprises for your child, and they are able to see that things stay consistent each time you drop them off.

A great goodbye routine could look like this:

- Prepping your child as soon as they show any concern or emotion towards going to preschool/school/day home/daycare is a great start. Acknowledge their emotion, and reassure that it is ok to feel that way, but there are lots of fun and exciting things to do and see at preschool. For example: "It's ok to feel scared. I feel scared sometimes too. You know what I do when I feel scared? I take a deep breath, and tell myself that it is ok to feel scared, and that I can always just sit down in the quiet area and read a book if I don't feel like playing right away!"
- Have a plan in place, so you can keep repeating the plan to your child. For example: "We will get to preschool (or wherever they attend), take off your coat, change your shoes, put your snack away. After that, mom/dad will give you one kiss, one hug and then go. Mom/dad will come back to get you when all the moms and dads come to get their kids!"
- Sticking to this routine, or a routine like this, EVERYTIME, will ensure a positive, reassuring goodbye experience.
- Part of your routine could be reminding your child that their time away from you is a special time for just kids and teachers/caregivers! It's a special time because at their school or care facility, they do special art projects and play games, and sing songs that are just special for kids!

Here are some tips for you, as the parent/caregiver to remember when you say it's time for you to leave:

- Once you have completed your good-bye routine, and if your child is still having a hard time, alert a teacher or caregiver in the room. A teacher will help with the transition by coming, repeating that "mom/dad is going to go, and come back



soon with all the other moms/dads". They will then take your child's hand, or pick them up, and start to walk away with them, or sit with them in a spot. This is the time for you to go. It can be extremely difficult to leave if your child is crying, grabbing, screaming or even begging you to stay (we've seen it all!), but it's REALLY important you do. This shows your child that you are true to your word, and will leave when you say you will, no matter what behaviour they exhibit! Teachers and caregivers are trained and qualified, and should always call you if your child is still having a really hard time after you have left, and suggest ideas and establish plans for easing the transition for you and your child!

Ally Kothari is the director of Grandin Préscolaire, a French Immersion preschool in Edmonton Alberta (www.grandinprescolaire.com). She has worked in the early learning field for over 12 years and has seen first-hand, time and time again how important having a goodbye routine is!

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Contact editor@terwillegar.org**

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Kids & Parenting

The first 2000 days matter



By Sheryl Paterson, South West Early Years

The first 2000 days – that's between birth and kindergarten - are critical to a child's development. It's in those first 2000 days that a child's brain develops most quickly and is most sensitive to its surroundings, growing and adapting to its environment. This means that a child's earliest experiences strongly influence lifelong learning, relationships, and physical and emotional health and wellbeing.

Are you curious to know how our children in Southwest Edmonton are developing in this critical time period? Alberta Education's Early Child Development Mapping (ECMap) Project has given us a tool called the Early Development Instrument (EDI) to find out. Using the EDI, teachers gather data on kindergarten children in five key developmental areas: social competence, language and cognitive development, physical health and wellbeing, emotional maturity, communication skills and general knowledge. The data doesn't capture a specific child's needs. Instead, it provides information, a snapshot if you will, of our children's developmental needs as a group that helps us draw conclusions about the quality of experiences we're giving them leading up to kindergarten.

Unfortunately, the latest EDI data tells us almost one in four children across 11 sub-community groupings in Southwest Edmonton are experiencing some degree of difficulty in at least one key developmental area by the time they get to kindergarten. That means we have some work to do to give our children better quality experiences in those first 2000 days.

Where do we start? South West Early Years (SWEY) is a group of volunteers - parents, educators, librarians, health and child care providers, service organizations, and other community partners - who are passionate about making sure young children in Southwest Edmonton have the most positive experiences possible to give them the best start in life. We want to share the EDI data with you so we can explore what developmental areas our youngest children need support in. We want to hear from you about the early childhood programs and supports in your neighborhoods so we can discover what's available and what's missing. We want to work with you to explore ways to fill the gaps.

We've already connected with many Terwillegar-area parents at our events. So far, you've told us:

- You're surprised so many children are experiencing developmental difficulties.
- You appreciate the Terwillegar Community Recreation Centre's variety of children's programs and activities but you wish there were more classes offered because they fill up so fast.
- You'd like more play and activity groups in the Terwillegar area – opportunities where parents can connect and share to support each other.
- Like most parents in our Southwest communities, you experience challenges in finding affordable and available childcare and preschool programs
- Accessing programs and services available for young children in your own area - you know they're out there, you just can't find them

SWEY is excited to learn more. Help us share and collect data, promote the importance of positive early childhood development, and build community connections that will help support our youngest children and support you in raising them. We invite you to join SWEY, come out to a meeting, or simply learn more about us. Together, we can make Southwest Edmonton communities great places for our youngest children to grow up in.

