

# Terwillegar Tribune

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

## Farmers' market draws over 1,000 people

The May 18 grand opening of the Southwest Edmonton Farmers' Market (SWEFM) was, by all accounts, a resounding success! With well over 1,000 visitors from across the city, the market literally could not keep the crowds away.

"By 5 p.m., we already had dozens of customers eagerly checking out our vendors and concessions!" says Zita Dube-Lockhart, SWEFM market manager. "This is remarkable given that the market was set to officially open its door at 5:30 p.m. Our community simply could not contain its excitement!"

The market, which is held in the parking lot of Lillian Osborne High School, has been a long time in the making. A dedicated board of volunteers have been diligently working on the project for over a year.

"It was extremely rewarding to see the whole project come to fruition. The southwest area of the city has been in dire need of a farmers' market of its own for quite some time, and I think the crowds reflected that. We are a vibrant community that has seen significant growth in the past few years. It was amazing to see the sheer number of families gathered together and fostering such a warm sense of community. We were expecting a large turnout; the grand opening exceeded even our wildest expectations."

Dube-Lockhart was not the only person surprised by the extraordinary turnout. Several vendors touted the grand opening as being one of the most successful farmers' market openings in Edmonton's history. About 50 vendors held tables at the grand opening, selling a huge variety of fresh produce, home baked goods and food items, and handmade jewellery, purses and artwork. By 7 p.m., several tables were already sporting "Sold Out" signs.

Some obvious fan favourites stood out from the crowd — notably the Kettle Corn and Fat Frank's Hot Dog concessions which ran line ups throughout the entire night. Children's performer, Russell Neibel from Russ' Balloon Adventure delighted hundreds of kids with his creative creations.

The only glitch the market organizers encountered concerned parking. "We recognize that we encountered several challenges in terms



of the parking and traffic situations. As first time organizers, we knew that this would be an area we would need to re-examine once we had a better sense of the overall numbers."

Ironing out these details is at the very top of the manager's list of priorities, but she also encouraged all customers to explore parking options on the other side of the Southwest Community Recreation Centre, which is generally much less occupied.

She also reminded customers that, in compliance with city bylaws and provincial regulations, the SWEFM is a pet-free zone and asked all patrons to please leave their pets at home when they visit the market.

The Southwest Edmonton Farmers' Market is held on Wednesdays from 5:30 t 8 p.m. in the Lillian Osborne High School parking lot at 2019 Leger Rd. For more information, visit [www.swefm.ca](http://www.swefm.ca) or call 780-868-9210.

Clockwise from top left: 1. The Honourable Dave Hancock checking out the wares; 2. greenery everywhere!; 3. vendors were excited at the scene as well; 4. a multitude of people arrived; 5. "sold out" signs dotted the isles; 6. a balloon artist entertained the kids.

-1 & 6. courtesy of Terri Saunders; 2. courtesy of Don Darnell; 3-5 courtesy of Rob Agostinis.

Pull out our centre section for summer fun!  
Pages 15-18

Next advertising deadline: Aug. 10  
Next article deadline: Aug. 17

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## How to volunteer this month:

- Volunteer for our Canada Day parade! [programs@terwillegar.org](mailto:programs@terwillegar.org)
- Help in the Community Garden's food bank plot. [garden@terwillegar.org](mailto:garden@terwillegar.org)
- Plant & grow a row for Edmonton's Food Bank. [www.edmontonsfoodbank.com](http://www.edmontonsfoodbank.com)
- Sign up for our casino on Aug. 17-18. [fundraising@terwillegar.org](mailto:fundraising@terwillegar.org)
- Help out with the Sept. 10 "I'm Too Big For it" sale. [fundraising@terwillegar.org](mailto:fundraising@terwillegar.org)
- Support your local park initiative: [magrathpark@hotmail.com](mailto:magrathpark@hotmail.com); [mactaggartpark@gmail.com](mailto:mactaggartpark@gmail.com); [SouthTPlayground@gmail.com](mailto:SouthTPlayground@gmail.com) or [TSNAP@live.com](mailto:TSNAP@live.com)
- Join Neighbourhood Watch [watch@terwillegar.org](mailto:watch@terwillegar.org) or [www.watch.edmonton.ab.ca](http://www.watch.edmonton.ab.ca)
- Grab a garbage bag and clean up your neighbourhood.
- Write for your community paper! [editor@terwillegar.org](mailto:editor@terwillegar.org)

# Residents support parks at meeting

By Jon Dewarle  
TCL President

Thank you to all of the residents who came to give input at the special general meeting that was called in April. We were able to discuss the possible need for increased financial support to the new schools park project, Terwillegar Schools Need a Playground (TSNAP). As we were waiting to hear whether or not this project would receive provincial funding, we realized that an additional financial commitment from the community league might speed up the building timeline. Through dialogue, it was evident that the majority of the residents present were interested in moving forward with the development of the four park sites within Terwillegar.

To give a brief overview, this is generally how the funding process works to build a new park:

1. \$125,000 needs to be raised before approaching the province and city — this is attained through fundraising, casinos and other grants.
2. Up to a \$125,000 match grant may be received from the province.
3. Once this combined \$250,000 has been raised, the city will match this with another \$250,000 and construction can be scheduled.

Further discussion at the meeting clarified that the community league is committed to the various programs that we currently offer, from special



A row of park project volunteers patiently wait for the verdict to the special meeting in April.

events to the green shack program. Giving extra funding to special projects will not come at the expense of these other programs.

Thank you for your support. We are also grateful to the parks committees who are working diligently to get these projects built. As it takes years to see a project through, thank you to these committed people who are innovative and perseverant.

# School park project receives \$100,000 grant

By Stephanie Gillis-Paulgaard  
TSNAP Chair

We are thrilled to inform you that Terwillegar Schools Need a Playground (TSNAP) has been notified from the Community Facility Enhancement Program (CFEP) that our project will receive a \$100,000 grant this year. The application was filed back in December 2010 with the opportunity to receive a maximum matching dollar amount of \$125,000. The next step in the process is to wait for the

results of the June 1 city councillors meeting. The councillors will vote as to whether or not they are prepared to increase the funding of the Neighbourhood Park Development Program (NPDP).

TSNAP has already received confirmation that funding from the program has been allocated to our project for 2012; however, if the vote is in favour to increase funding in the 2011 calendar year, the playground project could move forward this summer with an anticipated completion date

sometime in September. The construction date clearly will be determined based on the result of the June 1 meeting. Once a decision has been made and TSNAP has been notified, an update will be posted on our website at [www.tsnapedm.com](http://www.tsnapedm.com).

We would like to take this opportunity to thank everyone who has supported the project and we look forward to planning an official grand opening celebration in the near future.

# Green thumbs needed for food bank garden

By Matthew Parsons  
Terwillegar Community Garden member

The recent return of warm weather has helped get the Terwillegar Community Garden off to a great start for our third year of operation. Angela Johnson organized membership registration earlier this year and all 52 member plots have been assigned for this season.

Returning families and a crop of new members have anxiously been awaiting this time of year, and many are already busy getting seedlings started in their plots. Meanwhile, this year's volunteer board members (Steve Johnson as Garden Coordinator, Kimberley Barrett, Tiffany Keeping, Matthew Parsons, Kim Rost and Collin Weber) have been actively developing new initiatives to keep the Terwillegar Community Garden growing with increased community involvement.

Aside from the individual members' plots, a major component of the Terwillegar Community Garden is our food bank garden where we all work together to plant, grow and harvest healthy and delicious vegetables for Edmonton's Food Bank. Last year, we donated 377 kilograms of vegetables to Edmonton's Food Bank from our modestly sized plot, and it would be great to have as much or more success this year. Although it is nice to have perfect weather and just enough rainfall during summer to help us along, nothing can be done without a considerable volunteer

effort. Our food bank contribution is what makes our garden a true "community garden" in that we are able to help those in our community simply by toiling in the dirt a few times a year — something we love to do anyway.

We are continuously seeking personal and business donations for seeds, supplies and tools to plant, harvest and maintain the food bank garden. We are in particular need of seed potatoes and onion sets. The Terwillegar Community Garden greatly appreciates recent donations from the Windermere Home Depot who provided an associate and equipment to rototill the food bank garden, and from the Magrath Sobeys who provided seeds to plant in the food bank garden. This type of community support is critical to reach our goals of feeding Edmonton's Food Bank. We also thank Mike Dowling of MGD Exteriors for his donated time and supplies used for installing siding to our garden shed.

An exciting new partnership has been established with the Monsignor William Irwin Elementary School across the street from the Terwillegar Community Garden. This partnership will provide students with an opportunity to learn first-hand about gardening and share our excitement in seeing those first sprouts form into sprawling plants that can provide so much nutritious food for the community. It is our intention to work with

these students for short sessions after school on a weekly basis in May, June and September. Sessions will focus on garden orientations, planting seeds and garden preparations, watering and garden maintenance, and concluding with Harvest Fest, tentatively set for the last Friday of September to let the students meet our gardeners at the end of the season and share their experiences with the community.

While Terwillegar Community Garden members are committed to volunteering for our food bank garden, obviously the more hands helping the better. We welcome community members in general to take part in our scheduled events. The tentative 2011 Terwillegar Community Garden season schedule is as follows:

1. Food bank garden preparations: May 28-29.
2. Weeding/watering/clean-up: June 25-26.
3. Weeding/watering/clean-up: July 23-24.
4. Weeding/watering/clean-up: Aug. 27-28.
5. Harvest Fest: Friday Sept. 30 or Oct. 1-2.

Please check the Terwillegar Community Garden website for details of each event closer to the scheduled dates at [www.terwillegar.org/garden](http://www.terwillegar.org/garden).

For more information about the Terwillegar Community Garden, volunteer opportunities, or to donate to the garden, please visit our website or contact [garden@terwillegar.org](mailto:garden@terwillegar.org).

# Leaders bring summer fun to Terwillegar

*by Jon Connell  
TCL Programs Director*

Summer in Terwillegar proves to be exciting again with many sunny days full of activity at the Green Shack. It's put there by the City of Edmonton and is funded by the partnership of the city, grant-funding bodies from the provincial and federal governments, and the Terwillegar Community League. It's located once again at Tomlinson Common Park next to the shade structure.

Our past Green Shack leader, Amanda, has returned (yippee!) and has brought the well-experienced Stephanie with her (hooray!). Fun and games and lots of laughs are sure to follow! They'll both be running programs at the park until the end of August. They've put up a helpful poster on the shack introducing themselves — be sure to check it out when you're next there. And tell all your neighbours from all around Terwillegar. Parking is free if you're coming from



*Our park leaders: Amanda (left) has returned from last year. Stephanie (right) has joined us from another area.*

far afield in Terwillegar so there's no excuse. C'mon over!

Our next big event is the Canada Day Bike Parade. It will be on Wednesday, July 1 (obviously!) and starts at 10 a.m. Come along to the Tomlinson Common shade structure where we'll have lots of craft supplies ready for you to decorate your bicycles, tricycles and wagons. Amanda and Stephanie will also be there to help with crazy games, and when everyone's finished decorating we'll parade around the park to show our community and national spirit. I'm very excited to see you all there!

Keep an eye on our website at [www.terwillegar.org](http://www.terwillegar.org), and on the new sign at the corner of Haddow Dr. and Tomlinson Common for any updates. And please don't hesitate to email me at [programs@terwillegar.org](mailto:programs@terwillegar.org) with any questions or especially with any offers of volunteer time — we'd love to have your help in making the summer fabulous!

# Yoga fundraiser brings poses to the parks

*By Mandy Jones  
TCL Communications Director and South Terwillegar Park Development Committee Co-Chair*

Terwillegar community is full of excellent people — people who make our community a better place to live. Two of these people are Jessica and Tristan Zapata, owners of Infinite Fusion and Infinite Fitness. The Zapata passion for fitness and helping people lead healthier lives through making fitness fun is apparent in the variety of group fitness classes, personal training and mind-body classes that are offered by themselves and their dedicated team of trainers.

Jessica and Tristan are not only local business owners, but are also proud community members, along with their two sons. Their goal is to make



*Jessica Zapata at the 2009 Spin-a-thon held by Infinite Fitness for charity.*

Southwest Edmonton the fittest community possible. Part of that dedication to health and fitness is being demonstrated in their support of Terwillegar Community League's Four Parks Group and the effort to raise funds to build four playgrounds in our community.

Infinite Fusion is holding a fundraising event, Yoga In the Park, on June 25 from 4:30

to 6 p.m. in support of the four local playground builds. The outdoor yoga class will be held in the green space behind the Infinite Fusion building on Rabbit Hill Rd. and 23 Ave. Tickets will be sold prior to the event for \$15 through Infinite Fusion and Infinite Fitness, their staff and members of the Four Parks Group. For the price of your ticket, you will get to attend the outdoor yoga event, as well as have access to the many excellent silent auction items that will be available to bid on at Infinite Fusion later that evening.

"Being able to fundraise for the Terwillegar Four Parks Group is the ultimate cause," said Jessica. "Not only are we impacting our community directly, we are also helping to provide areas for our children and all children of this area to be active! Spaces to play, jump, hang, swing, slide... MOVE! This cause fits directly with ALL of Infinite Fitness' and Infinite Fusion's values."

Infinite Fitness has been a part of Riverbend and Terwillegar since 2007, when the Zapatas recognized a lack of personal training and fitness options in the area. And while their goal was to run a successful business, they also aspired to create a healthy, vibrant and active community. "Our goal is to give our clients an experience that they can't get at big box gyms. We wanted them to actually use their sessions and the facility to get results!" In 2010, they added Infinite Fusion to the Infinite family as it was their belief that this was just another way to add high-quality mind-body classes to the community. "The more options people have to lead their healthy, active lifestyle, the better. We don't care how people choose to exercise, as long as they do it!"

Come out to the Yoga in the Park event and support your community! We are building more than just playgrounds and park spaces. We are building a community we can all enjoy and be proud of.

## TSNAP needs your help to win a Pepsi grant!

An application to Pepsi was submitted to participate in a contest for a \$5,000 grant for the Terwillegar Schools Need a Playground (TSNAP) playground project and it was selected!

Each selected project has until June 30 to collect votes online. The four applications with the most votes at the end will receive a \$5,000 grant. It's all about the votes!

Now, we need everyone we know to use the link below to vote for TSNAP. Anyone in Canada can vote, so get your friends and family on board! You can vote one time each day.

We desperately NEED a playground! Do your part and visit:

[www.refresheverything.ca/tsnapplaygroundproject](http://www.refresheverything.ca/tsnapplaygroundproject)

Thanks to all of you who pitch in!

**Get Involved!**  
 TCL's board meetings are every first Tuesday at HTR church at 7:30 p.m.

# Neighbourhood Watch: Are you a member yet?

Sign up now and help keep our neighbourhood safe.

www.watch.edmonton.ab.ca

## Neighbourhood Watch Member Application



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

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

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

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

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

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

Signature: \_\_\_\_\_  
(Resident #1)

Signature: \_\_\_\_\_  
(Resident #2)

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

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

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## Tips for the vacation season

Security's such an important issue, that we thought we're re-print these tips from last year. Have a great vacation!

