

# Terwillegar Community League News

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

## Green shack leaders ready for summer fun

by Terri Saunders  
Newsletter Editor

Chantal and Kim, your neighbourhood's "green shack" park leaders, are ready for another summer of fun, frolic and festivities. Although their actual title is Recreation Technician 1, their job is much more fun.

As Chantal explains: "We get to spend our summer playing games and doing crafts with your children at the park everyday. How awesome is that?"

They have been up and running for a few weeks now and will be around until the end of summer — daytime hours, Monday through Friday.

A bit about Chantal: she's a 23-year-old student who just completed a three-year Bachelor of Arts degree from Taylor University College. She plans on going back to school in September for an after degree in education. Her interests include watching hockey, playing soccer and baseball, camping and travelling while her favourite activities at the park are doing crafts, playing brain teaser games and kick the can!

A bit about Kim: Kim is 21-years-old and is also a student. She goes to the University of Alberta and will be returning in September. One of her greatest interests is travelling and she has been to places such as Mexico, Europe, and most recently, Asia. Some of her favourite activities at the park are dodgeball and drip-drip-drop. Kim isn't afraid to get messy — if you remember her at the shaving cream fight last summer!

Some of the themes they have planned for summer are as follows:

**June 8-12:** "Our Neighbourhood and Beyond" — Exploring travel both near and far.

**June 15-19:** "Pirates of Terwillegar" and "Wild Wild South West Edmonton."

**June 29-July 3:** "The Arts Week" — Music, art, dance, and drama.

**July 6-10:** "Wonderful World of Make Believe" — Fairy tales, sci-fi, kings and princesses. Let your imaginations take over!

**July 13-17:** "Nature Week" — Join in during this week in exploring our park, the pond and ravine nearby, and for a camp fire.

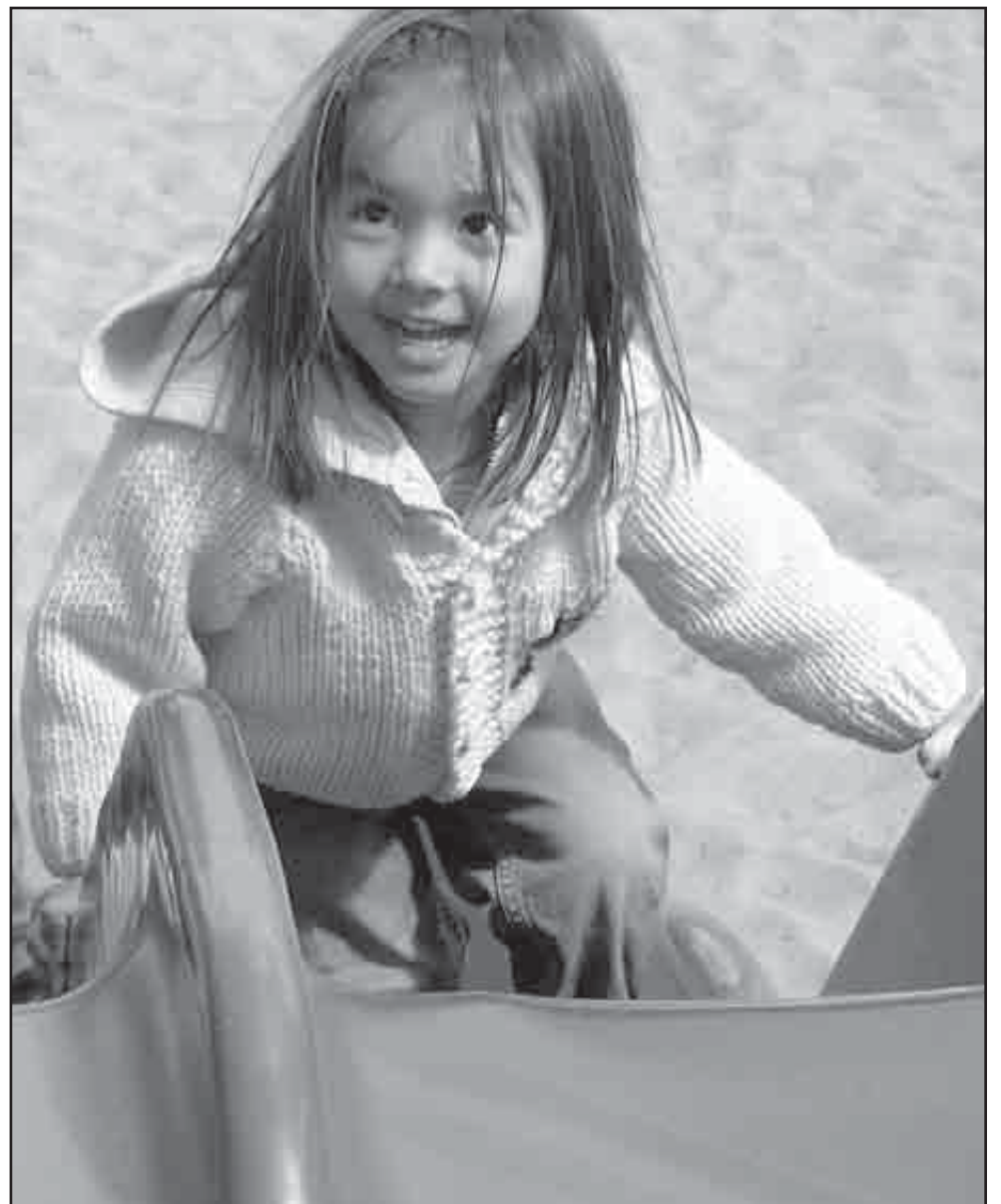
**July 20-24:** "Holidays and Special Events" — The highlight of this theme last summer was the birthday party at the park and the carnival!

**July 27-31:** "Science, Earth, and the Environment" — Explore the planets, astrology, our environment, and natural science.

**August 4-7:** "Olympics Week" — Sports and other games will be played. At the end of each game there will be a medal ceremony, just like the Olympics.

Looking for more stuff to  
do this summer?

Rip out page 2/3 for a handy reference!



Young Minh having fun climbing the slide at Tomlinson Common Park.

**August 10-14:** "Messy Week" — The biggest events of last year happened during this week.

Don't miss out!

**August 17-21:** "Science Week" — Join in on the experiments and discoveries.

This is Chantal and Kim's second summer as the Terwillegar Towne playground leaders. They had a lot of fun getting to know everyone last year and have even more adventures planned for this year. Keep an eye on the shack and around the playground for weekly details on exactly what is going on.

From our beloved park leaders: "We're excited to see everyone back this summer and encourage you to come say hello and introduce yourselves."

So join in on the fun!

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# Community garden starts its first growing season

by Jody Macdonald

Community Garden volunteer

*"Gardening requires lots of water — most of it in the form of perspiration". - Lou Erickson*

Gardening is an enjoyable form of outdoor recreation that, with a little bit of hard work, can have wonderful side benefits, like a produce aisle in your backyard throughout the summer months. Once you have tasted the sweet crispy carrots and watched your children eat plates full of tender green beans from your garden, it's hard to drive back to the produce aisle in the winter months. However, not everyone has access to prime backyard garden space, so luckily Steve Johnson has been working hard for over three years to provide Terwillegar League Community residents with a community garden.

Community gardens are recognized as important neighbourhood gathering places that promote sustainability, provide an opportunity to grow your own food and meet new neighbours, allow children to learn where their food comes from, gives people a healthy outdoor activity to enjoy, and creates a safer neighbourhood. The Terwillegar community garden is located in Tegler Park, south of the Edmonton Public and Catholic schools currently under construction, and east of the Mac's store on Towne Centre Blvd. Please come and see the latest addition to green spaces in your neighbourhood!

With a growing network of volunteers, the community garden now has three committees (Site, Resource, and Community Relations/Events) that will oversee the administration, operation, community and educational goals of the garden. With some perspiration and determination from a few novice and seasoned gardeners, the community garden is now ready for its first season of growing. Pending approval of all funding, the site should be fully developed by the end of May.

To date, there are 40 families involved in the garden who will be tending approximately 42 plots. One community garden member, Amanda Urbanowski,

would like to provide healthy food options for her young child as he or she learns to appreciate food. "[I] can't wait to make baby food from the veggies!" Carrots, peas, tomatoes, zucchini and potatoes are the most popular items that first year members are keen on growing. Additionally, there is a garden plot allocated for growing root vegetables to donate to Edmonton's Food Bank as part of the Plant a Row, Grow a Row program.

Some funding has been obtained, but the community relations committee is also seeking funding in the form of tools, building materials, and financial assistance. And projects such as this would not be possible without volunteers. An extra thank you to Amanda Urbanowski and Tammy Peters who have volunteered hours of work to get this project started. If you would like to donate, volunteer or are interested in finding out more information about the Terwillegar community garden, please contact Steve Johnson or Amanda Urbanowski at [garden@terwillegar.org](mailto:garden@terwillegar.org).



Community garden volunteers level the growing field after a lengthy wait for its approval.

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# Community events bring summer excitement

by Shawna Duval  
TCL Program Director

Welcome to summer everyone! It's not here yet, but it will be soon, and we've got a bunch of events shaping up. We'd love to see everyone come out join us!

To kick off summer and the end of the school year, we're having a Celebrate Summer Water Fight from 2 to 4 p.m., **June 27** in Tomlinson Common Park.

We'll supply the popsicles if you come armed with your own water and splash gear. Get set to get wet!

On **July 1**, we're calling out all proud Canadians to join us for our annual Canada Day Bike Parade.

Supplies for decorating your bicycle, stroller, or wagon will be available starting at 10 a.m. At 11 a.m. the parade will begin on a short circuit through Terwillegar Towne, ending back at Tomlinson Common Park for some



treats.

Last year was our greatest turn-out yet at approximately 400 people. Lets see if we can make an even bigger parade!

We'll wrap up the summer with our End of Summer Barbecue on **August 19**. Join us between 5 and 7 p.m. for some food, face painting and fun.

Burgers and hot dogs are the standard fare, but there will also be a magician, a balloon artist and even a Jumpy Thing!

As always, these events cannot happen without volunteers. Help us make an event successful and volunteer an hour of your time. We'd love to have you! Simply contact me at [programs@terwillegar.org](mailto:programs@terwillegar.org).

*Left: Young participant came ready for battle at last year's Summer Water Fight.*

## Construction started at Tomlinson Common Park

by Karey Steil  
TCL Program Aide

What's going on in Tomlinson Common Park? We're building a shade structure!

Construction on the shade structure started May 11 and should be completed by mid-June. Yes, we will have picnic tables, but they won't be installed until 30 days after the concrete is poured so we can be sure the concrete has cured. Here's the specs for our new shady retreat:

- 24' by 34' structure
- Three concrete picnic tables.
- Three benches; two with backs and one backless
- One concrete garbage can
- Concrete sidewalk from the structure to the existing sidewalk
- Bike rack to accommodate 12 bikes

The project is estimated to cost approximately \$100,000. We have received a grant from the City of Edmonton which covers approximately 30 per cent and we are currently awaiting approval on a provincial grant for an additional 50 per

cent. The additional funds will be provided from Terwillegar Community League's casino dollars. Thank you casino volunteers!

