

Terwillegar Tribune

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

New park committee snaps into action

by Melissa Lungle
Local resident

The first community meeting of the Terwillegar Schools Need a Playground (TSNAP) Committee was held March 1 at Holy Trinity Riverbend Church. Led by Community Recreation Coordinator Shelley Kwong and committee founder Tammy Peters, the meeting addressed the process of building a playground and park area needed for the two new schools located in Terwillegar Towne. Ecole Monsignor William Irwin Catholic School and Esther Starkman Public School are set to open this fall without a playground or completed park area.

Kwong and Peters outlined the New Park Development Process (NPDP) that the committee will follow, the necessary steps involved and committee sub-groups that are required. The pressing task was identified as completing a needs assessment regarding the community and its stakeholders. Community members are encouraged to participate in this assessment, which will be completed in the next few weeks. A link to the assessment survey will be posted soon on both the Terwillegar Community League website, both school websites and the TSNAP Facebook group. (See below for addresses).

Please note that the South Terwillegar and Magrath playground initiatives differ from the school playground one, although all will be working collaboratively for the better of

Terwillegar community as a whole. (Please see Page 3 for more on this.)

With her experience as community recreation coordinator (CRC), Kwong noted that a playground of this magnitude can be completed in approximately one year if enough committed volunteers are found to fundraise and execute the process. However, it is more realistic to expect to spend 1.5 to two years before the playground will be completed. The general consensus amongst attendees of the meeting was that the children should not have to spend two years without a playground at their schools and, as such, this project needs to be expedited.

As any large project needs volunteers, the committee is putting a call out for people to help out with this initiative. There are numerous volunteer opportunities with time commitments varying from less than an hour to seeing the NPDP through to the completion of the project. Specific examples and time estimates include (but are not limited to):

- Writing articles for volunteer recruitment and project awareness (less than one hour per article, maximum five times a year).
- Compiling needs assessment data (two to four hours).
- Knocking on doors to complete the community needs assessment (two hours).
- Writing grant applications (four hours each).
- Researching grants (six to eight hours).
- Planning fundraiser events (eight to 10 hours each).

As mentioned above, all parks will be working collaboratively, so some of these ventures will be efforts contributing to the overall development of all parks. If you're unable to make a long-term commitment to the project but still want to help out, volunteers will be required to facilitate fundraiser events, so please submit your name in



Young residents enjoy the park at this year's Family Day event. More activities may be held at other parks once they are built.

advance.

For more information, including links to site plans and the NPDP process, community members are encouraged to visit the TSNAP Facebook group (search for "Terwillegar Schools Need a Playground"). Additional information can be found at:

- www.terwillegar.org
- <http://estherstarkman.epsb.ca>
- <http://www.ecsd.net/schools/irwin.html>

Additionally, Peters can be e-mailed at TSNAP@shaw.ca if you wish to register your name as a volunteer or for more information.

Want more
Family Day
pics?

Check out Page 3!

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Residents enjoy a downhill Valentine's

by Priya Nelson
TCL Fundraising Coordinator

What a wonderful way to spend Valentine's Day — out on the slopes of Snow Valley!

Terwillegar Community League held its 3rd annual Ski and Snowboard Night on February 14 at Snow Valley Ski Hill. This year, there were over 175 community league members and their friends. The weather was beautiful, and once again, we were still on the chair lift when they announced that the hill was closing. There were kids as young as two on skis. Lessons were offered, and many new skiers were developed.



Two ski enthusiasts enjoy the festivities on Feb. 14.

What a fabulous night seeing people smiling and having a great time.

I want to thank Anne Smith and Colleen Mattuli for their help getting all of our ski enthusiasts registered and into their lessons. A big thanks goes to the following business for donating some great prizes: Starbucks, Wok Box, Famoso Pizza, Wicked Laser, Booster Juice, Terwillegar Hair and Snow Valley. We had some great prizes and lots of happy winners.

Once again, this event was successful and fun, thanks to your support. I hope to see you out there next year when we do it again!

Community garden gears up for spring

by Tammy Peters
Community Garden member

With the gorgeous weather we've been having and enough of a melt to see some grass peeking out, gardening has been on the minds of many! If it's on yours as well, why not check out the availability at the Terwillegar Community Garden? Our annual general meeting was held on March 14 and applications were taken for plots for the upcoming growing season.

