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www.terwillegar.org

Issue 66 April 2017

Next submission deadline:

May 5, 2017

Next issue: June 5, 2017

Call for Casino Volunteers!

*By Monte Weber
President,
Terwillegar Community League*

Help your community raise \$80,000! The casino funds have helped our community build the playgrounds and the spraypark over the last several years.

40 volunteers are needed. To put it in perspective, 1 volunteer shift represents the equivalent of raising \$2000 for your community.

Our casino is scheduled to take place on **May 19 and May 20** at Palace Casino located in West Edmonton Mall.

If you, or someone you know, are interested in volunteering please contact me via email at: president@terwillegar.org



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Community

Neighbourhood Crime Mapping

Public Service Announcement

The Edmonton Police Service has developed a crime mapping application for the public to view crime in neighbourhoods across the city.

Neighbourhood crime is more than just numbers; it's about knowing where reported crime is happening in the area where you live. Knowing the real picture of neighbourhood crime reported to the Edmonton Police Service is the first step in doing something about it.

How to use the tool:

You can select a neighbourhood of interest by 'clicking' on

the city map, select a date range, and then select one, some or all of 8 crime type groups to plot on the map.

By accessing this timely and relevant information on reported crime you will be able to know what's really going on in your neighbourhood. By knowing what's really going on, you should be better informed in relation to crime prevention decision-making.

Privacy:

To protect the privacy of the citizens involved, including the victims of crime, the locations shown on the map are near, but are not the exact locations that were reported to the police.



Community I'm Too Big For It Sale Rescheduled - Tables Still Available!



I'm Too Big For It Sale

Terwillegar Community League's
Semi Annual Sale

When: Saturday, May 27th 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

Community

A Message from Matt Jeneroux, MP

By Matt Jeneroux, MP



I am exceptionally proud of the way Albertans and Edmontonians continue to unite together in the face of adversity. From the Fort McMurray Wildfires to the increasing jobs crisis, our province has continued to show strength and determination for a more prosperous future.

As the Alberta economic crisis continues with widespread job losses since the beginning of 2015, our Alberta Conservative caucus launched a non-partisan approach called the Alberta Jobs Task Force. Since October of 2016, I have co-Chaired the initiative and have met with thousands of Albertans who shared their stories, ideas, and proposed solutions to bring back the prosperity and wealth of jobs within Alberta.

The Taskforce presented our report to the Government on February 27, 2017. This report includes 11 recommendations containing immediate solutions to get Albertans back to work, as well as solutions for Alberta's long term economic prosperity. For more information on the 11 recommendations provided or to read the full report, please visit www.albertajobstaskforce.ca.

Last year during the wild fires of Fort McMurray I was also inspired by our youth in Edmonton who gathered together in our schools and communities to organize fundraisers to support those affected. In response to this, I decided to launch our MP Youth Leadership Awards as a way to recognize the leadership the youth of Edmonton Riverbend. There are two age categories for these awards: Grades 7-9 and Grades 10-12, and they can be nominated on my website at www.mattjeneroux.ca. The deadline to submit the nomination is April 30, 2017.

In Ottawa, I tabled my motion (M-122) to address the issues faced with orphan wells in our western provinces and potential impact by the geothermal industry. Geothermal is the most affordable renewable

energy with a per-kWh cost half of hydroelectric or wind.

At present, however, Canada remains the only major country in the Pacific Rim that is not producing electricity from its geothermal resources. Although Natural Resources Canada has indicated there is enormous potential for geothermal energy in Canada and "in place capacity" well over a million times what Canadians actually use, the development of this technology continues to stagnate. Over the past year, I have been meeting with many organizations who believe that the development of geothermal technology in Canada can help provide the foundation for the clean transition of orphan oil wells into sustainable geothermal producing assets. This conversion of orphan oil wells into geothermal producing assets will create needed jobs for many unemployed oil and gas workers. In my motion, I ask the Government to consider making the required legislative, regulatory and program changes in order to support the development of the geothermal industry in Canada.

I am also pleased to champion and sponsor petition e-798. This petition calls upon the Canadian

government to continue their efforts as key actors in the global effort to eradicate polio. Polio once affected 40 children every hour, but now less than 40 people have been affected in all of 2016. This petition is part of the One Last Push campaign that seeks to fully eradicate polio. I ask you to join me in the mission of eradicating polio by signing e-798 at: <https://petitions.parl.gc.ca/en/Petition/Details?Petition=e-798>.

On a fun note, I am extremely thankful and honoured to have been voted as a top Up and Comer Member of Parliament by the Hill Times in December. I was voted in the top 3, so I guess there is room to grow to be number 1 next year!

As always, if you have any questions or comments please do not hesitate to contact me and my office at 780-495-4351 or email matt.jeneroux.c1@parl.gc.ca.

