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

Issue 61    April 2016

**Next submission deadline:  
May 6, 2016**

**Next issue: June 10, 2016**

# Family Day Event had Everyone Smiling

By Monte Weber

President, Terwillegar Community League

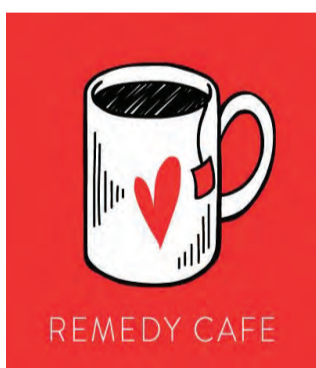
The weather was just about as perfect as it could be for this year's Terwillegar Community League annual Family Day event.

Community residents of all ages had the chance to enjoy hay rides and some maple taffy. A big thank you to Remedy Cafe for coming out and supporting the event, offering hot chocolate and their famous chai throughout the afternoon.

The festivities then moved inside the Terwillegar Community Church. Families from across our community enjoyed a variety of different pizzas, donated by our friends at Panago, along with popcorn and a few other treats while Big Hero Six played on the big screen.

As always, these events would not be possible without the support of our community partners and amazing volunteers.

A big thank you to the volunteers that spent their Family Day giving back to the community. Your efforts did not go unnoticed.



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# Community

## President's Message

By Monte Weber  
President,  
Terwillegar Community League

Spring is here early this year, which is exciting as the league has even more months of nice weather to host some activities in the community.

While we have a couple of new events in the works, the annual events community members have come to enjoy and look forward to as part of our regular programming are already being planned.

First up will be the green shack program at three (3) of our parks in the area: Magrath, Tomlinson and South Terwillegar. These shacks are funded by the league but staffed by the City and provide outdoor activities for kids in the neighbourhood throughout the summer.

Not as glamorous but equally as important, we will again be funding porta potties at the larger parks in the area, just to ensure a visit to the spray park is not cut short for an "emergency".

Next comes our Canada Day event which will be on Friday, July 1 at Tomlinson Park.

This event always brings our big numbers with all of the races and of course the traditional bike parade.

Closing out the summer will be the Toonie Carnival hosted at South Terwillegar Park on Saturday, August 13. Make sure to mark your calendar for this one. There will be tons of different activities for the kids to do including the much loved petting zoo.

Of course we will have our smaller events scattered through the summer, such as our Neighborhood BBQ sponsorship and outdoor movie night, to name a few. To catch all the details of the upcoming events check the June issue of the *Terwillegar Tribune* and also ensure you get your entries in for the coloring contest and "what makes Terwillegar great" contests in this issue. If you have any ideas for events or want to help out, please do not hesitate to contact me at [president@terwillegar.org](mailto:president@terwillegar.org).

Hope to see you all at one or more of these great events.

### Mark your Calendar for these fun-filled summer events

*July 1 - Annual Canada Day Event*  
*August 13 - Annual Toonie Carnival*

*Several movie nights are also being planned over the summer months. Watch for details in the June issue of the Tribune, the TCL Facebook page & the Terwillegar Community League website.*

*TCL members will be able to sign up to host a neighbourhood barbeque on the TCL website ([www.terwillegar.org](http://www.terwillegar.org))*

*More details coming soon!*

### Belgravia Out of School Centre Licenced Summer Camp Program 2016

We are conveniently located at 7302-118 Street, minutes away from the University and Downtown Edmonton. Just a short walk to a wonderful playground, minutes to Mckernan spray park and several other great playgrounds right in our area.

Our weekly camps are available for Gr. 1-6. Our staff are government certified, have first aid, criminal record checks and lots of enthusiasm!

Email or call for more information; 780-278-2672.

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## Get Involved!

### Join the Terwillegar Community League today!

# Community

## MacTaggart Park Development Update

By Kelly Jeffrey  
MacTaggart Park Development Committee

It was a pleasure to speak with those of you that attended the packed house at the Nellie Carlson information session. That information session certainly helped bring some momentum to our fundraising efforts. Thank you for your interest and for spreading the word of this very important project.

In the past two months, we have raised an additional \$26,000 towards the MacTaggart Park Development and some donations are still trickling in. We understand that many families continue to struggle during these current times, making donations for this project even more challenging. A big thank you for digging deep into your wallets to assist us as we attempt to raise the final \$60,000 to see our park reach the construction phase for this year.

The actual pieces of playground equipment selected in the design are guaranteed to make it unique and like nothing else you've seen in this city. For example, the HyPar Net will be the first one installed in western Canada. It is an exciting, edgy piece of equipment that will provide multiple unique climbing experiences for children of all ages.

As you may already know, this park will be used by the community as well as the brand new students of Nellie Carlson school. The committee took all of this into consideration when trying to maximize the amount of play experiences in the park space. Our team has worked hard on this design and we can't wait to see everyone experience this.

Please consider making a donation if you haven't already done so. Our goal is to ensure that the children attending Nellie Carlson get to experience a new park on their very first day of school.

This project can not be completed without your generous support. On behalf of everyone on the committee, I thank you!

**Rec Centre Discounts**

*Use your Terwillegar Community League membership card to get fit with discounts at City of Edmonton recreation facilities, including the new Terwillegar Community Recreation Centre!*

*With your league membership, you can receive:*

*10% off on annual passes*

*or*

*10% off on multi-admission passes*

*Check out page 23 for information on becoming a Terwillegar Community League member.*



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

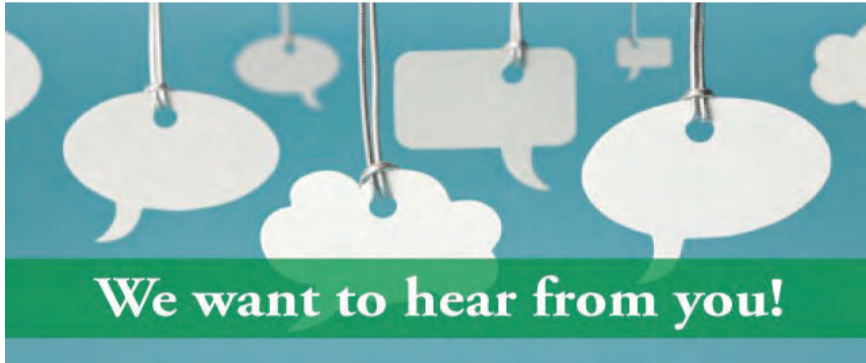
# Community

## Do you want to WIN a \$100 Save On Foods gift card???

Do you live within the Terwillegar Community League's boundaries? Do you have a story to share about why MacTaggart, Magrath, South Terwillegar, or Terwillegar Towne is great? Share the story with us and be entered into a draw to win 1 of 3 gift cards from Save On Foods.

To enter, simply email your story to [contests@terwillegar.org](mailto:contests@terwillegar.org). Please include your full name, address, and phone number in order for us to contact you should you win. Stories will be included in the June issue of *The Terwillegar Tribune*. Upon request, your name will not be published with your story.

Stories received by **May 6, 2016** will be entered into the draw to WIN 1 of 3 \$100 gift certificate to Save On Foods. Multiple entries from the same household will be accepted.



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# Community

## If You Had the Chance, Would You Change the World?

By Matt Moreau

Co-Founder, The Earth Group



The Earth Group is an Edmonton based social enterprise that exists entirely to provide food, water, and education to children globally. We do this through a worldwide exclusive agreement with the United Nations World Food Programme (WFP) that sees us donating 100% of our profits to WFP to fund school meal programmes. We are in fact the only products in the world to bear a United Nations logo.

The World Food Programme is the world's largest humanitarian agency fighting hunger worldwide. As the United Nations frontline agency in the fight against hunger, WFP is continually responding to emergencies. They save lives by getting food to the hungry fast.

