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

Issue 58 August 2015

**Next submission deadline:**  
**October 16, 2015**  
**Next issue: November 24, 2015**

## Canada Day at Tomlinson Park

By Marc Lachance, Programs Director, TCL

Celebrating Canada Day together as a community was... hot, crowded, frantic and awesome! What a fabulous turnout and who could think of a better way to spend a national holiday than hanging around with a few of your neighbours.

The event got started as soon as the bouncy castles were up. Then it was jam-packed excitement for the rest of the day. From food trucks to free watermelon from Save On, along with a challenging game of "Simon Says" to the "Longest Three Legged Race in Terwillegar History", the crowds enjoyed a wonderful day.

But what would a Terwillegar Canada Day be without the famous Bike

Parade? The day culminated with the running of the annual parade with the great prizes and a bundle of ice cream waiting at the end.

We look forward to doing it all over again next year!



## Toonie Carnival was a huge success

*Thank you to our sponsors who helped make the 2015 Toonie Carnival such a success. We made over \$4000 and had over 800 people in attendance!*



*Terwillegar Twilight Double Feature. was August 22nd at South Terwillegar Park PADDINGTON and BACK TO THE FUTURE!*



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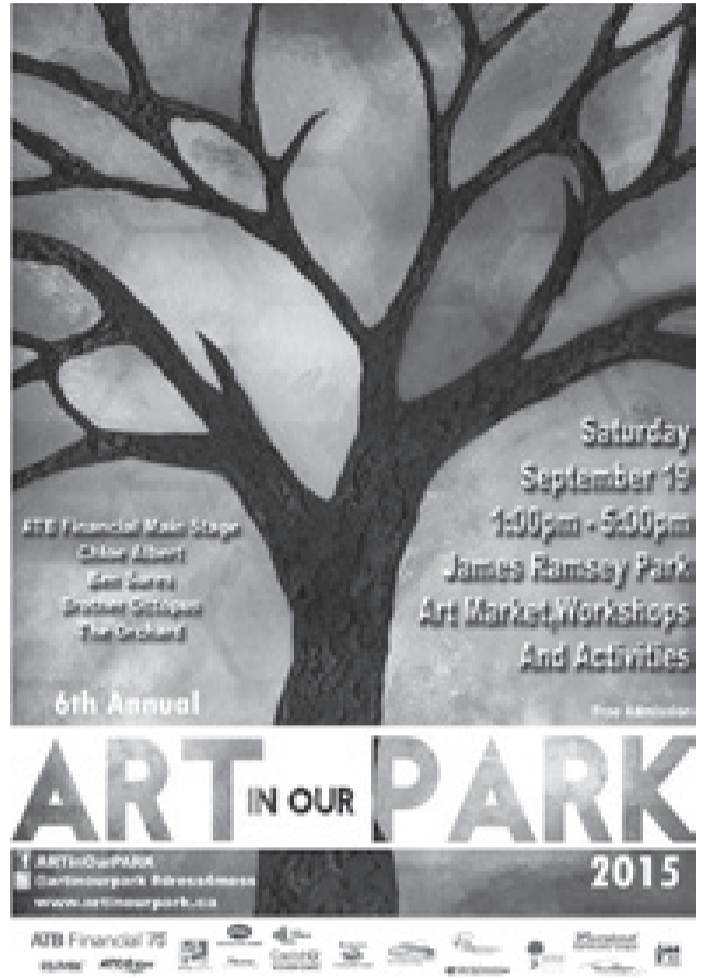
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# Community

## Exciting events coming up!

South Terwillegar Park will soon have a new playground to add to the splash pad. Keep watching [www.terwillegar.org](http://www.terwillegar.org) to ensure you don't miss the grand opening happening soon!

Plus there is still a chance to donate money for the playground and have your name on a plaque if you like. Call 780-231-6114 to donate today.



### Halloween Fireworks at Tomlinson Park!!

Wrap up your tricking and treating with TCL's annual fireworks extravaganza!

When: October 31st, 8 PM

Where: Tomlinson Park

Come dressed as scary as can be!

### Community League Day

Terwillegar Community League has once again sponsored Art In Our Park to celebrate Community League Day! In addition, this year we have also purchased a face painter and balloon artist!



## I'm Too Big For It Sale

### Terwillegar Community League's Semi Annual Sale

Interested in booking a table?  
Visit [www.terwillegar.org](http://www.terwillegar.org)

**When:** Saturday September 19, 2015 10am to 1pm

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

Arrive early for some sweet deals

For additional information contact Michelle [mmcwilli@live.com](mailto:mmcwilli@live.com)

Vendor Application available at [www.terwillegar.com](http://www.terwillegar.com)



# Community

## Thank you

By Jenn Gilliard, Editor,  
Terwillegar Tribune

Well, this is it. This is my last issue as Editor of the Terwillegar Tribune. It has been an amazing run. I have been Editor since March 2014. I have learned so much, I have met so many amazing contacts, and am proud of the many accomplishments I have made.

I have learned so much about community events hosted by TCL, I have learned new names and locations of businesses in the area, and an increased knowledge in layout, design and printing services.

I will miss those whom I have worked with including the TCL Board, advertisers, and community writers. Thank you to all who have helped to make the paper a success! I will still be living in the community and will continue to be involved. I will attend events hosted by Terwillegar Community League, shop local, go to

SWEFM, perhaps submit an article or volunteer. Maybe I'll bump into you!

While Editor, I was pleasantly surprised by the number of residents in our community who submit articles to our newspaper. We received articles about a community family dance, winter running and how swimming can be both a sport for fun and a career. I hope these folks and more will continue to share their writing talents and stories with us. Many businesses share helpful articles about their services, and I have just loved the stories about Scrunge from Gord at Bone and Biscuit! We have many long standing contributing writers and organizations, SWEY, TRAC, SWESA, SWEFM to name a few. I just love reading the many amazing articles as I create the layout.

Receiving advertisements and articles from the community

and putting together the layout has been a lot of fun. Challenging at times, there have been a few midnight nights juggling my other job and a family, but it has been well worth it.

It was exciting to see kids from the community contribute to the paper as well, an article, a crossword, word scramble or word search. They are all so talented and it is so wonderful they can share their creative skills with us!

I am proud to say I was able to bring on some new advertisers, some making an annual commitment. I am also happy to have encouraged some local residents, both kids and adults to contribute for the first time with articles and other creative ways. To have completed a newspaper full of interesting articles and useful ads and information was in itself very rewarding!

I have always enjoyed reading

the community newspaper no matter where I am living. Whether growing up in rural MB or living in Milton, ON, I would always look forward to receiving the paper and checking out the latest! Now, I had a chance to help create a newsletter and share the news with my community and friends! A community newspaper is such a great way to find out what is happening in the area and learn about services offered. I hope you keep reading the Terwillegar Tribune and enjoy!!

If you or someone you know may be interested in becoming the next Editor of the Terwillegar Tribune please email [editor@terwillegar.org](mailto:editor@terwillegar.org) or [vicepresident@terwillegar.org](mailto:vicepresident@terwillegar.org).

## We are looking for a new Editor

If you or someone you know is interested in becoming the next Editor of the Terwillegar Tribune please email [editor@terwillegar.org](mailto:editor@terwillegar.org) or [vicepresident@terwillegar.org](mailto:vicepresident@terwillegar.org)



The 2<sup>nd</sup> annual Terwillegar Towne Triathlon takes place on Sunday September 13. Based out of the Terwillegar Community Rec Centre, the event offers a variety of distances for all ages and abilities!

The Sprint is a 750m swim, 20km bike and 5km run.

The Tri It is a 300m swim, 10km bike and 2.5km run.

The Kids of Steel is open to youth ages 3-11 with distances set according to age.

The cycle leg takes athletes

over a circular route using 23rd Ave, Terwillegar Drive and Rabbit Hill Rd. There is a 1 lane closure for cyclists on this route.

The run course takes athletes over the park area north of the rec centre.

Residents of Terwillegar community League and the readers of the Tribune can get 10% off their race entry! Use the following code when registering online:

T-Towne15

Get complete details at [t-townetri.ca](http://t-townetri.ca).

Visit [www.terwillegar.org](http://www.terwillegar.org) or join our Facebook page - Terwillegar Community League for updates.

# South West Edmonton Farmers Market

By Carley-Jane Stanton  
Southwest Edmonton Farmers' Market

As the season's bounty comes in to the Southwest Edmonton Farmers' Market from our farmers' fields and orchards, it's easy to think of our community farmers' market as simply the best place to find local foods and crafts for our families. After all, where else can one find a beautifully strange romanesco cauliflower, perfectly ripened yellow cherries, authentic Turkish yabrek and handmade natural lip balm all in one place? While it's easy to fall in love with the products for sale, our farmers' market is much more than a place to purchase your favourite summer treats. The opportunities to visit with friends and family, enjoy talented musicians and chat with local organizations makes it the perfect place to connect and strengthen our community.