For more information on SWEY, to become involved, or to find out how the youngest children in your neighbourhood are doing, visit our website at www.swearlyyears.ca or contact us as swearlyyears@hotmail.com. You can also like us on Facebook at <http://on.fb.me/SWEECDC>.

Interested in trying your hand at writing?

Contact editor@terwillegar.org if you'd like to contribute.

We appreciate articles with a focus on community, local content, and those that highlight activities and events within Terwillegar!



Fall 2013 Classes Now Open!

- CANskate Learn to Skate
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gatewayskate@interbaun.com



Back To School
Keira Weber

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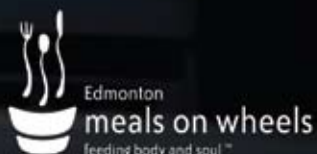
**Answers to wordsearch
on page 23**

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The City of Edmonton has received various speed complaints for Towne Centre Blvd. Speed display trailers were deployed from July-23 and a speed survey was conducted the last week of July. The survey results did show an issue with speed around Tufford Way. Photo radar will be deployment and tactics are being reviewed for the area.

So many benefits to becoming a member

By Jennifer Dalle-Ore, TCL Membership Coordinator

2013/14 Terwillegar Community League memberships are now available online at www.terwillegar.org. Membership expires annually on August 31. Fees are not prorated. Terwillegar Community League supports the areas of Terwillegar Towne, South Terwillegar, Terwillegar Greens, Terwillegar Gardens, Sandalwood, Magrath, Citadel of Magrath, MacTaggart, and Larch Park.

Cost:

Family: \$42.00 (2 adults + any children under age 18 living in one household)

Adult: \$32.00 (2 adults in 1 household)

Single: \$32.00 (1 adult in 1 household)

Senior: \$32.00 (2 senior adults in 1 household)

What are the benefits of membership?

Your community league membership includes free community swim on Sundays from 5-7 pm at the Terwillegar Recreation Centre. Space is limited so please arrive early to avoid disappointment.

League members can also receive a 10% discount on annual or multi-admission passes to City of Edmonton recreation facilities.

Free skate tags which allows access to all outdoor City of Edmonton boarded rinks. Please check www.efcl.org for a listing of rink locations and hours of operation.

By purchasing a community league membership you help fund playground and park development, and provide funding for programs such as the Canada Day event, Halloween fireworks, and the green shack program located in local playgrounds. Even if you do not participate in any of the above programs or take advantage of the events or facilities in your community, we hope that you agree that community leagues help make our community a better place to live, work and play.

Please feel free to contact us with any questions you have about community membership. memberships@terwillegar.org



Edmonton Police Service would like to remind you that thefts from vehicles are on the rise. Remember to:

- Lock your vehicle.
- Remove all valuables including loose change and GPS docks.
 - Remove your garage door opener.
- Ensure your garage door is closed, especially in the overnight.
 - Keep the doors between your house and garage locked.

If you are a victim of property theft, report it at 780-423-4567 or #377.

Buy locally grown produce and support women

By Patricia Hartnagel

One of the best things about summer in Edmonton is the fresh local produce.

Did you know there is a community garden market on the University of Alberta's South Campus – almost as close as your own backyard? On two acres of University land, volunteers at the Green & Gold Community Garden grow many varieties of vegetables, herbs and flowers. These are available to the public during market hours twice a week throughout the growing season.

Garden market hours:

Tuesday evenings – from 7:00pm to 8:30pm (*hours change to 6:30 to 7:30pm in September)

Saturdays – from 11:00am to 1:00pm

All proceeds from the donations for garden produce are sent to the Tubahumurize Association, a women's association in Rwanda.

Please come and visit the market, get fresh-picked produce, and help women in Rwanda at the same time.

Please base your donation for produce on what you think you would pay for organic produce in the supermarket.

Handicrafts made by the women of Tubahumurize are available for sale during the Saturday market hours.

Learn more about the green and gold garden: <http://www.greengoldgarden.com/>

You can sign up to receive an e-mail of what produce is available each week at:

http://bit.ly/greengold_garden or e-mail us for more information about the Green & Gold Community Garden: gggarden@ualberta.ca

Please see our web site for a map to the Garden.

Great neighbours get together for some BBQs



By Marc Lachance, TCL Programs Coordinator

This summer, the Terwillegar Community League launched a new program to provide free food for neighbourhood BBQs. A lead household needed to grab a form off the TCL website, sign up seven other houses to participate, and submit online. From there, each participating household had to pick up their free BBQ packages from the Magrath Save On Foods and enjoy a great event with their neighbours.

Barbeques were held between late June and early September, each being support by a special order from the TCL board for great weather. With the sun shining down and an ample selection of great food, there is no better way to get to know others in your community.

