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

Issue 56 April 2015

**Next submission deadline:**

**May 8, 2015**

**Next issue June 9, 2015**

## Terwillegar Community League requests households to complete a brief survey online by April 15

By Diane Pelletier, Secretary,  
Terwillegar Community League  
Recreation Programs &  
Future League Amenities  
Development

The Terwillegar Community League (TCL) represents Edmontonians living south of 23 Avenue to Anthony Henday Drive, and east from Terwillegar Drive to the Whitemud Creek. TCL is made up of volunteers and elected members that encourage a safe, friendly and active neighbourhood by providing programs and services that promote family and community, and acting as an advocate by representing the needs and interests of the community's members.

We are looking for your feedback to help us establish necessary priorities for the next 12-24 months. This includes

planning for the development of two Community League sites allocated to our league by the City of Edmonton for use by the community. Your feedback will assist us with planning and building an active, vibrant community we can all be proud of.

We are requesting that each household complete a brief survey so that we can collect a community perspective. All neighbourhoods in our league boundaries are asked to provide their feedback. Once we have reviewed your feedback, we will be able to better prioritize our activities based on volunteer and funding resources and move forward on planning.

The survey is available for you to complete on-line at [www.terwillegar.org](http://www.terwillegar.org). Please do so no later than April 15, 2015. Thank you for your feedback!



I'm Too Big For It Sale  
Details on page 2



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# Community

## Spring I'm Too Big for it sale

By Danielle Gordon, Terwillegar Tribune contributor

Join the Terwillegar Community League (TCL) at their biggest semi-annual fundraiser, the I'm too big for it sale, where neighbours, family, and friends come together to swap, sell and bargain for gently used items. It will be held at the Terwillegar Community Church on Saturday, April 11 from 10:00am-1:00pm. The \$2 entrance fee for adults (children are free) will go back into our community toward the many TCL programs we've all grown to love such as the green shacks and Halloween fireworks, as well as community playground initiatives.

With 40 tables of treasures and a large item room full of items that are too big for the vendor tables, there's always a large selection and variety of deals for people to choose from. These finds can include clothing, toys, games, books, movies, bikes, wagons, exersaucers, activity tables, cribs, strollers, and many more. The sale is a great way to recycle your goods and buy great

products within your budget.

Here are a few things you may not know about this community fundraiser:

The first sale was held in 2006 and is TCL's longest running fundraiser. Since the first sale the semi-annual fundraiser has seen rapid growth in both size and popularity.

Michelle McWilliams has been organizing the fundraiser since 2009, making this her tenth sale. Each year Michelle finds new ways to add space, reorganize table layout, and manage the sale to bring in more items and create room to mingle and search for treasures.

This is the fifth sale that will be held at the Terwillegar Community Church. Previous sales have been held at the Riverbend Community Hall and Esther Starkman School. It was moved to the Terwillegar Community Church in 2013 to increase available space while keeping it in the heart of our community.

At the end of the sale TCL organizes for unsold items to be picked up by a charitable organization. Unsold item bags



Too big for it sale

are provided to vendors to pack up anything they wish to donate. This not only reduces waste but also ensures items find their way to people who need them.

Manufacturing new items requires both materials and energy. Then the finished product is packaged in more material and transported great distances to wherever it will be sold. Selling and buying used items right here in our

community is a great way to reduce, re-use and recycle while saving money.

Community events are a great excuse to get together with your family, friends and neighbours and increase community spirit. Communities who know their neighbours are both happier and safer places to live



## I'm Too Big For It Sale

### Terwillegar Community League's Semi Annual Sale

For more information email  
mmcwilli@live.com

**When:** Saturday April 11, 2015 10 a.m. - 1 p.m.

**Where:** 1751 Towne Centre Blvd

Terwillegar Community Church

**If you have children you won't want to miss this**

**Additional information and vendor application available at [www.terwillegar.org](http://www.terwillegar.org)**

# Editor's Page

By Jenn Gilliard, Editor  
Terwillegar Tribune

Spring has sprung. The streets and sidewalks are full of the delightful sights and sounds. Even as I write this, I see and hear kids on the trampoline, kids skipping rope, laughing, and birds chirping. It's a good day! Not to mention the smell of the barbeque. Finally.

With the warmth as well, comes, relief for many parents, not having to dress their kids in so much outerwear. Even while watching Wheel of Fortune the puzzle to solve was "Spring has Sprung" as well there was a banner in the background that said "Say goodbye to winter."

Many adults and kids have brought their bikes out for the first time in months. Have fun with your 2 wheel bike or 4 wheel bike (those with training wheels), but be careful! Turn to page 24 where you will find information on

bike safety and upcoming free drop-in bike safety programs. There are 2 drop-in sessions coming up in the area! The first session is in May and the second is in June.

Have you been doing some spring cleaning? Have you or others in your household outgrown clothes, toys or other household goods? Although, instead of outgrowing something maybe you are in need. Page 2 showcases the Too Big For It Sale in April hosted by the Terwillegar Community League and on page 14 you will find a write up about the Loveable Little Uptown Market sale in May. Both sales are taking place at Terwillegar Community Church. Shop 'till you drop and discover new and amazing finds for yourself!

The South West Farmers Market is set to open soon and that's always fun for local residents! Visit a booth set up

by a local farmer. What vegetables are they selling? Are they an organic grower? On page 5, Sheri Hendsbee has an article for us on the market which opens in May. In addition, to fresh food, local artisans set up to sell sweet treats, jewelry, crafts or clothes. Make Wednesday dinner at the market night for you and the family. Buy dinner from one of the food trucks while visiting with your neighbors and buying some

fresh goodies.

There are many ways to be active this spring, especially now that the weather is warming up and we can spend more time outside. When exercising having a plan and a support system is so important. On page 17 Jessica from Infinite Fitness reminds us we can easily adopt an athlete mindset without the million dollar contract.



*Do you have a comment about our paper or community?  
Write a letter to the editor for our Opinions section:  
[editor@terwillegar.org](mailto:editor@terwillegar.org)*

**Terwillegar Community League  
Family Day Event  
February 16, 2015  
Sleigh Ride and Hot Chocolate  
Family movie: Frozen**



# Health and Nutrition

## Swimming for fun and a career

By *Natasha Shaw, Lifeguard, City of Edmonton*

I take a deep breath and step onto the deck. The pool is just as busy as the parking lot suggested when I drove in. I grab a flutter board from the pile, check the hot tub and steam room, and move into position one. The guard there nods 'good morning' to me and moves to the next lifeguard position in the rotation. Depending on the number of lifeguards on deck, we switch positions every 15 minutes to half an hour to make sure the lifeguard is able to maintain a focused and attentive scanning pattern. It is important to stay focused, in order to ensure the safety of our guests. It is still before noon this specific Saturday, but it is getting increasingly busy and I know it is going to get busier as the day goes on.

I scan my area constantly, looking for children who are

too far away from their parents, patrons who look like they are in pain or discomfort, and generally looking for anything abnormal. I spy one little boy wandering away from his mother as she has a discussion with a friend. I make eye contact with her and motion for her to be within an arm's reach of her child. She quickly looks around for him and catches up to the little daredevil. She smiles 'thank you' to me. I exhale a breath I didn't realize I was holding; I'm glad she accepted the rule and understands that it's there to keep her little guy safe.

A father approaches me and asks what size lifejacket his daughter needs. I point to where we keep the lifejackets and tell him a green one should do the trick just fine. He thanks me as he selects the lifejacket from the rack.

As the pool gets busier we add lifeguards into the rotation

to ensure every area is being scanned effectively. More people are moving towards the deep end of the leisure pool now in anticipation of the waves being turned on. I see a few girls who do not look quite thirteen years old, so I motion for them to come talk to me. When I ask, two of the girls say they are only twelve. I explain to them that they need to demonstrate their swimming abilities by doing a swim test in the main pool. I send them over to the main pool and radio the lifeguard there that he has a few kids for a swim test.

There is a family of five jumping off the side into the leisure pool. The kids sure look like they are having fun! I smile at them and their attentive parents.

I move to the next position at the dive tank just as the waves turn on and a bunch of kids rush to the deep end of the leisure pool. It's much quieter

over here now, and I see a girl about thirteen years old on the five meter platform looking over the edge and trembling slightly. Her friends are along the side of the pool cheering her on. She looks over the edge one more time, closes her eyes...and jumps! Good for her!

There is a young boy walking to the one meter diving board with his parents on either side of him. I can see his swim test mark on his shoulder. This shows that he can swim well enough to be in that deep area.

When my shift is over, I head for the staff change room. I smile at how great the day went. There were no angry patrons, everyone followed the rules amazingly, and there were no serious first aid incidents. It is shifts like these that make me content with the career I have chosen. I love watching people safely having fun in the pool!

## Recipe from your local Epicure rep

Balsamic Parmesan Chicken  
Fingers

Ingredients

¼ C (60 ml) grated Parmesan  
cheese

2 C (500 ml) Panko crumbs  
or coarse, dry breadcrumbs

3 large boneless, skinless  
chicken breasts, cut into thin  
strips

¼ C (60 ml) prepared Epicure  
Balsamic Vinaigrette

Check out the

Collection: Good Italian.

Real Fast.

Instructions

1. Preheat oven to 375° F (190° C).
2. In a shallow dish, combine first 2 ingredients and set aside.
3. Coat chicken with vinaigrette. Press in crumb mixture to coat both sides.
4. Arrange strips in a single layer on an Epicure Crisper. Bake for 20 minutes, or until golden.

E P I C U R E

**Christine Martin**  
Leader

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Tips: Serve with prepared  
Marinara Sauce for dipping  
and a garden salad drizzled  
with prepared Epicure

Balsamic Vinaigrette  
Dressing.

See also article on page 7.

## Kickstart your health now!

Nutrition programs for busy people

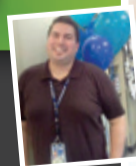
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# Southwest Edmonton Farmers' Market update

By Sheri Hendsbee, Steering Committee Chair, SWEFM

Connect With a Farmer at the Southwest Edmonton Farmers' Market

Let's face it: food lies at the foundation of every culture, and of every economy. We all must eat.

Most family celebrations and community gatherings happen around **food**. It connects us and enriches our day to day experiences. Good food nourishes our bodies, minds and souls, making our minds sharper, our immune systems stronger and our bodies more energized. And **food** begins with farms.

Our local farmers, with the knowledge and experience that they bring to their farming practices, and the labour with which they toil, are at the base of our local economy. Support them, and you support the health not only of your families (through the amazingly fresh and nutritious things that you can buy and put tantalizingly, even decadently, on your kitchen table), but the health of our local economy as well. It is one of the key reasons to shop at your local farmers' market.

But there is more to the story. There is an untouchable richness of experience that you will harvest, spending time at a local farmers' market with a local farmer or producer. Don't rush the process. Stop and hear their stories. Get to know the farmers and they will give you amazing insights into life itself. Don't hesitate to ask questions. You will be richly rewarded with advice, and with a sense of connection.

The Southwest Edmonton Farmers Market's 5 season is just around the corner. When you stop by, enter into a dialogue with your favourite vendors. Here are a few things you can ask:

- What is really good at your stall today?
- Where did this come from? How was this made or grown?
- How have you found the growing season so far?
- How are your animals raised? Do they have access to open pastures or can they roam freely? What are they fed?
- What is it like to be a (insert occupation here... chicken farmer, meat producer, food truck vendor, chef, greenhouse grower)?

Are you an organic grower? If not, why not? How do you spray and what does it do to the crop, your workers, and the land over time?

Why do you feel it's safe for me to feed what you grow or raise to my family?

What do you do to protect the land and the soil for the future? What sustainable farming practices do you use?

What, in the world, is *that!*? How do you use it? Cook it? Eat it?

What is your favourite way of preparing this vegetable? This cut of meat? This partially prepared food item?

