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

Issue 62    June 2016

**Next submission deadline:  
July 29, 2016**

**Next issue: August 28, 2016**

## Canada Day at Tomlinson Park

By Marc Lachance

Programs Director, Terwillegar Community League

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

As the Community League's flagship event, the TCL Board will look to bring more action packed excitement to this year's event.

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

The event will wrap up with the Grand Canada Day parade...it will be a competition for the ages as participants vie for the grand prize for the best national pride entry, the silliest ensemble, and most creative canuck. Bring out your best Canada gear and drop by our swag table to decorate your bikes, strollers, or shoes and be a part of this great annual TCL Canada Day tradition. The parade will start at 2:30 pm with awards handed out just before 3p.m.

With all of these fantastic activities and prizes in place, ALL WE NEED IS YOU to make this another great event in our community. If you would like to volunteer some time at the celebration, assistance is always appreciated. With the event growing every year, it is a great way to meet community members,

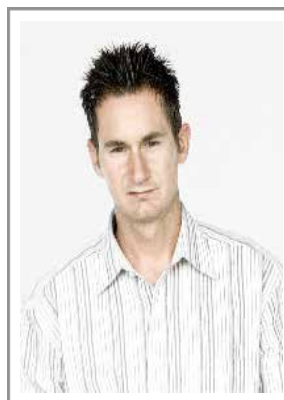


and build some new relationships. Those interested in volunteering can send an email to [programs@terwillegar.org](mailto:programs@terwillegar.org).

We encourage everyone to keep checking the TCL Facebook page and our league website ([www.terwillegar.org](http://www.terwillegar.org)) for more details leading up to the event. See you on July 1st at Tomlinson Park!



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# Community



PRESENTS  
the SIXTH  
annual...

# SUMMER CARNIVAL

Music

Face Painting

Fun for all ages

Games

Bouncers

Crafts

Balloon twisters

Petting zoo



Food

Prizes



SATURDAY, AUGUST 13

11am-3pm

South Terwillegar Park



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ATB Financial



## Volunteers Needed!

*The Terwillegar Community League is seeking volunteers for the Summer Carnival. Assistance is needed with Set Up & Tear Down, Bouncy Castle Supervision, and Carnival Games. If you can assist, please contact Monte Weber at [president@terwillegar.org](mailto:president@terwillegar.org).*



# Community

## MacTaggart Park (Nellie Carlson) Development Update

By Corey Janssen  
 Terwillegar Community League  
 Fundraising Coordinator for  
 Nellie Carlson Playground

loved one or otherwise leave your family's mark on the park.

Details about the school can be found by visiting:

<http://www.epsb.ca/schools/> and searching Nellie Carlson.

We have some exciting news to share; we have raised over \$500k for the new MacTaggart Playground, which will be located right next to the brand new Nellie Carlson School at 4110 MacTaggart Drive. We are now within \$35,000 to get this playground built!

If you have any questions, don't hesitate to contact me at [mactaggartplayground@terwillegar.org](mailto:mactaggartplayground@terwillegar.org) or 780-982-5472.

Let's get this last playground built, and thanks very much for your consideration.

I fully acknowledge that timing is not great. We all know what is going on in the economy, and many of us are hurting. That being said, this is the 4th park that Terwillegar has taken on over the last few years, and we are so close to the finish line... I know we can come together as a community if everybody pitches in.

In addition, we have recognition options available for donations of \$1,000 and above. It's the perfect way to pay tribute to a



**Yes! I would like to support the development of the MacTaggart Park!**

Included is my cheque for:

- \$10,000 (Platinum)
- \$5,000 (Gold)
- \$2,500 (Silver)
- \$1,000 (Supporter)
- Other Amount: \_\_\_\_\_

**Cheques should be made out to "City of Edmonton" and reference: "Terwillegar Community League Parkland Development Donation."**

Your info:

Name:	
Address:	
Phone:	
Email:	

For donations of \$1,000 and over, how would you like your attribution to read on the plaque?  
 For example: Smith Family.

**Other Notes**

- Tax receipts will be provided by the City of Edmonton. If you'd like to make a donation through a company, please give Cory Janssen a call at 780-982-5472.
- We are happy to pick up cheques. Just email [mactaggartplayground@terwillegar.org](mailto:mactaggartplayground@terwillegar.org).
- Alternatively, you can send your cheque and this form to: Terwillegar Community League • RPO McTaggart PO Box 36508, Edmonton, AB T6R 0T4

*The Terwillegar Community League is incorporated in Alberta as a not for profit organization and is requesting donations to the City of Edmonton to support the construction of the parks in the TCL area. Donations are held in trust by the City of Edmonton for use by the League for park construction. Donation receipts will be issued by the City of Edmonton. This campaign is estimated to raise \$150,000 and will cost approximately \$1,000. If you have any questions, please contact our President Monte Weber, at 780-231-6114 or by email at [president@terwillegar.org](mailto:president@terwillegar.org).*

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



# Community

**EDMONTON**

## Neighbourhood Summer Daycamps

### Brookview Community League Hall

**Carnival Adventures** (Course 559813)  
Come on down to join us in an exciting week that will involve creating carnival games, tickets and booths.  
Date: July 4-8  
Time: 9am -4pm  
Ages: 6-9yrs  
Cost: \$125


**Musical Munchkins** (Course 559562)  
Create instruments with spoons, tin cans, empty jugs and bottle caps, just to name a few.  
Date: Aug 2-5  
Time: 9-11:30am  
Ages: 3-5yrs  
Cost: \$59

**Spy Camp** (Course 559889)  
This will be the ultimate experience for any young secret agent.  
Date: Aug 8-12  
Time: 9am -4pm  
Ages: 8-12yrs  
Cost: \$213


Registration opens **March 16, 2016**.  
Register early to avoid disappointment!  
Browse all camps at [edmonton.ca/daycamps](http://edmonton.ca/daycamps)

**To Register**

- Call 311
- Online at [eReg.edmonton.ca](http://eReg.edmonton.ca)
- In person at any City of Edmonton Recreation & Leisure Centre



Program supported by the Brookview Community League



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**Call 780 434 8224 to sign up. Limited space available!**  
MORE INFORMATION AT [TPET.CA](http://TPET.CA)

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# Community

## Host a BBQ, TCL will buy the food

By Marc Lachance  
Programs Director,  
Terwillegar Community League

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

TCL members can sign up to host a neighbourhood barbeque on the TCL website (www.terwillegar.org). The online sign-up requires that you have

your date picked out, the address of where the barbeque will be hosted, your contact and membership information.

There is a limited number of free BBQ packages, and this year we will be awarding them on a first come – first serve basis.

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

Then, all you have to do is pick up your food package at the Magrath Save On Foods and you're ready to go! Be active in your community, get to know your neighbours, and have fun.



*Limited number of  
BBQ Packages!*

*Sign up TODAY!*



**KIDS' HALF-DAY CAMP**  
For children K-Grade 5  
July 25-29: 9:00am-12:00 noon  
Southminster-Steinhauer United Church  
10740-19 Ave, Edmonton  
\$30/child

Kids will celebrate their evolutionary roots, explore the spiritual values we learn from the universe and work to make a difference in the world.