But WFP also works to help prevent hunger in the

future. They do this through programmes that use food as a means to build assets, spread knowledge and nurture stronger, more dynamic communities. This helps communities become more food secure.

WFP places specific emphasis on school meals for children. As well as providing vital nourishment, school meals act as a safety net for poor families and help keep children in school. School meals are a good way to channel vital nourishment to poor children.



Having a full stomach also helps them to concentrate better on their lessons.

We recently provided our 1.5 millionth school meal,

including half a million meals to children in rural Bolivia.

We believe it is more important today how you spend your dollars than how you vote, and we've created a vehicle to affect positive change in the world simply through your every day purchases.

We have recently launched an online store ([www.earthgroup.org](http://www.earthgroup.org)) where you can find our fair trade, certified organic coffee and tea, and your support will help to feed and educate children globally.

If you had the chance, would you change the world?

## What's New in Riverbend?

By Sherri Henderson

Editor, *The Riverbend*

*Ragg-Times*

It's hard to believe that it is spring already in the Terwillegar Riverbend area!

The March issue of *The Ragg-Times* has various opportunities for community to connect and engage with community. The Social Justice students at Riverbend Junior High School are currently working on various initiatives to raise money for Full Day Kindergarten. They are working with Hockey Helps Kids and hopeful to win a \$25,000 prize. They are hoping residents in Riverbend and Terwillegar will vote for Team Eberle at <http://hockeyhelpskids.com>.

They are also holding a formal Gala Dinner and Silent Auction on May 13 at the Blatchford Hangar at Fort Edmonton Park and then a Benefit Concert at the Shoctor Theatre on May 27 featuring Jim Cuddy and local

musician and celebrity Martin Kerr. Tickets for the Gala Dinner can be purchased for \$25/each by contacting Wes Wintonyk at [wes.wintonyk@epsb.ca](mailto:wes.wintonyk@epsb.ca). Tickets for the Benefit Concert can also be purchased online at [www.citadeltheatre.com](http://www.citadeltheatre.com).

Brookside Park Project is well underway and plans are underway for a 2017 build. Check out page 5 of *The Ragg-Times* to see the Concept Plan and updates. Also check out how local residents can help support this project by purchasing pizza at Papa Murphy's in Riverbend Square and/or attending the Wine Tasting Night at Vines Riverbend Wine Merchants on April 20.

Brander Gardens ROCKS is partnering with E4C to provide FREE tax services on Friday, April 22 from 6:00 - 10:00 pm at the Riverbend United Church. Check out page 7 of *The Ragg-Times* to find out if you are eligible, and what information

you will need.

For seniors and their caregivers the Riverbend Retirement Residence offers a "Care Partner Support Group" on the second Wednesdays of each month. This group is for family members and spouses of seniors with dementia and Alzheimer's. They meet at 7:00 pm on: April 13, May 11, and June 8.

Local community groups and leagues are busy planning for their spring events. PB&J is hosting their "I've Outgrown it Sale" on Saturday, April 23 from 10:00 - 2:00 pm at the Riverbend Community Centre (258 Rhatigan Road E) For more information visit: [www.peanutbutterandjam.ca](http://www.peanutbutterandjam.ca) or on Facebook at: PBJPlaygroup.

Riverbend Community League is also planning their annual Plant Sale on Saturday, May 28 and Win4Skin 3-on-3 hockey tournament the weekend of June 10/11. Mark your calendars and

stay tuned for more details in the May issue.

Finally, we hope you will send in your photo(s) for the Faces of Riverbend/Terwillegar Project on or before our FINAL deadline of April 22. We look forward to adding your Face to our growing collection. All (high resolution) photos can be sent to [raggtimes@riverbendonline.ca](mailto:raggtimes@riverbendonline.ca).

To read more about what's happening in Riverbend and north Terwillegar checkout the online version of *The Ragg-Times* at: [www.riverbendonline.ca/ragg-times](http://www.riverbendonline.ca/ragg-times).

Until then, we look forward to seeing you out and about in our parks, visiting local businesses, and participating in or attending some of the great community events (ie. TRAC Community Run/Walk or soccer) this spring.

# Community

## Terwillegar Riverbend Advisory Council (TRAC) Update

By Karin Shott,  
TRAC Community Office

Have you heard about the TRAC Messaging System? Whether it's crime related activities or whether its items of great interest to the community, this is the email group that you need to part of!

It's easy to sign up – just go to [www.tracspirit.ca](http://www.tracspirit.ca), click on “To become a TRAC VIP Member and receive important e-mails from TRAC, click here”. Once registered, you will receive a confirmation email.

“The TRAC Messaging System is a part of a network of email groups in the Terwillegar/Riverbend/Windermere area that reach over 1600 residents, announcing community events and bringing crime alerts and updates to the attention of all of us! This significantly improves our awareness and our sense of community and with the help of Sgt. Larry Langley of the EPS, we are able to utilize this network to reduce crime and bring justice to those that choose to do harm to our area”.

### Crime and Crime Statistics in the Riverbend Area

A few years ago, the Edmonton Police Services introduced a web based crime mapping program. You can link to it from our TRAC webpage at the top right corner. You will notice that there have been some recent

break and entries and also some assaults in the area. There has been a significant increase in theft from auto, break and enter and theft of auto in a number of Riverbend communities during the last few weeks; in particular Ramsey Heights, Rhatigan Ridge, Carter Crest, Terwillegar Towne, South Terwillegar & Windermere.

Although there will be a greater police presence in the area, we have to rely upon residents in the Riverbend/Terwillegar/Windermere communities to take some simple and straight forward steps to reduce the opportunity for crime to occur. A few basic rules include:

- Do not leave valuables in your parked vehicle.
- Do not leave an extra set of keys in your vehicle.
- If you leave your vehicle parked outside overnight, remove the garage door opener. There have been occurrences where vehicles are broken into and then the garage door opener is used to access the attached garage.
- Do not leave your garage door open overnight.
- If you see suspicious persons or suspicious activity in the area, please give police a call.

TRAC Community Run/Walk Mark your calendar for Sunday, May 29th, 2016. This year there will be an added 1K as well as the 10K, 5K, 3K, so there is a run/walk for everyone! The Planning Committee had their first meeting a few weeks ago, and

there are some exciting things planned for the run this year!

Edmonton Youth Talent Show The 5th Annual Edmonton Youth Talent Show (EYTS) will be held Sunday, June 5th, 2016 at the Royal Alberta Museum. As this is a special anniversary year, plans are already underway to make this the best show yet! Stay tuned for more details.

TRAC Community Office League memberships are available at the TRAC Community Office. Hours are:

- Tuesdays & Wednesdays: 9 am – 3 pm
- Thursdays: 4 – 9 pm
- 1st Saturday of the Month: 10 am – 2 pm
- Email: [tracmail@tracspirit.ca](mailto:tracmail@tracspirit.ca) or telephone 780-439-9394

### Save the Date for these Upcoming Community Events:

- PB & J: “I’ve Outgrown It Sale”: Saturday, April 23rd, 2016
- TRAC AGM: Wednesday, April 27th, 2016

- Riverbend Community League’s Annual Plant Sale: Saturday, May 28th, 2016
- TRAC Community Run/Walk: Sunday, May 29th, 2016
- Edmonton Youth Talent Show: Sunday, June 5th, 2016
- Win4Skin Banquet: Friday, June 10th, 2016
- Win4Skin 3 on 3 Hockey Tournament: Saturday, June 11th, 2016
- TRAC Meeting: Wednesday, June 15th, 2016. Last meeting before summer break.

**Annual General Meeting**  
Wednesday, April 27th, 2016  
Lillian Osborne High School –  
Library @ 7:00 PM  
EVERYONE IS WELCOME!

