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

Issue 63 August 2016

**Next submission deadline:**  
**October 14, 2016**

**Next issue: November 25, 2016**

## TCL Prepares for a Busy Fall

By Monte Weber  
President,  
Terwillegar Community League

While the summer months having been filled with activity, the Board has also been busy lining up an number of activities for the Fall for members and community residents to take advantage of.

Clean out your closets and playrooms as we prepare to host our annual Fall 'I'm Too Big For It' sale set to run on September 17th. For all of the event details and to book your table, please see page 17.

For our contribution to Community League Day, TCL is partnering with Art

in the Park, also scheduled to take place on Saturday, September 17th. This year , TCL is sponsoring the face painting for the event so be sure to add it to your event calendar and stop by James Ramsay Park to tale in all of the event.

As in previous years, there will be main stage performances, workshops, the art walk and other activities going on throughout the afternoon. See page 10 for more information.

Halloween fireworks are planned again for this year to take place in Tomlinson Park. It's the perfect way to finish off your trick or treating with the little ones

or take a small break, enjoy some hot chocolate and other treats with others from the community.

Seems that the crowds get larger every year so with a start time of 8:00 p.m. plan our route carefully to ensure you have a great spot for viewing. While we can't control the weather, I can assure you that the fireworks display never disappoint and have come to be an annual tradition for many families within the community and beyond.

The Fall is also the typical time of year for our Annual General Meeting. A date has not yet been confirmed; however, an announcement will be made to provide

advance notice to those members interested in attending the meeting.

There are several fundraising projects that remain a priority for the Board, mainly the construction of the playground at Nellie Carlson. In addition, the Board has already started planning the construction of an outdoor skating rink for the community. If you would like to learn more about these projects or get involved in upcoming fundraising initiatives, please feel free to email me directly at [president@terwillegar.org](mailto:president@terwillegar.org).

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# Community

Throughout the past few summers, South Terwillegar Park has been a great spot for splashing around in the spray park, fun activities in the field and enjoying Terwillegar's network of multi-use trails. This past summer it also became the host of the Terwillegar Twilight Movie Series, with 5 feature films playing – ending with **The Little Prince on September 3rd.**

## Movie Night Madness Hits Terwillegar



Whether you joined us to see an unlikely rabbit and fox team, some prehistoric mishaps, or the rising of the dark side once again, we hope that you enjoyed our first outdoor movie series. And please let us know if you have any ideas for next summer!



Photo credits: Michael Shandro & Mino Soleymani

## 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.



# KARATE

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See website for details

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# Community

## Do you play?

By Caden, Ethan & Owen  
Kids of the Community

For those of you not familiar with the game, there are spots (Poke Stops) through our neighborhoods (South T spray park, Tomlinson Park, TCC, plus many more).

What is great about this game, is it gets people moving. You essentially have to walk/drive to the poke stops & you play the game to collect items. While walking you can come across are random Pokémon that appear and you can catch them with the pokeballs, great balls,

razz berries, and other items that you gather from the Poke Stops.

Earlier this summer, the Terwillegar Community League hosted a four hour Pokémon event by 'powering up' Poke Stop that was already located at our community spraypark/playground in South Terwillegar. Volunteers handed out Pokémon related goodies (cards, coloring pages, stickers, water, etc) over the course of the event.

## Pokémon CONTEST

Tell TCL who your favorite Pokémon is and why to be entered to win a \$25.00 iTunes or Google Play card for Pokémon Go!

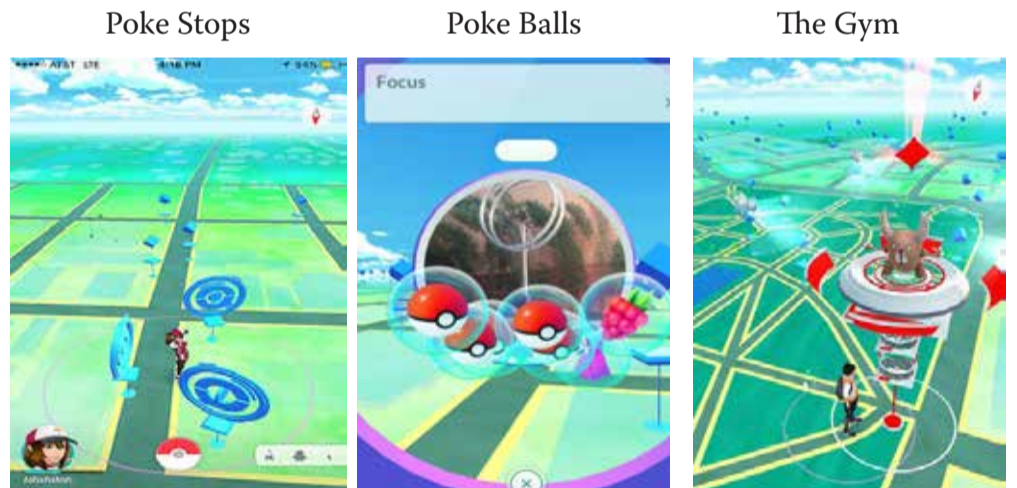
Enteries should be emailed to: [contests@terwillegar.org](mailto:contests@terwillegar.org)  
Deadline for entries is October 14.

\*The Winner will be announced in the November issue of the Terwillegar Tribune.



### Top Pokémon Go Tips from Pint-sized Players

1. There are 250 different Pokémon to collect.
2. You catch Pokémon by throwing Poke Balls.
3. You can collect Poke Balls at Poke Stops.
4. Poke Stops are blue icons on your screen that you tap & swipe to get rewards. Once you collect the rewards, the Poke Stop will reset in 30 minutes.
5. Spinning the Poke Ball before you throw it increases your chance to capture the Pokémon.
6. The lower the catch rate, the less chance you have of catching the Pokémon.
7. If you're trying to catch a Pokémon that has more than 300CP try feeding it a Razz Berry to increase your luck.
8. In order to hatch an egg, you need to walk certain distances.
9. Once you reach Level 5, you can enter the gym & battle other Pokémon trainers.
10. The top level is 40 where you can unlock Master Balls.