If you have any questions about this project, please contact Karey at [ksteil@telus.net](mailto:ksteil@telus.net).



*Fences surround the construction area for the safety of all visiting the park.*

## Flames erupt in May at 7923 South Terwillegar Drive



*A spectator watches as townhomes on South Terwillegar Drive go up in flames on May 6. Damage was estimated at \$4 million, but fortunately, no one was hurt in the fire. Bad piping is to blame for the cause, says the fire department.*

# Summer camp programs swarm the city

By Jennifer Mitok

Terwillegar Towne resident

Edmonton is full of summer camp opportunities for kids of all ages. Whether your young ones are interested in taking a trek through time, tweaking their golf game or exploring the solar system, you're likely to find something of interest. Most camps are offered for ages four to 16.

## Artistic souls

The City of Edmonton offers a number of different art-themed camps. Visual and performing arts are combined in some and others have a more specific focus such as feature film making or even claymation.

See [www.edmonton.ca](http://www.edmonton.ca) and search on summer daycamps for your 2009 Summer Daycamps guide.

The Royal Alberta Museum offers Mammoth Possibilities in their summer camp offerings. Explore the museum and special hidden galleries, produce and rehearse your own play, explore Alberta's rich history, or discover insects, spiders and other interesting creatures. Check out [www.royalalbertamuseum.ca/events/listinfo/summerCamps.pdf](http://www.royalalbertamuseum.ca/events/listinfo/summerCamps.pdf) for a full listing.

## Attention all athletes

Edmonton's Sport and Leisure Centres offer many types of camps, combining different sports

or focusing on a single game. Multisport themed camps include swimming, basketball, baseball, racquet sport, volleyball, floor hockey, golf and more. Camps are offered at various leisure centres around the city and are listed in the city's 2009 Summer Daycamps guide (see website above).

Closer to home, William Lutsky YMCA (and other YMCA locations) offer many different sports-focused camps, as well as cooking, craft and animal-lovers-themed camps. Go to [www.edmonton.ymca.ca/Portals/0/pdfs/YMCA%20DayCamp%2009.pdf](http://www.edmonton.ymca.ca/Portals/0/pdfs/YMCA%20DayCamp%2009.pdf) for more information.

## For the history buff

Kids can take a step back in time at Fort Edmonton Park. Learn about living as a pioneer in 1885 by cooking in Mrs. Egge's kitchen, travel down the North Saskatchewan in a voyageur canoe, or interview local fort residents to find the hidden treasures buried at the park.

The John Walter Museum takes kids back in time with cooking and craft making the old fashioned way. Ride a street car, learn more about Edmonton's history and take part in a re-creation archeological dig. See the city's 2009 Daycamps guide (see website above) for details.

## Young scientists

Telus World of Science will help your child tap into their inner scientist. Learn how the

solar system was formed, conduct chemical experiments or grow space food in a hydroponics laboratory. Visiting [www.edmontonscience.com/pages/PlanVisit/campusandcourses.aspx](http://www.edmontonscience.com/pages/PlanVisit/campusandcourses.aspx) will give you their Summer Camps Guide.

The Department of Computer Science at the U of A also offers camp choices for the budding Einstein. Riveting Robotics and build your own computer game are some of the choices available. See <http://launch.cs.ualberta.ca/summer-camps> for these exciting programs.

## Animal enthusiasts

Finally, for the animal lover in the family, the Valley Zoo has many summer camp options. Kids can learn what it's like to be a zookeeper, go behind the scenes in the zoo kitchen where over 300 animals get fed, and travel the world at the zoo to discover the distant lands their animals come from. Get the details at [www.valleyzoo.ca/pages/Zoo\\_DayCamps/default.aspx](http://www.valleyzoo.ca/pages/Zoo_DayCamps/default.aspx).

## Additional summer camps

Even more options are available through the University of Alberta's [www.summercamps.ualberta.ca](http://www.summercamps.ualberta.ca) site and NAIT's listing at [www.nait.ca/athletics/812.htm](http://www.nait.ca/athletics/812.htm). Or visit the Terwillegar Towne Facebook site for an extensive listing of summer camp options.

Happy camping!

## Young Naturalists Club a "green" option for kids

by Dave Bruinsma, BSc.

Federation of Alberta Naturalists

Youth are getting more and more disconnected from the natural world. Children are often so "plugged in" that they only see wildlife on TV or Youtube. Few children can name the mammals, birds or insects found in their own backyard. Teachers, children and their families often need something to spark an interest in the outdoors.

Fortunately, the Federation of Alberta Naturalists has established the Young Naturalists Club (YNC) of Alberta. The core purpose of this organization is to provide opportunities for children to discover and experience nature first hand. YNC members learn about natural history through outdoor activities that promote observation of nature, scientific investigation, environmental stewardship and healthy living.

YNC is aimed primarily at families with children aged five to 10 years

old. There are bronze, silver and gold level programs for families to work through at home that can be completed at any pace and can be tailored to any child. Leaders and families organize family-oriented group outings that utilize the expertise of local naturalists. Pond dipping, bird watching and hiking are some of the types of field trips that YNC clubs organize.

If your family would like to join the YNC or if you know of anyone interested in becoming a club leader, contact FAN at (780) 427-8124 or e-mail [ync@fanweb.ca](mailto:ync@fanweb.ca).

# Hey Kids!

## Do you want to be a detective?

Join the AGENT 009 Summer Reading Club from June 20 to August 22.


There will be lots of clues, mysteries and fun all summer.

Check for further information at [www.epl.ca](http://www.epl.ca) under Riverbend Branch for all the details!

Thanks for your continued support of the library!

Jackie Hildreth

Assistant Manager, Riverbend Library



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# Spring carnival brings bounces and bunnies



by Tammy Peters  
Terwillegar Towne resident

A bright and sunny day in a park teeming with giddy children and amused families. What more could you possibly desire for a spring Saturday afternoon?

With a multitude of activities for the children of all ages to partake in, the 6<sup>th</sup> annual spring carnival, held Saturday, May 9 in Tomlinson Common Park was a rousing success!

The children could entertain themselves continuously at one of the many carnival-style games — putting a hole in one, attempting to attain the seemingly impossible high score in Kurplunk or testing their skills with a ball in a variety of tossing games, just to name a few. A bouncy house was the perfect solution to tire out even the most resilient and energetic of children!

If in need of some calmer and quieter time, the children could then wander over to the petting zoo to have a quality snuggle with a soft and cuddly bunny. Some were striving to stroke the back of one of the grazing goats or sheep.

Or perhaps a sitting with one of the artistic youngsters offering to create a masterpiece with you as their canvas is just the thing to top of your day. What shall it be? A dragon? A butterfly? They created anything you can imagine!

Hot dogs, popcorn and candy floss was also available so everyone could satisfy their cravings for goodies!

The Spring Carnival is organized each year by a dedicated and enthusiastic group of volunteers from the Terwillegar Community Church, and, this year, volunteers from the Holy Trinity Riverbend Neighbourhood Church joined their crew as well.

There were approximately 50 volunteers involved in pulling this event together. "More volunteers than positions to be filled," said Pastor Ken MacDonald. "They love this event." With attendance nearing the 1,000 mark — their highest so far — they were kept busy!

This event is growing each year and is eagerly awaited each spring by those intending to participate in the festivities. The Spring Carnival and the Winter Delight (also hosted by the Terwillegar Community Church) are just two examples of the many community events extended to the area residents that encourages everyone to become engaged in our community.

Clockwise from top left: Max tries his hand at "Kurplunk" while volunteer Jon Dennis watches; Max gets his arm painted by volunteer Robyn Price; a record number of people visited the spring carnival; Elyse and her grandmother Marg visit the petting zoo.



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## Know of a good story?

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# EDMONTON

## Welcome to Summer!

### Terwillegar Towne Playground

Tomlinson Common & Tomlinson Way

#### Spring Shack

*Monday, May 4 to  
Friday, May 29*

Mondays, 9:30am-1:00pm  
Tuesdays to Thursdays,  
11:30am-8:00pm  
Fridays, 9:30am-5:30pm

*Monday, June 1 to  
Friday, June 19*

Mondays to Thursday,  
9:30am-8:00pm  
Fridays, 9:30am-5:30pm

#### Summer Playground Program

*Starts Monday, June 29, 2009*

### **Drop by the playground for a fun filled program for children of all ages!**

Join the exciting games, sports, crafts, music, drama, and special events! This **free** drop-in program is open to any child wishing to participate.

The leader will ensure participants play safely, but parents are responsible for their children at all times and must be available in the event of an emergency. Children under the age of 6 must be supervised by their parent or guardian at all times. Please note, the leader takes a lunch break daily.

***Come out and welcome back your leaders,  
Chantel and Kim!***

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# Turn out the lights on community vandalism

by Donald L. Darnell, BSEE, MBA  
Treasurer, Aspen Gardens Community League

What if you could save money, decrease your impact on the environment and reduce costly crime all at the same time?

A growing number of school districts across North America have figured out how to do just that, implementing “dark campus” policies in which exterior lights are turned off at night. In many cases the results are dramatic:

- San Antonio, Texas: Turning exterior lights off at 19 schools, the school district saw vandalism damage decline over 74 per cent, saving the district almost \$120,000 per year.
- San Jose, California: After implementing a dark campus policy in the East Side Union school district, crime declined while the district saved \$1 million per year.
- Clark County, Washington: After a policy

to turn off exterior lights after 10:30 p.m., the Battleground School District has seen vandalism almost eliminated.

- Cupertino, California: Just one year after the Union school district instituted a community anti-vandalism program with a dark campus policy, they achieved a 29 per cent reduction in vandalism, while saving over \$8,000 on energy.
- Spokane and Riverside, Washington: Both of these communities implemented dark campus policies and saw vandalism drop to almost zero — and remain there for at least six years.

Often the crime reduction that follows these programs takes some time, and communities require time to adapt as well. Once they become used to the change, though, neighbours of these “dark campuses” often become attentive to any lights that come on, alerting police to vandals

and burglars who turn on lights to see what they’re doing.

Why can this work? Some believe that lighting a building is counterproductive, bringing it to the attention of vandals and making it an obvious target.

Former San Jose Associate Superintendent Bill Bakers points out that criminals may avoid the dark, having “as much fear of the unknown as anyone else.”

Perhaps Sam Wolf, Director of Security for the San Antonio School District puts it best: “I remember as a kid, we never hung around in the dark. We hung around a street light or some other kind of illumination. We wanted to see who was with us. With vandalism, the thrill is seeing the windows broken, in seeing the words written on the wall. It is no thrill to hang around in the dark.”

