

Terwillegar Tribune

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

Terwillegar community arena scores big

by Catherine Bangel
Public Information Officer, Recreation Facilities,
Community Services

The community has come to life with the opening of the new Terwillegar Community Recreation Centre Arena.

The arena opened its doors on Jan. 2 to hundreds of hockey players, figure skaters, ringette players and those who just love to strap on some blades. The opening of the arena adds an additional four NHL-sized ice sheets to the City of Edmonton's arena inventory. "Adding the four sheets of ice at Terwillegar is going to go a long way to helping us meet the demand for ice time," says Greg Witt, who is in charge of ice bookings for the city. "It's helping significantly."

The new arena could not have opened at a better time. The week of Jan. 10, hundreds of hockey players took to the ice all around the city as part of the 2011 Quikcard Edmonton Minor Hockey Week. According to the tournament's website, it is one of the largest ice hockey tournaments in North America with over 8,500 participating athletes. The City of Edmonton is pleased to be a part of Minor Hockey Week and to have so many young hockey players assist in the opening of the Terwillegar Community Recreation Centre's arena.

In the coming weeks, the Terwillegar Community Recreation Centre will play host to a ringette tournament during the 28th Edmonton Silver Ring Ringette Tournament and in mid-February, the 2011 Special Olympics Provincial Winter Games. "It is so gratifying to see all this hard work from the community and city administration becoming a reality," says Rob Smyth, Manager, Community Facility Services with the City of Edmonton. "There is no question that hockey, ringette, skating and speed skating are huge growth areas," Smyth said. "It has been a while since we've built an arena, so it isn't surprising that we are fully booked until spring. The demand is there and we're filling it."

The Terwillegar arenas also feature 20 dressing rooms and three tournament rooms. The largest rink has seating capacity of more than 750.

The Terwillegar Community Recreation Centre will open Jan. 29. Watch for information on the grand opening celebration.

Memberships on sale now at the arena. For more information: www.edmonton.ca/tcrc or call 311.



Clockwise from top: One of the first of many SWAT games for the new recreation centre; two young players fight for the puck; a young team celebrates its victory.

Next advertising deadline: Feb. 23

Next article deadline: Mar. 2

Rec Centre Discounts!

Community League Members get up to 20% off fees. Check page 27 to join.

Call Ron Dickson & Associates Today For A

No Cost, No Obligation

Market Evaluation of Your Home

Call Direct 780-918-2635

People You Know, People You Trust



RE/MAX Accord
2852 Calgary Trail
Edmonton, AB T6J 6V7
Office: 801-1160
Fax: 801-1048

How to volunteer this month:

- Help out at the Family Day event programs@terwillegar.org
- Sell memberships for soccer registration memberships@terwillegar.org
- Help TSNAP's silent auction/wine & cheese fundraiser tsnap@live.com
- Support your local park initiative magrathpark@hotmail.com or mactaggartpark@gmail.com or SouthTPlayground@gmail.com
- Join Neighbourhood Watch watch@terwillegar.org or www.watch.edmonton.ab.ca

Rink safety essential for the season

The Terwillegar area is lucky enough to have generous neighbours who are willing to clear a space on various local ponds for use as skating rinks. Thank you to those wonderful volunteers!

In order to ensure proper safety and etiquette regarding these rinks so that everyone can enjoy them, please remember the following:

1. The City Of Edmonton monitors the ice thickness — DO NOT skate until the City of Edmonton posts a sign indicating the ice is a safe thickness.
2. **Bring a shovel!** The rinks are cleared by VOLUNTEERS. All help is greatly appreciated.
3. **Take your garbage.** Please do not leave any garbage or litter around the ice surface. If snowblowers are used to clear the rink, objects can plug the volunteer's snowblower.

4. **Be patient.** Everyone is anxious to use the rink, but if it is not cleared, see point #2.
5. **Say thank you.** The rinks are exclusively maintained by residents who live around the area. Terwillegar Community League has NO affiliation (other than our sincere appreciation) in the snow removal or flooding of rinks. Leave a thank you note, bring a shovel and take your garbage.



Residents have enjoyed the ice rinks made available by volunteers over the past few years.

Terwillegar residents benefit from Christmas spirit



Three well-lit houses were chosen to receive prizes.

by Jon Connell
TCL Programs Director

Oh the ruts of Terwillegar! By the end of the night of the Christmas lights contest judging on Dec. 20, I was glad to have a 4x4, as was my colleague, Areni Kelleppan, who was along for the ride and the judging. Bumpy ridges and holes along the streets would've done in my spine, I'm sure.

It took about 90 minutes to manoeuvre around the neighbourhood and choose the three victors from oh-so-many possible winners. In the end, we had to choose from our long list of finalists' addresses completely at random. The winners received gift certificates that should help them enhance their lights for next year.

All were happy to have received them, so Kelleppan and I felt as though we'd spread a little cheer around the neighbourhood — a pleasant job indeed! Thanks to all the residents of Terwillegar for such a fantastic job.

The Ridge's New Year's brings another success

The Ridge Community League brought in 2011 with a "bang" this year at their 2nd Annual New Year's Eve Party and Fireworks. MP Stables had a team of horses pulling a sleigh around the field, hot dogs and burgers were donated by M&M Meat Shops, and hot chocolate and coffee were available to warm residents on the chilly evening, thanks to The River Community Church. Fire barrels were also available to warm a few fingers, while others could use sledding to warm the heart.

A great big thanks goes out to all the additional volunteers and sponsors for their support, and we hope everyone had a great time at the event!



New year party-goers enjoyed a horse-drawn sleigh ride. - photo by Taylor Bradshaw.

Aurora Synchro

Train with Purpose ~ Swim with Passion

Synchronized swimming for children from novice to national

Now at
Terwillegar rec centre

• Free trial lesson

E-mail info@aurorasynchro.org,
call 780-439-7091, or visit

www.aurorasynchro.org



Cross Country Ski Trails

Edmonton is home to some of the most scenic cross-country ski trails in Alberta. Why not check them out!

Trail conditions are updated regularly at:

www.edmonton.ca/attractions_recreation/sport_recreation/cross-country-skiing.aspx

League fundraiser sends neighbours downhill

by Priya Nelson

TCL Fundraising Coordinator

Join us for our fourth annual Snow Valley Ski and Snowboard Night!

Here we are in middle of a cold Alberta winter. We are definatetly a hearty bunch! Who else will be on a ski hill on a Sunday night in February? YOU! Invite your family and friends to come down to Snow Valley, and join your neighbours for our ski and snowboard night.

The event will be held Sunday, Feb. 20 from 6:30 to 10 p.m. The hill will open just for us, so no big line-ups at the carpet lifts or on the new quad chair lift. The concession will also be open for hot chocolate, coffee and snacks.

For one price, you get a lift ticket, rentals (either ski or snowboard) and a one-hour lesson with a trained instructor from Snow Valley. For community league members, the cost is \$20 per person; for community league members and



Residents enjoy one of the first ski events held by the Terwillegar Community League.

Snow Valley 2010-2011 seasons pass holders, the price is just \$10 per person, and for non-community league members the cost is \$25 per person. We know lots of people have Snow Valley seasons passes, but we still need your support for our community league fundraiser. What a great

way to spend the evening with your friends and neighbours and a nice opportunity to meet some new people.

We will be at the hill by 6:15 p.m. to sign you in, have you fitted for your rentals, and sign you up for a lesson if you wish to have one. The rental shop opens at 6:30 p.m., and the lifts start running at 7 p.m.

Payment can be made through paypal on our website, or you can e-mail Priya at fundraising@terwillegar.org to make arrangements. Please bring your valid 2010-2011 seasons pass to the hill on Feb. 20. When you are registering, please be prepared with the following information: Name, age (age under 18 or A for an adult), choice of ski or snowboard lesson, size and height.

You can also check the website at www.terwillegar.org for weather updates.

Looking forward to seeing you at the ski hill!

Memberships may need an upgrade for soccer

by Lorrie Payne

TCL Membership Director

Registration for outdoor soccer will be upon us shortly, and a current community league membership will be needed if your child would like to play. (See page 24 for registration details.)

Think you already have a full membership through hockey registration? Think again! When families registered for hockey, parents were charged a mandatory \$25 fee for a corporate community league membership. In order for each of these families to have the full community league membership required for soccer registration, or for other benefits — such as Terwillegar Community Recreation Centre discounts, free community swimming on Saturdays and Sundays, or free skate tags — a remaining \$17 needs to be paid to the community league to bring their membership to full status and to receive their membership card.

No interest in the above activities? Your community league also organizes celebrations in your neighbourhood that promote community spirit and cohesiveness. Actually, even if you do not participate in any of the above programs or take advantage of the events or facilities in your community, we hope that you agree that our community league helps make our community a better place to live, work and play.

There are a few different options to top up a limited membership:

1. Online (see below for directions)
2. Mail in a cheque for \$17 to:

Terwillegar Community League
Box 84031 RPO Towne Centre, Edmonton,
AB T6R 3P4

Once we have confirmation of payment and all the information we require, we will mail you your family membership card and tags. This may take up to two weeks, so if you need a membership for soccer registration, you may want to begin the process now.

Family Day fun planned close to home

by Jon Connell

TCL Programs Director

Come join in on the fun as we celebrate Feb. 21 with our annual Family Day barbecue! It's a great opportunity to get out with the family and get to know your neighbours.

The event will be held at Tomlinson Common Park, and will go from 11 a.m. to 1 p.m. We're in the process of firming up entertainment, so look out for an e-mail if you're on our e-mail list, or check in at www.terwillegar.org regularly for more information.

If you're interested in lending a hand, volunteers can always help the event run smoothly. Contact me at programs@terwillegar.org to see how you can pitch in.

Mark your calendars and see you then!



Online Memberships

Directions to register online are as follows:

- Go to our website at www.terwillegar.org and log in (top right hand corner). If you do not have a username or password, please register. The same username and password can be used for the ski night in February.
- Once you login, go to Online store (second from bottom).
- Click on TCL Membership.
- Click on Terwillegar Community League Family Membership Top-up.
- Complete the information.
- Click add to cart.
- Follow the screens to complete payment. Paypal or Visa can be used.

Though online payments are convenient and reliable, occasionally the full information form does not reach the membership director. If this occurs, she will contact you to obtain any missing information.

I hope this helps some of you out, and thank you for supporting your community league.

CRAIG@WATSONHOMES.CA

*Don't feel pressured...
Trust a Friend!*

Craig Watson
REALTOR®



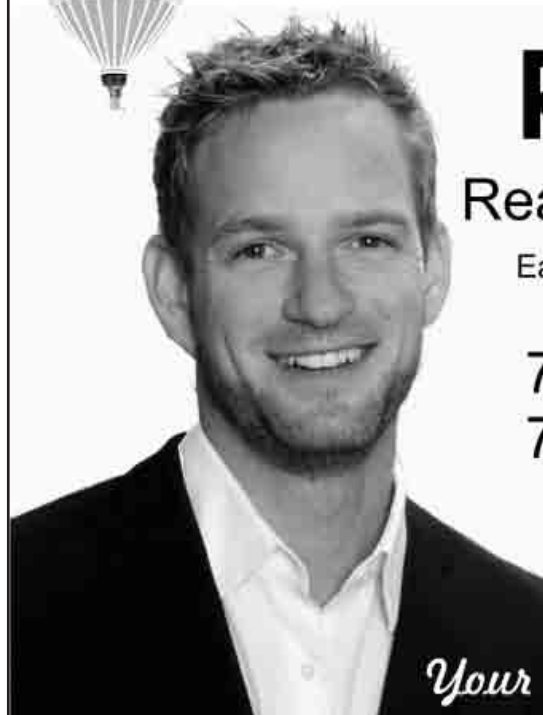
RE/MAX®

Real Estate Centre

Each Office Independently
Owned and Operated

780-438-7000

780-906-9949



Your Friend in Real Estate

Students find a new school in Lillian Osborne



by Janet Bell
Teacher/Librarian, Lillian Osborne High School

Today's high school student is quite different from that of yesteryear, and within moments of entering Lillian Osborne High School in South Terwillegar you get a sense that this school is also quite different from the schools we attended — even if only 10 years ago!

First is the physical space. As you enter the school, comfy chairs grace the bright entrance. You're greeted by a view of the library, often a-bustle with students conducting online research. Today's library has morphed into the true hub of the school — the meeting place where students study, chat and generally chill. Wander deeper into the school, past the grand staircase, and you'll discover classrooms, replete with SMART Boards and FM systems, where teachers take notes on endless electronic screens, show videos from the "Net" and save their class notes to PDFs to share online afterwards.

Students engage in learning in many ways. On any given day, you can see students working outside of their classrooms, as well as at desks. Perhaps today the guitar students are taking class in the library, or pre-engineering students are racing their creations down the hall. Maybe film studies students have taken over the conference room to film an interview, or foods students have filled the north wing with the scent of baking.

Lillian Osborne's most important asset is its people. At its heart

is a strong sense of community. Teachers and administrators value collaboration — working with each other, with students and their families to provide the best possible high school learning experience. Also mining broader community resources and services, Lillian Osborne teachers strive to provide opportunities for students to extend learning far beyond the usual curriculum.

Last year's legacy trip to New York involved over 200 students; this year's Helping Hampers project engaged students school-wide; last year's volunteer activities logged thousands of volunteer hours; and this year's volunteer activities continue to grow our collective student footprint within the community and at school itself.

An International Baccalaureate (IB) World School, Lillian Osborne anticipates a future of service and academic achievement. International connections with its partner school in China through video conferencing, as well as with contacts in Europe through Skype have set the stage for Lillian Osborne students' international-mindedness, preparing them for the global stage that awaits them.

Next year is the first year Lillian Osborne offers all three high school grades — it is the year of its inaugural graduating class! We will be opening our doors to all on the night of our open house, Feb. 24. If you are interested in learning more about our "world-class community school," come and check us out! <http://lillianosborne.epsb.ca>

Catholic school reflects on year's accomplishments

by Admin Team Reny Clericuzio and
Denise D'Agostini
École Monsignor William Irwin School

Our fantastic first year at École Monsignor William Irwin School continues. The famous quote that it "takes an entire village to raise a child" is so true. All staff, parents and community members have been working in a unified fashion to create a fantastic learning and faith-filled community for the children of Terwillegar. We would like to share with you just some of our excellent events and ideas so far:

- An enrollment of 337 students for our first year (Way to go!)
- K-2 French Immersion (the first time we have a Catholic Riverbend-area French Immersion School). French Immersion will be K-3 for September 2011.
- A 21st Century learning school with many strategies in place. Smart Boards in every room. Netbooks and laptops for the children. The lab approach is over.