Stories, lessons, art, snacks and outdoor games  
Registration begins June 1 at www.smsuc.com

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# Community

## Terwillegar Riverbend Advisory Council (TRAC) Update

By Karin Shott  
TRAC Community Office

There is so much going on at this time of year and it's a busy time for TRAC as well.

We had our AGM on Wednesday, April 27th. One of the highlights of the evening were the Community Spirit Award presentations, where Carol Kaiser, Gordon Nekolaichuk, and Popeye's Supplements Canada were all recognized for their outstanding community contributions. (Photos below:)

Elections at the meeting determined the 2016-2017 TRAC Executive from the slate of TRAC Ambassadors:

President: Tim Cartmell  
Vice-President: Monte Weber  
Treasurer: Nancy Wendt  
Community Advocate: Sue Trigg  
Secretary: Barry Davis  
Past-President:  
Sherri Jaillet-Martinez

The 11th Annual TRAC Community Run (TRAC 10K) was held on Sunday, May 29th, and the 5th Annual Edmonton Youth Talent Show on Sunday, June 5th.

With the new TRAC Alerts Messaging System, you can receive emails regarding important crime alerts, traffic announcements and other community wide announcements and updates.

These announcements apply to those living in the Terwillegar, Riverbend, and Windermere communities. You can sign up to receive these emails at [www.tracspirit.ca](http://www.tracspirit.ca).

It's almost time to renew your community league membership. Stop by the TRAC Community Office, which is conveniently located in the Terwillegar Community Recreation Centre, to purchase your membership in person and save the \$5 admin fee charged when purchasing online through [www.efcl.org](http://www.efcl.org).

Community Office Hours are:  
**Tuesdays & Wednesdays:**  
9:00 am – 3:00 pm  
**Thursdays:** 4:00 – 9:00 pm

**1st Saturday of the Month:**  
10:00 am – 2:00 pm

For questions or concerns, please email: [tracmail@tracspirit.ca](mailto:tracmail@tracspirit.ca) or phone: 780-439-9394.

Save the Date for these Upcoming Community Events:

- Win4Skin Banquet: Friday, June 10th, 2016
- Win4Skin 3 on 3 Hockey Tournament: Saturday, June 11th, 2016
- TRAC Meeting: Wednesday, June 15th, 2016. Last meeting before summer break.
- Art in Our Park: Saturday, September 17th, 2016

Below: Rob Agostinis presented to Popeye's Supplements Canada



Below: Harold Hornig presented to Carol Kaiser



Below: Nancy Wendt presented to Gordon Nekolaichuk



## What's New in Riverbend?

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

Spring is abounding in the Riverbend Terwillegar area! Thank you to all those that sent in their pictures for the Faces of Riverbend Terwillegar! Your engagement and excitement over the project inspired us.

Check out the many great events & activity opportunities in the Riverbend Terwillegar area.

•Brookside Park Project is hosting a "Night of Magic" on May 28 at 5:30. For more information please visit [www.riverbendonline.ca](http://www.riverbendonline.ca) to find out cost, location.

•Riverbend Community League's Bedding Plant, Perennial and Compost Sale is on Saturday May 28 from 12:00 noon – 4:00 pm at Brookside Hall (5320-143 Street).

•The Student Art Gallery features a selection of art projects from area elementary, junior and senior high schools. Express interest and ask your teacher to consider participating this year. There is no fee for schools to participate in the Student Art Gallery.

•The Art Market, at Art in Our Park 2016, is open and available to young artist entrepreneurs seeking to gain valuable experience selling their wares. Spaces in the Art Market tents

start at \$50 to rent for the day.

•Participate in the Art in Our Park 2016 Poster Contest. Have your image used on hundreds of posters, t-shirts and promotional materials! Receive recognition at the event, a framed poster and a \$500 RESP from Alberta Treasury Branches. Deadline for submissions: June 1, 2016

Information about the Student Art Gallery, Art Market and Poster Participation application deadlines and fees are available on the Riverbend Community League website.

•Learn to Play Tennis. Check out the May issue on [www.riverbendonline.ca](http://www.riverbendonline.ca) for more

information about programs, dates, prices, and so on.

•Plan to take part in the TRAC Community Run on Sunday May 29 ([www.tracspirit.ca](http://www.tracspirit.ca)) and/or the Edmonton Youth Talent Show on Sunday, June 5 at the Royal Alberta Museum. Visit [www.tracspirit.ca](http://www.tracspirit.ca) for more information.

For more information or to read *The Ragg-Times* online please visit: [www.riverbendonline.ca](http://www.riverbendonline.ca) or visit us on Facebook: <https://www.facebook.com/RiverbendRaggTimes/>



# Community

## The New Terwillegar Park Footbridge

By Dave Rumbold  
Community Resident

A new landmark is rapidly taking shape in our neighborhood! Construction of the Terwillegar Park Footbridge is well underway and is scheduled for completion this fall.

As the name suggests, the bridge links the northeast corner of Terwillegar Park with the south end of Oleskiw Park on the other side of the North Saskatchewan River. It will then link up to new trails northbound which will join the existing river valley trails at the Fort Edmonton footbridge. Other new trails south of the new Terwillegar Park footbridge are being added to create continuous walking and biking trails all the way down to the Anthony Henday Bridge. This 5 km addition to the Edmonton River Valley pathway system is one of the final elements in the River Valley Alliance's vision of a continuous system of trails from Devon to Fort Saskatchewan.

The Terwillegar Park footbridge is a unique structure which is new to Edmonton, and has only been used once before in Canada. Using 'Stressed Ribbon Technology', it resembles a rope suspension bridge in concept, but instead uses 162 steel cables anchored in two large concrete abutments on each riverbank. 86 precast concrete deck slabs sit on the cables, and the last one has just been placed on the bridge structure. The completed bridge span will be 262 metres long and make this bridge the second longest of its type in the world. This is more than two football fields long!

The new Terwillegar Park Footbridge will be an elegant structure with a small footprint and will feature a very slim profile, with a width of just over 5 m, and a thickness of only 46.5 cm.

The new bridge is on time and on budget. Funding has been provided by the River Valley Alliance, the Province of Alberta,

the Government of Canada and the City of Edmonton. Built for \$24.5 million, and less than 6 months away from completion, the Terwillegar Park Footbridge will be another great community enhancement which will benefit us all.

I can't wait to take my first walk or jog across it with family and friends. Thank you to all involved for their commitment to this great new amenity in Riverbend-Terwillegar.



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# Community



By Bob Turner  
MLA for Edmonton-Whitemud

Dear Edmonton-Whitemud,

I have been busy meeting with and listening to your neighbours, and I know that Edmonton-Whitemud's priorities remain the same: bettering education, healthcare, childcare, and seniors care. I am proud to say that our government is committed to those priorities.

