



### What's Inside

2 SWEFM	20 Spiritual
3 Editor's Page	26 TRAC
7 Fitness and Health	27 Seniors
14 Kids	28 Pets
	32 Classifieds

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

Issue 54 November 2014

**Next submission deadline:  
January 9, 2015  
Next issue February 10, 2015**

## Terwillegar celebrates Halloween with a blast!

*By Jenn Gilliard, Editor  
Terwillegar Tribune*

Halloween in Terwillegar is the place to be! Why, you might ask? Simply because of the spirit of the community. Some folks have fun with parties including food that in shapes of ghosts, skeletons or pumpkins. Many neighbors with toddlers in arms, school age children or even parents are seen dressing up!

Trick or treating and the light side of Halloween is always a favorite. Going around to neighbors, friends and family showing off our costumes and getting as much chocolate, and candy as we can. Many houses welcome over 200 trick or treaters and some even have over 400 people at their door!

For those of us in Terwillegar trick or treating often ends by watching fireworks in Tomlinson Common Park. This year was an amazing year for the fireworks. Some watched the show from their living room, childrens bedrooms or even their deck. Others were able to go right to the park and see the show live! The weather

was relatively warm and there was no snow. For this reason it seemed there were more people than last year watching the light show in the sky. The show lasted about 20 minutes and did not disappoint. In addition to those watching from the park property, others were watching from their car or even the ETS bus. Traffic was at a stand still!

Terwillegar Community League has been hosting the fireworks for over 5 years.

The fireworks show received rave reviews by the community. During and after the light show, comments on our community Facebook page were very positive. "Amazing." "Thanks TCL." "Cool."

Thank you to everyone who watched and a big thank you to Terwillegar Community League for another amazing fireworks show!

The spirit of Halloween continues in Terwillegar with residents decorating their houses with pumpkins, vampires, inflatables, witches and other themed decor. Haunted houses are also a highlight in some corners of the



neighborhood where some residents went with the scary, horror and haunted theme. Getting into the spirit at

*Photos courtesy: Monte Weber*  
Halloween is what it's all about in Terwillegar.



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

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

# Community

## SWEFM thanks community and volunteers for a successful season

*Sheri Hendsbee, Steering Committee Chair, Southwest Edmonton Farmers' Market*

The Southwest Edmonton Farmers' Market has wrapped up its 4<sup>th</sup> season, and thanks to your support, it has been a wonderful success. We're really proud of the community gathering place that we have created, and are so pleased with the way that it has connected neighbourhoods, community groups, families, food producers, farmers and artisans.

What you may not realize about our local market is that the market manager is only paid staff member: the rest of the people working behind the scenes or on the ground at the market are all volunteers. Young and old, they have chosen to share their talents and skills with the market, creating a vibrancy and an energy that is infectious and an atmosphere that is so fun.

One of SWEFM's mandates is to give volunteers a quality experience, developing their talents and contributions by giving them a variety of market-related jobs and experiences. By actively recruiting and working with Lillian Osborne High School leadership students, the market plays an important part in developing the leaders of tomorrow. In grade ten, those

students must do 75 hours worth of volunteering during the school year as part of their leadership credit. By working with veteran adult volunteers at the market, students are mentored and inspired by their joy, passion and commitment. Many continue, volunteering year after year. Mature volunteers help tremendously with this vision, and student volunteers are vital contributors to the efficiency and vibrancy of the market and to the life and spirit of our community at large.

The market would not exist without its volunteers. At the board level, they have planned and organized, developing their vision of a community market. Volunteers have created the popular Sprouts children's program that has



*Carley Jane, the market manager, is surrounded by some of the volunteers at the start of an October market day.*

## Sprouts summary from SWEFM

*Sheri Hendsbee, Steering Committee Chair, Southwest Edmonton Farmers' Market*

Sprouts was a new initiative that we started at the Southwest Edmonton Farmers' market this season and it saw strong support from the Terwillegar neighbourhoods! A children's nutrition program, it was designed to empower kids to make their own healthy eating decisions, to educate them about where their food comes from, and to encourage them to lead a healthy lifestyle.

Each week that children came to market, they picked up a wooden token that was worth \$2 and spent it on fruit, vegetables or food plants, entering into a dialogue with farmers. Sprouts families also received child-friendly recipes each week that were designed

to teach basic cooking skills and get children more involved in meal prep and planning at home.

Developing our Sprouts program this year was one of the most rewarding things we did at the market. It was wonderful seeing the joy with which the children picked up their tokens, the pride with which they spent them, and the sense of ownership with which they reported back on their experiences to our Sprouts volunteers. Empowering children to make wise nutritional decisions, felt really good.

The neat thing about the Sprouts Program was the set of unexpected outcomes that happened. We had one Sprout who loved being a Sprout so much that he asked to volunteer

inspired families, reinforcing nutritional lessons that parents are trying to impart to their children. They have decorated the market with fun sidewalk chalk designs and crazy gigantic carrots. Volunteers have taken photos and gathered stories, put up tents, lugged signs, set out traffic cones and tables, helped direct you to parking, picked up garbage, harvested veggies for the food bank, helped keep valuable market statistics, and created fun activities to do on site.

They have answered your questions, connected you with local organizations and taken some of you on nutritional tours to find the hidden food gems of the market.

And this only scratches the surface of the things that they have done to bring life and character to the market.

Perhaps the most important thing they do is build relationships. Relationships between neighbours and families, between people and



*(L-R) Kara, Julia and Cassy bundle up to stay warm at the info tent on a cool October market day.*



*Left: (L\_R) Chelsey & Anne, two U of A Nutrition Students, ran nutritional tours of the market during the summer*

their food, between farmers and the local food system, between foodies and chefs, between children and parents, and between citizens and the communities in which they live, work and play.

The market will be back on May 13, 2015.

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



*A Sprout buying vegetables!*

basil plant for their backyard garden.

Then, there were about a dozen Sprouts families who, on the day that we hosted our annual Plant A Row, Grow A Row harvest collection for Edmonton's Food Bank, pooled their tokens and bought vegetables to donate that day. con't on page 16. "Sprouts Summary from SWEFM"

at a market in September. Six-year-old Nash brought along his Lego men to help, and he sat at the Sprouts table with one of our high school volunteers, handing out tokens (while his mom and brother stayed nearby, handing out food bank info flyers to shoppers). Apparently, it was his idea... and he didn't want his mom's help! So the program itself both modelled and inspired volunteerism.

Siblings also worked together to make bigger purchases. Time and again we saw brothers and sisters pooling their tokens to make a larger item purchase together. There were the brothers who showed up every week, no matter what the weather, who wanted to grow mint for their smoothies. There were the sisters who bought a

# Editor's Page / Opinions

By Jenn Gilliard, Editor  
Terwillegar Tribune

There are some people who are avid readers. I wouldn't consider myself an avid reader but I do like a good book. I was part of a book club a few years back and well, let's just say it wasn't for me. One gal chose to host each meeting and that was nice but, it seemed the thought was the longer the book the better. Of course, I never finished the book because we only had about a month to read it and with everything else happening in my life I just wasn't prepared to stay up until midnight every night. The other thing was, I think all the other members were 20 something without kids or retired woman who read all day. I soon quit.

Although this book club was not my style there were two good things I experienced. The first was the homemade banana bread at each meeting and the second thing, I was able to add one good book to my book shelf, *The Secret Daughter*.

Timing is everything, so I took a few years off and recently joined a book club with some gals in the neighborhood. Well, let me tell you, this is the best book club I've ever been a part of. It is a social night out with friends, we meet at a local restaurant and we read books of interest. I discovered if you have read the book you can share your favorite part, why you liked or didn't like it, laugh about it, or even spoil the ending for those who haven't

read it! For those of us who haven't read the book, we can try to follow the conversation or just sip our wine and smile and nod! At my first meeting I made the rookie move of bringing the book with me. Turns out the book is not even needed! There is no referencing certain passages, no turning to a page to look for a quote, in fact, the name of the book is hardly mentioned. This seems more my style.

Perhaps you are part of a book club. If you are, I hope you enjoy it. If not, perhaps you might consider gathering some friends to meet up every month or two. It will be a chance for you to catch up on life as well as chat about books. Start with a good book. Maybe a best seller?

Maybe a classic? Maybe you will discover a new favorite author? Maybe you will add another good book to your book shelf.

A book club can be started at any age. Depending on the age of your children, maybe you want to start a book club with them. This might be a fun way for them to broaden their reading interest and get together with friends.

Have something to say? Let us know what's on your mind.  
WRITE A LETTER TO THE EDITOR! [editor@terwillegar.org](mailto:editor@terwillegar.org)

## What IS Neighbourhood Watch?

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

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

It's people helping people to prevent crime!

The emergency number for reporting a crime in progress is 9-1-1.

The phone number for non-emergency complaint calls is 780-423-4567.



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

Included is my cheque for:

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

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

\_\_\_\_\_

You may be contacted by phone for further details.

Which Park would you like your name at?

- Magrath Park     South Terwillegar Park     Mactaggart Park

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

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

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

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

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

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

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

# Community

## Thank you to Terwillegar Gardens Home Owners Association



Thanks to the Terwillegar Gardens Homeowners Association for their purchase of Happy the Frog. It was a generous contribution to the Spray Park, and he goes well with Sheldon the Snail making a great duo of animal spray features at the park!



**Herbal Magic**  
WEIGHT LOSS CENTRES

Shelley from Riverbend lost **80 lbs\***

LOOK YOUR BEST IN THAT little **BLACK DRESS.**

Before you know it, it'll be time for cocktail parties and social gatherings. Don't put it off another day.

**START TODAY!**  
LOSE WEIGHT & KEEP IT OFF

**Our weight loss system combines:**

- Unlimited one-on-one Personal Coaching
- Exclusive Natural Health Products
- Real Food from your grocery store

420 Riverbend Square  
Edmonton

**CALL OR VISIT US ONLINE FOR YOUR FREE CONSULTATION**  
**780-438-2422** | HerbalMagic.ca

[f](#) /HerbalMagic [t](#) /HerbalMagic [You Tube](#) /HerbalMagicTV

MM-01055-14  
\* As our clients vary, so do their results.




**Eye Candy Lash Extensions**

**Grand Opening**

\$100 mink and silk lashes till December 15!

1645 Towne Centre Blvd  
780-691-5593  
eyecandylashextensions.ca

# Terwillegar Towne Homeowners Association AGM

By John Friesen, Executive Director (TTHOA)

The Terwillegar Towne Homeowners Association (TTHOA) held its Annual General Meeting (AGM) on November 18 at the Terwillegar Community Church. The operations of the TTHOA are overseen by an elected Board of Directors and two employees, an Executive Director and an administrator. For more information about the Association please see our website at [www.terwillegartowne.org/maps/tthoa-property](http://www.terwillegartowne.org/maps/tthoa-property).

At the Annual General Meeting, the membership reviewed audited financial

statements, the annual membership fee rate, and the proposed budget for 2015. There was strong approval of the financial management of the Association, agreement that the 2015 membership fees remain at \$100 per year, and approval of the 2015 budget. This budget allocates of \$188,000 for the maintenance of TTHOA lands including the development of the large wilderness park (Area J) by adding park benches, picnic tables and shelters, and a storage facility. The Board of Directors is also exploring additional landscaping projects for the park and recreational use options. Approximately \$85,000 of the maintenance

budget has been allocated for Area J development.

The Annual General Meeting also provided homeowners with the opportunity to ask questions about the role and function of the TTHOA in the community and to converse with members of the Board. The recent year has witnessed notable achievements for the TTHOA: the paving of the traffic circle, repairs to the roof of the gazebo, and additional lawn maintenance on both TTHOA and City-owned land are some of the main achievements.

The following members have been re-elected to the Board of Directors for 2014-2015:

Klaus Hoffmeier (President), Lori Wasyk (Vice-President), Diane Motkoski (Treasurer), Joanna Altimas, Gilda Stalker, and Nayyier Ahmed. The Board is eager to receive additional comments from residents about future improvements to the community. Next year promises to be very significant as the Board utilizes homeowner's fees for major community developments. Additional comments or suggestions can be directed to the Board at [board@terwillegartowne.org](mailto:board@terwillegartowne.org).

## Know of a good story?

Email us: [editor@terwillegar.org](mailto:editor@terwillegar.org)

## Reinstallation of Little Free Library boxes

By John Friesen, Executive Director TTHOA

As many of you are aware, the Terwillegar Towne Homeowners Association (TTHOA) installed two Little Free Libraries boxes at Tomlinson Park and Tomlinson Square (the Gazebo Park) that were vandalized in July (arson). We are pleased to announce that the library boxes at both locations have been reinstalled. Residents may take a book (free of charge) or donate a book. The TTHOA will consider additional sites for the installation of library boxes in the new-year. To date, no suspects have been identified for the two cases of arson. If



residents have any relevant information, please contact the Edmonton police as per the following instructions:

Complaint line (not for crimes in progress): 780-423-4567, or #377 from a mobile device.

Text a tip to Edmonton Crime Stoppers: Type keyword, "TIP250 and your tip" and send it to CRIMES (274637).

Crimes in progress: 911.



**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)



**Great Tutors Available - 1 on 1 In Your Home**

All Subjects & Grade Levels  
Guaranteed Excellent Tuition

Contact Us For A FREE 1 Hour Consultation

ph: 780.298.3710 email: [phares@tutordocor.com](mailto:phares@tutordocor.com)

*If you're like me, we need to talk!*

✓ No Parties ✓ Not MLM

**Moms**  
earning more

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

# Eating disorder support network launches hope and connection

By Sue Huff, Vice-President of EDSNA

On October 6, the first support group offered by the Eating Disorder Support Network of Alberta (EDSNA) gathered in a meeting room at the Old Strathcona Library in Edmonton. It was a proud moment for founder and president, Moyra McAllister. Two and a half years of hard work and perseverance had finally come to fruition. The parents who assembled were nervous and unsure, but had all bravely decided to step forward and ask for support in dealing with their child's eating disorder. The result was amazing.

The aims of the group include reducing stigma, building hope, raising awareness, and providing a place to connect with others who truly 'get it'. "It is exactly what I wished had been in place when my daughter was going through her eating disorder," said Moyra. "I vowed that no parent should have to face this horrible illness

alone."

Breaking down the barriers of stigma and shame is no easy task. As a society, we have a difficult time understanding that mental illness is on par with physical illness. And when children show signs of mental illness, parents experience a swirling tornado of emotions: fear, guilt, anger, shame, blame, panic, self-doubt and more fear. It is hard to know what the 'right thing' is to do.

It's hard to know where to go for answers.

Parents often encounter ignorance, denial and plain old thoughtlessness from friends, family, and medical professionals. People throw out suggestions that aren't helpful or kind. Sometimes they just retreat, uncomfortable with mental illness and unsure how to respond. Parents feel isolated, misunderstood and judged. It becomes a battle just to put one foot in front of the other, because feeling utterly powerless to lessen your child's distress is like no other burden.

I speak from experience: my daughter, like Moyra's, is recovering from anorexia.

So, when Moyra and I left the room on October 6 to let the parents and a professional facilitator begin the important work of supporting one another, it felt momentous. We were so happy those parents had found each other and so very proud to be able to build something that our community desperately needs. In a couple of weeks, we will have the opportunity to experience that feeling once more, at the first-ever EDSNA meeting for individuals recovering from eating disorders.

The EDSNA Board is already planning the winter and spring support groups and connecting with others across the province to expand our network next year. It feels like we are at the beginning of a long and exciting journey- building connections and hope, one family at a time.