## REMINDER

*The Terwillegar Community Rec Centre has a scheduled maintenance shutdown planned for the aquatic centre beginning September 6 - October 31, 2016.*

*The non-aquatic amenities will remain in operation.*

### EXPERIENCED MUSIC INSTRUCTOR

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or

Call/ text (306) 229-4774

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

# Community

A big THANKYOU to Famoso Neapolitan Pizzeria in Magrath for their 'Love of the Terwillegar Community' fundraiser again this year. All profits from both July 14th & August 18th will be directed to the construction of the new South Terwillegar Park Skating Rink.

If you would like to learn about this project or get involved with future fundraising initiatives, please contact Monte Weber at [president@terwillegar.org](mailto:president@terwillegar.org).



## Terwillegar is home to 510 UAlberta alumni!



Show your pride by wearing your school colours on **Green & Gold Day, Sept. 23, 2016**

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# Community

## Neighbours Getting to Know Neighbours

*Terwillegar Community League*

The mandate of the Community League is to promote building and strengthening a friendly community through a variety of programs.

The end of summer is upon us, as is the end of another Terwillegar Community BBQ season.

This year TCL provided gift cards to purchase food for twelve neighbourhood gatherings, with Save On Foods providing an additional 15% of the purchase as the program's partner.

Look for your chance to sign up and host a BBQ in your neighbourhood next year.



*Above: Block party for Tomlinson Common*

*Below: Block party for Tomlinson Square*



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# Community

## Terwillegar Riverbend Advisory Council (TRAC) Update

By Sue Trigg  
TRAC Community Office

"Every morning in Africa, a gazelle wakes up, it knows it must outrun the fastest lion or it will be killed. Every morning in Africa, a lion wakes up. It knows it must run faster than the slowest gazelle, or it will starve. It doesn't matter whether you're the lion or a gazelle-when the sun comes up, you'd better be running."

- **Christopher McDougall, Born to Run: A Hidden Tribe, Superathletes, and the Greatest Race the World Has Never Seen**



Sunday morning May 29th was a beautiful day in Riverbend/ Terwillegar for the 11th Annual TRAC Community Run. There were lion's and gazelle's trying to outrun each other, there

were families with children in strollers and wagons, there were even little ones competing in the new 1K component.

This run has become a neighbourhood tradition and wouldn't be possible without all of our wonderful volunteers! First off the 2016 TRAC Community Run Committee of: Rob Agostinis, Mike Boychuk, Tim Cartmell, Nicole Olivier, Al Scharff, Karin Shott, Sue Trigg, Ali Wilson, and Jessica Zapata. Next we had over 30 wonderful students from Lillian Osborne High School who helped throughout the morning along the course. We also had a contingent of dedicated community volunteers who helped with: signage, registration, set up, course marshalling etc.

Big thanks go out to: the Running Room for all of their expertise and support; Mother Margaret Mary Catholic School for the use of the school and grounds for the morning; and to Jessica Zapata from Infinite Fitness jumping in last minute to be our fabulous MC.

Special thanks go out to all of our incredible sponsors:

**Platinum:** Running Room, TRAC, Remax, Infinite Fitness

**Gold:** Miller Thomson, Kinder Morgan, Lillian Osborne High School and Mother Margaret Mary Catholic School

**Silver:** Terwillegar Family Clinic, Papa Murphy's Pizza, Riverbend Community League – Ragg-Times

**Bronze:** M.C. College, Larch Park, Servus Credit Union, Simply Supper, BCAL, Towne Square Orthodontics, Currents Veterinary Clinic, Booster Juice, Famoso Neapolitan Pizzeria, Prairie Mill Bread Co., PriMed Medical Products

**Copper:** Whitemud Hills Home Owner Association, Reckie Lloyd & Sangea, Second Cup – TCRC, Save-on-Foods, MaKami College who provided post-massages, & The City of Edmonton.

Thanks also to Creative Giant, Lil Johns Sign Shop, Peters Print House and the community leagues of Brookview, Greater Windermere, Hodgson, Oak Hills, Ogilvie Ridge, Riverbend, Terwillegar, & The Ridge. As well, thank you to all who donated fabulous door prizes and swag bags items!

Race results & photos can be found at [www.tracspirit.ca](http://www.tracspirit.ca)

We look forward to seeing everyone next year!

Community league memberships for all Area H community leagues including for the Terwillegar Community League are available from the TRAC Community Office. Please check [www.tracspirit.ca](http://www.tracspirit.ca) for hours.





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# Community

## New rules encourage homeowners to plant more trees

By Councillor Bryan Anderson



There's no denying the appeal of neighbourhoods rich with greenery and trees. Trees and shrubs not only enhance the beauty of a neighbourhood, they also add movement and life to a street. Trees add shade and privacy, attract wildlife, conserve energy costs, reduce stormwater runoff, increase property values and clean the

air. The benefits are numerous, which is why on June 27, the City of Edmonton approved changes to the landscaping requirements to ensure a minimum number of trees and shrubs are planted in all new developments.

Edmonton's trees are a valuable asset. In 2011, Edmonton's trees were worth more than \$1.2 billion – a value that, unlike other infrastructure, increases over time. We have several initiatives to increase our city's trees, such as Arbor Day and Root for Trees. In addition, the City's Urban Forestry Management Plan aims to preserve and expand Edmonton's urban forest, and this extends to the trees in our neighbourhoods.

Last December, the City held an open house to get feedback from homeowners about changes to

the landscaping regulations and incentives to protect mature trees. In addition, more than 1,000 residents participated in two online surveys about the bylaw changes.

The new regulations have now taken effect, creating consistent landscaping rules across the city. They set out requirements for the minimum number of trees and shrubs in all new low density residential zones. The number of trees and shrubs required on a lot are based on property width. For example, a single detached house with a site less than 10 metres wide requires one deciduous tree, one coniferous tree and four shrubs.