Members of our community have taken the time throughout the summer to enjoy the great

atmosphere at SWEFM and meet their friends, farmers and neighbours. So far this season, market goers have participated in the Sprouts program which teaches children about the joys of eating local fruits and vegetables, joined volunteers from the University of Alberta for Nutrition Tours, danced the evening away with free Zumba classes, just for starters! These activities are a great and affordable way for families to connect with like-minded members of the community and learn about healthy eating and activity. Market goers who prefer talking over dancing have had the chance to meet the community organizations who have joined the market in the community tent so far this season. These community organizations love to visit SWEFM to teach guests about the great programs available in our area and how we can all participate a little more in the work that makes our community so vibrant and



welcoming. And while all of our market guests love biting into a fantastic food truck dinner, most would agree the conversations had over that special treat are what makes the best summertime memories!

There is still plenty of time to take in the best of the market season, whether it's

the delicious fresh food or the chance to spend some quality time outside with friends, family and the community. The Southwest Edmonton Farmers' Market is open on Wednesdays from 4-7:30 in the Terwillegar Recreation Centre Parking lot until October 7.

## Fall into your own fitness routine

Jessica Zapata, BSc. Kin  
Infinite Fitness

Here we go again!

The lazy days of summer are coming to an end and the hustle and bustle of fall is about to begin. If you're a parent that means on top of the Back-To-School To-Do list, you're planning, hockey, swimming lessons, dance classes, piano, the list goes on. As parents we are busy registering our little ones into all their fall/winter extracurricular programs. But what about for us? What are you doing to ensure that your physical activity isn't limited to lifting the kids hockey equipment into the car or frantically racing around the city to get them there on time?

Here are my top five tips to ensure that you don't get left behind:

Register into an activity for you! Why not pick out a class or activity for yourself and register into it. Studies show that if you commit to an activity (by schedule and

finances) you will be much more likely to stay involved with it.

Set up a car pool. Work with a few other parents whose kids attend the same activities as yours. Set up a driving schedule that allows everyone a little bit of alone time. Then use this time to go to the gym, go for a walk or try a new sport.

Try a parent-kid activity. Take a martial arts class at the same time as your kids or try an adult dance or yoga class. See if your local fitness studio will allow you to attend classes or Personal Train with members of your family. Use this time to not only bond but to get a little bit healthier.

Role-model active living as a family. At least once a week, set up a non-structured activity that everyone does together. Until the snow flies, go for bike rides and walks or kick a soccer ball around the field. Once it's cooler, go ice

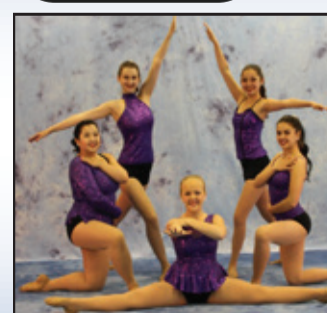
skating, cross-country skiing or head indoors and go swimming or indoor rock climbing. Use your imagination and try something new every month. You never know what hidden talent you may discover in yourself or your kids.

Be *that* parent. The "crazy" dance or hockey/soccer mom or dad that goes for a run or power-walk while the kids are in practice. Or does as many stairs as possible in the arena. Throw in push-ups, walking lunges and planks to balance out your workout.

The most important thing that you can do for yourself is schedule your fitness in with everyone else. When looking at your activity calendar, ensure that you have blocked off at least 2 to 3 hours for you every week! After all, a healthier happier parent, truly makes a healthier happier family!



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# Q & A with South Edmonton Arts and Theatre Society

By Marlice Morris, Vice Chair, S.E.A.T.S.



With school starting in September, excitement is building about the new expansion at Lillian Osborne High School. The expansion will include a multipurpose theatre space that will be available to the entire community. Fundraising for the theatre is currently underway and is coordinated by S.E.A.T.S.

What is S.E.A.T.S.?

We are the South Edmonton Arts and Theatre Society, a non-profit society with members representing schools, community groups, parents, alumni and businesses in Riverbend, Terwillegar and Windermere. Our purpose is to raise the funds needed to complete the structural engineering as well as furnish and equip a unique, essential

and exciting theatre space that will serve our communities now and in the future.

The theatre is described as a multipurpose space. What does that mean?

This is the exciting part! The theatre will seat 300 and have retractable seats, so it can be set up with tables and chairs, or be left open. The space can be used for concerts, performances, meetings, ceremonies, banquets, dances, markets, movie nights...the possibilities are endless. Also featuring state of the art sound and lighting systems, the theatre will be the ideal venue in the heart of our community.

I've been reading about the theatre for a while now. How much progress has been made so far?

Thanks to support through community partnerships, fundraising efforts, a corporate donation from MELCOR Developments and a grant from CFEP (Community Facility Enhancement Program), we have raised the initial \$1,000,000 needed to proceed with the construction and development of the multipurpose theater space. We

are excitedly looking forward to the start of construction this summer. We still need to raise \$600,000 to furnish and equip the interior of the space and are planning many exciting fundraising events in the near future.

When will the theatre be open?

The theatre is scheduled to open in the fall of 2016. We are planning a whole week of performances and exhibits to celebrate this momentous occasion. If you would like to be a part of this, please contact us at [osborne.theatre@epsb.ca](mailto:osborne.theatre@epsb.ca)

How will the theatre benefit the youth of our community?

Research shows that children who are involved in the arts demonstrate stronger overall academic performance, more confidence and increased ability to be resourceful and creative problem solvers. Arts programs create a supportive environment that promotes constructive acceptance of criticism, where it is safe to take risks. Students are encouraged to learn new skills, and the shared experience of participating in fine arts programs gives students a sense of belonging and community. The new theatre will be available to all schools in the Riverbend/Terwillegar/Windermere area. There will be many opportunities for youth to be involved in the theatre including technical support, performing, exhibits, volunteering, promotions and set design.

Our family is passionate about the arts. How can we get involved in this project?

There are many opportunities

to contribute to this exciting project. We want students and the community to have access to the best possible equipment and to that end, we need financial support. Our most immediate need is to raise an additional \$600,000 to furnish and equip the interior of the theatre space. To make a donation or to purchase a seat, please visit our website at [osbornetheatre.com](http://osbornetheatre.com).

I would like to purchase a seat and dedicate it to someone. How does that work?

We have a limited number of seats available for purchase in the new theatre. If you decide to purchase a seat, you will be able to choose the location of the seat (selections made in the order that it was purchased). You can dedicate the seat with a beautiful commemorative seat plate in your name or to honour a relative, friend, or organization of your choice. The cost is \$1000 per seat, and we also have a convenient payment plan set up through PayPal.

Everyone at S.E.A.T.S. is very excited about the future of the theatre and the meaningful way in which it will enrich the lives of students and our community. We have many exciting events planned to create awareness and raise funds and we encourage you to use the subscription form on our website to ensure that you don't miss out. If you have any questions or would like more information about how to get involved, please visit our website at [www.osbornetheatre.com](http://www.osbornetheatre.com).

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# Green and Gold community garden

Tuesday evenings - from 7-8:30pm

Saturdays – from 11am-1pm

The garden is a joint project of the University’s School of Public Health and the Faculty of Agricultural, Life and Environmental Sciences. Volunteers manage the garden and their time, and most of the seeds, plants and equipment are donated.

The vegetables, herbs and flowers are all “spray-free” (no pesticides or artificial fertilizers are used).

The garden produce is available to the public during market hours in exchange for a donation. Anyone is welcome to ‘purchase’ their vegetables at the garden



market. (We ask that donations be based on what you might pay for similar produce at a farmer’s market or in the grocery store.) All of the donations are sent 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.

If you would like to receive the garden e-mails this summer (these let you know what produce is available at the garden that week ) please sign up to our garden listserv at: <http://www.mailman.srv.ualberta.ca/mailman/listinfo/ggarden> or contact us at:

E-mail: [ggarden@ualberta.ca](mailto:ggarden@ualberta.ca) / Phone: (780) 492-9079 / Web site: [http://bit.ly/greenandgold\\_garden](http://bit.ly/greenandgold_garden).

