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www.terwillegar.org

Issue 67 June 2017

Next submission deadline:
July 28, 2017
Next issue: August 28, 2017

Celebrate Canada's 150th Birthday with TCL

*By Monte Weber
President,
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's 150th Birthday. 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 11:00 a.m. - 3:00 p.m. on 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 and the event will wrap up with the awarding of the prizes

With all of these fantastic activities and prizes in place,



ALL WE NEED IS YOU to make this another great event in our community.

Keep checking the TCL Facebook page and our league website for more details. See you on July 1st at Tomlinson Park.

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Community

Host a BBQ & TCL Will Buy the Food

*By Monte Weber
President, Terwillegar
Community League*

households to take part in the event. Remember that if you are using a public space, you will need a permit from the City.

your community, get to know your neighbours, and have fun.

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

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

TCL members can sign up to host a neighbourhood barbeque on the TCL website (www.terwillegar.org). The online signup requires that you have your date picked out, the address of where the barbeque will be hosted, your contact and membership information. There are 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



Another Casino in the Books!

*By Monte Weber
President, Terwillegar
Community League*

in to help. The fact that it was the first long weekend of the summer (and beautiful weather I might add) did not deter these volunteers in helping fill the 33 shifts that made up 244 hours over this two day event.

volunteers who were not from the community and helped out simply because they know what a difference a casino can make for a non-profit organization like ours. Infact, each volunteer shift represented \$2000 towards the final total that will be granted to the Terwillegar Community League.

In the end, the casino was a big success and we could not have asked for a better group of volunteers!

Thanks to everyone who helped, we finished another casino and added a significant amount of dollars to the Community League bank account for future projects and programs!

Thanks again!

Our casino took place on May 19th and 20th at the Palace Casino (West Edmonton Mall) went smoothly this year due to the 30 volunteers who pitched

We had friends and couples who made a night out of volunteering together and we had some very dedicated people who chose to help out both Friday and Saturday night!

A very special thank you goes out to all the



Community

A Message from Matt Jeneroux, MP

By Matt Jeneroux, MP



The weather is now warming up and summer days are fast approaching, but there is still lots of work ahead in Ottawa. It's an honour to continue to represent one of the fastest growing communities in the country.

On March 22, the Federal Government presented their budget. On my website, I took the time to do a budget analysis of the potential impact on our community. If you're interested I posted it on my website here: <http://mattjeneroux.ca/analysis-federal-liberal-budget-impact-on-edmonton-riverbend/>

In February, I also tabled a motion in the House of Commons: M-122: A Motion to Support the Development of Geothermal in Canada when addressing Orphan Wells. This motion discusses how the development of the geothermal industry in Canada can be a solution to the orphan oil wells problem we are facing in Alberta and Western Canada. My motion asks the government to support

the development of geothermal technology by making necessary legislative and regulatory changes. Encouraging this new industry and using geothermal technology for the conversion of orphan wells would create much needed jobs for unemployed oil and gas workers. I have been working with the Leduc #1 Energy Discovery Centre as well a number of local stakeholders on this issue. This is truly a made in Alberta solution that I look forward to advocating for in Ottawa.

I am also pleased to champion and sponsor petition e-798. This petition calls upon the Canadian government to continue its efforts as key actors in the global effort to eradicate Polio. Polio once affected 40 children every hour, but now less than 40 people were affected by this disease in all of 2016. Even with less and 40 affected by the disease in 2016 an outbreak could still happen if we do not continue our efforts. This petition is part of the One Last Push Campaign that seeks to fully eradicate Polio and ensure that no one will ever have to suffer from this terrible disease. I ask for you to join me in the One Last Push Campaign and in the mission to eradicate Polio by signing at: www.petitions.parl.gc.ca/en/Petition/Details?Petition=e-798. Currently we have over 2,400 signatures from across Canada.

Additionally, as a member of the Edmonton Riverbend community and a dad of two young girls, I have been advocating for a new High School for our area. Increasingly, there fewer and fewer options for students in Southwest Edmonton as Harry Ainlay, Lillian Osborne, Mother Margaret Mary and Louis St. Laurent student population

continues to grow. Students will have to travel long distances and rely on public transit routes or their parents for transportation. Previously as an MLA, I pushed for the creation of multiple schools in our community and will continue to do so. As our kids age, we must continue to be proactive to ensure that we have the necessary schools and infrastructure for our youth.

In honour of Canada's 150th anniversary, we'd like to showcase some of our community's strong volunteer spirit and leadership. If you know someone or an organization deserving of recognition from our community, please visit my website www.mattjeneroux.ca/Canada-150-award/ to submit a nomination form and learn more.

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

Yours truly,
Matt Jeneroux



CANADA 150
1867-2017

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



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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 Karin Scott
TRAC Community Office

Have you ever wondered what TRAC is? It is the acronym for 'Terwillegar Riverbend Advisory Council'.

It all began April 27, 2002 City of Edmonton, Community Services organized a meeting at the Solicitor General's College in an attempt to bring together the Community Leagues and Home Owners Associations of the area. Out of this meeting, the concept of a president's council, like the one in Millwoods was born. The group decided to meet again with the intent of creating such a council.

A number of meetings followed with is a society being formed under the Alberta Societies Act on December 1, 2003 under the direction of the 3 active community leagues in the Terwillegar/Riverbend area at that time: Riverbend, Brookview, & The Ridge.

