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

Issue 71 April 2018

**Next submission deadline:**

**May 4, 2018**

**Next issue: June 4, 2018**

## Family Day Fun

By Marc Lachance  
Vice President, Terwillegar  
Community League

On February 19th TCL held its fifth annual Family Day event.

As in previous years, the first portion of the event was held outside in the Terwillegar Towne Community Garden park. The board set up to serve some hot-chocolate and doughnuts, while horses pulled a sleigh around the park.

The outdoor activities had a firepit with marshmallows for roasting, handmade snow furniture, multiple mini snow hills, and a short-lived game of giant soccer. The mild weather made for

a great day outside, and a great chance to catch up with friends and meet new members of the community.

Check out page 2 for Family Day Fun photos.

The TCL Family Day event then moved inside for dinner and a movie.

For the fifth year of this great event, Panago Pizza (located in the Shoppes of Terwillegar Gardens) provided free dinner for our community – including a second delivery to make sure everyone went home with a full tummy; this event would not be possible without great support from our community partners.

## Thank you



The movie played over dinner and it was difficult to find dry eyes when Miguel sang to Coco.

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.

The Board is already busy planning events for the remainder of the year. Do you have a favorite family movie you would like to see on the big screen this summer? Are you interested in volunteering for our annual Canada Day event or Summer Carnival? Email the Terwillegar Community League at: [programs@terwillegar.org](mailto:programs@terwillegar.org).

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# Community

## Photos from Family Day Fun





# Good Neighbour Award is Up for Grabs!

By Monte Weber  
President,  
Terwillegar Community  
League

Terwillegar Community League is encouraging residents to nominate a neighbour who, through their helpfulness and thoughtfulness, make a positive difference in the neighbourhood and makes those that live around them grateful to have them as a neighbour.

Do you have a neighbour that invites you over for a cup of tea and a chat? Does one of your neighbours pick something up for you at the shops if you can't get there yourself? Do you have a neighbour that tends to your garden when you are on holiday? If you do, these are the sorts of neighbours

we want to hear about.

In 200 words or less, let us know which of your neighbours should be considered for the Good Neighbour Award and what it is about them that would make them a worthy winner. Please also include your name and contact details so we know who is making the nomination.

The winner of the Good Neighbour Award will receive a \$100 Gift Card of their choice while the person who nominated them for the award will win a \$50 Gift Card of their choice.

Entries must be emailed to [president@terwillegar.org](mailto:president@terwillegar.org) or sent by mail to Terwillegar Community League  
PO Box 36508

RPO MacTaggart  
Edmonton, AB T6R 0T4  
and received before April 20.




## I'm Too Big For It Sale

### Terwillegar Community League's Semi Annual Sale

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**When: Saturday, April 21st 10:00 a.m. - 1:00 p.m.**  
**Where: Terwillegar Community Church  
1751 Towne Centre Boulevard**

**Vendor Tables are now available!**

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

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



# Community

## May the 4th Celebration Check the TCL website for more details

By Stephanie Gillis-Paulgaard  
Editor, Terwillegar Tribune

Even if you're not a huge Star Wars fan, chances are you have heard of May the Fourth, a.k.a. unofficially, Star Wars Day.

It's a day where we fully embrace galaxy puns we've been throwing at each other for years now, and ditch the standard "hey, how was your weekend?" greeting in favor of grander proclamations of "May the Fourth be with you!!"

But, uh, guys? What does "May the Fourth be with you" mean, even? Sure, it's an obvious play on one of the most famous movie lines of all time, but how did this geek-tastic occasion originate? How are we supposed to celebrate? Watch a Star Wars movie of course.

Terwillegar Community League will be showing The Last Jedi in honor of May the 4th. Make sure you check the TCL website and Facebook page for full details.

Did you know:

1. We have Margaret Thatcher to thank for this "holiday"? According to the unofficial holiday's very official website, the phrase "May the Fourth be with you" first entered our collective conscience on May 4, 1979, the day Margaret Thatcher took office as Britain's first female prime minister.