- Have good locks on all doors and windows, and use them!
- Ask a trusted neighbour to watch the house while you're away. It's a good idea to leave your vacation address and phone number with them so you can be reached in case of an emergency.
- Never leave your house keys hidden outside your home.
- Stop all deliveries, or arrange for a neighbour to pick up your mail, newspapers and packages.
- Arrange for someone to mow your lawn, rake leaves and maintain the yard to give the home a lived-in look.
- Plug in timers to turn lights and a radio or television on and off at appropriate times. This helps to disguise the fact that you are away.
- Turn the bell or ringer on your phone down low. If a burglar is around, he won't be alerted to your absence by a ringing phone.
- Don't announce your absence on answering machine messages.
- Leave your blinds, shades and curtains in a normal position. Ask a neighbour to occasionally park their car at your home as you normally would. Vehicles parked outside should be moved occasionally to appear that they are being used.
- Secure storage sheds and gates.

# "I'm Too Big For it Sale" changes location

By Terri Saunders  
Newsletter Editor

Michelle McWilliams is a life-long Edmontonian. But she hasn't always lived in Terwillegar. She and her husband both grew up in the Capilano area and then moved to the Old Strathcona area, where they finally met. After marriage and children, they decided an area reeling with nightclubs may not be the best area to raise a family. McWilliams looked to Terwillegar in January, 2007 as it seemed to be a nice, newer area with a good sense of community. "There's just a strong sense of community here."

After a challenging few years of raising twins three months premature, working full-time as an accountant for Asset Management and Public Works and taking courses towards her CGA designation, McWilliams decided to go on leave so that she could become more involved in her children's lives. Part of that meant getting involved in the community fabric that drew her to the area in the first place. Since then, she knew "it was the right decision."

McWilliams started by volunteering for the "I'm Too Big For it Sale." Here, she met previous Terwillegar Community League (TCL) Fundraising Director, Priya Nelson. McWilliams noticed that Nelson "always seemed to know everyone" in the community and realised a good part of that was due to her volunteer work. When McWilliams found that a new organizer was needed for the sale, she decided to step up to the plate.

Since then, McWilliams has run two sales and has already made the event her own. The event has historically been held at the Riverbend Community Centre due to a lack of event space in Terwillegar. Thankfully, McWilliams has taken the initiative to move the sale. "We'll actually be holding the Terwillegar Community League sale IN Terwillegar!" On Sept. 10, the sale will be held in the Esther Starkman Public School gymnasium, from 10 a.m. to 1 p.m. This also allows the sale to double in size, accommodate those on the vendor waiting list and offer our residents the equivalent of a huge garage sale full of kids' stuff close to home. If you are interested in volunteering for the sale or would like to have a table at the event, please contact McWilliams at fundraising@terwillegar.org.

You would think that McWilliams had her hands full. But her commitment to our community went even further when she decided to fill the recently vacated role of Fundraising Director. "What better way to get to know the people in your community, than to become a part of the community league?" It's a fortunate position for her as this is not the first time McWilliams has been involved in such a role. Inspired by her mother, who was involved in activities that helped the integration of children with disabilities, and her sister, who was involved with fundraising activities with cancer and children's with cancer, McWilliams began volunteering by taking on the role of President of the Business Grad Council while attending

University. This involved running fun events such as singing or air guitar contests, and silent auctions to raise money for graduation. No doubt this past experience will help with her new role.



Michelle McWilliams at the latest "I'm Too Big For it" Sale.

One of the first events on her plate will be our Casino, to be held Aug. 7 and 8. This is a very important venture, as it helps fund many of our programs and supports projects such as those of the four parks to be built. Please consider supporting these initiatives by joining us at the Casino for a volunteer evening with your community.

McWilliams rounds off her volunteer duties with obligations towards her children's sports organizations, by fostering her love of wine-making, and by spending time with the friends she's met through the community.

Volunteering has definitely been worth it, according to McWilliams. "I know inside that volunteering makes a difference. Not just for me, but who I'm doing it for. I'm making a difference."

Welcome aboard Michelle!

# Supporting community never tasted so good!

By Mandy Jones and Cory Jansen

Terwillegar Community League's Four Park Group

As a company, Famoso Neopolitan Pizzeria is not new to supporting causes. When the Tsunami struck, they donated all of their profits from one day, company wide, to the Canadian Red Cross. From that one day, they donated approximately \$10,000 to victims of the disaster. The communities in which Famoso restaurants are located, including our own, rallied around this cause and helped them to make the event a success.

The Famoso location in Magrath is locally owned and managed by Dave Housman, Shaun Good and Joel Magnus. The Famoso team are committed to their local community and dedicated to making Terwillegar a great place to live. In support of our local community, Famoso Neopolitan Pizzeria Magrath location at 14123-23 Ave. has committed to donating 50 cents from any dessert purchased between June 15 and Aug. 15 to Terwillegar Community League's Four Parks Group to help build much needed playgrounds and park spaces throughout Magrath, MacTaggart and South Terwillegar, and for Terwillegar Schools Need a Playground (TSNAP). Their support to this cause certainly shows their commitment to the community. If you haven't yet tried out Famoso, this would be a great excuse to do so! Enjoy a delicious way to support your local community. While you're there, you should definitely try their delicious fire-roasted pizza (as well as the dessert!). The concept for Famoso was born when in 2005, co-owner Justin Lussier fell in love with the fire-roasted pizza served throughout Naples. He trained with the Associazione Verace Pizza Napoletana (VPN), an association that preserves the traditional standards of Neopolitan pizza, and then brought the unique ingredients and cooking process back to Canada.

While at your local Famoso location, make sure that you look for the four parks build information to find out how you can help the Terwillegar Community League make the playground nearest you a reality.

For more information, check out Famoso's website at [www.famoso.ca](http://www.famoso.ca) and Terwillegar Community League at [www.terwillegar.org](http://www.terwillegar.org).

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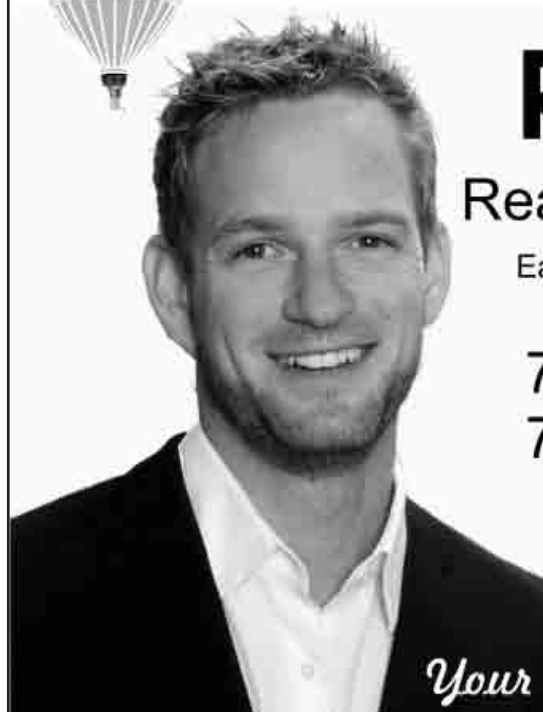
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## Door-to-door campaign

Watch for members of the Four Parks Group. They'll knocking on doors to raise funds for your local park project. Donations of \$20 and more will receive a tax receipt.

# Fire department tests the icy T-Towne waters

By Steve Simala Grant  
Terwillegar Towne contributor

In the early morning on April 28, I looked out my window and saw a man in a survival suit jumping on the ice in the middle of the lake, until it broke and he fell in.

Thankfully, it was only for practice! Edmonton fire rescue took advantage of thin ice on the stormwater pond in Terwillegar Towne to practice ice rescue techniques.

After the man fell in, his partner on shore, for the training department, then called four different fire departments to respond to the scene and practice rescue techniques.

Just another interesting day in Terwillegar!



Clockwise from top left: breaking through the lake; coming to the rescue; hauling the boat in.



**Thank you to all the 2010/11 parents. We had a fantastic year and look forward to a new year of fun!** - Miss Laurel & Miss Michelle

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

258 Rhatigan Road East  
780-988-0704

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

## Know of a good story?

Feel free to let us know!

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

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# New culinary business gets you cooking!

By Naida Geisler

Think Local. Cook Global. This is the motto of Get Cooking Edmonton, a delicious new culinary venture in Riverbend. Chef and owner Kathryn Joel kicked off her inaugural classes this May, offering scheduled cooking lessons as well as customized classes for private groups.

Joel is a passionate foodie and a graduate of Le Cordon Bleu cooking school in London, England. Her love of cooking has taken her around the globe exploring diverse culinary traditions, and she believes that with some basic cooking skills and a good local knowledge of where to source the right ingredients, anyone can bring flavours from around the world into their own kitchens. Common to all classes is Joel's dedication to the use of fresh, local produce and her love of Edmonton's ethnic markets.

Working closely with the local food community is a priority for Joel. She has a deep appreciation of the synergies that inevitably emerge in a supportive food community. Joel uses locally grown and produced ingredients as

much as possible — often designing her lesson menu around what is fresh and available from the farmers' markets on class day.

"My goal with Get Cooking is to show people how easy it is to create amazing, flavourful food using simple but fresh ingredients. I use recipes that make the ingredients the stars of the show, so the quality of those ingredients is the key," says Joel. "We'll be cooking dishes that combine flavours harmoniously and creating delicious food that anyone can make at home."

Get Cooking classes are suited to a wide range of food enthusiasts: those who want to learn some basic skills that will give them more confidence in the kitchen; those who are interested in exploring global eating and learning how to prepare food that originates in exotic locales; and those who are passionate about eating fresh, buying local and getting to know their food producers.

Get Cooking's larger demonstration classes are generally themed around a particular cuisine, while smaller hands-on Master Classes focus on



specific skills, like soufflés or fresh pasta. But all classes are small — the maximum is just eight. So even in a larger demonstration class, students who want to get involved are enthusiastically encouraged to Get Cooking! Others are welcome to sit back, watch ... and taste!

To find out more or to book a class, visit Joel's website at [www.getcookedinmonton.com](http://www.getcookedinmonton.com) or call her at 780-566-2106.

*-Previously printed in the Riverbend Ragg-Times*

# Business is on the rise in Terwillegar area

By Terri Saunders  
Newsletter Editor

Terwillegar and the surrounding area has been growing by leaps and bounds. This includes new and fabulous business ventures sprouting up wherever you look.

Though we do our best to inform you of all this growth, it's certainly difficult to keep up! In the meantime, we thought let you know of a few places you might want to check out.

First, there's a quaint little European Grocery in old Riverbend called El-Chami Grocery. It serves up some of the regular grocery fare as well as some European delicacies and great customer service! There's also a new

Shopper's Drug Mart just north of the Anthony Henday on Rabbit Hill Rd. What convenience for the area!

If you're looking to get your kids creative, 4Cats Arts Studio is just the place. It, too, is up in old Riverbend. Want to get creative with food? Twisted Yogurt recently opened just off 23 Ave and Rabbit Hill Rd. It's a unique buffet of frozen yogurt and toppings. Definately a fun alternative for the family!

Windermere also has a number of businesses cropping up. Second Cup, Quizno's, Opa and Edo Japan are now open for business. Keep an eye out for openings of Cineplex, Safeway, Liquor Depot and Cabela's - a retailer of hunting, fishing and camping gear.


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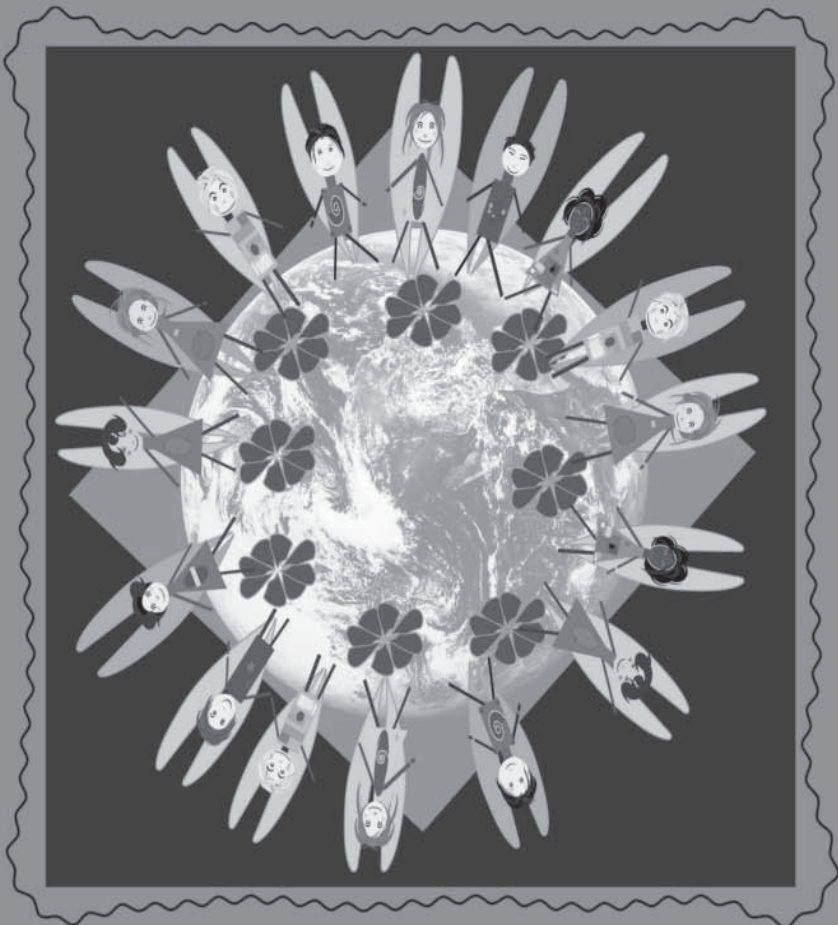
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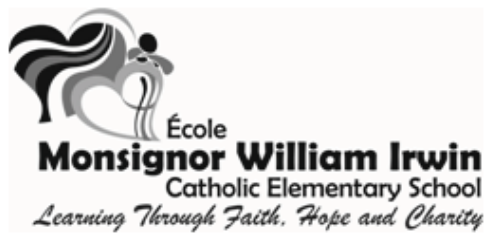
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EDMONTON CATHOLIC SCHOOLS

# Catholic elementary has much to celebrate



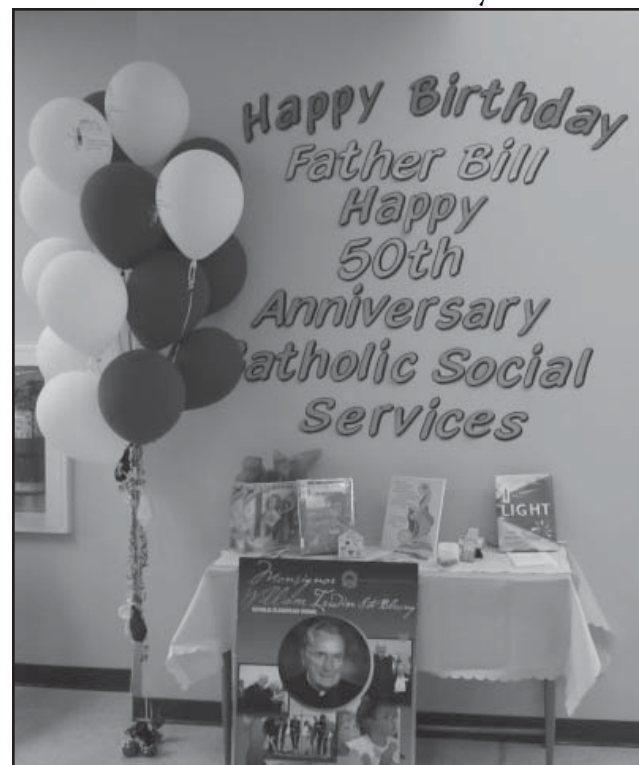
By Remy Clericuzio and Denise D'Agostini  
 Admin Team, École Monsignor William Irwin School

This month, we celebrated Monsignor William Irwin's birthday, the 50<sup>th</sup> anniversary of Catholic

Social Services and the first Annual Mission Day. Father Bill started Catholic Social Services, and together we celebrated all three occasions. Over 350 Catholic Social Services employees, volunteers, executive and the board of directors came to our school as welcome guests to see the school named after Monsignor William Irwin, take tours with the students, and enjoy two celebrations complete with hand bells, songs and dance.

