

# Terwillegar COMMUNITY LEAGUE Tribune

terwillegarcommunityleague

terwillegarcommunityleague

Deadline For Next Issue: May 10

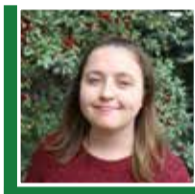
Delivery: Week Of May 27

Issue 100

www.terwillegar.org

April 2024

## Terwillegar Community League Update



*Kathleen Mountford  
TCL Vice President*

Happy Spring to the Terwillegar Community! We started the year out with our Family Day Event at the Terwillegar Community Church. We had record attendance at this event with many families showing up for the free pizza, sponsored by Panago Riverbend, and a movie. We handed out 95 pizzas worth of food at the event, with the new owner at Panago giving us a discount on them. Thanks to everyone who stayed back to help clean up tables at the end of the event, it was a big help to the volunteers at the event.

The I'm Too Big for It Sale takes place on April 13th at the Terwillegar Community Church. We will have over 40 tables of kids' items on display. Stop by to find a good deal on used kids' items.

We have a new event coming to the community this spring which is our Silent Auction event. This event is a fundraiser to help raise funds for our Community Project at South Terwillegar Park. Tickets are on sale now so come out to a fun evening and place a bid to support TCL.

Our summer event planning is underway. We plan to host Canada Day at Tomlinson Park. We will be running this as our signature event and it will be the largest event of the year. We will be looking for event volunteers to help out so please contact [vicepresident@terwillegar.org](mailto:vicepresident@terwillegar.org) for further details.

Other summer plans include Summer Movie Nights and the Community Wide Garage Sale. These are smaller events for us but

are still a great opportunity to get out and meet some neighbours. The Summer Movie Nights will be hosted at South Terwillegar Park throughout the summer. For the Community Wide Garage Sale, we encourage everyone to register your address to host a sale out of your garage.

We have our summer BBQ program continuing this summer. Get seven or more neighbours together to host a BBQ for your block. One of the people who attends does need to be a Community League member and then the BBQ will receive a \$150 grocery gift card. Registration will be available soon.

We plan to hold our Summer Carnival at South Terwillegar Park. This is a fundraiser for our community Project at South Terwillegar Park so we do charge for tickets at this event to help raise funds. If you are interested in sponsoring this event or the Silent Auction event, please reach out to [fundraising@terwillegar.org](mailto:fundraising@terwillegar.org).

Our largest fundraiser of the next 18 months takes place this July on the 27th and 28th – the Community Casino. Funds from the Casino will be used for our Community Project. The Casino fundraiser raises about \$1,000 per shift so it is the highest dollar-impact donation of time that you can make to the community if you choose to volunteer.

Further update on the Rink Project Plan is that it has been with the City for over three months and we are still waiting for them to review it and assign a Project Manager. More news on our project will be posted in future papers.

Thanks to the community for your continuous support and we hope everyone has a great spring!

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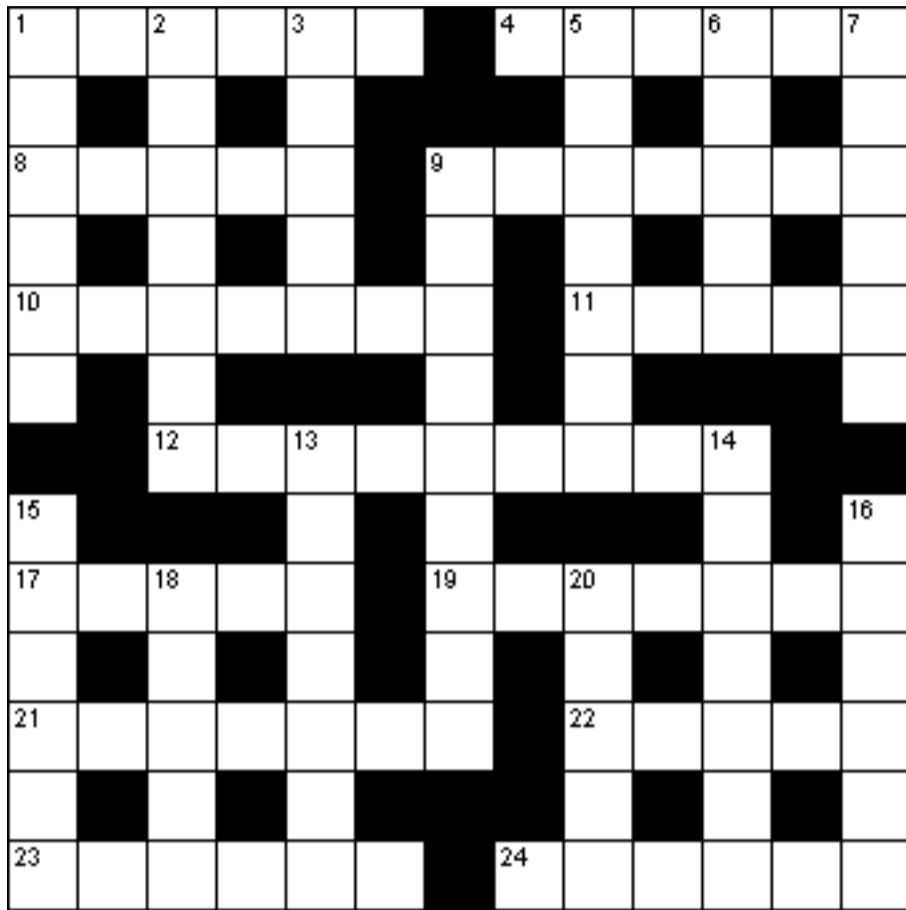
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### Across

- 1 Church or local government area (6)
- 4 Unmarried (6)
- 8 Rapidity (5)
- 9 Savings (4,3)
- 10 Cut into three parts (7)
- 11 Upper part of a wave (5)
- 12 Female deities (9)
- 17 Something of value (5)
- 19 Non-attendance (7)
- 21 Fretful (anag) (7)
- 22 Fresh bracing air (5)
- 23 Conundrum (6)
- 24 Immediately (2,4)

### Down

- 1 Former Spanish currency (6)
- 2 Staggering (7)
- 3 Grasslike plant of wet places (5)
- 5 Flies, beetles, etc (7)
- 6 Web-footed birds (5)
- 7 Fourscore (6)
- 9 Paris cathedral (5,4)
- 13 Obedient (7)
- 14 Isle of Wight resort (7)
- 15 Fried fish coating (6)
- 16 Erase (6)
- 18 In good condition (5)
- 20 Brief (5)

## What's Next

**Next Submission Deadline:**  
May 10th

**Next Issue:**  
Week of May 27th



## Free Access!

With a Terwillegar Community League membership, you get access to the Terwillegar Community Recreation Centre's

- Fitness Area
- Aquatic Center
- Open Gymnasium
- Indoor Children's Playground (12 and under)



Saturday's from 5-7pm

**Memberships are available online**  
[www.terwillegar.org](http://www.terwillegar.org)

# Member of Parliament Update



*Matt Jeneroux*  
*MP Edmonton - Riverbend*

March has been a busy month in Ottawa as Parliamentarians have been back action. I wanted to provide an update on some of my work, and how it affects our community.

As a Member of Parliament, the issues we debate are often nation-wide in their focus. However, local matters and the community continue to be the first priority in my work. That’s why I am always so pleased to sit down with a collection of municipal and provincial officials, at our annual ‘SW Edmonton Elected Officials Meeting’. In coordinating with the different representatives of our area, we are all better positioned to meet the needs of residents and understand the challenges they face. In my years being elected, it has always

been a team approach on the south side which provides a better voice for our community at all levels of government.

I am also pleased to discuss a Motion I will be putting forward regarding an increase in access to mental health services. It’s no secret both within our community and across the country that Canadians are suffering from a mental health crisis. According to the Centre for Addiction and Mental Health, Mental Health concerns affect more than 6.7 million Canadians. In fact, one in two Canadians have—or have had—a mental illness by the time they reach 40 years of age. Many Canadians are simply not receiving the care they need, and many do not know where to turn when they need support. My motion will call on the government to address this shortcoming through improving access and recommendations to mental health services online - all in the hope of making access to these lifesaving services easier. As this process to this motion pans out, I look forward to providing further updates.

*Check us out on Facebook!*



Search: “Terwillegar Community League” under groups

TERWILLEGAR COMMUNITY LEAGUE’S

## SUMMER BBQs



Get at least seven of your neighbours together for a BBQ this summer! We will provide \$150 for your event. Registration information coming soon.