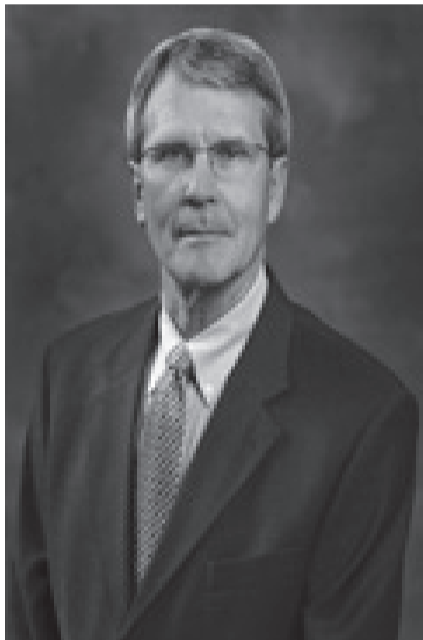


By Patti Hatnagel

The Green & Gold Community garden, on the University of Alberta South Campus, has opened the garden market for the season. The markets are on:

## Theft Prevention at Rec Centres

By Councillor Bryan Anderson



mid-July 2015, EPS investigated 23 reported locker thefts at recreation centres in Southwest Division. This included property that wasn’t secured, as well as unlocked lockers and lockers with lower quality locks that are easily removed with tools. Overall attendance at City recreation centres in south Edmonton during this period was about 600,000.

With more than 1.2 million visitors each year, Terwillegar Recreation Centre is a popular destination for many people in our community. The City is committed to ensuring it remains a safe and welcoming place for everyone.

With support from EPS, the City has taken steps to deter theft. For example, free lockers for valuables are available within sight of front counter staff, a locker room concierge program gives locker rooms a consistent staff presence, and employees are encouraged to engage with customers. The City also has a *Don’t Take the Bait* pilot program at the

Terwillegar, Kinsmen and Commonwealth Recreation Centres, which sets up bait lockers to deter thieves.

We all have a role to play to ensure our facilities remain safe places to visit and have fun. Citizens can help prevent theft with the following tips:

Leave valuables and cash at home

Take advantage of free “valuable lockers” located at the front desk

Invest in a high quality lock and ensure it is fully engaged  
Avoid sharing a locker.

For more tips and information about safety guidelines, I encourage you to visit: [edmonton.ca/reccentresafety](http://edmonton.ca/reccentresafety).

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

If you have visited Terwillegar Recreation Centre in the last couple of weeks, you will have noticed signs advising you to keep your valuables secure. The Edmonton Police Service and the City of Edmonton Community Services have teamed up to remind citizens to keep their valuables safe.

Unfortunately, locker theft remains a concern throughout the city. Between April and



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# Top 11 Home staging tips

By Nooran Ostadeian your local Realtor with Realty Executives Polaris

**Selling Your Home Faster**  
The top Marketing Tool that Edmonton's Top Real Estate Agents use to sell your property quickly is Home Staging!

Put on the potential buyer's shoes, would staging help sell your house? If there were two houses in the same location and asking price and one house is clutter-free, clean, updated and nicely decorated, and the house down the street isn't any of those, which house has a better chance of selling? It might come down to a buyer's gut feeling.

Here are some of Nooran's proven home staging tips:

1. Depersonalize. A potential homebuyer needs to be able to see herself in your rooms. Quirky pictures or pictures of the kids may hurt the illusion. Remove family photos and ensure your walls are painted a neutral shade.

2. Ensure your house is in excellent condition. Walk through your house with a critical eye and repair anything that needs to be fixed. Ensure there are no torn screens, cracked plaster or burnt out lights. Have your entire house cleaned professionally to get all the small details.

3. Chandeliers are inexpensive, high return investments in a property. You can get beautiful ones for a few hundred dollars at any big box store.

4. Be aware of the scale of home furnishings. If you have a giant sofa that you love but makes the room look small, it has to go.

5. Most importantly, you're actually selling your kitchen. Remodeling your kitchen brings endless benefits and you will probably get 85% of your money back. A buyer may knock \$10,000 off the asking price if your kitchen looks dated. Inexpensive

updates include paint and new cabinet hardware. A neutral paint color gives buyers a blank canvas where they can start envisioning their own style. Buy one fancy stainless steel appliance. Why? Because when people see one high-end appliance they think the rest are expensive too.

6. Buyers always look for storage space. Leave closets half empty and neatly organized. Buyers will snoop, so ensure all closets and cabinets are clean and tidy. Ensure any visible linens look brand new.

7. Remodel the bathroom. The mirror can be replaced with a pretty framed mirror for under \$100. Replace towel bars with well-designed ones. Get matching ensembles that include toilet tissue holder, wastebasket, etc.

8. Keep clutter minimal.

9. The master bedroom should have crisp white linens, a throw

and pillow shams or toss pillows on the bed. Keep end tables uncluttered, with matching lamps and nothing else.

10. The exterior of your home should look polished. Ensure bushes are neatly trimmed, flowerbeds mulched and have fresh seasonal arrangements by the front door.

11. Spray the house with a nice fragrance before each showing. A great smell makes a house memorable.

By focusing on the small details, home staging can be simple and inexpensive. Stand back and watch your house impress potential home buyers.

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# Good posture and a confident attitude prepare students for success

By Faith Grant, Rejuvenation Health Services

Emotions run high as students prepare to return to school. Some are excited to get back to the classroom, their school chums and the sports connected with school athletics. Others wish that summer would never end.

Whichever category the students in your family fall into, Standard Operating Procedures include the buying of supplies, textbooks, clothes and equipment. But how do you prepare for the physical and emotional aspects of Back to School?

## GROWING PAINS

Between the ages of 8 and 12, bones growing faster than muscles and tendons can be very uncomfortable. These pains are natural and will soon pass, and can be soothed with light massage, warm baths or heating pads.

Tweens and teens often experience other growing pains –feelings of awkwardness,

self-consciousness and exam anxiety.

## GOOD POSTURE HELPS

Slouching can be a form of self-defense for many at this age and an easy habit to fall into with all the computer work, TV, texting and video gaming that accompanies growing up in this day and age. But that causes other, more serious problems including more frequent injury and chronic back and joint pain. It can even contribute to osteoporosis and osteoarthritis in bones and joints.

Good posture not only helps with relieving and avoiding physical pain, but standing tall makes anyone look and feel more confident. Here are some tips on how to make good posture a natural habit:

## Start by determining what if any weaknesses exist now.

Does the student have scoliosis (curvature of the spine) or is there left-over damage from previous accidents or sports injuries that require special attention?

**Use properly fitted backpacks.** Even children under the age of 5 are now often wearing back packs and an ill-fitting one can cause lasting damage.

**Start early to train muscles.** Make it a game with the younger ones and a regular part of daily routine with older children and adult students. These exercises work for parents too, and can be great for bonding with offspring at any age.

*Perform a Superman pose* face down on the floor by raising first one arm and the opposite leg and then switching to the other arm and leg combination. Graduate to both arms and legs off the ground at once. Always use proper technique as recommended by your physiotherapist or trainer.

*Play on the monkey bars* in the playground or the rings at the gym. For extra core strength hang or swing with knees tucked toward your abdomen. Even two year olds can do it

with an adult standing by to catch them when they let go.

Try *“bear crawling”* (which is fun, especially when chasing younger siblings around the room). Simply straighten your knees so you crawl on hands and feet rather than hands and knees.

Sit-ups and push-ups for core and muscular strength and stretches, especially stretching the pectoral muscles can all help with the development and maintenance of good posture. For older students, good posture makes a positive impression when job-hunting for after-school and upon graduation.

And finally... get whatever help you need to set up and maintain a healthy lifestyle for yourself and all the students in your family. It will stand everyone in good stead from the ages of 2 to 92, and it's never too early to start.



*A recent community fundraiser at Famoso Magrath made over \$1,400 for MacTaggart playground. Thank you to Famoso and to those who came out to support our beautiful community!*

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# Caffeine - is it healthy?

By Dr. Chris Bjorndal

Last issue I asked some questions to get you thinking about the potential harmful effects of caffeine and about your daily intake. To help inform you as you ask yourself these questions, here are some facts about how caffeine impacts our bodies:

## *Negative Influence on Vitamins and Minerals:*

Caffeine's diuretic effect depletes important minerals (ie calcium, magnesium, potassium, zinc, iron etc) and vitamins (Vitamin B1 (thiamine), Vitamin C)

Coffee reduces absorption of iron, calcium and vitamin D, especially when it is consumed around mealtime. These minerals are extremely important as deficiencies can lead to osteoporosis and anemia.

In children and adolescents, caffeinated drinks interfere with essential minerals needed for growth and development.

## *GI irritation:*

1 cup of coffee stimulates acid secretion in the stomach for more than an hour in a healthy individual. In someone with an ulcer, the effect is greater and lasts more than two hours.

Long-term use of caffeine can play a role in ulcer formation and can aggravate an existing ulcer

Diarrhea can also occur with the overuse of caffeine, which relaxes the smooth muscle in the colon. The laxative effect of caffeine can also create a bowel dependency

## *Cardiovascular system effects:*

Caffeine raises blood pressure blood levels of cholesterol and triglycerides all important risk factors in atherosclerosis and heart disease.

Heart rhythm disturbances and arrhythmias can occur with caffeine. Disturbances include an increased heart rate and excitability, leading to palpitations and extra beats.