This will be our second season, and we are looking for the garden to continue to grow and serve our community. We are hoping to expand the garden and continue to work with the City of Edmonton to make the current site our permanent home.

The Terwillegar Community Garden and the Holy Trinity Riverbend Church are hosting a session by Ron Berezan, the Urban Farmer, on Saturday, April 24 at the church (1428 - 156 St. —

see www.htrchurch.ca). For more information on the Terwillegar Community Garden and the upcoming Urban Farmer session, please visit the Terwillegar Community League website at

www.terwillegar.org, check us out on Facebook or e-mail garden@terwillegar.org for more information.

Spring Break at the library!

How are you planning on filling your days off during spring break? Sleeping in? Playing video games? Doing homework?

If you're looking for a change, come to the Riverbend Library for free programs during spring break. This year's theme is games! On Monday, March 29, we'll be playing party games; on the Tuesday, imagination games; Wednesday will be storybook games; Thursday is "make your own game;" and Saturday is carnival games! (The library is closed Friday, April 2). Bring your friends for some fun-filled activities and a chance to play both new and old games.

For more information, visit www.epl.ca or contact the Riverbend Library.

CONFEDERATION PARK LITTLE LEAGUE BASEBALL REGISTRATION

Registration for the 2010 season
United Cycle
Gateway Boulevard and 76 Ave.



Saturday
March 17 and 24
10:00 a.m. to 1:00 p.m.



Go to www.register4baseball.ca
and click on Confederation Park

Family Day brings sun, sleighs and smiles

by Jon Connell
TCL Programs Director

A brilliant blue sky beckoned on Family Day this year, and the bright sun delivered a warmth that was echoed in the faces of the families who came to celebrate. Approximately 300 took part in the fun activities at Tomlinson Park.

To enliven the day's activities, the City of Edmonton's Parks and Recreation staff brought burlap sacks for races, snowshoes for trying out, and ropes for tug-of-war. Two fire barrels kept the locals warm (and dried off a few snow-covered children), and MP Stables brought two equine helpers who took locals for sleigh rides around the park 25 at a time.

Thanks to Ron Dickson and Associates for bringing hot chocolate and doughnuts from the local Timmies. Foodstuffs were rounded out by juice, water and hamburgers provided by your Terwillegar Community League. Special thanks go also to M&M Meatshop in Riverbend Square for the loan of the barbeque and providing condiments too!

And, of course, the event couldn't have happened and gone so smoothly without the help of all the volunteers who set up, picked up supplies, moved snow from underneath the shade structure, stacked firewood, cooked burgers, and cleaned our mess up at the end of the event. Thanks to all of our wonderful neighbours who helped out!



Clockwise from top left: Volunteers getting ready for the burger rush; young and old alike enjoy the horse and sleigh rides; rep from Ron Dickson and Associates pours hot chocolate, children warm themselves by the fire; residents pack the shade structure.



Terwillegar parks volunteers merge efforts

by Tammy Peters
Terwillegar Towne resident and active volunteer

The Terwillegar Community League serves an expansive geographical area covering the neighbourhoods of Terwillegar Towne, Terwillegar Greens, Terwillegar Gardens, South Terwillegar, Sandalwood, Magrath and McTaggart. Each of these neighbourhoods looks to their community to provide for the needs of their families. One resource that is in demand and sorely lacking is developed parks and playgrounds.

Currently, each neighbourhood has rallied with its group of dedicated and enthusiastic volunteers to champion this cause for their area. Each was working independently through the process and under the umbrella of the Terwillegar Community League. It has been realized that this course of action is to the detriment of the community as a whole, and will, in all likelihood, increase the time required to achieve the desired outcomes.

So we are coming together — to work collaboratively to ensure that the resources invested in our community are well utilized. The key members of each park development group will meet and develop a long-term plan for the development of park lands within Terwillegar.


Discussions will encompass the projected availability of funds, the scope of the park development given the broad demographics of the area, and the diversity of development options available. This group will work with the neighbourhoods, the community league and the city to ensure the implementation of the long-term plan across changing administrations.

With this initiative we seek to:

- generate expertise in our volunteers in areas such as grants, fundraising and park design and avoid duplication of efforts throughout the development process.
- diversify the type of park developments created throughout neighbouring communities to serve a broader population.
- effectively fundraise and distribute funds for the timely completion of park developments.