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

TERWILLEGAR COMMUNITY LEAGUE  
PRESENTS

## SUMMER MOVIE NIGHTS 2024

COMING TO A SCREEN NEAR YOU THIS SUMMER



## SHOWTIME

May 25<sup>th</sup> / June 15<sup>th</sup> / July 13<sup>th</sup>

MOVIES TO BE ANNOUNCED CLOSER TO THE SHOW DATES ON FACEBOOK. ALL MOVIES TO BE SCREENED AT SOUTH TERWILLEGAR SPRAY PARK. FILMS BEGIN AT SUNSET. BRING YOUR OWN SEATING AND BUG REPELLANT. PLEASE DRESS FOR THE WEATHER. SHOW WILL NOT PROCEED IF IT RAINS OR IF AIR QUALITY IS POOR.



# Councillor Update



*Tim Cartmell  
Councillor Ward pihêsiwin*

Happy Spring Everyone. Some quick updates for you regarding current and future Terwillegar Drive construction.

The Provincial Budget that was released in March had some good news - funding was included for Terwillegar Drive phase 3.

This means that the entire project is funded, from Whitemud Drive to Windermere Boulevard. Phase 3 includes a new overpass over Anthony Henday Drive, a new pedestrian overpass over Anthony Henday Drive, and a partial clever-leaf interchange at Terwillegar - Henday. There will still be intersections with traffic lights but the ramps off the Henday will be free-flow.

On Terwillegar Drive Phase 2, work is currently underway to widen Rainbow Valley Bridge to four lanes in each direction. During construction, the westbound lanes will be closed, with two-way traffic redirected onto the eastbound lane.

Our office has received phone calls and emails about people not using the correct lane to turn at some major intersections during Terwillegar Drive construction, and other disorderly driver conduct. Thank you to those that have shared their feedback with me. I have been in contact with City Administration about signage to communicate which lanes are to be used. I understand this is a safety concern for drivers and I am working on addressing these issues. I have also asked EPS to consider additional enforcement.

To stay up to date on all Terwillegar Drive matters, please visit [edmonton.ca/projects\\_plans/roads/terwillegar-drive](http://edmonton.ca/projects_plans/roads/terwillegar-drive) for more information. I also encourage you to sign up for Terwillegar Drive updates. This can be done by visiting the link above.



**CONNECT WITH**

**Tim Cartmell**

Your Ward pihêsiwin Councillor

PLEASE VISIT MY WEBSITE  
[WWW.TIMCARTMELL.CA](http://WWW.TIMCARTMELL.CA)

CONTACT MY OFFICE  
[TIM.CARTMELL@EDMONTON.CA](mailto:TIM.CARTMELL@EDMONTON.CA)  
(780) 496-8130



The Provincial budget also included support for the construction of four schools in southwest Edmonton including a new high school in Glenriding.

At the same time, the south Edmonton Hospital has been put on hold, which is a big disappointment for us. I have had the opportunity to convey that disappointment to my provincial colleagues and I understand that a comprehensive review of capital planning of health facilities is being considered.

As always, please feel free to contact me at 780-496-8130 or at [tim.cartmell@edmonton.ca](mailto:tim.cartmell@edmonton.ca) with any of your city related concerns.



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MATCHMYHOME.CA

# Southwest Edmonton Farmers' Market (SWEFM) Update



www.swefm.ca

We are so excited to be back again this year for our 13th season of the Southwest Edmonton Farmers' Market! There are so many exciting things we will be bringing to the Terwillegar neighbourhood, so let's get started!

Our season starts on Wednesday May 15th from 3:30 pm to 7:30 pm rain or shine in Lot E (Front Lot) at the Terwillegar Recreation Centre. We run every Wednesday until October 9th. SWEFM is a make, bake or grow market with a variety of amazing vendors to supply our community with fresh products and handmade goods.

The most exciting news we have for this season is that we are pleased to announce that the much loved 'Sprouts Program' will be continuing! This is a free nutrition program for children ages 4-12 years old that gives them the opportunity to purchase fruits or vegetables with a token worth \$2.00. The purpose of the program is to introduce kids to nutritional food choices, empower children to make their own healthy eating choices, educate them about where their food comes from, and encourage them to lead a healthy lifestyle. Part of running the Sprouts program is community sponsorship. If you or a company you think might want to proudly sponsor this fantastic program please contact the Sprouts Coordinator at: swefm.sprouts@gmail.com

Other news is that we will again have the Community Tent Program. This tent is available for not-for-profit organizations who wish to introduce themselves into our community to help raise their profile. For more information stop by www.swefm.ca and click on the Community page.

SWEFM is always looking for volunteers to help with our market each Wednesday throughout the summer. This is a great opportunity for high school students or retirees to support their community and be part of our amazing market.

Again this season, we will be offering our Young Vendors Program. Last season our Young Vendors were an enjoyable addition to our market each week. This program recognises young entrepreneurs between the ages of 13 to 17 who want to explore the world of Farmers' Markets to sell their products. For more information, stop by our website www.swefm.ca and click on Young Vendors for more information.

Keep up to date with all of our news and events. www.swefm.ca, Facebook, Twitter and Instagram.

See you all in May!

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# Hide and Seek



*Marni Mrazik  
Director of Community Life at Terwillegar  
Community Church*

Well, I am declaring that spring is here to stay. Although I see snow in the forecast as I write, my optimism remains. Today, as I was walking my dog, I passed by two groups of kids flying kites, I wore my Birkenstocks for the first time this year, I witnessed a few individuals wearing shorts and I was invited to play hide and seek, which was always a spring and summer game for me when I was a kid. So clearly, spring must have arrived. Not only that, but the stores are filled with sweets for a different game of 'hide and seek', the Easter egg hunt. By the way, if you're ever looking to play a joke on your children, wrap individual grapes in colored foil and hide them instead of chocolate eggs...you'll be sure to get a reaction, or so I'm told.

Spring is a time when we come out of hiding. Because winter is long, dark and cold, we seek to stay warm, cozy and inside and we aren't out as much to see our neighbours. But that all changes now, at least for a couple of seasons. I've already started to think about block parties, sitting out front at my picnic table, conversations outside while gardening, mowing, walking, and enjoying the warmth of the sun. I'm smiling as I consider the months ahead as I am definitely a seeker of community and love spending time with and getting to know those around me.

Even flowers come out of hiding and show us the beauty of community. Consider a tulip, a dormant bulb in the ground, under the snow in winter, but come spring it seeks the sun and heat and a

flower erupts. And while one tulip is lovely, a patch, or community, of tulips is stunning. I believe life was designed to be lived in community.

But it can be difficult, we might find that it's easier to hide than to seek. We might not know how or where to engage. We may not really want to be known and fear rejection and so find ourselves feeling alone. Spring is also a good time of year to consider these challenges because it too is when we celebrate Easter and while, for many, it's about chocolate bunnies, chicks and easter egg hunts, for me it is about the death and resurrection of Jesus Christ. And He has given the ultimate invitation into community, into His family, and into relationship with God and he has made the way for that to happen. It is perhaps because of being in relationship with Jesus that I so value being in relationship with others including my church family. At Terwillegar Community Church, we not only consider one another friends, we consider ourselves brothers and sisters as we share the same Heavenly Father and you too are invited to share in this community.

So, as we enter fully into this new season, I wonder, are you seeking community or hiding from it? As the days grow longer and warmer, do you feel a hesitancy or expectancy as you consider the community to which you belong? Is there something you can do to strengthen the sense of community around you? Is there something Terwillegar Community Church can do to help you? If so, we would love to connect with you.



## I'm Too Big For It Sale

Free admission to over 40 tables of gently-used clothes, toys, books, and everything else kid-related. Table rentals are available.




Scan QR Code for details!

Terwillegar Community Church  
April 13, 10am-1pm



*Join us in person or online  
Sunday mornings  
at 10:00 am*

*Children's Ministry for infant to grade 6  
Hot brunch following the service*



**Terwillegar  
Community Preschool**



*There's still time to register*

[www.tcchurch.ca/preschool](http://www.tcchurch.ca/preschool)




[tcchurch.ca](http://tcchurch.ca)

# Report From The Legislature



*Rakhi Pancholi*  
MLA Edmonton - Whitemud

The story of Alberta has always been a story of opportunity. It is what has drawn people to our province from all over the country and the world for decades. A strong economy, affordable living, world-class public education and access to public healthcare have always been the true Alberta advantage.

Provincial budgets demonstrate the priorities of government and offer an opportunity to expand and build upon the strengths of our province to support all Albertans. With so many complex challenges facing our province – from health care and education to climate change and energy transition to affordability and housing – we need to seize upon those opportunities now and not defer them to a later date and later generations.

The recently tabled provincial budget chooses to hold us back as a province. Despite rapid population growth in Alberta and already strained healthcare and education systems, overall spending does not keep up with inflation and population growth. Health care spending is reduced by 6% per Albertan. Education funding – already the lowest per student rate in Canada – is reduced by another 7% per Albertan.

This does not meet the challenges of Alberta or growing communities like Edmonton-Whitemud.