The City has also introduced an incentive program to retain existing mature trees during construction. Any new

development can receive credits towards their tree requirements for preserving mature trees.

As Edmonton continues to grow, we want to ensure our neighbourhoods stay green. With these new landscaping requirements, people will have guidelines to make their neighbourhoods the lush, green places they want them to be.

For more information on the new guidelines, visit [Edmonton.ca/treeplantingrequirements](http://Edmonton.ca/treeplantingrequirements).

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

## Terwillegar Video Game Championships

By Marc Lachance  
Programs Director,  
Terwillegar Community League

The challenge was accepted. On August 20th by 30 of the top video gamers in Terwillegar. They came together to determine who was the best with contestants ranging from 7 through 43. The 2016 Terwillegar Video Game

Championships tested a broad range of gaming skills including racing, smashing and classic Ice Hockey.

In the end, there could only be one champion, with Carter defeating the Under 12 Champion Matthew (who doubled up as the technical support for the event)

in a close fought best-of-three final.

All contestants put forward a great effort, and training has already begun for next year!



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# Community

## Canada Day at Tomlinson Park

Celebrating Canada Day together as a community was... hot, crowded, frantic and awesome! What a fabulous turnout and who could think of

a better way to spend a national holiday than hanging around with a few of your neighbours.

The event got started as soon as the bouncy castles were up. Then it was jam-packed excitement for the rest of the day. From food trucks to free

watermelon from Save On, along with the "Longest Three Legged Race in Terwillegar History", the crowds enjoyed a wonderful day.

But what would a Terwillegar Canada Day be without the famous Bike Parade? The day culminated with the running

of the annual parade with the great prizes and a bundle of ice cream waiting at the end. We look forward to doing it all over again next year.

See you then!


*Photo credit: Janet LaRose*



# Community

 ARTinOurPark [www.artinourpark.ca](http://www.artinourpark.ca)

FREE ADMISSION

 @artinourpark #AIOP2016

(Donation for food & refreshment only)

# Art in our Park 2016

## 7th Annual

James Ramsey Park  
Saturday September 17  
12:00 - 5:00 PM

**ATB Financial Main Stage Performances:**

Apocalypse Kow  
Lindsey Walker Band  
Jesse and the Dandelions  
Martin Kerr Duo  
Misery Mountain Boys

*Art Market, Workshops and Activities*

# Food & Beverage

By Gord Whitehead  
Vines Wine Merchants,  
Wine & Spirits Ambassador

In its early days rum was referred to as Rumbullion or Kill devil, a hellishly hot, powerful and terrible drink. To say the least we have come a long way since then.

The early explorers couldn't keep beer or wine from spoiling on their often long journeys. The New World did not have suitable grains or grapes for making those beverages and rum was a suitable replacement. So much so the British navy dispensed the daily ration of "grog" for decades to come.

Today rum is more than just a cocktail spirit. Many outstanding sipping rums are to be found in the Alberta market. They all have varying layers of flavor and character and can be a new taste experience for even seasoned spirits drinkers. These rums come from many countries but the vast majority are produced in the Caribbean and its surrounding basin. Rum is made from sugar cane and its derivatives, sugar cane juice, syrup or molasses. Stylistically the original source

gives the rum its character.

Three rums we offer at Vines cross many of the flavor and style lines.

popular sipper from Peru with wonderful toffee and cola tastes, plus a smooth long finish.

at the Second Annual Edmonton Rum Festival at the Delta Edmonton South supporting the M.S. Society.

More info is available at [edmontonrumfestival.ca](http://edmontonrumfestival.ca) or here at Vines Wine Merchants.

We hope to see you there!



Dos Maderas 5+5 PX is a blend of rums from Barbados and Guyana. It is aged in oak barrels for 5 years in Guyana, then shipped to Spain to age an additional 5 years in used sherry casks. The result is a smooth, fruity spirit reminiscent of Christmas cake on the nose.

Ron Millonario 15 Solera is a very

And finally ...

Ron Matusalem 15 from the Dominican Republic reflects its original Cuban roots with a rich, robust flavor of butterscotch, and cocoa.

Sample these rums and over 75 others on Friday, September 30th



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# Community

## Summer Carnival

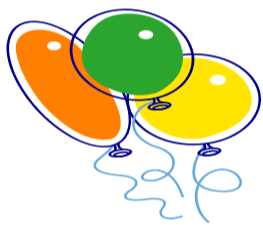
*By Monte Weber  
President,  
Terwillegar Community League*

This year marked the sixth year for the community summer carnival. The weather cooperated making for a fun-filled day for over 1200 community residents.

Events like this can not happen without the help of volunteers. The Terwillegar Community League & community residents are very fortunate to have the assistance of a handful of dedicated volunteers that come out and support are events, year over year. A special thank you also goes out to the Terwillegar Community Church who allows us to use their carnival games reducing our overall costs to run this event.

The event generated over \$6,000 for the Community League. All of the monies from the summer carnival will be directed to the construction of the new skating rink. While plans are still being finalized, we anticipate a build to take place sometime in 2017. So be ready to lace up and take to the ice with friends, family and neighbours.





# THANK YOU TO OUR SPONSORS!



# Community

By Ken MacDonald  
Lead Pastor,  
Terwillegar Community Church

As we look back on Rio 2016, there is one word that jumps out at me and it's the word, "endurance." The physical conditioning of the athletes is incredible. They are at their finest because they are committed to being the best they can be. One of the most desirable qualities both in sports and in real life is "strength of endurance."

In reality we are in a real race day by day. It began with our first breath and it continues every day, every birthday, right to the very last day when we breathe our last breath. Yes, it's a race. So between birth day and death day we are in a race. It's a daily race and we only have now.

The place to apply "endurance" is today! There is a little verse tucked away in the New Testament (Hebrews 12) that is very challenging: "Let us run with endurance the race God has set before us." Each of us has a race to run! We cannot change the past and we cannot predict the future. We don't know what tomorrow holds. We are tempted to spend

time trying to fix the past or see what we can do with the future. We can look back with regret on the things we should not have said and done. We can actually beat ourselves up over our past. But actually we can't change the past. It's done. The past can haunt us and cause us to live under a cloud of shame and guilt.