Each of Terwillegar Riverbend's 18 neighbourhoods, plus outlying areas of Windermere are represented by a "Community Ambassador". The neighbourhoods consist of: Brander Gardens, Brookside, Ramsay Heights, Rhatigan Ridge, Bulyea Heights, Carter Crest, Leger, Ogilvie Ridge, Haddow, Henderson Estates, Falconer Heights, Magrath, Mactaggart, South Terwillegar, Terwillegar Towne, Terwillegar Gardens, Hodgson, & Greater Windermere.

A Community Ambassador must be a resident in the neighbourhood that such person represents and a member in good standing of the Community League and any Homeowners Association for their place of residence. These Community Ambassadors shall be voting members of the Council and act as the liaison between the Community League/neighbourhood at the TRAC Meetings.

The Executive Board consists of the President, Vice-President, Secretary, Treasurer, TRAC Community Advocate and Past-President.

Anyone is free to attend the TRAC Meetings, but only members have voting rights.

The 2017 AGM was held Wednesday, April 26th beginning at 7:00 pm at the Lillian Osborne High School Library. About 35 people attended the meeting, and enjoyed some light refreshments after.

The Executive Board remained the same:

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

Community Spirit Awards were presented to:

- Laurie & Albert Stol from Papa Murphy's (Riverbend Square)
- Sheri MacDonald (Greater Windermere Community League)
- Vanessa Desa (Brander Gardens ROCKS Program)

Community League Memberships are available from the TRAC Community Office which is located right in the Terwillegar Community Recreation Centre for the following leagues: Brookview, Riverbend, Ogilvie Ridge, The Ridge, Hodgson, Terwillegar, Oak Hills, & Greater Windermere.

For office hours please check <http://www.tracspirit.ca/>

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!

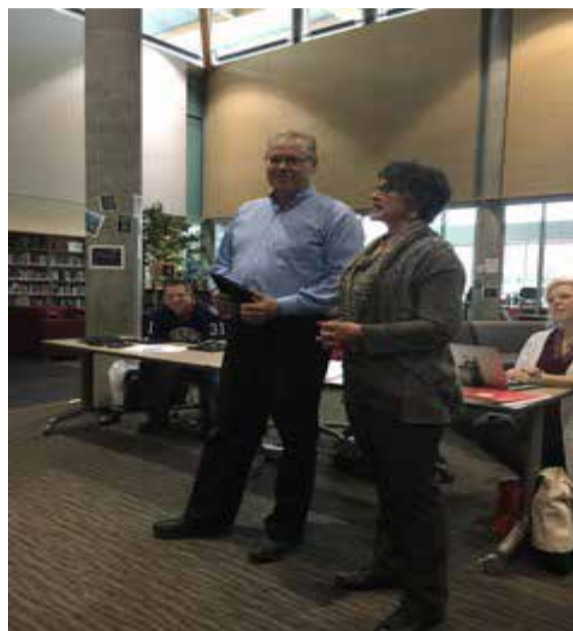
TRAC Community Office
Community league memberships are available at the TRAC Community Office which is located right in the Terwillegar Recreation Centre.

Office hours are:

•Tuesdays & Wednesdays: 9 am – 3 pm

•Thursdays: 4 – 9 pm
•1st Saturday of the Month: 10 am – 2 pm

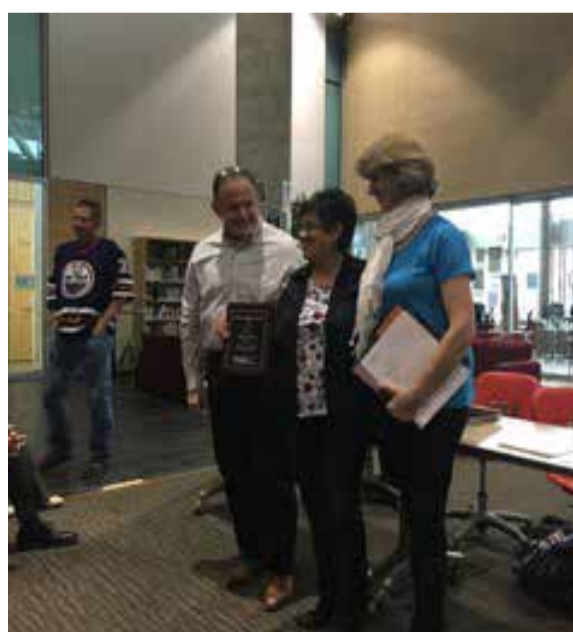
Questions or concerns can be directed via email to: tracmail@tracspirit.ca or you may phone: 780-439-9394.



Laurie & Albert Stol accepting their award



Annie Allers presenting to Sheri MacDonald



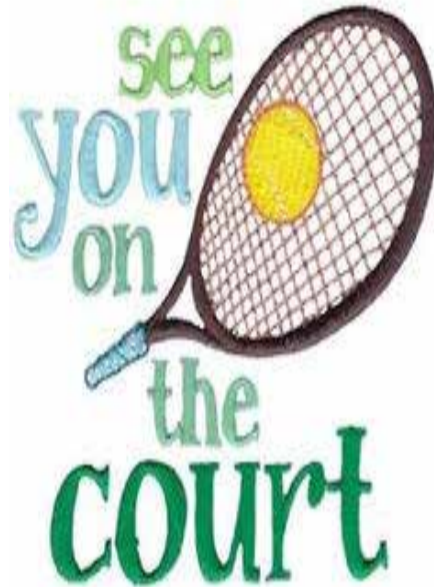
Sharon Gritter & Rob Agostinis presenting to Vanessa Desa

Did you know

Public Service Announcement info@riverbendonline.ca

With your Community League membership you have access to free swim time on Saturdays from 5:00 p.m. to 7:00 p.m. at the Terwillegar Community Recreation Centre, located at 2051 Leger Road. Please bring your Community League membership card. 225 spots available on first come, first served basis.