Because of the cardiovascular stimulation of caffeine, it seems reasonable to assume that long-term consumption of four to five cups of coffee per day can increase the incidence of heart attacks (myocardial infarction).

## *Central nervous system (CNS) effects:*

Caffeine is a CNS stimulant - it works by blocking the effects of adenosine. Adenosine action slows down the firing of nerve cells and causes drowsiness

and blood vessels to increase in diameter to let more oxygen in during sleep. Caffeine binds to Adenosine receptors and blocks it while also having an opposite, stimulating effect and speeds up nerve cell firing.

Common CNS side effects of caffeine use include: nervousness, irritability, insomnia, "restless legs," dizziness, headaches and fatigue.

Psychological symptoms of depression, general anxiety or panic attacks may also occur.

Hyperactivity and bed-wetting may also develop in children who consume caffeine.

Addictions: Experiments with animals show when coffee is added to the diet, animals voluntarily drank more alcohol than the animals that consumed no caffeine.

## *The exhausting effects of caffeine:*

Caffeine increases blood sugar levels (especially when it is sweetened) by stimulating the adrenal glands. Over time, both stress, caffeine and sugar consumption weakens adrenal function resulting in more long-term fatigue.

## *Cancer-related effects:*

The incidence of bladder, prostate, ovarian, stomach and pancreatic cancers is increased with caffeine use.

Bladder cancer is aggravated by a combination of nicotine and caffeine due to the mild dehydration that results from the use of these two drugs.

Ovarian cancer is increased in women with an association of long-term coffee intake.

Pancreatic cancer has also been in question as occurring more frequently with increased coffee use (more than 3 cups per day) Prostate enlargement and cancer may also be attributed to increased caffeine intake. There is a higher incidence of stomach cancer with more than 5 cups per day.

## *Other effects:*

Kidneys: Caffeine is also correlated with kidney stones, possibly as a result of its diuretic effect of the effects of chemicals used in processing coffee. Fibrocystic breast disease may also be a consequence of caffeine use as there is an increase in the size and number of cysts with caffeine consumption. A reduction/reversal of the condition is experienced when

caffeine is eliminated from the diet.

## PREGNANCY AND CAFFEINE

- Although research is conflicting, there is enough evidence that large daily doses of caffeine are harmful in pregnancy. Therefore, we recommend eliminating caffeine if trying to conceive or in pregnancy until more research is done. Some studies have shown that caffeine intake of more than 300mg/day can cause delayed conception. / Birth Defects have been noted with higher levels of caffeine use during pregnancy. Caffeine crosses the placenta and affects the fetus as it has mutagenic effects (ie it breaks chromosomes and interferes with the repair of DNA) / Strong evidence suggests that large daily caffeine consumption may increase miscarriage, preterm delivery and low birth weight (especially when infants are premature) / Even moderate amounts of caffeine can increase fetal heart rate and movement patterns.

- Hydration is important in pregnancy since blood volume must increase. Since caffeine acts to increase urination, it therefore decreases body fluids and blood volume. / A pregnant women's ability to break down caffeine slows down as pregnancy progresses / Breastfeeding: High caffeine intake by a nursing mother can cause the baby to be irritable and have disturbed sleep cycles. With this information in mind you may be thinking of reducing your caffeine intake. It's a healthy step that doesn't have to feel like a sacrifice. It can be easier with the support of your friends, family and co-workers and these helpful strategies:

- Be aware of how much you consume now: keep a log of how much caffeine you consume (remember to include medications) / Gradually reduce in stages. Be aware of withdrawal symptoms and don't be alarmed. This is your body getting back to balance! / Substitute with herbal tea,

hot cider, or healthy coffee substitutes / Ask others to decrease coffee intake with you as there is strength in numbers / Brew tea/coffee for less time / Change routines – for example, if you need caffeine in the morning to give you a boost, try a light walk for 20min - physical activity can greatly increase energy levels. / Ensure you are drinking enough water!

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### TESTIMONIALS



Just wanted to say again a Big Thank You for helping sell our home! We were so happy with the entire process!! Having 2 small kids at home, I did not expect this to be easy; but there was virtually no disruption to our daily lives, and the house sold so quickly! We are very excited for our big move, and are so appreciative of you for helping to make it a reality! Thanks again!

Irina & Ricardo

We have had the pleasure of working with Ron now twice. In 2008, he sold our house in a terrible market, in the dead of winter, when there was more than a dozen homes in our immediate vicinity. He sold that home in 24 hours! Most recently, we worked with Ron again to find both a new home for our growing family of 5 as well as to sell our home in Terwillegar Gardens. With baby #3 on the way and Christmas nearing, we had told Ron that we needed to sell our home in 30 days or we would most likely wait until the baby was born and Spring had arrived. Ron delivered again; we were moved into a new home in Whitemud Oaks less than 45 days after listing our home. We ended up doing a full renovation of the new home and Ron was there every step of the way suggesting trades and helping in any way he could. We really appreciated his negotiating skills when selling our home and his extreme patience while we tried to find a home that had it all; lots of space, 4 bedrooms, a large yard and more. As two busy professionals, he was always willing to work with us when it worked for our schedules and it always felt as though we were his top priority and only client, even though we knew he was juggling a lot more than our family. He is so personable, very understanding, never pushy and he gave us great professional real estate advice. He was excellent to work with and we would highly recommend him.



Carol McBee – Founder & President of Mommy Connections

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# Kids

## EPL

By Kim Bates, EPL

Edmonton Public Library and Lillian Osborne - sharing stories with the community

International students at Lillian Osborne have been working with their teacher and visiting the Edmonton Public Library to compile an anthology of personal stories of coming to Canada. They have worked tirelessly through the process of planning, writing, editing, designing, illustrating and finally, with the help of Edmonton Public Library's Espresso Book Machine, published their work into a finished book entitled "The Other Side of the Sea." All this work culminated in a book launch for friends and family where the students presented their book along with some media projects they produced to accompany it.

The stories the students wrote are personal, observant, and touching. The students notice things about life in Canada that would, perhaps, not occur to many native Canadians. They capture aspects of Canadian life that are therefore refreshing to those who have spent their lives here and also exciting for those who have never visited. If your interest has been piqued you can come to the branch and read the book for yourself. Edmonton Public Library's Riverbend branch will have a copy for reading in branch located on the "Staff Picks" display. Just ask at the desk and we'll happily point you in the right direction.

As part of the anthology each student responded to the questions "What is a Story?"

and responses appear between each story in the book. Here are a few:

"Amazing stories can make readers feel inspired to imagine."

"A story can tell us an author's feelings or life. When we read a story, we think it connects to us, and finally we can reach our truth or revelation."

"A story is a series of events that occurs within a character's life. The character goes through a lot of emotions in the story inspiring readers to use their imagination. It is used to create images to help to see the story play out as you read."

"A story is about the life that has already passed—the most inspiring memory you want to share with others. A story can be an imagination, or the truth that has happened to you. It is the revelation of your whole life."

"Stories are a time to share."

EPL is proud to have been able to take part in this project with the students at Lillian Osborne, and to help bring their stories to the community. One of our favourite mottos at EPL is "We share stories." and this project encapsulates that perfectly!



## Edmonton's Autumn events

By Mino Soleymani,  
Teen Writer

As everyone's favourite season is coming to a close, people are rarely looking forward to what the autumn months may bring. Though the vacations may end, the exciting events in Edmonton will not! Below is a list of various events occurring throughout the autumn months that continue the summer's spirit of fun into fall. Please note that event details are subject to change, check websites for updates.

