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www.terwillegar.org

Issue 60 February 2016

Next submission deadline:

March 7, 2016

Next issue: April 8, 2016

TCL Hosts Annual Family Day Event

By Marc Lachance
Program Director,
Terwillegar Community League

The Terwillegar Community League will once again be hosting its Family Day Event on Monday, February 15th. Make sure the whole family is dressed warm so everyone can take part in all of the fun activities planned for the afternoon.

Festivities will commence at 3:00 p.m. in the park behind the Terwillegar Community Church. Please note that if the temperature drops below -15 degrees outdoor activities will be limited and possibly cancelled.

If you're not into dancing around in the snow, you can still drop by and take part in 'Dinner and a Movie'.

We'll move the festivities inside the Terwillegar Community Church around 5:00 p.m. to enjoy some food and fun with our neighbours. Terwillegar Community League will be serving up some food, drinks and movie snacks.

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

Have some time to help out at the event?

TCL is always looking for volunteers to make sure the events run smoothly. If you are interested in volunteering for the Family Day Event or any future events hosted by TCL, please contact Monte Weber via email at president@terwillegar.org.

OUTDOOR ACTIVITIES:

Starting at 3 PM in the park behind the

Terwillegar Community Church

Outdoor activities will be limited or cancelled if the temp is below -15°.



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Community

President's Message

*By Monte Weber
President,
Terwillegar Community League*

I hope everyone is up for an exciting 2016. The Terwillegar Community League (TCL) has all the same wonderful programming and events planned for 2016 as last year as well as a couple new ones in the works.

Our first event this winter is Family Day on Feb. 15th. This event will be both outside (here's hoping the weather cooperates) and inside. Come out and enjoy some fun in the snow with hot beverages before heading inside to warm up with some pizza, a movie, and conversation with neighbors.

After this fun event (and just in time for your spring cleaning!), we are doing an event that is a little more practical, which is our Too Big for It Sale on April 2. For those of you who haven't come out to shop this sale before it's a great place to pick up some gently used kids' clothes, toys, electronics, etc. at very good prices.

Make sure to come early as the really great stuff goes quickly. If shopping isn't your thing but

you have piles of kids' clothes/toys that your kids just don't need or use anymore, why not get a table at the event and give those items a second life, make some money, and also support your community.

Please give me an email at president@terwillegar.org if you would like to have a table at the sale and we can see what we have available. This year we will also have a charity come by after the sale to pick up all the clothes that did not sell, so if

you want everything out of your house this is the event for you!

On a final note, we are already planning our summer events. If you have any ideas for something you want to see in the community, please let me know. Getting some programs up and running requires money, volunteers and city participation and so it can take a little longer than you might think to get things going. Send me an email with your idea and we'll see what we can do. It's

always best to have more time than not enough and have to wait until next summer.



I'm Too Big For It Sale

Terwillegar Community League's Semi Annual Sale

When: Saturday, April 2nd 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

FunTeam!

FunTeam is a non-profit recreational sport organization.

The objective of FunTeam is to assist individuals and families in participating in less competitive and low cost sporting activities. Following the FunTeam principles, children, teenagers and adults can participate in physical activities of their choice in an atmosphere of fun and fair play.

FunTeam is designed to guide volunteers in the organization and implementation of sport in their own neighbourhood or community.

For more information visit www.funteamalberta.com

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Join the Terwillegar Community League today!

Community

MacTaggart Park Development Update

By Kelly Jeffrey
MacTaggart Park Development Committee

Our Fundraising Coordinator for the MacTaggart Park Development Committee has been busy seeking donations. We are extremely close to seeing the last park in the Terwillegar community get developed. For those not familiar with this project, the park will be located at the Nellie Carlson School. Our scheduled build is set for this Spring which is only a few months away. That said, in order for us to meet all of the requirements by the City to have the project move forward, all funds must be in place by the end of February 2016.

Even though the project does have some grant money available along with casino funds, we still fall short of our goal. The challenge right now is to complete the fundraising campaign by the end of February or the park will be delayed and our community and students of the new Nellie Carlson school will not have a park to play in by September 2016.

Please consider making a

donation so we can see this project through to completion on time. We understand that given current economic conditions these types of decisions are not made easily and we appreciate all donations that have already been made towards the project.

The information below outlines the standard donation form and allows community residents to determine what level of donation they would like to make to the project. There are several levels to choose from and again, we can not stress enough, how grateful we are for the monies that have already made received. This project can only be completed through the generous support of our community. The park will truly be a representation of community coming together to create a common space for all to enjoy.

Yes! I would like to support the development of the MacTaggart Park! Included is my cheque for

\$25,000
(Community Champion)

\$10,000 (Platinum)

\$5,000 (Gold)

Presented by



\$2,500 (Silver)

\$1,000 (Supporter)

Please note that all cheques should be made out to "City of Edmonton" and reference "Terwillegar Community League Parkland Development Donation."

Your info:

Name:

Address:

Phone:

Email:

How would you like your contribution to read on the plaque? Ex: Smith Family

A few other reminders to make you aware of:

- Tax receipts are issued directly by the City of Edmonton. Companies interested in making a corporate donation can do so by contacting Cory Janssen at 780-982-5472.

- We have volunteers that are able to pick up cheques within the community. To make arrangements, please email mactaggartplayground@terwillegar.org and someone from the Park Development Committee will contact you.

- Alternatively, donations can be mailed in with a cheque and this form to: Terwillegar Community League · RPO MacTaggart PO Box 36508, Edmonton, AB T6R 0T4

This is the design the MacTaggart Park Development Committee is working with.

Scheduled Build is Spring 2016 which is contingent on having funds in place by the end of February.



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

Community

Not Your Traditional Pageant

By Angie Wiltzen
Community Resident &
Pageant Mom

Girls today face more pressures than ever with technology increasing our access to media, creating an environment dangerous to their self-esteem, confidence, and identity.

One area resident, Brittanee Tomkow, has launched a new program to not only shatter the traditional image of pageantry, but to also fill a much needed void in the lives of young girls everywhere. Canadian Model Miss ("CMM") was born out of a dream that Brittanee wished she could have had growing up, and now she's turning that dream into a reality.

CMM's goal is to promote positivity and community involvement, as well assist young girls in developing the necessary skills, qualities, and values that can help them now and all throughout their lives in school, work, building relationships,



and much more.

The development program portion of CMM consists of unique and one of a kind events that foster learning and growth in interactive and extraordinary experiences.

Two upcoming events offer young girls the special opportunity to have their own shining moment while they create, star, and premiere in their own fun videos at a special movie screening in March, and in April, the girls will learn about social media and cyber bullying with an exclusive, privately streamed Q&A with

two Disney Channel stars. hospitals and senior centres.

These fun and engaging events ultimately culminate to the finals pageant competition, where the Canadian Model Miss titleholders will get to serve as role models for their peers and their community.

The competition is designed to encourage public speaking skills, confidence, and personality in front of an audience. Judging is not based on appearance and the contestants also compete in unique categories such as visual arts, spokesmodel, philanthropy, and academic achievement to showcase their own talents and extracurricular pursuits. CMM wants to redefine the word 'model' in young girls, showing them that any girl is a model if they love themselves, let their own personality shine, and inspire others.

Brittanee has seen the benefits of this type of system first hand, and witnessed the growth of so many young girls' self-esteem, increased participation, stronger social skills, formation of new friendships among other invaluable and positive impacts.

