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www.terwillegar.org

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January 8, 2016
Next issue: February 9, 2016

Goblins, Treats and Rain, Oh My

*By Stephanie Gillis-Paulgaard
Editor, Terwillegar Tribune*

You may remember a little rain coming down on Halloween night, or do you? I bet if you asked your children to tell you about the night, rain doesn't get mentioned at all.

Tomlinson Park. We know Terwillegar Towne has an influx of people on this special night and those homes that are located close to the park take it all in good stride with many making extra trips to the grocery store to restock goodies.

Terwillegar Towne was swarmed yet again this year with hundreds of trick-or-treaters seeking goodies, scares and of course...fireworks. Spirits were not dampened by the chill in the air or the light rain that fell over the course of the evening.

Taking a short break in door-knocking to watch the incredible fireworks display is part of the tradition in this community.

A big thank you to all of the houses that line the streets of



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Community

Message from the President

By Monte Weber
President,
Terwillegar Community League

As you may already know the Terwillegar Community League's Annual General Meeting (AGM) was held on November 26, 2015 at the Terwillegar Community Church.

The meeting was relatively quick covering off all of the accomplishments the League had over the last year in. Some items highlighted were the small things that usually go unnoticed like the League's funding of Monsignor William Irwin School's Grade 1 home reader program and TCL's sponsorship of Esther Starkman's Year End Carnival.

Other more glamorous and exciting events like the Canada Day celebration and

the Toonie Carnival were also noted. The League's Program Director, Marc Lachance, made particular reference to the Toonie Carnival as probably his favorite event of the year.

Personally, I found the best event of the year was the grand opening of the South Terwillegar playground. Even though the weather was a little chilly at the start, the event itself was great. Hundreds of people showed up to take part in the cake and festivities.

Our city councillor, Bryan Anderson, as well as our MLA, Dr. Bob Turner, came out to cut the ribbon and release the "patiently" waiting masses of children into the playground. Even with all the happy kids and cake, I think what stood out the most that day was what the playground represented- how great our community is.

The South Terwillegar playground and spray park is the 4th project built in 5 years. This brings the total amount of funds raised for all four projects to over \$2 million dollars. A significant effort for any community to undertake in such a short period of time.

It represents thousands of volunteer hours. Even more significant is the commitment from our community that our neighborhood has great places for our kids and families to enjoy. For me, it is a testament to the great volunteers, supporters, and partners we have in our community. Great work by all and we're not done just yet.

So, in closing, while the AGM dealt primarily with the business of the League (audited financial statements, budget,

appointment of auditors and election of the new board), it also set the stage for another exciting year of more great accomplishments.

One of which is to ensure that the kids at the new MacTaggart school (planned to be open in 2016) have a playground to enjoy just as much as the children at Monsignor William Irwin and Esther Starkman.

I'm looking forward to another great year for the League! If you, or someone you know would like to get involved, there are many ways to lend a hand. We are always looking for volunteers and it is a great way to meet other members of the community.


As always, please feel free to email me at president@terwillegar.org.

Movie Night in the Park

By Marc Lachance
Programs Director,
Terwillegar Community League

On August 22nd, the South Terwillegar Park was the site of some summer night fun as community residents settled in to enjoy the Terwillegar Twilight Double Feature. *Back to the Future* and *Paddington* were on the playlist and reviews were very positive. We look forward to hosting a similar event next summer.




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Get Involved!

Join the Terwillegar Community League today!

Community

I'm Too Big For It Sale Huge Success

By Monte Weber
President, Terwillegar
Community League

The annual Fall 'I'm Too Big For It Sale' was held on September 19 at the Terwillegar Community Church.

There were over 40 vendors that participated in the event and over 500 people came out to shop and see what they could find. All in all, the event raised over \$2000 for the Community League.

If you are interested in participating in the Spring event, make sure you watch our Facebook page or check out the Terwillegar Community League website for more details in the New Year.

A big thank you to the volunteers that helped plan and organize the event. Your efforts are greatly appreciated.



The Spring sale will take place again in April. Think about booking your table early to ensure you're not disappointed.

Watch future issues of the Tribune for more information or visit our website at www.terwillegar.org.

Message from the Editor

By Stephanie Gillis-Paulgaard
Editor,
Terwillegar Tribune

It is with both excitement and a bit of trepidation, if I'm being completely honest, that I take on the role as your new Editor.

Firstly, thanks are due to all of my predecessors who have worked tirelessly over the last number of years to shape the Tribune and bring community news to each and every one of our households throughout the year.

To some of you, I may be a familiar name after spending close to eighteen months working with other community volunteers on the Terwillegar Schools Need A Playground (TSNAP) project. I may have even knocked on your

door during our fundraising campaign!

For me, the community paper has always been my go-to source of information for what was happening in my 'neck of the woods'.

I want to remind all of you that this is your paper, the voice of your community and I would like to encourage residents to continue submitting articles on issues that may go beyond standard community news and announcements that the Tribune has always welcomed.

As I assume this new role, I welcome input from you, our readers and contributors. I am here to serve the community and build relationships along the way. If you have ever wanted to try your hand in

journalism, this is the perfect time to do it. You don't need to be an experienced writer but passion and enthusiasm go a long way. Feel free to send me a note at editor@terwillegar.org and let me know how you would like to get involved. Maybe your a teen at a local junior/senior highschool that would like to cover some school events? Perhaps you love to cook and would like to share one of your award-winning recipes with the rest of the community. Don't

"Wherever there is a pervasive sense of community, a paper that serves the special informational needs of that community will remain indispensable to a significant portion of its residents."

be shy. I don't bite, especially if you give me cookies!