Yours truly,
Matt Jeneroux



ALBERTA JOBS TASKFORCE

We'd love to hear what else is going on in the community.
editor@terwillegar.org

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



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Community



Emergency
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Bicycle Helmet Safety



Head injuries are a leading cause of serious injury and death to children riding bicycles*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. Remember – it's the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

Getting informed

- Wearing a helmet while cycling can prevent a serious injury, or even save a life;
- Brain injuries can cause permanent disability or death;
- Reduce your risk by always wearing your helmet;
- Replace any helmet that has been involved in a crash, even if it appears undamaged.

Getting started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them;
- Start the habit early. Young children learning to ride tricycles need to wear helmets;
- Parents must lead by example – always wear a helmet when cycling.

Getting the right fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash;
- When worn properly, helmets should fit level, not tilted up, or down over the forehead;
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened;
- Adjust the chin straps to form a “Y” below and slightly forward from the ears;
- Only one finger should be able to fit under the chin strap when it is fastened;
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort and safety.

*Parachute Canada

<http://www.parachutecanada.org/injury-topics/item/wheeled-activities1>

Community

Terwillegar Riverbend Advisory Council (TRAC) Update

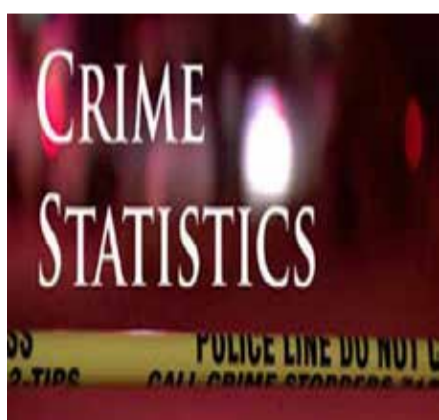
By Harold Hornig & Karin Scott
TRAC Community Office

Have you heard about the TRAC Messaging System?

Whether it's crime related activities or whether its items of great interest to the community, this is the email group that you need to part of!

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

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



Crime and Crime Statistics in the Riverbend Area

A few years ago, the Edmonton Police Services introduced a web based crime mapping program. You can link to it from our TRAC webpage at the top right corner.

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

- Do not leave valuables in your

parked vehicle.

- Do not leave an extra set of keys in your vehicle.

•If you leave your vehicle parked outside overnight, remove the garage door opener. There have been occurrences where vehicles are broken into and then the garage door opener is used to access the attached garage.

- Do not leave your garage door open overnight.

•If you see suspicious persons or suspicious activity in the area, please give police a call.

TRAC Community Run/Walk

Mark your calendar for **Sunday, May 28, 2017**. This year there will be an added 1.50K Kids Fun Run for those 6 yrs. of age & under in Celebration of Canada 150 Anniversary, as well as the 10K, 5K, & 3K, so there is something for everyone!

The Planning Committee had their first meeting a few weeks ago, and there are some exciting things planned for the run this year! If you are interested in being part of this annual community event please contact the TRAC Community Office at tracmail@tracspirit.ca or by calling 780-439-9394. We are always in need of enthusiastic volunteers!

Edmonton Youth Talent Show

The date for the 6th Annual Edmonton Youth Talent Show (EYTS) has not yet been set. Stay tuned for more details in the next issue!

TRAC Community Office

Community league memberships are available at the TRAC Community Office which is located right in the Terwillegar Recreation Centre.

Office hours are:

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

For questions or concerns can be directed via email to: tracmail@tracspirit.ca or you may phone: 780-439-9394.

Save the Date for these Upcoming Community Events:

- PB & J: “I’ve Outgrown It Sale”: Saturday, April 29th, 2017. For more information please check www.peanutbutterandjam.ca
- TRAC AGM: Wednesday, April 26, 2017
- TRAC Community Run/Walk: Sunday, May 28th, 2017
- Edmonton Youth Talent Show: TBD
- TRAC Meeting: Wednesday, June 14th, 2017. Last meeting before summer break.



Annual General Meeting
Wednesday, April 26th, 2017
Lillian Osborne High School
– Library @ 7:00 PM
EVERYONE IS WELCOME!

For more information on how to nominate someone for the “Community Spirit Award” please contact the TRAC Community Office at tracmail@tracspirit.ca



Public Service Announcement

Living Local Neighbourhood Arts & Heritage Grants

A partnership between the Edmonton Heritage Council, Edmonton Arts Council, and the Edmonton Foundation of Community Leagues (EFCL).

Living Local grants are designed to foster connections between community organizations, artists, and heritage practitioners in the communities in which they live. Grants cover 75% of the total cost of a project that does three things: result in the creation of a festival, artwork or heritage outcome that is

accessible to a wide range of neighbourhood residents; uncovers and expresses a unique cultural aspect of the place it occurs and; connects artists and heritage practitioners within and with their communities.

What stories would you like to explore in your communities? Deadlines to submit Expressions of Interest are March 31st and September 29th.

WHO IS ELIGIBLE?

Partnerships connecting community organizations with artists and heritage practitioners that have significant connections to that community are eligible. None of

the applicants/partners can have outstanding final reports, or unused previous grant funding.

HOW DO I APPLY?

