

Terwillegar COMMUNITY LEAGUE Tribune

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www.terwillegar.org

Issue 57 June 2015

Next submission deadline:

July 31, 2015

Next issue August 28, 2015

*Exciting events coming up brought to you by
Terwillegar Community League*



Casino June 16/17!
Volunteers needed

Celebrate Canada Day!
See page 2 for details

Neighborhood BBQ!
See page 2 for details

Toonie Carnival!
Volunteers needed
See page 4 for details

**Community Fundraiser
at Famoso!**
See page 4 for details

Ipad Mini contest!
See page 3 for details

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Community

Celebrate Canada Day at Tomlinson Park

By Marc Lchance, Programs Director, Terwillegar Community League

At TCL, we love our community and we love our country. This presents a unique opportunity once a year to bring both of these things together as we gather with our fellow Terwillegarians to celebrate Canada Day. Bring your families, neighbours and friends and join us to celebrate living in one of the greatest nations on earth.

Building on one of the Community League's flagship events, the TCL Board will look to bring more action packed excitement to this year's event.

The event will be held from eleven in the morning to three in the afternoon on July 1. Festivities will include games for the kids, bouncy castles, face painting, Food Trucks and fun for everyone.

The event will wrap up with the Grand Canada Day parade... it will be a competition for the ages as participants vie for the grand prize for the best national pride entry, the silliest ensemble, and most creative Canuck. Bring out your best Canada gear and drop by our swag table to decorate your bikes, strollers, or shoes and be a part of this great annual TCL Canada Day tradition. The parade will start at 2:30 p.m. and the event will wrap up with the awarding of the prizes.

With all of these fantastic activities and prizes in place, **ALL WE NEED IS YOU** to make this another great event in our community. Keep checking the TCL Facebook page and our league website for more details. See you on July 1 at Tomlinson Park.



Host a BBQ, TCL will buy the food

By Marc Lchance, Programs Director, Terwillegar Community League

The Terwillegar Community League strives to promote a friendly community through a variety of programs. With summer slowly (really slowly) creeping up on us, the TCL and the Magrath Save On Foods are partnering once again to get you the free food you need for a great neighbourhood barbeque.

TCL members can sign up for a chance to host a neighbourhood barbeque on the TCL website www.terwillegar.org. The online signup requires that you have your date picked out, the address of where the barbeque will be hosted, your contact and membership information. Everyone who

signs up will be entered into for a chance to win one of this year's free BBQ packages.

Organizers who are selected to host the free barbeques will need to complete the registration form, including signing up at least seven other households to take part in the event. Remember that if you are using a public space, you will need a permit from the City.

Then, all you have to do is pick up your food package at the Magrath Save On Foods and you're ready to go!

Sign up by June 22 and then you could be hosting your own neighbourhood barbeque. Be active in your community, get to know your neighbours, and have fun.



I'm Too Big For It Sale

Terwillegar Community League's Semi Annual Sale

Interested in booking a table?
Contact Michelle mmcwilli@live.com.

When: Saturday September 19, 2015 10am to 1pm
Where: Terwillegar Community Church
1751 Towne Centre Blvd NW

Vendor Tables are now available!

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

Editor's Page

By Jenn Gilliard, Editor
Terwillegar Tribune

School will soon be out so... looking to escape the city? Less than 3 hours SOUTH, you could find yourself in Drumheller, aka dinosaur country. Drumheller is home to the World's Largest Dinosaur. Royal Tyrell Museum www.tyrellmuseum.com and Fossil Discovery Centre are fun for kids and adults to walk around. As you drive into Drumheller you dip into the valley and are surrounded by the badlands. We climbed up some of the hills while walking around and touring the Hoodoos. We discovered a couple of hidden gems on our trip too. Just a few minutes down the highway in the town of East Coulee was the Caracol Clay studio the town of Wayne. There we went to the Last Chance Saloon and had some delicious burgers and chatted with the owners. www.visitlastchancesaloon.com

If you are interested in a longer road trip and one that

ends in breathtaking sunsets and beauty head EAST on the TransCanada highway to Lake of the Woods in Northern Ontario. My family has had a cabin on Lake of the Woods for over 30 years and this area will always be a favorite of mine! Each summer I drive out there with the kids, 14 hours in the car, no problem when you know this is where you'll end up! The entire area features the natural beauty of water, islands and rock, lots of islands, boats, fishing and camping for those who like to tent or RV. www.lakeofthewoods.com

Head NORTH and in under 2 hours, you will be in Athabasca. Now that I've learned a little more about the Magnificent River Rats Festival I'll be adding it to my bucket list. June 30-July 1 is the festival. After a little research I found out the Festival has become one of Northern Alberta's premier outdoor music festivals. Set along the Athabasca river front, music ranges from country,

rock, pop and blues. The festival includes live music, a kids' zone, marketplace, an antique car show and a lot of food. www.riverratsfestival.com.

Jasper National Park, about a 3 hour drive WEST with lots to do in summer too including swimming, canoeing, camping,

hiking, or horseback riding. Wildlife is commonplace and it would not be surprising to see elk or bear walking along the roadside. Take your RV out or pitch a tent. Wishing you all a fun and safe summer wherever your travels take you!



Lake of the Woods



Drumheller



**WIN AN
IPAD MINI!**

DRAW DATE: August 31, 2015



- Yes!** I would like to support South Terwillegar Park! **Yes!** I would like to support the development of MacTaggart Park!
- Yes!** I would like to be entered into the draw to win the iPad mini! A donation is not necessary to enter the draw. But if you decide to donate, please know that your donation is helping to build a beautiful playground in your community.

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 \$ _____

Park I am donating to: _____

Name: _____

Phone Number: _____

Address: _____

Postal code: _____

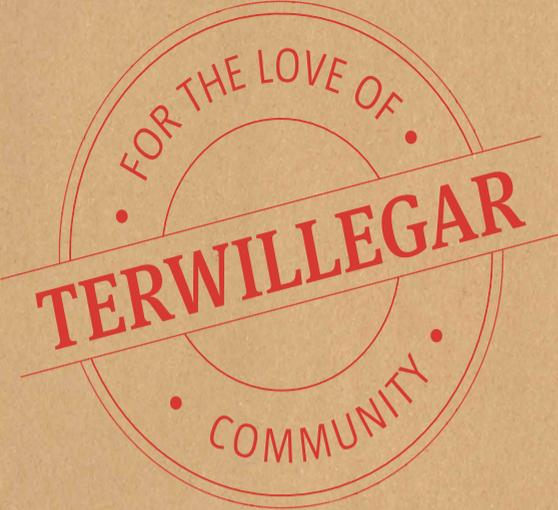
If donating \$250 or more, how would you like your name to appear at the park?
Example: John Smith OR The Smith Family

- Check if you would like to receive updates by e-mail Check if you would like to be contacted for volunteer opportunities

Send your cheque and this form to: Terwillegar Community League · RPO MacTaggart, PO Box 36508, Edmonton, AB T6R 0T4

Please make your cheque payable to "City of Edmonton", with a note of "TCL Parkland Development Donation." All donations of \$20 or more will receive a tax deductible receipt from the City of Edmonton in February of each year.

The Terwillegar Community League is incorporated in Alberta as a not for profit organization and is requesting donations to the City of Edmonton to support the construction of the parks in the TCL area. Donations are held in trust by the City of Edmonton for use by the League for park construction. Donation receipts will be issued by the City of Edmonton. This campaign is estimated to raise \$10,000 and will cost approximately \$700. If you have any questions, please contact our President, Monte Weber, at 780-231-6114 or by email at president@terwillegar.org.



JOIN US FOR A COMMUNITY FUNDRAISER JULY 16TH & AUGUST 13TH

We want to celebrate Terwillegar with you! Join us at Famoso Magrath on **July 16th** and **August 13th** from 11 am - 11pm, as all profits earned will be donated to the MacTaggart Park and Playground!

Come out and grab an authentic Neapolitan pizza in support of our beautiful community.

FAMOSO MAGRATH
14123 23 Avenue
magrath@famoso.ca t 780.436.8799
famoso.ca | f/FamosoPizza | @famosopizzeria




Terwillegar COMMUNITY LEAGUE PRESENTS the fifth annual... TOONIE CARNIVAL

Music, Face Painting, Games, Fun for all ages, Balloon twisters, Prizes, Bouncers, Crafts, Food, Petting zoo

SATURDAY AUGUST 8
11am-3pm
South Terwillegar Park

www.terwillegar.org




Enjoy Smiling!

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SWEFM open for its fifth year

By Carley-Jane Stanton, SWEFM

On May 13, the Southwest Edmonton Farmers' Market opened for its fifth year and we could not be more thankful to be part of this supportive, vibrant and food-loving community! Our first few weeks of the market have been a huge success thanks to our guests that have come out in record numbers. We also have our largest team of volunteers in the market's history, which will allow us to create a more vibrant and welcoming gathering place for our guests. The weather has also been fantastic for the beginning of outdoor market season, which is always welcomed after a long winter of indoor shopping!

Roaming the farmers' market this season, you'll find over a dozen new vendors whose products and stories are waiting for you to discover. From a brand-new line up of food trucks, to homemade perogies and sweet baking, to locally made diapers and dog treats, the new products available at our market make it an even more exciting and diverse place

to explore than ever before. Visiting your community market at the beginning of the season is an adventure for the entire family as you catch up with your favourite vendors from last summer while searching for this summer's favourite staples, treats and splurges. To help you learn more about our wonderful new (and veteran) vendors, we are introducing a new feature on our Market Blog, called Vendor of the Week. Be sure to check it out every Monday to learn something new about one of the great local businesses at our market!

Our Sprouts program is back up and running and better than ever, thanks to our great Sprouts program sponsors, volunteers and produce-loving kids! Our Sprouts recipes are new and improved with a delicious, kid-friendly recipe created by University of Alberta nutrition students, and are available to families every week. The recipes each feature a fresh market fruit or vegetable that is in-season and for sale at the market, so be sure to pick one up when you visit the Sprouts

table and share your creations with us on social media! We are very excited to welcome all children into the program this year with no waiting lists, and from their happy faces as they hurry through the market with their tokens, we know they are too! Many children have decided to save their tokens for when the B.C. fruit comes in a few weeks. Saving tokens teaches lessons about patience and seasonality. That said, there are some interesting food plants available at Dargatz Family Farms that would make for a summer-long learning experience for the little ones!

The Southwest Edmonton Farmers' Market is open every Wednesday from 4 - 7:30 in the Terwillegar Recreations Centre parking lot, filled to the brim with local foods, crafts, and members of your community. We look forward to connecting with you this



summer and supporting local businesses together. See you at the market!