We enjoyed an afternoon of prayer, good wishes and cupcakes to celebrate Father Bill's birthday. Many parent volunteers, staff members as well as community members, joined in this incredible celebration. May 13 was a day full of enthusiasm, energy and spirituality. Our celebration was held in both official languages as we continue to promote our French and English programming.

The gym was decorated with a garden theme to symbolize growth in all children as well as in Catholic Social Services. Our Superintendent, Joan Carr, was also in attendance. We had many guest speakers who shared their thoughts on the work of Father Bill and how fortunate we are in Edmonton Catholic Schools to have a school



Monsignor William Irwin school celebrated Father Bill's birthday, as well as the 50<sup>th</sup> anniversary of Catholic Social Services.

named in his honour. The students were filled with joy and enthusiasm. We hope to continue our connection with Catholic Social Services and we have already begun to make plans for events next year — especially the Sign of Hope Campaign that was dear to Father Bill's heart! As was indicated during our celebration, our faith component goes hand in hand with our learning strategies as we strive for excellence in all of our children.

The staff was very excited to be part of this event and worked tirelessly to make our day special. We want to give thanks to all staff, parents and students for their participation and preparation for this very special day.

The biblical quote in John 13 "Our work is all about service" rings true and we take this to heart in our daily work.

# Monsignor William Irwin student cuts hair for cancer

A kindergarten student at Monsignor William Irwin Elementary had 10 inches of her hair cut off and donated it to be made into a wig for a cancer patient on May 4. This was actually the first real haircut that Cidney Haughian has ever had and it was her idea to donate it to the Stollery children's Hospital.



Cidney had also taken donations in anticipation of her hair cut and she raised \$800. The money will go to benefit pediatric medical needs at the Stollery. One of Cidney's favourite movies is the Disney movie "Tangled" and the event was nicknamed "Cidney's Magical Hairy-Tale."

Left: Cidney Haughian played a role similar to that of her favourite movie.



# School council urges parents to speak up

By Char Bowman

Esther Starkman School Council Chair

The Esther Starkman School Council and Parent Association enjoys reporting the busy activities from our school.

We had a great movie night in April, featuring Tangled that was enjoyed by all. We are planning many more in the upcoming year, so keep your eyes open. A big thank you to Trudie and the volunteers who helped to make the event possible!

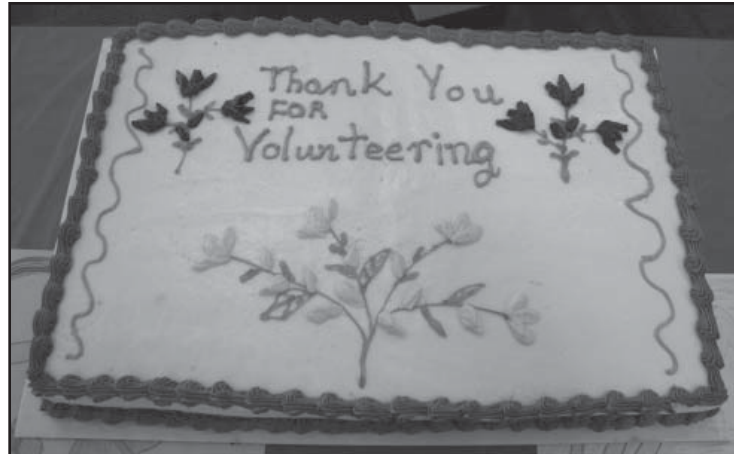
The school also has a popcorn day each month with half the proceeds going towards a charity. The funds from May will go to help the students of the Slave Lake school so they can continue to learn and come together as they work to rebuild their community. Thank you to all who purchase popcorn each month and help us give to others.

We also had a carnival/dance on June 3 with many games and activities — all run by the students — and a balloon man, face painting and DJ for the dance. Thank you Liz for all your hard work and time on this event. That same evening there was also a silent auction for adults with items from wine baskets to gift baskets and more.

Our hot lunch coordinator, Shelley, has collected enough money through lunches to purchase recess equipment for the kids. They were all very ecstatic to have something to play with outside. If you have Canadian Tire money kicking around, feel free to drop it off at the school to purchase more outdoor equipment. A huge thank you to Shelley for all the hot lunches she and her team have provided for the kids over the year. Looking forward to the lineup for next

year!

On another note, the Edmonton Public School Board (EPSB) has passed the three year capital plan with some amendments to it. At the top of the list is a modular unit for Esther



Esther Starkman was sure to thank its volunteers with a volunteer tea and a bit of cake!

Starkman, which will help with greatly needed classroom space. It is currently in the hands of the provincial government awaiting approval and funding allocation.

I urge parents to write to the EPSB and let them know how important it is to have new schools built in a timely fashion so that children in the area are accommodated, and pressures on schools like ours are alleviated. Our area is very attractive to young families and those new to Edmonton.

With new neighborhoods being built, additional schools are needed to accommodate the growth. Busing kids to schools out of their area isn't the answer. We need to make sure that our communities and schools are vibrant and active, both during school and in after school activities. How can after school activities be

successful if all the kids leave for the bus at the bell? Please also speak out about the need for a well balanced teacher to child ratio. We need to ensure they all get the learning time they deserve.

If you need more information on EPSB meetings, please visit their website at [www.epsb.ca](http://www.epsb.ca). The website also discusses topics like the new anti-bullying decision and the new education act that is set to go for a third reading before the legislature in the fall.

We would like to arrange an evening with our education minister to address any questions or concerns regarding the above piece of legislature. As it is so vast, we would narrow it down to a few topics. Please contact our council at [esscexecutives@gmail.com](mailto:esscexecutives@gmail.com) or our trustee Catherine Ripley with concerns so we can put together topics for discussion.

We would also be happy to include concerns in our meeting agenda for discussion and if needed, for clarification from the teachers. Our next meeting is June 21 at 6:30 p.m. in the school library.

Thank you to all the volunteers who have helped over this past year to make the events we held a success and enjoyable to all! Without you, it would be very difficult to pull it all off. A special thanks goes out to the staff of Esther Starkman who have supported our events, assisted with our events, ran last minute errands and even helped run our various activities to date. Your support and guidance has ensured our success!

A reminder that elections for next year board members will be held in the fall, so stay tuned for postings of roles and responsibilities. Have a great summer!

## Local teachers get FIT!

By Megan Bates

Co-Owner/FIS Certified Instructor, River City Fitness

When Greg Kushnir, principal of Esther Starkman School, was presented with the opportunity to bring “bootcamp” style sessions to his staff onsite, he thought it was a great idea. With an enthusiastic response from his team, “bootcamp” began after school twice a week, in the auxiliary gym.

What came from the eight week session was a sense of comradery, the chance to “let off some steam” at the end of the day, accountability through group commitment and a way to continue to build a strong sense of team and community in a new school.

This group has enormous spirit, and they commit to every workout with real drive and a good dose of humour. And they liked it so much they are back for more, signing up for a further eight weeks, and this time including some additional participants from neighbouring Monsignor William Irwin School.

So watch for this fun, energetic group to be outdoors this spring and cheer them on! We are lucky to have such a great group of people in our schools.

They will continue to work hard towards building strong bodies and increasing their fitness. They are a fantastic example to the community and to the students who look up to them!

-Previously printed in the Riverbend Ragg-Times

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# Many SW construction projects to end this year

By Tim Cartmell

Following is an update on the status of several transportation projects concerning the Terwillegar/Riverbend area.

## Quesnell Bridge rehabilitation

Work on the Quesnell Bridge rehabilitation project will be completed this summer. From now until June 8, traffic will shift to the east side of the bridge, and will be reduced to two through lanes each direction. Fox Dr. ramps will remain open. From June 8 until the end of August, there will be three through lanes in each direction while overnight paving of Whitemud Dr. is completed. Final landscaping work is scheduled for September.

Remaining construction activities include waterproofing and paving of the west side of the bridge, pouring the concrete median barrier on the east side of Quesnell Bridge (to separate the traffic lanes from the pedestrian path), final asphalt paving on Whitemud Dr. from 53 Ave. to 149 St. and from Terwillegar Dr. to 53 Ave. (overnight work), construction of a retaining wall on the northwest corner of the bridge, and re-pavement on the 53 Ave. ramps.

## Rabbit Hill Rd. twinning

Beginning this spring, this project will consist of widening Rabbit Hill Rd. from two to four lanes (the existing two lanes will become southbound lanes); full signal installation at Riverbend Rd., Carter Crest Rd. (east entrance) and 25 Ave.; new pedestrian signal installation at Carter Crest Rd. (west entrance) and Magrath Blvd.; shared use pathway installation; street lighting installation; and boulevard landscaping. Riverbend Rd. to approximately Hodgson Blvd. will be completed in 2011, and Hodgson Blvd. to MacTaggart Dr./Terwillegar Blvd. will be completed in 2012.

Once the new northbound lanes have been constructed, the two existing lanes will be resurfaced. The city will maintain one lane in each direction access to the communities and businesses along Rabbit Hill Rd. during construction.

## Miscellaneous Terwillegar/Riverbend activities

Other activities taking place in the Terwillegar/Riverbend area include: new signal lights at Henderson St. and Riverbend Rd.; new traffic lights at Terwillegar Gate and 23 Ave.; new traffic lights at McTaggart Blvd. and Rabbit Hill Rd.; new pedestrian flashers at Magrath Blvd. and Rabbit Hill Rd.; re-paving of Heath Rd. between Rabbit Hill Rd. and Henderson St.

## Rabbit Hill Rd./Anthony Henday Dr. interchange

Overall, this project is 67 per cent complete. Construction of the bridge substructure (including the abutments and the pier) and the installation of girders are 100 per cent complete with minor finishing work outstanding. Roads works are 78 per cent complete, and grading and paving is 85 per cent complete with only the final bridge tie-ins outstanding. The project is on budget and scheduled to open in fall 2011. Single lane closures of Anthony Henday Dr. will occasionally occur during daytime hours until August 2011. Anthony Henday Dr. will be reduced to single lane traffic in both directions, starting the beginning of June and running until August 2011.

## Whitemud Dr./17 St. interchange

Work has commenced on the construction of a new overpass at 17 St. and Whitemud Dr., which will allow traffic on Whitemud Dr. to pass over 17 St. Work on the bridge structures will be complete by fall 2011, with associated roadway improvements on 17 St. to take place in 2012.

## Terwillegar Drive South

The 170 St. (Anthony Henday Dr. to 41 Ave. SW) concept plan was presented to Transportation and Public Works Committee on April 12. This plan essentially includes the extension of Terwillegar Dr. South along the present 170 St. alignment to the south city limit. The road will be a limited access roadway with interchanges at Windermere Rd., Ellerslie Rd., 25 Ave. SW, 41 Ave. SW, and two other development access crossings. This project remains unfunded and unscheduled.

## 23 Ave./Calgary Tr. interchange

Work continues on this interchange, with road work expected to be completed in September 2011 and with landscaping work to be completed in 2012. Between now and September, Calgary Tr. and Gateway Blvd. will be closed north and south of the 23 Ave. interchange to allow roadway reconstruction and paving. Traffic proceeding north and south will be directed onto the exit ramps, through the intersections on 23 Ave., and down the exit ramps. To access South Edmonton Common from Calgary Tr., use the 23 Ave. interchange southbound ramp and continue onto 23 Ave. or the 19 Ave. overpass.

## Stony Plain Rd./Anthony Henday Dr. interchange

Construction is 70 per cent complete on this "systems interchange," which will provide free flow for all turn movements. The project includes construction of seven new bridges and five kilometers of new roadway. The

full interchange will be completed and opened to traffic by this October.

## Callingwood Rd. and Lessard Rd. interchanges

The construction of these two interchanges is also approximately 70 per cent complete, and both interchanges are expected to be open in October 2011. Remaining work primarily includes completion of the bridge structure, paving of intersection ramps and tie-ins, installation of signage and lighting, and removal of the current at-grade intersection.

## Cameron Heights Drive interchange

This project continues to progress with girder installation to be completed by May 27. During the girder erection period, traffic along Anthony Henday Dr. will be restricted to a single lane in each direction at Cameron Heights Dr. from 7 p.m. to 6 a.m. Monday to Friday, and 7 p.m. to 9 a.m. on weekends. Earthwork operations are scheduled to resume the second week of May, followed by paving later this summer. The project is currently on schedule for fall 2011 completion.

## Anthony Henday Dr. NW

This project is now approximately nearly complete and will be opened to traffic by October 2011. All bridge structures are essentially complete, and the 170 St. overpass has already opened to traffic. All earthworks and grading is generally complete. Remaining work consists primarily of paving.

## Anthony Henday Dr. NE

The Alberta government recently announced plans to complete Anthony Henday Dr. The final portion of the ring road is the northeast corner, which will actually be the largest project of the group. The project involves 27 kilometres of six- and eight-lane divided roadway, eight interchanges, nine flyovers, two river structures, and 47 total bridge structures. The scope of the project includes new roadway from Manning Dr. to Yellowhead Tr., and reconstruction of the roadway along the east edge of the city from Whitemud Dr. north to Yellowhead Tr. Finally, Yellowhead Tr. from the east ring road to Highway 21 will also be upgraded considerably. Construction is expected to start in summer 2012 and finish by fall 2016.

## Walterdale Bridge

Construction of a replacement Walterdale Bridge is scheduled for 2013-14. The new bridge will be slightly east of the existing and will contain three lanes of northbound traffic plus a pedestrian path. Alignment of the bridge will permit streamlined access from Walterdale Hill and Queen Elizabeth Hill. The original bridge will be removed once the new one is complete.



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# City of Edmonton a leader in accessibility

Jennifer Juchli

City of Edmonton Communications

The City of Edmonton is being recognized for its leadership in ensuring that people with disabilities have full access to all of the amenities available at the new Terwillegar Community Recreation Centre.

The city received the Percy Wickman Accessibility Award from the Canadian Paraplegic Association at the organization's 50<sup>th</sup> Anniversary Red Carpet Affair Gala on March 18.

"We are so proud to be recognized by the Canadian Paraplegic Association (Alberta) for our work in ensuring the Terwillegar Community Recreation Centre is universally accessible to everyone, regardless of ability," said Linda Cochrane, General Manager, Community Services.