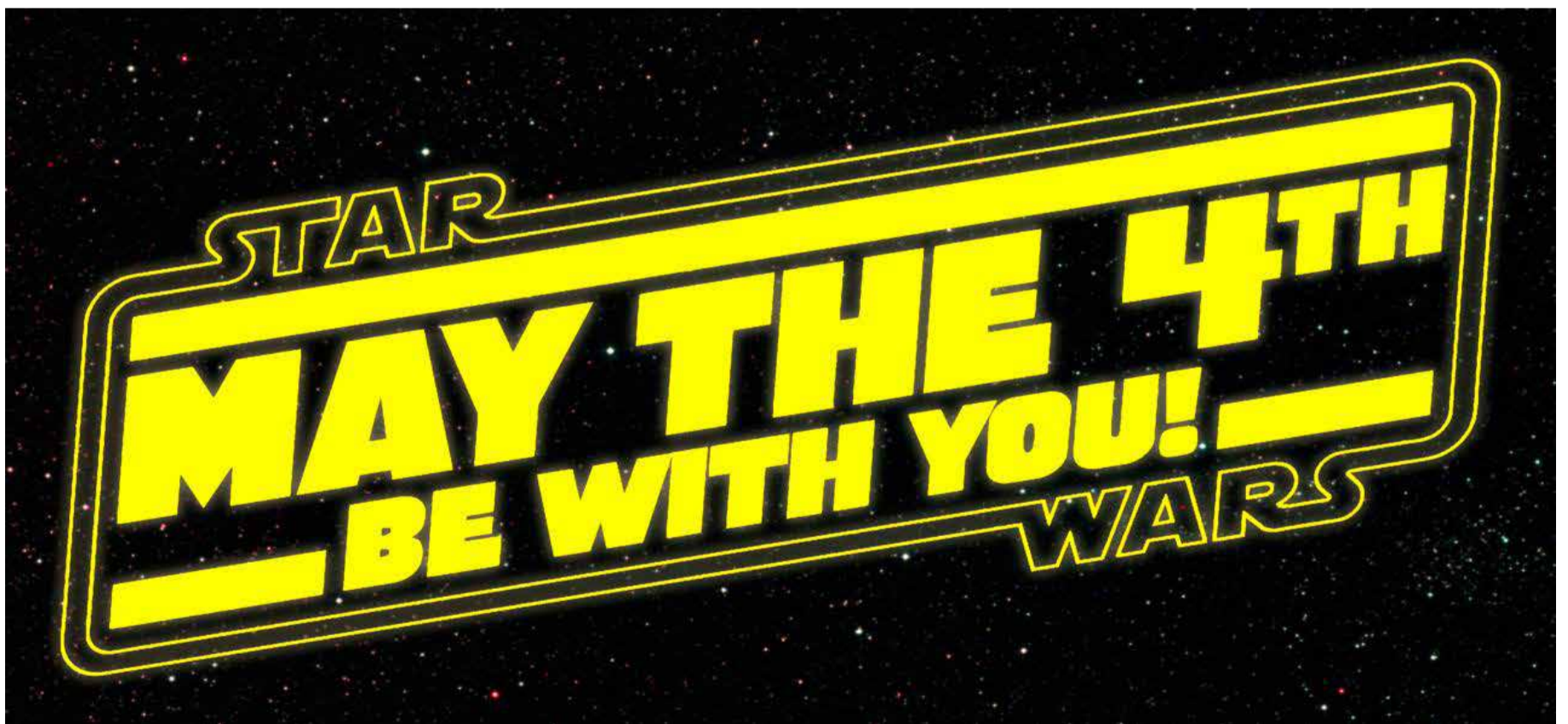
2. The month of May actually holds a lot of significance to Star Wars fans. All six of the live action films have debuted in May, with the first movie hitting

theaters on May 25, 1977. George Lucas, the franchise's mega-genius creator, also celebrates his birthday on May 14. So if ever there was a time to let your Star Wars fandom fly free... that time would be the month of May.

3. The first "official" organized May the Fourth celebration took place in Toronto. In 2011, fans gathered in Toronto for a day of festivities put on by the Toronto Underground Cinema. The day included trivia and costume contests — and quickly sparked similar celebrations around the world. Today, you can find viewing parties, people in costume, and other creative takes on the popular theme in almost every city.

4. It's a holiday for foodies, too. Even if you've never sat down

to watch a Star Wars movie in full (ahem), you can still reap all the benefits of this day with a few amazing treats. From Darth Vader cookies to Princess Leia cupcakes, almost every character of the popular "space opera" has found a delicious baked-good counterpart. Creativity in the kitchen? That's always something worth celebrating.



Looking for a LOW-KEY way to volunteer?

Your community newspaper is looking for:

For only a *few* hours every *few* months you can be in the know, network in your community, or practice your hobby.

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Please contact [editor@terwillegar.org](mailto:editor@terwillegar.org)



# Community

## Spring Has Sprung!

By Kendra Wilson BScPT,  
Active Physio Works

Here comes the soccer season!

Is your child a soccer player? Does he or she experience occasional knee pain or do they walk or run slightly knock kneed as they are growing?

Knee injuries are common in all athletes, but soccer players are especially prone to knee injuries such as serious ACL ligament tears. This is especially true in female soccer players. Studies have shown that the female soccer players risk of sustaining an ACL injury is two to eight times greater than that of her male counterpart. Subsequent studies have shown that adding neuromuscular and proprioceptive exercises (aka balance training) to the training regimen can reduce the number of ACL injuries by two to four fold.

Increased 'Q angle' (angle from the front of the hip to the

centre of knee cap) is greater in females, and this is the reason for greater risk for ACL injuries. Early assessment and proper training is the key...

Physiotherapists can treat any knee injury, as well as give you a proper strengthening

and proprioception (balance) program to help prevent serious knee injuries. If you have a problem with your knee, have a daughter who plays soccer, or are a volunteer coach with a young girls team, there is no better time to learn proper knee strengthening. Start

proper training now and give your child an early advantage through their sporting life!





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# Community

## Have you heard about the TRAC Alerts Messaging System?

By Harold Hornig

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](http://www.tracspirit.ca), click on "Alerts Messaging System". Once registered, you will receive a confirmation email.

The Alerts Messaging System is a part of a network of email groups in the Terwillegar/Riverbend/Windermere area that reach over 1700 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 right menu panel.