For more information about the Eating Disorder Support Network of Alberta, please



*EDSNA received some seed funding from Alberta Health to offer the support groups over the next three years. Speaking, Moyra, President EDSNA being interviewed by the media following the funding announcement. Standing Behind, Sue Hoff EDSNA and Minister Horne.*

visit our website at

[www.eatingdisordersupportnetworkofalberta.com](http://www.eatingdisordersupportnetworkofalberta.com)  
You can also find us on Facebook and Twitter. Sue is a Westmount resident, a writer, advocate and Vice-President of EDSNA.

## What every woman over 35 ought to know about getting fit

Some plain talk about a simple subject that often sounds complicated.

WHY I AM WRITING THIS INFORMATION By Carolyn Box

I've been through the struggles of trying to maintain a healthy weight. As a personal trainer and owner of a fitness establishment, I have seen many other women stop and start endless types of diets and workout fads. The reason why I am going to share this information with you is that none of the complicated methods you've tried or read about actually work. It is my goal to help women attain a healthy relationship with their bodies. A body that you will love.

### 1. Will cardio equipment/cardio exercise help me to lose weight?

Initially yes, but in the long term for weight management, **No**. Cardio machines and popular exercise (running, spinning) is a means to burn calories. It will not change your body composition. After a while your body will adapt to the exercise, and it will take longer bouts of the exercise to burn the same amount of calories. This is hard on joints, and may lead to injuries.

### Don't judge the benefits of the workout by the amount you sweat.

Riding a stationary bike for 15 to 45 minutes will cause lots of perspiration; this does not mean that it will cause the shape of your body to change.

**2. What is body composition and why is it important?** This is the percentage of fat, bone, water and muscle the body has. It fluctuates depending on what types of foods you eat and the type of exercise you do. The fat to muscle ratio is what determines whether you look lean or not. At one time I was 5'9" and a size 12 at 155 lbs. Today I am 48 years old, still 5'9" and weigh 152 lbs, but I am now a size 6. Simply put, my body composition changed as a result of following the right exercise program.

**3. Will lifting weights make me look bulky?** This is a myth. Fat makes the body look bulky, not muscle. And muscle is dense, therefore it takes up less space on the body. Women do not have enough testosterone to create large masses of muscle. Unlike fat, muscle is active tissue. It burns calories at rest which will help us to lose even more excess body fat. Myth debunked!

**4. A common mistake made in resistance training.** Bouncing through exercises with little rest will not result in a fitter body. It is a common mistake that women who are used to doing cardio exercise make. Part of learning how to perform resistance exercises properly is learning how to engage muscles through the entire movement. Muscles will never grow without the appropriate stimulus, and long enough rest period; so that they may fully contract again. The nervous system also needs to recover. Of course it is also important that you become stable, and learn how to hold your spine safely. From here, you must progress your exercise program to be able to lift your maximum amount of weight.

**5. What is the best way to lose weight?** First of all, it is an important distinction that you do not want to lose weight; you want to lose body fat. The best way to do this is the exact opposite of what most programs tell you to do "eat less, and exercise more". Instead, you want to increase the amount of whole foods you eat, and exercise with quality in mind not quantity. Teach your body to move more efficiently and produce less stress hormones. Build your strength level and this will allow you to change your body composition and lose body fat.

**6. How do I get stronger?** You must first have a stable body in order to build strength. Stability in the body gives you the ability to control movement (think of getting in and out of a low chair when you are aged). Once your body is stable, strength is the ability to produce movement or to cause force (think about pushing a lawn mower or carrying a heavy box). You cannot have strength without first having stability.

**7. How do I get shapely arms?** You must first look at your natural posture. Over time, you may have developed muscle tightness that is restricting your movement. Bring your body back into alignment first. Secondly, the arm muscles are smaller and so they require specific programming in order to grow. You must be able to manage lifting heavy enough weights with a lot of volume; this requires that you have a stable foundation in your body to support the necessary work. The third principle is consistency. Progressed exercises, over time will produce the shapely arms that you seek.

### Are you ready to do something different?

It is my hope that this will help guide you in the right direction to accomplish your fitness goals.

I have been very fortunate to see firsthand how simple information like this has helped change the lives of so many.

For lack of space, this is only a small taste of the information that we have available.

Should you have any further questions or would like more information please don't hesitate to reach out to me by phone, text 780-238-5812, online [www.outsidetheboxfitness.ca](http://www.outsidetheboxfitness.ca) or email [outsidetheboxfitness@telus.net](mailto:outsidetheboxfitness@telus.net).

I will be happy to do a complimentary assessment which will help you to determine how you can best move forward towards achieving the best version of yourself.

I wish you good health.

*Carolyn Box is a Riverbend resident, a certified personal training specialist as well as a certified yoga instructor, and owner of a local business, Outside The Box Fitness*  
[www.outsidetheboxfitness.ca](http://www.outsidetheboxfitness.ca)

# What to do during cold and flu season

By Dr. Christina Bjorndal,  
Speaker for Mental Health/  
Orthomolecular Medicine and  
Women's Health/Fertility

What do you do when you are sick? What do you do when your child is sick? Last year, our son spiked a 40-41C fever a few days after Halloween. As a Naturopathic doctor, I already feel "on the fringe" with the amazing awareness we have of health – but I know in many people's eyes we seem extreme because so many of the things that people consume on a regular basis are not found in our house – such as: pop, fruit juice, slurpees, smarties, skittles, M&M's or any chocolate or candy with food coloring, chips & cheezies, packaged cereals, packaged food in general (i.e. cookies, Goldfish crackers), foods with trans or hydrogenated fats (i.e. margarine), foods with chemicals or preservatives, such as sodium benzoate genetically modified foods, dirty dozen foods, cheese strings and yogurt tubes caffeine.

So when it comes to Halloween, you can only imagine how much it makes me cringe inside. There is nothing about the concept of gathering pillowcases full of candy that sits well with me.

I am sure you are the same when it comes to your child – you don't want to see them make the same mistakes you made. I also feel so torn when our son gets so excited about Halloween because deep down I wish the candy part of it would be outlawed. For the past two years, our son has been sick after Halloween – with last year being particularly extreme. It is important for everyone to understand that sugar

compromises immune function and to reduce sugar intake during the winter months

So, what do I do when our child is sick? Like most parents, I schedule some appointments for him – but where I take him might surprise you as it is not to a "regular" doctors office. Instead, I take him to the following medical practitioners:

Naturopathic Doctor  
Chiropractor  
Massage therapist

This past spring, I did this right away and he was better the next day. However, last fall, I didn't and he was sick for an entire week. You will note that I do not run to a medical doctor, take him to the ER or a pharmacist. I trust in the healing power of nature. I believe that nature is the teacher of science. I am not fearful of all the "what ifs" – in fact these consequences do not enter my mind. Instead, I affirm that our son will be better in no time – and he usually is. I believe that fever is nature's way of fighting invaders – and that suppressing a fever is the last thing you want to do. I administer immune supportive therapies that are prescribed by his ND to assist his body in recovery. I eliminate all sugar from his diet. This past fall, his fever would spike and then next day it would be normal in the morning and spike again by the afternoon/evening. In the past, this has rarely lasted more than one day; however, last fall it lasted for 7 days. After one week of roller coaster rebound fevers, we proceeded with an autohemotherapy treatment using ozone. (For the benefits of ozone, please visit <http://drmasonwood.com/treatments/injection-therapies/ozone-therapy/>) It appears that when

ozone is injected into the blood sample it destroys pathogens and when it is injected back into the body it has the effect of an autogenous (self-generated) vaccine.

The next day, our child had a normal temperature and he remained well. I did find this paragraph in "A Guide to Child Health" by Michaela Glockler and Wolfgang Goebel really interesting: "It has long been known that genes and their functions are influenced not only by the immune system but also by psycho-social and soul-spiritual processes throughout a person's lifetime. With a fever, the child has deconstructed some aspect of her inherited body and is rebuilding it under the independent direction of her own warmth organization. In our own pediatric practices, we have experienced repeatedly that flu with a high fever, a carefully managed case of pneumonia or even measles may introduce a new, more stable phase in a child's development. Less frequently, longer bouts of repeated illness indicate a task that remains to be accomplished." This highlighted to me the importance of not interfering with what the body is trying to do and allowing the body to heal on its own. I must admit that it was hard to hold out the fears – what if something is terribly wrong? Luckily, there wasn't and perhaps this was as simple as his body moving into a more stable phase of development.

Typically, the next question asked of me whenever I tell anyone that our son was sick is: "What did he have?"

"I am not sure – some pathogen that challenged his immunity"

"What pathogen was it?"  
"I don't know"

We have to be okay with not knowing what "it" is. This is not a fight we are in. We have to learn to support our own inherent capacity to heal by getting back to basics: real food, real fluids ( i.e. water), real plant based medicine & homeopathics, physical therapies – such as hydrotherapy, chiropractic and massage therapy – that help the nervous and lymphatic systems of the body.

My prescription if you get sick this fall:

See a Naturopathic doctor to ensure you are taking the appropriate dose of immune supportive vitamins and minerals, such as, Vitamin D, Vitamin C, Zinc, probiotics, bioflavonoids, Vitamin A, etc.

Eliminate sugar from your diet

Make garlic soup from a bone broth base using organic garlic (For recipe see [www.drchristbjorndal.com/fall-recipes/](http://www.drchristbjorndal.com/fall-recipes/))

See a chiropractor

See a massage therapist

Get adequate rest

Remember, it is a good thing to get sick as it means your immune system is responsive and working naturally to develop immunity to the organism. The key is how quickly you are back on your feet.

We look forward to supporting your family as best as we can during the 2014/2015 cold and flu season. If you are in need of a fall check-in, please contact the clinic at 587-521-3595 to set up an appointment.

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

Your community newspaper is looking for:  
**writers, photographers, area representatives**

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

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

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

# The gingerbread workshop

By Patricia Bullock, Co-owner of Whish.ca

One of the joys of our long Canadian winters is gathering together indoors for holiday fun. No matter what your age there is something absolutely magical about a table filled with candy and little gingerbread houses just waiting for some masonry touch. This holiday season, gather your family, invite your neighbours over, and create your very own Gingerbread Workshop.

The best way to ensure everyone has a fabulous time is to have everything organized and prepared in advance. Not only will you feel much calmer, but the look on the guest's faces when they see all that candy is just priceless!

One or two days before the party, construct the gingerbread houses so they will be ready and waiting to be decorated once

everyone arrives. Place each house on a secure base that can easily carry both the weight of the house and all the candies that will be added.

Provide each child with a selection of toppings to decorate his or her house with, a miniature house and a bag or squeeze bottle of icing. Place the candy toppings in cupcake tins or mini bowls, and place them along the table, so each child can easily access the variety of candy. Another option is to put out a candy buffet, and allow each child to choose which candy and color combinations they would like to use to decorate his or her house prior to commencing in decorating. From personal experience, a quick explanation that the icing is the glue that will stick the candies to the gingerbread helps children visualize its utility. As well,

giving each child his or her own icing bag is liberating, allowing for creativity to flow.

Some candies, icing and sweets will likely end up on the floor during the buzz of decorating, so consider setting up your workshop in a room with an uncarpeted floor, or covering the carpet with inexpensive plastic table covers, to allow for easy clean up.

If your participants are young, leave enough space between each chair for mom or dad to get in and help their little one decorate. With very young children a grown up helper can ask where they would like to place the candies and pipe the icing on for them but resist the urge to help too much. As long as



Photos by: Erica Julkowski, MommyErica.com

your child has a great time that is what truly matters!

## Santa's Little Gingerbread House Recipe

Fragrant and easy to work with – this is a great all-purpose recipe for gingerbread houses.

Shortening	1 cup
Granulated sugar	1 cup
Large eggs, lightly beaten	2
Fancy molasses	1 1/4 cup
All-purpose flour	5 1/2 cups
Ground ginger (dried)	1 1/2 tsp.
Baking soda	1 tsp.
Salt	1 tsp.
Ground cinnamon	1 tsp.
Ground cloves	1/4 tsp.

Beat shortening and sugar together in large bowl until light; beat in eggs and molasses.

Whisk together remaining 6 ingredients. Gradually stir flour mixture into molasses mixture (working with hands if necessary) until well combined.

Divide dough into 4 flattened disks; wrap each in plastic wrap and refrigerate for at least 2 hours. Roll out dough between sheets of parchment paper to even 1/4-inch thickness. Refrigerate or freeze rolled out dough for 10 to 20 minutes before cutting.

Once cooled, cut dough into desired shapes. Remove excess from around shapes rather than moving shapes from parchment paper to avoid distorting shapes. Bake in 325°F oven for 12 to 15 minutes, until gingerbread is firm to the touch. Let stand on tray for 5 minutes before sliding onto wire rack to cool completely.

Makes enough for 5 small gingerbread houses.

Hard As Ice Royal Icing

Icing sugar	4 cups
Albumin (egg white) powder*	2 tbsp.
Water	1/2 cup

\*Instead of using fresh egg whites, Albumin powder is safer choice. It can be found at most organic food stores; however, 1 egg white will also work great. Just reduce your water by 2 Tbsp's.

Combine all three ingredients in large mixing bowl. Beat on low until combined. Turn mixer to high. Beat for 3 to 5 minutes until fluffy. If icing is too thick add a few drops of water until desired consistency.

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



# What to do this holiday season

By Jenn Gilliard, Editor  
Terwillegar Tribune

There are many things to do with friends, children and for yourself this holiday season. Here are some and a link to others. Santa Shuffle Fun Run and Elf Walk – Share the spirit of the season and help The Salvation Army to raise money for the needy. The annual 5K Santa Shuffle Fun Run & 1K Elf Walk is held across North America. William Hawrelak Park. December 6 10 a.m. www.santashuffle.ca/edmonton-p183650&language=en

Stuart McLean and the Vinyl Café Christmas Tour – Northern Alberta Jubilee Auditorium. December 7 2:30 p.m. and 7:30 p.m. www.cbc.ca/vinylcafe/concert\_dates.php

Festival of Trees – In this season of giving, participate in the annual holiday tradition of the Festival of Trees, which is in its 30 year. The event is a valuable fundraiser for the University of Alberta Hospital, the Mazankowski Alberta Heart Institute and the Kaye Edmonton Clinic. There is so much to do with over 100 decorated trees and displays, join in the kids activities,

Santa's breakfast, Luncheon and Fashion Show and the Glamorous Gala Evening. November 27-30 at the Shaw Conference Centre. www.universityhospitalfoundation.ab.ca/fot/Home

Celebrate the Season light-up - The annual Celebrate the Season light-up is the kick-off to holiday events at the Alberta Legislature. Festivities begin in the Legislature rotunda with a choir performance, followed by the Premier's ceremonial turning on of the colorful outdoor lights. Most noon hours and evenings listen to choir performances in the rotunda. In the evening sip free hot chocolate served to visitors in the Legislature rotunda. Alberta Legislature 10800-97 Avenue. December 1-31, 2014.

Candy Cane Lane - An Edmonton tradition for over 40 years. Join in the spectacle of colorful light displays and unique decorations installed at the Candy Cane Lane. Candy Cane Lane is located at 148 Street between 100 Avenue and 92 Avenue. December 5 2014-January 2 2015. www.candycanelane.trav-graphics.com

Festival of Light – Sip hot chocolate and have a fun time at the zoo, enjoying the Light installations, skating DJ's fire dancers. Edmonton Valley Zoo 13315 Buena Vista Road. December 5-14 5-10 p.m. www.buildingourzoo.com/events/festival-of-light Christmas lunch and dinner – Enjoy a festive meal at the historic Hotel Selkirk. The Christmas menu has everyone's favorites. Savour a selection of scrumptious dishes featuring locally grown ingredients. Monday December 15 – Saturday December 20. 11:30 a.m. and 12:00 p.m. and 6:00 p.m. and 6:30 p.m. www.fortedmontonpark.ca/events/christmas-lunch-dinners

A Christmas Carol – Watch Ebenezer Scrooge being visited by the Spirits of Christmas past, present and future. November 29-December 23. Maclab Theatre 9828 – 101 A Avenue www.citadeltheatre.com/show/a-christmas-carol

Edmonton Symphony Orchestra - Handels Messiah - The Richard Eaton Singers join the ESO for Handel's glorious Messiah, led by Ragnar Bohlin, director of the San Francisco Symphony Chorus.

