



## What's Inside

2	Community	19	Kids
11	Fitness	21	NEW! Pet Health
14	Food	22	Coming Events
16	TRAC	23	Memberships
17	Seniors	24	Classifieds

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

Issue 50 February 2014

**Next submission deadline:**  
**March 7, 2014**

**Next issue: April 7**

**TCL Family Day Event February 17, 2014**  
**2pm at park by schools. Activities for all ages!**

## South Terwillegar spray deck under construction



*By Mandy Jones, South Terwillegar Park Committee*

If you haven't driven past the construction site of our community's newest edition yet, you're missing the excitement. South Terwillegar's Spray Deck is under construction! The fenced in area is currently home to a beautiful large gazebo, a utility box to house the inner workings of the spray equipment and underground plumbing that will be used daily over the summer months. As someone who has been involved in this project since 2009, seeing the project becoming a reality is truly wonderful.

This project is a huge undertaking for our community. Total cost of the Spray Deck and Playground will cost over \$1,000,000. Part of the funds come from different levels of government, however those funds need to be matched by the community. Where does the money come from? It has been raised by hardworking volunteers who have donated hundreds of hours of their time to plan special events, volunteer at the events and go door to door. While our volunteers have done an amazing job so far, we haven't reached the full amount needed to complete the project with both a spray deck and playground as planned. We are approximately 10% short at this time. If you haven't donated yet, now is your chance! Donations over \$250 receive the opportunity to put their family name on the donor plaque at the park site. Donations over \$20 are entitled to receive a tax receipt. We are also seeking corporate sponsorship, so if you or someone you know would like to donate, please contact Terwillegar Community League's (TCL) Treasurer at [treasurer@terwillegar.org](mailto:treasurer@terwillegar.org). And check out the donation form on page two.

With further funds, we will be able to begin the second phase of the project which is the playground and park development stage, making it a more user friendly and community oriented site. If you are interested in knowing more about the playground development, the proposed site plans, and to see pictures of the proposed equipment, visit our website at [www.terwillegar.org](http://www.terwillegar.org).

Watch the TCL Facebook page, website ([www.terwillegar.org](http://www.terwillegar.org)) and future editions of the Terwillegar Tribune for the GRAND OPENING CELEBRATION for the spray deck.

**Watch the TCL Facebook page and website [www.terwillegar.org](http://www.terwillegar.org) for upcoming Community Events**



PEOPLE  
YOU  
KNOW  
PEOPLE  
YOU  
TRUST

**RON  
DICKSON  
& ASSOCIATES**

Contact Us Today for a  
**No Cost, No Obligation**  
Market Evaluation of your Home

**780-918-2635**  
[ron@rondickson.com](mailto:ron@rondickson.com)

Find us on Facebook



14717-40 Avenue  
Edmonton, Alberta  
T6R 1N1  
Office: 780-438-7000

Visit [www.RonDickson.com](http://www.RonDickson.com)

# Community

## President's Message - Happy New Year

Joe Ahmad, President of Terwillegar Community League

A Happy New Year to all residents of Terwillegar! It's a new year and that means it's time for setting new goals and challenges for ourselves. The past year was a good one and 2014 is shaping up to be even better. The Terwillegar Community League (TCL), has its mission to encourage safe, friendly and active neighborhoods by providing programs and services that promote family and community, and acting as an advocate by representing the needs and interests of the community's members. To do all of that however, we rely on volunteers. Anyone living in Terwillegar can be a volunteer. I'm sure you've read about all of the good reasons to become a volunteer but with our busy schedules and lives, it's often hard to find the time to contribute even though you may want to. Therefore, this year I would like to offer you the Top 7 reasons **NOT** to volunteer with the TCL.

### Top 7 Reasons NOT to Volunteer with the TCL

7. You don't want to make Canada a better country.

Governor-General David Johnson recently started an excellent campaign, "My Giving Moment" to encourage Canadians to help worthy causes through deeds and donations. This is a no-brainer. Why volunteer and make our Country a better place by giving our time and money? Altruism is such a waste of time. This is a 'ME' generation!

6. You don't want to meet people.

Unfortunately, when you volunteer for an event, or the TCL itself, you will meet people; nice people, who will like you, will want to get to know you and might even become good friends with you. Definitely avoid volunteering if you don't want to make friends. You know the old saying; you **can** have too many friends.

5. You don't need any more self-confidence.

One of the side effects of getting involved in your community is that you become more self-confident in other areas of your life. Definitely avoid volunteering so that you don't accidentally acquire more self-confidence.

4. You don't want any more new skills or knowledge.

Who needs more skills? We all have so many skills that learning new ones seems like a waste of time. And knowledge, well one can only have so much of that stuff. Let's make this a year of learning nothing

new so that next year at this time we can say to ourselves "Thank goodness I didn't learn anything this year!" After all, what employer wants a worker with skills and knowledge? We all know that nothing gets you a job quicker than a blank resume.

3. You don't want to help others and make a difference.

One of the things we could all do with a little less of is help and making a difference in our communities. The problem with volunteering is that it is just far too helpful and it contributes to our lives and that of our neighbors. Definitely avoid the TCL if you want to do less of that! After all, being helpful is the number one cause of making new friends and having a good life so let's avoid it.

2. You don't want to have any more fun.

Volunteering at the TCL often involves having some fun and there is just nothing we can do about that. We've tried in the past to make it less fun, but to no avail. Remember the TCL "Open House" in November 2013 organized by our Volunteer Coordinator Scott Riddell and his team. We had a ton of fun. You probably have so much fun all the time that it's simply impossible to have any more. No problem, you can definitely avoid the fun you'll get from volunteering! Whatever you do, do not go to the TCL webpage and read about the things you could be doing to have fun this year.

1. You don't want to feel valued or needed.

Likely you're the type of person who says to him/herself, "I just feel too valued already. I have nothing more to contribute." We have a terrible habit of respecting our volunteers and valuing the skills and contributions they make throughout the year. At the end of the day, if you don't want to feel good about yourself or know you're making a difference in your community, then be sure to stay home.

So you see, there are a number of good reasons not to find the time to join us in making our community even better. If this challenges your psyche and shakes your sensibilities then remember what Carl Jung, the famous psychotherapist said: "The world hangs on a thin thread, and that thread is the psyche of man [/or woman]" Nevertheless if you find that you could contribute your time, and even benefit from doing so, please join us! We'd love to have you and are looking forward to meeting as many of you as possible. We promise not to make it too enjoyable!

## 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 Safety in the community

Keeping ourselves, and our children safe in the community has become of increased importance lately in light of the recent attacks on women in the area. Women were a target of an individual who would attack them, push them to the ground and flee. Several women were victimized by this individual. There is a team of detectives on the case and the Edmonton Police Service has been patrolling the community regularly. While we are unaware of whether or not he is still out there, it has assisted our community to come together to discuss the issue of safety.

While we may not all agree with some of the recent messages from law enforcement, we can agree that ensuring that we are not a victim of crime is the real message. Keep yourself safe! The following has been identified by law enforcement and self-defense specialists as ways to ensure your safety:

- Walk in pairs or groups when possible.
- Let someone know when you will be home or where you are going.
- Walk in well-lit areas, this may mean not taking shortcuts through dimly lit back alleyways or parks.
- Be aware of your surroundings. You may not be fully aware when talking on your cell phone or while using headphones.
- Talk to your youth about a safe place to go if they are feeling unsafe when walking home (e.g. Macs store, church or neighbors home.)

Crime can happen anywhere, so be careful out there!

Scott Pattinson with Edmonton Police Service had this to say “one of our most important partners is the residents.” They are asking that you report suspicious activity to the EPS Complaint Line at 780-423-4567. If you are concerned, that is a good enough reason to call.

If you have any information regarding the recent attacks in the community or another crime, call Crimstoppers at 780-422-TIPS.

Crimes such as these highlight the importance of the community coming together to make Terwillegar and area a safe and secure place for everyone who lives here.

## **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 gps, satellite radios and chargers.**
    - **Remove your garage door opener.**
  - **Ensure your garage door is closed, especially in the overnight.**
- If you are a victim of property theft, report it at 780-423-4567 or #377.**

Edmonton Police Service has created a Crime Mapping application to assist the community in identifying crime in their area. Visit **[crimemapping.edmontonpolice.ca](http://crimemapping.edmontonpolice.ca)** to see what's been happening in our community!

### **What IS Neighbourhood Watch?**

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

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

It's neighbors helping neighbors to prevent crime!

Visit [www.enwatch.ca](http://www.enwatch.ca) for more information or to register for the Edmonton Neighborhood Watch program.

Terwillegar Community League would like your support to start a Neighbourhood Watch program. A coordinator is needed. If you don't think that the Coordinator position is right for you, then become a member. Be the eyes and ears of our community. Report all questionable activity to police.

The emergency number for reporting a crime in progress is 9-1-1.  
The phone number for non-emergency calls is 780-423-4567.

# Community

## I'm too big for it sale continues to grow

Focus on volunteers: Michelle McWilliams - I'm too big for it sale



Photo by: Danielle Gordon

By Danielle Gordon

The I'm too big for it sale has been a successful Terwillegar Community League (TCL) event for our community since the first one was held in 2006. Since then it has been a popular semi-annual event with sales in the spring and the fall.

When the previous organizer reached the end of her term, Michelle McWilliams saw a need in the community and decided to step up as the new sale organizer. Michelle's first sale was in the spring of 2011, which makes the upcoming spring sale her seventh endeavor. She enjoys being involved in her community, meeting people, and seeing the satisfaction of both vendors and buyers at the end of a successful sale.

Due to growth and availability of local space, the sale moved to Esther Starkman School in the fall of 2011 with space for 40 vendor tables. In 2013 it moved again to Terwillegar Community Church to make room for a total of 46 tables, and still the tables sell out early with many potential vendors anxiously hoping for their name to come up on the waiting list. The most recent sale in September of 2013 was attended by over 600 eager shoppers searching for treasures and deals, and usually finding them. There's always a large selection and variety for people to choose from, including clothing, toys, games, books movies, and more. The sale is a great way to recycle your goods and buy great products within your budget.

The added space and Michelle's excellent management of table placement allows room for shoppers to walk, mingle, and enjoy the event. Each vendor is given a table to fill with their treasures and space in the large item area, which is where shoppers will find strollers, playpens, exer-saucers, bicycles, and other large items that are too big for the individual vendor tables. All large items are marked with a table number so the buyer can find the vendor selling the item.

The \$2 entrance fee for adults (children are free) goes back to our community. Currently those funds are being used toward the many TCL programs we've all grown to love such as special events and playground initiatives.

If you are interested in a vendor table for the next sale on Saturday April 26, look for the ad on page 6 of this paper and on TCL's website at [www.terwillegar.org](http://www.terwillegar.org). In the past the tables have sold out fast so be sure to get your vendor application and payment in quickly. Tables are only \$35 if you supply your own table and \$45 if you rent a table. Individuals can share a table, however their items must stay within their table boundaries. For more information contact Michelle at [mmcwilli@live.com](mailto:mmcwilli@live.com).

During Michelle's volunteer time with the Terwillegar Community League she has also been involved with other fundraisers such as the silent auctions, casinos and various park development initiatives. Her organizational skills and winning attitude have been instrumental in making all her endeavors successful. If you see her at the next sale be sure to thank her for a job well done!