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.

## Terwillegar Riverbend Advisory Council (TRAC) Update

By Karin Scott

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
- Only cash or cheque accepted.

For questions or concerns, please email: [tracmail@tracspirit.ca](mailto:tracmail@tracspirit.ca)

or phone: 780-439-9394.

Save the Date for these Upcoming Community Events:

- \*TRAC AGM: Wednesday, April 25, 2018
- TRAC Community Run/Walk: Sunday, May 27th, 2018

• TRAC Meeting: Wednesday, June 13th, 2018. Last meeting before summer break.

## Get ready to Lace Up!

With under three months to go, the Terwillegar Riverbend Advisory Council (TRAC) is excited to support their annual run for community wellness. The event will be held on Sunday, May 27th, 2018 at Mother Margaret Mary High School directly behind the Terwillegar Community Recreation Centre.

- The event will include:
- 3K, 5K and 10K chip timed races as well as a 1K fun run for children ages 6 and under (register online at [www.runningroom.com](http://www.runningroom.com)).
  - Nearby organizations and businesses at the event supporting our community

- wellness.
- Nutrition station.
  - Fun activities for community members of all ages.

For more information on the race or how you can get involved as a volunteer or sponsor, check us out on:

- Facebook: [www.facebook.com/TRACcommunityrun](http://www.facebook.com/TRACcommunityrun)
- Twitter: @TRACspirit
- Instagram: @TRAC\_spirit
- TRAC website: [www.tracspirit.ca](http://www.tracspirit.ca)
- TRAC Community Office: (780)-439-9394 or [tracmail@tracspirit.ca](mailto:tracmail@tracspirit.ca)

We look forward to seeing you there on May 27th!  
~Ali Wilson



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# Community

## TRAC Community Run/Walk



# TRAC

Terwillegar Riverbend Advisory Council

# May 27, 9:00am

1K 3K 5K 10K



Mother Margaret Mary High School

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



# Community



## National Paramedic Services Week

***National Paramedic Services Week is May 27 – June 2, 2018***

National Paramedic Services Week honours the paramedic profession and recognizes the men and women of Emergency Medical Services (EMS) providing this key public service. It is also an opportunity for the public to better understand the important role EMS has within both the health care system and our communities.

The year's national theme is, *Paramedics: Health. Community. You.*

Whether directly, or indirectly, every Albertan has felt the importance of the service paramedics provide. Paramedics are trained health care professionals who stabilize and treat patients before and during transport to hospital. In some areas of the province, paramedics are now working side-by-side their health care colleagues in hospitals and community care facilities.

- There are over 4,000 EMS practitioners and 550 ambulances in the Alberta Health Services system province-wide;
- Approximately 5,500 patients will be transferred by fixed wing aircraft through contracted air ambulance providers in Alberta this year;
- EMS dispatch receives over 500,000 ground ambulance calls each year.

EMS practitioners across the Alberta and Canada will be celebrating National Paramedic Services Week in a variety of ways. Watch for information in your local media as well as **AHS EMS Twitter (@ahs\_ems)**, **Facebook (@albertahealthservicesEMS)** and [ahs.ca/ems](http://ahs.ca/ems) about events happening in your community.

Alberta Health Services is the provincial health authority responsible for planning and delivering health supports and services for more than four million Albertans and it's more than 661,848 square kilometers. Its mission is to provide a patient-focused, quality health system that is accessible and sustainable for all Albertans.





# Community

## Southwest Edmonton Farmers' Market Update

By Christie Anderson  
Southwest Edmonton Farmers' Market

The 2018 farmers' market season is just around the corner, and we on the SWEFM team couldn't be more excited. Christie Anderson will be returning as the Market Manager for this season and is eager to get rolling with the eighth season of our fabulous community market.

While we have done our first round of vendor selections, we do accept applications throughout the season, so check out this link if you're considering becoming a vendor: <http://www.swefm.ca/become-a-vendor>

We are super excited to launch our Young Vendors program, which we announced in February. This no-cost program allows young entrepreneurs

aged 13-17 to have a chance to sell their self-made products at the SWEFM. Depending on demand, would-be young vendors can book one or several dates throughout the regular season. Check [www.swefm.ca](http://www.swefm.ca) for all the details!



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. This empowers the child to make their own healthy-eating choices, and

in addition, Sprouts receive a kid-friendly recipe made with seasonal ingredients to learn valuable cooking skills and bring that produce into the kitchen. The program is completely free and open to children from all communities.

We have a wonderful line-up of vendors this year. Come to the market to step into a lovely community gathering place and experience colorful booths overflowing with ripe, juicy produce, home baked goods, jellies and pickles, freshly laid farm eggs, local meats, gorgeous seafood, handcrafted goods and much more. Many of your old favourites will be returning, as well as many fantastic new vendors (including several new food trucks). 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](http://www.swefm.ca) and click on "Community".

The Southwest Edmonton Farmers' Market is located at the Terwillegar Recreation Centre parking lot, and will run from 4-7:30pm every Wednesday from May 16th – Oct. 3rd, rain or shine. We hope to see you soon!