On a more serious note, I do look forward to seeing how we, collectively, can take the Tribune to next level and have a lot of fun at the same time.

I would like to also take this opportunity to wish you and yours a happy and safe holiday season. All the best for a healthy and prosperous year ahead.

- Warren Buffet

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

Community

The Southwest Edmonton Farmers' Market Needs You!

By Diane Hawrelak,
TRAC

Do you love our local farmers' market? Did you know that it is a not-for profit organization, run by a dedicated group of volunteers from many of the neighbourhoods that make up the Southwest Edmonton area? Its volunteers and Steering Committee members are wonderful people, committed to developing a vibrant gathering place for our community and they need more help.

Meeting all year long, the SWEFM Steering Committee schemes and plots, creates and dreams, crunches numbers and makes phone calls, problem solves and forges connections, as it plans the next stage of growth for its young, successful market.

SWEFM volunteers are a hard working bunch, dedicated to the market's vision of creating a unique, vibrant community gathering place where local farmers, producers and artisans

provide fresh, locally grown and homemade food and handmade goods to the people of southwest Edmonton. They are passionately committed to fostering community relationships, helping their neighbours, friends and family to create strong ties to the community, strengthening the local economy and nurturing the wellbeing of those around them.

Does this sound like you? SWEFM is currently seeking volunteers for its Steering Committee. Proven leaders with board experience, financial know-how and community mindedness would be definite assets to the organization.

If you are looking for a fun, social opportunity and would like to become involved in this exciting, vital and successful organization, please contact Diane Hawrelak at 780-439-8664 or send a note to tracmail@tracspirit.ca.



Our Fabulous Volunteers



Southwest Edmonton Farmers' Market

Recipes For Young Chefs!

SPROUTS Flying Space Saucers

Looking like UFOs, these squash chips will fly out of the oven and into your mouth! They're so de-dragon, de-licious an alien will find himself licking the dishes!

Squash is an excellent source of Vitamin A, which helps maintain our immune system. This will help fight off pesky colds and infections!

Ingredients

- 1 medium sized winter squash (butternut is best, but you can also use acorn)
- ¼ cup canola oil or olive oil***
- ½ tsp sea salt**
- ¼ cup parmesan cheese (optional)***

*** You may have to adjust the amount of oil, salt and cheese, depending on the size of your squash.

SOUTHWEST EDMONTON FARMERS' MARKET Directions **SIMPLY SUPPER**

Recipe Cards generously sponsored by:

Where Community, Farmers and Actions come together

Sprouting Chefs:

Peeling and cutting raw squash can be difficult! You will need someone who can use a knife to help with these steps. However, if you are comfortable using a vegetable peeler, that would be another way of peeling your squash to perfection!

Creative Cooks:

When you're the one making decisions in the kitchen, it is always fun to change up the ingredients in a recipe! Try experimenting with different toppings on your squash chips.

To make a sweet snack, sprinkle some cinnamon on top before baking. Or, if you're in the mood for something spicy, sprinkle just a bit of cayenne pepper (or any other spice mix you have in the cupboard) on top before baking. Be creative and get cooking!

Makes 3-4 servings

Created by Ashley Wilmoth

1. Preheat oven to 375°F.
2. Cut a flat edge on the bottom of the squash so that it rests without wobbling on the cutting board. Peel the squash. Cut round slices from the dense upper section using an adult's help or a mandolin cooking tool. Cut the rest of the round squash body in half. Using a spoon, scoop out the seeds. Slice the remaining squash into thin pieces (about 1/8 inch thick).
3. Cook slices in a large pot of boiling water for about 2 to 3 minutes and remove. In a single layer, dry the squash on paper towel (you can pat the squash with paper towel to ensure it is completely dry).
4. In a single layer, place slices onto a baking sheet lined with parchment paper. Using a pastry brush, brush the squash with oil (if you own an oil sprayer, you can use that to coat the squash instead). Sprinkle salt and/or parmesan cheese on top.
5. Bake the squash for 20 minutes (this may take more or less time depending on the thickness of the slices). Once the chips begin to brown, remove from the oven.
6. Serve once warm to touch.

Have something would you like to write about?
Contact the Editor at editor@terwillegar.org

Community Ergonomic Tips

By Kristen Harris, MScPT, BA (Dance) Physical Therapist/Yoga Therapist

Ergonomics: How to Sit at Your Desk

We can't avoid sitting. Whether we're at work crunching numbers in a spreadsheet, or doing computer work at home, we need to sit. We wanted to put together some recommendations on key principles of good sitting posture which will help to reduce strain on your body.

There is one caveat before we dive in though: Regardless of how good your ergonomics is, you need to avoid prolonged sitting. Getting up regularly (every 30-45 minutes) and doing a different activity will reduce the negative effects of sitting for too long. There's been a lot of research lately that has shown the deleterious effects of too much sitting.

Key Sitting Posture Strategies:

We've put together some key principles to remember when you're sitting at a desk which will help you to reduce strain on your joints and muscles:

Chair Setup

1. Your feet should rest comfortably on the floor. If this is a challenge, use a foot rest or a small stool to help.
2. Keep your knees level



with your hips.

3. Scoot your bum to the back of the chair and keep your natural low back curve. If your seat doesn't have a lumbar support, use a cushion or small towel to help.

Mouse and Keyboard Positioning

1. Keep your mouse within easy reach of your keyboard.
2. Ensure that your wrists are in a natural and comfortable position. If needed, use a wrist support to give your wrists a break, but remember this support should only be used during a break and not while actively typing.
3. When typing keep your wrists relaxed and avoid bending your wrists out to the side.
4. Elbows should stay at a right angle (90°) and can be supported by resting on the desk

Monitor Setup

1. Use a monitor arm or mount to properly adjust the height of the monitor so it is at eye level
2. Maintain a slight chin tuck position to help maintain good neck alignment.
3. Try to avoid having your monitor off to the side, but rather swivel your chair to look at your material.