For more information on how to nominate someone for the “Community Spirit Award”, please contact the TRAC Community Office: [tracmail@tracspirit.ca](mailto:tracmail@tracspirit.ca)

Forms can also be found at [www.tracspirit.ca](http://www.tracspirit.ca) (Deadline is April 18, 2016)



## 5th Anniversary Edmonton Youth Talent Show – 2016

By Rob Agostinis,  
Event Director

The Edmonton Youth Talent Show - 2016 celebrates a very special 5th Anniversary. This year's theme is *MAGIC TO DO!*

This one-day vocal competition is open to Edmonton and Area performers aged five to eighteen years. The overall goal of the event is to help promote the development of local Edmonton talent. This competition provides participants with performance and adjudication opportunities and medals and prizes.

This event would not have been possible without the assistance and support of our amazing volunteers and our planning committee:

**Event Director:**  
Dr. Rob Agostinis  
**Artistic Director:**  
Brittany Graling  
**Assistant Artistic Director:**  
Martha Livingstone  
**Assistant Artistic Director:**  
Jenesse Graling  
**Assistant Events Director:**  
Karen Sheydwasser  
**Assistant Events Director:**  
Colleen Peters



We are very grateful to our parent supporter and sponsor TRAC (Terwillegar Riverbend Advisory Council). We also want to acknowledge the sponsorship from our community leagues, area councils and businesses. A list of this information can be found at [www.tracspirit.ca](http://www.tracspirit.ca).

**5th Anniversary, Edmonton Youth Talent Show**  
Sunday, June 5, 2016

Royal Alberta Museum Theatre  
12845 102 Ave, Edmonton, AB

Registration for participants is online now at [Eventbrite.ca](http://Eventbrite.ca)

The event is FREE to the audience! For more information: [www.tracspirit.ca](http://www.tracspirit.ca) or 780-439-9394 (TRAC Community Office)

# Community

## Community Garden - Spring Update

By Steve Johnson  
Volunteer Community Garden  
Committee, TCL

Spring has sprung. At least according to the calendar!

For those that start their own crops indoors, it is time to start planting items such as tomatoes and corn. It is also time for those prospective gardeners that want a plot at the community garden to contact us at [garden@terwillegar.org](mailto:garden@terwillegar.org) to get your name on the reservation

list. We will send out e-mail updates to those on the list and 2015 garden members. The registration meeting for plot rentals and garden updates was held on March 19 at the Holy Trinity Anglican Church.

If you would like to learn more about the Community Garden project please visit the Community League website at [www.terwillegar.org](http://www.terwillegar.org).

As we updated you last fall, our future plans are to

redesign the garden space. This redevelopment will potentially involve landscaping, on-site composting and raised beds. However, at this time we have received word from the City of Edmonton that our redevelopment will need to be put on hold until a draft plan for the remainder of the green space, where the garden is located, is developed by the Terwillegar Community League. As such, the Community Garden will operate in its current model for the 2016 gardening season. The

revised plan is to complete the required applications with the City and complete development plans for 2017 construction. As such, we will need volunteers to assist with garden planning and the regular site operations such as water tank filling. If you would like to volunteer please contact us through the Terwillegar Community League website at [www.terwillegar.org](http://www.terwillegar.org) or e-mail us directly at [garden@terwillegar.org](mailto:garden@terwillegar.org)

## Working Together in our Community

By Councillor Bryan Anderson



Since the spray park opened last year, South Terwillegar Drive has seen an increase in pedestrian and car activity of people travelling to and from the spray park. My office on several occasions has received complaints about speeding cars, j walking pedestrians and an overall concern for the safety of those using the road.

A marked and signed crosswalk

will be installed at the intersection of South Terwillegar Drive and Towne Centre Boulevard during the spring or summer this year. The crosswalk will be installed on South Terwillegar Drive where the curb ramps currently exist. (signs have already been installed).

The City of Edmonton Office of Traffic Safety (OTS) is committed to making the streets of Edmonton safer through education, engineering, enforcement, evaluation and engagement. OTS works in conjunction with the Edmonton Police Service to enforce provisions of the Traffic Safety Act with the EPS being responsible for manned enforcement and the OTS delivering the intersection safety device program (speed on green and red light violations) and the mobile photo enforcement program.

In addition to photo enforcement, the City of Edmonton utilizes a number of methods to try to reduce vehicle speed and improve traffic safety in our communities. These methods include speed display trailers, community awareness signs, marked community photo radar vans, covert photo enforcement vehicles and manned police enforcement.

Despite efforts to date, OTS and the Edmonton Police Service continue to receive complaints of speeding and poor driver behavior on several roads in Terwillegar Towne and South Terwillegar. While the reasons people speed are many, most drivers do not understand the relationship between speed and collisions. Speeding increases the risk of a collision, which impacts both you and the other road

users around you. Fundamental physics -- supported by applied traffic safety research from all over the world -- proves that the likelihood and severity of a collision increases as a road user drives faster. Increased speeds result in longer reaction time, longer distances to come to safe and complete stop and results in more kinetic energy being transferred in the event of a collision.

For more information on traffic safety and Edmonton's Office of Traffic Safety please visit <http://www.edmonton.ca/transportation/traffic-safety.aspx>. To contact my office, or make any comments, I can be reached at [Bryan.Anderson@Edmonton.ca](mailto:Bryan.Anderson@Edmonton.ca), 780-496-8130, or through my website at [www.BryanAnderson.ca](http://www.BryanAnderson.ca)

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Not just a Dojang.



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'We are across from the Costco south Gas bar'

Hong Park Tae Kwon Do College is not just a Dojang. It is a community of individuals committed to making a positive change in their lifestyle. The philosophy of our school is encompassed in family, tradition, respect and love. Grand Master Park has been teaching traditional **tae kwon do** in Edmonton for over 35 years and continues to do so in a new state of the art building for individuals from as early as 4 years old and up.

Our school is dedicated to individuals who are looking to challenge not only their physical state but their mental state as well. Mind, body and spirit are worked together providing a centered soul. Our society is very fast paced and has lots of demands. Hong Park Tae Kwon Do provides a safe, fun and creative environment to escape the daily rush to improve the quality of one's life.



Adults are not the only ones who benefit from our program. Our Childrens Program is designed to encourage self-respect, discipline and perseverance through positive reinforcement and gentle encouragement. The structure and tradition taught through the practice leaves a lasting impression on each student and their lives.

Classes offered are as follows:

Little Tigers (4 – 5 year olds)

Children Program (6 – 14 year olds)

Adult Program (15 years old and up)

If you are not sure if our program is right for you, give us a call (780-433-6567) to set up a free trial class.

## Eight Reasons why Art Classes are kid-essential

By Tracy Stewart,  
Communications Officer  
Art Gallery of Alberta



Making art and being creative is essential for kids. It has been proven time and time again that learning to create and appreciate art are key building blocks to child development. There is a time and a place for learning in the arts, about the arts, and through the arts, and arts exploration is an important component to the growth of the whole child.

Art classes are benefit children for many reasons, including:

1. Art-making encourages children to make decisions, be inventive, develop fine motor skills, grow their confidence and explore methods of non-verbal communication.
2. Art lets children express their own personal voice and

observations of the world.

3. Appreciating art from other cultures and other times gives children opportunities to see the lives of others through art.

4. Arts education improves literary and critical thinking skills. In 2006, the Guggenheim ran a program called Learning through Art, which sent artists into schools to teach. Kids who took part performed better on literacy and critical thinking skills tests than those who did not.

5. The arts provide challenging creative and problem-solving activities to students of all learning levels.

6. Arts education changes the learning environment from one of facts and figures to one of discovery, increasing student engagement and re-igniting love of learning.