Winspear Centre Winston Churchill Square. December 5-6 7:30 p.m.

We wish you a merry Christmas - Our Annual Holiday Pops - JUNO winner Meaghan Smith joins the ESO for holiday hits old and new, like Silver Bells, Christmas Time is Here, Baby It's Cold Outside and more. It'll be a holiday extravaganza the whole family will enjoy! Winspear Centre Winston Churchill Square. Sunday December 21 2:00 p.m. www.edmontonsymphony.com/concerts-tickets

The Christmas Carol Project – Brass Monkey presents the 19 annual Christmas Carol Project. A very talented cast of Edmonton based musicians have created a collection of songs written from the perspectives of their characters. Westbury Theatre, Arts Barns building, 10330-84 Avenue. December 19-20 8:00 p.m. www.carolproject.com/

Other links:  
www.todocanada.ca/christmas-events-plays-theatre-edmonton  
www.todocanada.ca/new-years-eve-in-edmonton

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



**WWW.Didi-Sells.com**

# DiDi

Rasmussen

Generously Donating to: RE/MAX Real Estate Centre  
14717 40 Avenue  
Edmonton, AB T6R 1N1  
Office: 780-438-7000  
FAX: 780-403-7283

## Free Home Evaluations

Buying or Selling? Call US TODAY!

# 780-438-7000




Ryan Rasmussen  
Buyer Specialist

**WINDERMERE**



**Walkout Pie Lot \$343,500**

**MACTAGGART**



**SOLD in 7 days**

**TERWILLEGAR ESTATES**



**3 Bedrooms +den \$735,000**

**MAGRATH SUMMIT**



**Walkout to Pond \$888,000**

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

## In response to recent Terwillegar Towne break ins

*With permission from Joseph Allan, Edmonton Police*

Unfortunately the Terwillegar area is a nice "shopping" area for criminals (we had a gentleman who resides in the North end attend Southwest frequently because, quote "they have nicer stuff to steal down here"). We do try to have more patrols throughout the area but the new and still being completed neighbourhoods are attractive to criminals. Neighbourhoods such as Terwillegar Towne are targeted as the criminals travel through

the area from these new neighbourhoods.

We are attempting to make it more convenient to report crimes, they can go onto our website and go to this link [www.edmontonpolice.ca/ContactEPS/OnlineCrimeReporting.aspx](http://www.edmontonpolice.ca/ContactEPS/OnlineCrimeReporting.aspx) if they want to complete an online report. If there are difficulties while entering the report, they can call the online reporting help line at 780-391-6001. To report other crime types, they can call the non-emergency line at 780-423-4567 or #377 from a mobile

or report in person at the nearest Police Station.

We also have information for each district found in the Southwest division. We send crime alerts through this newsletter each month. This link is [www.edmontonpolice.ca/CommunityPolicing/InYourCommunity/SouthwestDivision.aspx](http://www.edmontonpolice.ca/CommunityPolicing/InYourCommunity/SouthwestDivision.aspx)

Last but not least, approximately 70% of theft from vehicles are from unlocked vehicles. We are trying to get the message out to lock up their cars, houses, garages to prevent

theft. Removing all valuables from their vehicles is also a good practice as the vehicle is less attractive to the criminal. We even encourage people to call us for things they may think is trivial. If a suspicious individual is observed in a neighbourhood we want to know. If someone's car has been rummaged through, but nothing taken... we want to know. If we can get all this information, we are more likely to figure out who is responsible.

## Terwillegar Riverbend Soccer Association Report

*By Rob Agostinis*

The first ever TRSA Awards Night & Banquet took place on Thursday, October 2 at the Derrick Golf and Winter Club. The event recognized the exceptional efforts of our coaches, assistant coaches, managers and referees. Our outstanding referees, longstanding coaches and high performance coaching teams received trophies and certificates, while coaches of multiple teams in a single season received certificates. Al Sibilo from Milestone Insurance Services was presented with the TRSA Community Sponsorship Award and TRSA President Jane Calvert was the recipient of the President Spirit Award. The TRSA Board wants to thank the event organizers and fundraisers Dr. Rob Agostinis, Julie Brown, and Larry Hrycak for their exemplary planning and putting on this amazing event. We look forward to next

year's event!

A list of award recipients can be found at [www.trsa.ca](http://www.trsa.ca)

Follow the link to view photos of the event. Photos were taken by Girl Named Shirl photography. [www.girlnamedshirlphotography.pixieset.com/trsaawardsnightandbanquet](http://www.girlnamedshirlphotography.pixieset.com/trsaawardsnightandbanquet) Please refrain from using these photos on social media unless specific permissions from subjects have been obtained. Thank you.



(L-R) SWEMSA President Gantar with youth soccer host Alex Strachan and TRSA President Jane Calvert. Jane Calvert was the recipient of the TRSA President spirit award.



TRSA Board of Directors



(Left) Al Sibilo of Milestone Insurance Services was the recipient of the TRSA Community Sponsorship award.

## Edmonton Federation Community League District H

*By Dr. Rob Agostinis, EFCL District H Director*

Let me introduce myself. My name is Rob Agostinis and I am your current EFCL District H Director.

District H, serves the greater communities of Terwillegar, Riverbend and Windermere. Within our district we have 8 community leagues:

- Brookview Community League
- Greater Windermere Community League
- Hodgson Community League

- Oak Hills Community League
- Ogilvie Ridge Community League
- Riverbend Community League
- The Ridge Community League
- Terwillegar Community League

We are also served by an area council: TRAC (Terwillegar Riverbend Advisory Council).

My general duties are to:

- Help oversee the operation of the EFCL
- Help set policy for the EFCL
- Act as a liaison between community leagues and the EFCL, and

- Help represent the EFCL at a public and governmental level

The EFCL has a new website!

Check us out at [www.efcl.org](http://www.efcl.org)

You can read my blog at: <http://efclistricth.wordpress.com>

The purpose of this blog is to keep our communities and its citizens updated on events, notices and anything community. Look forward to many partnerships and collaboration. My mantra is to "Make It Happen."



District H Director Dr. Rob Agostinis

Whats going on in the community? Check out [www.terwillegar.org](http://www.terwillegar.org)

# A message from honorable Bryan Anderson - Edmonton Police Successes



By Councillor Bryan Anderson,  
City of Edmonton

Edmonton is growing at an unprecedented rate. The city's latest census numbers show we've grown by about 60,000 in the last two years. There's no question

people from across Canada and around the world are coming to our city to experience the exceptional quality of life Edmonton offers.

Fundamental to our quality of life is the personal and collective safety of our citizens. Through crime prevention, community policing and education initiatives, Edmonton Police Service (EPS) helps keep our streets and citizens safe.

Over the past few months, EPS has been recognized nationally and internationally for its exceptional leadership and community service. A few highlights include:

EPS receiving national recognition for how its officers safely deal with people in crisis. EPS was commended for its strategies by the Mental Health Commission of Canada in a report

to the Canadian Association of Chiefs of Police. EPS was specifically recognized for working with community partners to develop a mental health training program for officers, which helps officers successfully resolve mental health-related calls on a daily basis.

The EPS School Resource Officer (SRO) program being awarded the Model Agency of the Year Award by the US-based National Association of School Resource Officers. This is the first time a Canadian police agency has won the prestigious award. Edmonton's SROs were recognized not only for their specialized training, but for their strong relationships in the community.

EPS Constable Alana Savage being selected as one of three 2014 University of Alberta Alumni Award of Excellence winners for her work on domestic violence. Last year, Constable Savage also

won the International Association of Chiefs of Police (IACP) Weber - Seavey Award for her domestic violence initiatives.

EPS' Corporate Communications unit defeating Miller-Coors Brewing, Amway, Wal-Mart and Starbucks for its internal communications program *This is Who I Am*, which showcases various members of the Service. In addition, the communications program on domestic violence, *Speak Out*, won an international award in the "best television commercial" category.

As our city grows and evolves, Edmonton Police Service plays a valuable role in making our neighbourhoods welcoming, safe and friendly places to live. To learn more about EPS, visit [edmontonpolice.ca](http://edmontonpolice.ca).

If you have questions or comments, please feel free to contact me at 780-496-8130 or [bryan.anderson@edmonton.ca](mailto:bryan.anderson@edmonton.ca).

## Towne Center Boulevard recent road work

With information from Erin Poulson

This fall some roadwork was done on Towne Centre Boulevard at the intersection by 23 Avenue. Councillor Anderson has been asking for this simple, quick job to get done and we are finally seeing it! The unused left hand lane is going to be turned into a fully functional dedicated left turn only towards Terwillegar Drive

and Riverbend. The centre lane will be a straight through lane heading toward the Terwillegar Community Recreation Centre and the right lane will be right turn only down 23rd Avenue. When parents are done dropping their kids off at the schools, the congestion moves down to this intersection. It should help get the cars out of Terwillegar Towne and improve the flow of traffic.



Towne Centre Boulevard and  
23rd Avenue

## Book review - Yes Please by Amy Poehler

By Darcie Cameron

Amy Poehler's novel, *Yes Please* is a frenetic paced one woman stand-up comedy act where she shares stories about her rise to the top and gets straight to the punch line with no holds barred quips that will leave you laughing out loud. She takes you on her comedic journey of work, life, and motherhood.

As a successful working mother she stomps on the mommy wars with six well-chosen words "Good for you, not for me." A great reminder to us all that we do not live in a perfect cookie cutter world and people in glass houses shouldn't

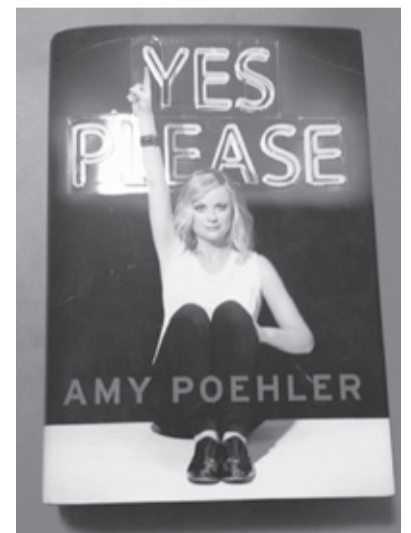
throw stones. She debunks the myths of the working mom and the stay at home mom so we all can finally just put the gloves down to get along.

She also takes us backstage to one of the biggest shows of our time Saturday Night Live and shares her stories from the skits of Sarah Palin to Hilary Clinton. We also get a glimpse into the running of her hit show Parks and Recreation.

Amy Poehler emphasizes that success is not something that happens overnight but it is from perseverance and hard work. It is about keeping your head down and focusing on the job. She also points out

that sometimes the work that brings you the most joy does not always bring the biggest pay cheque.

*Yes Please* is not the typical tell all memoir full of the usual salacious details instead Amy Poehler chooses to share flashes of humor and wisdom she has gained along her journey to celebrity success. It is the highlight reel of her life with so many more exciting clips to fill for her next comedy act.



# Snow and winter roadway maintenance

*From Transportation Services, City of Edmonton*

Winter is an inevitable reality of living Edmonton, but the City of Edmonton's Roadway Maintenance section is well prepared and wants to let you know what you can expect as the season progresses.

The biggest change being introduced in 2014 in an effort to improve service involves a set day for neighbourhood blading. That means that just like your waste pick-up schedule, the day of the week that crews will blade residential streets will be the same throughout the snow season.

Knowing when winter roadway maintenance will happen means you'll know when to move your vehicle so that crews can do the best job possible, and you can avoid getting your car stuck behind a windrow!

Neighbourhood blading will

only take place on weekdays, not on weekends. You'll be able to find out which day of the week has been chosen for your area when the City of Edmonton announces its first blading cycle by visiting [www.edmonton.ca/winterroads](http://www.edmonton.ca/winterroads) for the interactive map or by calling 311.

Please remember that crews work around the clock during blading, and can be on your street at any time during the 24 hours designated. We greatly appreciate your assistance in making sure crews have complete and clear access to the roads during the day set aside for your area.

Many residents who live on collector bus routes are concerned about the seasonal parking ban, brought in as a way to ensure that transit, commuter traffic and emergency vehicles were able

to keep moving smoothly throughout the city. The good news is that for the most part, the inconvenience of having to find an alternate location (off street or on a nearby side street) will be limited to 48 hours in most cases. When it comes to the parking ban, it helps to stay informed: visit [www.edmonton.ca/winterroads](http://www.edmonton.ca/winterroads), check out Face Book and Twitter, watch for info on those large digital roadside message boards and on the front of ETS buses or call 311 if there is significant snowfall. Best yet, sign up for the email alert service to find out instantly when a ban is declared/lifted.

Please note that while the City will minimize the size of the windrows left in front of driveways to 30 cm (one foot) in height, windrows are NOT removed from neighbourhood streets. Citizens who wish to

continue to use the street for parking are responsible for clearing a spot for themselves; parking outside of windrows dangerously narrows the driving lane and restricts access for other motorists, not to mention emergency vehicles.

Citizens who live in cul-de-sacs will notice that the City piles the snow in the middle of the bulb and doesn't remove it unless the driving lane cannot be safely accessed by emergency responders. Residents are required to park parallel to the curb in these areas as angle parking (prohibited by ByLaw) can further narrow the lanes and make access difficult.

We thank everyone for their patience as we work together to get through winter, and to keep Edmonton's roads in good winter driving condition.

## Did you know...

The coldest day ever recorded in Edmonton was on January 26, 1972. The temperature was -48.3C with a wind-chill dropping it to -61C.

GREEN & GLOW

WINTERFEST

A SPECTACLE OF LIGHT, FIRE AND SNOW

January 29-31, 2015

U of A Main Campus

EVERYONE WELCOME.

Register at [uab.ca/winterfest](http://uab.ca/winterfest)

UNIVERSITY OF ALBERTA  
ALUMNI 100 YEARS



# The secret to winter hiking with children...be a nature detective

By Sheri Hendsbee, Terwillegar Tribune Contributor

With the recent onslaught of cold weather and winter bearing down on us, many of you are probably entering hibernation mode. But now really is the time to get out there and explore the great outdoors with young children: the mud is hard, there's no sunscreen to slap on or stinky bug spray to coat all of your senses, and Alberta winters are beautiful! The sky is unusually big and blue. It stretches on forever under a brilliant sun. The air is crisp and dry and the snow literally squeaks under your feet, something that I found amazing when I first moved here 22 years ago. Getting outside in winter can lift your spirits immeasurably --- erasing that trapped feeling of being cooped up indoors, all winter long.

As long as you are dressed properly for the weather, and you keep your excursions short, there are many things you can do outside with young children. If simply hiking and taking in the beauty isn't enough to motivate you, then looking at animal tracks is one of the easiest things to do outside in the winter with children. Look down at your feet and follow animal tracks in the snow. Easy to spot are the numerous snowshoe hare, coyote, deer and field mouse tracks at this time of year.

The Lone Pine Field Guide, *Animal Tracks of Alberta* has many suggestions for your animal track investigations:

- observe the length and width of the print,
- count the number of toes,

- check for claw marks and note how far away they are from the body of the print,

- look for a heel mark,
- try to determine which print is the fore print and which is the hind,

- look for subtle features such as the spacing between the toes and whether or not they are parallel, and

- take into account details of the animal's habitat.