Sources: Security World, California Energy Extension Service, International Dark Skies Assoc.

# Safety an issue for Edmonton’s garbage collectors

Waste Management  
City of Edmonton

Awkward, oversized garbage cans are a safety hazard for waste collectors and Darryl MacMillan is glad to see the last of them.

MacMillan, a refuse collector for seven years, has struggled with his share of enormous, overweight cans. He is grateful that residents have traded them for more manageable ones of less than 100 litres (as specified in the Waste Management Bylaw #13777) through the City of Edmonton’s exchange program that ran last fall and winter.

“It’s awesome,” says MacMillan. “People tend to overfill the oversized cans and then we can’t pick them up. We end up peeling the bags from the top and that is a safety concern because we don’t know what’s in them.”

Oversized cans almost always have wheels, which pose other problems, and not just because they encourage residents to load them up even more. “The wheels would come off once in a while and smack you in the chops because that was the only way to grab the can,” MacMillan says.

Not all of them have disappeared, however. MacMillan still sees a few oversized cans as he does his route. However, even those are disappearing. Waste collectors no longer empty them and bylaw enforcement officers may issue

finest to offenders. Residents are encouraged to carefully check the volume of any garbage can they’re buying at the store. Containers larger than 100 litres that have swivelling handles and wheels will no longer be collected.

## Keep Your Collector Safe!

Collectors pick up an average of 7,000 – 11,000 kgs of garbage each working day. Residents can help prevent injuries to collectors by preparing their waste properly and insuring that collectors have easy and safe access to garbage and recyclables. Here’s how:

- Buy and use bylaw compliant garbage cans — under 100 litres in size with fixed handles - or garbage bags.
- Package sharp objects: ensure all broken glass, nails, sheet metal scraps, and other sharps are safely packaged in puncture-proof containers and marked as such.
- Each filled garbage can or bag should be lighter than 20kgs (44 lbs).
- Make sure your waste is easy to access – not hidden or hard to reach in a garbage stand.
- Keep your garbage and blue bags away from parked cars so collectors can easily see and access them.

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# EDMONTON

## Use the right can

Oversize garbage cans increase the risk of injury to waste collectors and are no longer being collected.

Waste Management Bylaw 13777 states that garbage cans must be 100 litres or less in volume and must have fixed non-swivel handles.

Household waste may also be set out in securely tied garbage bags without a container.



For more information visit [www.edmonton.ca/waste](http://www.edmonton.ca/waste) or call 311

**Edmonton** YES No



# New public elementary officially named

by *Claire Schneider*  
*Resident of South Terwillegar*

The intriguing building under construction on Terwillegar Way that has caught all of our attention now has an identity! One of six schools in the Edmonton area to be named during ceremonies on May 20 and 21, the Esther Starkman Kindergarten through Grade 9 public school was named after a well-regarded, active member of our community.

The naming ceremony, held at 2717 Terwillegar Way, was attended by over 50 community members, including Esther Starkman herself, the Honourable Dave Hancock, Minister of Education, Edmonton public school representatives, the future principal and even some future students!

Esther Starkman is an esteemed member of our community, a former Edmonton Public Schools trustee serving on the board from 1989 to 1995, and a recipient of the Alberta Centennial Medal for having made

a notable contribution to fellow citizens, the community and the province. Starkman is also the Honourary Chair for and the “driving force”



*Above: Esther Starkman, the school's namesake, took the podium at the naming ceremony on May 21.*

behind READ IN week, which focuses on the importance of reading and lifelong literacy here in our city. This year, READ IN week will celebrate its 20th anniversary.

The Esther Starkman School is one of 18 new schools scheduled to open in Edmonton and Calgary under the Alberta Schools Alternative Procurement Project (ASAP). This new approach to building schools in Alberta, announced by the provincial government in 2007, follows the Public-Private Partnership (P3) model and will result in faster construction of new schools at a reduced cost to taxpayers.

During Starkman's address at the naming ceremony, a memorable statement and one that brought smiles to the faces in the crowd was that the first group of students to graduate from the school will do so in 2020 — with 20/20 vision! We look forward to seeing the creation of the school and are eager for the doors to open in the fall of 2010.

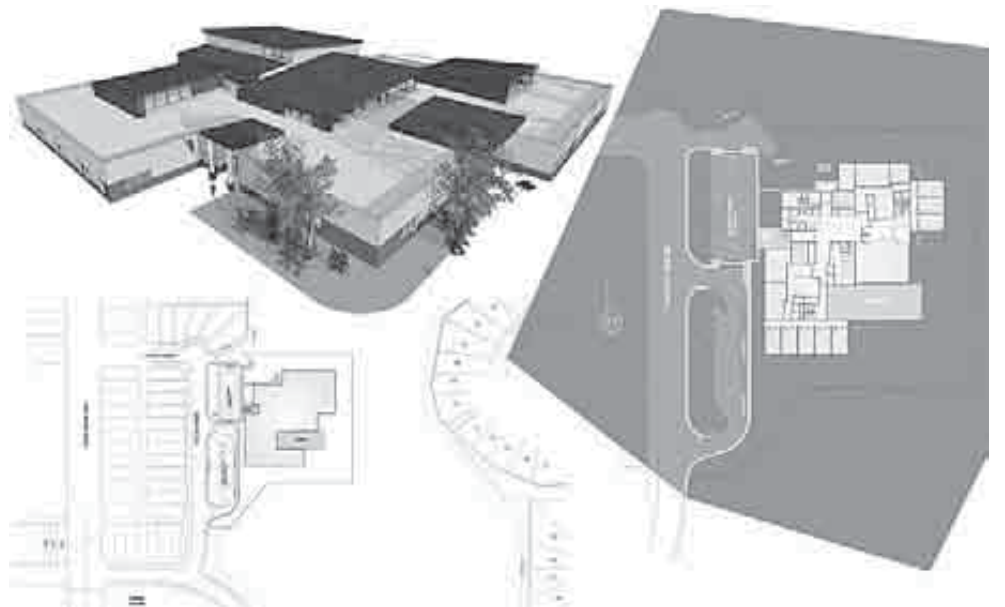
# Catholic elementary to include French immersion

by *Community Relations Services*  
*Edmonton Catholic Schools*

It's no surprise that most students are eagerly awaiting the start of summer holidays. While homework will be “out of sight, out of mind” for these children, the work is far from over for Edmonton Catholic Schools as construction continues on a new Catholic elementary in Terwillegar Towne. This new school will integrate many of the strategies of a 21<sup>st</sup> century school for both English and French languages.

Terwillegar Centre Boulevard will be busy with construction work as progress moves forward on this exciting new school community. Monsignor William Irwin Catholic Elementary School will open in September of 2010 and will have a capacity for 500 students. Programs will include Kindergarten to Grade 6 in English and Kindergarten to Grade 3 in French Immersion during the first year.

The school is named after Monsignor Irwin, founder and former CEO of Edmonton Catholic Social Services. The Monsignor was chosen as the school's namesake because of his tireless efforts to bring hope and faith to the community. Irwin directly or indirectly touched the lives of every Catholic in the city and in the province of Alberta. He was larger than life in his endeavours to minister to those in need by helping spread the word of God. One of Monsignor Irwin's most outstanding legacies was his single-handed effort in establishing Catholic Social Services as one of Canada's largest multi-function social service agency operating in North America. The school plans to establish a partnership with Catholic Social Services as part of its social justice projects to highlight to the students that we are light for one another



*Clockwise from top left: Artist's depiction of the school, map showing layout of the school grounds, map showing location with respect to adjacent streets.*

The principal for Monsignor Irwin has been announced and is Reny Clericuzio. Reny is currently the Principal of Ecole/Escuela Grandin Elementary School. We look forward to establishing a school with strong academics in English and French.

Edmonton Catholic Schools is also scheduled to open two other schools in the Hamptons and Rutherford areas in the fall of 2010. Registration will begin to be accepted in January of 2009.

## Reduced Residential Speed Limits Under Review

The Edmonton Federation of Community Leagues (EFCL) is inviting community league members to a workshop to discuss the potential for reducing speed limits on residential streets in Edmonton. Discussion topics will include:

- the feasibility of making such a change,
- the speed limit that might be selected, and
- the manner in which it might be introduced.

Views collected from league members will be used to help the EFCL prepare a submission to Edmonton City Council. Council has asked stakeholders to provide their responses by September.

The EFCL workshop will be held at **7:00 p.m., June 16**  
 at the EFCL's office (**7103-105 Street**)

Representatives from the City's traffic department, along with the Edmonton school boards and other stakeholders have all been invited. In order to get a handle on numbers, please RSVP to Shahriyar Khan at (780) 437-2913 or e-mail: [shahriyar.khan@efcl.org](mailto:shahriyar.khan@efcl.org)

# Leger Transit Centre open for full transit service

by *Jacquie Dalziel*

*City of Edmonton Community Services*

Much headway has been made with the construction of the Southwest Community Recreation Centre (SCRC), and Leger transit depot.

## Leger District Park Site

- Construction on the westbound turning lane at 23 Ave. has resumed and includes completion of signage, multi-use sidewalk construction and general landscaping. Pedestrian traffic has been temporarily detoured onto the transit centre sidewalk. The detour route is signed and barricades have been placed to define the new route.
- Leger Road is now open for City of Edmonton Transit use only. Sidewalks and landscaping along Leger Road will be completed this year. Leger Road will open for public use in the fall of 2009 to coincide with the opening of Lillian Osborne Public High School.
- The traffic signals at Leger Road and 23 Ave. have been activated. Work continues on finishing the pedestrian crossings into Terwillegar Towne.
- City of Edmonton Parks is installing approximately 200 trees and sports field fixtures on the new fields between the transit centre and the Lillian Osborne Public High School. Minor landscaping is scheduled to be finished in the remaining areas this spring.

## Recreation Centre Complex

- Construction of the recreation centre continues on schedule. Concrete foundation walls, grade beams and slabs are 70 per

cent complete. Structural steel installation has commenced and is 35 per cent complete. The roof deck is now being installed over the structural framing. Masonry work has begun in the flexi-hall area. The whirlpool and 53 metre multi-purpose pool basins have been poured. Work on the building mechanical, electrical and swimming pool system rough-ins is progressing. Site work for the parking areas is underway.

- The Recreation Complex is scheduled to open in the fall of 2010.
- Visit [www.edmonton.ca/scrc](http://www.edmonton.ca/scrc) for the latest construction photos.

## Arena Complex

- The development permit approval has been received and application has been made for the building permit. Pricing has been received for piles, grade beams and concrete, and is being reviewed by Stuart Olson Construction. Once the review is complete, construction contracts will be awarded and foundation work can begin this month.
- The Arena Complex is also scheduled to open in the fall of 2010.