Make sure to sign up early for this program in the spring and host your own neighbourhood BBQ...on us!

Terwillegar Towne Home Owners Association

By Stephanie Williston, Secretary TTHOA

This summer has been very busy for your Terwillegar Towne Homeowner's Association (TTHOA). As a board, we are proud of the tremendous work that has been done this summer to increase the service levels in our neighbourhood. We tried a new strategy this year, and hired two landscapers to take care of our neighbourhood on a full time basis. It has paid off.

With two people in the neighbourhood every week day, progress has been made in many areas:

- The tot lot on Tanner Wynd has been renewed. The landscaping was refreshed and the sand received a good cleaning with ant removal.
- Suckers were removed regularly from the trees on Towne Centre Boulevard.
- Flowers were planted at the front entrances and look amazing as this summer winds down.
- The signs on the front entrance were re-painted and look as good as new.
- The fence along the north boundary of the neighbourhood was re-painted.

Future projects may include a neighbourhood book nook, or a Frisbee golf installation at the sliding hill during the summer.

Through these efforts and sponsorship of community events in the neighbourhood, the TTHOA board is ensuring that the community sees real benefit from our annual dues. As an organization, we strive to provide a higher level of service on top of that which the city provides.

On another note, there is one item that we haven't been able to address this year, but have been working on diligently. You have likely noticed that the traffic circle on Towne Centre Boulevard is not aging as well as it should – potholes, missing bricks and asphalt patching can make it look like an eyesore instead of a feature in the neighbourhood. Through discussions with the city, it was learned that the TTHOA is not permitted to complete work on the city's roadways. However, once the city came to inspect the condition of the circle, it was decided that the traffic circle replacement should take place in the 2014 construction season. By this time next year, all of those problems should be just a memory.

To hear more about what we have been working on for the past year and what we see for the year to come, please attend the Annual General Meeting taking place on October 8, 7pm at the Terwillegar Community Church, located across the street from the Mac's. Watch your mailboxes for the agenda package and mark your calendars!

Remember to look us up at terwillegartowne.org, where you'll find information about the neighbourhood and our role in the community.

Answers to Wordsearch pg 21

Back To School
Keira Weber

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| math | science | art |
| home time | gym | recess |
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Spanish Club - Sept. 21st 2pm

Spanish Club is back for a second season! Children 6 and up with lots of Spanish knowledge or none are invited to take part in games and crafts as we make new friends and learn Spanish together. 2pm-4pm every 2nd Saturday.

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

A window on the Fall

By Ken MacDonald, Pastor
of Terwillegar Community
Church



During our almost annual trip to Michigan this summer, I connected with a colleague who truly inspires me! He has been incapacitated by an affliction called Myalgic Encephalomyelitis, often referred to as M.E. He informed me of an additional diagnosis - Lyme disease! Heavy doses of strong antibiotics are gradually clearing the system and his

improvement is remarkable. From 8 hours of productive energy a week – he now has about 30 hours – he is beside himself in ecstasy.

I will not forget his words, “I would not trade what I have experienced in the past 15 years.” I’m sure my eyes told on me as I was glued to his thought. “Can you be serious?” I thought to myself, “You wouldn’t trade this experience?”

I didn’t ask him to explain because I knew that these 15 years have brought him into a closeness with God that he might never have known.

Time is his precious commodity. He must use his time wisely because it is a premium.

I am considering the limitations of time as I approach the fall season. It seems like the demands are calling for more time and energy than is available. I’m contemplating a different approach to my fall season:

This Fall is about others. It would be tempting to begin at the wrong starting point – myself. What do I want? What is best for me? I want to remind myself that I was placed on the planet by God and for His purposes. God made me for a purpose and life has meaning and significance. I want to spend the fall attempting to live my life in light of the purposes of God.

This Fall is about gratitude. How do we find joy in the midst of overflowing schedules, debt, sickness and exhaustion? There is a gold mine to be discovered in the gift of gratitude. I believe that in giving thanks for the life we already have, we will find the life we’ve always wanted. This fall, I hope to be a better accountant with respect to the many gifts of life that are given to me and I hope I can stop long enough to say, “thank-you!”

This Fall is about generosity. Corrie Ten Boom put it well. She said “I’ve learned not to hold anything too tightly because it hurts too much to have God pry back my fingers to get to it. So I’ve learned to live my life with an open hand so that God can put in and he can take out whatever he wants, and that way I never miss the blessing.” It’s all yours God. I can see how valuable my generosity could be to others. It will be my constant reminder, “It’s not all about me.”

This Fall is about priorities. As always, the work load looks daunting in September as we survey the mushrooming workload. Perhaps I simply need to ask, “What are my 6 key priorities this fall?” I can handle 6 priorities but after that I’m only skimming. What are the key priorities this fall? Focusing on the priorities brings a greater freedom and sense of accomplishment.