## Craig Watson

REALTOR®

### Your Friend In Real Estate

## 780.906.9949



## RE/MAX

River City South  
2852 Calgary Trail Edmonton  
Each Office Independently  
Owned and Operated



**Contact me today for  
a free no obligation  
market evaluation.**

**[craig@watsonhomes.ca](mailto:craig@watsonhomes.ca)**

# Springing into preschool: how to find the perfect fit for your family

By Ally Kothari

The search for a preschool for your child may not be something on your mind until it's too late! The earlier you start your investigations, the better! Preschools, especially ones in higher populated areas of our city, fill up very quickly, and often have long waitlists of families hoping for a spot! There are some guidelines and information that are important to take into consideration when starting your search.

Most important is to know what a preschool is! A preschool is an early learning environment, primarily for children aged 3-5 years. Some preschools accept children who are under the age of 3 years, but this depends on the individual preschool. Preschools usually run classes that are 2-3 hours in length, and either have set days that children attend (for example 4 year olds attend Monday, Wednesday and Fridays, 3 year olds attend Tuesday and Thursday in either morning or afternoon), or some preschools let parents choose what days of the week their child attends. Some preschools have mixed age classes, and some only run on certain days of the week.

All preschools must be licensed by the Alberta Government, and are subject to bi-annual licensing inspections to ensure each licensed program is following all licensing requirements. When you visit a program, ask about their recent licensing inspection, and staff certification. Part of the licensing requirements for preschools states that all staff must be certified or obtain certification within 6 months of being hired at a preschool. When you visit a preschool open house ask about the staff, their experience, related degrees/diplomas/certificates (most preschool teachers either have a diploma in early childhood education, an education degree, experience working with preschool aged children, or all of the above!) and how long they have been with the program. Licensed programs also require certain child to staff ratios, so ensure those are being met at the programs you visit!

Decide what type of learning experience you want for your child. Different preschools offer different philosophies and policies on learning, programming, discipline and language. When visiting open houses, ask what the program's philosophy on learning is, and what types of discipline methods are used. Most programs will offer a learning through play environment. Your child will learn through meaningful play based experiences :think counting and sorting objects found in the classroom, exploring in sensory tables, building with all different types of materials, open ended art opportunities, music and movement play, physical activity opportunities, dramatic play adventures and so on! Make sure there are age-appropriate toys, activities and outings planned for the children in the program. Some programs offer different spins on the learning through play

environment, with more specific preschool philosophies, including Montessori, Waldorf, Community/Religious, Cooperative, and Reggio Emilia, or teaching a second language such as French, German, Spanish or Ukrainian. Do your research on these teaching styles and learning opportunities, and see what fits right with your child and your family beliefs.

Preschools are often run out of classrooms that are located in community leagues, churches, schools, or other community buildings. Preschools can be affiliated with the building in which they are located, or simply lease or rent space from them, so be sure to ask when visiting or researching different programs.

Preschools are either for profit, or non-profit, therefore are either run by an executive board of directors (usually parent volunteers), or private owners. Fees vary from program to program, so be sure to inquire about fees (including registration fees, participation deposits, resource fees), and what is included with these fees (snacks, fieldtrips and special events).

Make sure you fully understand what is required for parent involvement. Some programs require parent duty days, where parents are volunteers in the classroom and assist the teacher with the daily program plan, while some preschools have 2 or more full time teachers, so duty days aren't required. If the preschool program takes students on fieldtrips or have special events planned, staff will usually need parent volunteers for these events! Be sure to ask about fundraising, and the requirements for each family.

There are so many things to think about and take into consideration when looking for a preschool program that is right for you and your child, as you can see from reading the above information! Do your research, talk to friends, family and neighbours. Communities often offer resources such as the Edmonton Preschool Association, which offers advice and guidance to parents and preschool teachers. Members of the association pay a yearly fee, and in return their preschool is listed on the association website, and members are provided with professional development opportunities throughout the year, visit [www.edmontonpreschools.com](http://www.edmontonpreschools.com) for more information. Or visit the government of Alberta website for childcare resources at <http://humanservices.alberta.ca/family-community/child-care-resources-for-parents.html>. This site provides all kinds of resources for parents about provincial licensing requirements for preschools, finding licensed programs in your area, and so on.

Ultimately, choose a program where you and your child feel comfortable. Observe the staff in the classroom. Are they excited, engaging with the children and providing age appropriate programming and activities? Are the other children and parents in the program happy, involved and eager to share the great things about the program you are looking at? With a little effort and time spent researching and visiting different programs in your community and beyond, you'll be sure to find the perfect preschool fit for your family!

*Ally Kothari is the director of a French Immersion preschool located in downtown Edmonton ([www.grandinprescolaire.com](http://www.grandinprescolaire.com)), as well as the Vice-President of the Northern Alberta Preschool Teachers Association ([www.edmontonpreschools.com](http://www.edmontonpreschools.com))*



**Celebrating  
1994 - 2014  
20 Years**

**Riverbend Christian Nursery School**

**2014-2015 ONLINE  
REGISTRATION**

**r c n s c h o o l . c o m**

**OPEN HOUSE** - Feb 10 from 6-7:30 pm, 495 Rhatigan Road East

**ALUMNI REGISTRATION:** Feb 3 - noon until Feb 6 - 4 pm **PUBLIC REGISTRATION:** Feb. 12 at noon

See website for details on our 20th Anniversary Family Fun Event on May 24, 2014 from 1-4 pm

## Know of a good story?

Try your hand at writing or

Email us:

**[editor@terwillegar.org](mailto:editor@terwillegar.org)**



# I'm Too Big For It Sale

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

Terwillegar Community League's  
Semi-Annual Sale

**When:** Saturday April 26, 2014 10am to 1pm

**Where:** Terwillegar Community Church  
1751 Towne Centre Blvd NW

**Vendor tables are now available!**

For more information go to [www.terwillegar.org](http://www.terwillegar.org)  
or email Michelle at [mmcwilli@live.com](mailto:mmcwilli@live.com)

## TCL Family Day Event - February 17 2pm at park by schools in Terwillegar Towne.

Outdoor activities weather pending.

Everyone welcome!

[www.terwillegar.org](http://www.terwillegar.org) for more details

### Holy Trinity Riverbend

Your Neighbourhood Church

1248 - 156st [htrchurch.org](http://htrchurch.org) 780-431-1817

Living  
**faith**

Faith is for living, it's an action that is equal parts loving others,  
loving God and coming to know God's love for us in Jesus.

#### Worship

Saturday 10am Cantonese

Sunday 10am Family Friendly English Worship

#### Pancake Supper! - March 4th 6pm

Everyone loves breakfast for dinner! Come along for  
pancakes, syrup and sausage all for a Free will donation.

#### 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 [htrchuch.ca](http://htrchuch.ca) for  
details about upcoming events.

### 生命更新浸信教会

Life Renewal Chinese Baptist Church

1751 Towne Centre Blvd NW, Edmonton, AB, T6R 3N9

Website: [www.LRCBC.ca](http://www.LRCBC.ca)

Pastor Evan Yang 杨威传道

Tel.: (780) 433-4124

[pastor.evan.yang@gmail.com](mailto:pastor.evan.yang@gmail.com)

#### Sunday Worship (主日崇拜)

Sunday (星期日) 2:30 - 3:30PM

#### Children's Sunday School (儿童主日学)

Sunday (星期日) 2:30 - 3:30PM

#### Adult's Sunday School (成人主日学)

Sunday (星期日) 4:00 - 5:00PM

#### Evangelical Gathering (福音聚会)

Saturday (星期六) 7:00 - 9:00PM

#### Prayer Meeting (祷告会)

Thursday (星期四) 7:00 - 9:00PM

# Terwillegar Community Preschool

**Fall Registration  
Opens**  
\* **February 24th at 9:00am**

Register Online @  
[www.techurch.ca](http://www.techurch.ca)




**WANT TO SEE YOUR AD HERE?**  
 Contact the Editor at  
[editor@terwillegar.org](mailto:editor@terwillegar.org)  
 Color and black and white ad space available



*Enjoy Smiling!*

## CALLINGWOOD ORTHODONTICS

Dr. Evelyn J. Diduch  
B.Sc., D.D.S., M.C.I.D., F.R.C.D.(C)

Dr. Michael P. Major  
B.Sc., D.D.S., M.Sc., F.R.C.D.(C)

Certified Specialists in Orthodontics

Callingwood Square Shopping Centre 6647 - 177 Street, Edmonton, AB T5T 4K3  
 Tel: (780) 481-8668 [www.callingwoodortho.com](http://www.callingwoodortho.com)



### Free Home Evaluations

Buying or Selling? Call Me TODAY!

# 780-298-8804



[WWW.Didi-Sells.com](http://WWW.Didi-Sells.com)

Terwillegar Towne



**SOLD! For 96% of list**

Windermere



**SOLD! For 99% of list**

Magrath Heights



Walk Out Lot with View \$934,800

Langdale



In Law Suite \$559,800

## DiDi Rasmussen

Generously Donating to:  
 Callie's Children's Foundation

RE/MAX Real Estate Centre  
 14717 40 Avenue  
 Edmonton, AB T6R 1N1  
 Office: 780-438-7090  
 FAX: 780-403-7283

RE/MAX Real Estate Centre—Each office independently owned and operated  
 Not intended to cause or induce breach of, cancellation of, assignment of, or to interfere in any way with the existing agency agreement of another brokerage

# Community Recreation Coordinators (CRC's) in Edmonton



*By Councillor Bryan Anderson, City of Edmonton*

Edmonton is full of great people, and it's these people who help make our communities great places to live. It's important the people and community groups of Edmonton have access to information and support when they need it.

The City's Community Services department works with citizens and communities to create a safe, healthy and vibrant city. On any given day, this department manages hundreds of activities in its commitment to serving the people of Edmonton.

The City has a team of individuals called Community Recreation Coordinators (CRCs) whose role is to provide information and support to community groups that offer opportunities for citizens to get involved and work towards enhancing their communities.

A CRC is assigned to each neighbourhood and supports community groups, community leagues and partnering organizations, schools and citizens, to make sure city programs and services operate effectively in communities. Your CRC can help you by connecting you with city services; assist your community group with funding applications, advise people in your neighbourhood on park and green space development, planning processes and public involvement plans and help you organize community events.

Not sure where to start with a community initiative or idea? Contact your CRC. If you do not know the name of your CRC, you can find out by phoning 311.

If you have any questions, concerns or comments, let me know, call 780-496-8130 or email [bryan.anderson@edmonton.ca](mailto:bryan.anderson@edmonton.ca)

## New school announced for Windermere

*Information provided by Lori Nagy, Manager of Media and Community Relations Service with Edmonton Catholic Schools*

A few weeks ago, it was announced that Edmonton's Southwest will be receiving funding for a much needed new school. This announcement is coming at a time when many schools in the area are feeling the enrollment pressures of too many students and not enough space. The new School, will provide spaces for 750 students enrolled in Kindergarten to Grade Nine. The school will be located in the community of Windermere, at the northeast corner of the intersection of Windermere Road and Windermere Boulevard. The district is considering this site for a dual track French Immersion/Regular program. There is no scheduled opening date at this time.

## Take a walk on the wild side: MacTaggart Sanctuary

*By Sheri Hendsbee*

Most people probably think of it as that speed trap on 23rd, but the gravel parking lot at the base of the large hills between 119 street and Rabbit Hill Road is the gateway to one of the best kept secrets in the city... and to one of its most spectacular wilderness areas.