Craig Watson

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Gardening

Green and Gold Community Garden: A local garden with global impact

By Patti Hartnagal, Aspen
Gardens Community League



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

The vegetables, herbs and flowers are "spray-free" (no pesticides or artificial fertilizers are used). Anyone is welcome to 'purchase' their vegetables at the garden and all of the money

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

We are now gearing up for



the 2015 gardening season, and are looking for new volunteers to join us at the garden. Both novice & experienced gardeners are welcome. If you aren't interested in gardening, but would like to help in other ways (distributing produce, promoting the garden, donating seeds or garden tools) please contact us at:

E-mail: gggarden@ualberta.ca/

Phone: 780-492-4087

Web site: www.greengoldgarden.com

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

Mindful gardening

By Erin Newman, BA, MEd

Springtime, particularly in our cold climate brings a sense of renewal, freshness, color, and warmth. It is no secret that our long winters can cause mood issues for some people, so the warm sunshine of spring is particularly refreshing for some. Some researchers show that low mood during the winter months is related to a decrease of Vitamin D that occurs when we spend less time in the sun. Ultimately, the spring sunshine affects both nature - through warming up the earth and those plants that have laid dormant and us, by warming our 'hearts' or 'spirits' and our moods. We can take advantage of this in a number of ways, but I would like to introduce you to a simple way to use horticultural therapy as a way to increase or maintain your mood – mindful gardening.

Scientific research has shown us that being in nature in general has positive benefits to mental health, including stress reduction, decreases in anxiety and depression, and can help with sleep.

More specifically, gardening, or horticultural therapy, can cause increases in mood, invoke positive emotions, and, when done in a community setting, can involve feelings of connectedness to others. On top of this, when gardening is done with the purpose of food production, it can bring feelings of motivation and accomplishment.

Mindfulness is a practice that involves focusing on moment to moment living. More than that, mindfulness helps us to become less reactive in situations that cause a lot of stress that can lead to low mood. There are a couple of easy ways to begin to integrate this into your life, if this is new to you. These techniques are important to practice, as they may not come easily for some people.

STOP

STOP is an acronym that stands for Stop, Take a breath, Observe, and Proceed. The first step here would be to stop whatever you are doing with your physical body. Perhaps you are in the midst of pulling up a dandelion, planting a row

of seeds, or watering some thirsty plants. Simply stop what you are doing. Next, take a long, deep breath into your diaphragm. The key here is to observe all that you can within your body. What are you feeling physically? What are your thoughts? What emotions are you experiencing? Simply answer the questions and move on. There should be no analysis or judgment in observing. Once you are done checking in with yourself, you can proceed with whatever you were doing in the garden.

MONITOR YOUR SENSES

While you are in your garden, it is important to assess the world through your senses. What do you see? What do you feel or touch? Is there is a gentle wind in the air, or perhaps you feel the dirt beneath your fingers? What do you hear? If it is further along in the spring, is there something you are tasting? Check in with all five senses at various moments throughout your gardening experience. Doing so may help you to connect more with what you are doing, which creates

room for even more positive outcomes.

Both of the above mindful practices can be easily integrated into your gardening experience, especially if you are already an avid gardener. If not, I invite you to attempt the practice of mindful gardening on a small scale. There are ways to fit gardening into small spaces, balconies, or even in sunny windows. Studies show that even nurturing *one plant* can be beneficial to mental health. If gardening is simply not for you, you can still get the mental health benefits from mindfulness by integrating it into your daily life through using the above techniques at various times throughout the day.

Master Naturalist opportunities

By Jenn Gilliard, Editor
Terwillegar Tribune

The City of Edmonton offers many public volunteer opportunities that relate to the environment or natural area protection. Here are some that may be of interest to you. Some of the choices require specific dates and times, while others are sporadic and flexible with no regular dates or schedule. The duration required of the volunteer can be long-term, which is over 6 months or short-term, which is less than 6 months.

YegTreeMap is an online map database of trees in Edmonton. Individuals, community groups, and the City of Edmonton collaboratively create an accurate and informative inventory of the trees in Edmonton. Using this interactive map you can register the trees in your yard, your community or even trees you planted at your Root for Trees event (more on Root for Trees below). You can also track stewardship activities taking place in Edmonton's urban forest. Collecting tree data can support the City with monitoring invasive species, pest control, forest health etc. YegTreeApp can also be an educational tool

for guided walks and the eco benefits of trees. To participate, register to create an account on yegTreeMap. Use the mobile app or online app to indicate the species of tree and its location. You can also map other details such as tree diameter, date planted, tree health and more. For more information please visit www.edmonton.ca/trees or contact the Program Coordinator.

Root for Trees Program

The City of Edmonton wants to double the size of urban forests and needs the help of Master Naturalists and the community. Root for Trees is an enhanced tree planting initiative which intends to increase tree planting within the city through continued partnerships with corporations, individual residents and community groups. You can get involved with this naturalization process by planting as an individual or planning a planting event in your community. The program provides a planting site, trees, shovels, gloves and an event facilitator. Visit www.edmonton.ca/rootfortrees for more information and to fill out the online planting quest form.

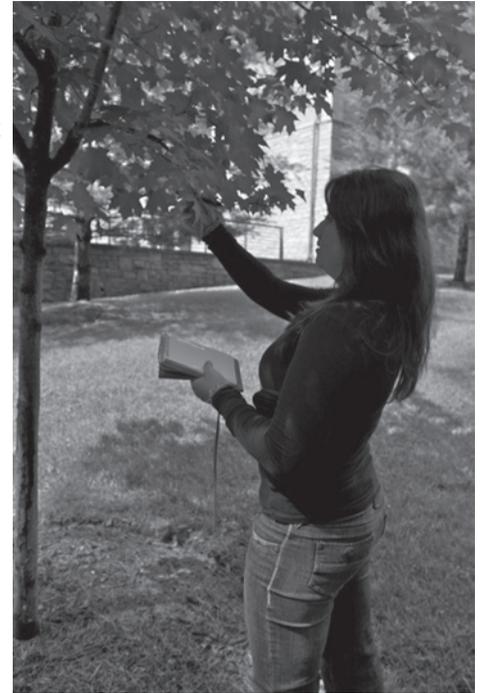
The Edmonton Nature Club is a club with the goal of encouraging an interest in, and

the study of, the natural environment by its members and the community, and promoting the establishment and maintenance of natural areas. You can view the calendar at www.enc.fanweb.ca for upcoming events. Volunteer activities include, Christmas Bird Count – Species Inventory, Nature Walk Leader, Executive positions and Contribution to an Edmonton Plant List

The Edmonton Urban Coyote Project is a study on coyotes through the University of Alberta. The aim is to promote positive interactions between people and wildlife while minimizing the need for lethal management of coyotes. The researchers use GPS collars to track coyotes and also analyze their scat to learn how they use, and move through, the urban landscape.

Volunteer Activities include, scat collection, outreach survey distribution, habitat surveys and snow tracking. For more information go to www.edmontonurbancoyotes.ca.

These are just a few of the volunteer opportunities available to you. For more



Documenting Tree Health



Root For Trees

information go to www.edmonton.ca/programs_services/environmental/master-naturalist-course

Terwillegar Community Garden



Let the growing begin! All the plots in our community garden are seeded, and this future gardener is really looking forward to a big crop of carrots. If only it would rain!





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I'VE GOT THE MUSIC IN ME

Instrument exploration, singing, crafts, musical games, and more will bring out the music in your preschool child!

Ages 3-6	\$129 / week
July 6 - July 10	9:30 AM - 12:30 PM
July 6 - July 10	1:00 PM - 4:00 PM
July 13 - July 17	9:30 AM - 12:30 PM
July 20 - July 24	9:30 AM - 12:30 PM
July 27 - July 31	9:30 AM - 12:30 PM
Aug 4 - Aug 7**	9:30 AM - 1:00 PM
Aug 10 - Aug 14	9:30 AM - 12:30 PM
Aug 17 - Aug 21	9:30 AM - 12:30 PM
Aug 24 - Aug 28	9:30 AM - 12:30 PM

YOUNG MUSICIAN

This is your chance to test drive our rewarding and challenging group piano program. If your child is interested in piano, summer is a great time for music exploration. Program includes theory, ear training, composition, and singing.

Ages 5-6	\$129 / week
July 6 - July 10	1:00 PM - 2:30 PM
July 13 - July 17	1:00 PM - 2:30 PM
July 20 - July 24	1:00 PM - 2:30 PM
July 27 - July 31	1:00 PM - 2:30 PM
Aug 4 - Aug 7**	1:00 PM - 2:45 PM
Aug 10 - Aug 14	1:00 PM - 2:30 PM
Aug 17 - Aug 21	1:00 PM - 2:30 PM
Aug 24 - Aug 28	1:00 PM - 2:30 PM

HEROES & PRINCESSES

Sing, act, move, and more! Create a musical review to perform at the end of the week; complete with costumes and props!

Ages 5-6	\$149 / week
July 6 - July 10	1:00 PM - 4:00 PM
July 27 - July 31	1:00 PM - 4:00 PM
Aug 4 - Aug 7**	1:00 PM - 4:30 PM
Aug 17 - Aug 21	1:00 PM - 4:00 PM

PIRATES!

Avast ye! Climb aboard our imaginary pirate ship and sing and sail away in search of treasure and fun. Create a musical review to perform at the end of the week; complete with costumes and props!

Ages 7-11	\$249 / week
July 20 - July 24	9:30 AM - 2:30 PM
Aug 24 - Aug 28	9:30 AM - 2:30 PM

MUSIC JAM

This camp is for those with minimal or no musical experience. Kids learn about various instruments and perform at the end of the week.

Ages 7-11	\$249 / week
July 20 - July 24	9:30 AM - 2:30 PM
Aug 10 - Aug 14	9:30 AM - 2:30 PM

DISNEY DAZZLE

Sing and dance to beloved Disney classics in this exciting summer camp. Create characters, learn songs, and perform at the end of the week!

Ages 7-11	\$149 / week
July 13 - July 17	1:00 PM - 4:00 PM
July 20 - July 24	1:00 PM - 4:00 PM
Aug 4 - Aug 7**	1:00 PM - 4:30 PM
Aug 10 - Aug 14	1:00 PM - 4:00 PM
Aug 24 - Aug 28	1:00 PM - 4:00 PM

POPSTARS

You are the STAR! Sing the hits of Taylor Swift, Katy Perry and all of your favourite singers! Perform for your family and friends.

Ages 7-10	\$149 / week
July 6 - July 10	9:30 AM - 12:30 PM
Aug 4 - Aug 7**	9:30 AM - 1:00 PM
Ages 11-14	\$149 / week
Aug 24 - Aug 28	1:00 PM - 4:00 PM

KEYBOARD ADVENTURES

From piano basics, creative games, and ensemble playing to rudiments in composition, this exciting program has everything for the young piano student.

Ages 7-12	\$129 / week
July 13 - July 17	10:30 AM - 12 Noon
July 20 - July 24	10:30 AM - 12 Noon
Aug 4 - Aug 7**	10:00 AM - 12 Noon
Aug 17 - Aug 21	10:30 AM - 12 Noon

Keyboard available to take home with \$50 refundable deposit.

GUITAR INTRO

This course is a great start to the adventure of guitar. Students learn basic theory and technical elements through fun exercises and cool songs.

Ages 7-9	\$129 / week
July 6 - July 10	4:00 PM - 5:00 PM
Aug 17 - Aug 21	4:00 PM - 5:00 PM
Ages 10-12	\$129 / week
July 6 - July 10	5:00 PM - 6:00 PM
Aug 17 - Aug 21	5:00 PM - 6:00 PM

Guitars are available to take home with \$50 refundable deposit.

DRUM INTRO

Learn about beats, rhythm, and basic technique in this fun, hands-on class.