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# Community

## Easter Eggstravaganza Events

### Public Service Announcement

**TELUS World of Science** - Hop on by the science centre for special Easter Weekend activities!

April 2 -Egg Drop  
11:00 a.m. to 3:45 p.m.

This is a TELUS World of Science fan-favourite, year-after-year! Put your creative engineering skills to the test on the ESSO Skywalk, as you craft a vehicle to deliver your "Egg-stronaut" safely to the ground! We'll be building all day starting at 11:00 a.m. but launches will take place every hour beginning at 11:45 p.m.

Springtime Science and a Story (8 and under)  
10:45 a.m. and 11:15 a.m.

Drop into Discoveryland to listen to a special springtime story!

Easter Egg Hunt (8 and under)  
12:15 p.m. to 4:00 p.m.  
Always a seasonal favourite at

TWOSE, our Easter Egg hunt is for the little ones' ages 8-years-old or younger. They'll have to scour Discoveryland for Easter Eggs. Once they have found all of the eggs, they can trade their finds for chocolate ones.

Candy Science  
1:15 p.m. to 2:00 p.m.

Did you know that the Easter Bunny delivers both chocolate and science?! Join us in The Body Fantastic for some awesome hands-on experiments using Easter candy.

### Prairie Gardens & Adventure Farm

Prairie Gardens' annual Hop! Easter Festival is back - head out to the farm for some Edmonton Easter fun. With lots of fun activities for the whole family, there's plenty to this Easter long weekend at Prairie Gardens. Activities include: Easter egg hunts, Baby animals, Spring planting projects, Magic shows (12 noon and 2:00pm), Easter crafts and more.

**Easter Bunny Pancake Breakfast 11am - 1pm**

### Edmonton Valley Zoo - Monday, April 2

- It's an EGG-stravagant Easter event! Hands-on science experiments, crafts, airbrushed tattoos and a touchtable that are all EGG-related! "Get Closer" with various animal encounters and watch as the resident animals of the zoo go on their very own Easter egg hunt! Which animals will eat the eggs, play with them or smash them?

Be sure to bring a donation for Edmonton's Food Bank! Volunteers will be on site to collect food or monetary donations



*And the Winners are...*

**Ages 2-4**  
1st Place: Reid R  
Runner Up: William H

**Ages 5-7**  
1st Place: Gurleen K  
Runner Up: Sara M

**Ages 8-11**  
1st Place: Cora T  
Runner Up: Chloe W

Thank you to everyone who participated.

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UNDER GROUPS



# Community

## Do You Know Your Membership Benefits

By Monte Weber  
President, Terwillegar  
Community League

Membership Benefits –  
Terwillegar Community  
Recreation Centre

Did you know one of the many perks of owning a Terwillegar Community League (TCL) membership is the **free access** to the Terwillegar Community Rec Centre every Saturday from 5-7pm.

While I have only taken advantage of this a couple

times myself, I have seen the line of community members looking to enjoy this great facility numerous times over the years.

The costs of access to the facility are shared amongst the five (5) community leagues currently participating in this program. TCL members are well over 50% of those attending.

Over the last six months alone, over 3,500 TCL members have attended the

recentre. While this period is over the colder winter months, our attendance runs around 500 a month even over the summer months of July and August.

This one perk is clearly appreciated by a majority of our members.

We are always looking for ways to improve any programs we offer.

If you have any suggestions regarding new programming or how to improve our existing

events please feel free to send me an email at [president@terwillegar.org](mailto:president@terwillegar.org) anytime during the year!