MacTaggart Sanctuary is a vast tract of land stretching from 23 Avenue in the north to the Henday in the south. It follows the twisting & turning course of the Whitemud Creek and is a magical place filled with beaver dams and animal tracks, rustic paths and fallen logs, amazing view-points and challenging hills. It has held an endless fascination for our family, and is the main reason for our move to this area of the city almost ten years ago.

Throughout the nature sanctuary are paths that are maintained not by the city, but by volunteers. These paths follow old animal tracks and range from the hilltop banks high above the Whitemud Creek on its west side down to the stream's rocky shores. As you are hiking there, keep an eye out for signs made out of canning lids... these signs indicate the trails and some of the sanctuary's hidden gems.

The Loop Trail is the trail closest to the gravel parking lot at Smith Crossing. Cross the creek by the old blue iron bridge and head to the trailhead at the MacTaggart sanctuary information sign. Follow the trail straight ahead, about 100m to a fork in the trail. The Loop Trail starts here, branching left and right. Go to the right, and you head into the forest and up into the rolling hills. Go to the left and you descend the high creek bank and come very quickly to a beaver pond.

This trail roughly follows the perimeter of a crescent-shaped pond created long ago when a beaver dam blocked the natural course of the stream, and the stream found an alternate path. In fact, part of the trail takes you right across the top of that gigantic old dam.

Throughout your MacTaggart adventures, listen for the cheerful melodies of the playful chickadees as you hike through the hills. Listen for the knocks of the woodpecker's bill against a hollow trunk or the splash of a beaver's tail as it slaps against the surface of the pond warning others of your approach. If you can be very still, watch the pond surface for the ripple of a muskrat's wake as it hugs the shoreline, taking refuge under the protective grasses

that overhang its low banks. See how many ducks you can identify, preening themselves on the pond. Watch for the movement of a stickleback fish as it comes up to the pond's surface to eat an unsuspecting insect. Watch for rabbits and deer in winter, spring, summer and fall, for they frequent this place and call it home. Be sure to look up as well to the tops of tall, towering snags for sightings of magnificent birds of prey.

Hiking the Loop Trail as an adult takes about 20-30 minutes. Hiking the trail with a small child can take a full day, for there's a lot to explore. Young children are fascinated by what they touch and feel with their little fingers and hands and so you need to be careful of the stinging nettles near any marshy areas. But at the base of large pine trees there are soft piles of pinecones casings that mark a squirrel midden to pour through your hands. Handle some of the woodchips scattered at the base of the beaver-felled tree and feel the teeth marks left behind by the beavers. Pick up the large wood splinters strewn at the base of trees that woodpeckers have scattered and imagine the force it must have taken to knock those splinters loose.

There are beaver dams and beaver-chewed logs to balance across, trees to climb and old forts to explore. Creek-side, there are rocky shores to poke about on, little banks to climb and shallow wading areas in which to muck about. There are always animal tracks and trails to follow. In early summer the trails are lined with fragrant wild roses. And in fall, those same roses become rosehips and attract wildlife like deer. Woodpeckers play games of hide and seek as they noisily peck away at the hollow trees and you try to find them in the forest maze. The large pileated woodpeckers are the most spectacular birds to see with their bright red crowns and their large, prehistoric-looking, chicken-like bodies. It truly is a wondrous place.

Whether you're looking for a challenging cross-country run, or a slow meander through a natural area, this is the place. It truly is possible to get lost in the wilds of nature within a large city like Edmonton. You just have to know where those wild areas lie and how easily accessible they truly are. I encourage you to find MacTaggart sanctuary, and take a walk on the wild side.



# An open letter to the Government of Alberta

By Lita Bablitz

An open letter to the Government of Alberta regarding schools in Developing Communities,

Edmonton is desperately in need of new schools and the 3 you announced just aren't enough. In fact, if you could open those 3 schools tomorrow they would open full. You are well aware they are not enough. You are well aware that the underutilized school spaces in the inner city and older areas are NOT where the children are. You realize the children are being punished for adult's failure to plan and you have the power to absolve them. Where is the leadership and will to fix this?

You have always been a government of dollars, of numbers, and not particularly swayed by the emotions of society. So here is the picture in numbers.

- Edmonton is a big city and unfortunately few people can walk to work or school. The average adult's commute by private vehicle, transit, or foot is 23 minutes (one way). <http://www.statcan.gc.ca/pub/11-008-x/2011002/t/11531/tbl001-eng.htm> The Alberta Government is suggesting that it is perfectly acceptable to ask a child to commute for, at least, twice that time on the school bus just to arrive at their "designated catchment school" each and every day (the first children onto my sons' elementary school bus route each day ride for a full hour each way). The newest areas of the SW are now being designated "catchment schools" which are so far away that the bus ride times are going to top 1 ½ hours (one way). No child in a city as prosperous and populated as Edmonton should be asked to spend 3 hours on a bus to attend the closest school which can accommodate them.
- You announced an additional new Catholic school in Windermere even though you know that almost 75% of Edmonton's children fall under Edmonton Public's "School District Residency" or jurisdiction (presumably this was to again "remind EPSB of their 66% overall utilization rate while Edmonton Catholic boasts 75%" even though you KNOW that those unused "spots" aren't where the kids are). But Edmonton's housing vacancy rate is lingering at around 1.4 %, [http://www.cmhc-schl.gc.ca/odpub/esub/64379/64379\\_2013\\_A01.pdf?fr=1389313556527](http://www.cmhc-schl.gc.ca/odpub/esub/64379/64379_2013_A01.pdf?fr=1389313556527) and home sales are, for the most part, pacing demand for home purchases [http://www.cmhc-schl.gc.ca/odpub/esub/64343/64343\\_2013\\_B02.pdf?fr=1389314642071](http://www.cmhc-schl.gc.ca/odpub/esub/64343/64343_2013_B02.pdf?fr=1389314642071) so it's fairly clear that the underutilized schools are in areas where the population has merely aged and the kids aren't there to attend the schools (we can't go around kicking people out of their homes so that families with small children can live there, can we?). Also, it would be hard to encourage the turnover to a younger demographic if these neighbourhood's schools are all closing, so it's not as simple as just closing schools to solve the problem in a big city is it? It must also be pointed out that many of these "underutilized" inner city schools are "full" of children who face sizable socio economic, language, and family challenges and that their school closing would present yet another huge barrier to their access to equitable educational and life opportunities; but you know that already, as well, don't you? [http://www.edmonton.ca/city\\_government/documents/ELEVATE.pdf#xml=http://search1.edmonton.ca/taxis/ThunderstoneSearchService/pdfhi.txt?query=elevate&pr=www.edmonton.ca&prox=page&rorder=750&rprox=250&rdfreq=0&rwfreq=0&rlead=750&rdepth=0&sufs=0&order=r&cq=&id=52ceabb77](http://www.edmonton.ca/city_government/documents/ELEVATE.pdf#xml=http://search1.edmonton.ca/taxis/ThunderstoneSearchService/pdfhi.txt?query=elevate&pr=www.edmonton.ca&prox=page&rorder=750&rprox=250&rdfreq=0&rwfreq=0&rlead=750&rdepth=0&sufs=0&order=r&cq=&id=52ceabb77) Even if EPSB closed the schools all that would change is a percentage number on a bean counter's page, the available school spaces still would NOT be where so many of the children ARE.
- The Province has no numbers to protect kids. Aside from a few "recommendations" there is no maximum number of children who can be placed in a classroom, no maximum number of students a school can be expected to hold, and no square footage which the Province deems an unsuitable place for learning. Consequently my kid's school currently has 568 students enrolled (when it is considered full at 404 students. This is based on the Province's ACU School Capacity

calculation <http://files.epsb.ca/schoolprofiles/latest/226.pdf>. But at this size we started the year with a shocking 30 children in one of our English Kindergarten classes, a class in the staffroom, above "recommended" class sizes for almost every class in the school, 20 classrooms of kids who can't get enough time in either gym or music, and they can't even have an all school assembly because we have too many children to safely gather them now. And, for the record, the staffroom was used as a classroom this year because a few years ago we had a class on the stage (trying to learn while gym classes were running on the other side of what is essentially a curtain where I would estimate their minutes of concentrated learning each day to be ZERO) and the school thankfully decided it would not put learners in that position again. <http://education.alberta.ca/departement/ipr/archive/commission/report/reality/school/implement.aspx>

- The city of Edmonton is growing fast. Edmonton Public School Board was home to almost 7000 more students this year (2013/14) than in the 2009/2010 school year. Most elementary schools are now 'bottom heavy' with far more division 1 students (k-3) than division 2 students (4-6). <https://sites.google.com/a/epsb.ca/acc-test/> These kids will have to grow through the grades and the rates aren't dropping off behind them. In fact about 20% of the city's kindergarten students live in the new and developing areas of the City where there are currently very few schools, and up to ¼ of the city's over 40000 preschoolers live there too. [http://www.edmonton.ca/city\\_government/documents/Summary\\_Report\\_of\\_All\\_Questions\\_Edmonton\\_2012.pdf](http://www.edmonton.ca/city_government/documents/Summary_Report_of_All_Questions_Edmonton_2012.pdf) There is a toddler tidal wave (a school age tsunami if you will) coming, and like a wave their numbers will flow through 13 years of schooling (grades k to 12) and space will be needed for them.

We are ALL perfectly aware that the district failed to close underutilized schools, that the city has allowed for unchecked development, that the builders and realtors have spun tall tales of schools just waiting to be built, that hundreds of families bought knowing there was no school close to their family home. We are all aware of the colossal lie we have been told and chose to believe. Right now, we need someone to lead us out of the mess.

Those who idiotically (and obtusely) cry "Nanny state" or "Socialist!" every time a government regulates growth or sets standards for community planning need to be challenged. They have been loudest, longest but they do not speak for everyone. When we fail to vote in a government who serves the people, we fail to GET a government who serves the people. Our society needs leadership which puts the greater good first, and employs long term strategies and thinking to get us there.

But the government of Alberta has consistently put the highest income individuals ahead of seniors, workers, families, and most of all children. Sadly, the party waiting in the wings, trying to say all the right things and likely to become the next Alberta government follows the same agenda of putting individual privileges over societal rights and responsibilities; ahead of the greater good. They say the wealth will trickle down, and that the private will act in the public interest. I have not seen that happen. Not in the large scale, organized way we need. Our society needs a benevolent government to do that. Where is that leadership?

There IS a way we can achieve a fair and just society without homogenizing it, and without removing individual opportunities from it. A good place to start would be ensuring the next generations coming up have equal access to a great education. Good leadership can teach the people to think long term again.

For now, you promised that you could be a party who could adapt, who could respond to the needs of Alberta's people, and you have not kept that promise. Announce new schools for where the kids are. Now. Simple, community based, and welcoming; that's all they need. And build them before you fail the 100s and 100s of children counting on you. Because they are NOT just numbers.

Attention Women over 35:

Riverbend Mother Of 3 Discovers the "Missing Link" That Sheds Extra Pounds Quickly and Easily – Even Stubborn Baby Weight!

Look and feel years younger without brutal workouts or scary supplements that do more harm than good.

Hi! I'm Carolyn Box and just a few years ago I was where you are. I had three beautiful children and the body to prove I'd been through three pregnancies. I didn't look the way I wanted to and I certainly didn't feel the way I wanted to feel.