Another set of courts can be found at George H Luck School, located at 300 Bulyea Road. Note they are used on a first come first serve basis. Simply call the # on the fence for code and rules.



Please note: the aquatic facility at TCRC closes each year for a set period for maintenance.

Looking for a tennis court? Riverbend Tennis Courts are located at 53 Ave beside Riverbend Junior High School. To book the courts you can call 780 437-7108. The hours are 8:00-12:00 Monday thru Friday or you can email at



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Have something would you like to write about?
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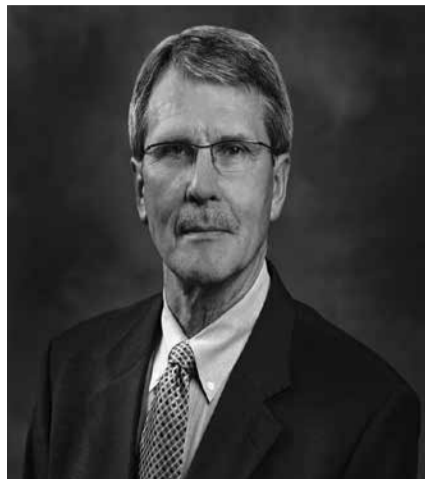
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Community

Transfer of Drainage Services to EPCOR Utilities

By Councillor Bryan Anderson



On April 12, City Council voted to transfer drainage services to EPCOR Utilities. I voted in favour of the move, which will give EPCOR control of the

City's drainage infrastructure starting September 1, 2017. Many citizens may not realize EPCOR is owned by the City of Edmonton, which means Council will still oversee and regulate drainage projects.

This decision came after many months of debate. In June 2016, the City first heard EPCOR's proposal to transfer the City's drainage assets and operation. The City hired Grant Thornton LLP to do an independent study of EPCOR's proposal. Released in November 2016, the report concluded that EPCOR's proposal had merit. EPCOR currently operates

the City's three other utilities: power distribution, drinking water treatment and wastewater management. With this transfer, EPCOR will consolidate all of Edmonton's water utility operations, which has the potential to create efficiencies and lead to an increased dividend for the City.

City Council will still have oversight and ownership of drainage assets. As EPCOR's only shareholder, the City of Edmonton will continue to regulate drainage projects, and drainage utility rates will continue to be set by Council's utility committee.

I believe this move will have many benefits for the City and residents. EPCOR brings flexibility and experience that will help them deliver on major drainage projects in a cost-effective manner. The public's interest has always been a top priority throughout this process, and I believe residents will not experience a decrease in drainage services.

If you have questions or comments, please contact me at bryan.anderson@edmonton.ca or 780-496-8130.



By Patti Hartnagel
Green and Gold Volunteer

The volunteer gardeners at the Green & Gold Community Garden, on the University of Alberta's South Campus, are making plans for our ninth 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 \$196,000 for the Tubahumurize project.

We are now gearing up for the 2017 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: gsgarden@ualberta.ca
Phone: 780-492-4087
Website: www.greengoldgarden.com