- Raising Healthy Families initiative featuring nutrition, exercise, dance and movement education, and wellness. This particular initiative has been spearheaded by our parents. The children and staff love it!
- Fort Edmonton School. Our Grade 5 class spent one week and one overnight session learning outside the classroom walls.
- Three "child centered" Christmas concerts/activity nights that highlighted song, dance and our new hand bell choir.
- Our Grade 6 class has visited the Provincial Legislature to learn about democracy and provincial politics. Grade 4s have been to the Waste Management Centre and our Grade 3s have been to the Provincial Museum.
- Students are involved in our Alberta Initiative for School Improvement (AIS) project, centered on wellness.
- A math night was held so that children and parents could grow and learn together.

To be part of our school community, our open

house for Kindergarten registration for both French Immersion and English classes will be held on Jan. 20 and Mar. 10 at 6:30 p.m. We are currently accepting registrations at the school; please feel free to drop by to register your child if they will be five before Mar. 1, 2012, or contact the school for more information at 780-430-1121.



Families learn together during math night.

Esther Starkman prepares for next year's registration

Though the current school year is not over, Esther Starkman Public School is already looking ahead. For those interested in the school, there will be holding an open house Monday, Mar. 7, 2011 from 6:30 p.m.-8:00 p.m.

Current students will receive a passport in the spring of 2011. The passport is part of the registration process and will indicate the designated school your child should attend next year.

Esther Starkman School has been accepting registrations for Kindergarten since January. If you live within our boundaries you are

welcome to come in to the school between 8:30 a.m. and 4 p.m. to register your child for Kindergarten. Please remember to bring with you your child's birth certificate or passport and a document with proof of residency.

YMCA will continue to provide before and after school care for Grades 1 through 6 for the 2011/2012 year. It has yet to be determined whether space will be available for before and after school care of Kindergarteners.



Greg Kushnir, principal of Esther Starkman, takes a video of the over 1000 people who showed up to the school's first annual Christmas concert.

Was your New Year's resolution to start exercising?

Don't want to go to a crowded gym?

Join me and some friends for a full body workout.

All abilities welcome!

Cardio Circuit Group Session

Workout includes weights, ball, hand usage and lots of cardio.
Location: Devonshire Mews, 1120 Tory Rd.

Sessions run Feb. 2-28 (no class Feb. 21)

Morning classes: 9-10 a.m.
3 days (Mon. Wed. & Fri.): \$99
2 days (Mon. Wed. or Fri.): \$72

Evening classes: 7:30-8:30 p.m.
2 days (Mon. & Wed.): \$63

Kim LaFrance
AFLCA Certified
Group Leader

Space is limited so register now!
klafrance@shaw.ca or 780 484-7683

New playgroup meets community needs

by Kate Morley,
Local resident and leader of the
Terwillegar playgroup

Terwillegar now has its very own playgroup — thanks to Holy Trinity Riverbend Church! Children from newborn to five, along with their caregivers, are made to feel very welcome at the group which takes place every Thursday morning from 9 to 11 a.m.

Kids can play with a range of toys, get creative with play dough and enjoy a craft activity while mums get to know one another a little better over a cup of coffee. Playgroup finishes with an action-packed circle time, where everyone gets to dance, sing and enjoy a few stories. There is no registration for playgroup — you can drop in as and when you're able — and the charge is just \$2 per child.

"Here at Holy Trinity Riverbend we're fully committed to meeting the needs of the community," says Jon Connell, one of the clergy on staff. "A member of our congregation came to us and said that there was a real need in Terwillegar for a friendly, stimulating, drop-in playgroup ... and we listened."

Holy Trinity Riverbend is already responsible for Terwillegar's popular Messy Wednesdays,

where children and parents alike gather for dinner, very messy craft activities and a short Bible-based lesson. "We're thrilled with the success of Messy Wednesdays, which is the result of the energy and enthusiasm of the families in our community," says Connell. "It's fantastic that this year we're able to offer a playgroup as well."

Playgroup is already up and running — so just

come along on a Thursday morning and join in! If you'd like to find out more about what's on at Holy Trinity Riverbend, please call Jon Connell at 780-431-1817 or go to www.htrchurch.ca, where you'll find directions to the church. Holy Trinity would also welcome donations of toys for its new playgroup. Please call the above number or e-mail Kate Morley at ksimes@hotmail.com.



Summer, Elle, Keira and Rosie enjoying a craft activity.

Schools help bring relief to local area families

Press Release, January 5, 2011

GEOMEER, a new Edmonton-based charitable organization, is extremely pleased to announce the results of the 2010 "Helping Hampers" campaign. Designed to provide long-term, sustained relief to families in need, the "Helping Hampers" project was the combined effort of GEOMEER and 50 of Edmonton's public schools.

Six high schools (Harry Ainlay, M.E. LaZerte, W.P. Wagner, Lillian Osborne, J. Percy Page, and L'Académie Vimy Ridge) were partnered with elementary and junior high schools in their neighborhoods. These schools had children in attendance who were members of families in dire need.

GEOMEER received demographic information for these families, and determined a list of goods that the family needed to last them for an extended period of time. The high schools were given these lists, and they collected approximately \$2,000 worth of food, toiletries, cleaning supplies and gifts for each family.



Lillian Osborne students load up a van with donated goods to help the GEOMEER foundation.

Once the items were collected and wrapped, GEOMEER volunteers delivered the goods to the elementary and junior highs.

This year, GEOMEER was pleased to deliver 39 hampers to

families, including approximately 13 hampers to families in the Terwillegar area. The "Helping Hampers" project collected an approximate total of \$100,000 worth of money and donations.

For more information on the "Helping Hampers" project, or the GEOMEER organization, please contact Geoff Casey at 780-935-9873 or gcasey@geomeer.ca, or visit our website at www.geomeer.ca.



Winter Weight Loss & Fitness Challenge!

Join our Fitness Challenge, lose weight and win an Apple iPad!

- Avg 15 lbs weight loss

- Avg 20 inches loss

8 WEEKS

Super Fast

Transformation

Sign up before end of month!

780.435.7111

infinitefit.ca

In Riverbend Square

(above Shoppers Drug Mart)




ONE GOAL ***infinite*** POSSIBILITIES

NEED A NOTARY PUBLIC OR
A COMMISSIONER FOR OATHS?

Call Riverbend Registry Services at 780.437.7355

2nd Floor, 201 – 596 Riverbend Square NW
By Appointment Only.

| | |
|--------------------|-----------------|
| MONDAY - WEDNESDAY | 9:00AM - 8:00PM |
| THURSDAY - FRIDAY | 9:00AM - 6:00PM |
| SATURDAY | 9:00AM - 4:00PM |



Open house to reveal playground design

by Stephanie Gillis-Paulgaard
TSNAP Committee Co-chair

As most of you know, Terwillegar Schools Need a Playground (TSNAP) is a group of concerned parents from the community that want to help facilitate the development of the playground to enhance our children's school life experience. The playground is also considered a vital component for the community, and as population grows, the demand for developed outdoor space increases. This is too important a project to go unfunded.

Applications have already been submitted to both the Neighbourhood Park Development Program (NPDP) grant (a \$250,000 grant) and the Community Facility Enhancement Program (CFEP) grant (a \$125,000 grant) for matching contributions; however, we do not anticipate receiving notification from either program until sometime this spring.

Currently, our fundraising efforts have totaled approximately \$73,000. Assuming we receive maximum contributions from both of the grant programs, we are required to have \$125,000 in our bank account no later than Apr. 1, 2011 in order for TSNAP to secure a 2011 build. In an effort to raise the necessary funds prior to the deadline noted above, we are asking those families who have not already made a financial donation to consider doing so. To learn more about how to make a contribution, please visit our website at www.tsnapedm.com.

To properly recognize substantial contributions to the project, a tiered donation recognition program has been developed, however we certainly appreciate any and all support towards the playground development. A monument will be unveiled during the official opening ceremonies.

Platinum: \$10,000 +

Gold: \$5,000-\$9,999

Silver: \$2,500-\$4,999

Bronze: \$1,000-\$2,499

Community Level: \$500-\$999

The TSNAP organizing committee will be hosting an open house event at

Lillian Osborne High School on Jan. 26 from 7 to 9 p.m. to allow residents in the community to view the playground design and provide valuable feedback as we move towards a final design. Everyone is welcome to attend.

The next fundraising event will be a silent auction/wine & cheese event on Saturday, Feb. 26 from 6 to 8 p.m. It will be held at the Holy Trinity Riverbend Church (see www.htrchurch.ca for a map). Tickets will go on sale at the Open House for \$10 each. This entitles you to receive a

complimentary glass of red or white wine supplied by Vines Riverbend Wine Merchants and sample a wonderful assortment of "real" cheese from Everything Cheese. All proceeds from the event will go towards the playground project.

If there are small business owners that would like to make a donation to the event, please contact the organizing committee at tsnap@live.com. Volunteers are also needed to help. Please contact us if you or someone you know may be interested in getting involved.

TSNAP has also started doing online fundraising to allow parents the opportunity

to take advantage of unique buying opportunities, while making a donation to the playground project at the same time. Mabel's Labels is the latest online fundraising event. Keep an eye on our website for more opportunities.

TSNAP is motivated and committed to the development of the playground. Your involvement will have a significant impact on over 1,100 students on a daily basis and the community as a whole. Thank you in advance for your consideration to partner with TSNAP!



Purchasing Mabel's Labels is but one of the many ways to support TSNAP.

Auto Theft Prevention

Vehicles are necessities

Our vehicles are an essential part of our lifestyle, whether it is for home or for work. The reality is, vehicles have become necessities in our daily activities.

Vehicle thefts are on the rise

Vehicle thefts are committed every day at alarming rates across North America. Edmonton has one of the highest rates of vehicle theft in Canada. The punishment and penalties for such a crime are not effective deterrents.

Criminals are creative

Criminals are ingenious and creative. They will always discover inventive methods to steal any type of vehicle. To many criminals, the art of vehicle theft is a game — a game they have become good at.

Easy targets

As vehicle owners, we have an obligation to ensure necessary precautions are taken to make our vehicles difficult to steal. It is estimated that nearly 45 per cent of all vehicles were stolen because owners left them unlocked, and 24 per cent of those vehicles had the keys left in the ignition.

Time is a thief's enemy

The more difficult your vehicle is to steal, the more time it takes to be stolen. The more time a thief has to spend stealing your vehicle, the greater the chance of detection.

Simplicity is the key to theft prevention

- Lock your car and pocket the keys.
- Never leave your car running unattended — even for a minute.
- Use a visual deterrent, such as the club.
- If you have a garage, use it.
- Park in attended lots.
- Completely close car windows, including sunroof, when parking.
- Keep your registration and insurance documents secure.
- Be careful with your keys, and don't hide an extra set in the vehicle.

Enza Fata & Vern Gorman

Terwillegar Towne Neighbourhood Watch Zone leaders



Is your car an easy target?

CRIME HAPPENS FAST, don't let it happen to you.

Common sense is all it takes to fight crime. DON'T BE A VICTIM.

- Put all your valuables in your trunk or take them with you.
- Lock your doors and windows.
- If you have a garage, park your vehicle in it, and lock the garage door.

TARGETED ITEMS

- Backpacks
- iPods/MP3 Players
- Cell Phones
- Wallets
- Purses
- Laptops
- Sunglasses
- Change in Ashtrays

Dedicated to Protect, Proud to Serve
Contact the Edmonton Police Service
9-1-1 for a life threatening emergency or a crime in progress
780-423-4567 to request police (non-emergency)
Visit: www.edmontonpolice.ca
For more crime prevention information visit:
www.edmontonpolice.ca/crimeprevention

Local volunteer recognizes her values

by Terri Saunders
Newsletter Editor

Priya Nelson, Terwillegar Community League’s Fundraising Coordinator, was raised in a volunteer-oriented family. Her family members were always big members of the community. As Nelson says, “We just helped where we were needed.”

So when Nelson came to Edmonton, it was only natural that she began to get involved.

When Nelson moved here almost nine years ago, she was just starting a family and didn’t know anyone. She decided to start volunteering, and soon after, she had found many friends in the neighbourhood. “I wanted to get to know people. And how better way of getting to know people than to volunteer?” She started first by helping out at various events. Eventually, Nelson heard of an opening on the Terwillegar Community League board and looked at it as an opportunity to learn more about what was going on in her neighbourhood. “I wanted to know what was going on in my community.”

Since then, she’s started up the annual Snow Valley Ski Night — a community league fundraiser that welcomes a wide range of ages. She saw a need, went to the board and said, “We need to do something for older kids.” Though the fundraiser started small, it has grown into quite the neighbourhood event. “It’s a fun night

where the ski hill is just ours.... Everybody knows somebody on that hill.” She’s also helped out with soccer registration, the casino, Terwillegar Community League events and organizing the league’s volunteer dinner, among other things.

Like any other family, Nelson is also involved with a number of family activities that require her time and attention, such as school events and BMX racing. When asked why she decides to volunteer for any particular organization, she says “It comes down to choosing the things that are important to you — choosing the things that you value.”

It was this perspective that brought her to help organize the semi-annual I’ve Outgrown It Sale, held at the Riverbend Community Centre. She was disappointed when she was told the organizer would no longer be holding the sale, as Nelson had hoped to set up a vendor table at the next event. How do you ensure the event goes on? You get involved! Since then, Nelson has lightened her load as another organizer has stepped in to take over.

Does all this involvement ever take its toll on Nelson? “There are many, many moments where everything seems to happen at the same time Then there’s a time when nothing’s going on — just like any other family.” Nelson notes that she’s never had a bad experience — only challenges — and that the rewards are obvious

when people come out and have a good time. “I’ve had a lot of fun. I’ve learned a lot and had a lot of fun.”

There are approximately 6,000 people in the Terwillegar area. So why is it sometimes difficult to find our volunteers? “[People] think volunteering for the community league will be big commitment [It] doesn’t have to be a big commitment.” Nelson acknowledges that our community runs on fully-committed volunteers, but that there are also people needed to run the events, and that “everybody has a skill that is valuable.” Although, like Nelson, some can take on a number of roles and commitments, others can also simply volunteer for one casino night, one or two hours at an annual event, or a few hours to sell memberships. “Really, at the end of the day, it is such a small commitment for such a valuable thing.”

What’s on Nelson’s wish list? “I’d like to see some really fun winter activities.” Though she thinks that the Terwillegar Community League does a fantastic job on the events, she’d like to expand on them and create the winter activities and other events such as a movie in the park, games day or an amazing race around the area. If anyone is interested in helping make some of these dreams a reality, please contact the Terwillegar Community League board at tblboard@terwillegar.org.

