

# Terwillegar Tribune

Serving the Communities of Terwillegar Towne, Terwillegar Greens, Terwillegar Gardens, South Terwillegar, Sandalwood, Magrath, and MacTaggart

## Traffic safety committee seeks members

by Judith Chrystal  
Terwillegar Towne resident

A vehicle was speeding around Tomlinson Common just after 6 a.m. on Oct. 7, 2009. It rammed a parked truck and sent that truck into a fence across the street. Both vehicles were totalled.

Amazingly, there were no injuries, but the accident was a nasty wake-up call for residents on their way to work, joggers and dog-walkers that were in the area at the time.

Many are now looking for change so we can avoid such accidents in the future.

For those who have concerns about traffic in our neighbourhood and want to learn how we can address it, the newly-formed Terwillegar Community League traffic safety committee is organizing a meeting at Holy Trinity Church on Wednesday, Feb. 10, at 7:30 p.m.

The purpose of the meeting will be to identify community members, who will research existing traffic safety programs and gain support to implement these programs in their own neighbourhoods.

The information and experiences from one neighbourhood then can be shared with others via the community league, and the programs can spread to other areas.

The City of Edmonton, Edmonton Police Service and the Edmonton Federation of Community Leagues all offer tools to enhance traffic safety. Excessive speed will be the first issue addressed by the traffic safety committee.

If you are concerned about traffic safety in your area, please come to the meeting and volunteer. If you are unable to attend the meeting, but would still like to volunteer, please contact Judith at [memberships@terwillegar.org](mailto:memberships@terwillegar.org). The time to act is now!



Accidents like the above, which occurred on Tomlinson Common on Oct. 7, will continue to occur until our community takes action.

### Need fun plans for your valentine?

Try our Snow Valley Ski night on Feb. 14!

See page 3 for details.

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# Residents must act to save local rink

by Karey Steil  
TCL Program Aide

Contrary to what many believe, the Terwillegar Community League (TCL) has had no responsibility in clearing our favourite winter spot — the skating rink south of Tomlinson Common (due to liability reasons). For the past several years, the TCL has been grateful to one volunteer who has maintained the rink that residents and their children love. Unfortunately, our volunteer has made the decision, which is supported by the Terwillegar Community League, to cease clearing the rink. Quite simply, this is too big of an undertaking for one person and their snowblower.

In order for the rink to be cleared, the TCL is looking for five volunteers with



The Terwillegar Towne pond will remain without a full skating rink until additional volunteers come forward.

snowblowers to commit to clearing the rink for the remainder of the winter. A schedule will be set up so that the maximum commitment, pending giant snowfalls, would be twice a week for a few hours. Unless there is a committee of volunteers to take responsibility for the rink, the full rink will NOT be in use for the remainder of the winter, including for the Family Day event.

The Terwillegar Community League is extremely appreciative of all the people who dedicate any amount of time to make this community the great place to live, but as the rink proves, we are in constant need of more. A few hours can make a huge difference to the entire community. For more information, please contact ksteil@telus.net.

## Volunteers still needed for Family Day event

by Jon Connell  
TCL Programs Director

The opportunity to celebrate your family is coming up quickly! Join us on Monday, Feb. 16 for our annual Family Day event at Tomlinson Common Park.

Things get under way at 10:30 a.m. and we'll finish up at 1:30 p.m. We'll have firepits for roasting marshmallows, a barbecue sizzling with burgers, snowshoeing and a horse-

drawn sleigh!

We still need volunteers to make the event a smooth-running success, so anyone who can lend a hand may contact me at programs@terwillegar.org. I look forward to seeing you all there.

Please note that the event will be cancelled if the combined temperature and wind chill reach -20° C, so watch your thermometer!



Residents of all ages warm themselves by one of the firepits at the Terwillegar Community League's 2009 Family Day event.



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# Should Terwillegar worry about power lines?

by Rosalynd Zalewski  
South Terwillegar resident

A large number of residents from Edmonton and the surrounding communities are eagerly awaiting a decision on proposed routes for future upgrades to Alberta's electrical system.

The Alberta Electrical System Operator (AESO) has determined that Alberta requires extensive upgrades to its electrical transmission system to meet the needs of oilsands development and population expansion. AltaLink and EPCOR are working together on what they have named the Heartland Transmission Project.

There are two proposed routes for new and upgraded lines that the Alberta Utilities Commission will make a decision on in January 2010. One option, the project's preferred route, is an "East side double-circuit 500/240 kV" line, and the other is a "West side double-circuit 500 kV" alternate route.

The west side option would bring new lines to within 160 metres of communities such as Wedgewood and Cameron Heights, as it follows the western side of Anthony Henday. In addition, the lines currently skirting the southern edge of Terwillegar Towne would increase in voltage from 240kV to 500kV.

The east side option runs on the east side of Edmonton, between the city and Sherwood Park. The new lines will eventually form a loose circle around the City of Edmonton, enabling increased power for proposed bitumen upgraders in and around the Fort Saskatchewan area.

Why are the proposed lines causing such uproar? The new lines have twice the voltage of lines currently in use, and in some cases, the towers will be roughly twice the size — approximately 60 metres. This is equal to a 20 story building and is far larger than the roughly 39 metre towers installed along Anthony Henday today.

Critics of the lines, most notably RETA (Responsible Electricity Transmission for Albertans), have organized a website outlining their concerns over the new towers and doubling of the voltage of existing lines. These include health risks associated with high voltage lines and property devaluation.

The health debate is centered on exposure to

electro-magnetic fields (EMF). Although the science is far from conclusive, a substantial base of data exists from years of research which is highly suggestive of an association between exposure to electromagnetic fields and the development of certain health problems. Some of the associated problems include cancer, dementia, childhood leukemia and immune disorders.

This link seems to be dependent on one's distance from the source, and is selective. Not everyone living in the range of EMFs develop problems, but certain persons may be more prone to developing health issues than others. For those living a stone's throw away from the super high voltage transmission lines, the idea of waiting to see if their children are the 'type' to develop childhood leukemia isn't an appealing one.

Many criticize the reactive attitude of

of a 35 per cent decrease in value. It is difficult to predict the impact of the Heartland lines, as they are far bigger than existing lines and there is no precedent in the area with which to compare.

RETA is proposing those new lines that are near schools, residential areas, day care centres, hospitals and environmentally sensitive areas be buried. Burying power lines mitigates the health and aesthetic side effects. The Heartland Transmission Project is currently conducting a feasibility study of underground sections for the line. Some considerations include technical limitations, the environmental impact of much more intrusive construction and, of course, cost — which will be passed on to consumers. According to literature on the Heartland website, "available information related to 400 kV underground facilities indicate that costs are normally between four and 20 times higher than equivalent overhead options." They estimate

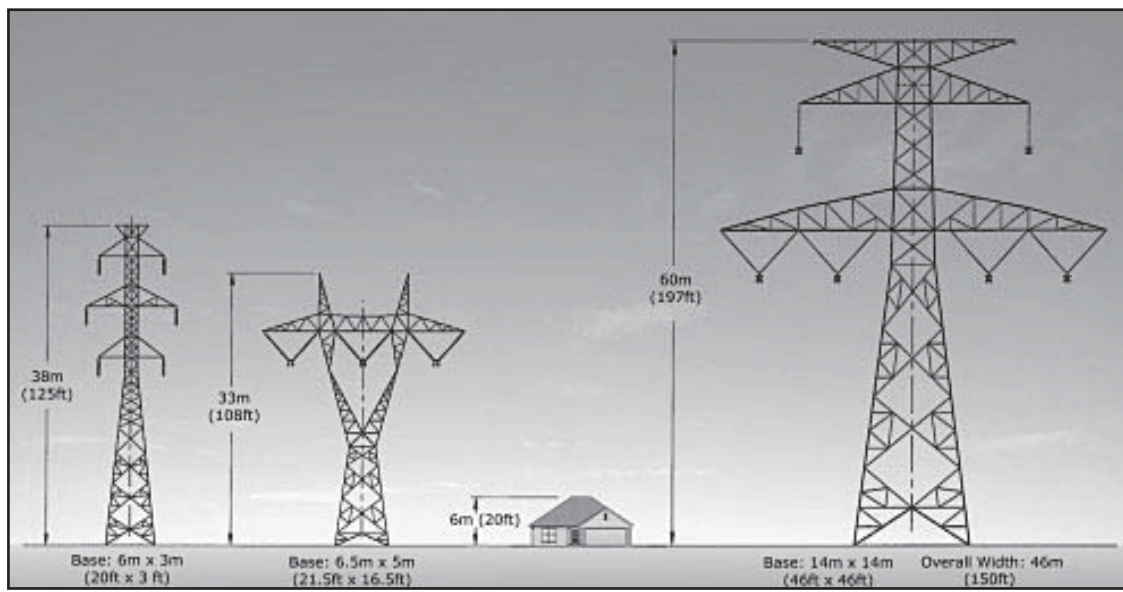
burying 50 kilometres of the line will add \$2 per month to every residential electrical bill in Alberta. If it is your child out playing in the shadow of the massive towers, it probably doesn't sound like much.

So what does the Heartland Project mean for Terwillegar residents? That depends on how you look at it. According to the interactive map on the Heartland website, there would be 3.6 kilometres separating the closest portion of the community (around the Hadow Drive entrance) and the mammoth new towers. However, the lines running

along the southern portion of the community, which would have twice the current voltage but no increase in height, are only about 200 metres from the nearest residence. It is outside of what the WHO and Health Canada would consider noteworthy for exposure to EMFs, but not by much.

So, perhaps the worst of it isn't really in your backyard. However, it could be in your shopping area, by your child's school or daycare, or close to your family's activities where you spend much of your time. And it could just as easily be in your neighbourhood next time.

If you would like more information on RETA and their efforts, visit <http://retasite.wordpress.com/>. If you would like to learn more about the proposed project, visit [www.heartlandtransmission.ca](http://www.heartlandtransmission.ca).



Heartland 500kV towers will stand approximately 60 metres tall.

assuming safety until harm is proven and would like to see a more proactive approach.

The Heartland Transmission Project's website reports that "current computer modeling of the projected magnetic field levels from the Heartland Project reveal that at a distance of about 150 metres from the proposed 500 kilovolt (kV) transmission line, the average magnetic field level is expected to be one milligauss." This is within established recommendations by Health Canada and the World Health Organization.

Residents are also worried about property values plummeting as a result of being close to and within sight of these mammoth power lines. Proponents of the line claim a "small or no discernable impact" on property values. RETA disagrees, citing a British study which found properties located near power lines saw upwards

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REGISTRIES

# Community league rewards local Griswalds

by Jon Connell  
TCL Programs Director

'Twas four days until Christmas, in Terwillegar region,  
Cold on the cheeks, the temperature freezing,  
Three lucky neighbours had tried oh-so-hard  
To brighten the darkness falling on their yard  
With Christmassy lights and bright signs of good cheer  
That make this an extraordinary time of the year.  
Your community league stalked — they snuck through the streets  
To knock on winning doors and proffer good treats.  
The neighbourhood Starbucks had granted, you see,  
A prize to be granted to one of the three.  
Two more certificates, each worth 50 bucks,  
Were handed through doorways to those with the luck  
To have won the draws that the TCL drew,  
To narrow our choices from 14 to two!