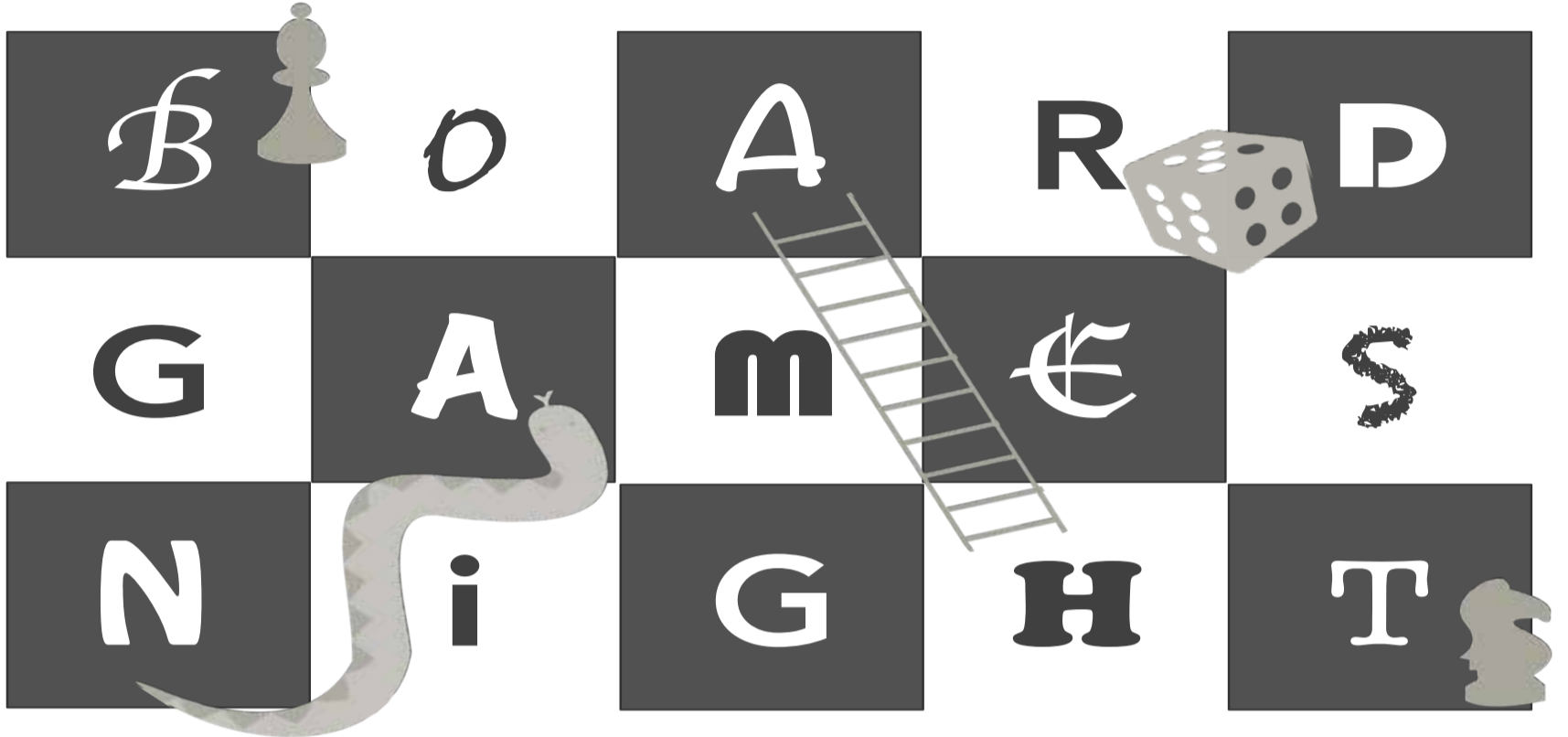
If you would like to receive garden e-mails when produce from the garden is available this summer please send us an e-mail at the above address with a request to be added to the e-mail list.



Community



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Community

Southwest Edmonton Farmers' Market (SWEFM) - Market Updates

By Christie Anderson,
SWEFM Market Manager

The 2017 farmers' market season has recently begun, and we at the SWEFM couldn't be more excited. As the newly appointed Market Manager for the 2017 season, I am eager to dive into the wonderful experience of our community market, now in our seventh season!

As a long-time market patron and community member of both Terwillegar and Riverbend, I see the market as a wonderful place to get to know neighbors, artists, cooks, vendors from near and far, buskers, community groups, and other friendly faces who come to enjoy the market weekly. Coming from rural Alberta, and sometimes missing the familiarity of knowing more of the people that I pass on the street and in the shops on a daily basis, I find that the SWEFM is a great place to have a small-town experience within the big city.

The ever-popular Sprouts

program will be back again this year. For those unfamiliar with this initiative, Sprouts is a program that was launched in 2014. It allows children aged 4-12 to visit the Sprouts Tent and receive a wooden token worth \$2 to spend at our fruit and vegetable vendors. The program is completely free and open to children from all communities.

Our Community Tent will be hosting a wide variety of community groups this year, including a Tai Chi organization, an assistance dog organization, festival & event promotions, the Valley Zoo, the Edmonton Food Bank, a local play group, community leagues, and many more.

We have a wonderful line-up of vendors this year. Come to the market to step away from the big box stores, and experience colorful booths overflowing



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with ripe, juicy produce, home baked goods, jellies and pickles, freshly laid farm eggs, handmade textiles, leather & silversmith jewelry, homemade skincare products, and many other handcrafted goods. You will be greeted by the mouth-watering smells coming from our variety of food trucks, and be prepared to be enticed into buying your dinner for the evening after seeing the wide-selection of fresh prepared foods on offer.

Our market could not run without the help of our awesome volunteers. These volunteers

help us set up, count traffic, keep the market clean, and perform a variety of other tasks during market hours that make the market the fun, vibrant community gathering place we all love. If you are interested in joining our volunteer team, please visit the market website at www.swefm.ca.

The Southwest Edmonton Farmers' Market is located at the Terwillegar Recreation Centre parking Lot, and will run every Wednesday from now until Oct. 4th, rain or shine. We hope to see you soon!

What is Sprouts?

By Sheri Hendsbee
(Sprouts Volunteer, SWEFM)

Sprouts is a popular children's nutrition program at the Southwest Edmonton Farmers' Market (SWEFM). Designed to introduce children to basic nutritional concepts, it encourages families to cook and eat together, helps children develop an understanding of what it means to eat seasonally and introduces them to unfamiliar fruits and vegetables.

A farmers' market is a tremendous environment for learning, where children can talk to farmers about where their food comes from and how it's grown and interact with nutrition volunteers who are passionate about their food and fascinated with the science behind it, all in a safe community environment.

Thanks to the generous financial sponsorship of

community-minded businesses and community leagues, it is a FREE program, open to all children, ages four to twelve. To participate, your child needs to check in at the Sprouts table at the information tent each week and pick up a wooden Sprouts token and a recipe. Each token is worth \$2 toward the purchase of fruits, vegetables and food plants.