Ages 7-9	\$129 / week
July 13 - July 17	3:30 PM - 4:30 PM
Aug 10 - Aug 14	3:30 PM - 4:30 PM
Ages 10-12	\$129 / week
July 13 - July 17	4:30 PM - 5:30 PM
Aug 10 - Aug 14	4:30 PM - 5:30 PM

Drum pad & sticks are available to take home with \$30 refundable deposit.

CAMP ROCKSTAR

Sign up for this week-long day camp and we'll train you on your instruments, form a band, and work together on cover and original songs. Friends and family are invited to attend the final concert.

Ages 9-12	\$249 / week
July 27 - July 31	9:30 AM - 2:30 PM
Aug 24 - Aug 28	9:30 AM - 2:30 PM
Ages 13-18	\$295 / week
Aug 17 - Aug 21	9:30 AM - 4:00 PM

FALL 2015 MUSIC GROUP COURSES



Music Funtime **Ages 1-3**
\$119.05 + GST & \$30 Materials

Music Funtime provides a structured musical learning environment where children and the people that love them sing, dance, play instruments, and are introduced to various instruments such as the violin and piano.

Thur. 9:30 am - 10:15 am Sept. 17 - Nov. 19
Fri. 9:45 am - 10:30 am Sept. 18 - Nov. 20
Sat. 9:30 am - 10:15 am Sept. 19 - Nov. 21

Creative Music **Ages 3-6**
\$380 / Year + GST & \$25 Materials

This music literacy program provides a learning-rich environment which inspires creativity and musical development. Through games, movement, singing, and drama children learn to read and write music, applying what they have learned to the violin and piano.

Creative Music Level 1
Tues. 10:30 am - 11:15 am Sept. 15 - May 24
Tues. 1:45 pm - 2:30 pm Sept. 15 - May 24
Tues. 5:30 pm - 6:15 pm Sept. 15 - May 24
Thur. 10:30 am - 11:15 am Sept. 17 - May 19
Fri. 11:15 am - Noon Sept. 18 - May 20
Fri. 1:00 pm - 1:45 pm Sept. 18 - May 20
Sat. 10:15 am - 11:00 am Sept. 19 - May 21

MUSICAL THEATRE PROGRAMS 2015-16

This program teaches all the skills that go into a musical theatre production, including acting, singing, and dancing.

The final production will be performed in May at the Cite Francophone Theatre (l'uni theatre) in Edmonton.

Ages 5-6
Tues. 5:00 pm - 5:45 pm Sept. 15 - April 26
Wed. 5:45 pm - 6:30 pm Sept. 16 - April 27

POPSTARS VOCAL PERFORMANCE **Ages 5&Up**
\$79 / Month & \$49 Materials

Lessons incorporate exercises that build breath support, vocal control, and tone production. Singers perform all styles of music solo and in small ensembles, developing performance skills and vocal technique.

Ages 5 - 6
Mon. 5:00 pm - 6:00 pm Sept. 14 - June 27
Ages 7 - 9
Mon. 6:00 pm - 7:00 pm Sept. 14 - June 27
Ages 10 - 12
Mon. 7:00 pm - 8:00 pm Sept. 14 - June 27
Teens
Mon. 8:00 pm - 9:00 pm Sept. 14 - June 27

YOUNG MUSICIAN **Ages 4-6**
\$559 / Year & \$42 Materials

Kindergarten and Grade 1 students have fun learning to play piano in this rewarding group program.

Tues. 1:45 pm - 2:30 pm Sept. 8 - June 21
Tues. 4:15 pm - 5:00 pm Sept. 8 - June 21
Thur. 1:45 pm - 2:30 pm Sept. 10 - June 23
Thur. 5:15 pm - 6:00 pm Sept. 10 - June 23

Creative Music Level 2
Tues. 1:00 pm - 1:45 pm Sept. 15 - May 24
Tues. 6:15 pm - 7:00 pm Sept. 15 - May 24
Wed. 1:45 pm - 2:30 pm Sept. 16 - May 18
Fri. 1:45 pm - 2:30 pm Sept. 18 - May 20
Sat. 11:30 am - 12:15 pm Sept. 19 - May 21

Ages 7-11
Tues. 5:45 pm - 7:00 pm Sept. 15 - April 26
Wed. 6:30 pm - 7:45 pm Sept. 16 - April 27

Our 2015-16 Production: **Ages 7-11**
\$699 / Tuition & \$42 / Materials

KEYBOARD ADVENTURES **Ages 7-12**
\$79 / Month & \$42 Materials

This exciting program has everything for the young piano student. Learning piano is fun!

Ages 7-9
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Thur. 6:45 pm - 7:45 pm Sept. 11 - June 23
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Tues. 7:00 pm - 8:00 pm Sept. 8 - June 21
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Fri. 5:00 pm - 6:00 pm Sept. 4 - June 24

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Fri. 1:45 pm - 2:30 pm Sept. 18 - May 20
Sat. 11:45 am - 12:30 pm Sept. 19 - May 21

Teens
Tues. 7:00 pm - 8:15 pm Sept. 15 - April 26

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

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



Registration begins April 28, 2015

Register by calling 311 or online at edmonton.ca/daycamps



Teen Summer Camps

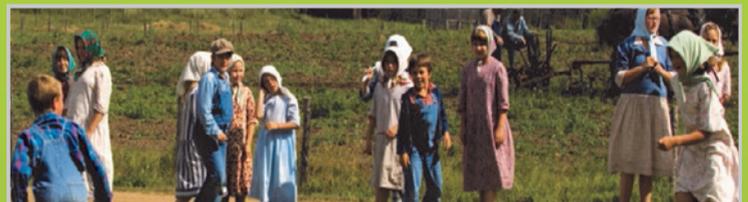
This summer you can 'beat the heat' with a new water sport. Why not learn to row in a big crew boat, and even scull (with 2 oars per person) in smaller boats? The Edmonton Rowing Club offers camps that will serve to introduce you to this team sport. So recruit some of your buddies and get out on the North Saskatchewan River with our ERC coaches.

Each camp will run Monday to Friday, 9 am -12 noon.
Ages 13-17.
Cost: \$150.00

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- Session 1B – July 13-17
- Session 1C – July 20-24
- Session 1D – July 27-30

Minimum 4 rowers per session. Activities will include:

- Sweep (one oar) technique basics
- Sculling (two oars) rowing skills
- Erging / Tank fun & challenges
- Basic resistance training intro
- Boat maintenance & transport basics
- Education for safe rowing
- Boat-handling on/off water
- For more information, email Junior/Youth Director Lucille Lavender(ercyouthrowing@gmail.com)



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limited space, register early



Asset allocation and portfolio performance

Trish Sim, BA (econ), CFP I Sr. Investment Advisor

The asset mix decision is of paramount importance to the long-term performance of a portfolio. All investments have some degree of risk attached to them, even if it is exposure to inflation or rising interest rates. The key to building a winning portfolio is to limit risk while simultaneously maintaining an adequate return on your investments. Asset allocation, the process of selecting the optimum mix of competing financial instruments, is a pivotal element to achieving overall portfolio performance.

History has shown that it is rare for a single asset class to be the best performer year

after year. In fact, in the 90s, the same asset class was the top performer from one year to the next only once.

Asset allocation works on a very simple principle, and that is, don't put all your eggs in one basket. The asset mix is essentially the percentage of a portfolio that is represented by each class of investment, be it equities, fixed income or cash and cash equivalents.

Asset allocation allows investors to lower the risk of staying invested and take advantage of the best performing classes. By including all asset classes in a portfolio, you ensure it will participate in the strongest performing category and you

simultaneously protect the portfolio against the downside of the weakest performing one.

Although the cornerstone of asset management is the establishment of clear and concise objectives, it is essential to define your individual tolerance for risk before an asset allocation plan can be formed. The key risk factors to consider are inflation, interest rate, economic, market and specific risk.

Establishing and implementing an asset allocation and formal re-balancing strategy in a portfolio helps to eliminate the emotional swings of the market. Contact your Investment Advisor today to help you define your

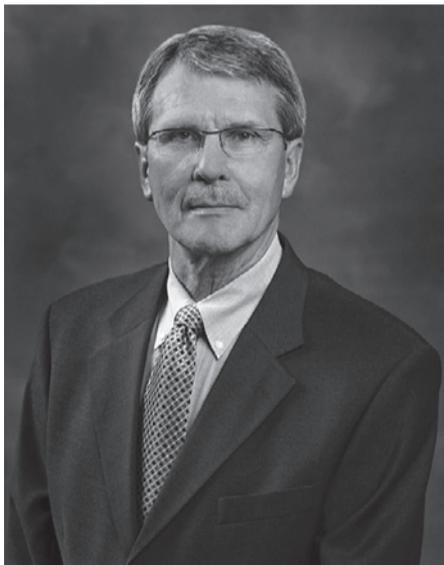
individual goals and objectives, and to create a pertinent asset allocation plan to help you realistically and safely achieve these goals. With a focus on the long-term, you can maximize purchasing power and enhance the real returns on your invested capital while simultaneously limiting risk effectively.

Trish Sim and Neal Shyry are Investment Advisors with CIBC Wood Gundy in Edmonton, AB. The views of Trish Sim and Neal Shyry do not necessarily reflect those of CIBC World Markets Inc.

Sim Shyry Financial Group

Many area parks are complete or near completion

By Councillor Bryan Anderson, City Councillor



Edmonton's many parks and playgrounds are community gathering places that bring citizens together and encourage healthier, more active lifestyles. Ward 9 residents will soon be able to enjoy new slides, swings and natural trails as many parks projects reach or near

completion.

The first phase of South Terwillegar Park opened last summer, with a spray park, sheltered plaza and a trail to the main road. Construction of the new playground (Phase II) will begin this summer. (<http://www.terwillegar.org/current-projects/playgrounds/south-terwillegar>)

The Rutherford playground project, named Otter Park, consists of a playground, plaza and shelter with a connection to the school and park trail. Construction of this family-oriented park is set to begin this spring and to be completed by fall 2015. www.heritagepoint.ca

The community around Alexander Rutherford Park, located next to Johnny Bright School, is raising funds to expand the playground located on the site. Keep an eye out for

more details on this project, which is currently in the design phase.

MacTaggart Park has received approval on its concept and is expected to start construction in 2016. (<http://www.terwillegar.org/current-projects/playgrounds/mactaggart>)

The Ambleside Park is scheduled for grade, level and seed this year. Additional elements such as the playground and sports field will be developed after the park is constructed.

The Callaghan Playground project is in the concept phase for planning with a design yet to come. The community is raising funds for the project and is hoping for construction in 2017. (<http://www.blackmudcreek.com/callaghan.php>)

Parks and playgrounds are usually funded through a

combination of grants and community fundraising. The Neighbourhood Parks Development Program, which aims to help create beautiful and fun spaces for Edmontonians, is a great way to access support from the City of Edmonton. For more information on this program, visit www.edmonton.ca. Communities interested in building a new park or playground should contact their local community league who will help guide the process.

If you have any questions or concerns, please contact me at 780-496-8130 or bryan.anderson@edmonton.ca.

Have something to say about the city?
Don't forget to talk to your councillor.
Help your councillor work for you!

Is Business just walking on by?