Zone Leaders ask: are you a member yet?

by Enza Fata & Vern Gorman

Terwillegar Towne Neighbourhood Watch Zone leaders

Over the past year, there have been many articles talking about the benefits of having our community participate and become a part of the Edmonton Neighbourhood Watch (ENW) program. Slowly but surely, we are getting there.

As Zone leaders we strive to educate not only about the benefits of implementing the ENW into our community but to also give you helpful hints on safety and crime prevention. We hope this information has been helpful and effective.

The one message or plea you will constantly see is the need to reach out for new members. Participation and growth are very important aspects that are strongly needed to accomplish our goal to become an ENW community. It doesn’t take much. It’s all about you, as neighbours, working together through this program to combat crime the most effective way — before it starts.

So we ask the question: “Have you become a Neighbourhood Watch member yet?”

It’s simple, it’s free and you get all the information you need on how to become an effective Neighbourhood Watch member. Visit www.watch.edmonton.ab.ca to get your application and learn more on the benefits of becoming an ENW member and community.

Did you know that the one crime that seems to be our biggest problem in our community is auto theft? Have a look at the article below for some great tips on prevention.

Also, did you know the Edmonton Police Service is offering “Online Neighbourhood Crime Mapping?” Check out <http://crimemapping.edmontonpolice.ca> to find out how much crime, and what crimes are happening in your neighbourhood. Keep in mind, however, that this can only include crimes that are reported. Please do your best to report all crime so we can all benefit from the information and work towards prevention.

Our experience as Zone Leaders continues to grow as we work towards implementing this program in our neighbourhood. We need you to be a part of it and enjoy the experience of people helping people.

Neighbourhood Watch Member Application

The Edmonton Neighbourhood Watch Program would like to give you this special invitation to join the program so you can help prevent crime in your community.

| | |
|--|--|
| Application Date: _____ <small>(Year/Month/Day)</small> | Community: _____ |
| Address: _____ | Postal Code: _____ |
| Residence phone number: _____ | Email: _____ |
| RESIDENT #1: Male <input type="checkbox"/> Female <input type="checkbox"/> | RESIDENT #2: Male <input type="checkbox"/> Female <input type="checkbox"/> |
| Name: _____ <small>(Surname/First/Middle)</small> | Name: _____ <small>(Surname/First/Middle)</small> |
| Maiden Name: _____ | Maiden Name: _____ |
| Birthdate: _____ <small>(Year/Month/Day)</small> | Birthdate: _____ <small>(Year/Month/Day)</small> |
| Birthplace: _____ | Birthplace: _____ |
| Business phone: _____ | Business phone: _____ |

Please list all other residents living in your home (children over 12yrs, relatives, etc.)

| Name in Full | Date of Birth | Name in Full | Date of Birth |
|--------------|--|--------------|--|
| _____ | M <input type="checkbox"/> F <input type="checkbox"/> | _____ | M <input type="checkbox"/> F <input type="checkbox"/> |
| _____ | M <input type="checkbox"/> F <input type="checkbox"/> | _____ | M <input type="checkbox"/> F <input type="checkbox"/> |

Will volunteer to assist : Bingo Casino Mail Displays Other _____
(please specify)

I hereby authorize the Edmonton Police Service to make such investigations as may be deemed appropriate, and on the basis of such investigation for the Edmonton Neighbourhood Watch Program Society to indicate the approval or disapproval of this application.

| | |
|--|--|
| Signature: _____ <small>(Resident #1)</small> | Signature: _____ <small>(Resident #2)</small> |
|--|--|

You will receive a written response to your application within 6 to 8 weeks.

CPIC (for office use only)

Please mail your completed application to:
Edmonton Neighbourhood Watch
9620 103A Avenue, Edmonton, AB T5H 0H7
Phone (780) 421-3428 Fax (780) 421-2341
E-mail: watch@tera-byte.com
Web: www.watch.edmonton.ab.ca

Gourmet cheese shop brings the real deal!

by Stephanie Gillis-Paulgaard
Terwillegar Gardens Resident

Tania Hrebicek and Lydia Charalambakis met during their first year of university in Toronto and became instant friends. In September 2009, during her visit with Hrebicek and her family, Charalambakis decided to leave her corporate lifestyle and relocate to Edmonton. Over a glass of wine and a plate of cheese, they decided that a new career path was needed. And they wanted it to be fun and incorporate their two most favorite things — fine cheese and great food! The idea for Everything Cheese was born.

When asked “why Riverbend” the answer was obvious. The gourmet experience is missing in our community. There are very few boutique stores in the area, and the idea of opening a specialty store that could bring REAL cheese from around the world to local residents was exciting. Everything Cheese opened in late October 2010 under three main principles: everything in the store needs to be authentic, inspired and delicious. Not a bad combination if you ask me!

Located on 14912 - 45 Ave., Everything Cheese is nestled in Old Riverbend and offers over 100 different cheeses from around the world. But it doesn't stop there. To complement the cheeses, they have carefully chosen a selection of other foods, including olives, crackers, olive oils and vinegars, and various condiments. You'll also find accessories for entertaining and



cheese-related tools that adorn the shelves around the perimeter of the store.

Hosting a group of family or friends, or just want to have a quiet evening at home? Hrebicek and Charalambakis would love the opportunity to prepare a fine cheese platter for you, suitable for any price point and personality. If you enjoy the finer things in life, Everything Cheese is definitely a destination point you don't want to miss.



Left to right: Owners of Everything Cheese, Tania Hrebicek and Lydia Charalambakis; a multitude of cheese is displayed at the counter.

Correction:

In the November 2010 issue of the Terwillegar Tribune, we stated that Shopper's Drug Mart had opened a Windermere location. It was London Drugs.

PEANUT BUTTER & JAM PLAYGROUP
Weekly playgroups provide your child with a fun and cooperative play environment while you enjoy connecting with old and new friends. Come and join in the fun!
Check out our website for more information.
www.PeanutButterandJam.ca

RIVER CITY FITNESS.CA
Indoor Fitness Bootcamps Registering @ Holy Trinity Riverbend
Next Session Starts February 14th, 2011
Monday: 6:30-7:30pm
Monday: 7:45-8:45pm
Thursday: 6:30-7:30pm
Thursday: 7:45-8:45pm
780 905 5405
info@rivercityfitness.ca



- Private & Group PRE-NATAL classes
- LACTATION Consultation
- Medela Breast Pump Rental Station
- Modernized POST-NATAL classes

South Edmonton Post-Natal Programs start March 10 & May 12 Fun for mom & baby! Hosted by *Infinite fusion*

Each 8 week Post Natal program includes expert speakers on a variety of topics including:

- Fitness & Nutrition
- Babywearing
- Communicating with your baby
- Local mom & baby class demonstrations
- Childcare options and more!

Everyone receives a professional mom & baby photo to commemorate the program as well as a swag bag!

Want to get *connected* with other moms in your neighbourhood and get learn about local resources? Register now for the 2011 sessions. \$80 for 8 weeks of *fun, friendship and community information!*

register now at www.mommyconnections.ca

South/West Edmonton ~ Leduc ~ Spruce Grove ~ Red Deer ~ Lloyminster ~ West Toronto ~ Hobbema

New café offers more than your average “joe”

by Ann Kuehn
Riverbend resident

When my oldest son, Jack, turned one and starting walking, I was no longer able to participate in one of our previous favorite activities — going out for coffee!

First, I had to abandon Starbucks because the lure of unpacking the child-height coolers was too stressful for both of us. Shortly after, Tim Hortons was even a no go as he constantly ran for “employee only” zones. And so we were stuck with at home or at friends’ homes playdates and coffee. Which, granted, can be fun, but sometimes you just need to get out! And so, I am happy to share with you a new treasure where you will find me and my third child, Lily. She is blissfully playing, and I am enjoying a great non-fat, half sweet, Carmel Craze and peace abounds!

I had the privilege of talking with owners Steve and Nicole about Café O’Play. You can find them in the Brander Gardens Shopping Centre at the very west end of Riverbend Rd.

Q: What was the inspiration for Café O’Play?

A: Our two boys were the inspiration for Cafe O’Play. It was because of them that we realized Edmonton needed something like this for the parents that still wanted to enjoy coffee and friends with their children. Every decision we made in creating our café always came back to what would have helped us or our children.

Q: What is your target group?

A: We actually have two target markets. We have our adult cafe side. This side targets people that want to come in and grab a great cup of coffee and fresh local treats to take with them on the road or to enjoy in front of our fireplace. Our second target market is for families with

newborns to six-year-olds. We aim to provide a place for the families of younger children. There are a lot of places geared to the older kids, but not much geared to those under six. We hoped to combine good food and coffee with something for them too.

Q: What does your menu look like?

A: Our menu consists of standard coffee shop beverages such as lattes and mochas. All of our coffees and coffee drinks are made with Caps Coffee which is a locally roasted, fair trade and organic coffee. For those not looking for caffeine, we also have smoothies that have no preservatives or artificial colours and are made with 100 per cent fruit. We have handcrafted sodas and assorted bottled beverages, juice boxes and kid-sized milk.

For food, we have locally-made pastries, smaller kid-friendly muffins, scones, loaf breads and other delectable treats. We have fresh soup and panini sandwiches, cheese platters, hummus platters and veggies and dip.

All of our food is bought local and organic whenever possible. We are a kid-friendly cafe, so we offer everything you would need to serve a healthy nutritious meal to kids. We have grilled cheese or soy nut butter and jam sandwiches served with carrots. We have apples, bananas,



Café O’Play offers play space to accommodate the needs of parents with children.

a variety of Annie’s snacks, baby mum mums, jarred baby food and yogurt. We tried to offer something for everyone and we try to make that something a healthy alternative to what you would get at most places.

Q: What does it cost for the children to play?

A: It costs \$5 a child between the ages of one and six. You can also buy membership cards which are \$38 for 10 visits.

Q: What are your plans for the business? Will you franchise? Open other locations?

A: We do know that we will be expanding very soon — we just haven’t decided how. We are looking into franchising but would like to have another location ourselves. We will have to see what the future brings.

All I can say is I am so glad they are here. Oh, yeah, another non-fat, half sweet Carmel Craze please! See you there friends!

Spring launch planned for farmers’ market

by Patricia Hartnagel and Carol Bjorstand
Southwest Edmonton Farmers’ Market Group

With just a few months remaining until the anticipated spring launch of the Southwest Edmonton Farmers’ Market, we wanted to give you an update on our progress. We have completed the business plan, which can be viewed on our website at www.swefm.ca. You can also find details there on our potential market locations, dates, times and much more. We are getting closer to securing a suitable location and are in the process of solidifying policies and procedures, and finalizing our logo.

To everyone who took the time to fill out our survey last spring, thank you very much! Your responses will have a major influence and impact on your market.

As interest in the market pours in from all areas, we anticipate a hugely successful launch and operation! We are especially grateful for the expressed interest from more than 70 potential vendors; this response will enable us to provide you with the very best selection of products.

We would like to thank the various members of the community for their generous monetary contributions that will help with the initial start-up costs for the market. We also want to acknowledge and thank City Councillors Don Iveson and Bryan Anderson for their letters of support and look forward to developing strong relationships with them.

While we have made a lot of progress, we still have a long way to go. We appreciate your ongoing support — be it in the form of enthusiasm, donations or volunteer hours.

Watch for an upcoming event later in the spring to meet with our vendors and farmers!

For more information about the market, check out the website listed above. You can also read about our vision, mission statement, values and our special relationship with TRAC (The Terwillegar Riverbend Advisory Committee.)

Questions? Comments? Contact us at swefm.ca@gmail.com.



INFINITE fusion
YOGA + PILATES

Experience the best right here in Riverbend!

YOGA



PILATES



BOOTCAMP



ZUMBA



780.436.0002
infinitefusion.ca

14217 23 Ave
*(Shoppes of
Terwillegar Gardens)*



ONE GOAL *infinite* POSSIBILITIES

EDMONTON'S BEST VALUE

With Condos Starting at only \$159,000!



at Terwillegar Towne

43 Sales Written Since October!

- Selling fast! Hurry in for best price and selection.
- Stop renting and start building equity in a brand new home of your own.
- Live in the safe new neighbourhood of Terwillegar Towne.



Edmonton's hottest new address



IMMEDIATE POSSESSION

in Edmonton's hottest new neighbourhood.



League membership brings TCRC discounts



by Sherri Jaillet Martinez

Happy New Year! Tick, tock, tick, tock... as we counted down to a new year, so many of us are counting the days to the opening of the Terwillegar Community Recreation Centre (TCRC) — Jan. 29! The 4-plex arenas opened Jan. 2 with excitement from hockey players and skaters. The arena complex is striking, spacious and bright with comfortable locker rooms, water bottle stations, and lots of action with Edmonton Minor Hockey Week scoring in the games.

Did you know your community league membership provides a 20 per cent discount off an annual pass at the TCRC and a 10 per cent discount off of multi-passes? Your membership with the TCRC provides you access to all City of Edmonton recreation centers too. Do you have your membership? Get yours today!

The TCRC amenities are long, with highlights of a 53 metre pool with two diving boards and a five-metre platform, and a separate aquatic area with waves, waterslide, warm water teach pool, and the largest hot tub in Edmonton. There are community rooms for programs, a child-minding centre for drop-in care and an indoor playground. There is a flexi hall that can be divided into three large gymnasiums for basketball, volleyball, soccer practices and other gross motor activities. The fitness centre overtakes the second floor with several fitness pods including the latest fitness technology and a

perimeter running/walking track.

Drop-in programs are available throughout the day and evening, from aerobics and spinning classes to Pilates. There are registered programs as well, such as swimming lessons which are already available on the City of Edmonton website and by calling 311.

The Terwillegar Riverbend Advisory Council (TRAC) was provided with an office for \$1 per year plus utilities, which will be used for community league purposes and for providing information on the community in the Terwillegar-Riverbend area. There will be a paid part-time position for a community member to work in the office. Posting of this position will be provided soon.

The grand opening celebrations for the TCRC have been delayed until March. TRAC is coordinating with the city to celebrate this momentous event. Stay tuned for more details, and check with your community league and the City of Edmonton website for the new date.

The free community league swim program continues at Confederation Pool on the weekends. Your community leagues are currently negotiating to relocate the free program to the TCRC. This venue will provide free access to all the swimming pools with waves at the TCRC, the fitness centre, the flexi hall, and the indoor playground at designated weekend times to community league members. Remember to purchase your community league membership!

The Farmers' Market is proceeding and is hoping to begin in the spring of 2011 in the parking lot of Lillian Osborne High School. Stay tuned for more information on this great opportunity to purchase fresh fruits and veggies from local producers.

TRAC has a few initiatives for fundraising in 2011 and will continue the annual TRAC Fun Run in late spring. If your community league is interested in volunteering to fundraise, please contact Dave Rumbold.