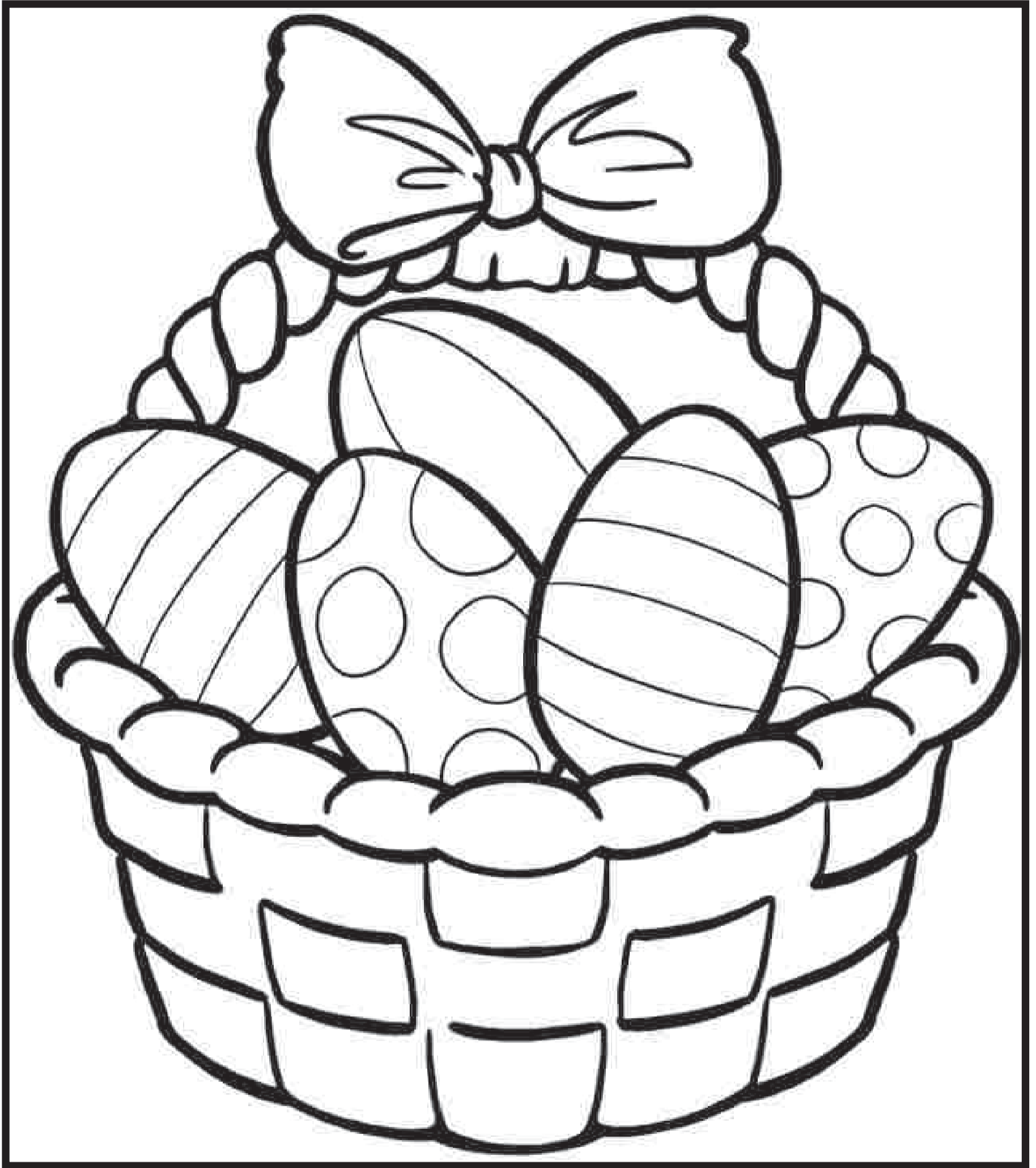
**Have a contest idea?**  
**Terwillegar Community League would love to hear it.**  
**Email: [president@terwillegar.org](mailto:president@terwillegar.org)**  
**or**  
**[editor@terwillegar.org](mailto:editor@terwillegar.org)**

**Mother's Day Walk - Sunday, May 6th**  
**Emily Murphy Park Road**





# Kids Zone - Coloring Contest



## Easter's Day Coloring Contest

Name: _____	All entries must be received by April 20. Please note: one entry per child. The contest is open to residents of the following areas: Terwillegar, Magrath, South Terwillegar, and MacTaggart.
Age: _____	
Address: _____	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
Phone: _____	Entries should be mailed to: Terwillegar Community League PO Box 36508
Email _____	RPO MacTaggart Edmonton, AB T6R 0T4



# Kids Zone - Word Search



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

Basket

Family

Bunny

Hunt

Chocolate

Spring Break

Easter

Stuffed Animals

Eggs

vacation





# Community

## Update on the Terwillegar Corridor - The Time is Now



By Councillor Tim Cartmell  
City of Edmonton

Our office has been very busy since the start of 2018 dealing with reaction to conceptual drawings presented by City Administration for Terwillegar Drive.

Understandably so, many residents were frustrated to see a rehashing of design plans that had already been decided on in previous consultations in 2001, 2006, and 2012.

After listening to feedback from hundreds of residents, I decided to put forward a motion to City Council to ensure we see action, not redundancy, for the Terwillegar Corridor.

I'm pleased to say that on February 28, 2018, Council voted unanimously in favour of it.

My motion reads as follows:

That Administration do the following:

Suspend any public engagement activities regarding the ultimate long term Terwillegar Drive / Whitemud Drive interchange and any roadway modifications that may limit access in the interim;

Optimize the concept plan for the Terwillegar corridor between Whitemud Drive and Anthony Henday Drive, including provision for opportunities of mass transit and active transportation;

Advance the Preliminary Design for Terwillegar Drive /40th Avenue interchange;

Advance the Preliminary Design for an optimized Stage 2 of the Whitemud Drive / Terwillegar Drive interchange, with consideration for reduced design parameters (i.e. design speeds) with the intent of reducing overall complexity and cost;

Continue to advance preliminary design on the basis of a number of \$75-100M packages in support of staged completion of the Terwillegar corridor, including full access for 40th Avenue, Rabbit Hill Road, 23 Avenue, and Haddow Drive;

Present a list of potential shared funding opportunities with the provincial and federal government that take advantage of infrastructure and innovation funding;

Bring back to Council a report summarizing progress on the aforementioned design elements in 2018 Q3.

So, what are the next steps?

The next consultation on Terwillegar Drive will primarily focus on the 40th avenue interchange (with full access), and will take place either in late June or early September. I will post information on my

website as it becomes available.

Following that consultation, cost and schedule information will be discussed and debated as the Capital Plan for the next four year cycle is decided this fall. I will be strongly advocating for multiple \$75-\$100 packages of staged completion of the Terwillegar corridor to be included in that Capital Plan.