Perhaps you know what I'm talking about: daily aches and pains, nagging tiredness, maybe even shoulder, back or knee pain.

Like me you may have joined a gym only to quit in frustration when the weight just wouldn't budge or the workouts resulted in more pain.

You didn't fail – the system failed!

Most gyms simply toss you into the crowd and expect you to workout on the equipment provided with very little guidance. If you're not seeing the results you want, their answer is "work out harder."

How could you possibly be successful with such a haphazard approach?

Did you know that some of the exercises you thought were helping you build muscle and lose fat were actually doing exactly the opposite?

That's right – all that effort wasn't helping you, it was hurting you.

Exercise should improve your health – not destroy it!

Good workouts make you strong with long-term muscle health. They aren't painful and don't make you so sore you limp home.

Pain is an indication that something is wrong. If you exercise without correcting the problem, you only make the problem worse.

That's what led me to discover the "missing link". It's what made a profound difference in my own life; allowing me to go from a size 16 to a size 6 and get the strong, trim body I so desperately wanted.

I've shared this system with my clients with phenomenal results: sustainable weight loss, higher energy levels, better balance and flexibility and of course, trim, toned bodies.

Undeniable results...

I know this system works. It has worked for me and for my clients. Every day I see evidence that the missing link is the secret to sustainable weight loss and the trim, fit body that others envy.

Here's what a few of my clients have to say...

"I'm in the best shape I've ever been in." Wendy

"So far I've lost 30 pounds ... I would recommend Outside the Box to anyone..." Breanna

"I've lost at least 10 pounds so far ... I have so much more energy ... I used to have shoulder pain all the time ... it doesn't hurt anymore. Carolyn is a great motivator; I never would have been able to do this without her!" Jen



Carolyn Box Certified Personal Training Specialist & mother of 3

The Missing Link Revealed

Call 587-487-6050 to hear a recorded message where I reveal the missing link and how it's helped women like you get the body they always wanted. There's no obligation – I want you to have this information even if you decide our fitness system isn't for you.

Kiss your extra weight and pain goodbye and say hello to the real you – trim, fit, strong and pain free! Call today!

587-487-6050

www.OutsideTheBoxFitness.ca



Wordsearch Answers from page 19

Valentine's Day Keira Weber



arrow bow boyfriend cards caring cupid family friends girlfriend giving heart kind love

WE WELCOME CONTRIBUTIONS FROM CHILDREN AND TEENS!

Does your child like to write?

Do they have something they'd like to share with other people their age?

Email us at editor@terwillegar.org

Debbie Berube



RE/MAX RIVER CITY

Buying or Selling?

I can HELP you keep it SIMPLE!

Call Debbie Berube direct @ 780.722.3399 for your FREE Evaluation TODAY!



Debbie Berube Associate 780.722.3399

debbieberube@remax.net



# High intensity interval training - 2014's top fitness trend

by Jessica Zapata, BSc. Kin, CSCS, PRO-Trainer  
co-owner of Infinite Fitness [www.infinitefit.ca](http://www.infinitefit.ca)

According to the American College of Sports Medicine, High Intensity Interval Training (or HIIT) is *the* fitness trend of 2014. Chances are if you've been an avid exerciser for the past few years you've seen this trend in the form of Bootcamps, TABATA drills and circuit style workouts. The premise behind them is this; work at an all out intensity for a specific period of time, take a brief break and then go again. HIIT workouts promise to deliver speedy results for both weight loss and performance.

## So Does It Work?

For weight loss, the research thus far, says yes! By working at a high intensity, we create a greater need for oxygen. When we are finished our workout, our body's oxygen demands stay elevated. What does this mean for you? An increase in the number of calories expended both during and after the workout! We know expending calories is important in the weight loss equation and this extra after kick is a great way to torch a few more.

For performance, it's not that simple. When looking to increase performance a variety of factors must be taken into consideration including endurance, strength and power. Certain principles must be applied to get desired outcomes in each of these areas and therefore the training focus must adapt to reflect this.

## What are the other benefits to this type of training?

These types of workouts tend to be shorter in duration than a traditional workout and in this day and age, one of our most common barriers is the perceived lack of time. They also usually require minimal to no equipment, which means they can be done virtually anywhere. A dependable stopwatch (or let's be honest, there's an App for that), your workout shoes and some comfortable clothes are really all you need.

## Are there any drawbacks to this type of training?

We live in a society that perceives that if some is good, more must be better! This type of thinking is incorrect and often leads to more problems. The same is true when it comes to HIIT. When done properly, a HIIT workout should not be done more than twice a week, with adequate rest periods to recover. The body changes and adapts when resting and if that rest is not given potential side effects include, injury, inability to sleep, decreased daily life performance and increased fatigue.

HIIT can be performed by anyone (remember your all-out is not my all-out or your spouses all-out, etc), go at your own pace and see what you can accomplish!

To try a HIIT workout at home visit [youtube.com/InfiniteFitnessTV](http://youtube.com/InfiniteFitnessTV) and click on the [HIIT Home Workout video](#).





**INFINITE**  
*fitness*

Is...

**Exactly what I  
needed in my life!**



**Come and try us for FREE\***

- 2 Personal Training Sessions (any type)
- 2 Weeks Group Fitness Classes (drop in only)
- 2 Pilates Reformer Classes (Subject to availability)

**780.435.7111**

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

**14217 23 Ave NW**  
(Shoppes of Terwillegar Gardens)  
**Edmonton, AB, T6R 3E7**

\*Free trial - Valid for new clients only. Pass expires February 28, 2014

# Why combining massage and exercise are essential for reducing your aches and pains

By DarleeAnn Mathieson and Heather Layton

With the daily demands of life and the never ending challenges of balancing work and home, it seems our own health gets placed on the back-burner and on a very long list of “to do’s.” We are all guilty of looking after everyone and everything else before ourselves. And yet, if we don’t value and don’t take care of ourselves, we can set ourselves up for physical and emotional stresses.

Two great ways to care for your body are massage and exercise. The importance of each is familiar, but less well known is how the two complement each other. In fact they are often both required to resolve common pain, posture, and movement issues. Note: First check with a medical professional to diagnose the problem.

Therapeutic & Sports Massage and other forms of soft tissue bodywork (soft tissue meaning muscles, tendons, ligaments, connective tissue etc.) have benefits including reducing tension in muscles and fascia, breaking down and relieving you of those awful knots that form within your tissue. These knots are basically grabbing the muscle so hard the only way to let go is by prying it away. This is where soft tissue and massage work become an essential part of helping restore your mobility and range of motion. The muscle needs to be released before it can relax.

But where does all this tightness, discomfort and poor mobility come from in the first place? Often it is as simple as crappy posture. You know it, the kind where you sit at your desk peering into the questionable email you received, with your shoulders rounded forward and up to your ears! And that’s not the only time, driving, reading, slumping into the couch, and airplane seats, oh terrible, just try sitting up straight in those! This constant brutal posture not only brings you a whole lot of back pain but messes with how your body is actually designed to work. Keep working in a poor position and that’s where you end up with injuries called repetitive motion from improper movement mechanics. Huh? If you keep using something inefficiently you use way more energy than required, and eventually, the thing will bust. That thing ends up being your shoulder, neck, back, hips, knees, etc.

A personal trainer can assess where these inefficiencies are and teach correct positions to be in not only during exercise but throughout the day. They can show you what muscles have been hibernating, which ones are doing all the work and how to learn to share. All too often you think you’re limited because of pain, when actually it’s just an alignment issue. Fix the alignment, reduce the pain and voila, you can resume activity with less concern.

Resolving problems with muscular pain and dysfunction due to posture requires treating both hibernating muscles and the over achievers. Meaning sometimes we need certain muscles to work more and others to work less. This process of retraining muscles involves a mixture of flexibility and strength. You can’t become more flexible until you have someone release the vice grip on your muscle and you can’t strengthen until your muscles are in the right position to be strengthened. As your muscles respond to massage, your program will shift to a general “maintenance”. Then the functional strength training can start to address muscle imbalances and deficiencies. From here on with a combination of massage and exercise you will be well on your way to less aches and pains, more strength and mobility and maybe an improvement on your golf game!

*DarleeAnn Mathieson, R.M.T. (M.T.A.A.) is a Registered & Sports Massage Therapist providing massage services in Blue Quill for athletes and other physically active people. For online bookings & information, visit DarleeAnn’s website at: [www.dmathieson.com](http://www.dmathieson.com)*

*Heather Layton, PFT, NSCA Co-Active Coach. Heather is personal trainer and life coach providing services from her studio in Magrath. For more information visit [Livitfit.ca](http://Livitfit.ca)*

## What may make you reconsider hiring a trainer

By Heather Layton, CPT NSCA, Personal Trainer Certified; Livit Residential Personal Training Studio

I was thinking about my profession the other day and wondered, what is the impact I am having on my clients? I realized I really didn’t know, and I became curious. So I posed the question to them “what else do you get out of training with me other than a workout?” I was intrigued, enlightened and yet taken back by their response. As I listened carefully to their perspectives, it became clear that a personal training relationship goes far beyond the gym. What a fitness professional can provide has great value and meaning.

The hour isn’t just a workout; it is an hour of discussion, learning, and understanding. It is a place in which you are comfortable to truly express how you feel through dialogue and exercise, without fear. Whether in a group or one on one, by the time you leave there is a feeling of refreshment, pride and happiness that your values were honoured. Either at the beginning of the day or at the end, exercise has a profound calming effect. This translates into a more enjoyable day, in which you find yourself nicer, and people respond to you better which leads to less stress and more peace at home. What you learn in your session you can apply throughout the week, month or even adopt as part of your lifestyle. There is a voice in your head helping you make better decisions because you feel accountable, to someone other than your spouse (cause you all know how well that works). This translates to continually honouring a value of becoming stronger, smarter and healthier.

My clients view the service they pay for as professional, in that they value and trust that information they are provided is always in their best interest. Even though you may have a small amount of fear of the unknown training session, you know that it will always be adapted to what you feel you can manage that day. There is an element of safety that is essential for a great long term, successful relationship. That safety provides the value of comfort and helps invite you to your session confident and open to what may come.

Looking at my profession from this point of view makes me recognize the true significance. Instead of only thinking of hiring a fitness professional to whip you into shape, hire one for all the other values you will be honouring.

You are not just honouring your body; you are honouring the rest of your life.

**Do you have an article you’d like to see in the Terwillegar Tribune?  
Email us at [editor@terwillegar.org](mailto:editor@terwillegar.org)**

# The first 2000 days matter

By Sherri Henderson, SWEY

The first 2000 days between birth and kindergarten is 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 as they grow and adapt to their environment. This means that a child's earliest experiences strongly influence lifelong learning, relationships, and physical and emotional health and wellbeing.

In-2009 Alberta Education's Early Child Development Mapping (ECMAP) Project set out to gather data through the Early Development Instrument (EDI) on kindergarten aged children in five key developmental areas: social competence, language and cognitive development, physical health and well-being, emotional maturity, communication skills and general knowledge. This information provides a snapshot of our children's developmental needs as a group, and how we are doing as a community to give our children the experiences they need leading up to kindergarten.

The 2010 data for the neighbourhoods of Terwillegar, Ogilvie, Hodgson, Magrath and Mactaggart shows that although most children are developing normally, approximately one in four children experience some difficulty in at least one key development 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.

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.