We can't change the past. We can learn from it but we can't change it. And then sometimes we are tempted to live in the future. Huge sums of money are paid to those who think they can predict the future for us. But no one knows our future! We don't know what a day will bring forth. In fact we don't know what an hour will bring forth.

Yes, the past is done and the future is yet to be lived...so what we have left is the present. And that's what the writer is reminding his listeners of - we have "today." We can run the race "today."

The word "endurance" actually means "to abide under." It is the

picture of an animal (horse, camel) carrying a burden on a long trip. The animal abides under the load.

As we prepare for fall, it may mean that many will be carrying a heavy load this fall. The load can be hefty whether we are students, teachers, employees, employers. The race is not a sprint but a marathon. Speed is not the factor but the quality of not quitting is of highest importance.

Where do you find this amazing quality called "endurance?" As we consider the great advice in Hebrews 12 - here are some helpful

thoughts: a) learn from men and women of the past. They are like spectators in the Olympics stands and their inspiration cheers us onwards. b) set aside those weights and encumbrances that keep us from giving our best. These are the destructive habits of life that slow us down c) keep focused on the One who continually renews our strength and gives us deep purpose for living, Jesus Christ. As you start the fall, it's a day by day marathon. It's not about speed but endurance. Run the race "today."

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

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- for youth:** fridays 7pm - friday fun nights
- for adults:** sundays 10am
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|--|---|

# Celebrating the Future of the Past: Fort Edmonton Foundation's Fall Gala Fundraiser

By Janet Tryhuba, CFRE  
Executive Director,  
Fort Edmonton Foundation

You may have heard that Fort Edmonton Park is embarking upon an ambitious plan to grow. The goal of these expansion plans is for Fort Edmonton Park to be recognized as a world-class experience that is historically authentic, fun, engaging, entertaining and educational – Edmonton's must see attraction. The Fort Edmonton Foundation raises funds to help complete these plans, with the help from the community.

On September 10th, you can join the Fort Edmonton Foundation and guest emcees from CTV Graham Neil and Donovan Workun as they celebrate the era of the Roaring Twenties and raise funds in support of the Capital Campaign projects at Fort Edmonton Park, specifically the new Hotel Selkirk & Windsor/



know about the event:

**When:** September 10, 2016

**Where:** Blatchford Field Air Hangar, Fort Edmonton Park

**Time:** Doors open at 6:00 pm

**Price:** Tickets are \$195/each (\$100 is eligible for a tax receipt). Tables may also be available for up to 10 guests together.

We hope you will come down to Fort Edmonton Park and visit Reed's Bazaar on 1905 Street, where you will find a wide variety of vintage themed jewelry, hat

We still have a limited number of Gala tickets available, if you are interested in purchasing tickets or a table,

contact the office by phone at 780-496-6977 or via email at [admin@fortedmontonfoundation.org](mailto:admin@fortedmontonfoundation.org).



The Indigenous Peoples' Experience is the signature exhibit which will create the opportunity for accurate First Nations and Métis storytelling in a fun, educational, and engaging way. Culture will come alive through multimedia shows, interpreter interaction and hands-on opportunities for visitors.



Albion Block Expansion.

This event will feature entertainment from John Cameron Entertainment, including live music by Uptown in an elegant 1920s setting, with amazing food and signature cocktails provided by Sherbrooke Liquor.

TapSnap will have a photo booth at the event for guests to make their gala experience even more memorable. In addition, Fort Edmonton Park is offering special room rates at the Hotel Selkirk for the night of the Gala - breakfast is included!

Interested in learning more? E-mail: [hotelselkirk@edmonton.ca](mailto:hotelselkirk@edmonton.ca) or call (780) 496-7227 Ext. 1 to make your reservation.

Here is what you need to



A new Front Gate and Guest Services area will welcome our new visitors to Fort Edmonton Park and provide them the conveniences of a high quality attraction visitor experience.

The train station will be repurposed as an interpretive centre telling the story of the railway coming to Edmonton.



The very popular, highly interactive 1920s Midway will feature additions such as a new maze, sideshow alley, revue theatre with a cookhouse – seating for 300 people for dinner, a tethered balloon ride, and an events field and grandstand for recreations of period sporting events, displays or games.

# 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](http://www.swedmontonseniors.ca)

By Ellen Frombach  
Photographer: Jennifer Hanrahan

This Fall at the SouthWest  
Edmonton Seniors  
Association (SWESA)

## Music Makes You Sing

It is hard to think of the shorter days and the final months of summer. Let's not let this seasonal change get us down; it's time to plan the transition into fall in an exciting fashion. And how does that happen? With music of course!

Music has a great number of benefits. It relieves boredom and adds variety to the day. It motivates movement and helps to release pent up tension. It rekindles positive memories from times past and also helps to improve moods. A lullaby can help to calm babies, and lullabies, and other music, probably have the same impact on us, unless of course, it's 'heavy metal' music (chuckle). But the heavy metal will likely bump up energy levels, which could be positive as well.

Check out SWESA's latest venture into the music realm—music jam sessions. This jam group started in the spring of 2016 and is led by Mike Footit, who has been a musician for 40+ years, and has fronted bands that have opened for April Wine and Tom Cochrane. He has also played as a solo act, performing blues and roots. He honed his teaching skills by instructing high school students and offering private music lessons. He brings his love of the guitar and his teaching skills to the bi-weekly jam sessions.

Right now the group includes individuals with keyboards, bass guitars, guitars, and vocals. Strangers are getting to know each other while armed with instruments, and members are dropping in just to listen. The universal language of music has made this group a warm, friendly and ambitious place



## SWESA's Jam Session in Action

to harmonize, and the group now welcomes all instruments and singers alike. Come join the fun and be inspired. For more information contact: 587-987-3200 or [programs@swedmontonseniors.ca](mailto:programs@swedmontonseniors.ca).