Here is my window on the fall. May you enjoy your journey this fall as you evaluate and use your time.

Terwillegar Community Church
Resetting Your Priorities this Fall?

| | |
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| FOR KIDS... | Adventureland (10am) |
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1912 TOWNE CENTRE BLVD \$499,900

Burke Perry WALK OUT BUNGALOW. Open airy vibe with 9' CEILINGS & wall of windows with a great view to the southwest! Open concept main floor features a beautiful kitchen with MAPLE CABINETS, GAS STOVE & island/eating bar open to the spacious living room with GAS FIREPLACE. The master suite is private & features a gorgeous 4 pce ensuite with huge soaker tub and walk in shower. WALK IN CLOSET comes with custom fit organizers. The walkout basement also with 9' ceilings is bright & beautifully finished with a huge family room, 4 pce bath, 2 more beds and mudroom with access to the FULLY FENCED AND LANDSCAPED YARD. Also an upper deck- comes with a GAS BBQ! Other upgrades include NEW HWT & A/C.

3131 TRELLE LOOP \$399,900

This VERY WELL MAINTAINED AVI built open concept 2 storey home is spacious & bright with 3 bedrooms and 2 1/2 baths. The main floor features gorgeous HARDWOOD FLOORS throughout and an AMAZING KITCHEN with maple cabinetry, huge island with eating bar and pantry for tons of storage! The living room features a GAS FIREPLACE and giant window to the HUGE BACKYARD. FRONT ATTACHED GARAGE. Upstairs you will find the large master suite complete with HUGE WALK IN CLOSET and 4 pce ensuite.



6175 STINSON WAY \$649,900

HERE IS YOUR CHANCE to live in a quiet cul de sac backing the pond and walking trails in South Terwillegar. This absolutely beautiful WALKOUT 2 storey home with double attached front garage. HUGE PIE LOT with plenty of trees and shrubs, stone paths, and 2 decks. This home features a great open floor plan. The main floor features a great room with gas fireplace open to the amazing kitchen loaded with cabinets, STAINLESS STEEL appliances and pretty dining nook with views of the pond. The fully finished walkout basement features 2nd fireplace, wet bar, 4th bedroom and bath, huge recreation room and zoned heating and cooling. Other features include A/C, large master suite with 4 pce ensuite.



1928 TOWNE CENTRE BLVD \$549,900

This 5 BEDROOM WALKOUT is loaded w/ upgrades & unique feat. incl. REAR ATTACHED GARAGE, amazing THEATRE ROOM comes w/ HD Sony Projector components, 7.1 surround sound & retractable power screen. Absolutely NO CARPETS in this home; plenty of gorgeous porcelain tile w/ mosaic inset. Main floor feat. french doors to the handy DEN, beautiful SPACIOUS KITCHEN w/ STAINLESS STEEL APPLIANCES & plenty of storage, large dining area w/ access to covered deck w/ gas bbq hookup. Upstairs the GIGANTIC MASTER SUITE is complete w/ 4 pce ensuite & walk in closet. Other feat. incl. CENTRAL A/C & tankless on demand hot water. The exterior landscaping is maintenance free & includes 2 storage sheds & AN ENORMOUS CONCRETE PAD for RV parking.



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5455 THIBAUT WYND \$569,900

Backing walking trails on a quiet crescent & just steps to the pond. This 2 storey with A/C & DOUBLE FRONT ATTACHED GARAGE is loaded with upgrades for a rich comfortable feel. Main floor features MAPLE HARDWOOD throughout, large open concept kitchen & great room. Living room features GAS fireplace with gorgeous stone surround & built in cabinetry. Upstairs the master incl. W/I closet & 4 pce ensuite with luxurious soaker tub & separate shower. Also 2 more spacious bdrs, 4pce main bath & BONUS ROOM! Quality finishings in basement with rec room, 4th bedroom, tons of storage, and amazing bathroom. The yard is fantastic with pretty landscaping, mature trees/plants, shed, big deck & HOT TUB!!



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Opinions

Open Letter to Trustees

RE: Lease Rate Increases at Edmonton Public School Facilities
Dear Trustees,

Greetings. It is the purpose of this letter to present a strong argument against the lease rate increases that have been proposed for tenants of various Edmonton Public schools. As you are well aware, the tenants strongly oppose the increases. However, it is one thing to oppose the increases (no tenant ever WANTS their rates increased); it is another to provide a persuasive argument as to why these increases are not in anyone's best interests, including Edmonton Public Schools.

The reason you have given for the increases is as follows:

"Last year we spent 24.5 million more on plant operations and maintenance than we received in funding from the government for this purpose. Instructional funds had to be used to make up the difference. The increases are intended to reduce the amount of instructional dollars that are being used to pay for the operation space in our schools. The rate increases will still not fully recover the cost to operate the space used by tenants."