Like many of you, I was greatly disappointed to hear that the province is not moving forward with the South Edmonton hospital. It has been almost 40 years since a new hospital has been opened in our city and Edmonton will be 1,500 hospital beds short in the next 2 years. Delaying this critically important project once again is delaying an opportunity to make real progress in improving access to health care.

I am pleased to see planning advance on a new, stand-alone Stollery Children's Hospital. I have long been proud to support this project and the work of the Stollery Children's Hospital Foundation, including the many families and Junior Lemon Squeezers who set up dozens of lemonades stands every summer throughout

our neighbourhoods. The people of Edmonton-Whitemud clearly support the Stollery and so do I.

But the fact is that we desperately need BOTH of these critical hospitals. Pitting the two projects against each other is unnecessary and does not meet the needs of our community. As your MLA, I will continue to call for both projects to move ahead.

Similarly, the announcement of construction funding for a new high school in southwest Edmonton is a long overdue, but welcome, announcement. This is particularly the case given the incredibly full classes at all high schools in Edmonton, including Lillian Osborne High School, which has once again had to move to a lottery for next school year. But this budget funds just a fraction of the new schools our province so desperately needs. I will continue to advocate for more new schools to be built in growing communities like ours. I was hoping to see plans to address the affordability crisis Alberta families are facing. But this budget contains no plan to address housing or utility costs and a promised cut in personal income tax has also been postponed.

Finally, I am deeply disappointed by the government's decision to strangle the renewable energy sector in red tape. Prior to August 2023, Alberta's renewable energy industry was the fastest growing in the economy. These new requirements will discourage investment and deny employment opportunities for thousands of Albertans. I will continue to speak out for sensible long-term growth in emerging industries.

As always, I welcome your thoughts. You can reach out to me anytime at [Edmonton.whitemud@assembly.ab.ca](mailto:Edmonton.whitemud@assembly.ab.ca).

## Our Community, Your Voice




**Rakhi Pancholi**  
MLA, EDMONTON-WHITEMUD

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# Community League Membership Benefits

## Acclaimed! Heating, Cooling, and Furnace Cleaning (Recommended Contractor)

Acclaimed! offers community league members a 10% discount on furnace and duct cleaning services (with the exception of the \$19.95 Material and Waste Handling Fee, which is not discounted). Must mention discount at time of booking and CL membership card must be shown to the technician at the time of the cleaning.



## Arum Lily Flower Shop

Show your community league membership card to receive 10% discount from in-store fresh flower purchases. Does not apply to other promotions or deals.

## Yardly - SAVE 10% on Snow Removal & Lawn Mowing



Enjoy the best-looking yard on the block, by only lifting a finger. Yardly offers easy and reliable yard care services through their website. Members SAVE 10% on snow removal and lawn care services by using promo code EFCL on the Yardly website.

## Cloverdale Paint

Show your Community League membership card, mention Edmonton Federation of Community Leagues (code 057EFCL) and receive wholesale pricing at any Cloverdale Paint location. Find your closest Cloverdale Paint store.



## Wellness Program

Reduced rates to City of Edmonton recreational facilities through the Community League Wellness Program which offers the following discounts:  
Annual Membership - 20% discount on Adult, Family, Child, and Youth/Senior Annual Memberships.  
Multi Admission Pass\* - 15% discount on already discounted multi admission pass (5+ visits) \*Applies to new purchases only.

## Urban Poling



Receive up to a 35% discount when you purchase urban poles through our annual membership supplies order.

Urban poles can be rented from the EFCL office starting at \$30 per pair plus a damage deposit. For more information on rentals, visit the League Walking page.

The University of Alberta's Academic Ancillary Services, Learning Services supports Edmonton community leagues. We are offering community league members discounts, check online or email more information!



## Free Skating at Any Outdoor Community League Rink

Find the closest outdoor community league rink to you by clicking Find a Facility/League, go to Facility Amenities and select Rink. You can view a map or list of all outdoor league skating rinks in Edmonton! Skate tags are available when you purchase your membership

Software application training at the Technology Training Centre  
training@ualberta.ca

Poster and Banner printing at Campus Design and Print Solutions  
print@ualberta.ca

U of A clothing, and branded promotions from the U of A Bookstore  
special.orders@ualberta.ca

## Orbis Sports offers Community League Discount

Orbis Sports has a number of offers available. Click, book or call for more information. Promo code: EFCL18



## House of Wheels

House of Wheels is Alberta's largest indoor skatepark for scootering, skateboarding, BMXing, etc. They are dedicated to ensuring anyone can find and enjoy the world of action sports in a fun and supervised indoor site. Perfect for our city's long, cold winters. Located on 88th street, just off the Whitemud.

Show your Community League membership card for a 10% discount on pass prices. Check houseofwheels.ca or Facebook.com/houseofwheelsab





# Support Your Mental Health with Nutrition



*Elizabeth Cayen*  
*Certified Holistic Nutritional Consultant*

Please note: In the event of severe and/or significant mental health issues, be sure to seek help from a qualified medical practitioner.

Our bodies are made up of what we put into them – the nutrients in our food are literally what makes ‘us’. Vitamins, minerals, proteins, fats, and carbohydrates fuel our bodies and create our cells, tissues, and organs. The body works to optimize what it has in whichever way works best to carry out its functions. When you are feeling particularly anxious or stressed, your body needs extra support to operate optimally; the longer the periods of stress, the more support your body needs to combat physical effects.

Constant stress causes a cascade of hormonal changes in your body that could lead to health conditions if not properly mitigated. Being in this state means your fight, flight, or freeze nervous system is continually activated, releasing adrenalin and cortisol into your blood stream from your adrenal glands. Too much of this for too long affects your ability to keep your blood sugar balanced and can also lead to adrenal fatigue. Consequently, your ability to cope and manage stress and stressful situations becomes even more impaired. The impact of blood sugar imbalance also affects your brain – have you ever noticed you are far more forgetful when you’re feeling stressed out? Stress burns through important nutrients more quickly – like vitamin C – impacting your immune system and leaving you more susceptible to germs and viruses.

There are simple things you can do though, so don’t get too stressed about being stressed!

1. Eat whole foods and stay away from the sugary treats. Foods high in vitamin C (such as berries, bell peppers, and citrus fruits) will support your nervous and immune systems, and foods high in the minerals calcium and magnesium (such as dark green leafy vegetables and seeds and nuts) are helpful at relaxing and calming the nervous system. Also ensure you get adequate clean sources of protein (organic animal products as well as seeds, nuts, beans, and

legumes); these are important for making those feel-good brain chemicals and keeping your blood sugar balanced.

2. Swap your coffee for calming teas such as chamomile, lemon balm, passion flower, or peppermint during the day to support your nervous system. Don’t feel you can manage without caffeine? Substitute your morning java for green tea instead. Green tea contains L-theanine, an amino acid that has been shown to be effective for relaxation and helps balance the stimulating effect of caffeine (unless you are very sensitive to caffeine, in which case avoid it altogether).

3. Food sources are always best, but sometimes supplements can provide that extra support. A good quality multi vitamin and mineral and essential fatty acids could help in this regard. Fatty acids will support your adrenal function and nervous system and are also brain protective.

4. Get daily light exercise and prioritize sleep. Getting out into nature can have profound effects on your mood and helps to build up your stress resilience, so a walk outside is ideal. Sleep is the time our bodies make use of all the goodness we’ve been giving it to repair and regenerate, so it is worthwhile to make this a top priority.

Taking a little bit of extra care, time, and attention can have a big impact towards supporting your mental health. We live in a world that can often feel quite chaotic, and it is natural and normal to find yourself feeling overwhelmed at times. Following these simple tips can go a long way towards giving you some extra support.

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<p><b>Edmonton 311</b></p> <p>Report damaged sidewalks and trees, graffiti, excessive litter, potholes and more.</p>		<p><b>ETS Live® To Go</b></p> <p>Get real-time information for ETS Smart Bus routes anytime, anywhere.</p>	
<p><b>Edmonton Police Service</b></p> <p>Everything for the Edmonton Police Service in a single mobile app.</p>		<p><b>MyEPark Edmonton Parking</b></p> <p>Save time and money by paying for parking with an EPark cell phone account.</p>	

**For More Information**

311 Contact Centre  
Online Contact 311 Online

# Edmonton Public Schools



Ward F Trustee  
Julie Kusiek

Budget 2024 was announced on February 29 and was quickly followed by metro school announcements on March 1. As Board Chair, I was able to provide remarks at the school infrastructure announcement in Calgary. For me, the infrastructure announcement is a tale of two stories: on one hand, we celebrate the progress that has been made both on new school construction and modernization/replacement of existing schools, but on the other hand, we recognize the critical need for additional resources to address the backlog of infrastructure projects.

We welcome CONSTRUCTION funding for the new Grades 7-12 school in Glenriding. It will bring 2,400 much-needed student spaces to an area of the city that is growing rapidly. It will help to take some pressure off several schools, including Lillian Osborne High School.