Please download the Call for Expressions of Interest as well as the Information document for more information on the application process, and the materials required.

HOW MUCH FUNDING IS AVAILABLE?

New for 2017 – The Living Local Grant may be awarded, subject to availability of funds, for 75% of total project costs, up to a maximum of \$10,000.

If you have any questions please

feel free to reach out to the Edmonton Heritage Council.

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Community

New techniques to help City with snow clearing

By Councillor Bryan Anderson



The City of Edmonton is expanding the use of one of its winter maintenance tools: anti-icing products.

Anti-icer is applied to the road before it snows. It acts as a debonding agent, preventing snow and ice from sticking to the pavement, which makes snow removal easier and more

effective. This practice is already in place on various provincial highways in the Edmonton Capital Region.

The City of Edmonton is piloting the use of anti-icer on several arterial roads: Yellowhead Trail and ramps; St. Albert Trail from 156 Street to Yellowhead Trail; and Gateway Boulevard and Calgary Trail from 19 Avenue to Whitemud Drive. Certain roads and sidewalks in the downtown core and a few multi-use trails will also be part of the pilot. We hope that anti-icing will help us achieve a bare-pavement condition sooner to help improve mobility and safety for vehicles, cyclists and pedestrians.

Anti-icer can help reduce snow and ice buildup and improve traction in temperatures as low

as -30°C. The use of anti-icer may also reduce the amount of sand and salt required to provide safe conditions. Our recent experience with warm, melting temperatures followed by extreme cold has led to challenges with maintaining safe conditions on various road and sidewalk surfaces. Once snowpack has melted and then turned to ice, the application of sand has minimal effect in maintaining a safe surface. Traditional salt is not effective in melting snow and ice once temperatures drop below -10°C. Alternate de-icing materials are effective at temperatures as low as -30°C. One application has already been made and the results are satisfactory.

Based on what has been learned through the Program and Service Review, combined with

the results of the trials listed above, the City will continue with the pilot for the rest of the winter and will continue to monitor conditions. Changes could be made to the Snow and Ice Control Policy later this summer. Our goal is to ensure a safe, efficient transportation network that meets the needs of citizens and visitors alike.

For more information on the City's website please go to https://www.edmonton.ca/transportation/on_your_streets/snow-ice.aspx

If you have questions or comments, please contact me at Bryan.Anderson@Edmonton.ca or on my website at BryanAnderson.ca.

Thank You Bryan Anderson

By Dave Rumbold
Community Resident

Ward 9 Councillor Bryan Anderson is retiring from public service this October 16th, when the next Civic election is held. Bryan has represented Ward 9 and our Riverbend and Terwillegar neighborhoods since 1998, winning 6 consecutive elections. Always seen as a dedicated and results oriented Councillor, Bryan has become the longest currently serving City Councillor in Edmonton and the fifth longest in our City's history. Councillor Anderson has become a mentor to other Councillors on Civic issues and how to achieve results in office.

Edmonton's 6 Wards were represented by two Councillors until 2013, and Bryan served along with Larry Langley (1998-2004), Mike Nickel (2004-2007) and Don Iveson (2007-2013) until the single Councillor Ward system began.

Civic politics has been Bryan's second career. A native of Saskatoon, Bryan was educated as a teacher at the University of Saskatchewan, and then hired on with the Edmonton Public School Board right out

of school in 1964. He worked at Hardisty Junior High, then Strathcona Composite High, then at Harry Ainlay High School from 1969-1998.

Although he left his mark at his first two school postings, Bryan became best known for his time at Harry Ainlay, serving as Head of Physical Education, Co-ordinator of Athletics and Basketball Co-ordinator. Bryan was a dedicated and winning Basketball and Football Coach, and his teams went to the finals too many times to remember, and were champions 17 times!

In addition to molding winning teams, Bryan created the Harry Ainlay Tri-Province Basketball tournament which has grown into the largest tournament of its kind in Edmonton. Bryan remembers years filled with teaching and after school hours filled with coaching. You can't go far in South Edmonton without running into someone who had Bryan as their high school Phys-Ed teacher or Coach!

During this first stage of his professional life Bryan was also busy with his young family, helping raise 4 daughters. The Andersons have been residents

Thank
you

of Greenfield since 1965, and Bryan recalls mortgage payments of \$92.88 per month! During both his teaching career and his years in public service Bryan has been recognized numerous times for his accomplishments by a diverse variety of organizations. He has received numerous accolades for his teaching, coaching, community work and mentorship.

As Bryan approached his retirement from a full teaching and coaching career in 1998, he started thinking about what to do next in life. He had always enjoyed being involved in administration and policy development at Harry Ainlay, and he realized that he wanted to continue to be a part of the decision making process in the community. He saw that being a City Councillor was a great way to achieve positive results for citizens, and he had a strong

conviction that people needed responsive representation. Bryan believed that a focus on constituents should be the first priority for City Councillors, and he has become well known for being informed on local issues and responsive to citizens

Bryan also wanted to make sure that the City prioritized sport and recreation opportunities for citizens, and he knew that his passion for these issues would help advance these initiatives.