Our seniors' Rep, Glenn Kissick, is working with TRAC and the city to provide programs for seniors at the TCRC. Glenn wants to form a Pickle Ball Team. Stay tuned for this.

Transportation, what can I say? If it's not the traffic and construction, it is digging yourself out from underneath all this snow. Be patient and courteous to other drivers; they are your neighbours. Allow extra time in these winter conditions. I think the kids will be sledding and skiing into the spring this year.

Our next TRAC meeting is on Jan. 26, where we will focus on the opening of the TCRC, transportation, and AGM topics. The following TRAC meeting will be Mar. 23 at Lillian Osborne School at 7 p.m. Mark your calendars for our AGM on Apr. 20 at the Terwillegar Community Recreation Centre in the large community conference room at 7 p.m. See you there!



The arena halls crowd with people during Minor Hockey Week.



**Greenfield Community Nursery School
Open House & Registration for 2011/2012
Wednesday, February 23, 6:00-8:00 pm**

Come meet the teachers and learn more about our program!

The playschool is located in the **Sweet Grass Elementary School**
(11351 31 Ave, Rm 16)

Tuition fees:

\$90 per month for 2 classes per week (3 year olds)
\$110 per month for 3 classes per week (4 year olds)

For more information and to download a registration form, visit our website:

www.greenfieldnurseryschool.com
registrar@greenfieldnurseryschool.com
or call: **Lizabeth 780-433-2242**

4Cats Arts Studio™ RIVERBEND OPENING JANUARY 2011

WOW!

AT 4CATS,
KIDS LEARN ABOUT
INSPIRATIONAL ARTISTS
LIKE ANDY WARHOL
AND CREATE
MASTERPIECES IN THE
SPIRIT AND STYLE OF
THOSE ARTISTS!

THAT'S
FABULOUS!



for more information
riverbend@4cats.com
www.4catsart.com/riverbend
5655 Riverbend Road, Edmonton

Seniors encouraged to make events happen

by Glenn Kissick
 Seniors representative for TRAC, Riverbend Community League

Here we are again. Another year has passed, and we are now getting back into our routines with work and recreation. Shortly, we will be able to see the inside of our new recreation centre in Terwilliger. Keep in mind that the local community league memberships will save you money on the passes for all city recreation centres in this upcoming year.

Do you have ideas that you would like to see happen in your area for seniors in the way of information seminars, guest speakers or clubs that would be of interest to seniors? If so, please contact me and I will do my best to help you get it going. Nothing ventured, nothing gained. This is our community, so let's work together. At present, we are in need of volunteers in many of our community leagues for the upcoming season projects. Contact me at hgkissick@shaw.ca.

Senior events

What: Seniors Free Skating
 Where: Kinsmen Twin Arenas, 1979 – 111 St.
 When: Now until March, 2011
 Time: 12:15 - 1:30 p.m.
 Seniors skating is for individuals 65 and up. Helmets are required. No sticks or pucks allowed.

What: Local Talent showcase
 Where: West Edmonton Mall, Main floor in front of The Bay
 When: Wednesday Feb. 2, 2011
 Time: 10 a.m. - 2 p.m.

Pickleball anyone?

We will soon be starting Pickleball in the new Terwillegar Community Recreation Centre on 23 Ave. and Terwillegar Dr. Pickleball is a game for seniors and families that is a lot of fun and good exercise — plus, you may get to meet new

friends. You can learn more about this game by going to www.usapa.org. To watch a video of this game, choose "videos" under "Tournaments" on the left hand side of the page.

We will be teaching seniors pickleball as soon as the courts become available — hopefully, the beginning of February. We will also teach pickleball to other groups by request.

Contact Glenn at hgkissick@shaw.ca or by phone at 780-758-5198 for more information.

SNOW SHOVELLING/YARD WORK & HOME SERVICES FOR SENIORS CONTACT LIST OF SENIOR-SERVICE AGENCIES 2010-11

| CONTACT PERSON & AGENCY | SERVICES OFFERED | REQUIREMENTS TO ACCESS SERVICES | AREA COVERED | ADDRESS | PHONE # FAX # |
|---|--|---|-------------------------------------|--|---|
| Lifestyle Helping Hands Seniors Association: | Snow removal, yard work, odd jobs, volunteer drivers and outreach services as may be available | Must be a member to access home help services & be matched with a worker. Annual membership is \$10 per individual, \$15 per couple | South of river & West of 104 Street | 10740-19 Avenue T6J 6W9 | 450-2113 Office Hours Weekdays 11 a.m. – 3 p.m. |
| Westend Seniors Activity Centre: | Snow removal, yard work, housekeeping and other outreach services as may be available | No membership fee is required. Senior is referred to private contractor(s). Senior negotiates and pays contractor directly for services | West Edmonton | 9629 – 176 Street T5T 6B3 | Phone #483-1209 Fax #484-7738 |
| SAGE (Seniors Association of Greater Edmonton): | Snow removal, yard work, housekeeping, handyman services, moving services & other home maintenance resources as requested by seniors | SAGE membership is <u>not</u> required. Seniors are provided with home maintenance contacts from list of screened contractors. Payment for services is negotiated between the senior and the contractor | City-wide | #15 Sir Winston Churchill Square T5J 2E5 | Phone #780-701-9011 |
| Seniors Caring About Seniors: | Snow removal, yard work, house work, odd jobs and driving | Must be a member to access home help services & be matched with a worker. Annual membership is \$10 | South of the river only | 7814 – 83 Street T6C 2Y8 | Phone #465-0311 |

New guide provides a road map for caregivers

by Terri Saunders
 Newsletter Editor

People today are living to a ripe old age — a wonderful prospect. But with it also brings challenges when the "parental" role shifts to the younger generation. Navigating this caregiver role can be a difficult ride for those unfamiliar with the issues, the life-balance required and the resources available. That's why Rick Lauber wrote the "Caregiver's Guide for Canadians."

One in five Canadians are now providing eldercare to a parent in need and this number is likely to increase as the baby-boomer generation ages. What do you do when you become one of the growing number of caregivers? Who can you go to? For many, this is a new road to travel, and they start without a roadmap.

The "Caregiver's Guide for Canadians" provides readers with the guidance they need. It helps answer questions such as:

- Should my parent stay at home or move to assisted living?
- How do I balance caregiving responsibilities with my personal life?
- When do I apply for guardianship and/or trusteeship?
- How do I hire a professional caregiver should the need arise?

It also provides valuable tips and advice to provide the best eldercare possible.

As Lauber, a long-time resident of Edmonton, helped his two sisters care for his two aging parents and is also the editor of two caregiving magazines, he's seen many of the issues you may confront with your own family. Fortunately, he's merged this knowledge into one comprehensive guide.



Rick Lauber, author of Caregiver's Guide for Canadians.

Whether you are currently caring for an elder, or can foresee taking on that responsibility some time in the future, the "Caregiver's Guide for Canadians" should prove to be a very

useful read.

Copies of the book are available at local bookstores such as Chapter's, Audrey's and Greenwoods for \$17.95. If preferred, readers can also order the book on-line through www.self-counsel.com.



Trés Chic Salon & Spa

Treat your Valentine!

With a Spa Manicure,
 Spa Pedicure and Facial
 for \$165



Eyebrow Threading \$7

**Gift Cards Available
 in any denomination**

visit our revised website:
txsalonspa.com

780-438-9442

2333 Rabbit Hill Road

Public school board consults with residents



by Catherine Ripley
Ward H Trustee,
Edmonton Public Schools

One of the most important tasks for any board of trustees is to set the long-term direction and goals for its school district on behalf of the community. At the

beginning of their terms, previous Edmonton Public School Boards have concentrated on setting three-year priorities, which fit under the umbrella of a district mission established in 1999. After the priorities were set, schools and central departments then created plans by which to achieve those priorities. The 2007-10 board determined that it would be wise for the new board to take a thorough look at the mission this

time round. Is it still relevant?

It is my privilege to sit on the District Priorities Committee with Trustees Michael Janz and Heather Mackenzie. As we deliberated upon a process for reviewing the mission and developing 2011-14 priorities, we thought it would be good to look at “the works” — vision, mission, values and principles, areas of emphasis for a longer-term strategic plan, and of course, the three-year priorities. The board has agreed to this idea, and it will be holding two consultation sessions with a range of community members in early February (post-secondary representatives, community partners, cultural reps, community league reps, business people, staff, parents, former trustees, etc.) and two sessions with students.

In addition, I will be holding a consultation session in Ward H on Feb. 1, and everyone is

welcome. That means YOU! Please come and bring a friend. All ages and stages needed. Will the board’s proposed directions and priorities serve our children and youth, our city, and our future well over the next 10 years? What do you think? The session will be held at Johnny Bright School, 1331 Rutherford Rd. S.W. (just west of 111 Ave. and south of Ellerslie), and please RSVP to Catherine.Ripley@epsb.ca or by phone (780-887-1002) as soon as possible.

Guess what! If you are not able to come, you can still provide your thoughts through an online survey that will be available at www.epsb.ca the week of Jan. 23 through Feb. 6. I ask you to take the time to offer your insights! Thank you so much.

The board will take all input under advisement and come back to the public with a final statement in early to mid-March. Stay tuned!

Alberta advantage continues despite deficit



by Dave Hancock
MLA Edmonton Whitemud

The start of 2011 brings with it the opportunity to not only reflect on the past year but to plan for the year ahead. During this legislative session, we will be tabling a budget which will give us the financial roadmap for 2011-2012.

The budget will include not only estimates of government revenues and expenditures for the year, but also the business plans that guide each

government department throughout the fiscal year.

Alberta is fiscally well positioned to come out of the economic downturn — better than the rest of Canada. As expected, we will have continuing deficit, but Albertans can be certain that we will not go back into debt, and as Premier Stelmach has expressed, there are no plans to raise taxes.

Albertans will continue to enjoy a substantial tax advantage compared to other provinces. We have the lowest personal taxes and general corporate tax rate, as well as the second lowest small business tax rate among provinces.

Alberta businesses do not pay capital taxes or payroll taxes as they would in other provinces. If Albertans and Alberta businesses were in any other province, they would pay between \$3,000 and \$5,000 more per person — a total tax savings of between \$10 and \$18 billion.

While the economic downturn has started to turn back up again, revenues still naturally lag behind. We must continue to provide sustainable and stable investment in services and infrastructure without leaving a debt legacy for our children. We are in no danger of doing that, thanks to the Sustainability Fund. This short-term savings fund is different from the Heritage Fund, which is the province’s long-term legacy, and which will not be drawn down in any circumstances.

The Sustainability Fund is forecast to be at \$11 billion at year-end. To counter the lagging revenues, the Sustainability Fund will continue to cushion government investment in services and infrastructure, including education, health and social services, which currently account for around 75 per cent (\$29 billion) of spending. Our \$2.5 billion dollar investment in health infrastructure, the Health Capital Plan, will add capacity, improve access to important services and incorporate the latest technology to improve patient care.

Budget 2011 will find balance between funding the programs and services that Albertans expect and want, and controlling spending to limit the deficit. While the government’s fiscal situation continues to improve, it may take longer than we thought to return to a balanced budget.

In an operational sense, the budget could be considered balanced. But at an opportune time when building costs are low, is it our priority to balance the books or to continue capital and infrastructure builds like schools, health and community facilities and roads that will serve us now and well into the future?

Your advice and direction is important, and I encourage you to provide me with your unique perspective. I can be reached by e-mail at edmonton.whitemud@assembly.ab.ca, and our constituency office’s phone number is 780-413-5970.

I look forward to hearing from you and perhaps seeing you at a constituency association meeting very soon!

Music Lessons for All Ages

PRIVATE LESSONS

Piano
Voice
Guitar
Bass
Violin
Drums
Theory
RCM Exams

GROUP CLASSES

Junior Vocal (6-7 yr)
Thursday 5:15-5:45
Group Guitar (8-11)

edmonton
ACADEMY OF MUSIC

Why Choose Us?

1. Experienced & Qualified Teachers
2. Choose from Pop, Jazz, Classical, Musical Theatre, Country or Rock styles
3. Fun, Optional Concerts for students
4. Ability to schedule private lessons for 2 or more family members at the same time.

Create Inspire!

REGISTER FOR CLASSES TODAY

Call: 780-463-4815

NEW PROGRAMS

Music For Young Children (ages 2-9)
Music Pups (baby- 4 yr)
Sunrise (3yr music)

New Location
11827-40 ave. (Aspen corner)

WWW.EDMONTONACADEMYOFMUSIC.COM

Interested in trying your hand at writing?

We’re considering a number of different articles such as:

- Book reviews
- New technologies
- Handyman information
- Yard and garden
- Home schooling
- Neighbour interviews
- Neighbourhood updates
- More!

Contact editor@terwillegar.org if you’d like to contribute.



Church hosts a delightful holiday kick-off

by Claire Schneider
South Terwillegar resident

Santa visited Terwillegar early last year! On Nov. 27, over 100 residents of the Terwillegar community gathered at Tomlinson Common Park for an afternoon of Christmas fun.

The wonderful staff and volunteers of the Terwillegar Community Church (TCC) hosted the annual Winter Delight, and once again fun was had by all! Sipping on hot chocolate and snacking on Christmas baking by the bonfire was a great way to warm up and get acquainted with friends. Horse-drawn sleigh rides around the park and a bouncy castle for the kids were both a huge



success. The Winter Delight truly was a “delightful” way to kick off the holiday season.

TCC prides itself on being an active participant in the community and hosts a variety of family-oriented events for residents which provide great venues to connect with neighbours. Although TCC’s events are offered at no charge, food bank donations are always welcome.

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.

Left: Residents of all ages came to enjoy Winter Delight — an event held by Terwillegar Community Church.

Winter brings growth of a different nature

by Don Koots
Congregational Minister, Riverbend United Church

Winter: the snow falls gently at times, fiercely at other times. The snow accumulates, giving us a reserve of water for later in springtime. The seasons change and so ought we to!

This winter reminds me of so many winters past — accumulating snow, enough cold weather, but also some warmer days when the snow doesn’t squeak like fingernails down a chalkboard. For those new to winter, it seems all the trees are dead and there will be such a need to replant when spring arrives. For those of us used to the harshness of winter, we know that some of the trees may not survive, but most of them will — in fact almost all of them will!

Winter is a season when we can plan for the burst of new life that will come with spring. Winter can be a time for us to slow down enough

to reflect on the harsh realities that may surround us, while putting in perspective that spring is nearer every day.

The seasons change in wonderful ways — each with its own kind of beauty, each with its own rhythm that can lead to future growth. Winter in our city is a time for some to hunker down and keep warm inside, for others, a time to escape to warmer climates, and for others still, a time to bundle up and go outdoors to ski or skate, or to make snow angels or snow palaces. Winter can be so amazing when we embrace the opportunities set before us. And for those for whom the cold is too cold and too harsh? Well, we’re all one day closer to spring!