Weekly recipes have Nutrition Tips, Sprouting Chef's Tips that explain very basic cooking concepts to children who are just starting out their adventures in the kitchen, and Creative Cook's Tips that teach children to swap ingredients, experiment with some of the weird and wonderful fruits and veggies found at a farmers' market, or step up the complexity of a recipe. In this way, the recipes make nutritional learning fun and accessible to all children, no matter what their interest or ability level.

Sprouts has your back as you

try to raise your children in nutritionally mindful ways! It provides opportunities for your children to learn to cook and to talk to other adults about their food and the choices they are making. In short, it reinforces the lessons that you are trying to impart to help them live healthy lives. Our hope is that Sprouts goes a long way toward making cooking at home a fun adventure

filled with great tasting food, exploration, experimentation, and fun-filled learning.





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music for young children

Community

Renovations That Sell - Get The Best Bang For Your Buck!

By Darlene Reid,
Rockpoint Realty, Broker

This is the busy time of year in real estate. Many people think about moving in the spring and most need to sell their current homes first. If you've thought about selling and buying, you've probably looked at your own home and wondered about how it might sell in today's market. If you look around and see a pristine, show home-quality masterpiece then there's nothing to worry about (except a possible OCD diagnosis). If, however, you see a home that's been mildly traumatized by children, pets and in-laws then you may want to upgrade it in some way before you sell. The trick is to make it quick and cost-effective, so you get the best return on investment (ROI).

The general rule is that you will not get dollar-for-dollar back on renovations. Usually not even close. Buyers typically will not value the work done at retail prices, even if it's new. Sort of like the new car that loses 25% of its value as soon as you leave the lot. Buyers may have wanted

a cheaper option or a different style, and the upgrades are always viewed as "used". So spending \$30K on a kitchen that may add \$15K to the sale price is probably not a great option. However, there are some things you can do that will dramatically improve the appearance (and saleability) of your home for relatively little in terms of cost and time. It's like speed dating – you don't need to invest in a PhD, but your odds are better if you've combed your hair and traded your "socks and crocs" look for something a little snazzy.

Paint is the big one. Remember when junior took the sharpie and wrote "daddy smells funny" on the wall? Well now's a good time to cover that up. But the obvious holes and dents should be filled first, so don't forget to tackle that spackle! With some planning and learning (hooray for Youtube) most people can do all of this themselves. For a couple hundred dollars and a few days' work, most homes can be transformed from dreary to dreamy. Even if you pay a company to do it, painting is the one thing you can do that can actually make you money (the ROI

can be over 100%). And it's quick.

Makeup is good but sometimes you need a little Clearasil too. You can get a decent ROI from the 3 Fs: floors, fixtures and a "facelift". Going from badly-stained pink carpet to hardwood or a decent laminate is a more expensive investment but it can be worth it. Although the ROI is in the 50-75% range, it will make your home look far more appealing to far more buyers. Fixtures are the same. Changing lights and switches (when combined with painting) can make the upgrades look more "thorough". And a facelift is good if you have the time. This just refers to re-surfacing cabinets and counters (only if needed) and even something like changing the front door. Just make sure you pick cost-effective options ("imported Italian marble" looks great in a write up but you won't get your money back.)

Landscaping is the other great option. You don't need to add a 6-tier deck, a heart-shaped hot tub or anything fancy. Just make the yard look clean and tidy. Maybe fix the gate, stain the deck and pick

up the winter doggie-bombs. Get some friends and family, a few adult beverages and spend a sunny day cleaning it all up. You hear people talk about "curb appeal" and "first impressions", well landscaping is a big part of that.

There are two important caveats. The first is that buyers want to assume that the building envelope/functional parts are all in proper working order. If you have a leaky roof or a dead furnace, you should fix those first. The other caveat is that you should choose modern colours and fixtures that have wide appeal. You may love that eggplant carpet on sale at Home Depot but most people won't. They really won't. Visit some show homes to get some ideas for colours and designs. Then come up with a plan and a budget. *Most of these little things will not add dollar for dollar*, but they will help your home sell faster for a better price.