This rationale is flawed for several reasons:

Any rental rate increase on a tenant assumes one of two things. The first is that the tenant is able to sustain the rate increase. The second is that if the tenant cannot sustain the increase, another (richer) tenant will move into that space and pay the increased rate. In this situation, both of these assumptions are false. The first is false because your current tenants cannot sustain the increase. For example, the lease on school that I currently rent (Lillian Osborne high school) will rise from \$40,000 to over \$100,000 in four years. This will essentially end our tenancy at the school. It is not a rate that we can sustain. I think you'll find this to be true of a vast majority of your tenants. The second assumption is also false because there is no tenant that will pay \$100,000 for the rental space we currently use. Who will pay almost \$2000/week for a 5 hour block of rental space on Sunday mornings? The same is true for a majority of the space on which you are determined to increase rates. There are no "richer renters" behind your current renters. If they go away, the space is unlikely to be rented. Thus, by increasing rates so dramatically, you will essentially lose your existing rental income.

From an office in 1 Kingsway, it's easy to think of tenants as mere renters. However, this is a mistake. Many of your renters provide a valuable service to the communities they serve. Who will these rent increases hurt? We're talking daycares, pre-schools, play-schools, after-school programs, churches and the like. These are not organizations that are easy for communities to replace. They represent an important part of the fabric of many communities. In the case of daycares and pre-schools, many parents rely on these organizations and the reasonable costs associated with sending their children to them in order to work and live their lives. To target these organizations as a means of addressing a budget shortfall is short-sighted and will do damage to the communities they represent.

This decision neglects some of the benefits that your renters are currently providing EPS. In the case of the church I am the pastor of, we provide expensive audio-visual equipment for the school we rent to use on a regular basis for music and theater performances, graduations, awards nights and other school functions. We extend

this offer to other Edmonton Public schools in the area as well. Last Friday, we provided virtually all of the equipment that Riverbend Junior High School need to run their graduation. We do this entirely for free as a service to the community. The rental of this equipment would cost the school more than \$5,000/rental. This is money saved. All of this would go away if you drive us out of the school.

Current operation expenses are, in part, the result of previous decisions made by EPS trustees; thus, it is patently unfair to pass on these expenses to your tenants. EPS is currently operating at a 62% occupancy rate. As such, your operational expenses are relatively high (compared to other school boards) given the number of schools that you have chosen to keep open. While as tenants we sympathize with the impulse to keep local schools open, we want to remind you that this was YOUR decision. Of course, operational expenses will be higher in an environment in which more schools are open. You state, "Last year we spent 24.5 million more on plant operations and maintenance than we received in funding from the government for this purpose." Point well taken. However, this is the result of your decision not to close schools. Why should your tenants pay the price for this decision? Shouldn't you rather look to your own bottom line, rather than ours in trying to recoup your expenses?

The rate at which you are increasing rents is tantamount to an eviction notice for your tenants. Wise organizations plan for rate increases. They factor in such things as inflation or cost of living increases in determining their budgets. They might even factor in or at least be able to adjust to a reasonable rental increase. However, the rental increases you are proposing are NOT reasonable. In my case, you are essentially tripling my rent in 4 years. The shock to our budget is simply more than we can bear. You are essentially evicting us from Lillian. The same is true for many other EPS renters. One would wonder if such a dramatic increase in rent is even legal.

A quick survey of other school boards shows no similar, dramatic increase in rates. While some boards charge marginally more or less than EPS's current rates, no school board charges their renters even close to what you are proposing to charge. Your proposed rates, especially for outside renters, border on commercial rates. However, these are not commercial spaces. In our case, we are renting a gym and a foyer. Wouldn't it make more sense to set comparable and competitive rates on rental space, rather than imposing rates that do not match other school boards and would essentially drive your tenants away?

In conclusion, let me just say that your tenants are not unsympathetic to the extreme financial situation in which you find yourself. Many of us are in the same business as you in terms of providing a public service on a limited budget. In this regard, we stand with you in asking our provincial government to adequately fund education. However, in the spirit of partnership and given the arguments presented above, I ask you to rescind or at least reconsider the proposed rental increases.

Thank you for your time and attention.

Sincerely,
Pastor Bruce Gritter
theriver@shaw.ca

Dear neighbor,

My name is Olga Ochoa and I would like express my concern about two vandalism incidents that have occurred in our usually peaceful and safe neighborhood.

A few weeks back, our neighbor's truck window was smashed with what seemed to be a BB gun, (as he found a round metal piece on his seat) while his truck was parked on the side of his own house.