Telephone Use

1. Use a headset rather than cradling the phone between your head, neck and shoulder. This cradling can overwork these muscles, resulting in headaches and muscle strain.

Office Supplies:

2. Keep the telephone, stapler and other supplies close to your body to limit over

reaching or stretching.

3. If a file or object is out of reach make sure to stand-up. This will help to avoid unnecessary strain.

Standing Desks

With the new awareness of the perils of too much sitting, there's been much interest in adjustable standing desks. Although more costly than traditional desks, standing desks can help you to change your work position throughout the day. They can also support improved blood circulation to the lower body. But it's important to remember that even with standing desks, you can end up standing for longer periods of time which can also lead to postural strain. So we come back to our initial caveat which is to move often throughout the day.

Riverbend United Church

Sunday Services
9:00 & 10:30 a.m.
All are welcome to our services and community events!



- **Children's Christmas Pageant:** December 13th at 10:30 a.m.
- **Community Christmas Carol Sing:** December 13th at 3:30 p.m.
- **Christmas Choral Cantata "Let There Be Christmas"** by Joseph Martin: December 20th at 9:00 a.m. and 10:30 a.m.
- **Healing Service:** Sunday, December 20th at 3:30 p.m.
- **Christmas Eve Services, Thursday, December 24th:**
 - 5:00 & 6:30 p.m. Family oriented Services
 - 8:00 p.m. Contemporary Service
 - 9:30 p.m. Candlelight Service & communion
- **Talents & Treasures,** January 23rd, 2016 enjoy appetizers & sweets during an evening of tremendous talent, and silent auction items. A portion of proceeds raised will support the arrival and settlement of our refugee family.

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Community

How Can We Make Edmonton's Transit System Better for Everyone?

By Councillor Bryan Anderson



It's time to create a Transit Strategy that supports

Edmonton's future as a great city. We need to ask ourselves how transit can best support the city we want to live in in the future. But everyone has different ideas about what makes a bus and LRT system great. Therefore, public input is key to making a Transit Strategy that will help guide City decision making.

Everyone's quality of life is impacted by transit, so you don't need to be an expert or a transit user to participate in this conversation. We want to

hear from all Edmontonians. You can share your transit ideas through our new online surveys available at edmonton.ca/whatmovesyou.

But what's most exciting is the opportunity to hop on board our specially-wrapped What Moves You? engagement bus as it travel various routes throughout the city. This "bonus bus" provides a free ride and added service in exchange for passengers having a conversation with us about their vision for transit. This

is one of the most extensive public engagement initiatives undertaken by the City. In spring 2017, the resulting Transit Strategy will come to Council.

If you have any questions or comments, please feel free to contact me at 780-496-8130 or bryan.anderson@edmonton.ca, or you may visit my website at www.BryanAnderson.ca.

City leads the way in recycling sand and reducing salt use

Public Service Announcement
City of Edmonton

Winter is fast approaching, and Edmonton motorists depend on sand and salt to safely drive Edmonton's winter roads.

The use of abrasives and de-icing materials, however, isn't without costs that are both financial and environmental. In order to address those, the City of Edmonton's Transportation Services department both recycles sand and uses less salt. Both initiatives save taxpayer dollars and reduce negative environmental impacts.

Over the past 11 years, the City has been able to divert over 1.1 million tonnes of sand through its leading-edge sand recycling program. That translates to a cost savings of more than \$50 million for Edmonton taxpayers

– the same sand gets reused year after year, a strategy that means sand is diverted from landfills to be reused on winter roads.

The City also launched a Sand Salt Mixing Program in 2010 that has gone from mixing six per cent salt into roadways sand down to four per cent with no change to performance. The reduction was possible through more accurate mixing methods. This year, the City will run a pilot program that will see if a three per cent mix is still as effective at maintaining safe winter roads.

Less sand and salt in landfills and storm drains (and on our city's numerous roadside greenspaces) means a healthier environment for all of our citizens. I applaud the City's Transportation Services

department for continuing to find cost effective, environmentally responsible innovations as they work to keep our winter roads safe.

Do you have something you would like to say about your city? Want to make sure you have the chance to get involved in the conversation?

Talk to your councillor.
Help your councillor work for you!

Did you know?

The City of Edmonton's Community Standards bylaw states that you must shovel your walks within 48 hours of a snow fall.

For more information visit www.edmonton.ca

Are You Considering Condo Living?

By Nooran Ostadeian, your local Realtor with Realty Executives Polaris

Many Canadians are rediscovering the joys of urban living and buying condos even as real estate prices soar. Before you buy, check out the 25 tips for smart buying.

Sales of condos are currently at an all-time high. In urban cities, people are rediscovering the perks of living downtown again, as it goes along with a low-maintenance, easy lifestyle. Due to the current high real estate prices in Canada, a condo is an affordable way into the market, especially for young people.

As an agent with Realty Executives Polaris in Edmonton, Nooran Ostadeian and her team have been helping clients buy and sell condos for years and offering these insider tips when you're thinking of buying a condo. Even if you are considering of selling, by following the points below, it will help you price your unit logically.

Before you start

1. For the buying process, hire a professional realtor to help. The seller pays the commission of the sale, so it costs you nothing.

2. Determine how much mortgage you can afford by seeking financial qualification. Extra money is needed for closing costs, moving, land transfer tax and lawyers' fees.