Nellie Carlson School will open this fall in MacTaggart and accommodate 900 students from kindergarten to Grade 9. The school is named after aboriginal women's rights advocate, Nellie Carlson, who lost her treaty rights when she married a non-Status Indian man. She fought for decades alongside Kathleen Steinhauer and others to change the Indian Act so that women who married non-Status Indian would

continue to have treaty rights for themselves and their children. Their efforts came to fruition on June 28, 1985 when Bill C-31 brought the Indian Act into line with the equality guarantees in the Charter of Rights and Freedoms. If you wish to learn more, I recommend reading *Disinherited Generations* edited by Linda Goyette and published by the University of Alberta in 2013.

In March, I had the pleasure of giving out grants to three schools in our area. The Community Facility Enhancement Program awarded \$50,000 to both St. Monica Catholic School and St. Mary Catholic School to help them rebuild their playgrounds. The Community Initiatives Program awarded \$10,000 to Monsignor William Irwin for new computers.

Beginning in July 2016, the Alberta Family Employment Tax Credit (AFETC) will be given an additional \$25 million to benefit working Alberta families with children. The program's improvements include increasing the rate at which benefits are phased in from 8% to 11%, and the it increases the threshold at which benefits begin to be phased out from \$36,778 to \$41,250. Families qualify at different net income brackets depending upon how many children they have:

\$60,325 for one child; \$77,675 for two children; \$88,075 for three children; and \$91,550 for four or more children. All told, the AFETC will provide \$141 million in annual benefits to 290,000 in 143,000 families across the province.

Our government passed the Seniors' Home Adaptation and Repair Act on April 13, 2016. In conjunction with programs like Planning for Aging in Place and Age-Friendly Alberta, we hope that as many seniors as possible are able to maintain their independence and access community supports. A great resource for our area is the Southwest Edmonton Seniors' Association (SWESA), which can be found online at [swedmontonseniors.ca](http://swedmontonseniors.ca).

Budget 2016 gives \$33.5 million to Fort Edmonton Park to develop four key pieces to its capital plan: the expansion of the Johnny J Jones Midway; an expansion of the Hotel Selkirk; a new Guest Services and Admissions area; and, most importantly, the building of the Indigenous Peoples' Experience. The latter exhibit is being developed in harmony with both the Confederacy of Treaty Six First Nations and the Métis Nation of Alberta.

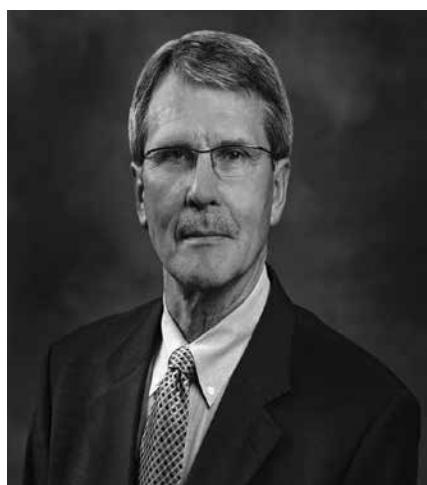
Other Budget 2016 highlights

include our government's stance on improving seniors' care and healthcare. We have allocated \$760 million over the next five years for healthcare maintenance projects with \$131 committed for this year, and we will be funding \$500 million for seniors' housing and care over the next five years.

Finally, I would like to recognize the five Legislature Pages from Edmonton-Whitemud: Cara Au, Azan Esmail, Samir Esmail, Batul Gulamhusein and Marleina Schreiner. Your hard work is appreciated, and I am excited to see what you will accomplish in the future.

My office now holds public consultations on issues like physician-assisted death and seniors' drug policies. Our next consultation will be occurring in late May around the topic of innovative environmental technologies. And as always, if you have any questions, ideas or comments, please do not hesitate to contact my office by e-mail at [edmonton.whitemud@assembly.ab.ca](mailto:edmonton.whitemud@assembly.ab.ca) or by phone at (780) 413-5970.

## Working Together in our Community



By Councillor Bryan Anderson

Edmonton's LRT Park and Rides are set to undergo some changes starting this September. During the first week of May, Edmonton Transit System had a survey available to riders and non-riders about changes coming to LRT Park and Ride. Four locations – Century Park, Clareview, Belvedere and Stadium – will see an increase in the number of reserved monthly stalls and monthly parking rates. There is also the potential to add time-



limited stalls.

Currently, Edmonton's Park and Ride lots offer about 85 per cent free parking. The rates haven't changed since 2010 and average about \$2-\$3/day to park. In addition, LRT parking lots tend to fill up by the early morning hours and there are about 4,600 people on a waitlist for a reserved stall.

We have heard concerns from surrounding businesses and

communities about spillover parking. The survey included questions and information about the impact on the surrounding neighbourhoods, as well as information on the Residential Parking Programs offered by the City of Edmonton.

The changes to the LRT Park and Rides are set to take place by September 1 once ETS has reviewed the survey results and presents to the Transportation Committee on June 22.

While September may seem far away now, it will be here before we know it. ETS Park and Ride users may need to consider other options to get to LRT stations, such as bussing or carpooling, and surrounding communities are encouraged to explore their parking program options now. Even with the changes, the goal remains to keep transit affordable and accessible. For more information on LRT Park and Ride, visit [www.edmonton.ca/ets/park-and-ride.aspx](http://www.edmonton.ca/ets/park-and-ride.aspx).

For details on the City's Residential Parking programs, visit [www.edmonton.ca/transportation/driving\\_carpooling/residential-parking.aspx](http://www.edmonton.ca/transportation/driving_carpooling/residential-parking.aspx).

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 my website at [www.bryananderson.ca](http://www.bryananderson.ca).



# Safe Lifting Tips for Spring Gardening & Yard Work

By Florence Aung-Collins  
BScPT, BSc (Hon. Physl), Cert.  
Medical Acupuncture (U of A)  
Physical Therapist, Acupuncture

Springtime has arrived and many gardening aficionados are anxious to get their green thumbs moving again. Unfortunately this unbridled enthusiasm leaves many gardeners with aches and pains come Monday morning. Even though yard work is a non-contact, low impact activity, it's often identified as a cause of pain or discomfort in our patients. Let's discuss how to get back into your garden symptom free and avoiding digging up any new or old injuries.

**Gardening Aches and Pains**  
The most common gardening related complaint reported by our patients is back pain, followed by the knees and hands. This is not surprising given the repetitive tasks, sustained bending, frequent lifting and awkward positioning that is involved with this activity. With the following strategies, you can still enjoy the pleasures of watching your garden bloom this summer.

**Safe Lifting Strategies**  
A common cause of low back pain while gardening is poor lifting technique. Whether you're lugging new plants in from your car or carrying bags of fertilizer around the yard, your primary focus should be maintaining safe body mechanics. Here are some tips to keep your back safe while lifting outdoors:

1. *Start with a wide base of support* – Stand with your feet hips distance apart. Closer or further away makes you more unstable.

2. *Squat, bending at hips and knees, and keeping your back long* – Keep your spine in a neutral position. Straight back, open chest, and shoulders back and down.

3. *With a stable base, lift slowly* – Engage your core muscles by drawing your navel towards your spine to support your lower back.