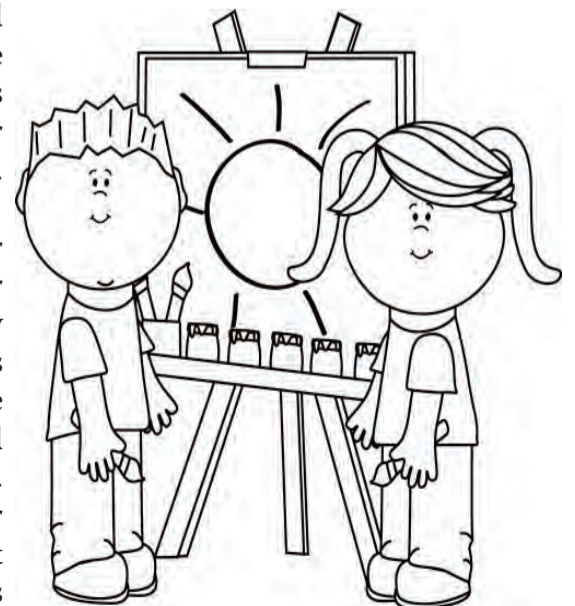
7. Art encourages peer-to-peer connections, greater interpersonal understanding and peer support, and a greater understanding of diversity.

8. Studies show that students of lower socio-economic groups benefit as much or more for art education. At-risk students often point to engagement in the arts as a reason for staying in school. For parents in Edmonton looking for ideas and opportunities for their children to experience the arts first-hand, the Art Gallery of Alberta (AGA) is a great place to start. The AGA offers a full range of arts education opportunities throughout the year, including drop-in classes, registered classes, and week-long art camps. These immersive sessions let children paint, sculpt, explore mixed media, and include visits to the gallery's exhibitions for creative inspiration.

Coming up soon, for parents looking for a summer activity for kids, the AGA's ArtBreak Camps are an interesting and affordable option. The next Summer ArtBreak Camps start July 4, with sessions

running through to August 19. This year's summer class themes relate to current exhibitions, and include gallery visits, studio projects and community excursions where young artists can generate ideas and create. Kids will make connections to art inside the gallery and beyond.

Summer ArtBreak Camps at The Art Gallery of Alberta (for kids aged 6-12), July 4-August 19, 9 am-4 pm. For more information and to register.





# Rehab After A Motor Vehicle Accident (MVA)

By Erica Grainger, MScPT,  
BScKin  
Physical Therapist,  
Acupuncture, Dry Needling  
Innovation Physical Therapy



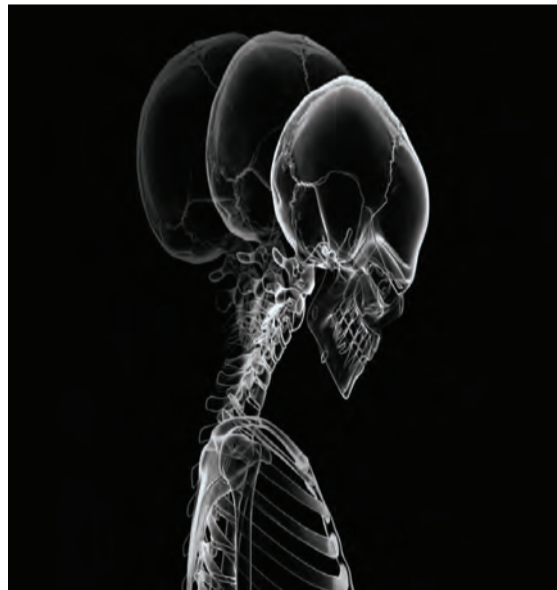
## Top Five Questions About Accessing Rehabilitation After a Motor Vehicle Accident

Unfortunately the season of slippery driving conditions is upon us and despite our best efforts many of us will end up in a Motor Vehicle Accident (MVA) this winter. We have compiled the top five questions (and answers) that Innovation patients have after a MVA.

1. What is the most common injury after a MVA? A whiplash injury is the most common injury experienced after a car accident – “Whiplash” describe both the mechanism of injury and the symptoms themselves. In a rear impact collision (“rear ended”), the head and neck are thrown backwards from the force of the impact and then rebound forwards.

Whiplash can occur outside of a MVA – other possibilities include contact sports or big falls. “Whiplash” describes any injury to muscles, tendons and ligaments resulting from a very rapid and forceful movement of the neck. Whiplash typically does not involve bone fractures which is why it is called a soft tissue injury. The most common symptoms experienced are pain and stiffness in the soft tissues around the neck and upper back.

2. What kind of rehabilitation is available after an accident? In 2004 the Alberta government introduced guidelines to standardize care for people injured in a MVA. Regardless of who is at fault you are eligible for rehabilitation through a physical therapist, chiropractor or massage therapist. After your initial injury assessment, your healthcare provider will tell you how many treatments you are eligible for; most people will receive 10 to 21



treatments depending on the severity of their injury.

The cost of these treatments will be directly billed to the insurance company. You can also choose to access treatment outside of these protocols. Insurance companies in Alberta are legally required to provide medically required treatment for injuries related to a car accident. This falls under the “Section B” component of your insurance plan (depending on your particular scenario,



you may need to use any existing extended health care insurance coverage as well).

3. How do I access this care? Do I need a doctor’s referral or permission from my insurance company? You must be assessed by a primary health care provider (physician, physical therapist or chiropractor) within 10 days of the accident. This is essential to make sure your injury claim is processed correctly and also because it is very important to get

started on the path to healing right away. Report the MVA to your insurance company and visit your family doctor if you have serious medical concerns. Otherwise you may be assessed directly by a physical therapist.

4. When do I have to access these services? Is there a deadline? You must complete your initial assessment within 10 days of the car accident. You also have to complete your rehabilitation program within 90 days of the collision.

5. How can physiotherapy help me recover from an accident? Accessing treatment early after any injury increases the likelihood that you will return to your pre-accident level of function and comfort. Physiotherapy will help you to ease aches and pains experienced after the MVA through the use of modalities (heat, ultrasound, interferential), gentle manual therapy or soft tissue mobilizations and needling techniques like acupuncture or dry needling (IMS). Your therapist will also prescribe exercises to help regain any lost mobility and guide you in your return to your normal activities like work, sports and hobbies. Most people will recover to their pre-accident levels however it is important to enlist the help of injury experts to guide you in this process.

## Terwillegar-Neighbourhood Watch Program People helping people to prevent crime!

Becoming a member is fun and easy! All you have to do is get informed and meet your neighbours!

- Use your eyes and ears to become active citizens for the police. Report no matter what!
    - Receive ENW materials and support on how to report suspicious activity in your neighbourhood and receive the many safety tips to reduce opportunity for crime to occur.
- Go to the website for Edmonton Neighbourhood Watch Program: [www.enwatch.ca](http://www.enwatch.ca)

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

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

Carolyn and Annette your Terwillegar Neighbourhood Watch Coordinators.

Look out for our Facebook page coming soon!

# Community

## Personal Safety 101

By Constable Joe Spear,  
Founder of RAD Edmonton

Ever since the sexual assault attacks that took place in Terwillegar Towne recently, people have asked “Should I be afraid to walk alone?” and “what can I do to defend myself?” The answer to the first question is easy...the second, however, requires a bit more in-depth consideration.

Should we be afraid to walk alone in our own community? “Afraid”? No. “Aware”? Absolutely. But please understand, this is not just the recommendation when in our own community, but wherever you are.

It can be argued that Terwillegar Towne is no more dangerous than any other area of Edmonton. No matter where you are, you should be walking (or running, or biking) with a mindset of awareness. Be aware of where you are... what is around you... who is around you... what risks surround you... wherever you are.

Do not mistake “awareness”, though, for “paranoia”. Paranoia is the “tendency of an individual toward excessive or irrational suspiciousness and distrustfulness...” (emphasis added). I am not suggesting we should be consumed by fear of things or situations that are not there. Rather, we need to be aware of the risks that truly are there. Being aware allows you to recognize actual risks, and do what you can to reduce and/or avoid them, thus minimizing the chances of being chosen as a target. So, should you be

“afraid”? No... but you should be “aware”.

