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www.terwillegar.org

Issue 55 February 2015

Next submission deadline:
March 9, 2015
Next issue April 10, 2015



Terwillegar Community League AGM held in January

By Monte Weber, President Terwillegar Community League
The Terwillegar Community League (TCL) Annual General Meeting (AGM) was held on Tuesday, January 13, 2015 at the Terwillegar Community Church. This year's meeting provided an overview of what was accomplished in the neighborhood over the past year (FAMILY DAY SLEIGH RIDES! CANADA DAY CELEBRATION! SPRAY PARK OPENING! TOONIE CARNIVAL! FIREWORKS! Etc.) and also included regular AGM items such as the budget

for the coming year and board elections. After having some vacancies on the board last year, I'm please to advise that a full board was elected by our community members. Contact information for the new board can be found at the back of the paper. In addition, many more community members volunteered for other positions to help run TCL events and programs throughout the year. Over 50 people attended the meeting, including representatives from the two local home owner associations, Terwillegar Riverbend Advisory

Council (TRAC), Edmonton Police Services, Edmonton Federation of Community Leagues (EFCL) and the City of Edmonton. Thank you to all who came out to listen to our plans for the year, provide their feedback and volunteer their time!
The TCL is a volunteer organization made up of community members who volunteer their time and work hard to make this a great community. We couldn't run our activities and programs without the help we receive from community members. If

you are looking to meet new people and make a difference in your community, we are always looking for people to help out! Please feel free to contact any board member for more information about how you can contribute to make our community even better. The coming year promises to be more exciting than last year! Please visit our website at www.terwillegar.org and watch the signs posted around the neighbourhood for details on all our exciting events.

TCL Upcoming Events
See page 2




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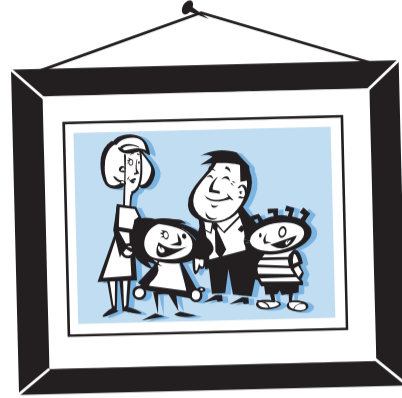
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Community

TCL Family Day

ACTIVITIES, DINNER AND A MOVIE

On February 16th, 2015 at the park behind
the Terwillegar Community Church



OUTDOOR

ACTIVITIES:

Starting at 2 PM

- Sleigh Rides
- Games
- Fire Barrels
- Hot Chocolate
- Cookies

Plus competitions and prizes for the best team "Snowman".

Outdoor activities will be limited or cancelled if the temperatures are below -15°.

DINNER and MOVIE

begins around 5 PM

We'll move the festivities inside the TCC Church to enjoy some food and fun with our neighbours. TCL will be serving up some food, drinks and movie snacks.

While the kids settle to watch a movie and play, adults can mingle with neighbours and board members.



I'm Too Big For It Sale

Terwillegar Community League's Semi Annual Sale

More information email
mmcwilli@live.com

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

Where: 1751 Towne Centre Blvd

Terwillegar Community Church

Vendor Tables Are Now Available

Additional information and vendor application available at www.terwillegar.org

Editor's Page

By Jenn Gilliard, Editor
Terwillegar Tribune

It's a winter wonderland here in Terwillegar (Edmonton). So what are you going to do about it? At times you might like to cozy in and watch a good movie on cable or Netflix. Maybe even escape the winter wonderland and go on a hot holiday. If you're staying close to home and getting out of the house you there are so many options. There are activities for everyone, young and old. Get outdoors and enjoy the fresh air. If the snow and temperatures below zero, are too much for you to handle there is lots to do indoors too. Here are just a couple of ideas.

Sledding is a popular pastime no matter how big the hill. I've seen students at Ecole Monsignor William Irwin sledding down the hill during recess or waiting for parents to pick them up. If you are looking for some awesome hills for the family there are hills along Towne Centre Boulevard where locals can walk to with their

sleds. Another fun hill close to home is at James Ramsey Park. For more information on hills in Edmonton go to www.edmonton.ca/activities_parks_recreation/toboggan-hills. Sometimes the local recreation center is the place to be. The City of Edmonton has just opened 2 new recreation centers. Both the Meadows in the SE corner of the city and Clareview in the NE corner are now open. Find out more on page 19. Strap on your skates and get involved with some public skating or shinny hockey. These activities are offered by many recreation centres. For more information go to www.edmonton.ca/activities_parks_recreation/arenas. For those who like to skate outdoors, the Victoria Oval is one option among many. For more information go to www.edmonton.ca/activities_parks_recreation/outdoor-ice-rinks. Sledding. I have fun doing that. Skating too. But, I have never been much of a runner, so I won't be joining the Running

Club or layering up for my winter run anytime soon. However, some people do love to run and one resident writes about winter running and what to wear to stay warm on page 18. Layering up is essential on those winter days especially those below -25 with the windchill.

Cross country skiing is an activity that can be enjoyed by the whole family. It can be a very social, scenic and excellent work out gliding through the snow. There are many places in and around Edmonton including Goldbar Park. Check out this website for more locations www.edmonton.ca/activities_parks_recreation/cross-country-skiing Finally, our own Terwillegar Park offers something for so many. Running, walking, sledding, and cross country skiing. The park is a an awesome place to take your dog too! Read about it all on page



28. Whatever you decide to do this winter to stay active, have fun and be safe. This past week I fell on the ice while walking to school and I know some others that fell as well. I was telling my mom how icy it has been here and she said that we all had a 'foosh'. "A foosh? What is that", I said. She told me (and I verified on google), FOOSH is the acronym, and the definition is Fall On Out Stretched Hand.

*Do you have a comment about our paper or community?
Write a letter to the editor for our opinions section:
editor@terwillegar.org*



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

Included is my cheque for:

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

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

_____ You may be contacted by phone for further details.

Which Park would you like your name at?

- Magrath Park
- South Terwillegar Park
- Mactaggart Park

Name _____ Phone _____

Address _____ Postal Code _____

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

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

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

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

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

Community

Architectural Standards in Terwillegar Towne

By John Friesen
Executive Director (TTHOA)

As our community ages, and homeowners pursue renovations to their homes, there has been increased discussion within the Terwillegar Towne Homeowners Association (TTHOA) about the importance of maintaining the integrity of existing architectural standards. As many of you are aware, all homeowners who live within TTHOA boundaries must ensure that their current home, and any desired future home renovations, are in alignment with existing architectural standards. When our area was developed in the late 1990s, specific architectural controls were put in place to give the community a unique feel and character. These architectural standards are periodically reviewed by the Board who are elected by the membership at the fall Annual General Meeting (AGM).

The Board of Directors is currently developing a process to address existing cases of architectural non-compliance

and, more importantly, to raise awareness of the problems to prevent future cases of non-compliance in the community. TTHOA residents will receive an email message within the next few months notifying them of some specific points of concern, and providing a timeline for homeowners to address existing problems. We are pursuing a proactive approach on this matter that educates our members about the existing standards and preserves the unique look of our community.

To view and examine the existing TTHOA architectural standards please click on the following link: <https://terwillegartowne.org/images/stories/pdf/archguidelines.pdf>. Our website also provides important information about TTHOA boundaries, the payment of fees, and current hot topics within the community. (Note: if your home is located outside of TTHOA boundaries, the architectural standards do not apply to you.) Please feel free to direct any questions or concerns to me at ed@terwillegartowne.org



International Random Acts of Kindness Week is February 9-15, 2015. Take this week to step out of your normal routine or comfort zone and attempt a new random act of kindness each day of the celebratory week.

Terwillegar Community League
www.terwillegar.org



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Tuesdays 7:00 to 7:55pm
January 20th to March 24th (10 weeks)

Kids Beginner 2 Ballroom & Latin (7 to 18 y/o)
Tuesdays 8:00 to 8:55pm
January 20th to March 24th (10 weeks)

Ballet beginner (3 to 6 y/o)
Fridays 5:30 to 6:15pm
January 23rd to March 20th (8 weeks)

Hip Hop beginner (6 to 18 y/o)
Tuesdays 6:30 to 7:25pm
January 23rd to March 20th (8 weeks)



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Southwest Edmonton Farmers' Market update

By Sheri Hendsbee, Steering Committee Chair, SWEFM

It never ceases to amaze me, the educational opportunities that are inherent in market culture, and the ways that they provide even greater community connection. The layering they bring can be so rich and add immeasurably to the quality of the experience you have on-site at a community market.

The Southwest Edmonton Farmers' Market (SWEFM) put out a call out for volunteers in a U of A faculty newsletter in the fall and I am delighted to say that we had an overwhelming response. We are currently working with thirteen dedicated Nutrition Student Volunteers from the Agriculture Life and Environmental Sciences Faculty and they're helping us in a number of important ways. First, they are creating and designing a bank of recipes for the Sprouts Children's Program. Their recipes will feature a different in-season vegetable or fruit each week of the market season, and be spirited and fun in a kid-friendly way. They will have a nutritional fun fact. They will have a cartoon

carrot character. They will have explanations for "Sprouting Chefs" and advanced steps and tips for "Creative Cooks."

Convincing children to eat healthily, and yes... that means eating more veggies... means helping to get children involved in meal planning and meal prep in the home kitchen, teaching them a few basic cooking skills, getting them more interested in the fascinating world of food science, dabbling in the creative art of food preparation, and knowing their seasonal veggies. We hope that these recipes will further enhance one of our goals at the market: to help you raise your kids in nutritionally mindful ways.

Secondly, our nutrition student team is designing some information pamphlets for our info booth on topics like "Eating for Weight Loss," "Eating for Longevity," "How to Keep Your Kids Healthy," and "Cooking on a Budget." These tackle a variety of issues behind the questions that some of you asked when doing nutritional tours of the market with our volunteers last season.

The neat thing about this new



Nutrition Student Volunteers from the Agriculture Life and Environmental Sciences Faculty are helping in a number of important ways.

venture is that the market is providing a means by which these nutrition students can put into practice in the real world the skills and the knowledge that they are gaining in their studies at University. It's like a mini practicum, and our community reaps the benefit. It's exciting to be able to offer them an opportunity to do this. Our hope is that you will use their services this market season. Many of these students are looking forward to volunteering on-site, sharing their expertise and their passion for healthy food and food culture with you as Market Tour Guides. We'll have a

sign at the info booth marking the time of each free tour, and we'll let you know the weekly themes as well. Now is the time of year that we are actively recruiting market sponsorships so that we can run free programs like our very popular Sprouts Children's Program. This year, we are looking to open the program to ALL children. If, like orthodontist Dr. Darcy Dietz, you or your business could support us financially, please contact us a.s.a.p. so that we can plan an exciting fifth season for the community. SWEFM's opening day is May 13.

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Getting young children to eat their veggies

By Divya Sharma, Terwillegar Tribune Contributor

Do you have picky little eaters at home? If yes, then you should know you are not the only one. Children can be very picky eaters, and getting young children to eat their veggies can be a daunting task. It is well known that diets rich in fruits and vegetables protect against cardiovascular disease and also lower the risk of children and adolescents becoming overweight [1]. However, incorporating vegetables in the diets of our children has become a real struggle, especially with our busy daily schedules.