"Facilities like Terwillegar are transforming Edmonton. They are part of how we are building a great city that is welcoming to all, encourages active living and provides all residents with a high quality of life."

## Community hub

The City of Edmonton's vision for the Terwillegar Community Recreation Centre has been to create a community hub where

Edmontonians of all ages and abilities can connect with friends and neighbours, learn and have fun. Key accessibility features include:

- 22 accessible parking stalls;
- automatic entry doors;



The pool at Terwillegar Community Recreation Centre is wheelchair-accessible.

-Photo taken by Rob Agostinis

- accessible washroom, shower and change room facilities;
- ramp access into the leisure and tot pools, with a portable lift for the hot tub and main pools;
- fitness centre equipment that is accessible to people with disabilities;
- barrier-free access to the children's wing;
- flooring in the Realty Executives Flexi-hall that is designed for wheelchairs; and
- Rink C and Realty Executives Rink B that

have been designed for sledge hockey, a hockey-style game played by people with limited mobility.

## First of four new centres

Terwillegar is the first of four new recreation centres the City of Edmonton is building over the next three years, all of which will be fully accessible to people with disabilities.

Construction is underway on Commonwealth Community Recreation Centre, with construction on facilities in the Meadows and Clareview areas to begin in 2011.

Terwillegar Community Recreation Centre offers a wide range of opportunities for Edmontonians, including an aquatics centre, fitness facility and running track, an arena

with four NHL-sized ice surfaces, community and program spaces, a children's area and four commercial retail units offering food, clothing and health services.

All of these amenities are fully accessible to people with disabilities.

Information on the facility's schedule and programming is available online at [www.edmonton.ca/tcrc](http://www.edmonton.ca/tcrc) or by calling 311. The centre is open daily from 5:30 a.m. to 11 p.m.

## Accidents/speeding reduced in 40 km zones



City council's Transportation and Public Works Committee (TPW), in its meeting held on April 12, reviewed the Office of Traffic Safety (OTS) report on the Reduced Speed Limit Project. The report finding reveals that traffic speed dropped by an average of four kilometres per hour overall. There was also a drop in the number of accidents — particularly serious accidents — in five of the six pilot communities. It said 48 per cent of the residents approved of the project, without noting the percentage that was opposed or didn't care.

TPW committee has asked the city administration to initiate a polling process in the six project neighbourhoods to solicit residents' approval or disapproval of the project. The administration will submit their report to TPW in July.

The Edmonton Federation of Community Leagues (EFCL) subsequently met with city transportation staff to talk about the leagues' role in all of this. Brice Stephenson said they plan to hold separate meetings with project community leagues to seek their comments and feedback. To do this, the department would like to attend the league's forthcoming meetings. The EFCL offered its help to arrange such meetings.

The two methods of surveys to know the residents' response to the

project in the project communities will include first a random telephone survey. Secondly, a letter will be sent out to all the residents in the project communities. The results should indicate whether the residents want or do not want to retain the 40 kilometre per hour speed limit in their neighbourhood. This information will be included in the report to the TPW committee.

While referring to a recent accident that killed an elderly woman in the neighbourhood of Sherbrooke, the EFCL suggested that some neighbourhood roads need to be narrowed as a traffic calming measure to discourage motorists from speeding. It was also suggested that the city bulb out sidewalks and install pedestrian-activated crosswalks near and around schools to help prevent accidents. The EFCL noted that there is no "one size fits all" solution for all residential roads. As a city, we should consider a series of things, including traffic-calming devices, reductions in speed limits and the introduction of protected bikeway lanes on wide collector streets. Brice agreed that the city needs to reduce the width of its collector roads. He said some work can be done when roads are rehabilitated in older neighbourhoods.

The EFCL will continue to consult with the transportation department. Further consultation with "candidate" leagues for the project will be held after the poll results are released.

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# Senior rep finds multitude of veteran sites

By Glenn Kissick

Seniors representative for TRAC, Riverbend Community League

By the time you are reading this, we have already voted, our yards are free of snow, and we are back on our decks waiting for good weather to plant our gardens.

April was Foot Health Awareness Month and if you missed it like I did, here are a couple of places that you may contact for more information if you need these services:

Strathcona Health Centre at 8225-105 St., Suite 210  
Phone number 780-430-1869

We Care Home Health at 9945-50 St., Suite 500  
Phone 780-468-4663

Information on any subject that you would like to know more about is just a click away on your computer, in newspapers, on the radio or on TV. This month, in the Edmonton Seniors magazine,

there was an article on our veterans of past wars and the websites to obtain more information on our ancestor's military records.

The Commonwealth War Graves Commission site contains information on the grave sites of Canadians that were buried in Europe. See [www.cwgc.org](http://www.cwgc.org).

Records of veterans of the Second World War go to the Military and Peacekeeping section of [www.collectionscanada.gc.ca](http://www.collectionscanada.gc.ca).

Records in this section can only be released to next-of-kin, and you have to fill out a form online and mail it in.

One website of interest is Heroes Remembered on-line at Veterans Affairs Canada: [www.vac-acc.gc.ca](http://www.vac-acc.gc.ca). This is a video and audio conversation with Veterans of the First World War.

The Memory Project is an oral account of Canadian Veterans of the Second World War See [www.thememoryproject.com](http://www.thememoryproject.com).

### Upcoming Events

Seniors Week June 6 to 12. For all activities in Edmonton see [www.seniors.alberta.ca/Seniorsweek/events/](http://www.seniors.alberta.ca/Seniorsweek/events/)

### Pickleball

Pickleball is now played Monday, Wednesday and Friday from 1 to 3 p.m. at the Terwilligar Community Recreation Centre (TCRC). It is a drop-in program with all equipment supplied in order to play the game, and the cost is the price of your pass to the TCRC.

The group has grown since we started. New senior players are always welcome. Instruction is available for new players. Come out and give it a try! For our snowbirds that play all winter in the south, come and join us.

**Seniors, Come Join the Fun!**  
**2011 Creative Age Festival - June 7-13**  
 ...a celebration of the power of the arts to energize and change the lives of older adults.  
 Watch for information updates at [www.CAFestival.ca](http://www.CAFestival.ca)

**Boosting your Memory**

If you are over 50 and worried about memory loss, this program may be for you. Boosting Your Memory will help improve your memory and your brain. A registered nurse and occupational therapist teach this Alberta Health Services program at the Riverbend Library.

Register online, in person, or by phone - 780-944-5311.

There is a \$15 fee for materials which is payable at the first class.

2 p.m. Tuesdays, Sept. 20 to Oct. 25, 2011

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# City turns food waste into food for gardens



By Bryan Anderson  
Ward 9 Edmonton city councillor

When it comes to dealing with waste, Edmonton has a lot to be proud of. Recognized on a global scale, our waste management system and composting facilities are truly leading edge. Not only is the composting facility the largest of its kind in North America by volume and size, with an area equivalent to eight football fields, but the aeration building alone is the largest stainless steel building in North America — the size of 14 NHL hockey rinks.

I urge everyone to take a tour of the Edmonton Waste Management Centre. Any group of 10 to 40 people can book a free tour by calling 780-496-6879. Looking out over football-field-sized floors of garbage puts into perspective just how important it is to reduce the household waste we

produce and recycle.

Construction is now complete on the new \$12 million recycling facility that converts even more



Edmonton's Waste Management Centre.

waste paper, glass and textiles into products we can use again. Greys Paper Recycling Industries will process waste paper and clothing into 100 per cent recycled paper.

Since 2000, the composting facility has been processing approximately 200,000 tonnes of waste and 25,000 tonnes of biosolids each year. The result is several tonnes of rich compost used

by citizens, farmers, landscapers and nurseries for gardens and land throughout the city. Last year, we started selling bags of this compost at Eco Stations and some garden centres.

I am proud of Edmonton's recycling and composting efforts. Through the city's recycling and composting programs, and the waste reduction practiced by residents, Edmonton is able to divert nearly 60 per cent of its residential waste from the landfill. This is one of the highest waste diversion rates in Canada.

In 2012 the new waste-to-biofuels facility will be operational. This facility will turn 100,000 tonnes of waste that would otherwise be sent to landfill every year into 36 million litres of biofuel (methanol and ethanol) — the equivalent of removing 42,000 cars a year from our roads. Once fully operational in 2013, the new biofuels facility will help us to divert 90 per cent of residential waste from the landfill.

Comments or questions? You can reach me at Bryan.Anderson@edmonton.ca or by phone at 780-496-8130.

# Alberta education budget reduced for 2011



By Dave Hancock  
MLA Edmonton Whitemud

You may have heard recently about the impact of Budget 2011 on school boards in Edmonton. While neither the public nor separate school board have yet finalized their budgets, both are projecting

budget shortfalls and consequently reducing the number of staff they employ.

It's important to understand that government has funded, and continues to fund, education well. Over the last 10 years, funding to the education system has increased by 63 per cent, while student enrolment has increased by only three per cent. In Budget 2011, education did very well, receiving a 4.4 per cent increase, or the largest dollar increase of any department in government.

This year's budget is difficult for school boards because the funding increase, while substantial, funds only contractual obligations to teachers for salaries and pensions, leaving little money for other cost increases such as support staff salaries or fuel for busses.

It is for this reason that Edmonton Public Schools is discussing reducing its teaching complement by 230 teachers, along with another 115 support staff. This will no doubt be difficult for some schools, but it is not a disaster. To put it in perspective, it means that, across the district, there will be about one less teacher per school, or one less staff member for every 230 students.

I do, however, fully appreciate that some services to students will be impacted by this budget. For this reason, I fought hard to ensure that Education received every dollar possible. This is not the budget that I wanted for education either.

However, we must remember that while our province's economy is beginning to boom again, the provincial government is still running a deficit which must be covered by our short-term savings, the Sustainability Fund. While some argue that we should draw on these savings further to provide more funding today, we need

to ensure that there are sufficient savings to cover deficits in the next two years before the budget is balanced. Spending more today simply to have to make deeper cuts to education and other programs next year, or the year after, serves no-one well.

I am always pleased to hear from constituents about the provincial budget, or any other matter. I can be reached by email at edmonton.whitemud@assembly.ab.ca, and our constituency office's phone number is 780-413-5970. I look forward to hearing from you!

**EDMONTON**

**Check out the Summer Program Guide to find FREE summer fun!**

FREE supervised drop-in programs at playgrounds, wading pools, spraydecks and skateparks for kids and teens.

- Green Shack playground programs at community leagues for kids 6 – 12
- Basketball, street hockey, cricket and more for youth 11 – 16
- 5 skateparks plus temporary equipment at local parks
- Over 45 wading pools and spraydecks

**Too old for camp?**  
Teens can volunteer as Leaders in Training for as little as 2 weeks to help staff run summer programs for kids.

**Looking for River Valley and Community League registered daycamps?** The Guide has the details — your child's ticket to adventure!  
Get the Guide at any City leisure centre, library or Community Services office or online at edmonton.ca.

**Edmonton**

**2011 SUMMER PROGRAM GUIDE**

Starting May 3

Register by calling 311 or online at areg.edmonton.ca

## Looking for a LOW-KEY way to volunteer?

Your community newspaper is looking for:

• Writers

• Area Reps

• Photographers:

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

**No prior experience required - JUST ENTHUSIASM!**

Please contact editor@terwillegar.org

## Spring Playground Program

Monday 9:30-1:00pm  
 Tuesday-Thursday 11:30-8:00pm  
 Friday 9:30-5:30pm  
 Saturday 9:30-1:00pm  
 May 25 through June 25  
 (Summer Playground Program Begins July 5)

## LEADERS IN TRAINING

The Leaders in Training (L.I.T.) program gives youth ages 13-17 years the chance to develop leadership skills and gain valuable experience while having fun outdoors.

Volunteer to be an L.I.T. and work with recreation leaders to run summer programs for children! Visit the website below for complete details.

[www.edmonton.ca/for\\_residents/programs/leaders-in-training.aspx](http://www.edmonton.ca/for_residents/programs/leaders-in-training.aspx)

## Cruising the neighbourhood

Don't forget to check out the neighbourhood fun! Upcoming events for Terwillegar are listed on page 31.

We also have a great natural area to explore in Magrath. Details can be found at [www.edmonton.ca/environmental/natural\\_areas/southwest-highland.aspx](http://www.edmonton.ca/environmental/natural_areas/southwest-highland.aspx).

Of course you can also visit our new Farmer's Market, the Terwillegar Rec Centre, and keep your eye out for block parties!

## Get out get out wherever you are!

Search for "events calendar" at [www.edmonton.ca](http://www.edmonton.ca) for Edmonton events, but don't forget to check out some of the things to see and do around Edmonton. For example:

- Visit the day use area at surrounding lakes.
- Go to small town farmers' markets and events.
- Pick some fresh food at U-pick farms.
- Check out the new Jurassic Forest dinosaur park. [www.jurassicforest.com](http://www.jurassicforest.com)
- Get lost in Edmonton corn maze. [www.edmontoncornmaze.ca](http://www.edmontoncornmaze.ca)

## Daycamps & programs abound!

There are plenty of organizations holding daycamps or programs for every interest your youngster may have. Just use your imagination!

Here are a couple of ideas to get you started:

- The City of Edmonton has loads of them. This will include the Valley Zoo, Fort Edmonton Park, local parks and swimming pools, and more. Check [www.edmonton.ca/daycamps](http://www.edmonton.ca/daycamps).
- The Edmonton Library. [www.epl.ca](http://www.epl.ca).
- Local music/art/dance studio.
- Sports organizations.
- Telus World of Science [www.edmontonscience.com/](http://www.edmontonscience.com/)
- Art Gallery of Alberta [www.youraga.ca](http://www.youraga.ca)
- Equine centres. (Yes, horses.)
- Royal Museum of Alberta [www.royalalbertamuseum.ca](http://www.royalalbertamuseum.ca)
- YMCA

Feel free to share more on the Terwillegar Community League Facebook site!

# Aurora Synchro

Synchronized swimming for children from novice to national

## Check out our Terwillegar rec centre summer camps

[www.AuroraSynchro.org](http://www.AuroraSynchro.org)  
 E-mail [info@aurorasynchro.org](mailto:info@aurorasynchro.org)  
 Call 780-439-7091

## SUMMER SKATING LESSONS TERWILLEGAR ARENA JULY 4 – AUGUST 5

Also available at  
 Millwoods Recreation Centre

**Canskate (Learn-to-Skate)**

- Evening Classes Available
- Use of games and exercises
- Skaters earn badges as they complete various levels

**Jr STARskate (Learn to Figure Skate)**

- Stepping stone between Canskate and Figure Skating
- On-ice and off-ice instruction
- Beginning skating skills required (call for more information)
- Figure skates are mandatory

**STARskate Test and Competitive Training**

- Freeskate
- Skills & Dance
- Stroking and Group Sessions
- Performance
- Off Ice

Detailed Information available by phoning 780 463-4341 or on the website:  
[www.gatewayskatingclub.org](http://www.gatewayskatingclub.org)  
 \*\*\*\*Registration Forms Available on the Website



# Learn to Play Tennis

right in your neighbourhood!!