Every Saturday – \$2.99 Family Favourite Movies, Cineplex Theatres (cineplex.com/events/familyfavourites)

August 26 to 30 – World's Largest Flea Market, Edmonton EXPO Centre (worldslargestflea.com)

September 1 – Half Price Admission Day: first Tuesday of every month, Devonian Botanic Gardens (devonian.ualberta.ca)

September 4 – Janet Jackson Unbreakable Tour, Rexall Place (northlands.com)

September 7 – ATB Financial Family Ride supporting CASA, Sir Winston Churchill Square (casaservices.donorpages.com/casafamilyride)

September 10 to 13 – Bermuda Festival, Old Strathcona (bermudafest.com)

September 12 – Edmonton Gorilla Run, University of Alberta (edmontongorillarun.ca) September 13 - Fall Family Festival, Devonian Botanic Gardens (devonian.ualberta.ca/Events)

September 16 & November 4 – Senior's Social, West Edmonton Mall, FREE (wem.ca/events)

September 17 – 1st Annual YOU CAN Youth Services Golf

Classic, The Sandpiper Golf & Country Club (youcan.ca/edmonton)

September 17 to 26 – Western Canada Fashion Week, ATB Financial Arts Barns (westerncanadafashionweek.com)

September 22 – Walk A Mile in Her Shoes, Sir Winston Churchill Square (walkamileedmonton.org)

September 24 & October 29 – Servus Community Access Night, Art Gallery of Alberta, FREE (youraga.ca/hours)

September 25 to 27 – Edmonton Comic and Entertainment Expo, Edmonton EXPO Centre (edmontonexpo.com)

September 26 – Edmonton Short Film Festival, Royal Alberta Museum Theatre (esff.ca)

October 1 to 10 – Edmonton International Film Festival, various locations (edmontonfilmfest.com)

October 8 – The Study and Go Abroad Fair Fall 2015, Shaw Conference Centre, FREE (studyandgoabroad.com)

October 11 & 12 – Madonna Rebel Heart Tour, Rexall Place (northlands.com)

October 17 & 18 – Edmonton Woman's Show, Edmonton EXPO Centre (womanshow.com)

November 6 & 7 – Edmonton Rocky Mountain Wine & Food Festival, Shaw Conference Centre (rockymountainwine.com)

### June Coloring Contest Winners

Ages 8-11

1st Place: Elle G  
Runner Up: Dolce Y

Ages 5-7

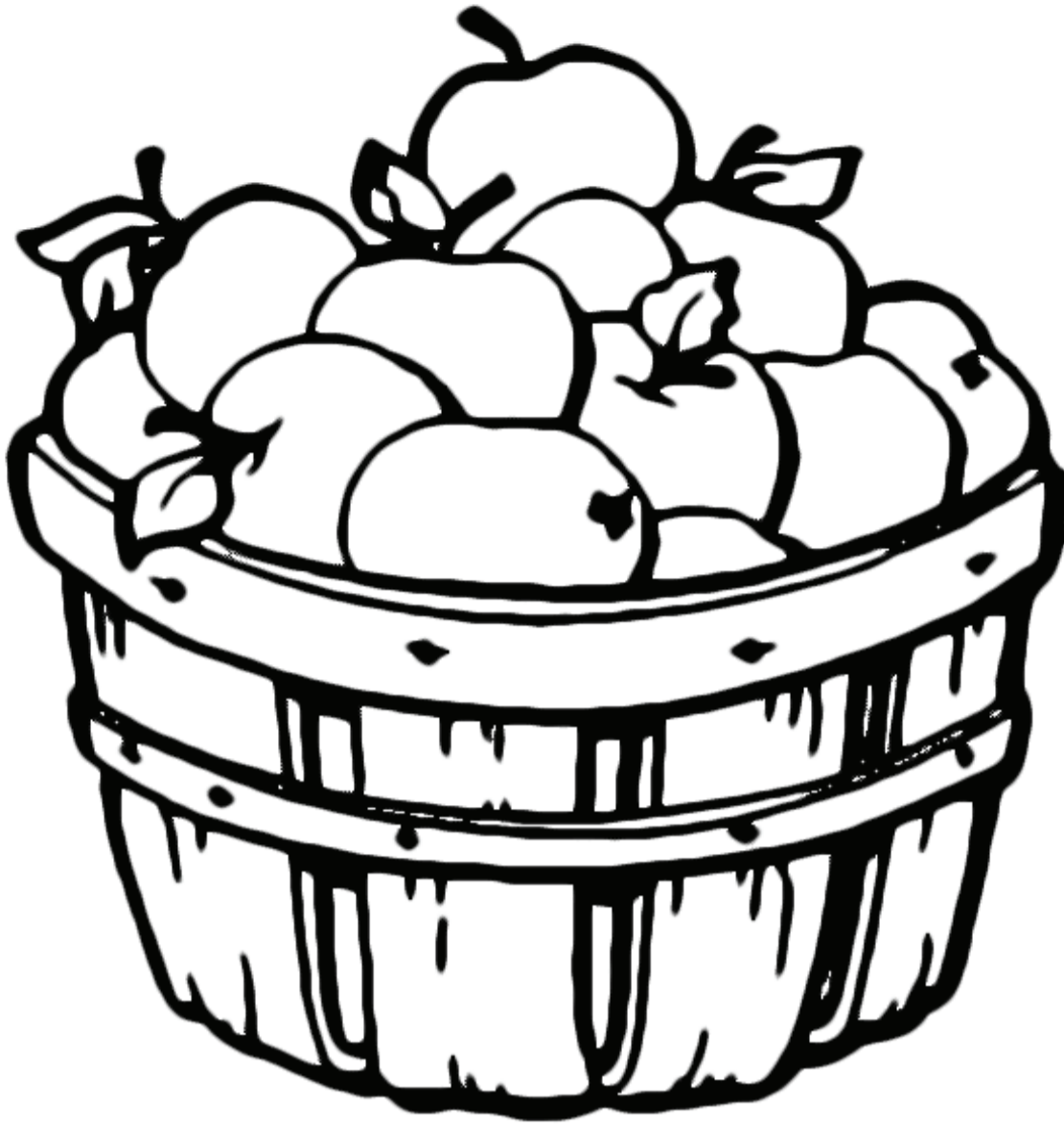
1st Place: Matthew H  
Runner Up: Jacob P

Ages 2-4

1st Place: Gurleen S  
Runner Up: Rohin K



# Coloring Contest fun for kids ages 2-11



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

All entries must be received by September 30. Only one entry per child. Contest is open to all Terwillegar, South Terwillegar, Magrath and MacTaggart residents. All entries will be judged in the following categories: ages 2-4; 5-7; 8-11.

Mail to: Terwillegar Community League  
PO Box 36508  
RPO MacTaggart  
Edmonton, AB T6R 0T4  
A copy of this coloring page can also be found on our online version of Terwillegar Tribune at our website [www.terwillegar.org](http://www.terwillegar.org).

Age: \_\_\_\_\_  
Email: \_\_\_\_\_  
Name: \_\_\_\_\_  
Phone and Address: \_\_\_\_\_

## Word scramble

by Keira Gilliard age 7

LFLA

\_\_\_\_\_

MSEO HNUSSNIE

\_\_\_\_\_

KBAC OT COSLHO

\_\_\_\_\_

IPNCIC

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FBTSLURTEIE

\_\_\_\_\_

OSFELWR

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# Rum

By Steve Richmond, Vines Wine Merchants

Have you perused your local liquor store shelves lately? If so you'll have noticed, in the last couple of years, an explosion of choice in the Rum section? There are many of us who are seasoned rum drinkers and it may now be time to broaden our horizons and see what else is out there. Here are a couple of selections that may entice you to change or add to your favourites.

From Peru comes the Ron Millonario 15 Y.O. Reserva Especial. "It is rich, full of strong flavours and carries just a bit of rough and tumble character, with impressions of dark treacle, licorice laced molasses, and a firm oakiness set firmly into the rum." Approx. Retail \$55.

Dictador XO Insolent Rum from Columbia. "The aroma is simply luscious with sweet toffee smells rising from the glass tainted with impressions

of butterscotch, vanilla, corn syrup, crème brulee, maple syrup and peanut brittle. There is a backbone of firm oak sap and spice melded wonderfully into these sweeter butterscotch like aromas with delectable baking spices and hints of milk chocolate lying underneath..." This rumj was given the Rum Howler's rum of the year in 2014. Approx. Retail \$110.

If your curiosity has been peaked you may want to delve further into the market and, at the same time, support the M.S. Society, by attending the Edmonton Rum Festival on the evening of Sept. 25<sup>th</sup> at the Delta Edmonton South. Tickets now on sale for \$85. For further details please see: <http://www.edmontonrumfestival.ca/>

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# Controlling Inflammation

By Candace Emerson, MScPT, Dry Needling, BKin, Innovative Physical Therapy (Riverbend)

Physiotherapists work daily with patients with acute and/or chronic inflammation. Our bodies have an innate ability for healing and recovery, but sometimes excess inflammation interferes, slowing progress and healing.

Let's examine some factors that impact inflammation.

## Good Inflammation?

Your body is a remarkable machine with sophisticated systems to deal with environmental disturbances. Infection and injury are handled by complex processes of inflammation. Acute ("good") inflammation is evidence your immune system is functioning well. Redness, swelling and pain are characteristics of acute injuries (sprained ankle).

Chronic inflammation represents immune system malfunction. It's become confused and turning itself on, leading to conditions like chronic fatigue and chronic pain. Many medical conditions stem from the body incorrectly perceiving a threat. Manage

chronic inflammation and you manage the root of these conditions.

## Food is Medicine

Dr. Frank Hu, professor at the Harvard School of Public Health states: "...studies have shown that components of foods or beverages may have anti-inflammatory effects".

The benefits of anti-inflammatory foods can be achieved by ingesting them instead of inflammatory foods. Replace vegetable oil and margarine for olive, grapeseed or avocado oil. Replace red meat, often high in salt and cholesterol, with oily fish for Omega-3 fatty acids.