As John Abrams has said, "If the people who make the decisions are the people who will also bear the consequences of those decisions, perhaps better decisions will result." Everyone can contribute to the success of this valuable community endeavour. There are many roles available — find out

which best fits you by contacting your neighbourhood's park/playground development liaison. Visit www.terwillegar.org today for contacts and more park development information.




**Terwillegar Towne
Residents Association**

TOWN HALL MEETING
Ask Questions • Get Answers • Give Input

Your volunteer Board invites all residents in the TTRA area to attend this informative evening.
Meet your Directors and your new Property Managers.

Thursday, April 22, 2010



7:00pm to 8:30pm
Holy Trinity Church
1428 -156 St.
(find directions: www.htrchurch.ca)

You are automatically a member of the TTRA if you reside within the boundary lines shown. Come out and learn how your dues are put to work for you!

For more details, see our article in this issue, or visit our website at www.terwillegartowne.org

E-mail Correction:

If interested in getting involved with the Magrath Playground Committee, contact Jennifer at Magrathpark@hotmail.com for more information — not at ekocloo@yahoo.com as was originally stated.

Imagine... a farmers' market in your area

by Corrina Chetley-Irwin and Cynthia Reckhard

Imagine a warm, sunny summer weekend morning. Breakfast is finished, the paper is read and the children are ready to go. You all jump on your bikes and ride over to the new farmers' market. Upon arrival, your children head to the children's corner while you and your spouse stroll through the aisles of colourful, fresh fruits and vegetables, meats, eggs, breads, baked goods, sauces, spreads and tapenades. Along the way, you run into a friend and stop to talk, while grabbing a coffee together. Picture it anyway you want it — a farmers' market in our neighbourhood!

Farmers' markets become the heart and soul of a community — family-friendly gathering places where one meets friends and neighbours. They offer a unique shopping experience, providing residents and visitors to the community with the opportunity to shop in a relaxed, fun atmosphere, while purchasing high quality products. Doesn't that sound better than being in a grocery store with artificial lights and piped in music?

And the benefits don't stop there. Farmers' markets provide benefits to everyone who participates: consumers, farmers, the community and the local economy including:

- Large variety of fresh and tasty produce
- Nutritious food that hasn't travelled thousands of miles
- Supports local farmers and the local economy
- Shorter transportation distances have smaller environmental impact
- You know where your food comes from because you talked to the farmer



The purpose and culture of farmers' markets is to promote healthy fresh food and high quality crafted items made by Alberta producers. In support of this, all Alberta Approved Farmers' Markets must abide by the 80/20 rule: 80 per cent of vendors must make, bake, or grow their product. The remaining 20 per cent of vendors can resell a product. This ensures that approved farmers' markets in Alberta truly remain outlets for farmers and small producers to sell directly to customers. In addition, all items sold at an Alberta Approved Farmers' Market must be new

— no flea market or used items allowed. It would be our market reflecting our culture, values and needs.

Intrigued? Would you like to have a farmers' market in the Riverbend/Terwillegar area?

We need your help and invite you to become a part of this exciting venture in one of two ways:

1. Participate in our online market survey (about five minutes) so we can demonstrate that there is demand for a farmers' market in Riverbend/Terwillegar. Access it at www.surveymonkey.com/s/3HMDVX5
2. Join our Farmers' Market Project Team. If this intrigues you, please contact Cynthia Reckhard at rechhard@telusplanet.net or 780-434-4499.

Be a part of creating a healthy, vibrant community in the Riverbend/Terwillegar area!

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New Catholic school looks at childcare

by Stephanie Gillis-Paulgaard
Terwillegar Gardens Resident

With many children getting ready to enter kindergarten this September, it can be a very exciting yet frustrating time. Going through the process for the first time, or even third time, there are so many things to consider — where to send your child, transportation, before and after school care and the list goes on. With new schools opening in the Terwillegar area, the biggest question seems to be surrounding childcare options.