## Valuing Your Family Treasures

There is another interesting SWESA offering to keep you active this fall: the Antiques Interest Group. This group developed after the Edmonton Life Long Learning Association (ELLA) spring 2015 session. At this 2015 session, the group learned about different themes daily (silver, furniture, paper, photos, glassware, etc) from Johanne Yakula, a local appraiser and a graduate from the Alberta College of Art as well as the Ashford Institute of Antiques. A small number of the ELLA participants started monthly gatherings at SWESA to continue the research on their own treasures. SWESA will continue to host this group of antique enthusiasts.

"Those of us who have stuck it out have enjoyed doing the research and finding out things about our family treasures and listening to what others have found out about theirs. The group has bonded over the season." Nancy Rae (ELLA student and Antiques Interest Group Member).

This group just completed a session: An Armchair Tour of Edmonton's Historical Buildings, led by Johanne Yakula. It included a tour of Edmonton's historical buildings and the colourful characters that owned these pieces of history. The participants spoke very highly of this session.

Join this group to better understand those special family treasures that you cherish, or to start your career as an antique collector. Or join because it is interesting to learn more about the history of those things around you. More information can be obtained at: [programs@swedmontonseniors.ca](mailto:programs@swedmontonseniors.ca) or at 587-987-3200.

For additional fall offerings, check out the Fall Program Guide on SWESA's website coming towards the end of August.

## Looking for other seniors programming in the southwest?

There are other great seniors program in several local community senior centres in the southwest as well as in community leagues.

Some of these groups have been around longer than SWESA and provide excellent opportunities. Check out the listing of these

centres and programs on SWESA's website. If we have missed your senior organization on our list, let us know.

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)





## I'm Too Big For It Sale

### Terwillegar Community League's Semi Annual Sale

**When:** Saturday, September 17th 10:00 a.m. - 1:00 p.m.  
**Where:** Terwillegar Community Church  
 1751 Towne Centre Boulevard

**Vendor Tables are now available!**

Additional information and vendor application available at [www.terwillegar.org](http://www.terwillegar.org)

## Eat Your Way Slim?

*Discovered by an Olympic doctor. Delivered by an Edmonton health pro.*

By: Kevin Michaels

**T**oo many women waste time dieting, counting calories, and feeling guilty when none of it works, according to local health and fitness expert, Carolyn Box.

"Diets are not the answer because every diet ends. And then what? You gain the weight back and hate yourself. The real secret for women who want to look and feel great is surprising," says Box.

Based on over 12 years of research helping more than 15,000 women in North America, Box offers insights to Edmonton residents.

"Dr. John Berardi, an advisor to Olympic and professional athletes, has discovered that if you're not happy with your weight or your fitness level, it's not your fault! You're just lacking the right support structure," says Box.

There are three parts to losing weight and looking great.

"First, start with whole foods. It can be as simple as buying only items from the outer aisles at the grocery store. Avoid the inner aisles, which are stocked with processed, 'fake' food. But fresh, delicious foods are easy to find, if you know where to look.

"Second, use healthy meal-prep techniques. As a Red Seal Chef, with more than 5,000 hours of cooking experience, I can tell you that the right ingredients, prepared wrong, can make you sick. But anyone can learn how to make budget friendly meals that are quick, delicious, and nutritious.

"Third, you need support. This gets at the root of the problem, which is *habit change*. The reason you're not happy with your weight and fitness is because you're probably doing what you've always done.

And how's that working for you? If you're ready to make a change, you don't have to do it alone.

"Maybe you're wondering if all this health and fitness stuff is for you. Maybe it feels like your diet is broken ... or you're worried about how you'll look this summer in shorts.

"Or maybe you know exactly what to do to get fit ... but you're having a hard time staying motivated.

"All of those feelings are why I'm available to talk to 10 Edmonton women this month who want to look and feel great.

"As a woman who struggled with weight issues myself before I got in shape, I understand. I offer supportive coaching and healthy meal prep training, with results you can feel -- and see," says Box.

### FREE READER'S GIFTS

As a *Terwillegar Tribune* reader, you are entitled to two free gifts if you're a woman over 35 who wants to learn more about healthy eating:

**Free Gift #1:** Healthy Meal Conversation with Carolyn Box, reveals surprising secrets to healthy eating and living (\$50.00 value)

**Free Gift #2:** "No More Diets!" Action Plan. Step-by-step instructions show you what to eat and what to avoid -- without dieting. Gives you confidence and clarity right away (\$45.00 value)

**Take The Next Step:** To receive your two free gifts and meet with Carolyn Box, call or text now **780-238-5812**. *There's no obligation to buy anything. Just call to explore your options.* Reader's Gifts expire September 19, 2016.

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

# Community

By Gordon Dyck  
Magrath Bone & Biscuit Co.

Scrunge stared quietly out the front door into the dark night hours. Trixie had gone to bed long ago and he lay deep in thought. The episode with Roggins just a few weeks before had been a frightening experience for all of them, but he couldn't escape the feeling that it had meaning and he was supposed to do something about it....but what? Roggins and his gang had burned into town and simply tried to bully their way into the community, threatening the trust and goodwill Scrunge had worked so hard to rebuild after his personal world had changed so wonderfully on that Christmas Eve not even two years ago. 'Was the world really that full of the kind of greed and selfish intent he himself had lived by in his former life?' He feared that it was. Some of it was polished up and made to look professional and fancy, and some of it was guttural like Roggins, but he had to admit that there was a great need for the kind of personal transformation he had experienced. He was actually amazed at how deeply inside he wanted to see others find the joy and satisfaction that a selfless life could bring. Roggins' appearance had again reminded him that his own redemption could never be kept to himself. It was too special, too precious to not offer to others. He allowed a small wave of regret to wash over him as he reflected on all the years he had wasted being a sophisticated bully, and he growled in quiet determination to live every future minute for the good of others. Finally, his eyes closed and he drifted into a fitful sleep.