To get children to eat their veggies, we must first understand the reason behind their rejection of these vitamin and mineral-rich foods. Children's eating patterns are influenced by their physical environment [2], and the most powerful physical factor is the availability of and access to fresh produce in the local farmer's market and grocery store. Access to vegetables at children's schools, leisure centres and homes also impact the decisions children make at

meal time. The more children are exposed to vegetables, as opposed to chips and other junk foods, the more likely they are to accept them at the dinner table.

Social factors [2] also play a role in shaping children's food choices. These include the exposure and messages they receive through mass media, commercials, peers at school, and intervention by the family. While some of these factors may be hard to control, parents *can* control what kinds of foods are entering their home. Small changes to the busy life, such as sharing a family meal, rather than eating separately, dining at fast food restaurants, or eating on the run can help mold the attitudes of young children towards a healthier lifestyle. Consistent support and encouragement provided by parents can lead to children growing up to make their own healthy choices.

It is interesting to note that studies have shown that girls are more likely to consume fruits and vegetables compared to boys, and the same pattern has been observed in younger children compared to older



Shopping for vegetables at SWEFM.

ones.

Keeping this in mind, Parents should start encouraging kids to eat their veggies at a young age. To encourage boys (and older girls) to eat more veggies, parents should invite them to contribute when making their shopping lists, buying fresh vegetables at the farmer's market, and also while preparing those vegetables. Children should be exposed to smaller scale, fresh produce markets instead of larger shopping centres where unhealthy food options are abundant. Eating vegetables can be made fun by helping kids start their own vegetable garden and allowing them to harvest their fruit of hard work. Most importantly, if parents want their children to eat their veggies, they must do the same. Role modelling is an important teaching tool that promotes a positive eating experience. Canada's Food Guide recommends that parents eat 7 to 10 servings of fruits and vegetables per day, and encourage their children to eat 4 to 6 servings per day. Half a cup of fresh vegetables equals one serving. The more vegetables are available in the home, the more likely they are to be consumed. Having fresh vegetables in the


home, eating them yourself, involving children in meal prep, making children a part of produce shopping, and planting a backyard or patio pot garden all set up a valuable pattern for life. These are basic lifestyle choices that you as a parent can make to raise the next generation of healthy eaters. So the picky eater today, is a more aware adult tomorrow.

References:

van Ansem, W. C., Schrijvers, C. M., Rodenburg, G., & van de Mheen, D. (2014). Maternal educational level and children's healthy eating behaviour: role of the home food environment. Cross-sectional results from the Dutch INPACT study. *International Journal Of Behavioral Nutrition & Physical Activity*, 11(1), 44-64. doi:10.1186/s12966-014-0113-0

Rasmussen, M., Krølner, R., Klepp, K., Lytle, L., Brug, J., Bere, E., & Due, P. (2006). Determinants of fruit and vegetable consumption among children and adolescents: a review of the literature. Part I: quantitative studies. *International Journal Of Behavioral Nutrition & Physical Activity*, 322-19. doi:10.1186/1479-5868-3-22

Photo: Courtesy of Southwest Edmonton Farmer's Market.



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Children and art

By Tessa Stanley, Terwillegar Tribune Contributor

Try and Art Project to Dispel some of the Winter Blues. If you are a parent like me, you may have recently heard the familiar “I’m bored... there’s nothing to do.” For your little darlings, the glitz has worn off all of the Christmas presents, a long cold stretch of weather is keeping them housebound and the 2nd wrestling match in the last hour has just ended. So... what is a parent to do? Might I suggest an art project that kids of most ages will enjoy? It involves fun things like sticks, rocks, crushing food, squishy textures and grunting like cavemen. Perhaps they may even absorb some learnin’! The Method and the Madness This art project is based on one of the earliest forms of art – cave painting! Encourage your kids to begin to speak in Cavemanese . Phrases like – “Me no like brush, me use fingers” “Ug... much goo on floor” “Grog, no eat color stuff put on bark!” Lots of newspaper or plastic tablecloths will be required. They will need to create their own brushes and paints.

First the ‘brushes.’ Just about anything that can hold or carry paint can be tried as a ‘brush.’ Using real sticks / popsicle sticks and kitchen twine, tie any of the following to a stick – feathers, cotton balls, the hairball off the dog from under the couch, dry weeds or flowers, pine needles, a chunk of your little sister’s hair – kidding – maybe take some hair out of a hair brush, ribbon that is cut into thin strands, pieces of kitchen twine bunched together – or else just use the stick! Now the paint. Depending on the age of your child, they will need to be encouraged not to eat the paints as some are made with food items. The children can try using a stone, pestle or a rolling pin on a cutting board or large piece of paper and crush/ grind some paint pigments just like artists have done for centuries. Using colored chalk, powdered drink mix, soft or crumbly stone/dirt or charcoal the idea is to grind the pigment to a fine powder. Now you can add the pigment to any of these bases: a thick paste of flour and water (for a dry, crackle effect later): for smooth paint a mixture of 2 beaten yolks

well mixed with a bit of water to a creamy consistency: or a simple mix of cooking oil and dry pigment. Remember to start by using only a few tablespoons of the ‘base’ mixture to 3-4 tablespoons of pigment, you need to experiment to get the best colors. Paints can also be made with food items. I do not advocate wasting food, but if you have some berries that are over-ripe you may let them squish these and add them to the egg yolk



or oil mix and try to paint with that. Highly staining food items like mustard, grape juice, coffee, tea, etc. might be tried also. A heavy grade of paper, bark, canvas or cloth is best used to support the artwork that will be created. Let them experiment and maybe if you’re lucky get them to help clean up after! Good luck!! Tessa Stanley is a mom and artist. You can reach her through her website at www.stretchedcanvasartstudio.com or call / text her at 780-405-9408.

New schools expected to be complete in 2016

By Nathan Ip, Public School Board Trustee

Update from your Public School Board Trustee: New Schools expected to be complete in 2016 Four new school projects in Ambleside, Blackmud Creek, MacTaggart and Webber Greens neighbourhoods are currently underway and are expected to be complete in 2016. School facility drawings have been completed based on a core/modular classroom design. Site investigations, environmental assessments and geotechnical testing have been completed as well. This work, in addition to having development permits issued for all projects, will allow for construction to begin in early 2015.

The projects, which will be managed by the Alberta Government, are subject to the following timelines:



Blackmud Creek K-6 (600 capacity) and MacTaggart K-9 (900 capacity)



Ambleside K-9 (600 capacity) and Webber Greens 7-9 (600 capacity)

On November 12 and 13, 2014, public information meetings were held to share this information with parents, students and community members. Representatives from ACI architects were in attendance with display boards showing the school building design as well as the overall park site concept. District staff members from Facilities, Planning and Student Transportation were also on hand to answer questions as were representatives from the City of Edmonton and Alberta Infrastructure. Questions? Contact your School Board Trustee Nathan Ip at nathan.ip@epsb.ca or 780-429-8083.

I cannot teach anybody anything, I can only make them think.
- Socrates

Little Aspen Playschool

OPEN HOUSE

Thursday, February 5th, 2015 (7-9 pm)
Aspen Gardens Community League Building
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"I'd recommend Outside the Box to anybody ... because of how it has changed my life" Breanna

"Carolyn is a wealth of information! We all see great improvement!" Debbie

"Effective workouts ... getting results!" Nicole

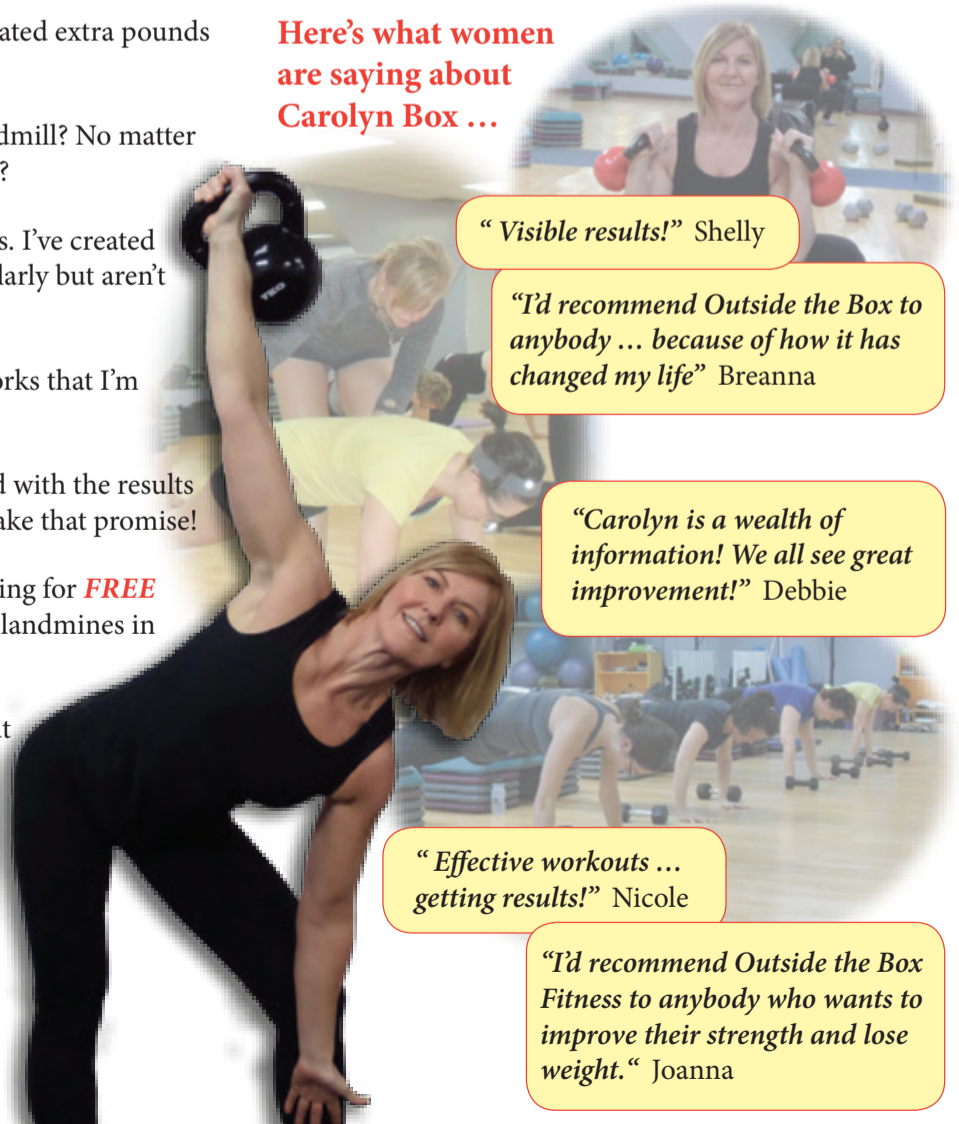
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SWAT Snipers hockey team food drive

By Riley Jones, age 9

On December 14, 2014 my hockey team, the SWAT Snipers, went door to door in our community to collect food for the Food Bank. We wanted to help people. It was a good feeling to collect food for people who don't have enough to eat. Maybe they are kids just like us.