A farmers' market is a place to set down roots. Too often in our society, we are distanced from the things that we buy. We do not know where they come from, what experiences they had (both good and bad) to wind up in our bodies, in our homes, and in our lives. Get to know your grower and producer, and you enjoy the rich culture that we have right



Fava Beans from Dargatz Family Farm

here in our local community. Hear the stories, absorb the advice, take in the knowledge that they are so willing to share and your life will be richer for the interaction... for the connection.

Opening market day is Wednesday, May 13. Market hours start earlier this year, beginning at 4 pm.

For more info, go to [www.swefm.ca](http://www.swefm.ca).

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# Health and Nutrition

## Stay Sleeping: Choosing a pillow that keeps pain away

By Darren Frohlich,  
Physiotherapist

Getting a good night's rest can be as simple as choosing the right pillow. With so many options available, it can be confusing to choose the right pillow for you. Pillows that don't fit the need of the sleeper can affect the neck, shoulder, and back. The right pillow should conform to the shape of the sleeper, not the other way around.

Good pillows keep the neck at neutral when sleeping on your front, side, or back. The neck curve should always be maintained and shoulder depth is important with no gap between your neck and the pillow.

### Ideal Pillow Choices

For side sleepers, pillows that are too soft or thin end up twisting the neck and head out of an ideal position. Subsequently, if the pillow is too hard and thick, it will

strain your posture. Ultimately, the head and neck need to be aligned with the rest of the spine, exerting minimal stress on the ligaments, joints, discs, and muscles. Stress of these structures often result in stiffness, pain, and headaches.

For back sleepers, pillows should support your neck's natural curve, cradling your head in neutral alignment. Adequate support under your head, neck, and shoulders is important. The height of the pillow should be lower than side sleeper.

Stomach sleepers have a different set of needs. Pillows for stomach sleepers should be relatively flat and placing your head directly resting on the mattress could be the answer to a restful night sleep. Your head and neck should not be unnaturally turned, as this will cause discomfort.

### Reducing Night Pain

Neck pain – Avoid sleeping

on your stomach, with the neck rotated. Instead, try side sleeping. It's important to choose a pillow just thick enough to fill the space between the neck and mattress. When lying on your back, align your nose with the middle of your chest. If it's higher, a thinner pillow is needed. If it's lower, choose a thicker pillow.

Back pain – When sleeping on your back, put a pillow under the knees. This provides support for the lower back by decreasing the arch in the small of your back. Avoid sleeping on your stomach. This can lead to decreased muscle spasms. Side sleepers - place a pillow between your knees to discourage the top leg from falling forward and increasing the strain on the lower back.

Shoulder pain – Side sleepers tend to roll the top shoulder forward if the pillow is too thin causing the shoulder to round forward due to lack of support.

Try a thicker pillow. Avoid sleeping with the bottom arm tucked under the head. Instead try hugging another pillow.

I'm Still Having Pain When Sleeping. What Now?

At Innovation Physical Therapy, we're here to help. And that means helping you get a good night's sleep. Our physiotherapists are trained to help uncover what's holding you back from good sleep. Feel free to give our clinic a call. Your body will thank you!

Innovation Physical Therapy (Riverbend) – 528 Riverbend Square – 780-437-5141

Darren Frohlich (MScPT, BScKin), is a senior physical therapist with Innovation Physical Therapy. He has an interest in treating spinal, shoulder and knee injuries combining manual therapy with functional exercises to help patients return to their activities of daily living.

## How should we eat? What should we eat?

By Dr. Stacey Richards BSc, ND

Who are we kidding, nutrition is confusing.

There are so many different opinions that exist on how we should eat, what we should eat, what we should avoid, and what we should eat in moderation. Some information seems contradictory and others seem down right unrelatable.

Case in point, I recently had a spirited debate with an acquaintance. He posted a cauliflower recipe that was smothered in mayo, sour cream, cheese, and bacon. I could barely find the cauliflower. It would make a Sumo wrestler proud. Then I noticed at the bottom of the recipe it was part of a weight loss group. I expressed my surprise and said something like "No way that would make anyone lose weight" Subtle I know. He then proceeded to defend this casserole telling me that mayo is healthy and the meal is low carb.

It's not unusual to hear different arguments as it relates to nutrition. Being in this business for the past 10 years many trends, arguments, research have come and

gone supporting or rebutting different schools of thought. Remember when red wine and chocolate was good for you. Yea, me too but not anymore. Turns out red wine and chocolate benefits were exaggerated. And then there are the weight loss arguments - low fat, low carb, high fat, high protein. It's difficult to keep up.

The hardest part of nutrition to grasp for many of my patients are the parts that pertains to the fact that many foods that were touted as healthy in the past are now at the unhealthy end of the spectrum. In fact, homemade mayo is healthy - it has 4 real food ingredients. But if you read the ingredients list of the store bought mayo it reads like a science experiment. It's a hard thing to wrap your brain around when you grew up with foods like grains, potatoes, cereal, milk, potatoes, juice, grapes, vegetable/canola oil and so on, as being good for you and now to accept that they have moved to the other end of the spectrum. What has changed? How could they be bad for you now? It all comes down to how food is manufactured:

1. Food additives/fillers

2. Highly Processed foods

3. Farming practices have changed

4. Environmental issues

Food is not what it used to be. Juice is now full of high fructose corn syrup which is linked to several health related issues in children. Cereals are highly processed. Grains are genetically modified. Gluten a protein found in wheat and is used so often as a filler in many foods you would not even suspect - like soy sauce - have caused many to develop gluten sensitivity or allergy. Potatoes and grapes are highly sprayed with pesticides. Dairy is challenged by allergies to casein (a natural protein) and the use of hormones. Canola oil is highly processed with harsh chemicals. It really is a rancid oil and higher in trans fat than you think.

With all these changes when it comes to eating healthy there are 3 things I stress:

1. The quality of your food matters just as much as whatever diet plan you may be following. This means you have to shift your focus from the nutrition labels to the ingredients list.

2. Not all healthy foods are right for you. You may be sensitive or allergic and in that case it can slow down your metabolism and cause many health concerns.

3. Some foods are heavily sprayed with pesticides so best to buy the organic version or completely avoid. Visit my facebook/Blog for a free list of the "Dirty dozen foods".

For many foods we have to find a middle ground. At one end we have healthy foods and at the other it's foods we should completely avoid but with many foods we can find a compromise that accommodates our needs. It just requires that we the consumer take an active role in understanding how food affects our health. Once these principles are clear then nutrition will no longer be a grey area.

Dr. Stacey Richards is a proactive aging guru and founder of the SMRT baby program. She empowers her patients with naturopathic medicine to live their best life. She is in practice at the River Valley Health Clinic. [www.smrthealth.com](http://www.smrthealth.com)

# Hormone Havoc - From imbalance to bliss

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

One of my first cases in practice was a 51 year old female who was experiencing horrible symptoms from menopause. She wasn't sleeping because of extreme hot flashes and night sweats, and this was affecting her ability to function at work during the day. I typically explain to patients that there are three levels of hormone therapy:

- 1) Synthetic – which is the most potent
- 2) Bio-identical hormone therapy – which is still synthetic, but the chemical components in the cream are similar in molecular structure to human hormones which is why it is referred to as “bio-identical” and
- 3) Naturopathic treatment using diet, lifestyle suggestions, herbs, homeopathics and nutraceuticals.

I also explain that in Western medicine, we have medicalized our menstrual cycle and hormonal symptoms. Instead of understanding that signals from the body – in terms of PMS or menopausal symptoms (i.e. menstrual cramps, heavy periods, irregular flow, abdominal bloating, cravings, increased appetite, weight gain, irritability, anxiety/nervous tension, crying, depression, forgetfulness, mood swings, breast tenderness/lumps, dizziness/faintness, fatigue, headaches, hot flashes, night

sweats, vaginal dryness, and insomnia) – are messages that you are out of balance hormonally, Western medicine deems that you have a medical condition and the solution typically recommended is to take the birth control - a suppressive hormonal therapy that puts women at risk for other health issues including hormone related cancers if used for greater than 10 years.<sup>1</sup> In terms of menopause, the mistake that many clinicians make is prescribing synthetic hormone treatments on a daily basis with no regard to the bi-phasic monthly hormone cycle.

For most cases of hormone imbalance, patients are willing to take some form of supplementation to restore hormone balance. However, in the case mentioned above, the patient did not want to take anything to manage her symptoms, so her prescription was as follows:

- Eliminate all stress in your life
- See a counselor regarding marital difficulties
- Quit dairy and wheat
- Quit caffeine
- Follow up in 2 weeks

When I saw the patient at her next appointment, she was feeling 80% better and her symptoms had almost completely resolved. I asked her what she did to eliminate all stress in her life as in the initial appointment we had discussed what was causing her the most anxiety. In her case, her primary stress was her marriage. The patient decided that she no

longer wanted to work on the marriage and had verbalized to her husband that she wanted a divorce. She admitted that the dietary changes were difficult for her, but that she had been 100% compliant. The reason I find this case so remarkable is it highlights a few key points:

- Less is often more
- The role of stress in health
- How the foods we eat and what we drink can either be supportive to our health or contribute to the decline of our health

There are physical, mental, emotional and spiritual aspects to health

When working with patients, often a primary goal is to balance the neuro-endocrine system and I focus on that versus the label or diagnosis the patient has been given.

Neuroendocrinology is the study of the interaction between the nervous system and the endocrine system, including the biological features of the cells involved, and how they communicate. Neuroendocrinology arose from the recognition that the hypothalamus controls secretion of pituitary gland hormones which maintain balance in the body by regulating reproduction, metabolism, eating and drinking behaviour, energy utilization, osmolarity, and blood pressure.<sup>2</sup> The glands involved include the adrenal, parathyroid, pituitary and thyroid, as well as the ovaries, pancreas, and testes.

When hormone levels of progesterone, testosterone and estrogen decline at menopause, there are two back up systems in the body for production of

these hormones: the adrenal gland and fat cells. If women are out of hormonal balance in the decades prior to menopause, and they have not taken care of their adrenal glands or learned to manage the stress in their lives – then the primary back up system for the production of estrogen and progesterone from the adrenal glands may be lower at menopause. The key point to understand is that menopause can be a joyful experience as one enters into the next phase of their life. It does not have to be a difficult time for women. For this patient, the underlying stress in her marriage was contributing to dysregulation of her adrenal glands. The first step to healing for her was to verbalize and express how she was truly feeling, acknowledge how stressed she was in her marriage, and take steps to finding a solution that worked for her.

As Naturopathic doctors, a primary tenet of our medicine is to address the root cause of disease. It is important not to case the branches (i.e. symptoms) but to figure out what is going on from a macro perspective in the body, where the imbalances are and restore the body back to function. To find a Naturopathic Doctor please visit [cand.ca](http://cand.ca) and give yourself the gift of health today!

References: [www.cancer.gov/cancertopics/factsheet/Risk/oral-contraceptives](http://www.cancer.gov/cancertopics/factsheet/Risk/oral-contraceptives)

<http://en.wikipedia.org/wiki/Neuroendocrinology>

## What's for dinner?

By Christine Martin, Epicure Representative

Ever found yourself wondering what to make your family for dinner? Want to feed your family something healthy and delicious but don't want to spend hours in the kitchen? I know I was often this position, and lacking in inspiration too. A couple of years ago this dilemma became a lot easier for me. I discovered Epicure, and

was so impressed I decided to become a consultant for this Canadian company.

Epicure's mission is to help you get real, wholesome food on the table in mere minutes. We believe that to be healthy you have to cook and cooking should be fun, simple and delicious. Epicure specializes in saving you time and money in the kitchen. With its range of spice and herb

blends, innovative cookware and unique recipes, you can have all the help you need to get healthy, delicious and stress free meals on the table. Epicure is 100% Gluten and nut free, low in sodium, no artificial colours or preservatives, no added MSG and is part of the NON –GMO initiative.



# CS4L for parents

*Courtesy Sport For Life website*  
Kids who have fun playing a sport are more likely to stay active and healthy for their entire lifetime. They also have a better chance of becoming a top athlete. So make it fun, and make it quality!

When you were a kid, what was your experience with sport? When you participated in P.E. classes, team sports, swimming lessons, or dance classes – was it fun? Did you learn skills? And did it make you want to keep playing?