Three more community schools (McConachie 7-9, Rosenthal K-6 and Glenriding K-6) received DESIGN funding. Two mature neighbourhood schools - Delton and Spruce Avenue - were added to the provincial list with PLANNING funding. Both schools have been on our capital planning list for 15 and 17 years respectively, so I know these communities will welcome this announcement. It is encouraging to see the Province recognize the need for both new school construction and modernization/replacement of existing infrastructure.

This leads to the second part of the story. In the next 10 years, our Division expects to grow by 60,000 students. We will need 50 new schools to accommodate this growth. Every project outlined in our three-year capital plan is critical to meeting this demand we are



Board Chair  
Edmonton Public Schools

Trustee | Ward F  
Julie Kusiek

780-429-8087

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trustee.julie.kusiek@epsb.ca

seeing today and ensuring that every student has access to a high-quality learning environment.

At our March 19 Board meeting, Trustees approved an updated 3 Year Capital Plan and 10 Year Facilities Plan. You can view a high level summary of our 10 Year Facilities Plan here. Our Board continues to advocate for accelerated new school construction to meet growth in enrolment so that we can continue to provide excellent public education to our students.

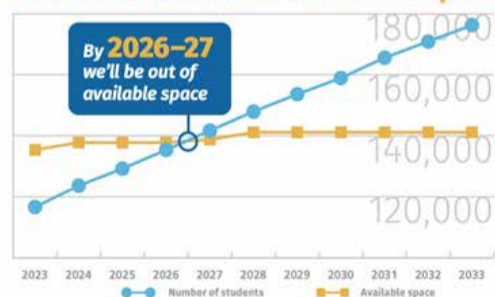
Given this springtime issue of the Terwillegar Tribune, I'd also be remiss not to mention that Metro Continuing Education, through Edmonton Public Schools, offers summer programming. For example, is your teen looking to complete CALM or Physical Education 10 this summer? There are program offerings for students in elementary, junior high and high school, as well as programming for adults. Registration for summer will open on April 4. Learn more at <https://www.metrocontinuingeducation.ca/>.



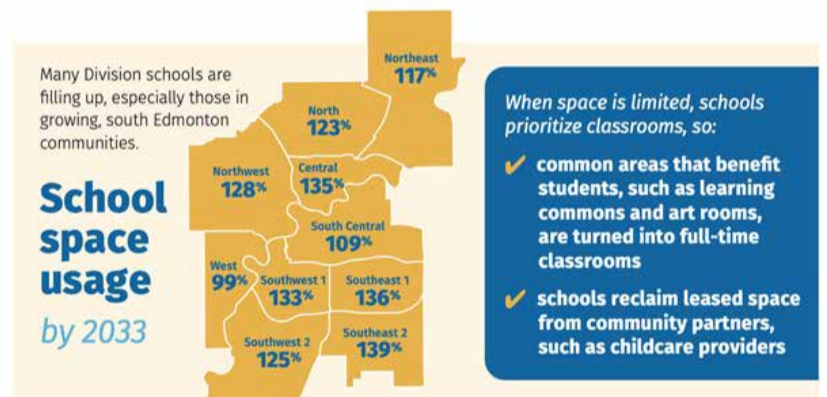
## Space to learn is critical to a good education.

Every year, more students enrol in Division schools. With this growth and few new school announcements, there is more pressure on existing school space.

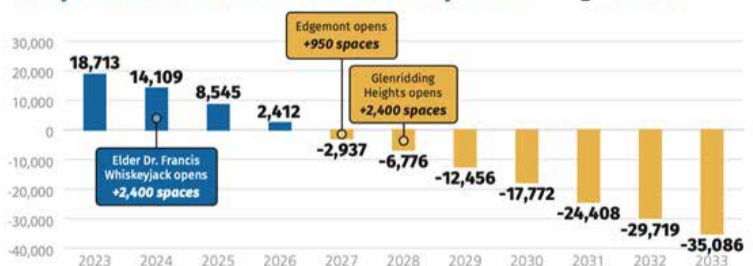
### Number of students vs. available space



It takes **3-5 years** to build and open a new school.



### The growth in Edmonton Public Schools continues to outpace the number of student spaces being added.



### When space is limited, so are parents' options.

As school space fills up, families will have fewer options when schools close boundaries and implement lotteries for registration.

In 2024-25 there will be 7 lottery schools.



By 2033 there will be almost **60,000** more students than we have spaces for.  
115,176 → 176,106  
Students in 2023      Students in 2033

We need **50** new schools in the next 10 years to accommodate our growth.



Visit [epsb.ca/schools/spaceforstudents](https://epsb.ca/schools/spaceforstudents) for more information.



NOTE: 2033 projections from the Division's Ten-Year Facilities Plan 2024-2033, assumes no new additional school approvals.

NOTE: Projections based on the Division's Ten-Year Facilities Plan 2024-2033.

# My Favourite Things



Colleen Crozier  
SWESA Member

Back in 1959, music theatre audiences were delighted with “raindrops on roses, and whiskers on kittens”...and more. The lilting melody and long list of lovely things distracted and calmed the fears of seven children as they took refuge in their governess Maria’s room during a raging thunderstorm. Later, in 1965, Hollywood released a film version of the musical, starring Julie Andrews and Christopher Plummer. That made Rodgers and Hammerstein’s magical portrayal of the Von Trapp family available to millions, and the song one of the most popular and recognizable ever.

Just as counting your blessings can transform despair into gratitude, a list of your favourite things can have the same uplifting effect. One of the best things about making a list is that it opens the door to limitless possibilities. Choosing just one thing in answer to the question, “What’s your favourite....?” is so restrictive, forcing you to eliminate all options but one. A list, on the other hand, can go on forever. A list of favourite things made today is a journey down memory lane, while at the same time you savour the present.

With apologies to Rodgers and Hammerstein, here’s a list of “a few of my favourite things.”

It’s probably not a good idea to try humming the tune as you read these items:

- pink cotton candy
- Jack Frost art on my windows
- roast beef and gravy
- robin’s spring song
- family posts on Facebook
- relief when the moving truck is emptied
- smell of the earth after the first few raindrops
- newborns’ smiles
- my children’s numbers displayed when my phone rings
- hand-written letters or cards in my mailbox
- hearing French spoken
- watching YouTube videos
- singing hymns of faith and 60’s pop songs
- misty views on the BC coast
- kitty head bumps and purrs
- Nicholas Sparks stories
- wild geese flying over
- that distinctive green of new leaves in the spring

Now it’s your turn. What’s on your list? We hope it’s a long one. And we hope that SouthWest Edmonton Seniors Association activities are some of your favourites! Come, join us! We’re in our new location within the William Lutzky Y.

South West Edmonton Seniors Association  
1975-111 St. NW  
Edmonton, AB  
587-987-3200  
email: info@swesa.ca  
www.swesa.ca



SWESA members celebrate Chinese New Year with some favourite things great food and great company.



SWESA's new home within the Y.  
Photo credit: Hendricks Construction

TERWILLEGAR COMMUNITY LEAGUE’S

## CASINO FUNDRAISER

Save the date: July 27 & 28

A call for volunteers will be made a couple of months in advance.

Watch [terwillegar.org](http://terwillegar.org) for details!