## George H. Luck School

300 Bulyea Road

**AGES 6—8** Time: 10 - 11 am

Dates	Age	Code	Price
July 4-7	6-8	395334	\$18.00
July 11-14	6-8	395335	\$18.00
July 18-21	6-8	395336	\$18.00
July 25-28	6-8	395337	\$18.00
Aug 2-4	6-8	FREE DROP IN!	
Aug 8-11	6-8	395338	\$18.00
Aug 15-18	6-8	395339	\$18.00
Aug 22-25	6-8	FREE DROP IN!	

**AGES 9—12** Time: 11 - Noon

Dates	Age	Code	Price
July 4-7	9-12	395540	\$18.00
July 11-14	9-12	395341	\$18.00
July 18-21	9-12	395342	\$18.00
July 25-28	9-12	395343	\$18.00
Aug 2-4	9-12	FREE DROP IN!	
Aug 8-11	9-12	395344	\$18.00
Aug 15-18	9-12	395345	\$18.00
Aug 22-25	9-12	FREE DROP IN!	

## St. Monica's School (Riverbend Tennis Courts)

14710-53 Avenue

**AGES 6—8** Time: 1 - 2 pm

Dates	Age	Code	Price
July 4-8	6-8	355704	\$22.50
July 11-15	6-8	355705	\$22.50
July 18-22	6-8	355706	\$22.50
July 25-29	6-8	355707	\$22.50
Aug 2-5	6-8	355709	\$18.00
Aug 8-12	6-8	355708	\$22.50
Aug 15-19	6-8	355710	\$22.50
Aug 22-25	6-8	FREE DROP IN!	

**AGES 9—12** Time: 2 - 3 pm

Dates	Age	Code	Price
July 4-8	9-12	355712	\$22.50
July 11-15	9-12	355713	\$22.50
July 18-22	9-12	355714	\$22.50
July 25-29	9-12	355715	\$22.50
Aug 2-5	9-12	355718	\$18.00
Aug 8-12	9-12	355716	\$22.50
Aug 15-19	9-12	355717	\$22.50
Aug 22-25	9-12	FREE DROP IN!	

### HOW TO REGISTER:

- By Phone: 311
- On Line: eReg.edmonton.ca
- In Person: At any City of Edmonton Leisure Centre

These neighbourhood programs are made possible by your local area Community Leagues of Brookview, Hodgson, Oak Hills, Ogilvie Ridge, Riverbend, Terwillegar and The Ridge working in partnership with The City of Edmonton.

For more information please contact your community league or call 311.





# EDMONTON

## 2011 SUMMER FUN IN YOUR NEIGHBOURHOOD!



### FREE PLAYGROUND PROGRAMS!

Drop by a playground near you for a fun filled program for children 6–12 years old. Join the exciting games, sports, crafts, music, drama and special events planned in your neighbourhood this summer!

The fun starts July 5th!

#### Brookside Park

53 Ave & 143 Street  
Mon to Thurs: 10 am–5:30 pm  
Friday: 1:30 pm–5:30 pm

#### Bulyea Heights

280 Bulyea Road  
Mon to Thurs: 9:30 am–12:30 pm

#### Falconer Heights

1125 Falconer Road  
Mon to Fri: 1:30pm–5:30pm

#### Haddow Park

Haddow Drive  
Mon to Thurs 10:00am–5:30pm  
Friday 1:30pm–5:30pm

\*Preschoolers Welcome:

Mon, Tues & Thurs: 10 am–12:30 pm

#### Henderson Park

3408 Henderson Street  
Mon, Tues, Thurs: 10 am–5:30 pm  
Wednesday: 1 pm–8:30 pm  
Friday: 1:30 pm–5:30 pm

#### Leger Park

750 Leger Road  
Mon to Fri: 1:30 pm–5:30 pm

#### Ogilvie Ridge

951 Ogilvie Blvd.  
Mon to Thurs: 10 am–5:30 pm  
Friday: 1:30 pm–5:30 pm

\*Preschoolers Welcome:

Mon–Thurs: 10 am–12:30 pm

#### Ramsay Park

43 Ave & Riverbend Rd.  
Mon & Wed: 10 am–5:30 pm  
Tues. & Thurs: 1 pm–8:30 pm  
Friday: 1:30 pm–5:30 pm

#### Robert Carter Park

1078 Carter Crest Rd.  
Mon to Thurs: 9:30 am–12:30 pm

\*Preschoolers Welcome:

Mon to Thurs: 9:30 am–12:30 pm

#### Terwillegar Towne

Tomlinson Common  
Mon to Thurs 9 am–7:30 pm  
Friday 1:30pm–5:30pm

\*Children under the age of 6 must be supervised by their parent or guardian at all times.

### YOUTH ACTIVITIES

Ages 11–17

#### RAMSAY

#### SKATEBOARD PARK

Drop by Ramsay Park this summer for skate-boarding, BMX bike riding and in-line skating. Staff are on site:

Tues, Wed, Thurs, Sat:

1–8:30 pm

Friday: 1:30–5:30 pm

#### MOBILE SPORTS VANS!

#### Basketball & Street Hockey

Get your friends together for some of the hottest basketball and street hockey this summer, then come on out to the tournaments! It's free and all equipment is provided!

Leger Park: 3 pm–5 pm

Fri Aug 5th & Tues Aug 9 & 16

Ramsay Park: 12:30 pm–2:30 pm

Tuesdays: Aug 2, 9, 16, 23

& Thursday, Aug 25th

#### S.T.E.V.E. Van

Drop by for a variety of activities like Lacrosse, Ultimate Frisbee, Sumo Wrestling, Water Fights and MORE.....

Leger Park: 1 pm–2:15 pm

Ramsay Park: 2:45 pm–4 pm

Wednesdays, July 5, 12 & 19

Check out more great summer youth activities online:

[www.Edmonton.ca/youth](http://www.Edmonton.ca/youth)

# Connect with your neighbours this summer

By Terri Saunders  
Newsletter Editor

We've waited a long time for this weather. Now it's time to get out and enjoy it!

There are plenty of ways in the summer that you can get out and connect with your community. Here's just a few:

### Head to the park

This is an easy, no-fuss way to get to know your neighbours. Especially if you're looking for your children to let off a little steam!

### Check out the events

Don't forget the annual summer events put on by the Terwillegar Community League, our local churches and other organizations. They're fun and you often get free food! You'll find a great list of events in the area on page 31.

### Host a block party

The City of Edmonton has great information on how to organize a party for your neighbours. Check it out at [www.edmonton.ca/for\\_residents/programs/block-parties.aspx](http://www.edmonton.ca/for_residents/programs/block-parties.aspx).

### Have a fire pit night

Invite a few close neighbours over for a night

around the fire. Be sure you have a fire pit that follows city regulations: [www.edmonton.ca/bylaws\\_licences/bylaws/fire-pits.aspx](http://www.edmonton.ca/bylaws_licences/bylaws/fire-pits.aspx), and don't forget to check for any fire bans at [www.albertafirebans.ca/](http://www.albertafirebans.ca/) before you light up the night!

Have an enjoyable community-filled summer!

## Casino Time!

The Terwillegar Community League is hosting a casino on August 7 and 8 at the Palace Casino and **volunteers are needed!**

Contact [fundraising@terwillegar.org](mailto:fundraising@terwillegar.org) so you can book your time slot.

Thanks to everyone who helps us fund our programs!

# Share a starry date with doubles in the dipper

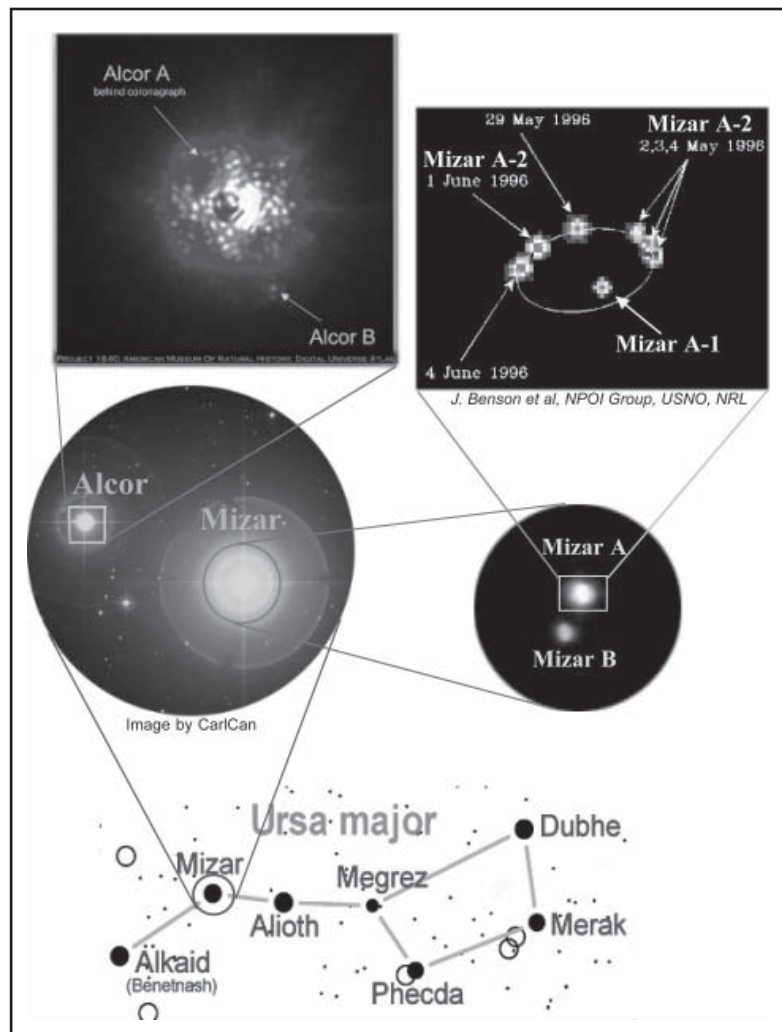
By D.L. Darnell

Walking your companion home after the party, the conversation reaches a lull. With your spouse, child or romantic interest at hand, how can you leave a good impression? Why not pause in the summer air to point out the majesty of the night sky and reveal a secret or two. To keep this easy, take a moment to find the familiar Big Dipper. Through the summer, it should be quite high in the Northwest — so high in June as to be practically straight overhead. If you are new to this, just ask your comrade. No doubt he or she will know the seven stars set in a drinking gourd shape at the tail end of the great bear (the constellation Ursa Major).

Ask your escort to find the second star down along the handle of the dipper (or the tail of the bear), starting from the tip. The name of this star is Mizar. You might make an impression just pronouncing it correctly: "my czar." Now ask him or her to look carefully at that star. Soon enough, they will realize that this is not one, but two points of light, nestled in together. Mizar has a partner. You can share the secret of its name: Alcor. (Just think of Al Gore, with hiccups.) In Arabia, this pair is sometimes referred to as the Horse and Rider.

Now that you two have tired of craning your necks, you can resume walking and share a few invisible secrets hidden in this part of the sky. Keeping with the theme, Mizar is itself a twin — actually the first double star ever identified. So that second star in the handle is not two, but three.

More mysterious still, each of the components of Mizar is, in itself, a set



of twins. That brings the total count to five. Thanks to a recent finding at Cornell a couple years ago, you can wow your friend further with the knowledge that Alcor, too, has a little companion. Thus what most see as one star is, in fact, six.

Now finding stars that appear so close to each other in the sky has its charms, but we know that those pairings can be a mere coincidence of perspective. Astronomers call these "optical doubles."

The "Mizar 6" really are all bound together, with gravity — each stellar couple a true binary system. The Mizar and Alcor we can see are actually turning slowly, always toward each other, taking at least 3/4 of a billion years to finish their circle. What we name Mizar really is a quartet of faster dancers — one pair of stars revolving about another pair, tumbling in spirograph patterns. The stars in the Mizar A pair, each many times the size of our Sun, complete their race around each other in less than a month. The Mizar B stars cycle with a period of roughly half an earth year.

Care to extend your evening? You might linger over binoculars a while; they offer a satisfying view of the Mizar-Alcor couple.

And if there is even a small telescope at home you could take a little extra time to find Mizar A and Mizar B. (Beyond those you will have to use your imagination.)

May your summer evening walks always have breezes to clear the clouds and confound the mosquitoes, and always a patient companion with whom to share the secrets of the heavens.

check us out on facebook

# THE BEST MUSIC SUMMER CAMPS EVER

FOR AGES 2-17

Visit us online for camp information, dates, and times!

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Music Education for All Ages

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ph: 780 460-4430  
[visionarycollege.ab.ca](http://visionarycollege.ab.ca)



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# Edmonton sees increase in mosquitos

By Claire Schneider, South Terwillegar contributor

It comes as no surprise to us that the city has recorded an increase in the mosquito population this year, despite the fact that there was a slow melt of our snow.

It just doesn't seem fair that we have been waiting for so long to spend our days outside and now are tempted to stay inside to avoid these annoying little biters! Thankfully, there are a variety of methods to control and even limit the mosquito population so we can get out and actually *enjoy* the great outdoors.

One resident in the Terwillegar area has just purchased a mosquito trap at a local hardware store for around \$100. This is a medium-sized contraption that claims to actually eliminate the mosquito population within a one acre radius by attracting and killing the female mosquitoes so that breeding is not possible. The trap utilizes a blend of attractant odours, thermal imaging, colour, shape and airflow in an effective design. Does the trap actually work? Well, to work to its full potential it claims to take 90 days, so all we can do is wait. Online reviews are 50/50, with exactly half saying it's great and the other half saying that money could be better spent elsewhere.

More expensive traps can be purchased which cost upwards of \$500 and require a barbeque-sized propane bottle. Though essentially serving the same purpose, these more expensive traps burn the propane to release carbon dioxide, mimicking the carbon dioxide released by humans, thus creating an even more realistic attractant.

Citronella candles, bug zappers, mosquito coils and repellent are also popular methods of control. Another neighbourhood resident swears by mosquito coils. He uses them when camping, lighting one in a safe, central location during the day to keep the majority of the mosquitoes at bay. According to the City of Edmonton website, infants are of particular vulnerability when it comes to bites and unfortunately cannot use repellent until they are over six months of age. Mosquito nets and stroller covers are a good alternative until child-friendly repellent can be used.

Basically, it comes down to trial and error and whatever works for you!

For more information on the problem, what you can do and tips for dealing with the bugs, check out this City of Edmonton link: [www.edmonton.ca/for\\_residents/pest\\_management/mosquitoes.aspx](http://www.edmonton.ca/for_residents/pest_management/mosquitoes.aspx).



Terwillegar resident shows the mosquito trap he's purchased for his yard.

Place an order and **SAVE \$5.00**

Host a show and receive an extra \$25.00 in **FREE** product.

Join my lia sophia team, and receive personalized training and coaching as well as a **BONUS** supply kit!!

Redeemable Only from Penny Matthews



## Off The Hook Music Party

The ultimate party activity!

We bring drums, percussion instruments and electronic dj jamming equipment to you and your guests.

Join the jam, spin and have a ton of fun at your party or BBQ.

Party cams capture the highlights! We leave you with an archival DVD of a party you will never forget!

<http://offthehookmusic1.blogspot.com/>  
**780.456.9329**

# HTR church playgroup a rousing success!

By Kate Morley

Playgroup organizer and Terwillegar Towne contributor

Holy Trinity Riverbend, which is the church (in Terwillegar) that I belong to, realised that its community needed a playgroup. Our church wanted to follow Jesus' command to "love your neighbour as yourself," and so in January this year, we started the playgroup to show our neighbours we love them.