Designed properly, children's sport can be fun. It can also

provide exciting challenges and rich skill development. If we make it fun, challenging and instructive, we can expect two results:

More of our children will stay physically active throughout their lifetime.

More of our children will reach the top ranks of amateur and professional competition if they choose the path for elite training.

Canadian Sport for Life (CS4L) is a movement to make sport and activity better and more fun for our kids.

# Tae Kwon Do produces healthier individuals and better people

*By Master Hong Park, Hong Park Tae Kwon Do College*

Looking for something fun and new to try that the whole family can do? Hong Park College has just moved into their own state of the art Tae Kwon Do building. Whether you are a toddler or 100 years old, we have a class for you! There are 2 floors of matted dojang areas where we will be offering not only Traditional Tae Kwon Do classes but also yoga and fitness classes.

Our instructors are professional, courteous, and very personable. We provide a safe atmosphere with the element of fun and diversity.

If you ask 100 Tae Kwon Do students why they take Tae Kwon Do, you are likely to hear a variety of answers. The popularity of taekwondo today can be attributed to the multitude of benefits taekwondo training offers.

There are few other activities that offer such a diversified

list of benefits to participants of all ages and genders, and to students who range from physically fit to the physically challenged. While each of us may start out seeking a particular benefit, Tae Kwon Do training takes us down a path where we discover that we are gaining so much more.

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



# TRSA update

By Dr. Rob Agostinis

Registration for Outdoor Soccer was very busy and successful; a good sign that soccer is a growing sport here in Edmonton, especially the South West. We also had a lot of interest from parents volunteering to coach. They will certainly benefit with the launch of our new Coach Development program.

Players and parents are looking forward to a great season, which usually starts at the end of April. Players will receive an email or phone call from their coach with information on that.

In the interim, now is a

good time to make sure that shin guards and soccer cleats/shoes fit. Many local stores are stocking their shelves with soccer garb for the outdoor season.

The TRSA Board continues to meet on a regular basis and has embarked on strategic planning for the next 5 years.

The TRSA Event and Tournament committee are working hard on planning for the: TRSA U10 Summer Solstice Tournament, which happens this June 19, 20, 21, 2015 on the Bulyea Fields (Brookview Community League). See Poster

This event brings in U10

teams from all over Alberta. This year we are planning to provide players and parents with a super great Tournament experience and we will be hosting a Soccer Kids & Family Expo (Carnival, Soccer resource booths, Food kiosks and much more). More information can be found on our website: www.trsa.ca

We are encouraging and sending out a call to local businesses and citizens to contact us regarding sponsorship opportunities for this tournament. Please call Charlane Gorsak – Program Manager at 780-437-1331 or email at trsa.soccer@telus.net. Look forward to seeing you on the soccer pitch!



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# Politics

## Great turnout to community wellness forum

By Stephen Mandel, Health Minister



During the election, I heard from many constituents that they wanted a conversation about wellness in their community and I told them I would help make it happen. I made good on that promise

on February 19, when Matt Jeneroux, MLA Edmonton-Southwest, and I hosted the first Community Wellness Initiative meeting.

It was an open invitation, so we weren't entirely sure of how many residents of the area would show up, but I think I speak for both of us when I say we were pleasantly surprised to see over 70 people attend. Representatives from Wellness Alberta and the Southside Primary Care Network spoke about their roles. After a few questions from audience members, we spent the rest of the evening speaking with attendees about their vision

for wellness in southwest Edmonton.

Those who came out spoke of a need for more volunteerism, wellness ambassadors, and the need to change the conversation around health and wellness from one of stigma and shame to one of agency and empowerment. Those who came out also spoke about concern for the environment, urban planning, childhood obesity and chronic disease management. And at the end of the evening, many of the attendees volunteered to help make those visions a reality by joining our wellness working group.



I feel fortunate to represent a community that has such a passion for wellness. If you missed the forum, this won't be the last time we meet. Plans are underway for a follow-up meeting in which we will develop an action plan. If you're interested in joining the initiative, please email me at [Edmonton.whitemud@assembly.ab.ca](mailto:Edmonton.whitemud@assembly.ab.ca).

## Terwillegar Drive traffic update

By Bryan Anderson, City Councillor



Terwillegar Drive Traffic is a constant irritant in the lives of South West Edmonton residents. The following is a brief update on the Terwillegar Drive / 170 street corridor.

Terwillegar Drive exists as a four lane arterial facility between Whitemud Drive and Anderson Way SW, where it

transitions to two lanes toward Ellerslie Road. Currently, delays are experienced in the AM and PM peak periods along Terwillegar Drive, particularly between Anthony Henday and Whitemud Drive, due to rapid growth and development south of Anthony Henday Drive and the corresponding increase in traffic volumes. Interchanges are planned along the corridor at the existing signalized intersection locations, but funding has not been allocated for these significant changes.

The immediate improvements as defined will be about \$1 million. The intermediate improvement of an interchange at 40th Avenue will be \$50 to \$65 million. The remainder of the corridor excluding upgrades to Anthony Henday Drive will be \$400 to \$500 million.

In 2014, Transportation Planning determined the requirements in the short

term and medium term for the corridor between 40 Avenue and Whitemud Drive.

### Short-term Improvements:

Full signal at the 53 Avenue and Riverbend Road intersection.

Southbound left turn bay on Terwillegar Drive at 40 Avenue.

### Medium-term Improvements:

New interchange at 40 Avenue which delivers Terwillegar Drive as a partial freeway between Rabbit Hill Road and Whitemud Drive.

The ultimate stage plans for the rest of the Terwillegar Drive corridor between Anthony Henday Drive and Whitemud Drive include new interchanges at Whitemud Drive, 23 Avenue, Rabbit Hill Road, and Haddow Drive to eliminate signal delays for all intersections between Anthony Henday Drive and Whitemud Drive.

Other future network

improvements such as widening of Rabbit Hill Road to four lanes from Anthony Henday Drive to Mactaggart Drive/Terwillegar Boulevard are expected to relieve traffic congestion from the south by providing an alternative route.

Plans are in place to improve traffic levels of service on Terwillegar Drive; however, there is currently no funding approved in the 2015-2018 Capital budget for improvements along Terwillegar Drive or Rabbit Hill Road. Upgrades to arterial roadways in the developing areas south of Anthony Henday Drive in Windermere and Heritage Valley are ongoing as developers construct roads to accommodate new growth. These roads will provide alternative routes to Terwillegar Drive for those residents.

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

**Help your councillor work for you!**

## Sound Advice

By *Brian Hagel, Account Executive Bell Media*

George Clooney has more Twitter followers than I do.

I often tell my clients that there's a reason George Clooney has more followers than I do on Twitter (3,398 to my 151). It's not because he's better looking (he is) and it's not because he's a nicer guy than me (highly debatable).

It's because he's more well known. George Clooney can put up a billboard that says "Follow me on Twitter" and people would. You'd recognize his name, recall his face and voice and perhaps remember a scene from a movie you saw him in. Simply seeing his name would create feelings and thoughts you weren't having

moments before. Now that's brand recognition.

I could put up 10 billboards and have little to no reaction other than causing people to wonder "What's a Brian Hagel"?

The truth is very few local businesses have their brand or reputation elevated enough to get by on name mentions and logo placements alone.

"Not me" you say. "I've been in business for years" you cry. "Everyone knows me! I've got 1500 likes on Facebook". Nearly 30,000 people moved into Edmonton and area in 2014. That same growth is expected to repeat itself in 2015. Not everyone knows you. In fact, it's far fewer than you think.

Every business has three groups of potential customers.

First are those that know you and love you. The second knows you and for whatever reason, doesn't like you. The third doesn't know you at all.

So placing a logo or your business name in front of them does nothing but reinforce what they already know (or don't know) about you.

Only a branding campaign affects all three. The key to building your brand is to consistently and frequently tell the same group of people why they should care about you. Don't worry about how many people you're reaching. Worry about how often you reach them and more importantly, what you are saying to them. No one makes a new decision without new information.

What are you saying in your advertising to make those that love you, love you more; those that dislike you to reconsider why; and those that don't know you, a reason to start remembering?

Remember, great advertising isn't about you. It's about your customer and what you can do for them.

I don't have that level of recognition. So I keep writing & presenting new information designed to make you feel differently so that someday, maybe, I can help you with your marketing too.

Until then, follow me on Twitter would you? @salezdude99

## Spring Eye Tips

By *Dr. Tom-Harley Poon, Optometrist, Iris*

Spring is upon us and as the weather gets even better everyone starts to spend more time outside. For our eyes this means increased sun exposure and allergy season for those of us with seasonal allergies.

Did you know that 80% of sun damage that occurs in a person's lifetime happens when they are a child? I know that when I was a kid my parents never had me wear sunglasses when I was outside playing. Sun damage can cause and worsen eye disease such as cataracts and macular degeneration. It is important to protect young developing eyes as much as

adult eyes from the sun. It is also important to purchase sunglasses from reputable places because even though labels say that the sunglasses are 100% UV protectant, they may not be at all. Wearing sunglasses that are not 100% UV protectant can do even more harm than not wearing them at all because the tint will cause your pupils to dilate allowing more of the harmful rays into the eye. The earlier you start protecting your eyes the better the chances you have to maintain good vision when you are older.

Allergies can be very annoying especially in spring. One of the more severe

symptoms that can occur is red, itchy and watery eyes. Often this can be confused with pink eye and self-treatment with over the counter drops can do more harm than good. A quick trip to your Optometrist's office can put you on the right path to immediate and long term relief. Alberta Health Care covers any visit that is medically necessary such as red eyes. They also cover yearly exams for children 18 years old and under and seniors 65 and over. We recommend yearly visits for children starting as early as 6 months and seniors and every 2 years for adults in between those ages. If you are



having any type of eye problem then we recommend coming in right away. Protect your eyes and have a great spring and summer!

## Avoiding Junk Mail

By *Pat Chan*

It's Spring and our streets and walkways will soon be littered with unaddressed mail, also known as junk mail that people didn't want and stuffed between the mailboxes and flyers left decaying on doorsteps.

Are you tired of junk mail? There are simple solutions to stop getting junk mail in your mailbox or on your doorstep.

First, buy or make a sign that says "No Junk Mail Please" and put it on your front step or near your front door. Flyer delivery people are supposed to respect your wishes and not leave unwanted stuff on your doorstep. Second, find a sticker, about the size of a business card and write on it "No Junk Mail Please". Stick it inside your Canada Post mailbox. The letter

carriers won't leave you any unaddressed mail.

Simple steps to reduce your frustration, reduce litter and reduce the amount of paper in the environment.



Read more about what's happening in the community.

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

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Learn more about the potential impact disability could have on you and your family. Visit [www.rbcinsurance.com/protectyourincome](http://www.rbcinsurance.com/protectyourincome) or speak to your Insurance Advisor.

By Enza Fata, Life and Living Benefits Advisor

You are your most important asset & your health is your wealth. What would happen to your lifestyle if you were unable to work due to a disability? Questions to think about... How long can you take care of yourself or 'self insure' yourself? Have you prepared a budget

to know the monthly income you require to cover the bare necessities for you & your family? Are you prepared to liquidate assets, cash in RRSP's or withdraw all of your savings, if you became disabled? Protect your income. Protect your lifestyle. Choice, not chance should determine one's destiny.

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# Kids

## Creating Opportunities for families in the Southwest!

By Sherri Henderson, SWEY  
Assistant



Only two months into this year and we are busy inspiring momentum about the importance of the early years, improving outcomes in early development for all children in southwest Edmonton, and building capacity in our community to support early childhood development both short and long term. How? I am glad you asked.

On March 21 we co-hosted the 2<sup>nd</sup> annual *I am a Parent Conference* with Mill Woods Family Resource Centre and Mill Woods Early Childhood Coalition at the Southminster-Steinhauer United Church. Thank you to all the parents/caregivers who took part in

the day and a great big thanks to our presenters, resource fair, volunteers, planning committee, sponsors and supporters. Locally, we would also like to acknowledge Prairie Mill Bread Co. and Café O'Play for providing delicious snacks for the parents and kids alike. If you haven't checked out either of these businesses I encourage you to do so as they are not only champions for our communities but also champions for children/families.