Take a pocket guidebook with you and make a game of identifying those paw, foot and hoof prints. A good nature detective will follow the tracks for a while, no matter where they lead. If the footprints wind up at a tree, then the animal being tracked may be a climber.



You can find animal tracks hardened in the frozen mud of a creek side, like the 2-pronged tracks of a deer's hoof.

If they disappear into a burrow, you have discovered something else about the critter.

Tracking can be fun because you are walking in the footsteps of the animal's daily activities --- be that eating, running, jumping or madly dashing away from a predator. And, most importantly for your young adventurous companions, you're "off roadin'" and "bushwhacking" through the wild! Though this *never* happened when our family was

hiking, if you're quiet enough, you may actually sneak up on your prey! And if you're really lucky, as we have been on a few occasions along the creek bed at McTaggart Sanctuary, you can find the imprints of wings from a bird of prey that has pounced on a mouse or vole on the snow surface.

Follow this up with a trip to our local library to find out more about how animals adapt to our cold, Alberta winters.



There is such beauty in the landscape of McTaggart Sanctuary as the ground freezes and the first snows fall on the trails.

Scatter books around your home that pique a child's innate curiosity about those tracks that they have seen.

There are a number of terrific local destinations to explore this winter:

Any of the storm water drainage lake areas in the Terwillegar neighbourhood (the one behind Thibault Way was one of our favourites) \*\*\*

McTaggart Sanctuary/Whitemud Creek trails

River Loop Trail that circles around the perimeter of Fort Edmonton along the river and then up into the hills Terwillegar Park Clifford E. Lee Nature Sanctuary

Wagner Bog (fed by underground springs, it has open water areas all winter long that draw in the wildlife)

Get out there & explore the nature areas that surround us. Don't let winter stop you and your nature detectives from being active, being outdoors, basking in the sunshine, exploring first-hand and sharing some memorable times with you.

\*\*\*One word of caution, as tempting as it may be to cross the ice lakes, toboggan down their sides and skate on their surfaces, you must be very careful on the storm water drainage lakes that lie scattered throughout our neighbourhoods. They take in road run-off (and that means salt & other chemicals filter in) and as a result, the ice is unstable and late to form securely. The water levels also fluctuate greatly underneath the ice, as the lakes do what they are designed to do: slowly drain water back into the water table. This can create great

air pockets underneath the ice, especially at their intakes and outtakes. We used to auger the ice with a hand auger and if the ice was 8" thick, then we figured it was safe to travel across. Contact the city, at 311, to find out where the intakes and outtakes are on the lakes that you frequent so that you can teach your children about the areas to avoid. Years ago they sent us a map of the Thibault Way/Wynd lake that our family and neighbours found very helpful.

## Debbie Berube



**RE/MAX**  
EXCELLENCE

## Buying or Selling?

I can HELP you keep it SIMPLE!

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



**Debbie Berube**  
Associate  
780.722.3399

[debbieberube@remax.net](mailto:debbieberube@remax.net)

# Kids



## Coloring Contest fun for kids ages 2-11

Color this Winter scene for your chance to win a ToysRUs gift card. \$25 for the winner and \$10 for the runner up!

All entries must be received by December 20. Only one entry per child. Contest is open to all Terwillegar, South Terwillegar, Magrath and MacTaggart residents.

All entries will be judged in the following categories: ages 2-4; 5-7; 8-11. Please include your name, age, and phone number on the back of your picture

Mail to: Terwillegar Community League PO Box 36508 RPO MacTaggart Edmonton, AB T6R 0T4

A copy of this coloring page can also be found on our website [www.terwillegar.org](http://www.terwillegar.org).

# Kids

Does your child have a favorite Recipe? Book? Riddle?  
Contribute to the Kids page!  
Email: editor@terwillegar.org

## Book Report

The Bernstein Bears and The Truth

By Keira Gilliard (Age 6)

I loved this book.

It was sad because Brother and Sister Bear knocked over Mama Bear's favorite lamp and Sister and Brother Bear told the biggest lie ever!!!!!! They said it was a big purple bird with yellow feet and green wing tips, and funny looking red feathers sticking out of its head. The bird had come in from the window beside the stool with the lamp. But really it was Brother and

Sister Bear, they were playing soccer in the house. They have a few rules that include no eating honey in bed, no tracking mud on the floor and no playing ball in the house. Buy the book, it's cool! Thanks for reading.



# Congratulations to our August Coloring Contest Winners

Ages 8-11

1st place: Keira W  
Runner up: Natasha H

Ages 5-7

1st place: Keira P  
Runner up: Wyatt P

Ages 2-4

1st place: Matthew H  
Runner up: Zane S

## Recycling Crossword Puzzle

By Lauren Wuite Answers on page 18

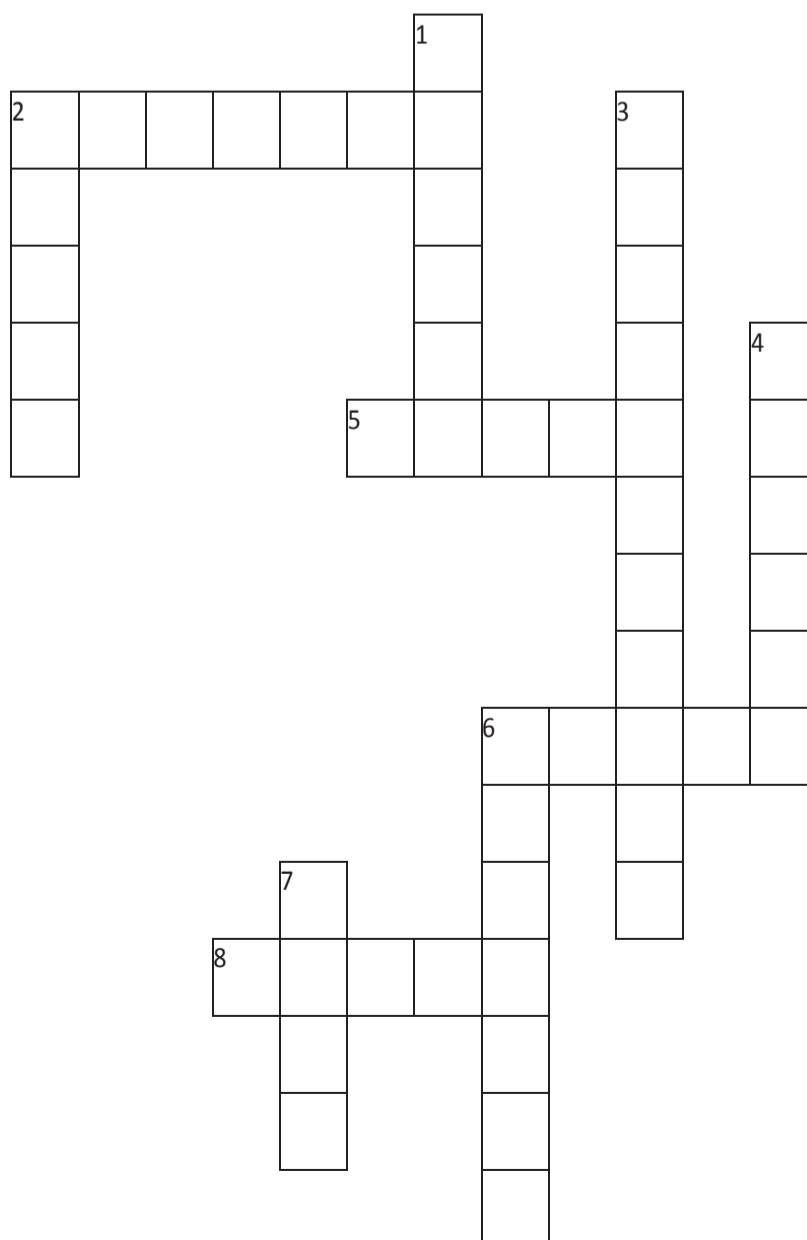
### Across

- 2. to break down an item into its component materials, and make something new from them.
- 5. the recyclable material that cans are made of.
- 6. the recyclable material that flyers are made of.
- 8. the recyclable material that bottles are made of.

### Down

- 1. to make something smaller or use less, resulting in a smaller amount of waste.
- 2. to find a new use for something used.
- 3. the place you take your bottles and cans and get your deposit back.
- 4. waste products that have been disposed of improperly.
- 6. the recyclable material that yogurt containers are made of.
- 7. the colour of containers for recyclable goods (picked up on Wednesdays in Terwillegar)

Puzzle



# Sprouts summary from SWEFM

con't from page 2

Our market, and our sponsors' act of giving tokens to the children, inspired them to turn around and give to those who were less fortunate. That came as a big surprise to us! Our Sprouts were learning at a young age how to contribute and how to build community. And it was the Sprouts program that was the vehicle for that important life lesson.

Sprouts also drew attention to the bones of our market: those hard-working fruit and veggie farmers. We were thrilled with the way they jumped on board. Every single fruit, veggie or food plant farmer wanted in on the program, even though we were asking them to make concessions to the children to make their \$2 token go farther: concessions that would cost them money.

At the very first market day of the season, for example, S4 Greenhouses brought little bags made up especially for the Sprouts filled with a cucumber and a rainbow assortment of mini tomatoes:

a generous amount of product, thoughtfully packaged just for the kids! Then later in the season, they began a game of hide n' seek with our Sprouts, decorating mutant vegetables with googly eyes and hiding these characters in different places in their stall each week for our Sprouts to find. They were so thrilled when, at the last market, one of our Sprout hoarders came and spent 10 of his tokens at their booth.

Being nature's candy, we assumed that most children would go for fruit, once the fruit farmers showed up on the scene in June. But there were a significant number of children who continued to spend their tokens on food plants and vegetables. The veggie farmers were positioned farther away from the Sprouts check-in tent than the fruit ones were, in the market's layout. By choosing veggies over fruit, not only were the kids consciously holding out for those veggies, they weren't getting sidetracked in their determination by impulsivity. That was very impressive!

One of the things that we see as our mandate, with our market's focus on community development, is that we give our volunteers a quality volunteering experience. Working with the Sprouts program, and seeking out and interviewing a Sprout of the Week, were some of those gems. The children who were being interviewed loved the attention: they felt valued. Articulating what and why they did something reinforced a child's behaviour, so the parents loved the attention that their kids were getting because it reinforced the healthy eating values that they were trying to impart to them. The volunteers loved engaging the children in a meaningful dialogue, and it gave them an opportunity to establish a relationship with the Sprouts families, making their volunteering feel meaningful and rewarding. And those hopscotch patterns leading up to the check in table? Why, they got more and more elaborate and creative each week!

We were so thrilled with



*Thumbs up for Sprouts!*

these, and many other positive outcomes. This year was our pilot year for Sprouts... a year to see whether or not we could get the program off the ground, fund it, and run it successfully and creatively. We were able to open up the program up, in stages, to over 400 children, thanks to the generosity of our sponsors. And we are definitely running it again next year!

This winter, we will be working together to figure out ways to open up the program to more children each week. If you would like to sponsor our Sprouts program, we welcome your financial help! See our website for creative ideas and opportunities that we have created for you at [www.swefm.ca/become-a-sponsor](http://www.swefm.ca/become-a-sponsor). Help us reach even more children!

## Christmas shopping is child's play

By Cheryl Millar, M.SLP, R.SLP

This Christmas, shop like a speech-language pathologist to help your child or grandchild develop strong speech and language skills. Noisy toys and video games can be really annoying—and expensive too! They may not even hold your child's attention for long. Instead, shop smart for toys that will engage your child again and again and even help

to develop their communication skills. Look for toys that require your child's active involvement and input—toys that spark your child's curiosity and creativity.

Dramatic or pretend play is when your child pretends to do something or be someone. It is an important form of play, especially for 3 – 6 year olds. For example, your child may drive a fire truck (your sofa!) or pretend to cook (enjoy the

pizza!). This kind of play has tremendous potential for the development of listening and speaking skills. Children learn to take turns in conversation and to use language to negotiate and solve problems. They learn new vocabulary and concepts while expressing their creativity and trying out a variety of roles.

Shopping for toys that facilitate this kind of play is easier with a theme in mind. For example, children love to play store so shop for a child-size metal shopping cart, play food, and a cash register. You can set up the store with your child. Make signs, coupons and play money to boost print awareness. Together, group items for sale to help your child learn about categories such as fruits, vegetables and grains. You can use many of the same items to play restaurant.

Children will have hours of fun when they go camping—indoors! You can buy a small tent to set up inside your home. Add in child-size camp chairs and a small cooler. Supplement these toys with items you make together. You can make a fire using paper towel rolls for logs and red cellophane for fire. Then you can “cook”

marshmallows over your fire. This is a great opportunity for your child to learn spatial concepts such as “between”, “in front of” and “behind”. For example, you could say, “Please get the hot dog buns—they are behind the cooler”.

Get your child started on their own vet hospital, where their stuffed animals can receive care. Buy a medical kit which includes items such as a stethoscope and thermometer. You could also buy a toy pet kennel. With your child, make an examining table by covering a box with a cloth. Take your “sick” stuffed animal to your little vet for care. Your child can learn new words (such as “fever” and “injury”). In addition, your child can solve problems; for example, they can determine where a stuffed animal is “hurt” and put a bandage or “cast” on the animal.

When you are making your Christmas shopping list, remember to include open-ended toys that facilitate pretend play. Your gift will provide opportunities for you to connect with your child and support the development of your child's language skills.



**Cheryl Millar**  
— SPEECH-LANGUAGE PATHOLOGIST —

I WANT YOUR CHILD TO  
HEAR YOU AND TALK BACK!

Each child is unique; each child has their own strengths and challenges. To succeed in school, there are some key communication skills that your child requires.

Let me help your child thrive in school by improving their listening and speaking skills.

cherylmillar.com



# Start thinking about your resolutions NOW

By Jessica Zapata, co-owner of Infinite Fitness

I know, I know, it's not even Christmas yet and here we are talking about resolutions. But even if you're not actively setting one right now, I thought I'd give you some tips for the upcoming season! Let's look at the top 3 reasons people are unsuccessful with their resolutions and how you can be one of the 12% fulfilling your goal this New Year.

Your resolution is too generic  
Losing weight, getting fit and/or healthy and making more money are the top 3 resolutions made every year. But all three of those are too generic. They don't hold any specifics – How much weight do you want to lose or money do you want to make? By when? How? Even saying that you are going to lose 20 pounds in 2015 isn't specific enough. Set a very specific goal for yourself and then break it down into smaller even more achievable goals to keep you focused and motivated.

For example a good resolution would be; "I will lose 20 pounds of body fat by May 15, 2015 by

eating healthy, clean meals 80% of the time, working out with a personal trainer Tuesday/Thursday and attending a group fitness or Pilates class Monday/Wednesday/Friday. Every second Saturday or Sunday I will do a fun activity with friends or family, that is not in my normal comfort zone (indoor rock climbing, snowshoeing, tobogganing, etc)."

Notice how this goal is very specific and more importantly, action orientated! There is a plan built into the goal of what exactly you are going to do to achieve success. Further breakdown of this goal would include meal planning for the week, joining a fitness facility, meeting with a Personal Trainer, choosing your group fitness classes, etc. There's a reason the expression *those that fail to plan, plan to fail* exists!

You have unrealistic expectations

We live in a society of instant gratification. It's become so bad that we expect immediate results in almost everything we do. And if we don't see it, we're

frustrated, overwhelmed and discouraged! This mindset has to change. It takes work to make changes. No ifs, ands or buts about it!! You will NOT lose 20 pounds in 2 weeks. You will not be able to run a marathon in a month. You will not double your income overnight. Deep down, you know this. If it sounds too good to be true, it is. Focus on the little things and the little successes. Losing 1-2 pounds a week is GREAT, not discouraging, change your expectations and celebrate success (just not with chocolate cake).