If passed in the Capital Plan, design of those segments would take approximately one year, with construction ideally starting in 2020, and completion likely in 2022.

In the longer term, I will be advocating for the rest of the Terwillegar Corridor upgrades to be a part of the 10 year transportation master plan so that we can see completion in the next decade of this necessary work for our communities.

Thank you to the over 2,600 at print time residents who signed my call to action in support of the motion. I have heard your message loud and clear, and will continue to be a strong advocate for your thoughts on this topic.

**ATHLETES IN ACTION**

**Soccer camps**

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Contact 780-430-8389 or [marni@tcchurch.ca](mailto:marni@tcchurch.ca)  
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[tcchurch.ca](http://tcchurch.ca)  
[athletesinaction.ca](http://athletesinaction.ca)

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[@ChristineKasturiBlondeFitness](https://www.facebook.com/ChristineKasturiBlondeFitness)



# Community

## Esther Starkman Pre-enrolment for 2018-19

### Public Service Announcement

For the 2018-2019 year Esther Starkman will have all grades, from Kindergarten to 9.

The following process will guide pre-enrolment at Esther Starkman School:

### New Students living in Terwillegar Towne:

- Terwillegar Towne is the primary attendance area for Esther Starkman school.
- All students who live within the primary attendance area will be accepted regardless of the grade they are entering if they can provide proof of residency. Examples of proof of residency are: Bill of sale for your house, utility bill with name and address, rental agreement with name and address.
- New kindergarten registrations will be accepted at Esther Starkman until April 16, 2018.

To apply you will need to bring proof of residence and proof of age. Please come to the school to fill in the application.

### New Students living in Terwillegar South West and Elsewhere:

- Esther Starkman School has an optimal enrolment limit of 950 students.
- All enrolment decisions regarding students from outside of our primary attendance area will be made with this number in mind.
- Space availability will be determined on a grade by grade basis. For example, space may be available in kindergarten but not in grade 5.
- South Terwillegar West will be the secondary attendance area for Esther Starkman School. Students living in this attendance area will be accepted as space permits..

•Available space will be determined on April 16th after accommodating all kindergarten students from our primary attendance area (Terwillegar Towne).

Students living in Terwillegar Southwest will then be given priority. If there are still available spots, then we will be accepting students from outside of our primary and secondary attendance boundaries.

•If more applications from outside our primary attendance area are received than we have space to accommodate, all secondary applications will be sent downtown and a random selection draw will be conducted by the district on April 25th.

•Random selection draws will be conducted on a grade by grade basis to fill available space. •Students who are successful in the random selection draw will be enrolled at Esther Starkman. Students who are unsuccessful will have their applications forwarded to Lansdowne School. •Once a student is accepted into Esther Starkman they will be able to attend through Grade 9 without having to go through random selection again.

Please see under the Attendance Area section below the new maps outlining the Esther Starkman attendance area which now includes South Terwillegar West as our secondary area.



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# Seniors

# News for 55+

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

www.swedmontseniors.ca

By Carol Vaage

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

As we transition from winter ice and snow to spring thaw, we are ready to throw open the windows and doors, sweep off the residues of winter sand and snow shadows. This time of year awakens our inner youth and exhilaration for possibilities. It's time to renew our walks, our gardens, and our patio furniture. It's time to get fit so that we can enjoy the outdoors.

At SWESA, one of the goals is to promote wellness and many of our programs support physical well-being: Gentle Yoga, Golden Years-GoldenGloves, Essentrics, and pickle ball. Attending our classes en-sures that you will have the added benefit of fun!

We are very fortunate to live in Edmonton, which is an age-friendly city. What does that mean, exact-ly? Lawrence Tymko, one of SWESA's Board of Directors answers. 'Age-Friendly' is an international concept that envisions a community that values, respects and actively supports the well-being of older adults.

An age-friendly community is an inclusive place where age is celebrated and not used as a barrier in the case of older adults wishing to access services, programs, events or facilities. Promoting and creat-ing an age-friendly

*"April hath put a spirit of youth in everything."  
- William Shakespeare*

community benefits us all. SWESA's approach to creating an age-friendly community features a collaborative of organizations committed to improving the well-being of older adults. Our vision that 'SWESA is a progressive organization creating a vibrant, welcoming, age-friendly community' ensures that:

- Older adults are respected, celebrated and included
- Older adults are engaged, participating in, and contributing to their communities
- Older adults are safe and secure in their home and communities
- Older adults enjoy ready access to the programs, services, and resources they need
- Older adults are aging well, living well.

SWESA continues to grow as word spreads about our welcoming community. Our monthly luncheons have been sold out as our hall fills up with members eager to join in the good food and party atmosphere. Our next one is April 25, so get your ticket early!

SWESA is embarking on a new fundraising strategy. With a growing membership and demand for more programming, the organization is working towards the Seniors'

Centre of the future. Having said all that, we have started planning our first annual signature fundraising event, called the 'Spring Fling'. The theme this first year is 'Under the Tuscan Sun'. This event occurs on Saturday, June 9 at the Southminster-Steinhauer United Church. It starts at 4 p.m. with a sampling of sparkling Italian wines and waters. Our guests will be treated to an Italian experience of a fashion show, a classic Tuscan dinner with wines, beers and Italian beverages, opera singing, a gelato bar, silent auction, dancing and possibly a quick ride in a hot air balloon.