By Brian Hagel

Years ago, I had a client who started her own coffee shop in an old warehouse building. The giant wooden beams overhead and the worn hardwood floor added an element of nostalgia and an old world feel to the coffee and fresh baked goods she served. One of her highlight items were fresh-baked-daily cinnamon buns. The size of a Frisbee, they were spiced with fresh cinnamon and covered in a warm, gooey cream cheese icing that together, made you forget where you worked. The problem was her advertising budget was only \$300 a month and I felt uneasy trying to stretch it into something worthwhile. Instead, I asked her how many people came back to have another cinnamon bun after they had tried their first. She smiled and said “all of them”. Then it hit me! Her ad budget would be dedicated to free cinnamon buns. She would give away \$300 worth of her amazing product to unsuspecting patrons. People were delighted to receive these for free! They would talk about their experience – as word of mouth grows, so does foot traffic.

If you're lucky enough to have a lot of foot traffic past your location, there are some very specific things you can do to help re-route them into your store. With or without free cinnamon buns.

Signage – make it the best, the most vibrant it can be.

Invest in your signage as well as your website as these two things are the first things potential customers see about you. Make them count. It may be unfair but you will be judged by how your store front and website look.

Atmosphere – What do people *feel* when they walk into your store? Is it warm, inviting and well merchandised? Is it clean? Shelves and clothes racks neatly arranged? Or does it smell musty, have worn carpet, and shelves that are in state of disarray? Did you know that how your store *smells* can increase sales?

The International Journal of Marketing Studies surveyed 400 customers and examined the effect of the presence and absence of an ambient scent on customers. Researchers reaffirmed that customers “felt greater pleasure and stimulation, expressed intention to revisit the store and *spent more* in a scented environment than in an unscented one.” Cinnamon buns smell great. So does freshly popped popcorn. Inviting people to try some, for free, is a nice way to get them in the door. And if you're thinking, I can't have people eating in my store then let's read that sentence again with the word “eating” removed. “I can't have people in my store”. I'm not saying serve a full buffet – the popcorn is a metaphor, an idea to represent “what else can I do to have them walk inside as opposed to walk by”.

Display Windows / Storefront - I once had a client leave a rusty old Hibachi barbecue inside the main door of his foyer for weeks and then complain to me that business was down. The next time you walk into your business, try to look at it with the discerning eye of the public. How does your display window look? Is it clean with the most popular and unique items showcased neatly inside? Or is it streaked with months of neglect? Old and well maintained is charming. Old and dirty is a warning sign. These little details do matter. Sometimes we can get too close to our own business and what we encounter everyday soon becomes common and forgotten. Look with a new customer's eyes.

Staff – Hire the best you can possibly afford. When they aren't dealing with customers, hand them some Windex and have them get to work. Re-organize the clothes racks, sweep the floor, or maybe position them at the door to greet people / offer free samples etc. as they walk by. Having them sit behind the front counter, checking their Facebook status, while they wait for people to come in when they could be doing something to bring them in, seems like a waste. If they want to be on social media while you're paying them, have them post to *your* page & Twitter account special events and offers you have. And finally,

share with them your vision of the business. Millennials especially want to be included in the process and asked their opinions on how to help. If they can't or won't live up to your vision, show them the door. Better they make \$5 more an hour at your competitors. Consider it an investment in Yelp reviews.

Avoid being “fined” – In-store and on-line surveys are good ways to get feedback on how you're doing but people are naturally inclined to soften their message, especially if they are on your turf when they are asked. Beware of being “fined”. This is when customers and friends tell you “it was fine” when you ask them about their experience. “Fine” is political correctness for “average” or worse. In the court of public opinion, as in the legal world, fines cost you money. Instead, ask someone with some marketing / sales experience to be a secret shopper. Give them permission to tell you honestly what they experienced and then be prepared to make those changes. Or you can continue to watch all those people continue to walk by your storefront. I'm sure things will change on their own. I'm sure it will be just *fine*. – BH

For more advice, connect and view Brian's other posts on [LinkedIn](#).

Fun Fact:

Year-round,

Edmonton is one of Canada's sunniest cities, with about 2,300 total hours of sunshine annually. The lightest and brightest days typically are in June when the sun rises at 5:30 a.m. and doesn't set until around 10 p.m.

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39, 10550 Ellerslie Rd

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Carol McBee – Founder & President of Mommy Connections

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Staying on Financial Track Disability Insurance

By Enza Fata, Life and Living Benefits Advisor

Staying On Financial Track Disability insurance

It may seem odd to think about insuring your income. Sports teams insure their players because the team's financial success depends on their ability to play. Take a moment to think of how much of your lifestyle depends on your ability to make a living. Without an income, you may not be able to maintain your current standard of living or keep saving for the future.

How it works

> Provides replacement income each month to help support your day-to-day living expenses and other financial obligations if you can't work as a result of a serious illness or injury.

> Replaces a percentage (generally ranging from 50% up to 75%) of your regular working income.

Did you know?

> Workers' compensation covers only workplace disabilities, injuries that occur on the job and sicknesses caused by the job.

> Employment insurance is typically available for just 15 weeks.

> Employer group disability plans may offer only limited coverage — you may want to check on your limits.

> Employer group disability plans may pay only a reduced amount when integrated with other benefit plans.

Disability insurance helps keep you financially stable by providing a benefit when you're not capable of working, giving you the time you need to focus on getting better and returning to work.

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Kids



Age: _____ Email: _____

Name: _____ Phone and Address: _____

Coloring Contest fun for kids ages 2-11

Color this summer 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 July 15. 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.

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

Kids

Word search by Mackenzie Smith age 7

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

BEACHED
 FLIP-FLOPS
 FLOWERS
 GREENGRASS
 ICE-CREAM
 POPSICLE

SEASHELLS
 SPRAYPARK
 SUN
 SUNGLASSES
 SUNSCREEN
 SWIMMING

JOKES by Keira Gilliard age 7

1. Q. What season is it when you are on a trampoline?
A. Spring-time.
2. Q. Why is the letter A like a flower?
A. A bee (B) comes after it.
3. Q. How excited was the gardener about spring?
A. So excited he wet his plants.
4. Q. What do you call a bunny with fleas?
A. Bugs Bunny.
5. Q. Why do seagulls fly over the sea instead of the bay?
A. Because then they would be bagels.



Let's Talk Summer! Low and High-Tech Ways to Have a Blast with your kids

By Cheryl Millar, M.SLP and Melanie Millar, M.Ed

The summer holiday countdown is on. Many families have been longing for a more relaxed routine. Children in grades one to three need a break from long school days and numerous after-school activities. Your child can still learn lots over the summer, through simple speaking and listening activities with an emphasis on fun. Here are three low-tech ways—and three high-tech ways!—to keep your child engaged and learning over the summer:

When you visit the library or a bookstore, help your child choose some reading material that challenges them. For example, help them transition to chapter books by selecting ones that also have great illustrations. Demonstrate your enthusiasm for reading by starting a family book club. Each family member can bring a favourite book to discuss. Snacks are important too! Ask each other “wh” questions (who, what, where, when, why and how questions), such as “Who are the main characters in your book?”, “Why do you like the book?” Compare the books you have chosen. Do your family members like similar kinds of books or very different books?

Encourage your child to start or expand a summer collection. For example, your child could collect rocks, leaves or even feathers. Help your child identify and discuss similarities

and differences between the items. This will help them verbalize the attributes of objects, such as size, shape and texture. In addition, being able to compare and contrast items is an important academic skill for your child to learn. For example, when your child compares two rocks, they may notice both rocks are heavy, but one is rough and the other is smooth. Additional descriptive words for rocks include: flat, rounded, sharp, jagged, crumbly, shiny, striped, translucent and pitted. You can plan and discuss mini-experiments with your child. What happens if you put a drop of water on each rock?

Summer is the time to explore your child's unique interests in depth. If your child is interested in space exploration, for example, devise hands-on listening and speaking activities with a “space” theme. Give them directions to fold a rocket (a modified paper airplane). Help them ask for clarification if they don't understand a direction—this is good practice for school, when some directions may not be clear. They can also give you directions, which will help your child learn to use language precisely. Help your child create a story with pictures; incorporate new vocabulary such as “orbit” and “asteroid”. Your child can tell the story to siblings, grandparents or friends.

Technology can augment (but shouldn't replace) low-

tech solutions for building oral language skills. Our children today are “digital natives” and have high expectations for digital interactivity and feedback. Dr. Michael Chen of the George Lucas Educational Foundation suggests that you plan with your children how technology will fit into each day. For example, you could decide which hours of the day will be “screen free” and select a drop off area for devices to be left during dinner. You will be teaching your children time management strategies and helping to diversify their summer activities.

A great idea for incorporating technology is to use your iPad to encourage conversation and build interactive skills. Try the Comic Maker app—it's free and allows your child to create 1 - 8 frame comics, add speech and thought bubbles, and learn about perspective, setting and character. The comics are printable and not only help children visualize interaction, but give you opportunities to talk as they are creating. Super Duper's Story Maker is another great app that gives children the chance to generate a scrapbook-style story, adding details like places, people, food and weather. Use the app to build stories and chat with your child. You can help them sequence their stories, create captions, and learn how to say and spell new words like “mayonnaise” and “syrup” or “bracelet” and “pajamas”.

Get creative! Children can perform and record their own play or puppet show. They will have the chance to play

with language—and also learn about sound, rhyme, repetition, story structure, and the give-and-take of conversation. You can help them write a script—connecting oral language with written language and written language with performance. There are many simple editing programs and the final result can be shared with friends and popcorn!

Take advantage of the internet to conduct a culture quest. Every week, each family member can choose a country to research; they can search for the answers to three simple questions (e.g., What foods are popular in your chosen country? What jobs do people do in your chosen country?) Add this information to a world map. If your family is really interested in a certain country, you could have a theme night, playing games and eating food from that country!

This summer, plan for a variety of low-tech and high-tech learning opportunities and watch your child's oral language skills grow!

Cheryl Millar is a speech-language pathologist with a private practice based in Terwillegar Towne, specializing in services for preschool and school-aged children. Please see her website at cherylmillar.com for more information. Her sister, Melanie Millar, has a Master of Education in Educational Technology; she has extensive experience helping schools integrate new technologies into the classroom.


Cheryl Millar
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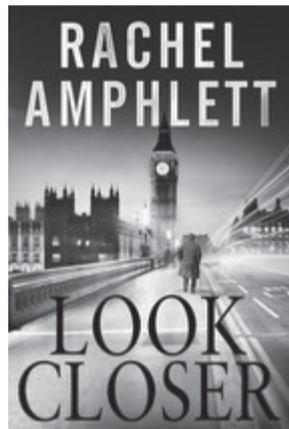
Look Close Book review

By Darcie Cameron, Terwillegar Tribune Contributor

Rachel Amphlett's, latest novel *Look Closer* is a political thriller that starts with heart-pounding action in just the first few pages. Will Fletcher's world is torn to a million pieces when he discovers his girlfriend Amy an investigative reporter is shot in the head in the midst of interviewing a very powerful politician. It is from this bungled assassination that Will is torn into an underworld of organized crime and politics. He must put together the missing pieces of investigative story Amy was chasing to figure out why she was shot. As he unravels the pieces to this puzzle he puts his own life and everyone he comes into contact with in danger.