Being aware and reducing risks are a great start. However, neither of them guarantees your safety. Nothing does. So learning some self-defence techniques gives you something to rely on should you ever be in the unfortunate circumstance of being attacked. There are a number of different styles and varying types of self-defence. So how does one choose? At the core, there are two different types of programs: short duration, and long-term. The difference? “short-duration” programs are usually held over a weekend and provide techniques easily utilized in a situation where you are attacked. “Long-Term” are martial arts programs that are attended once or twice a week on a continuing basis which have the added advantage of

fitness and conditioning. No matter which program you choose, I recommend you

research the program you are considering. Google “Women’s Self-Defense Edmonton”... look at reviews; check with friends, neighbours, or co-workers (word of mouth advertising tends to be the most honest); write the program and ask them what they provide.

Remember, the best programs include: an educational component (discussion on risk awareness and management); a hands-on physical training component (learning and practicing techniques to defend yourself); and, a dynamic simulation component (the opportunity to try out these new-found skills in a safe learning environment).

At the end of the day: Be aware... develop your options... and don’t be victimized by fear. Our community is no less, or more, safe than anywhere else. But the old adage of “an ounce of prevention is worth a pound of cure” resonates loudly in my books.



One last thing: it takes a community to fight crime, the police cannot do it alone. So if you see something, or someone, that is suspicious... recognize it, note it, and call police to investigate it. Let’s help each other be as safe as we can.



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# Finances

## Planning for Your Retirement

By Michael Young  
Financial Consultant,  
Investors Group

When the rubber hits the retirement road be sure your financial tires are fully inflated

Whether your retirement begins tomorrow or somewhere down the road, the time to begin real retirement planning is now – especially when it comes to ensuring you'll have the retirement income you need to realize all your retirement dreams. Here's your retirement planning quick start guide.

1. Decide when you want to retire: If you decide to retire 'early' you'll have fewer years to save for retirement. If you retire after 65, you can continue the tax-saving, income-building advantages of investments held in your Registered Retirement Savings Plan (RRSP) until the end of the year in which you turn 71.

2. Decide on your retirement lifestyle: Will you keep working at least part of the time, or even start a business? If so, you can save less in advance because even a little extra employment income can go a long way.

3. Conduct a retirement/income analysis: Estimate your monthly retirement living expenses like utilities, insurance and mortgage payments. Also consider additional costs such as travel, hobbies, and other forms of entertainment.

4. Know your government sources of income: Find out how much income you can expect from government sources like the Canadian Pension Plan (CPP) or the Québec Pension Plan (QPP) and Old Age Security (OAS). Get good info at <http://www.servicecanada.gc.ca/eng/services/pensions/infocard/janmar14.shtml>.

5. Know your pension at work – if you have one: Determine whether your employer-provided pension plan is a defined benefit plan or a defined contribution plan. If it's a defined benefit plan the Pension Administrator can give you a monthly benefit payout estimate. If it's a defined contribution plan, you'll have to do your own estimate of monthly pension.

6. Add in your savings: Know what you can expect from investments held in your Tax

Free Savings Account (TFSA), RRSP and other investments. Also know the rules governing the withdrawal of income and the taxes that may be applied.

7. Do the math: Add up all sources of monthly retirement income including your savings and investment withdrawals. Compare this against your estimate of monthly retirement living expenses. If you come up short, you may need to re-think your planned retirement lifestyle, ramp up your savings strategies, or both.

8. Aim to manage taxes in retirement: Strategies can include income or pension splitting with your spouse, sharing CPP/QPP benefits, and investing in a tax-advantaged mutual fund-based Monthly Income Portfolio.

9. Get professional advice: Now that you know exactly what you want in retirement, meet with your professional advisor to develop a plan that will ensure you are adequately prepared for the costs of your retirement

211 Edmonton is a program of *The Support Network* that provides a direct link between essential community services and the people who need them.

211 Edmonton is your single access point to the health, human services, community resources, and government assistance people need every day as well as in times of crisis.

All you have to do is dial 2-1-1.

**What's going on in the community?  
Check [www.terwillegar.org](http://www.terwillegar.org)**



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# Community

## Faces of Riverbend Terwillegar Project

By Sherri Henderson  
Editor, The Riverbend Ragg-Times

Send all high resolution photos to [ragg-times@riverbendonline.ca](mailto:ragg-times@riverbendonline.ca) and check us out online on Facebook (RiverbendRaggTimes), Twitter (Ragg\_Times), and Instagram (ragg-times). #FacesProjectYEG #community



Our collection is growing and how great are these photos of people who live, work and play in our communities! Please send your picture(s) by April 22 to add your photo to our collection.

**FACES**  
Riverbend and Terwillegar  
**PROJECT**



# Community

## Life After High School - Scary or Exciting?

By Mino Soleymani  
Teen Contributor

As high school nears its end, many students and parents alike are thinking about the next steps forward. The struggle to find the most appropriate path after high school is present each year, as most students have yet to explore their options, or are choosing to pursue a career they are not fully educated about. It's a problem almost all students face, made no easier with pressure from family and teachers.

Unfortunately, there is no one solution; Each student needs to order their priorities and apply their values towards their own future. Though this may be easier said than done, as a



student in her grade 11 year, I can confidently say that it is possible. The choices students make in high school can develop their plan for the future. Joining clubs and teams can highlight the strengths and weaknesses within an individual. Pursuing work experience and internship programs can refine one's work ethic, and give first hand experience in a certain field. Parents should encourage their

children to invest in themselves, and their future, as early as they can.

Students should also be reminded that many decisions they will make - such as what major they will choose - are not permanent. There is more flexibility than one may think, a factor which may be useful as experiences develop, and minds change.

However, despite the uncertainty that the future presents, there is comfort in knowing that peers are going through a similar process. Students should support each other in their efforts, and take on the challenge one step at a time.

## Special Project Brings in \$18,710.58 for Edmonton's Food Bank

Public Service Announcement

The YEG Sexy team, which includes Terwillegar's very own **Owen Petersen** from **Prairie Mill Bread Company**, presented Edmonton's Food Bank with a significant donation in March.

In total, \$18,710.58 was raised from the 2016 Sexy Men of YEG Food calendar to support programs and operations at the Food Bank.

"This donation is wonderful because it helps us keep our trucks on the road collecting

donations from the community, helping us meet the needs of our increasing number of clients." Says Tamisan Bencz-Knight, Manager of Strategic Relationships and Partnerships.

This was the second year this generous group of Edmontonians put the calendar together to raise funds for our neighbours in need.

The costs of producing the calendar were covered by the participants to ensure that every penny of the proceeds went to Edmonton's Food Bank. The YEG Sexy team

has more planned for 2017 so keep an eye on [www.yegsexy.com](http://www.yegsexy.com) or you can follow the group on Twitter at @yegsexy.



### Did You Know?

Edmonton's Food Bank provides food to 43 high risk schools for lunch & snack programs.

Learn more at [www.edmontonsfoodbank.com](http://www.edmontonsfoodbank.com)

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And the Winners are...

Ages 8-11  
1st Place: Jane L  
Runner Up: Alley S

Ages 5-7  
1st Place: Summer N  
Runner Up: Seth S

Ages 2-4  
1st Place: Kingston I  
Runner Up: Millie T

Check out Page 19 for the latest coloring contest!

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## Connecting With Community

By Ken MacDonald,  
Pastor of Terwillegar  
Community Church

As the years have rolled by, fourteen already, one of the greatest joys of my life is to be part of a new church in the Terwillegar Towne Community. This congregation had its roots in “only a dream” when a group of eleven people began to contemplate the possibility of a church in Terwillegar Towne.