Later that morning Scrunge met up with Bagger at the second Dog Park they were now renovating. He smiled quietly to himself as he watched the pups busy cleaning the various sectors of the grounds, some of them getting distracted with play off and on, but most were working quite diligently. Bagger was already grooming his son Tinny as a crew chief in preparation for the day when he could take on the first 'Scrunge & Bagger Dog Parks' franchise. Tinny was overseeing four of the youngsters as they scraped up garbage and laid out the string-lines to indicate where the equipment was to be built. He would stop every once in a while to chat with one of them, pointing out how they could do something better or barking out appreciation

for a task well done. 'Bagger has taught his son well,' thought Scrunge. Tinny was young, but he was a solid, well-grounded dog. It was obvious that Bagger and his wife had, for a long time, known and implemented the righteous attitudes in their pups that Scrunge had only so recently come to embrace himself. 'How had he missed that all those years?'

At midday Trixie arrived with baskets full of bones and biscuits for lunch time. Pups sat chewing happily under a tree as the adults chatted and enjoyed the sun. Scrunge and Bagger were engaged in the conversation, but both of them had noticed a stray dog lurking at the edges of the park during the morning and they were keeping an eye out while they ate. The dog looked vaguely familiar, but Scrunge couldn't place him. He seemed very alone, yet focused on what the group was doing, so Scrunge asked Bagger to come with him and they headed in the guys' direction. As they approached, the stray became increasingly nervous. He was a young and strong looking dog, but untrusting and fearful. 'Would you like to join us for lunch,' Scrunge barked? He saw that his invitation was most welcomed, but he also instantly realized what a mistake his invitation might have been... the dog was one of the young bullies that Roggins had with him at the Puppy Shelter threatening Trixie those few weeks before. He obviously had either escaped the capture of the gang at the shelter, or he had been released since then. 'Is Roggins out and free as well,' Scrunge thought to himself? Some growls were exchanged and the stray backed away, yet didn't seem to want to leave. He paced back and forth looking like he was trying to figure out how to say what he wanted to say. Something inside Scrunge reminded him of the deep thoughts he had had just the night before, and he knew he should repeat his invitation... 'would you like to join us for some lunch?...there's plenty.'

'Did you mean what you said when you talked to my dad in the dog catchers van a few weeks ago?' the stray blurted out. It took Scrunge a second or two for the pieces to fall into place in his mind, but when they did, Scrunge's heart began to pound. This was Roggin's son. His mind began to race as he heard the young welp repeat his question... 'did you mean what you said when you told my dad that you were sorry and that

your life had changed and you had found some reason to hope in the future and you wanted to help....did you mean that...is that true?' 'Yes, it is absolutely true,' said Scrunge. 'I didn't deserve to find the peace I have found in life....but it is absolutely true for me...and I do want to help others find what I have found...even your dad.' He paused. 'You look hungry...would you like to talk about it over a bone? Won't your wife and kids be afraid of me,' asked the stray? 'Maybe a little' replied Scrunge... 'but we have learned to trust in someone bigger than all of us, so we choose to take risks to help others...what's your name?' 'They never gave me a name,' said the stray. 'My dad just always called me Junior.' 'Come on Junior,' said Bagger... 'we'd like to hear your story.'

While Tinny got some extra experience supervising the whole crew for the afternoon, Scrunge, Trixie and Bagger listened as Junior told a heartbreaking story of how Roggins and his mom had split up shortly after he was born. His mom had later been hit by a car and killed and he had nowhere else to go but to the gang with his dad. He knew his dad didn't really want him there, but since there was no option, Junior had learned to survive, be tough and bully others just like his dad did. Over time he had worked his way up in the ranks. There was no love or appreciation in life, but at least he had some respect... sort of. 'I snuck around the corner when the dog-catcher caught everyone at your place,' Junior admitted... 'so I got away. But I heard what you said to my dad. I've never heard anyone ask

someone for forgiveness before, or anything like that, but I want to believe that you meant it when you said you wanted to help.' 'I totally meant that,' said Scrunge.

As the day wound down Scrunge felt both weariness and exhilaration. He knew this turn of events could mean a whole new set of challenges, but he also knew this was exactly what his life was to be about. They had asked Junior where he was staying, and when they understood he was on the streets, Bagger and his wife had opened their home to him. He was so overwhelmed at their kindness and trust, he had cried and howled. Then he had asked the question that Scrunge had known was coming. 'Do you think there is any way we could go together to visit my dad in jail, he asked? 'I want to go, but I am afraid to get arrested myself...and I want my dad to hear what you have told me this afternoon. My dad doesn't seem to care about anybody but himself, but I know he is a very lonely dog, and he needs help,' said Junior. Scrunge looked carefully at Junior... 'we'll figure out a way to make that happen,' he said.

With Junior safely tucked in at Bagger's house, Scrunge again found himself staring out the front door into the dark just like he had been doing the night before. But there was a strange kind of light in his view...a hopeful light...a light filled with promise for Junior and even for Roggins. Tomorrow would be another day, and he resolved to not lose sight of the hope he had to offer others, no matter how challenging. He smiled and a quiet bark escaped his throat...he just couldn't help it.