Dec. 21 was a cold night — the longest of the year — but for three lucky households in Terwillegar, the warmth of good cheer was abundant nonetheless, for it was these three who won the Christmas lights contest. Macgrath and MacTaggart were combined in one area for judging, and the judges drew out of a touque from the top three.

South Terwillegar similarly had three homes that were thought



Christmas lights contest winners clockwise from top left: Terwillegar Towne/ Gardens, Magrath/Mactaggart and South Terwillegar.

particularly good, and again addresses were drawn from a hat.

It was a tall order to choose a winner in Terwillegar Gardens and Terwillegar Towne as the two areas produced 11 nominees, from which one was again randomly chosen. Many congratulations to the winners.

We look forward to seeing next year's light displays! Thank you to the Terwillegar Gardens Starbucks for providing a well-stocked gift basket to one lucky winner.

## The Ridge New Year's Eve bash a success

by Jim Bradshaw  
Communications, The Ridge Community League

Turnout was good for the Ridge Community League's New Year's Eve party, and then the crowds grew large for the fireworks finale.

MP Stables had a team of horses pulling a sleigh around the field, hotdogs, burgers and hot chocolate were enjoyed around open fires, and some people even laced on the skates despite the cold weather.

Hadow Park was the site of the New Year's Eve party. The party was intended to give families and everyone else a local venue to celebrate the coming of 2010, to help raise the profile of community leagues and to get people involved in their community. The six executive members of the



Ridge Community League unilaterally put it together, but when people were arriving and help was still needed, it was reassuring to see neighbours pitch in to finish the last details. And apparently it's a learning process to get enough gas out of a cold propane tank to heat a large barbecue. Thanks to all that helped!

The Ridge Community League would also like to thank the River Community Church, M&M Meat Shops at Riverbend Square, ATCO Electric/ATCO Gas, the City of Edmonton, the Rich Family, Tracer Industries Canada, Fireworks Spectaculars Canada, MP Stables and Franco for their help in making the party a success.

Left: Fireworks at The Ridge's New Year's Eve party drew a large crowd.

## Snow Shack fills days with winter fun for kids

by Claire Schneider  
Terwillegar South resident

Who doesn't love free winter fun? In Edmonton, our winters can be seemingly endless with the short days and cold temperatures, but the City of Edmonton, in partnership with community leagues across the city, has created the Snow Shack program to beat the winter blues.

Inspired by the City of Edmonton's Green Shack program, the winter activities are based at community playgrounds to make those cold days a little more fun!

City of Edmonton program leaders coordinate indoor and outdoor activities on a drop-in basis for children, including snowshoeing, snow painting, fort building, crafts, games and sledding.

Although the activities cater to children between the ages of six to 12, children under the age of six are welcome to join under the supervision of a parent or guardian.

Terwillegar Community League sponsorship enabled City of Edmonton leaders to host the Snow Shack at Terwillegar Towne Park on Tomlinson Common on Nov. 11, Dec. 22 and Dec. 29, and fun was had by all!

Some of the highlights included snowman building, snow soccer, winter crafts and a campfire with hot cocoa to keep everyone warm. Approximately 17 communities city-wide participated in the 2009 Snow Shack program.



Edmonton's Snow Shack program provides winter activities in neighbourhood parks.

-Photo courtesy of the City of Edmonton

### WINTERLIGHT

Based on a theme of 'light,' Winter Light is a new celebration that showcases Edmonton as a beautiful and interesting winter city, taking joy in our unique sense of place, climate and environment.

Winter Light is collaborating with three affiliated festivals — Deep Freeze, Ice on Whyte and Silver Skate. In addition, they are working with many Edmonton communities to create eight new winter festivals in parks and neighbourhoods around Edmonton, as well as in the wonderful festival places of City Hall and Churchill Square.

In total:

**Eleven amazing winter celebrations will take place in Edmonton this year, from Jan. 6 to March 13.**

For more information about this celebration, or about the specific events taking place in Edmonton, visit:

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

# Residents reminded of the rules of the road

by Terri Saunders  
 Newsletter editor

From time to time you'll encounter a small traffic circle along the roads in the Terwillegar area. These small traffic circles are placed to help slow down traffic and reduce accidents. However, some people are finding that they're being misused.

I've been told that some motorists are entering these circles as if they are a straight throughway, with complete disregard for yield signs. Add to this the fact that many people are unfamiliar with the proper "rules of the road" when it comes to these circles, and you have an accident waiting to happen.

So here's a refresher for us all:

**1. Approach:** Slow down as you would for any other yield sign, and signal left to indicate your intention to enter the traffic circle. Yield to pedestrians in the crosswalk as they have the right of way.

**2. Enter:** Yield to vehicles coming from the left in the traffic circle. Wait for a gap in traffic, and merge into traffic in the circle in a counterclockwise direction.

**3. Proceed:** Continue through the traffic circle until you reach your street. Never stop in the traffic circle.

**4. Exit:** Signal right, and then exit the traffic circle to your right. Again, yield to pedestrians in the crosswalk.

Unless we are all properly informed about these rules of the road, these traffic circles will cease to provide the benefits they were meant to. Please approach these circles carefully and yield to those who have the right of way.



The above diagram of a single-lane traffic circle demonstrates proper use of the feature.

## Crime Reporting

The Emergency Number for reporting a crime is 9-1-1.

The phone number for non-emergency complaint calls is 780-423-4567.

**When reporting a 9-1-1 call:**

- \* Stay calm
- \* State the address of where the crime is occurring
- \* Let the police operator control the conversation

*Your community Neighbourhood Watch*

Little Aspen Playschool  
**OPEN HOUSE**  
 February 10th, 2010 (7:00-9:00 p.m.)  
 Aspen Gardens Community League Building  
 12015-39A Avenue


Come out and meet the teachers, see our wonderful playschool, and have your questions answered.  
 Online registration to follow in late February or early March.  
 Watch for details on our upcoming website at [www.littleaspenplayschool.com](http://www.littleaspenplayschool.com) (under construction)

For information contact Michelle at: [lapsregistrar@live.ca](mailto:lapsregistrar@live.ca)

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# New principals envision schools' futures

by Claire Schneider  
South Terwillegar resident

Our new local public school, Esther Starkman School, will open its doors to 850 children in surrounding communities on Sept. 1. The principal, Greg Kushnir, comes to us from Ellerslie Campus where he has been the principal for the past five years. Kushnir's teaching philosophy is simple, yet powerful: To operate as a professional learning community, there must be a focus on learning as opposed to teaching, collaboration and the end result.

In our interview, Kushnir mentioned several times that if learning does not take place, then the teaching has not happened. Continuously reviewing the approaches and making necessary improvements will ensure high levels of learning and the best education possible.

Esther Starkman School has many unique features, including being a combined elementary/junior high (offering kindergarten to Grade 9), incorporating wireless 'smart' technology throughout and offering a wide variety of extracurricular activities.

In addition, the school will be adopting "SchoolZone," an Edmonton Public School site providing parents with secure access to school and student information. SchoolZone updates will share school news, assignments, attendance, progress reports and homework via the Internet.

Honoured, privileged and excited, Kushnir is eager to introduce all that Esther Starkman School has to offer and truly looks forward to creating a school of excellence.

Check out the school website at <http://estherstarkman.epsb.ca/> for more information. Kushnir can also be contacted at [greg.kushnir@epsb.ca](mailto:greg.kushnir@epsb.ca).



Future principal of Esther Starkman School, Greg Kushnir.

Located right beside Esther Starkman School is Ecole Monsignor William Irwin School, which will open its doors on Sept. 1 as well.

Principal Reny Clericuzio, who comes to us from Ecole/Escuela Grandin Elementary School, and his assistant, Denise D'Agostini, are a passionate team dedicated to learning, growing and leading the kindergarten through Grade 6 school.

The Catholic, French immersion school will place an emphasis on open communication, collaboration with the community and a partnership between children, their parents and all staff.

A strong focus on academics, an outstanding music program and the integration of technology into the classroom will make this elementary school "state of the art."

## Important Dates:

### Esther Starkman School

Feb. 1: Kindergarten registration begins. Forms can be dropped off at Lillian Osborne High School.

March 25: Parent information night (Lillian Osborne High School, 7 p.m.)

April 6 to 30: Pre-enrolment

Aug. 23: School office opens

Sept. 1: First day of classes

### Ecole Monsignor William Irwin School

Jan. 20: Open house (Archbishop Joseph MacNeil School, 7 p.m.)

Feb. 4 and 11: Registration (Archbishop Joseph MacNeil School, 7 p.m.)

Aug. 30: Community barbecue, meet and greet, and tour (Ecole Monsignor William Irwin School, time TBA)

Sept. 1: First day of classes

The Catholic faith will be celebrated in an English/French environment rich with social justice projects honouring the school's namesake, Monsignor William Irwin ("Father Bill"). The passionate administration team is all about service and truly believes in the future of our children, stating, "children are the only future the human race has. We must teach them well."

Visit the school website at <http://monsignorwilliamirwin.ecsd.net/> for more information. Clericuzio can also be contacted at [8202web@ecsd.net](mailto:8202web@ecsd.net).



(Left to right) Future principal of Ecole Monsignor William Irwin School, Reny Clericuzio, and his assistant Denise D'Agostini.

## A Very Valentine's Library!

Valentine's Day means pink hearts, flowers and chocolates, and cards and letters. But why? Learn more about Valentine's Day, hear a story, and do a craft at the Riverbend Library.

Saturday, Feb. 13, 2 p.m.

For ages: 6 - 10 years

Participation limit: 12

Tickets available 30 minutes before program.



## It's that time again . . .

Riverbend Playschool is preparing for its 2010/2011 class registration.

### Key dates are as follows:

- Current Member Registration: Feb. 8, 7 p.m. – 9 p.m.
- Alumni Registration: Feb. 22, 7 p.m. – 9 p.m.
- Open House: Mar. 6, 2 p.m. – 3:30 p.m.
- General Public Registration: Mar. 13, 8 a.m. – 12 p.m.

Riverbend Playschool is a friendly, vibrant environment for children in the two years before kindergarten. It's a cooperative program that fosters the principle of "learning through play."

258 Rhatigan Road East  
780-988-0704

[riverbendplayschool.org](http://riverbendplayschool.org)

# Opening February 2010



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# HOOT MacTaggart Mains-Home Owners Organized Together

## Community directory — What would you do in an emergency?

Many of the residents of MacTaggart Mains have been talking about the idea of a community directory. The types of directories that could be created and the pros and cons to having one all need to be carefully thought out and decided upon. Although some may choose to opt out of such, many feel that it would be valid. The question to consider is "what would you do in an emergency?"

Recently, there was a concern of a gas leak during the day within our community. For any homes that could have been affected, a contact list would have been useful. A way to contact one another to share information about upcoming events would be another use.