## Leger Transit Centre

- The Leger Transit Centre opened for full transit service on April 26, 2009. Details of the new bus routes and schedules are available on the ETS website at [www.takeETS.com](http://www.takeETS.com).
- Landscaping around the Transit Centre will be completed this year to tie into the adjacent areas.

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

# Community safety program focuses on roads

If your community is concerned about safety and the hazards associated with speeding vehicles and unsafe driving, then why not become a Pace Car Community.

Community roads are safer with reduced driving speed. When roads are safe, more people are willing to walk or cycle within their community and will allow their children to do so as well.

To ensure our community roads are safe, Edmonton Federation of Community Leagues (EFCL) is partnering with Traffic Safety on

Neighbourhood Pace Car Program. The benefits are reduced deaths and serious injuries on our community roads; reduced amount of traffic; noise-free clean community environment; healthy and a vibrant neighbourhoods. This initiative will help stop speeding on our community roads.

It's simple — drivers proudly display Traffic Safety and EFCL Pace Car emblems (I drive the speed limit) on his/her car and pledge to drive the speed limit, be respectful to pedestrians and cyclists, and follow the traffic rules.

By following the rules of the road they will set the pace for other drivers. So far, two community leagues, Twin Brooks and Highlands are involved.

EFCL is taking a leading role in implementing this program and inviting other leagues to join. If more communities join, the better program will work.

For more information on how to become a Pace Car Community, please contact Dan Jones of Traffic Safety Speed Management Coordinator, or EFCL at (780) 437-2913.

## In the next issue of the Terwillegar Community League News...

Where to register for fall sports programs  
The upcoming league annual general meeting  
What the community garden harvested  
Casino volunteer update  
The Terwillegar Community League's new look  
And much more!

Contact [editor@terwillegar.org](mailto:editor@terwillegar.org) if you have a story to submit. Check our website, [www.terwillegar.org](http://www.terwillegar.org) or our Facebook page for league updates throughout the summer.



# Terwillegar faces long wait for road improvement



by Donna Finucane

TRAC Transportation Chairperson

As we face another summer of construction, we will not go into current ongoing projects. Rather, this issue will focus on our transportation future.

## Bulyea Road/ 40 Ave. and Terwillegar Dr.

Congestion on Bulyea Road, 40 Ave. and Terwillegar Dr. in the a.m. peak time is not new to anyone living in the Terwillegar/Riverbend area. Just travel between 7 and 9 a.m. and watch the time it takes to go only a few blocks. Using transportation lingo, this means that we are at peak capacity.

Once Windermere is built out, we can expect another 20,000 residents using Terwillegar Dr. During the winter, your transportation committee invited the city's transportation officials for a ride-along in the a.m. peak time. Gratefully, those officials acknowledged our severe congestion and agreed to research a short term solution.

Phase two of the Whitemud/Terwillegar Facility includes an interchange at Whitemud Dr. and Terwillegar Dr., an interchange at 40 Ave., widening of the Whitemud to six lanes and a pedestrian bridge between Brookside and Brookview communities.

The biggest contribution that phase two would bring to our area would be the removal of those dangerous left accesses to and from the Whitemud. The interchanges would bring a free-flow design and relieve congestion on Terwillegar Dr.. However, phase two is a massive undertaking and very costly. Therefore, it is not funded at this time, nor is it on the city's five-year Capital Project Plan.

As a "band-aid" solution to the congestion on Terwillegar Dr. at the 40 Ave./Bulyea intersection, the transportation department has decided that Terwillegar Dr., north of 40 Ave./Bulyea, will be widened to three lanes. So if you were to approach 40 Ave./Bulyea from Terwillegar Dr., the current left turn lane will be converted to a left/through lane. The three lanes north of this intersection will merge into two lanes before the ramps going eastbound and westbound. It is believed that this will relieve some of the current headache — especially on Bulyea Road.

## Rabbit Hill Road

The potholes are growing along Rabbit Hill

Road, especially in front of Riverbend Square. Patiently, Terwillegar/Riverbend residents have been waiting for this road to be twinned. The city is responsible for the twinning of Rabbit Hill Road, but because of financial constraints, this widening was not funded as it was not ranked high enough on the city's priorities.

We thought that the portion from Terwillegar to Riverbend Rd. was to be widened in 2008 when Terwillegar Dr. was widened, but this never happened. With the growing congestion along the major routes in the southwest, the city has planned that Rabbit Hill Rd. will be twinned from Riverbend Rd. all the way to 23 Ave., and that this widening will occur in 2011.

## Whitemud Drive

It has just become official that Whitemud Dr., from 122 St. to 53 Ave., will be widened to three lanes. This is not good news for us. It likely means that we will need to wait even longer for phase two of the Whitemud/Terwillegar facility. This widening is intended to relieve the congestion westbound on Whitemud Dr. What this means for us, is that now we will need to traverse three lanes of traffic from Terwillegar

Dr. to exit at Fox Dr., and three lanes from 122 Street to Terwillegar Dr.

## Transportation Master Plan (TMP)

A copy of the TMP is available online. Go to [www.edmonton.ca/city\\_government/city\\_wide\\_initiatives/draft-transportation-master-plan.aspx](http://www.edmonton.ca/city_government/city_wide_initiatives/draft-transportation-master-plan.aspx) and click on Transportation Master Plan. A public hearing is scheduled for June 23. If you would like to speak at the hearing, you will need to call the city clerk at (780) 496-8178 and ask to be put on the agenda. You will have five minutes to give your presentation.

In my opinion, this master plan is too strongly focused on transit and does not have enough balance with roadways. As we all know, in this area, it can be difficult to take transit to various parts of the city and most amenities require some travel. The TMP will guide city council's decisions over the next twenty years. It is important that councillors hear your views.

As always, if you have thoughts or ideas to share with the TRAC Transportation Committee, please contact me at [finucane@shaw.ca](mailto:finucane@shaw.ca).



According to Stantec Consulting, the connection from Anthony Henday to Rabbit Hill Road should be complete and open to traffic by mid-July, contrary to earlier predictions of a spring opening. The delays associated with completing the work had been associated with the installation of overhead bridge sign structures and concrete construction.

# Creative Age Festival

Don't miss the second Creative Age Festival being held from June 9 to 16!

This unique festival celebrates arts and aging with an exciting program that includes a Kick-off Event, Arts Cafes, Arts Workshops, Symposium, Film Screenings, Choral Fest, Theatre FEST, free admission to seniors all week to the Art Gallery of Alberta, and many other community events. Visit [www.creativeagefestival.ca](http://www.creativeagefestival.ca) for more details. We hope to see you there!

# MLA gives nod to multitude of projects



by Dave Hancock  
MLA Edmonton Whitemud

A number of major infrastructure projects serving the residents of Edmonton Whitemud are well underway or will soon be started, thanks to major capital investments by the Government of Alberta.

The southwest leg of the Anthony Henday will soon be entirely free-flowing, with a number of interchange projects about to begin. The long-awaited interchanges at Callingwood Rd. and Lessard Rd. will begin construction later this year, and open to traffic in fall 2011. Design work is also underway for an interchange at Cameron Heights Dr., the final traffic signal on the southwest Anthony Henday.

Already, approximately 40,000 vehicles per day use Anthony Henday Dr. in this area. With continued developments in Terwillegar and new neighbourhoods under construction south of the Henday, assuring the smooth flow of traffic to and through the area is a top priority.

The much anticipated Southwest Community Recreation Centre is in the midst of construction. Work on an accompanying arena complex is also underway, with the opening of both facilities expected in the fall of 2010. The Government of Alberta provided \$10 million in financing for this project through the Major Community Facilities Enhancement Program.

Six school projects are well on their way to completion in Edmonton Whitemud. Edmonton public's Lillian Osborne High School is nearly complete, and is accepting students in Grade 10 starting this September.

Construction is also proceeding smoothly at four elementary schools as part of phase one of the Alberta government's Alberta Schools Alternative Procurement (ASAP) project. The schools are on schedule to be completed by the end of June 2010, and to open to students in September 2010. You can track the progress of construction, including photos, at [www.bbppalbertaschools.ca](http://www.bbppalbertaschools.ca).

As minister of education, I was delighted to recently announce that the ASAP project is moving to the second phase. Edmonton Catholic's Terwillegar high school is one of the seven schools being constructed in the Capital Region as part of this phase. The school will be

constructed for 700 students in Grades 10 to 12, and will be completed by January 2013 at the latest.

The four high schools being built as part of this bundle will not be financed as a P3, but rather through a conventional design-build arrangement. This maximizes flexibility in the design, potentially enabling the inclusion of community facilities such as day care centres, while offering economies of scale, a guaranteed fixed price and protection from inflation in construction cost and weather-related delays.

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



The new K-9 public school, recently named the Esther Starkman school, is scheduled to be completed by June 2010 and open to students by September 2010.

## Food Bank concerned supply may not meet demand

by Tamara Stecyk

Resource Development Assistant, Edmonton Food Bank

Edmonton's Food Bank is seeing the effects of the economy first-hand as shelves of food are emptying faster than being filled.

"Typically, our holiday campaign helps stock our warehouse until the late spring or early summer. It's not the case this year," said Marjorie Benz, CM, the Food Bank's executive director.

The demand for hampers is on the rise.

"Right now we do have concerns as our client base is going up," said Benz.

By the end of 2008, the Food Bank was assisting 11,000 people per month with hampers. In January, it jumped to 14,000. About 40 per cent of the Food Bank's clients are children.

Edmonton's Food Bank is a year-round service and needs ongoing donations, not solely during the holiday season.

"We do large pushes in December but our reserves from the holiday food drives are done," said Benz.

Other events have been planned to bring more food into the warehouse prior to the Servus Heritage Festival.

The Edmonton Queen Riverboat and Edmonton's Food Bank organized a new event together. They challenged individuals and school classes to sink the riverboat.

The class that donated the most food by weight on May 21 won a boat cruise for up to 150 students, including teachers. Westbook Elementary School won with a total of 2,090 pounds of donated food. In total 5,185 pounds of non-perishable items were donated.



Edmonton's Heritage Festival is the Food Bank's biggest event.

Local gardeners are encouraged to grow an extra row for Edmonton's Food Bank through the summer and fall months. Donations of fresh produce can be dropped off at the Food Bank at 11508-120 St., Monday to Friday from 8:30 a.m. to 4:30 p.m. With the support of the City of Edmonton, the Edmonton Community Garden Network and the Yellowhead Youth Centre, a garden is being planted and maintained at the Muttart Conservatory for the Food Bank.

Make June 2 National Hunger Action Day. Hunger is a serious problem in Canada but there are simple things you can do to help. The easiest is to make a monetary donation to Edmonton's Food Bank between June 2 and 12.