Winter: a time to hunker down, a time to play, or a time to reflect on a year just past — or even a time to prepare for the future with some intention and purpose. When we bring our best selves, it can be not only a time of great change, but also a time for amazing growth.



**HOLY TRINITY
RIVERBEND**
Your Neighbourhood Church

Weekly Sunday Service 10:00 a.m. and Cantonese Service 11:30 a.m.
Sunday School and nursery provided.

Messy Wednesdays
4:30 - 6:30 p.m. weekly
Join us to prepare and enjoy a delicious and casual supper with crafts and activities for adults and kids alike!

New Playgroup in Terwillegar
9:00 - 11:00 a.m. Thursdays
A drop-in playgroup for ages 0-5 and their caregivers - just \$2 per child. Crafts and activities for little ones and coffee for the rest!

Need space for your group?
Holy Trinity Riverbend is available to host community meetings and programs. Give us a call or contact us on the web if your local group needs a place to meet.

www.htrchurch.ca
780-431-1817 Located in Terwillegar Towne at 1428 - 156th Street



Worshipping in the Anglican Tradition

It pays to lose weight!

**THE CASH
GO BACK**

\$11 per pound!†
Results guaranteed.

“Thanks to Herbal Magic, I feel like I have my life back!
I’m happy, confident and have a new zest for life!”



Frances
**lost 39
pounds**

A common sense system for weight loss that lasts.

REAL FOOD | PERSONAL COACHING | NATURAL HEALTH PRODUCTS

420 Riverbend Square
Edmonton Alberta T6R 2X2
T: 780.438.2422
F: 780.438.2433

Herbal Magic
WEIGHT LOSS & NUTRITION CENTRES
herbalmagic.ca

†As our clients vary, so do their results. †See in store for details, certain conditions apply. Offer valid on weight loss personal coaching services for new contracts for a 1 year program. Not valid with any other coupons, specials or promotions. Must first meet eligibility criteria to be accepted into a program. Costs of products and meal food plans are additional and at regular prices. Offer available until January 31, 2011. Herbal Magic © 2011/2011. All rights reserved.

Pastor finds hope to be a common theme



by Ken MacDonald
Terwillegar Community Church pastor

Have you watched any good movies lately? Have you read any good books over Christmas break? The bottom line of a movie or a book that connects with us is what we call the “storyline.” The author of the book or producer of the movie has a way of capturing our attention so that we keep riveted to what we are seeing or reading. Oh yes, there has to be some tension in the storyline — that’s what keeps us on edge! We want to keep reading until we find out what happens. How is this tension ever going to resolve itself?

This summer, I read a book that somehow didn’t engage me for the first few chapters until I began to understand what the writer was

trying to communicate. The further along I read, the more I began to appreciate the “message” of the book. Finally, the storyline captured my mind and my heart. When that happened, I was thoroughly engaged, reading late into the night.

I write these words as the New Year is just arriving! There are over 6 billion storylines that will continue to be written in these coming months. Everyone has a storyline, and our challenge will be to write it with as much flavour and interest as we can possibly muster in 2011. In this New Year, we want to keep the storyline fresh and vibrant, unwilling to settle for the mediocre and that which is not our best story.

I am always reminded of one of the main characters of the Old Testament, a man by the name of Abraham. God challenged Abraham to go on a great adventure, leaving his homeland and striking out to make his mark on his world. The Bible says that “by faith Abraham obeyed and went, even though he did not know where he

was going.” He had no map, no AMA brochure, no line-up of motel reservations along the way. His caravan simply headed west toward the Mediterranean, and Abraham was content to see the storyline develop in his own life.

I’ve come to see that *hope* is the driving force of most storylines. I need hope for my life! I need hope to face the future. I need hope to share with others as they write the story of their lives. Without hope, we lose heart and become discouraged. It is God who gives us *hope* for the future. He whispers through the various chapters of life that He loves us and has the best for us. Knowing that God loves me and is interested in every detail of my life not only gives me hope but motivates me to add a little flavour to someone else’s life, so that they, too, have an added dose of hope.

Enjoy the 2011 storyline of your life! Flavour it with hope and excitement for the days that you have been given.

BE A SNOW ANGEL



Keeping sidewalks clear for all pedestrians is a challenge, even at the best of times! Seniors in particular need extra help in the winter, keeping their sidewalks shoveled, ice-free and safe.

Anyone can be a Snow Angel!

All you need to do is shovel snow for a person in need in your neighbourhood. By doing so, you will help create a safer community for everyone to enjoy. You will also help people in need meet their responsibility to remove ice and snow from their sidewalks within 48 hours of a snowfall under the Community Standards Bylaw.

Helped by a Snow Angel?

Want to say thanks and help them get their wings? If you have had snow shoveled by a good neighbour, nominate them for mayor’s recognition and a chance to win great prizes.

For more information, call 311 or visit www.edmonton.ca/snowangels



It’s that time again . . .

Riverbend Playschool is preparing for its 2011/2012 class registration.

Key dates are as follows:

- Alumni Registration: Feb. 22, 7:30-8:30 p.m.
- Open House: Mar. 14, 6-7:30 p.m.
- General Public Registration: Mar. 19, 8 a.m.-10 a.m.

Please visit our website for further information.

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

Terwillegar Community Church

Worship Service
10 a.m.

Followed by
Hot Brunch



www.tcchurch.ca

Meeting at
Taylor Campus
11525-23 Ave.
780-430-8389

Plans are underway in 2011 for the construction of TCC’s new church building on Towne Centre Blvd. in Terwillegar Towne (across from the Mac’s Store).

Investors to ask three essential questions



by John Su
CEO of Imperial Investment Realty

Our financial world is plagued with unqualified "salesmen" who should not be helping others invest their money. Just because they are licensed to sell investments, that doesn't mean that they are qualified. That's like saying anyone with a driver's license is an expert in driving. So I'm going to shed the light on how to get the right information from

the sales agent.

Three must-know questions are:

- 1. What's my Security?** Security is basically the "back up" if something were to go wrong with the investment. Investors feel burnt when an investment goes bad and they have little to no recourse. That's the reason "hard assets" make sense like real estate vs paper-based investments like stocks.
- 2. What are the specific risks inherent to this investment?** Most guys

will give you the side shift sales line of "There's risk in all investments!" and then go and make you feel foolish that you even ask such a silly question. Any one who knows their stuff, knows of specific risks that come with that type of investment. So for example, in rental properties, the specific risks are:

- The renter
- Vacancies
- Damage to property etc.

By the salesperson being able to identify the specific risk, it shows some knowledge of the investment.

3. How do you/The investment/The company mitigate those risks for me? This question will help you identify if the person knows, or has at least thought about, what the plan of action might be if something were to go wrong. This question will stump most of the salesmen out there. This demonstrates knowledge of dealing with things when something goes wrong. When understanding investments in the terms of security, risk and risk mitigation, an investor becomes educated about the investment; he doesn't just sell an investment.

How many of you have had a bad investment and looking back thought:

- The salesmen never mentioned that.
- He didn't really answer my question.
- If I knew that was a potential danger I never would have invested.

Use of knowledge is power. It's the salesman's duty to answer all questions and give you the right answers. Second check his answers with another professional. Remember: the best offense is the best defense.

Happy investing!

llemieux@shaw.ca **780.909.0824**

Lara Lemieux
ACCOUNTING SERVICES

CGA specializing in:
Bookkeeping · GST returns · Monthly accounting
Payroll · Personal & Corporate tax returns

Little Aspen Playschool
OPEN HOUSE
February 2, 2011 (7-9 p.m.)
Aspen Gardens Community League Building
12015-39A Avenue

Come and meet the teachers, see our wonderful playschool, and have your questions answered.
Online Registration February 14-18.
Watch for details on our website at www.littleaspenplayschool.com

For information, contact: lapsregistrar@live.ca

- Three hour programs for 3 and 4 year olds
- Excellent teachers
- No classroom duty days

KNOCKOUT Marketing Materials From The UPS Store

Postcards and Flyers are a highly effective way to market your capabilities and increase awareness of your products and services!

We can design, print, and even distribute your postcards, flyers, and brochures thru Canada Post.

Print your Postcards and flyers at The UPS Store and get **10% Off** the listed price

Create your own or use our professional graphic designers

Your one-stop shop for:

- Digital Print & Copying
- Offset Printing
- Mailbox Rentals
- Packaging & Moving Supplies
- Courier & Shipping Services
- And so much more!

We are more than just shipping!

The UPS Store
In Terwillegar

14032 23rd Avenue Edmonton AB T6R 3L6
Phone: 780.434.7676 Fax: 780.434.7606
Email: store372@theupsstore.ca

250 FREE
4" X 6" POSTCARDS

Buy 250 Postcards at regular price and receive 250 free with your paid order at The UPS Store.

500 FREE
BUSINESS CARDS

Buy 500 business cards at regular price and receive 500 free with your paid order at The UPS Store.

\$10.00 OFF
LARGE FORMAT PRINT

24" X 36" Glossy Poster
Regular price - \$28.95
24" x 36" Canvas Print
Regular price - \$89

\$25.00 OFF
LARGE BANNER STAND

64" X 24" Banner Stand
Regular price - \$179
72" x 24" Slider Stand
Regular price - \$239

Composting is as easy as one, two, three



by Steve Johnson
Terwillegar Resident

As I ran another load of vegetable scraps to my backyard composter, I recalled the low number of compost bins I've seen in people's yards on my walks around the neighbourhood. Composting is another simple way to save the planet, and it is easily done.

So let's start with a few good reasons to compost.

On the Green Path

1. You reduce the amount of waste the city handles.
2. The end product has great value in your yard by improving plant growth and health with slow-release nutrients and microbial activity.

3. Applying compost can reduce erosion and urban surface water run-off contamination.
4. Applying compost improves water retention, so less watering is required in your yard.
5. To educate your children (or for children to educate parents) about "completing the loop."
6. To feel good about doing something to helping the environment.

To me, the main reason to compost is to complete the loop. Our current food system is set up to add chemical fertilizers to replace the nutrients depleted from the soil, a portion of the produce we consume ends up as biosolids which may be landfilled or surface applied, and the produce we don't consume typically ends up in a landfill. By composting and placing the compost back on the land, we complete the nutrient-cycle loop so the nutrients will be available for use again. Alberta Environment has a presentation called Leaf and Yard Waste Update at www.albertacare.org/resource-center/presentations.html that outlines the province's intent for organics.

The other main reason, to me, is that my personal experience with compost shows it is a value to my yard and garden. I purchased compost admixed soil when I developed my yard and had a very lush, green, and weed-free lawn for several years. The compost has a roughly three-year lifespan, so it should be applied to a lawn every two to three years. My garden was called "radioactive" by many of my friends, as they were shocked by the growth of my vegetables. So now I routinely add compost to my yard and garden.



There are three main steps to get started. They are:

1. Learning how to compost
2. Getting set up to compost
3. Getting going

Learning how to compost

There is a lot of information on how to compost. The City of Edmonton has promoted backyard composting in part of its waste diversion strategy, and with it, the city has developed a website about backyard composting, has a two hour training program, has a composting display at the John Janzen Nature Centre, and has even developed an education program called the Master Composter Program. There are also many online resources available on how to compost, including online videos. So learning how to compost is easy.

Getting set up to compost

There are many types of compost bins available that can be found at your local hardware or gardening centre, or, if you are handy, you can make your own bin. If you are just getting started, just get one bin that is at least one square metre in volume — you can add bins as needed by your waste generation and by the amount of compost you need in your yard. My preference is for a bin that you can easily open and close to aerate the compost. There are also bins you can spin to aerate the compost. Put the bin in a sunny, well-drained area and in a place you will remember to use it.

Getting going

To me, getting going is the hardest part of composting, as there is a compost recipe to follow of "greens" and "browns." Most of us have the "greens," being nitrogen rich foods that typically come from cooking. For the "browns," which is the carbon, a source is harder to find. The typical source is from dried leaves, which most people do not save in the fall. The other "browns" sources can also be obtained in the spring by keeping the dead grass from the lawn or by raiding the local coffee shop for its used coffee grinds. When you have enough "browns," the compost process is fairly simple. Add your "greens" kitchen waste in a layer a few centimeters-thick, and cover with a few centimeters of "browns. Add moisture weekly, occasionally add some topsoil to provide microbes and aerate the pile by turning it every few weeks.

University garden helps women in Rwanda

by Leigh Ann Topfer

At this time of year, many of us can't wait for spring and the chance to get out in the garden again. The volunteer gardeners at the Green & Gold Community garden are already making plans for our third gardening season. The garden is located on the University of Alberta South Campus, and is an initiative of the University's School of Public Health and Faculty of Agricultural, Life and Environmental Sciences. Volunteers operate the garden, and all of their time, the seeds, plants and equipment used are donated.

The vegetables, herbs and flowers are "spray-free" (no pesticides or artificial fertilizers are used). Anyone is welcome to "purchase" their vegetables at the garden and every penny of the money raised — that's 100 per cent — goes to the Tubahumurize Association, a non-profit organization in Rwanda that provides socially and economically marginalized women with vocational training, counselling, life-skills coaching, health care education and opportunities for sustainable income-generating activities. Most individuals who benefit from Tubahumurize are genocide survivors and

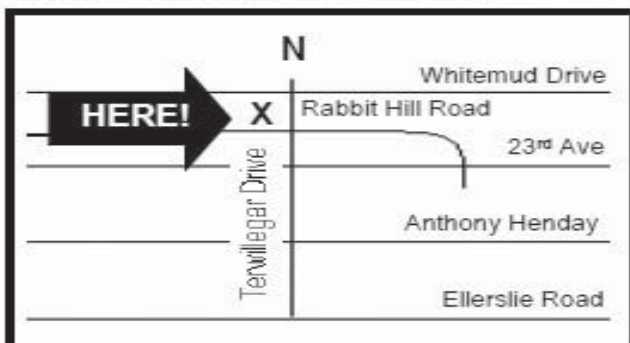
many are widows or orphans, HIV infected, and survivors of physical and sexual violence. Last year the garden raised over \$22,000 for the Tubahumurize project.

We are now gearing up for the 2011 gardening season, and are looking for volunteers — both novice and experienced gardeners. Or, if you aren't interested in gardening but would like to help in other ways (distributing produce, promoting the garden, donating seeds or garden tools) please contact us at green&gold@sph.ualberta.ca. For more information, please check our website at http://bit.ly/greenandgold_garden.

Riverbend Registry Services

Authorized Registry Agent

FOR ALL YOUR ALBERTA REGISTRY NEEDS!