We collected four Food Bank boxes full of food. We were so proud! We dropped the food off at the fire station. The firemen were happy and let us take our pictures in front of the fire trucks.

Because of this experience, some of our players are planning fundraisers of their

own.

I am planning a fundraiser to raise money so that other kids can play hockey, even if they can't afford to pay.

All kids should be able to play a sport that they love as much as I love hockey!

Thank you to everyone who gave us food. You made a difference.



Food Bank boxes with what the team collected.



SWAT Snipers hockey team 2014/5 (not all players present)

TCL will be hosting its Annual Family Day Event Monday February 16

At 2 pm in the park across behind the Terwillegar Community Church, there will be great activities for everyone, including sleigh rides, outdoor games & activities, and hot chocolate. At 5 pm we will move the festivities indoors to the Terwillegar Community Church to enjoy some food and fun with our neighbors. TCL will be serving up some food, drinks and movie snacks.

While the kids settle, watch a movie and play, adults can mingle with neighbours and board members. Out door activities will be limited or cancelled if the temperatures are below -15.

Enjoy Smiling!



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Politics

Protecting your heart during heart month

By Stephen Mandel, MLA
Edmonton-Whitemud Minister
of Health



February is Heart Month, and it's an opportunity to revisit some of our habits and make sure we're living heart-conscious lives. Heart health in

Alberta is one of our province's success stories. While heart disease was formerly a leading cause of death among adults in Alberta, we have seen rates fall over the last 30 years. Increased awareness of heart health, and the development of new drugs to treat chronic heart conditions have contributed to this success. But we also have very strong heart health care. In Edmonton, for instance, we have the Mazankowski Alberta Heart Institute, which has attracted prominent physicians from around the world, and which not only treats patients with heart conditions, but performs

research to contribute to the global discussion on heart disease and other cardiac conditions. Edmonton's Vital Heart Response Program, for instance will be highlighted in a forthcoming issue of the Canadian Journal of Cardiology for its ability to stop heart attacks before they start. This is the kind of innovative research and practice that has made Alberta a leader in the field of cardiology. Heart health is not only about treatment but prevention too. Alberta Health recommends we care for our hearts in five distinct ways – not smoking, diet, weight management,

exercise and regular screenings. In the past two decades, we've seen significant decreases in smoking and obesity rates. But lifelong heart wellness is as much a practice as it is a goal. If part of your New Year's resolution is to improve your heart health, visit <https://myhealth.alberta.ca/health/pages/conditions.aspx?Hwid=abk9834>. I'll be at the Riverbend Family Winter Festival on February 8, so please come out and say hello. Stephen Mandel, MLA
Edmonton-Whitemud
Minister of Health

Gain Insight - Speak up and be heard

By Bryan Anderson, City of
Edmonton Councillor



Come and join the Edmonton Insight Community, an online group of citizens who provide feedback on City policies, initiatives and community issues. Launched in July 2014, the Community has more than 1,300 members. This highlights

the significant enthusiasm Edmontonians have for engaging with their city. The City can now learn more from Edmontonians in a faster and more meaningful way than ever before. The Community supports our efforts to build ongoing relationships with Edmontonians who want to help us build a better city. Edmonton is one of only few municipalities in the world that are leading in this field of public research. The Community uses innovative technology that allows the City to ask questions in new and engaging ways, while knowing the demographic details of those providing the input. It allows people to participate when it is convenient for them on a device of their choosing. The benefits of the Community are already becoming evident.

The Community is available for use by all City business units at no cost to them, which avoids costs for multiple surveys through separate vendors. This approach also results in much higher completion rates, less bias due to self-selection, and more in-depth learning about City activities. Since its launch the Community has been used for many topics, including: the 2014 Budget, bike lanes, housing, ETS, library use, unlicensed taxis, car-free Whyte Ave, The Way We Finance, Blatchford, Jasper Place ARP and surplus school sites. By challenging ourselves to be more innovative in how we ask questions, we can engage with members and show people how their input is being used in the decision making process. The Community

advises participants on how the topic they've provided input on is progressing; e.g. when public meetings or engagement activities are being held, when a report has been completed, when Council is debating the issue or when residents can speak at a public hearing. One of the challenges Insight is facing is recruitment and this is where you come in! Go to www.edmontoninsightcommunity.ca and sign up now to join the Community. It is very important for us to hear from a wide range of people, of all ages and backgrounds, as we continue to build an even better city. If you have questions or comments, please contact me at bryan.anderson@edmonton.ca or 780-496-8130.

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

Help your councillor work for you!

My Rat's Nest Cave adventure

By Sheri Hendsbee, Steering Committee Chair, SWEEM

In the winter, Canmore is a place that draws many people for its downhill skiing at Lake Louise, Sunshine and Norquay, and its world-class cross-country skiing at the Canmore Nordic Centre. It's about a 4 hour drive from Terwillegar. Canmore also has spectacular hiking trails in its immediate vicinity, with some of the best mountain scenery going, at places like Heart Creek, Grotto Canyon and up nearby peaks like Ha Ling and Mount Lady MacDonald. At it's doorstep is the incredible natural playground known as Kananaskis Country and the protected sanctuaries of Banff National Park. There's fantastic road biking along the Legacy Trail that takes you from Canmore to Banff, and there's our personal favourite... the bone jarring and thrilling downhill riding on the Nordic Centre mountain biking trails in the summer.

Many people know of Canmore's fantastic fine dining restaurants, like Crazyweed and the Trough, its fun wood-fired pizza eatery at Rocky Mountain Flatbread Company, and its homemade sodas, beer and burgers at the Grizzly Paw. It has a fantastic local coffee shop, called CommuniTea, that often hosts live music, and it has fun art galleries to browse for artistic inspiration and creative interpretations of the mountainous beauty that surrounds you when you're

there.

But there is one hidden gem that few people know about: the Rat's Nest Cave. We had been wanting to go explore the Rat's Nest Cave for about 10 years and finally got around to doing it this fall. It did not disappoint!

This cave was incredible and will remain one of my favourites... not because it is beautiful, lacking an abundance of wow-factor features like crystals and flowstone formations, stalactites and stalagmites... but incredible because it was so intensely physical!

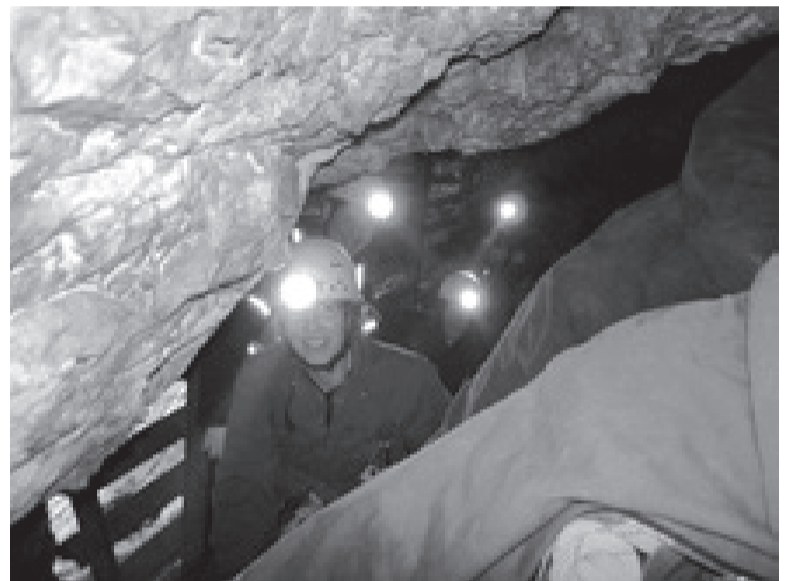
Squeezing through tight spaces like the epic "Laundry Chute" gives you a taste of what true caving is all about... but without the danger. You know that people have been there before you... and you have a guide to either talk you through it, or take you via another route that bypasses the challenge if you just can't quite conquer your fear.

There are long rappels, vertical shafts, via ferrata-style traverses and amazing, on-your-belly-as-you-twist-and-contort-and-wiggle-through openings adventurous experiences. Don't worry though! Your guides are safe, knowledgeable, and encouraging... and they won't have you do anything that you don't want to do!

It is an even cool temperature in there, year-round, but because it is not a wet cave, you don't get chilled to the bone. Your guides give you protective clothing so you don't get muddy or rip your



Squeezing through tight spaces like the epic "Laundry Chute".



The cave was incredible

clothes, and they supply gloves, helmets & lamps. Groups are no larger than 8, which is entirely manageable. And the hike in and out is very beautiful.

The Rat's Nest cave is open year round and is accessible only by guided tour. The guides are first aid and cave rescue certified and very experienced. They allow children over the

age of 10. It is a perfect family adventure... and a wonderful way to bond as a family. The experience is thrilling and fun. And your kids will think you're awesome to face your fears and experience it with them!

Should you want to take on this adventure yourself, go to canmorecavetours.com. It is seriously a LOT of fun!

Silver Skate Festival coming up

From the Silver Skate Festival website

The Silver Skate Festival is a 10-day, family-oriented festival running February 13-22, 2015 in Edmonton's scenic river valley. Rooted in Dutch winter traditions, the festival combines sport (especially skating), arts and culture, and recreation. Celebrating its 25th anniversary in 2015, the Silver Skate Festival is the longest running winter festival in Edmonton. Over the years, it has grown in leaps and bounds, from a small skating event to a large-scale, winter extravaganza. Last year, more than 70,000 visitors came out to play.

Each year, the festival transforms Hawrelak Park into a winter wonderland with fun for the entire family. Here, you'll discover breathtaking snow sculpture, winter sports, and horse-drawn sleighs carrying families through the park. Sit in a Cree Winter Camp and cook bannock over an open fire. Compete in the Winter triathlon or speed skating events. Meet a team of sled dogs. Take in live music and theatrical performances with your friends and loved ones. Our festival activities are as diverse as the people who call our Northern community home.



Photo credit: Marc J Chalifoux

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Southwest Early Years update

By Sherri Henderson, SWEY Assistant

Starting a New Year Championing for Children Happy New Year to all the families in the Terwillegar area! We hope that you enjoyed a wonderful holiday season and are feeling inspired about 2015 and the promise of a new year. Southwest Early Years is excited to announce that we have officially confirmed that we will extend our work in the early years in Southwest Edmonton until the end of March. We are delighted that the Government of Alberta has agreed to allow us to continue to use our grant funding and find new and innovative ways to connect with you about the importance of the early years.

We'd also like to welcome Dr. Rob Agostinis from the Edmonton Federation of Community Leagues (EFCL) to our table and delighted that Angelica Thompson from the Riverbend Library continues to assure that someone from the library comes to our meetings.

So what are our plans from now until March?

We are excited that Southwest Early Years (SWEY) is in partnership with Mill Woods Family Resource Centre and Mill Woods Early Years Coalition to deliver the 2 Annual I am a Parent Conference on March 21, 2015 from 9:30 a.m. – 4:00 p.m. at the Southminster-Steinhauer United Church (10740-19 Ave). Building upon the highly successful Mill Woods conference held in March 2014, the second "I AM A PARENT" conference is a FREE event featuring speakers and workshops ranging in topics from early brain development, early literacy, the importance of Dad's, getting ready for kindergarten, parenting in two cultures, encouraging first steps and by far the most popular workshop for parents – positive discipline. The one-day event promises to be a great place for parents to gain valuable information, provide you an opportunity to ask questions,

interact with other parents and connect with agencies and organizations at our resource fair. To register or find out more information about the conference please LIKE us on Facebook (IamParentYEG) or FOLLOW us on Twitter (@IamParentyeg).