## LOOKING FOR PET FOOD?

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# Kids Zone

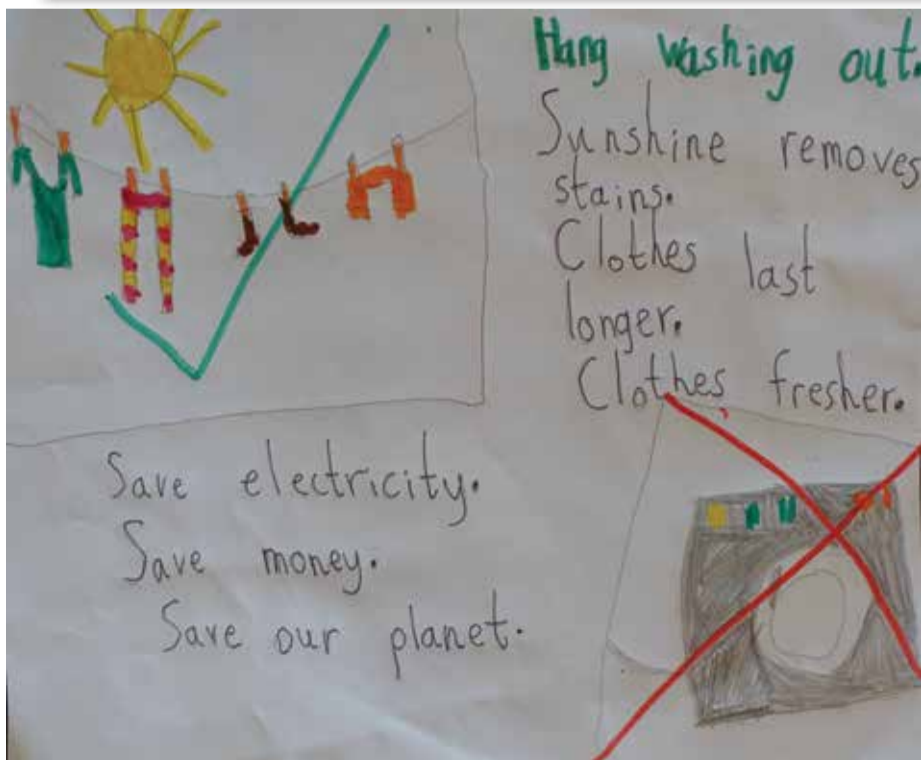
## Back to School

H B L G T W F D L O I T N M B  
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 H E A L T H E T B R W A G M S  
 B O O K S R O R E P A P E B D  
 U T A B F F U N Q H T A M T O

## Word Search

- Backpack
- Bell
- Books
- Breakfast
- Bus
- Class
- English
- French
- Friends
- Fun
- Gym
- Health
- Homework
- Lunch Kit
- Math
- Music
- Paper
- Pencil
- Principal
- Reading
- Recess
- School
- Science
- Sharpener
- Spelling
- Sports
- Student
- Teacher
- Team
- Tests

What would you like to see in the Kid's Zone? Email us at [editor@terwillegar.org](mailto:editor@terwillegar.org)



Oscar, 6, wanted to share his drawing with the community and share how each of us can help to make Edmonton greener!



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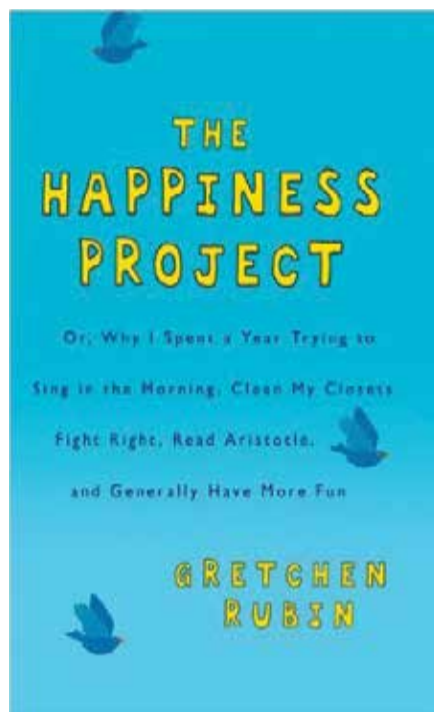
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## Book Review: The Happiness Project by Gretchen Rubin

By *Minoo Soleymani*  
 Teen Contributor

After realizing she was not appreciative of her fast-paced New York life, Gretchen Rubin decided to begin her "Happiness Project" in hopes of boosting her everyday level of happiness. This is not a book on how to transform your life entirely, but rather, how to add a new spin to everyday tasks. It's an idea that many have touched on, from bloggers to scientific researchers, and now, the lawyer-turned-writer gives her take.



The book is divided into monthly chapters, each with a different focus (for example, June's focus on friendship included goals such as remembering birthdays, being generous, avoiding gossip,

and making new friends). The book is easy to read, filled with real-life examples, and backed up by research, but Rubin fails to provide authentic insight

into happiness. Her advice is, frankly, obvious - quit nagging, splurge every now and then, take photos of your family, make an effort to meet with friends.

I did appreciate the change in focus each month, which allowed Rubin to highlight the differences between her old habits and her new changes. In addition, she makes a clear effort to make all of the information applicable to every reader's life, embedding comments from her blogreaders into several sections. However, the book's content was superficial, and could be found in an online article.

**My final verdict:** the book is a nice reminder to live happier on an everyday basis, but I expected more out of a book.

Overall Rating



**Terwillegar is FULL of avid readers.**

*What is your favorite book of all time or maybe a current read that you just can't seem to put down?*

**Either way we would love to hear one of your reviews!**

**Stay on Top of Community Events by Visiting the TCL Website**  
[www.terwillegar.org](http://www.terwillegar.org)

Interested in trying your hand at writing?

Are you an artist and want to share your creations with the community?

The Terwillegar Tribune is circulated to 8000+ homes as well as local businesses in the area & we are always looking for local content to feature. Contact the Editor by email at [editor@terwillegar.org](mailto:editor@terwillegar.org) to learn more about how you can get involved with your community paper.



**Rhythm, Rhyme & Story Time**

A place where we share music, art and instrument exploration! (Ages 9mo-5yrs.)

For more information or to register please visit  
[www.EdmontonPreschoolMusic.com](http://www.EdmontonPreschoolMusic.com)

# Are You Fit Fore Golf?

By Kristin Harris, MScPT, BA (Dance), Physical Therapist & Yoga Therapist

We are well into golf season in Edmonton and we bet many of you are thrilled to be hitting the golf greens again. Although it is a low impact sport, golf is still associated with a wide range of injuries. This month we will focus on the types of injuries that golfers may experience and a simple exercise that may have a big impact on preventing them!

## Types of Golf Injuries

Not surprisingly the majority of golf injuries are non-traumatic and are usually due to poor body positioning. This is good news as this means that proper technique and better biomechanics can help you avoid injury.