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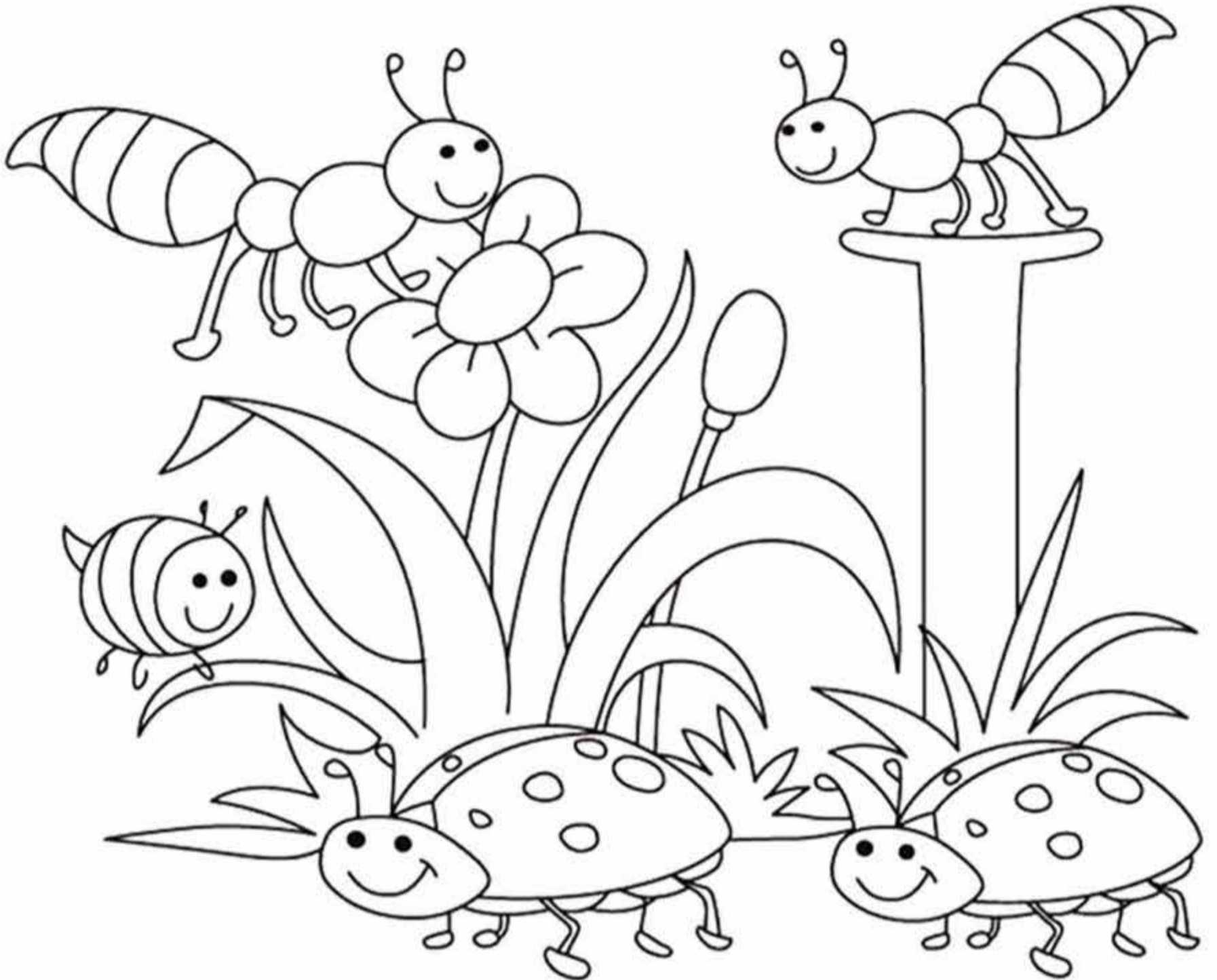
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# Kid's Zone - Colouring Contest



## Bug Colouring Contest

First Name: \_\_\_\_\_

Last Name or Initial:  
\_\_\_\_\_

Age: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

All entries must be received by May 10. One entry per child.  
The contest is open to residents of the following areas:  
Terwillegar, Magrath, South Terwillegar, and MacTaggart.

Age categories are: 3-5; 6-8; and 9-11.

Entries should be mailed to:  
Terwillegar Community League  
PO Box 36508 , MacTaggart RPO  
Edmonton, AB T6R 0T4

OR

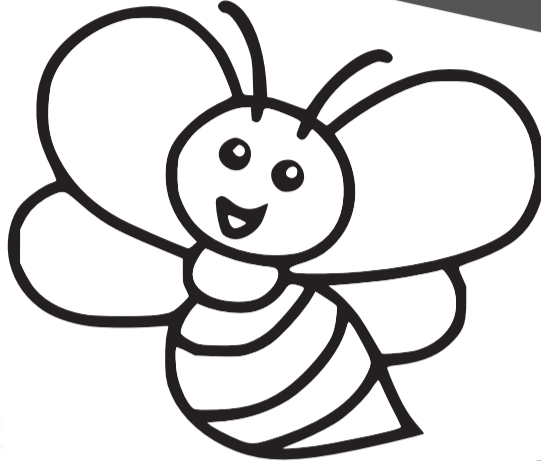
Dropped off at the TRAC Office (by Multi-Purpose Room #6)  
inside the Terwillegar Rec Centre.

# Kid's Zone - Fun & Games

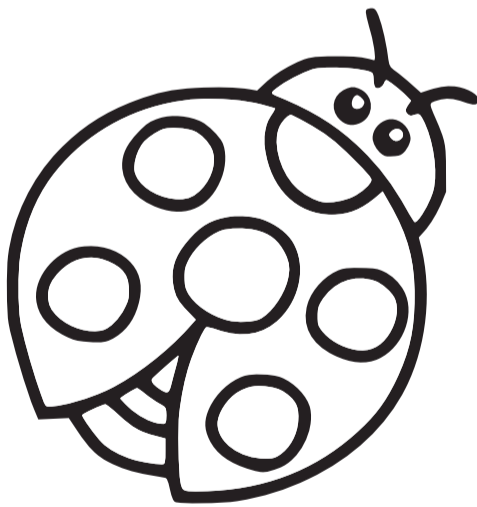
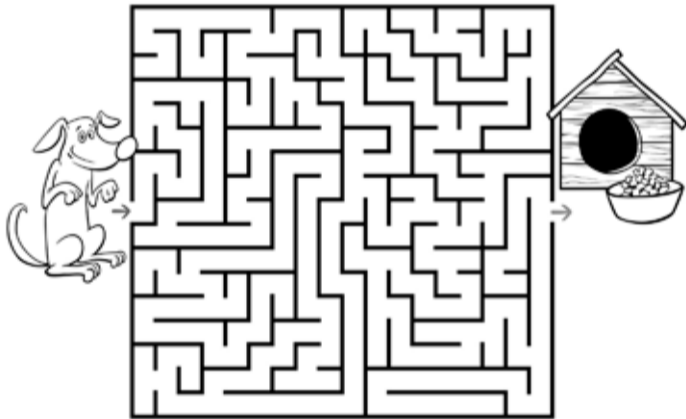
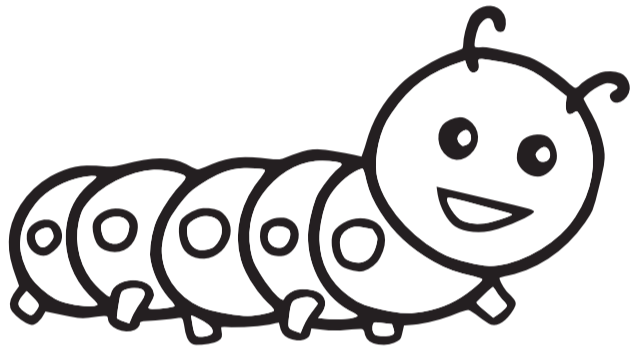
## Fruits

1. Grape 2. Strawberry 3. Watermelon  
4. Pomegranate 5. Lemon 6. Apple 7. Pear  
8. Pineapple 9. Orange 10. Banana

What do bees wear in the rain?  
Their yellow jackets!



What goes up when the rain comes down?  
An umbrella!



What type of bow can't be tied or untied?  
A rainbow!

### What's the Difference?

Can you spot the seven differences between these two pictures?

#### St. Paddy's Colouring Contest Winners!

**Ages: 6-8**  
1st Place: Kinsley S.  
Runner Up: Breanne W.

**Ages: 3-5**  
1st Place: Adela O.  
Runner Up: Aadhya D.

**Ages: 9-11**  
1st Place: Jiya D.  
Runner Up: Elena B.

#### Honourable Mentions

Kaden B.  
Callan H.  
Lita M.  
Jayme D.

Thanks to everyone for their submissions and making it so difficult to choose the winners!

Prizes awarded to first place & runner up in each category are \$25 & \$10 gift certificates for Toys "R" Us  
Honourable mentions will receive a \$10 Toys "R" Us gift certificates.  
Prizes will be mailed out the coming week!

# ELLA Expands Learning Options



*Deborah Forst  
Marketing Chair, Edm Lifelong Learners*

Harry Wagner, a retired teacher, has always been interested in learning. When his cousin recommended that Edmonton Lifelong Learners Association (ELLA) had some interesting courses, he registered for his first spring session. That was 10 years ago, and what he liked about it then, he still likes about it now: the diversity of courses available.

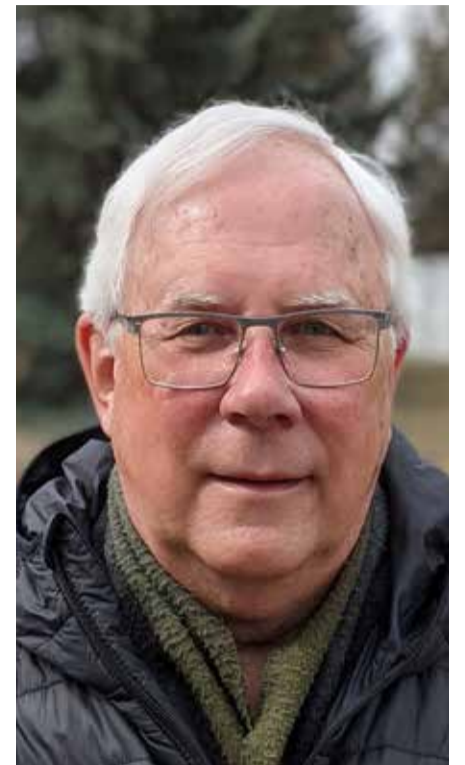
“I took Tai Chi, a class on the oil sands, social media, and photography... and just loved it” claims Harry. “You can follow your heart and take courses in areas that interest you, or delve into subjects that you have no background or experience in, just to find out more. Last year I took a course on insects, and I have no science background.”