Coffee can be quite acidic and inflammatory. Choose a cup of antioxidant-rich green tea. Snack on nuts, seeds and fresh fruits and vegetables. Herbs and spices offer large doses of antioxidants and plant phenols reducing oxidative stress including garlic, ginger and turmeric. Feed cravings for refined sugar with fruit or dark chocolate with at least 70% cocoa solids.

Stress Increases Inflammation  
Cortisol (hormone) takes our

thoughts and feelings about the world and translates them into real, physiological stress on the cells. Regularly flooding the body with cortisol and adrenaline can have a cascading effect on hormones in your body increasing inflammation.

Stress is one of your immune system's greatest enemies. Sleep at least 7 or 8 hours daily to allow your tissues time to repair. Taking up relaxing hobbies is a great way to give yourself needed rest.

Do you catch colds right after prolonged stress? Depression, chronic worry, and insomnia can aggravate the body's immune response, leaving it susceptible to infection.

Signs of stress overload include:

- Frequent rash breakouts
- Ulcers or irritable bowel
- Sleep disturbances
- Neck/back pain, spasms and general aches
- Dizziness, faintness or "brain fog"
- Changes in appetite or libido
- Trembling, shaking or "being on edge"

Moderate Exercise  
Physiotherapists promote

regular and ongoing exercise that elevates your heart rate. Benefits include:

- Decreased risk of osteoporosis
- Improved oxygen delivery
- Decreased risk of heart disease, high blood pressure, and stroke
- Decreased risk of colon and breast cancers
- Decreased risk of diabetes

The paradox with exercise is that although intense workouts can spike inflammation, it also reduces long-term risks for chronic inflammation. Balance regular sessions of moderate strength and cardio training leaving you feeling challenged yet not completely drained.

It may be difficult to determine cause and effect of inflammation. Inflammatory conditions may cause a domino effect of symptoms through every system of the body.

Physiotherapists focus on achieving better health and movement. You can take practical steps to help reduce your body's inflammatory load. It's important to seek the guidance of your health care provider for an individualized plan.

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## TESTIMONIAL

"We met Eddie a couple years ago while we were searching for our first home together. Eddie was professional and knowledgeable. We always felt that Eddie had our best interest in mind - he cared about us as people not just clients buying a house. When we did find our home, Eddie was with us every step of the way; he answered all kinds of new home ownership questions, gave us his honest opinion on certain things we were unsure of. Even after we purchased our house Eddie would stop by and see how we were doing. Two years later we made a decision to move to another City. We were ready and we called Eddie. After 14 days on the market... our home was SOLD - Eddie was a great negotiator we felt he had our best interest at hand. I feel as though we were spoiled with Eddie. It will be hard to come by another Realtor such as himself."

- Kyle & Katrina

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By Karin Shott

Spring is always a busy time of year for everyone, and it was no different with TRAC as we organized and put on our annual spring events.

The Edmonton Youth Talent Show was held Sunday, April 26, 2015 and again was a very successful event! The new venue was well received, and the increase of participants made it a day to remember for all involved. Look for more details in this issue.

TRAC's Annual General Meeting (AGM) was held Wednesday, April 29, 2015. The 2015-2016 Executive Board members are:

President: Tim Cartmell

Vice-President: Rob Agostinis

Treasurer: Nancy Wendt  
Secretary: Barry Davis  
Community Advocate: Sue Trigg

Past President: Sherri Jaillet-Martinez

The 10<sup>th</sup> Annual TRAC 10K Run was held Sunday, May 31, 2015. Thankfully, the weather cooperated in giving us a sunny morning and we had an excellent turnout of participants and volunteers alike. We could not have had such a successful event without all of your support in sponsorship, donations, and volunteerism, so we want to thank every one involved! Look for more details of the event on another page.

Many hours of preparation and the help of all the

volunteers to make these events successful year after year are invaluable for our community spirit. Many thanks to you all!

Community League memberships for the 2015-2016 membership year are now available, so please stop by the TRAC Community Office to pick up your new card and skate tags. Your neighbourhood and community league needs your support to continue with their programs and events. By purchasing a community league membership you are helping support your league. It also gives you access to programs, the Community Swim program at the TCRC, access to the 10% discount on yearly, monthly or punch passes at the Terwillegar

Recreation Centre/City of Edmonton Leisure Centres, and voting rights at your Community League's AGM just to name a few of the benefits.

Next TRAC Meeting: September 2015. Exact date TBD.

TRAC's Mission Statement:  
*'We engage residents, facilitate opportunities, and leverage resources in support of strong, vibrant and united communities.'*

TRAC's Vision Statement:  
*'Our 'towne within a city' is a destination with a high quality of life through involved, inclusive and caring neighbourhoods.'*

## The 10th Annual TRAC 10K

By Dave Rumbold

Our community came together once again this year to organize and participate in this year's Tenth Annual TRAC 10K, which was held on May 31 and has become a great neighborhood tradition. More than 175 Riverbend and Terwillegar residents, along with friends and family participated in the 3K Family Walk, and the 5K and 10K timed runs. This year featured a community wellness theme, with on-site support and information from Alberta Health Services and the Southside Primary Care Network.

Sue Trigg, Karin Shott, Mike Boychuk and Andrea Trigg led a network of other community volunteers, and took care of all the donations, permits, marketing, volunteer recruiting, and the countless other tasks that led to such a successful event. Over 50 students from the leadership programs at Lillian Osborne and Old

Scona High Schools, came out and volunteered this year. It also goes without saying that corporate support from The Running Room was critical to the TRAC 10K once again this year, along with help from Craig Newman, and the staff from the Running Room Terwillegar Rec Centre location.

Conditions were perfect for race day with morning temperatures in the low 20's, and everyone who came out had a great time, with their own achievements to celebrate. The TRAC 10K always has a mix of new and experienced runners, with the added element of extended families participating in the family walk category. Our new Edmonton Whitemud MLA, Dr Bob Turner came out and joined us also. Thank you to all who came together to create and sustain the TRAC 10K this year, we look forward to seeing everyone next year!

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

## Indoor Soccer

### Registration Payment Sessions:

- **Wednesday, September 9<sup>th</sup>, 2015**  
Terwillegar Rec. Centre, Multi-Purpose Rm.#6  
4:30 - 8:30 PM
- **Friday, September 11<sup>th</sup>, 2015**  
Duggan Community Hall, 3728-106 St.  
5:30 - 9:00 PM
- **Saturday, September 12<sup>th</sup>, 2015**  
Duggan Community Hall, 3728-106 St.  
9:00 AM - 2:00 PM

*\*Community League Membership Required  
\*Community League Memberships will be available*



Terwillegar Community League is seeking volunteers for various events over the winter. Email us at [volunteercoordinator@terwillegar.org](mailto:volunteercoordinator@terwillegar.org) for opportunities.



# Seniors

# News for 55+

SWESA stands for SouthWest Edmonton Seniors Association. SWESA was formed to reflect the needs of people 55 and older in southwest Edmonton. Their goal is to provide social, cultural, and recreational programs and services that enhance your enjoyment of life.

www.swedmontonseniors.ca

By Kathy Trepanier

"What good is the warmth of summer, without the cold of winter to give it sweetness."

I recently returned to Edmonton after two weeks in hot sunny Greece. It was wonderful of course but I have to say it was also so refreshing to come back to Edmonton. The cool, invigorating morning air, the lingering evening sunlight, the crisp, lime greens of new leaves and the daily surprise of new blooms - would it all be so delicious if we had summer weather year round? I wonder.

## SWESA AGM

Over fifty SWESA members attended the 3rd Annual General Meeting of the SouthWest Edmonton Seniors Association on April 22, 2014. President Carol Bigam highlighted progress over the last year which included: grant support from the City, a new Program Coordinator, more programs, support of Pickleball expansion and continued membership and volunteer growth. See the SWESA website for a summary of the board business plan for 2015-16. Three new board directors were elected and one retired. See photos on this page.

SWESA Supports Enhancement of Pickleball in SW Edmonton

SWESA is supporting the fastest growing sport in North America. SWESA's Pickleball Committee is chaired by Ken Hurshowy and includes people who have been playing in SW Edmonton for some time. The committee's objectives include: developmental opportunities for players at all skill levels; ladder and tournament play; socializing and relationship building; and site selection, fundraising, and development for Edmonton's first outdoor facility large enough to support tournament play. Contact ken.hurshowy@shaw.ca for more information.

## Coffee and Friendship in Your Neighbourhood

SWESA's Coffee, Chat n' Cards at the Terwillegar Community Recreation Centre (2051 Leger Road) is now closed for the summer months but will reopen on September 9th and run every Wednesday from 1:00-4:00 pm. Come by anytime to meet other 55+ people in your neighbourhood. On August 12th, 12:00 noon to 2:00 pm, the TCRC Book Club will meet at YECC.