We've also learned that this type of event is popular and well received and we look forward to reading the evaluations and planning another conference in the future.

SWEY is also excited to

announce that the Government of Alberta has decided to grant us funding for the rest of 2015. A special thanks to David Woloshyn and all of the elected officials with the Government in being "Champions for Children and Families" and seeing that the work of coalitions in communities can truly make a difference in the early years.

Mark your calendars! SWEY is excited to take part in the TRAC 10K this May 31. The TRAC 10K is an annual run where individuals and families can run/walk 3K, 5K or 10K and enjoy a morning celebrating health and wellness right in their own community. This year, SWEY will create an early years 'race' for your little ones. Although we don't have all the details worked out yet, we want to create an opportunity for you and your family to get out to this great community event, enjoy some fun activities that will inspire and get everyone moving. For parents and caregivers we will also have various resources and information about the many early years organizations and businesses in the Southwest to help you connect with services, programs and resources. Watch for more details in the next issue, on Facebook, Twitter, or on our website.

If you are an early years provider, business, community organization or individual who would like to take part in this event through sponsorship, volunteering, providing resources or activities, please email Sherri at: [swearlyyears@hotmail.com](mailto:swearlyyears@hotmail.com) to get involved.

SWEY would like to welcome Joanne Fodchuk, Jenn Kelly, Linda Mak from Money Mentors, and Rily Djoric from Mill Woods/Southwest Family Resource Centre to our table.

If you are interested in attending one of our meetings, we'd love to meet you! Our next meeting is on Monday, April 27, at the Riverbend Library from 1:00 – 3:00 pm.

In the meantime if you are looking for some great books to read to your baby look for books from Sandra Boynton (*Hippos Go Berserk* was of our favourites) and *Time for Bed* by Mem Fox. For more suggestions check out [www.epl.ca](http://www.epl.ca) and look under "Interests", "Preschool" for a list of books for children of all ages.

For more information and to stay up-to-date between articles, please visit our website: [www.earlychildhoodedmonton.ca/southwest](http://www.earlychildhoodedmonton.ca/southwest), LIKE us on Facebook (SouthWestEarlyYears) or FOLLOW us on Twitter (@SWEarlyYears).

### Congratulations to our February Coloring Contest Winners

Age 2-4

1st Place: Gurleen

2nd Place: Rohin

Age 5-7

1st Place: Keira G

2nd Place: Summer N

Age 8-11

1st Place: Olivia S

2nd Place: Natasha H

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

# Kids

## Lovable Littles Uptown Market sale

By Trish Reeves, Lovable Littles Uptown Market



lovable  
littles  
uptown market

Whether you have been to Lovable Littles last year, or this is your first time hearing about it, the Uptown Market is an event you won't want to miss. The shopping experience is unmatched by any other trade show geared towards families.

Shawna Biensch and Trish Reeves, owners of Lovable Littles Uptown Market have

worked hard to make this market enjoyable for all. "We try to make it easy for our guests to check out our vendors. We provide complementary on-site coat and stroller check. This year we will have a free playroom, sponsored by My Gym, where you can drop off your kids for an hour and go shop. We want families to have a relaxing Saturday out and

show them the best Edmonton has to offer" Trish describes. "There are various free activities for the children, an entire floor dedicated to gently used children's items and even food trucks!"

Some of the vendors that will be new this year are My Sunshine Creations, Alphacritters, Baby and Beyond and Darling Duo Boutique. There will also be returning favorites such as Buddhi Baby, House of Koopslie, Crowns and Coroknits and Pure Living Enthusiast.

The show is on May 2 at Terwillegar Community Church (across from the Mac's) from 10 a.m. until 4 p.m. There will be 250 swag bags distributed, half when the show opens at 10 am and the other half at 1 pm. Admission is \$3 for adults (children are free). Contact one of our vendors or sponsors to see about getting a VIP ticket to save \$1 off admission. With a VIP ticket, you will also receive an entry into the prize draw to win a pair of Freshly Picked Moccasins, a gift card for Refinery Clothing Company and much more!



If you are interested in renting a table either as a business vendor or to sell your gently used children's items please contact Trish at info@lovablelittles.com. Tables start at just \$50 + tax. Applications are also available on the website at www.LovableLittles.com.

## Word Scramble by Keira Gilliard age 7

NYUBN    \_ \_ \_ \_ \_

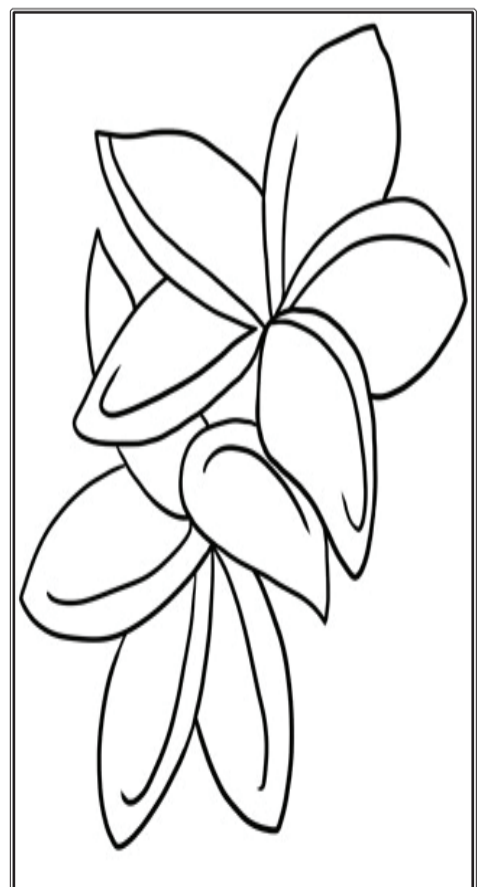
TSBKAE    ( ) ( )  
\_ \_ \_ \_ \_

GEG    ( )  
\_ \_ \_

LTCEOHCAO    ( )  
\_ \_ \_ \_ \_

SETRTA    ( ) ( )  
\_ \_ \_ \_ \_

Secret word:    \_ \_ \_ \_ \_



# Kindergarten is around the corner: Strategies for success

By Cheryl Millar, M.SLP,  
R.SLP

It seems hard to believe but your baby is starting kindergarten in a few months! That's still enough time to help your child get ready for an amazing first year of school. Good communication skills are at the heart of learning. Here are my top five suggestions for boosting your child's listening and speaking skills:

Limit your child's media time. At most, allow one to two hours a day of screen time, including watching TV, playing on an iPad and playing video games. Did you know Steve Jobs did not allow his children to use iPads? Model good media habits for your child. Ensure your child does not have a TV or other device in their bedroom. Consider having one media-free day a week for the whole family. Setting boundaries and routines is healthy for your child and will help prepare them for kindergarten. See "Tips for limiting screen time at home" under the Behaviour and

Parenting tab at [caringforkids.cps.ca](http://caringforkids.cps.ca) (website of the Canadian Pediatric Society).

Plan a field trip a week. Visit community hotspots such as the Farmers' Market. You can compare the colours, sizes and shapes of the vegetables, decide which food trucks to visit by discussing the pros and cons of each choice, and chat with your neighbors. This will give your child opportunities to learn new vocabulary (like "nutritious" and "ripe") and use language to explain their thinking ("I want kettle corn because it is salty and sweet"). Most importantly, your child will learn to be open to meeting new people and having new experiences; this will be helpful when they head to school.

Mix familiar and novel activities. Gently encourage your child to participate in a balance of habitual and new activities. If your child loves creating art and other sit-down activities, explore opportunities for movement that your child might enjoy, such as a

gymnastics or dance class. On the other hand, if your child is in constant motion, find ways to engage them in sit-down activities as well. For example, make homemade playdough or complete a puzzle together.

Build on your child's creativity. Naturally expand your child's play skills by introducing toys that require your child's input and creativity, such as puppets and musical instruments (like the Melissa and Doug "Band in a Box"). Simple board games are good for teaching turn-taking. Have fun making a sensory bin with your child to provide them with tactile learning opportunities. You can make a construction sensory bin with a base of sand; add in items such as small rocks and sticks, construction figures and vehicles as well as a funnel and scoop. Search "sensory bins for preschoolers" on the internet for great suggestions.

Pique your child's curiosity about reading. Point out and read print where you see it (on signs, at the grocery store and

in restaurants). Make regular trips to the library and seek out reading materials, including books, magazines and comics, which appeal to your child. Look for books, like "Slinky Malinki", that have interesting illustrations and fun wordplay using rhyme, rhythm and alliteration (words that start with the same sound). Read with your child and have them "read the pictures" to you.

Relish this time with your child, knowing that what's best for your child is also the most fun: enjoying each other's company, exploring new things and talking about it all! Wishing your child a wonderful kindergarten experience!

*Cheryl Millar is a speech-language pathologist with a private practice based in Terwillegar Towne. Please see her website at [cherylmillar.com](http://cherylmillar.com) for a complete speech and language school readiness checklist.*



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the more things you will know.  
The more that you learn,  
the more places you'll go.  
-Dr. Seuss



# Adopt an athlete mindset - win the game of life!

By Jessica Zapata, BSc. Kin, CSCS, PRO TRAINER  
Co-owner, Infinite Fitness  
www.infinitefit.ca

We exercise for lots of reasons – health, esthetics, increased energy, enjoyment, disease prevention, etc. But sometimes it's easy to forget exactly why we are exercising or what the point is. We fall into our routine and often go through the motions without much thought or figure that if we miss a session or two, it won't really matter (and suddenly we've missed a month or two). Although you don't have a million dollar contract on the line, we thought we'd share with you the top 5 mindsets of athletes to help fuel your workouts.

**Set a Deadline or Choose an Event** – A goal is truly just a dream with a deadline. Choose

a goal that you want to achieve and set a deadline to complete it. Don't go too big though. Try to choose something that you can complete within 90 days. This will keep your excitement up and help to keep you focused.

**Get Your Workout In, Even When You Don't Feel Like It** – This is a big one. We can't always do what we want to do, when we want to do it. And even though there isn't a million dollar contract on the line, sometimes you need to stop thinking and start doing! We like the 10 minute rule for times like this. You have to move for 10 minutes. After 10 minutes you can ask yourself, do I quit or do I finish up. If you decide to stop that's ok, you did 10 minutes which is often better than nothing. We bet nine

times out of ten though, you push through to the end!

**Surround Yourself with A Support System** – Athletes don't go it alone. They have a support system that includes coaches (often more than one), psychologists, nutritionists and teammates! While we don't think you need to go out and get an entourage, we do think surrounding yourself with a few key people is imperative to your success. Join a fitness facility or class where you are not just a number. Encourage your friends or a family member to participate with you. Make new friends at the gym or in your class! It's amazing the strength that you will find in numbers.

**Ensure Your Workouts Have Purpose** – There's likely nothing less motivating than not having a plan. Each workout should

move you closer to success of your 90-day goal! When you plan it that way, it's a lot harder to skip your workouts too.

**Don't Give Up** – Things won't always go to plan. You will miss workouts. You will over indulge. That doesn't mean you give up. You may have to readjust your goals, look for different support or reexamine your priorities but as so eloquently put by so many athletes, you will always miss the shots you don't take!

Take these strategies with you and apply them everything. Whether your goals are weight loss, increased performance, professional success or personal freedom, adopting an athlete mindset will improve all aspects of your life!

Are you running a summer camp? Send an article or ad to editor@terwillegar.org and be a part of our Summer Camp feature in our June issue.

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- Gwen & Gary Baker”

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# Green and Gold Community Garden

By Patti Hartnagel, Aspen  
Gardens Community League



The volunteer gardeners at the Green & Gold Community garden, on the University of Alberta South Campus, are making plans for our seventh gardening season! The garden is an initiative of the University's School of Public Health and Faculty of Agricultural, Life and Environmental Sciences. The garden is totally volunteer run; virtually all of the seeds, plants and equipment used are donated.