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OCTOBER 16, 2017

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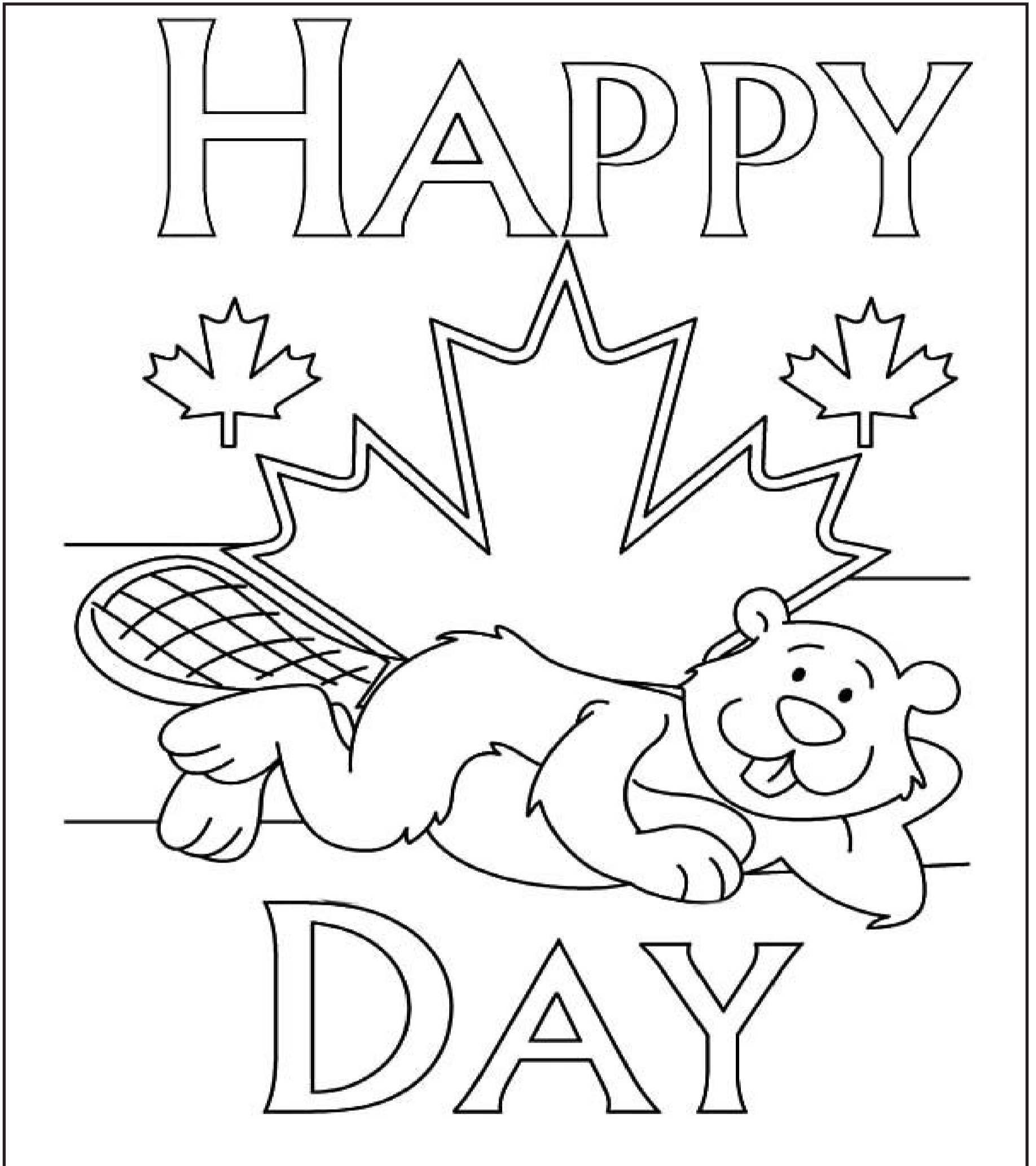
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Kids Zone - Coloring Contest



Easter Coloring Contest

Name: _____	<p>All entries must be received by . Please note July 15: 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: _____	
Email _____	

Kids Zone - Word Search

CANADA DAY WORD SEARCH

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

BIKES
 BIRTHDAY
 BOUNCYCASTLE
 CANADA
 CANDY
 COMMUNITY
 COTTONCANDY
 FACEPAINTING

FIREWORKS
 FLAGS
 FRIENDS
 FUN
 LAUGHING
 PARADE
 SPRAYPARK
 TERWILLGAR



Community

Public Service Announcement

Summer Drop in Program Update

Ages: 6-12 years
 (NOTE: All children under 6 must be supervised by a parent or guardian)
 Cost: Free

Join in games, sports, crafts, music, drama, and special events. You'll find a list of upcoming activities and special events posted on the side of the Green Shack each week. If there's a game or activity that you'd like to play, just ask the Program Leader.

Programs are led by staff who:

Ensure participants play safely. Parents are responsible for their children at all times and must be available in the event of an emergency

Are easily identifiable by

their blue shirts and name tags and may be assisted by volunteer leaders in training. Have completed a security clearance process, are trained in first aid and are certified specialists in fun!

Morning Green Shack sites - Weekdays 10am-1:30pm
 Terwillegar Towne

Afternoon Green Shack sites - Weekdays 2:30pm-6pm
 Magrath Heights
 South Terwillegar

Pop Up Play - 2:30pm-6:00pm
 - Wednesdays and Fridays
 Mactaggart

All programs will run from July 4th - August 25th. Plan to come out and enjoy all of the fun activities planned over the summer.



Green Shack Program is coming back for the entire summer...

Have a contest idea?

Terwillegar Community League would love to hear it.

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



Summer Dance Workshop

August 12 & 13, 2017

Pre-School Ages 3-5
 Novice Ages 6+, Junior Ages 8+
 Intermediate/Advanced Ages 13+

Register before June 28 & save 5%

Email info@dancin-company.com

2429 104 Street
www.dancin-company.com
 780-233-6756

Amplify Your Passion For Dance!

And the Winners are...

Ages 2-4
 1st Place: Alexis C
 Runner Up: Bronwyn U

Ages 5-7
 1st Place: Bella H
 Runner Up: Michael M

Ages 8-11
 1st Place: Ava R
 Runner Up: Tessa M

Thank you to everyone who participated.

Terwillegar Community Church

Spring Carnival: May 13th - 2 to 4 pm
 petting zoo, cotton candy, games...