We are also seeking volunteers and sponsors to ensure the success of this event!

We are currently looking for sponsors who would like to contribute to the event in-kind or financially to allow us to pamper our parents. If you own or operate a family-friendly business or offer services to parents and children please contact Sherri at swearlyyears@hotmail.com to discuss how you can get involved in our Sponsorship program.

If you are a high school student needing volunteer hours, a parent,

a photographer, or just want to help parents get the most out of this day please contact Sherri, at swearlyyears@hotmail.com to find out how you can get involved.

In the meantime if you want to know more about the Live Atlas on the Early Childhood Mapping (ECMAP) Project website: www.ecmap.ca we'd love to come out to your group or organization to share how useful this could be to your organization.

SWEY meets on the last Monday of the month. Our next meeting will be on February 23, 2015 at the Riverbend Library from 1:00 p.m. – 3:00 p.m. Please join us!

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

You have brains in your head.
You have feet in your shoes.
You can steer yourself any direction you choose.

-DR.SEUSS

Mill Woods Family Resource Centre, Mill Woods Early Childhood Coalition and Southwest Early Years (SWEY) present...

2nd Annual

I am a Parent Conference 2015

SATURDAY, MARCH 21, 2015
9:30 AM - 4:00 PM
SOUTHMINSTER- STEINHAUER UNITED CHURCH
10740 - 19 AVE

Join us for a **FREE** early years conference for parents and caregivers with children 0-6 years of age. Lunch provided and limited child care available upon request.

Stay Connected!
f [IamParentYEG](https://www.facebook.com/IamParentYEG)
t [IamParentyeg](https://twitter.com/IamParentyeg)

REGISTER:
WWW.ECDSS.CA/EVENT_DETAILS.PHP?EVENT_ID=454

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f <https://www.facebook.com/PBJPlaygroup>
t @pbjplaygroup

Email Annalisa at pbjreg@gmail.com to attend a complimentary session!

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Submit a registration application online at www.rcnschool.com
ALUMNI REGISTRATION (Past Families): Feb 2 - noon until Feb 5 - 4 pm
PUBLIC REGISTRATION: Feb 11 at noon sharp

Kids



Age: _____ Email: _____

Name: _____ Phone: _____

Coloring Contest fun for kids ages 2-11

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

All entries must be received by March 1. 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 on our website www.terwillegar.org.

Kids

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

Book Report

Book review

By Keira Gilliard (Age 7)

Today is Sunday and I am bored so I picked the book called "I'm Bored". I love this book because it is funny. The whole book is funny when the potato and the kid are talking. I love the part when the potato says he likes flamingos at the start of the book and at the end when the kid walks away a flamingo comes. The potato says "Now we can finally have some fun". Then the flamingo says "I'm bored". The kid talks about how cool it is to be a kid like when

the kid said kids can jump the potato says "boring "

I hope they come out with an "I'm Bored 2". Buy "I'm Bored" at your local book store. Thanks for reading.



Congratulations to our November Coloring Contest Winners

Age 2-4

Winner is: Ryan L.
Runner up: Eli Norris

Age 5-7

Winner is: Eugene J.
Runner up: Owen W.

Age 8-11

Winner is: Keira W.
Runner up: Abby M.

Word Search By Elle Gilliard Age 10

Answers on page 22

A	B	D	B	I	R	D	S
C	G	R	H	I	L	J	B
U	A	C	C	P	O	Z	O
P	A	R	A	V	V	X	U
I	L	O	R	N	E	L	Q
D	O	S	D	N	D	E	U
T	V	E	S	C	E	Y	E
N	L	H	E	A	R	T	T

Words To Find

CANDY

LOVE

CARDS

HEART

CUPID

BIRDS

ROSE

BOUQUET

Terwillegar Riverbend Soccer Association registration is coming up

TRSA

By Dr. Rob Agosinis

TRSA is a volunteer organization that provides a soccer program to the children who reside in the South West community leagues of: Brookview, Greater Windermere, Hodgson, Oak Hills, Ogilvie Ridge, Riverbend, Terwillegar, and The Ridge. TRSA had its first planning meeting with the new board this past month. We are working with a Community Facilitator from the provincial government to assist us with a new mission statement, vision and plans for the next 5 – 10

years.

It is our goal to provide the Terwillegar, Riverbend and Greater Windermere communities with a quality community soccer program and everything that goes with that. Stay tuned for the final report in May.

Outdoor Soccer is planned to start the week of April 27 and end the week of June 22.

As a non-profit organization all families are asked to volunteer with our program or pay an additional \$75 non-volunteer amount.

To accommodate as many players as possible COACHING VOLUNTEERS are always needed. Our goal is to have

team sizes that are no larger than double the number of players that are on the field. In the past we have not been able to achieve this goal due to a lack of coaches. Having teams that are too large results in a significant reduction in playing time for all players and does not align to our goal of keeping kids engaged and developing and maintaining healthy young athletes.

Bottom line - we need coaches and YES parents you are all qualified. Last year we launched spring and fall Coach Development training that was available for all coaches. In addition, continuing with coach development courses,

we are working to develop coaching curriculum to assist all of our coaches. It is an important mandate of the TRSA Board to develop and support our coaches. *That is our commitment to you!*

We need a commitment from you to step up and coach!

So please volunteer to coach when you register your child. The program, which is filled with OUR kids, are depending on it.”

At home and away: Tips for language enrichment during Spring Break

By Cheryl Millar, M.SLP, R.SLP

Getting away with your kids for Spring Break? Whether you're travelling by plane or by car, a backpack full of new toys and activities is always a good idea. But what, exactly, should you take in that backpack? It is great to provide interactive, hands-on activities that kids can alternate with their media use. Give the iPad a break with the following activities. First, pack simple craft and drawing activities. A younger child could glue foam shapes on construction paper; provide stickers and crayons so your child can transform the shapes into toys or animals,

etc. Have them describe their creations to you in as much detail as possible, teaching them words such as “decorate” and attributes such as shape, size and colour. Take turns with an older child creating connect-the-dot pictures for each other. Another good idea is to put mystery items, such as small toys and toiletries, in an opaque bag. Have your child select an item without looking. Ask them to describe what the item feels like and guess what it is. You can also select simple card games you can play together. For example, take a game of Memory. When a player

correctly identifies a matching pair, they must describe the picture in order to claim the set. Finally, pack nonfiction books along with storybooks. For example, older children will appreciate books full of surprising facts, such as the National Geographic “Weird but True!” series.

Staying in Edmonton can be just as much fun with a little planning. Take mini-expeditions to places like the Royal Alberta Museum. Would your child like to visit the Bug Room at the Royal Alberta Museum? There are some amazing beetles, spiders and millipedes to see there, not to mention the unbelievable stick insects! Think of five age-appropriate words you could teach your child before you visit the Bug Room to enhance their experience. For example, you could teach your four year old about “camouflage”, “shelter” and “basic needs”. Discuss “species”, “climates” and “habitats” with your eight year old. During your visit, use lots of descriptive words to model concepts such as comparatives (e.g., “Look, this tarantula is bigger than the one in the corner”). Ask “wh”-questions (who, what, where, when, why and how questions); for example, you could ask, “Where are the spiders in this display?” Give your child

hints to help them answer the questions if necessary: “Look in the corner...do you see where the spiders are?” Afterwards, talk about what you have seen. Was your child intrigued by the stick insects? Check out articles such as “10 Fascinating Facts about Stick Insects” at About.com; apparently, stick insects not only look like sticks, they act like them too! Pose interesting “wh-questions” such as “What is the average lifespan of a stick insect?”, “Where do stick insects thrive?” and “How do stick insects walk upside down?” Have your child make a picture book of the insects they have observed. Teach them about nonfiction text features like captions and diagrams, and have them incorporate the features into their very own nonfiction book. Encourage your child to use some of their new vocabulary while showing off their book to family and friends.

Have a wonderful Spring Break with your child, whether home or away!

Cheryl Millar is a speech-language pathologist with a private practice based in Terwillegar Towne.



Cheryl Millar
— SPEECH-LANGUAGE PATHOLOGIST —

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cherylmillar.com

2015 Outdoor Soccer Age groups			
Division	Birth Year	Game Times	Fee
U4	2011	Saturday 9:15 am	\$70
U5	2010	Tues & Thurs	\$90
U6	2009	Mon & Wed	\$90
U8	2007/2008	Tues & Thurs	\$120
U10	2005/2006	Mon & Wed	\$120
U12	2003/2004	Tues & Thurs	\$140
U14	2001/2002	TBA by EMSA	\$160
U16	1999/2000	TBA by EMSA	\$180
U18	1997/1998	TBA by EMSA	\$180

PLEASE VISIT WWW.TRSA.CA (OUTDOOR REGISTRATION) FOR THE REGISTRATION PROCEDURE

SAVE THE DATE

Registration Dates For the TRSA Outdoor Soccer Season

Terwillegar Community Recreation Centre Room 6

Saturday, January 31, 2015

from 11:00 am - 2:30 pm

Saturday, February 7, 2015

from 11:00 am - 2:30 pm

Saturday, February 21, 2015

from 11:00 am - 2:30 pm

SAVE THE DATE

TRSA U10 Summer Solstice Tournament

June 19, 20 & 21, 2015

G.H.V. Bulyea Park



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Fitness and Health

Stay active by running during the winter

By Jennifer Zeibin-Plambeck,
Terwillegar Tribune Contributor

I love to run, even in the winter. Am I crazy? Yep. Kind of nutty? You bet! Is it fantastic for the body? Definitely! Winter running is not for everyone, but if you do it right, it can be energizing, even exhilarating! There are so many benefits to running in the winter. You burn more calories because your body is also trying to stay warm. You get outside for fresh air and for people who suffer from SAD (Seasonal Affective Disorder) this can be a huge help. It gets the blood flowing and the endorphins pumping, helping you to enjoy these long winter months.

Here are some tips for you that I hope will help you brave the cold and give it a try:

Firstly, to stay warm, layer your clothing depending on how cold it is. It might take a few times to figure out what YOU need for layers at which temperatures. These are basic guidelines so definitely adjust for your comfort.

0°C to -10°C or -15°C wear

a base layer (wool blend or polyester) on top and bottom, this wicks away the moisture to help you not catch a chill (Stay away from cotton), then a running pant and a fleece on top. For accessories, you would probably only need a head band (ear warmer) and light mitts or gloves. If it is windy, you may prefer a windbreaker shell instead of the fleece. This might be too warm for some, so try it different ways to see what feels the most comfortable.