This was formalized under Mayor Stephen Mandel who asked Bryan to lead the Sport and Recreation initiative on City Council. Bryan's mission statement for this work was 'to improve the quality and quantity of sport and recreation infrastructure, and opportunities for Edmontonians.'

Thank You Bryan Anderson (Con't)

In Bryan's Civic career, his accomplishments include:

- He played a key role in the investment of over a billion dollars in Edmonton sport, recreation and library infrastructure, including the Terwillegar Recreation Centre, Riverbend Fire Station, Riverbend Library and the Southwest Police Station. In the rest of the City, 4 new state of the art Recreation Centres are completed or underway along with the new Coronation Velodrome.

- Bryan voted to keep EPCOR as a wholly owned City utility, which has allowed the City to retain hundreds of millions of dollars of dividends for re-investment in infrastructure.

- Bryan helped create the agreement between three levels of Government to construct the GO Centre at the Saville

Community Sports Centre. Additionally Bryan worked with community partners such as the Edmonton Grads, Ortona Gymnastics, the Edmonton Volleyball Centre and others on a partnership to provide accessible programming for all citizens.

- He advocated for conversion of major City sports fields to artificial turf, enabling improved use and longer access.

- Councillor Anderson aimed for a 48 hour response time to the tens of thousands of citizen inquiries, through emails, phone calls and letters. This is a distinguishing aspect of Bryan's public service, and was one of his original goals. Countless residents of Ward 9 can vouch for the truth of this claim!

Bryan has always stayed engaged with many community organizations such as

Community Leagues and Area Councils, to senior's groups, amateur sports organizations and everything in between. He can be counted on to show up at community meetings when asked, and offer supportive and informed comments, as well as political guidance on the best way for an organization to achieve its goals.

Councillor Anderson has become known as an informed, practical and pragmatic politician at City Hall. He says that he has always felt that rules and policies shouldn't get in the way of good decisions and achieving results. He believes that people do their best work when it aligns with their passion, and this is why he has always focused his energy on sport and recreation.

A great tribute to Bryan's legacy in our City is a walk through one of our state of the

art Recreation Centres. The vibrancy and activity you see there always includes a diverse group of citizens of all ages and is a testament to his foresight, dedication and commitment to our shared community.

In an age when many of us assume politicians have the wrong interests at heart, Bryan Anderson stands as an example of the best kind of community minded elected official.

If you happen to see Bryan prior to the fall election, consider taking a moment to thank him for dedicating 18 years to the citizens of Ward 9 and our community well-being. We all share in the facilities and legacy he has worked tirelessly to achieve.

Thanks Coach!



Community

The Southwest Edmonton Farmers' Market Needs You!

By *Christie Anderson*,
SWEFM Market Manager

Do you love our local farmers' market? Did you know that it is a not for profit organization, run by volunteers from many of the neighbourhoods that make up the Southwest Edmonton area?

Its volunteers and Steering Committee members are wonderful people, committed to developing a vibrant gathering place for our community and they need more help. Meeting all year long, the SWEFM Steering Committee schemes and plots, creates and dreams, crunches numbers and makes phone calls, problem solves and forges connections, as it plans the next stage of growth for its young, successful market.

SWEFM volunteers are a hard working bunch, dedicated to the market's vision of creating a unique, vibrant community gathering place where local farmers, producers and artisans provide fresh, locally grown and homemade food and handmade goods to the people of southwest Edmonton. They are passionately committed to fostering community relationships, helping their neighbours, friends and family to create strong ties to the community, and strengthening the local economy.



Does this sound like you?

SWEFM is currently seeking volunteers for its Steering Committee. Proven leaders with board experience, financial know-how and community mindedness would be definite assets to the organization. If you are looking for a fun, social opportunity and would like to become involved in this exciting, vital and successful organization, please contact us at: swefm.manager@gmail.com

In addition, we are encouraging local artisans, producers, cooks, and farmers to apply for our 2017 market season (May 17th – Oct. 4th). Check out <http://www.swefm.ca/become-a-vendor> for more details. The application submission deadline is April 1st!

Lastly, if you are interested in volunteering at the market on market day, we are always looking for dedicated volunteers to help with set up and take down and other tasks to ensure the market runs smoothly. This is an excellent way to build work experience and get to know your neighbours. Email the Market Manager at: swefm.manager@gmail.com for more info.

Seeking Volunteers for the SWEFM Steering Committee & 2017 Vendors & Market Volunteers



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Community

Homes, Hockey and Hope

By Steven M. Reid, B.A., LL.B.,
Rockpoint Realty, Broker

Ah Spring! A time of rebirth and renewal. A time to bask in warmer days and greening spaces. A time to...okay enough of that. Let's cut to the chase and talk about what really has us excited this year: we may actually see the Oilers in the playoffs AND our real estate market is showing signs of similar improvement! Okay, there are actually a lot of things to be excited about in Edmonton. But those are two of the big ones and they are two things that no one outside the tinfoil hat club would have talked about in recent years.