2nd Floor, 201 – 596 Riverbend Square NW
Terwillegar Drive & Rabbit Hill Road
T: 780. 437. 7355 F: 780. 436. 4147

- Driver Licence
- Vehicle Registration & Renewal
- Knowledge Test (All Classes)
- Road Tests (No Wait List)
- Business Registrations & Incorporation
- Government ID Cards
- Legal Name Changes

- Auto Lien Searches
- Marriage, Birth & Death Certificates
- Land Title Searches
- Business & Personal Debtor Searches
- Boat Operator Licence
- Out of Province Lien Searches
- Notary Public/Commissioner for Oaths

Need more information? Visit our website at www.riverbendregistry.ca
Or email us at info@riverbendregistry.ca

NEW EXTENDED HOURS!

MONDAY – WEDNESDAY
THURSDAY – FRIDAY
SATURDAY

9AM – 8PM
9AM – 6PM
9AM – 4PM



Ten tips to make sure gifts arrive ship shape

Jeff Parker

Independent UPS Store Franchisee and Operations Manager for Edmonton

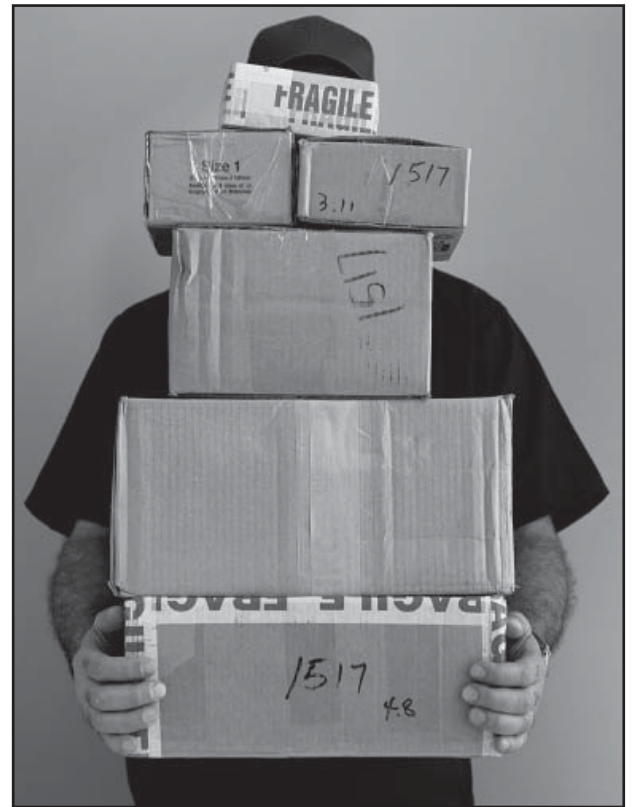
Christmas has come and gone, and many of us have shipped gifts to those we weren't able to see throughout the season. Now is the time to ask, "Did your gift make it to its destination in one piece? Did it make it there on time?"

Perhaps the only thing worse than receiving a gift broken in transit, is not receiving one at all because it was unable to be delivered. To ensure your gifts and packages get where they are going in one piece and on time for future Christmases or for any occasion in-between, here are 10 tips for everyday shipping:

1. Always use a new, corrugated box for shipping, because used ones weaken and break apart during shipping.
2. Don't wrap boxes with string, gift or brown paper, because the package could get damaged going through the conveyor belts in sorting stations.
3. Although people commonly wrap newspaper around items within a box, it doesn't actually bounce back upon impact to protect the goods. Bubble cushioning and packing peanuts are the best materials and can

be purchased at places like The UPS Store or Canada Post.

4. If shipping electronics, always remember to remove the batteries and package them separately.
5. For proper protection, cushion all sides of the package with a minimum of two inches of cushioning material such as packing peanuts.
6. Secure each seam of your box with two inches of packing tape on both the top and bottom sides, and avoid using masking, duct or electrical tape, which isn't strong enough.
7. Fragile items should be sent via air service to minimize time in transit and to reduce the possibility of damage.
8. Electronic equipment should be double boxed. Keep it in its original packaging, but add cushioning materials, such as packing peanuts, and then place inside another larger box. The original packaging isn't enough protection because these boxes are meant to be shipped in larger quantities on stretch wrapped pallets — not sent through conveyor systems.
9. Customs forms need strict attention. Be prepared — serial numbers need to be recorded on all electronic equipment.
10. Always ensure someone is available to accept your parcel. Many goodwill gestures, planned moves and rush shipping items have been thwarted by vacation schedules and closed offices.



For more information, please contact your local shipping service.

Dr. Darcy Allen Dietz,
BSc, DMD, MSc, FRCDC(C)
Certified Specialist in Orthodontics

Complimentary
Consultation

TOWNE
SQUARE
Orthodontics

Terwillegar Heights Towne Square
2335 rabbit Hill Road 434-7144

**No Referral
Required**

This Valentine's Day, try love at first bite!

by Claire Schneider
South Terwillegar Resident

Valentine's Day is fast approaching, and whether you are a cupid at heart or one who prefers the arrow through the heart, why pass up the indulgences that we have come to associate with the occasion?

They say that food is the way to the heart. This Feb. 14, try tantalizing your taste buds and whip up something new — you could easily fall in love with your own creation!

A seafood feast in the comfort of your own home sounds pretty romantic doesn't it? Think steamed mussels with a seafood bisque to start, crab legs and lobster with melted garlic butter as the main, asparagus with rice pilaf on the side ... all accompanied by a delightful bottle of



wine followed by red velvet cupcakes for dessert. Candles and rose petals scattered on the white linen tablecloth really set the mood.

Let's talk dessert. Red Velvet Cake in its true

form is a Devil's Food Cake that has red food coloring added to it. One tablespoon of cocoa added to the batter is all you need to provide that subtle hint of chocolate. Buttermilk is to credit for this cake's moist and tender taste. As an alternative to store-bought buttermilk or buttermilk powder, you can make your own by adding one tablespoon of white distilled vinegar or lemon juice to one cup of milk. Pipe billowy swirls on top with a cream cheese frosting, and for a final touch, sprinkle some stray cake crumbs on top. Ahhh... love at first bite! Cook it up for friends, family, your partner or treat yourself! Kids will love the red cake and, others will fall equally in love with this deliciously impressive festive dessert.

Recipe details: www.joyofbaking.com

Great budget wines available post-Christmas

by William Bincoletto
Principal Sommelier of Vines Wine Merchants

Christmas has come and gone; the old man of 2010 has disappeared, leaving in his wake the promise of 2011. The resolutions are about to be implemented with one on the very top of the list: paying off the bills, with a second very close behind: budget control.

Like yourselves, this is the time of year where I promise myself that, if wine is to be bought, it must satisfy my first and only stipulation: it must be CHEAP! My "wine bank" is sounding rather empty, and I find myself looking and searching for the wines that do fit this category.

And to help you in your choice, here are two marketing strategies which are actually being employed to attract continuing business.

Watch out for, what I call "boxing days liquor." This is where liquor stores display the excess product they have purchased during the Christmas season. This style of blowout sale can range from the cheapest to the most expensive. Be careful how you choose and from which store you buy!

Another is where they have displayed their best bargains under \$12 in one section of the store — a great help for the particular customer in search of inexpensive products. So look around. The best wine shops prefer to let the customer browse throughout the entire store. This permits the customer to fully appreciate the entire store but certainly puts the emphasis on the staff and their product knowledge.

Well, the simplest way to shop though, in my opinion, is to immediately indicate your wishes: "I am looking for something of good quality under _____." Proper customer service and product knowledge are the key ingredients to your satisfaction.

So here you'll find listed three choices that I have found to be both delicious and best buys.

| | |
|--|---|
| | <p>2009 Beso de Vino Seleccion — Carinena, Spain (85 per cent Syrah and 15 per cent Garnacha, aged for three months in French oak).</p> <p>A stunning wine for its price! This 90 point wine from Robert Parker has all the qualities of what I want in a "best buy" wine. As Jay Miller writes, "Black cherry and blueberry aromas lead to a dense, plush, savory wine, which finishes with no hard edges. It is shockingly good for the money."</p> <p>It remains one of my all-favourite all-purpose wines.</p> |
| | <p>2008 Morse Code Shiraz — Padthaway, Australia</p> <p>Australia is often recognized as providing very good value wines. And this one certainly</p> |
| | <p>2005 Beronia Reserva — Rioja, Spain</p> <p>Spain is often stunning the world by creating some sensational wines at great prices. Here is one that mesmerized us, at Vines, by its</p> |

needs to be picked up by the case. One of Australia's best value reds, it has great softness, roundness and a slight spicy edge. "Yummy" was the word often used to describe this wine.

quality and price. Not only rated 91 points by Wine Spectator magazine, but also chosen as part of their top 100 wines of the year, this wine offers luscious flavours of sour cherries, licorice with racy tannins and a very elegant textures and finish.

VISIONARYTM COLLEGE

Music Education for All Ages

REGISTER NOW

for private and group music lessons

Available for most instruments and voice from the area's finest teachers.

South West Edmonton - 10819 23 Ave.

ph: 780 460-4430

visionarycollege.ab.ca



The only braces made for girls night out

Hollywood Style Braces



Smile with Confidence

You are about to discover a completely different way to wear braces. Incognito™ Orthodontic Braces are the only invisible braces that are 100% customized to the shape of your teeth and to your individual orthodontic situation. Created using state-of-the-art technology, Incognito Braces are placed behind your teeth. *No one will ever know you are wearing braces – unless you tell them!*

Ask about Incognito Orthodontic Braces today

COMPLIMENTARY
CONSULTATION

FACE ENHANCING
ORTHODONTICS



780 • 438 • 3223

www.faceenhancingorthodontics.com

NO REFERRAL
REQUIRED
FLEXIBLE
PAYMENT OPTIONS

LOCATED IN SOUTH EDMONTON • 202, 856 - 119 Street

Give your child the gift of a BEAUTIFUL, HEALTHY SMILE



Underbite age 4



Corrected 3 months later



Receded Lower Jaw



Corrected Lower Jaw

YOUR CHILDREN DESERVE....

Broad
Beautiful Smiles

Healthy
Jaw Joints

To Breathe
Freely

End to
Ear Pain

Facilitated
Speech Development

DID YOU KNOW????

It is recommended that every child should see an orthodontic specialist NO LATER than the age of 7. Many orthodontic problems are easier to correct if detected early rather than waiting until jaw growth has slowed. Early treatment may mean a patient will avoid surgery or other more serious corrections later in life.

Library welcomes antique specialist and more

Need something to keep you occupied until spring? The Riverbend Library has a number of programs coming up for both adults and children.

Adult Programs

Travel Journaling: postcards from abroad — Join us at the Riverbend Library to learn about where to travel now and how to record your memories.

Whether your ideal vacation includes beaches and blue water, museums and cafes, or rainforests and safaris, Amanda Amyotte of Vivid Travel can show you how to get there.

Come listen to this informal talk about the latest trends in travel, the hottest destinations, the best guidebooks, and innovative online tools to share your travel memories with friends and family. This program is at 7 p.m. on Tuesday, Jan. 25.

The Riverbend Library is happy to introduce a new book club! — If you love reading, this program is for you! Join other book lovers to share your impressions, thoughts and interpretations of specific titles.

The first session will be spent choosing titles using various resources. If you interested in helping us get this program off the ground, join us for the first session at 7 p.m. on Thursday, Jan. 27. The second session will be on Thursday, Feb. 24.

Introduction to Genealogy: Where to Start? — Family history research is often daunting to beginners. Where to start? This presentation is an introduction to basic genealogy resources.

Learn how to navigate the Edmonton Public Library's catalogue, discover print sources,

take a virtual tour of the library's electronic genealogical tools, and find out about other services the public library offers the genealogist. We'll also access the Canadian Genealogical Centre and tap into leading databases and their wealth of genealogical information.

Come and enjoy a fun evening at the Riverbend Library on Tuesday, Feb. 15 as we introduce this remarkable pastime that is captivating individuals all over the world.



Antiques Show — The Riverbend Library is pleased to present Arthur Clausen from Arthur Clausen & Sons Auctioneers for an "antiques roadshow" at the Riverbend branch.

Arthur Clausen has been an auction specialist for over 35 years and is extremely knowledgeable in the field of antiques.

Arthur will examine and appraise small antiques (no furniture or large objects). Only one item from each person will be handled and time restrictions may limit the number of items that can be discussed. Join us at 2 p.m. on Saturday, Mar. 19.

Kids Programs

Come for a Silly Saturday at the library! — Looking for something to do on a Saturday afternoon? Come to Silly Saturdays! Each Saturday will feature a different activity; we'll have crafts, stories, or games. Information about each program will be available at the branch. Upcoming Silly Saturday programs will be at 2 p.m. on Feb. 12 and Mar. 12.

Family Day Fun at the library! — Spend Family Day at the library! All branches are open on Family Day and will have special activities the whole family can enjoy. Join us at the Riverbend branch at 2 p.m. on Family Day (Monday, Feb. 21) for a family art program. Learn about famous artists and leave with a re-creation of a famous piece of art!

Daddy and Baby Time at the Riverbend Library — Enjoy a special bonding time for babies and their male caregivers. Learn songs and rhymes that help support your baby's development in this relaxed environment. Born out of the idea that dads rarely seem to have the opportunity to attend our morning storytimes with their babies, this session is intended to be specifically for babies and their male caregivers.

Jason Openo, manager of Whitemud Crossing Branch and a new dad, will share the new rhymes and songs and early literacy skills he is learning with his son here at the Riverbend Library. This session will run weekly on Tuesdays at 6:30 p.m. starting Feb. 22. Registration starts Jan. 18, online or in the branch.

Visit the Riverbend Library or www.epl.ca for more information on any of these or other programs.

Metro brings you fun and educational classes

by Maya Filipovic, Marketing and Communications Coordinator
Metro Continuing Education, Edmonton Public Schools

Whether it's in a grocery store entrance, on a friend's coffee table or in your own mailbox, you have probably come across Metro Continuing Education's Adult Class Calendar. It's the one many of us browse through in front of the TV or over a cup of tea. But did you know that many of these classes are just around the corner? So close, that it makes getting off the couch and into a classroom easier than ever!

"We offer thousands of adult continuing education classes at locations around Edmonton and online each year," says Deanna Fitzmaurice, assistant principal for Adult Continuing Education. "Our new courses are developed to address the latest trends and information." There are many available in your area.

Have you ever wanted to paint gorgeous seascapes? Do you want to increase your knowledge of the stock market? How about making your own sushi?

In the southwest quadrant of the city, you'll find many classes are held at Harry Ainlay School (4350-111 St.). "Harry Ainlay is in south Edmonton, but it's quite centrally located and convenient for many people to get to," says Fitzmaurice.