Your resolution doesn't really mean that much to you

Sure, it would be great to lose 20 pounds, but if you're not that unhappy with your current weight or you love the idea of going out for a 5 kilometer run first, it's not a good resolution. If your resolution doesn't get you excited; and I mean, crazy-excited-can't-wait-to-achieve-your-goal excited, chances are, you won't achieve it. Why you ask? Because it's going to take work - hard-work,

determination, consistency and dedication. You are going to "fall off the wagon". You will have set backs. But you aren't going to let those set backs define you. Your goal means so much to you that you are going to get started and back on track immediately. Not tomorrow, not Monday, not next month. If your resolution doesn't do this for you, why are you making it your resolution in the first place??

Take 5 minutes right now. Set a new resolution. A resolution that excites you. A resolution that is specific and most importantly a resolution that is realistic! Share it with us – let's support each other on this quest to making 2015 a great year!

Jessica is a Personal Trainer focused on providing quality fitness training and reformer Pilates classes. Find out more at [www.infinitefit.ca](http://www.infinitefit.ca)

## CRUSH YOUR EXPECTATIONS WITH INFINITE FITNESS. START TODAY!

"Best spin, Pilates and personal training studio in Edmonton! Fantastic staff. Well worth it!"

if

"With only a few classes under my belt, it's obvious that your studio provides a fun and exciting environment for health and fitness. I'm looking forward to exploring all that it has to offer. Thanks in advance!"

if

"Infinite Fitness has the ability to draw out great workout intensity from me. I like the improvements I have felt (and seen) in my physical strength and endurance."

**#BelInfinite**



Introductory Offers  
For new clients only

3 Personal Training sessions

\$149

2 weeks of Small Group Personal Training

\$99

3 Pilates Reformer classes

\$60

2 weeks of unlimited Group Fitness classes

\$40



INFINITE fitness

www.infinitefit.ca  
780.435.7111

14217 23 Avenue NW | The Shoppes of Terwillegar Gardens

CONTACT ME FOR A FREE HOME EVALUATION

CALL EDDIE DIRECT 780-906-9959



TESTIMONIAL

“

We had been contemplating selling our home for over 1 year, but kept putting it off thinking it would be too time consuming and difficult. We called Eddie out of the blue when we saw he sold a neighbours home in only a few days. It was less than two weeks from the time we first met Eddie to the time we sold our home!!

- The Khan Family (Sellers)

”

LIVING AND WORKING IN OUR COMMUNITY



For access to ALL listings download:

'THE EDMONTON REAL ESTATE APP'

on your smartphone

scan this QR code to install app



EDWARD GEBRAN REALTOR®

Cell 780-906-9959  
Office 780-450-6300



Accredited Buyer Representative



POLARIS

Email: [edward.gebran@gmail.com](mailto:edward.gebran@gmail.com)  
Website: [www.EdSellsHomes.ca](http://www.EdSellsHomes.ca)

This advertisement is not intended to solicit people or property already under contract with another brokerage.

# Local Schools

## Students at MWI tour Waste Management Centre

By Jenn Gilliard, Editor Terwillegar Tribune

Grade 4 students from Monsignor William Irwin (MWI) elementary school recently completed a "Waste in our World" Science unit. This unit culminated with a tour of the Edmonton Waste Management Centre to see how waste and recycles are handled in our city. This was a very real way to see the quantity of waste produced by Edmontonians as well as how we take care of our garbage. Students were able to see firsthand how recycling and landfill programs work, which was directly related to their Science unit. Students found this tour very interesting and here are some reviews:

Elle G. "It was interesting. Big machines are always interesting. 4.5/5"

Lauren W. "Really cool. We saw how it was made into toilet paper. Tons of machines. It was fun to go explore"

Alexa O. "My favorite thing was when we got to go to the tip floor. We got to see how much garbage there was today and yesterday. I was surprised how much there was 'cause there was a lot."

Emma P. "It was good but a little stinky. Especially at the sky bridge. It smelled like rotten pizza."

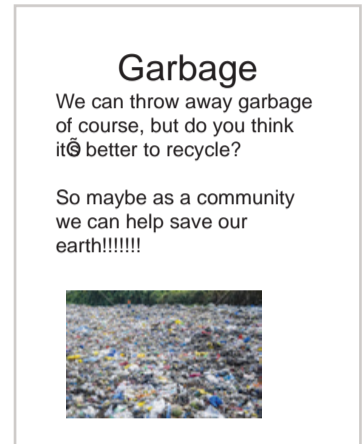
While studying and learning the students worked on projects for their teacher. Elle presented how she recycles with her family.

- Send emails instead of letters
- We're going to use the reusable bags for shopping
- We're going to use the paper for scrap

paper

Limit the plastic bags when making lunches

You may have seen this flyer designed by Elle on a local mailbox reminding us to recycle and distribute garbage responsibly.



## How does our community recycle?

By Jenn Gilliard, Editor Terwillegar Tribune

It's Wednesday and it's garbage day in our community. The City of Edmonton is collecting garbage and recycling from us and over 300,000 single and multi-family homes. At home we separate our garbage from recycling. Garbage includes food waste, smaller worn-out household items and yard waste. What to do with

recyclables is described below. We recycle because it's good for the environment, conserves natural resources, reduces waste, and is good for the local economy.

**Blue Bag recycling:** Single-family homes, duplexes, fourplexes and some townhouses receive Blue Bag collection. What to recycle: paper and cardboard, plastic, metal, glass. Just place your

clean recyclables loosely into blue see-through plastic bags and set them out for collection on your scheduled collection days.

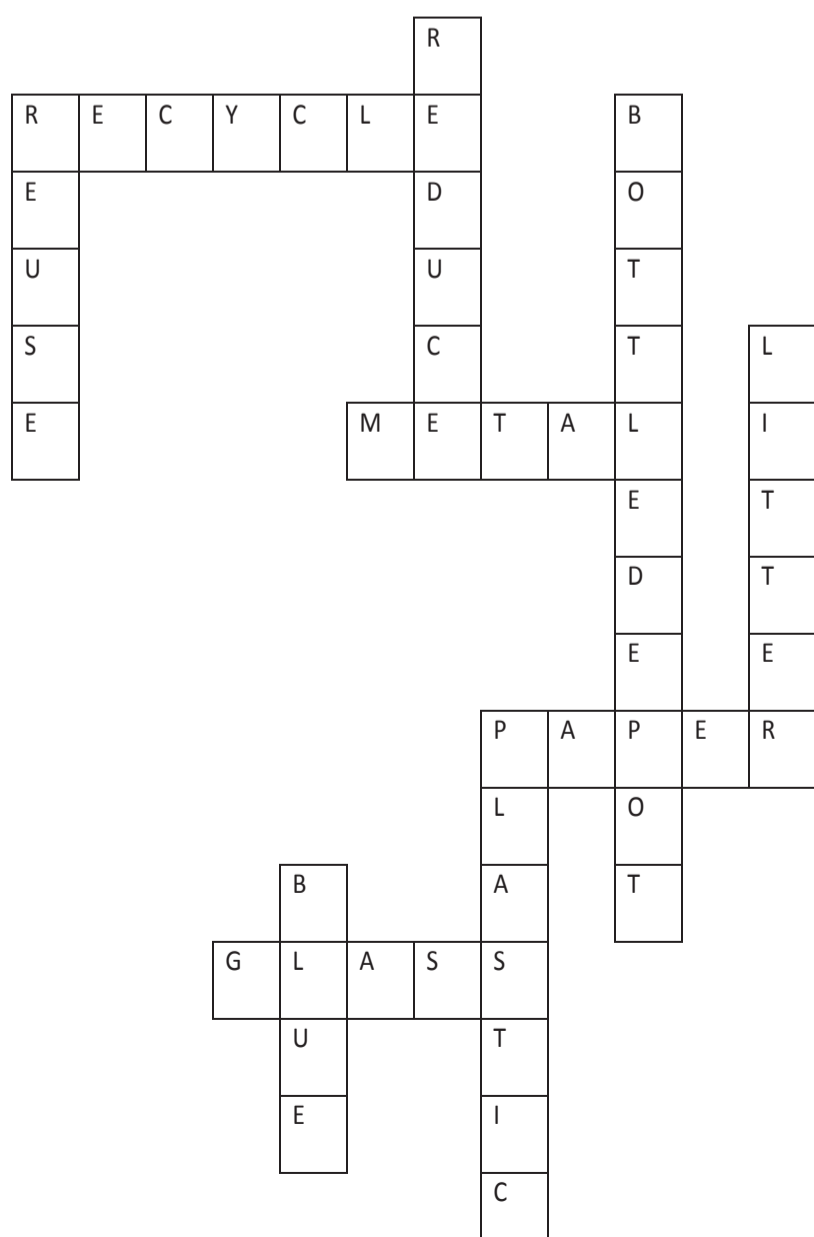
**Blue Bins Recycling:** Apartment and condominium residents can have recycling collection brought right to their door! What to recycle: paper and cardboard, plastic, metal, glass.

**Recycling Depots:** Community recycling depots are a convenient way to dispose of recyclables. Each bin has a label on the front to tell you what type of product should be placed in it. What to recycle: paper (including shredded paper, newspaper and magazines), boxes, cardboard, plastic bags, and all recyclable containers, cans and bottles. The closest recycling depot is at Riverbend Square. Located at Rabbit Hill Road, between

Riverbend Road and Terwillegar Drive.

**Eco station:** This is a comprehensive waste drop-off facility. What to recycle: household hazardous waste such as leftover paint, light bulbs, oven cleaner and car batteries, household recyclables and much more. Eco Stations now accept Reuse Centre donations. Reuse means to use something again and again rather than only once. Accepted Items: furniture, appliances and electronics (televisions, stereos, computer peripherals, etc.). Computers are not available due to privacy issues. Visit the Ambleside Eco Station Reuse Area. The Ambleside Eco Station is located at 14710 Ellerslie Road. For more information visit [www.edmonton.ca/for\\_residents/garbage\\_recycling](http://www.edmonton.ca/for_residents/garbage_recycling).

Answer Key



**Fun Fact!!!**  
**The Edmonton recycling program started in 1988**

**Crossword Answers from page 15**

# Lillian Osborne high school expansion and winterfest

By Jenn Gilliard, Editor  
Terwillegar Tribune

On October 30, a community information meeting was held at Lillian Osborne High School to talk about the planned school expansion. The high school will undergo a major expansion set to start in 2015.

Janet Hancock, principal of the school, said the school was originally built for around 1000 students and the school will now be designed to include up to 600 more students. Funding for this expansion and modernization was announced in February 2014 by the provincial government.

Dialog, a premier architectural firm designed the original school. Donna Clare, principal architect for the initial build and the expansion spoke regarding plans and tonight unveiled the proposed design. Eight goals were identified for the expansion including to optimize program relationships, enhance student gathering spaces, enhance flexibility and team teaching opportunities, and create a multi-purpose performance space.

Creation of a performance space is one of the key goals. This multipurpose performance

space will be one that will be able to be used by the entire community. Schools, organizations, and community leagues alike will benefit. Austin, a Lillian Osborne alumni, was at the meeting and spoke to the group of the advantages. He said the performing space will answer a need that has been felt in the community for some time. There is a need for youth in the community to have a performing space. Area schools, community leagues, and performing arts groups have yet to find a place in Southwest Edmonton that serves this need, yet interest is high. Tariq Chaudary, president of Oak Hills Community League, was at the meeting as well and says the theatre will be glue for the community. Principal Hancock is excited about the theatre and said fundraising for the theatre will start soon.

The completed project will be a two story facility with 300 retractable theatre style seats, a stage, theatre style lighting and curtains. It will be accessible through a vestibule/gathering area with access directly from the parking lot. This will be adjacent to a music room which

will serve as a “green room” for performances. Provincial funding is provided to build a multi-purpose structure, but the cost of changes to the structure to create a theatre space, similar to the Westbury Theatre at the Arts Barn, will need to be raised to allow this exciting project to proceed. A theatre facility of that nature will not only serve the school population at Lillian Osborne, but the entire Riverbend Terwillegar area. Currently none of the schools have adequate performance space for concerts, musical, or drama productions. By partnering with the community, this facility fulfils one of the last remaining infrastructure needs identified by Terwillegar Riverbend Advisory Council when the original Terwillegar Community Recreation Centre was planned.

The completion date for the theatre is Fall, 2016. The school will need your help in reaching a goal of over \$1 million. For more information on how to donate to the Community Theatre Partnership please visit [osbornetheatre.com](http://osbornetheatre.com).

Winterfest is an annual tradition of celebration of the



Arts at Lillian Osborne High School. 2014 marks Lillian Osborne's sixth Winterfest – an established part of the school's tradition. The event, focused on the welcoming spirit of the season, offers a range of family activities culminating in the musical. There are crafts for children, a winter market featuring Blue Gem Studio and other local artisans, caroling, and photos with Santa. The event transforms the gym and atrium of Lillian Osborne and provides the perfect launch to the festive season.

Winterfest runs December 10 and 11. The doors open at 6:00 p.m. and the main performance starts at 7:30 p.m. Admission is \$15 for adults, \$10 students/seniors, \$40 families. Free for children under 3. Tickets are available in advance or at the door. 2019 Leger Road. [www.lillianosborne.epsb.ca](http://www.lillianosborne.epsb.ca)

## Riverbend Branch Library Programs

By Conor Echlin, Community Librarian

Fall/Winter Programming For Kids

Sing, Sign, Laugh and Learn Join us for singing, rhyming and signing. Parents will learn strategies to engage their children, and enhance their communication and development through repetition, visuals and movement. Ages up to 3 (including children with developmental delays), accompanied by a grown-up. Siblings are welcome.

10:15 a.m. Thursdays to Dec 18 and Jan 08 to Mar 26, 2015\*

11:30 a.m. Thursdays, Sep 04 to Dec 18, 2014 and Jan 8 to May 28, 2015 †

10:15 a.m. Fridays, Nov 28 to Dec 19, 2014 and Jan 9 to Feb 13, 2015\*

11:30 a.m. Fridays, Sep 5 to Dec 19, 2014 and Jan 9 to May 29, 2015 †

6:30 p.m. Mondays, Sep 8 to Dec 29, 2014 and Jan 5 to May 25, 2015 †

\*Registration required via [www.epl.ca](http://www.epl.ca)

† Drop in.

Story Stop: Stop for a story! This quick 15-minute storytime features stories, rhymes and songs – fast and fun for the whole family.

10:15 a.m. Thursdays to Dec 18

10:15 a.m. Fridays to Dec 19

2:00 p.m. Saturdays to Dec 27

Participation limit: 20

Drop in. No registration required.

Baby Laptime: Enjoy delightful stories, songs, books, rhymes, finger plays and more, especially for babies. Cuddle with your baby and connect with other caregivers. Ages up to 12 months.

10:15 a.m. Saturdays to Dec 27

10:15 a.m. Wednesdays to Dec 17

1:00 p.m. Tuesdays to Dec 30

Drop in.

iPad Fun! For Kids - Director's Cut: Lights! Camera! Action! Boost your storytelling, acting, filming, directing and editing skills by making a video in this fun program. Using an iPad with different apps, you'll create a cinematic masterpiece.

4:00 p.m. Tuesday, Dec 2.

Drop in.

For Teens

Reading Buddies

Do you love to read? Do you want to have fun, make new friends and practice your reading skills? Reading Buddies is a program that matches teen mentors with kids in Grades 2-4. Through interactive games and activities, buddies share their enthusiasm for reading.