Our planning committee is working hard to give you an amazing experience and raise some money, too!

Tickets for this event will go on sale in April. If you are interested in sponsoring a table at this event or helping out in general, please contact Rob Agostinis or Bob Power (the Event Leads) through the SWESA office: Phone: 587-987-3200 Email: swesa.programs@gmail.com

For any further details, please phone us or check our website for the current or upcoming Spring-Summer Program Guide for talks, classes and luncheons. Our motto is to be very welcoming to all who join us! We hope to see you soon! <http://swedmontseniors.ca/>

Don't forget that we have a dynamic Home Supports Program operated by Barbara Newell coordinat-ing the services for our community – including snow removal, yard work, housekeeping and minor re-pairs. Contact her at Hs@swedmontseniors.ca or 780-860-2931



## Have an article idea?

Feel free to let us know!

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

### ◆ Area Reps:

Help us cover news more local to your neighbourhood: Magrath, South Terwillegar, Terwillegar Gardens or Terwillegar Towne.

### ◆ Writers:

Provide informative articles on assignment basis, or present us with your own ideas!

### ◆ Photographers:

Do what you love, show us your talent and see it in print!



**FREE DROP-IN**



# SPRING GREEN SHACK



LOCATION	DATES	DAYS	TIMES
South Terwillegar 7170 South Terwillegar Drive	March 31 to April 27	Tuesdays, Thursdays, Saturdays	Tues & Thurs: 3:30-6:00pm Sat: 1:00-5:00pm

Our Green Shack program is now running in select locations in the spring months. Come and join us for games, crafts, sports, outdoor cooking and more!

This program is targeted for children aged 6-12, but all children accompanied by an adult are welcome to attend.

For more information, please visit: [edmonton.ca/dropincommunityprograms](http://edmonton.ca/dropincommunityprograms) or call 311.  @GreenShack



# Community

## Terwillegar Easter Eggs

By Darlene Reid,  
Realty Executives Vision,  
Associate Broker/Owner

As we enjoy the beginning of spring and the Easter season, I'm reminded of some eggspert advice that somebunny once told me about real estate (see if you can find all the Easter puns hidden in this article). The advice was about the big picture and how you never just buy or sell a house, you buy or sell a community. This is especially true for Terwillegar Towne, where the community itself and what it has to offer are such big draws.

We all see the main attractions, like the parks, schools, and the wonderful shops where the Boulevards (Terwillegar and Towne Centre) meet. But what about the harder-to-find little gems? The less-obvious things that you have discovered while living here? We all have our favorite "Easter eggs" and I wanted to share just a few of mine.

The Little Free Libraries. Last I checked there were four of these charming little boxes providing a tiny doorway to worlds of adventure. When I'm out walking my dog and I pass the ones at the Gazebo or Tomlinson Park I can't help but smile. Next time your kids are hopping around at one of the parks, grab a book and enjoy

some story time – they'll be all ears!

The family events. There are so many free events throughout the year, where families can walk to a park or the Community Church and enjoy organized activities. My personal favorites are the "Too Big for it Sale", movies in the park and the fireworks. You can sniff out some others on the Terwillegar Community League website ([www.terwillegar.org](http://www.terwillegar.org)).

The Vanilla Rooibos at Remedy Café. I know Remedy Café is not exactly hidden, but this magical elixir could easily be overlooked on their incredibly diverse menu. It's worth searching for though, because their secret Chai recipe is deservedly famous. I don't know exactly what's in it, but it tastes like happy. It makes you relax and let your hare down.

The "exercise trail" and toboggan hill. I've put these two together because they are in the same area: the park with the strange looking "playground" equipment coming into T-Towne on Towne Centre Boulevard. That equipment is for exercise stations, and while you may not carrot all it's actually a fun way to change up your routine. The gym can get old and fresh air is always good. And that toboggan hill (kind of hidden from the road) is tons of fun for kids.

I could go on and on about the

little things that make living and working here so enjoyable. I could write entire articles on the banana bread at Lucy's Sweets (Hazeldean Bakery), the geniuses at Jo's Hair, the BBQ chicken pizza at Towne Pizza, etc. So, in honour of

the Easter season, consider this TerwilleGGar Towne and go hunting for local delights. You might be amazed at what you discover!

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We would love to hear what is going on in the community.  
[editor@terwillegar.org](mailto:editor@terwillegar.org)

## Senior's Spring Tea

Edmonton Valley Zoo

Tuesday April 24 & Wednesday April 25, 2018

Time: 1–3pm

Cost: \$20, advance registration required

Enjoy spring by joining us for tea! Listen to musical performances by local children and learn through engaging animal encounters and talks. We will finish with complimentary tea, cold drinks and baked goods. A lovely spring afternoon for seniors!

Register in advance online, by calling 311, or in person at a City of Edmonton Recreation Centre or City of Edmonton Attraction.