The dream was birthed when we found a place to meet at Holy Trinity Chinese Anglican Church. This hospitable Church took us in and allowed us to have a start in our new community. It wasn't long before our numbers grew from eleven to thirty to fifty and then to one hundred and beyond. Someone posed the question, “How can we serve our community?” And it seemed like one of the most logical things to do in a brand new community was to have people connect with one another.

Connecting with one another in the community took shape as some “family events” were planned. We have absolutely relished watching families get on sleighs and enjoy a little circular tour in the snowy playground at the end of November. Every spring for 13 years we have celebrated the “new life of spring” with a Carnival. This year is no exception (May 14), cotton candy, popcorn, petting zoo and a number of carnival games will be another great occasion for the community to come together and enjoy our park and our relationships.

After waiting and planning for a few years, the resources were finally in place to

construct a permanent home for Terwillegar Community Church.

This building has been an amazing resource as more and more people call this Church their home. The YMCA has been with us for over 3 years and they offer a tremendous service to children and parents. TCC developed its own preschool (three and four year olds) and each week nearly 120 of these little people learn and socialize together.

Our facility allows us to provide further resources with our friends in the Terwillegar area. Many of you have been part of the trade shows, garage sales or pop up markets hosted in this facility. Blood Services use the building on a regular base and therefore creates a convenience for our community to donate a life-giving product that is highly valued.

As Terwillegar Community

Church looks to the future, we are asking another question. How have the needs of our community changed in the last 14 years? What are the current, pressing needs of the people who live in this community? We are asking the question and would value input if you would like to give us some feedback. What have you observed? Perhaps you

are part of another organization and you are observing some trends in our neighborhood. It's always helpful to think together and to plan together to make our community stronger and further equipped for the challenges that face us all. Please don't hesitate to contact me. I would value your wisdom.

*What are the current, pressing needs of the people who live in this community?*

*Terwillegar Community Church would value input if you would like to pass it along.*

## Terwillegar Community Church

**Spring Carnival:** May 14 from 2-4pm  
petting zoo, cotton candy, games...

**Soccer Camp:** August 8-12  
register online



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

# Scrunge & Bagger Dog Parks – The First Day

By Gordon Dyck  
The Bone & Biscuit Company -  
Magrath

Scrunge and Bagger had been amazed at how the community had responded to their efforts to revitalize the local park. The young pups from the Puppy Puddles Society had only been on-site for two days when other members of the community showed up to help. It was awesome! Eight residents of the area had gotten together to provide some really cool exercise equipment for pooch games, running tracks and more built around a sizeable sand pit dedicated just for digging and rooting around. Once Bagger had seen that piece completed, it was kind of hard to keep the pups focused...there was just too much fun to be had. But looking back on it in their debrief, Scrunge and Bagger were able to chart out what had worked well, what had not worked well at all and what had caught them by surprise. They wanted to document what they had learned to ensure they could build a good training manual for the young franchisees they were hoping to see develop as their plan unfolded.

The efforts of Scrunge & Bagger Dog Parks made such an impression on the community that a whole gaggle of reporters showed up on the day they cut the ribbon on the renewed park and they were suddenly front-page news in not only the local paper, but provincial and national news as well. It was kind of overwhelming, but exhilarating. Puppy Puddles got tons of free advertising and Trixie was finding herself having to say tearful goodbyes to many more rescue puppies as they were adopted into loving homes. It was hard, but that was the reason for their existence as a society, so it was also very satisfying....life felt good. A week later, things changed suddenly.

Scrunge had gone out on that Friday morning with Bagger to view the next park they planned to revitalize. They knew that the public exposure and good reviews were about to open lots of park opportunities and they wanted to do them all well. As they stood talking about the landscape, they saw Bagger's son Tinny racing breathlessly towards them, genuine fear in his eyes. When he caught his breath, he blurted out 'Grandpa, you gotta come quick...there are some really mean dogs at the rescue...Grandma is really scared'. The two old hounds struggled to keep up with Tinny, but together they quickly made their way back to Broad Street where their rescue home was situated. They rounded the corner to be confronted by a horde of strays leaning against their building. A rising chorus of growls rose as the trio picked their way through to the door. The atmosphere was poisonous and Scrunge was genuinely afraid of whatever this unknown threat was, or meant.

As he pushed into the room, Scrunge's eyes fixated on Trixie who sat quivering with the pups in a corner under the hateful gaze of a brute that Scrunge instantly recognized. Hey old man, growled Roggins, remember me? It was informative to hear your new story in the dog-gone paper the other day. So, I thought me and my guys should come back and fill the void you seem to have left by your apparent redemption. And now I see that all your boneyards are needing new supervision. I'm prepared to be reasonable. I'll only charge fifty percent of your profits, and I'll ensure your businesses aren't bothered by anybody else. Oh, and I'll be happy to take any of these young ladies off your hands as well.... they can be very profitable in other ways. Scrunge fought panic as he looked at the hardened face of what had once been a young rival

for his business interests 'back in the day'. As a young ruffian, Roggins had tried to horn into some of Scrunge's boneyards with his own muscle back then. Scrunge had successfully run him out of town at the time, but not before the young bully had made lots of threats. Scrunge hadn't seen or heard from him since...until this very moment.

Roggins stood calmly between two mangy mutts grinning stupidly beside him. They were clearly subordinates, but they were ripped and obviously capable. And then there were all the goons outside. Scrunge's eyes met Bagger's with a plea ... 'any ideas,' he tried to convey? He breathed a prayer for help and wisdom. 'I'm waiting old man, Roggins snarled. You gonna hand me your keys?...or do I start in on the old woman here?' Suddenly Bagger stepped between Trixie and Roggins, and told Trixie to take the pups into the other room. He cleared his throat and began to bark slowly. Roggins had a mocking look on his face as he moved into Bagger's face to reinforce his position of power in the moment. Scrunge felt his heart pounding out of his chest. He had no idea what Bagger was doing or what he was about to say. It had been a long time since Scrunge had been so terrified. 'Roggins, Bagger started, a lot has changed since you left....more than you could possibly know. Most of it for the better. Boneyards and restaurant garbage cans don't mean what they used to in this town anymore. That changed a year ago when Scrunge changed. So, we don't use those boneyard to make people poor anymore...we use them to help the poor. So, you can have the boneyards Roggins...they are all yours. But there is something you need to understand. You won't last a day here. Ever since Scrunge started being a blessing to others instead of abusing others, the whole community has come together to build a better place to live, and they won't give you any space to operate. You won't have a prayer unless you change your attitude and your behavior. You can beat me up and beat up Scrunge and try to intimidate little puppies, but you won't get a block before you end up in a van with bars and a free trip to the big house for a long time. Best thing you can do is get back on your hind legs and move elsewhere.'

Roggins was dumbfounded. Nobody had talked to him like that in a long time. He was about to rip into Bagger when a loud series of yelps and howls erupted outside and his lieutenants leapt to the door. 'Don't even think about moving he growled....I'll be right back! Scrunge and Bagger had no intention of standing still while Roggins

pushed outside, so they delayed just a moment, and then they followed.

They couldn't believe their eyes. Obviously, Tinny had not stayed when they got back to the rescue house. He had gone directly to the authorities to find help. Howling madly, ten very frustrated gangsters struggled under a net cast by local Humane Society Officers who were busy helping Roggins' two goons into the back of a van with bars on the windows. A third officer already had Roggins by the collar at the end of a pole. There was a considerable wrestling match, but eventually the kingpin found himself alone in a similar cage, snarling, but helpless. One by one, the rest of the gang were herded into secure quarters and the entourage prepared to move out. Before they could, Scrunge barked up and asked if he could speak with Roggins before they took him away. He stepped up to the window to face his returned nemesis, now sullen and quiet. There was hate in his eyes, but also a resignation that almost seemed to ask for help.