The ideas of an e-mail list, a phone list or a community Facebook page have all been suggested to me. This would only include the homes on your street, and assistance in preparing it would be needed. The first step is to see how many are interested and what format

best meets the needs of our community.

Please share your comments and opinions with me at [hooteditor@gmail.com](mailto:hooteditor@gmail.com) so we can continue to work towards a decision regarding a directory.



*A local directory would be useful if your home was at risk of fire, gas leaks or other emergencies.*

## Something from the heart by Ms. Birdy

Dear Ms. Birdy,

Each day, I face the challenge of making school lunches for my children. In the depths of winter this can be difficult as many of our favourite fruits and fresh items are not in season.

I know the importance of a healthy lunch, but if there isn't an element of fun as well then I find my child returns home with items left in the lunch bag. How can I be sure my children are getting what they need?

From Lunch Bagged



*This heart-shaped sandwich cutter is a great one for February. Dinosaur-shaped cutters are also available, and large cookie cutters work as well.*

Dear Lunch Bagged,

School lunches are always a challenge. Here are a few ideas to try that will increase the fun factor and make the chore a little less daunting.

Have your child help pick from a few healthier snack options. Your children will be more likely to eat things that they have helped choose, and it is a great way to spend a few minutes together after a busy meal time at the end of the day.

Try making a fruit skewer with a straw and melon chunks, or cut oranges and apples into round slices. Use cookie or sandwich cutters to make the sandwiches different shapes, and remember to talk about which food items are good choices for snack and which ones should be saved for lunch.

By preparing a balanced lunch and discussing the order things should be eaten, along with the task of making some of the choice, your child is sure to enjoy their healthy lunch and get all they need.

For more ideas, visit [familyfun.go.com/back-to-school](http://familyfun.go.com/back-to-school) and look at some of the lunch and snack ideas.

**Send your questions to  
Ms. Birdy**

[hooteditor@gmail.com](mailto:hooteditor@gmail.com)

### Winter Carnival

We are planning our first annual Winter Carnival for MacTaggart residents. Watch for flyers and more details in your mailbox soon.

Committee members are needed to help make this event a success. Contact [hooteditor@gmail.com](mailto:hooteditor@gmail.com) to find out how you can help out.

### Friendship Month

February is friendship month.

Take time this month to talk to your little ones about friendship and what makes a good friend. Do a special activity like making friendship bracelets or make a craft to share with someone you care about.

### Valentine's Day

Sunday, February 14

### Have You Heard...

Feb. 17 is random acts of kindness day. What can you do to pass a smile on to a friend or neighbour?

**Send your ideas, comments to  
[hooteditor@gmail.com](mailto:hooteditor@gmail.com)**

### Want to see YOUR neighbourhood featured here?

We're looking for neighbourhood representatives to provide content.

This is YOUR paper!

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

## Get your kids Internet-safe with the library

The Edmonton Public Library is offering a series of workshops for adults regarding child safety and Internet use. The sessions are presented under license from the Media Awareness Network through the Alberta Library and include topics such as:

- Cyberbullying: Encouraging ethical online behaviour
- Kids For Sale: online privacy and marketing to kids
- Fact or Folly: authenticating online information
- Safe Passage: teaching kids to be safe and responsible online
- Growing with the Net: A developmental approach to children's Internet use

Sessions are available until June 30, 2010.

Contact Michael Dell at 780-495-9876 or [mdell@epl.ca](mailto:mdell@epl.ca) to book a free session for your group.

# Winter not a roadblock for SCRC project



by Jacqui Dalziel  
City of Edmonton Community Services

Though some activities will have to wait through the winter, the Southwest Community Recreation Centre (SCRC) and related projects continue to progress.

## Leger District Park Site

- A new concrete sidewalk link from the Leger Transit Centre to the Lillian Osborne High School was constructed in November. Landscaping will be done in the spring of 2010.
- Parks design and construction has completed for phase one, (grading, topsoil and seeding), of two soccer fields and one baseball diamond on the northwest corner of the park. Phase two, including tree planting, asphalt connector trails and sports field fixtures, will be done in 2010 once the turf is established.
- Favourable weather has allowed completion of most of the pre-grading for the new BMX/Mountain Bike Skills Park. Work may continue in the new year once the funding is secured and the partners confirmed.
- The groundbreaking ceremony was held in November for the new Mother Margaret Mary Catholic High School. Final design will be completed over the next few months with construction beginning in spring 2010. Clark

Builders is the general contractor for the project. For information on the project, please contact Boris Radyo, Assistant Superintendent, at 780-441-6112 or visit [www.ecsd.net](http://www.ecsd.net).

- Removal of the large dirt stockpiles on the southwest corner of the site will likely occur over the winter months.

## Recreation Centre Complex

- The recreation complex structure and foundations are complete. The building permit has been received.
- The exterior building envelope is approximately 50 per cent complete. Exterior insulation and building exterior finishing work will be starting shortly.
- Large portions of the interior spaces have been boarded off for winter heating. Interior work rough-ins for electrical and mechanical systems continues. Some final interior architectural finishes are now being installed.
- Work continues on major mechanical and electrical pool systems rough-ins and equipment installation.
- Site work has come to a stop for the winter months and will resume in early spring 2010. The site is security monitored 24 hours a day, seven days a week.
- The recreation complex is scheduled to be completed in the fall of 2010.

## Arena Complex

- The development permit and structural foundation permit approvals have been received. Application has been made for the building permit and it is in the final stages of review.
- Foundation work is 80 per cent complete,

with floor slabs between rink one and rink two at 100 per cent completion. Elevator shaft formwork continues. Structural steel framing has arrived on site and is now beginning to be erected. This work should continue for approximately 10 weeks.

- The arena complex is also scheduled to be completed in the fall of 2010.

## Facility Operations

- The procurement process for the operation of the southwest arena complex has progressed through the call for submissions and evaluation stage in which responses from Canlan Ice Sports Corp, the Kinsmen Club of Edmonton, Huron Sports Services and Nustadia Recreation Inc. were all evaluated.
- Canlan Ice Sports Corp. was selected as the preferred proponent to proceed to the negotiation stage. Negotiations with Canlan are still in progress at this time.
- In the event that negotiations with Canlan are not successful, the City of Edmonton may move to negotiate with the next highest ranked proponent or may terminate the request for proposal process.
- Community Services administration will bring a report to the Community Services Committee of Edmonton city council early in 2010 with recommendations regarding the proposed operating model for the Southwest Community Recreation Centre, inclusive of the arena complex.

Any questions or concerns about the construction taking place on the Leger District Park Site should be directed to Rhonda Flores, Community Services at 780-944-5642.

Visit [www.edmonton.ca/scrc](http://www.edmonton.ca/scrc) for the latest construction photos.

# A dollar a day takes the garbage away



by Bryan Anderson  
Edmonton city councillor,  
Ward 5

Edmonton city council recently approved the 2010 budget for our waste management utility. On Jan. 1, 2010, the monthly fee for single-family households will increase

from \$26.59 to \$29.85. The monthly fee for multi-family units will increase from \$17.29 to \$19.40.

The main driver behind the fee increase is the closure of the city's Clover Bar Landfill in 2009. This results in higher costs for hauling our waste to a distant landfill and the need to build new processing systems.

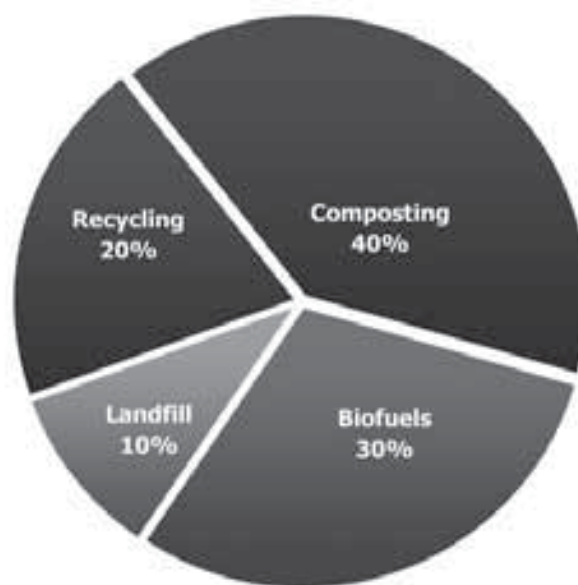
Edmonton's fees are very much in line with other major cities in Canada, and our city's waste management system is widely regarded as one of the best in North America.

Edmontonians have a comprehensive system that does much more than collect household waste and bury it.

Residents have convenient services for recycling, safe disposal of hazardous materials and large items disposal. A new program offers door-side collection to people with reduced mobility.

Right now, through recycling and composting,

Edmonton's household  
waste in 2013



Edmonton is keeping close to 60 per cent of household waste out of landfills. New processing facilities include an integrated processing and transfer facility for sorting waste and a waste-to-biofuels facility that will be completed in 2012. These facilities will enable us to divert 90 per cent of waste from landfill by 2013. It also means that Edmonton residents will soon be able to purchase gasoline that contains ethanol made from the garbage they set out for collection.

Edmontonians are proud recyclers and have been very supportive of our city's waste system. This is shown by the fact that 89 per cent of single-family homes regularly recycle with the blue bag program, Eco Station visits are increasing by 16 per cent each year, and our backyard composting and grasscycling rates are among the highest in Canada.

The best way to learn about Edmonton's waste system is to see it yourself. Tours of the Edmonton Waste Management Centre are available to groups of 10 or more. If you don't have a group, you can join another tour. Call 780-496-6879 to book.

If you have any questions or comments, please contact me at [Bryan.Anderson@edmonton.ca](mailto:Bryan.Anderson@edmonton.ca) or 780-496-8130.

## Waste Management Services include:

- Collection of waste and recyclables from 324,000 homes, apartments and condominiums
- Three Eco Stations
- 21 community recycling depots
- 12 Big Bin events for large items
- Assisted collection for those with reduced mobility
- A Reuse Centre for drop-off and pick-up of reusable household items
- Leading-edge processing systems that divert 60% of Edmonton's waste from the landfill.

# Catholic school board changes ward system



by Marilyn Bergstra  
Ward 5 Catholic school trustee

Now that the hustle and bustle of the Christmas season has passed, this brings us to a new year, and I would like to wish each and every constituent of Ward 5 a healthy and happy 2010!

It has been a very busy time in education, with several government initiatives well underway that involve community consultation:

- *Setting the Direction* is an extensive review designed to examine special needs education with the intention of better serving the individual needs of each and every student in Alberta.
- *Inspiring Education: A Dialogue with Albertans* is a province-wide initiative designed to increase engagement and awareness of the public with respect to education and to focus on creating a vision for what our schools should look like in the year 2029. As members of a global community and of its economy, we know how crucial it is that we offer an education system that prepares and allows our students to become lifelong learners well equipped for success in the 21st century. A policy is expected in the spring of 2010.
- *Speak-Out Alberta* is a dialogue with Alberta students to get their input and feedback on what they see as important in their learning.

Participating in all these consultations in both public and trustee forums has allowed me to hear what my colleagues have to say on matters pertaining to education, and it has given me a comprehensive understanding of what the community sees as important to the future of education.