Use the following course code to register:

- Tuesday, April 24 - 625122
- Wednesday, April 25 - 625123



# Community

## GREAT NEIGHBOUR RACE YEG 157

10K — 5K — 3K

AFTER-PARTY

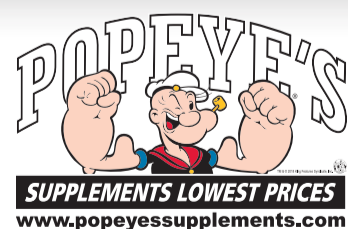
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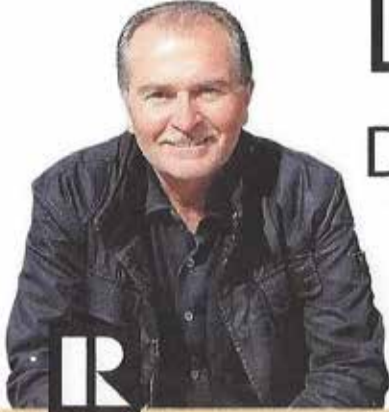
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Are you an artist and want to share your creations with the community?

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

**Check us out on Facebook!**

SEARCH:  
"TERWILLEGAR COMMUNITY LEAGUE" UNDER GROUPS



# Spring Gallery Walk



**2018 Spring Gallery Walk**

**Saturday, April 14 • 10 am - 5 pm**  
**Sunday, April 15 • noon - 4 pm**

Bearclaw Gallery - 10403 - 124 St	Scott Gallery - 10411 124 St
Bugera Matheson Gallery - 10345 124 St	The Front Gallery - 10402 124 St
Lando Gallery - #103 10310 124 Street	Udell Xhibitions 10332 124 St
Peter Robertson Gallery - 12323 104 Ave	West End Gallery - 10337 124 St







Emergency  
Medical  
Services

# Bicycle Helmet Safety



Head injuries are the leading cause of serious injury and death to kids on wheels\*. 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>

# 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 16:** Pre-enrolment ends Esther Starkman

**April 21:** I've Outgrown It Sale

**April 24/25:** Senior's Spring Tea

**April 28:** Great Neighbourhood Race

**May 6:** Mother's Day Walk

**May 27:** TRAC Community Run/Walk

Interested parties are encouraged to visit the League's website at [www.terwillegar.org](http://www.terwillegar.org) regularly for the most up to date information.

Terwillegar Tribune 2018	
Submission Deadline	Released
January 5	February 5
March 2	April 2
May 4	June 4
July 27	August 27
October 19	November 26

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

## Mechanized River Valley Access The 100 Street Funicular

*Public Service Announcement*

The Mechanized River Valley Access project makes the river valley more accessible to people of all ages and abilities. It runs from the top of 100 Street near the Hotel Macdonald to the river valley trail system near the low level bridge.

**The Promontory (Top Platform)**  
 The platform allows users to take advantage of the amazing views from the top of the bank near the Hotel Macdonald.

**The Stairs**  
 A place to linger, to stop and sit, or to get in your daily workout. There is a bike rail for cyclists that runs the length of the stairs.

**The 100 Street Funicular**  
 With plenty of space for wheelchairs, walkers, strollers, and bikes, the glass-enclosed funicular descends from

the top of the bank to the promenade above the valley floor. It fits up to 20 people.

**The Promenade**  
 It includes a grassy seating area with benches and an art piece called Turbulent inspired by the unique water patterns of the North Saskatchewan River and created by Jill Anhold, based in Vancouver.

**The Bridge**  
 Connecting the promenade to the lookout, the bridge provides safe

passage across Grierson Hill Road. The Frederick G. Todd Lookout A glass railing and built-in seating allows a seamless way to take in the flow of the river and the downtown skyline.

**The Elevator**  
 From the bridge, an elevator and a staircase will connect the Mechanized River Valley Access to the existing trail system and Louise McKinney Park, the Low Level Bridge,

and the Rossdale/River Crossing area. It holds up to 10 people.

Mechanized access will create a new destination in our city: an innovative, barrier-free system that will allow people to enjoy both our vibrant downtown and our amazing river valley within minutes. The elevator will be open during regular park hours (7 am to 9 pm). The stairs will be open from 5 am to 11 pm (weather permitting).







# Terwillegar Classifieds

# How to contact the Terwillegar Community League



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**Board Contacts**

- President — Monte Weber, president@terwillegar.org
- Vice-President — Marc Lachance, vicepresident@terwillegar.org
- Treasurer — Kathleen Mountford, treasurer@terwillegar.org
- Secretary — Darlene Reid, secretary@terwillegar.org
- Community Advocate — Sue Trigg, advocate@terwillegar.org
- Memberships - Ricardo Casanova, memberships@terwillegar.org
- Programs — vacant, 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 - vacant, advocate@terwillegar.org
- Magrath Rep - vacant, dalm@terwillegar.org
- Neighbourhood Watch - vacant, watch@terwillegar.org
- Programs Aide - vacant, programaide@terwillegar.org
- South Terwillegar Rep - vacant
- Terwillegar Gardens Rep - Sue Trigg, daltg@terwillegar.org
- Terwillegar Towne Rep - Monte Weber, president@terwillegar.org

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