Now Harry is the Chair of the Program Development Committee that determines the courses offered during the winter online and upcoming spring session at the University of Alberta. “I think what sets ELLA apart is it’s entirely a volunteer-driven organization. Our committees look at suggestions from our members to identify topics that might be possible. The speakers are people in our community who have interesting things to say.”

New to the ELLA’s spring session is a class on Archeology in Alberta, plus Introduction to Cults, and Inuit Literature and Arts. Returning favourites are What’s Behind the Barn Door?: issues in animal

agriculture in Alberta complete with field trips, and Wonders of the Night Sky for people curious about the stars above. There are nearly 40 courses available covering intellectual, artistic, and physical-activity realms.

Harry acknowledges it’s a bit of a commitment to travel to the University to take classes, but the payoff is the positive social aspect. “It’s a chance to socialize with people who have similar interests. And we’ve responded to people’s needs. Maybe you can’t commit to a full day, but the morning is available. Now you can register for 2, 3 or 4 courses – whatever works for you.”



*Harry Wagner*

What works for Harry is the continuing opportunity to learn. “It’s so important for all of us to remain curious and engage in lifelong learning. At least it is for me.”

The Edmonton Lifelong Learners Association (ELLA) Spring Session runs weekdays from April 29 to May 17 at the University of Alberta campus. To register, and for more information, visit my-ella.com.



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In-person classes April 29 to May 17, 2024  
University of Alberta Campus



For info, scan the QR code or visit [my-ella.com](http://my-ella.com)




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# Get Ready To Tee Off As City Golf Courses Open For The 2024 Season



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

The City, in partnership with our proshop contractors, are excited to welcome all golfers back to our municipal courses for the 2024 season. Whether you are a beginner or seasoned golfer, a City golf course has something for you. The City welcomes everyone to enjoy some of the best greens and views in Edmonton.

Victoria Driving Range is scheduled to open on March 28 from 10 a.m. to 6 p.m.

Riverside, Rundle and Victoria golf course will open at a later date once the snow clears. All three courses have food and beverage services offered by The Greenhouse YEG.

“We are looking forward to greeting all golfers of various skills and abilities to our golf courses,” said Rhonda Norman, Director of River Valley and Horticultural Facilities. “There is something for everyone at our municipal courses and everyone is welcome to play here.”

Rundle is a friendly, 18-hole, short course that is perfect for new golfers and families, while Riverside is an exciting 18-hole course with challenging shots on every hole and picturesque views of downtown Edmonton. Victoria is Canada’s oldest municipal golf course, located in the river valley and offers the beautiful backdrop of the Alberta Legislature and University of Alberta.

The City works closely with The Indigenous Sports Council of Alberta, the Paralympic Sports Association and the Alberta Indigenous Games to make golf more accessible for Edmontonians. They are always looking for new and inclusive partnerships to get individuals involved in the game. For example, there are two accessible golf stalls at Victoria Driving Range for those with limited mobility. Victoria and Riverside golf courses both have an accessible clubhouse.

Tee times and lessons for youth and adults can be booked now at [movelearnplay.ca](http://movelearnplay.ca).

Edmontonians can visit [edmonton.ca/golf](http://edmonton.ca/golf) for deals, such as the Golf Rewards card and updates, as well as more information on lessons and programs.

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# Navigating the Rising Costs of Homeownership: Tips for Homeowners



*Sally Munro*  
*Century 21 Masters*

Now that we have faced the harsh reality of rising interest rates we are now faced with rising property taxes, utilities and maintenance.

As homeowners, we cherish the pride of owning a place to call our own. However, the dream of homeownership comes with its fair share of financial responsibilities. In recent times, the costs associated with owning a home have been steadily rising, presenting challenges for many families. From property taxes and utilities to maintenance and increased interest rates, the burden on homeowners continues to grow.

One significant cost that homeowners grapple with is property taxes. As property values increase, so do property taxes, often catching homeowners off guard. To manage this expense, homeowners should regularly review their property tax assessments and consider appealing if they believe their home has been overvalued. Taking advantage of any available tax exemptions or deductions can also help reduce the property tax burden. Remember the assessed value may not correlate with market value and often the value can be affected by new builds in your neighborhood or other mitigating factors. Review the information the city has on your property and never be afraid to apply for permits to update furnaces and other updates that require a permit these do not affect your property taxes. What affects the assessed value is in inequity of sales in your area. The assessed value is public information. Google "City of Edmonton Maps"

Another unavoidable cost of homeownership is utilities. With energy prices on the rise, it's essential for homeowners to adopt energy-efficient practices to lower their utility bills. Simple changes like installing energy-efficient appliances, improving insulation, and being mindful of water usage can lead to significant savings over time. Depending on your age and age of home check out any assistance available to update furnaces, windows etc. More important compare providers available in Alberta and Edmonton especially power and gas for Edmonton. Homeowners are reporting significant savings by rate shopping.



Maintenance is another area where homeowners can feel the pinch. Regular upkeep of your home is crucial to prevent costly repairs down the line. Creating a maintenance schedule and setting aside a budget for repairs can help homeowners stay on top of maintenance tasks and avoid expensive surprises. Remember when three quotes was the norm when seeking estimates, it's still a great idea, however reach out to experienced suppliers and contractors with longer reputation and references. Today it's easy to find out about contractors. Never pay for a job in full before any work is started.

In the previous issue of the Tribune we discussed mortgage renewals. With the current economic climate, interest rates are still a concern for homeowners with adjustable-rate mortgages or those looking to refinance. With higher interest rates, homeowners should explore their options and consider locking in a fixed-rate mortgage to protect themselves from future rate hikes. Despite the Bank of Canada rate not moving downwards, a slow down in borrowing by consumers and competition between banks and lenders are forcing the mortgage rates down. A 5 year rate fixed can be negotiated to 4.87% perhaps better.

To navigate the rising costs of homeownership, it's essential for homeowners to be proactive and strategic in managing their finances. Setting a budget, tracking expenses, and seeking out cost-saving opportunities can help homeowners stay ahead of rising costs and maintain financial stability.

While the challenges of homeownership costs may seem daunting, with careful planning and informed decision-making, homeowners can successfully manage their expenses and continue to enjoy the many benefits of owning a home.

Remember, a home is not just a financial investment but a place where memories are made and cherished. By taking control of your finances and staying informed, you can ensure that your home remains a source of comfort and security for years to come.

We achieve more with sharing information and knowledge. Need answers to your questions reach out to us or your trusted advisors.

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# Review of "Strangers Again" By Twenty7



Veronica Ortiz-Zelada

Twenty7 is a singer based in Edmonton, Alberta. She has music available on Apple Music, Spotify, YouTube, YouTube Music, Tidal, Amazon Music, and Deezer.

When scrolling through her Apple Music profile, "Strangers Again" particularly caught my eye, because while the other song titles allude to either being in love or having a broken heart, "Strangers Again" made me wonder what feeling it would evoke in me.

In the cover art, the colour scheme of the white dress against a brown wall with a shadow behind her so perfectly captures the physical dreamy state that both the lyrics and the melody make me fall into when I listen to the song.

The ghostly, melodic murmurs for the first 15 seconds of the song do an excellent job of bringing the listener down into a chill mood. If I close my eyes, I can lower myself into a mere state of existence where I am not angry, happy, or contemplating, but rather am indifferent to everything, no longer hyper fixated on my physical surroundings.

The loud but not harsh beat at 16 seconds does an excellent job of slightly bringing my mind back down to the physical world, while still staying with Twenty7 in the dream-like state that she has created. Here is a good place for her to start singing as she does, with her soft and intimate voice that goes perfectly with her first lyrics, "did you even realize..."

I, as the listener, am feeling down to earth and intimate with her, and she strikes me with mildly harsh words, which works perfectly. Not "did you know" or "did you realize", but "did you EVEN realize", really digging in the point that the person she is talking to, which feels like me, was just so silly and thoughtless in their actions, like

saying you didn't even do the bare minimum. This already makes the song feel so personal.

Twenty7's tone of voice sounds less large and powerful, and more delicate and aggrieved. I could picture myself as her during my own breakup. This tone was more realistic because it is what you would say right when they left you, so you do not yet have the strength to completely hate them or wholeheartedly believe that you deserve better. You are confused and angry that all your effort into the relationship was for nothing because they are back to being no one to you.

This song is the best song I have heard for right when you have broken up with someone, romantically or platonically. There are various stages of grief, but many other break-up songs are either straight to the happy girl boss moment after you are over them or are just stuck in being sad and depressed. "Strangers Again" feels right for when you feel a mixture of confusion and anger. This is also great for when a breakup seems to come out of nowhere. This song perfectly portrays the bitterness towards someone who you used to think would be in your life for the long run.