## Kudos to Glenn Kissick

Former editor of this Seniors Column and a member of the initial committee that helped establish SWESA, Glenn Kissick, was awarded the 2015 TRAC Community Spirit Award. Glenn is known for his enthusiasm for seniors programming and most recently has advocated for the development of pickleball in southwest Edmonton.

## Summer PROGRAM Highlights

Pick up the Program Guide at SWESA's two coffee locations or view it on the website. Here's a few highlights:

- September 2 Bus Trip to The Rosebud Theatre Summer Opera House featuring The Wizard of Oz. The highway coach bus will depart from YECC at 7:30 am for a delicious 11:00 am lunch and the 1:00 pm show. Cost \$95.00 for SWESA members; \$115.00 for non-members. Pre-registration required; limited space.

New Art Group at YECC on Fridays from 9:30-12:00 noon. This informal, drop-in program is for artists wanting to share studio space with like-minded individuals. Bring your own art supplies and create art in a social, supportive environment. Donations accepted for refreshments.

## Fall PROGRAM Guide

We are very pleased to be able to offer our members a wide variety of activities and

will be running out of both YECC and the seniors lounge at Terwillegar Recreation Center. The Fall Program Guide will be out mid-August and registration will open up on September 1, 2015.

## Bus Trip to Canada's Largest Christmas Store

Save the date, Tuesday, Dec 8th from 9:30 am-1:30 pm for a bus trip to Greenlands Garden Centre just outside Sherwood Park.

The greenhouse is transformed into a beautiful display of Christmas trees, collectibles and more. There is an onsite garden cafe. See the website for details.

## Seniors Resource List

Here is a one stop resource list that you might find useful for yourself or your parents.

211 Edmonton has posted the updated Seniors Resource List on their website. This one page reference sheet provides contact information for seniors centres, government services and transportation, health and safety and housing providers. The website also includes other Resource Lists on topics such as mental health, newcomers to Canada and family violence and abuse.

## Photos Contributed by:

Jeff Hilberecht, Trident Photography  
SWESA's board volunteers. Seated, left to right are board members Shirley Adam, Barbara Olsen, Joe Roberts, Elaine Parfitt. Standing left to right are Diana O'Donoghue (City of Edmonton), Kathy Trepanier (Volunteer consultant), Phil Brooks (Past President), Chris Powell (resigned board member),



Ellen Frombach (newly elected board member), Carol Bigam (President), Eleanor Hibbert (retiring from board), Michel Lamoureux (Treasurer) and Liza Boudreau (Program Coordinator). SWESA members, Paul and Donna Robison, listening to a progress report on Edmonton's newest seniors activity centre - here in southwest Edmonton. Bryan Anderson, City Councillor attended SWESA AGM and responded to a wide range of questions about city planning.

SWESA Seniors Centre - Yellowbird East Community Centre (YECC), 10710-19 Avenue.  
SWESA Seniors Lounge - Terwillegar Community Recreation Ctr (TCRC), 2051 Leger Rd  
587-987-3200  
swedmontonseniors@gmail.com  
www.swedmontonseniors.ca

# How can we serve?

*Ken MacDonald, Lead Pastor of Terwillegar Community Church*

I was 18 years old when my friend and mentor asked me to preach a sermon where he was doing some interim pastoral work. I don't know why I said "Yes" but I did. I was nervous, I was unsure of how to prepare, I was definitely out of my comfort zone. Amazing – in looking back on that experience so many years ago, I am reminded that this was a pivotal experience for me. Although I stumbled through the preparation and the delivery, it gave me a taste of serving that I treasure to this day.

Most people when they describe their first serving experiences uses phrases like: "I was so afraid." "I felt so inadequate." "I felt so unprepared." But when the experience is finished, they talk about the rush that followed when they realized that they made a difference in someone's life. Perhaps they were somehow able to leverage their past to help someone move forward. The Bible is certainly filled with many stories of God calling and prodding people into service in spite of their overwhelming sense of inadequacy.

This fall is another opportunity to step out of your comfort zone and engage in something that may really stretch you but in so doing may help someone else to

push ahead in their quest for significance.

Here at Terwillegar Community Church we are gearing up for an exciting new season. The Church facility is busy 7 days a week and we celebrate the fact that it is well utilized for the benefit of our whole community. There is one worship service which begins at 10am and is followed immediately by a Hot Brunch! The organizers of the brunch have it down to a science allowing people to flow down any of 6 lines. Our Adventureland ( Children's program on Sunday Morning) is bursting with children

and volunteers. As the demographic of our community begins to change with increased youth, so does our youth program. It's very exciting.

This fall we offer a learning opportunity for 3 Sunday evenings in a row, (September 13, 20, 27) to consider the question, "God? Another Human Invention?" Dr. Randal Rauser from Taylor Seminary will lead the discussion. On October 25, we invite the community and congregation to a two hour seminar called, "Ensuring Your Legacy." It is a seminar packed with all kinds of good advice for estate planning, deciding

upon your Personal Directive, designating charities in your estate planning. Check our web site for further details (www.tcchurch.ca).

We are thrilled that TCC is used by the YMCA as a before and after school care site. Moves and Grooves (Edmonton Kindermusik) also meets at TCC on a weekly basis. We run a preschool program from Monday to Wednesday as well. Details can be found on our web site.

We are thrilled to be part of this community and we offer opportunities to be involved in our community this fall. Give us a call for more information (780-430-8389).

**Terwillegar Community Church**  
something for everyone....

- for kids:** sundays 10am - adventureland
- for youth:** fridays 7pm - friday fun nights
- for adults:** sundays 10am
- for everyone:** hot brunch every sunday after service

**friday at the park:** september 11 (6-8pm)  
\* hot dogs  
\* jumpy thing

check us out at...[www.tcchurch.ca](http://www.tcchurch.ca)

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\*as certified by the Canadian Physiotherapy Association



# Business slow? Your advertising may be working

By Brian Hagel

A new Mexican restaurant opens and decides to hit the airwaves hard with a local marketing campaign. The food is phenomenal, the owner is a character, and I am sure that once people try the food, I'm going to have a home run campaign on my hands. The focus of the campaign was a Mexican buffet for lunch. Fresh, authentic Mexican cuisine, prepared daily, but laid out in the North American tradition of gorging oneself. I was in.

Shortly into the campaign, I stopped by the restaurant for lunch but at 12:01 pm the front door was locked. Confused, I peered through the window to see the restaurant dark, with no movement coming from the kitchen. "This can't be good" I thought as I called the owner. He explained that he was running behind and would be there shortly. While I waited, I watched two other diners pull up, pull on the locked door and drive away. They looked less

than pleased.

Two weeks later I stopped in again for lunch. As I approached the front door, I pulled gingerly on the door handle, anticipating the worst. To my relief, it swung open and I walked inside, preparing myself for the gastronomical repast that was to be my Mexican buffet experience. But when I sat down I noticed the buffet station was empty. The food warmers had no flames beneath them and I knew the answer before the waitress handed me the menu. There was no buffet today.

I called the owner again and explained that we needed to do one of two things. Either change the commercials to not talk about the lunch hour buffet or more importantly, stop the campaign until we got this all sorted out.

But his years of buying media was no match for my years of selling it. He simply wouldn't listen. (To that end, I've been eating food for

years but that doesn't mean you want me cooking in your kitchen.) Despite my warning of what was about to happen, he kept running the campaign. Eventually we drove his restaurant out of business.

The owner never called me to let me know. I showed up one day and the restaurant was barren inside and the doors locked again, this time for good. I think he was too embarrassed to talk to me.

A question I like to ask my clients is "Why don't more people shop here? Is it because people don't know about you or is it because they do?" If your service is poor, quality is bad, prices are too high or you are suffering from any of the myriad of reasons people stop spending money, it's up to you to fix it.

Advertising cannot fix these problems. It only accelerates what was about to happen.

I think my Mexican restaurant could have lasted the better part of a year before

he had to close his doors had he stopped his campaign when I told him too. And he would have survived and flourished had e hired a manager to look after what he couldn't. He was a great chef but a poor operator. It cost him his business.

When done properly, advertising really does work. What consumers experience when they walk through the door is up to you, the business owner, not your marketing.

Have you checked your Yelp reviews lately? Have you responded to the negative reviews? Thanked the positive? Or have you wondered why no one has posted anything at all?

It's up to you to do something before customers say "Adios amigo".