Over the past couple years we have connected with Terwillegar parents, we have hosted community conversations throughout southwest Edmonton and we are currently finalizing details for an online Early Childhood Development (ECD) Resources Map that will be available to the public in the next few months.

We are also excited about the January 7, 2014 announcement of a new Parent Link centre for Southwest Edmonton by the Honourable Manmeet Bhullar, Minister of Human Services. Although we do not have all the details, we look forward to hearing more information about this exciting new addition to our community that will help and support our families and youngest community members.

Thank you to the Terwillegar Tribune for inviting us to be a regular contributor. We greatly appreciate your support and interest. If you have a topic you would like to know more about (ie. five developmental areas), have any questions about SWEY, or would like us to come out to a meeting or an event to talk about SWEY, please email us at: [swearlyyears@hotmail.com](mailto:swearlyyears@hotmail.com).

For more information about SWEY or the data, please visit us online at: <http://www.earlychildhoodeddm.ca/southwest/> or LIKE us on Facebook (SouthWestEarlyYears) or FOLLOW us on Twitter (@SWEarlyYears).



## Alcohol and pregnancy: help spread the facts!



By Catholic Social Services

Many Albertans know someone who has a Fetal Alcohol Spectrum Disorder (FASD) and most are aware of this preventable birth defect. FASD is a lifelong disability resulting from prenatal exposure to alcohol that has no cure. People with an FASD can have a combination of unique physical, developmental, learning and behaviour problems and concerns.

Yet 9% of Alberta women reported drinking during their last pregnancy. Some may be surprised the percentage is markedly higher (41%) for women in the highest income group. Among Alberta women 18 to 44 years of age, 80% reported drinking within the past 12 months. Given that 50% of pregnancies are reported to be unplanned, a significant number of unborn babies are at a high risk of prenatal exposure to alcohol.

No wonder why women, their partners, family and friends are confused about alcohol use and pregnancy, there are myths and misinformation everywhere! From authors, health care providers to well intentioned friends, conflicting and inaccurate information is being spread to women.

What we do know is that no woman consumes alcohol wanting to cause harm to her baby. A woman may not know she is pregnant, may not be aware of the effects on fetal development. Life circumstances past and present, such as domestic violence, poverty, mental health problems and stress can result in alcohol use as a coping strategy. And all women, all ages and all socio-economic backgrounds may drink alcohol during pregnancy because it is their social norm and loved ones around them drink on a regular basis.

So what can we do? Help spread the facts by having non-judgemental prevention conversations with family, friends, colleagues and the community at large about alcohol use and pregnancy.

- Drinking can be harmful at any point during pregnancy and can result in lifelong disabilities.
- Alcohol and pregnancy don't mix. If you drink alcohol and are sexually active, make sure you use contraception.
- Friends, partners and family members can support a woman by asking how they can help her to make healthy choices for healthy babies.
- Some women need support, care and treatment to help them stop drinking during pregnancy.

For more information on the FASD Prevention Conversation or supports and services available for persons with a Fetal Alcohol Spectrum Disorder please visit: [www.edmontonfetalalcoholnetwork.org](http://www.edmontonfetalalcoholnetwork.org).

**ARE YOU LOOKING FOR ...**

**\*MORE BALANCE**

**\*MORE TIME**

**\*MORE VACATIONS**

**\*MORE MONEY**

**MORE information contact:**

**[www.2ndincomespecialist.com](http://www.2ndincomespecialist.com)**

**780- 436-6272**

# Food & Beverages

## Lets talk about dirt



By William Bincoletto, Principle Sommelier of Vines Wine Merchants and Sommelier Instructor

Wine geeks love to talk about dirt.

Whether we are apprentice sommeliers, or master winemakers, we all love to chat about how one soil favours one grape, how Kimmeridge clay (composed of limestone, clay and fossilized oyster shells) offers the best quality for the chardonnay grape in the Chablis region of France.

The concept of the term “terroir” which was used by many old world producers is now becoming a more accepted idea from everyone in the wine business. In very general terms it means making wines that express the typicity of the specific vineyard site as well as seen as a route to improve quality.

So the question you may ask is why. And as I do not have any degree in geology, I hope that this information does not offend any expert out there. And of course you can always add your comments to my email (situated below).

One simple reason as to why certain regions (or even vineyard plots) have been determined better than others, is that over the centuries, winemakers (those early monks) have plotted through many trials and errors to find the best growing conditions for the grapes of the region. We briefly chatted about grapes and climate in previous articles, so knowing whether to plant in alluvial or calcareous or even the famous tufa of the Loire was bound to provide results.

Today there are hundreds of soil types identified for the benefit of winemakers and understanding how everything interconnects is paramount in creating masterpieces. So next time you enter your favorite wine boutique, take some time to inquire how special that dirt is!

So here are three great examples with three different soil types.

### 2011 Reichgraf von Kesselstatt Piesporter Goldtröpfchen Riesling Kabinett.

A beautiful wine from the Mosel region of Germany (mainly composed of slate with deep steep hills)

### 2011 Two Hands Gnarly Dudes Shiraz

Great example of a Barossa valley Shiraz, situated north of Adelaide, Australia (a blend of brown, loamy sandy to clay loam and sandy light-brownish grey to dark grey brown soils)

### 2012 La Cartuja

(70% garnacha; 30% cariñena) from the stunning region of Priorat in Spain (terraced vineyards known for its special llicorella soil (unique terroir of black slate and quartz).

William Bincoletto can be contacted at 780-434-9444 or at [william@vineswinemerchants.com](mailto:william@vineswinemerchants.com).

## FEATURE WINES

YOUR COMMUNITY  
OWNED WINE BOUTIQUE



### UPCOMING EVENT

**In House Rum Tasting**  
Hosted By Gord Whitehead.  
February 25th - **Only \$37.99**

Reserve your seat. 780.434.9444

A SERIOUS SELECTION OF CRAFT BEERS & SINGLE MALT WHISKIES

2331 RABBIT HILL ROAD  
780-434-9444

[vineswinemerchants.com](http://vineswinemerchants.com)

# Make ahead party plan for a fun family day



By Patricia Bullock, Whish.ca

As a casual and easy way to celebrate Family Day why not host a tobogganing party or other winter activity with friends? With a little advanced planning you can have a great time outside and still feel like an organized and successful host when you and the rest of the gang arrive back home. Just keep the food and decor simple and have everything prepared in advance.

If have more than one slow cooker (or can borrow one) you can have your meal and a warm drink ready to enjoy right when you walk through the door. This'll let everyone start warming up straight away as the grown-ups help get the kids into dry clothes before the main course gets under way.

For the beverages have a mulled cider or hot chocolate heating in a slow cooker with ladle, mugs and marshmallows at the ready. It's also a good idea to have a pitcher of water in the fridge and some glasses laid out for anyone who has worked up a big thirst on the toboggan hill. If you have a big crowd it is helpful to set up the drinks area somewhere outside of the main prep area of the kitchen so people can help themselves to the beverages while you are putting any final touches on the meal.

Having all your plates, bowls and cutlery laid out in advance means everyone comes home to a welcoming table and it only takes a few minutes to have dinner ready to go. Serving spoons, butter, salt and pepper can already be set out on the table as well.

Build the meal around a popular make-ahead comfort food dish like chili or stew, have a nice bread ready to cut and a salad or raw veggies prepped and in the fridge. Let anyone who would like to help toss the salad or cut the bread and voila! Within minutes your ravenous guests can grab a plate and dig in as you all gratefully sink into a chair to rest your legs and reminisce about your afternoon of fun.

## Marvelous Meatball Stew

This comforting and popular stew takes less than 10 minutes to throw together and got rave reviews from our tasters.

907 g / 2 lb. Baby Potatoes  
 454 g / 1 lb. Baby Carrots  
 750 g / 3 Cups Cold Water  
 1 envelope (28 g / 1 oz.) Onion Soup Mix  
 1 envelope (34 g / 1.25 oz.) Demi Glace Gravy Mix  
 60 mL / 1/4 cup Minute Tapioca  
 700 g / 1.5 lb. Cooked Frozen Meatballs  
 250 mL / 1 cup Frozen Tiny Peas

Place potatoes and carrots in 4 to 5 quart slow cooker. Combine next 4 ingredients in medium bowl. Pour over potatoes and carrots in slow cooker. Add meatballs. Cook, covered, on low for 8 to 9 hours.

Add peas. Stir. Cook, covered, on high for another 30 minutes until peas are heated through. Makes about 2.5 L (10 cups). Serves 4 to 6. Recipe can be doubled in 5 quart slow cooker.

*Whish.ca is an Edmonton-based online retailer of party and entertaining supplies, gifts baskets, kitchen supplies and other gift items.*

# Farmers' market planning year ahead

By Sheri Hendsbee, Southwest Edmonton Farmers Market

Do you find yourself craving those warm spring temperatures and longing for the days when our neighbourhood roads are clear of gigantic snow piles, rock-hard ice & deep ruts? Believe it or not, those days are right around the corner.

It is less than two months until spring... and that means that outdoor market season is almost upon us! Now is the time when farmers have ordered and are receiving their seeds. By the time March hits... just a few short weeks away... greenhouse growers will open up their greenhouses and start their vegetable, tomato, herb and bedding plant seedlings. As the days grow longer and warmer, calving and lambing season will start. Farmers everywhere will soon be ramping up production for the year. Yup, those warm spring days are right around the corner!

Behind the scenes, the volunteers at the Southwest Edmonton Farmers' Market are busy planning their 2014 season. This is the time when they reach out to vendors and find out who is returning and who is not, and it is a time when they work hard recruiting new vendors... amazing people who bring top quality food, fruit, veggies, plants and creative and artistic items to market. It is really important that the vendors they find sell items that are sourced locally, as that determines the market's "Alberta Approved" status, and their decisions play an extremely important role in stimulating the local economy.

Their other challenge involves finding just the right mix of artisans, buskers, fruit vendors, veggie vendors, meat vendors, food producers and food trucks to produce a line-up that is competitive, interesting and varied enough to make shopping at the market a fun-filled, worthwhile experience for both shoppers and vendors, so that they will return year after year.

Some of the other behind-the-scenes work involves developing new signage, recruiting volunteers, soliciting sponsorships, sorting through the stacks of vendor applications, making difficult decisions about who to accept into the market line-up and who to reject, planning educational events, contacting community non-profit groups to use the market's community tent space, working with organizations like Edmonton's Food Bank to plan special events, writing the blog posts and figuring out the annual budget.

Think the market just happens, organically? Think again. It takes a tremendous amount of work to make it the vibrant, happening, community scene that you've come to love. Your community market is made possible by the tireless work of many of volunteers. From doing graphic design work to writing newsletters and articles, from website maintenance to photography, from gathering market statistics to setting up tables, from navigating the social media sphere to manning the crosswalks and directing traffic there are countless opportunities for you to get involved and to help create a vibrant, sustainable and locally-driven market experience for the entire Southwest community.

If you'd like to be more involved, follow this link: <http://www.swefm.ca/become-a-volunteer.html>. And check out the market website, at <http://www.swefm.ca> for recipes, inspiration, information, fun photos and great local links. And if there's a vendor you'd like approached, follow the "contact us" links on the website and let the SWEFM Steering Committee know. They'll do their best to track them down.

Getting excited? Mark your calendar for Wednesday, May 14... opening day for 2014!



By Karin Shott

Happy New Year!