I was disappointed that the lyrics were not on Apple Music, especially for this kind of song where she has very harsh and honest words for the ex. During the first verse, I could not understand what she said before "tongue", and when I searched them up on genius.com, it had a "[?]", so I missed out on a part of her truth.

Overall, I did enjoy this song and will have it on a loop the next time I go through any kind of breakup. There are so many girl boss breakup songs out there, and I want more that convey bitterness, anger, and confusion, like "Strangers Again" does.



Annual General Meeting

Tuesday, April 23, 2024

LOHS – Library @ 7:00 PM

Everyone is Welcome!

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## Exciting News Alert!

### Fundraising Gala MAY 10th, 2024

TCL is building an ice rink, pickleball/basketball courts in South Terwillegar Park, starting construction in summer 2024, and we need your help!

Join us for an evening of food, dancing, door prizes, and a silent auction to support rink and court development! Scan the QR code to purchase tickets and for more info!



WHEN: May 10th, 2024  
5:30pm-12:00am  
WHERE: Whitemud Creek Community Centre

**Stay Tuned to TCL FB page for the online auction link SEE YOU THERE!**

To sponsor/donate silent auction items, contact [fundraising@terwillegar.org](mailto:fundraising@terwillegar.org)

# Edmonton's Insight: Navigating Neighbourhood Safety with Data



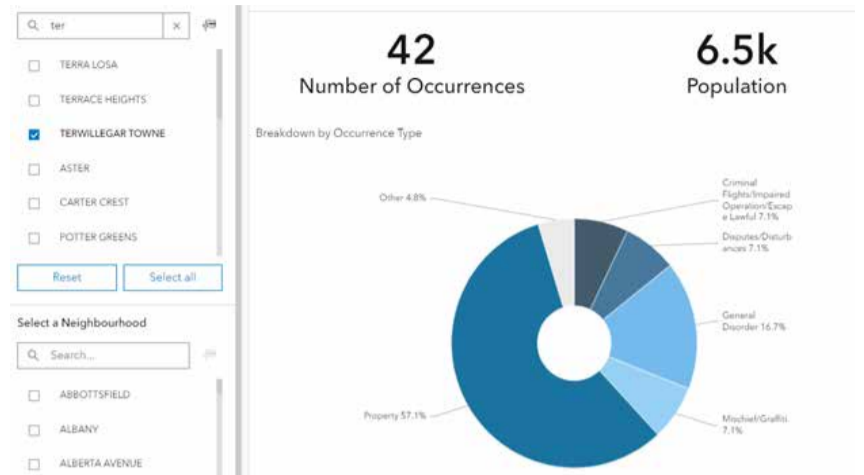
*Michael Elliott  
EPS Staff Sergeant, Southwest Division*

Over the past year there have been many news articles outlining crime trends in our city. They usually cover violence in our city, on our transit system, guns and break and enters. Have you ever wondered what, if anything, is occurring on your neighbourhood?

The Edmonton Police Service has a Community Safety Data Portal. The site provides access to data including crime statistics and trends occurring in Edmonton. It offers increased transparency into policing activities and encourages public engagement.

The portal can be accessed at: <https://communitysafetydataportal.edmontonpolice.ca/>

When you access the site, the map will display up to 180 days of reported occurrences, which are moved to the nearest intersection



in your community. While on the site you can focus on your specific neighbourhood. In the below example, I have accessed the area near the intersection of 23 Ave and Rabbit Hill Road. The cluster with the numbers represents reported occurrences in the area.

You can then “click” on the cluster, and it will provide more information on that cluster such as property crime, a disturbance, break and enter, etc.

Another option on the site is you can access your neighbourhood, ward, or city-wide statics. I have screen captured the area of Terwillegar Towne as an example.

The site also provides a data table and a resource page including:

- Online reporting
- Crimestoppers
- Missing persons
- Mental Health
- Shelters

The data represented on the map includes but is not limited to homicide, robbery, drug/weapon violations, family/sexual violence, mischief, and various thefts. All incidents (criminal and non-criminal) for which a police report was filed are included. Each occurrence is mapped to the nearest intersection in order to protect individuals’ privacy and safety. For privacy reasons or to protect the integrity of police investigations, certain types of occurrences are not visible on the map. Overall, the Community Safety Data Portal is a tool which can be beneficial for those interested in what is occurring in your area.

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- Have Acne, Atopic dermatitis or any other skin concern?
- Want to lose weight?
- Want to Quit smoking?

**Flu shots**  
 age 5 & up  
**Pain free**

**Free Delivery**  
 780 989 0600

**Services you can count on**

- Free delivery and pick up of prescriptions
- Free blood pressure monitoring
- Free blister packing
- Diabetic & asthma educators
- Compounding services
- Free administration of injections
- Prescription renewal
- Travel immunizations

**Transfer your prescriptions and get the care you deserve**

**Community Wide**  
**Garage Sale Day**

**Saturday, June 8**  
**9am - 3pm**

Get great deals on household goods, clothing, collectibles, toys, furniture & much more.

For more information, visit:  
**terwillegar.org**

Scan QR Code to Sign Your House Up!

# UROSPOT is changing the lives of women and men.

*"Two coffees before a long car ride and I didn't have to go to the bathroom for hours!"*  
– Sophie, 52

*"I feel like I'm 25 again."*  
– George, 63

UROSPOT is a private and modern pelvic health and urology focused clinic, combining technology, education, and health coaching to help women and men say goodbye to bladder leaks, frequency, urgency, poor sexual functioning, prolapse and other pelvic floor issues. The best part is you remain fully clothed, and the treatment is 100% non-invasive. Nothing goes in your body, and no one is touching you.

The care team consists of Nurses and Pelvic Floor Physiotherapists who come together to help restore your freedom and confidence. A key part of the care model is a medical chair, approved by Health Canada. As you sit comfortably, the chair uses waves of energy to re-boot the connection between your brain, bladder and pelvic floor, but it also does 11,000 contractions of the pelvic floor muscles (you know these as Kegels) to help strengthen and restore the muscles. You can even use physiotherapy benefits towards the cost of treatment.

## NOW OPEN IN THE SHOPPES OF TERWILLEGAR GARDENS

Women and men have normalized bladder leaks, frequency, and urgency as part of aging. It's simply not the case. These issues are common, but not normal, and are often a sign of dysfunction in your pelvic floor. You deserve to have that problem solved.



If bladder leaks, urgency, night waking to pee, frequent trips to the bathroom or pelvic organ prolapse are impacting your life, help is now here.



urospot.com | 780-409-7878  
edmonton@urospot.com  
14263 - 23 Avenue, Edmonton, AB

## PLANNING TO SELL OR BUY A HOME?

CONTACT JANINE TODAY!

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ASSOCIATE/REALTOR®

587-920-4228  
janine.garrant@sellingterwillegar.ca  
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Your local market REALTOR®!



\*Each office independently owned and operated.



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- ✓ Professional
- ✓ Knowledgeable
- ✓ Honesty & Integrity
- ✓ Excellent Communication
- ✓ Very Responsive
- ✓ 20+ Years Contract Negotiations

## NANCY'S NOTES CREATIVE MUSIC CLASSES FOR CHILDREN

**Piano Classes (age 3-10)**



**Music & Movement (0-5)**

Singing, Dancing, Instruments!  
spring theme: OCEAN!



Fun filled classes in Terwillegar! Spring session April - June  
nancysnotes.ca 780 439-8490 nancy@nancysnotes.ca

## REJUVENATE YOUR BODY AND MIND WITH NEIGHBORHOOD MASSAGE

- Deep Tissue
- Swedish Relaxation
- Therapeutic
- Myofascial Cupping
- Reflexology
- Hot Stones
- Ayurvedic Kizhi Massage
- Pre-post Natal Massage



Terwillegar  
Massage & Wellness

1735 Towne Centre Blvd NW  
Edmonton, AB T6R 0T7

Call:  
(825) 865 5255  
www.terwillegarmassage.com

# Waste Collection Calendars Are Now Paperless

Edmonton

www.edmonton.ca

The City is completing its transition to paperless waste collection calendars to advance waste reduction efforts. Printed calendars will no longer be broadly distributed to Edmontonians receiving curbside collection. In preparation for going fully paperless, the City has encouraged residents to opt-out of receiving a printed waste collection calendar. Since 2016, calendars and other important waste collection information have been available at residents' fingertips through the WasteWise app, or at [edmonton.ca/WasteWise](http://edmonton.ca/WasteWise).

The City is committed to supporting Edmontonians through this transition and will continue to help ensure all residents can easily keep track of their collection schedule.

For assistance downloading or using WasteWise, residents can visit [edmonton.ca/wastewise](http://edmonton.ca/wastewise) or call 311.