'Roggins, Scrunge began....I need to ask your forgiveness for how I treated you all those years ago. What you were back then was a threat to me, and I didn't understand any better than you did how to help you or myself...so I treated you badly. I was wrong, please forgive me. I have found a complete change of heart that has made me a new dog, given me an incredible hope and transformed my world. I'd like to share that hope with you. You may be behind bars for a long time, but I don't want you to be alone. I'd like to visit you from time to time, and share with you the peace I have found. We can bark together and find a way to be encouraging instead of damaging to one another. Could I do that, please?'

Roggins didn't bark back, but Scrunge was sure he saw a glimmer of hope in his eyes, and he started making a plan right then and there to take one more step of grace and offer hope to someone who might not have deserved either of those merits.... 'but then, Scrunge mused to himself....neither did I.'

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We Price-Match!



# Seniors

# News for 55+

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

www.swedmontonseniors.ca

By Kathy Trepanier

When was the last time you played? It struck me this month how much fun it is, as an adult, to just play. Forget my age, what others might think, how I might look and how good I might be. Just play like the kid I used to be. Last month I built a snowman with my 84 year old mother. I realize that not everyone is blessed with health and mobility but I wonder - is it possible for all of us to find opportunities to play this spring?

You might find a way to release your inner child through one of SWESA's programs. There are a host of indoor programs and events - and new people to meet. The locations, dates and program costs are all explained in the Program Guide which you can pick up or find on SWE-SA's website.

How about going on a "field trip" again? Remember the fun of riding a bus together and travelling as a group to somewhere new? Here's a few examples:

**Bus Trip to the Beaver Regional Arts Society in Holden, AB** Steve Pineo's performance is an interpretation of Elvis chock-full with songs from the 60's and 70's. We will indulge in a home cooked supper before returning to Edmonton.

**Earth Day Bus Trip to the Enjoy Centre** Tour this greenhouse, spa cafe, restaurant, whole food, deli and bakery and have lunch at the Centre.

Or maybe you're in the mood to enjoy the thrill of learning again. The Spanish and Genealogy classes are winding up but here's an example of something new for spring:

**New Alberta Horticultural Society: Patio and Small Space Gardening** Join two Master Gardeners from the Edmonton Horticultural Society to get tips and tricks on container and patio gardening. The Toonie Talks also have lots to offer this spring to improve your health and safety:

**The Link between Oral Health and Systemic Health** Hear how oral hygiene has connections to cardiovascular health, diabetes, and arthritis as well as epilepsy. More recently, oral bacteria has been linked to Parkinson's, also dementia and Alzheimer's. Learn more about

properly caring for your dentures partials and/or natural teeth.

**New Retirement Realities** Learn about the new landscape of retirement and how the changing retirement experience will impact investors, those who are retired, and their families. Discussion includes the evolving family structure, and redefining what it means to be financially stable during retirement.

**Fundamental Principles of Retirement Living** A seminar designed for current retirees and those planning for their transition into retirement. Learn how you may achieve a stable, steady income to live the retirement lifestyle you desire while helping to protect your retirement investments from unforeseen events.

**Fraud and Identify Theft Prevention** Learn about how to protect you and your loved ones against the most common scams that specifically target seniors. The presentation will include common internet, telephone and door to door "snake oil" scams.

The monthly luncheons at SWESA are another great way to have fun as each month has a new theme - from celebrating the origins of Carrot Cake to all kinds of wonderful comfort foods. See a list of luncheons in SWESA's Program Guide and be sure to register early as they sell out pretty quickly.

Find your inner kid again on the U of A campus. In addition to what SWESA offers there are a number of other southwest Edmonton opportunities to discover your inner child this spring. Why not consider the University of Alberta's Edmonton Lifelong Learners Association (ELLA) course May 2-20th. For a modest fee, you can choose any number of amazing classes. The link is too long for this newsletter but just google ELLA U of A 2016 and you'll find all the information.

Enjoy meeting people from your southwest neighbourhood

play |plā| verb

to engage in activity for enjoyment and recreation rather than a serious or practical purpose

You never know when you are going to make a new friend or just enjoy a few hours with great conversationalists. SWESA's Coffee, Chat n' Cards at the Terwillegar Community Recreation Centre (2051 Leger Road runs every Monday and Wednesday from 1:00-4:00 pm. It is a drop-in so come by anytime.

Explore events with other seniors across the city. The LINK LETTER electronic newsletter produced by the Edmonton Seniors Coordinating Council is a great way to find out what is happening across other seniors centres in the city. In the last edition alone the following examples caught my eye: a film

making course for only \$25, oil painting drop-in classes and an Easter baking sale. There is even more specific information on their News and Events for Seniors page of their website.

To sign-up for the LINK Letter use this link: <http://www.seniorscouncil.net/archived-link-letters>. To find events on their website, use this link: [www.seniorscouncil.net/news-and-events](http://www.seniorscouncil.net/news-and-events). Check them out. You'll be amazed at all the things there are to do and opportunities to play.

#### Locations:

SWESA Seniors Centre Yellowbird East Community Centre (YECC), 10710-19 Avenue.

SWESA Seniors Lounge Terwillegar Community Recreation Ctr (TCRC), 2051 Leger Rd 587-987-3200

For more info email: [edmontonseniors@gmail.com](mailto:edmontonseniors@gmail.com) or visit the website: [www.edmontonseniors.ca](http://www.edmontonseniors.ca)



Photographer: Ruth Sjoberg  
Kathy Trepanier and her 84 year old mother with their snowman creation for Valentine's Day



Photographer: Andres Calderon  
SWESA Volunteers Barbara and Bob Hoddinott flank SWESA Program Coordinator Jennifer Hanrahan at the SWESA Luncheon in February. Bob is also a Board Member.



# Community



## Run, Jog, Walk, Volunteer or Cheer!

The EFCL and [Lafarge](#), are excited to announce a new race in Edmonton - *The Great Neighbour Race* - taking place **Saturday, Apr. 30th** at **William Hawrelak Park**. In partnership with [The Running Room](#), and sponsor [REMAX](#), the event includes a 10K, 5K and a 3K, **Family Fun Run** plus a number of other great activities for the whole family.

The race is a fundraising event to help raise the capital needed for the construction of The Community League Plaza as part of the EFCL 100th Anniversary Project and if you're a runner (or a walker), or just filled with community spirit...you won't want to miss this event. *Click the links:* <https://www.events.runningroom.com/site/?raceld=12944> Or [www.efcl.org](http://www.efcl.org)

Dr. Rob Agostinis - EFCL, District H Director (Riverbend/Terwillegar/Greater Windermere)

### RACE INFORMATION

**Date & Times:**  
 Saturday, April 30, 2016  
 Arrive at 8 am  
 10K - 9:00 am    5K - 9:10 am  
 3K - 9:20 am    Community Kids - 10:00 am

**Location:**  
 William Hawrelak Park  
 9930 Groat Road NW, Edmonton AB

**Entry Fees:**

Event	Until March 18	Until April 12	Until April 27
10K	\$35	\$40	\$50
5K	\$35	\$40	\$50
3K Fun Run Individual Fee	\$20	\$25	\$30
3K Fun Run Family Fee	\$30	\$40	\$50

Seniors (65+) - \$15  
 Kids Run (Under 7) - \$10  
 Extra Race Tech Shirts - \$20

Please note: 10K, 5K and 3K are timed. Free Race Tech Shirt, Swag Bag and Food & Beverages.

**To Register:**  
 Register at any Edmonton Running Room location until April 27th - and at the 109 Street Running Room only - Until April 29th.  
 Or register online at [www.runningroom.com](http://www.runningroom.com) until Wednesday, April 27th at 11:59 pm  
 Online registration will be available starting mid-Feb.  
 We will accommodate registrations on race day only until 8:30 am and without a time chip.  
 Race Package Pickup at 109 Street Running Room on Thursday, April 28th and Friday, April 29th.