Look Closer is a thrill ride from start to finish as Will Fletcher evades dangers and attempts to survive on his instincts figuring out who he can trust in the coming days as he solves the mystery leading to the attempted murder. The

fast dialogue and the adventure of the chase will keep readers guessing what will happen next from page to page. This novel is full of many unexpected twists from start to finish and will keep you guessing until the very end.



EPL in the community

By Kim Bates, Riverbend Community Library

Edmonton Public Library spends a lot of time working out in the community with schools, community leagues, and many other social agencies and local organizations. Here at the Riverbend branch we have a number of regular community groups we've been connected with over the years and thought it might be interesting to let you know a couple of things we're working on right now.

As the city continues to grow we're looking for ways to reach new developments that don't have easy access to the library. EPL and the Windermere Community League have partnered up to offer a storytime program in the community room of the Edmonton Police Service's Southwest Division. With a notable lack of community space and access to services and resources south of the Henday, this storytime program is a perfect way to bring early literacy to the many babies, toddlers and preschoolers that live in Ambleside and Windermere communities.

The Riverbend branch has worked with Lillian Osborne high school over the last few years on various projects, this

year we've started something new. We're working with the international students at the school, helping them publish a book of stories about their move to Canada. Using EPL's book machine and creative computers students will write their stories, design the cover, and compile it all into a book they can keep as well as share with the community.

The Riverbend branch is also continuing our great relationship with the South West Seniors Association by offering digital literacy programs to seniors at the Terwillegar Community Recreation Centre. Each session is a little different as we demystify social media, unlock the secrets of mobile devices and help seniors take advantage of what the internet has to offer. We meet up every other Monday afternoon have a coffee and talk technology.

As you can see the Riverbend Library isn't just at our building in Riverbend Square! We're always looking for ways we can support our community in whatever they're doing. Feel free to contact us if you think we can help you.

Did you know the book *Madame Bovary* by Gustave Flaubert will be a movie on June 12.



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SWEY says goodbye May, hello June!

By Sherri Henderson, SWEY Assistant

Goodbye May, hello June! Mark your calendars! On Sunday, June 14 SWEY in collaboration with Edmonton Public School Board Trustee, Nathan Ip, and Edmonton Catholic School Board Trustee, Marilyn Bergstra, are excited to host the 2nd Annual Southwest Family Fun Day at Lillian Osborne High School from 11:30 a.m. – 2:30 p.m. Come enjoy some FREE outdoor family fun with bouncy castles, BBQ, kids activities and a Community Resource for parents. Check out community resources like Mill Woods/Southwest Family Resource Centre, Money

Mentors, Alberta Health Services Injury Prevention/Healthy Young Families, EPL, Child Development Homes, Momstown and many more.

If you are interested in attending one of our meetings, we'd love to meet you! Our next meeting is on Monday, June 22, at the Riverbend Library from 1:00 p.m. – 3:00 p.m. After this meeting we will be taking a break for the summer and reconvening at the end of August.

Looking for some programming and information on money? Check out www.moneymentors.ca for free programming, educational workshops, counseling and coaching on all things related to

money.

Need some summer programming for you and your little ones? Green Shack programs begin July 2 and run through until August 25. Watch for programs at local parks in the Terwillegar Towne, South Terwillegar, and Magrath playgrounds. For more information check out www.edmonton.ca and search "Green Shack Programs".

May your summer be filled with relaxing activities like watching the clouds float by on a warm summers day or outdoor activities like BBQ's, bike riding, bubble blowing, hula hooping, walking, swinging, catching and sharing in laughter and fun with you little ones, family and friends.



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

Unplug living mindfully in a digital world

By Sherri Henderson, SWEY Assistant

Are you this guy? Do you find it difficult to put your devices down and engage mindfully in the world around you? Does the very thought of 'unplugging' for a period of time cause you to feel overwhelmed, nervous or anxious? Do you worry that if you are not online you will miss out? Or have you ever felt or heard 'phantom buzzing'? Don't worry you are not alone, and you're in good company!

Research worldwide suggests that there is a growing disconnect from our own bodies and minds, as well as from each other and the communities around us. The good news, we have the power to change that! We have the power to bring awareness and balance with our devices so that we can live mindfully in the digital world.

So how are we going to do this? First let's try a short mindful experience. First, close your eyes, take a deep breath in, and turn your attention inwards. Imagine that you 'want' to find balance with your devices. As you imagine this, pay attention to what happens internally. Notice any and all thoughts, sensations, and feelings as they arise. Breathe, pause and sit in whatever presents itself without judgment. When you are ready,

open your eyes and spend another minute or so reflecting on what came up for you. You can do this mentally or grab a pen and write it down. Ask yourself - what emotions, sensations or thoughts came up? Is the idea of finding balance with technology easy or difficult? Do you want to unplug? Why or why not? Don't worry, there are no right or wrong answers and the point of the exercise is to turn inwards and be present with what is happening internally. This is also the first step to unplugging. Whatever time you just took to pause and relax was one moment away from your device and one more moment that you spent relaxing and being mindful in your life.

Now consider unplugging from your devices regularly. In Edmonton, we celebrate unplugging on Family Day and in the mountains in the summers they promote that you unplug and 'Explore the Rockies'. However I challenge you to make unplugging a regular part of you and your family's life.

What this looks like for you can be built around any busy schedule, any busy family and any busy life - trust me. It could be an hour each week. It could be unplugging to have dinner together, a cup of tea or a glass of wine, to play a board game or



"It keeps me from looking at my phone every two seconds."

take a walk with your children or pets. Maybe you use an old pencil or pillow case and after supper and you and your children put all technological devices in it and put them away for a period of time and engage with each other. Maybe you do it at same time each week, or engage in one activity that requires no technology. The point is to do it - to structure it into *your* life!

Once you have structured it into your life, continue to bring awareness to unplugging and see where else you can grow it. Can you keep your phone in your pocket while you wait for the bus? Can you engage in eye

contact and chat with someone while you are waiting at your next doctor's appointment? Can we go for a drive, spend time outside, read, exercise or spend time daydreaming? Create time for yourself and your family, to be engaged and present in your community! I think you will quickly see that 'unplugged' time is precious maybe in time you might find it harder to 'plug' in.

Sherri is a Master's in Mindfulness student at Lesley University in Cambridge, MA and a Certified Chopra Centre Meditation Teacher. wisdomtreemedia@gmail.com.

Kids Helping Kids Heart and Stroke Fundraiser coming up

By Jenn Gilliard, Editor
Terwillegar Tribune

An amazing fundraiser is set to take place on Saturday June 13 1:30 – 3:30 p.m. at 5126 Terwillegar Blvd for Heart and Stroke Foundation. Tamsyn, Dolce, Elle, and Avery are in grade 4, as well as Keira who is in grade 2 will host the event. A raffle prize table will be full of prizes available to be won.

Some items include leggings from A la mode, Cineplex movie tickets, Epicure gift basket, Stella and Dot and more!

Elle and some friends started fundraising in 2011 when they hosted a penny drive and bake sale for the Stollery Hospital. Over the years, her sister and other friends have joined the group. They have

raised thousands of dollars for different charities. In 2011 Stollery Hospital was the charity of choice, 2012 JDRE, 2013 Neurosurgery Kids Fund, in 2014 YESS and now for 2015 they have chosen to raise funds for the Heart and Stroke foundation. Elle says “This year the goal will be \$1000. Come help us reach our goal!!!!!!”

Each year, the charity is chosen by the girl deemed to be the host. This year the Heart and Stroke was chosen by Elle because 2 of her close great Aunts died this past winter of related issues. She misses them so much and this fundraiser is a tribute to them. The Heart and Stroke Foundation’s mission is to prevent disease, save lives and promote recovery. The vision is a world where Canadians live healthy lives free of heart disease and stroke. They are committed to have the greatest tangible impact

in improving the health of Canadian families every day.

All proceeds from the fundraiser will go to the Heart and Stroke foundation where they invest in life-saving research, directing tens of millions of donor dollars each year to fund discoveries that improve the prevention, diagnosis and treatment of heart disease and stroke.

Go to www.heartandstroke.com for more information or to donate.



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Facing your giants

By Pastor Ken MacDonald,
Lead Pastor at Terwillegar
Community Church.



Almost everyone knows the David and Goliath story in the Bible. It is so familiar that I have

moved it aside from my priority teaching menu. However, to my refreshment I pulled it back out again recently because it fit so well with our current sermon theme of being “Stuck!” We all get stuck somewhere along the line and when it’s our health it’s most challenging. We get stuck with unemployment and resulting financial challenges. The bills pile up and the acid pumps in our stomach! We get stuck in our relationships and suddenly life that seemed so

easy and simple becomes complex and confusing.

David faced a giant! And there are days when we do also! They seem as tall and insurmountable as Goliath himself. That giant calls across the valley and makes us very uneasy. In fact some days, we feel quite intimidated. David had a solution for the Goliath in his life but he was readily dismissed because he was a kid. There are people who want to hold us back because we are young, inexperienced or our credentials aren’t up to par.

David didn’t like the jeers of the Goliath on the other side of the valley and he felt that he had enough wisdom and experience to do something about it. He reckoned that his life experiences as a shepherd had taught him a thing or two about how to battle a giant. Remember he is the one who

had taken care of a lion and a bear when they came to attack the sheep under his care. So a giant is just another lion or bear to David! He has trusted God before and he is convinced that he can handle the new situation. One of the most effective ways to face the future with your giant is to look back and observe how God has prepared you for this moment. You have more experience than you may think. You may have more faith experiences that you thought you had and the God who took care of you in the past is fully capable of doing it again.

You may recall that King Saul wanted David to dress up in his armor. Saul is a size 52 and David is a 32 and the armor just didn’t fit! It absolutely paralyzed David so he took it off and put his street clothes back on again. When you go to fight the giant in your life,

remember that you are uniquely made by God. You don’t have to put on someone else’s armor, you just need to be you. Find your uniqueness in the One who made you and trust Him to provide for you. If you trust in someone else’s armor you will be disappointed because most often it just doesn’t fit. But if you appreciate the way God has made you and formed you, you will have the adventure of tackling the giant in the way that works best for you.

God has tailor made you! Your strength is not in yourself as we might be tempted to conclude. Your strength is in God who cares for you and loves you and who makes a way for you. If you have a giant in front of you, you are in good company. We all do and we are in process of handling our giants one by one with God’s strength.

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Telus Walk to cure diabetes

By Katie Engelland, Senior
Fundraising & Development
Coordinator

Now in its 21st year, the *TELUS Walk to Cure Diabetes* will take place in 70 locations across the country to raise money for research for type 1 diabetes (T1D).

T1D, the most severe form of diabetes, is a non-preventable autoimmune disease that strikes children and adults suddenly and lasts a lifetime. More than 300,000 Canadians and their families suffer from this disease and are faced with its devastating complications.

Unlike type 2 diabetes, T1D cannot be prevented by diet, exercise or medication. Living with the disease demands constant blood testing and regulating. Someone living with T1D requires approximately 1,500 needles and 2,200 finger-pokes each year to test their blood sugar.

Insulin is not a cure for diabetes, nor does it prevent its eventual complications. JDRF and TELUS believe in a world where T1D does not exist and working together to achieve this monumental milestone, one step at a time. Every step

taken by every participant helps the *TELUS Walk to Cure Diabetes* achieve major milestones in both awareness and funds for T1D research. Landmark advances in T1D science — spanning advanced technology like the artificial pancreas, cutting-edge immune therapies, and the prevention of diabetes complications — are made possible by the personal milestones participant’s achieve.