Through a partnership with Edmonton Public Library (EPL), Edmontonians can visit any branch for assistance in downloading and using WasteWise, or printing their waste collection calendar. There is a nominal fee at the library of \$0.10 for black and white printing, and \$0.50 for colour.

Residents can print their own calendars online at [edmonton.ca/wastewise](http://edmonton.ca/wastewise) or call 311 to request a printed calendar, free of charge.

Currently, over 220,000 people use WasteWise to view their curbside collection calendar, search what waste goes where and receive timely waste related reminders and information. WasteWise is available in multiple languages and is easy to use through smartphone applications and the City's website.

By using digital calendars, Edmontonians help the City reduce the environmental impact and cost associated with printing and mailing collection calendars. By working together we are advancing towards climate goals and are preserving our environment for current and future generations.



### General Maintenance

- Buy a colour match can of paint and paint over the tags as soon as they appear.  
**TIP:** Many EcoStations give away donated paint.
- Keep your property clean and free of litter.
- Make sure trees and shrubs are trimmed creating clear sight lines.
- Add on anti-graffiti coating to ease cleaning for high tagging areas.

### Lighting

- Keep your property well lit.
- This includes entryways, back alleys, parking lots and corners.

### Beautification

- Plain walls attract graffiti.
- Use art, murals, flower pots or simple landscaping.

Capital City CleanUp offers **FREE** professional graffiti cleaning to property owners each year. For more details and updates check out [edmonton.ca/graffiti](http://edmonton.ca/graffiti).

You need to do two things:

1. Take a photo.
2. Apply for professional graffiti cleaning: [edmonton.ca/graffiti](http://edmonton.ca/graffiti)

It is the property owner's responsibility to remove graffiti tags. (Community Standards Bylaw #14600)

## #9pmRoutine

Do your part in protecting yourself, your family and your home from property crime. Set your phone alarm for 9 p.m. every evening and be part of the #9pmRoutine.

- Empty your mailbox and retrieve packages from your porch.
- Turn on your exterior motion sensor lights.
- Remove valuables from your vehicles, ensure windows are closed and doors are locked.
- Close and lock your garage, garden gate, shed, doors and windows.
- Put away and lock up any items that are in the yard.

Edmonton.ca/net | NET@edmonton.ca

NEIGHBOURHOOD Empowerment Team

A partnership of the City of Edmonton, The Edmonton Police Service, The Family Centre of North America, and the United Way of the Alberta Capital Region.



# Terwillegar Classifieds

Piano Lessons From a Fun, Friendly Piano Teacher  
With Over 30-Years Experience

All Ages and Levels Welcome!

FREE TRIAL LESSON – CONTACT MRS. LAI  
AT 780-473-4880

# Community Contact Information

## Join The TCL

Adult 1: \_\_\_\_\_ Date: \_\_\_\_\_  
 Adult 2: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Postal Code: \_\_\_\_\_ Phone Number: \_\_\_\_\_  
 Email: \_\_\_\_\_  
 Childrens Name & Age: \_\_\_\_\_  
 \_\_\_\_\_

**Membership Type:**  
 \$35.00  Adult Single  Adult Couple  
 \$35.00  Senior Single or Couple (65+)  
 \$45.00  Family

**May we send you news by email?**  
 Yes  No

**Are you willing to volunteer?**  
 Yes  No

**Fee Paid:** \_\_\_\_\_ **Donation:** \_\_\_\_\_  
 Cash  Cheque # \_\_\_\_\_  
 ( \*Cheque payable to TRAC)

**Total Paid:** \_\_\_\_\_ **# of Skate Tags required:** \_\_\_\_\_

Mail completed form, along with payment to:

**Terwillegar Community League**  
**Terwillegar Riverbend Advisory Council**  
 #5, 2051 Leger Road NW  
 Edmonton, AB T6R 0R9

*Please make sure the boxes are checked for email news,  
 and if you are able to volunteer. Thanks!*

You CAN make a difference by helping  
 out in this dynamic community of ours!



**Board Contacts**

**President:**  
 Darlene Reid, president@terwillegar.org

**Vice-President:**  
 Kathleen Mountford, vicepresident@terwillegar.org

**Treasurer:**  
 Monte Weber, treasurer@terwillegar.org

**Secretary:**  
 Jeff Nordstrom, secretary@terwillegar.org

**Community Advocate:**  
 Sue Trigg, advocate@terwillegar.org

**Membership Director:**  
 Kailey Hartman, memberships@terwillegar.org

**Programs Director:**  
 Sagar Lunawat, programs@terwillegar.org

**Communications Director:**  
 Heather Maitner, communications@terwillegar.org

**Fundraising Director:**  
 Marijke De Bruin, fundraising@terwillegar.org

**Other Contacts**

**Community Garden:**  
 Amanda Hunt, garden@terwillegar.org

**Editor:**  
 Karin Shott, editor@terwillegar.org

**Neighbourhood Watch:**  
 watch@terwillegar.org

**Webmaster:**  
 Alison Cairns, webmaster@terwillegar.org

**Other Positions**

**TRAC Ambassador - MacTaggart:**  
 Vacant

**TRAC Ambassador - Magrath:**  
 Vacant

**TRAC Ambassador - South Terwillegar:**  
 Ryan Barber

**TRAC Ambassador - Terwillegar Gardens:**  
 Sue Trigg

**TRAC Ambassador - Terwillegar Towne:**  
 Monte Weber

## Crossword Solution

1	P	A	R	I	S	H				4	S	I	N	G	L	E				
	E		E		E							N		E		I				
8	S	P	E	E	D				5	N	E	S	T	E	G	G				
	E		L		G					O		E		S		H				
10	T	R	I	S	E	C	T					11	C	R	E	S	T			
	A		N							R			T				Y			
			12	G	O	13	D	D	E	S	S	E	14	S						
15	B															16	D			
17	A	S	S	E	T				19	A	B	S	E	N	C	E				
	T	O											H		D		L			
21	T	R	U	F	F	L	E						22	O	Z	O	N	E		
	E		N											R		W		T		
23	R	I	D	D	L	E								24	A	T	O	N	C	E



# Spring is Here? Let's Move!

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Call today for a home consultation **780-441-5457**

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**Old Glenora** \$3,498,000  
Live the dream in Old Glenora! Stunning custom built 7,567sqft, 4bed, beautifully appointed. ML# E4367507

AVAILABLE



**Ravine in Windermere** \$2,498,000  
Estate on 1.247 acres. 4265 sqft + 2011sqft finished basement. 4 bed, 5 bath. Must See!! ML# E4375136

AVAILABLE



**Rural Parkland County** \$2,198,000  
On the North Sask. River. 4.87 7acres. 5,570 sq ft, 4 Bed, 4 Bath. Indoor pool. Must See! ML# E4347834

SOLD



**One Windermere** \$1,898,500  
Ace Lange custom home on large cul de sac. 6 bed, 6 bath. Heated garage. 6125 sqft. Must See ML# E4372213

AVAILABLE



**Riverview Area** \$1,699,000  
Scott Arthur brick 4,900 sqft 2 storey with 1124 sqft guest house on 1 acre treed ravine lot. ML# E4368605

AVAILABLE



**Lots in Donsdale starting at \$1,500,000**  
Dream opportunity to choose your own builder. 73 ft Frontage on Donsdale Drive. Fully serviced ML# E4366445

AVAILABLE



**Parkview** \$995,000  
2,303 sf 2 storey + 850 sf finished basement. 3 bedrms 3.1 baths. Architecturally designed ML# E4367074

AVAILABLE



**Jagare Ridge** \$614,900  
Townhomes by Kimberley in trendy Jagare Ridge. No Condo Fees! 2 Bed, 3 Bath. ML# E4366793

AVAILABLE



**Carlton** \$599,000  
Coveted Carlton Villas on the Lake! 3+1 bed, 3 full bath. 2288 Sq Ft. 1/2 Duplex ML# E4371281

AVAILABLE



**Greenfield** \$525,000  
1250 sq ft 3 bedroom bungalow. Finished basement. Double garage. Steps to the school.

AVAILABLE



**EXCELSIOR in Ice District** \$499,900  
Beautiful split level. 1,024 sqft desirable corner SE unit. 1bed 1.5 bath. Must See! ML# E4362710

AVAILABLE



**Maylewan** \$450,000  
Bi Level 1350 sq ft 3 bed + finished basement. Option to purchase as is, or totally renovated!

SOLD



**The Pearl** \$449,900  
Prestigious living in this 2 bed, 2 bath, 905 sqft open concept condo. 2 u/g stalls. ML# E4362469

AVAILABLE



**The Churchill Exchange** \$449,000  
New York Style Loft. 1,147sqft. 1 bed, 1 bath. Chique downtown living! Must See. ML# E4368603

SOLD



**Twin Brooks**

SOLD



**Brookside**

SOLD



**Terwillegar Towne**

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