To date, it has been a wonderful adventure. We've danced, sung, told stories, made pirate hats, paper aeroplanes, butterfly mobiles, pizza, cookies and scones. We've made new friends, and our children have too. Jon Connell, a pastor at Holy Trinity, is always on hand to make fabulous coffee, as well as join in with the conversation, and very often someone brings something tasty to share as a snack. It's a playgroup for *all* the children in our community, so as well as moms, we've enjoyed welcoming dads, grandparents, nannies and day home owners too.

Our playgroup is for babies, toddlers, pre-schoolers and kindergarten-age children. The kids can enjoy free play with the toys, or choose to use the playdough, do the craft activity, or try out one of the extra things going on. We might bake, paint, make weird and wonderful things from recycling, do some music and movement, or have an impromptu exercise class! At the end of the session, we tidy up the toys together and have a short, but action-packed circle time.

We'd like to say thank you to everyone who has generously donated toys, craft materials, coffee and our new huge parachute — all of which has been put to very good use. We're still on the lookout for more gently-used toys (particularly baby dolls and accessories, and a dolls' house). We'd also love to hear from anyone out there who has a special skill that they'd be willing to come along and share — such as baking, dancing, pottery, music, martial arts and even aerobics!

Playgroup runs every Thursday from 9 to 11:30 a.m. Admission is \$2 per child (babies under 12 months are free). It's a drop in playgroup, and there are no duty commitments. Quite simply, everyone helps out as much and when they are able. We'll be continuing right throughout the summer, and during school holidays, older siblings of playgroup members are welcome.

To get in touch, or find more information and directions, find and join "Holy Trinity Riverbend's Playgroup" on Facebook, or go to [www.htrchurch.ca](http://www.htrchurch.ca).



Clockwise from top left: Kate Morley (in back) shows the kids how to make pizza, moms visit around the playdough table, Pastor Jon Connell serving up the espresso, game time with the parachute, playing on the mat.

# TCC Spring Carnival weathers another year

By Terri Saunders  
Newsletter Editor

The Terwillegar Community Church (TCC) held their 8<sup>th</sup> annual Spring Carnival on May 7. Though the weather was a little wet immediately before the event, the rain stopped just in time for everyone to enjoy the festivities. Perfect timing!

There was more than enough to entertain, from the fun carnival games, to a petting zoo, a bouncy castle, face painting and even balloon creations. I was very impressed with the "balloon team" this year — having such help shortened the lineup quite a bit! Games included putting a hole in one, Kurplunk and a variety of ball tossing games. Goodies such as hot dogs, popcorn and candy floss were also available to round out the carnival experience.

The Spring Carnival is organized each year by a dedicated and enthusiastic group of volunteers from the TCC. It is these volunteers that make such a successful event possible. Thanks to all who helped!

Be sure to join in on the fun at the next Spring Carnival. Until then, you can attend TCC's Fridays at the park on June 24 and Aug. 26, as well

as their Winter Delight in November. Check [www.tcchurch.ca](http://www.tcchurch.ca) for more information.



Clockwise from top left: young pitcher takes his aim, TCL President Jon Dewarle enjoys the festivities, checking out the petting zoo, boy tries his hand at "Plinko."



**DANCIN** *feel the* **RHYTHM!**

**Tap, Jazz**

**Ballet, Hip-Hop**

**Salsa, Musical Theatre**

**Lyrical, Belly Dancing**

**& Hawaiian Hula**

**Registration for the 2011/2012 Dance Season will be held June 13, 14 & 15 from 6 to 8 p.m.**



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**[www.dancin-company.com](http://www.dancin-company.com)**

# This summer to prove memorable for TCC



By Ken MacDonald,  
Terwillegar Community Church pastor

The stirrings of summer have been upon us for a short while. We desperately try to preserve our summer; how can we make it last as long as possible? Now that the temperatures are warmer, we go outside and enjoy the beautiful outdoors. It's hard to go to the gym for a workout when the sunshine and green grass beckon us to come and walk, come and golf, come and play soccer. You notice the bikes are pulled out of the garage and kids are off exploring somewhere. Mostly importantly, the cover on the grill is off more than it is on. That's a good sign that we are ready to celebrate summer 2011.

This is a memorable summer for Terwillegar Community Church (TCC).

As the page turns over to July, signs of construction will be evident at 1751 Towne Centre Blvd, the new home of TCC. We are planning a ground breaking ceremony for Sunday, June 26 at 5 p.m. It will begin with a barbeque and culminate in an action-packed ground-breaking ceremony. We invite the community to join us for this exciting event.

TCC will offer its second annual Soccer Camp this year. Our first camp in August 2010 assured us that there is great interest in our community for such an event. Already, the camp is beginning to fill up. Please go to our web site at [www.tcchurch.ca](http://www.tcchurch.ca) for the details if you would like to register your child. The dates are Aug. 15-19.

We look forward to a couple of summer events at the Tomlinson Common Park again this summer. Our first barbecue and family activity is on Friday, June 24. The second is scheduled for Friday, Aug. 26. It is always a wonderful opportunity for children to play as the whole family enjoys a hot dog and some good conversation with neighbourhood friends.



Last year's Soccer Camp held by TCC proved to be very popular.

Sunday by Sunday, the TCC congregation meets at Taylor Campus (23 Ave. and Saddleback Rd) in the gymnasium. We come together at 10 a.m., and each service is followed by a free hot brunch served immediately after the worship service. TCC is a community church and feels honoured to be part of our growing, vibrant community in southwest Edmonton.

**Like local stories?**  
Check out [www.edmontonstories.ca](http://www.edmontonstories.ca)  
Don't forget to contribute your own!

**Riverbend United Church**  
14907 - 45 Ave. (Corner of Riverbend Road & 45 Ave.)  
Phone: 780 430-7275

**WEEKLY SUNDAY WORSHIP**  
9:00 am & 10:30 am


CHILDREN'S MINISTRY & YOUTH MINISTRY  
& CHILD CARE 10:30 am

Donald Koots  
Congregational Minister

Chris Giffen  
Congregational Minister

Joanne Olson  
Parish Nurse

All Are Welcome!  
Website: [www.riverbendunited.org](http://www.riverbendunited.org)  
Email: [contactus@riverbendunited.org](mailto:contactus@riverbendunited.org)




**HOLY TRINITY RIVERBEND**  
*Your Neighbourhood Church*

**SUNDAY WORSHIP at 10:00 a.m.**  
Sunday School and nursery provided  
**Cantonese Service at 11:30 a.m.**

**MESSY WEDNESDAYS**  
*Weekly 4:30 - 6:30 p.m.*  
Join in fellowship over a delicious and casual supper, with crafts and activities for everyone. All ages are welcome!

**TERWILLEGAR PLAYGROUP**  
*Thursdays 9:00 - 11:30 a.m.*  
A drop-in playgroup for ages 0-5 and their caregivers - just \$2 per child over 12 months. Crafts and activities for little ones, and coffee for the rest!

Learn more at [www.htrchurch.ca](http://www.htrchurch.ca)  
or call 780-431-1817  
We are located at 1428 156 St. NW T6R 2S1  
*Worshipping in the Anglican Tradition*



**Terwillegar Community Church**

**Worship Service at 10:00 a.m.**  
**Followed by Hot Brunch**

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# Modern Mama hosts Hottest Tot Products

By Sajida Pellegrini

Director, Modern Mama Inc. and Terwillegar area contributor

The Century Grill located on Calgary Tr. was abuzz on May 25 as 45 moms gathered for the first event of its kind — not only in Edmonton, but in Canada. The Hottest Tot Products event was the single largest giveaway of baby and toddler products in Canada. And it was the latest innovative event created by former Southwest resident and founder of Modern Mama, Connie Peters. “As a mom of three, I know that it can be really overwhelming to know what products to choose for your child,” says Peters.

Modern Mama was excited to show Edmonton moms the best gear in today’s market, and they’ve been able to feature some fabulous local mompreneurs. The event was inspired by all the wonderful mom and baby products that Modern Mama came across through blogging and meeting moms over the past three years here in the city.

In addition to enjoying cocktails, appetizers and girl time, guests walked away with some big ticket items, including a Mountain Equipment Co-op Bike trailer valued over \$300, a Clek Oobr Car seat valued at \$300, a Joovy Ultra-light stroller valued at \$250 and many more fabulous items. Each attendee randomly selected a number and chose her product to bring home. Attendees of the event were buzzing with excitement and resembled an audience member attending an Oprah’s favourite things episode!

A handful of guests had babies on the way, including Tara Spencer who was one of the first to nab a ticket.



A Hottest Tot Products attendee checks out the available merchandise.

“I knew when tickets when on sale May 8 that I needed to get my hands on one of the VIP tickets as soon as possible,” said Spencer. VIPs

at the event received a Swag Bag worth over a \$100 and included items such as a Fluff lunch bag, Mommy Hook, Johnson & Johnson baby products, Kula Klips belts and the Edmonton invented and award winning Bibagogo.

Modern Mama would like to thank all of its sponsors for this great event including, e-children, Mountain Equipment Co-op, Joovey, Smart Trike, Angel Care and more. For a full lists of sponsors please visit [www.modernmama.ca](http://www.modernmama.ca).

Connie Peters founded Modern Mama in Edmonton in 2008 with the goal to get moms out of the house. Most Modern Mama events include nanny services so moms can get some me-time in while enjoying private shopping, art gallery tours, workshops, CPR courses, babysitter speed dates, and more. Modern Mama will soon be growing to include events in Calgary and Vancouver.

Check out the upcoming events below and stay tuned for more. To register visit [www.modernmama.ca](http://www.modernmama.ca) today! Also look for Modern Mama at the Southwest Edmonton’s Farmers Market as they sponsor the Market’s Children’s Corner with some of their great Perk Partners! See you all at the market!

**Upcoming events:**

June 20 Mama needs a babysitter Southwest at Cafe O Play

July 9 Infant and child CPR- North side

July 12 Unearth the possibilities at the Enjoy Centre (Gardening & Landscaping advice with an Expert from Holes)

# Local entrepreneur gets moms out and about

By Tamara Stecyk

South Terwillegar contributor

When you become a mom, most of the activities offered are focused on the baby or your kids. Connie Peters took note three years ago and decided to start offering events focused on mothers.

Modern Mama has been drawing in women who are willing to spend a bit to have a night out with other mothers. “I started Modern Mama because I was a stay at home mom and I wanted to do something for myself. At the time, there wasn’t a lot for moms in Edmonton,” said Peters, who recently moved from Magrath to Vancouver.

Before staying home with her three girls, she worked in software project management and wasn’t feeling fulfilled. Peters started offering an evening at Sephora where women could be taught makeup application. Modern Mama has grown to other workshops such as a CPR session, finding babysitters and housekeepers, retail store shopping, financial advice and photo sessions.

Mama Needs a Babysitter is one of the most popular events with sessions offered throughout the city. “Moms are struggling so much with trying to find a sitter. You have to have a roster of 10 sitters you can call. Communities aren’t as close any more,” said Peters.

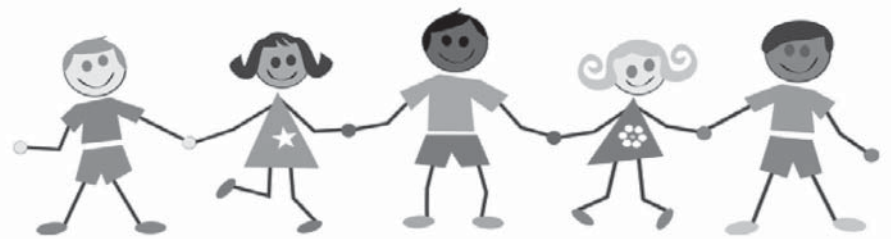
She had to ask her hairdresser about finding a babysitter when she moved to Edmonton. Now she finds babysitters for other moms and asks the

prospective hires to have experience, be over the age of 17 and provide their own transportation and references.

She’s also found that moms are willing to attend an event that they have to pay for with the prospects of winning prizes at the end of the evening. Women have a membership option for Modern Mama but you don’t need a membership to attend the events. A perks card is offered which can get you a discount to over 60 Edmonton businesses.

Peters, 36, also started a magazine which targets mothers of preschoolers and expecting moms. Edmonton’s Child partnered with her on this project and the magazine is published four times a year.

Peters is hoping to expand Modern Mama to other Canadian cities. In the meantime, Sajida Pellegrini, a new Director for Modern Mama, will resume events here in Edmonton. For more information about Modern Mama, visit [www.modernmama.ca](http://www.modernmama.ca).



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[www.tinyhandstalk.blogspot.com](http://www.tinyhandstalk.blogspot.com)

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# Save time and your lawn with grass cycling



By Steve Johnson  
Terwillegar Towne  
contributor

## On the Green Path

No, I'm not referring to biking on the grass. This is actually a method to save you from bagging your clippings and adding fertilizer to your lawn.

For years when I had to mow my parent's lawn, I spent time emptying the catch bag of clippings,

loading up large garbage bags and sending them to the landfill. That is a lot of effort for a teenager, or adult, who would rather be doing something better during the summer.

A few years ago, I took the City of Edmonton

Master Composter program, and learned about grass cycling. This is where, instead of bagging our clippings, you let the clippings stay on the lawn where the nutrients can be returned to the soil. This is a benefit to your lawn and to the city. The city would like to reduce the amount of grass clippings it receives; there is quite the cost to pick up and process resident generated yard waste.

Now it isn't quite as simple as just letting the clippings stay on the lawn, but it is pretty close to that simple. The City website at [www.edmonton.ca/for\\_residents/garbage\\_recycling/grasscycling.aspx](http://www.edmonton.ca/for_residents/garbage_recycling/grasscycling.aspx) covers the basics. They are:

1. Mow every four to five days during peak grass growing season. (I go seven days and it is still quite effective.)
2. Keep the blade sharp and 6.5 to seven

centimetres high (this reduces the amount of water evaporated as the grass shades the soil).

3. Mow only when the grass is dry (to prevent clumping).
4. Let the grass clippings lie.

I own a self-powered mower and haven't picked up clipping in over five years. The grass clippings do quickly disappear back into the lawn. And with the occasional aeration with compost topdressing, the lawn holds up well to my constant tread to mind the garden and flower beds.

So save yourself some time and do the environment a favour; grass cycle this year. Then maybe you will have time to do some real biking!

# City of Edmonton says "that's not garbage!"

City of Edmonton Waste Management Branch

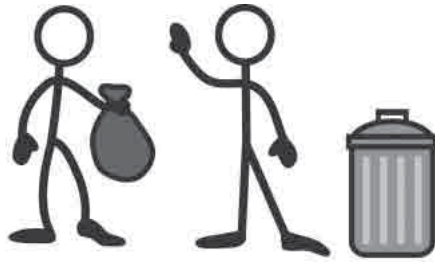
If you've ever puzzled over where to pitch your pizza box, the City of Edmonton's newly expanded times for their free seminar on recycling will help you find the answers.

"We've been offering our "That's Not Garbage!" sessions to Edmonton businesses for some time now," explains Garry Spotowski, education programs coordinator for the city's Waste Management Branch.