In turn, this knowledge has enhanced my ability to provide valuable input to the process. The many parents and professionals who participated deserve to be commended for taking the time out of their busy lives to become involved.

I would also like to comment on a recent board motion that resulted from the City of Edmonton's decision to move to a 12 ward system for the October 2010 municipal elections. The Edmonton Catholic School board reviewed its current ward system and as a result, at their Jan. 5, 2010 public board meeting, the board voted unanimously to move from a six ward/seven trustee system to a seven ward/seven trustee system. The new ward system has been submitted to the minister of education for approval and, if approved, will be implemented for the October 2010 municipal elections.

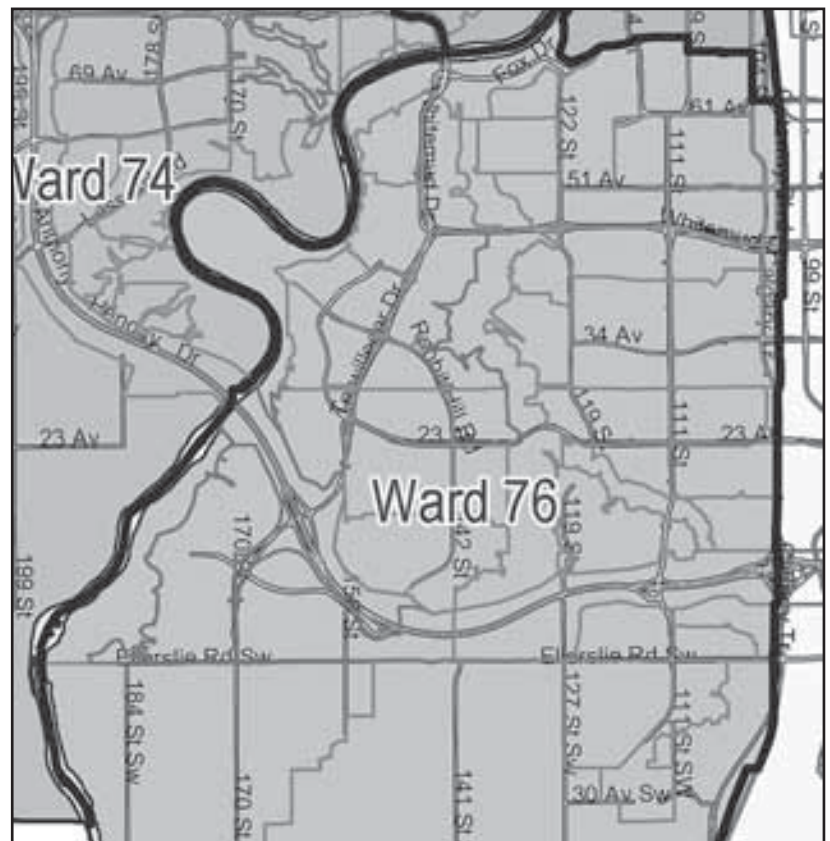
This will result in only a slight change to the Ward 5 boundaries that currently exist. The most significant change is that Our Lady of Mount Carmel and our Fresh Start South Campus will fall into new wards. Ward 5 will be known as Ward 76 and Our Lady of Mount Carmel and our Fresh Start Campus will be included in Ward 75. Details can be found on Edmonton Catholic Schools' website at [www.ecsd.net/trustees/7wards.html](http://www.ecsd.net/trustees/7wards.html). It is important to note that your school board ward is based on the

location of your residence.

On another note, it has been very exciting to watch the construction of two schools that will be opening in our ward in September 2010: Monsignor William Irwin Catholic Elementary (K-6) located in Terwillegar Towne at 2629 Taylor Green NW and Monsignor Fee Otterson Catholic Elementary/Junior High located in Rutherford at 1834 Rutherford Rd. SW. Mother Margaret Mary Catholic High School (10-12) located on Leger Way and Leger Blvd. will open in September 2012.

At Monsignor William Irwin Catholic Elementary, we are pleased that French immersion will be offered for K-3 pending sufficient enrolment. Two registration nights have been scheduled for this school: Feb. 4 and Feb. 11 at Archbishop Joseph MacNeil School (750 Leger Way) from 7 to 9 p.m. If you are unable to attend these dates, you may also register your child during one of the following times, however, only the school secretary will be in attendance: Mar. 13 and Mar. 20 at Archbishop Joseph MacNeil School from 9 to 11 a.m.

In conclusion, as part of my ongoing efforts to engage with the public, I am launching my own version of the World Café concept on Saturday, Jan. 30 from 10 a.m. to noon. I will be at the Second Cup in Riverbend Square to meet with anyone who would like to share their thoughts on education or to ask questions. I look forward to meeting as many constituents as possible.



The map indicates the boundaries of the Edmonton Catholic School Board's new Ward 76, which includes Terwillegar.

## Alberta budget expected to stay in the black



by Dave Hancock  
MLA Edmonton Whitemud

Over the course of 2009, you may have heard a variety of numbers regarding the Government of Alberta's anticipated budget deficit.

You may have heard that, for the fiscal year running April 1, 2009 to March 31, 2010, the deficit will be as much as \$6.9 billion, or as low as \$4.3 billion. While these deficits are all large numbers, Alberta's budget situation is in fact improving, and it is quite likely that the deficit for the 2009-2010 fiscal year will, in fact, be less than \$4.3 billion.

As part of our commitment to accountability and transparency to Alberta's taxpayers, the Government of Alberta reports on its fiscal situation four times throughout the year. Most people hear about the government's finances in the early spring, when the provincial budget for the coming year is announced.

The budget announcement includes not

only estimates of government revenues and expenditures, but the business plans that guide each government department throughout the year.

The most recent provincial budget was released on April 7, 2009. It forecast \$36.4 billion in spending on Albertans' priority areas of health, education, advanced education, seniors and children's services. However, revenue was projected to be only \$31.7 billion, leaving a \$4.7 billion deficit forecast for 2009.

However, each quarter, the government releases a fiscal update, which shows Albertans the most recent projections for the budget. The first quarter fiscal update was released on Aug. 26, and projected a \$6.9 billion deficit, an increase of \$2.2 billion from budget.

This change in the estimated deficit was primarily because of revenues being lower than expected as a result of lower-than-forecast natural gas prices and a higher Canadian dollar.

In the second quarter fiscal update, which was released on Nov. 26, the deficit was forecast at \$4.3 billion, which is \$390 million less than was projected in the budget, and obviously an

improvement on the estimate in the first quarter fiscal update. The improvement was a result of higher-than-expected investment income, oil royalties and corporate income tax revenues.

Albertans can expect to hear about further improvements in the government's fiscal position in the third quarter fiscal update and the 2010 provincial budget, both of which will be released in coming weeks.

While the Government of Alberta will likely run a deficit in 2009-10, the government will not go into debt because of it. In addition to \$14.5 billion saved in the Heritage Fund, \$14 billion was also set aside in the Sustainability Fund for tough economic times like these. The funds to cover the deficit will be drawn from the Sustainability Fund.

Should you have any questions or concerns about Alberta's fiscal situation, or any other issue, I am always pleased to hear from constituents. I can be reached by e-mail at [edmonton.whitemud@assembly.ab.ca](mailto:edmonton.whitemud@assembly.ab.ca), and our constituency office's phone number is 780-413-5970. I look forward to hearing from you.

# Resident brings you the scoop on poop



## On the Green Path

by Steve Johnson

This is one thing all animals have in common. We all have to defecate, poop, excrement, number two or any other word you have for it. But only man has developed a system to collect and treat it by creating a sanitary sewage system and waste water treatment plants. If we go back into the early to mid-1900s, the City of Edmonton just used to dump untreated sewage into the North Saskatchewan River. Then wastewater treatment plants were implemented and upgraded as needed to treat the sewage so we could reduce the impact on the river.

A wastewater treatment plant produces an effluent (liquid) to be discharged to the river and solids, also called biosolids, which are the settled-out particles that could be applied to land, composted, incinerated or disposed to landfill. Wastewater treatment plants were created for sewage treatment, but then a lot of other chemical wastes have been included from residential household products, as well as from industrial and commercial facilities over time.

I used to spend a lot of time thinking about poop as I am a civil engineer and used to be a provincial regulator. Now the only poop I think about on a regular basis is that of my eight-month-old daughter's. But one of my former colleagues sent an article by Nora Goldstein in the November 2009 issue of Biocycle ([www.jgpress.com/archives/\\_free/001965.html#](http://www.jgpress.com/archives/_free/001965.html#)) that started me thinking about poop again and what urbanites should know. The issue is that we are adding many other products that we cannot detect, monitor and/or treat before discharging effluent to the river and managing the biosolids.

Though the sources of these products can be industrial, commercial or residential, regulators from the province and from the City of Edmonton focus on commercial and industrial facilities as they are larger emitters. The city also has a department that monitors sewage quality in the sanitary sewer to locate companies that are disposing illegal substances and/or exceeding the city sewage bylaw discharge limits. So there has been much improvement on what is being discharged into the sanitary sewer over time for the large emitters. However, residential use is far more difficult to monitor and regulate due to the number of sources.

Many of the products we use on a daily basis, such as antimicrobial soaps, pharmaceuticals (which our bodies do not use all of), cleaners, etc. have chemicals that range from 'can be treated' to 'not able to be treated.' So many products we choose to use can impact the river water quality. As an urbanite, we can reduce the chemical loading on the river by choosing to use green products.

Many natural products can be used to replace chemical cleaners and are actually less expensive. If we all evaluate our choices in household products and change a few each month from harsh products to environmentally friendly, we will gradually improve the earth and save a few dollars doing it. Our poop will still smell but it may be a little cleaner with the choices you make.

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# 'Tis the season to save — RRSP basics



by Craig MacKinnon, B.Mgt  
Wealth Advisor,  
ScotiaMcLeod Edmonton

Each year, as the deadline for Registered Retirement Savings Plan (RRSP) contributions draws near,

Canadians are bombarded by a media blitz concerning RRSP investing. However, statistics indicate that despite this massive yearly campaign, only one in every two Canadians has an RRSP. It's an unfortunate reality that some Canadians continue to ignore the need for beginning a savings plan early in life.

One reason might be the apparent complexity of RRSP rules, but these rules, once explained, aren't that complex. RRSPs allow you to contribute now towards funding your retirement. Contributing to an RRSP has two main benefits: first, your contribution is tax deductible, and second, your contributions grow tax sheltered inside your RRSP, and as a result, they have the potential to grow at a much faster rate than funds saved outside an RRSP.

## Contributions

Who can contribute to an RRSP? If you are under the age of 71 and have earned income in the previous year, then you are eligible for an RRSP. Earned income includes income from employment as well as supplementary unemployment benefits, alimony and maintenance payments, royalties, research grants, net business income, net rental income and more.

Your maximum contribution limit is 18 per cent of your previous year's earned income, up

to the maximum level for that year, less your pension adjustment (PA) and/or your past service Pension Adjustment (PSPA). You will have a PA on your T4 Supplementary form but only if you are a member of a Registered Pension Plan or a Deferred Profit Sharing Plan. Your RRSP contribution room will be noted on your notice of assessment for your previous year's tax return.