*Brian Hagel has been helping clients with their marketing for 19 years. He is an account executive with 100.3 The Bear / Virgin Radio and TSN 1260)*



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# Grandpa Scrunge - The Business of Rescue

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

A week passed while Scrunge and his friends waited for the next City Council meeting when the decision about their Puppy Rescue proposal would be tabled. To his relief and joy, aside from requiring the tenement building be upgraded to a safe standard, there was no objection to the proposal, given that the tenement had been sitting idle for years anyways. The council unanimously agreed it was a great idea and approval was granted with no delay. There was wild and excited howling all the way home as Scrunge and his new business partners dreamed about the future and what their project would look like when finished. His human Dad had spoken to an engineer friend and assessments were already underway to fast-track the needed repairs and prepare the tenement for leasing and occupancy. It was about to become a very trendy address with a special focus. There was good reason for their excitement. Scrunge and Trixie had to move out for a few weeks to allow for the work, but Scrunge's old teacher Cupid had opened her schoolhouse as a temporary residence for their brood, so it was no hardship.

After a couple of days of planning with an Estate Agent, Scrunge and his partners took to the streets to bark at the door of every Veterinarian, Pet Food Franchise, Grooming Studio and Doggy DayCare to

offer space for new enterprises. They pounded the pavement for weeks, explaining the Puppy Rescue vision, displaying floorplans and inviting companies to lease space and set up shop. The old tenement was right on the edge of city redevelopment, so their plans carried a lot of potential and slowly but surely commitments were made and leases were signed. They even found interest from a Pet Memorial firm and a company offering human child with pet daycare in a one-stop shop. It was challenging and repetitive work, but Scrunge and his friends were relentless. He was dog tired at the end of every day, but it was the happiest he had ever been in his life. He was energized by the knowledge that he was making a difference for those pups...constantly amazed at how gratifying it was to live life in service of others rather than trying to take something from them.

Scrunge also discovered that it was a lot of fun to come home with a bag of bones and biscuits for the pups or with one special dog cookie drizzled in delicious yogurt icing for his lovely bride. Trixie never failed to make him feel like he was a knight in shining armour, and the pups made him feel 10 years younger. He was sure that life couldn't possibly get better....he had never had so much fun before.

By the time the renovations were complete, the old tenement looked like new and the first two floors of the building were fully leased.

While other tenants began to set up their shops, The Puppy Puddles Shelter Society took official possession of their freshly painted space in the back of the building just behind Cupid's Obedience School. Cupid's human had been so taken with all of Trixie's four-legged fur-balls that she had decided to expand from her home and leased space herself. Her offer of free group lessons for newly adopted pups from the rescue made for a natural partnership when adopting the little rascals out and everyone anticipated good results.

As the weeks passed, puppies came and went at the shelter. Some were found abandoned and needed special care. Some were removed from unlawful puppy mills and arrived in bunches. Scrunge and Trixie were often stretched to find another blanket or cushion for each one to sleep on or enough food to go around, but in their loving family atmosphere, they always managed. What was hard, though, was to give your heart to every one of these little vagabonds, then have to let them go again when they were adopted by a human family. Sometimes the two old lovers would just snuggle together long into the night watching the pups sleep and wondering how long they could keep this up. Any questions they had about it were settled every morning when they would wake up to multiple wet noses burrowed down between them or draped across their legs. It was addictive, and they couldn't imagine spending their days doing anything else.

But there was one thing that was beginning to trouble

Scrunge more and more as time went by. Not all the pups were being adopted. There was a growing handful that were getting beyond the age set for keeping them and he was concerned what would happen when they could no longer justify someone's residency. One had a deformed hip, another was missing part of his left ear, another was too nippy and one was just not very cute at all, so they were each being passed over whenever humans came to visit. Scrunge was getting really worried about their future. So, as he brooded about it, a new plan began to form in the old dog's business mind.

After barking at length with Trixie about his idea, Scrunge set off across town one Monday morning to meet with Bagger, his employee from the old days. They had kept in touch since Scrunge was married and he felt confident that Bagger was the right hound to lead the new project he was hatching up. Bagger had just the right mix of compassion and experience to give these special cases a better chance in life and Scrunge had thought long and hard about how to pitch his idea to his old boneyard manager. Scrunge would commit to finding the resources and getting his other business contacts onboard, but they needed a coach, and Bagger was a perfect fit for the job....but would Bagger bite? Scrunge was determined to convince him, and as he neared Bagger's home, he looked skyward and breathed a prayer for help..... ....this had great potential for good..... and Bagger was the key.  
*...to be continued...*

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<i>#2 Lucy</i>	<i>#2 Charlie</i>
<i>#3 Bailey</i>	<i>#3 Buddy</i>

# Coming Events

**Weekly: Please contact organizer for details**

**Southwest Edmonton Seniors Association (SWESA)**

**Pickleball**, Every Mon., Wed. and Fri. 1:00-3:30 p.m. at TCRC

**Bridge**, Every Thurs. 12:30-3:30 p.m. at Riverbend Community Centre

**Terwillegar Playgroup:**

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

**Events:**

**September 19: Too Big For It Sale, Terwillegar Community Church**

**September 19: Art in Our Park, James Ramsey Park**

**October 16: Deadline for next issue**

**October 31: Hallowe'en Fireworks, Tomlinson Park**

**November 24: Tribune Released**

**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:

PO Box 36508 MacTaggart RPO

Edmonton, AB T6R 0T4

## Taking a road trip with you pet?

By Dr. Foster, MacTaggart Veterinary Clinic

A few tips to help you and your pet enjoy the holidays ahead...

You've got the time off work, sunny skies overhead, family awaits with eager anticipation... but what to do with Rover? Bring him along for the ride! He gets to be with his people, sniff around, and lift a leg on a different part of the world. In general, dogs make better traveling companions than cats, but some felines do welcome the adventure! Here are some tips to make the journey with your pet a little easier for everyone.

**Exercise**

High energy/anxious dogs or younger puppies often benefit from a good run or play session prior to leaving. This will "burn off" excess energy, and typically makes Rover more calm and ready for a nap in the car. In addition, exercise often stimulates our furry friends to eliminate their bladder and bowels before the trip gets started, saving extra stops or an

unpleasant surprise in the back seat!

**Try a kennel**

Often confining the pet in a crate or kennel of the appropriate size will calm them by making them feel more secure and snug. Kenneling is an added benefit from a safety perspective as there are no hairy heads obscuring the drivers' vision, and no smaller bodies sneaking under the brake pedal. If your pet is not already accustomed to a kennel, take some time to get them comfortable before the trip.

**Supplies**

Ensure their regular food, bowls (if finicky), litter/litter boxes, toys, water, and any medications are packed along for the trip. (TIP: keep the food in the original packaging if crossing into the USA). A sudden change of food in combination with any stress incurred from a long ride can lead to some very messy consequences!

**Hotel Booking**

Many hotels accept pets, but the number of rooms may be

limited. It is recommended to call ahead to ensure your pet friendly room awaits when you arrive.

**Veterinary Care**

Appropriate vaccinations and parasite prevention should be discussed with your veterinarian ahead of time, as different climates come with diseases and parasites not regularly encountered back home. Travelling into the USA and other countries require some degree of paperwork (vaccine certificates/ Health Certificates etc.), ensure to have these prepared before your trip.

Sometimes it is necessary to travel with a pet who you would normally leave at home or at a kennel because they just don't do well in the car. There are a variety of calming supplements, anti-nausea medications, and/or sedatives that can be used if required. Please contact your veterinarian before medicating your pet, as they will know the most appropriate protocol and dosage required for your particular situation.

**Precautions**

Dogs in the back of a truck should be securely confined in a tied down crate. It is not recommended to have a dog roaming freely in the back of a truck as they may jump/fall out or slam into the back of the cab/window if the brakes are rapidly applied. Dogs tethered are prone to strangulation injuries if they fall/jump out. Weather must also be taken into account as wind chills rapidly become a factor when travelling at high speeds.

A reminder to never leave your pet in a car on warmer days. Even with the windows rolled down, it does not take long for the inside of a vehicle (or covered truck) to heat up to temperatures that are potentially life threatening to your pet.

Safe travels to you and your furry companions!

*Dr. Foster is the owner of the MacTaggart Veterinary Clinic and has over 14 years of experience practicing Veterinary Medicine. For more information visit [www.mactaggartvet.com](http://www.mactaggartvet.com).*



# JOIN THE LEAGUE

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

**Terwillegar  
Community League**

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

## Membership Fees:

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

**Memberships expire annually  
Aug. 31.**



## Free Access!

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

## Saturday from 5-7pm

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

### These are the people in our neighbourhood:

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

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

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

# Terwillegar Classifieds

## How to contact the Terwillegar Community League



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- [www.terwillegar.org](http://www.terwillegar.org)
- Board Contacts**  
 President — Monte Weber, president@terwillegar.org  
 Vice-President — Steve Simala-Grant,  
 vicepresident@terwillegar.org  
 Treasurer — VACANT, treasurer@terwillegar.org  
 Secretary — Diane Pelletier, secretary@terwillegar.org  
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