Please join us at the 'Neighbourhood Expo'  
 Food, Drink, Fun Activities and Vendors  
 It will be a great day!

## Mark your calendars

SWESA members and the public are invited to attend SWESA's 4th Annual General Meeting. Come and hear about SWESA's growth as Edmonton's newest Seniors Activity Centre. Support the Board and many other volunteers working to develop this resource for SouthWest Edmonton by attending the AGM and perhaps becoming a member. You could also help by volunteering in an area that suits your interests and availability.

Wednesday, April 20, 2016

6:30-8:30 pm

Yellowbird East Community Centre

# Kid's Corner

## Easter Word Search Keira Gilliard, Age 8

R	Y	I	L	B	E	C	C	I
S	E	Y	C	A	N	D	Y	A
E	T	A	L	O	C	O	H	C
I	S	D	S	I	L	O	A	C
N	U	I	P	T	M	O	A	M
N	C	L	R	S	E	A	R	T
U	Y	O	I	F	T	R	F	S
B	N	H	N	H	C	R	A	M
Y	E	G	G	S	S	S	D	C

Easter  
chocolate  
family  
bunnies  
eggs  
colors  
holiday  
candy  
March  
spring

*Spring  
has Sprung!*

# Coloring Contest

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



Age: \_\_\_\_\_

Name: \_\_\_\_\_

Phone and Address: \_\_\_\_\_

All entries must be received by **May 15**. Please note: one entry per child. The contest is open to all Terwillegar, Magrath, South Terwillegar, and MacTaggart residents.

Age categories are: 2-4; 5-7; and 8-11.

Entries should be mailed to:

Terwillegar Community League

PO Box 36508 RPO MacTaggart Edmonton, AB T6R 0T4



By Patti Hartnagel,  
Green & Gold Community  
Garden Volunteer

The volunteer gardeners at the Green & Gold Community garden, on the University of Alberta South Campus, are making plans for our eighth gardening season!

The garden, an initiative of the University's Faculty of Agricultural, Life and Environmental Sciences, 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 2016 gardening season, and are looking for new volunteers to join us at the garden.

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

E-mail: [gggarden@ualberta.ca](mailto:gggarden@ualberta.ca)/  
Phone: 780-492-4087

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

If you would like to receive garden e-mails when produce from the garden is available this summer

please send us an e-mail at the above address with a request to be added to the e-mail list.



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# Home Security Tips

## Public Service Announcement

With breakins on the rise, here are some questions for you to consider:

*Have you had your locks re-keyed since you moved into your home?*

If not, consider how many people may have keys to your home. This increases your risk.

*Do you have a dead bolt?*

There are thousands of residents who live in homes without a working deadbolt, making your home much more attractive to thieves.

*How good are your locks?*

*Test them out. Are they loose? Do you struggle with them on a regular basis? Do they provide adequate security?*

Most homes built before 1980 have inferior locks and newer homes often have low grade, builder supplied locks that are easy to overcome.

*How secure are your strike plates, and are they the correct strike plate for an exterior door?*

Outer door strike plates should

have a minimum of four screws two of which should be at least 3.5 inches long.

*Is the "man door" on your garage secure?*

This is probably the most vulnerable entry point in your home. It provides quick access to coveted items such as bikes, tools and unlocked vehicles and is often overlooked when homeowners upgrade and rekey their other locks.

*Do you lock the entry door from your garage?*

Many people leave this unlocked and if a thief does gain access to your garage this makes it easy for them also to get into your home. Consider a touch pad here for additional security. This also allows you the option of not carrying (or losing) an extra key.

*Is your detached garage secure?*

This is another vulnerable point for thieves. Make sure the doors are secured with proper door locks and dead bolts. Ask us about additional ways to secure your garage while on vacation too.

*DID YOU KNOW THAT MOST BREAK & ENTERS OCCUR BETWEEN THE HOURS OF 10:00 A.M. AND 5:00 P.M.?*

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# Coming Events

**Weekly:** Please contact organizer for details

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

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

**Events:**  
**April 23:** PB&J I've Outgrown it Sale  
**April 27:** TRAC AGM  
**May 28:** RCL's Annual Plant Sale  
**May 29:** TRAC Community Run/Walk  
**June 5:** Edmonton Youth Talent Show  
**June 11:** Win4Skin 3 on 3 Hockey Tournament

Check [www.terwillegar.org](http://www.terwillegar.org) regularly for the most up to date information

Terwillegar Tribune 2016	
Submission Deadline	Released
January 8	February 9
March 7	April 8
May 6	June 10
July 29	August 29
October 14	November 25

Terwillegar Community League mailing address:  
 PO Box 36508 MacTaggart RPO  
 Edmonton, AB T6R 0T4

## Upcoming Family Events



Until September 5  
 Telus World of Science

April 16 & 17  
 Edm Expo Center

Edmonton **Woman's Show** 

**EDMONTON**  
**Cottage Life**  
**& CABIN SHOW**

April 22 - 24  
 Edm Expo Center



May 13  
 Rexall Place



# Terwillegar Classifieds

# How to contact the Terwillegar Community League



**Great Tutors Available - 1 on 1 In Your Home**  
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 ph: 780.298.3710 email: phares@tutordocor.com

SOUTHMINSTER-STEINHAUER UNITED CHURCH'S  
 ANNUAL GARAGE SALE  
 SATURDAY, MAY 7  
 9AM - 2PM  
 10740-19 AVE NW, EDMONTON

## Are you interested in:

Meeting New People?

Helping plan resources in our community?

Strengthening our Community Spirit?

Join our Community League!

We will help you find a role that interests you.

[volunteercoordinator@terwillegar.org](mailto:volunteercoordinator@terwillegar.org)

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

### Board Contacts

- President — Monte Weber, [president@terwillegar.org](mailto:president@terwillegar.org)
- Vice-President — Steve Simala-Grant,  
[vicepresident@terwillegar.org](mailto:vicepresident@terwillegar.org)
- Treasurer — Jennifer Ozechowski, [treasurer@terwillegar.org](mailto:treasurer@terwillegar.org)
- Secretary — Diane Pelletier, [secretary@terwillegar.org](mailto:secretary@terwillegar.org)
- Community Advocate — Kelly Jeffrey, [advocate@terwillegar.org](mailto:advocate@terwillegar.org)
- Memberships - vacant, [memberships@terwillegar.org](mailto:memberships@terwillegar.org)
- Programs — Marc Lachance, [programs@terwillegar.org](mailto:programs@terwillegar.org)
- Communications — Heather Maitner,  
[communication@terwillegar.org](mailto:communication@terwillegar.org)
- Fundraising — Scott Riddell, [fundraising@terwillegar.org](mailto:fundraising@terwillegar.org)

### Other Contacts

- Community Garden — Amanda Hunt, [garden@terwillegar.org](mailto:garden@terwillegar.org)
- Editor — Stephanie Gillis-Paulgaard, [editor@terwillegar.org](mailto:editor@terwillegar.org)
- MacTaggart Rep - Kelly Jeffery, [advocate@terwillegar.org](mailto:advocate@terwillegar.org)
- Magrath Rep - Michelle McWilliams, [dalm@terwillegar.org](mailto:dalm@terwillegar.org)
- Neighbourhood Watch - Annette Intenberg and Carolyn Cush-Nieminen, [watch@terwillegar.org](mailto:watch@terwillegar.org)
- Programs Aide - Lisa Earls, [programaide@terwillegar.org](mailto:programaide@terwillegar.org)
- Terwillegar Gardens Rep - Sue Trigg, [daltg@terwillegar.org](mailto:daltg@terwillegar.org)
- Terwillegar Towne Rep - Monte Weber, [president@terwillegar.org](mailto:president@terwillegar.org)



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[artistryblinds.com](http://artistryblinds.com)