As most of you know, neither Ecole Monsignor William Irwin Catholic School nor Esther Starkman School will be offering an on-site daycare, and with limited spots available in the Riverbend area, the stress of finding appropriate before and after school care is on the rise. After attending one of the Ecole Monsignor William Irwin Catholic School registration nights in early February and having the opportunity to speak to the assistant superintendent for the Edmonton Catholic School Board (ECSB), it was clear that my family was not the only family struggling to find childcare.

By the end of the evening, a group of parents were able to get a commitment from the ECSB to continue communication with the YMCA and consider the implementation of a “roll away program” (meaning that programs would be run by the YMCA using the school’s existing facilities)

for the school. Having a program run by the YMCA would give families in the area access to a quality program and an overall sense of comfort with flexible drop-off and pick-up times and year-round programs.

An interest survey was completed to assess the need and interest of families in the area. In order for the YMCA to commit and implement a roll away program, there needed to be 40 families interested in the program. I’m sure I echo other parents who suggest the need is much higher than anyone originally anticipated. New schools are needed, but in order for full enrollment to be achieved in general and specialized programs (French immersion, Spanish immersion, etc.), before and after school programs are another requirement that needed to be addressed at a very early stage.

For those of you in the Catholic school system also dealing with the childcare crunch, the YMCA has now confirmed that they are providing a before and after school program. Two registration days, March 13 and 20 have already been held. Contact the YMCA’s Director of Care, Candice Abel, at cabel@edmonton.ymca.ca to inquire about the program.

Thanks to concerned parents, we are now able to provide our Catholic children with a quality program. As parents, it is our responsibility to make sure that the proper individuals hear our concerns so they can be considered when decisions are being made.

Catholic school preps for its opening day

by Reny L. Clericuzio
Principal, Ecole Monsignor William Irwin Catholic School

“Education is not the filling of a pail, but the lighting of a fire.” — William Butler Yeats

The above quote expresses the sentiments and deep motivation of the administration and the lead teacher team of Ecole Monsignor William Irwin School as we begin a new journey with the children and families of Terwillegar.

In February, we had had two fantastic registration dates and we had two more on March 13 and March 20 in the foyer of Archbishop Joseph MacNeil School. We really appreciate all the questions, insights and clarifications about our school. We look forward to further registrations for both English (K to 6) and French immersion (K to 3).

The Edmonton Catholic School District has had the opportunity to organize and develop before and after school programs by the YMCA for all our students who are in need of this service. We have received many compliments about this service from our families.

Our open house held on Jan. 20 was an absolute huge success. The official presentation focused on strong academic and faith



Above: Monsignor William Irwin Catholic school will open to its first students on Sept. 1.

components as well as many extracurricular activities.

The Power Point and video from this open house is located on our school website. Please check it out — it’s awesome!

We have been busy preparing and organizing the following key areas for our school opening on Sept. 1:

- Up to date technology for children’s classes (Smart boards, laptops and netbooks).
- Approved and up to date learning resources for both the English and French programs.
- Ordering all the furniture for the students, staff and library. We think it will look fantastic!
- Our library collections, which will house literature for students in English and French.
- Innovative teaching practices to motivate student learning.
- The “Welcome to Ecole Monsignor Irwin School” barbeque, which will be held on Aug. 30 at 6 p.m. Please mark your calendars for our first school-wide event. During this evening, the families can view their children’s school for the first time. We believe it is very important for children to see their school prior to the first day.

If you are willing to help organize the

barbeque, please contact us via the e-mail addresses and phone numbers below. The first week is being planned with many memorable activities to make the event special for all of the children and their families. We sincerely hope you can join us.

At our open house, we used a piece of music from Fleetwood Mac called “Don’t Stop Thinking About Tomorrow.”

We, the staff, are so energized about opening a new Catholic school in Terwillegar that we can’t stop thinking about tomorrow. Ecole Monsignor William Catholic School will soon be here.

The administration team has toured the school and we were amazed at the outstanding learning spaces for children. This includes classrooms, a gymnasium, a library and music rooms. Our motto is “Learning through Faith, Hope and Charity.” These were the words that our namesake Monsignor Irwin lived his life by. Our goal is that the vision and lived faith action of this great man will be shared with our students.

We always value your insights and questions. We can be reached at:

Reny.Clericuzio@ecsd.net, 780-482-3676
Denise.D’Agostini@ecsd.net, 780-453-1596
until April 30 or 780-482-3676 starting May 1.