The schedule of maximum contribution limits is capped at \$21,000 for the year 2009. This means that if you have earned income of \$116,667 and over, you can't contribute more than \$21,000. Below is a table of how different levels of earned income can contribute and the tax savings that contribution will generate:

Income	Contribution	Tax Savings (AB)
\$60,000	\$10,800	\$3,456
\$91,666	\$16,500	\$5,688
\$100,000	\$18,000	\$6,480
\$105,556	\$19,000	\$6,840
\$111,111	\$20,000	\$7,200

Under current legislation, you have up to \$2,000 of room to make over-contributions to your RRSP. So if you were to over-contribute the \$2,000 today, you would not be able to take it as a tax deduction, but the money would be invested on a tax-deferred basis within your RRSP until the time you decide to use it as a contribution. This tactic can make a significant difference to your retirement savings.

## Eligible investments

There are a number of eligible investments for an RRSP. If you have a self-directed RRSP, these investments can include guaranteed investment certificates (GICs), shares of Canadian

companies listed on a recognized Canadian stock exchange, bonds, treasury bills, strip coupons, mortgage backed securities, covered call options, warrants and rights issued by companies listed on a Canadian stock exchange, mutual funds and eligible foreign investments.

## No more foreign content limit

The traditional 30 per cent foreign content limit in RRSPs and registered pension plans is now a thing of the past. Canadians can now invest up to 100 per cent of their retirement plans into foreign securities without penalty. Opportunities for money managers to seek out the best investment opportunities wherever they exist is wonderful news, as it provides the opportunity for greater diversity and more attractive risk-adjusted returns.

## Spousal RRSPs

You may set up an RRSP for your spouse and make contributions on their behalf, up to your own personal limit. For example, if your limit for this year was \$10,000 and you made a \$6,000 spousal contribution into your spouse's RRSP, you would only be allowed to make a \$4,000 contribution into your own RRSP. While the plan is owned by your spouse, you get the tax deduction.

There are numerous benefits to spousal plans, the most important of which is the long-term benefit of providing your spouse with an income stream at retirement and potentially reducing the tax you pay.

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# Expert watches as headlines rollercoaster



by John Su  
CEO of ImperialInvestmentRealty

If you're an avid reader of the newspaper, the headlines you read and your emotions that follow probably represent a "W" shape. Good news one day! Bad news the next day! What is one to believe? Real Estate Investment Network (REIN)

president Don R. Campbell stated at the Edmonton monthly meeting that when you have a balanced combination of media coverage that is positive and negative, this may be an indicator that the economy is finding its floor or ceiling.

There are many headlines about the U.S. real estate market and that it's such a good time to buy because the prices are so cheap. In my opinion, the worst is still to come for the U.S and it's still too early to buy there. This is based on the premise that 2013 is predicted to be the peak of foreclosures. (Six million more families over the next three years will go into foreclosure. That's as if one out of every six houses in Canada would be in foreclosure.)

So far, since December 2007, two million Americans were relieved of their mortgages and another 3.3 million are 60 days past due. Add to these issues that the U.S. is printing money like it's going out of style, and that a massive population of retiring baby boomers will be required to "withdraw" their Retirement Income Funds (RIFs) from the stock market. What do you think all of these factors will do to the already suffering economy, job losses, and real estate prices?

One factor that many investment companies fail to mention to those investing in U.S. properties is how the U.S. and Canadian exchange rates will affect their investment. Based on the premise that the Canadian economy is poised to have one of the most optimistic recoveries and the U.S. is in big trouble, investors will get a double whammy on the exchange rate when their investment cashes out.

With a lower U.S. dollar and a higher Canadian dollar, you are getting less Canadian dollars per U.S. dollar than when you initially invested and did the exchange. Bottom line is that whatever your profit may be, that profit is decreased by the amount lost in the exchange rate, leaving you with less

profit.

You then might ask, "What should I pay attention to if I should not pay attention to the headlines?" You should look at the proportion of positive to negative headlines.

If there are equal positive and negative headlines this means there is uncertainty in the market. If there are more positive headlines, that is one indicator of recovery, and if there are more negative headlines, that is an indicator of things getting worse. Specifically watch for Calgary's real estate market to recover, because Edmonton's recovery always lags behind Calgary about six to nine months.

Now, you're probably wondering how this information is relevant to you. Well, money can be made regardless of market conditions. You can do things such as buying real estate at severely discounted prices, invest in products with fixed short-term investments or even invest in longer term investments with high potential for an equity gain of 30 per cent or more.

If you're thinking about investing in the U.S., you might want to dig a little deeper for more information. If you own a property in Edmonton and you're trying to time the market to buy or sell, keep your eyes on Calgary. If you're just curious about what's really going on in the financial world, here's your definitive answer: What did one economist say to the other? "Your guess is good as mine!"

You really want to question anyone or any company who is convinced things will definitely turn around in a specific time frame. People can hope that things will turn around but to be absolutely certain about something is a dangerous place to be, especially if you have a lot of chips on the table.

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# HTR classes cover finance, food and faiths



by Arthur Dyck  
Planting Team Member,  
Holy Trinity Riverbend  
Church

Life isn't always easy. You don't need to be told that. If you're like a lot of Albertans, you've been affected by the tougher economic times that we've

been going through in the last year or so. This has meant decreased spending power and less job security. But the bills haven't gotten any smaller. In fact, if you are a homeowner, your taxes have gone up this year, and the utility and food bills never seem to get any smaller. All of this can lead to increased debt and increased stress within the family.

Holy Trinity Riverbend is hoping that our February Living 101 course is going to be of benefit to you. February's topic is Budgeting and Debt Management. On Feb. 13 at 5:30 p.m., we'll provide you with a light supper, and then have a financial specialist give a brief presentation on the topic with lots of time for questions. Childcare will be provided.

Then on March 13, we'll be doing it again, only this time the topic will be on income tax. For further information on either of these events, check out [www.htrchurch.ca](http://www.htrchurch.ca).

By now you might be wondering why a church

would be hosting events like this. Well, there are at least two really good reasons. Last fall we held a Community Conversation with members of different sectors of the community, and one of the things that the community wanted was for the church to provide useful events which would foster the health of the community. Our Living 101 series does exactly that.

The second reason is that one of the mandates we have as Christians is to love one another. That may sound sort of corny initially, but loving one another means being concerned for one another's well-being. Providing these informational evenings, along with meals which help foster community, falls right into our mandate. If there's any ulterior motive, it's to encourage you and help you find ways of serving your community.

A statistic that we've noted is that people continually know less about religion in general. Unless you have children in the Catholic school system or you are allowing opportunities for religious instruction, your children may grow up knowing very little about Christianity or any of the other world religions, all of which play a pretty significant role in our society — and in the world. This is a concern. Our spiritual sides are very important and when one goes looking to satisfy their spiritual needs, they should have an idea of where to start looking. Having a basic knowledge of, say, Islam or Hinduism can also

help us to understand why different parts of the world operate the way they do.

We really like this 101 session we've got going, so starting on Feb. 10, and for the following five weeks, we're going to run a series called Christianity 101. The series starts by looking at all of the major world religions, sees where Christianity fits among those religions, and then provides some basic information about Christianity. This will include the relationship between Judaism and Christianity, basic teachings of Christianity, the Bible and some church history, which isn't always very pretty. Visit [www.htrchurch.ca](http://www.htrchurch.ca) for a more detailed look at what the series is about.

While you're there, take a look at the information on Messy Wednesdays, which will be starting in January. It's going to be an opportunity to have a night out with your family, including a meal, and participate in a family activity. It's not a bad deal: you get a night off from cooking and a chance to spend some time with your kids.

So as you can see, things are hopping over at Holy Trinity Riverbend, and it has nothing to do with the multitude of rabbits which seem to inhabit the fields next to the church. Drop by for a visit, or try out one of our programs. (I haven't even listed all of them!) We also meet Sunday mornings at 10 a.m.

## Weekly Wednesday craft and dinner is no KD

by Ginette Jobb

Holy Trinity Riverbend Church member and local resident

It's Wednesday afternoon and you're crawling through a school zone swamped with SUVs when you remember tonight's intended meal is still sitting rock hard in the freezer. Images of less-than-thrilling leftovers flash like pedestrian-crossing lights before your eyes as you silently groan and wonder whether super soggy asparagus or an impromptu celery scramble will go over better with the kids.

Wait! Before you go 'fast food' foraging...there's some homemade help and hospitality right around the corner. A brand new community program will be offering a weekly gourmet fiesta of nourishment for body and soul starting Jan. 20.

"Messy Wednesdays" will be a weekly adventure in *real* food (slow, healthy, ethical and of course delicious), as well as a shared quest for

meaningful community.

One of the program's influences comes from thriving European cultures such as that of Emilia Romagna, Italy. Vibrant communities have always flourished with the help of good food. It's in the shared experience of eating, but it's also in the shared act of *cooking* — the communal art of preparation — where both ingredients and individuals get blended together and changed for the better. Laughter and friendship are as salt and pepper to the soul, as well as to the soup!

That's why Messy Wednesdays will include a 'Julie & Julia' style cooking experience, where adults and kids work together to create the evening meal. But that's not all you can expect from a Messy Wednesday.

While the meal is cooking, kids and adults alike will get into another sumptuous mess: craft time! Activity time will reflect the same slow, organic flavor as the food side of the venture. Art materials will be gleaned as much as possible from places like the Reuse Center (search for it at [www.edmonton.ca](http://www.edmonton.ca)), and the crafts themselves are meant to be educational and inspiring. For example, some of the early projects will be around ideas of identity, uniqueness and earth care.

The ongoing event is made possible by the support of Holy Trinity Riverbend Church, who is offering their spacious facility with kitchen and playrooms.

Come join the messy fun every Wednesday from 4:30 p.m. to 6:30 p.m. at Holy Trinity. There is no cost and nothing to bring but your appetite. RSVPs are appreciated.

See [www.htrchurch.ca](http://www.htrchurch.ca) for details and directions, or call 780-431-1817.

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REGISTRIES

# TCC looks to build around community needs



by Ken MacDonald  
Pastor of Terwillegar Community Church

Former First Lady of the United States, Hillary Clinton, wrote a book called "It Takes a Village: And other Lessons Children Teach Us." Clinton used this vehicle to share with America her vision for the children of the nation.

She made famous the ancient African proverb, "It takes a village to raise a child." Some believe that the proverb is from the Igbo and Yoruba regions of

Nigeria and that the basic meaning is that raising a child is a responsibility that takes a collective effort.

We all have a responsibility to invest in the children of our community. Agreed, the primary responsibility is with the parents, yet it is essential to see the rest of the community as contributors.

At Terwillegar Community Church we have been asking the question, "How can we be meaningfully involved in investing in our community — adults and children?" This has become particularly pointed for us as we consider the construction of a church building right across from the Mac's store. We have been trying to think outside the box and ask how this can be a church facility that really serves our community.