If you're interested in pairing up with a teen buddy, contact your local branch for more information. If you're a teen who would like to volunteer, visit [www.epl.ca/volunteer](http://www.epl.ca/volunteer).

4:30 p.m. Mondays, Jan 19 to Mar 2, 2015 (No program Feb 16)

For Adults

Tech Help @ EPL

Have a tech question? Drop in to one of these sessions, where friendly library staff will help you find an answer in a relaxed group atmosphere. Learn about

topics like computer basics, email, iPads, eBooks and more. Learn how to access and play with EPL's fabulous eCollection, including eBooks, eReaders, audiobooks, databases and the library catalogue. You're welcome to bring your own tablet, laptop or phone.

2:00 p.m. Fridays to Dec 19 and Jan 9 to May 29, 2015

Drop in.

Practice English @ Your Library Are you learning English?

Practice your English language skills, meet new friends and have some fun. We'll have conversations about many different topics using materials from the library. A library staff member will lead the group, and English speakers at all levels are welcome!

1:00 p.m. Fridays to Dec 19 and Jan 9 to May 29, 2015

Drop in.

For a full list of our programs, please visit [www.epl.ca](http://www.epl.ca).

# Spiritual

## 'Tis the season for love and togetherness

By Bonnie Lin, a pianist at Life Renewal Chinese Baptist Church

Christmas is coming soon!

Have you thought of a gift for the love of your life yet? What about your family and friends? Or, maybe you are currently 'brain-stumped' on gift ideas. Please allow me to throw in some suggestions: chocolate? Clothes? Expensive jewelry? If you have children; what about the latest, most coolest toy(s) that ALL the kids in the neighborhood have been talking about for weeks? Okay, I'll stop now and confess: when it comes to presents, I'm not an expert either! (\*Starts screaming\*: "Everybody panic!") \*Chuckles\* Just kidding! I have a different Christmas gift idea to share with everyone: how about searching while learning how to live a peaceful, but active life filled with love, joy, and happiness? Now, doesn't that sound like an incredible Christmas gift?

A reminder to all you wonderful, beautiful people out there that Christmas is much more than giving or receiving presents.

It is a once a year, special occasion to gather and spend quality bonding time together with those you love....and love forever. If you really can't think of a gift to give this year, please don't lose faith. Instead of sitting there staring into outer space, how about bringing yourself and your loved ones to Life Renewal Chinese Baptist Church and spend some time with our hearty church family? We are a Mandarin-speaking church conveniently located in Terwillegar Towne at 1751 Towne Centre Blvd NW. Some of you may be freaking out (I'm joking again), because you understand very little to no Mandarin at all. Or maybe you are an international immigrant with limited English language skills. Not to worry; most of us here also speak English, and we offer English services too. Our

English programs include: an adult ESL class, a youth group, and a children's ministry. It is our hope to grow together not only as a church, but also as a family and build even more programs in the future. Next, please allow me to expand more on our current programs. Sunday services are held inside Terwillegar Community Church, beginning at 2:30 p.m. led by Pastor Evan Yang. We are a young church, offering a safe and comfortable environment for our Mandarin community. Sometimes we invite guest speakers (both Mandarin and English-speaking) from other churches and ministries to join us in all the excitement! Also, if you have small children, our children's ministry runs during Sunday services and is led by our very own Paul Norton. After service, starting around 4 P.M., there are both youth and adult Bible studies being held inside the church. You are welcome to attend any one of them if you feel interested in doing so. In the Bible

studies, we learn about the basic foundations/meaning of Christian faith and life. We offer a variety of programs on Saturday evenings as well, beginning at 7 P.M. These include Bible studies, watching inspiring movies or real-life documentaries to help and guide those who are in times of adversity. Topics being studied range from parenting, love and marriage, to anger and depression, as well as how to overcome the obstacles an individual may be facing in his/her life. All ages are welcome to attend. Again, if you have small children and are unable to find a babysitter for the evening, there is also a children's program being held during this event too. Feel free to join us if you are interested, and even bring along friends you care about; let's all grow together in this beautiful life!  
con't on page 21 "'Tis the season"

### 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 [evan@LRCBC.ca](mailto:evan@LRCBC.ca)

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

Youth Ministry (青年事工)

Sunday (星期日) 4:00 - 5:00PM

Evangelical Gathering (福音聚会)

Saturday (星期六) 7:00 - 9:30PM

Prayer Meeting (祷告会 & 同工会)

Wednesday (星期三) 7:30 - 9:30PM

### Holy Trinity Riverbend

Your Neighbourhood Church

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

1248 - 156 St.



Christmas Spirit is   
God's Spirit!

The gift of Jesus born for us at Christmas  
is God's Gift of **Hope**  
*Peace Life & Love*

#### Sunday Worship

10am Family Friendly Worship

Saturdays 10am in Cantonese

#### Carol Sing & Christmas Craft

Dec. 21st 2pm Sing Carols & hear the Christmas story as we make & bless ornaments for your home.

#### Frozen! Dec 14 4pm

We'll watch the movie, sing the songs and see how it connects to Christian Faith before skating together!

# The best Christmas ever - 5 suggestions

*By Pastor Ken MacDonald,  
Lead Pastor of Terwillegar  
Community Church*

Recently I had a piece of pecan pumpkin pie and it simply melted in my mouth. I savored every mouthful – it was that good!

Christmas is just around the corner and with it comes a merriment and an extra bounce in our step. It is one of those special seasons of the year that we have come to savor.

We know the drill all too well. Retailers add holiday bling to store fronts and advertisers go into overdrive and our bank accounts into overdraft in response. But what if things were shifted this year to achieve the high goal of achieving a more profound experience? What if our goal was to experience a greater depth of compassion and kindness? What if our incentive was to cultivate a more generous heart and unselfish perspective toward others? What if we were to find a way toward the “best Christmas ever?”

Here are five suggestions to propel us in the direction of a great Christmas!

Do a heart check with the people in your family this Season and find consensus to use your Christmas money for a “great cause” that everyone agrees upon. The exception may be continued gift giving for the younger children. Look for a cause or an organization that is doing superb work among those who have high needs whether in our country

or somewhere else around the world. Some of you will have already packed a shoe box (Operation Christmas Child) for boys and girls living in desperate conditions somewhere on the planet. Perhaps there is a compelling cause right in our own City that grabs your heart. Agree together and make this a common project. It will thrill your heart to know that you have made a difference.

Volunteer at the food bank or a homeless shelter. Give Hope Mission or Mustard Seed a call or email and inquire how you and others could come on location and serve. This is a season where many volunteers are needed to meet the needs of so many people. How about serving Christmas Dinner to

those who otherwise would not have a Christmas meal?

Write a letter or an email or make a phone call to someone that you love and reinforce in their hearts how much their friendship means to you. Taking it a step further, perhaps it is time to reconcile with someone with whom you have experienced a difficult past. It's time to move on and clear this up. This Christmas Season take the first step to forgive, to express whatever you need to own and pray for an end to this time of turbulence. What a great Christmas gift to live in freedom.

Contribute a character gift to your family and friends. Make a decision with the strength of God to take more time for your family, become more honest,

more committed to your family this Season and in the coming year. What gift does my family need from me? Time? Energy? Gentleness? Generosity?

Actively respond to the meaning of Christmas. What does this Celebration really mean? Take out the Bible and re-read Luke 2, the story of the birth of our Saviour, Jesus Christ. Who was He? What does His coming to planet earth mean for me? Find your way into a Church this Season and hear again that this “baby in a manger” is actually the hope of the world.

I wish you the “best Christmas ever!”

**Christmas at...**

## Terwillegar Community Church

\* **Winter Delight: Saturday November 29th from 4-6pm**

\* **Christmas Theme: Starting November 30th at 10am**

\* **Christmas Eve Celebration: 5pm**



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

## 'Tis the season

con't from page 20

So, tell me: how does a Christmas gift like this sound to you this year? In my opinion, I think that's the best gift I could ever imagine. To me, it's way more valuable than chocolate, jewelry, clothes, and toys. Plus, it's free and stays with you forever eternally. Join us at Life Renewal Baptist Church and get a hold of this amazing gift. Enjoy the presence of this loving community who, with kind and generous smiling faces, look forward to serve you and beside you in the near future. I will say this again: Christmas is a lot more than just presents. Sometimes the best gift you can give (or receive) is the gift of love and togetherness. Have an incredible and amazing Christmas this year, everyone! May yours be filled with eternal blessings, love, and togetherness with your loved ones!

## Snow Angels

Encourages Edmontonians to help a neighbour in need by shovelling their snow, particularly seniors and persons with disabilities.

You will create a safer community and help people meet their responsibility to remove ice and snow from their sidewalks within 48 hours of snowfall. Say thanks to your volunteer by nominating them as a Snow Angel. They will receive official recognition by the Mayor and win great prizes. [www.edmonton.ca](http://www.edmonton.ca)

# Canadian high school students participate in “Young Blood for Life” donation challenge

From Red Cross

Getting back to school isn't the only thing high school students are doing this fall. Many students over the age of 17 will also be learning about saving lives through blood donation while helping Canadian Blood Services meet the needs of patients across the country. Canadian Blood Services is proud to officially launch this year's *Young Blood for Life* - a nation-wide, student-led challenge designed to increase blood donations and first-time donors among students age 17 and older.

The campaign runs from September 1, 2014 - May 31, 2015. During that time, Canadian Blood Services will collect 17,000 units of blood each week across Canada and recruit close to 90,000 new donors. With this year's goal of registering a minimum of 422 schools to donate 23,000 units of blood, and recruit over 6,500 new donors, Young Blood for Life will play an important role in making this happen.

“New donors are key to meeting the future need for blood in this country, especially in light of Canada's aging population,” says Mark Donnison, Canadian Blood Services vice-president of donor relations. “Thanks to the efforts of students and teachers across the country, this challenge is making a real difference. Young Blood for Life helps us keep pace with the evolving needs for blood and blood products and builds our donor base for the future. It gives youth a way to learn more about how they can play an important role in helping to save lives – now and in the future.”

During last year's campaign, high school students at participating schools across the country donated more than 22,000 units of blood and recruited nearly 7,000 new donors who gave blood within the campaign period. Students recruited teachers, friends, and family to donate on behalf of their school.

Among the 430 schools from

across Canada that participated in 2013-14, Calgary's William Aberhart High School captured the highest honour. This high school won nationally for most donations (729) and new donors (127) as well for both Alberta provincial and Calgary permanent clinic donations.

Banting Memorial of Alliston, Ontario won for tying the national new donor winner as well as capturing the top prize for the Barrie permanent clinic.

Since 2009, the Young Blood for Life program has collected 80,000 donations and recruited 30,000 new donors.

Canadian Blood Services needs all eligible Canadians to donate blood and help save lives. Adopt a life-saving habit. Get involved - encourage your school to join Young Blood for Life and help encourage students, peers, family members, and teachers to give blood. For more information about the Young Blood for Life program, email [youngbloodforlife@blood.ca](mailto:youngbloodforlife@blood.ca) or visit [blood.ca](http://blood.ca) and

select *Young Blood for Life* under “How can I get involved?”

About Canadian Blood Services

Canadian Blood Services is a national, not-for-profit charitable organization that manages the supply of blood and blood products in all provinces and territories outside of Quebec. Canadian Blood Services also oversees the OneMatch Stem Cell and Marrow Network, and provides national leadership for organ and tissue donation and transplantation. Canadian Blood Services operates 41 permanent collection sites and more than 21,000 donor clinics annually. The provincial and territorial Ministries of Health provide operational funding to Canadian Blood Services. The federal government, through Health Canada, is responsible for regulating the blood system.

## Setting the record straight about radon

By Amy Elefson, *The Lung Association AB & NWT, Program Specialist-Environment & Health*

Part 2 con't from our August issue

In the last issue of the Terwillegar Tribune, we dispelled 5 myths related to radon. This month we tackle 5 more myths. To read part one of this article, see the August 2014 issue.

Myths:

1. Help! I'm worried my granite countertop is releasing large amounts of radon.

Fact: Radon is in fact produced by granite, which contains varying levels of uranium. Certain granites may contain more natural uranium than others, and therefore, may produce more radiation. In 2010, Health Canada conducted a study on granite purchased in Canada, and found that the granite produced no significant levels of radon. Radon generally occurring in the air of the home is the main concern. If high levels of radon are found, it may

be beneficial to look at other sources such as granite.

2. The only source of radon in my home is the soil.

Fact: Radon from the soil is the largest contributor to the accumulation of the radioactive gas in the home. That being said, water from underground sources, such as wells, can also contribute to radon levels in the home. The concern is not about the ingestion of this water, but rather the inhalation of water vapour that contains radon. During daily household use of well water radon can escape from the water and enter the air. It is then inhaled. This is not of particular concern for those who use city water, because this water moves through the treatment process and pipes; and therefore, contains minimal radon by the time it enters the home.

If you've completed a radon test to determine the levels in the air in the home and have found that the levels are elevated, and your water comes from a well, it is suggested that

you have your water tested.

3. There's no radon in our home, we live on sandy soil.

Fact: It is true that some types of soil have higher uranium contents than others. For instance, granites and dark shale may contain larger amount of uranium than sandy soil. While a home may be directly sitting on sandy soil, it is difficult to know the soil composition underneath the sand, and therefore, the potential for radon is still there.

4. Radon testing only takes 2-7 days, right?

Fact: There are two common types of radon detectors: short term and long term detectors. The short term detector can be placed for a period of 2-7 days, whereas a long term detector is placed for a period of 1-12 months, preferably 3-12 months based on Health Canada recommendations.

The longer the detector is left in the home, the more accurate the reading will be because the radon concentration inside a home varies on a daily and even

hourly basis. The purpose is to obtain the average radon level of the home.

5. Testing for radon in my home for 3 months anytime throughout the year is good enough.

Fact: If you would like to test your home for a period of 3 months, this is ideally done between October and April when our windows and doors are shut and there is less circulation of the air in the home. During the rest of the year, there can be increased ventilation in home, and therefore, radon does not accumulate to the levels it would in the winter.

To learn more about radon and radon testing please contact Amy Elefson at The Lung Association (TLA) 1-888-566-LUNG (5864) x 2252; [aelefson@ab.lung.ca](mailto:aelefson@ab.lung.ca) or visit TLA's website at [www.ab.lung.ca/site/radon](http://www.ab.lung.ca/site/radon).

# Here are some upcoming events that support Edmonton's Food Bank



**Spring Roll Fundraiser**  
*November 3 to January 4, 2015*  
 Edo Japan will be donating \$0.25 from each Spring Roll sold during the holiday season to support Edmonton's Food Bank. Enjoy a little "Spring" this winter!



**Fill Our Fleet**  
**Food Bank Fridays**  
*November 28 until ski season ends*  
 Every Friday of the Snow Valley ski season, a donation to Edmonton's Food Bank allows you to ski for only \$10 from 3pm to close. [www.snowvalley.ca](http://www.snowvalley.ca)



**Stuff A Bus**  
*November 26 to November 29*  
 Help Edmonton Transit and

Save-On-Foods stuff the buses for Edmonton's Food Bank for the 20 anniversary of the

food drive. Watch for the roaming and LRT locations on November 26, 27 & 28 around Edmonton. ETS Buses will also be parked at all Save-On-Foods locations in Edmonton on November 29 for the 'Blitz Day' to accept food and monetary donations.  
[www.takeets.com](http://www.takeets.com)



**A Christmas Carol**  
*November 29 to December 23*  
 Once again, cast members will be taking donations after each performance to support Edmonton's Food Bank. For tickets, please visit: [www.citadeltheatre.com](http://www.citadeltheatre.com)



**Huron Carole – A Musical**  
*December 6 at the Jubilee Auditorium*  
 Tom Jackson's annual musical production and winter relief campaign for Food Banks across Canada stops in Edmonton on December 6. [Ticketmaster.ca!](http://Ticketmaster.ca!)