Olympic moment



Curler Kevin Martin beams as he shows off his Olympic gold medal to students at Archbishop Joseph MacNeil Elementary/Junior High School on March 11.

Lillian Osbourne High School

For students interested in attending Grade 10 at Lillian Osbourne High School in September, 2010 and for their families, there are still two information nights remaining, all at 7 p.m.:

April 8 — Lillian Osbourne Information Night

April 15 — Lillian Osbourne Information Night and Night of Fine Arts

For more information and/or a tour, please contact: Principal Janet Hancock, 780-391-2450.

www.lillianosbourne.epsb.ca



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ENW combats crime before it starts

by Enza Fata and Vern Gorman

Terwillegar Towne Neighbourhood Watch Zone leaders

I'm sure by now everyone is becoming more familiar with the Edmonton Neighbourhood Watch (ENW) program and how we are working to become a Neighbourhood Watch community. As zone leaders for this program for the past 15 months, we have reached out to you through articles and community events, informing you about the program and asking you to become a Neighbourhood Watch member. Slowly but surely, we are getting there.

We all know that crime is inevitable and will continue to happen as our community grows. We want to aim at reducing crime so our neighbourhood feels safe for everyone — especially our children. Becoming a Neighbourhood Watch community means people helping people to prevent crime.

So why not get involved? Get to know your neighbours, and introduce them to the concept of the Neighbourhood Watch. It's all about you as neighbours working together through this program to combat crime in the most effective way — before it starts.

So we ask the question: have you become a Neighbourhood Watch member yet?

It's simple, it's free and you get all the information you need on how to become an effective Neighbourhood Watch member.

Our experience as Zone Leaders continues to grow as we strive to

implement this program in our neighbourhood. We need you to be a part of it and enjoy the experience of people helping people. Contact us at watch@terwillegar.org if you have questions or for further information.



Vern Gorman and Enza Fata (left to right), the Terwillegar Towne Neighbourhood Watch Zone Leaders, stand next to the ENW banner.

Local residents urged to get into traffic!

by Judith Chrystal

Terwillegar Towne resident

If you are concerned about the speed of traffic on our residential roads, you'll want to learn more about programs available to help. The Terwillegar Community League Traffic Safety Committee met on Feb. 10 to learn about programs offered through the Edmonton Federation of Community Leagues, the City of Edmonton and Edmonton Police Service.

While these current programs will not entirely solve speed issues for our community, they are important first steps that could make a very positive impact on pedestrian and vehicular safety. Reporting your efforts to the traffic safety committee is greatly appreciated so we can offer assistance, coordinate efforts and track successes. Contact memberships@terwillegar.org. Programs include:

Community signs: These are signs that can be erected in problem areas on a rotating basis. Be sure to tell the city exactly where you think the signs should be placed.

Speed surveys: Speed sensors are embedded in the roadway and will record speeds. This information may be passed on to Edmonton Police Service.

Pace Car Program: Residents can agree to drive the posted speed limit and place a decal on their vehicle stating this. This is a lead-by-example education program.

Speed watch: Volunteers are trained by Edmonton Police Service to set up digital speed signs and record license numbers of drivers who exceed the posted limit. Edmonton Police Service will send an educational letter to those who have been caught speeding.

Speed display: A large digital sign displays a vehicle's speed and acts as a visual reminder to slow down. This sign does not record the speed.

Community vans: Photo radar vans, painted to be very visible, are placed in strategic areas. Those going over the posted speed will be ticketed.

Speed reduction pilot project: The City of Edmonton has chosen six neighbourhoods to reduce the posted speed to 40 kilometres per hour. The project will monitor speeds over a six month period, and the results will determine if the reduced speeds will remain in those neighbourhoods. (Terwillegar is not among the six neighbourhoods chosen.) Please see page 14 for further details on this project.

Traffic calming measures: Residents can explore the use of speed bumps, traffic circles, widened boulevards and other design measures.

I encourage residents to get further information about these programs by visiting the City of Edmonton's website at www.edmonton.ca/transportation/roads_traffic/traffic-safety.aspx, or by calling the contact people noted below. Get together with your neighbours, or take the lead yourself, and get a digital speed sign or community radar van out this spring!