Some of you will remember growing up in a small town where there wasn't much more than a grain elevator, a general store, a post-office and maybe a community centre. The church and the community centre were the very hub of the town.

Times have changed, and we are all getting excited about the new recreational complex that is coming along nicely on the north side of 23 Ave. This will serve us well. But what about our immediate community?

We are a rather unique community in the Terwillegar area. We have grown so that we are one "Towne" with a number of communities: the Gardens, Sandalwood, South Terwillegar, etc. It is an inspiring challenge to keep the vision of being a community of people who look out for one another and who care for one another.

Before we hire an architect and plan for a typical church building, it would be invaluable to hear your comments with respect to how this church, Terwillegar Community Church, can serve the community. How

could that concept be reflected in the design of the church?

Do we need a space for the community to drop in any time of day, like that of a Starbucks, and have a coffee with a friend? In the winter time, should the fireplace be on and appropriate tables and chairs be available for anyone to drop in and meet with a party over a business deal or simply sit back and relax with a group of friends? What about pre-school? Daycare? Before and after school care?

How can this church serve the community? How could the church be structurally designed to serve the community more effectively?

I would love to hear your ideas. E-mail me at ken@tcchurch.ca. Thanks for caring about your community.

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



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# Parents encouraged to see past the safety list

by Kristine Aanderson  
Registered Provisional Psychologist,  
Aanderson Animal Assisted Counselling.com

I was recently watching an episode of a televised medical advice show that focused on the most dangerous accidents facing your family. I am a mother with young children, so I listened carefully.

They recommended that you: Have a complete first aid kit. Check! Remove cords from blinds. Check! Don't let phone cords dangle off the counter. Check! Cut the drawstrings off hoodies. Not sure how that will go over with the kids. Check all playground equipment to make sure that it is not too hot to play on. Okay, that's getting ridiculous.

The actual list included over 30 things to watch out for, including making sure that every child who plays sports has an Electrocardiogram to avoid sudden death.

There is a fine line between being prepared and being neurotic. Not to say that hot playground equipment isn't a hazard, but making a list of every possible thing a parent needs to look out for isn't healthy.

There are some serious implications behind all of these parental safety 'to-do-lists.' These lengthy, every-possible-event lists create the beliefs that:

1. You can control everything in your child's life.
2. If a freak accident happens to your child, there is something that you could have done to stop it.

These two beliefs drive us to parent out of fear and worry, rather from a stable, confident place.

Here is the cold, hard truth: It is not possible to protect our children from everything. Trying to do so will set everyone up for failure.

When your little one falls off the swings, it would be *your fault* and your child may lose dedicated, positive time with a parent who is obsessing over the depth of playground sand or becoming neurotic about the unsafe environment.

After watching the movie *Finding Nemo* with my daughter for the 500th time, I saw that the filmmakers had slipped in a lesson for parents. The film is about a clownfish named Marlin who is determined to protect his son Nemo from every harm in the ocean. Marlin is a neurotic fish who does ridiculous things in the name of keeping his son safe. Then Nemo gets taken by divers and Marlin goes to rescue him.

At one point, after Marlin and his fish-friend Dory have been swallowed by a whale and are about to be eaten, Dory says "It's time to let go." Marlin asks, "How do you know something bad isn't going to happen?" and Dory answers, "I don't!" Before jumping off and being set free

through the blowhole with Marlin.

The film addresses the inaccurate belief that 'good' parents know nothing bad is going to happen. Dory points out that this doesn't work because we really never know — and that it's okay.

By the end of the film, Marlin and Nemo are reunited, and Marlin has a new appreciation for his son's abilities, prompting him to encourage his son to "Go have an adventure!" I would recommend that any of you struggling with the issue of overprotecting your children take a chance to watch *Finding Nemo* (even if it's for the 501th time) and watch for the lessons that Marlin learns.

There is nothing wrong with a safety checklist. (Be sure to make it your own as each parent's definition of 'safe' will be different.) Just make sure that you are completing the items on the checklist because there is a safety issue and not because you believe you can control everything — a freak accident will not be your fault! Accept that bumps and bruises are a part of childhood (and adulthood for that matter!) and that good parenting does not equal sifting the playground sand before dawn. Instead of being worried about what is lurking around the corner, get out there, enjoy life and "Have an adventure."

## Get creative for Edmonton Food Bank's contest

On Oct. 22, the Edmonton's Food Bank launched Expressions of Hunger, a new interactive photo and literary contest. The public is encouraged to submit digital photos, poems and short prose of five elements of hunger — physical, emotional, mental, spiritual and environmental. The contest will run until March 31, 2010. In April 2010, the photos and written entries will

be posted online where the public can vote for the top three winners in each of the five elements or categories.

Winners will be notified on May 3 and their photos will be showcased at various Edmonton galleries during June.

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# Edmonton a great city to become a parent



by Connie Peters

It takes a village to raise a child, or so they say. But these days we don't live in villages with our extended families available for 24/7 support, and it's nice to know the city that we live in supports young families.

## Affordability

The past year has shown a slight decrease in the cost of real estate and an overall stabilization in the market. Edmonton is still one of the most reasonably priced cities to own your own home and one of the highest disposable income cities in Canada.

## Health Care

Alberta offers completely free health coverage, making your pregnancy virtually 'free' if you're lucky enough not to require any fertility intervention. (Unfortunately, fertility treatment doesn't come easy or cheap in our city.) In British Columbia, basic health care costs \$1,224 per year for a family of two and \$1,368 for a family

of three, so we are very fortunate to have zero premiums for our health coverage.

## Birthing Options

Edmonton offers several amazing maternity wards within our major hospitals, many doulas, and midwifery care that is covered by the province (although there are more women wanting midwifery care than there are midwives to provide care). During your pregnancy, you can rely on several wellness centres and even spas dedicated specifically to easing your growing pains. These include [www.fromwithin.ca](http://www.fromwithin.ca) and [www.sweetmomma.com](http://www.sweetmomma.com).

## Mom support

So now the baby is born and you may be feeling isolated. What next? The city has a myriad of options for connecting with other moms through programs like Mommy Connections ([www.mommyconnections.ca](http://www.mommyconnections.ca)) and the Edmonton Mom & Tots Stroller Club on Facebook, which offers several activities per week. Just checking in with your health nurse can even be a starting point.

## Activities

Edmonton is stroller friendly too. There are walking trails through our great parks, most grocers and malls now have stroller or baby parking spaces and we have a ton of family-friendly restaurants. There is no shortage for activities and classes either. Gymboree Play & Music, local music classes, Peanut Butter and Jam playgroup and more, all keep your baby engaged as she grows like lightning through her first year.

## Resources

Some local resources for growing families are [www.familyledmonton.com](http://www.familyledmonton.com), [www.facebook.com](http://www.facebook.com) (search for moms groups) and the Mill Woods Family Resource Centre ([www.mwfrfc.org](http://www.mwfrfc.org)). Publications like *Edmonton's Child* as well as *Birth Issues* are great for local links and company listings as well (FREE for pickup at your local grocery store).

*Connie Peters is a mom of three girls in Riverbend. She founded [www.modernmama.ca](http://www.modernmama.ca) which lists events for Edmonton moms.*

# Local mom finds success is only a clip away

by Carol McBee,

Founder of Bossy Mama — the network for Mompreneurs

An amazing local success story: Ashley Fraser-Sexsmith, owner of *Kula Klips*, lives with her husband and 22-month-old son in the community of Riverside and takes claim to be the original creator of the hip clip for girls — the must-have accessory in Canada.

Originally a successful sales representative for a watch company, Fraser-Sexsmith had a demanding travel schedule which eventually led to her decision not to return after her maternity leave for her son Logan in April, 2008. Her entrepreneurial success story is not unlike others — she stumbled onto the idea in 2006 after having a hair cut with side swept bangs. To keep her bangs out of her eyes, her hair dresser gave her a metal clip. Being practical and artistic, Fraser-Sexsmith decided to cover the metal clip with a ribbon for both comfort and style. The first Kula Klip was born.

Fraser-Sexsmith's mother was the first to sell the clips in her retail store in B.C., and they sold immediately. For two years, Fraser-Sexsmith continued to create new styles and slowly expanded her business while continuing to keep up with a busy professional career.

Following the birth of her son, Fraser-Sexsmith's concentration on *Kula Klips* turned full time. Her unique designs now sell to over 130 boutiques across North America and she has expanded her line to include items for both boys and girls. Soother and mitten clips, belts, Kula bands, Pony O's and now limited edition lines are available.

Still a home-based business today, *Kula Klips* employs six women, five of who are also fellow mothers and all who have their own specialization. Fraser-Sexsmith has a sewer, ribbon cutter, head band specialist and Pony O creator. She still manages all the overall design of each and every piece created and compiles design kits for each of her staff monthly.

Constantly striving to differentiate herself from the dozens of copy cat companies, Fraser-Sexsmith has designed 55 exclusive ribbons with hand-drawn pictures of cupcakes, alligators, puppies and more. The skull-themed products continue to be the number one product for boys and girls. With so many products for girls on the market and Logan in mind, additional products are currently being developed with an increased focus on boys.

*Kula Klips* has definitely made its mark in the tot accessory industry. Fraser-Sexsmith has recently partnered with the California-based celebrity gifting company "Jewels and Pinstripes" which has notable clients like Oprah, Gwen, Usher and Halle! The company will be gifting *Kula Klips* belts to any celebrity babies turning one this year, such as Charlie Sheen's twins, Bachelorette Trista Sutter's daughter and The Biggest Losers host Allison Sweeny's daughter. And it doesn't hurt that the Affleck family are often photographed with their children sporting *Kula Klips* accessories.

A busy mompreneur, Fraser-Sexsmith is not only a home-grown success story, but she also gives the opportunity to other moms to contribute to

family income while also being the CEOs of their own households. This Bossy Mama even created her own website! Is there anything she can't do? Check out her website where you can view new product and even place your order online. [www.kulaklips.com](http://www.kulaklips.com) is generously offering a 20 per cent discount to the community. Enter coupon code "baby" during checkout.

When asked about her monetary success, this humble and down-to-earth mom said "Success isn't measured by money when you're working for yourself." A valuable lesson for any hardworking mompreneur!



Two young girls wearing Fraser-Sexsmith's hair products.



## Want to meet other new moms in the area?

Join our new moms social network... created by a new mom for new moms!

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

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# Nutritionist demystifies the sugar debate

by Nicole Tull, B.H.K.  
Nutritionist

Often, there is a debate over natural versus artificial foods in our diets. This debate is strong when talking about sugars. Are artificial sugars better because they have fewer calories? Or are natural sugars better because they wreck less havoc on your body?

Regardless of your position, both natural and artificial sugars play a role in our diets. The following information explains the common names of sugars and where they come from so you can at least recognize their presence and identify their source.

## Natural sugars

The basic natural sugar units are glucose, galactose and fructose. Sucrose, lactose and

maltose are all combinations of the basic sugar units. Sucrose, which is more commonly known as table sugar, is composed of one glucose and one fructose unit and occurs naturally in honey, maple sugar, fruits, berries and vegetables.