**Christmas BOW**  
*December 7*  
 Head to Blues on Whyte (10329-82 Avenue) for an incredible line-up of blues musicians. There will also be a silent auction and a 50/50 draw to support the work of Edmonton's Food Bank.



**CBC Turkey Drive**  
*December 10 to December 19*  
 Monetary donations and frozen turkeys will be accepted during at CBC Edmonton located in City Centre Mall (10062-102 Avenue) and Edmonton's Food Bank warehouse at 11508-120 street (Monday to Saturday between 8:30 a.m. & 4:30 p.m.). The goal for 2014 is to raise \$500,000.



**BT Christmas Tree Show and Sale**  
*December 12 5:30 a.m. to 9:30 a.m.*  
 Need a Christmas Tree? Join us between 5:30 a.m. to 9:30 a.m. on Friday, December 12 at Churchill Square and receive a beautiful fresh tree for a donation of \$10 or more. First come first served while supplies last.



**Candy Cane Lane**  
*December 13 to December 31*  
*Nightly between 6 p.m.-10 p.m.*  
 Candy Cane Lane is located at 148 Street between 100 Avenue to 92 Avenue. A wonderful way to spend an evening is to bundle up and stroll down the lane. Non-perishable food donations may be left along the lane in one of the many green food bins. To stay connected: [www.edmontonsfoodbank.com](http://www.edmontonsfoodbank.com)

## MADD - A personal story

By Lynda McCullough

**madd\***  
 Edmonton & Area

As we quickly move into the holiday season, I would like share a few thoughts for people to take into the approaching season.

Our beautiful daughter, Jennifer, was killed by an impaired driver who had been celebrating the holiday season. She was 21 years old. We had all of her presents bought and wrapped, the tree was decorated, as she was our only child, the holidays were totally about her. To say we were devastated could not be more of an understatement. We do not celebrate the holidays any more, this is a time of year

that we dread. Our lives were forever changed, ruined. A beautiful young woman lost any chance for a future, a husband, children. It is impossible to comprehend our loss. Sadly, I have met many, many other parents and relatives who have gone through the same thing.

These deaths and terrible, permanent injury are even more horrible, because each and every one of them was totally preventable. For every person that dies or was injured, some other person made the choice to drink and drive.

Please do not think that I advocate not drinking, that is not the case. What I advocate is having a plan for getting home after you have enjoyed yourself this holiday season. Just as you would pick your jewelry, your tie, your clothing,

pick your ride home. Have in place a plan B, C, or D. Before you go out, make sure you have a designated driver, money for a cab, the ability to stay the night in a hotel, or at the place you are partying. A hearse, an ambulance, or the back seat of a police car, do not make for an enjoyable holiday experience, only a horrific one for those killed or injured, and keep in mind that it could be YOU in the hearse or ambulance.

Edmonton Police Services, the R.C.M.P. and Edmonton Taxi Services are all putting the MADD red ribbons on their vehicles this holiday season, to remind and encourage people to make wise choices for transportation. During the month of December you will also see billboards and signage reminding people to



make the safe choice and have an alternative way home.

Please, please remember that my daughter, and many others died at this time of year, for no other reason than that there was no plan in place for a safe ride home. Don't take the risk that you will kill someone, or be killed yourself. Enjoy yourself thoroughly, but do it in a thoroughly responsible way. Thank you.

# The wonderful world of whisky

By Steve Richmond, "The Whisky Guy" of Vines Wine Merchants

Let's paint a picture. It's late at night...it's minus whatever outside...throw another log on the fire...pull out that novel you've been meaning to read again...pour a generous dram...and relax into a cozy chair. Yes people it's that time of year again to talk about our passion for all things whisky! One of the advantages of a long Alberta winter is that we get to paint this picture many times over. Here, in no particular order, are three of my current favourite whiskies to get us through.

**Bowmore Small Batch:** From Islay comes this beauty, offering delicious vanilla sweetness, subtle spices and bourbon oak smoke to complement the gentle peaty wisp of smokiness. Approx. \$55.

**Compass Box Lost Blend:** Single malt whisky (of a certain age) from the Clynelish distillery, and a small cache of extraordinary whisky from the Allt-A-Bhainne distillery, aged in American oak barrels and just a few years shy of two decades old, combined with malt whisky from the Caol Ila distillery. An ethereal fruit and

herbal character and sweetness on the palate are buttressed by an underlying smokiness. Approx. \$120

**Ardbeg Supernova:** The whisky world has been watching, waiting, anticipating. And salivating. Finally, Supernova is back and it has evolved. The presence of sherry-matured stock has imparted an extra dimension, creating a deeper richness... firing up the spiciness.... and boosting the sweetness. But it's still one of the peatiest Ardbegs on earth. Approx. \$190.

If you wish to find out more

about the wonderful world of whisky please join us at the 6th Annual Edmonton Whisky Festival in support of the M.S. Society on Wednesday January 14<sup>th</sup> at the Delta Edmonton South. Tickets \$85 on sale now. There will also be four Master classes to choose from at an additional cost of \$25. See web site for more details: [www.edmontonwhiskyfestival.ca](http://www.edmontonwhiskyfestival.ca)

Bowmore, Compass Box and Ardbeg tasting notes courtesy of their respective web sites.

## CHRISTMAS OPEN HOUSE



SATURDAY, NOVEMBER 29

NOON UNTIL 6.00 P.M



YOUR COMMUNITY OWNED WINE BOUTIQUE

Sip in the Season in Style

We'll be Sampling 30+ Wines & Nibblin' on Snacks from Original Joes



Dessert Wine  
Sparklers  
Pinot Noir  
Shiraz  
and More!

AND AS ALWAYS, GREAT PRICES AND CASE LOT DISCOUNTS!!

A SERIOUS SELECTION OF CRAFT BEERS & SINGLE MALT WHISKIES

2331 RABBIT HILL ROAD

780-434-9444

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

We'd love to hear what else is going on in the community.

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





Live life MODERN.

Designed with **PASSION** and built with **PRECISION**. Modern homes built in fabulous communities for the modern family. See our fantastic work at [kanvihomes.com](http://kanvihomes.com) or visit one of our showhomes.

[Ambleside@kanvihomes.com](mailto:Ambleside@kanvihomes.com) - 780 862 9012 // [Granville@kanvihomes.com](mailto:Granville@kanvihomes.com) - 780 782 4562  
// [Jagare@kanvihomes.com](mailto:Jagare@kanvihomes.com) - 780 394 5936 // [inquiries@kanvihomes.com](mailto:inquiries@kanvihomes.com)



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



# TRAC

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

TRAC  
Terwillegar Riverbend Advisory Council

By Karin Shott & Sharon Gritter  
Community League  
Membership has its Benefits:

When you purchase a community league membership, you & your family receive a variety of benefits while your contribution helps make your community an even better place to live. Some of the benefits of a membership include:

1. Ability to enroll in community programs.
2. Opportunities to provide input & have a say in planning & developing your parks, facilities, green spaces, traffic management & urban development.
3. Getting to know your neighbours through a variety of social events.
4. Educational programs and recreational opportunities.
5. Access to hall rentals, skating rinks, tennis & pickleball courts & more.
6. Safety programs and crime watch cooperation.
7. AGM voting rights.

#### Brander Gardens ROCKS:

The summer program at Brander Gardens ROCKS ended with a grand celebration organized by the youth. They made tacos for everyone, led a laughed filled talent show, and ran some games for the younger kids. A jumpy castle provided by REMAX made things even more festive. Zoo to You also participated and brought several animals for a visit. Families were able to hold snakes, "bearded dragons", rabbits and chameleons to name a few. It was a night to remember!

As part of one of the educational models over the

summer, kids learned about water issues around the world. Hundreds of millions of people suffer from a lack of clean and safe water. Women and girls especially have to bear the burden of walking miles to gather water from streams and ponds that are full of water borne diseases making them and their families sick. Illnesses from drinking dirty water and the time lost collecting the water deprives entire communities of their future. Reports indicate that one person dies every twenty seconds of water related diseases.

Sometimes issues like this seem too large to solve. However, Jessica Carr visited the summer school at Brander Gardens Elementary and taught about one solution to this problem. She brought materials for the students to make their own "bio-sand filter". A bio-sand filter, designed by a Calgary engineer, is a concrete container, filled with sand and gravel. It removes 98% of all illness-causing parasites and grime. No moving parts. No maintenance. Just clean water.

The youth at Brander Gardens ROCKS, the grade ten students of Lillian Osborne and Orsmy Elementary School want to raise awareness of the issue. They are studying water issues and then asking their family and friends to help raise money to purchase bio-sand filters. The centre piece of their fundraising efforts happened on Monday morning, Sept. 29 as hundreds of students emulated a walk that many youth and kids around the world do every day. They walked from Lillian Osborne

School to the North Saskatchewan River (about 5 km) to collect water. They returned to the school and dumped their collected water into a bio-sand filter. The idea is to gain awareness and raise money to address the issue at the same time! A great success!

This fall we started a new initiative; over 30 first-year medical students are volunteering their time to tutor various students from Brander Gardens and others who want to raise their grades. They are helping our students with homework, encouraging them to read at higher levels and practice math. Thanks to Riverbend Junior High, the computer lab will be open to take advantage of Khan Academy and as well as Edmonton Public Library homework help. So far the program has been a success; we are encouraged by the individual students progression.

#### TRAC Meeting Dates for 2014-2015:

- Wednesday, November 26, 2014
- Wednesday, January 21, 2015
- Wednesday, March 11, 2015
- Wednesday, April 29, 2015
- \*AGM
- Wednesday, June 17, 2015



Learning about the bio-sand filters



Water for Life Walk Event

All meetings are held at Lillian Osborne High School – Library 7:00 PM

We encourage all to attend!  
TRAC 10K 2015:

The TRAC 10K planning committee is looking for eager members to help plan the 10 year anniversary TRAC 10K with an added Half Marathon! Anyone interested is asked to contact the TRAC Office.

#### 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!

Community Resource Person:  
Karin Shott

Membership has it's Benefits!  
Free Community Swim/Access to the Terwillegar Community Recreation Centre:  
Saturdays 5-7 p.m.: Greater Windermere & Terwillegar Community Leagues participating.  
Sundays 5-7 p.m.: Brookview, Hodgson, Oak Hills, Riverbend & The Ridge Community Leagues participating.  
How the Program Works:  
Present your valid Edmonton Community League membership card at any one of the City of Edmonton's sports and fitness facilities and choose from the following Community League Wellness Products:

Annual Pass\* - 10% discount on Adult, Family, Child & Youth/Senior Annual Passes  
Multi Admission Pass\* - 10% discount on the already discounted multi admission pass (10+ visits)  
Continuous Monthly Pass – 10% discount off an on-going monthly membership pass using the convenient Pre-Authorized Debit Program.  
Community League members who purchase one of the above passes will be issued a photo access card to be swiped at each admission.  
\*Applies to new purchases only

### 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 p.m.  
Thursdays: 4:00-9:00 p.m.  
1<sup>st</sup> 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.

By Kathy Trepanier, SWESA

How wonderful it is that nobody need wait a single moment before starting to improve the world. Anne Frank

Almost every week, I am impressed people who embody the volunteer spirit in Edmonton. It is amazing how many wonderful initiatives happen in our city - because of the passion and generosity of Edmontonians. If you're considering a new volunteer adventure this fall, consider joining me in helping develop Edmonton's newest Seniors Activity Centre - here in southwest Edmonton.

## SWESA'S FALL 2014 PROGRAM GUIDE

This free guide will provide you with detail on all the fall programs at SWESA, a sample of which is provided below. You can pick up the guide at the two SWESA program locations or view it on the website (addresses below). Become a member of SWESA and you'll receive regular updates on programs and activities. For more information, please drop by the Yellowbird Office or contact SWESA's Program Coordinator, Alex Santos at 587 987 3200 or [swesa.programs@gmail.com](mailto:swesa.programs@gmail.com).

**ART GROUP:** An informal drop-in program for artists wanting to share studio space with like minded individuals.

**QUILTING GROUP:** A drop-in program people to bring their own projects and work alongside fellow quilters. Experienced and beginner quilters welcome.

**GENTLE YOGA:** You can drop in or pre-register at a discount for 6 sessions.

**LET'S WALK:** This drop-in 5 week program will introduce you to the benefits of walking outdoors. After the walk, participants may stay for coffee and refreshments.

**COFFEE, CHAT 'N CARDS:** Drop by either location for coffee, refreshments and conversation. A donation of \$1-2 is suggested to cover refreshment costs.

**LUNCH SOCIALS:** December Potluck - Tuesday, December 16 from 12:00-2:00 p.m.

**MEDITATION:** These drop-in sessions will introduce you to the benefits of meditation for the mind and body.

**TOONIE TALKS:** These ongoing educational sessions are held at both of the program locations. For an up to date listing of the talks, please see the program guide or SWESA's website.

**GO GO GADGETS:** In partnership with the Edmonton Public Library, at these interactive sessions technology experts will help you figure out your electronic gadget (e.g., iPad, mobile phone, lap top). Space is limited so make sure to pre-register.

**INTRODUCTION TO GOOGLE MAPS:** In partnership with the Edmonton Public Library, at this session you will learn how to use this useful tool that can be found on

almost all electronic gadgets.

**MAH JONGG:** Come and learn this fun, traditional Chinese tile game. Experienced and beginner players welcome. *SWESA plans to introduce more game and card programming. If you have a specific interest, please contact Alex Santos at the SWESA numbers below.*

SWESA Seniors Centre - Yellowbird East Community Centre, 10710 19 Ave  
SWESA seniors lounge: Terwillegar Rec Centre, 2051 Leger Rd  
SWESA phone: 587 987 3200  
SWESA email: [swedmontonseniors@gmail.com](mailto:swedmontonseniors@gmail.com)  
SWESA website: [www.swedmontonseniors.ca](http://www.swedmontonseniors.ca)

## OTHER COMMUNITY PROGRAMS

**Pickleball** - the game for seniors!

In the Riverbend Terwillegar area pickleball is being played year round. When the weather is good, there are Riverbend Outdoor Courts (on 53 Avenue next to St. Monica's School) and there are 6 indoor courts at the Terwillegar Community Recreational Centre (TCRC). Everyone is welcome as the game moves indoors this month. Mon, Wed, Fri from 1:00-3:00 pm and Tues morning from 7:00-10:00 am at the TCRC. Equipment is provided. Laughter guaranteed. For more information about Pickleball call Ken Hurshowy at 780-660-4127 or email: [ken.hurshowy@shaw.ca](mailto:ken.hurshowy@shaw.ca).



(L-R) Volunteers at a recent SWESA Lunch Social: Ian Holmes, Bob Price and SWESA President, Carol Bigam.

SWESA

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

# Pets

## Deck the howls - A canine christmas carol

By Gordon Dyck, *The Bone & Biscuit Co. - Magrath*

It was late in the afternoon and Scrunge was finishing his rounds for the day checking on the back alley trash cans that comprised the engine of his empire. He had mongrel subordinates to watch over these assets at night, but he didn't trust them and always checked that they were on duty and afraid enough to ensure he would get the best stuff, plus a sizeable cut of what they sold to strays too pathetic for him to spend actual time with personally. Sure, he was a Jack Russell, but he worked hard to maintain his fiefdom and his right to position was well earned. He had paid his dues and they owed him.