Soccer Camp: August 14 to 18
 register online

 www.tcchurch.ca

TERWILLEGAR COMMUNITY LEAGUE
PRESENTS

TWILIGHT OUTDOOR MOVIES

COMING TO A SCREEN NEAR YOU SUMMER 2017

SHOWTIMES

SATURDAY, JUNE 3

SATURDAY, JUNE 24

SATURDAY, JULY 22

SATURDAY, AUGUST 19



MOVIES TO BE ANNOUNCED
SOUTH TERWILLEGAR SPRAY PARK
FILM WILL BEGIN AT SUNSET
BYO SEATING - PLEASE DRESS WARMLY

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 Ellen Frombach

SouthWest Seniors Association (SWESA) Offering Peace of Mind and Convenience to Southwest Seniors

Every spring I feel a bit of what Vera wrote. Even after 60 something years, that first glimpse of almost-green in the trees, that first fragrance of new growth and all the other subtle signs of spring - they lift me up and fill me with appreciation. Spring energy leads me to lighten my household load by cleaning closets and to find new things to learn, new courses to take, new people to meet. I feel a little bounce in my step and a touch younger than I look in the mirror.

If you are enjoying the return of spring energy, take a look at SouthWest Edmonton Seniors Association's (SWESA) new spring catalogue of courses. You can find it on the website or pick up a paper copy at SWESA's coffee sites. I've highlighted some of the new program offerings below. If you're not a SWESA member yet, consider not only what you can then access at SWESA, but the added benefits of access to programs at all the other seniors centres and significant discounts off memberships at city recreational centres.

Did you know SWESA has been operating now for four years? At the recent Annual General Meeting (AGM) on April 19, outgoing President Carol Bigam highlighted how

*I thought that spring must last forevermore;
For I was young and loved, and it was May.
Vera Brittain, May Morning*

much has happened since then. The first programs were weekly coffee socials. Now, with a Program Coordinator, there are 50-70 programs each month. There are now almost 400 members who pay a low annual fee to access programs and support operations. Almost 100 of these members volunteer, helping at luncheons, programs and meetings and much more.

Moving forward into 2017, SWESA will move from being an emerging seniors centre to one that has to be sustainable largely through its own fundraising, volunteers and partnerships. A full board of 12 members was elected at the AGM to respond to this challenge. They bring a wide range of skills and experience to the table - and they are pleased to have the support of a growing number of SWESA members and experts on Board Committees.

You could be part of building this legacy for seniors in southwest Edmonton. How? Offer to sit on a Board Committee or help with project work, become a SWESA member, a volunteer, offer sponsorship through your organization or consider a partnership with SWESA. Contact SWESA for more information or to explore how you might participate.

Small business opportunities with SWESA

You could be eligible to

participate in SWESA's new Seniors' Home Supports Program (SHSP) if you are a small business providing services for yard help, housekeeping or minor home repairs. This new program provides interested seniors with the names of service providers who have been vetted for criteria reassuring to seniors. The goal of the program is to support seniors who want to continue living in their homes - and need a little help. For more information, call Barbara Newell, SHSP Coordinator, at 780-860-2931 or email hs@swedmontonseniors.ca.

SWESA's new spring programs

See the new Spring Program Guide for detail. Here are just a few teasers of the new programs you will find. And for ongoing programs such as bridge, mahjong and yoga, newcomers are especially welcome over the summer.

- Bus trip to the Tulip Garden Tea
- Handmade cards for all occasions with Nancy Rae
- Genealogy with John Althouse
- SWESA tour of Italian Centre Shop
- Private Streetcar Charter with the Edmonton Radial Railway Society
- Traditional Arts and Crafts with the Edmonton Aboriginal Seniors Centre
- Ikebana: Japanese Flower Arranging

- Guitar lessons with Mike Footit
- Line Dance Class
- Golden Years, Golden Gloves (boxing fitness)
- SWESA Walking Group
- Connecting to Nature - Canadian Parks and Wilderness Society
- Semiannual Global Financial Market Review
- Personal Emergency Preparedness
- Pet Therapy Society

Seniors' Pancake Breakfast

On June 6, 9-11 a.m., seniors are welcome to come for this free pancake breakfast at the Blue Quill Community Centre (11304 - 25 Avenue).

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

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



Going Glam-Ma class graduates
Photo credit: Jennifer Hanrahan



Golden Gloves boxing class
Photo credit: Jennifer Hanrahan

For the Love of Terwillegar

By Monte Weber
President, Terwillegar
Community League

On Thursday, July 13 & Thursday, August 17 Famoso will once again be supporting our wonderful community.

This time around we will be raising funds for the South Terwillegar Skating Rink Project. Famoso will be donating ALL profits earned on each of the days. See you there.



Another Successful Community Sale

By Monte Weber
President, Terwillegar
Community League

Our spring Too Big For It Sale was held on May 27th from 10am-1pm at the Terwillegar Community Church with close to 40 vendors including some children (with the help of their parents) selling their gently used or new children's clothes, toys, and books.

People were lining up anxiously awaiting to see what treasures were about to become theirs. Approximately 400 people turned out to shop or peruse the sale over the 3 hours.

All in all it was a pretty good day for everyone involved. To top off the day, vendors made a substantial donation of items to the charity Africa We Care (www.africawecare.org) and also gave a number of pajamas for children in need to the Nighty Noodle Project: www.nightynoodlesproject.ca.

The next sale will take place in September so stay tuned for the August issue of the Terwillegar Tribune for specific dates and how you can book a table.