Yesterday, we noticed 6 holes in the siding of our home on the second floor, hardly missing 2 windows, one being our son's bedroom. These holes appear to be caused by projectiles, again probably a BB gun. It is extremely worrying and disturbing that someone may be shooting at our houses, cars, etc. The artifact used to make these holes is really powerful, powerful enough to smash a truck window or to make holes through the siding. God forbid that someone may get hurt.

We have filed a report to the police and an investigation has been opened. Please, keep your eyes open for similar events and report them right away to the police.

It is really alarming that someone may be out there shooting randomly. Being a mom of 3, I know kids and sometimes they do not think of the consequences of their acts, but please talk to your children about this, especially if you own a bb gun.

I appreciate your time and support.

Thank you,
Olga Ochoa

Letters to the Editor

Think your children will be able to take French Immersion at Brander Gardens Elementary School? Think again.

The French Immersion program at Brander Gardens Elementary School is being squeezed out by overcrowding in its regular stream program.

Brander Gardens is the designated school for the neighbourhoods of Brander Gardens, Ramsay Heights, Hodgson, Magrath, Mactaggart, Windermere and Ambleside. The school must take students who wish to enroll in the school's regular program, no matter how many students that may be. Consequently, the enrolment for next year will be well beyond the school's capacity, even taking into account its portables.

With the French Immersion program, the school currently has open boundaries – meaning anyone in the city may enroll in the program provided space exists. However, given the number of students enrolled in the regular program, Edmonton Public Schools has decided to start limiting access to the French Immersion program in an effort to combat overcrowding at the school.

Starting in the fall of 2014 there will only be one, rather than two, kindergarten classes. With only half the number of spaces, not everyone who wants to get into the program will be able to do so. Priority will be given to those who live in the neighbourhoods where Brander Gardens is the designated school (named above), and to those with siblings in the school.

Hence, people who have moved into Terwillegar Towne, Terwillegar South or Terwillegar Gardens with the intention of attending Brander Garden's French Immersion program will likely be out of luck and unable to get their children into the program as of the fall of 2014.

The school board continues to name Greenfield, Richard Secord and McKernan as other French Immersion options for our neighbourhood; however, those programs are close to full, or full with their own students. More often than not, when a parent from our area calls those schools looking to register, we are told that we are out of their attendance area and they will not accept our application.

However, a number of regular program schools east of Whitemud Creek are not at capacity, and some have a large percentage of their schools leased for non-school purposes – usually child care or preschool. Given the distance that children from Windermere and Ambleside must travel to Brander Gardens, it makes little difference if they instead travel to schools east of Whitemud Creek. In some instances, those other schools are closer than Brander Gardens.

In order to preserve the successful French Immersion program, Edmonton Public Schools must redesignate the neighbourhoods of Windermere and Ambleside to other schools that have capacity. The failure to do so will see the French Immersion program at Brander Gardens be slowly squeezed out by an exploding regular stream population, and leave many families in this area without a French Immersion option. Naturally, students already attending Brander Gardens should be permitted to stay.

If you are concerned that your child may not get into a shrinking and popular French Immersion program, please join us in writing the Superintendent of Edmonton Public Schools and the school trustees to express your opposition to the attack on the existing French Immersion program at Brander Gardens.

Tracy King

“High enrolment squeezes French immersion program”, Andrea Sands, June 12, 2013

Edmonton Public Schools Spokeswoman Jane Sterling states that, “Starting in 2014, kindergarten enrolment in French Immersion in Brander Gardens will be limited to one class...” Why? Because they don't need us anymore.

French Immersion was brought in to Brander Gardens School in 2006, when the population of the school was dwindling. Bringing in the French Immersion program brought an influx of new students, and therefore, more funding for the school. The French Immersion program thrived and the 49 students enrolled for kindergarten in fall of 2013 confirms the demand for this fantastic program. And yet, French Immersion does not define Brander Gardens as a school. It has a strong English population as well. As a parent of a grade one student in the French Immersion program and another child enrolled to start kindergarten in the fall, I support the continuation of a strong FI program because I truly believe it what is best for all students and families at Brander Gardens. It will help to prevent a roller coaster of student enrolment numbers. A new school was announced for the SW area and, once built, many families will naturally move their children from Brander Gardens to a school closer to home. And once again, Brander Gardens will experience a drastic population dip as it did when Esther Starkman opened in 2010. At a school council meeting in May, Assistant Superintendent Bruce Coggles stated that at this point the French Immersion program would be opened back up to two classes. (Never mind that the teachers who formerly taught those classes will have left the school by then.)