The CMM program also has charity and philanthropy as one of its primary initiatives. During the Christmas season, many delegates, including those as young as four years old, created handmade cards through their 'Cards that Care Project' and delivered them to local

CMM's official charity of choice is the *Stollery Children's Hospital Foundation*, and Brittanee's goal is to help emphasize the importance of appreciation, understanding, and community awareness amongst all of the girls in the program.



So, if you're looking to add a little sparkle to your girl's life and provide her with unique, fun-filled and enriching experiences that promote confidence, reward their accomplishments, and create positive role models, Canadian Model Miss is the program you've been looking for.

For more information you can visit the official website at: www.canadianmodelmiss.com or contact Brittanee Tomkow, Founder & Director of via email at canadianmodelmiss@gmail.com.

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Community

Berkley's Place Foundation

by Lillian Courtney
Founder, Berkley's Place

Being an avid animal lover and advocate for neglected and abused animals, I noticed a growing trend on many of the rescue webpages being a continual request for supplies and funding to keep up with the growing problem of animals in crisis. In May 2014, I put out a request to the community of Terwillager Towne for donations of gently used kennels, collars, leashes, blankets etc. The response was overwhelming and I was able to distribute donations to ten local rescues. From this project was born a Facebook page called Berkeley's Place in honor of a special needs rescue dog that changed my life.



Berkeley's Place is a registered Non-Profit Foundation under the *Societies Act* in the Province of Alberta and licensed to operate through the City of Edmonton. We are dedicated to providing the opportunity for the best possible life to all companion animals and are committed to supporting the guardians entrusted with their care. Many people are unaware of the many organizations that are devoted to helping animals in need or have misconceptions about rescue animals. Through education and awareness, we hope to bridge this gap.

When you think of the number of animals needing help, what many fail to realize is that often times they need medical attention first and foremost. Rescues must have the resources to cover food, medical care, supplies etc. Sometimes animals are left behind because of a lack or limited resources to care for those intakes. Berkeley's Place Foundation works hard to network with as many organizations as we can to bring awareness to the plight of rescue, including holding donation drives for food and other needed supplies so that badly needed funds can be allocated to critical care medical

needs for the animals rescues are saving. Our partners include Pet Planet Riverbend Square, Pet Valu, Homes Alive Pets, The Bone and Biscuit McGrath, Petland and Terwillager Veterinary Clinic.

Part of our campaign to help includes the formation of an account called Berkeley's Place with our partner Terwillager Veterinary Clinic. A veterinary sponsorship form can be downloaded from our website where individuals or businesses can sponsor a service for a rescue animal. By offsetting some of the basic costs of care, rescue organizations will be able to assist more animals. We also offer a pet honoring ceremony each month for companions that have crossed the Rainbow Bridge.



Partnering with the Boyle Street Pet Food Bank, we are able to assist companion animals of vulnerable people in our city. We have discovered that the major problem facing the homeless is finding housing or shelters that will allow pets, forcing many to stay on the streets rather than leave their pets behind. Most shelters do not have the resources in place to help companion animals. Many fear if they cannot provide an address, their pets will not be returned to them if they take advantage of foster programs or shelter initiatives for their pets. A program we have initiated is called Earth Angel Helpersacks, which will contain basic necessities for both humans and animals living on the streets of Edmonton.

Berkeley's Place has two mascots - Berkeley the dog and Cid the parrot. If you would like our Foundation to attend an event, or for more information on how you can donate or become a sponsor, please email us at info@berkeleysplace.com or check us out at www.berkeleysplace.com or on Facebook at <https://www.facebook.com/BerkeleysPlace>

What's New in Riverbend?

By Sherri Henderson
Editor, *The Riverbend Ragg-Times*

Recently Stephanie (your editor) and I sat down to discuss how we could better inform, inspire and collaborate together to share information about the happenings in the greater Riverbend Terwillegar community. One of our ideas was to share what was happening in our respected areas, so here we go.

As you will read, we are excited to collaborate on the "Faces of Riverbend/Terwillegar" campaign (see page 12). We are both excited to see who our neighbours are and to learn about each other.

Riverbend Community League hosted their Family Winter Festival on February 7, and

Hodgson Community League is hosting one on Sunday, February 21. To learn more visit the official website (www.ourhodgson.com).

Local snow banks rinks can be found at Hodgson Park (new this year) and Henderson Park. Please note that these are unsupervised rinks, helmets are strongly recommended for all ages, and that there is no smoking or dogs near or on the ice. Community League rinks are also at Bulyea Park and Brookside Park and require Community League memberships.

FREE Drop in Learn-to-Skate programs run in Henderson Park (3408 Riverbend Road) on Saturdays from 2:00 – 5:00 pm and Bulyea Heights (280 Bulyea Road) from 3:30 – 6:30 pm (except the Family Day

Weekend, cancelled if the temperature with windchill is -20C or colder.

FREE Drop In Year Round Green Shack program runs March 1 – 26 at Brookside Park (5320-140 Street) on Tuesdays & Thursdays from 4:00 – 7:00 pm, and Saturdays from 1:00 – 5:00 pm.

Check out other local Community League websites like www.riverbendonline.ca or www.brookviewcommunityleague.ca for more information.

Don't forget to mark your calendars for Outdoor Soccer Registration (see page 6), check out Riverbend Library for programming, and there are always lots to do for Seniors in south Edmonton (see page 16).

To read more about the new Goodwill in Riverbend Square, or the new Family Counselling Centre in south Edmonton, please check out the online version of *The Ragg-Times* at <http://www.riverbendonline.ca/index.php/raggtimes>.

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REALTY EXECUTIVES

Community

Terwillegar Riverbend Advisory Council (TRAC) Update

By Karin Shott,
TRAC Community Office

It's hard to think about the outdoor soccer season already, but the TRSA 2016 Outdoor Soccer registrations will be this month! The dates have been set for February 13, 20, & 27th and will be held at the TCRC – Multi-Purpose Room #6, 11:15 am – 2:30 pm on each of those days.

As a community league membership is required to register, please consider purchasing or renewing your membership prior to the registration/payment sessions. There are a number of ways to purchase your membership, but purchasing from the TRAC Community Office is one way, as well as online through www.efcl.org



The hours for the TRAC Office, which is located in the Terwillegar Community Recreation Centre, are as follows:

- Tuesdays & Wednesdays:
9 am – 3 pm
- Thursdays: 4 – 9 pm
- 1st Saturday of the Month:
10 am – 2 pm

When purchasing from the TRAC Office, you will receive your membership card right away, as well as skate tags for the outdoor community rinks.

Message from your MLA

By Dr. Bob Turner
MLA, Edmonton-Whitemud

Dear Edmonton-Whitemud residents, 2015 was a year of historic change in Alberta, and I remain humbled to be serving as the MLA for your Edmonton-Whitemud constituency going into 2016. I am proud of what our government achieved in our fall legislature session, and I look forward to continue making positive changes for Albertans.