Before he went to the dog pound to collect his evening freebie he trotted over a block to confront Bagger about his annual lame request for a day off at Christmas. *"Bah humbug, he snarled to himself, who needs Christmas?...just another excuse to be lazy"*. A wimpy Labrador, Bagger was a slight cut above the rest of his underlings, so Scrunge had tasked him with guarding a stash of bones buried here and there in the neighborhood. Bagger was diligent, but he was still an inferior who lived in the projects with his mixed breed partner and offspring, one of which was a runt with a twisted foot. When he barked at Bagger the skittish guy cowered,

yet actually had the guts to ask Scrunge for the next day off to spend with his human family. They would play games, there would be presents and special food... *'it was, after all, only one day out of the year'*. Scrunge grudgingly agreed, but demanded he show up early the next day...there were delinquent dogs out there who owed Scrunge, and he wasn't giving anyone else a break.

As he always did, Scrunge snuck into the dog pound feeding area through the back way and assessed his options. Quickly sizing up a sorry candidate he confidently walked over, bared his teeth at a beaten down Shelty, and proceeded to wolf down the chow the old senior had been standing over. Then, with a malicious look, he tramped out into the snow across town to his human's heated garage.

As he squeezed through the door into his room a passing shadow made the hair on his neck stand up. He fled to the corner only to face the baying of a Basset Hound strangely resembling his former, but very dead, partner Jacko. The Basset was wailing about evil deeds and carelessness towards others, all the while dragging a spiked ball at the end of a chain wrapped around his neck. He howled that unless Scrunge changed his ways, he would suffer the same fate for eternity. Before disappearing, Jacko warned Scrunge to expect

other ghostly visitors tonight and he had better pay attention. Scrunge scratched an itch on his neck and wondered what the dog pound had fed him earlier.

He slept on a comfy old blanket, his shoulders twitching and erratic whimpers emitting from his throat. A whistle woke him with a start and a grizzled old Greyhound with serious nose hair told him to get up and follow him. Being it was 2 am, Scrunge started to argue, but the look he got inspired compliance. He found himself transported back to the puppy rescue from where humans had tried to find him a home many years ago. It hadn't worked out, time had gone by and he became bitter watching all the other dogs get chosen. He had finally run away to seek his own fortune, and that is when things had started to go south. Scrunge snapped back to the present, and found himself looking into the face of a beautiful young Havanese. Trixie hadn't changed a bit from the days when he had courted her. Now she was looking right at him, but didn't seem to know he was even there. He suddenly reflected on how they had agreed to marry all those dog years ago, then she discovered the shady methods he used in his business and she had walked away. It had hardened him.

A second later he found himself in Bagger's house alongside a Saint Bernhard who was insisting he pay close attention to an anemic little canine lying by the fire. Scrunge knew it was Bagger's crippled pup, but he really didn't care. The Saint Bernhard was saying that unless some money was forthcoming to treat the little guy at the Vet, he wouldn't survive the winter. Scrunge could see the worry on Bagger's face but he had a whole litany of excuses for not helping. *'I mean, why should he?...wasn't his problem'*. Still, even with the worry, the family seemed to be enjoying their Christmas party. It looked like fun. *'It's been a long time since I had fun'*, he thought to himself wistfully.

Later he would try to figure out how he moved from Bagger's house with the Saint

Bernhard back to his own room and a Bulldog who now looked at him menacingly. Other neighborhood dogs and cats were there as well... and they were hauling away his stuff. He barked and snarled to stop them but they ignored him. A minute later he was back in the street with the Bulldog now pointing to a growing crowd of scrawny mutts whom he knew begged at his trash cans every day... worthless strays who actually owed him bones and biscuits. Scrunge's trepidation grew as the bulldog led him to a vacant lot well known as a place where dogs fought and often died, the gathering of strays following close on his heels. The parade stopped on the backside of a dirty mound of garbage and the bulldog growled and told Scrunge to start digging. He tried to make an exit, but the crowd blocked his way. He looked back to the scowling Bulldog, now mysteriously joined by the Greyhound and the Saint Bernhard and suddenly, somewhere inside Scrunge's heart, a light went on! *"Please, please, he said...I get it now. I didn't realize how poisoned my attitude has become.... Please, I can change, I can...really! Please give me another chance...I can change..., I can change..., I can change...!"*

Scrunge woke with a start! He was back in his room on his comfy blanket with the bowl of milk and half-eaten biscuit beside it. He shook himself to ensure he really was alive, then sat looking out the window deep in thought. *'He could change his world. He would change his world. He had been given a second chance and he would make the most of it. Bagger and his family would get the care they needed. His employees would be treated fairly and the strays who wandered the streets would be helped to find families and learn to be faithful friends to humans in need of them. Christmas did have meaning after all, and he determined to celebrate it and make up for lost time'*.

the Bone & Biscuit CO.

GIVE YOUR PET THE CHRISTMAS THEY WILL NEVER FORGET.

VISIT US TODAY!  
Magrath 780.433.3066  
#14119 - 23rd Avenue

the Bone & Biscuit CO.  
COUPON  
20% OFF  
\$40.00 or more on any CHRISTMAS TOY purchase!

Limit one coupon per person. Valid until Dec. 15, 2014. 20% off \$40.00 or more before taxes.

THEBONEAND BISCUITCOMPANY.COM

# November is pet diabetes month, diabetes in cats and dogs is a terrible disease

*Dr. Foster is the owner of the MacTaggart Veterinary Clinic*

November is pet diabetes month, focusing on owner awareness. As diabetes can be effectively managed in pets, lack of awareness may be the biggest risk to those with the disease. Below is some helpful information on recognizing the signs, risk factors, diagnosis, and treatment of diabetes in pets.

*What is diabetes, and what signs should I look for in my pet?*

Diabetes mellitus is a disease of abnormal glucose (blood sugar), protein and fat metabolism caused by a lack of insulin or lack of response to insulin in the body. Insulin is produced by the pancreas and is required for all cells to utilize glucose for normal energy requirements. Glucose is absorbed into the bloodstream from food digestion, and not enough insulin results in unused glucose accumulating in the bloodstream. The body still requires its energy so it starts to inappropriately mobilize fat and muscle protein stores for its energy source, leading to weight loss. In addition, excess glucose in the bloodstream will “overflow” into the urine produced by the kidneys. This draws extra fluid out of the bloodstream via osmosis and leads to increased urine production and increased thirst as the body attempts to maintain hydration. Lethargy and a decrease in the normal grooming habits of the pet are also often seen.

*Is my pet at risk for diabetes?*

A variety of risk factors exist which include genetics, obesity, age (middle age to older pets are more susceptible), and breed. Other underlying

disease processes such as inflammation of the pancreas, dental disease, or an overactive thyroid gland (in cats) may also increase the risk of developing diabetes.

*How is diabetes diagnosed?*

Your veterinarian will conduct a physical examination to assess your pet’s overall health. If signs such as lethargy, weight loss and/or increased drinking and urination are noted, blood and urine testing are recommended to measure the level of glucose in the bloodstream and urine (and to rule out any other disease process that mimic the clinical symptoms of diabetes). Occasionally, additional testing may be required to confirm the diagnosis if the initial results are inconclusive.

*How is diabetes treated?*

Once a diagnosis is confirmed, your veterinary team will be able to make the proper insulin, diet, and follow up recommendations for your pet. Typically, daily insulin injections are required to restore the pet’s insulin level and control the blood glucose level. Administering insulin injections can be easier than you might think, as insulin is best given during or very shortly after a meal, often the pet doesn’t even notice if they

are face deep in supper!

Diet plays a very important role in regulating diabetes, with dogs and cats having different requirements. Dogs with diabetes benefit from higher fiber diets, while cats with diabetes benefit from higher protein, lower carbohydrate diets. (\*Please note, the dietary needs of pets without diabetes may be different than listed above, check with your veterinarian for an appropriate diet for your pet).

Although there is no cure for diabetes, the disease can be

successfully managed with the help of your veterinarian. Management will require some effort, but once the blood sugars are controlled and the clinical symptoms resolve, a relatively normal lifestyle can be achieved. Dr. Foster has over 13 years of experience practicing Veterinary Medicine. For more information visit [www.mactaggartvet.com](http://www.mactaggartvet.com)

*Big Stock Photos*



**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)**

# Coming Events

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

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

## Events:

**January 9: Deadline for next issue**  
**February 10: Next issue Terwillegar Tribune Released**

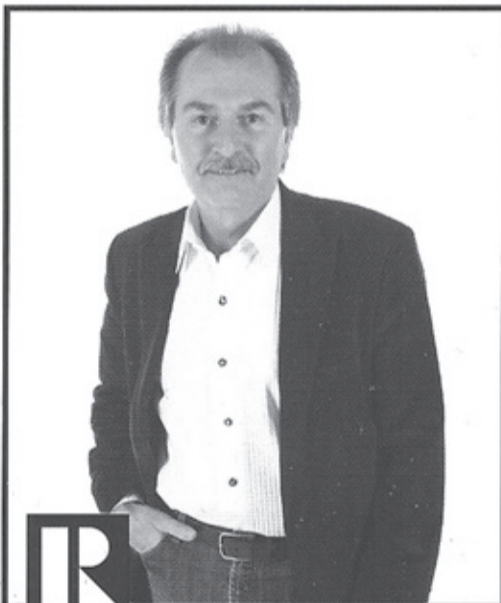
**Check [www.terwillegar.org](http://www.terwillegar.org) for current information**

Terwillegar Tribune 2015	
Submission Deadline	Released
January 9	February 10
March 9	April 7
May 8	June 9
July 31	August 28
October 16	November 24

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

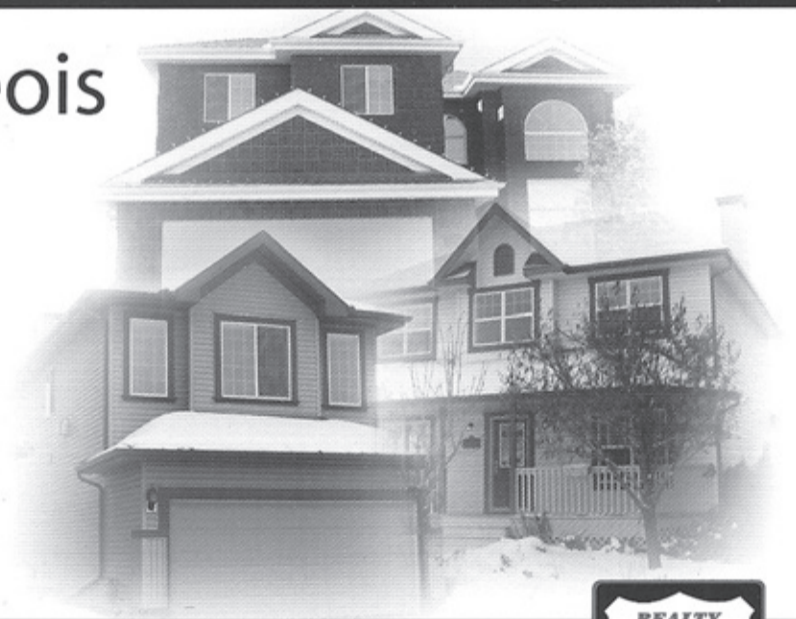
*"Personally working harder for you!"*

[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

Date: _____	Membership Type:
Name #1 _____	Family <input type="checkbox"/> Single <input type="checkbox"/> Other <input type="checkbox"/>
Name #2 _____	Senior <input type="checkbox"/> Adult <input type="checkbox"/>
Address: _____	
Postal Code: _____	Member interested in participating in activities? <input type="checkbox"/>
Res Phone: _____ Cell Phone: _____	Member willing to volunteer? <input type="checkbox"/>
Email: _____	
Children / Birthday / Gender _____	
_____	Fee paid? <input type="checkbox"/> Donation? <input type="checkbox"/>
_____	Total payment _____
_____	Cheque attached <input type="checkbox"/>
Mail payment to:	
Mail to: Terwillegar Community League PO Box 36508 RPO McTaggart Edmonton, AB T6R 0T4	

## 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 swimming pool, indoor playground or workout area at Terwillegar Community Recreation Centre.

**Saturday from 5-7pm**

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

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

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

## How to contact the Terwillegar Community League

Bold Athletics is accepting morning personal training clients. Feel like a change, rehabilitate an injury, increase mobility/flexibility, lose weight or gain muscle? Call 780-695-9565 info@boldathletics.com

Holiday shopping from home! TUPPERWARE is a fantastic gift. Lots of new products. Lifetime warranty! Contact Alyssa Fox today! 780-964-6764. My tupperware.ca/AlyssaFox

**ANNUAL CHRISTMAS COOKIE WALK**  
Saturday December 6 10 a.m. till noon.  
Southminster-Steinhauer United Church 10740-19 Ave, Edmonton. Home-made cookies!!! Fill a box for just \$15!! Relax and enjoy a cup of wassail or coffee!

Terwillegar based SNOW REMOVAL company now accepting new clients. Please email Alex @ asap.snowsolutions@gmail.com or text 780-934-7431. Limited spaces available."

CPR Training, RENEWALS & FULL COURSE, Private courses for your office, or groups. Edmonton & Area, Heart & Stroke Program Contact: Colette Blerot 780-903-5680 cblerot@shaw.ca

**Classified ad - \$12 for 25 words or less!**  
**Send to editor@terwillegar.org**

- [www.terwillegar.org](http://www.terwillegar.org)
- President — Joe Ahmad, president@terwillegar.org
- Vice-President — Steve Simala-Grant, vicepresident@terwillegar.org
- Treasurer — Monte Weber, treasurer@terwillegar.org
- Secretary — Diane Pelletier, secretary@terwillegar.org
- Memberships - vacant**
- Programs — Marc Lachance, programs@terwillegar.org
- Program Aide — vacant**
- Community Advocate — vacant**
- Editor — Jenn Gilliard, editor@terwillegar.org
- Webmaster — Alison Cairns, webmaster@terwillegar.org
- Communications — vacant**
- Fundraising — vacant**
- Fundraising Aide - vacant**
- Volunteer Coordinator - Scott Riddell, volunteercoordinator@terwillegar.org
- Community Garden — Diane Pelletier, garden@terwillegar.org
- Neighbourhood Watch — vacant**
- Directors at Large: Gurleen Bal-Sra (South Terwillegar)  
Kelly Jeffrey (MacTaggart)  
Michelle McWilliams (Magrath)

# Artistry Blinds

## HunterDouglas *Gallery*

**Call or Visit Our Showrooms**

<b>South Edmonton Common</b> Across from London Drugs 1915 98 Street NW Edmonton, AB T6N 1L5 <b>(780) 488-3456</b> www.artistryblinds.com	<b>Sherwood Park</b> Next to Starbucks 110, 8005 Emerald Drive Sherwood Park, AB T8H 0P1 <b>(780) 464-2366</b>
--	--

Effective September 1st until December 15th, 2014.

† Purchase any combination of 4 Duette® or Silhouette® Window Shadings with UltraGlide® and receive a \$200 rebate. Also, when you purchase any number of these additional shades, you'll receive an extra \$40 for each. Valid at participating retailers only. The rebate will be issued in the form of a Hunter Douglas Prepaid American Express® Gift Card. THE PROMOTION CARD is a trademark of The Hunt Group. All Rights Reserved. THE PROMOTION CARD is a Prepaid American Express® Card issued by Amex Bank of Canada. \* Used by Amex Bank of Canada under license from American Express.

# Shades of JOY

## \$200 Rebate

when you purchase\* Duette® or Silhouette® Window Shadings with UltraGlide®.

Every qualifying purchase helps a child in need get closer to their wish.

In the spirit of giving, we at Hunter Douglas have partnered with The Children's Wish Foundation of Canada to create the magic of a wish.