On the Hunt

3. Prepare to see a variety of styles such as low-rises, high-



rises; condos with or without amenities.

4. As studios and one-bedrooms are more difficult to re-sell, purchase the largest suite you can afford.

5. To ensure the neighborhood suits you, visit the area at different times of the day and night.

6. Choose a great view. It will make day-to-day life more appealing, and can help with resale later. Avoid looking out over the garbage pick-up area or the garage entrance.

7. Keep in mind that southern exposure may be hot in the summer, even if it's bright and sunny.

8. Avoid a suite beside or across an elevator.

9. It is recommended that there is an available parking space. If you don't drive, you can always rent it out.

10. A storage locker is also highly recommended because there is usually never enough storage space in a condo.

11. How many spaces are available for visitor parking?

12. Keep in mind the condition of the lobby and common areas.

13. Are the occupants of the building mostly owners or tenants?

14. Find out what the monthly condo maintenance fees include.

15. What are the property taxes?

16. Speak with other owners and ask about their experience in the building.

Since most of the condominium building is shared space, condos offer a unique community atmosphere. Depending on which building you choose to live in, you may even find a huge variety of social opportunities right within your condominium.



17. When making an offer, make it conditional on your lawyer reviewing the Condominium Documents and Status Certificate.

SW has many beautiful established condominium projects to choose from, and even more new condos being built now or very soon in the future. If you are interested visit www.Realtor.ca or contact your trusted Realtor.

Condo Living in SW!

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Looking for Some New Family Traditions?

By *Minoo Soleymani*,
Teen columnist

As the holiday season approaches, thoughts of gifts, parties, and activities may be overwhelmingly exciting. Though winter months are busy with fun times for families, more often than not, volunteering is not on the “to do” list.

Perhaps the busyness of the holidays is stopping us from realizing and acting on the virtues that should be expressed over the next few weeks: kindness, generosity, and selflessness.

Despite many misconceptions, volunteering does not have to be an overly time consuming activity. It is important to remember that even

an hour of one’s time is valuable and should not be overlooked. Particularly within the community of Terwillegar, opportunities to volunteer that are close to home are endless and easy to find.

Though it is never too late to begin volunteering, I also believe that children should learn at an early age that giving back is priceless. I cannot think of a more effective way to emphasize the elements of the holiday season than through volunteering with your loved ones.

I challenge you, and your family, to volunteer in some way this holiday season...it may become your new family tradition.

**Looking for a
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to volunteer?**

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writers, photographers, area representatives

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The Power of Volunteering

By *Stephanie Gillis-Paulgaard*
Editor, Terwillegar Tribune

People choose to volunteer for a variety of reasons. For some it offers the opportunity to give something back to their community or make a difference to the people around them.

For others, it provides an opportunity to develop new skills or build on existing experience and knowledge. Some wish to help the environment or help those less

fortunate or without a voice.

Volunteering brings like-minded people, from diverse backgrounds and work experiences together and each individual has his or her own motivation for getting involved.

Regardless of the motivation, what unites volunteers are the rewards and challenges they experience along the way.

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SAVE THE DATE

REGISTRATION DATES FOR THE TRSA
OUTDOOR SOCCER SEASON

Terwillegar Community Recreation Centre
Room 6

Saturday, January 30, 2016
11:00 am - 3 pm

Saturday, February 6, 2016
11:30 am - 4 pm

Saturday, February 20, 2016
1:30 pm - 4:30 pm



Please visit www.trsa.ca (Outdoor Registration)

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Family

Candy Cane Lane Offers Fun for the Entire Family

Stephanie Gillis-Paulgaard
Editor, Terwillegar Tribune

Candy Cane Lane was started by a small group of residents in the Crestwood community over 40 years ago. Once small, the impressive light displays now span over 10 city blocks and have become a must-see for hundreds of thousands over the holiday season.

What's even more impressive, it is completely done on a volunteer basis. There is no commercial or municipal sponsorship of any kind.

Over the past few seasons, Candy Cane residents have taken advantage of the fact that so many people come out over the holidays to use this event as a way to give back to those less fortunate. Donation bins for Edmonton's Food Bank are placed along the route and since starting the initiative over two decades ago, tens of thousands of pounds of food have been collected - 360,000 kilograms to be exact! Each year this event plays a critical role in helping Edmonton's Food Bank achieve their goal.

The best way to truly enjoy all that 'the Lane' has to offer is of course by foot. If walking is not an option, you and your loved ones can take in the sights and experience a good ol' fashion sleigh ride at the same time. Sleigh rides are 45-60 minutes long and run on selected dates

up to December 22. Tickets are available for \$15 a person and little ones (under two) are free when they take up a lap. Due to its popularity, I would suggest you book early to get the date and time you would like. For more information on how to book a sleigh ride for you and your loved ones, please visit the official website for Candy Cane Lane.

The Lane will switch the lights on this year on Friday, December 11th and you will have until midnight on January 3rd to add it to your calendar of must-dos.

Other important things to know about:

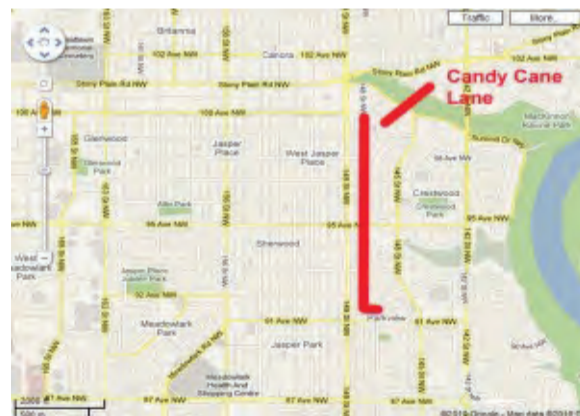
Candy Cane Lane is located at 148 street between 100 Avenue to 92 Avenue. Check out the map for a visual reference.