Community

Public Service Announcement

As a lifelong sport, golf has been played at the City of Edmonton Golf Courses for over 100 years. Programs, lessons and events are an important part of golf course history and an even more important part of our municipal golf course future.

We're excited to enhance and grow opportunities for citizens to engage in golf and recreation at the municipal golf courses. Join us for a program or event and see for yourself how much fun and enjoyment comes from socializing at the clubhouse and on the greens.

If you're into golf, or just getting into golf, there's something for you. There are lessons and programs for all ages and abilities and all our adult lessons are available now!

Victoria Driving Range Lessons

Adult Co-ed Weekday \$145
Always wanted to try golf but didn't know where to start? This introductory adult co-ed program features four hours of lesson time and teaches participants the basics of the full swing for both woods and irons, as well as short game shots to ensure you are ready to hit the links.

Ladies Only Get Golf Ready \$145
Always wanted to try golf but didn't know where to start? This ladies-only introductory program features four hours of lesson time and teaches participants the basics of the full swing for both woods and irons, as well as short game shots to ensure you are ready to hit the links.

Parent/Child \$125
These lessons are a great way to spend time with your child while learning to play golf. This course features 2 one-hour sessions to give the family a great starting point in the game. Focus will be on full swing, putting and chipping.

Senior Special \$60
These lessons are designed with the experienced golfer in mind. With a focus on making consistent contact, maintaining flexibility and distance, these one-hour sessions will have you at the top of your game through the golden years.

Victoria Golf Course Practice Green

Adult Scoring Zone \$80
Learn the correct disciplines of the short game shots that can add up to 60% or more of the shots you take during a round. Lower your scores by learning the proper techniques to improve your putting, chipping, and pitching.

Rundle Park Golf Course Practice Green

Short Game Clinic \$15
Held at beautiful Rundle Park Golf Course, this May- and June-only clinic will feature demonstrations of many of the short game shots you will need to score better! Putting, chipping and pitching from various lies will be demonstrated by our CPGA Professional, while you observe.



Junior Golf Lessons

Our junior group golf lessons are based on the Acura Future Links model. The Future Links program works in alignment with the long term player development program to expose junior golfers to age / stage appropriate content.





PRESENTS
the SEVENTH
annual...

SUMMER

CARNIVAL

Fundraiser for the South Terwillegar Park outdoor rink!

Glitter tattoos

Games

Crafts

Bouncers

Fun for all ages

Balloon twisters

Petting zoo

Face Painting

Food

Prizes

Saturday August 12

11am-3pm

SOUTH TERWILLEGAR PARK



RON DICKSON
& ASSOCIATES

ATCO

ALWAYS THERE. ANYWHERE.

 **Terwillegar GARDENS**
HOMEOWNERS ASSOCIATION

ATB Financial

 **TERWILLEGAR TOWNE**
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Top 5%



2006
2007
2008
2009
2010



Realty Executives Devonshire



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:

"TERWILLEGAR COMMUNITY LEAGUE" UNDER GROUPS



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Corner of Windermere Blvd and Rabbit Hill Road

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3489 Allan Drive SW (Corner of Rabbit Hill Road and Windermere Blvd)

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.

City Hall & Churchill Square,
1 Sir Winston Churchill Sq.,
Edmonton, Alberta
T: 1-780-423-2822
July 21 2017 to July 23 2017



Downtown Bike Network

Public Service Announcement

Safe and accessible route to downtown destinations and connection to other bike commuter routes.

The Downtown Bike Network is located right in the Downtown core. With over 7.8 km of protected bike lanes and shared-use paths, the Downtown Bike Network reaches within two blocks of many destinations and provides cycling opportunities for all ages and abilities to travel to different events, festivals and locations in our city's core.

The network is a series of protected bike lanes that will connect through Downtown. They will be protected from vehicle traffic when on the road by physical markers. At times, the network will be a 'shared-use path', meaning it will be shared with pedestrians on the sidewalk. Similar (although not identical) bike networks can be found in Calgary, Vancouver, Montreal or other Canadian cities..



The City is working with the community to throw a party and celebrate the opening of the Downtown Bike Network on August 27 2017

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:

June 3: Movie Night

June 10: Pancake Breakfast

June 24: Movie Night

July 1: Canada Day Celebrations

July 13: Famoso Fundraiser Night

July 22: Movie Night

August 12: Summer Carnival

August 17: Famoso Fundraiser Night

August 19: Movie Night

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

The Science Behind Pixar Exhibition Telus World of Science Opening July 1 - Running until January 2018

Public Service Announcement

To Infinity and beyond!

Visit your favourite Pixar characters at The Science Behind Pixar Exhibition and discover how Pixar artists and computer scientists combine art and technology to create the award-winning films you have grown to love.

With more than 40 interactive elements, the exhibition's eight sections each focus on a step in the filmmaking process to give you an unparalleled view of the production pipeline and concepts used at Pixar every day.

Participate in fun, engaging hands-on activities, listen to firsthand accounts from members of the studios' production teams, and even come face-to-face with re-

creations of your favourite Pixar film characters, including Buzz Lightyear, Dory, Mike and Sulley, Edna Mode, and Walle!



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

If you would like to see your ad here, please contact editor@terwillegar.org for more 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

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,
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Programs — Lisa Earls, programs@terwillegar.org

Communications — Heather Maitner,
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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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