-15°C to -25°C wear the same as above, but you may want to wear both your fleece and windbreaker jacket with your base layer. At this temperature, some people will want to switch the head band for a full toque and add a neck warmer. If you have a balaclava, you could use this, but you may find it too warm still (yes, you do get super warm even in this temperature). If you find your hands are too cool with the light mitts, change to a heavier mitt. My hands get super hot as well as my head so I'm still wearing my light mitts and head band. If it's super



windy, add on a shell pant.
-25°C to -35°C This is where the extremist comes out! My limit is -40°C for outside running, but I know of others who go to -50°C (cough, cough, my Dad). Wind chill is a big factor at these temperatures so it is so important to keep your skin covered. Cover any part of your face with Vaseline that could possibly be exposed while running as this will help keep you from getting frost bite or wind burn. Wear all your layers. I wear three on the bottom and four on the top and all

accessories at this temperature. If you happen to be running while it's dark out, be sure to wear a headlamp or some sort of flashing light so that vehicles can see you if you are crossing the street. I find that I don't see any coyotes with my headlamp on so I'm guessing it is scaring them away since it makes me look bigger.

Be sure to take it slow especially if the roads and sidewalks are icy and feel good knowing that you are making your body healthier and stronger. I hope to see a few more of you out there!

Make 2015 your fittest year yet!

By Faith Grant, Rejuvenation
Health Services

Five Strategies To Keep Your
Fitness Resolutions

You don't need superpowers or an iron will to commit to getting fit and fabulous this year. Whether your goal is to do 10 push-ups, run a marathon, or to just take the stairs more often, you can accomplish it, no sweat (OK, maybe a little sweat). Check out these tips to make 2015 your fittest year yet.

1. Be Specific

Writing down goals is one of the best ways to accomplish them and so is figuring out the exact steps needed to get there. "I want to get stronger" is a pretty common New Year's resolution, but how exactly will you do it? It's important to break down the goal's components (like specific exercises and stretches), and keep a regular checklist to focus you on the task and keep you on track.

2. Make it Manageable

If you've never swam a mile before, saying you're going to jump into

the pool seven days a week is probably setting yourself up for failure. For most people, upending a lifetime of habits can't happen overnight—even if that night is December 31. The reason is partly physiological; the brain just likes comfortable old habits over new, different ones. The key to sustainable resolutions is to make changes smaller and more gradual. So if your goal is to go from never swimming at all to swimming a mile a day, start training gradually. Begin by swimming twice a week, and steadily increase the workload over a few months. That's the best way to approach all fitness resolutions—slow and steady wins the race.

3. Ask for Help

Not knowing how to do a certain exercise is no excuse to write it off completely. If you're curious about new techniques or find some equipment that is too intimidating, book a session with a personal trainer to clear up confusion and help prevent injury, and learn to love your new moves. Trainers

and instructors are there to help, so don't be self-conscious about asking for advice.

4. Keep Things Interesting
Exercise doesn't have to be a formal activity that requires carving out a big chunk of time in your schedule. If your New Year's resolution is to simply be more active and burn more calories every day, there are plenty of creative (and free) ways to achieve that goal. You can fit extra movement into the day by walking during phone conversations or even taking point on household chores. Even something as simple as drinking water throughout the day will ensure regular trips to the faucet and the bathroom. Every minute you're not sitting or lying down is a step toward better overall fitness.

5. Don't Be Afraid to Scale Back
You don't need to be doubled over in pain, sweating out of your eyeballs, or dry heaving into the trash to have a great workout. In fact, if you overdo it, your chances of injury increase exponentially.

Besides, ramping up the pain just means you'll dread exercising—and nothing derails a fitness resolution like learning to hate exercise. If it's too much, dial it back to a more manageable – and fun – level. Talk to a trainer or coach, find the right group instructor to keep you motivated. And finally, if it hurts, see a therapist. Many common injuries can be treated, prevented or alleviated by massage, acupuncture or physiotherapy. Sometimes, the proper footwear is all it takes to make the difference between giving up on your goal and achieving it.

Faith Grant is a licensed physiotherapist and owner of Rejuvenation Health Services, two full-service work and sports injury, rehabilitation and wellness clinics in Edmonton located in Terwillegar Recreation Centre and at Stony Plain Road and 160th Street N.W.

Meadows Community Recreation Centre and Library Officially Open

Courtesy City of Edmonton

A new southeast community hub was bustling with activity and excitement as Edmontonians celebrated the opening of The Meadows Community Recreation Centre and The Meadows Library on December 6, 2014.

The 234,419 square foot facility features an aquatic centre with a leisure pool, lane swimming and waterslide, fitness centre, gymnasium, arena and multi-purpose rooms. It also includes a new branch for Edmonton Public Library. Unique to The Meadows are the indoor and outdoor recreational opportunities including an outdoor spray park and sports fields in the district park, and a skating rink next to the facility for use in winter.

“The Meadows Community Recreation Centre is a prime facility that will connect community groups and individuals to the programs and space they need to thrive,” said Mayor Don Iveson. “In keeping with Council’s vision of building strong and healthy communities, The Meadows

Community Recreation Centre will be a social hub where people can participate in physical, social and community activities. The southeast has seen some substantial growth, so it’s important for the City to maintain the livability in these areas by building new recreation facilities.”

Construction of The Meadows Community Recreation Centre and The Meadows Library began in September 2011 and the doors opened to the public on November 27, 2014. The \$147.5 million project received \$138 million in funding from the City of Edmonton and \$9.3 million from the Government of Alberta’s Municipal Sustainability Initiative that the City has directed towards the district park.

“The Alberta Government is proud to partner with the City of Edmonton through the Municipal Sustainability Initiative (MSI) on this important community project,” said Diana McQueen, Minister of Alberta Municipal Affairs. “Government will continue to work with our municipal

partners to manage our province’s growth.”

“The new recreation centre is a wonderful addition to our vibrant community,” says Devin Gray, President of The Meadows Community League. “It provides an active social space where friends and neighbours can meet and enjoy arts, fitness, cultural and leisure activities.”

The Edmonton Public Library (EPL) branch will offer 15,000 square feet of space and interesting spaces for Edmontonians wanting to grow their minds.

“EPL could not be more pleased to have a new branch as part of this beautiful City of Edmonton multi-purpose facility,” said Linda Cook, Chief Executive Officer of EPL. “Our goal is to provide both accessible and functional public spaces throughout our rapidly growing city, and we are doing just that with a library adjacent to the entrance of the Meadows recreation centre. We are also excited to offer customers an outdoor reading area, as well as EPL’s first green roof.”

The City of Edmonton allocated one per cent of the construction budget for public art as part of the Percent for Art policy, which is managed by the Edmonton Arts Council. There are three pieces that can be viewed at The Meadows: *Wheatfield with Crows* by Konstantin Dimopoulos located outside at the East and West entrance, *The Ballroom* by France Dubois painted on the wall of one of the main floor hallways and *Sculptures in Landscapes* by Cliff Eyland located in The Meadows Library.

In keeping with the City of Edmonton’s environmental goals under the Way We Live, this facility is built to the international Leadership in Energy Efficient Design (LEED) standards for buildings that will have a reduced impact on the environment. The facility incorporates sustainable features such as a green roof, efficient mechanical systems, reduced water consumption and efficient lighting systems.

Hair Massacure fundraiser

By Trish Horobec, Terwillegar Tribune Contributor

It was December 2010, and my birth mother was dying. When the cancer was discovered in summer 2008, she had a 6” pancreatic mass and tumors had replaced half her liver and spread through her bloodstream. Chemotherapy, radiation, and other therapies bought time. She got to know and love her youngest grandchild, born only a few months before diagnosis. But the cancer continued its invasion, and she passed in July 2011.

It was December 2010 when I decided to honour her by fundraising and donating my long hair at the February 2011 Hair Massacure. Less than a year after her death, when my grandpa died of colorectal cancer, I decided to continue as a hair donor for as long as possible.

Last year, my hair was long enough to donate, and I was gearing up when I learned of

10-year old Aaron Maier, an Edmonton boy fundraising for the Massacure. Aaron had been fighting stage IV high risk neuroblastoma since age 5. He had gone into remission twice, but his cancer had returned and he was now terminal. His dying wish was to see Team Aaron raise \$50,000 for the 2014 Hair Massacure. Many in Edmonton and across the country pulled together to help this selfless child who had won our hearts. I asked all who knew me to sponsor Aaron, and I in turn agreed to grow my hair for an extra year to donate in 2015. With the efforts of this brave child and his friends and family, his goal was surpassed. Team Aaron raised more than \$100,000. When Aaron died last March, he left a legacy of love and compassion, a sizable donation of money and Lego for pediatric cancer patients, and a spirit and passion that will not be silenced even in death.

Today, my hair is past the waist. It will be donated at the 2015

event. In Aaron’s memory, I have joined Team Aaron and, on February 20, will stand with his friends and family in hopes that together we can make a difference in the lives of future cancer sufferers. Our greatest wish is for a cure.

The Hair Massacure raises awareness and collects 60 pounds of hair each year, to be made into wigs for local children. Through pledges, they also collect funds for two local charities that directly help children with life-threatening illnesses and their families – Make-A-Wish Northern Alberta and the Stollery Childrens Hospital. Every dollar helps, and charitable receipts are issued for donations of \$25 or more.

Please consider sponsoring me, any member of Team Aaron, or any Hair Massacure participant for these amazing charities. You can sponsor me at the following website:

<https://www.registrationlogic.com/secure/Fundraiser>.



To make it more interesting, I am letting my sponsors determine how short my hair goes. Every \$25 you donate buys you one vote on the new “do” (choices are jaw length, crew cut, or head shave). So if you sponsor me, make sure to comment with your vote. Thank you. Together, we can make a difference.

Valentines Day

Make this Valentine's Day a memorable one

By Zafrina Zuhair, Terwillegar Tribune Contributor

For me and my husband, Valentine's Day is one of the easiest holidays to deal with! Why? It is because, mostly, we don't dedicate one specific day to declare our love for each other but mainly it's because we steer away from giving each other gifts and use this time to create more memories. Therefore every year we try to do something we have never done before.

Here are some fun, unique and

budget friendly things to do for Valentine's Day and I hope that you could draw inspiration from this and make it a very memorable V-Day for you.

Pack a picnic and get outdoors - I don't know about you, but by the time Valentine's Day rolls around, my purse strings are very tight so one of the best ways I found to stretch that dollar a bit further is to make a really great, inexpensive picnic (you can splurge on a few items!) and take it down to

a local park or river and spend the afternoon enjoying nature in each other's company. Winter is a great time to be outdoors. Maybe you can take turns pushing each other down a snow hill!!

Bust a move - Sign up for that salsa class you always wanted to try. This is a great time to get yourself and your partner out of your comfort zones! It's sexy, sultry and loads of fun. Couples Massage - We could all use a bit of pampering so treat yourself and your honey to a great couples massage. There

are some amazing spas here in the city that offers really great packages. Relax and zone out for an hour or two!

Recreate your first Valentine's Day - There is nothing more special than going down memory lane and recreating that very Valentine's Day that you shared together - right down to the outfit and meal (if you can recall what they were!). You have come so far together - it's time to celebrate that! con't on next page "Making valentine's memorable"

HOW TO LOVE YOUR FLOWERS

by SWISH FLOWERS

A red rose is always in style. The classic beauty and delicate fragrance of a red rose appeals to just about everyone—whether you are modern or traditional, young or old, man or woman. Roses are a beautiful symbol of celebration and Valentine's Day is the perfect time to give a red rose to someone you love.