Let's get the fine-print out the way. No one has a crystal ball and this article was written before the end of the regular season. Well before. And bad luck has this annoying habit of showing up when you least expect it. So should we plan the parade route

for McDavid et al? Should you expect to sell your home in two days for way over list price? Ummmm, probably not. Having said that, when you look at how the year started there are some truly encouraging signs.

Compared to the beginning of last year, both the Oilers and our real estate market are doing markedly better. The boys in orange were 11 games under .500 at the end of February, 2016. This year? Oh, it's a little different. Try 12 games over .500, with a record of 34-22-8! In the Edmonton real estate market? Consider these numbers (courtesy of the REALTORS® Association of Edmonton):

- The number of residential sales in February this year was up 26.6%
- The average price of a single family home increased by 1.85%
- The number of condos sold was up 13.6%, while the number of duplexes and rowhouses sold



was up 29.5%. (city-wide data from February, 2017 compared to February, 2016)

It's not all bright and sunny however. The Oilers need help in the face-off circle, while there's some room for improvement in the market too. For example, the average unit price of condos was down (-6.65%) compared to February last year. The average price of duplexes and rowhouses was also down slightly (-1.5%). You can't have a beautiful spring without a little bit of rain.

So how about closer to home? The trend in the southwest was similar to the city as a whole. Residential sales were up around



14%, while the average price of a single family home was up 4% (both year-to-date compared to February, 2016).

With fewer listings and more sales, the market is becoming more stable. Our population is growing and there are reasons to be cautiously optimistic about the economy as a whole too. Is it a boom? Maybe don't go that far. We don't know for sure what the future will hold. But at least there are some things worth celebrating. Like the fact that we're doing better than Calgary. So raise a glass and celebrate, and enjoy the fact that it's finally half full.

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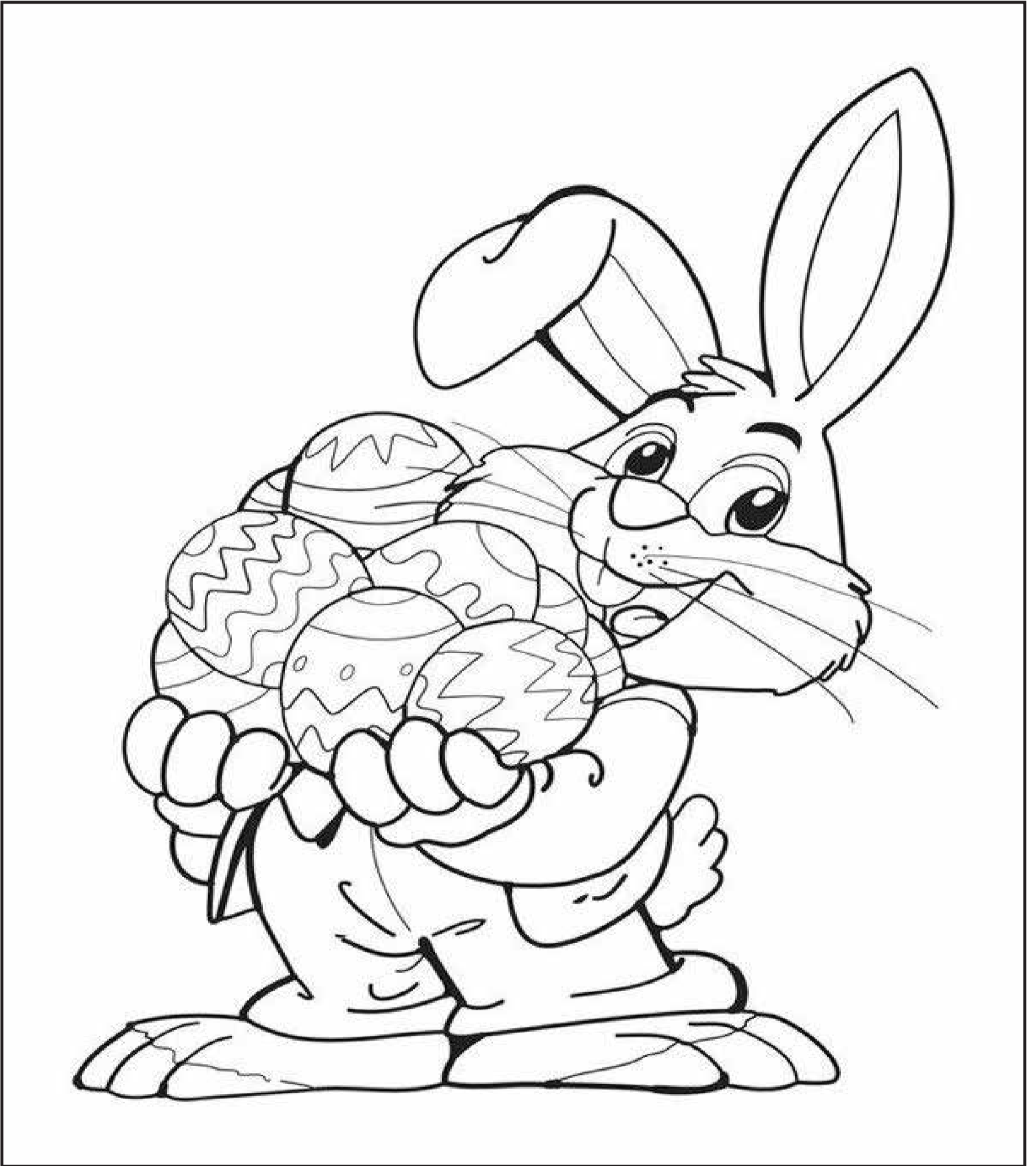
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Kids Zone - Coloring Contest