As you know, Alberta has been negatively impacted by low global oil prices. As Rachel Notley noted in her year-end review, we need to reduce our dependence on a single commodity, in a single market, at a single price over which we have no control. In light of this, we have moved forward in creating a more resilient province. We created the Ministry of Economic Development and Trade led by Hon. Deron Bilous, which will bring under one umbrella the work that is currently spread across various ministries and agencies. We introduced the Job Creation Incentive Program, which makes grants available to employers who create net new employments in 2016. We have

invested \$34 billion over the next five years in infrastructure, which will correct our infrastructure deficit while stimulating the economy and getting Albertans back to work.

On another note, our area has the pleasure of being home to one of our province's brightest volunteers, Mr. Mohit Kumar. The Stars of Alberta Awards recognized Mohit on December 4, 2015 for his extensive volunteer work in Edmonton.

Mohit played a key role in establishing a partnership between Frontier College, a national non-profit literacy organization, and Boyle Street Community Services' Water Wings Employment Readiness Program, which assists unemployed individuals with the process of obtaining employment. Mohit also established the EXCEL (Excite, Challenge, and Empower Learners) Program, which is a mentorship and homework assistance program that advocates for at-risk elementary students who struggle with schoolwork.

On December 11, I had the

pleasure of volunteering for a Spinathon at Riverbend Junior High to raise money in support of full-day kindergarten. Alongside the likes of my colleague David Eggen, City Councillor Mike Nickel, University of Alberta Golden Bears and Pands, and two of our 2015 city Grey Cup Champions—Cauchy Muamba and Grant show—we were able to raise over \$25,000.

Finally, I am proud that our government passed the Enhanced Protection for Farm and Ranch Workers Act to reduce the toll of preventable deaths in Alberta. By passing Bill 6, the Government of

TRAC had a meeting Wednesday, January 20th, 2016. No details were available in time for this edition. Some upcoming important dates:

- Sunday, February 7th, 2016:
Riverbend Community League's

Winter Festival

- Wednesday, March 16th, 2016:
Oak Hills Community League AGM

- Wednesday, March 23rd, 2016:
Regular TRAC Meeting

- Wednesday, April 27th, 2016:
TRAC AGM

- Saturday, May 28, 2016:
Riverbend Community League's Annual Plant Sale

- Sunday, May 29th, 2016:
TRAC 10K

- Sunday, June 5th, 2016:
Edmonton Youth Talent Show

- Wednesday, June 15th, 2016:
TRAC Meeting – last one before summer break

Everyone is welcome to attend these community events – hope to see you there!

Alberta guarantees that non-family paid farm and ranch workers are assured the same rights as workers in other industries. At the same time, we have included amendments that ensure the traditional farming lifestyle of including your family, friends and neighbours can continue unimpeded.

As always, if you have any questions, concerns or advice, please contact me at my office via e-mail at edmonton.whitemud@assembly.ab.ca or by phone at (780) 413-5970.

Sincerely,
Bob Turner



Individuals from left to right are: Ms. Heather Sweet, MLA for Edmonton-Manning, Stars of Alberta Volunteer Award Recipient Mohit Kumar and Dr. Bob Tuner, MLA for Edmonton-Whitemud

Community

Working Together in our Community



By Councillor Bryan Anderson

The City of Edmonton's Abilities@Work program has created meaningful employment opportunities for people with intellectual disabilities.

As a supporter of the program, I was pleased to hear of the program's success which has resulted in the hiring of 25 individuals and recent approval

to expand the number of eligible positions.

The Human Resource Branch worked with the six external partner organizations as well as civic unions to explore options to expand the program. This required Human Resources to negotiate a revised Letter of Understanding with Civic Unions to increase the number of eligible positions.

I'm proud to share with you that we have reached an agreement with CSU 52 and an understanding with other Civic Unions to increase



the maximum number of positions from 25 to 65. In addition, the CSU 52 agreement provides the opportunity to increase the maximum hours of work beyond 16 hours.

The agreement to expand the program ensures the City of Edmonton continues to be a leader and role model for what is possible when community partners and civic unions work together to create much needed opportunities for individuals with intellectual disabilities.

In addition, the Administration will continue to work with partner organizations to promote the program externally.

If you would like further information on the Abilities@Work program, please contact Jeff MacPherson, Branch



Manager Human Resources at jeff.macpherson@edmonton.ca or you can reach him by phone at 780-496-7800.

To contact Councillor Anderson for more information or if you have any questions, please email him at Bryan.Anderson@edmonton.ca, or contact him by phone at 780-496-8130. You may also choose to visit his website at www.BryanAnderson.ca

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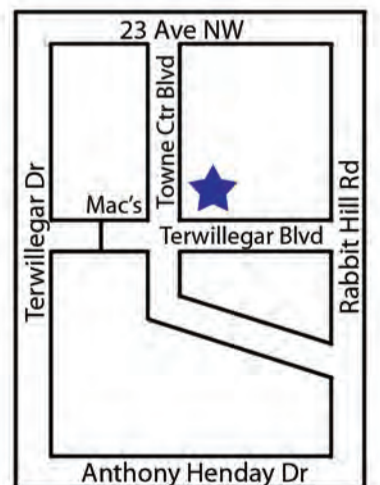
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An Added Challenge for Your New Years Resolution

By Jessica Zapata, BSc. Kin, CSCS.
Infinite Fitness

Perhaps you made a New Years resolution this year that you were going to join a fitness class such as Zumba, spin or yoga. Or maybe you decided to train for a 5, 10 or even half-marathon road race. Whatever your choice, I'd first like to say, good on you! Starting a fitness program is never easy and finding one that you enjoy can be a real challenge for a lot of people.

But now that you are just over a month in, I have a second challenge for you. I want you to take up one other activity that is very different from the first. For example, if you are training for a road race, I want you to lift weights once or twice a week. If yoga is your thing, I want you to increase your heart rate and hold it there for at least 20 minutes a couple times a week. And unfortunately no, adding some light weights into a cardio workout (aka lifting 1-3 pounds while power walking or

spinning) is not going to cut it. Your personal fitness is composed of three primary components; cardiovascular, muscular strength and endurance and flexibility.

Each one of these components has important health and every day function benefits.

For example, if you only choose to do classes or activities that are cardiovascular in nature (running, indoor cycling classes, aerobic dance classes), you are missing out on the many benefits that weight training provides such as increasing your metabolism and building up bone and joint health.

Vice versa in that if you only choose to lift weights, you will miss out on strengthening one of your most important muscles, your heart, as well as the benefits of flexibility training. Activities you choose should have variety to them so that you can focus on each component independently a couple times a week.

We also know that adding variety to our workouts will give us overall better results and decrease our chance of injury.

Always choosing the same activity often leads to muscular imbalances. You



may start to notice a plateau in your performance or even nagging aches and pains from repetitive strain.

Including some variety in your workouts will most likely have a positive impact on the activity you chose to do in the first place. Your training for a road race will no doubt improve with a little bit of strength training and some flexibility work. Your yoga practice will improve with some strength training and endurance training. By adding in just a little bit of variety, your ability to keep doing the activities you enjoy the most will increase giving you even better results!

So how do you get variety in your workouts?

The easiest way is to try new things. If you are someone that consistently goes to yoga classes, try adding in a cardio class once a week. Or if you only ever do cardio classes, sign up for some personal training (or small group personal training) to learn the basics of weight training and devise a program that is appropriate for you.

To avoid holding multiple memberships for different studios, which can get expensive, try to find one to two places that can provide you with different options and therefore more bang for your buck.

2016 really can be the year that you can accomplish your fitness goals and do so injury free!