## Artificial sugars

Artificial sweeteners include aspartame, acesulfame-K, sucralose and polyols. Aspartame is a low-calorie sweetener commonly found in foods and is considered safe by Health Canada. Acesulfame-K and sucralose are other competing high-intensity sweeteners.

Sorbitol, mannitol, lactitol and xylitol are all types of Polyols — sugar alcohols that occur naturally in some foods but for commercial use are manufactured from sugar, making them less sweet and lower in calories. These have also been

found to be safe but may cause gastro-intestinal discomfort, and therefore must be listed on the food product.

The benefit of polyols is that they do not cause as quick of a rise in blood glucose concentration (blood sugar) as sucrose.

Whether or not natural sugar is better than artificial sugar is an individual choice. Persons with diabetes will find artificial sugars helpful in their diets. However, even persons with no chronic health issues should limit any sugars or syrups that are added during the processing of foods to no more than 25 per cent of the total daily energy — commonly known as calories.

For further information, go to the Health Canada website at [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca).

# All welcome to healthy eating “lunch and learn”

No matter what your age, if you're keen on exploring healthy eating, join the Meals on Wheels registered dietician and participate in a lively, monthly discussion with a new topic on the table each month.

The program is called “Eating Made Easy: Healthy Eating for a Healthy You,” and includes these monthly topics:

## Grocery shopping made easy (Feb. 2)

It's a maze out there. Discover how to get the best bang for your food dollar. Grocery stores are packed with aisles filled with all kinds of food products. Learn how to navigate the grocery store to purchase the most nutritious items for yourself and/or your family.

## Fat: friend or foe? (March 2)

What you need to know about the fat in your diet. Everyone needs some fat in their diet, but too much fat is not good for your health. Learn which fats to avoid, which to limit and which ones are good for you. Find out the latest research on hot topics such as omega three fats.

## Food: it's so expensive! (April 6)

Yes, you can eat well on a budget and it's not hard. Healthy eating is an important part of healthy living. Eating well on a budget takes some planning, but can be done. Come and learn about the best buys in each of the food groups of Canada's Food Guide.

## Living alone? (May 4)

Find ways to bring the excitement back to cooking. Cooking for one or two people can be a challenge. Learn ways to motivate yourself to prepare quick, simple and tasty meals. Ideas on making shopping for one or two easier will be explored.

## Savour the flavour (June 1)

Discover the link between flavour, salt and health. Too much salt (sodium) in our diet can affect our health. New guidelines for a healthy sodium intake are lower than ever. Come and learn how to season food without salt, read food labels and reduce the sodium — not the flavour — in your diet.

## Label reading 101 (July 6)

Making sense out of nutrition claims and nutrition facts. Food labels provide a wealth of information, but understanding what they mean can be a challenge. Learn how to read food labels and understand what is in the food you eat!

## What's the fuss about fibre? (Aug. 3)

No longer just in brown bread — fibre is added to yogurt, fruit juice and many other foods. Even white bread claims to contain fibre! Learn about the different types of fibre in foods, as well as the health benefits of a high-fibre diet.

## What's on your menu? (Sept. 7)

Simple, time-saving tips and ideas. Planning your meals can save you time and money! Learn some quick tricks to make meal planning and food preparation easier.

## Cooking clubs and recipe exchanges (Oct. 5)

Looking for new ideas or someone to cook with? Me too!

Come on down and let's get to know each other. Cooking clubs are a great way to meet new people and learn new recipes. It can make meal preparation a fun, social event. Learn how to start a cooking club or

recipe exchange with your friends, family, or co-workers.

## Getting older? (Nov. 2)

Does my diet really affect my health as I age? Diet and chronic diseases are closely linked. As we grow older, a healthy diet can help maintain good health. Come and learn about the link between diet and disease and changes that occur in our need for nutrients as we age.

## Storing food (Dec. 7)

How long will that food keep anyway? Storing food properly is important in preventing food-borne illness. Whether the food has come directly from the grocery store or is a part of a pot of leftovers on your stove, it needs to be handled properly to ensure it is safe. Come and learn some simple steps for storing your food properly to ensure it is safe for you and your family.

Come to one session or come to them all! Bring your questions and ideas so you can learn, share, laugh and enjoy. Bring your own bag lunch or enjoy our meal of the day for only \$2.25. Tea and coffee is complementary.

The series runs the first Tuesday of each month from noon until 12:45 p.m. All sessions are held at Edmonton Meals on Wheels, 11111-103 Ave. Call 780-429-2020 to register or receive more information. Be sure to call soon as each session is limited to 15 people.

## THE GROCERY BAG

The Grocery Bag is a new grocery delivery service offered by Edmonton Meals on Wheels. It's a convenient and reliable way for seniors or homebound individuals to have groceries delivered.

There is a minimum order of \$15 and a service fee of \$5 for each order. All orders must be prepaid by cheque or cash (in person) or credit card (by phone).

Grocery orders will be delivered the following week after the order is placed.

For more information call 780-429-2020

or go to

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

# Reaching your resolutions just got easier

by Kendra Compton  
Balanced Fitness Studio president  
and personal trainer

Every year, millions of people make New Year's resolutions that they don't keep. It might be to lose weight, start a workout program, eat a healthier diet, get out of debt or spend more time with friends. However, even with the best of intentions, many of these resolutions fall by the wayside by mid-February.

To help you along your way, here are some simple tips to setting and keeping your New Year's resolution.

## 1. Choose New Year's resolutions that you can reach.

Set realistic goals that are attainable, measurable and specific. Establish smaller, attainable goals along the way to help you reach your ultimate New Year's resolution. If your goal is to lose 20 pounds, your first goal could be to lose five pounds, your second goal to lose another five pounds and so on.

## 2. Have a plan.

Once you have made your list of realistic and specific New Year's resolutions, establish a plan for how you will keep them and achieve them.



## 3. Find support.

Share your goals with friends or family who will provide you with support and help keep you accountable to your goals and action plan. And

be sure not to share with any "dream quashers" in your life.

## 4. Reward yourself.

Reward yourself along the way. When you reach each of your smaller goals, or have a really great week, reward yourself for your progress. Celebrate your success by treating yourself to something which you enjoy and which does not contradict your resolution.

## 5. Keep a journal.

Keeping a journal or tracking your progress will help keep you motivated and on track. When you hit hard times, you can go back and see that you've been working hard for this and that it isn't worth it to quit.

And last but not least, **be kind to yourself.**

Obsessing over occasional slips won't help you achieve your goals. Mistakes happen. Just take it one day at a time, even if you have to start your plan at the beginning again.

Good luck!

# Optimal health the goal for naturopaths

by Dr. Christina Bjorndal, ND  
Optimum Wellness Naturopathic Medical Clinic

The reason I became a naturopathic doctor (ND) is simple: I was sick and tired of being tired and sick. I had a high-profile job reporting to a high-profile CEO in the investment management industry and had been diagnosed with several health challenges: cancer, depression, anxiety and high blood pressure due to stress. In addition, I was recovering from an eating disorder and an addiction to exercise given my talent as a track competitor at the national level and an Ironman triathlete background.

I was used to the "traditional" medical model: Go to your MD, get

referred to specialist A, B, C or D, and stay in "the system." After 15 years of being in "the system" and not getting satisfactory results, I conceded to my friends' requests and agreed that there must be another way to address all my health problems, including my physical, mental, emotional and spiritual states.

I started seeing an ND in 1996 after waiting two years to get an appointment, and I have not looked back. I even made an extremely difficult choice when I was 33 years of age and passed up an incredible job opportunity after asking myself one question: "If money didn't matter, what would I be doing with my life, career-wise?" The answer came immediately to me: become a naturopathic doctor and help people recover from the same illnesses you have dealt with, using a balanced approach that involves more than simply suppressing symptoms with pharmaceuticals.

This issue of connect is about your mind, body and spirit. To date, naturopathic medicine is the only medical model that I know of that addresses all these aspects in an individual. Naturopathic medicine refers to a distinct system of primary healthcare that uses natural methods and substances to support and stimulate the body's inherent self-healing process. It is a system of medicine that is based on prevention and promotes the optimum health and wellness of the individual by taking into account the physical, mental, emotional and spiritual aspects of one's life when diagnosing and developing a treatment plan.

Naturopathic doctors view individuals as an integral whole where symptoms are seen as warning signals of improper functioning or of imbalances in the body and with one's environment. The objective of naturopathic medicine is to address the root or underlying cause of disease, rather than to simply treat or suppress symptoms. We work as leaders on your health care team, in conjunction with medical doctors and specialists, for your benefit.

Give yourself the most important gift of a lifetime: the gift of health. Consult with a naturopathic doctor today to optimize your health. Do it for yourself, your family and perform better at work as a positive side effect!

Contact your local Naturopathic clinic, or visit the Canadian Association of Naturopathic Doctors at [www.cand.ca](http://www.cand.ca) for more information about Naturopathic Medicine.



**Are suffering from chronic symptoms like:**

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# Get on the ball for 2010's outdoor soccer



by Jane Calvert  
President, TRSA

Hard as it is to believe, it will soon be time to register for the outdoor soccer season with the Terwillegar Riverbend Soccer Association (TRSA).

Registration begins online at [www.trsa.ca](http://www.trsa.ca) at the beginning of February. Once you have registered online, bring **both** copies of the completed registration form to one of the in-person registration sessions listed below. Alternatively, you may pay \$10 per player to skip the online

registration and complete a paper form at one of the in-person sessions instead.

Be sure to bring your community league membership number, and **two** blank cheques (one for fees and one for volunteer deposit) to the in-person registration session. The second copy of your registration form will be stamped and signed as your 2010 income tax receipt.

### Important change for 2010

The U10 age group will be playing in the southwest zone for the first time this outdoor season. This means that U10 teams will play many of their games outside of the Terwillegar-Riverbend area, against other southwest teams such as Greenfield, Yellowbird and BelMac. Previously, this age group played in the TRSA house league against other TRSA teams.

### Don't be late

Feb. 20 (at 2 p.m.) is the last day to register on time with TRSA. Players registering after this time will be required to pay a late registration fee of \$35. Online registration will be available until Feb. 20.

### Coaches needed

TRSA is recruiting coach volunteers for all ages, particularly the U4 through U10 age groups. We will be offering free training seminars at Taylor College for all coaches in April. Parents who wish to become coaches but have little or no coaching experience will learn many useful games and drills for their particular age group.

### In-person registration session dates and times:

Saturday, Feb. 6: 10 a.m. to 2 p.m.  
Thursday, Feb. 11: 6:30 to 8:30 p.m.  
Saturday, Feb. 20: 10 a.m. to 2 p.m.