Through the Kraft Hunger Challenge, Kraft Canada will match your donation dollar-for-dollar (up to \$150,000 across Canada). The Kraft Hunger Challenge lets you give twice as much as you thought you could. To donate, contact Edmonton's Food Bank or visit [www.foodbankscanada.ca](http://www.foodbankscanada.ca).

The single largest event for Edmonton's Food Bank is the Servus Heritage

Festival Food Drive from August 1 to 3. The festival's theme this year is *Come For a Perfect Day*, with more than 60 pavilions representing over 75 cultures. Admission is free, but donations to the Food Bank are appreciated.

If you are wondering how to donate to the Food Bank between events, non-perishable items are accepted at major grocery stores and all City of Edmonton fire halls. Monetary donations can also be made on the website, [www.edmontonsfoodbank.com](http://www.edmontonsfoodbank.com), through Canada Helps.

Thank you Edmonton for your ongoing and continued support.

# Edmonton transit considering a new turn



by Don Iveson  
Edmonton City Councillor,  
Ward 5

The city just unveiled a consultant's report with a high-level vision for the long-term LRT network which aims to take rapid transit to all corners of the city, though with a

different flavour than we've known until now. Council will debate these in early June.

With a general consensus that our city needs to 'grow up' instead of 'grow out' (or at least achieve a better balance of infill redevelopment and intensification versus so-called 'greenfield' development) our UK consultants have recommended that Edmonton develop an LRT with an 'urban' feel, instead of the more 'suburban' system we've been developing.

The key differences between an urban and suburban system is the separation between

stations: suburban system stops are up to 2.5 kilometres apart, whereas urban system stations are 400-800 metres apart.

The advantage of the urban style is that you begin to develop corridors of density, where the density is spread more evenly along the LRT, rather than in isolated nodes. The tradeoff is that traveling long distances on the LRT takes a bit longer, but if our end goal is to build the core, not encourage more suburbs, then urban is the way to go.

I am hopeful that if these recommendations are approved by council, that the argument for a station near Harry Ainlay at 40 Ave. on 111 St. will gain traction.

The other key recommendation is to look at a 'low-floor' style of system for the West, East and Southeast lines. These board from the curb and are much less infrastructure-heavy. These low-floor LRTs are not streetcars because they still run in their own right of ways, but those right of ways are cobbled or sometimes even vegetated,

as opposed to what we're used to.

Having ridden the Dublin low-floor system last year, I can attest to the lovely sense of appropriate scale as it worms its way through the city, stopping frequently enough to have an impact but without disrupting the underlying feel of the city.

This does mean LRT out to the International Airport and, for example, Spruce Grove is less likely, but LRT technology was never well suited to that; a fast link from a bus or other fast rail to our urban LRT system is more appropriate for getting out to the region.

Where we're contiguous, as with St. Albert, an argument can still be made to connect. This holds true for Sherwood Park as well, in time.

For more information I encourage you to consult [www.edmonton.ca/LRTprojects](http://www.edmonton.ca/LRTprojects).

If you have any questions, please write to don.iveson@edmonton.ca or call (780) 496 8132.

# Councillor sees a new life for shredded paper



by Bryan Anderson  
Edmonton City Councillor, Ward 5

Shredded paper is not accepted in blue bags because the machinery at Edmonton's Materials Recovery Facility is not designed to handle small bits of paper. The shredded paper gets inside the equipment and falls onto the floors, requiring frequent and widespread cleaning.

Currently, residents are asked to put their shredded paper in the garbage. Residential garbage is composted, and shredded paper is good for our composting process.

There is another option on the way for residents to deal with shredded paper. On Jan. 21, the City of Edmonton and Greys Paper Recycling Industries Ltd. announced that eco-friendly paper recycling and glass recycling systems will be developed at the Edmonton Waste Management Centre starting this spring.

This will be the first closed-loop paper recycling facility in North America. "Closed-loop" means that natural resources will be used, recycled and used again, and little or none of the material will be lost in the process.

Greys will process shredded and unshredded waste office paper collected from city facilities, businesses and residents. This will be recycled into products such as writing paper, which will be sold in Edmonton and the surrounding area. The City will be using products made at the Greys facility.

In the near future, the city will provide bins at community recycling depots and eco stations for residents to recycle shredded or unshredded office paper.

Once the Greys facility is operational, residents can choose to have this material composted (by putting it in the garbage) or recycled into a paper product (by taking it to a recycling depot or eco station).

But until then, please remember: **shredded paper belongs in the garbage, not in your blue bag!**

For more information on recycling programs and facilities near you, call 311 or visit [edmonton.ca/recycling.aspx](http://edmonton.ca/recycling.aspx). Please feel free to contact me about any concerns you may have at (780) 496-8130 or at [bryan.anderson@edmonton.ca](mailto:bryan.anderson@edmonton.ca).

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# Leashes essential for dog and resident safety

by Shay Meszaros  
South Terwillegar resident

Dog parks are great for exercise and socialization. Keep in mind, however, that unless the park is clearly labeled with signage, it is not an off-leash park, and therefore your pet must be kept on leash at all times. (Many appear to be unaware, for example, that the park along South Terwillegar Drive is not indicated as an off-leash park, and continue to use it as such.)

If you are caught with your dog off-leash in an undesignated area, you will be fined \$100. You are also liable for injuries or damages caused by your dog. So while walking Fido, please keep him attached to his leash.

### Top 10 reasons to keep your dog on a leash:

- 10 – It’s the law.
- 9 – Unleashed pets drink contaminated water or poisons and can become dangerously sick and/or die.

8 – Dogs are very happy to walk on a leash with their best friend – you!

7 – People can get bit by a loose dog. Lawsuits could arise from your dog biting someone and may require that the dog be euthanized — even if he was provoked to bite.

6 – Loose dogs get into fights with other animals and can get injured.

5 – Owners are not always aware that their unleashed dog pooped. This causes a mess in neighborhoods, a health hazard and can even lead to heavy fines for the owners if they fail to clean it up.

4 – Loose dogs can give all dogs a bad name. Some citizens are simply not dog lovers and may prefer that dogs not be allowed in public places and even houses. Every dog allowed off leash may support their view.

3 – Unleashed dogs cause over 1,500 car accidents as well as fatalities per year. Drivers try

to avoid hitting the animal and end up paying the price.

2 – Dogs get stolen! Yes, even in your backyard. Isn't his life worth it to keep him safe?

1 – The leash was invented centuries ago. It's there for a reason — use it!

So if you want to let Fido run free, try exploring the many off-leash parks in and around Edmonton. There's a wonderful one at Terwillegar Park, or you can check [www.edmonton.ca](http://www.edmonton.ca) and search on "leash" for other alternatives.

## Picking up the pieces . . .

To help alleviate some of the mess incurred from pet poop, the Terwillegar Community League hired an individual specifically for this purpose.

The budget allowed for approximately six hours of service in Terwillegar Towne. The Terwillegar Residents' Association agreed to fund the service.

Please do your part to avoid further cost to your community.

## Be a good neighbour – scoop the poop

by Shay Meszaros  
South Terwillegar resident

No one thinks it's acceptable to leave a dirty diaper in a park, so why should it be acceptable to leave pet poop?

There are many beautiful parks and paths in the Terwillegar area. They are a wonderful place for people of all ages to play, take a walk and just enjoy the great spring weather — that is until you step in poop.

Pet poop actually contaminates the ground and becomes a means of passing intestinal parasites and infections to both pets and people. Picking up the poop prevents a great deal of the contamination, especially if diarrhea is not involved. Cleanup can reduce veterinary expenses and might even save on human doctor bills.

Our parks belong to everyone. Be a good neighbour and scoop the poop.



Left: Bag dispensers such as this help residents keep the neighbourhood clean.

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# Making the choice of stocks or bonds

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

Modern portfolio theory has come a long way since the 1800s. Not only are investors plagued with the decision to balance their investment portfolios between stocks and bonds, they are also challenged with an endless list of hybrid and “engineered” financial products.

### “Stick to what you know”

This sentence should be stapled to every trade ticket, investment statement and proposal throughout the world. Heck, I may even get a set of fridge magnets made up so my clients can review this phrase on a daily basis. If someone is advertising a “hot new investment product” or something so utterly complex that you have no idea what you’re in, do yourself a favour and stay away.

Nine times out of 10, these products will leave you with many of the same feelings that you get when you leave a casino: broke, tired, confused and maybe even a little hungry. If there was a rule of thumb to follow in the investment industry, it would be that “if it looks and sounds too good to be true, it most definitely is.”

Arbitrage opportunities (the ability to profit without taking risk) do not exist in today’s

market. For every “abnormally attractive” investment that you see, the reality is that millions of other people see it as well. Prices adjust so rapidly that any opportunity to profit disappears almost instantaneously.



### “Remember the story of the tortoise and the hare?”

In case you don’t remember, “Once upon a time there was a hare who, boasting how he could run faster than anyone else, was forever teasing the tortoise for its slowness.”

I would like to give readers a brief description of the hare. He is comprised of 100 per cent equities (stock), derivatives (options and futures) and hybrid products (levered products and credit default swaps). He looks great on paper — very flashy — and can appreciate in value at an exponential rate. Unfortunately for the hare, he can depreciate even faster.

The tortoise on the other hand is much more simple. Some may even consider him boring. He is made up of a basic combination of stock, bonds and risk-free investments. He does not appreciate in value as fast as the hare; instead, he cruises along at a consistent and predictable pace.

### “Emotions of the race”

In the beginning, people anticipate that the hare will win on all counts. Out of the gate, those that bet on the hare feel like they have indeed made the right move and will often mock those that bet on the slower tortoise. In the end, the hare begins to slow and those that bet on it become anxious. “It’s still too late to switch” they say. The slow and predictable tortoise eventually passes the still hare and comes to win the race. Those that bet on the hare are left with many of the emotions that I discussed above: broke, tired, confused and hungry.

The best advice I can give you is stick to the basics. If your advisor is selling an investment product that he himself does not understand, it might be wise to stay away.

This article is for informational purposes only. It is recommended that individuals consult with a financial advisor before acting on any information contained in this article. The opinions stated are not necessarily those of Scotia Capital Inc. or The Bank of Nova Scotia. ScotiaMcLeod is a division of Scotia Capital Inc., Member CIPF.

# Good credit essential for a good mortgage



by Shawn Money  
Mortgage Expert

In today’s credit market, if your credit is good, you can get money almost for free. Variable mortgage rates are currently at 2.85 per cent. But what if your credit is not so perfect? Well then, you may be out of luck! The insurers and the lenders are tightening the guidelines and scrutinizing all files.

As of March, Genworth changed their lending guidelines. The portion of debt you can get for your house has dropped to 35 per cent of your gross income. Genworth is a direct competitor to Canada Mortgage and Housing Corporation (CMHC) and they both ensure that the lenders will not experience any losses on the mortgage that they issue. This has become a point of paramount importance. There is a lot of institutional money out there to fund mortgages, but it wants to find a solid guarantee. Lenders will buy mortgages which are government — backed — up to 100 per cent for CMHC, and for Genworth it’s 90 per cent.