"But now we want to reach out to all community groups, seniors' societies, church organizations...essentially any small or large group of fifteen or more adults interested in learning about recycling and our world-class waste management system. We'll come to their assembly anytime – days, evenings, even weekends. Edmonton's system is one of the best anywhere. We'd like to make sure people know all about it."

Carole Soanes thinks everyone should register for "That's Not Garbage!" The federal employee organized the one-hour session for co-workers last summer.

"I don't think most of us had a clue what the City of Edmonton was really doing beyond the blue bag. We were all taken back by the information



provided and certainly didn't know that Edmonton was such a leader in the world of waste management."

The presenter was full of information about how to properly dispose of items you no longer needed, and where to find recyclable materials that you do need, often for free.

"It was such a detailed presentation, talking about all the facilities and aspects of waste management and the tours that are available, the Eco Stations where you can pick up recycled paint for free, and the Reuse Centre, where you can go buy recycled stationary (\$5 for all you can carry out)," said Soanes. "I didn't have a clue about most of this information and I think many people in the class felt the same way."

There's no charge for the "That's not Garbage!" presentation. Call 780-496-5681 to book or email [wasteman@edmonton.ca](mailto:wasteman@edmonton.ca).

"After taking this, not only am I really proud that Edmonton is on the world stage, but I'm definitely participating in recycling more at home and in the workplace," said Soanes.

## Big Bin Event!

The City of Edmonton is hosting Big Bin Events for household items that can't be set out for regular waste collection. The event closest to Terwillegar is on **Aug. 27-28 in Blue Quill, 11304-25 Ave.**

### Accepted Materials

- Couches, chairs, mattresses, and other household furniture items too large for curbside pickup
- Fridges, freezers, washers, dryers and other large household appliances
- Computers, televisions and other household electronics (will be recycled)

### Non-accepted Materials

- Commercial Waste
- Household Hazardous Waste — please take to an Eco Station. They will be accepted at no cost.

### Reusable Items

Items that are in good condition that can be donated for reuse please visit the online Reuse and Recycling Directory.

### Did you know?

The 2010 Big Bin Events, the most successful to date, accepted 2,202 tonnes of material — the equivalent weight of 174 ETS buses. Material that otherwise might have been improperly disposed of in the river valley, parks and neighbourhoods.

### For more information visit:

[www.edmonton.ca/environmental/capital\\_city\\_cleanup/litter-management-program.aspx](http://www.edmonton.ca/environmental/capital_city_cleanup/litter-management-program.aspx)

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# Effective listening improves communication



By Kamran Akbarzadeh,  
PhD, CDC, Founder of  
Dream Achievers Academy  
and Terwillegar area  
contributor

Do you prefer talking to  
listening?

Do you consider yourself a  
good listener or a poor one?

Do you like to enhance your listening skills?

If your answer is yes to at least one of the questions above, I have good news for you. In this article you will learn six ways to enhance your listening skills.

Believe it or not, most of us like talking more than listening because we find it easier — because we have been schooled in speaking, reading and writing but not much in listening. But remember, we have been given two ears and one tongue, so we should listen twice as much as we talk!

I have a five-year-old daughter named Delisha. When Delisha was three, she knew exactly whether I was listening to her or not. When I was not, she would come close to me, take my head into her little hands and make me have eye contact with her while she was talking. So, when small children understand whether we are listening to them or not, how can't our colleagues, employees, customers, supervisors and friends recognize that?

Listening is one of the most important skills you can have. Effective listening is an art. It will help you understand another person's thoughts, feelings and actions. When you listen to another person attentively and empathically, you will create a bond between the two of you which will promote the relationship. Therefore, it is really important to improve our listening skills in

order to be able to receive the maximum benefit from whomever talks to us — no matter which topic they talk about.

Following are six ways that can help you become more effective listeners:

**1. Control your mind** — We think four times faster than we talk. That is why when someone is talking to us, our mind may race ahead, and as a result we get off track and lose our connection with the speaker. For instance, when the speaker says "Mexico," the listener may start thinking about Mexico and imagine himself or herself in Mexico or remember his or her experience related to Mexico without even listening to what the speaker wanted to say about Mexico.

In order to resolve this issue, you need to control your mind. When you find your mind racing during someone's speech or talk, stop, pause, get on track and relate your own experience with the speaker's presentation. Although controlling your mind is not easy at the beginning, with practice you can gradually become better and better at following what the speaker is saying.

**2. Be patient and concentrate** — To become more effective in listening, you need to be patient and concentrate on what the other person is saying. Don't try to interrupt, finish the other person's sentence or come to a conclusion without listening patiently to the whole story. To concentrate on what the other person is saying, don't attempt to listen to other things at the same time. Also, don't do other things (e.g. working with computer, watching TV, reading book) while listening to the speaker.

**3. Show that you are listening** — Leaning forward, having facial expressions, making eye contact, nodding your head and taking notes are among the most effective ways to show the

speaker that you are listening to him or her. When you show that you are listening, the speaker will connect with you better and he or she will also listen to you effectively when it is your turn to talk.

**4. Don't make assumptions** — We normally tend to make assumptions when we hear somebody talk. We may say things like "I've heard him before," "he doesn't have anything new to say," "she is always boring," etc. These are assumptions that we make when someone wants to talk to us, and as a result we choose not to listen to them effectively. By making no assumptions, we welcome the speaker and are able to listen to him or her more effectively and openly.

**5. Reduce noise and distractions** — Many times distractions, such as noisy conditions, someone passing by, music playing in the background, TV on, etc. impact the efficiency of our listening. As such, we may not be able to understand what exactly the other person is saying. By reducing noise and distractions, we can become more present and listen more effectively to the speaker.

**6. Paraphrase what you hear** — By paraphrasing what you hear, you make sure that you have understood what you have heard. You also show that you have interest in what the speaker is sharing with you.

In sum, the key to good listening is not only hearing, but also understanding what you have heard. Good listening requires as much energy as does speaking. As a Chinese proverb says, "To listen well, is as powerful a means of influence as to talk well, and is as essential to all true conversation." So by actively and effectively listening to others, tell them that you care.

Happy listening!

## Gardeners asked to plant a row and grow a row

Edmonton's Food Bank is again promoting the opportunity for Edmonton gardeners to *Plant a Row and Grow a Row*, and then donate the harvest to Edmonton's Food Bank.

Plant a Row — Grow a Row is a national project in partnership with the Compost Council of Canada, Food Banks Canada and local food banks where gardeners are asked to plant an extra row of root vegetables and donate the harvest to local food banks to help our neighbours in need.

Edmonton's Food Bank partners with the Yellowhead Youth Center (YYC) for our community garden at the Muttart Conservatory. Youth plant, water, weed and harvest vegetables then donate their produce, all the while learning new skills and the importance of giving back to their community. Local gardeners and community gardens are invited to follow the YYC's lead and donate fresh garden vegetables.

Please the website at [www.edmontonsfoodbank.com](http://www.edmontonsfoodbank.com) for more details.

### Friendly Reminders To help keep our community clean

#### Be sure to control noxious weeds.

The Government of Alberta regulates the spread of noxious weeds and prohibited noxious weeds through the Weed Control Act.

City weed inspectors patrol neighbourhoods looking for noxious and prohibited noxious weeds on private. Officers also respond to public complaints. The officer may issue an order, which allows the city to fix the problem and bill the property owner for the cost

#### Remember to scoop the poop.

Pet waste can be smelly, unattractive, and can even be a health issue for you and your pet. Carry a bag with you to pick-up your pet's poop whenever you are off your property. Poop can be collected in a plastic bag and thrown in the garbage. Failure to do so can bring a \$100 fine.

**Terwillegar Community League thanks you!**

### Champion Your Life with Dream Achievers Academy



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A personal note to you  
by Kamran Akbarzadeh, PhD

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**Act now because tomorrow might be too late!**



Kamran  
Akbarzadeh, PhD

# The perfect summer smells of rosé wine



By William Bincoletto  
Principal Sommelier of Vines Wine Merchants

Imagine warm weather, lazy afternoons, cheese and cured meats on a picnic, etc. All of this just begs for a nice chilled glass of dry rosé.

## Uncorked

And why not! While rosé wines have been a staple on almost every table in Europe for centuries, it is now becoming popular the world over. And here in Alberta, sales are totally booming. The main reason, it offers a simplicity that everyone from novice to expert can understand and appreciate. "Don't over think, just enjoy" has become one of the precepts of rosé.

Most countries have their signature styles and wine varietals that they use. In France, rosé usually come from the South. Rhone and Provence are two of the most famous wine regions made with a very wide variety of grapes. Spain is another recognized country for rosé, made with Garnacha or Tempranillo. In the U.S., rosé is made in two distinctive styles: off dry as in the White Zinfandel and the more popular dry style usually made from Pinot Noir, Cabernet and Merlot.

From a serving perspective, these wines are served chilled but not overly cold as their delicate fruit flavours need to stand out. And as for food, there is a great saying when pairing rosé with food. "Anything goes!"



**2010 Sokol Blosser Rosé of Pinot Noir — Oregon**  
This is one of my all-time favourite American rosés. From a well-deserving top Oregon organic producer, comes this graceful rosé that is full of ripe raspberries, sweet rhubarb and dried cherries. I love this as an aperitif on the patio, at the start of a meal or with a delicate salad.



**2010 Domaine Houchart Rosé — Côtes de Provence, France**

Imagine yourself in a side café in a sea-side town in Provence, France. Imagine having a nice fish stew on a hot and sunny day. And the server brings you a cool carafe of rosé. You sip, you taste, and then you smile. This is exactly what this rosé evokes every time I open a bottle. Delicious!



**2010 Crios Rosé de Malbec — Mendoza, Argentina**

Rather a novelty for Albertans, this rosé made from Argentina's signature grape, Malbec, offers a richness rarely found in rosé. I utterly love this wine with duck salads and raspberry vinaigrette, arctic char, or bocconcini and fresh tomato drizzled with cold-pressed olive oil. This is absolutely yummy!

# Simplify supper with pizza possibilities

By Claire Schneider,  
South Terwillegar contributor

Pizza is definitely a favourite, and the possibilities for healthy (yes, healthy!) pizzas really are unlimited. DIY pizzas are great for little chefs, birthday parties, potlucks and lunch-dates. The Italian staple is not just for kids either — enjoy with your friends over a bottle of vino! Experiment with these options below and find yourself satisfying the appetites of everyone:

### Basic Dough Recipe:

3 cups all purpose flour  
1 package active dry yeast  
1 tsp. salt  
1 tbsp. sugar  
2 tbsp. vegetable oil  
1 cup warm water

Combine dry ingredients. Stir in oil and warm water. Stretch out evenly over pizza pan. Top as desired, and bake at 375°F for 20-25 minutes.

### Topping Variations:

**Barbeque chicken** — Great for leftover chicken and tastes great

with lots of veggies. For a real barbeque taste, mix barbeque sauce with pizza sauce, or better yet — barbeque it!

**Hawaiian** — Lots of ham and pineapple. Again, great for using up leftovers!

**Vegetarian** — Include spinach!

**Mexican** — Use salsa as sauce and top with taco

seasoned ground beef (again, great for leftovers), lots of veggies and Tex Mex cheese.

**Mediterranean/Greek** — Use pesto as the sauce, and top with chopped artichoke hearts, kalamata olives, sea salt and feta.

**Cheeseburger** — Ground beef, onions, tomatoes and lots of cheese.

**Margherita** — Tomatoes, mozzarella cheese and basil.

**Dessert Pizza** — Use a cookie base and yogurt or frozen whipped topping as the sauce. Top with fruit (halved grapes, strawberries, bananas, other berries) and drizzle with chocolate.

### Crust Variations:

Tortillas (or tor-tizzas!)  
English muffins  
Pitas

### Sauce Variations:

If using regular sauce, add spinach.  
Combine barbeque sauce with pizza sauce.  
Alfredo sauce  
Salsa  
Pesto  
ENJOY!

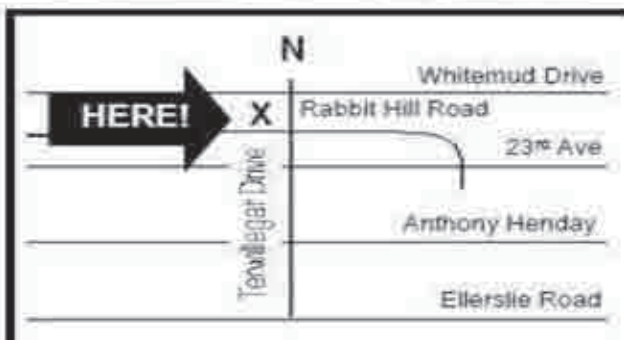


Pizza on the barbeque or firepit is a neat summer option that keeps the heat out of the kitchen.

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# Dip into the library for some summer fun!

Summer is on its way, and the Riverbend Library is where kids, teens and adults can dip into the fun!

## Kids

**Splash into Summer at the Library!** — This summer, the Edmonton Public Library is pleased to once again offer a Summer Reading Club for kids. Come visit for games, activities, stories and more within this year's theme of *Splash!*

*Why join the Summer Reading Club?* The Summer Reading Club encourages children to find treasure in reading and stories. Research demonstrates that children who read over the summer gain in reading achievement and return to school having maintained or improved their reading skills. Let us help your children find some great books they will enjoy and stories they will treasure. Plus, it's just fun!

*How does it work?* Children of all ages are encouraged to sign up at the Summer Reading Desk at any Edmonton Public Library location. Along with some other materials, kids will receive a reading log sheet on which they will keep track of the time they spend reading over the summer. After each hour of reading, they can visit the library to get a stamp to mark their progress. After they fill in the sheet, they will be able to use it as an entry for our grand prize draw (and they might even encounter a prize or two along the way!). After they finish their first sheet, they can continue tracking their reading for more opportunities to enter the prize draws.

*What else is going on?* While you're in the library tracking your reading progress, make sure you participate in the weekly games, and visit some of the Splash-themed programs. We have an assortment of performers and programmers joining us for the summer, from puppets to a sea-life touch tank! Check [www.epl.ca](http://www.epl.ca) for more information on programs and activities at the library this summer!

*When can I start?* The Splash Summer Reading Club kick-off is on June 25. Join us at the Riverbend Library for our kick-off magic show with the magical Brian Leher! You can visit the library anytime between June 25 and Aug. 20 for a *Splash!* For more information on this year's Summer Reading Club, visit the Riverbend

Library or [www.epl.ca](http://www.epl.ca).

**Reading Buddies** — Do you want to have fun, make new friends and practise your reading skills over the summer? Reading Buddies is a program that matches teen mentors with kids in Grades 1 to 4. Through interactive games and activities with your teen buddy, kids will become more enthusiastic readers. If you are interested in participating in Reading Buddies as a student or volunteer, contact the Riverbend Library or [www.epl.ca](http://www.epl.ca) for more information.

## Teens

**Teens at the Library** — We haven't forgotten teens at the library this summer! Feeling a little beyond the Summer Reading Club? Looking for a rewarding place to volunteer? Send in your application to be a Reading Buddy and we will pair you with a young student who is just learning to read! You'll meet with them once a week to help them through library-led activities which help them develop their reading. You can

find this summer's dates and information at <http://www.epl.ca/about-epl/teen-volunteer>.