It can get extremely busy leading up to Christmas, particularly, weekend nights and those deciding to drive through the area end up spending a lot of time in traffic which, as you can imagine, also causes a lot of fumes. This is no fun for the residents or the walkers.

So, as mentioned, you are best to park your vehicle on one of the side streets and make your way by foot to 'The Lane'. Dress warm so you can stay for awhile and really enjoy what they have created. Each year he displays seem to get bigger and better.

And please, don't forget your donation to Edmonton's Food Bank.

Let's all practice the giving spirit and help those less fortunate have a wonderful holiday as well. It really is the little things that count!



Congratulations to all of the August Coloring Contest Winners

Ages 8-11
1st Place: Manuel O
Runner Up: Natasha H

Ages 5-7
1st Place: Owen W
Runner Up: Chloe D

Ages 2-4
1st Place: Gurleen S
Runner Up: Olivia H

What IS Neighbourhood Watch?

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

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

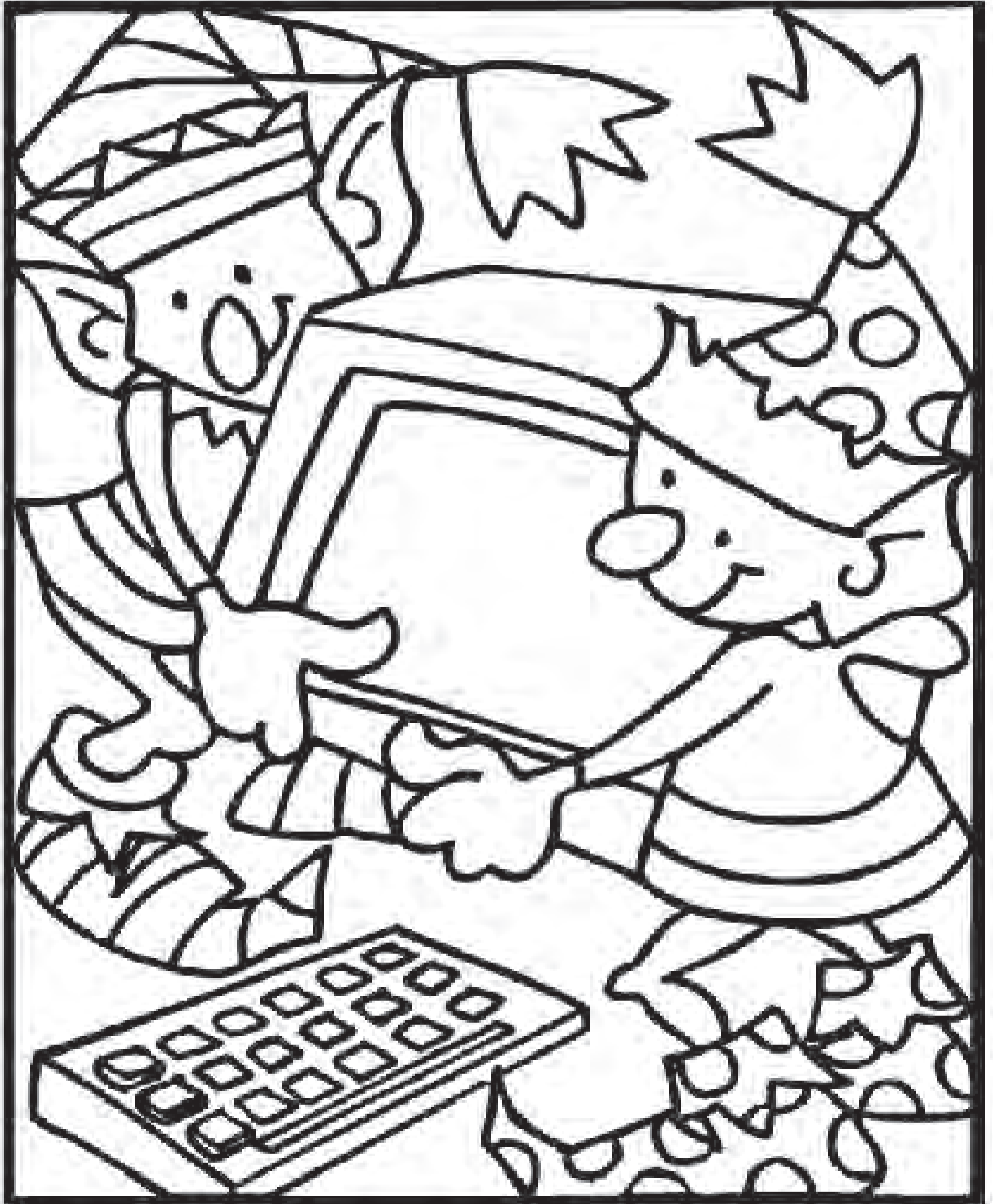
It's people helping people to prevent crime!

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

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

Holiday Coloring Contest

Children from ages 2-11 are encouraged to grab their favorite box of crayons and get creative. Take some time over the holidays to color the photo below and enter TCL's Coloring Contest. Winners will be chosen from each age category. Top prize will be a gift card from ToysRUs valued at \$25.00 and runner ups will receive a \$10.00 gift card also from ToysRUs.