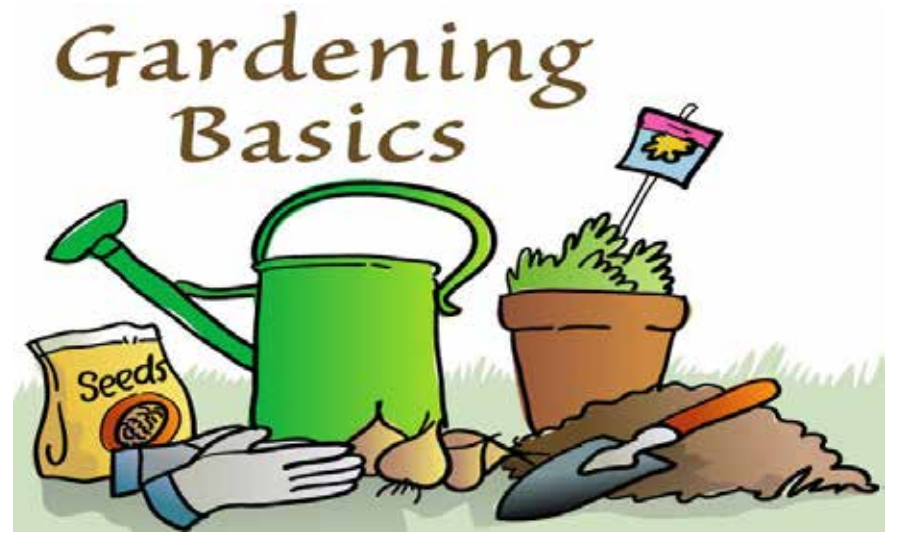
4. *Bring the load close to your body* – Minimize the force required to lift or carry the object.

5. *Slowly straighten your legs* – Your leg muscles are stronger than your back so be sure to generate force with your lower body.

6. *Avoid twisting or turning at the waist while carrying something heavy* – Use your feet to change direction rather than rotating through your spine.

**Other Strategies to Keep You Pain-Free with Gardening & Yard work this Spring:**

**Ease into gardening.** Gradually increase the amount of time you spend working in the garden as you would with any physical activity that you haven't practiced in several months. Start with 20-30 minutes of gardening and then slowly increase from there. Don't rush to finish all your yardwork on the weekend.



**Take frequent breaks and change positions (every 10-15 minutes).** Rest or alternate between different gardening tasks. Prolonged bending or awkward postures can fatigue lower back muscles and lead to back injuries.

**Remember to get close to your yard work;** kneel to plant and weed. Try using a special gardening mat or kneepads. If you have knee or hip pain avoid putting pressure on these areas by sitting on an upside down bucket or gardening bench. Consider using specialized gardening tools to avoid prolonged reaching.

**Elevate your flower beds** and containers to work at a comfortable height. Raised garden beds reduce the amount of reaching, bending, and twisting required which can contribute to aches and pains. Consider planting a vertical garden or plant in pots.

Despite your best intentions you may still end up feeling achy after a weekend in the garden. If you wake up sore and stiff from yard work, check in with your physiotherapist. After an assessment, they may suggest pain relieving modalities such as electrotherapies, dry needling and manual therapy to reduce your discomfort. An individualized stretching and strengthening routine may also complement your yardwork activities.

**Your TCL Membership gives you access to FREE outdoor swimming all summer long!**  
**Outdoor Pool Schedule:**

**Fred Broadstock Pool**

May 21 – September 5, 2016:

Sunday, Monday, Tuesday & Wednesday 5:00 pm – 7:00 pm

**Oliver Pool**

June 12 – September 4, 2016:

Sunday, Monday, Tuesday & Wednesday 6:00 pm – 8:00 pm

**Queen Elizabeth Pool**

June 1 – September 5, 2016:

Sunday & Tuesday 5:00 pm – 7:00 pm &  
Monday & Wednesday 6:00 pm – 8:00 pm

**Mill Creek Pool**

May 21 – September 5, 2016: Sunday, Monday, Tuesday, Wednesday, Thursday, Friday & Saturday 7:00 pm – 9:00 pm



# Community

## TERWILLEGAR COMMUNITY LEAGUE PRESENTS

# TWILIGHT OUTDOOR MOVIES

COMING TO A SCREEN NEAR YOU SUMMER 2016

## SHOWTIMES

MAY 28	ZOOPTOIA
JUNE 18	JURASSIC WORLD
JULY 9	THE FORCE AWAKENS
JULY 23	GROWN UP MOVIE NIGHT (MOVIE TBD)
AUGUST 20	TERWILLEGAR VIDEO GAME CHAMPIONSHIPS
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# Food & Beverage

## It's Patio Time...

By William Bincoletto  
Principal Sommelier,  
Vines Wine Merchants

As the Labatt's commercial enjoys to remind us ; there are 2 seasons; winter and patio. And patio it is. Spring is in full swing, with summer fast on its heels,, the sun is already shining, and the feeling of warmth is rapidly invading all our senses.

A funny tingling has begun in the body, from the toes and slowly spreads throughout the entire body. You become excited, looking out to see that the weather remains as beautiful as ever! Is it something you should be worried about, you ask? Am I coming down with a strange malady? Well, for certain people, anxiety sets in, to the point that they cannot seem to remain in the house for longer than a few moments. And the reason? Outdoor Activities!!

For some it's organizing your camping adventures, for others its wild outdoor activities. For my wife, it's working in the garden, (I, on the other hand, love watching her with a nice glass of wine).

But one thing always



remains constant. We want SUN & HEAT!!

And with summer fast approaching, comes the pleasurable sensations of relaxing, having fun and eating anything that will please the palate. The food can go from fish to steaks with hot dogs and hamburgers in-between. From cold pastas to light salads or just lazing around with some nice cheeses, a steaming baguette and, of course some wine.

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

So here are three delicious wines (all rated 92 points by me) for all your outdoor or indoor needs.

2013 Can Maurisset,  
Priorat, Spain

This Spanish red offers continuous flavours that are altogether impressive and long lasting. Every time I taste this, my taste buds seem to thank me. Love this wine with basically any red meats but as my barbeque is in full swing, burgers and steaks are my ideal choices



richness and crispness all at the same time. Many of my customers want whites that are full flavoured but without the headiness of oak. This wine achieves that very objective.

Deliciously seductive!

Collodion, Napa Valley,  
California



2011 Luis Pato Vinho Formal,  
Barraida, Portugal



It's so rare to encounter a non-vintage wine that has such layers of complexity. This beautiful blend of petite sirah, zinfandel and syrah really marries so brilliantly with flavours of black, red and blue fruit, anise spice, proper tones of vanilla oak and the rich warmth of alcohol. Such a pleasure for any palate!

It is always challenging to find a white wine that offers both

**Have a contest idea?**

**Terwillegar Community  
League would love to hear it.**

**Email: [president@terwillegar.org](mailto:president@terwillegar.org)  
or  
[editor@terwillegar.org](mailto:editor@terwillegar.org)**

*And the  
Winners  
are...*

Ages 2-4  
1st Place: Cole  
Runner Up: Scarlett T.

Ages 5-7  
1st Place: Madelyn R.  
Runner Up: Ainsley Y.