Like all fresh flowers, roses need special attention and care. Here are some tips to help ensure the health and longevity of your roses.



1. Use flower food. Flower food helps prevent the growth of bacteria in water and provides additional nutrients for your fresh flowers.
2. Trim all roses before placing into water. Cut a portion of each flower stem, using plant shears or a sharp knife. Cut each stem at a slanted angle—this increases the surface area of the stem bottom, allowing your roses to soak up water and nutrients more easily.
3. Keep your vase clean. Dirty vases encourage the growth of bacteria that may speed up the flower decomposition process. Take a moment to clean your vase or container before filling it with fresh water and placing your fresh flowers inside.

4. Pull or cut off any foliage below the water level. Depending on the size of the vase you transfer your flowers into, some leaves or petals may be submerged. By pulling off and removing the foliage below the water level, you help prevent premature decomposition, the spread of bacteria into water, and encourage water to travel only up into flower blooms.
5. Keep your roses away from prolonged direct sunlight, extreme cold or heat, and draughts. Unfavourable conditions can cause your flowers to perish prematurely.
6. Continue caring for your flowers by changing the water and trimming flower stems every 2-3 days. Change the water in your vase more often if the water level is low or the water appears cloudy.

INTERESTING FACTS:

- The red rose was thought to be the favourite flower of Venus, The Goddess of love.
- Historically the rose was of great importance to the Romans and Egyptians. Romans would use roses to decorate rooms or wear them as. Anything which was said "under the rose" was deemed to be a secret.
- A rose fossil was found in Colorado in the age of about 35 million years.
- Rose perfumes are made from attar of roses or rose oil, which is a mixture of volatile essential oils obtained by steam distilling the crushed petals of roses



HAPPY VALENTINE'S DAY!

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Scrunge finds love - A Canine Valentine tail

By Gordon Dyck, *The Bone and Biscuit Co - Magrath*

It was Thursday, February 12 and Scrunge was headed to a kennel club on the other side of the city. It was apparently quite the prestigious destination for many self-respecting canines, and they had invited him to give a bark (that's a speech for any humans who may be reading this) explaining the news circulating about his reportedly amazing change of attitude towards his neighbors, especially the less fortunate. The dream Scrunge had experienced on Christmas Eve had impacted him in every way and he was quickly seeing his reputation turn from one of being a seriously grumpy old dog to one of a seriously compassionate benefactor. And the new-found respect didn't seem to make him proud either, it just seemed to give him a more grateful determination. He felt a little trepidation as he entered the kennel yard. Some painful memories of his own bad behavior in places like this washed over him and almost made him turn and run, but he was welcomed quite warmly by the other hounds who were just laying down to enjoy a treat. When the bones and biscuits had been devoured, Scrunge was introduced and he began to tell his story. He didn't dwell on his less than stellar business life, but instead focused on the many redemptive dogs in his early years that he had failed to learn from or just plain ignored. He recalled his rowdy days at obedience school under a very patient Shepherd named Cupid, his months as a watchdog employed by a Ridgeback named Finnegan,

and then there was Trixie, the beautiful Havanese he had lost simply due to his own greed and unwillingness to care about others. His talk sounded more like confession than anything else.

Scrunge forged ahead to share how the Christmas dream had shown him how fortunate he was and how determined he now was to be a force for good in the lives of anyone he could. He had called on Bagger and his family the very day after the dream and arranged for a pre-paid visit to the Vet for Bagger's crippled pup. Then he had taken Bagger aside and informed him that he would be promoted to Manager. His first task was to organize a crew, dig up all of Scrunge's private bone-yards and begin distributing the goods to those he knew were in need...there would be lots more where that came from. Then Scrunge made his announcement to the Kennel Club...the real reason he had come. He wanted to establish a foundation to resource the various Animal Rescues in the city and he was here to solicit partners in the foundation. Each of those present were well-heeled pooches...would they join him in the venture, he asked politely. He thanked them for their consideration and sat down.

As he was saying his goodbyes to those who had invited him, an aging German Shepherd walked out from behind a pillar and Scrunge recognized Cupid immediately. *'Hello Scrunge'*, she said... *'I very much enjoyed your talk. I was so encouraged to hear it, and I couldn't miss the chance to meet you again. If you can take a few moments,*

there is someone else just down the street that I think you should also meet...can we go together?' Scrunge was so amazed to see Cupid again, he readily agreed and they slowly made their way down the sidewalk, and into a broken down tenement building. He followed Cupid as she pushed open an office door and walked past some oily cardboard boxes filled with sad-eyed and sickly pups...and then he stopped dead in his tracks. His heart started hammering, and his knees went weak as he saw Trixie slowly put down a small bowl of kibble and move towards him. She was much older now, but it was her...no mistake about it. She was still so beautiful and graceful...he thought he was going to faint. Cupid drifted away without a saying a word, so Scrunge and Trixie were left to start a conversation. It took a few minutes, but haltingly Scrunge poured out his regret in apology

to which Trixie offered him forgiveness. They found a place to sit and spent the next number of hours catching up, remembering the past and sharing their present lives with each other. As the day drew to a close, it came time for Scrunge to leave. *'I never did marry Trixie said quietly, and never did have any pups of my own. It's too late for me now, of course. But I have found that caring for others has given me a very meaningful life, so I don't feel like I was cheated. I really do love helping others, she said, but I am getting up in years now and find it hard to carry the same load as I used to.'* *'Maybe I could help you carry that load, asked Scrunge hopefully?'* Trixie looked into his eyes and said... *'I think it would be very nice to go find a few chewy treats somewhere on Saturday and talk about that...pick me up at seven?'*



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Make this Valentine's Day a memorable one

con't from previous page

Organize a treasure hunt – This is a fun one! Leave little clues in corners of your home and lead him/her to the grand prize, YOU! You can also use this idea to create a scavenger hunt somewhere in the city! Do something that your PARTNER really enjoys – You may not be a fan of musicals but if your partner loves them, why not surprise them with tickets? You can definitely suck it up for a few hours and you will score some major brownie points later ;)

Play the stranger game - Remember that episode from 'Modern Family' when Phil and Claire try to pick each other up at a hotel as Clive and Juliana? It's definitely a new way to spice things up! Play into your fantasies, dress up and try out some new characters! With each other by the way!

Take a weekend gateway – Who says Valentine's Day has to be celebrated exactly on the 14th? Book a weekend away somewhere neither of you have been before?

Make it a family affair – Plan

a day that includes everyone in the family. Go skiing, visit the zoo, whatever your heart desires.

Don't stress out- Life brings us so many stresses and this is definitely not one you should be worried about. We all hear, see and read about grand gestures of romance and elaborate things that people do for each on Valentine's Day, which is all great, but we tend to forget that it is all about showing each other how much you appreciate them and how

grateful we are to have them in our lives.

So, if you didn't get a chance to plan something extra special or forgot to get them a little gift, do not fret, it's not too late!

Get home an hour or so early from work, pick up their favourite meal (or make it if you can!), clean up the place a bit, set some mood lighting and music and greet them at the door with the biggest hug ever! Voila! You are golden! Remember it's always the little things that count ©

EPL Apps and Family Day programming

By Kim Bates, Community Librarian, Riverbend Branch

Choosing Apps for Children: Questions about screen time and the use of apps with young children are not uncommon at the library. Whether you're looking for information about brain development and the use of digital media, or just want to know how to pick a good app for your child, Edmonton Public Library has got you covered! There are considerable and contradictory opinions about screen time and young children, often leaving parents wondering "How much screen time is too much?" To answer this question, consider how your child spends time in front of a screen. Are they alone, passively observing or actively engaged with a parent or caregiver? Mediating this activity for a child makes the interaction more meaningful and helps build print, digital, and visual literacies. For links to recent research about young children and digital media visit the epl.ca/appguide and click on the link "view more about digital media for your kids"

Often parents have made the

decision to let their children play with apps but then face the daunting task of selecting which apps their children should be using. We've recently released a handy little video guide "Choosing Apps for Children" to provide you with some criteria. Consider what qualities are important to you but will also make the app fun for your child. Here are a few questions to ask yourself, visit epl.ca/appguide for more!

Who can play the app? Skill level of an app should be appropriate for your child, is he engaged and interested or frustrated. You want your child to have a positive experience.

How does the app work? Does your child understand tapping, swiping and drag and drop? Some of these actions require more demonstration than others.

Navigation elements like arrows are easy for children to understand but are often located at the bottom of the screen, a place children frequently touch. It's best when interactive elements are located to avoid accidental touches.

What does the app look like?

Children like to be rewarded with sound and animation, the best feedback will contain multiple elements, for example when a child taps an icon it lights up, spins and makes noise.

What do other people think of the app? Reviews will give you a sense of an app before you download it. Look through the criteria a review site uses so you know what aspects of an app they are reviewing.

To find reviews Google or YouTube the name of the app followed by the word review. Not surprisingly, among the best advice we can give parents is that all early literacy skills develop best when children and parents learn and play together. Recognize your child's interests, attention span, and abilities when selecting any material for them to help build strong early literacy skills.

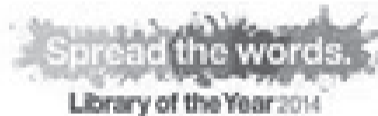
Visit epl.ca/appguide for the complete guide and link to more research about digital media and children. Visit Riverbend or any other branch of the Edmonton Public Library if you'd like more information.

Family Day Programming: Peter Rabbit Comes for a Visit

Have fun with your family on Family Day at the Riverbend branch of Edmonton Public Library.

Peter Rabbit is in town this winter and it's his birthday! Join the John Janzen Nature Centre and learn about the creatures that have stayed in the Edmonton for the winter. What do they eat, where do they sleep and how do they keep warm?

Audience: Children
Duration: 1 hour
Ages: 3 - 5 years
Participation limit: 40
Tickets will be available 15mins before the program begins, 1:30 p.m. Monday, February 16, 2015
Drop in, no registration required
Family Storytime
Share stories, songs and games for the whole family.
Audience: Children
Duration: 30 minutes
Ages: Up to 10 years
Participation limit: 30
3 p.m. Monday, February 16, 2015
Drop in, no registration required



TCL Family Day Event
Monday February 16
 For more information go to page 2

WORDSEARCH ANSWERS from page 15

A	B	D	B	I	R	D	S
C	G	R	H	I	L	J	B
U	A	C	C	P	O	Z	O
P	A	R	A	V	V	X	U
I	L	O	R	N	E	L	Q
D	O	S	D	N	D	E	U
T	V	E	S	C	E	Y	E
N	L	H	E	A	R	T	T

Did you know.....
 Every Sunday in February,
 pack up your sleds, crazy
 carpets and snow saucers, hit
 toboggan hills with the
 family, and warm up those
 little red noses with a
FREE hot drink from the
 City of Edmonton and
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 More information at
www.edmonton.ca.