- TRAC had their Christmas meeting November 22, 2013. Rob Agostinis was elected as the new EFCL Area H Rep and Andrea Phillips was welcomed as the new Greater Windermere Ambassador. TRAC Ambassadors are still needed for: Ogilvie Ridge, Brander Gardens, MacTaggart, South Terwillegar, Terwillegar Gardens, & Terwillegar Towne. If you live in one of these areas, please consider becoming a TRAC Ambassador for your neighbourhood.
- TRAC was officially incorporated December 3, 2003 and as such there are plans to commemorate the 10<sup>th</sup> year Anniversary of this event along with the first year of the TRAC Office being open! Details will be forthcoming.
- Outdoor soccer registrations will be held Saturday February 1, 8, & 22, 2014. Stop by the TRAC Community Office to purchase your community league membership before they begin. You'll beat the rush & enjoy a few extra weeks of free TCRC access on Sundays from 5-7 p.m. **Please note this includes swimming, the indoor children's playground, the fitness centre, the running track, & the flexi-halls as well!** The office is located in the Terwillegar Community Recreation Centre near the amphitheatre past Second Cup.
- Terwillegar Community Recreation Center (TCRC) You may have noticed how busy it is on Sundays during the free Community Access time! As a result of this, the TCRC is offering the community leagues the option of moving their swim time to 5pm-7pm on Saturdays rather than the Sunday 5pm-7pm time slot. It is their hope that this will alleviate this issue, and that it will work out to half of the community leagues for each night. Please contact your league to let them know which option you would prefer.
- Southwest Edmonton Farmers Market (SWEFM) If you have not already done so, please take a short survey to help the market grow and be more responsive to the needs of our community. Please follow the link: [www.surveymonkey.com/s/SWEFM2013](http://www.surveymonkey.com/s/SWEFM2013)
- TRAC Seniors The Seniors' Lounge is located in the Terwillegar Community Recreation Centre and is open every Monday & Wednesday, 12-4 p.m. in Multi-Purpose Room #7, just beyond the TRAC Community Office. Stop by for "Coffee, Chat'n Cards"!
- Edmonton Youth Talent Show Mark your calendar for Saturday, April 26, 2014. Stay tuned for more information in the next issue.
- The first Community Wine is still available from Vines Wine Merchants.

#### Edmonton Oil Kings Tickets – Pick your seat!

The Edmonton Oil Kings have extended a special offer to Area H Community League members". The cost of a ticket is \$16 (vs \$25.75 Retail), for premium lower bowl side or corner seats to the following games:



Saturday, January 25, 2014 vs. Calgary Hitmen  
 Friday, January 31, 2014 vs. Tri-City Americans  
 Friday, February 14, 2014 vs. Red Deer Rebels  
 Friday, February 21, 2014 vs. Swift Current Broncos  
 Saturday, February 22, 2014 vs. Vancouver Giants  
 Saturday, March 1, 2014 vs. Calgary Hitmen

Sunday, March 2, 2014 vs. Saskatoon Blades  
 Contact Travis Ziegler for more information by email: [tziegler@edmontonoilers.com](mailto:tziegler@edmontonoilers.com)/ telephone: 780-409-2475/ or in person at Telus Field 10233-96 Ave.

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

- Rhymes That Bind  
 Free Drop-In Program at Riverbend United Church.  
 (14907 – 45 Ave)  
 Every Wednesday 10-11 a.m.  
 For ages 0-3 yrs. old & their parents  
 Contact Sharon @ 780-884-0570 for more information.
- **Brander Gardens ROCKS**  
 Holiday Cheers!  
 The holiday break is normally a time to gather with family and spend time sharing and opening gifts and eating large amounts of home cooking and feasting. Unfortunately, we know that this is not always the case with everyone, however, with Brander Gardens ROCKS youth program, the seasonal sharing, celebrating and feasting was at a premium at the BGR Youth Christmas Celebration. Thanks to the hard work and contributions of program workers and volunteers, the youth celebrated together in the warmth of a party where fresh baked pizza from Papa Murphy's, games and prizes, and a visit from gift giving Santa. The laughter and screaming and noise was a sign that, with the continued growth of BGR programming and community support, our young participants are thriving, active and growing, and enjoying the splendor of the winter holidays.



#### Oil Kings Game January, 3, 2014

The 2014 New Year got kicked off with a bang with BGR youth attending an exciting game at Rexall Place on Friday, January 3 courtesy of Riverbend community member and Edmonton Oilers CEO Kevin Lowe. The youth were treated to seats at a game between the Edmonton Oil Kings and the Moose Jaw Warriors; it was a first time at a WHL game at Rexall. The result was a lot of cheering and yelling over a very high paced game in which the Oil Kings dominated by scoring 6 goals to the Warriors 3, and man-handling them with three or four fights in which the Oil Kings got the fans cheering wildly by getting the upper hand. The youth watched with amazement, and joined in the fun along with 5,000+ other fans. As it turns out, the youth will be going to play hockey and skating at Brookside rink as a part of programming in the next following weeks. They are sure to have inspiration and motivation to lace up and have fun!

#### Upcoming TRAC Meetings at Lillian Osborne High School

- Wednesday, March 19, 2014; 7-9 p.m.
- \* **AGM Wednesday, April 23, 2014; 7-9p.m.**
- Wednesday, June 18, 2014; 7-9p.m.
- **TRAC Volunteers**  
 TRAC has become an established entity and advocacy group in our area. There are a multitude of opportunities to get involved with our new initiatives. Please join the TRAC TEAM and *Make Your Community Happen! Catch The Spirit!*

**Terwillegar Riverbend Advisory Council**  
 Terwillegar Community Recreation Centre  
 #5, 2051 Leger Road NW  
 Edmonton, Alberta, T6R 0R9  
[tracmail@tracspirit.ca](mailto:tracmail@tracspirit.ca)  
 780-439-9394  
[www.tracspirit.ca](http://www.tracspirit.ca)

**The TRAC office hours are:**  
**Tuesdays & Wednesdays: 9:00-12:00 noon;**  
**Thursdays: 4:00-9:00 p.m.**  
**first Saturday of the month: 10-2 p.m.**



# 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](http://www.swedmontonseniors.ca)

By Kathy Trepanier

“Are you an elder or just getting older?”

Micheal Gurian

My resolution this year was inspired by “The Wonder of Aging” (Gurian 2013) where we are asked to consider this time in our life as a whole new developmental phase. Gurian challenges us to “remain visible and become elders”. He defines elders as those who: “pass on specific work and wisdom; model life purpose and maturity; remain as physically and mentally active as possible; connect young people and society to mysteries of success, compassion, freedom and faith.”

This year I am going to more fully explore this definition of elder. How I will develop my elder role and how SWESA can support elders in our community. I would love to hear what you think about becoming an elder and supporting elders.

## CHRISTMAS LIGHT BUS TOUR

On December 16, SWESA members filled two city buses for the first annual Christmas Light Tour. After driving through Candy Cane Lane, shaking hands with an enthusiastic Santa, circling the massive Christmas Tree at city hall, the buses parked at the Legislative Centre. More lights, hot chocolate and choir music topped off the night.

## COFFEE, CHAT ‘N CARDS - Weekly events

SWESA has two seniors lounges for people to drop in, have coffee, chat with other southsiders or play a friendly game of cards.

SWESA’s centre (Yellowbird Community East Centre) Tuesdays and Thursdays, from 9:30 am to 12:00 noon and SWESA’s satellite site (Terwilleger Community Recreation Centre) Mondays and Wednesdays, from 1:00-4:00 pm

## UPCOMING SWESA PROGRAMS - 2014

SWESA will be offering more programs starting in February. These may include: yoga, pingpong, bus tours, a book club and informative talks at the above Coffee, Chat ‘n Cards sessions. Watch the SWESA website for details.

## SWESA NEEDS ASSESSMENT

SWESA wants to thank all of you who participated in the Needs Assessment this fall. Over 200 people were surveyed, two focus groups were held and over a dozen groups were interviewed. The SWESA Board will receive the report from Banister Research in late January and use the information to confirm the programs and services seniors want to see developed through SWESA. The findings will be shared on the website and an upcoming newsletter.

## SWESA VISITS OTHER SENIORS CENTRES

Last fall, a SWESA Committee visited other Edmonton seniors centres to ask their advice on establishing a seniors centre in southwest Edmonton. The committee learned a lot from centres that are now almost 30 years old - and the advice is being considered as the board maps out plans for the next several years.

## SWESA COMMITTEES

SWESA will be establishing several new board committees and is looking for committee members with particular interests or experience. If you are interested in volunteering on these committees - or would just like more information, please call or email SWESA.

**Edmonton Public Library** - If one of your winter resolutions is to get better with that gizmo or gadget, camera or computer, check out the wonderful support you can get from the Library. <http://www.epl.ca/about-epl/branches-and-hours> or call Riverbend 780 944 5311

**Pickleball** - The 55+ Pickleball Group is still actively playing indoors at the Terwilleger Recreational Centre and enjoying the Coffee, Chat ‘n Cards room for a post game coffee. New players are also welcome. For more information, contact Glenn Kissick ([gjkissick@gmail.com](mailto:gjkissick@gmail.com) or phone 780 587 5198).



Robyn Roberts and her mother Geraldayne Cockerill were among the crowd enjoying SWESA’s first Christmas Lights Tour.

Photo by: Phil Brooks

Did you know that the City of Edmonton’s Community Standards bylaw states that you must shovel your walks within 48 hours of a snow fall?

Be a snow angel! Help your neighbors to clear their sidewalks and you may be nominated to win a great prize!

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

# The Dental Centre in Riverbend Square



New year,  
new resolutions!

With the coming of a New Year, many of us have committed to resolutions, whether to stop smoking, lose weight, work out more, or to simply improve our wellbeing. To this end, we encourage you to give your teeth a work out as well and make them a part of a resolution to enhance your *oral* health.

Whether your concerns are related to gum disease, cavities, dental pain, headaches, TMJ pain, or sleep apnea, Dr. Sekhon and his team are here to help you reach your dental goals for the future.