The vegetables, herbs and flowers are "spray-free" (no pesticides or artificial fertilizers are used). Anyone is welcome to 'purchase' their vegetables at the garden and all of the money raised – that's 100% – goes to the Tubahumurize Association, a non-profit organization in

Rwanda that provides socially and economically marginalized women with vocational training, counselling, life-skills coaching, health care education, and opportunities for sustainable income generating activities. Most individuals who benefit from Tubahumurize are genocide survivors and many are widows or orphans, HIV infected, and survivors of physical and sexual violence. To date, the garden has raised over \$100,000 for the Tubahumurize project.

We are now gearing up for the 2015 gardening season, and are looking for new volunteers to join us at the garden. Both novice & experienced gardeners are welcome. If you aren't interested in gardening, but



would like to help in other ways (distributing produce, promoting the garden, donating seeds or garden tools) please contact us at:

E-mail: [gggarden@ualberta.ca](mailto:gggarden@ualberta.ca)

Phone: 780-492-4087

Web site: [www.greengoldgarden.com](http://www.greengoldgarden.com)

If you would like to receive garden e-mails when produce from the garden is available this summer please send us an e-mail at the above address with

a request to be added to the e-mail list.

**INFORMATION SESSION** for those interested in volunteering at the garden. Saturday, April 18 – from 11 a.m. – 12 noon. At the Strathcona branch of the Edmonton Public Library (8331-104 St) –upstairs

Rwandan handicrafts made by the women of Tubahumurize will be available for sale at the session.

## Nail down your permit

*Courtesy City of Edmonton*  
Have you been waiting for warm weather to get your fence up? Or building your 'man cave' garage? The City of Edmonton encourages residents to start their permit application now for their summer construction projects.

"We encourage residents to apply for development permits early to beat the rush that we tend to see from May to September," said Callum

Kennaway, Acting Director for the Current Planning Service Centre. "Before starting your project, it is an important first step to have all required City of Edmonton permits and documents to ensure your project is safe and consistent with the rest of your neighbourhood."

Some of the backyard projects you might be considering this summer that require permits include:

- Addition or Covered Deck
- Uncovered Deck
- Erecting a Fence on a corner lot
- Garage or Carport
- Hot Tub
- Pond
- Shed or Gazebo
- Swimming Pool

Some home renovations such as a basement development also require a permit. Before starting the permit process, find out what you need to know to help avoid delays.

For many summer projects, if you apply in person and have all the required documents, your permit can be issued during your visit. Applications for



projects submitted during the busy residential construction season, May to September, may take longer to process. For more information on the application requirements for your project, please visit [www.edmonton.ca](http://www.edmonton.ca).

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TCL is seeking Volunteers for our Casino in June.

This event raises much needed funds for many of our projects.

We need you!

If you are able to spare a few hours of your time June 16 or 17, email us at [volunteercoordinator@terwillegar.org](mailto:volunteercoordinator@terwillegar.org)

# Backyard chickens come to Terwillegar

By Jocelyn Manning Fox,  
Terwillegar Towne Contributor

Chickens? In Terwillegar? That's right! In October 2014 the City of Edmonton began a year-long pilot project, allowing around 25 families to raise 2-8 hens on their property. Two of those lucky families are located right here in Terwillegar Towne.

Many other cities already permit backyard hens, including Red Deer, Vancouver, Guelph and Whitehorse, as well as New York and Los Angeles!

Edmonton's pilot project has some rules: no roosters are permitted, so you won't hear any crowing! The chicken coops are inspected by animal control officers to ensure the hens have enough space to engage in natural behaviours, and are protected from the elements and from predators. In addition, the sale of eggs is prohibited, as is the slaughter of birds within the city. I asked one Terwillegar family about their role in the pilot project:

*Q. What made you decide to take part in the pilot project?*

I am very interested in sustainable living, in particular sustainable food, so keeping hens just makes sense for me.

*Q. How many chickens do you have?*

I have 3 birds: Regina, Bridget, and Bernice.

*Q. How has your experience been so far?*

The experience has been so fun... and hysterically funny at

times. The girls are really sweet, and Bridget is particularly curious and vocal with me. Most surprising has been the fact that they actually have personalities and each bird is different. Also, I don't think there will ever come a day when I don't get a little thrill from opening the nesting box and finding eggs.

*Q. What about coping with Edmonton's winter?*

The breeds I've selected are very cold hardy and well suited to Edmonton's climate, so the girls seem to do well. The good thing about a small coop is the heat retention in the winter. My coop is insulated and has a thick layer of straw and shavings on the bottom. Even if it's -25°C outside, we have a thermometer in there that hasn't read below -10°C yet.

*Q. What do your neighbours think of your new pets?*

The neighbours have been very supportive. One side even commented they love to hear the cooing when they come out the back door. That's the hens thinking it's me coming to feed them!

*Q. What's the best thing about keeping chickens?*

The eggs, of course! They are by far the best eggs I'll ever eat. And I love looking out into my yard and seeing chickens pecking around. It's really quite beautiful.

*Q. Is it a lot of work?*

Hen keeping is fairly simple,

but I don't like reading articles about how "easy" it is. It takes a commitment, and sometimes a lot of work to keep the run and coop clean and dry, water topped up, feed topped up and the dirt bath filled. It is a hobby like any other, and requires the same type of care you would need to give any other pet. I happen to love tending to the chickens, and so does my partner. My daughter loves to collect eggs and because we have that commitment as a household, it really works well.

For more information about backyard chickens check out Edmonton's River City Chickens Collective at [www.rivercitychickens.org](http://www.rivercitychickens.org) or find us on Facebook. Follow the antics of the Terwillegar chickens on their own instagram account: <http://instagram.com/hensinthecity>

Top 10 reasons to keep chickens

Fresh, delicious, healthy eggs right outside your door!

Reduce your environmental footprint by decreasing the distance your food travels.

Help to create a secure, safe, and local food system.

Teach children (and adults, too!) where their food comes from.

Chickens are fun, entertaining and full of personality - great pets!

Reduce waste - chickens will eat your kitchen and table scraps.



A Terwillegar Towne Backyard Coop



Gold-Laced Wyandotte Hen

Properly composted chicken droppings make great fertilizer for your garden.

Chickens can help control unwanted garden pests, like slugs.

Support laying hen welfare.

Create community – your neighbours will be curious about your new pets!

## Ukrainian Cultural Heritage Village

By Christopher Tokarek,  
Coordinator, Group Bookings & Corporate Sales

Ukrainian Cultural Heritage Village

Now accepting bookings for Special Mobility-Impaired On-Site Driving Tours for summer 2015 at the Ukrainian Cultural Heritage Village

Experience Alberta's history and relive the "good old days" with a unique bus tour of the Ukrainian Cultural Heritage Village. Our award-winning special on-site driving tours provide an authentic museum experience for seniors who may have mobility-related challenges.

Starting on July 8th, this

award-winning program is available every Wednesday in July and August for pre-booked groups. This is our only bookings program where seniors can experience the story of Ukrainian settlement in east central Alberta (1892-1930) from the comfort of their group's bus. A tour guide, along with costumed role-players, delivers programming inside the bus so visitors do not step on and off the bus at each historic building.

Tour Options: Morning or afternoon tour options are available:

Morning Tour: Bus tour from 11:00 a.m. to 12:30 p.m. followed by lunch at 12:45 p.m.

or,

Afternoon Tour: Lunch at 11:30 a.m. followed by a bus tour from 1:00 p.m. to 2:30 p.m.

Food: Make the museum experience complete by ordering an authentic Ukrainian meal. Pre-ordered meals are served inside the Silska Domiwka (Red Barn) by the Friends of the Ukrainian Village Society. Complimentary refreshments are also provided along with live background music. Groups also have the option to bring their own lunches.

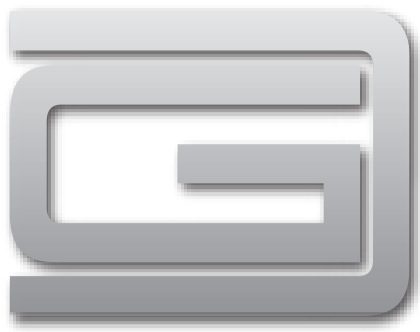
Group discounts: Group sizes ranging from 15 to 60 paid persons will receive a 10% discount and 61 or more paid

persons receive a 15% discount.

Complimentary Admission: Bus drivers and attendants receive complimentary gate admission. As a service to your group, there will be no fee charged for the step-on guide, refreshment, entertainment or use of the building.

Book early: Based on the interest from past seasons, we encourage you to book at least two months in advance!

To learn more, please visit [www.ukrainianvillage.ca](http://www.ukrainianvillage.ca); email: [uchvbookings@gov.ab.ca](mailto:uchvbookings@gov.ab.ca) or call 780-662-3640 (dial 310-0000 for toll-free access in Alberta).



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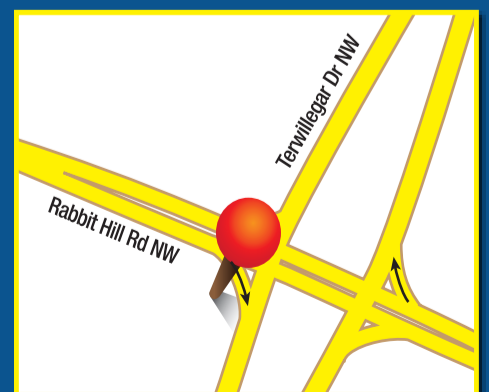
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# How will you outlive yourself?

By Ken McDonald, Lead Pastor at Terwillegar Community Church



How will people remember you? How will you outlive yourself? What will you leave as

a legacy by which you will be remembered in the years to follow?

There is a small paragraph in Mark's gospel that is a beautiful expression of legacy. It is recorded in the account where Jesus comments: "I tell you the truth, wherever the Good News is preached throughout the world, this woman's deed will be remembered and discussed." Mark 14:9 New Living Translation (NLT).

It was just before Passover. Jesus was in Bethany at the home of Simon who previously had leprosy but was healed by Jesus. Simon's life was transformed through the ministry of Jesus. Now Simon was hosting a meal and into this setting walked a woman with an alabaster jar of expensive perfume and she poured out the entire bottle over Jesus' head.

She was sharply criticized for her action. It could have been used to help the poorest of the

poor. The reaction of the critics prompted a quick response from Jesus. Leave her alone. She's done a good thing. You will always have the poor but you won't always have Me.

I would like to mention some beautiful little reminders of legacy. We leave a legacy with our broken vases throughout a lifetime. I was encouraged to write a few thoughts after reading an outline from a fellow pastor.

1. What matters most is not what happens to me, but what happens through me. I doubt whether anybody can get through this life without hitting some bumps. For some there are very big bumps. Not unlike many pastors, I have gone through ups and downs. Every year of ministry has been significant to my heart. These last years especially have added a unique joy by being involved in a Church Plant! Trust God that He will take what you do in His name and use it to His glory.

2 Legacy is built at the intersection of ability and

activity. We live in a very gifted world. I look out to a congregation of young professionals with intellectual ability, educational ability, relational ability, financial ability, abilities that come through being well-connected. But all the ability in the world doesn't get us anywhere unless we do something. Where do we put the plow in the ground and actually commit to something and really do it? I will serve here and I will make a difference for God.