Easter Coloring Contest

Name: _____	<p>All entries must be received by . Please note April 19: one entry per child. The contest is open to residents of the following areas: Terwillegar, Magrath, South Terwillegar, and MacTaggart.</p> <p>Age categories are: 2-4; 5-7; and 8-11. Prizes awarded to first place & runner up of \$25.00 & \$10.00 gift certificates for Toys R Us</p> <p>Entries should be mailed to: Terwillegar Community League PO Box 36508 RPO MacTaggart Edmonton, AB T6R 0T4</p>
Age: _____	
Address: _____	
Phone: _____	

Kids Zone - Word Search



Easter Word Search

Bunnies	Easter	Chocolate	Family
Baby	Hunt	Eggs	Coloring
Baskets	Bright	Chicks	

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



Community

Public Service Announcement

Enjoy Spring With Your Kids

Winter is a time when children are often trapped in the monotony of the indoors. Then, one day, the sun's rising brings heat instead of just light. How can parents capitalize on the release of all this energy? Here are 5 ideas for enjoying the coming of spring with your children.

1. Create a "letter" garden. Children love to create and they love to get dirty. Beyond just playing, though, they also need to learn duty and responsibility. Why not combine it all in a "letter" garden? Plant flowers (or better yet, herbs) in the shape of each child's first initial. Rope out the letter or, perhaps, cut the garden in the shape of their first initial. Have them plant seed or seedlings inside this shape.
2. Lending a helping hand.

Spring is a time when families head outside to tame a winter-worn yard. Fallen branches and pine needles are everywhere. This spring, as your family heads out to clean your yard, consider those on your street. Do you have any elderly or physically challenged neighbors? Perhaps there is a single parent who has more than enough to keep him/her busy. Your family could clean their yard. Even better, you could clean their yard along with them.

3. Keeping your head in the clouds. No list of wonderful springtime activities would be complete without this one. Have your whole family lay on a blanket (or several blankets, depending on the size of your family). Stare at the clouds and tell everyone to say what they see in the sky. Consider starting

with the younger children so their older sibling's ideas are not in their minds. Be sure to thank God for the beauty, for your imagination, and for His vastness.

4. Taking a "tweety hike." Walk around the neighborhood or on some nature trail. Take along a camera or binoculars. Listen carefully and try to find some singing birds. Watch what they do, how they sing, and how they're made. As you repeat this, help your children recognize each bird song and the bird that sings it.

5. Camping close by—really close by. Camping can be fun, and great family memories can be made there. This spring, though, pitch a tent, toss a Frisbee and tell some stories right in your backyard. If you use a camper, open it up in the driveway. The kids will think it's great to sleep outside, just 50 feet from their beds. Plus, if you need to use the restroom, the comfort of home is not that far away.



Have a contest idea?

Terwillegar Community League would love to hear it.

Email: president@terwillegar.org or editor@terwillegar.org

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And the Winners are...

Ages 2-4
1st Place: Marka M
Runner Up: Lilia S

Ages 5-7
1st Place: Walker J
Runner Up: Gurleen S

Ages 8-11
1st Place: Chloe L
Runner Up: Maddy P

Thank you to everyone who participated.

You are invited...
spring CARNIVAL

Saturday • May 13th 2:00 - 4:00pm
Tomlinson Common Park

- petting zoo • jumpy thing
- cotton candy • games • popcorn



for more information visit tccchurch.ca

12th

a n n u a l

T R A C

Community Run

Sunday, May 28

9:00 am Start

Mother Margaret Mary High School

www.runningroom.com



CANADA 150

**I RUN THIS
COMMUNITY**



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.swedmontseniors.ca

By Ellen Frombach

SouthWest Seniors Association (SWESA) Offering Peace of Mind and Con-venience to Southwest Seniors

Are you a senior in southwest Edmonton looking for help for snow removal, yard help, housekeeping and minor home repairs? SWESA now has a program available to help you out. As of January 3, 2017, SWESA has taken over the role of the Seniors' Home Supports Program from the Lifestyle Helping Hands Seniors' Association (LHSA), which previously coordinated the program in southwest Edmonton.