Age: _____

Name: _____

Phone and Address: _____

All entries must be received by **December 31**. Please note: one entry per child. The contest is open to all Terwillegar, Magrath, South Terwillegar, and MacTaggart residents. Age categories are: 2-4; 5-7; and 8-11. Entries should be mailed to:
Terwillegar Community League
PO Box 36508
RPO MacTaggart Edmonton, AB T6R 0T4

South Terwillegar Grand Opening Celebration

Monte Weber
President,
Terwillegar Community League

The sun was shining and there were many smiling faces as the Terwillegar Community League hosted the Grand Opening celebration for the South Terwillegar Playground project on October 4, 2015. This is the 4th project built in 5 years.



Thank you to everyone for coming out and helping us celebrate!



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Grand Opening Celebration Continued



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Ipad Mini Winner from the TCL summer donation draw is **Angie Calvert.**

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Grandpa Scrunge - The Business of Rescue

By Gordon Dyck,
The Bone & Biscuit Company -
Magrath

Scrunge's redemption during the last Christmas Season had changed the world for Bagger's youngest pup. Tinny's hind leg hadn't healed right after being hit by a fast moving vacuum cleaner when he was young. It stunted his growth somewhat, and made life extra hard for Bagger and his brood. All that had changed when Scrunge arranged for an operation to straighten the leg and Tinny was now growing strong and fast. He was a bit behind his siblings, but what he lacked in muscle and agility, he made up for in disposition. He was becoming just like his Dad Bagger. When Scrunge came to bark with Bagger about his business idea, Tinny accompanied the old dogs on their way out.

They stopped for some bones and biscuits, then tracked over to the park. Scrunge figured this was the best place to have the conversation because this is where he saw the opportunity. Tinny lay down with a bone on a dusty patch beside a tree and listened as the two old dogs barked and growled amiably for a while before Scrunge came to the point. "Bagger, he said, Trixie and I are so grateful to have found each other again, see Puppy Puddles Society begin and watch so many of the little puppies find homes. But some of them are still being left out. I think I have an answer for that problem, but I need your help." "What did you have in mind?" woofed Bagger. "I'd like to start a company that builds canine play parks", said Scrunge, "and use it to provide apprenticeships

for pups who don't get adopted. We could teach them to build fences, mazes and tracks for Frisbee competitions, dig trenches and make small hills for dog games, dog wash stations.... all kinds of stuff. We could make most dog parks much more than they are now. The pups would learn useable skills, but most important they would be mentored in good canine character and the community would benefit too. I need a pooch who knows how to manage others and plan projects, who believes in the idea and can be trusted. Bagger, you are the most capable dog I know. I can get someone else to manage my boneyards....but I need a visionary for this task. Whaddya say?"

Bagger sat panting in the sun, looking around the park and at Tinny chewing on his bone. The wheels were turning in his head. About the time Scrunge thought he wasn't going to respond at all, Bagger barked and looked Scrunge straight in the eyes. "It's a great idea Mr. Scrunge, he said...it has a lot of potential. But, it will be a long-term commitment and I am not as young as I used to be. I'd enjoy the challenge, but I don't think I could do it alone, so I'd like to propose a partnership". The word 'partnership' made Scrunge's heart stop cold! His former life flashed through his mind as he remembered Jacko, his old partner from years ago. Scrunge had regularly and secretly cheated Jacko over those years and had thought himself smart for doing so. Then Jacko had gotten sick and died and Scrunge inherited everything and it had only made him greedier and more selfish. The shameful

memory of his former life settled on him like a heavy dark blanket. He hadn't expect this response from Bagger. He had to admit that the idea of entering into another partnership scared him. But suddenly Trixie's tranquil face seemed to pass through his mind and for some sweet reason caused him to realize... "I'm not the dog I was before... I'm not the dog I was". The transformation brought to his life that last Christmas Eve had changed his whole world and he did not need to fear slipping into old habits and bitterness. He was free to live generously, and generous he was determined to be.

"What kind of partnership were you thinking of Bagger?", he said" He could tell that Bagger was still processing something, and it took a minute before Bagger muttered again. "There are a number of different things that are going through my mind, he barked. Can we go for a short walk?...Tinny can stay here on his own for a few minutes." The two old dogs moved some metres away and Bagger picked up the subject again. Tinny watched them with his head cocked a little to the side. They conversed excitedly and earnestly for quite some time, scratching things in the dirt and pointing with their noses. He was curious about what they were planning, but the bone was really good, so he kept on chewing. An hour later they all trotted home, tongues and tails flopping here and there.

The next day Scrunge and Bagger met at the Legal Beagles office. They explained in detail what they hoped to do while the starchy old hound looked at them through half-lens glasses perched on his long greying nose. "There are two sets of documents we need to prepare, he howled. They can be a bit complex. Come back in a week and I will have drafts completed for you to review and sign."

Exactly one week later both old veterans stamped an inky right paw in several places on two sets of papers that outlined their relationship and the potential for many more relationships to come. The first contract described how Scrunge and Bagger would work to provide training for rescued pups through a partnership which would negotiate with the city for the design and construction of canine play

areas and equipment to enhance the enjoyment of all families at the park. Bagger would be in charge of the apprenticeship program, teaching the young dogs skills, integrity and generosity... managing their training and making decisions about individual readiness for advancement. Each opportunity would begin with a thorough cleanup of the entire park at no charge in order to teach the pups the value of community care and service. The second set of documents outlined a Business Franchise system designed to encourage young dogs to take what they had learned and repeat it in other neighborhoods and towns. This would give them lifelong opportunity to earn a living and raise a family as good citizens and create businesses contributing to society. They could pass on the good skills and life lessons they had learned and effect positive change in the lives of others just as it had been provided to them.