Ages 8-11  
1st Place: Chloe L.  
Runner Up: Nikki A.



# Community

## Faces of Riverbend Terwillegar Project

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

Terwillegar Project.

Twitter (Ragg\_Times), and Instagram (ragg-times).

Thank you to everyone who submitted a photo as part of our Faces of Riverbend

You can always learn more about what is happening in our incredible community online on Facebook (RiverbendRaggTimes),

# Thank You





# Community





# Finances

By Michael Young  
Investors Group

Critical Illness insurance – you need it not because you are going to die, but because you are going to live... and because you may have illness-related expenses that you may not have considered.

While you might be surprised at the growing number of Canadians who are being diagnosed with a critical illness at an increasingly early age, the good news is that medical advances are increasing life expectancy and there are much brighter prospects for surviving.

Check out these statistics:

- 70,000 Canadians suffer a heart attack each year and 1 out of 2 heart attack victims is under age 65 – but 95% survive their first attack\*
- 1 in 3 Canadians will develop some form of cancer – but 65% will survive at least five years\*
- After age 55, the risk of stroke doubles every 10 years and 1 out of 20 Canadians suffers a stroke before age 70 – but 75% will survive it\*
- Women have a 1 in 8 chance of developing breast cancer – but only a 1 in 27 chance of dying from it.\*\*
- Men have a 1 in 6 chance of developing prostate cancer – but only a 1 in 26 chance of dying from it\*\*

You might expect that provincial or employee health plans will pay for all the expenses associated with critical illnesses like these but many are not covered.

The benefits of critical illness

insurance are most important during the first few months after diagnosis when emotions and costs are typically at their most intense. With this type of insurance, you receive a lump sum cash payment, after a 30 day waiting period after diagnosis for any life-threatening illness covered by the policy, usually including the most common such as cancer, heart attack and stroke. The benefit is tax free under current tax legislation and yours to use any way you wish -- perhaps to pay for expenses not covered by provincial and health plans like these:

- Many drugs or other medical expenses
- Private treatment, a nurse, child care provider or housekeeper
- Medical treatment outside Canada or in another province
- Medical equipment – a wheelchair, scooter or home care bed
- Retrofitting your home or vehicle to accommodate a wheelchair or chairlift
- Pay off your mortgage, car loan, credit cards, lines of credit or business loans
- Avoid dipping into your RRSP or your child's RESP

You want to be able to focus on recovery not costs – and critical illness insurance can help you do that at a most critical time.

Your professional advisor can show you how critical illness insurance can complement your other forms of insurance protection and fit into your overall detailed financial plan.

Contact a financial consultant who can discuss how this can fit into your goals. If you don't currently have a Financial Plan in place with a consultant to measure if you are on track to reach your retirement goals, I highly recommend to do so in the near future!

All the best and enjoy the sunshine this summer...

*\*Disability Insurance and Other Living Benefits, CCH*

*\*\*Canadian Cancer Society, 2014*

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

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

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

**Terwillegar Community Church**

---

**sunday worship: sunday 10am**  
• followed by hot brunch

**friday at the park: june 24, 6-8pm**  
• hot dogs & jumpy thing

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



**Michael Young**  
Consultant

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Fax (780) 437-1184 Toll Free 1 (855) 841-7375  
[michael.young@investorsgroup.com](mailto:michael.young@investorsgroup.com)

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# TERWILLEGAR

## inspirations



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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  
Photographer: Jennifer Hanrahan

Most days in our neighbourhood, you can see Victor (86) and Larysa (80) out walking. They recently immigrated from Ukraine to be with their children. With PhDs in Medicine and in Geology and Mineralogy their life in Ukraine was full of teaching, research, studying, travelling and raising a family. Now in Edmonton they live with the same passion for life, learning, and loving each other. They walk this new land, exploring, supporting each other with a wheel-chair and smiling at people who pass by. Through a translator I learned that they know the name of the flowers, shrubs and trees in their neighbourhood and recognize the geese and ducks that arrive back after the long winter.

If you greet them, you will see the sparkle in their eyes. You can't help but feel their openness to life, even with all the changes in older age. You can't help but be inspired to look again at your own life and what there is to learn.

SWESA's new spring programs, events and activities will provide you with a wide range of opportunities to experience and learn new things. The locations, dates and program costs are all explained in the Spring Program Guide which you can pick up or find on SWESA's website. Here are just a few examples to pique your interest.

## New things to learn:

Make your own quilted table runner, guided by the Quilting Group who is offering a 6 week beginner's class.

Join a group of music lovers to practice common chords and classic songs on that ukelele or guitar that's just been sitting there in your house. The group is led by Mike Footit, an experienced musician who has fronted bands that opened for April Wine and Tom Cochran.

Develop strength and flexibility while working at your own pace in Gentle Yoga.

Learn how to explore your genealogy interests using GOOGLE.

Anyone who stops learning is old, whether at 20 or 80.  
Anyone who keeps learning stays young.  
The greatest thing in life is to keep your mind young.  
- Henry Ford

Take an armchair tour to learn about Edmonton's Historical Buildings.

## Field trips:

- Elk Island Park: Backstage Bison Experience
- Freewill Shakespeare Festival: Romeo and Juliet
- Sherlock Holmes Exhibit at Telus World of Science

## Health courses

*Diabetes Self-Management Workshop - taught by the Alberta Health Services' Better Choices, Better Health team.*

## Toonie Talks - short presentations

**Embrace your space** - examine the categories of clutter in our homes, strategies to de-clutter, how long to keep important papers and community resources for donations or disposal.

**Automated external defibrillator** - learn how to use this device as SWESA joins the Heart Safe Community Public Access to Defibrillation Program. It will be taught Ed-monton Fire Rescue Services.

**Aging in place & avoiding hospitalization** - join an engaging discussion about strategies and supports/services that will help you live safely and independently in your own home.

**That's not garbage** - learn how you can reuse, recycle, compost, grasscycle and Eco Sta-tion almost everything.

**Physician Assisted Dying and the New Legislation** - our speaker, from Dying with Dignity will look at current patient rights and how other jurisdictions have implemented this approach.

**Monthly luncheons** - a great way to have fun and meet new people. Each month has a new theme. Be sure to register early as they sell out pretty quickly.

**Enjoy meeting people from your southwest neighbourhood** - Drop by sometime for coffee and conversation with other seniors in the southwest:

- Monday & Wednesday afternoons (1:00-4:00) at Terwillegar Community Recreation Centre
- Tuesday & Thursday mornings (9:30-12:00) at Yellowbird East Community Centre

## Look for other seniors programming in the SouthWest

There are other great seniors programs in several smaller seniors centres in the southwest and in some community leagues. Many of them have been around even longer than SWESA and have a great group of people to meet. SWESA's website has a listing of other seniors programs in the southwest. If there are others that should be listed, please let SWESA 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  
or visit the website:  
www.edmontonseniors.ca

Below:  
SWESA Volunteer Appreciation Tea - April 2016



Below:  
Cheery SWESA Volunteers Jean Mill and Peggy Scott



Below:  
Volunteer Committee Chair Elaine Parfitt with ballroom dancers and SWESA members, Phillip and Marie Lan



## Introducing Ellen

After writing the Seniors Column for community newsletters in the southwest for 4 years, I am so pleased to have my friend Ellen Frombach taking over for me as of the next newsletter. I've loved writing the column but as with all good things, it's refreshing to move on to something new and I know you'll enjoy Ellen's perspective on seniors programming.