Some Nerve: Lessons Learned While Becoming Brave

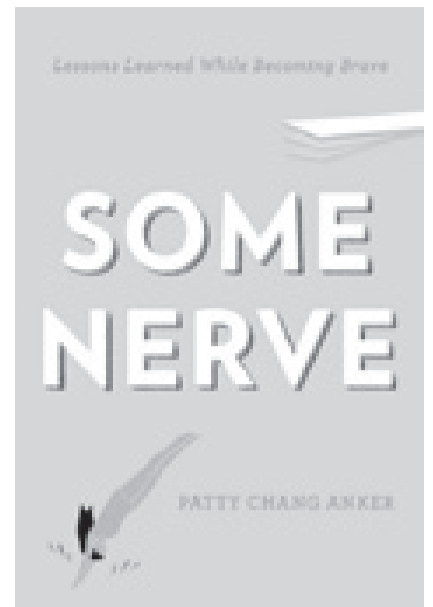
By Darcie Cameron, Terwillegar Tribune Contributor

"Some Nerve" is an uplifting novel about one woman's conquest to conquer her fears in order to live a more spontaneous life. In this heart-warming novel Patty Chang Anker takes you on her humorous journey of self-discovery as she throws caution to the wind forging new experiences by facing many of her fears such as public-speaking, riding a bike, and swimming in the ocean. As she

begins to take the first brave steps down an unfamiliar path the world begins to open up to new and exciting opportunities. One of the many insights Patty shares as she grows from her experience and connecting with other kindred spirits is "For energy travels in all directions, and whether you start off facing your fears for someone or else hoping to transform yourself, you will end up profoundly changing yourself and everyone you come into contact with. We start to shimmer, and the world

is never the same."

Patty begins to shimmer on her journey as she tests her limits and inspires those around her to do the same. If there is one tidbit of wisdom that can be taken from this inspirational novel is that we all have fears which hold us back and maybe it is time to tackle them head on with grim determination. It is by taking the first brave step in confronting your fears that allows for you to have richer experiences and a reinvigorated outlook on life.



MADD - A personal story

Written By a Mother Against Drunk Driving.

madd
Edmonton & Area

A New year has come and gone...without celebration... I cannot cheer on a new year or even a new day.. 28 months of pain and sorrow cannot be put on a shelf just to celebrate... New Year's Eve arrives and my son comes over to play my guitar and share his new song he wrote...I video tape him and there is no words... I ask him if there are lyrics... he says he has not written them...I tell him... I have words....
I leave the room to cry.
In an instant life inside me died... Sept 9th 2012. My second daughter Krystal Dawn was killed in a car her boyfriend was driving. He lived to be charged. Pleads guilty and spends 6 months of the 3 year sentence in jail... his life is back.... Mine is not. Hers is not.

Her family has not got their life back...

The story goes they were taking cabs to a party and back to the bar to dance...

That was the plan.

But at the party there was a cliché... The boyfriend decided to drive her home instead of calling a cab...

He didn't plan for the argument that stirred up emotions. He didn't plan or think of a plan to calm the situation... He just acted... He put her in the car... Speeding to give her a thrill... 120km in a 50km zone... Her last words were "Slow down baby"

I relive the 3am wake up from the police... I hate the nightmares of the doctors telling us she had no brain activity... I find it hard to breath thru the next 18 hours as she is being prepped to have her organs donated and family is arriving devastated and all praying for a miracle... I hate the memory's of the phone calls I had to make to her sisters...

especially to her father... My ex-husband... Telling him I would wait till he got there before we pulled the plug on life support... The call to my father...when he dropped the phone and screamed in such horror.... My own screams when I held her body till she was cold...

I would celebrate never to have these memories or the emotions that follow them . I would celebrate a new year.. a new birthday.. a Christmas.. a wedding... a Valentine's day (My first Fiance killed by drunk driver Feb 14th 1987)

I cannot celebrate the life I have lost... The life her family has lost.. The life her friends have lost in words that are not written to a song that has played for the first time this year.

I cannot understand how a plan to save lives is not on the top of the list to do this year.

The last cab ride would have saved her life..

Make a plan... Plan for the unexpected... But expect to get

home safe....and alive...

Don't let your friends drive drunk....

Her friends could have stopped him from putting her in his car...

These are the words that came to my heart on the New Year!



Krystal Dawn

For a daughter Killed by a Drunk driver...

Don't let this be your song...

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Your “best buys” in the wine department

By William Bincoletto, Principal Sommelier and ISG Instructor, Vines Wine Merchants



Christmas has come and gone; the old man of 2014 has disappeared, leaving in his wake the promise of 2015. Resolutions are about to be implemented or at least considered, one of which is telling myself that I need to find great quality bargains. Like many of you my “winebank” is sounding rather empty so my continuous search for “values” during the early winter months is at an all time high. However

trying to find that wine that “over delivers” sometimes means that price can be somewhat relative. And let’s not forget that February temperature encourages us to still think and focus on rich bodied wines that offer layers of flavours. So when looking for good values, I encourage seeking out the neighbours – appellations that sit next to a more famous region, meaning its producers have to work hard to get your attention. Other times look for lesser known wine districts that are on the off beaten paths or even consider the second or third labels of very famous wineries. They can offer some spectacular values. However let’s not forget that perhaps the most important aspect of a great buy is the knowledge that a wine shop clerk can offer you. There are so many missed opportunities or choices

So here are three great “Best Buys” that deserve the attention of your taste buds
 2011 Sueno Tempranillo – Ribera del Jucar, Spain (near Valencia) – 91 pts Robert Parker
 This is a great Spanish red at any price. The fact that it’s under twenty a bottle makes it a no-brainer. Old vines and low yields with just the perfect amount of oak aging when made correctly are the perfect ingredients for great red wine. This wine is absolutely delicious, great for lovers of Numanthia and Clio, big, rich and oh so smooth and supple.
 2012 Tilia Malbec – Mendoza, Argentina
 Another indicator for a great value is the providence of the wine. In this case this malbec is made by renowned Catena winemaker, Leopoldo Kushnaroff, a winery that needs no introduction. Aromas of black cherries and plums

are accompanied by notes of violets and vanilla. On the palate the wine is rich and full-bodied with flavors of juicy blackberries, cranberries, and black currants abound, followed by notes of vanilla and sweet spice. Such an easy wine to enjoy on any occasion.
 2012 Repeat Shiraz Zinfandel – Langhorne Creek, Australia
 For many consumers, Australia overall still represents the easiest wines to enjoy; fruit forward, rich, bold with great mouth feel. And this one does just that. First there is the funky label that certainly attracts the eye. Then there is the blend. Looking for that Aussie Shiraz style with a twist of Zinfandel? Interesting and intriguing! Plush and approachable with nicely rounded textures. A versatile food wine that will pair perfectly with all types of red meat dishes. Even goes well with chocolate treats.

Tempting your tastebuds

Recipes compliments of Andrew Fung, executive chef at XIX restaurant.

Lamb Osso Bucco with orange sauce

2 Lamb Shank
 10g Flour
 20ml Vegetable oil
 50g Carrots, fine dices
 50g onion, fine dices
 20g celery, fine dices
 1 Bouquet Garni (parsley, bay leaf, peppercorn)
 2 cloves Garlic
 50ml White Wine
 350ml Brown beef stock
 Tomato Paste
 1 Tb Lemon zest,
 1 Orange - zest, juice & segments

In medium saucepan heat oil and butter. salt & pepper the shank and dust it with flour. Sear on both sides & reserve. Degrease & add fine diced vegetables, - sweat for few minutes, Deglaze with wine & return shank to pot. Moisten with beef stock, add garlic, bouquet & orange juice, bring to boil, cover & cook in 350F oven for 2 to 3.5 hours until meat is very tender. Add 1 Tbs, orange zest & lemon zest, reserving some for garnish, (Sauce should have a bright orange taste.) Remove bouquet, Check seasoning, Garnish with segments, & remaining zest. serve with Roasted Garlic Polenta or Orzo pasta will be a good match.

Pudding Diplome (Bread Pudding)

Ingredients:
 1L Milk
 8 eggs
 200g Sugar
 Vanilla
 Brioche

Diced Candied Fruit soaked in Rum
 Bring milk & vanilla to boil, In Bowl whisk sugar & eggs together until creamed. Pour milk over egg mixture & stir. Put custard back into pot, stir with wooden spoon & cook until thickened like Crème Anglaise, Strain. Line mold with plastic wrap. Layer pieces of brioche, fruit & then custard, repeat the process, Cover with plastic wrap & cook in bain marie (water bath) water half - way up sides, in 380F oven for 1 - 1.5 hours, Store in fridge overnight Slice & serve with Crème Anglaise, or ice cream

Too Big For It Sale
 Saturday April 11, 10 a.m. - 1 p.m.
 Terwillegar Community Church
 More information see ad on page 2



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TRAC

Catch the Spirit! www.tracspirit.ca



By Karin Scott and Sharon Gritter

Happy New Year! Hopefully you all enjoyed the holiday season.

Following are some brief updates:

Dec. 3, 2014 TRAC Meeting:

Special presentation was given to Dave Hancock as he is leaving politics. He leaves an impressive list of accomplishments and we wish him well in his future endeavors.

Special presentation was given to Superintendent Nigel Stevens as he officially retired from the Edmonton Police Service in November. We wish him all the best in his retirement.

The funds raised from the 2014 TRAC 10K Rock 'N Run Event were distributed. A total of \$12,500 was given back to the community. Included in the recipients were the Brookview, Oak Hills, Riverbend, Terwillegar, The Ridge, Hodgson & Greater Windermere Community Leagues, TRAC, Lillian Osborne High School, Mother Margaret Mary Catholic High School, Brander Gardens ROCKS, Shifty Doc Band, Seven Forty Five Band, & the Sangea Band.

Community Wine:

Riverbend Red is now available at Vines Wine Merchants. TRAC has once again partnered with Vines Wine Merchants to bring you the second community labelled wine. The wine comes from Australia. You can now purchase the Riverbend Red at Vines Wine Merchants, 780-434-9444. For every bottle purchased, \$6 goes to TRAC to support the many planned projects and programs happening in our area. A launch event will be coming soon.

This is the 2nd TRAC Community Wine. We will be launching a total of 8 Community Wines in total over the next years. Next year we will be celebrating the community of Windermere with a wine.

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

A huge THANK YOU to BGR Collaborative Members (Rob Agostinis, Sheryl Bowhay, Vanessa Desa, Louise Gendreau and Sharon Gritter) for putting together a great document highlighting our plan, the budget, evaluation and future plans, which led to the City of Edmonton and United Way for committing to another year of financial support for Brander Gardens ROCKS! This will allow BG ROCKS to maintain and even expand its vision of providing tutoring, financial literacy, art, recreation, pre-school education and a host of other opportunities to low income families.

Community organizations such as TRAC, Terwillegar Riverbend Soccer Association, Snow Valley, St. John's Institute, Riverbend Community League, Riverbend United Church, Riverbend Junior High, Brander Gardens Elementary Schools, Capital Region Housing, The Brick Sport Central, Riverbend Public Library, and Money Mentoring are all significant partners in the vision. A big THANK YOU to them as well. Some highlights since the

beginning of December include art therapy for women on Thursday afternoons, a youth ski trip to Snow Valley over the Christmas break, a swim trip to Terwillegar Recreation Centre and more. Plans are underway for spring registration with TRSA and referee classes. TRSA is a great example for soccer associations all over the city to make sure that children who need sponsorship will not be turned away.