45,000 Canadians will be walking towards curing, better treating and preventing T1D by helping to achieve this year’s

national fundraising goal — \$7.4 million.

The *TELUS Walk to Cure Diabetes* is taking place in Edmonton at the Edmonton Garrison Military Fitness Centre on June 14, 2015 with registration opening at 8:00am and the walk starting at 10:00am. The goal is to raise \$480,000 towards a cure for T1D. The event includes a BBQ, entertainment, kids’ activities and vendors.

To get more information please visit www.jdrf.ca/walk or call Katie Engelland at 780-428-0343.

Your Health

Caffeine - is it healthy?

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

Is coffee part of your morning routine? It's nearly as common as brushing your teeth, but have you ever considered that it could be harmful? Since the explosion of coffee culture and the proliferation of Starbucks, Tim Horton's and Second Cup, the popularity of caffeine has led people to turn a blind eye to its potentially harmful health effects. Now the dangers are clear and it is hard to refute that there are many symptoms generated by this addictive substance. It can feel like a big task to reduce or eliminate caffeine intake but once you know the wide-ranging and little-known impacts of caffeine it can seem much more important a task to take on.

A colleague explained caffeine's effects on the body in this useful analogy:

"Imagine you have a pair of soaked sponges. They are so full that the minute you pick them up, they spill over with excess water. These are your healthy adrenal glands that are spilling over with energy-producing and stress-regulating hormones, such as cortisol. With each event in your life, you start to squeeze the sponges little by little, using your hormones to sustain you: Teenage years & parties, University stress/cramming for exams, College parties

Finding a job after graduation, Starting a career, Buying a car, Moving and buying a home,

Dating, Planning a wedding & honeymoon, Work promotions, Having children, Divorce,

Death of a loved one, Moving, etc

If you don't take time to recharge your batteries, or in this case refill your sponges, they will slowly start to dry out. When daily tasks become major stressors and you fall into a reactive mindset, caffeine

can save the day. Caffeine does a fantastic job at squeezing

your sponges (ie stimulating your adrenal glands) to release more water (ie produce more stress regulating hormones). Unfortunately, when you're in survival mode you are often not taking the time to properly rest, eat healthy and nourish your adrenals. As a result, your sponges dry out even more. Instead of 1 cup of coffee in the morning, you now need 3 cups to wring out the last few drops of adrenaline/cortisol until you eventually reach "adrenal fatigue". Your body is no longer able to function properly and you can physically collapse. This is often seen after someone finishes a big project and within days finds themselves sick."

The above analogy demonstrates the physiological effects of caffeine. It is important to recognize that caffeine is an addictive substance and that it can be a slippery slope into the dependency pit of addiction. A few questions to ask are:

Why do you need caffeine? Is it a pick me up because you are tired? If so, have you addressed why are tired? If you have problems sleeping, is it possible that caffeine is disturbing your sleep?

Can you go without caffeine without experiencing withdrawal symptoms?

I am asking these questions so you think about your behaviour. None of us are perfect but the key word in life is balance. I find it interesting when people are proud that they don't drink coffee but they eat a ton of chocolate, drink pop (both of which have hidden caffeine), eat sugar-laden foods or drink too much alcohol. It is important to remember that everything that passes into your body informs your body.

Common Symptoms of Caffeine Abuse: Agitation, Anxiety, Nervousness, Bed wetting, Depression,

Diarrhea, Dizziness, Fatigue, Gastrointestinal, Irritation, Headache, Heartburn, Increased blood pressure, Increased cholesterol & triglycerides, Increased or irregular, Heart rate, Insomnia, Irritability, Nutritional deficiencies, Poor concentration, Tremors, Ulcers, Upset stomach

Common Symptoms of Caffeine Withdrawal: , Anxiety, Nervousness, Apathy, Constipation, Cramps, Craving, Depression, Digestive upset, Dizziness, Drowsiness, Fatigue, Feeling cold, Headache, Insomnia, Irritability, nausea, Poor concentration, rapid heart rate, ringing in the ears, Runny nose, Shakiness, Vomiting

What foods contain caffeine:
Coffee: 1 cup (8 oz) = 90-150 mg varies depending on the roasting and grinding; decaf 1 cup = 2-12 mg

Green Tea: 1 cup = 24-45 mg

Black Tea: 1 cup = 14-70 mg

Hot chocolate: 1 cup = 8 mg

Cocoa/chocolate: 50 g = 3 - 63 mg

How much is safe?

300 mg/day is thought to be a moderate daily intake and it not linked to any negative health effects; however, we often recommend drinking less than this.

Ways to decrease caffeine intake

Cut back gradually – keep a log of how much caffeine you consume (remember to include medications), then gradually decrease coffee by 1 cup/day

Substitute with herbal tea, hot cider, or healthy coffee substitutes

Ask others to decrease coffee intake with you as there is strength in numbers

Dilute your regular coffee with hot water

Drink lattes with more milk than coffee

Brew tea/coffee for less time

Change routines – for example, if you need caffeine in the morning to give you a boost, try a light walk for 20min



- physical activity can greatly increase energy levels.

Ensure you are drinking the minimum water requirement which is ½ your body weight in ounces – for example, if you weight 180lbs, your minimum water amount is 90oz or 3L. Remember that coffee is a diuretic so depending on how many cups your are drinking per day, you may be in a negative water balance and most likely need to consume more.

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Stay healthy and injury free all summer

By Faith Grant, Rejuvenation Health Services

Ah, Sunshine! Edmontonians start wearing shorts when it is still 5 below but this is the real thing! Summer is around the corner. Time to come out of hibernation and get active again.

Team sports like soccer, field hockey, beach volleyball, and individual activities like running, attending boot camp exercise programs and just plain staying in shape. That's what summer is all about. And of course, you want to look good, feel good and be healthy and pain-free throughout it all.

Just like at the turn of the year, you likely make Summer Resolutions, too. "I want to look good in a bathing suit."

"This year I want to run a marathon." "I'm determined to get out and toss a ball and play street hockey with the kids this summer." Whether you have a personal trainer or not, here are some easy-to-do tips to help you reach your goals.

Stay Hydrated. Dehydration is the biggest killer for hikers in the Grand Canyon. That's desert country and so is this. Drinking water helps regulate

your appetite and provides the hydration your body needs to carry you through the day.

Tip: Drink one or two cups of warm water first thing in the morning, to clear your system. Fill a 6 or 8 cup container with water, fresh lemon slices if you have them (to help with alkaline balance) and carry it with you. Set an alarm to remind you to drink regularly.

Attend a Few Classes and Workshops. **Tip:** Join a group at a nearby facility and get yourself moving. The instructors will help you to strengthen muscles that have seen less use over the colder months and you will likely meet a potential fitness buddy to help keep you motivated.

Take Your Vitamins. Your body needs the proper nutrients to function properly. **Tip:** While Vitamin D doses can be reduced because you will have more natural Vitamin D from the sun, continue to take your vitamins regularly to supplement a never-quite-perfect diet.

Eat Tasty, Healthy Foods. An apple a day, a green salad, lean protein, whole grains and healthy oils make up a good balance of healthy foods that

taste great and leave your body saying "Thank you. Thank you." **Tip:** Write down everything that you eat each day for a week. You'll soon see where better balance is needed.

Get a Physical Check-Up. Your Doctor checks your blood pressure, has your blood tested for signs of disease and can prescribe medications for your ailments. **Tip:** Get a *Physiotherapy Check-up* at the beginning of the season to discover where your *physical* weaknesses are so you can strengthen those muscles before jumping right in to a vigorous summer routine. A foot scan can determine whether orthotics could relieve that irritating foot, leg, hip and back pain that comes on when you start to get active again.

Increase Your Knowledge and Moral Support. "An ounce of prevention is worth a pound of cure." In addition to having a walking buddy, posture and biomechanical screening and nutrition for improving fitness and strength are good life-long strategies for staying healthy.

Tip: A prescribed course of action can move you faster toward your goals and save

you money by focusing on what you actually need instead of a lot of trial and error on your part. That includes food and supplements, as well as fitness preparation, workplace strategies, and a quick-response team to turn to should injury ever occur.

Bottom Line. You *can* make this summer a healthy, happy, activity filled time of sheer enjoyment. So get out there and enjoy the weather!

Faith Grant is a Physiotherapist and owner of Rejuvenation Health Services with clinics in the Terwillegar Recreation Centre, Glenwood Medical Centre and the Meadows Recreation Centre. www.rejuvenationhealth.ca

Is there good pain?

By Kevin Tam

Is There Good Pain? When You Should Take Notice

Believe it or not, not all pain is bad. Pain is your body's way of telling you there is something going on. There is a definite difference between good and bad pain, and it's important to understand the difference.

What is Good Pain?

Often, muscle soreness from a great workout can be confused with pain. This is actually a sign that your body is getting stronger and healthier. Muscle soreness is a dull and uncomfortable ache deep in the muscle, whereas pain is very uncomfortable, and may be sharp in the muscle, joint or bone.

No Pain No Gain

The phrase "no pain no gain" is one that we're all familiar with. It refers to the feeling of delayed onset muscle soreness, or DOMS. If you're experiencing DOMS, congratulations! You are becoming stronger and healthier. DOMS is the good pain you feel from working out and improving performance. It

means your body is adapting to the new exercise load.

Recognizing DOMS: Pain is felt the day after exercise, not during or immediately after. It is typically worst 2 days post workout and lasts 1-5 days.

Soreness is in the muscles that were targeted and felt in the muscle belly.

Pain is bilateral

Pain during exercise is typically with increases in intensity or frequency, or starting exercise after a break

Activities Known to Cause DOMS:

Strength training
Walking down hills
Jogging
Step aerobics
Jumping

Treatment for DOMS

The good news is - usually no medical intervention is required. The bad news - the only way to make it through is to experience it. You can prevent it by slowly progressing to a new exercise program that allows for adaptation. While your muscles are recovering, it's

recommended to only engage in light activity or refraining from activity altogether. An ice pack or a massage can be helpful in reducing painful symptoms.

What is Bad Pain?

Deciphering bad pain isn't as straight forward. While good pain may be uncomfortable, it's relatively easy to live through. Bad pain may wake you up in the middle of the night like a noisy neighbour. Pain due to an injury rather than DOMS, is more likely to be felt inside the joint rather than the muscle.

Swelling around the joint indicates an injury that needs to be addressed and is not a muscle issue. It can be acute or chronic, with a generalized feeling and a sudden onset.

Symptoms of Bad Pain

Pins, needles, numbness, weakness
Sharp, sudden onset, or stabbing sensation of pain
Limited ROM

Pain that shoots from one area to another

Pain resulting from a 'popping', 'clicking', 'snapping' or 'giving way'

Swelling and redness

Referred pain

Pain that wakes you up in the night

Constant or unremitting pain

Any pain that gets worse

Treatment for Injury

Obviously, prevention is the best treatment. However, if it is too late, treating as early as possible will prove to be the most effective. Don't try to work through bad pain, it will only prolong recovery and may lead to more serious injury.

Pain is your body's way of telling you there is a problem that needs to be addressed.