There was one additional sheet of paper with the heading 'Letter of Intent'. The date was left blank, but the letter stated that the first available franchise would be offered to Tinny, Bagger's son. Scrunge had heartily agreed with Bagger that Tinny, while not yet old enough to carry full responsibility, had all the character traits they were looking for in a Franchisee in this unique adventure. He had learned them from his father, and that was why Scrunge had offered the job to Bagger in the first place.

Less than one year before, Scrunge had committed himself to become a better dog, a changed dog....someone who would think of others before himself, and bring hope to the less fortunate. He could hardly contain the peace he was experiencing.....he knew he didn't really deserve it, but the future was looking brighter all the time.

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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

I have been thinking lately about how many people inspire me.

I have a dear friend Elizabeth who is facing a devastating disease called Multiple Systems Atro-phy. Instead of focusing her last years on herself, she asked a few of us to help her remount a play she had written years ago in order to raise funds for MSA research. Wind in her Sails runs until Nov 21st (www.windinhersails.com). My brave friend is determined to make a better fu-ture for others with MSA. She inspires me to face whatever my future holds with the same courage and altruism.

You may have seen Bob along Whitemud Drive, spending 20 hours each week picking up litter. He's inspired to have a cleaner city and to start with the route he loves to walk. Global news even did a story on him. His actions remind me not to be defeated when faced with many of the world's big problems; instead to start with something small that I can contribute.

My father started out with a question on why no one had written the history of Swedes coming to Canada - and then he thought "why not". He found a writer, gathered the stories and raised the money. Eight years later, "Swedes in Canada" was published (<http://www.swedesinCanada.ca>). I am inspired by the big dream and the dogged pursuit.

A number of seniors with whom I volunteer deal with pain or disability on a daily basis yet they rarely speak of it and they just keep moving. They accept what is the new normal in their lives and carry on, finding the time to give back to others through their volunteering. They give me perspective when I feel distracted by the latest ache or injury.

"When we love, we always strive to become better than we are.
When we strive to become better than we are,
everything around us becomes better too."

— Paulo Coelho, *The Alchemist*

And, I am inspired by the youth of Edmonton. At Pecha Kucha gatherings or other YEG events created by young people, I see a passion to make Edmonton great. They remind me to look at issues and challenges with fresh eyes.

Tell me, what inspires you? I'd love to share some of your ideas back to the readership of the Tribune. Please drop me a line.

You may find inspiration through volunteering at SWESA. There are now over 250 seniors as paid members participating in over 50 new and ongoing programs and activities each month. "Come and join us", says Elaine Parfitt, SWESA's Board Lead for Volunteers, "Volunteering with SWESA is a chance to be part of a legacy project in southwest Edmonton." See the website or call SWESA for more info.

Have fun and meet a lot of great people over 55 in southwest Edmonton. Watch for the new Winter Guide out in December. It will be available at both of SWESA's coffee sites and on the website.

Find ways to enjoy something new:

Meet some new people over a social event: weekly drop-in coffee groups, monthly themed luncheons, bingo, book club and more.

Improve your health by learning about: boosting your memory, healthy eyes, staying safe on the roads as a mature driver and more.

Develop new skills: Non fiction writing class, learn to use facebook, photo aps, and more.

Increase your activity level: gentle yoga, open play games, walking group, total body fitness, table top olympics and more.

Take a bus trip - The Magna Carta and Canada's Largest Christmas Store at Greenlands Garden Centre bus trips are fully booked but watch for more bus trips coming up in 2016.

Develop your artistic side: art group, knitting and stitching, quilting and more.

Learn about: advance care planning, depression and loneliness, caregiver stress, maximizing your fixed income, alternative therapies and more.

Edmonton Pickleball Club

By now, you may have heard about Pickleball, a court sport that combines elements of tennis, badminton and ping-pong. It can be played outdoors or indoors by all ages to over 80. The Pickleball gang in southwest Edmonton is a fun-loving, energetic group who are passionate about having fun and playing this game.

Outdoor play has finished for the season but continues year-round indoors at the Terwillegar Community Recreational Centre on Monday, Wednesday and Friday from 1:00 - 3:00 PM. Also Tuesday mornings from 7:00 - 10:00 AM.

For more information about the Edmonton Pickleball Club and future lessons, call Ken Hurshowy 780-660-4127 or ken.hurshowy@shaw.ca

Coffee and Friendship in Your Neighbourhood: SWESA's Coffee, Chat n' Cards at the Terwillegar Community Recreation Centre (2051 Leger Road) runs every Wednesday from 1:00-4:00 pm. Come by anytime to meet other 55+ people in your neighbourhood.

SWESA Locations:

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

For more information email: swedmontonseniors@gmail.com or visit the website: www.swedmontonseniors.ca

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"TERWILLEGAR COMMUNITY LEAGUE" UNDER GROUPS



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Rob Filipchuk
Owner

780.760.2228 www.theglassmonkey.ca 5842-111 Street

Community Holiday Lights Contest

*By Marc Lachance
Programs Director,
Terwillegar Community League*

The Terwillegar Community League is encouraging residents to let us know about great houses in their neighbourhood on the TCL Facebook page.

We are also looking for volunteer judges to go out on December 17 at 7:30 PM and hand out prizes to the top houses in their neighbourhoods. Volunteer Judges will have full decision authority on which houses spread the most festive holiday cheer.

Judging will be followed up with post-awards festivities at Famoso's.

If you are interested in being a judge please send an email to programs@terwillegar.org and

someone will be in contact with you.

Winners will be announced in the February issue of the Tribune with photos of some of the participating houses.



*Photos taken from last year's
Holiday lights contest.*

TCL will be hosting its Annual Family Day Event on Monday, February 15, 2016

The afternoon will be filled with tons of activities for children of all ages (even big kids) to enjoy in the park across from Esther Starkman School (2717 Terwillegar Way).