The Edmonton Public School Board needs to seriously re-look at redistributing the catchment area so that the school can continuously provide a strong program for both its English and French students and eliminate these unnecessary and avoidable drastic population highs and lows. A redistribution of the catchment area would also help ensure that current families, whether in the English or French program, could stay in the school and that younger students could one day join their older siblings. My fear is that if the catchment area stays as it is, the inevitable influx of new students from these areas will put additional pressure on a school that is already at capacity and leave no alternative but to cut the French Immersion program even further. As a family, we have nothing but praise for Brander Gardens School and staff. We sincerely hope that our sons will have the opportunity to continue their French language education there.

Keith Shack

City of Edmonton Election will take place on October 21.

Have your voice be heard, vote.

Environmental spotlight: BPA

By Dr. Michael Mason-Wood

What is BPA?

Bisphenol A, or BPA, is an industrial chemical used to make two common synthetics:

- Polycarbonate plastic: a clear, rigid, shatter-resistant plastic found in a wide variety of consumer products (ie food and drink containers, CDs, DVDs, water bottles, drinking glasses, kitchen appliances and utensils, eyeglass lenses, office water coolers, hockey helmet visors, medical supplies, cell phones, computers, toys and car headlights).
- Epoxy resins: used in industrial adhesives and high-performance coatings. They are used as adhesives in sporting equipment, airplanes and cars. They are also found in dental filling materials, protective coatings around wire and piping and line the interior of every tin can found in every home and grocery store.
- Additional sources of BPA include “carbonless” paper – the white, glossy, coated paper that most cash register receipts are printed on; newspaper ink; and since newspapers are used in making recycled paper, levels of BPA in recycled paper is extremely high (ie pizza boxes made from recycled paper).

What are the health risks of BPA?

BPA is a synthetic estrogen that is disruptive to our endocrine system. It has been linked to a wide variety of health conditions, including infertility, obesity, diabetes, early puberty, behavioral changes in children, resistance to chemotherapy treatments and breast, prostate and reproductive system cancers.

- Surveys by the Center for Disease Control and Prevention have found BPA in nearly every person over the age of 6. In 2009, the Environmental Working Group (EWG) detected BPA in 90% of cord blood samples. Most of this contamination is believed to come from food packaging. BPA molecules leach into food and beverages from plastic food containers and the epoxy linings of metal cans.
- In 2007, the Canadian government was the first to ban BPA in baby bottles and sippy cups due to pressure from consumers and environmental groups. While this was a big step forward, the government still allows BPA in canned foods, store and bank receipts and dental glue.
- In 2007, EWG found BPA in 53 of 97 canned foods tested. In 2011, tests of 78 popular canned foods found BPA in 90 percent of products. The following canned foods measure high in BPA: beans, green beans, green peas and chili. There are low concentrations of BPA in canned fruit and beverages. EWG advises consumers to limit their consumption of canned products or to use products made by companies that provide BPA-free lining, such as Eden Organics.
- In 2011, researchers at the Harvard School of Public Health determined that volunteers who ate a single serving of canned soup a day for five days had ten times the amount of BPA in their bodies as when they ate fresh soup daily. Campbell's and other major canned food makers are seeking alternatives but have not yet switched to BPA-free cans.


How to limit your family's exposure to BPA

Completely eliminating contact with BPA is virtually impossible, but you can reduce your family's exposure to this chemical.


- Use fresh fruits and vegetables whenever possible. Alternatively select products that are packaged in glass or cardboard containers or that have been frozen when fresh.
- BPA leaches from containers into the contents and we end up consuming it. Containers do not need to be heated for this to occur. Switch to glass or stainless steel containers where possible.
- With respect to baby formula, choose powdered formula because the packaging contains less BPA. If your baby needs liquid formula, look for brands sold in non-plastic containers.
- Limit your consumption of canned food, particularly if you are pregnant.
- Look for canned food labeled as BPA-free or buy food packed in glass jars or waxed cardboard cartons. A few companies sell cans lined with non-BPA alternatives, such as Eden Organics.
- Store food in non-toxic alternatives such as glass or stainless steel.
- Do not microwave food in plastic containers.
- Watch receipts - In 2010, EWG's testing of retailer's store receipts found that 40 percent were coated with BPA. The chemical can rub off on hands or food items. Some may be absorbed through the skin. Limit exposure by: 1) saying no to receipts when possible 2) Keep receipts in an envelope 3) Never give a child a receipt to hold or play with. 4) Wash your hands before preparing and eating food after handling receipts. 5) Do not recycle receipts and other thermal paper. BPA residues will contaminate recycled paper.