Did you know?

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

For more information visit www.edmonton.ca

Don't Let Safety Slide This Winter

By Trevor Anderson, MPhyT,
BPE, Physical Therapist
Innovation Physical Therapy

Winter in Edmonton is full of opportunities to get outside and enjoy the many recreational pursuits available only during the cold season like skating, skiing and snowshoeing. But it's also the time of year when people start visiting physiotherapy clinics with fall related injuries from slippery surfaces.

As Physiotherapists we truly enjoy spending time with our patients – but we'd also like to share some ways to keep you safe and free from slips and spills this winter.

Thousands of Canadians young and old will take a tumble on an icy sidewalk this winter; fortunately most of these falls will be fairly minor and will only result in a bruise to the ego! But for some of us these injuries will be more serious and will even require medical attention. Injuries that can occur with a fall include bone fractures, concussions, joint dislocations, muscle strains, cuts and bruises.

Between 5,000-10,000 Canadians are hospitalized for falls each year. The vast majority of these people are over the age of 50 and sadly, for many seniors these falls can lead to a myriad of other health problems. Rather than accepting a winter spill as an inevitable part of living in the Northern hemisphere, let's review some tips for staying upright this season.



Here are some strategies to avoid a fall this winter:

1. Learn to walk like a penguin! Yes, waddling as opposed to walking is one of the best ways to maintain your balance on an icy surface. Just like a penguin walks, you can turn your feet out slightly, take small steps and walk with flat feet.
2. Adjust your standing position to maximize your chances of staying up right. Don't carry items in your hands so they are free to break a fall if necessary. A wider stance will create a larger centre of balance, so take a slight bend in the knees to adjust to uneven surfaces and walk more slowly than you would in warm weather conditions.
3. The best way to avoid a fall is through prevention. There are many exercises your physio can show you to improve your balance and increase lower

body mobility and stability just in case it's needed.

To assess your own balance you can do this simple test: balance standing on just one foot and time yourself. If you can't maintain a steady position for one full minute without using your hands for support then you might have a balance issue that needs further investigation and attention. It's much easier to maintain balance than try to regain it later

4. These days there are many options for devices to minimize the risk of falls in slippery conditions. Examples include traction devices for footwear (such as Yak Trax) and walking poles. If you don't have access to these be sure to at least wear flat-heeled shoes with rubber-soled grips.

How Physiotherapy Can Help

If you (or a loved one!) has taken a tumble in previous winters or you're worried about your ability to stay upright this year, then book an assessment with your physical therapist to evaluate your potential fall risk and create a tailored exercise plan to keep you safe.

Your physio can evaluate your gait and balance to assess for potential risk factors. Physiotherapists know that falls are accidental but there are many ways that we can help you to reduce your risk and stay injury free during the cold season!

What IS Neighbourhood Watch?

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

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

It's people helping people to prevent crime!

Terwillegar Community League would like your support to start a Neighbourhood Watch program. A coordinator is needed. If you don't think that the Coordinator position is right for you, then become a member. Be the eyes and ears of our community. Report all questionable activity to police.

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.

Community

The Giving Spirit is Alive and Well in Terwillegar

By Community Resident

Recently, like so many other families, we found ourselves struggling. But, due to the generosity of a few in the community, we were able to make things work.

We wanted to give back and "pay it forward" to another family who also found themselves in a difficult situation. We had lots of clothes and some toys in great shape and I just thought about the people who are struggling and really, no kid should have to go through it if we can help.

So even though it was used clothing, families from the city were so happy to receive these gifts.

Sometimes our neighbours may appear ok but they are actually struggling and it's hard to get help or even ask for help sometimes.

So myself, my roommate and kids decided to wrap packages up and help anyone who needs it. So that is what we did. Then messages started flooding in with people needing help. We decided to post a message to let other community residents get involved and the community of Terwillegar really stepped up.

In the end, we were able to create a total of 35 packages to help 35 families feel special this holiday season. It's amazing to help someone and know that they can relax a little more.

Thank you to everyone who contributed. Please know you made a difference this holiday season and brought smiles to many people's faces.



Helping Hands Project

By Community Resident

I was never really a big fan of spending lots of time on the road away from my family.

You see, last January I started collecting all those little shampoo and conditioner bottles every day from every single hotel room I stayed in. When you pack your own grooming products it isn't like you need the ones the hotel provide but I knew someone else could use them.

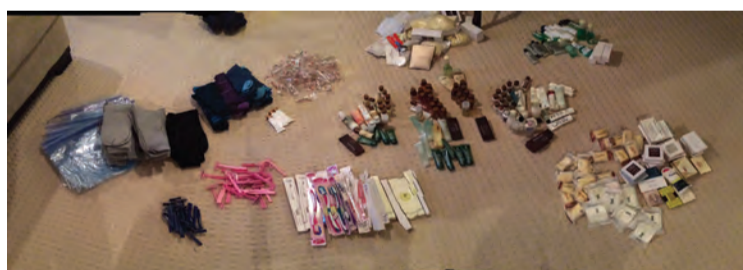
As the year came to a close, my children and I sat down and made piles of all the different items that had been collected. The oldest was responsible to take inventory of our little stock pile putting his spelling and math skills to the test. After

compiling a fairly impressive list (by 9 year old standards), we went off to the store to purchase some additional items that we would then put in the care packages (warm socks and toothbrushes were must haves).

The blessing is that due to the travel schedule, we were able to more than double the care packages we had distributed the year before. On Christmas Eve, we set out to visit those less fortunate in the inner city and deliver the care packages with warm wishes of the holiday.

We would love to see more families join us this year. So, if you or someone you know does an extreme amount of travel, perhaps you could mention the Helping Hands project and start your own stock pile.

It is an amazing gift that we can also share with our children and teach them how important it is to give back to those less fortunate.



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Finances

Managing Your Money - Make the Most out of RRSPs

By Michael Young
Consultant, Investors Group

Most people already know that one of the best retirement savings strategies for most Canadians is a Registered Savings Plan (RRSP) and, as this year's RRSP contribution deadline nears, here is a list of some of the best ways to get the most from your RRSP.

1. **Beat that DEADLINE**
This year's RRSP contribution deadline is February 29, 2016 – don't miss it!

2. **Maximize** Always make your maximum contribution each year – that's how to get the most immediate tax savings and in long-term growth. You'll find contribution room on your most recent notice of assessment from the Canada Revenue Agency (CRA).

3. **Catch Up** Fill up unused contribution room. You can do that in a single year or over a number of years until you reach age 71.

4. **Rise Up** To have more money in retirement, raise your RRSP contributions as your income rises.

5. **Borrow to Save** - An RRSP loan can be a good option for maximizing this year's contribution or catching up on past contributions – but only if

the interest rate is low and you pay it back as quickly as possible. A good way to do that: Use your RRSP tax savings to help pay off the loan.

6. **Diversify for Growth**
Your maximum RRSP contributions are capped by the government – so to get additional income you'll likely need to enjoy the retirement of your dreams, be sure to invest in a Tax-Free Savings Account (TFSA) and a well-balanced portfolio based on a asset allocation that matches your risk profile and time horizon.

7. **Designate** Choose a beneficiary for your RRSP, generally RRSP assets with a beneficiary designation do not form part of your estate and do not attract probate fees. If your beneficiary is your spouse/partner or a disabled child/grandchild, your RRSP can be transferred tax-deferred to your beneficiary's registered plan.