You wouldn't ignore a friend, colleague, or a family member's request for help, so make sure to treat your own body's request with as much loving care as you do anything else.

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

Food and Drink

It's patio time!

By William Bincoletto, Principle Sommelier of Vines Wine Merchants and Sommelier Instructor



As the Labatt's commercial enjoys to remind us ; there are 2 seasons; winter and patio. And patio it is. Spring is in full swing, with summer fast on its heels,, the sun is already shining, and the feeling of warmth is rapidly invading all our senses. A funny tingling has begun in the body, from the toes and slowly spreads throughout the entire body. You become excited, looking

out to see that the weather remains as beautiful as ever! Is it something you should be worried about, you ask?

Am I coming down with a strange malady? Well, for certain people, anxiety sets in, to the point that they cannot seem to remain in the house for longer than a few moments. And the reason? Outdoor Activities!! For some it's organizing your camping adventures, for others its wild outdoor activities. For my wife it's working in the garden, (I, on the other hand, love watching her with a nice glass of wine)

But one thing remains constant. We want SUN & HEAT!!

And with summer fast approaching, comes the pleasurable sensations of relaxing, having fun and eating anything that will please the

palate. The food can go from fish to steaks with hot dogs and hamburgers in-between. From cold pastas to light salads or just lazing around with some nice cheeses, a steaming baguette and, of course some wine.

So what type of wines should you choose? As many of my friends (whether wine geeks or not) say "anything goes!"

So here are four delicious wines for all your outdoor (or indoor) needs.

Giusti Prosecco Extra Dry Prosecco is all the rage now in Alberta and Giusti has captured the tastes buds of many Albertans. This style (slightly off-dry) is a delicious choice for an aperitif, on the deck or indoors with light canapés or on its own.

2013 Isabel Sauvignon Blanc Masters of Wine Bob Campbell gives this delectable wine a whopping 93 points and

writes in his blog "Appealing Sauvignon Blanc with ripe yet tangy flavours including gooseberry, grapefruit, red capsicum and orange blossom. Quite a weighty and moderately concentrated wine with an attractive texture that deserves extra points." I totally agree!

2013 Zorzal Malbec Terroir Unico - Another sensational wine that truly "over delivers". Such a pure character of Malbec, with fresh floral notes (violets), pungent aromatic herbs (lavender), and a spicy twist. Unbelievable quality for the price!

2009 Leopold d'Aria - Fully matured with rich accents of earth, herbs, leather and spices. Full-bodied with vibrant acidity on the nice round palate that still speaks of Italian origin ending with touches of balsamic. Great for those grills that you are all dying to start!

Epicure summer favorites

By Christine Martin, Epicure Representative

Barbecue season is here! Use Epicure summer favourites to make your next cook-out a surefire hit. Light the grill, chill the drinks and prepare to relax outdoors with friends and family." Epicure.com. Epicure products are 100% gluten free, sodium and sugar conscious, free from artificial colours and preservatives, and part of the Non-GMO Project.

Epicure's mission is to help you get real, wholesome food on the table in mere minutes! We believe that to be healthy you have to cook and cooking should be fun, simple, delicious and affordable.

Make every barbecue a taste adventure and finger licking experience with these suggested family friendly recipes



Pico Chicken Burgers

Ingredients

- 1 egg
- 2 Tbsp (30 ml) water
- 1 Tbsp (15 ml) Epicure Burger Seasoning
- 1 Tbsp (15 ml) Epicure Pico Salsa Mix
- 1 lb (450 g) ground chicken or turkey
- 4 buns, split

Toppings – your choice of cucumber, aioli, fruit salsa, pineapple slice, sprouts. Check out the Collection: Good Burgers. Real Fast.

Instructions

1. In a bowl, whisk first three ingredients together.
2. Add in the chicken and stir to combine. Form mixture into four patties.
3. Grill over medium-high heat with lid closed for 5 minutes each side, or until an instant-read thermometer indicates a Food Safe internal temperature of 165° F (74° C).

4. Place on buns, top with favourite toppings, and serve.

Per Serving : Calories 310, Fat 19 g (Saturated 5 g, Trans 0 g), Cholesterol 145 mg, Sodium 400 mg, Carbohydrate 25 g (Fibre 4 g, Sugars 4 g), Protein 25 g.



Easy Vegetable Skewers:

Ingredients

- 6 C (1.5 L) thickly cut vegetables – your choice
 - 8 bamboo skewers, pre-soaked
 - 3 Tbsp (45 ml) prepared Epicure Greek Dressing
- Check out the collection: Good Greek. Real Fast.

Instructions

1. Skewer vegetables on bamboo skewers.
2. Brush with Greek Dressing.
3. Barbecue over medium heat, turning often, until lightly charred, 6–8 minutes.

Per Serving : Calories 60, Fat 3 g (Saturated 0.4 g, Trans 0 g), Cholesterol 0 mg, Sodium 5 mg, Carbohydrate 7 g (Fibre 2 g, Sugars 5 g), Protein 1 g.

E P I C U R E

Christine Martin
Leader

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TRAC

Catch the Spirit! www.tracspirit.ca

TRAC
Terwillegar Riverbend Advisory Council

By Karin Shott & Sharon Gritter

The 4th Annual Edmonton Youth Talent Show was held on April 26th, 2015 in an amazing venue, the Royal Alberta Museum. Over 250 people, including performers, parents and the public came out and enjoyed the professionally adjudicated event with 98 performances; the highest ever in the history of the EYTS! Look for more details at this link: www.tracspirit.ca and for photos at this link: <http://girlnamedshirlphotography.pixieset.com/trac-edmontonyouthtalentshow2015/>

Thanks to all of the great sponsors and the volunteers who made this event possible! We couldn't have done it without you.

Event Director, Rob Agostinis and Artistic Director, Brittany Graling are already planning for the 5th Annual EYTS 2016. Stay tuned!

Sharron Theurerkauf was the special guest at the March 11, 2015 TRAC Meeting. Rob Agostinis thanked Sharron for all of her work as Dave Hancock's Executive Assistant on behalf of TRAC and presented her with a card and gift certificate as a gesture of gratitude. Her timely response to the numerous emails and help throughout the years was invaluable, and she will be missed. Sharron thanked everyone, and indicated that she is stepping away from government but said that it was the most rewarding career she

has had but is looking forward to the next chapter in her life.

TRAC had their AGM on Wednesday, April 29th. The newly elected Executive Board is as follows:

President: Tim Cartmell
Vice President: Rob Agostinis
Treasurer: Nancy Wendt
Secretary: Barry Davis
Community Advocate: Sue Trigg
Past President: Sherri Jaillet Martinez

This year's Community Spirit Awards were presented to these extraordinary individuals for their commitment to make their community a better place:

Glenn Kissick, Larry Dowhaniuk,
Sheryl Bowhay, Nancy Wendt
The TRAC 10K was held on Sunday, May 31. No details are available at this time.

The Community Wine – 'Riverbend Red' has been selling very well. You can still pick up your bottle at Vines Wine Merchants located at 2331 Rabbit Hill Road. The cost of a bottle is \$21.99 with \$6.00 going back to the many community initiatives TRAC is involved in.

Community League Memberships are available in the TRAC Community Office. The membership fees do go back to the community which help support it and the many programs/events that they are involved in. In addition to that, you will be able to enjoy the free community swim/TCRC access by showing

your current Community League Membership card. Windermere & Terwillegar Community League members are welcome every Saturday 5-7 pm. Riverbend, Hodgson, Brookview, Oak Hills, & The Ridge Community League members are welcome every Sunday 5-7 pm.

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

The after school club had a special visit from Discover E. The children studied the science of light, trying to understand the difference between transparent, translucent and opaque. After discussing what these terms meant and exploring some examples of materials that have these three qualities, the students were able to make their own periscope to bring home.

One of our science experiments had to be taken outdoors as it involved the reaction between Diet Coke and Mentos candy. In case you don't know, it's quite an eruption of bubbles. Kids, don't try this at home without adult supervision!

The children also took home a flower to see if food colouring would change the colour of the flower. It effectively demonstrates



Edmonton Youth Talent Show 2015

how plants transport water up the stem, via the xylem, to reach the leaves and petals and hydrate them. The young kids especially enjoyed watching the bright white flowers turn a different colour.

The Riverbend United Church turkey team as well as cooks from Brander Gardens ROCKS partnered together to host a delicious goat and chicken meal. The meal was delicious and the games after supper, including BINGO and outdoor hockey game.

• Mark Your Calendars:
Wednesday, June 17, 2015 - TRAC Regular Meeting
September, 2015 – TRAC Meeting Catch the Spirit!
TRAC Community Office:
Tuesdays: 9 – 12 noon
Wednesdays: 9 – 12 noon
Thursdays: 4 – 9 PM
1 Saturday of the Month: 10 AM – 2 PM
Telephone number: 780-439-9394
EYTS photos courtesy Girl Named Shirl Photography.

Terwillegar Riverbend Soccer Association

By Dr. Rob Agostinis

The Terwillegar Riverbend Soccer Association (TRSA) is very excited for another outdoor soccer season! Your TRSA board has been very busy in the months leading up to this season focusing ways to enhance the experience and support the development for all our players. In addition to player development our focus has also been on providing support and guidance to all our coaches.

For the 2015 Outdoor Season we have made changes to the formats for the U4-U8 age groups. These changes focus on fundamentals that are age appropriate and will enhance both the player's overall experience and the development of skills. The U4-U8 changes include a change to field sizes and reducing the

number of players on the soccer field. The goal of these changes is to enhance the experience by getting players more "touches" on the ball. We are optimistic that these changes will enhance both the enjoyment of the sport and the skill development for all players. Ultimately we want provide players the tools and confidence that keep them playing soccer through to U18. You can be assured that the TRSA Board's priority is your player's development and enjoyment of the game. In order to achieve that, we need your help. We ask that all parents support your coaches with your increased participation during the team's sessions and to take on roles to assist the coaches. Parents will be asked to assist with the U4-U8 groups so come dressed to play some soccer! To support our coaches we

conducted coach training sessions in April that were attended by over 200 TRSA Coaches. At these sessions coaches were provided with the practical and theoretical training necessary to assist them in developing age appropriate soccer fundamentals in all of our players. In addition to this training we will be initiating a coach mentor program to provide ongoing support for our coaches.

When we look at the overall



2015 Outdoor TRSA Program we have 156 team registered and over 2200 kids playing soccer. That is incredible! We are extremely proud of the strong volunteer base in TRSA that allows supports our community program and allows our kids to play a great game.

Thank you and we look forward to everyone having a terrific outdoor soccer season. Kevin Kobi (TRSA President) and Jeff Sermet (TRSA Vice-President)

Seniors

News for 55+

SWESA stands for SouthWest Edmonton Seniors Association.

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

By Kathy Trepanier, SWESA

You don't have to be flexible to do yoga, you just have to be willing to shake the dust off and see what happens.

David Good

Have you ever considered taking a yoga class? People of all ages and abilities and (yes, men too) are enjoying the benefits of yoga. You gain physical strength, flexibility and better balance. For one hour you step away from stress and distractions and focus inward on your body and your breathing. In the class I attend Thursday nights, there are men and women, the ages range from 40 to 84 and the instructor leads us all through a great practice whether we're beginners or have been doing yoga for years.