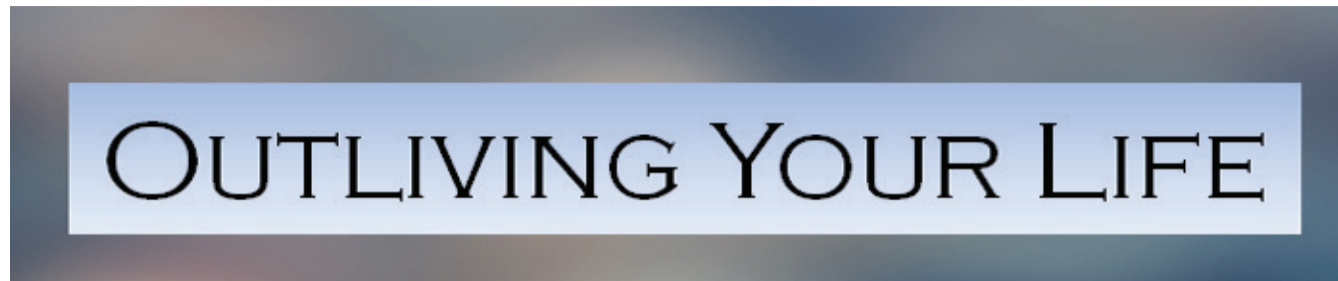
3. I need to follow my heart, not just my head. This woman (Mark 14:9) followed her heart and she did the most extravagant act you can imagine. She poured out an entire bottle of pure expensive perfume made from essence of nard. She spoke with her heart. Follow your heart, not just your head. I know we say it the other way around because sometimes our hearts can be wrong, but that's why we need our heads. Sometimes our heads can be too calculating, too logical and too predictable

so that's why we need our hearts. The way we check our hearts to see if they are on track is to monitor our motives. Why am I doing this?

4. I need to never let my critics determine what I do. One thing you can count on is that you will always have your critics. This woman had her critics. Good thing she just did it because had she known the backlash, she would have never done it. There are times when you need to follow your heart.

5. To leave a legacy, do all you can when you can! As we just said, this woman had a chance to do something that was in her heart. Too often we stop to calculate. If you spend too long calculating you will run out of time and you will have missed the amazing blessing of God. The woman did what she could and it was remembered - a part of her legacy - outliving her life.

How will people remember you? How will you outlive yourself?



## Terwillegar Community Church

### Spring Carnival:

- **May 30th**
- **Tomlinson Common Park**
- **Petting Zoo, Carnival Games, Cotton Candy...**

### Soccer Camp:

- **August 10-14th**
- **Register online**



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

# Having fun without flashcards

By JD Poots, *Terwillegar Tribune Contributor*

I am fortunate enough to be the mother of two energetic, bright, young girls. Our eldest is school aged, while our youngest still stays at home with me during the day. When my eldest was born, like a lot of first time mothers (and fathers) I was determined to do everything right; from make fresh, organic, homemade baby food, to marking each developmental milestone on the calendar. I was head over heels in love with this little person and I was going to give her every advantage possible.

We practiced *elimination communication* (yup, I was holding my infant over the potty at eight months old). We went to *baby sign language* classes. We even spent a fortune, and an exorbitant amount of time, working with *flashcards*. Now please don't get me wrong, if these methods, or really any others that fill page after page on your Google search, work for your family then by all means enjoy. I am

not here to judge.

For my family though, that first year wasn't a lot of fun. I was exhausted, and constantly questioning my own abilities as a parent. I struggled with feeling judged, and regularly compared myself to the other moms around me. Then something amazing happened; I let go. I recognized that I was the only one judging myself, and I stopped.

I learnt to play. I learnt to get dirty, crawl around on the ground and let my imagination, and theirs, run wild. It was so liberating! Through this process, I discovered that my eldest daughter became more engaged. As she grew, she began to ask me to set up science experiments for her. Her birthday wish-lists became a constant request for books, and art supplies.

Our youngest is now reaping the benefits of this trial and error. Since her birth we have focused on play, both structured and child-led, as our main education tool. We have found some great projects that can be

done inside on cold days, and even some fun ones that can be done outside through our changing, Canadian weather. I thought it might be nice to share a few of our favorites with you so that you and your little ones might give them a try:

**Salt Dough-** We use this dough for both play, and to make gifts. It dries well without the cracking that we have struggled with when using other homemade dough. It can be painted easily and cleans up well (one of my must haves):

2 cups flour

1 cup warm water

Food colouring to tint the dough when not painting

Dries in 1-2 days, or in 90min when placed in an oven set to 200 degrees



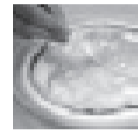
**Tie-dye milk-** We use the colours of the session (red and green at Christmas. Yellow and purple at Easter) and our kids, both young and old love this

one:

Fill a shallow dish with Homomilk (skim doesn't work)

Add a few drops of food colouring

Dip a Q-tip in regular dish soap, and then dab the Q-tip into the food colouring that will be floating on top of the milk. Watch as the colours swirl together!



**Letter tracing-** our youngest loves to find the letters of her name in other printed words. Using a thick tipped highlighter, write out a short sentence or two (be mindful that the words include the letters the child will hunt for. Giving the child a thin tipped marker, have them find and then trace the letters of their name:

Ellie - I love my family.

Learning can be found anywhere: play and enjoy!

## South West Edmonton's newest community resource

By Brandon Kelm,  
*Communications and Social Media Coordinator, MWFRFC*

We are a family resource centre with a rich history of serving families in the Edmonton community. We offer strength-based programs and services for families and individuals, focusing on everything from early childhood development to anger management. As part of a network of support in the community, families can utilize us to find various community resources as they need them. Our goal is to strengthen families and support parents in their journey through parenthood, and to provide adults and children with the

tools required to grow and thrive.

More than ten years ago we began our legacy in Mill Woods and the surrounding area as *Mill Woods Family Resource Centre*. We subsequently became Edmonton's first Parent Link Centre, offering a wide range of free and low-cost programs and services in that community. We have grown in many ways since then, and have recently expanded our service area to encompass the entire southern region of the greater Edmonton community by adding another Parent Link Centre in the South West. In November 2014 we officially opened our brand-new South West location at 25 Fairway

Drive, and are beginning to forge new community partnerships in that area to offer our programs and services to families and individuals in the South West.

We realize that our name can be a bit misleading in terms of understanding the full scope of the communities we serve, so please stay tuned, as we are in the process of developing a new name and identity, one that better captures everything that we do and everywhere that we do it. 2015 has already been an exciting year for us, and we anticipate much more growth to come. Please visit our website, [mwfrfc.org](http://mwfrfc.org), and follow us on Facebook (Mill Woods Family Resource Centre,



and South West – Mill Woods Family Resource Centre) to stay current on all of our programs and services, special events, and news and information about us as it happens.

As a very old and often-used adage says, it really does take a village to raise a child. It also takes the entire village to build a community. We take our role as part of that village very seriously, and are deeply committed to doing our part to build the strongest and most

Terwillegar Community League is seeking volunteers for various events over the summer.

Email us at [volunteercoordinator@terwillegar.org](mailto:volunteercoordinator@terwillegar.org) for opportunities.

# Summertime fun with the kids

By Jennifer Plambeck,  
Terwillegar Tribune Contributor

Summer is coming, I think. It should be, right? It's time to start thinking about all the fun summer activities you can do to keep your children busy on the weekends and when school is out. For us, inexpensive or better yet, free is ideal. We are a family with four children and a trip out of the house to do something fun for the kids can all of a sudden cost almost \$200 (okay, a bit extreme, but it has happened). I look for activities that don't cost much for admission, where we can bring our own snacks and lunch, and where it is fun for all of us.

Something we do is buy the multi-facility annual pass (If you put away \$30 a month, this should cover the current cost or close to). It includes admission to The Edmonton Valley Zoo, The Muttart, Fort Edmonton Park, and The John Janzen Nature Centre. I like this because I don't feel guilty if we go out one day and leave in an hour because one of the kids has had a major meltdown. If you go to each of these locations twice in one year as a family, you have pretty much covered the cost of the annual pass. There are other annual passes you can buy and check out different places around the city. If you want to just go for a

day visit, check around because you can often find discounts for admissions to make the day affordable and fun.

For free places to go, we love the parks, especially those with the Green Shacks! Playgrounds, spray parks, a big open field where the kids can run around. If you have a dog, you can take your kids along for a walk at the dog parks and teach them proper behaviour around other peoples dogs (I'm actually serious, but this is better for older kids, not toddlers or babies). Talk to a dog trainer about what kids should do around unfamiliar dogs. It's a great way to meet other families too!

Another activity we love to do a few times during the summer is go to a U-pick. The kids love this! I've been taking my kids since they were little. They get lots of fresh air, they get to learn where fruits and vegetables come from, plus you have free labour to help you pick (and you don't typically pay admission, just pay for what you pick). The younger ones will need to be watched a bit closer and taught what is okay to pick and what isn't. One of our favourite places is Steven's Strawberries. They have just strawberries and glorious berries they are! We bring along lunch and make a long trip of



it. Our other favourite place is Happy Acres. They have a very large variety of vegetables throughout the summer. We go out a few times in the summer and pick a bunch of vegetables for the upcoming week. The kids have a great time seeing all the plants and learning that vegetables don't just magically appear in grocery stores. Again, we pack a lunch and make a day of it. The kids come home tired and dirty, but they always have fun and I have fresh produce. We love to invite another family to come with us as extra hands make the harvesting go a bit faster when we work together.

See what I did there? Another lesson amongst the fun!

There are so many activities around the city that are free for families to enjoy! All it takes is looking online at upcoming events and asking other families what they do. Many summer days, my kids play with the other kids on our block. They all go to each other's backyards and ask for a cold treat, one right after the other. They hit 5 popsicles each in one afternoon before we figured it out. Sometimes just hanging out with the neighbours is the best and fun summer activity.

## EPL update - Riverbend Branch

By Kim Bates, Community Librarian, Riverbend Branch

This Card Makes You Smart: getting to know learning databases at epl.ca

We commonly receive questions at the library from people looking for courses and tutoring to either upgrade their skills, or help their children with school. Over the last year or so Edmonton Public Library has been focussing on building up our online learning databases as well as making the ones we already had more accessible.

We have a number of databases that offer courses on a wide variety of topics, some that you may expect a library to

offer, such as computer courses and resume building. But...

there are many more you may not have thought you could find at the library including drawing, guitar, math or even understanding adolescents. The following is a list of some of our most popular learning databases that will help you learn a new skill, develop a better understanding of a subject, or help you pass that next test at school:

**Solaro:** Previously only available in the library now Solaro offers Alberta curriculum based, learning for grades 3 to 12 and is accessible anywhere! This resource has lessons, quizzes, tests in an

interactive package. All the content of The Key and SNAP books you may have already tried in print are now online.

**Lynda.com:** An online learning library that helps anyone learn business, software, technology, and creative skills from over 3,100 engaging video courses taught by recognized industry experts.

**Brainfuse:** Offers students learning support from kindergarten up to grade 12 through university students, adult learners as well as resume writing help. Students can chat live with online tutors, create study aids customized to their learning needs and get real time feedback on their work.

**Gale Courses:** Brand new interactive instructor-led online courses covering a wide range of topics. New six week courses start on the third Wednesday of every month.

**Mango Language Learning:** Online language learning service that includes 48 languages for English speakers and English language courses for speakers of 15 other languages.

Visit epl.ca and click on digital content to see more learning databases and all we have to offer online!

EDMONTON

# Free Drop-In Bike Safety Programs

For participants of all ages on 2 wheels or 4 wheels! Children 5 and under require a parent or guardian to attend. Families are encouraged to participate.

Fun and basic bike safety skills are the focus of this **free drop-in** program. Participants will enhance their bike safety skills while participating in stations and games. Participants can make a personalized bike plate.

The program will be adapted to the age and skill level of the participants dropping into the program. The program will take place in a contained area.

Saturday, May 9, 2015	Parking Lot D – Terwillegar Community Recreation Centre 2051 Leger Rd NW
Saturday, June 13, 2015	Parking Lot – Terwillegar Community Church 1751 Towne Centre Blvd NW

**Time: 1:00 pm – 4:00 pm**  
 4 Wheel Drive 1:00 pm – 2:30 pm  
 2 Wheel Drive 2:30 pm – 4:00 pm

**Participants can stay for the full 3 hours or drop-in for a short while!**

**\*The program may cancel due to inclement weather\***

**\*Participants must have their own bikes. A CSA approved helmet is mandatory for participation\***

**For more information contact 311**



## Community Summer Daycamps

The City of Edmonton offers amazing summer daycamps at local community halls so that kids can enjoy programs in their own neighbourhood! There are daycamps for ages 3 to 12 years old. Each daycamp offers a variety of recreation activities but will focus on one of the following program categories:

- Arts & Crafts
- Cooking
- Drama, Dance, & Music
- Imaginative Play
- Science & Outdoor Play
- Sports & Fitness

Get the full details in the **2015 Community Summer Daycamps** guide — available at schools, public libraries, City recreation centres, and online!