Saving for retirement is an absolute necessity – and an RRSP is a great way to do just that when it's part of an overall detailed financial plan to achieve your retirement dreams.

If you have any questions or would like a no obligation assessment as where you currently stand, please contact me as I would like

to let you know if you are on track to reach your personal goals.

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michael.young@investorsgroup.com

Community

Faces of Riverbend Terwillegar Project

Deepening Community Through Newspaper and Technology

By Sherri Henderson

Editor, *The Riverbend Ragg-Times*

When was the last time you thought about, or completed a jigsaw puzzle? You know, those almost archaic irregular shaped, colourful pieces that when fitted together create a complete picture. On occasion I sit at my kitchen table and work on a puzzle, but due to time and commitments, my most rewarding puzzles include how to organize life, family and each issue of *The Ragg-Times*. Seaming together the story of our community at any particular moment in time is a rewarding experience. I am grateful for those who share their lived experiences with the paper, and for the opportunity to have a platform where I can showcase those who live in the Riverbend Terwillegar area. I guess, one could say I am passionate about community. I am always curious about how and why community comes together. So indulge me a little here when I propose that perhaps community is like a jigsaw puzzle in that we each have a role to play. Perhaps individually, each of us is a small ‘irregularly shaped’ image of lived experiences and when connected and fitted together we make up a larger, more beautiful, and complete picture.

Why is this important? It is no secret that we are facing times of uncertainty and change both economically, environmentally, politically and globally. How does community support/hinder times of uncertainty or change? How does deepening community increase our ability to be resilient through changes and challenges? Can we see that our diversity is our opportunity for greater connections? Furthermore, how do we use technology to help build and support community? Technology not only affects how distracted we can be individually and collectively, but maybe it could be a tool. Paul Born, author of *Deepening Community*, says there are four pillars of a connected and engaged community. We share our stories, we take time to enjoy one another, we care for one another, and we work together for a better world. I feel this is where we begin.

In every community throughout the Riverbend Terwillegar area we have many dedicated and passionate community leaders, leagues and organizations that strive each day to engage and deepen community.

We also have two newspapers that strive to share those stories with all of you. But, as I said, I am curious. Can we do more? Can we, *The Riverbend Ragg-Times* (with some help from social media) create new and innovative ways to encourage more people to participate in community both online and offline?

I propose the *Faces of Riverbend Terwillegar Project*. The *Faces Project* is a growing collection of images of residents of the Riverbend Terwillegar area. Each resident



(no matter how young or old) is asked to share an image of themselves (and their families) from February 1 – April 22, 2016 in which we will collect and post in the next two issues of *The Riverbend Ragg-Times*.

Faces of Riverbend Terwillegar is also an exploration of how we can use technology (ie. social media) to further encourage connection and community by getting to

know our neighbours, both through the pictures you contribute and through videos, storytelling and other creative community engagement endeavors.

It is our hope that each of you will participate, engage, interact, and share your lives us, and each other. We hope to encourage you to get to know your neighbours, and our community, both online and offline. We hope you will pause to reflect on how we are all so similar, while at the same time, how we differ. We hope that through diversity we will find opportunity to grow, learn and connect in new and meaningful ways. *Faces* is about celebrating the richness, or mosaic, of our community and invoking a curiosity into what it means to ‘be’ in a community. We also hope you will reflect on why community is important to you, and for each other? How can each of us connect or fit together to make our community the very best place to live, work, and play?

We hope that *Faces* will start a conversation amongst neighbours – even if that is just to say ‘hello’. The project is about taking time to enjoy and spend time with others. It’s about encouraging each of us to be, and do, more for each other. It only takes one conversation to inspire each of us to act or care for one another and to show our support to our neighbours. It’s in each of these simple acts of getting to know each other that we begin to collaborate and make our community a better place, not only for ourselves, but also for each other. Genuine connection coupled with engaged action is what makes our communities resilient. Resilience helps us creatively explore the opportunities in challenges and build our community to be inclusive, caring, and supportive of everyone.

“Making the choice for deeper community is a choice made in the midst of very real struggles in our own life and in our world” writes Paul Born. Let’s make our choices today, and participate in deepening the Riverbend Terwillegar area. I personally can’t wait to see what happens.

**Do you have an article you’d like to see in the Terwillegar Tribune?
Email us at editor@terwillegar.org**

Community

Looking for Ideas to Keep the Kids Busy this Spring Break?

By Stephanie Gillis-Paulgaard
Editor, Terwillegar Tribune

Not planning a big trip away this Spring Break and need ideas on how to keep your kids busy? Outside of the standard hockey and gymnastics Spring Camps there are others popping up all over the city.

In doing some research I came across many websites offering challenging and creative camps for a variety of age groups and costs. Here are just a few that I came across:

Telus World of Science (TWOSE)
Junior Scientists, Science Wizardry, and Sci-Bots 2.0
March 29-April 1st registration

is currently open. Visit TWOSE's website to register online.

Vertically Inclined offers 4 day camps for kids 5 to 9 years of age. Full-day sessions.

- no climbing experience needed
- all gear and instruction included
- official VIRG camp t-shirt!

Cost: \$240 + GST which includes all required equipment and four 7-hour days.

*Minimum of 4 participants to run program.

Times:
March 30 - April 2, 2015
Monday to Friday 9:00 - 4:00pm

John Janzen Nature Center

Peter Rabbit is missing! Use your senses to explore a new season each day as we try to figure out where Peter Rabbit might be. We'll make sure to see "The Ugly Ducking" puppet show and end the week by joining Peter Rabbit in celebrating spring!

Daycamp runs 9am-noon Mar. 29-Apr.1. Reference course code 554634 when registering.

- Ages 4-5 years old
- 9:00 a.m. - Noon
- Cost: \$120

Art Gallery of Alberta

ArtBreak Camp
March 29-April 1

Ages: 6-12
9:00 a.m. - 4:00 p.m.

Cost: \$240/\$218 AGA Members

Sources:

www.verticallyinclined.com, www.telusworldofscienceedmonton.ca, www.youraga.ca and www.edmonton.ca

Book Review:

Lessons From Madame Chic by Jennifer L. Scott

By Mino Soleymani
Teen Contributor

It's well known that most French women have a certain je ne sais quoi about them that foreign women crave. From their classic taste in fashion to their balanced lifestyle, it may seem challenging to live the life they do.

Lessons from Madame Chic by Jennifer L. Scott highlights the differences between American and French cultures in the way they dress, eat, entertain, raise children, and more.

Scott wrote the book after her college semester abroad in Paris, when she was taken under the wing of someone she named "Madame Chic", who transformed

her lifestyle at a young age.