-Kathy Trepanier



# EDMONTON

## FREE Drop-In Recreation Program

Join in games, sports, crafts, music, drama, and special events at your neighbourhood park! Ages 6 to 12 are welcomed; ages 5 and under must be supervised by a parent or guardian.

### Green Shack Playground Program

**Dates:** Monday to Friday,  
July 4 to August 25, 2016

**Location:** Tomlinson Park  
**Time:** 10:00am to 1:30pm

**Location:** Magrath Heights Park  
**Time:** 2:30pm to 6:00pm

**Location:** South Terwillegar Park  
**Time:** 2:30pm to 6:00pm

For more  
info visit

[edmonton.ca/  
dropincommunity  
programs](http://edmonton.ca/dropincommunityprograms)

or call 311



Program supported by the Terwillegar Community League

Edmonton



# 2016 VISIONARY COLLEGE SUMMER CAMP MUSIC PROGRAMS

Edmonton Location • 2804 Calgary Trail NW • Call 780-757-4433 to Register

## I'VE GOT THE MUSIC IN ME

AGES 3-5

This is the ideal introduction to music for preschool children. Singing, dancing, crafts, instrument exploration, and even some recreation time with a soccer ball. This is a great camp for creative and active kids.

## SUPER KEYS

AGES 4-12

Summer days are filled with all things fun while kids learn to play piano and create music. Crafts, games, ensemble playing and recreational time make this a memorable introduction to the keyboard.

**Ages 4-6 • Half Day Camp**  
**Ages 7-12 • Full Day Camp**

## DISNEY DAZZLE

AGES 4-12

Students explore the music of Disney becoming their favorite character for a week. Singing, movement, acting, crafts and recreation make this a great way to explore the world of acting and singing.

**Ages 4-6 • Half Day Camp**  
**Ages 7-12 • Full Day Camp**

## HATS! MUSICAL THEATRE

AGES 5-6

Put on a hat and become someone new! Young performers are introduced to acting, singing, and movement through this fun musical that they will perform at the end of the week for family and friends.

## SQUIRM MUSICAL THEATRE

AGES 5-6

**Spiders! Snakes! Bats! Worms! EWWW! AHHH!** Join the wiggles and squiggles as the Itsy Bitsy Spider, Daddy Long Legs, Hook Worm, Snake, and a host of other critters take over the stage.

## SWAMPED MUSICAL THEATRE

AGES 7-12

The swamp is all a-buzz with party preparations galore! Summer is a great time to sing, act, and move to this sensational musical.

## BROADWAY BEAT MUSICAL THEATRE

AGES 7-12

Celebrate musical theatre performing hits from Hairspray, The Music Man, The King and I, Wicked, Rent, and Grease. Students gain experience in singing, acting, and movement in this unique summer camp.

## UKULELE INTRO

AGES 7-12

Learn to play this rewarding string instrument this summer! Student learn chords and to accompany themselves playing their favorite songs.

## GUITAR INTRO

AGES 7-12

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

## ROCK N' RHYTHM

AGES 7-12

**Introduction to drums and guitar** Don't miss the opportunity to explore both drums AND guitar! Each day is divided between group lessons that introduce the drums and guitar.

## POPSTARS

AGES 7-12

**SING! DANCE! Put on a SHOW!** Your camper will learn what it takes to be a real Pop star. From vocal technique, movement, and choreography to the latest fashions. **This is your one-stop POP shop!** Pop star's will be given tracks to practice with. Don't forget to bring your camera and your autograph book.

## PERFORMANCE MATTERS WORKSHOP

AGES 12+

Take your performance to the next level with this summer performance intensive. Put your best foot forward at this summers music competition or just learn skills that will help in every area of your performance career.

## INTRODUCTION TO SONG WRITING

AGES 12+

It's time to unleash your creativity and create your music! Everyone has a song in them just waiting to be sung. Explore the technique behind song writing and develop the confidence to express your creative ideas.



**campbroadwaystar.com**

**Ages 12-18**  
**July 10-16**  
30 student limit.  
**\$499**



High impact acting singing and dancing. Learn a full musical in one week! Hairspray Jr. is our week long project. With full costume, lights, and a final performance on our outdoor stage! A full Broadway Show in one week at our South Edmonton location.



**CAMP ROCKSTAR JR.**

**Ages 7-12**  
**July 4-8**

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

**\$249**



**CAMP ROCKSTAR**

**Ages 13-18**  
**August 15-19**  
**\$399**

**Tune up, plug in, and rock out!**

Through the hands on experience of working in a band and taking it to our outdoor stage for a rock concert at the end of camp, students walk away with a sense of pride and accomplishment unlike any other camp.


**CAMPROCKSTAR.CA**

### JULY CAMPS

July 4-8	9:00 AM - 3:00 PM	Jr Camp Rockstar	Ages 7-12	\$249
July 4-8	5:00 PM - 6:30 PM	Performance Matters	Ages 12+	\$149
July 4-8	9:30 AM - 3:30 PM	Popstars	Ages 7-12	\$249
July 4-8	9:30 AM - 3:30 PM	Super Keys	Ages 7-12	\$249
July 4-8	6:30 PM - 8:00 PM	Songwriting	Ages 12+	\$149
July 11-15	9:30-12:30	Super Drummers	Ages 5-6	\$149
July 11-15	1:00 PM - 4:00 PM	Disney Dazzle	Ages 5-6	\$149
July 11-15	9:30-12:30	I've Got the Music in Me	Ages 3-5	\$129
July 10-15	10:00 AM - 6:30 PM	Camp Broadway Star	Ages 13-18	\$499
July 18 - 22	9:30-3:30	Disney Dazzle	Ages 7-12	\$249
July 18 - 22	5:00-6:15	Guitar Intro	Ages 7-9	\$129
July 18 - 22	6:30-7:45	Guitar Intro	Ages 10-12	\$129
July 18 - 22	9:30-3:30	Rock 'n Rhythm	Ages 7-12	\$249
July 25-29	9:30-3:30	Rock 'n Rhythm	Ages 7-12	\$249
July 25-29	9:30:3:30	Popstars	Ages 7-12	\$249
July 25-29	6:00-8:00	Songwriting	Ages 12+	\$149

### AUGUST CAMPS

Aug. 2-5*	9:30 AM - 1:15 PM	I've Got the Music in Me	Ages 3-5	\$129
Aug. 2-5*	9:30 AM - 4:15 PM	Swamped (MT)	Ages 7-12	\$249
Aug. 2-5*	1:00 PM - 4:45 PM	Superkeys	Ages 4-6	\$129
Aug. 8-12	9:30 AM - 3:30 PM	Super Drummers	Ages 5-6	\$149
Aug. 8-12	9:30 AM - 3:30 PM	Broadway Beat (MT)	Ages 7-12	\$249
Aug. 8-12	9:30 AM - 3:30 PM	Hats 5-6 (MT)	Ages 5-6	\$229
Aug. 15-19	10:00 AM - 6:00 PM	Camp Rockstar	Ages 13-18	\$399
Aug. 22-26	1:00-4:00	I've Got the Music in Me	Ages 3-5	\$129
Aug. 22-26	9:30-3:30	MT Squirm (MT)	Ages 5-6	\$229
Aug. 22-26	9:30-12:30	Ukulele Camp	Ages 7-12	\$149



**To Register phone, 780-757-4433**

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# Community

## Why Terwillegar Is Great Contest

The following submissions for the "Why Terwillegar is Great Contest" were received and entered into the draw to WIN 1 of 3 \$100 gift certificate to Save On Foods.