This program provides seniors with referrals to businesses, community groups and individuals, which offer the following services:

- Snow removal: removing snow and putting down anti-slip material to cover icy spots (not chipping ice);
- Yard help: mowing the lawn and spring/fall clean-up (doesn't include the removal of animal waste, weeding gardens or planting);
- Housekeeping: vacuuming, washing floors, cleaning bathrooms, doing laundry, dusting, and cleaning the fridge;

- Minor home repairs: cleaning eavestroughs, repairing gates/fences and stairs/handrails, changing lightbulbs, replacing door knobs, repairing flooring, installing grab bars, and cleaning windows (without removing windows).

SWESA welcomes Barbara Newell, who will be administering this program. Barbara has spent most of her career in the health care sector for over 25 years and has truly enjoyed working with seniors. Barbara works with interested applicants to find trusted service providers, within a reasonable cost. Careful and thorough screening of service providers is in place as part of the program.



Barb Newell

Once a discussion is complete on the kinds of services needed and the potential providers for that service, participants are given referrals and are responsible for contacting the service providers

to discuss the work that needs to be done, the costs, as well as making their final selection of the best service provider.

Seniors whose postal codes start with T6G, T6H, T6J, T6R or T6W can con-tact Barbara Newell, SWESA's Home Supports Coordinator for more information. She can be reached at: Phone: 780-860-2931 Email: hs@swedmontseniors.ca

SWESA Annual General Meeting

You are invited to attend SWESA's annual meeting on Wednesday April 19, 2017 from 1 to 3 PM, at Yellowbird East Community Centre, 10710 - 19 Avenue.

All are welcome.

SWESA was formed to reflect the needs of over 30,000 people 55 years and older in southwest Edmonton. Its goal is to provide social, cultural and recreational programs and services that enhance the enjoyment of life.

It has now completed its fourth year of operations and has interesting stories to share with you as it grows and develops. Join us to hear our guest speaker and all of the great things that have happened at SWESA in the past year. Have a chat with board members about the organization. SWESA's annual report will be available on April 1. If you would like a copy,

contact communications@swedmontseniors.ca.

If you have been following SWESA, and its work has intrigued you, there are ways that you, too, can become involved in building the legacy of a seniors' centre in southwest Edmonton. At present, there are two board positions available. There are also a number of additional opportunities where volunteers are needed. If you are interested in an exploratory discussion on volunteer opportunities, contact: communications@swedmontseniors.ca. This preliminary discussion will assist you to better understand the opportunities available, and if these opportunities would meet your interests and available time.

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



Community

Public Service Announcement

Free Community Based Physical Literacy Programming Workshop - Saturday April 8th

The Edmonton Federation of Community Leagues is partnering with the Edmonton Sport Council and others to begin exploring how

community leagues could be an important part of a better grade for Edmonton's children.

Therefore, we encourage representatives of every community league to participate in a Community-Based Physical Literacy Programming Workshop on the morning of Saturday April 8th. This workshop will

explore Edmonton's new Live at Active Strategy, what physical literacy is, what's happening in some Edmonton communities, and will discuss moving community based physical literacy programming forward.

Additional information is found on the attached pdf and you can register FREE

at <http://bit.ly/2mjcimN>.



IT'S TIME FOR A WAKE-UP CALL



Canadian kids are inactive and they may be losing sleep over it.

If you think kids can get a little physical activity and then play video games into the wee hours, yet remain healthy, you're in for a rude awakening. Emerging research, which spurred Canada to develop the world's first **24-Hour Movement Guidelines**, shows that physical activity, sedentary behaviour – and sleep – are closely interrelated.

Kids who are tired out from running around sleep better, and those who have slept well have more energy to run around.^{27,26} And society is starting to pay attention to the fact that the reverse is also true and troubling: kids aren't moving enough to be tired, and they may also be too tired to move. A groundswell of interest in the connection between these behaviours is highlighting the fact that sleep deprivation is a problem in Canadian kids:

- **Only 9% of Canadian kids** aged 5 to 17 get the 60 minutes of heart-pumping activity they need each day.^{2012-13 CHMS}
- **Only 24% of 5- to 17-year-olds** meet the Canadian Sedentary Behaviour Guidelines recommendation of no more than 2 hours of recreational screen time per day.^{2012-13 CHMS}
- **In recent decades**, children's nightly sleep duration has decreased by about 30 to 60 minutes.^{14,15}
- **Every hour kids spend** in sedentary activities delays their bedtime by 3 minutes.¹⁶ And the average 5- to 17-year-old Canadian spends 8.5 hours being sedentary each day.^{2012-13 CHMS}
- **33% of Canadian children aged 5 to 13**, and 45% of youth aged 14 to 17, have trouble falling asleep or staying asleep at least some of the time.^{2012-13 CHMS}
- **36% of 14- to 17-year-olds** find it difficult to stay awake during the day.^{2012-13 CHMS}
- **31% of school-aged kids** and 26% of adolescents in Canada are sleep-deprived.¹⁷

Community

By Lisa Earls
Programs Director, TCL

On February 20th, the Terwillegar Community League held their annual Family Day event in the Terwillegar Towne community gardens.