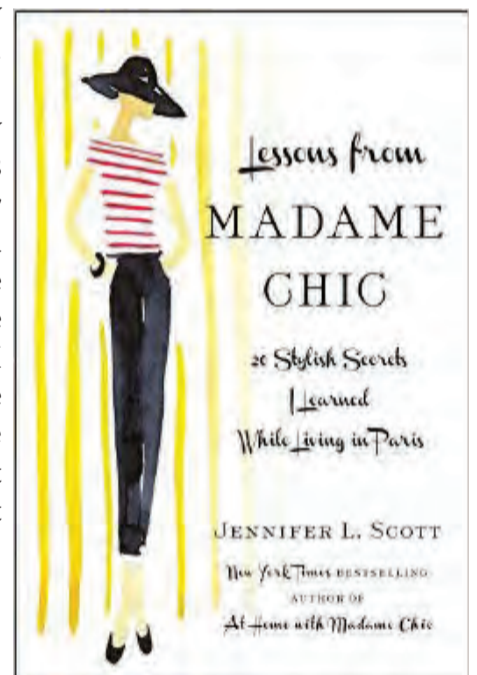
The book is efficient and to the point, providing insight into simple, practical ways to incorporate elements of luxury in everyday life (suggestions that are particularly useful, as people are busier than ever). It is refreshingly honest, and surprisingly low-maintenance. Despite the fact that it is full of information, it is a light, easy, and quick read.

If you're in a rush, you can skip to single page sections titled as "Le Recap", which include a checklist that summarizes the main ideas of the text.

Most of the tips and tricks can be adapted to various lifestyles

and ages, though it generally attracts a female audience.

I found the book especially useful as a teenager who is still struggling to pinpoint her personal style. Whether you choose to follow the advice religiously, or decide that one or two ideas may be useful, I believe *Lessons From Madame Chic* is beneficial to anyone interested in learning about how they can become a little bit more Parisian.



Interested in trying your hand at writing?

Contact editor@terwillegar.org if you'd like to contribute.

We appreciate articles with a focus on the community, local content, and those that highlight activities and events within the Terwillegar Community!

And the Winners are...

A **BIG** thank you to all of the children who participated in the holiday coloring contest.

Ages 8-11
1st Place: Chloe L.
Runner Up: Mikki C.

Ages 5-7
1st Place: Owen W.
Runner Up: Mahi P.

Ages 2-4
1st Place: Marka M.
Runner Up: Gurleen

Check out Page 20 for the latest coloring contest!

What is 'Brander Gardens ROCKS'?

By Sharon Gritter,
Community Resident

Photos courtesy of
Rob Agostinis

What can a group of community minded and compassionate people accomplish together in Riverbend/Terwillegar?

As it turns out, a lot. On Monday, October 26, various dignitaries and community partners gathered to celebrate the work of Brander Garden ROCKS, the brain child of several residents who saw the need to reach out to neighbours living in the Brander Gardens housing development near Riverbend Junior High School.

What is Brander Gardens ROCKS? Well, the ROCKS part stands for 'Reaching Out To Community Kids'. Their vision statement is as follows: "BG ROCKS is a growing collaboration of kids and families, neighbours, community organizations and institutional partners committed to building on community capacities and resilience to create a neighbourhood where diversity is celebrated, neighbours know one another, and all kids and families flourish."

Emceed by Dr. Rob Agostinis and Vanessa Desa, the celebration featured stories and live musical illustrations of how Brander Gardens ROCKS makes a difference in our community.

Various partners and collaborators shared their involvement with BG ROCKS. Jill Kwasniewski of Brander Gardens Elementary School talked about the BG ROCKS Music School which has benefited students of both Brander Gardens Elementary and Riverbend Junior High. Christine Ens from Riverbend United Church shared some of the collaborative food events hosted by the church, one of which involved eating a whole goat! Sheryl Bowhay from Riverbend Community League shared how the community league was involved at the very beginning of BG ROCKS. Zeina Eldakrory, who lives in Brander Gardens community, explained how BG ROCKS empowered her to help other community

members with their finances. Other presenters included Greg Dewling from Capital Region Housing Corporation and Sharon Gritter, who coordinates the program.

The musical gifts of BG ROCKS were also on display. Brander Gardens' youth performed a dance and drum circle led by Reckie Lloyd and his wife Ereni Perez. Kel Majok and Charlene Adu performed an a cappella number much to the delight of over sixty guests.

Below: Sharon Gritter (coordinator of Brander Gardens ROCKS) and Greg Dewling (executive director of Capital Region Housing)



The reach of BG ROCKS is simply amazing. The list includes an after school club, tutoring, a

music school, employment supports, help with food budgets, Zumba, sports teams, gym nights, camping trips, community dinners and BBQs, marching in the Klondike Parade, participating in WE DAY, a Water for Life walk, three Moms and Tots programs, an English conversation class and more.

Beyond recounting the extensive number of activities and supports that BG ROCKS provides, the theme of the evening was that of community building. What was started as an outreach to neighbours in need has turned into a real community; a community that values diversity, looks out for each other, laughs easily, enjoys

celebrating, and loves to learn.

And if by the end of the night, one was still wondering if BG ROCKS had made a difference, all you had to do was watch the youth of BG ROCKS help clean up.

Below: Drum teacher is Reckie Lloyd and the dance teacher is his wife, Ereni Perez



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Scrunge & Bagger Dog Parks – The First Day

By Gordon Dyck
The Bone & Biscuit Company -
Magrath

Trixie growled invitingly into Scrunge's ear and barked softly... 'time to get up old man, today's the day'. Scrunge felt old, but he'd anticipated this morning for a while now, so he stretched until his hair stood straight out, then followed Trixie across the room to snuggle and give her a wet sloppy lick on the face. She was beautiful and he wasn't sure he wanted to go anywhere today, but this was the day he and Bagger had set to launch 'Scrunge & Bagger Dog Parks', the company they'd dreamed up some weeks before. It was half school and half business with aspirations to make a lasting difference for orphaned pups, giving them a chance at independence. Trixie had been very supportive of his ideas and many of their neighborly friends had committed to helping it succeed as well so it was too late to turn back. He had no wish to in any event, but gazing into Trixie's eyes could be very distracting. She yipped at him with a smile as if to say 'off you go to work love...come find me later'. After a few minutes over some kibble and fresh water, Scrunge rounded up his pups from the playroom and they headed out the door. Before he made it ten steps down the sidewalk Trixie hurried out after him with a reminder to pick up bones and biscuits on his way home.

There was no time like the present to start training, so as his brood trotted down the street Scrunge would stop every few minutes to bark about the basics of road safety or

show them how to recognize landmarks. Important things like having a 'buddy system' at the park, looking both ways before stepping off the sidewalk, only accepting goodies from humans you knew and how to treat a cat. For the boys especially, he growled sternly about lifting your leg against anything attached to a human.

Bagger and his wife had finished moving all their human family's toys to the side when Scrunge and his eager pack arrived to start the formal training. They all gleefully jumped on Bagger's son Tinny and it took a bit of doing to get them all settled down again. Tinny had become like a big brother to them, and they loved to spend time wrestling and running with him.

Three things were planned for this first day. Scrunge would tell the story of how his life had been changed, then Bagger would display a piece of equipment he had designed, and then they would all move to the Dog Park for the practical work. In simple terms, Scrunge began the story of having been an orphan himself, and how he had felt rejected. He admitted he had let the rejection make him bitter until his relationships with others were poisoned and he had spent many years abusing other dogs, cheating them for his own gain. He even told them that he had been very mean to Bagger in the past. The pups looked stunned! They couldn't believe their ears! This didn't sound like their Grandpa Scrunge at all! Some of the pups gulped and one little girl began to cry quietly while Bagger's wife hugged her

tight. But then Scrunge told them how in just one night two Christmases before someone bigger than himself had intervened in his life and he had experienced a redemption that radically changed him. He told them how his heart had been transformed, how he had asked the forgiveness of others and how so many he had wronged in the past had forgiven him. He and Bagger exchanged a warm and grateful smile. Then Scrunge leaned in closer to the group and encouraged them to listen very carefully... 'never let the problems of life make you angry or bitter, he said...there are always others who are less fortunate than you. I have now learned that we were created to be a blessing to others and when you make the welfare of others your goal in life, the rewards that come to us far outweigh any other things we could gain. I am going to spend the rest of my life helping others, and I want you to do the same. Will you promise me that you will make that your highest goal in life?' Bagger and his wife looked on with gratitude as the whole pack of pups yelped in agreement. 'Today, Scrunge concluded, we are going to begin by giving our time freely to clean up the dog park.' Everyone was on board. It was a great first class.