We moved to South Terwillegar about 2 years ago after living in the west end for about a year. As we house hunted, we couldn't help but admire this beautiful community with gorgeous homes and lovely parks. I told my realtor, this is definitely out of our budget! Being newcomers to Edmonton and having grown accustomed to the hustle and bustle of the west end, this was quiet and serene and seemed far away from the rest of the city.

However, buying a place in Terwillegar was the best decision we made... As someone who relies on transit, I was surprised to see how easy it was to get around. The parks and walking trails made it such a joy to go on a stroll.....and gave me motivation to go for that occasional run!

I love being able to walk up to the bakery to grab some fresh bread or just chill at Waves Coffee Shop after shopping at the pet store!

The proximity to everything from medical clinics, grocery stores, specialty stores to the rec center and the entire Currents shopping area is a huge bonus.

I think the best part of living in this neck of the woods is the people... This is a tight knit community... Everyone looks out for each other and helps each other out. The Terwillegar Community League Facebook page is better than Google! There is no question that goes unanswered here!

As the community grows and things start to change, I think it is safe to say that this is still the same great community that we fell in love with. I hope it stays this awesome for many years to come!

- Zafrina Z

We just moved here last summer and we love it! A highlight is the Farmer's Market all summer long - the parking lot magically turns into a lovely market

with local vendors, fresh fruit, vegetables, pastries, coffee and many other delectable treats. There are even tables and chairs for visiting with neighbors!

- Linda B.

My daughter and I moved here 2 1/2 years ago because we needed a fresh start after my husband passed away. My letter may never win a contest but thought I would tell you how we have found our forever home in this community. She was 4 when we moved in and I always have wondered if my husband would have liked it? I wondered out loud one day and asked my daughter if she thought daddy would have liked it. She told me "Daddy likes it!" I said "No sweetie daddy never saw it". She said "Yes he did. The day we moved in, he was here and he told me he likes it."

So not only do I think I made the right decision for us, I am content knowing my husband shall be our guardian angel here. It has safe neighborhoods that we enjoy. I feel blessed to have found a good place for my girl to grow up in. Friendly neighbors, always a friend for her to be with. On my street the parents are on the same page of hosting sprinkler parties and squeals of delight! I don't worry when my girl goes out the door and I love that. It takes a village to raise a child.

Thank you Terwillegar for helping me know I can do things right!

- A Proud Community Member  
Rebecca O

We think Terwillegar is

awesome, because of its active community participation, family friendly society, and beautiful lakes. More than that, it is the most wonderful people who make this community great!

- Anonymous

There are many things that make up a great community, and it's different in the eyes of each person. For some, it's a closer commute to work, or a neighbourhood with plenty of kids to keep their family busy, or being able to know your neighbours on a first name basis.

Terwillegar has all of these features. But the greatest feature of all is courage and selflessness in the hearts of neighbours to lend a helping hand to those in need. The outpouring of support I've witnessed in light of the Fort MacMurray fires from our community has solidified my opinion that Terwillegar is more than a great community - it's a family.

- Emily B.

We love Terwillegar because of all the great neighbours, all the events through the year, and our great Halloween traditions (fireworks & Halloween Street).

- Anonymous

I live in Terwillegar Towne and love this area as where else can you hit a playground, walk a couple blocks for a slurpee, and then head to yet another playground/spray park.

- Anonymous

I love my neighbourhood because our neighbours are lovely. We don't have to walk so many miles to where grandma and grandpa live. I like to play frisbee and ball in the green space. Especially with friends.

My favourite playgrounds are Tomlinson and Magrath. Magrath has a long adventure and sand and a crocodile.

I love Starbucks and Save On.  
- L.H., 4



# THE WINNERS

## ARE...

### REBECCA O.

### EMILY B.

### LINDA B.





By Patti Hartnagel  
Green & Gold Community  
Garden Volunteer

The volunteer gardeners at the Green & Gold Community garden, on the University of Alberta South Campus, are making plans for our eighth gardening season! The garden, an initiative of the University's Faculty of Agricultural, Life and Environmental Sciences, is totally volunteer run. Virtually all of the seeds, plants and equipment used are donated.

The vegetables, herbs and flowers are "spray-free" (no pesticides or artificial fertilizers are used). Anyone is welcome to 'purchase' their vegetables at the garden and all of the money raised – that's 100% – goes to the Tubahumurize Association, a non-profit organization in Rwanda that provides socially and economically marginalized women with vocational training, counselling, life-skills coaching, health care education, and opportunities for sustainable income generating activities.

Most individuals who benefit from Tubahumurize are genocide survivors and many are widows

or orphans, HIV infected, and survivors of physical and sexual violence. To date, the garden has raised over \$100,000 for the Tubahumurize project.

We are now gearing up for the 2016 gardening season, and are looking for new volunteers to join us at the garden. Both novice & experienced gardeners are welcome. If you aren't interested in gardening, but would like to help in other ways (distributing produce, promoting the garden, donating seeds or garden tools) please contact us at:

E-mail: [gggarden@ualberta.ca](mailto:gggarden@ualberta.ca)  
Phone: 780-492-4087  
Website:  
[www.greengoldgarden.com](http://www.greengoldgarden.com)

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



**Check us out on  
Facebook!**

SEARCH:  
"TERWILLEGAR COMMUNITY  
LEAGUE" UNDER GROUPS

**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.

Dr. Douglas Haberstock  
Orthodontist

5520 – 111 Street  
Edmonton, AB T6H 3E9  
Ph#: 780-432-1832  
Email: [info@iortho.ca](mailto:info@iortho.ca)

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# How to eat mindfully in 4 simple steps

By Dr. Christina Bjorndal, ND

## Step 1: Cook real food

Diet is the foundation of health! You have probably heard time and time again that “you are what you eat”. I’ll add to that by stating that not only are you what you eat, but you are what you absorb and what you don’t excrete. Many NDs feel that the root of all illness starts in the gut - heal the gut and you can heal anything.



Everything that passes through your mouth informs your body. In our modern society, we are often missing the first step in the digestive process. Digestion starts with the sense of smell when we are cooking our food and then that sends a signal to the brain that food is coming. The brain then sends a message to the stomach along the vagus nerve to get ready – food is coming. This first step is missing for most of us as we no longer spend 20-60 minutes preparing our food. Instead, most of us unwrap something and down the hatch it goes – and many of us have digestive complaints such as: gas, bloating, heart burn, diarrhea or loose stool, constipation, nausea, etc.