If Reading Buddies doesn't sound like your thing, come and join our teen writing camp! Our teen writing camp will meet at the library this summer with local published author, Natasha Dean. For more information on all we have going on at the Riverbend Library this summer, visit [www.epl.ca](http://www.epl.ca).

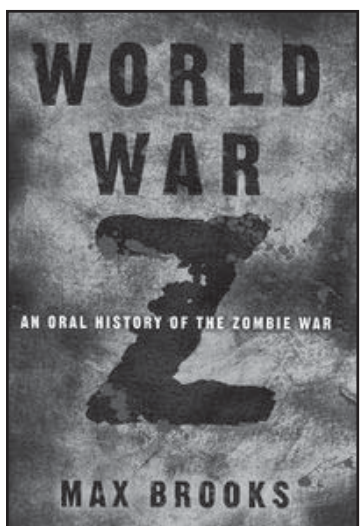
## Adults

**Storytime for Grown-Ups** — Join Edmonton Public Library staff for a selection of short stories geared towards adults on Thursday, July 14 at 7 p.m. Sit back, relax and escape from the everyday as we bring you engaging stories, expertly read. Bring ears, an imagination and a bit of your time. What better way to enjoy the long sunny evenings of summer? For more information on this or other adult programs available, visit the Riverbend Library or [www.epl.ca](http://www.epl.ca).

## Calendar of Events:

- June 25 – Summer Reading Club: *Splash!* Opening magic shows – 2 to 3:30 p.m.
- June 27 to Aug. 22 Mondays – Sing, Sign, Laugh and Learn – 10:15 a.m.
- June 30 to Aug. 25 Thursdays – Preschool Storytime – 2:15 p.m.
- July 5 – Science of Stormy Weather – 2 p.m.
- July 6 – Rub-a-dub-dub, Stories for the Tub – 10:15 a.m.
- July 7 – From Balloons to Animals in a Twist! – 11 a.m.
- July 9 – Party Like You're at the Beach – 2 p.m.
- July 12 – Wild Windy Fun – 10:15 a.m.
- July 12 – Aug. 16 Tuesdays – Reading Buddies – 3 p.m.
- July 13 – Aug. 10 – Teen Writing Camp – 3 p.m.
- July 14 – Storytime for Grown-ups – 7 p.m.
- July 15 – Bugs! Bugs! Bugs! with the Royal Alberta Museum – 2 p.m.
- July 22 – Tales from the Crytozoologist with author Marty Chan – 2 p.m.
- July 23 – Water Works – 2 p.m.
- July 26 – The Wonders of Water – 10:15 a.m.
- July 26 – Spineless Wonders (marine animals from West Edmonton Mall) – 2 p.m.
- Aug. 5 – Pirate Party at EPL – 2 p.m.
- Aug. 6 – Something Fishy Going On – 2 p.m.
- Aug. 10 – A Hawaiian Holiday – 2 p.m.
- Aug. 17 – Celebrate Summer with Kaybridge Puppets – 2 p.m.
- Aug. 18 – Tales for the Campfire – 7 p.m.
- Aug. 20 – Summer Reading Club Closing Celebration – 2 p.m.

## Adult book review "World War Z" by Max Brooks



By R. L. Prendergast  
Bestselling author of *The Impact of a Single Event* and Terwillegar Towne contributor

A particularly deadly virus is discovered in a remote village in China. The government tries to contain it. Unsuccessfully. The virus — *Solanum* — which reanimates the people it kills into Zombies whose only desire is to consume human flesh, spreads across the globe within a year.

**Zombies!** Yes, I know what you're thinking. I don't want to read a book about Zombies. I didn't either. I don't read Zombie comic books, don't play Zombie video games, and have never

sat through a movie about these alarming creatures.

Yet *World War Z*, a collection of short stories, is excellent.

Each story is an individual account of people who have survived the recent Zombie epidemic. Beginning with a fascinating tale of a Chinese doctor who treated "Patient Zero," the stories chronicle the experiences of American soldiers, a South African government official and an astronaut stranded at the International Space Station when Zombies swarm the

planet. Of the 50 other stories, one even mentions Edmonton's own Princess Patricia's Light Infantry. Each story represents a key moment of the events occurring during World War Z.

Max Brooks, author of *World War Z*, is the son of actor and comedian Mel Brooks, and a former writer for *Saturday Night Live*. With this kind of resumé, you'd expect *World War Z* to be a farce. It's not. Brooks treats his topic with great seriousness, turning what could well have been a highly improbable story into an immensely realistic tale.

In interviews, Max Brooks has mentioned the massive amount of research he did in writing the book. Apart from the Zombies, he says, everything else is real — the potential political and economic fallout from a catastrophic war, to military tactics and technology used in dealing with an aggressor. Indeed, you could view this book as an allegory.

The book has few shortcomings. Since it begins after the Zombies have been contained and humanity has regained control over most of the planet, you already know the ending when you start reading. That does not matter, however, as the stories are told with such skill.

You may still think a book about Zombies isn't for you, but then some of the best stories are about people and conflict — two things this novel contains in abundance.



# Have you ever said "My dog ate my Lulu!"?

By Tabitha Grady

Co-Owner/FIS Certified Instructor, River City Fitness

Is this something you want to tell your trainer some days in hopes of "skipping" out of a workout or fitness class? Those days you feel sluggish like you are carrying a sumo wrestler on your back, or those days you feel so unmotivated you would rather eat gravel than go do your workout?

We have all been there, and the good news is: there is a solution! It is found in an accountability partner or group. It's about changing your perspective on exercise and creating a win-win situation. Turn your workouts into social events. Instead of having that engaging conversation over a glass of wine, engage with a friend while sweating off that unwanted weight.

Some of the top fitness trends today are fitness bootcamps, small group training and the buddy system according to [www.besthealthmag.ca](http://www.besthealthmag.ca). The most important element to sticking to your workout regime is in keeping it fun, and there is nothing more encouraging than taking up the challenge

with a friend or a small group of friends so you can all laugh and support each other through a fitness program.

There isn't a person in the world that is going to keep you more accountable to your program than a friend who invested in a program with you, or friends who want to see you achieve your fitness goals. The cherry on top comes each 24-hour period post workout when you can whine together because you're sore in muscles you never thought existed, while mutually cursing your trainer for doing this to you.

I challenge all those people out there wanting to get active this spring to sign up for a local bootcamp or join a fitness class in your community with a good friend. It will grow your friendship and add a new fun dynamic to your social time together. For those intimidated by group fitness, find a local trainer that offers private small group training and get two or more friends to commit to a program with you. Fitness is a way of getting out of a funk and putting yourself first. Your friends deserve that for themselves, so sign them up!

# Limber yourself up with a simple summer stretch

By Jessica Zapata

Infinite Fitness, [www.infinitefit.ca](http://www.infinitefit.ca) and Infinite Fusion, [www.infinitefusion.ca](http://www.infinitefusion.ca)

Warmer weather brings increased outdoor activity — golfing, gardening, walking and more! Keep your upper body loose and limber with this simple stretch called "Thread the Needle" (that's actually great for you year round)!

- Start by kneeling on all fours (on your hands and knees).



- Keeping the right arm straight, (like a needle), move it through the left arm, reaching sideways as far as comfortably possible (as though threading a needle).
- Keep the right palm up towards the ceiling, and bend the left arm to allow the upper body to come closer to the floor.
- Turn your head in the direction of your arm (right ear to the floor).
- Place the weight of your upper body on the right arm to increase the

stretch.

- Hold this position for 15 to 30 seconds.



- Repeat stretch on the other side.

## June is Bike Month

Celebrate Bike Month with the City of Edmonton and enjoy free pedal powered events throughout June.

Cycling is an active transportation option that helps reduce traffic congestion, conserve Edmonton's road infrastructure, and protect the environment.

During Bike Month, Edmontonians are encouraged to support cycling in our city by biking to work or school at least one day per week.

**Check out [www.bikeology.ca](http://www.bikeology.ca) for events!**



**Meet our last fitness challenge winner**

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*You could be the next one!*  
*Don't let the summer keep you away from your fitness goals!*

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\*Offer ends June 20, 2011

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



# President values our neighbourly community



By Jon Dewarle  
TCL President

I would like to take this opportunity to thank the many community members that have been embracing spring through activity and involvement. Although it initially looked like we might have a rather late start to our outdoor sports this year, we're now through the greater part of the season. Thank you to the people who have

stepped up and volunteered as a coach or with a team in another capacity. We've had a few windy days and a few mosquitoes, but we've also been able to enjoy some gorgeous weather!

Since the days have gotten warmer and longer, I have noticed neighbours outside — whether gardening, walking or chasing after children on bikes. I am fortunate to have many wonderful but also helpful neighbours. My neighbours were kind enough to fertilize my front lawn, and another neighbour took the time to give our hedges a trim. As it seems like I'm always trying to scrape together extra time to tend to these things, I really appreciated that others would

spend some of their valuable time helping me out.

The challenge, then, is to stop and slow down a little. In between work, maybe sports and the "to do" list, remember to enjoy the people and places around you. Maybe it's a walk by yourself or with a friend. Maybe it's finding a few extra minutes to go to the park with your kids. Most other things can wait. The warm weather and pleasant evenings need to be savoured. Look for those opportunities to help out a neighbour in some small way. You may have a neighbour that will greatly appreciate these small gestures, just as I have.

## TTRA guidelines help T-Towne retain its style



By Klaus Hoffmeier  
TTRA Director

To builders and developers, architectural guidelines

and controls are nothing new. They're an important and integral part of conducting their business, and they deal with these on a daily basis. The purpose and intent of architectural guidelines and controls is to ensure that a subdivision is developed in an appropriate manner and that it is desirable for the greater enjoyment of the residents. It also preserves the value of the lots, and is for the benefit of all of the future owners of the individual lots. It will protect the owner of each lot against the improper development and use of surrounding lots, which would depreciate the value of the lot. Lastly, it will prevent haphazard or inharmonious improvements or repairs.

Here's how the flow of information pertaining to the architectural guidelines and controls gets passed on. The developer (in this case Carma) drafts an extensive set of architectural guidelines and controls that will meet with approval of the municipality's general plan for the area. As individual lots are subdivided, they have liens placed on their titles indicating that there are architectural guidelines and controls in place that must be adhered to. Each home builder that acquires lots from the developer signs a contract agreeing to the terms and conditions contained within the architectural guidelines and controls. They are very strictly enforced by the developer. In turn, as each home is sold to an individual



owner, that owner must acknowledge, agree to and abide by those architectural guidelines and controls.

Terwillegar Towne is a newer Edmonton neighborhood created by Carma Developers LP, a subsidiary of Carma Corp (now Brookfield Residential Properties Inc.) with all residential construction occurring after 1995. By the way, that's the same Carma Corp that's helping the TTRA with some of its present growth challenges. For that, we can be truly thankful to have them as a fine corporate citizen of this beautiful city we all call home. Some of those challenges are spelled out on page 26 of the January 2011 issue of this newsletter.

The Terwillegar Towne area owes its unique character to a carefully developed Neighbourhood Area Structure Plan, and a City of Edmonton Special Bylaw governs all of the design elements found within the TTRA's borders. Our Architectural Guidelines and Controls are specific to all structures including dwellings, garages, garage suites, decks and fences. So before you start any development, check the guidelines. We have a friendly website full of excellent information that will help you comply with the architectural guidelines and controls of our community. Check it out at [www.terwillegartowne.org](http://www.terwillegartowne.org).

And, sorry, but you cannot paint all parts of your fences any color you wish.

On a different note, you'll be pleased to know that the Edmonton Police Service has significantly stepped up enforcement on all those careless motor vehicle operators who insist on running stop signs and parking against the flow of traffic. Thank you Edmonton Police Service for helping keep our neighbourhood streets safe.

### How to contact the Terwillegar Community League

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

#### Board members:

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

### SPEEDWATCH correction

Cst. Corine Kline's email was printed as Corinne. Kline@edmontonpolice.ca. It actually has only one r and is as follows: [Corinne.Kline@edmontonpolice.ca](mailto:Corinne.Kline@edmontonpolice.ca).

### In your community . . .

These are the people in our neighbourhood:

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

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

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

# 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: _____
<b>Terwillegar Community League</b>	# of Skate Tags: _____
	Cash: <input type="checkbox"/> Cheque: <input type="checkbox"/> Cheque#: _____

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Volunteer Interests	Comments
Activity Interests	



## Membership Fees:

Family, \$42,  
Senior/Single/adult, \$32

**Memberships expire annually  
Aug. 31.**

Send membership forms to:  
**Terwillegar Community League  
Box 84031, RPO Towne Center  
T6R 3P4**

Please make cheques payable to:  
Terwillegar Community League



## Free Access!

With a Community League membership, you get full free access to the Terwillegar Community Recreation Centre on Sundays from 2 to 4 p.m.

**Please bring your membership card; admission may be declined otherwise.**

# Coming Events

**Every Wednesday:** HTR's Messy Wednesdays (Page 21)  
4:30-6:30 p.m.

**Every Wednesday:** Farmer's Market (Page 1)  
Lillian Osborne High School parking lot  
5:30-8:00 p.m.

**Every Thursday:** HTR's Playgroup (Page 20)  
9:00-11:30 a.m.

**May 25-June 25:** Spring Playground Program (Page 3)  
Tomlinson Common Park

**June 15-Aug. 15:** Famoso donates \$0.50 to parks for each dessert purchased. (Page 5)

**June 24:** TCC's Friday at the Park Tomlinson Common Park 6-8 p.m.

**June 25:** Yoga in the Park (Page 3) 4:30-6:00 p.m.

**July 5-Late Aug:** Spring Playground program Tomlinson Common Park

**Aug. 7-8:** TCL's Casino (Page 5)

**Aug. 26:** TCC's Friday at the Park Tomlinson Common Park 6-8 p.m.

**Aug. 26:** TCC's Family Fridays Tomlinson Common Park

**Sept. 1:** "Teen" Writing Contest deadline (See page 28)

**Sept. 10:** I'm Too Big For it Sale  
**Location:** Esther Starkman School  
2717 Terwillegar Way

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

## Membership Online

Now you can purchase your Community League membership online at [www.terwillegar.org](http://www.terwillegar.org).

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Send to editor@terwillegar.org*

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780.758.1825



**I'm Too Big For It Sale**

**Bigger & Better  
At Our New Location!**

Terwillegar Community League's  
Semi-Annual Sale

**When:** Saturday, Sept. 10 from 10 a.m. - 1 p.m.  
**Where:** Esther Starkman School,  
2717 Terwillegar Way

**Vender Tables Are Now Available**

For more info, call Michelle at 780-432-1558,  
or e-mail mmcwilli@live.com

**What would your life be like  
if you were living your passions**

*Dream Achievers Academy presents:*

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  - How to align your life with your passions
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  - Enhance your relationships
  - And much more

**When:** Saturday July 9<sup>th</sup>, 1 - 5 pm  
**Where:** TBA by email to registrants  
**How to register:** Online at  
<http://daa-passiontest.eventbrite.com>  
**Investment:** \$47 by June 23  
and \$77 afterward  
For more information call 780-439-5361

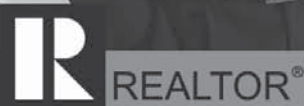
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