With Scrunge having completed his story, Bagger took the lead and rolled out a set of the funniest looking contraptions the pups had ever seen. They were like little racing carts for dogs with a harness to fit around their shoulders and a small garbage bag between the wheels behind. After making sure everything fit right on each pup, they headed off to the park to try them out. On arrival, Bagger gathered the group around Tinny so he could demonstrate how they worked. With everyone paying close attention, Tinny walked around until he found a piece of garbage on the ground. He moved over top the object and while looking to check his aim, he scratched the object backwards between his legs into the garbage bag under his cart. Then he did it again and then a third time. 'Ok everybody, let's all try it,' Bagger said! The next few minutes was like a flying garbage carnival, but soon the pups got the hang of it and started hitting

the bag. It was awesome fun! Bagger paired off the pups and assigned areas of the park, and the clean-up got underway.

While busily helping a pup empty his garbage bag at midday, Scrunge heard a chorus of yips from around the park and turned to see Trixie arriving with a heavy bag clamped firmly between her teeth. Pups scurried from all over the park towards her with harnesses bouncing and garbage spilling along the way. One little guy lost a wheel and Bagger howled with laughter as he jogged over to help the poor waif who was sure he was going to miss out on whatever Trixie was holding. 'I brought some of those new freeze-dried turkey necks we saw at the store,' Trixie barked. 'I thought you might like a treat!' She portioned out some to each pup and Bagger took charge of ensuring no-one ate too fast and choked. Trixie turned from the group with one end of a turkey neck between her teeth and moved towards Scrunge. 'You're gonna have to share with me, old man. You start at that end and we can meet in the middle,' she said with a wink. After resting, Trixie headed home and work resumed. In two hours the crew had cleaned half the park and the first day was declared complete. The bags were emptied and everyone trotted back to Bagger's house with a great sense of accomplishment.

By the time the gallant troop arrived home at the Puppy Puddles Society, every tongue was hanging out. Two of the pups could hardly keep their eyes open. While Scrunge slipped into a warm bath, Trixie served the hungry gang some raw bison and warm milk. Every pup was sound asleep within 5 minutes. Scrunge came back around the corner to find Trixie standing there with another piece of freeze-dried turkey between her teeth... 'Hey old man, she said... wanna do some necking?'

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Seniors

News for 55+

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

www.swedmontonseniors.ca

By Kathy Trepanier

I understand what the great outdoor photographer is saying about the beauty of the land in winter. Each new snow fall or snow melt can create wonder during a walk in Edmonton's river valley. While we're well into winter now with months to go before hints of spring, there are lots of things to do in the city both indoors and out. For outdoor activities, check out the City of Edmonton website for events like the Silver Skate Festival (Feb 12-21) or pop down to see the Edmonton Ice Castle.

Winter programs at SWESA

Pick up your copy of the new SWESA Winter Program Guide where you'll find a host of largely indoor programs and events to explore in early 2016. The locations, dates and program costs are all explained in the guide.

Program highlights include:

Writing Group - Audrey Seehagen, an award winning writer, will be hosting two workshops, a poetry mini-retreat and a journal & memoir writing workshop.

Scrapbooking Group - Develop a SWESA scrapbook while you learn new techniques and enjoy some social time. Materials will be provided.

Toonie Talks at SWESA cover health and retirement interests such as:

Arthritis 101

Arthritis is not a single disease but a complex family of more than 100 inflammatory conditions affecting men, women, and children of all ages. Understand the disease and how diet can help manage symptoms.

Retirement Benefits of a Tax Free Savings Account - Many retirees are still confused

"I prefer winter and fall, when you feel the bone structure of the landscape....
Something waits beneath it, the whole story doesn't show."

--Andrew Wyeth

about how to use this tax saving investment shelter most effectively. Investment Advisor, Wei Woo, will clarify the myths and discuss how maximize personal financial strategies.

Fraud and Identity Theft Prevention - Detective Bill Allen from Edmonton Police will help you learn how to protect yourself against the most common scams, frauds, and identity theft that specifically target seniors.

Health Below the Belt - Dr. Adrian Wagg, Professor of Healthy Aging at the University of Alberta, will discuss health issues facing men and women as they grow older. Breaking the code of silence when it comes to health below the belt.

More new classes have been added to challenge your brain and enjoying learning.

Here are a few highlights:

Spanish for Beginners
Jane Ann Evans lived in Mexico from 1990 until late 2011, teaching art and language classes. She likes to teach Spanish the way that she

learned it and that is to hear and speak it rather than read and write.

What They Don't Tell You on 'Who Do You Think You Are'
Popular TV shows often misrepresent genealogy in subtle ways and computer genealogy can be riddled with problems. Former President of the Edmonton Branch of the Alberta Genealogical Society, John Althouse explains.

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.

Special event highlights include:

Valentine's Weekend: "The Age of Love" A Friday evening movie screening and heart-shaped pizza. An unprecedented speed dating event for 70- to 90-year-olds serves as the backdrop for THE AGE OF LOVE, an alternately poignant and funny look at the search for love among the senior set.

Bus Trip to the Beaver Regional Arts Society in Holden, AB

Steve Pineo's performance is an interpretation of Elvis chockfull with songs from the 60's and 70's. We will indulge in a home cooked supper before returning to Edmonton.

Coffee and Friendship in Your Neighbourhood

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

SWESA Locations:

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

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

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

The New Club in town – Edmonton Pickleball Club

The tremendous growth of Pickleball activity in Edmonton and area these past few years has resulted in a new Non-Profit Organization under the Alberta Societies Act being established to promote and support the opportunities to learn and play Pickleball.

This group was formerly under the umbrella of SWESA since last May but as of mid-November a decision was made to continue as a free standing club that has required a full reorganization to support their objectives.

Pickleball in Edmonton has been played for over 10 years and a number of Seniors organizations and Community Leagues have provided playing opportunities that has helped to spread the word about how great the game is for exercise and social benefits among Seniors. The Edmonton Pickleball Club plays four times a week indoors year round at the Terwillegar Recreation Centre and Outdoors in season at the Royal Gardens Community League. Feel free to contact Ken Hurshowy, President for more information: ken.hurshowy@shaw.ca

Community

Holiday Lights Contest Winners

*By Marc Lachance
Programs Director,
Terwillegar Community League*

Volunteer judges, consisting of community residents and Community League board members, scoured the community on December 17 to take in all of the beautifully decorated homes that screamed 'happy holidays'.

After much debate, winners from all four neighbourhoods were selected. Each received the prestigious awards of hot chocolate, mugs and gift cards from the local Panago.