The options you have, if you don’t meet that requirement, go down dramatically. Try a nine per cent rate. Yikes! On a 300,000 mortgage that is a difference of \$18,450 a year or \$92,250 over a five year term. This is not including the brutal four per cent lender’s fee which is almost double of CMHC. In other words, if you don’t fit their profile, you should rent!!

We still hear news about the terrible sub prime industry in the US. Let me tell you some equally terrible news: we hardly have any sub prime lenders in Canada now. So if you want to buy a house and are self employed, yet you don’t have several years of positive tax returns showing a decent income, or perhaps you had a small hiccup with your payment history because of an injury or divorce, then you may not be able to get any financing.

There are a few lenders left who will do self-employed stated income deals if your credit is less than perfect; however, the cash towards a down payment has increased 25 to 35 per cent. Now since almost all

investments have gone down sharply, that may be tough to scrape up. Lending rates are not too bad really, with rates in the four to five per cent range — if you fit their new guidelines! They are now very selective on the type of property they will finance.

So give your friendly mortgage broker a call and make sure you have your ducks in a row.

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Visa Card @ 19.75%	\$ 7,500.00	\$ 250.00
Car Loan @ 6.50%	\$ 15,000.00	\$ 450.00
Dept. Store @ 28%	\$ 3,500.00	\$ 125.00
Home Renovations - LOC	\$ 20,000.00	\$ 200.00
<b>TOTAL:</b>	<b>\$ 221,000.00</b>	<b>\$ 2,118.79</b>
<b>CONSOLIDATE WITH:</b>		<b>New payment = \$ 941.90</b>
New Mortgage @ <b>3.75%</b>	\$ 221,000.00	
<b>MONTHLY SAVINGS:</b>		<b>\$1,176.89</b>

Rate used is 3.75%, 5 yr term, 33 yr amortization, APR of 3.92% including \$1,000 for legal costs. \*Rates subject to change without notice. O.A.C.

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# Going the path of community involvement

by *Tammy Peters*  
*Terwillegar Towne resident*

Hello everyone! My name is Tammy Peters and I am a volunteer. It hasn't always been that way. I guess, looking back, it was kind of a natural evolution after a few significant events in my life. I thought I might share my experience as a volunteer since it is a recent development — one I would not have thought of as likely to happen.

The first event was my son "coming of age" to participate in community sports, events and programs. As some of you know and as some of you will find out, it happens quickly and the community becomes their first contact outside the family. The second event was me leaving work due to health concerns. Initially not a reason to join the volunteer movement, but once things settled down into a routine, things were, well, routine.

Before these life events I was working full-time, parenting, and still trying to be the wife that could do it all. I was overwhelmed, sleep deprived, and dissatisfied. I felt I didn't have a moment to spare!

So last year I found myself with a four-year-old and some down time. We loaded up with activities: gymnastics, music, skating, swimming, soccer, hockey — everything and anything. This introduced me to the world of volunteer work — admittedly with apprehension and suspicion at first. What were their expectations? What did I know about working a bingo? Helping host a bike parade? Being a coordinator for a soccer team? What I've found out is this:

- 1) Every minute of time volunteered is both appreciated and needed.
- 2) Everyone has a skill, talent, or ability that can make a significant contribution to a

volunteer organization — even without an intimidating commitment of time.

- 3) Often your time is more valuable than your money.

Start small — put your name on a contact list for volunteer opportunities and when called, decide then if it is a good match for you at that time. Or check out newsletters, papers or websites to see what upcoming events need volunteers and what the commitment would be. Or jump right in with both feet and take a leadership role for an event that you believe is important — for whatever reason.

The events in our community that so many take pleasure in are made possible in large part by people who decided that it was worth their time (whatever they could spare) to help ensure that they continue to occur. These events may help a worthy cause or be an activity for many to enjoy, but they all increase the well-being of our community and its members.

In such a short time I've found the rewards of volunteering to be many. They may be cliché,

but that should not diminish their truth or their impact:

- Getting to know my neighbours and my neighbourhood.
- Gaining an appreciation of other volunteers and the families that attend an event.
- Seeing the smiles — especially on the kids faces, but on those of parents as well.
- Being a part of something "bigger."
- Realizing that contributing my time and skills is a big part of finding fulfillment.
- Teaching my son about getting involved and the value of doing something — just because.

I encourage everyone to find some way to contribute, in whatever way they can, to their community. I can't imagine my life now without being involved and invested in my community.

See your community become vibrant and active; and take pride in knowing that you are part of making it happen. Remember: no effort is too small to make!



Many showed up for last year's Canada Day bike parade - an event which Tammy Peters helped organize.

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# Pastor sees the many hands of freedom



by Ken MacDonald  
Pastor of Terwillegar Community Church

We are still a very young nation! On July 1, Canada Day, we commemorate the day in 1867 when the first colonies of British North America entered Confederation as the Dominion of Canada. This year, we are 142 years old as a nation.

If you enjoy photography, you might be excited to enter the "Celebrating Canada Photo Contest" this year. See [www.rd.ca/ourcanada/nikon\\_contest09](http://www.rd.ca/ourcanada/nikon_contest09).

Enjoy taking photos of our great country!

These days, many of our men and women are serving in harm's way in order to preserve the freedoms that we enjoy as a country. We have contributed our troops to the war on terror and to fighting the Taliban that are operating in Afghanistan.

Some know first-hand the stress of having a son, daughter, brother or sister serving in these dangerous areas. We raise our flags of gratitude for the sacrifice that is being made on our behalf.

Often, freedom is described in terms of outer freedom and inner freedom. Outer freedom is the absence of outward restraints with respect to speech, freedom of thought and religious practice. Although differences of opinion exist, often with great intensity, Canada is still a country where our views can be heard and freedom reigns.

Inner freedom is more private and much more individual. It is the autonomy or mastery we experience when we conquer some of our inner conditions. There are many factors that compete for our freedom.

My cousin received devastating news just the other day that a large tumor — believed to be cancer — is located in the bottom of her esophagus. Such news threatens to undo the freedom of a peaceful mind.

A senior called recently to express her concern that she felt there was evidence that an intruder was coming into her house at will. Suddenly her freedom — the freedom of her own home — feels violated.

Although the economic downturn has not impacted large numbers of Albertans, still there are some who are really hurting. The freedom of a peaceful mind and heart is threatened with the question: "how will I get through all of this?"

One of the great invitations of the Bible is found in the words of Jesus Christ: "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest." (Matthew 11:28) When our inner freedom is threatened (which seems to be the norm) we have a powerful resource in Jesus Christ, the Son of God who gives strength and peace just when we need it most.

Freedom reigns when we who carry heavy burdens determine to no longer carry them alone. Here is a generous invitation from our Lord to give Him our concerns, and in exchange He will give us His peace. What a deal! Freedom reigns!

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# Moms connect through the “mom-osphere”



by Connie Peters

In this information age, mothers can congregate, confess and confer with other mothers in a matter of minutes . . . online. The Internet has given us a way to connect with other mothers like never before. If you want to peek into a celeb-mom's life, relate with others about your sleepless night or vent about your struggles with the preschooler that day, all you need is a few keystrokes and ta-da! You're there!

Moms confess online like they're leading double lives (truconfessions.com). There are thousands of mommy bloggers out there who are posting daily about everything from struggles with post-partum depression, reviewing the latest baby gear and reliving personal experiences. The mom boards (online message forums) are everywhere and groups can be made and meet on Facebook in minutes.

For someone not entirely comfortable web surfing, it may be a tad intimidating at first, so I'll cover the basics here, and you'll find it quickly becomes addictive and essential. (Or is that online shopping!?)

**Everythingmom.com** — here you'll find a wealth of information in the form of articles, an online message board and mommy groups.

**Canadianmomscommunity.com** — this is an online message board which is quite active with many Canadian mommy-members. The best way

to meet moms and get involved is to jump right in and post responses to threads if you have something to say. Keep it up and start your own threads too. Soon you'll have online friends and a place to go to get and give advice of any kind, and just plain relate!

**BlogHer.com** — a collection of the best women bloggers out there. Don't know where to start? Click the BlogHer of the week and start reading posts. Great writing, and a place to be assured that surely you are not alone in this crazy world of womanhood (and motherhood).

**Urbanmoms.ca** — Another Canadian moms community with articles and lots of cool product, book and music reviews.

**Twitter** (www.twitter.com) and **Facebook** (www.facebook.com) offer you a method of creating an online persona and finding others who either already know you or meet others online. The Twitter-celebrity connection is fascinating in that you can literally 'follow' celebs to see what they're posting about on a daily basis. You can also follow Edmonton moms if you search for #yeg under www.search.twitter.com.

So try a few or try them all. Just take advantage of this information boom and make a connection!

*Connie Peters is an Internet addict who loves twittering about Facebook while surfing for new shoes, reading mommy blogs and chatting in online mommy forums ... every day. She writes her own blog at www.modernmamamusings.ca*

# Deciphering wine labels of a different flavour



William Bincoletto  
Resident sommelier of  
Vines Wine Merchants

Welcome back wine friends to Uncorked, the fun wine column where we chat about how delicious wine really is.

## Uncorked

There are always so many questions when talking about wine. One very important one I am often asked is simply "How do you read a wine label?"

The first most important information you receive is through the label. The label will offer some basic information regarding grape variety, region or sub-region, producer, classification, vintage, and the style of wine. Once you are able to decipher the data, this information will not necessarily guarantee you quality, but it will offer a better understanding of where the wine comes from and how it was made.

How do wine labels present some idea of flavour characteristics? Each wine-producing area has practices and traditions that determine label information from the point of origin. These labelling practices vary a great deal from one country to another and even from region to region within a country's borders. Although they can be quite complex in reflecting these sundry customs and regulations, all of the wine labels of the world can be broken down into three basic categories:

- **Appellation:** named for the place the grapes are grown
- **Varietal:** named for the predominate type of grape used
- **Proprietary:** name created and owned by the brand

One way of looking at it can be that Old World wine countries tend to prefer labelling their wines with the name of the region, as in Beaujolais (region of France), Piesporter (town

of Piesport in Germany), Valpolicella (district in Italy). These are wine names that we are all very familiar with.

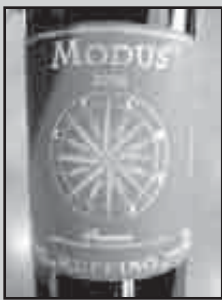
The other is the New World concept with giving wines the names of their grapes, as in a Shiraz from Australia or a Cabernet Sauvignon from California.

Because this is perhaps the easiest way to know and understand what is inside the bottle, European countries are now starting to add the name of the grape to their labels whenever possible.