### Location:

Riverbend Community League Building  
258 Rhatigan Road East  
(attached to Earl Buxton School)

### Dates to remember:

Coaches Training: April 23 and 24  
TRSA U8/U10 Tournament: June 25, 26 and 27  
EMSA U5/U6 Timbits Festival: June 19

2010 OUTDOOR SEASON			
Age Group	Year of Birth	Game Times	Tentative Fees*
U4	2006	Saturday morning	\$40
U5	2005	Tuesday and Thursday	\$80
U6	2004	Monday and Wednesday	\$80
U8	02/03	Tuesday and Thursday	\$110
U10	00/01	Monday and Wednesday	\$110
U12	98/99	Tuesday and Thursday	\$130
U14	96/97	Monday and Wednesday	\$130
U16	94/95	TBD by SWEMSA	\$150
U18	92/93	TBD by SWEMSA	\$150

\*Fees are tentative and subject to change.

## A SOCCER REMINDER

From the Terwillegar Community League

When registering for soccer, please remember to bring your 2009/2010 Community League Membership, which can be purchased online or by mailing in your form located on page 23.

The Terwillegar Community League will have a representative at the registration if we have volunteers.

If you are able to help for two hours selling memberships, please contact Kim at [memberships@terwillegar.org](mailto:memberships@terwillegar.org).

Come Out and Experience

## The Olympic Spirit!

This active program for children ages 6 -12 involves a variety of activities including:

- snow shoeing
- an Olympic torch route simulation
- sledging
- Olympic themed crafts
- cross-country skiing (equipment provided)
- mascot building

Cost is \$55 per person, which includes cross-country skiing.

Please register for any of the following sessions by calling 311, going on-line at <http://eReg.edmonton.ca> or in person at any City of Edmonton Leisure Facility:

### Blue Quill Community Hall

Saturdays, Jan. 30-Feb. 20 (4 weeks)  
12 - 2 p.m.

Course Code: 349627

### Brookview Hall

Thursdays, Jan. 28-Feb. 18 (4 weeks)  
3:30 - 5:30 p.m.

Course Code: 350324

### Jackie Parker Park

Saturdays, Jan. 30-Feb. 27 (4 weeks)  
No program on Feb. 13

1 - 3 p.m.

Course Code: 350274

This program is brought to you by your south community leagues and The City of Edmonton.

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# TTRA brings new success with the new year

by Lori McCurdy and Celia Freitas  
TTRA Directors

It is a new year, a new decade and new successes for the Terwillegar Towne Residents Association (TTRA).

The TTRA finds itself in a much better position in 2010 than in 2009. The new TTRA board has been working diligently since taking office in June to find answers to your concerns. We have surveyed the Terwillegar Towne area, gained a clear grasp on which spaces we are responsible for, and worked on a new contract and new scope of work for our new landscape maintenance and snow removal company. Furthermore, we have new legal representation, a better handle on the finances and our most exciting news: we have a new management company!

Ayre and Oxford (A&O) is a locally-owned company with 15 years experience in managing properties. A&O begins looking after Terwillegar Towne on Jan. 1, 2010 and the board is really excited to be working with them. Invoices for your TTRA annual fees will not be sent out until the new database is set up. However, we are hopeful that the transition of records from Larlyn to A&O will go smoothly.

To summarize the past six months' activity, the new TTRA board of directors has:

- clarified which areas are TTRA property

versus city-owned, and inventoried our own properties, including the types and numbers of trees and shrubs on these lands.

- posted a map on our website identifying for residents which green spaces and amenities are the TTRA's responsibility and which are maintained by the city.
- reviewed property taxes paid on TTRA lands, and discovered that most were incorrectly zoned, then applied for rezoning which resulted in a savings of approximately \$10,000. This allows us to hold resident fees at last year's rate.
- created new contracts and detailed written scope of work for maintaining TTRA properties in both summer and winter.
- contracted Delta Valley Landscaping and Lawn Services to maintain TTRA properties at a better cost and level of service than our previous contractor.
- created a communications committee, whose tasks include continued development of our new, independent and more cost-effective website. The website was initiated by the board last spring with our new service provider Trinity Web Hosting.
- acquired new independent legal counsel, Trevoy LLP, to better represent the needs of the residents in Terwillegar Towne.

- wrote a new detailed scope of work for property management, and completed a thorough tender process for a new property management company, resulting in more cost effective services.
- reviewed all the financial statements and discovered that we are currently in a grave deficit due to overdue residents' fees. The board began strategic planning to address collections.

With operational issues now well in hand, the board is eager to turn its attention to governance issues. Review of our mandate, policies and architectural controls are just a few of the projects ahead. Look for notices requesting volunteers for focus groups and sub-committees in the new year. Your new board currently has two openings for directors, and always welcomes help with committee projects. Please take an active role in making our neighbourhood a better place for all!

At this time we extend our thanks to all previous board volunteers and former contractors. Contact information for the board and for our new service companies can be found on our website at [www.terwillegartowne.org](http://www.terwillegartowne.org).

Your directors wish everyone an exciting and adventure-filled 2010!

## Oilers discount available for league members

Edmonton Federation of Community Leagues

The Oilers are supporting community leagues with a great offer to bypass Ticketmaster tickets and order directly from the ticket sales office. You will get the best available seats for the pricing you choose, avoid service charges and get the group rate as an individual! Great deal!

All Oilers tickets purchased with this promotion also come with Oil Kings vouchers — three great hockey games at a discount rate with the Oilers game. Just call John Sutherland at the ticket sales office at 780-409-2474, let him know your community league membership card number and these games are yours.

Oilers games remaining for this offer (comes with equivalent number of Oil Kings vouchers):

Monday, Feb. 1 vs. Carolina  
Monday, April 5 vs. Minnesota

Costs are as follows:

Terrace:	\$108 per person
Colonnade:	\$81.50 per person
Gallery:	\$58 per person
Standing:	\$53.50 per person

The above prices are group rates offered to individual community league membership card holders and include an Oil Kings voucher that may be redeemed for any 2009-10 regular season home game. The Oilers Hockey Club reserves the right to limit quantities.

Also check out the \$15 Oil King tickets. For details, see [www.efcl.org](http://www.efcl.org), select "Activities," then "Get in the game! Oil Kings."

### In your community . . .

These are the people in our neighbourhood:

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

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

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



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### Have something to say?

WRITE A LETTER TO THE EDITOR!

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

# JOIN THE LEAGUE

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

**Terwillegar  
Community League**

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Volunteer Interests	Comments
Activity Interests	



## Coming events

- Feb. 6-20:** Soccer Registration  
**Location:** Riverbend Community Hall  
*See page 21 for details.*
- Feb. 14:** Snow Valley Ski and Snowboard Night  
**Location:** Snow Valley Ski Hill  
**Time:** 6:30 p.m. - 10 p.m.
- Feb. 15:** Family Day Event  
**Location:** Tomlinson Common Park  
**Time:** 10:30 a.m. - 1:30 p.m.
- Feb 11 & 12:** Monsignor William Irwin School registration  
**Location:** Archbishop Joseph MacNeil School  
**Time:** 7 p.m.
- Mar. 25:** Esther Starkman parent information night  
**Location:** Lillian Osbourne High  
**Time:** 7 p.m.
- Apr. 24:** Spring I'm Too Big For It Sale  
**Location:** Riverbend Community Hall  
**Time:** 10 a.m. - 1 p.m.

Check [www.terwillegar.org](http://www.terwillegar.org)  
**for current information**

### Membership Online

Now you can purchase your Community League Membership online!  
 Check [www.terwillegar.org](http://www.terwillegar.org).

### MEMBERSHIP FEES:

FAMILY, \$40,  
 SENIOR/SINGLE/ADULT, \$30

MEMBERSHIPS EXPIRE ANNUALLY  
 AUG. 31.

SEND MEMBERSHIP FORMS TO:  
**TERWILLEGAR COMMUNITY LEAGUE**  
**BOX 84031, RPO TOWNE CENTER**  
**T6R 3P4**

PLEASE MAKE CHEQUES PAYABLE TO:  
**TERWILLEGAR COMMUNITY LEAGUE**

## Free swim time

Don't forget that with a community league membership, you get free swim time at the Confederation Leisure Centre at 11204 - 43 Ave. on Sundays from 4 to 7 p.m.



Please bring your membership card; admission may be declined without presenting your card.

## How to contact the league

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

### Board members:

- President - Ann Kuehn, [president@terwillegar.org](mailto:president@terwillegar.org)
- Vice-President, Richard Pangrass, [vicepresident@terwillegar.org](mailto:vicepresident@terwillegar.org)
- Treasurer, Jason LaBonte, [treasurer@terwillegar.org](mailto:treasurer@terwillegar.org)
- Secretary, Lorrie Payne, [secretary@terwillegar.org](mailto:secretary@terwillegar.org)
- Memberships, Kim LaFrance, [memberships@terwillegar.org](mailto:memberships@terwillegar.org)
- Programs, Jon Connell, [programs@terwillegar.org](mailto:programs@terwillegar.org)
- Program Aide, Karey Steil, [programaide@terwillegar.org](mailto:programaide@terwillegar.org)
- TRAC community advocate, Glen Pearson, [liaison@terwillegar.org](mailto:liaison@terwillegar.org)
- Editor, Terri Saunders, [editor@terwillegar.org](mailto:editor@terwillegar.org)
- Webmaster, Michael Madan, [webmaster@terwillegar.org](mailto:webmaster@terwillegar.org)
- Communications, Tamara Stecyk, [communications@terwillegar.org](mailto:communications@terwillegar.org)
- Fundraising, Priya Nelson, [fundraising@terwillegar.org](mailto:fundraising@terwillegar.org)
- Community Garden, Tammy Peters, [garden@terwillegar.org](mailto:garden@terwillegar.org)
- Neighbourhood Watch (Terwillegar Towne),  
Vern Gorman, [watch@terwillegar.org](mailto:watch@terwillegar.org)

## TERWILLEGAR CLASSIFIEDS

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### NEED AN ELECTRICIAN?

Call Rob @ 780-433-3837 for all your electrical needs.

*Classified ad - \$10 for 25 words or less!  
Send to [editor@terwillegar.org](mailto:editor@terwillegar.org)*

# Residents delighted with Winter Delight

by *Claire Schneider*  
*South Terwillegar resident*

Hosted by the wonderful staff and volunteers of the Terwillegar Community Church (TCC), the Winter Delight was a huge success! Held on Nov. 28 at Tomlinson Common Park, upwards of 75 community residents of all ages were in attendance.

Highlights included sleigh rides, visiting with Santa and his elves, and hot cocoa and Christmas baking by the bonfires. It was a great kick-off to the holiday season!

TCC is currently meeting at the Taylor Campus on 23 Ave. and Saddleback Rd. while awaiting their new home across from the Mac's store on Towne Centre Blvd.



*Toddler visits Santa and his elves at the Winter Delight carnival*

## Spring I'm Too Big For It Sale

### Got kids?

Come down to the Terwillegar Community League's semi-annual sale!

**When:** Saturday, April 24 from 10 a.m. - 1 p.m.  
**Where:** The Riverbend Community Hall, 258 Rhatigan Road East

Vendor tables are available for \$35 each. They're 3' x 8' and include space for one rack for clothes.

E-mail Priya at [fundraising@terwillegar.org](mailto:fundraising@terwillegar.org).

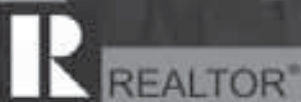
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