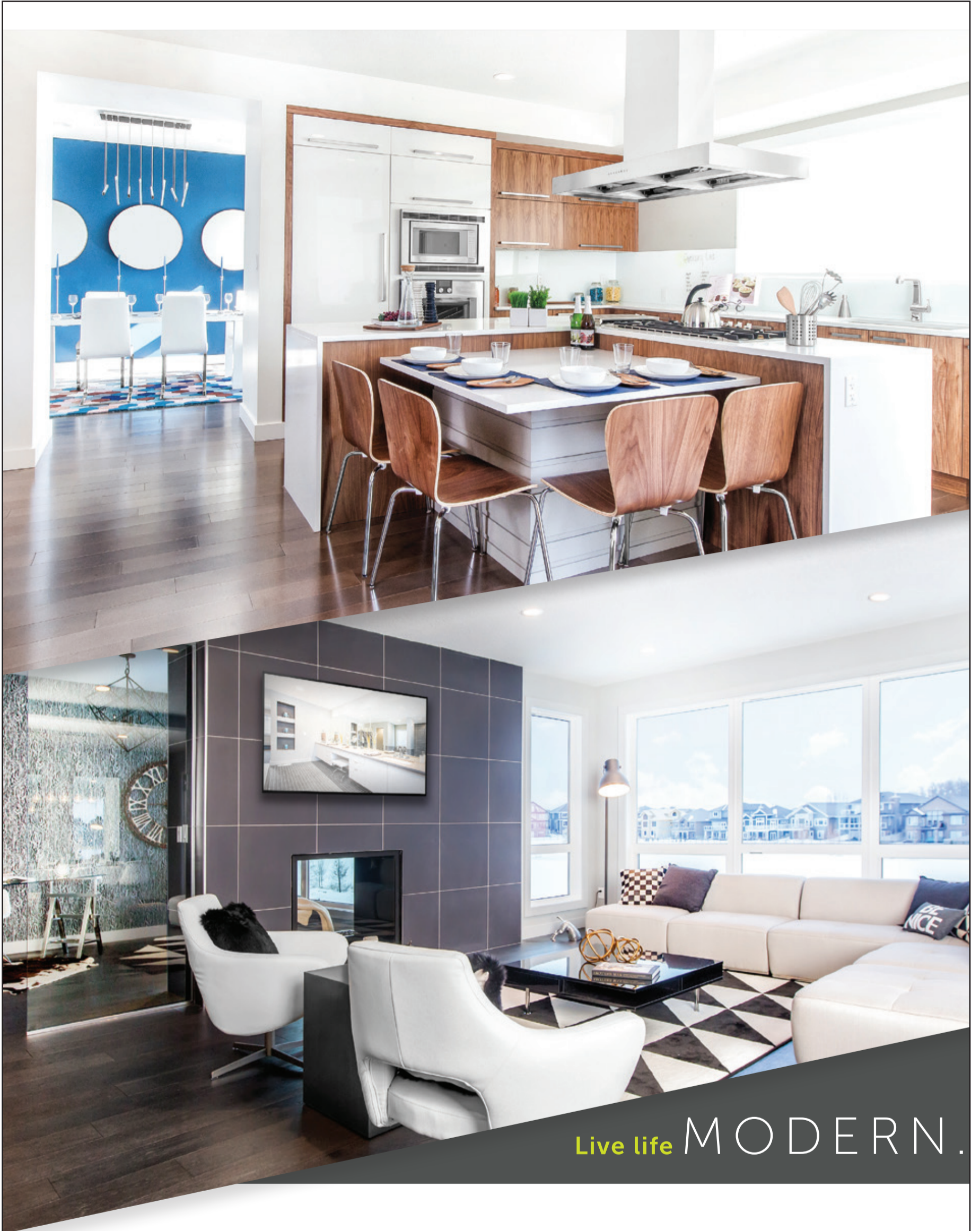


Registration begins April 28, 2015

Register by calling 311 or online at [edmonton.ca/daycamps](http://edmonton.ca/daycamps)







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# TRAC

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



By Karin Shott and Sharon Gritter

Welcome to spring. TRAC has been busy. The 4<sup>th</sup> Annual Edmonton Youth Talent Show plans are underway. Mark your calendars for Sunday, April 26. We are excited about the new venue at the Royal Alberta Museum! Register on Eventbrite today if this is something of interest to you.

The TRAC AGM is scheduled for April 29. If you have not been able to attend a TRAC meeting, mark your calendars for this one. Everyone is welcome to attend and you will see what TRAC has accomplished the past year and what they are looking forward to in the year ahead. Enjoy some light refreshments & meet some people in your neighbourhood.

Plans are also underway for the 10<sup>th</sup> Anniversary TRAC 10K 5K, 3K [run/walk]. Registrations are now open. Be sure to mark your calendar for Sunday, May 31. Starting point will be the Mother Margaret Mary Catholic High School site. We are promoting fun, fitness, health & community spirit!

Please contact the TRAC Community Office by email at [tracmail@tracspirit.ca](mailto:tracmail@tracspirit.ca) if you are available to help volunteer.

It's not too late to purchase a

community league membership from the TRAC Community Office. Memberships expire August 31, so buy your membership today and help support your community! Without your support the community leagues would not be able to offer all of the special events, programs and community swim/TCRC access times that are enjoyed by so many.

Brander Gardens ROCKS: BG ROCKS is a growing collaboration of kids and families, neighbours, community organizations and institutional partners committed to building on community capacities, and resilience to create a neighbourhood where diversity is celebrated, neighbours know one another and all kids and families flourish.

BG ROCKS was represented at the *Youth Action Project on Poverty* in the Heritage Room at City Hall on February 2nd. It was an opportunity to gain a deeper understanding of poverty in Edmonton, and its impact on young people. An initiative of the John Humphrey Centre for Peace and Human Right, and partner Young Diverse and Proud hosted the event to address the important issue of poverty elimination and

contribute to the Youth Action project presentation to the Mayor's Task Force.

Nearly thirty people attended a wonderful afternoon at the Jubilee to listen to the *Pikkardiys'ka Tertsia* – Ukraine's famed men's a cappella ensemble. St. John's Institute hosted the event with 101.7 World FM in partnership with Yuriy Kus, Meest Productions and served delicious appetizers afterwards.

Some of the youth attended *MAAFA 2015 – Celebrating the Triumph of the Human Spirit*, on February 6 at Edmonton City Hall. The theme of this event was to remember 500 years of Trans-Atlantic Slave Trade injustice and to say "never again". This celebration brought over 250 community members together to bring diversity forward through performers, attendees and speakers from the broader African diaspora. Presenters this year were called upon for global connectedness with the African diaspora – especially the youth. Check [www.nilevalleyfoundation.org](http://www.nilevalleyfoundation.org) for more details.

The after school club continues on Tuesday and Thursday. The youth enjoy afternoons of learning drama, math games, chocolate making, arts, drumming and science.



BG ROCKS was nominated by the Homeward Trust Edmonton 2015 ROOPH Awards. The ROOPH Awards - Recognizing Outstanding Organizations and People in Housing. At the awards luncheon, they will highlight Edmonton success stories within the housing sector and areas of related services.

The City of Edmonton and United Way partnered together to give Brander Gardens ROCKS \$100,000 for the year of 2015. This will continue the work of BG ROCKS to work with Mom and Tots groups, Youth groups, educational field trips, summer programming, tutoring programs and family dinner gatherings, and adult educational opportunities in finances and the HOME program.

Mark your calendars:  
Sunday, April 26 - Edmonton Youth Talent Show  
Wednesday, April 29 - TRAC AGM  
Sunday, May 31 - TRAC 10K  
Wednesday, June 17 - Last TRAC meeting – until Sept./15.

## Wine brings the community together

By Dr. Rob Agostinis

Several years ago, David Gummer, owner of Vines Wine Merchants in Riverbend/Terwillegar, launched Rafa's Red, a wine named for his Portugese water dog, Rafa. He partnered with a vintner who allowed their bottles to host local labels and Rafa's Red hit the shelves. Proceeds from that went to the Edmonton Humane Society.

The success of that label inspired Rob Agostinis to ask David if TRAC (Terwillegar Riverbend Advisory Council) and Vines Wine Merchants could partner with a vintner to launch a community wine.

The idea was to launch a series of community wines that would represent each of the eight community leagues in the Terwillegar/Riverbend/Greater Windermere area and proceeds from each bottle sold would go

towards community projects and programs.

Rob worked with David and with great determination the 'community wine' became a reality.

In 2013, Terwillegar Malbec was launched and like Rafa's Red was a great success. It was now time to work on the second community wine.

With a soft launch in early December 2014, 'Riverbend Red' – 2011 Shiraz Grenache, was introduced to a small crowd of Riverbend Community League and TRAC Board members. Everyone enjoyed the wine and are excited to introduce it to their community.

The wine comes from the Zonte's Footstep Winery located in McLaren Vale, South Eastern Australia.

*A couple of wine scribes recently noted; "The critically*

*acclaimed Zonte's Footstep wines are not 'old world', nor even 'new world', Zonte's is out of this world!"*

William Bincoletto, the Principal Sommelier at Vines Wine Merchants describes the 'Riverbend Red' as "*plush and soft, with hints of chocolate, eucalyptus and rich red fruit.*" This well-rounded versatile wine can be paired with almost anything: BBQ meat, pizza, spaghetti and even curries.

The wine is available for purchase at Vines Wine Merchants and sells for 21.99. \$6.00 of every bottle sold will support TRAC's great community projects and programs.

Agostinis is excited about this wine and wants to thank David Gummer and the Staff at Vines Wine Merchants for making this a reality. Vines is truly your local community wine store

that supports communities with their fundraising efforts and many charities throughout the City.

TRAC and Vines will be having a more formal launch in the weeks to come. Stay tuned for that announcement!

Discussion and planning is already happening for the 3 wine, which will celebrate the community of Windermere. If any of you readers and wine lovers has an idea for a name for that wine, give us a shout at TRAC.

Benjamin Franklin says it well, "*Wine makes daily living easier, less hurried, with fewer tensions and more tolerance.*"

*Catch The Spirit!*

Vines Wine Merchants:  
780-434-9444, [www.vineswinemerchants.com](http://www.vineswinemerchants.com)  
TRAC: 780-439-9394, [www.tracspirit.ca](http://www.tracspirit.ca)

# 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

“No road is long with good company.” - Turkish proverb

**FRIENDSHIP AND THE TEDDYBEAR CACTUS ATTACK**

My husband and I recently spent a couple weeks in Palm Desert with two dear friends. One day we had a little adventure that illustrated how friends and acquaintances make a difference in almost anything life throws at you. We had set up the tripod for a group photo by a cholla cactus grove. The cholla is called ‘the teddybear cactus’ because it looks so cute but also called ‘the jumping cactus’ because of its affinity for anything moving nearby. Two of us stepped a little too close and suddenly spiny balls of cactus was embedded in our shoes - and feet. We figured out how, as a team, to get back to safety and gently extricate our feet from the pierced footwear. Then a desert-veteran couple loaned us pliers for the detailed work. Friends and acquaintances rescued the day!

**SWESA BOARD EXPANDING - CONSIDER APPLYING ON NEW POSITIONS:** The SWESA Board is expanding up to a total 12 board members at their April AGM. You are invited to apply on the vacant board positions. See the SWESA website for details. Anyone with an interest and willingness to take on some responsibility is welcome. The Board is especially looking for retired professionals with some background in areas such as communication, marketing and fundraising. Contact me or SWESA directly for more

information.