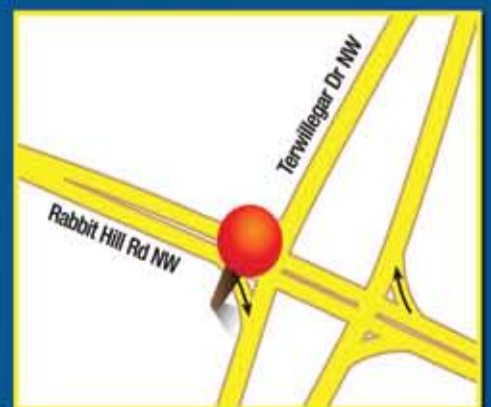


Your teeth, Your health

Read our Reviews:  
<http://bit.ly/1cBlzgf>



## Now Welcoming New Patients

Call now for  
your appointment **780-705-7700**



466 Riverbend Square NW • Edmonton  
All services are provided by a general dentist\*

[sekhondentistry.com](http://sekhondentistry.com)

 [facebook.com/DentalGalleryEdmonton](https://www.facebook.com/DentalGalleryEdmonton)  
 [twitter.com/dr\\_sekhon](https://twitter.com/dr_sekhon)

# Kids

## Congratulations to our Holiday Coloring Contest winners!

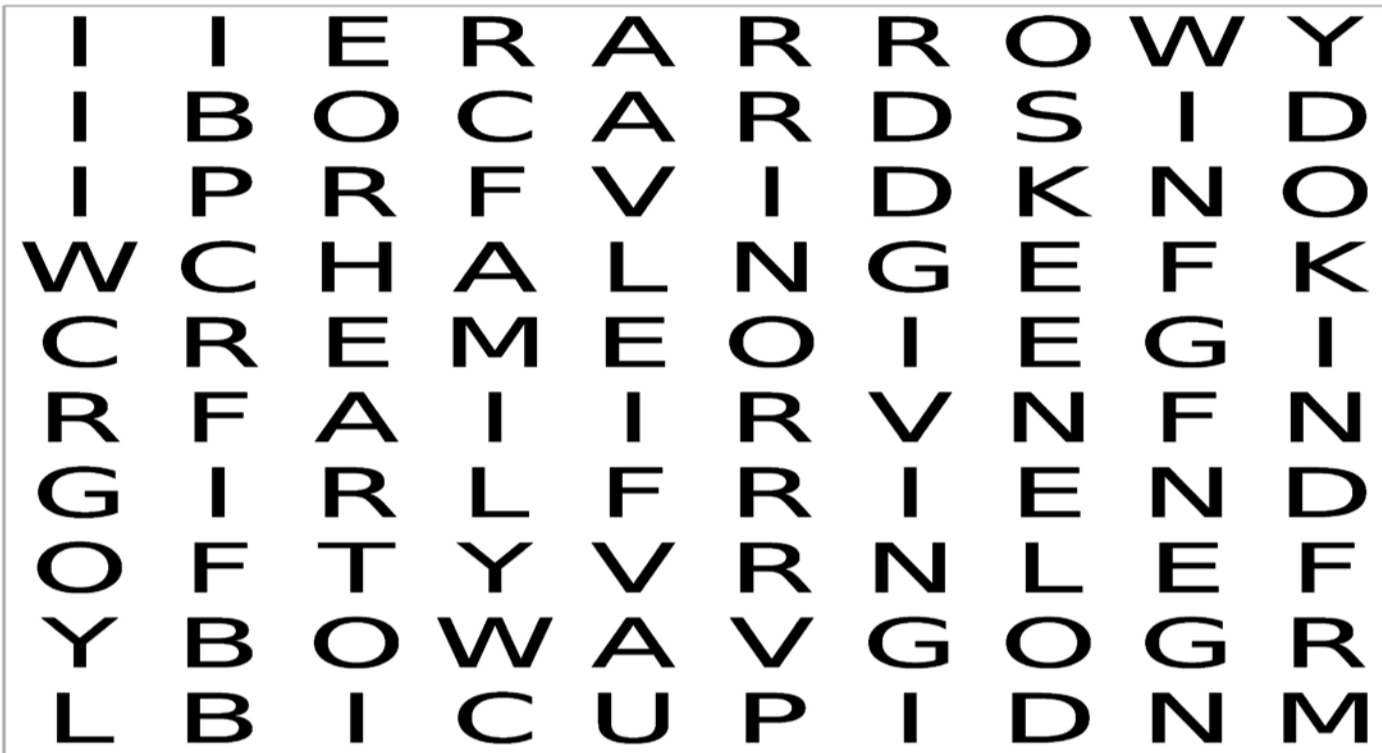
2-4 Category: Winner - Sophia S.; Runner up - Skylar K.

5-7 Category: Winner - Brody P.; Runner up - Owen W.

8-11 Category: Winner - Bronwen C.; Runner up - Angelina B.

Winners will receive a \$25 gift card to Toys R Us. Runners up will receive a \$10 gift card to Toys R Us.

### Valentine's Day Keira Weber



arrow  
bow  
boyfriend  
cards  
caring  
cupid  
family  
friends  
girlfriend  
giving  
heart  
kind  
love

Answers to wordsearch on page: 10

# Easy weaving crafts for any age

By Danielle Gordon

Weaving is one of those crafts that can be enjoyed by the very young and mastered by the older and craftier. Here are some simple weaving crafts to do with your children.

### 1. The simple coaster or placemat.

If you precut a felt rectangle by cutting multiple slits lengthwise and leaving the ends attached as shown in the photo, a young child can weave precut felt strips in and out of the rectangular piece. An older child can start with different shapes of felt, do the cutting themselves and pick coordinating colours to weave a smaller coaster or larger placemat.

### 2. The heart pocket

One of my favourite crafts to do for Valentine's Day when I was growing up was a woven heart pocket to hold a note or a treat for a friend. If you've never made these before, start with 2 different colours of paper in long rectangles (about 3 times as long as they are wide). Fold in half and round off the loose ends. Cut 1 slit starting at the center of the fold toward the rounded off end (see picture). The slit should be the same length as the width of the paper. Do this for both pieces of paper.

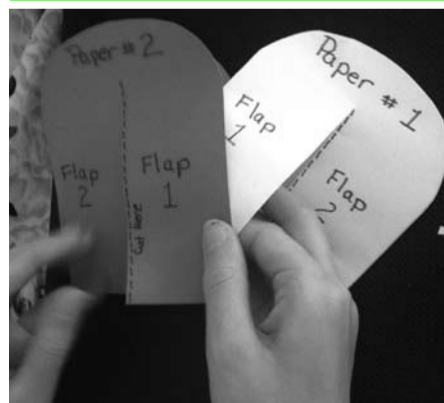
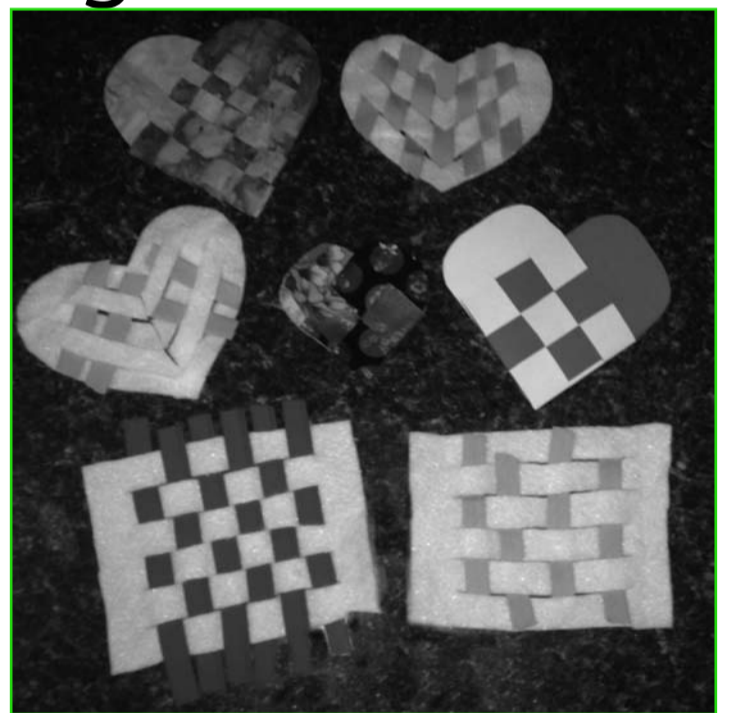
Then, weave the two pieces together by threading the first flap of paper "1" through the pocket in the first flap of paper "2". Then take the second flap of paper "2" and put it through the pocket of the first flap of paper "1". Next, feed the first flap of paper "2" through the pocket in the second flap of paper "1", and finally feed the second flap of paper "1" through the pocket in the second flap of paper "2". See the pictures for an illustration, and if you need further tutorial than my garbled instructions just google "woven heart pocket". Once you've mastered the simple one you can try more complicated ones with more flaps and varying widths.

### 3. The Basket

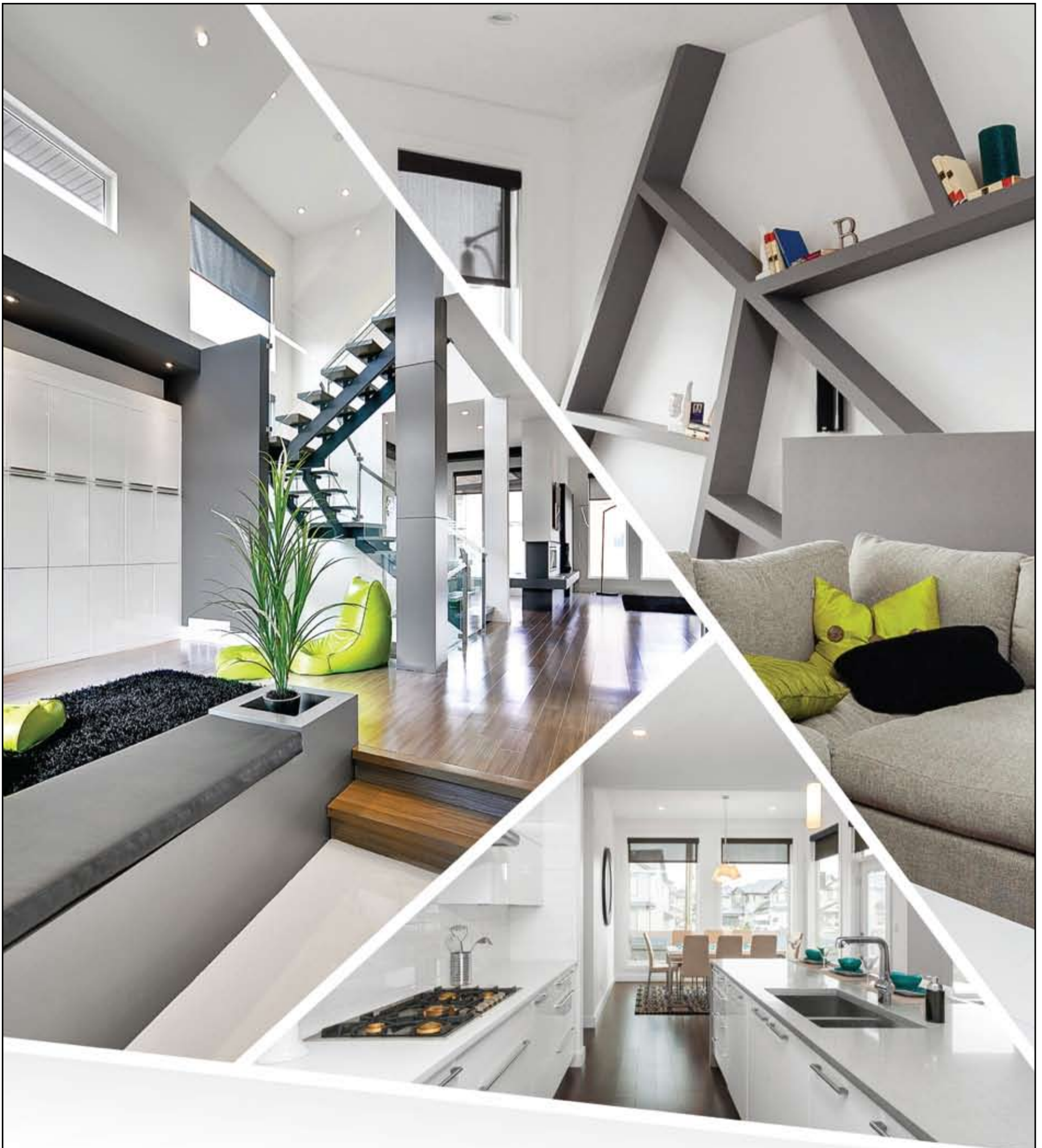
You can make a simple basket out of paper to hold special treats or nick knacks. Start by cutting a rectangular piece of paper in the shape shown in the picture. Fold up the flaps and weave paper strips or ribbon in and out of the slits. You will need to use some tape to secure the ends of the strips.