Here is a select list of classes coming up in the next couple of months:

February

- 30-Minute Meals, Feb. 17, 6:30 - 9:30 p.m.
- Stock Trading, Feb. 23, 6:30 - 9:30 p.m.
- Acrylic Seascapes, Feb. 26, 9:30 a.m. - 3:30 p.m.

March

- The Basics of Investing, Mar. 2, 6:30 - 9:30 p.m.
- ASL in 6 Hours, Mar. 12, 9:00 a.m. - 3:30 p.m.
- Traditional Sushi, Mar. 21, 6:30 - 9:30 p.m.

Other classes in the southwest are available at sites like Meadowlark School (9150-160 St.), Queen Alexandra School (7730-106 St.), Vines (2331 Rabbit Hill Rd.), and the Medical Examiner's Office (7007-116 St.).

Registration for all classes is available online at

www.metrocontinuingeducation.ca, by phone at 780-428-1111 or toll-free 1-877-202-2003, or in person at 8205-90 Ave. in Edmonton.

Metro Continuing Education is part of Edmonton Public Schools. Throughout its 128 year history, Edmonton Public Schools has taken great pride in offering dynamic learning opportunities to people of all backgrounds and abilities.

Metro Continuing Education has played a vital role in strengthening this commitment to help individuals invest in their own personal and professional development.

Open House & Registration:

Thursday, Mar. 17 - 7 p.m. (First Come - First Served)

A preschool committed to quality education and fun in learning through play.

Visit our website for program details. You'll be glad you did!
www.littleblessingspreschool.net
There are NO duty days required!

Tuition Fees per month:
Tues/Thursday session-\$95
Mon/Wed/Friday session-\$135

Little Blessings Christian Preschool

5104 Ellerslie Rd SW Edmonton, Alberta T6X 1A4 P:780-988-5446 E:littleblessings@shaw.ca

Ace your way to your New Year's resolution



by Kamran Akbarzadeh, PhD, CDC
 Founder of Dream Achievers Academy

Have you ever had New Year's resolutions? If yes, how often have you been able to keep them? And how many times have you

actually achieved your set goals?

Every year, at the end of the year, we are excited about the New Year. We make lots of promises and resolutions. Our popular resolutions include spending more quality time with loved ones, finding our soul mates, getting a better job, starting our own business, improving health, losing weight, improving finance, helping others, quitting smoking, reducing drinking, learning something new and making an adventurous trip — just to name a few.

Although we make great resolutions, unfortunately we are not very good in keeping them. Statistics show that 52 per cent of people are confident of success with their goals at the beginning of every year, but only 12 per cent actually achieve their goals. This is a low percentage. Why?

The first reason is that the resolutions are in our heads and not in our hearts. We just make resolutions for the sake of making them. We don't take them to our hearts. Therefore, our resolutions are not consciously made.

The second reason is that we procrastinate. We delay our goals because we think that we still have many days left until the end of the year. We do not commit to change our mindset and get out of our comfort zone. We have no courage to embrace the change and take necessary actions.

The third reason is that we have no fun with our goals. We do not enjoy the process. We do not come up with creative ways of fulfilling our goals. And therefore, we forget about them after a while.

If you have not been much successful in keeping your resolutions, I have a solution for you. It is called the A.C.E. formula. Do you want to be an Ace by the end of the year? If yes, follow this formula and the success shall be on your side.

The A in the ACE formula stands for Awareness. You need to be conscious about your decisions. You need to be aware why, for instance, you want to lose weight. Saying, "because I am fat" is not enough. You need to link your mind to your heart. You can do this by asking two questions from yourself: the pain question and the pleasure question. With the pain question, you ask yourself: "What would be the pain if I do not achieve this goal?" With the pleasure question, you ask yourself: "What would be the pleasure if I fulfill this goal?" Write down your answers for each goal so that you can relate yourself to your goals emotionally.

The C in the ACE formula stands for Commitment. Once you become aware of your goals and link your mind to your heart, you need to commit to your resolutions. Commit to action. Commit to keeping your promise to yourself. Commit to embrace change and challenge yourself to get out of your comfort zone in order to get where you want to be. Commit to go the extra mile.

The E in the ACE formula stands for Enjoyment. You need to enjoy the process and have fun. This is the only way by which you can keep your resolutions and achieve your goals.

For this purpose, find creative ways that take you to your destination while you have fun. Find ways to link your goals to your passions. You may think of finding buddies who have the same purpose and enjoy the process together. You may think of writing a blog regarding your experience so that others can be inspired by your approach.

So, are you ready to apply the ACE formula and bring your New Year's resolutions to life through awareness, commitment and enjoyment?

Can't think of any motivating resolutions? Here are a few of the new and tried and true to consider:

- Cook something new each week
- Enroll in an exercise class
- Organize your digital photos
- Lose five pounds in the first few months
- Quit smoking
- Pay off one credit card
- Read one new book a month
- Plan one new trip
- Start a blog
- Volunteer once a month
- Run a marathon
- Watch one "classic" movie a month
- Learn to play an instrument
- Plant a tree
- Learn to dance/paint/etc.
- Make three new friends
- Compliment someone every day
- Work on one good habit a month
- Take the stairs
- Host regular game nights
- Finish the yard/basement/etc.
- Start a garden
- Have regular date nights with your spouse
- Get eight hours of sleep a night
- Try one new fruit or vegetable a month
- Donate per cent of each paycheck
- Think of something new you're thankful for every day

Have any other ideas of your own? Feel free to post them on the Terwillegar Community League Facebook page!



Now Open

El Chami Grocery

5641 RIVERBEND RD
 BEHIND RIVERBEND JUNIOR HIGH SCHOOL



OPEN FROM 9:00 AM TO 8:30 PM 7 DAYS A WEEK

- FRESH PRODUCE
- DELI / FRESH BREAD
- EUROPEAN & MEDITERRANEAN GROCERIES

CHECK OUR COMPATTIVE PRICES

 Find us on Facebook

Bring this coupon and get Emma 1 L
 Extra virgin Italian olive oil cold press




When you spend 50\$ before tax

Tel: 7807601777
 Expiration Date: 02/28/2011

School Made Simple

Reading | Writing | Spelling | Math | Study Skills | Homework Support




- ✓ Better Grades
- ✓ Confidence and Motivation
- ✓ Individualized Programs

- ✓ Passionate Teachers
- ✓ Regular Parent Reports
- ✓ Diagnostic Assessments

14932 - 45 Avenue
 780-433-0078

oxfordlearning.com



Local resources fight post-partum depression

by *Connie Peters*

During pregnancy, we all read about post-partum depression (PPD) and the potential symptoms and signs to watch for. If you're anything like me, you had a little checklist tucked away somewhere, hoping you wouldn't have to pull it out and count out just how many of those signs or symptoms you might be feeling on any given day.

The weeks following childbirth and first days of motherhood are overwhelming, surreal and positively life-altering — how could you not be feeling fear or sadness in some of those moments?

It's not that we don't all feel some of those emotions, or signs and symptoms at one point or another during the first months of parenthood, but it's the level and frequency at which we feel them that becomes important. Like your doctor or pregnancy books will tell you, when you feel the "baby blues" in the first few weeks but they don't seem to go away on their own, you have thoughts of hurting the baby or yourself or you lose interest in the baby altogether, it's time to see your doctor for treatment of post-partum depression.

Let's talk about how to keep the baby blues from turning into post-partum depression. I'm using the list of factors that can increase a woman's likelihood of experiencing PPD from www.womenshealth.gov to address ways to avoid post-partum depression:


1. Having a personal or family history of depression or other mental illness can be a factor that increases your risk of post-partum depression. The important thing here is to talk to your immediate family and your doctor about what you or they have experienced. Letting your doctor and partner know before birth that you may be at higher risk lets everyone in and allows for early intervention if necessary.
2. Anxiety or negative feelings about the pregnancy can also increase your risk. Address these issues with your partner or a therapist during the pregnancy, if possible, to find coping methods before baby arrives.
3. Marriage or money issues can create fear and anxiety when adding the baby into the mix. Talk to a therapist and communicate with your partner in great detail to avoid bottling up your feelings, which can increase the negative thoughts.
4. Support from your family and friends is one of the most important factors in ensuring that baby blues do not turn into post-partum depression. If you're like a many new moms, you don't necessarily live

close to your extended family, which makes having a large circle of support challenging but not impossible. Follow these steps to create your circle of support before, during and after pregnancy:

- Visit your local health unit as soon as your baby is born to join the post-natal program. The program introduces new mothers to plenty of information, as well as connects them with other new mothers. These women are all going through the same things at the same time and they will become your lifeline during the early months and throughout the first year.
- Find a post-partum doula that offers in-home support. These women are here to help you in any and all aspects of new motherhood — from cooking, cleaning, burping, cuddling, breastfeeding support ... anything you could possibly need. It's imperative to get your rest, and having a helping hand around the house can enable you to do just that.
- Get active. There are plenty of local fitness options that allow you to bring baby along with you. All of the City of Edmonton's recreation centres, the YMCA, several local dance and yoga studios, and fitness gyms all offer mom and baby classes for you to enjoy together.
- Get out of the house. Meet more moms out there by joining moms groups, going to mom events, connect online and more. There are many offerings in Edmonton including momstown.ca, mommyconnections.ca, modernmama.ca, and meetup.com.

January has been proclaimed Post-Partum Depression Awareness Month in Edmonton, and the founders have created a website to promote education and resources for local moms, as well as an information session. Visit www.ppda.ca today.

Connie Peters is a Riverbend mom of three girls and the founder of modernmama.ca.



*Defining Moments
Doula Services*

Birth is an amazing, life altering experience... a Defining Moment.

Helping you achieve your vision of an ideal birth.

780-430-4766

www.definingmomentsdoulaservices.com



**Open 8 'til late,
6 days straight**

**And with friendly staff
to serve you better.**

We're part of your community and it is our privilege to serve you better. Our friendly staff is here to help, serving your needs with a complete range of personal and small business banking services. What's more, we are open longer hours than any other bank in Canada. We are open earlier, and we stay open later in the evening. So why wait? Visit your nearest TD Canada Trust branch right away. And enjoy a more comfortable banking experience.

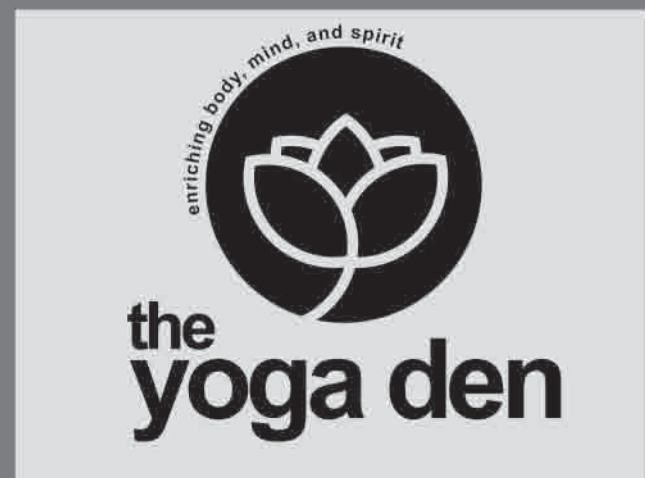
Visit us today.

WINDERMERE BRANCH
6250 Currents Drive, Edmonton
780-448-8111

| | |
|--------------------|-------------|
| Monday - Wednesday | 8 am - 6 pm |
| Thursday - Friday | 8 am - 8 pm |
| Saturday | 8 am - 4 pm |

 **Canada Trust**
Banking can be this comfortable

M01260 (0310)



Hatha, Sattva, Ashtanga,
Pre-Natal, Gentle Yoga,
Meditation, and Workshops.

Beginner Classes

Certified Yoga Association of
Alberta Instructors

364 Saddleback Road
(Blue Quill Shopping Centre)
www.yogadenedmonton.com
780 432-4449

Kick it in into gear with soccer registration



2010 TRSA players showing off their medals.

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 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. OR you may pay \$10 per player to skip the online registration, and complete a paper form at one of the in-person sessions instead.

You must also 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 2011 income tax receipt.

Don't be late!

Feb. 12 at 1:30 p.m. is the LAST opportunity to register on time with TRSA. Players registering after this time will be required to pay the late registration fee of \$30 and their place on a team

cannot be guaranteed.

In-person registration session dates and times:
Saturday, Feb. 5: 10 a.m. to 2 p.m.
Tuesday, Feb. 8: 6:30 to 8:30 p.m.
Saturday, Feb. 12: 10 a.m. to 2 p.m.

Location:

Riverbend Community League Building
258 Rhatigan Road East
Edmonton, Alberta T6R 2P7
(attached to Earl Buxton School)

| TRSA 2011 Outdoor Season | | | | |
|--------------------------|---------------|----------------------|-----------------|-------------|
| Age Group | Year of Birth | Game Times | Tentative Fees* | Co-ed? |
| U4 | 2007 | Saturday morning | \$40 | Yes |
| U5 | 2006 | Tuesday and Thursday | \$80 | Yes |
| U6 | 2005 | Monday and Wednesday | \$80 | Yes |
| U8 | 03/04 | Tuesday and Thursday | \$110 | Girls/Mixed |
| U10 | 01/02 | Monday and Wednesday | \$110 | Girls/Mixed |
| U12 | 99/00 | Tuesday and Thursday | \$130 | Girls/Mixed |
| U14 | 97/98 | Monday and Wednesday | \$130 | Girls/Mixed |
| U16 | 95/96 | TBD by SWEMSA | \$150 | Girls/Mixed |
| U18 | 93/94 | TBD by SWEMSA | \$150 | Girls/Mixed |

Fitness guru says commitments; not resolutions

by Jessica Zapata
Infinite Fitness & Infinite Fusion, www.infinitefit.ca

As we move into another year, many of us make resolutions about what we want to accomplish or achieve this upcoming year. Unfortunately, less than eight weeks later, we have often abandoned that resolution or have decided that we failed at it. There's always next year, right?

It's time to stop that type of thinking! Follow these five steps to ensure you resolve to make commitments this year.

1. Start with your bucket list. Write down all the things you want to do in your lifetime. Who cares how crazy or impossible they seem — you never know when opportunity will present itself.
2. From your bucket list, pick one or two things that you could work on

this year (it may not be the exact end result you want, but it will take you closer to your dreams).

3. Make those goals SMART. Ensure your goals are Specific, Measurable, Action-orientated, Realistic and Time Sensitive.
4. Look at your goals on a weekly basis, and write out action steps for the week that will help you to accomplish your main goal.
5. Don't give up! Remember, life is not an all or nothing scenario. If you don't accomplish a goal, that's ok. See how you can tweak or adapt some of your action steps to move closer to your goal.