**2015 PROGRAM GUIDE:**  
 Pick up the Guide at SWESA’s two coffee locations or view it on the website. If you become a member of SWESA and you’ll also receive regular updates on programs and activities. Here’s just a few highlights in March:

March 16 - 1:30 - 3:00  
 Introduction to Twitter

March 17 - 10:00 - 11:00  
 Foot Care (an informative, interactive session with prizes)

March 18 - 10:00 - 11:30  
 Dare to Age Well (cutting edge information for women only, on various taboo topics related to healthy aging).

March 25 - 12:00 noon to 2:00 pm - Spring Luncheon

**ANNUAL GENERAL MEETING:** Mark your calendars to attend the April 22 Annual General Meeting, 6:30 - 9:00 pm at Yellowbird East Community Hall.

**PICKLEBALL!:** Pickleball is one the fastest growing sports and it might just be right for you. It’s like tennis but with a smaller courts and a bigger racquet. And it’s a year round sport played both indoors and outdoors. Beginners are welcome. Teams are arranged to give everyone a challenging game. Equipment is provided. Laughter guaranteed. SWESA has struck a committee to establish a new and larger outdoor pickleball facility for SW Edmonton. For more information about Pickleball call Ken Hurshowy at 780-660-4127 or email: ken.hurshowy@shaw.ca.



“I’d rather be in Hawaii” SWESA Luncheon



SWESA Volunteers, Yvonne Goulet and Derek Quittenton at the Hawaii Luncheon

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  
 SWESA website: www.swedmontonseniors.ca

**SHOP FOR GREAT DEALS ON BOOKS; DONATE BOOKS:** At SWESA’s Book Shoppe, a large selection of books are available for \$1 with all proceeds going towards

programming at SWESA. Book donations are welcome and appreciated.  
 Photos courtesy: Carol Bigam

Growing old is mandatory,  
 But growing up is optional  
 - Walt Disney



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# Pets

## Scrunge to the Rescue: A Canine benevolence story

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

It had been a long time since Scrunge had spent this much time primping. He took good care of himself, but rarely did he spend actual money on a visit to a Dog Spa to get ready for something. He bounded into the groomers parlor, (*as much as an old codger like him could bound*), and ordered the premier service. He got his nails clipped, hair trimmed, teeth cleaned, and finished with a good brush and bath. Then, he popped into the store to buy a few treats as a gift. It was, after all, Valentines Day. The incredible fortune of finding his long-lost Havanese love again after all these dog years was too good to be true. He was not taking any chances. When he was sure he was fully prepared, he trotted down the street to the old tenement where he had been reunited with Trixie just the day before.

Scrunge sure thought he was ready, but when Trixie opened the door his jaw dropped open, spilling the bag of bones and biscuits onto the floor. She smiled coyly and she looked stunning. Her slightly graying hair was softly curled with a small bow on her head between her ears, and her eyes looked right into his soul. He had to lick his chops a bit just to find his voice. "Good evening Trixie...may I escort you to

dinner", he asked? "I know a nice place just a few blocks away". "I would enjoy that very much", Trixie responded. "Cupid has offered to stay with the rescue pups, so we can take as much time as we like".

They slid into a corner booth at a local joint that served the best raw burgers in town. The menu displayed Chicken, Pheasant, Surf & Turf...even Elk and Rabbit and Bison. It was hard to choose from so many delicacies. Trixie had developed a sensitive tummy over the years so she ordered the vegetarian while Scrunge ordered the Lamb. As they waited for their meal, the two wasted no time catching up on all that had transpired in their lives since those bygone days when an early romance had faded and they had drifted apart. Scrunge felt compelled again to tell Trixie the story of how his Christmas Eve dream had arrested his thinking and changed his heart. He apologized over and over for how he had mistreated her when they were younger until Trixie placed her paw against the side of his face, and with a soft compassionate voice said... "I never stopped loving you Scrunge. There was never going to be anyone else for me. If you are willing to start over again, I would like that very much". Scrunge was overcome with joy as he reflected on the

incredible blessings that had poured into his life since that fateful night just a few weeks before. There was a lot of regret from all the wasted years, but he was determined to spend his remaining days making it up to Trixie...and to others as well.

"Tell me about your work", Scrunge said. "I would love to know how I can be a part of it". Trixie shared how she had struggled alongside some human friends to care for a steady stream of abandoned dogs. Scrunge was amazed at the story. She sounded like a canine Florence Nightingale. She recounted how they had accepted any dog that came their way at the beginning, but it simply became too much and so they had been faithfully rescuing only young dogs for the past 3 years. "I would very much like it if you could come and help us Scrunge", she said softly. "I'd like to do that Trixie", he responded. "In fact, I'd like to do more than just help. This may seem impetuous, but I never stopped loving you either...and I can't think of anything better than to spend the rest of my life by your side in whatever comes along. Trixie... will you marry me", he blurted out... "I promise to love you and help you for all the years I have remaining to me....honest!" Trixie grew quiet. "I believe you are being genuine Scrunge....but there would be one condition.

*I have also come to love every single puppy that comes into our care, and if you want me, you would need to come live with us at the tenement. It is all we have for the pups, and I won't leave them. If you can do that, then yes...I will marry you".*

Scrunge's heart soared. He could not have imagined even considering such a move just 6 short weeks ago, but right now the idea seemed like simply the most natural thing to do. "I would be honored to move in with you just as soon as we get married", he said..."maybe Cupid can help you and I get a better start as we move ahead. I'm kind of out of practice caring for anyone but myself". "I'm sure Cupid can help us" Trixie replied.... "but don't worry...I'll help you...we can make it together". Scrunge just couldn't believe how full of grace Trixie was. After picking up some bakery specials on the way out they padded down the street together. Scrunge was so happy that he looked skyward and breathed a prayer of gratitude... the future was, indeed bright... and it would get even better.

"...hmmm, he thought to himself...I wonder if some of those business minded dogs I met yesterday would help us fix up the tenement, maybe even buy the building so we could take in more rescues....I'll have to give them a call tomorrow..."  
Story continued in next issue.



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# Pet's Pantry: A small business initiative in Terwillegar

By Lesley Saxby, A Pet's Pantry

What makes A Pet's Pantry different from a rescue? Connections. At A Pet's Pantry, our goal is to not only bring to light the needs of rescues and the animals that come into their care, but to provide stability for them.

How do we plan to do this? First of all, we are placing A Pet's Pantry Food Bank Boxes in participating Pet Stores. The donations from these boxes go towards supporting multiple animal rescues and food banks for those who need help looking after their furry companions. All rescue are welcome to become a partner with A Pet's Pantry.

Secondly, we are networking with local, small entrepreneurial businesses to support our rescues and themselves. By working with A Pet's Pantry, businesses and rescues work

together to reach different demographic markets then they would normally reach. Unless a person is specifically looking for a rescue or business, consumers and supporters may miss connections to our rescues and business partners. We were overwhelmed by both the need and the support for marketing rescues and small businesses together.

Terwillegar Town Liquor stepped up immediately by offering A Pet's Pantry its extra space for our Pantry Donation Centre. It is here that the magic behind us begins. Donations are gathered from our corporate partners and the community, inventoried, organized and readied for distribution to our rescue partners. This saves rescues valuable resource by having a one-stop pick up. Their valuable volunteer hours and fuel are no longer used up

traveling all over the area to get supplies.

Our Pantry Donation Centre is open every Friday from 4-7 PM. This allows both the rescues and community a reliable time to plan for donation pick up and drop off. Our address is #101, 5321 Terwillegar Town Blvd. Come by and see us, pop over to Terwillegar Town Liquor and support them, tell that A Pet's Pantry sent you.

Together, we can make a difference for our most vulnerable animals while supporting local entrepreneurs and businesses. Stay tuned next month for our next article.

This month, come see us at the CFB dog park fundraiser on March 15, and the Terwillegar Spring Fling on March 28. Watch for our online auction coming April 15-22. Auction items are greatly appreciated.



Please feel free to drop them off at the Pantry Donation Centre or contact us to arrange pick up.

Hope to see you soon. We collect bottles for donations, as well as new or gently used clean pet accessories and supplies as well as unopened pet foods and treats. Please visit us on Facebook and on our website at [www.apetspantry.org](http://www.apetspantry.org).

## Tales of a first time pet owner

By Zafrina Zuhair, Terwillegar Tribune Contributor

As a child I did not grow up with pets in the home. I remember our first family pet was a dog named Hero. He was a sweetheart but since he lived out at my grandparents home I didn't really get to spend much time with him. Also, as a 10 year old, I was terrified of dogs! So on my visits to my grandparents, I would pet him from afar and throw out treats for him.... That's as far as I would go.....

Many many years later, I found a kitten, which I named Tiny. But I didn't get much of a chance to bond with Tiny as my mom, who wasn't very keen on cats, gave Tiny away. It broke my heart and I did not want to get attached to another animal again!!

Several years passed by.

A few years ago, my husband decided we should get a pet.....a cat! He had lived in a household with cats all his life. I wasn't too thrilled. As far as I was concerned it was extra work for me. I didn't want my perfect little home to be filled with cat hair and smells of litter. I said No.

Eventually, after years of saying No, I gave in to my husband's need to have a pet. About 2 years ago, he found a

cat that was up for adoption through a rescue event at a pet store. We went in and picked up all the essentials and brought home our newest family member. Her name was Mojito and she was about a year old. She was coming to us from an abused home. She had burnt whiskers, broken tail and no front claws. We decided to call her Kitty. In fact her legal name is Mojito "Kitty" Burton and like all the cool cats out there, she goes by her middle name Kitty. She made herself comfortable as soon as we brought her home. In fact she even slept on our bed the very first night. My husband promised he would do the litter cleaning etc. and so began the adventure of being a pet owner.

For the first little bit, I would buy her all sorts of toys and pet gear but I eventually learnt she is the happiest playing with a piece of string and a dental pick. Like every new parent or pet parent out there, I slowly learnt that the most important thing I can give her is love and security. Speaking of security, pet insurance was one of the first things we got for her. I also became more comfortable doing the litter cleaning. She slowly became the queen of our home and my first "baby" (FYI I don't have any human babies).

Today, almost 2 years later, I am a proud pet parent of a happy and healthy almost 3 year old Kitty. She walks on a leash, loves to play fetch and adores being around me and my husband. She is very social and demands attention. She loves to try new food! She loves the Blue Buffalo dry food and Organix wet food. Freeze dried shrimp from Purebites is her favourite treat, although she does enjoy Kitty Yums from Blue once in awhile. She has a spiffy water fountain with fresh water but she likes to follow us into the bathroom and drink water out of the faucet. And like every other toddler out there, she has her moments and will do anything to get what she wants.

To sum up this story, having Kitty in my life has given me a new sense of happiness. She is always there with her excited meows and endless energy. No matter what the day brings, I know I can count on her to cheer me up. She doesn't judge me and loves me unconditionally. It has also made me want to do something more towards helping other animals. It breaks my heart to see people mistreating their pets. I seriously think that there should be some legislation to ban certain people from having pets. For the love of god, do not



A picture of Kitty !

adopt an animal if you cannot take care of it! I would rather them stay in a shelter than go to an awful home. So I do small things to help rescues whenever I can, from buying some extra pet food when I am at the pet store to saving my empties for bottle drives....i know every small bit counts.... !

So to all the loving pet parents out there who treat their fur babies like royalty, Kitty and I would like to thank you all for everything that you do!

# 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:**

**April 11: I'm Too Big For It Sale at Terwillegar Community Church**

**April 26: Edmonton Youth Talent Show**

**May 8: Deadline for next issue**

**June 9: Next issue released**

**July 1: Canada Day celebration**


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

Terwillegar Tribune 2015	
Submission Deadline	Released
January 9	February 3
March 9	April 7
May 8	June 9
July 31	August 28
October 16	November 24

Terwillegar Community League mailing address:


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

## Membership Fees:

Family, \$45,  
Senior/Single/Adult, \$35

**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

## Contact the Terwillegar Community League



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

**Board Contacts**  
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[vicepresident@terwillegar.org](mailto:vicepresident@terwillegar.org)  
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