One part of the body vulnerable to injury with golf is the elbow. You may be familiar with “golfer’s elbow” or **medial epicondylitis**, which describes an overuse injury to the inside of the elbow. Although not limited to golfers, golfer’s elbow is caused by repetitive wrist flexion and pronation movements. High intensity and repetitive forces applied to the elbow tendons can lead to inflammation and pain. It is a common injury in any activity or sport that involves gripping an object like a golf club. It’s counterpart is “tennis elbow” which affects the opposite side of the joint.



Another area of the body susceptible to golf injuries is the back. The low back is the most commonly injured area for golfers – **20-30% of golf injuries are to the low back.** This isn’t surprising when we consider the bent over stance used and the amount of rotational force generated during each swing. The low back may also compensate for a lack of flexibility or stability in other areas of the body such as the thoracic spine and hips.

## Keep That Thoracic Spine Moving!

The thoracic spine refers to our **upper or middle back** and it has a large role on our spine’s mobility. To avoid a low back injury this golf season, **try this thoracic spine mobility warm-up** before you hit the course.



1. Lie on your side with your knees bent and arms outstretched.
2. Keeping your shoulders and hips firmly on the ground, slowly rotate your top arm in the opposite direction (towards the floor).
3. Rotate until you feel tightness develop in your shoulders and mid back and return to the start position.
4. Repeat 5-10 times on both sides.

*Caution: Focus on thoracic movement and take caution if you have any previous shoulder injuries and instabilities.*

Warm-up well and hit the links pain-free this year. You might even be able to improve your score as there’s no doubt that proper swing technique is an important element for a consistent game.



By Patti Hartnagel  
Green & Gold Community  
Garden Volunteer

The Green and Gold Garden is now open for its 8th season!

Come and visit us on South Campus to see our 2 acre, all volunteer run garden.

Join us on Tuesdays (7p.m.-8:30 p.m.) and Saturdays (11a.m.-1 p.m.) to purchase organic veggies -- over 50 varieties!--a wide selection of herbs, and flowers.

This season we will have orchard fruits for sale from our newly acquired orchard, located next to the garden.

Because we are volunteer run, ALL money raised from sales of produce at the garden goes directly to the Tubahumurize project for women in Rwanda.

Their website describes the range of programmes it provides for the survivors of the Rwandan genocide. To learn more you can visit [www.rwandanwomencan.org](http://www.rwandanwomencan.org)

The Green and Gold Garden is a prime example of "Think Globally-- Act Locally."

Check out our website ([greengoldgarden.com](http://greengoldgarden.com)) for more information, a map, harvest updates and other news.

We look forward to having you come to our gorgeous "garden with a difference."



### Give the Gift of Music

- Ages 2 and up
- Small Group Setting
- Parent participation
- Fun & Engaging
- Multi-sensory Approach

♪ Limited space remaining for fall registration ♪

Eleanor Tsui, B.Mus., MYC Teacher, RCM Certified Teacher  
780-430-8232 [tsui.eleanor@gmail.com](mailto:tsui.eleanor@gmail.com)

# Coming Events

**Weekly:** Please contact organizer for details

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

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

**Events:**

**September 3:** Twilight Movie - The Little Prince  
**September 17:** I'm Too Big For It Sale  
**September 17:** Art in the Park  
**October 31:** Halloween Fireworks at Tomlinson Park

Interested parties are encouraged to visit the League's website at [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

## MULTICULTURAL TALENT SHOW

Semi Finals - Top 25 (September 10th) & Finals - Top 10 (September 17th)

### THE STAGE IS WAITING FOR YOU!

Join us in the summer of 2016 to celebrate our local multicultural talents in Edmonton and Surrounding Areas. This summer-long talent contest launches in June 2016 with the semi-final and final contests being held in September of 2016.

#### WHY MULTICULTURAL TALENT SHOW?

Edmonton is known to be a city that fosters talented people with multicultural events. By creating an event that generates discovery and encouragement of local talent we hope to bring new heights to Edmonton's art and cultural history. The energy that this unique event creates will promote cultural exchanges both online and offline, and it will bring our community closer together.

#### WHY EDMONTON PUBLIC SCHOOL FOUNDATION?

The Edmonton Public Schools Foundation (EPSF) supports student success by raising funds for full-day Kindergarten programs for children who are socially vulnerable and at risk academically. The EPSF conducts ongoing research to ensure offering of the best possible learning opportunities for children and to show the benefits of their programs. Right now, EPSF is focused on helping young children build strong foundations for their future.



NO AGE LIMIT • FREE TO REGISTER • CAN BE SOLO OR GROUP

Registration is open until August 7, 2016

REGISTER ONLINE! Upload your audition video clip to [EdmontonTalentShow.com](http://EdmontonTalentShow.com)

**PUBLIC VOTING:**

August 10 - 31, 2016  
 Everybody can vote on our website, and choose to support up to three of your favourite video by submitting your votes online.  
[EdmontonTalentShow.com](http://EdmontonTalentShow.com)

**LIVE SEMI-FINAL:**

September 10, 2016 (Top 25)  
 South Edmonton Sejong Cultural Centre  
 2503 Ellwood Drive SW, Edmonton  
**TICKETS:**  
 Tier 1 \$50 each - Tier 2 \$30 each

**LIVE FINAL:**

September 17, 2016 (Top 10)  
 South Pointed Community Centre  
 11520 Ellerslie Road SW, Edmonton  
**TICKETS:**  
 Tier 1 \$50 each - Tier 2 \$30 each.

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

**Terwillegar  
Community League**

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

**Membership Fees:**  
 Family, \$45  
 Senior/Single/Adult, \$35

**It's Time to RENEW!**

Memberships expire annually on August 31




**Free Access!**

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

**Saturday's from 5-7pm**

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

**These are the people in our neighbourhood:**

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

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

**Fees for one organization do not cover fees required for the other.**

**Please ensure your fees are up-to-date.**

# Terwillegar Classifieds

# How to contact the Terwillegar Community League



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