Come back to your goals on a regular basis, and see if you have accomplished what you were hoping for or moved in a different direction. Remember, just as you grow and evolve, so will your goals.

LILLIAN OSBORNE
High School
presents
LO
where
LEGENDS
are born...

FEB 17 IB INFORMATION NIGHT
7:00 PM

FEB 24 OPEN HOUSE
7:00 - 9:00 PM

APR 14 ARTSFEST

PRINCIPAL JANET HANCOCK ASSISTANT PRINCIPAL GANE OLSEN ASSISTANT PRINCIPAL BRAD SMILANICH TRANSITION COORDINATOR GAIL HAYDEY

2019 LEGER ROAD NW, EDMONTON, ALBERTA, T6R 0R9
780.391.2450 LILLIANOSBORNE@EPSB.CA

EDMONTON PUBLIC SCHOOLS Lillian Osborne

TRANSFORMATIONS BODY
MGMT CLINIC

Real People . . . Real Solutions

Start the New Year off right.
Lose 6" Guaranteed in just one treatment!

Inch Loss
Massage
Cellulite Reduction
Acupuncture
Botox
Facials
Microdermabrasion
Photorejuvenation
Weight Loss Coaching

Call 780-436-0088

www.transformationshealth.ca

Located in the Magrath Business Centre
#332 14127 23rd ave
Above Shopper's Drug Mart

Letters to the editor

On winter walking:

I like to walk. I usually do so with my two small children. My two-year-old rides in our double chariot for most of the walk, while his five-year-old brother tags along behind until his feet get tired and he also needs a lift. I typically end up pushing around 70 pounds for at least half of our walk. It makes for a bit of an upper arm workout!

The neighbourhoods of Terwillegar are lovely to walk through. Nice houses to look at, some beautiful landscaping, great lakes to walk past while watching birds, ducks and even a few otters! As a family, we will head out after supper almost every nice evening from spring until fall for a nice long walk. We trek up to the top of Rabbit Hill in Magrath, a task that will be much easier once the promised paths go through the trees. In the fall, we walk along the powerlines that take us through Mactaggart and South Terwillegar.

This fall marked the beginning of a new walk for us — the walk to pick up our kindergartener from school, which takes us through parts of Magrath, the Citadel, Terwillegar Gardens and Terwillegar Towne. It's a long walk! In fact, the trek to pick up my son at 3 p.m., and get back home, takes an hour. We choose to do the walk instead of the five-minute drive most days. Once the snow arrived, we continued our almost daily walks as long as the temperature was no colder than -10. Now, in theory, this is a good idea: exercise, fresh air, environmentally sound, and alleviating some of the school traffic. In actuality, it is the furthest thing from fun that I can think of!

Aside from the obvious issues of the wind, the traffic that doesn't slow down, the cold and snow, there's the sidewalks to contend with. I haul out my shovel each time it snows, and with the "help" of two little boys, I clear my large driveway and my sidewalk, a task which many community residents do not take the time to do. The sidewalks in front, and along the side of many area houses are impassible unless you are a single adult with very tall boots on. Some houses have a single small shovel trail — some have none. Some corner lots are shoveled in front and not on the sides. Some walks have packed down ridges from cars that are like moguls to a two-year-old on a sled. Some of our friendly neighbours actually completely block the sidewalk with their weekly mountains of garbage and recycling bags.

The urge to add bylaw enforcement to my contact list on my cell phone is difficult to resist each day I struggle through the snow on my way to the school. Residents of Terwillegar community, please be courteous to your neighbours. Get out your shovels, dust off your snowblowers, and clear your sidewalks so that we can safely enjoy a winter walk in Terwillegar community.

*L. Sparrowhawk
Terwillegar area resident*



Above: Sidewalks such as these make it difficult for residents to enjoy a neighbourhood walk.

Lost Dog:

Jump for Joy is a Canadian champion Portuguese Water Dog who has been missing since Dec. 11. I am the owner of Jump, and his mother and we routinely walk the off-leash areas and go on trail rides. He is intact and very well trained. If someone offered him a treat, however, he would go with them willingly.

Despite searches, newspaper advertisements and massive emailings to veterinarians, groomers, and Portuguese Water Dog Club members across Canada, he has yet to be returned to us. We miss him dearly.

Sincerely,
Helen Neuman
780-907-4005



CONFEDERATION PARK LITTLE LEAGUE BASEBALL REGISTRATION

Registration for the 2011 season
United Cycle
Gateway Boulevard and 76 Ave.



Saturday
March 5, 12, 19 and 26
10 a.m. to 1 p.m.



For other locations
Go to www.register4baseball.ca
and click on Confederation Park

League's president embraces the winter



by Jon Dewarle
TCLA President

I trust you have made it through January successfully — resolutions still intact and not too tattered from the frigid temperatures! As I sit indoors, in silence, I can still hear car tires spinning around the neighbourhood.

Most of us have faced some of these harsh winter realities in the past couple of weeks — getting stuck, car not starting, traffic jams on the Henday, shoveling snow multiple times in a day. Some common questions rise up in our minds.

How long will it last? When will the snow stop falling? Will I be able to get out of the garage tomorrow? When will my street get plowed? And the big one: Why do I live here?

In the midst of these obstacles, we easily overlook the ways in which this adversity shapes our identity as Edmontonians. Although we don't have the same leisurely summer conversations with neighbours during these cold months, our interactions take on a different form: pushing out a stuck car, shovelling in front of a neighbour's house, waving to an almost unrecognizable neighbour adorned in a parka and full-faced toque. It seems that these extreme days of weather provide us with opportunities to be

courteous, and possibly more considerate, of others as we hold a door open or let them in to "our" lane in traffic. Keep your spirits up, as we're all in this together!

Take a challenge. Get bundled up and get outside this winter. We're blessed with cleared walking trails and some fabulous tobogganing hills! The other night, as I took a stroll through one of our parks, I decided to go "all-in." I determined it was time to face winter head-on. I veered off the trail, foraged through the knee-high snow, and let the frigid night air awaken my senses. With each step, my sense of Canadian pride grew. With a rejuvenated spirit and a good pair of Sorels, I trudged home, victoriously.

Growth challenges residents' association



by TTRA Communication Committee

As this newsletter goes to print, the Association owned by Terwillegar Towne Residents had uncollected dues in excess of \$110,000. Terwillegar Towne, this is *your* association's operating

money, and the shortfall critically impacts our ability to maintain your neighbourhood to the standards you desire. Annual fees are still only \$100 per household, so why do we continue to find ourselves in such dire straits?

Part of the problem is that many homeowners don't understand that their membership is mandatory by law. Whether it's a house, duplex, condo, apartment or commercial site, every property within the boundaries of the Terwillegar Towne Residents Association (TTRA) is automatically a member of the TTRA. The boundaries of the various homeowner associations in our area were established when development first began, and restrictive covenants registered on land titles in each community. TTRA boundaries extend partly into South Terwillegar, where a lot of new homes went up this summer. To determine if you are a TTRA member, please check the map at www.terwillegartowne.org.

Collecting annual fees and maintaining an accurate list of owners is a

continual challenge, mostly due to buyers being unaware that they have become legally responsible for dues owed on their new property. While real estate agents and lawyers strive to ensure that these details are disclosed, this information can often be missed in "private" sales.

The high level of arrears was a hot topic at the last AGM, and members present asked the board how we can quickly get these debts collected. It's quite simple really, but can become very costly for those who fail to keep their account current.

1. Any home that goes on the market "for sale" must have its TTRA account paid up to date before the sale can close, otherwise the TTRA has the power to prevent or delay the closing.
2. Dues are owed by each land title, not by individuals. Therefore, a person who buys a property with dues outstanding to the TTRA becomes liable for all of those arrears, no matter how far back they date. Additional late fees, legal expenses and lost interest are all recoverable from the property owner too.
3. The TTRA has the power of foreclosure over properties with outstanding fees or could register liens or encumbrances, which will affect the land title or mortgage.

Since the change-over to a new management company last January, the TTRA focused on bringing membership records up to date, identifying and educating current property owners, and providing multiple opportunities for those residents in arrears to pay the amounts due. As 2010 drew to a close, however, so did this period of leniency, and the board has instructed Ayre & Oxford Property Management to undertake such legal actions as are needed to collect the remaining arrears.

Without this effort to ensure that all residents are meeting their obligation, the TTRA cannot fulfil its purpose of maintaining community lands and amenities to the standards expected. Please watch your mailbox in the next few weeks for an informative flyer and your 2011 invoice. As always, you can reach the volunteer board or TTRA's property manager by e-mail through the TTRA website, or call Gail Chekowski at 780-448-4984.



LASER . SPA . SALON

| | |
|--|---|
| <p>Edmonton 36 Bulyea Road (Riverbend) Edmonton, AB, T6R 2B1 (780) 758-7727 (Spas)</p> | <p>Calgary #65 4307 130 Ave. SE Calgary, AB, T2Z 3V8 (403) 454-8778</p> |
|--|---|



LASER TREATMENTS

- Laser Hair Removal
- Photo Facial - Eliminate Sun Damage, Age Spots, Pigmentation
- Acne / Rosacea Treatments
- Vascular
- Botox/Fillers

SPA SERVICES

- Facials
- Spa Pedicures
- Spa Manicures
- Massages

ESTHETIC SERVICES

- Waxing
- Threading
- Tinting
- Alkaline Wash
- Teeth Whitening

FULL SERVICE HAIR SALON

- Touch Of Class Professional Makeup Artistry

BROOKVIEW

community preschool

open house and registration

Wed. March 2, 2011

7 to 10 pm

280 Bulyea Road

abc - located in Riverbend
- 3 and 4 year old programs
- complete details and forms available online

www.BrookviewPreschool.com

JOIN THE LEAGUE

| | |
|---|---|
| Name #1: _____ | Date: _____ |
| Name #2: _____ | Membership Type: |
| 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: _____ |
| Terwillegar Community League | # of Skate Tags: _____ |
| | Cash: <input type="checkbox"/> Cheque: <input type="checkbox"/> Cheque#: _____ |

| | |
|---------------------|----------|
| Volunteer Interests | Comments |
| Activity Interests | |



Membership Online

Now you can purchase your Community League membership online!
Check www.terwillegar.org.

Coming events

- Jan. 26:** TSNAP open house
Location: Lillian Osborne High School
Time: 7 - 9 p.m.
- Jan. 29:** TCRC opens!
- Feb. 5-12:** Soccer Registration
Location: Riverbend Community Hall
See page 24 for details.
- Feb. 20:** 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: 11 a.m. - 1 p.m.
- Feb 24:** Lillian Osborne open house
Location: Lillian Osborne High School
Time: 7 - 9 p.m.
- Feb 26:** TSNAP silent auction/wine & cheese fundraiser
Location: Holy Trinity Riverbend Church
Time: 6 - 8 p.m.
- Mar. 7:** Esther Starkman open house
Location: Esther Starkman School
Time: 6:30 - 8 p.m.
- Mar. 10:** Monsignor William Irwin School open house
Location: Monsignor William Irwin School
Time: 6:30 p.m.
- Apr. 30:** Spring I'm Too Big For It Sale
Location: Riverbend Community Hall
Time: 10 a.m. - 1 p.m.

Check www.terwillegar.org for current information

MEMBERSHIP FEES:

FAMILY, \$42,
SENIOR/SINGLE/ADULT, \$32

**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 Saturdays and Sundays from 4 to 5:30 p.m.



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

How to contact the league

Website: www.terwillegar.org

Board members:

- President, Jon Dewarle, president@terwillegar.org
- Vice-President, Richard Pangrass, vicepresident@terwillegar.org
- Treasurer, Monte Weber, treasurer@terwillegar.org
- Secretary, Danielle Gordon, secretary@terwillegar.org
- Memberships, Lorrie Payne, memberships@terwillegar.org
- Programs, Jon Connell, programs@terwillegar.org
- Program Aide, Areni Kelleppan, programaide@terwillegar.org
- Community Advocate, Glen Pearson, liaison@terwillegar.org
- Editor, Terri Saunders, editor@terwillegar.org
- Webmaster, Michael Madan, webmaster@terwillegar.org
- Communications, Mandy Jones, communications@terwillegar.org
- Fundraising, Priya Nelson, fundraising@terwillegar.org
- Community Garden, Steve Johnson, garden@terwillegar.org
- Neighbourhood Watch (Terwillegar Towne),
Enza Fata, watch@terwillegar.org

TERWILLEGAR CLASSIFIEDS

CAROLYN'S HOUSE CLEANING & WILLCLEANWINDOWS.COM

Excellent, mature and experienced workers. Carolyn 780-922-1076.

TUTORING SERVICES IN HOME

Great tutors available in all subject areas Gr 1 - 12, University. Free, no obligation consultation. Ph. Peter @ 780-298-3710 / e-mail phares@tutordoctor.com.

HEALTH CARE AIDES

Come to work for Bayshore Home Health, and assist seniors in your community. Flexible hours. Call 780-436-8484 or email resume to edmonton@bayshore.ca.

TERWILLEGAR/RIVERBEND HOUSECLEANING

Immaculate residential/commercial house cleaning. Two person team w/police security background check and great references. Senior's discount. Weekly, bi-weekly and monthly. 780-481-3878.

QUALITY HOME CLEANING

Services available. Several years of loyal service in the cleaning industry. Long term ref. avail. Supplies included. For more information please call 780-263-2708. thegoodlifeclean@gmail.com

Classified ad - \$10 for 25 words or less!

Send to editor@terwillegar.org

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), the Terwillegar Tribune, neighbourhood watch, and more. Membership fees are optional (but well worth it!). The Terwillegar Community League is a single organization for all of Terwillegar. E-mail memberships@terwillegar.org to join.

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

Spring I'm Too Big For It Sale

The Semi-Annual Terwillegar Community League's Sale

Is Coming Soon!

When: Saturday, April 30 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.

Call Michelle at 780-432-1558,
or e-mail mmcwilli@live.com

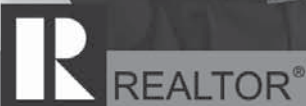
"Personally working harder for you!"

www.LeeBourgeois.com



Lee Bourgeois

Top Producer
Top Results
Top 5%



Realty Executives Devonshire



CALL NOW FOR YOUR PERSONAL MARKET EVALUATION!

With over 30 years of experience as a Sales and Marketing Specialist, I will strive to serve your every need.

I will market your home via my 7 step marketing plan and 12 point action plan.

For buyers, we can discuss my service plan that best fits your needs.

direct: 780.909.1600

email: Lee@LeeBourgeois.com



Not intended to solicit properties already listed for sale or individuals bound to an agency contract.

Realty Executives Devonshire