More weaving projects can be found online. Once you and your child master simple weaving you can move on to more complicated projects using ribbons, reeds, and other materials.

Enjoy your time together!



Pictures by Danielle Gordon.  
Top: Weaving projects. Middle Left: start of basket weaving project. Bottom Left: Finished basket project. Above: Start of heart pocket.



Live life

# MODERN.

Our culture is that of challenge, creativity and flexibility which encourages the creation of unique and beautiful homes.

Generously proportioned and boasting ample light, bright living areas, these aspirational homes are the foundation of Kanvi's excellent reputation in the quality house building market. Whatever you're seeking, be it a modern urban home, a stylish estate home, or a grand residence, Kanvi Homes offer an outstanding choice of designs for the discerning house buyer.

     [kanvihomes.com](http://kanvihomes.com)

Ambleside | 780 862 9012 | [ambleside@kanvihomes.com](mailto:ambleside@kanvihomes.com)

Granville | 780 224 4386 | [granville@kanvihomes.com](mailto:granville@kanvihomes.com)

Jagare Ridge | [jagare@kanvihomes.com](mailto:jagare@kanvihomes.com)



# Pet Health

## The tooth about bad breath and dental disease



Photo: MacTaggart Veterinary Clinic; Bigstock

By Dr. Travis Foster

A pet's bad breath is a common complaint in a veterinary office. What many people don't know is bad breath can be an indication of dental disease. Believe it or not, 85% of pets have some degree of dental disease by the age of three. Left unchecked, dental disease causes not only bad breath and infection, but can be painful due to loose and/or rotting teeth. In severe cases systemic health problems such as heart and kidney disease can occur as the bacteria from the mouth enter the blood stream and become "seeded" in these organs.

*What can be done?* As with most health concerns, prevention is the best medicine. Since it's a challenge for our furry friends to pick up a toothbrush on their own, this is where we must step in! Brushing, chewing, and tartar control treats or food are cornerstones of at home care. Tartar control diets are available that are not only designed to have a mild abrasive texture and allow the tooth to "sink in" while chewing, they also have ingredients to help prevent plaque from forming. Offer teeth cleaning toys or chews, however be cautious of very hard chews as they can crack/break teeth or slice gums. Even soft chews or rope toys can help prevent plaque and tartar build-up.

*Brushing...What do I need?* Pet friendly, flavoured toothpastes and brushes are available at most Veterinary clinics and

pet supply stores. For cats, a small "finger brush" or gauze wrapped around your finger can be more effective. Note that regular human toothpaste can be harmful to your pet due to the fluoride when swallowed; be sure it is pet-friendly toothpaste.

*How do I brush my pet's teeth?* Gently brush or wipe the outside surfaces of all the teeth (especially the incisors, canines, and top chewing teeth) by manoeuvring the lips (prying the mouth open is often not successful even with the most cooperative patient). Brush 3-4 times a week, or daily if possible. Getting your pet accustomed to having their mouth handled and their teeth brushed at a young age is the best approach. This can be slightly more challenging for adult pets, but definitely worth the effort. As long as the process is approached with a slow, easy, positive attitude, and followed by a favourite treat or play session, success can be achieved. Check out [petdental.ca](http://petdental.ca) for a step by step demonstration.

*What if brushing my pet's teeth is not helping his bad breath?* If there is plaque, tartar, or other evidence of periodontal disease such as loose teeth or bleeding gums, veterinary attention is required before a successful preventative-care program is effective. The veterinarian will perform an oral exam, and may recommend complete dentistry under general anesthesia, depending on the severity of the dental disease.

*What happens if my pet requires dentistry under anesthesia?* The teeth are scaled, polished, and any damaged or unsalvageable teeth are managed as needed. X-rays may be taken to determine tooth/bone infection and/or damage. If teeth are extracted, pain medication and antibiotics are utilized to aid in healing and the comfort of your pet. Today's anesthetics and monitoring equipment are much improved from years past, making the risk of anesthesia minimal, even in older pets.

If there is any concern about your pet's breath or oral health in general, have he or she evaluated by a veterinarian. Early intervention is key to not only saving teeth, but aids in having a happier, healthier pet. That's something you and your pet can smile about!

JOIN US for a PET DENTAL INFORMATION SESSION on FEBRUARY 25, 7 PM at the MacTaggart Veterinary Clinic! Topics will include:

- Dental disease and the overall health of your pet
- Preventative dental care at home
- Dental services offered
- Pet insurance plans and dental care

To RSVP or for more information, please call 780-756-8555 or visit [www.mactaggartvet.com](http://www.mactaggartvet.com)

*Dr. Foster is the owner of the MacTaggart Veterinary Clinic and has 12 years of experience practicing Veterinary Medicine. Travis began his career as a Veterinarian when he graduated from the Western College of Veterinary Medicine in 2001. He started working in mixed animal medicine, and after three years decided to focus on small animal medicine. Travis has been caring for cats and dogs in the Edmonton area for the past 9 years.*

**PET DENTAL  
INFORMATION SESSION  
on February 25 at 7pm  
at the MacTaggart Veterinary Clinic.**



**MACTAGGART**  
**Veterinary Clinic**  
**Dr. Travis Foster**

LOCATED IN  
THE RABBIT  
HILL SHOPPING  
CENTRE




Phone: (780) 756-8555 | Fax: (780) 756-8577  
 Hours: Monday - Friday 8:30am-5:30pm Saturday 9am - 1pm  
[www.mactaggartvet.com](http://www.mactaggartvet.com) 5120 Mullen Road NW, Edmonton, AB T6R 0S9

# 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 Terwillegar Community Rec. Center (TCRC)  
**Bridge**, Every Thurs. 12:30-3:30 p.m. at Riverbend Community Centre

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

**Events:**

**February 21: Terwillegar Community League (TCL) Family Day Event**  
**March 7: Submission deadilne for Terwillegar Tribune**  
**April 7: Tribune Released**  
**April 26: I'm Too Big For It Sale at Terwillegar Community Church**  
**April 26: Edmonton Youth Talent Show**

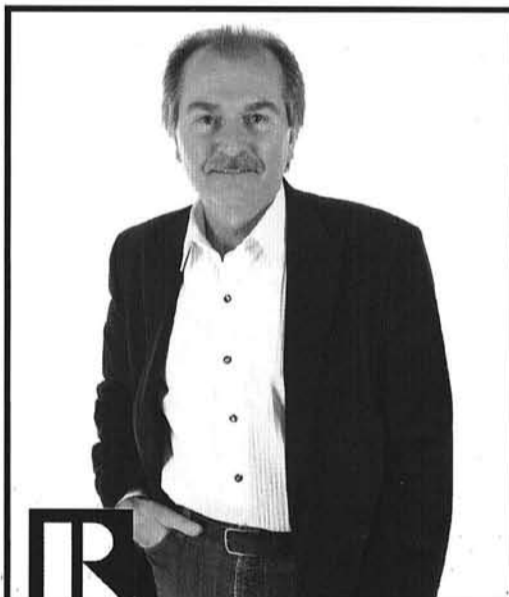
**Check [www.terwillegar.org](http://www.terwillegar.org) for current information**

Terwillegar Tribune 2014	
Submission Deadline	Released
January 10	February 10
March 7	April 7
May 9	June 9
August 1	August 29
October 17	November 24

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

*"Personally working harder for you!"*

[www.LeeBourgeois.com](http://www.LeeBourgeois.com)



**Lee Bourgeois**

Top Producer  
 Top Results  
 Top 5%



Realty Executives Devonshire

**CALL NOW FOR YOUR PERSONAL MARKET EVALUATION!**

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

**direct: 780.909.1600**  
**email: [Lee@LeeBourgeois.com](mailto:Lee@LeeBourgeois.com)**

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



Realty Executives Devonshire



# JOIN THE LEAGUE

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

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

**Membership Fees:**  
 Family, \$42,  
 Senior/Single/adult, \$32

**Memberships expire annually  
 Aug. 31.**





**Free Access!**

With a Terwillegar Community League membership, you get access to the Terwillegar Community Recreation Centre's swimming pool, indoor playground or workout area.

**Sundays from 5-7pm**

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

**These are the people in our neighbourhood:**

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

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

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

# Terwillegar Classifieds

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

**Want to see your ad here? Contact the Editor at editor@terwillegar.org.**

*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](mailto:volunteercoordinator@terwillegar.org)

## How to contact the Terwillegar Community League

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

President — Joe Ahmad, [president@terwillegar.org](mailto:president@terwillegar.org)

Vice-President — Steve Simala-Grant,  
[vicepresident@terwillegar.org](mailto:vicepresident@terwillegar.org)

Treasurer — Monte Weber, [treasurer@terwillegar.org](mailto:treasurer@terwillegar.org)

Secretary — Diane Pelletier, [secretary@terwillegar.org](mailto:secretary@terwillegar.org)

Memberships — Jennifer Dalle Ore,

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

Programs — Marc Lachance, [programs@terwillegar.org](mailto:programs@terwillegar.org)

Program Aide — vacant

Community Advocate — vacant

Community Advocate — Scott Riddell, [advocate@terwillegar.org](mailto:advocate@terwillegar.org)

Editor — Mandy Jones, [editor@terwillegar.org](mailto:editor@terwillegar.org)

Webmaster — Alison Cairns, [webmaster@terwillegar.org](mailto:webmaster@terwillegar.org)

Communications — vacant

Fundraising — Fiona Ko, [fundraising@terwillegar.org](mailto:fundraising@terwillegar.org)

Fundraising Aide - vacant

Volunteer Coordinator - Scott Riddell,

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

Community Garden — Steve Johnson, [garden@terwillegar.org](mailto:garden@terwillegar.org)

Neighbourhood Watch — vacant

Directors at Large: Gurleen Bal-Sra (South Terwillegar)

Kelly Jeffrey (MacTaggart)

Michelle McWilliams (Magrath)

**Interested in joining the TCL Board? Contact us at [president@terwillegar.org](mailto:president@terwillegar.org)**



Effortless  
Style.

\$100  
Rebate  
when you  
purchase<sup>†</sup>  
Duette<sup>®</sup>  
honeycomb  
shades.

**Artistry  
Blinds**

1915-98 Street  
Edmonton, AB  
T6N 1L5

110, 8005 Emerald Drive  
Sherwood Park, AB  
T8H 0F1

Offer effective between January 1st and April 30th, 2014.

† Purchase 3 Duette<sup>®</sup> honeycomb shades and receive a \$100 rebate. Also, when you purchase any number of these additional shades, you'll receive an extra \$25 for each. To learn more about Duette<sup>®</sup>, please visit [hunterdouglas.ca](http://hunterdouglas.ca). Valid at participating dealers only. \*Effortless Style rebate will be issued in the form of a Hunter Douglas Prepaid American Express<sup>®</sup> Gift Card. THE PROMOTION CARD is a trademark of Hunt Diversified Marketing Inc. All Rights Reserved. THE PROMOTION CARD is a Prepaid American Express<sup>®</sup> Card issued by Amex Bank of Canada. \* Used by Amex Bank of Canada under license from American Express.

**HunterDouglas**  
*Gallery*