The third example is the brand name created from the winery. While many think this a New World concept, especially from Australia (Little Penguin, Yellow Tail), some of us can actually remember some of the originals from Europe (Mateus from Portugal, Mouton Cadet from France, Black Tower and Blue Nun from Germany).

Below are three great recommendations.

Until next time, remember: Wine is cool!



### 2006 Ruffino Modus

A great designer wine of delicious quality. The wine is produced with 50 per cent Sangiovese, 25 per cent Merlot and 25 per cent Cabernet Sauvignon. In the constant attempt to maintain quality and to find new and unique wines at my workplace, we usually taste

and spit. However, this time, there was no spitting. When I sat down with some nice cheese, before I realized it, the whole bottle had disappeared. OK, I was not alone! But while big production wine usually doesn't over-impress me, this one really did.

The Sangiovese produces the dominant flavor of bing cherries releasing into red berries; the Merlot adds a velvety sensation encompassing the palate with earthy aromas, while the Cabernet Sauvignon adds structure with a bit of a bite and a finish of sweet herbs. Modus Ruffino is smooth and full of flavors, a great initial impact with firm yet round tannins resulting in a wine that can be consumed with big red meats and will grace your cellar for another 10 years.

\$68.95\* (Limited quantities available for \$39.95.)



### 2007 Kenwood Chardonnay Yulupa

This wine was created in the early 1990's to meet the growing demand for restaurant wine-by-the-glass listings. So while you may see this wine more and more on wine list, don't hesitate to by this wine by the multiple bottles or by the case. This wine is full of fresh tree fruit flavours with just the right amount of oak textures that makes it ideal for a very wide range of foods, or a pleasure to taste a cool glass or two on the patio after the long day of yard work

\$21.95\* (Limited quantities available for \$13.95.)



### 2007 Duboeuf Saint Amour

As indicated in the article, Saint Amour is named after the town of Saint Amour, situated in the Beaujolais district in France and made entirely of Gamay grape (not mentioned on the label). Often referred to as the "wine of love," (usually released just in time for Valentine's day), this Beaujolais Cru has a luminous ruby color and a bouquet of fresh red raspberries, peaches, cherries and flowers. Luscious and round, it is best served lightly chilled and pairs with a range of foods from charcuterie to sweet and savory berry dishes or as chocolate.

\$22.95\*

\*Prices indicated are the current cost at Vines Wine Merchants.

# Reach your goals by believing in yourself

by Danny Freedman

Founder of Evolution Coaching

It all starts when someone says that they believe in you.

A *belief* is a confidence, faith or trust in the truth or existence of something. It is a powerful thought — one that is too seldom shared in today's society. *I believe in you*. This simple comment changes the way people see themselves.

As babies, we can't talk, walk or even hold our head up by ourselves, yet no one has any doubt that we will one day be able to do all of those things. Even as we get a little older, people see our potential, and we start hearing things like "you can do anything you want to if you put your mind to it." These are really strong words that help us to accomplish that which we cannot do already and have us stretching further than we see ourselves capable of. If we're lucky, we're surrounded by people who continue to believe we can do anything, but more often we start getting well-intentioned feedback that tries to guide us only towards our capabilities.

Starting in the primary school years, competition comes into play. We learn what we

are good at and what we are not as good at. Even people who want us to succeed in life start to try to guide us away from disappointment by getting us to do things they think we are more likely to succeed at. What they are saying, in fact, is that they don't believe we can succeed in certain situations.

Over time, we start accepting the limitations placed on us by others, and we start imposing those limitations on ourselves. This strategy may keep us from experiencing disappointment in the short-term, but it also limits the things we will try and possibly excel at. The most successful people in the world disregard the limitations other people put on them and only focus on what may be possible. They continue to follow their passion and their purpose no matter what, and find ways to overcome obstacles in their way.

The impact of what people tell you and what you believe about yourself is paramount. A great example of the power of thought is shown in a story about Albert Einstein as a teacher. At the beginning of delivering a test to his class, Einstein explained that there was a bonus question at the end. He told his students that they could try to solve it, but it had never been

answered. At the end of the class a student raised his hand to give the answer to the last question. To Einstein's surprise, the student had answered the question correctly. Einstein asked him why he had even tried to answer it after he told the whole class at the beginning that the question was in fact unanswerable. The student explained to him that he hadn't heard the message because he was fifteen minutes late for class.

This story illustrates how much more we might be capable of if we don't allow our beliefs to limit us. The story of this student's life was well portrayed in the movie "A Beautiful Mind." Imagine how powerful it would be if you truly believed in yourself and the people around you. Imagine how much more could be accomplished if people simply believed it could be done. The power of belief is immeasurable. Do you have someone who you could tell today how much you believe in them? Imagine the possibilities of what we could accomplish as a society if we simply believed in each other and helped each other succeed.

*"Believe in your dreams and they may come true; believe in yourself and they will come true."*  
Anon

## Early orthodontics keeps your child smiling

by Dr. Tarek El-Bialy

Certified Orthodontist, Face Enhancing Orthodontics

What is the best gift for our beloved kids, spouses or our parents? A beautiful smile is important in all of life's activities. Orthodontic treatment for young children can save them long treatment times in the future. Orthodontic treatment for adolescents and adults can change their life by providing them with a shiny smiles, self-esteem and better job opportunities.

The American Association of Orthodontists suggests that children be seen by orthodontists between the ages of five and seven years. At this age, critical things happen that can interfere with children's normal dental and facial growth, and the impact of these things can affect their lives later on.

Mouth breathing due to long-term nasal congestion or nasal obstruction is one problem that can arise. Mouth breathing causes the lower jaw to drop down, allowing the person to breathe through the open mouth. This causes the tongue — which is normally seated against the palate — to drop down, suppressing the horizontal growth of the palate, and putting force against the inside of the cheek muscles on the upper teeth and jaw. The upper jaw and teeth are then pushed to the inside by the cheek muscles. This can lead to defective growth of the nose and upper jaw.

The underdeveloped upper jaw consequently remains constricted with subsequent crowded teeth and improper posterior teeth bite - known as posterior cross bite. The defective nasal growth will last throughout life and cause nasal speech tone and permanent vertical growth pattern of the face that will require many major surgeries later in life to be corrected.

If this case is managed early in life (ages five through eight), there will be less likelihood of the patient to need surgical intervention later in life. In addition, a mouth breather's smile is often narrow from the sides of the mouth, and frequently has crooked teeth. Kids in this situation are often less likely to smile naturally in social situations, which affects their self-esteem. Utilizing early orthodontic treatments is usually less complicated than adult orthodontic braces, and kids always have fun with the Phase 1 orthodontic treatments.

Lateral jaw shift is another reason why younger children should be seen by an orthodontist. This shift may be caused by improper eruption of some incisors at the age of seven and eight-years-old. If not treated immediately, permanent jaw shift, which appears as a shift of the chin to one side of the face, will occur and usually requires surgery later in life. In addition, lateral jaw shift may lead to permanent jaw joint pain and problems collectively known as (TMD) or Temporo-Mandibular-Joint Dysfunction.

Parents wanting to save their kids from hassles later in life may want to take them to see an orthodontist early on. Many orthodontic offices provide a fun environment for kids at this age. Encouraging the child's cooperation with the orthodontic treatment is important, as is a fun environment for kids, parents and staff.

If your child exhibits any of the difficulties mentioned, consult your dentist or orthodontist right away.

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# Keep your family fun and fit this summer

by Kendra Compton  
Balanced Fitness

The end of the school term is just around the corner and the good weather, bright evenings, and summer holidays offer a great opportunity for families to spend more time together, and participate in fun fitness activities that might not be possible during the school year.

Physical activity involving the whole family is fun and beneficial for your entire family's health. Kids that grow up with an active lifestyle, and see their parents enjoying physical activity and exercise, are much more likely to be active and establish healthy habits they will carry into adulthood. Playing and exercise also create great childhood memories.

So try these simple family fitness ideas to get active and have fun this summer:

## Plan an active holiday

Plan a holiday in advance that includes fitness and physical activity. Holidays that include swimming, games in the pool, cycling trips, hiking or roller-blading are fun, action-packed and allow your family to stay active. You will come home feeling far more refreshed than if you had just lazed around by the pool or on the beach.

## Join in summer sporting tournaments

Many sporting activities are highlighted throughout the summer months. For example: the Wimbledon tennis tournament, the famous Tour de France and many Iron Man Triathlons. So create your own family mini-tournaments to follow along with the TV highlights and events. Set up a mini-schedule of matches or races to



get involved in the action. Tennis, swimming, cycling and running are simple, fun and easy to do outdoors in the nice summer weather.

## Support a charity

Many charities are always in need of volunteers for walks and fun runs, or for participants to join the event. Enter the family and train together for the upcoming event.

## Go camping

Enjoy a family camping holiday or even a weekend break at a local campsite. Having your family take the time to cook meals together, set up accommodations, build campfires or play games will teach them some great life skills and allow the family to spend time together. Many campsites also offer nice beaches, walking trails and other outdoor activities that can be enjoyed during the holiday.

## Walking/hiking

Children of all ages can realize the benefits of physical activity by walking to different destinations throughout the week. Whether

you choose to walk around your home town or choose a more natural location like the park or trails, your children can enjoy their time with you and see how great they feel exercising. Add some adventure to the trek by bringing along a compass and a map and doing some orienteering, or create a scavenger hunt in a local park.

## Combine exercise and household chores

Over the summer break, you'll find that even though you are now home with the kids, the daily or weekly chores still need to get done. Well, get them involved and active. On small pieces of paper, write down chores and a body weight exercise associated with that chore. For example: dusting and push-ups. As they dust the house, every three minutes they have to get down and do 10 push-ups. Get involved, and pick from the list too. The combinations are endless, the chores will get finished and you will get in a mini-workout at the same time.

## Indoor Activities

Indoor games like badminton, ten-pin bowling and table-tennis can be enjoyed indoors on a rainy summer day or when you need a break from the sun. Or try booking an hour or two at your local sports or recreation centre, and have a game of floor hockey, basketball or volleyball.

Whatever activities you choose, everyone in the family will experience the benefits of physical activity and have fun. Plus, your kids will love spending that time with you. I know they will look back fondly at those memories and most likely carry on these habits and traditions with their own families sometime in the future.

Enjoy the summer and stay active!



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# Cutting the fat not always a wise decision

Nicole Tull, BHK  
Nutritionist

Everyone seems to try to avoid fats these days, but fats actually play three important roles in our diet. First, they contribute to the texture, flavour and aroma of our food. Second, they are essential for structural and biochemical roles in our bodies. Third, they are a concentrated source of energy. Believe it or not, 34 per cent of our daily energy or calories should come from fat. Fat contains a whopping nine kcals (AKA calories) of energy per gram, whereas carbohydrates contain only four kcals of energy per gram.