We would like to thank all of the judges for taking time during the busiest week of the year for participating and handing out the awards.

And of course a big thank you to every home that lit-up Terwillegar with some Holiday Cheer this year.

Next up, TCL will be hosting the Annual Family Day Event on Monday, February 15th. Anyone wishing to volunteer for the event can do so by emailing Monte Weber at president@terwillegar.org.



Photos courtesy of: Joss Manning Fox, Axel von Bertoldi and Fiona Ko

Would you like to see your writing or drawings in the Terwillegar Tribune?

We are always looking for creative contributions to include in future issues.

Send your submission to editor@terwillegar.org

Random Acts of Kindness

Need some inspiration?

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

www.randomactsofkindness.org/

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- Kyle & Katrina

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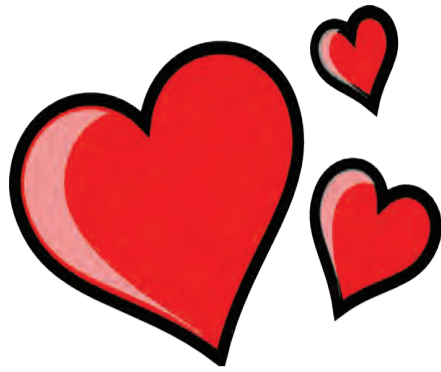
Use your Terwillegar Community League membership card to get fit with discounts at City of Edmonton recreation facilities, including the new Terwillegar Community Recreation Centre!

With your league membership, you can receive:

10% discount on annual passes, or

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



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.



Be My Valentine

Age: _____

Name: _____

Phone and Address: _____

All entries must be received by **March 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

Most Romantic Day of the Year

By Community Resident

Are you a romantic or do you need a little nudge to get you thinking about flowers, chocolates and date night ideas?

On this, the most romantic day of the year, I would like to propose a few ideas to consider when trying to plan that perfect Valentine's Day for your special someone.

First up, breakfast. If your house is anything like mine, there are bodies running in all directions just trying to get children to complete the basic hygiene requirements. Not to mention packing lunches, filling backpacks and reminding little ones to put two socks on that match. All of this is about to 'go down' in a matter of 1 hour from the time we do the wake up call to the car pulling out of the driveway.

But wait, this year Valentine's Day falls on a Sunday so we can all breathe now that it doesn't need to be a rushed send off first thing in the morning and we essentially have a whole weekend to work with.

I personally love getting cards from my significant other but it is usually because I enjoy reading the hand written note inside. Sticky notes will do just fine. Write a heart-felt message and leave it somewhere where your special someone will find it first thing in the morning. The day is already looking pretty good.

Do you 'do' flowers? Many people give or receive flowers as a way to show their affections. If you are going for

the big surprise this year and sending flowers on Friday, I'm going to shed a little light on 'flower situation' so listen up.

This is my own point of view and can not be backed up by scientific data but I would like to suggest most women sit and wait (and hope) that maybe this time when the florist delivery arrives it is for them. They watch, patiently, as the person that signs for them at the front desk reads the card showing the recipients' name and starts to walk in the general direction of the office. It's torture! If we happen to be the 'lucky one', a smile shines from ear to ear. If not, we still smile and say how lovely the flowers are and deep deep down we want to grab the flowers and stomp on them. You think I'm joking but it's a real thing.

What ever you do, if you like to go out for dinner (particularly to celebrate this day) make a reservation...in advance!

OpenTable just named the Top 100 restaurants in Canada and Edmonton was lucky enough to have five make the cut. Included on the list you'll find: Hardware Grill, Harvest Room (located in the Fairmont Hotel MacDonald), The Marc, Sabor Restaurant and Solstice Seasonal Cuisine. Worst case scenario, if you are unable to secure a table at your favourite dining establishment, it presents you with the perfect opportunity to showcase your culinary ability and whip up your loved one's favourite dish!

Interested in keeping the evening light and fun? According to Nuvut, Monster Mini Golf is listed as one of the best date ideas

in the city as is Rapid Fire Theatre and Mayfield Dinner Theatre.

But nothing beats a relaxing evening at home with a slice of pizza, a bowl of popcorn and a romantic movie with your sweetheart. For the record,

I have seen every one of the movies on the Top 20 list.

Have you?

Top 20 Most Romantic Movies of All Time

1. The Notebook
2. When Harry Met Sally
3. Love Actually
4. The Proposal
5. Say Anything...
6. Dear John
7. Pretty Woman
8. Forgetting Sarah Marshall
9. The Wedding Singer
10. A Walk To Remember
11. Pretty In Pink
12. Just Married
13. My Best Friend's Wedding
14. Friends With Benefits
15. Never Been Kissed
16. Definitely, Maybe
17. The Wedding Planner
18. Annie Hall
19. How to Lose A Guy in 10 Days
20. The Last Song

Source: US Weekly

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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:
February 15: TCL Family Day Event
February 21: Hodgson Community League is hosting a Family Winter Festival.

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

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

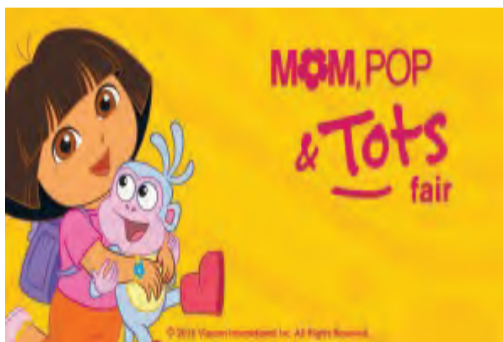
Terwillegar Community League mailing address:
 PO Box 36508 MacTaggart RPO
 Edmonton, AB T6R 0T4

Family Events



February 6 & 7
 Rexall Place

March 6
 Edm Expo Center



March 10-14
 Edm Expo Center



March 4 & 5
 Edm Expo Center

February 11-14
 Edm Expo Center



March 17-12
 Edm Expo Center



Terwillegar Classifieds

How to contact the Terwillegar Community League



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Helping plan resources in our community?

Strengthening our Community Spirit?

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We will help you find a role that interests you.

volunteercoordinator@terwillegar.org

www.terwillegar.org

Board Contacts

- President — Monte Weber, president@terwillegar.org
- Vice-President — Steve Simala-Grant,
vicepresident@terwillegar.org
- Treasurer — Jennifer Ozechowski, treasurer@terwillegar.org
- Secretary — Diane Pelletier, secretary@terwillegar.org
- Community Advocate — Kelly Jeffrey, advocate@terwillegar.org
- Memberships - Mandy Jones - memberships@terwillegar.org
- Programs — Marc Lachance, programs@terwillegar.org
- Programs Aide - Lisa Earls, programaide@terwillegar.org
- Communications — Heather Maitner,
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Other Contacts

- Community Garden — Diane Pelletier, garden@terwillegar.org
- Editor — Stephanie Gillis-Paulgaard, editor@terwillegar.org
- MacTaggart Rep - Kelly Jeffery - advocate@terwillegar.org
- Magrath Rep - Michelle McWilliam - dalm@terwillegar.org
- Neighbourhood Watch - Annette Intenberg and Carolyn Cush-Niemenin, watch@terwillegar.org
- Terwillegar Gardens Rep - Sue Trigg - daltg@terwillegar.org
- Terwillegar Towne Rep - Monte Weber - president@terwillegar.org



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