Following the afternoon fun, festivities will move indoors to the Terwillegar Community Church. While the kids settle in to watch a movie and play, adults can mingle and get to know neighbours and board members.

Alternate activities will be planned inside the church if the weather isn't favourable. As the date approaches, more specific information will be shared on the Terwillegar Community League website and Facebook page.

Random Acts of Kindness

Need some inspiration?

The Random Acts of Kindness website offers all kinds of ideas, stories and resources about how to practice kindness at home, at work and in your community. Why not take a few minutes to relax and read or watch a video:

www.randomactsofkindness.org/

Ideas for Setting Goals In The New Year

By Philip Ross
International Business Times

Make more money, lose weight, and live by the Golden Rule. These are some of the most popular New Year's resolutions around, but the formula for a better future is variable.

For some people, learning to manage stress is a more constructive goal than shedding a few pounds. For others, the New Year might be best spent reconnecting with old friends, or taking more time off work to recharge.

About 75 percent of people who make New Year's resolutions are on target a week later, but that figure drops to less than 50 percent by July, according to Health.com. That doesn't mean New Year's resolutions should be abandoned before they even have the chance to come to light. It's time to knuckle down. In the words of the venerated Oprah Winfrey, "Year's end is neither an end nor a beginning but a going on, with all the wisdom that experience can instill in us. Cheers to a new year and another chance for us to get it right."

Here are 15 habits and behaviors to adopt in 2015 to make this year better than the last.

1. Become a better time manager. Time is an invaluable asset and should be spent wisely. Learning where to expend energy, and where not to, has innumerable benefits, including less stress, more free time, fewer mistakes and improved production.

2. Manage your debt. The peace of mind that comes with taking control of debt can do wonders for overall health. The first step to getting on track financially is to get organized. Make a list of all debts, including minimum monthly payments and due dates. Create a bill payment calendar to remind you which payments are due when. Figure out what order to pay off your debts. Perhaps you start with the debt with the lowest balance first. Credit card debt is often a good place to begin, according to About Money.

3. Go back to school. Furthering your education can be a great way to grow intellectually, find a new career path, or discover a sense of purpose.

4. Make an effort with co-workers. We spend countless hours with the people we work with, but few of us take the time to get to know our colleagues.

5. Be more mindful. Downtime can make many people uneasy – all those errands aren't going to run themselves! – but getting off the hamster wheel every now and then is a must.

6. Be a better listener. Cultivating strong professional and social relationships, as well as improving memory, are just some of the advantages of being a good listener. Eye contact and positive body language can go a long way in a conversation. Listening will help you better show support for others, resolve problems and build rapport.

7. Quit smoking. Smoking cigarettes is the leading cause of preventable.

8. Log in some volunteer hours. Volunteering is a great way to make a difference in someone else's life, build self-confidence, develop new skills, foster friendships and cultivate a sense of purpose. Find something you enjoy doing, and commit a few hours a week or a month to giving back.

9. Reconnect with estranged friends or family. Holding grudges can be toxic. It's time to exorcise the old demons that foster ill will toward others.

10. Eat better. Reducing the risk of heart disease, boosting energy, fighting disease and improving mood – these are just a few of the many benefits of having a healthy diet. It's easy



to get into a routine of eating out. Making a run to the deli or burger joint for lunch during work might seem convenient, but all of those calories end up costing more than an hour's wage. Make a point to pack your own lunch for work, a lunch of fruits and vegetables and protein.

11. Try new foods. The adage that variety is the spice of life holds true. Exploring new culinary traditions can be fun, engaging. Get adventurous! Make a point to try a new recipe once a week. Learning to give something new a try is a lesson that will take you far in life.

12. Get enough sleep. The average adults needs between seven and eight hours of sleep a night, according to Mayo Clinic. It's one of the best ways to keep your body and mind in tip-top shape. A good night's sleep has been linked to less stress, increased alertness, reduced inflammation and may even prevent certain cancers.

13. Make time for exercise. Just 20 minutes a day of moderate physical activity can boost energy, improve mood and keep certain dangerous health conditions like high blood pressure at bay. Walking, swimming and mowing the lawn fall into the category of moderate exercise. Exercise doesn't have to be tedious. In fact, it can even be fun.

Take a dance class, go hiking or join a local sports team to get the blood flowing.

14. Take a trip. The benefits of taking a vacation are many and can contribute to a positive attitude and improved emotional health, according to USA Today.

15. Be kind to yourself. Above all else, remember that it's OK to make mistakes along the way. – the process of making improvements to our daily routines is a marathon, not a sprint. Self-love can go a long way toward a healthier lifestyle.

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:

Holiday Lights Celebration: Through the month of December we will be out looking for houses that are celebrating the season with great decorations, and giving some prizes and goodies to those who really go that extra mile in making this a great neighbourhood for the holidays.

February 15: Family Day Celebration

Check www.terwillegar.org regularly for the most up to date information

Terwillegar Tribune 2016

Submission Deadline	Released
January 8	February 9
March 7	April 8
May 6	June 10
July 29	August 29
October 14	November 25

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.

Terwillegar Classifieds

How to contact the Terwillegar Community League



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volunteercoordinator@terwillegar.org

www.terwillegar.org

Board Contacts

- President — Monte Weber, president@terwillegar.org
- Vice-President — Steve Simala-Grant, vicepresident@terwillegar.org
- Treasurer — Jennifer Ozechowski, treasurer@terwillegar.org
- Secretary — Diane Pelletier, secretary@terwillegar.org
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- Programs — Marc Lachance, programs@terwillegar.org
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- Community Garden — Diane Pelletier, garden@terwillegar.org



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