There are yoga classes everywhere. If you are a SWESA member, you can enjoy classes at a reduced membership rate. Call 587 987 3200 for further information about yoga at SWESA.

SWESA Annual General Meeting

The SWESA AGM was held on April 22nd, just a few days before this column was due. Please check the SWESA website to learn more about the new board members and the President's report.

The new Board will be looking for help on committees and taskgroups. Anyone with an interest and willingness to

take on some responsibility is welcome. Retired professionals with some background in areas such as communication, marketing and fundraising could be especially helpful. Contact me or SWESA for more information.

PROGRAM Highlights for May/June

For a listing of all the programs, pick up the Program Guide at SWESA's two coffee locations or view it on the website. If you become a member of SWESA you'll also receive regular updates on programs and activities. Here's a few highlights of the special activities:

May 27th: Popovich Theatre will perform Comedy and Rock Around the Clock featuring 40's, 50's, and 60's music, YECC. Dinner at 6:00 p.m.; show from 7:00 to 8:00 p.m.. Total cost: \$30.00, members; \$45.00, non-members. Preregistration required.

September 2nd: Bus trip to The Rosebud Theatre Summer Opera House featuring The Wizard of Oz. Highway coach bus will depart from YECC at 7:30 a.m. for a delicious 11:00 a.m. lunch and the 1:00 p.m. show. Cost: \$95.00, members; \$115.00, non-members. Preregistration required; limited space.

NEW BOOK CLUB

SWESA is starting another Book Club on April 20th, 9:30 to 11:00 a.m., YECC. The Club will meet every third Monday of

the month.

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.



Trudy Sjoberg, Urma Lang and Fern Ramsey demonstrating SWESA yoga
Photographer: The Met Advertising Agency



SWESA's Walking Club
Photographer: The Met Advertising Agency

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:
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The City of Edmonton has many services for seniors.
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Pets

Grandpa Scrunge - A New Lease on Life

By Gordon Dyck, Bone & Biscuit
- Magrath

It was Sunday morning, and Scrunge awoke with more peace in his heart than he could remember for a very long time. After all the years of being alone, there hadn't seemed to be much point wasting more time in long preparations for a big wedding splash, so he and Trixie had simply invited all the friends they could think of to the off-leash park the previous Saturday where they publicly made their commitment to one another. It had been a wonderful, warm and sunny day. Dogs chased balls, frisbees and one another....some went swimming in the river...others hung around the human barbeque hoping somebody would drop their lunch; but there were plenty of bones and biscuits available so no one went hungry. When the festivities were finally over, it was all the two old lovers could do to get the rescue pups back to the tenement before they themselves fell fast asleep.

Now Scrunge lay beside Trixie quietly reflecting on the changes that had so rapidly occurred in his life. The dream at Christmas, his speech to the kennel club, finding Trixie, getting married....it had been quite a couple of months. He was so preoccupied that when he realized something was gnawing at his foot he instinctively snarled and turned

to face his assailant. A chorus of frightened yelps woke Trixie and together they stared into the faces of a half-dozen mischievous puppies, one of which had been tugging on his toes. Trixie laughed, but Scrunge didn't feel so forgiving. It hadn't really occurred to him until this moment that his decision to join Trixie might mean less relaxation for him. These little beggars wanted to play, and he was an old dog who liked his peace and quiet.

As he collected himself Trixie snuggled her nose under his chin and murmured... "good morning Grandpa". Scrunge melted like warm butter and determined that his commitment was going to be complete...whatever it took, he was in for the full meal deal. He crouched down and wagged his stubby tail hard so the pups would sense he was ready to tussle and before he knew it he was under a pile of slobbery fur, then off running and tugging on old blankets and toys. He was out of energy long before the pups were, but the connection had been made. He would teach them how to live good, purposeful lives and right now he couldn't think of anything that gave his own life more meaning.

The ensuing weeks were spent building family comradery, getting to know each of the pups and dreaming for hours on end with Trixie

about making life better for those less fortunate. He found himself investing a lot of time just seeking out food supplies for the pups and attending to their health issues. Some came to them badly neglected and it often took considerable effort and patience to win their trust and heal their growing bodies. It was a delicate balance finding homes for as many as they could while providing for those who were not quickly adopted. And he was quickly learning that saying goodbye to the little duffers was harder on his emotions than he expected.... they really did grow on you... and then they were gone. But at least they were gone to a home that would love them.

As the months passed, a plan began to form in Scrunge's mind and he came to the conclusion that the time was right to follow up on his idea for a rescue foundation. He wasn't sure what to expect, but his first stop was to visit his previous family home. He hadn't been the best family pet in his previous life, and he couldn't really blame his humans for the distance that had always existed between them. They had fed and watered him, and had never mistreated him, so he at least owed them his gratitude. But he wanted to see if they might feel enough attachment to be a support to his plan. His human Dad was a leader in the community and had a lot of influence.... "if he signed on, maybe other humans would as well", thought Scrunge.

Scrunge barked at the door and to his amazement the whole family came running to greet him with hugs and belly scratches...it felt really good. He managed to communicate that he needed to show them something, so the family jumped on their bikes and followed Scrunge across the neighborhood to where his new digs were situated. They were apprehensive entering the broken down old building, but when they met Trixie and the puppy tribe their hesitancy vanished and they understood what Scrunge was getting at. As he cocked his head to listen, his human Mom asked her

husband... "didn't the city take this old building for back-taxes some years ago?...do you think they might possibly designate it for use as an animal shelter?" I think you're right, his Dad said...that's a good idea and there is a city council meeting next week. I'll ask them to consider it". "Whoof!", barked Scrunge ...that's exactly what I was hoping for. While you do that, I'm going to ask my canine business buddies to see how we can get it repaired and safe for more needy dogs. He smiled at Trixie as she wiped away a tear of joy with her paw. He couldn't help but pump his paw and bark again...loudly!

By the time the city council meeting arrived Scrunge had convinced a good number of well-heeled dogs and their humans to attend in support of the newly dubbed Puppy Puddles Shelter Society. His human Dad had crafted a solid proposal to renovate the tenement as an animal shelter and fund it by renting out space to an Animal Hospital in addition to grooming studio and doggy daycare enterprises. With good management, the revenues from the tenants could fully fund the puppy rescue. It is hard for a dog to hold his breath, but Scrunge did so as the agenda arrived at their presentation to city council. When his human Dad concluded his comments by requesting that the city provide the building on a no-cost lease for this worthy cause, the chairman of the committee thanked him and discussion began amongst the councillors. Concerns were expressed about the safety of the building and loss of potential revenue to the city, but most seemed to see the value of offering the property for this charitable use. It was obvious that they would need time to make a final decision, so some in the canine business group took the opportunity to find an available fire hydrant.... others needed to get back to work. They would have to wait until the next meeting to hear the council's decision in any event....but they felt hopeful... to be continued...



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Pet's Pantry: Fostering

By Jill Mateillo, *Pet's Pantry*

One of the biggest struggles hampering rescue efforts is the lack of quality foster homes to place rescued animals in. Foster homes are the difference between life and death to an animal in need. To witness a dog make the transition from fear to belonging is one of the most rewarding experiences you will ever have as a foster parent.

By taking an animal in need temporarily into your home, you are freeing up a spot so that the rescue can take another animal, giving your foster the time they need to be ready for adoption, helping the rescue

learn more about the animal so he/she can end up in the best home possible, socializing the animal to a home environment and possibly getting them used to being around other pets and people including kids

Foster homes are a great solution for dogs with kennel stress or other special needs. Whelping mothers, young puppies, and senior dogs are especially vulnerable and need a quiet place to raise young, grow, and age peacefully until the right forever home can be found. Some rescue animals require foster parents with fenced-in yards. For certain dogs, a foster parent who is

home all day may be required, or a home without cats or children.

Rescue organizations require personal references and veterinary references for your animals along with a printed application and one or more telephone or in-person interviews. Before filling out an application form, please consider the following:

- Does your homeowners insurance or city have any breed restrictions?
- Do you own or rent?
- Do you have time to devote to a foster pet while giving your own pets the attention and care they need?

- What kind of basic training and temperament/behaviour problems are you comfortable dealing with? Make sure all family members are on board with fostering and understand what is required to help the animal adjust and be safe in your home.

- What kind of health problems are you willing to deal with?

In most cases, the rescue will pay for vet visits and medications and can provide for other necessities if requested: dog dishes, bedding, collars, ID tags, grooming and crates.

Please consider fostering a rescue animal.

Veterinary Profession a rewarding profession, challenging as it may be

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

I was recently asked by a good friend "How do you do it!? Doesn't it get you down to see sick and hurt animals all the time? And what about when you deal with, you know... end of life situations?" I must say that yes, at times being a veterinarian can be a very tough profession, there are certainly days where a tear or two is shed not just by the pet's family. However, there are so many rewarding aspects to being a veterinarian that I honestly can't imagine doing anything else.

Although difficult to choose I would say the most rewarding part of my job is being able to improve the quality of life for pets. It is a fantastic day when I hear that Rover is much more comfortable with pain management "He's doing activities he hasn't wanted to do in a long time, he is years

younger!", or Mittens' upset tummy is back to normal and she is "not lying around and is eating like a pig again!". Even the little things like removing a broken nail or shaving off a bothersome mat provide immediate relief and a happier pet. Often times the animal will give an approving lick, or a look that says it all.

Sharing my knowledge with those curious kids who tag along with mom or dad is not only enjoyable, it is sometimes laugh out loud funny. Most very young ones will explain to me the name of the pet and that it is a dog or a cat (phew – I wasn't sure!). The puzzled looks and giggles from the older kids when the thermometer comes out can be quite amusing. Most kids will be enthralled to hear the heart beat through the stethoscope, or look at ear mites underneath the microscope (EEWW gross!), and the look on their faces is priceless.



Having a challenging or difficult case diagnosis is always a positive in my books. Some cases are more challenging to diagnose and treat than others, and getting to the bottom of the problem, especially with a successful outcome, gives reason to celebrate!

Being a part of a pet's long term health care is rewarding in that I am able to see the owner's smiles and excitement when taking on a new puppy or kitten, and watch that furry little one "grow up" and become an integral part of the family. Sometimes the saddest cases I have are when it is time to say goodbye to these old friends, however I consider it an honor and a privilege to be there for them and their family when the time comes.

The thanks I receive, whether it be a simple "thank you", or a card in the mail is a very meaningful reward. I keep one

special card from two little girls who had a dog that required a leg amputation. These girls must have spent hours putting together a collage and signing it with their little kid squiggly writing. This reminds me that I am not only affecting the life of the pet, but also the pet's family.

Needless to say those very difficult days have rewards in themselves. Whether it be providing an animal with relief from an injury or illness, or possessing the ability to aid in compassionate, pain free end of life care when the time comes gives a sense of giving back to those animals in need. This is why I love being a veterinarian.

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

**Pets are humanizing.
They remind us we have an
obligation and
responsibility to
preserve and nurture and
care for all life.
James Cromwell**

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:

- June 16 & 17: Casino**
- July 1: Canada Day event**
- July 16: Famoso Community event**
- July 31: Deadline for next issue**
- August 8: Toonie Carnival**
- August 13: Famoso community event**
- August 28: Next issue released**

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

Membership Fees:

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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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- Neighborhood Watch - Myra Panas - watch@terwillegar.org



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