Fats are divided into two main categories: saturated fatty acids and unsaturated fatty acids. Saturated fatty acids are saturated with hydrogens. Some common saturated fats go by the names of palmitic acid and stearic acid. These are most often found in animal products. Some names from vegetable sources include palm oil and coconut oil.

Unsaturated fatty acids, on the other hand,

are not saturated with hydrogen and contain double bonds. An unsaturated fat with one double bond is called a monounsaturated fatty acid (MUFA). One common MUFA is oleic acid. This is the stuff you find in olive oil and canola oil. Unsaturated fats with more than one double bond are called polyunsaturated fatty acids (PUFA). The most common of these is linoleic acid, which you'll find in corn and soybean oil.

So how do you tell saturated from unsaturated? When compared to saturated fats, unsaturated fats melt at a lower temperature and they're more likely to be liquid at room temperature (they turn into a puddle on your counter). However, in the unsaturated fat category there's a type of fats called trans fatty acids.

Trans fats have their hydrogens in the opposite configuration on the double bond. Some of these trans fats are found in nature but most are formed in the process of hydrogenation. When they go through this process, the fats have a

higher melting point and are actually semisolid at room temperature. An example of this is any type of margarine — it's partially hydrogenated vegetable oil. This hydrogenated trans fat is considered an unhealthy, artery-clogging fat — one to avoid!

Essential fatty acids are fats that the human body cannot synthesize from other fats. For example, humans are unable to make fats with double bonds in the omega-6 and omega-3 positions, therefore we must include them in our diet. Why? Omega-6 fatty acid, or linoleic acid, is important for growth and red blood cell formation. You can find it in animal protein and vegetable oils. Omega-3 fatty acid, or alpha-linolenic acid, is important in the structure and function of cell membranes and is found in vegetables and fish.

So next time you cut the fat, take a closer look. It just may be good for you!

## Academy plays it up in Boston

by Bryan Keller  
Director, St. Francis Xavier Hockey Academy

St. Francis Xavier's Female Hockey Academy travelled to Boston, MA from April 7 to April 12. This was the first trip for the academy since the program began.

The girls played two exhibition games against the Boston Shamrocks and toured the campuses of Harvard, UMass, Northeastern and Boston University. The girls really stepped up to the challenge as the level of play was much higher than most play on their home teams.

The tours of the schools provided the girls with a glimpse of what their future might hold as they work hard to earn university scholarships. The girls were also lucky enough to catch Red Sox and Celtics games and tour the Boston Bruins dressing room. They were really taking in the rich history of sport in Boston.

The girls were all great representatives of Edmonton Catholic Schools and Canada, with the teachers receiving compliments everywhere we went!



St. Francis Xavier's Female Hockey Academy at the Ristuccia Memorial Arena.

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# Youth's little gesture shows a big heart



by Steve Simala  
TCL President

True story: Late one afternoon, my doorbell rang. A young boy and his dog were visible through the glass, which was quite unexpected. Is he selling something? Canvassing?? No visible packs or pamphlets or \$3 boxes of chocolate covered something-or-other to help a Grade 5 class go on a trip.

We answered the door with our curiosity piqued.

"I am sorry to bother you," this polite young man said, "but I'm afraid my dog has just pooped on your driveway, and I've run out of plastic bags to pick it up with. Do you have a plastic bag I could use to pick up after my dog?"

Wow. Of course we grabbed a bag, this mature and responsible dog owner cleaned up after his pet, and I'm astounded at this display of responsibility. This guy's parents should be

exceedingly proud and we should all follow the example of this young man. Clean up after ourselves and our pets.

Take responsibility, even when no one is watching and no one would know who had left the poop on the corner of the driveway. These are the little things, good little things, upon which is built a strong foundation of community.

After all, with kids like this in our neighbourhood, we adults have a lot to live up to.

## Identification of valuables a deterrent for crime

by Vern Gorman and Enza Fata  
Neighbourhood Watch Zone Leaders – Terwillegar Towne

Neighbours and Friends,

As we enter the summer holiday season, it is important to stress the need to communicate with your neighbours regarding holiday schedules. Through the Neighbourhood Watch philosophy of looking out for each other to reduce crime, we have learned that it not only helps us as a community in a positive way but also allows an awareness, which will help our own feeling of security at home.

Even though we can reduce the likelihood of a residential crime, the chance that it could happen is always there. The focus of this article will be Identification. We hope you will find this information helpful.

### Operation Identification

Burglars seldom steal valuable merchandise for personal use. They steal items that can be transported and sold easily. Operation Identification discourages burglars before they attempt to break into your home.

What you can do:

- Join Operation Identification through your local police service or volunteer in a crime prevention program like Block Watch, Neighbourhood Watch or Rural Crime Watch.
- Identify all your valuable property with your driver's licence number by using an engraver, a permanent marker or an invisible ink pen. If you don't have a driver's licence, similar identification can be issued where driver's licences are sold. (**Do not use your social insurance number.**)
- Photograph small items and jewellery beside a clearly marked ruler.
- Videotape the contents of the house and store the tape in a safety deposit box.
- Advertise the fact that all property in your home is marked for identification by placing Operation Identification decals (available from the police service) on your entrance doors and windows.
- Record serial numbers and descriptions of all your valuable property.

## In your community . . .

These are the people in our neighbourhood:

**Residents' Association:** Responsible for the maintenance of this fine place, including our beautiful trees and parks. It is also responsible for the regulation of neighbourhood architecture. (Do you have a mailbox? Two bushes and a tree?) Annual fees are required and residents are contacted directly if payment has been missed.

**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 Community League News, neighbourhood watch, and more. Membership fees are optional (but well worth it!). E-mail memberships@terwillegar.org to join.

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

We hope you find this information helpful, work towards improved security in your home and continue to watch out for your neighbours.

Remember to become a Neighbourhood Watch member by completing an application at: <http://watch.edmonton.ab.ca>.

Thank you, and have a very safe and happy summer.

## Letter to the editor

We have lived here for almost five years. Every winter, my husband clears a skating area on the pond. Recently you gave the "snowblower guy" a mention in your community newsletter. Dale was so pleased. We live on the lake, and we see how his effort makes everyone in Terwillegar Towne have something to enjoy on the long cold winter days. He rarely gets help or a thank you. In fact, I have watched people rush onto the ice after watching him take two to three hours to clear it. They just sit there until he is done, and go play hockey with not even a wave. I, as his wife, believe you need to publicize the name of the one man who makes it his job to ensure we all have the great ice surface you take credit for every family day.

His name is Dale Fournier, he is a city firefighter that on his days off, is out there constantly. Our children are grown up and living away from home, so he is doing it for all of you! He loves to see everyone out there enjoying his effort so that is what motivates him. We never even owned a snowblower until he decided he needed it to provide a great rink for everyone. Please give him the credit he deserves.

Kelley Fournier

*Editorial note: On behalf of the Terwillegar community, thank you Dale for all your hard work. And thank you Kelly for giving us a face to such a well-appreciated and humble man!*

# JOIN THE LEAGUE

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

**Terwillegar  
Community League**

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Volunteer Interests	Comments
Activity Interests	



## Coming events

**May 4 - Aug. 20:**

Green Shack Program

**Location:** Tomlinson Common Park

**June 26, July 24, Aug. 28:**

TC Church's Family Fridays

**Location:** Tomlinson Common Park  
6 - 8 p.m.

**June 27:** Summer Kick-Off Water Fight

**Location:** Tomlinson Common Park  
2 - 4 p.m.

**July 1:** Canada Day Bike Parade

**Location:** Tomlinson Common Park  
10 a.m.

**Aug. 19:** End of Summer BBQ

**Location:** Tomlinson Common Park  
5 - 7 p.m.

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

### Membership Online

Very soon you will be able to purchase your Community League Membership online. Keep checking [www.terwillegar.org](http://www.terwillegar.org) for updates.

### MEMBERSHIP FEES:

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

**MEMBERSHIPS EXPIRE ANNUALLY  
AUG. 31.**

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

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

## Free swim time

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



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

# Cleanup a year-round event

by Shawna Duval  
TCL Program Director

This year's Capital City Cleanup activity was another successful event. It was a typical early spring day, blustery with a little snow in the air. Volunteers met at the Tomlinson Common Park playground to collect supplies, a yummy donut and a free Froster supplied by Mac's Corporate.

We collected a total of 30 bags of garbage that day. Way to go volunteers! Many thanks to those who participated: Shauna, Kinsi, Pat, Glenda, Tina, Richard, Tammy, Travis, Max, Kim, Mark, Nathan, Adam, Lisa, Jonas, Rene, Yanick and Monet.

What a difference a little time and effort makes — our neighborhood looks great. For those who missed the clean-up day, remember that cleaning up after yourselves and those who forget is a year-round event. Keep up the good work everyone!



Young volunteers pitch in during Capital City Cleanup

## TERWILLEGAR CLASSIFIEDS

**CAROLYN'S HOUSE CLEANING** – Mature, experienced workers. Basic cleaning supplies provided. (780) 922-1076. Also taking applications for employment.


**BABYSITTER AVAILABLE** for weekends and over the summer. Standard First Aid, CPR and completed the Red Cross Babysitting Course. References. Alana at (780) 974-7466.

**TUTORING SERVICES IN HOME**  
Great Tutors available in all subject areas Gr 1 - 12, University. Free, no obligation consultation. Ph. Peter @ (780) 298-3710/ email phares@tutordoctor.com.

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**RIVERBEND PEANUT BUTTER & JAM**  
**Playgroup Fall Registration:** Parents and children (birth to 4 yrs). Form available at [www.peanutbutterandjam.ca](http://www.peanutbutterandjam.ca). Secure your spot today!

*Classified ad - \$10 for 25 words or less!  
Send to editor@terwillegar.org*



**Neighbourhood Watch TIP**  
**Cover your garage windows**  
**so people can't look inside.**  
**You don't want window shopping!**

### How to contact the league

**General league phone number: (780) 278-7714**

Most calls will go directly to voice mail, but will be returned by the appropriate board member as soon as possible.

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

**Board members:**

- President, Steve Simala-Grant, [president@terwillegar.org](mailto:president@terwillegar.org)
- Vice-President, Richard Pangrass, [vicepresident@terwillegar.org](mailto:vicepresident@terwillegar.org)
- Treasurer, Sherry Allan, [treasurer@terwillegar.org](mailto:treasurer@terwillegar.org)
- Secretary, Corey Froese, [secretary@terwillegar.org](mailto:secretary@terwillegar.org)
- Memberships, Kim LaFrance, [memberships@terwillegar.org](mailto:memberships@terwillegar.org)
- Programs, Shawna Duval, [programs@terwillegar.org](mailto:programs@terwillegar.org)
- Program Aide, Karey Steil, [prog\\_aide@terwillegar.org](mailto:prog_aide@terwillegar.org)
- TRAC community advocate, Glen Pearson, [trac@terwillegar.org](mailto:trac@terwillegar.org)
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