TRAC 10K 1/2M:

Mark your calendars for Sunday, May 31, 2015. This is the 10th Year for the event with an added ½ Marathon! Volunteers in all capacities are urgently needed for this fun event!

Please contact the TRAC Community Office by email: tracmail@tracspirit.ca or telephone 780-439-9394 if you can help out.

Edmonton Youth Talent Show: Mark your calendars for Sunday, April 26, 2015 for the 4th Annual Talent Show.

Volunteers are needed to make this event possible. Please contact the TRAC Community Office at 780-439-9394 or email: tracmail@tracspirit.ca if you are able to help. Stay tuned for more details.

Community League Memberships: Stop by the TRAC Community Office located in the Terwillegar Community Recreation Centre to purchase your community league membership. Support your community league and enjoy the benefits of having a community league membership.

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TRAC Meeting Dates
Wednesday, March 11, 2015
Wednesday, April 29, 2015 *AGM
Wednesday, June 24, 2015
All meetings are held in the Lillian Osborne High School library beginning at 7:00 p.m.
We look forward to seeing you there.
Everyone is welcome!
CATCH THE SPIRIT!

Terwillegar Riverbend Advisory Council
Terwillegar Community Recreation Centre
#5, 2051 Leger Road NW
Edmonton, Alberta, T6R 0R9
tracmail@tracspirit.ca www.tracspirit.ca
Tuesdays / Wednesdays: 9:00-12:00 p.m.
Thursdays: 4:00-9:00 p.m.
1st Saturday of the month: 10-2 p.m.

Seniors

News for 55+

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

By Kathy Trepanier

"Life is like riding a bicycle. To keep your balance, you must keep moving."

Albert Einstein
Albert's words ring true for me. The healthiest, happiest, most interesting people I know are those who keep moving - physically, socially, intellectually and in many other dimensions. If your resolutions for the new year are about keeping momentum in your life, consider what SWESA has to offer.

HERE'S A FUN NEW WAY TO GET MOVING - PICKLEBALL!

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

JOIN EDMONTON'S NEWEST SENIORS GROUP

With over 400 members, SWESA is growing every week as word spreads about this community of seniors and interesting programming. Run by a group of passionate volunteers, SWESA's mission is to provide opportunities for adults 55+ in southwest Edmonton to engage in

a variety of programs and social connections. There are many benefits for members including discounts at City of Edmonton recreation facilities. See the website for membership benefits and registration or drop by one of the SWESA coffee locations. **SUPPORT THE DEVELOPMENT OF THIS RESOURCE FOR SENIORS**

Join me and a host of great volunteers in supporting the development of this resource. There are tons of ways you can contribute as a volunteer. The Board is especially looking for retired professionals who would join me in supporting their work (e.g., business planning, communication, marketing, fundraising). Contact me or SWESA directly for more information.

ATTEND SWESA PROGRAMS AND MEET SOUTHWEST SENIORS

Pick up the New Winter 2015 Program Guide at SWESA's two coffee locations or view it on the website. If you become a member of SWESA and you'll also receive regular updates on programs and activities. Here's a few of the courses for 2015:

Art Group, Quilting Group, Knitting Group
Gentle Yoga, Meditation, Let's Walk

Pickleball

Mah Jongg, *New Bridge* Coffee, Chat 'n Cards: drop-in coffee, refreshments and conversation

Lunch Socials

Ongoing educational sessions
Go Go Gadget: in partnership with the Edmonton Public Library, technology experts will help you figure out your electronic gadget.

New

Introduction to Facebook



Pickleball is played all year round moving indoors during winter.



Summer fun on the pickle ball courts

New

Introduction to iPads - 10 iPads will be provided for participants to learn the basics of working on this device. **SHOP FOR GREAT DEAL ON BOOKS; DONATE BOOKS** At SWESA's Book Shoppe, a large selection of books are available for \$1 with all proceeds going towards programming at SWESA. Book donations are welcome and appreciated.

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

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Friends of Terwillegar Park

By Peter Kalven



Are you a dog owner? Do you enjoy jogging? Biking? Cross Country Skiing? Snowshoeing? Nature? Are you aware of the beautiful resource right at your fingertips? Those of us living in the South West of Edmonton are blessed with a beautiful 169 acre river valley park in a natural state.

At one time in its history Terwillegar Park was a gravel pit, later a landfill of construction waste. Today it is a testament to land use reclamation. Visitors to the park can enjoy a wide variety of river valley wildlife, including the occasional moose or deer. There is a wide variety of prairie grasses and diversity of trees and shrubs for the most intrepid of horticultural interests.

Friends of Terwillegar Park is a registered society of park users interested in giving back to the community. We are off lead dog owners, mountain bike enthusiasts; hikers; cross country skiers; and even the odd owner of snow shoes. We invite you to come enjoy your park, year round - the city ensures the trails are

By the way, I really like this park!

open and the road leading to the parking lot clear and sanded. We pride ourselves on helping to maintain our park in a variety of activities from liaison with the city, to capturing the beauty of the park, to clearing some of the noxious weeds, occasional clean-up and notifying the city of safety concerns.

A new foot bridge and accessible trail system connect Terwillegar to both Henday and Oleskiw is now under construction with trails scheduled for completion by Fall of 2015 and the bridge by Fall of 2016. These projects will enhance the park's accessibility to families and those persons with disabilities while maintaining the broad range of use the park now enjoys.

Visit us at www.friendsofterwillegar.com/
On Facebook at www.facebook.com/pages/Friends-of-Terwillegar-Park/560870087306252
www.friendsofterwillegar.com

Must See Dog Movies

By Jenn Gilliard, Editor Terwillegar Tribune

1. Beverly Hills Chihuahua
2. Santa Buddies
3. The Shaggy Dog
4. Air Buddies
5. 101 Dalmations
6. The Fox and the Hound
7. Lady and the Tramp
8. Old Yeller
9. Big Red
10. Oliver and Company
11. Bolt
12. Turner and Hooch
13. Marley and Me
14. Lassie

REGISTRATION
for
Terwillegar Community Preschool
Opens Online
MONDAY, FEBRUARY 23RD @ 9:00am
go to... www.tcchurch.ca



Separation Anxiety in dogs - How to save that favorite pair of shoes

By Dr. Foster, MacTaggart
Veterinary Clinic

Separation Anxiety in Dogs
How to Save that Favorite Pair
of Shoes...

Many pet owners have come home to their favorite shoes or chair chewed to smithereens, along with a very upset dog due to separation anxiety. But don't fret (if only you could tell your dog that...), as there are ways to help our four legged friends with their anxiety issues.

What is separation anxiety? Separation anxiety is a distress response when a dog is separated from the person(s) they are most attached (this is rarely observed in cats as they are not pack animals, and are most likely too busy napping to notice anyone has left!). A dog experiencing separation anxiety may exhibit behaviours such as vocalization (whine, howl, bark), indoor elimination, destruction of windows and doors (escape routes), and destruction of owner possessions. Some dogs will pant, drool, hide, shake, or injure themselves in attempts to break out of a kennel or room. Many different causes are speculated to be factors including (but not limited to); the lack of learning to be alone, improper socialization to owner arrivals and departures, pent up energy, and improper weaning. What triggers separation anxiety?

You may have noticed Fido is quite observant when it comes time to leave him alone. The typical precursors to leaving the house such as getting the car keys, putting on shoes and coats, and packing the

car often trigger the anxiety response. This may occur with every departure (going to work every day at the same time), or only the atypical departures (weekend, evenings).

What can I do?

Behaviour modification is the cornerstone of successful treatment, and may take several weeks to months. Below are some behaviour modification techniques that have proven to be helpful:

Ignoring the pet for 15-30 minutes prior to departure and upon return will help the pet learn the owner's coming and going is not a huge, exciting, stressful event.

Ensure the dog is well exercised and has a desirable treat or toy prior to departure

Practice departures – pick up keys, put on coat/shoes, walk to the door and do not leave.

Doing this repeatedly over time may eventually condition the dog to not bother to worry about those formerly stressful actions. Eventually, the owner can step out the door for a few moments and gradually increase the time as long as there are no unwanted behaviours.

Teach the dog to be more independent of the owner. This can be done by having all interaction and attention initiated and ended by the owner, for example, sit/stay before meals, play, and walks.

Confining the dog (as long as it is safe), may be beneficial as some dogs are comforted by having their own designated space they are familiar with. Providing a companion (a second dog/cat) may help as



Big Stock Bad Dog and German Shepard

some dogs just don't want to be alone (keeping in mind there is the risk of now owning two dogs with separation anxiety...).

For dogs with a high level of separation anxiety, combining medication prescribed by your veterinarian with behaviour modification may be beneficial, as medication may aid in relieving anxiety during the behaviour modification process. As other processes may be ongoing physiologically that mimic separation anxiety,

speaking with your veterinarian is the best place to start when addressing behavioural issues. With patience, consistency, positive reinforcement, and reasonable expectations, your four legged friend just may learn to be his own best friend! *Dr. Foster is the owner of the MacTaggart Veterinary Clinic and has over 13 years of experience practicing Veterinary Medicine. For more information visit www.mactaggartvet.com.*

Are you interested in:

Meeting New People? Helping plan resources in our community?

Strengthening our Community Spirit?

Join our Community League!

We will help you find a role that interests you.

volunteercoordinator@terwillegar.org

Coming Events

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

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

Events:

February 16: TCL Family Day Event
March 9: Deadline for next issue
April 7: Next issue Terwillegar Tribune Released
April 11: TCL Too Big For It Sale at Terwillegar Community Church

Check www.terwillegar.org for current information

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

Terwillegar Community League mailing address:
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Family	<input type="checkbox"/>	Single	<input type="checkbox"/>	Other	<input type="checkbox"/>								
Senior	<input type="checkbox"/>	Adult	<input type="checkbox"/>		<input type="checkbox"/>								
<p>Mail payment to:</p> <p>Mail to: Terwillegar Community League PO Box 36508 RPO McTaggart Edmonton, AB T6R 0T4</p>													
													

Membership Fees:

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

**Memberships expire annually
Aug. 31.**





Free Access!

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

Saturday from 5-7pm

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

Terwillegar Community League memberships are also available online at www.terwillegar.org

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), 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 to join. Or check out our website www.terwillegar.org.

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

Terwillegar Classifieds

Contact the Terwillegar Community League



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Board Contacts

- President — Monte Weber, president@terwillegar.org
- Vice-President — Steve Simala-Grant,
vicepresident@terwillegar.org
- Treasurer — Scott Riddell treasurer@terwillegar.org
- Secretary — Diane Pelletier, secretary@terwillegar.org
- Memberships - Mandy Jones - membership@terwillegar.org
- Programs — Marc Lachance, programs@terwillegar.org
- Community Advocate — Kelly Jeffrey
advocate@terwillegar.org
- Communications — Heather Maitner, comm@terwillegar.org
- Fundraising — Michelle McWilliams
fundraising@terwillegar.org

Other Contacts

- Editor — Jenn Gilliard, editor@terwillegar.org
- Volunteer Coordinator -
volunteercoordinator@terwillegar.org
- Community Garden — Diane Pelletier
garden@terwillegar.org



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Contest runs from January 1st to April 30th, 2015.
 Visit hunterdouglas.ca for full contest rules and regulations. No purchase necessary.