Ideally, cook at least one meal per day. Digestion is a parasympathetic process – which means that we need to be in a calm, relaxed state when we

eat in order to get the maximum benefit from the food we are eating. Many health experts focus on the food – which is important – but the mental emotional state you are in when you eat that food is equally important. If you are stressed out, it is unlikely you will get the full benefit from the food you are eating.

## Step 2: Support digestion through the Breath

Therefore, step 2 is to take a few deep breaths before you eat to shift you into a parasympathetic state. This is especially important if you haven’t cooked your food. Spend a few extra few minutes thinking about where the food came from, who grew it, made it or prepared it for you, and all the steps involved before the food arrived on your plate. Visualize your stomach being ready to receive the food before you even take one bite. Saying “Grace” or giving thanks before eating is a great way of pausing before consuming.

## Step 3: Chew and then chew some more

DON'T  
FORGET  
TO CHEW



When you do eat, there are a few key steps involved:

- put your fork down between bites
- thoroughly chew your food – as they say for solids: “make

your food liquid” and for liquids: “chew your liquids”. I encourage everyone to chew as many times as it takes to make your food liquid – 20, 40, 60, 80, 100 times.

- Don’t talk with your mouth full – because you are busy chewing and being present with your food

- If you are full, you don’t need to finish all that is on your plate

## Step 4: Relax

The key to relaxing during mealtimes is to sit down when you eat and not do anything else ie don’t multi-task while eating. So when you eat, just eat. Don’t talk on the phone, watch TV, read or work.

I know I sound like your mother :). The reason for these steps is many are eating unconsciously and the idea behind these four simple steps is it allows you to be present and to eat mindfully. When you do that, you are less likely to over consume and you are more likely to get the nutritional benefit from your food when you are in a parasympathetic state.

You can have a pleasant conversation with someone while eating as long as you continue to stay calm during the digestive process. The other important reason for these steps is the more aware you are and the more time you take to eat, this increases the likelihood that you will recognize the “full” signal when it is activated in you.

There are many myths around eating – some of which might be guiding your beliefs around food, such as:



1. I need to eat everything I put on my plate
2. I must eat because the clock tells me to
3. I have to avoid certain foods because they are bad for me
4. It is hard to lose weight
5. Cooking for one person is boring and not fun

Take some time to think or journal about any beliefs that may be guiding your eating.

You will notice that I haven’t talked about the actual food you are eating. Instead, I’ve talked about the “state” I’d like you to be in when you eat and the preparation process around eating as this is an important factor that is often missed when people embark on a weight loss regime.

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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:**

June 18: Twilight Movie - Jurassic World

June 24: TCC's Friday at the Parks

July 1: Canada Day Event

July 9: Twilight Movie - The Force Awakens

July 14: Famoso Fundraiser

August 13: Summer Carnival

August 18: Famoso Fundraiser

August 20: Terwillegar Video Game Championships

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

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

Terwillegar Community League mailing address:

PO Box 36508 MacTaggart RPO

Edmonton, AB T6R 0T4

# FOR THE LOVE OF COMMUNITY

## July 14 & August 18

All day long, come help us support our community. All profits for the day will be directed to the construction of the new South Terwillegar Park Skating Rink. See you there!

**FAMOSO MAGRATH**  
14123 23 Avenue  
magrath@famoso.ca  
780.436.8799



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# JOIN THE TCL LEAGUE

Name #1: _____	Date: _____
Name #2: _____	<b>Membership Type:</b>
Address: _____	Senior: <input type="checkbox"/> Single: <input type="checkbox"/> Other: <input type="checkbox"/>
Postal Code: _____	Adult: <input type="checkbox"/> Family: <input type="checkbox"/>
Res. Ph.: _____ Bus Ph.: _____	Member interested in participating in activities? Yes <input type="checkbox"/> No <input type="checkbox"/> (See Over)
Email: _____	Member willing to volunteer? Yes <input type="checkbox"/> No <input type="checkbox"/> (See Over)
Children's Names: _____ Y/M/D _____ M/F _____	Fee Paid: _____
_____	Donation: _____
_____	Total Paid: _____
<b>Terwillegar Community League</b>	# of Skate Tags: _____
	Cash: <input type="checkbox"/> Cheque: <input type="checkbox"/> Cheque#: _____

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

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



**Great Tutors Available - 1 on 1 In Your Home**  
 All Subjects & Grade Levels  
 Guaranteed Excellent Tuition  
*Contact Us For A FREE 1 Hour Consultation*  
 ph: 780.298.3710 email: phares@tutordocor.com

Place For Your Stuff - Self Storage Facility  
 Rent storages as low as \$66 per month  
 Visit Pfys.ca or Call Jakub at 587-764-0119

Would you like to see your ad here?  
 Contact editor@terwillegar.org for information.

### Are you interested in:

Meeting New People?

Helping plan resources in our community?

Strengthening our Community Spirit?

Join our Community League!

We will help you find a role that interests you.

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

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

#### Board Contacts

President — Monte Weber, [president@terwillegar.org](mailto:president@terwillegar.org)

Vice-President — Steve Simala-Grant,  
[vicepresident@terwillegar.org](mailto:vicepresident@terwillegar.org)

Treasurer — Jennifer Ozechowski, [treasurer@terwillegar.org](mailto:treasurer@terwillegar.org)

Secretary — Diane Pelletier, [secretary@terwillegar.org](mailto:secretary@terwillegar.org)

Community Advocate — Kelly Jeffrey, [advocate@terwillegar.org](mailto:advocate@terwillegar.org)

Memberships - vacant, [memberships@terwillegar.org](mailto:memberships@terwillegar.org)

Programs — Marc Lachance, [programs@terwillegar.org](mailto:programs@terwillegar.org)

Communications — Heather Maitner,  
[communication@terwillegar.org](mailto:communication@terwillegar.org)

Fundraising — Scott Riddell, [fundraising@terwillegar.org](mailto:fundraising@terwillegar.org)

#### Other Contacts

Community Garden — Amanda Hunt, [garden@terwillegar.org](mailto:garden@terwillegar.org)

Editor — Stephanie Gillis-Paulgaard, [editor@terwillegar.org](mailto:editor@terwillegar.org)

MacTaggart Rep - Kelly Jeffery, [advocate@terwillegar.org](mailto:advocate@terwillegar.org)

Magrath Rep - Michelle McWilliams, [dalm@terwillegar.org](mailto:dalm@terwillegar.org)

Neighbourhood Watch - Annette Intenberg and  
Carolyn Cush-Nieminen, [watch@terwillegar.org](mailto:watch@terwillegar.org)


Programs Aide - Lisa Earls, [programaide@terwillegar.org](mailto:programaide@terwillegar.org)

Terwillegar Gardens Rep - Sue Trigg, [daltg@terwillegar.org](mailto:daltg@terwillegar.org)

Terwillegar Towne Rep - Monte Weber, [president@terwillegar.org](mailto:president@terwillegar.org)



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