The event was well attended by young and old. Due to the mild conditions, our snowshoeing games and snowman contest could not go ahead. However, there were plenty of other activities to keep the whole family entertained.

Everyone had the opportunity to try a game of zorbing football which was great fun, enjoy a sleigh ride or cook bannock on the fire while enjoying a hot chocolate and a treat. The purpose of this annual event is to bring community together. It a great chance to catch up with friends and meet new members of the community.

To finish off the day, the fun was moved indoors to the Terwillegar Community Church to watch the movie, Moana and have a pizza supper. And boy did we eat pizza - 80 empty pizza boxes to be exact.

We also had glitter tattoos for anyone who wanted to add a little bit of sparkle to their day.

TCL would like to thank everyone in our community who attended our event and a very special thank you to everyone who volunteered their time on the day. These events can't happen without you!



GREAT NEIGHBOUR RACE



YEG 157

10K — 5K — 3K

AFTER

PARTY



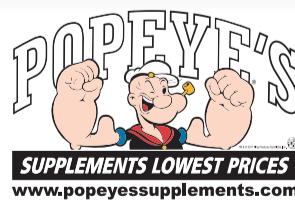
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EVERYONE IS WELCOME

REGISTER AT EFCL.ORG OR RUNNINGROOM.COM

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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 to learn more about how you can get involved with your community paper.

Check us out on Facebook!

SEARCH:

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Calling All Food Lovers!

Public Service Announcement

Calling all food lovers! Everyone from home cooks to professional chefs come together to compete to become a Canadian Food Champion!

The multi-day, double-blind judged cooking competition pits competitors in seven categories including all of the faves:

Bacon, Burger, Dessert, Steak, Sandwich, Seafood and new for 2017, Chicken.

Stop by Churchill Square to experience Canadian Food Championships as a competitor, judge, volunteer or spectator!

This is one of the tastiest and highest stakes competitions in the nation as it is the only Canadian qualifying competition for the World Food Championships.

Join in during the day for the competition and the awards ceremony starting at 6:00 p.m. on the main stage.

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Coming Events

Weekly: Please contact organizer for details

Southwest Edmonton Seniors Association (SWESA)

Bridge, Every Thurs. 12:30-3:30 p.m. at Riverbend Community Centre

Terwillegar Playgroup:

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

Events:

April 8: Free Community Based Physical Literacy Programming Workshop

April 26: TRAC Annual General Meeting

April 29: Great Neighbourhood Race

May 17: SWEFM Opens

May 27: I'm Too Big For it Sale

May 28: TRAC Community Run

Interested parties are encouraged to visit the League's website at www.terwillegar.org regularly for the most up to date information.

Terwillegar Tribune 2017	
Submission Deadline	Released
January 6	February 6
March 3	April 3
May 5	June 5
July 28	August 28
October 13	November 27

Terwillegar Community League mailing address:

PO Box 36508 MacTaggart RPO

Edmonton, AB T6R 0T4



Angry Birds Universe
Telus World of Science
Until April 17th

Touch Lab
Art Gallery of Alberta
Until April 9th



JOIN THE TCL LEAGUE

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

Terwillegar Community League memberships are available online at www.terwillegar.org

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

It's Time to RENEW!

Memberships expire annually on August 31





Free Access!

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

Saturday's from 5-7pm

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

These are the people in our neighbourhood:

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

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

Fees for one organization do not cover fees required for the other.
Please ensure your fees are up-to-date.

Terwillegar Classifieds

How to contact the Terwillegar Community League



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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

www.terwillegar.org

Board Contacts

President — Monte Weber, president@terwillegar.org

Vice-President — Marc Lachance, vicepresident@terwillegar.org

Treasurer — Kathleen Mountford, treasurer@terwillegar.org

Secretary — Diane Pelletier, secretary@terwillegar.org

Community Advocate — Sue Trigg, advocate@terwillegar.org

Memberships - Ricardo Casanova, memberships@terwillegar.org

Programs — Lisa Earls, programs@terwillegar.org

Communications — Heather Maitner, communication@terwillegar.org

Fundraising — Fiona Ko, fundraising@terwillegar.org

Other Contacts

Community Garden — Amanda Hunt, garden@terwillegar.org

Editor — Stephanie Gillis-Paulgaard, editor@terwillegar.org

MacTaggart Rep - Christie Smith, advocate@terwillegar.org

Magrath Rep - vacant, dalm@terwillegar.org

Neighbourhood Watch - Annette Intenberg and

Carolyn Cush-Nieminen, watch@terwillegar.org

Programs Aide - vacant, programaide@terwillegar.org

South Terwillegar Rep - Ryan Barber, dalst@terwillegar.org

Terwillegar Gardens Rep - Sue Trigg, daltg@terwillegar.org

Terwillegar Towne Rep - Monte Weber, president@terwillegar.org



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