Sources: *Environmental Working Group, 2013, www.ewg.org/bpa*; *Bisphenol A, CAND patient handout, April 2008, www.cand.ca*; *Slow Death by Rubber Duck: How the Toxic Chemistry of Everyday Life affects our Health by Rick Smith and Bruce Lourie*


Visit www.terwillegar.org
for updates on Halloween
Events in the community



Alberta Health Services



Emergency Medical Services



Halloween Safety

Alberta Health Services EMS would like to remind parents and trick-or-treaters of some basic Halloween safety tips, as October 31st approaches. Halloween can be an exciting time for children, but with the distraction of treats and costumes, safety rules can easily be forgotten. Take some time to review these simple tips and reminders to help ensure Halloween is a safe night for all.

| Trick-or-Treaters | Costumes |
|---|--|
| <ul style="list-style-type: none"> • Remember: all regular pedestrian rules still apply. Be sure to cross the road at marked cross walks or well lit corners only. It is safest to work your way up one side of the street and then cross once to the other side. • Stay away from houses that are not well lit. Do not accept rides from strangers, or enter any home you feel is unsafe. • Let your parents know where you are going to be at all times and advise them if you will be late returning. | <ul style="list-style-type: none"> • Choose bright colored costumes that are highly visible. Adding reflective tape to costumes further increases visibility. • Consider sending your children with a flashlight for additional safety and increased visibility. • When purchasing or making costumes, look for materials and accessories that are labeled flame-resistant. • All costume accessories, such as sticks, rods or wands, should be soft and flexible, with no sharp edges. • Consider using hypoallergenic make-up kits instead of masks that may impair breathing or vision. • Be sure costumes are loose enough to be worn over warm clothing – but not so baggy or long that they become a tripping hazard. Costumes should not be longer than your child's ankles. • Ensure your child is wearing adequate foot wear that takes into consideration weather conditions and walking. |
| Parents | |
| <ul style="list-style-type: none"> • Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups. • Pre-determine boundaries to trick-or-treat within and establish a firm time to return home. • Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped. | |

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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

Southwest Edmonton Farmers Market
 Every Wed 4:30pm - 7:30pm

Events:
Sept 3: TCRC Pool Closure begins
Sept 18: TRAC Mtg Lillian Osborne 7:00pm
Sept 21: Community League Days. Art In the Park in Riverbend - James Ramsey Park.
Sept 28: TCL Fall I'm Too Big For It Sale Terwillegar Community Church 10am to 1pm
Oct 2: TCL will be at the Southwest Farmers Market selling members.
Oct 21: Election Day
Oct 30: Submission Deadline for Terwillegar Tribune
Oct 31: Halloween
Nov 6: TCRC Pool scheduled reopening

Check 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

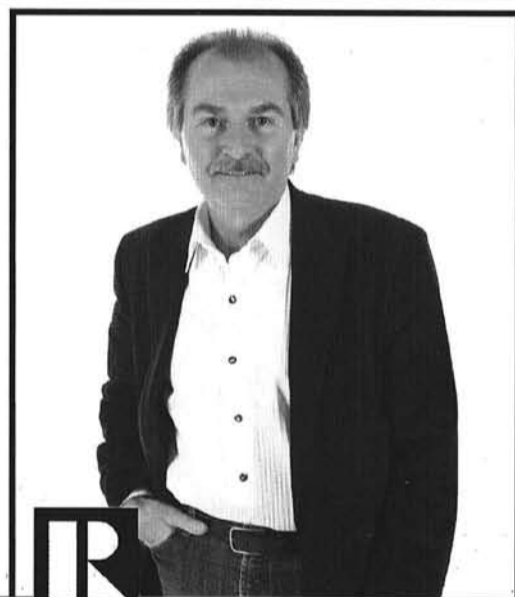
When: Saturday September 28 10am to 1pm
Where: Terwillegar Community Church
 1751 Towne Centre Blvd NW

If you have kids you can't miss this sale!

For more information go to www.terwillegar.org
 or email Michelle at mmcwilli@live.com

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| 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** •••••

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.

FYI - TERWILLEGAR RECREATION CENTRE WILL BE CLOSED FROM SEPT 3 - NOV 6. MEMBERS WILL STILL HAVE ACCESS TO INDOOR PLAYGROUND, FLEXIHALL, AND GYM DURING THIS TIME.

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

How to volunteer this Fall:

- 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. TCL is seeking a Coordinator for this program.
- Write or take pictures for your community paper! Contact our editor at editor@terwillegar.org
- Volunteer for the TCL Halloween Fireworks! Lots of fun and help your community.
- Join the TCL Board at our AGM

Contact our Volunteer Coordinator at volunteercoordinator@terwillegar.org for more information on how you can help support your community!

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

**How to contact the
Terwillegar Community League**

www.terwillegar.org

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

**Want to join the Terwillegar Community League Board?
Contact James at president@terwillegar.org**

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Terwillegar Classifieds

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Come visit your neighbourhood Registered Massage Therapist, conveniently located in Terwillegar Towne! Joanne Robertson RMT. Call 780-819-5637. Insurance receipts provided. www.radianthealthrelaxation.com

**Classified ad - \$12 for 25 words or less!
Send to 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**



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