Traffic program Contacts:

Dan Jones
Office of Traffic Safety
City of Edmonton
780-495-1992
Dan.Jones@edmonton.ca

Shahriyar Khan
Community
Development Officer
Edmonton Federation
of Community Leagues
780-437-2913
shahriyar.khan@efcl.org

Barry Harris
Edmonton Police
Service
780-426-8182
(Speed Watch Program)



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Thought we'd introduce
ourselves.**

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Drug operations a recognizable crime

by Terri Saunders
Newsletter editor

Recently, headlines of large seizures of the drug methamphetamine have alarmed some Terwillegar area residents, especially when Alberta Law Enforcement Response Teams (ALERT) found seven kilograms close to home — right off Terwillegar Dr. and 23 Ave. — on March 4.

Sometimes issues like this can be overwhelming, but there is always something that we all can do. Learning how to recognize a potential drug operation in our area, and reporting such a residence, can help authorities eliminate such crimes in our neighbourhood.

Below, you'll find out how to recognize operations for a few of the more prevalent drugs in Edmonton, as per the City of Edmonton and Government of Alberta websites. For further drug-related information, please search for "Edmonton Community Drug Strategy" or "Drug and Alcohol Parent Resource Toolkit" at the City of Edmonton's website (www.edmonton.ca), or visit AADAC at www.aadac.com.

Marijuana grow ops

The presence of one or more of the following does not necessarily indicate a grow op, but they do typically share many of these features:

- The vast majority of grow ops are set up in rental properties
- Occupants of the home are rarely seen, distant or secretive
- Covered windows with black plastic or heavy curtains
- Condensation on windows, frost build up on eaves and vents during winter, lack of snow

on roof

- Sound of electrical generators or fans
- Lights visible that are much brighter than normal home lighting
- "Skunky" smell of growing marijuana
- Unusual traffic at the home at odd times of the day or night
- Unusual piles of garbage such as fertilizer containers, pots and soil left beside the house

If you suspect a marijuana grow op in your neighbourhood, **DO NOT INVESTIGATE OR ACT ALONE**. Contact your local Edmonton Police or Crime Stoppers.



Meth labs

Meth labs can be quickly set up and dismantled, making it difficult to stop the activity. Generally, there are a few clues that indicate the presence of a meth lab. The presence of any of the following may point to a lab on the premises:

- Covered or blacked-out windows
- Burn pits, stained soil or dead vegetation indicating dumping of chemicals or waste
- Waste in trash pits or piles, such as:
 - Packaging from over-the-counter ephedrine or pseudoephedrine cold pills

- Empty containers of antifreeze, naphtha, ether, starting fluids, Freon, lye or drain openers, paint thinner or alcohol
- Compressed gas cylinders or campstove containers
- Packaging from Epsom salts or rock salt
- Anhydrous ammonia tanks or propane cylinders
- Pyrex/glass/Corning containers or other kitchen glassware with hoses or duct tape attached
- Respirator masks, gloves, dust masks, funnels, hoses and clamps
- Coffee filters, pillow cases or bed sheets stained red or containing a white powdery residue
- Apartments or buildings that smell like chemicals, including bitter, sweet, ammonia or solvent smells

All of the above will be in unusual locations or quantities.

If you should encounter or suspect a Meth Lab, GET OUT! Leave the area at once and contact your local Edmonton Police or Crime Stoppers. Meth labs are extremely dangerous. Many of the chemicals found in these labs are very corrosive or flammable.

Keep an eye out for your neighbours and your community. Contact one of the numbers below if you see suspicious activity, and join your local Neighbourhood Watch. Together we can help keep our neighbourhood safe from criminal activity.

Edmonton Police,
Southwest Division: 780-426-8300
Crime Stoppers: 1-800-222-TIPS (8477)

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Parent Resource Toolkit Update

January 26, 2010 marked the official launch of the updated Parent Resource Toolkit entitled,

It's Never Too Early...Talk to Your Kids About Drugs and Alcohol.

This resource is available in twelve different languages, including the newly added Persian (Farsi) and Punjabi versions. Inside, readers will find valuable information regarding:

- what to watch for,
- what to expect,
- how to initiate conversations with children about psychoactive substances, and
- where to go for further help.

The toolkit is online at

www.edmonton.ca/safedmonton.

Hardcopies can be requested by calling 311.

Terwillegar mompreneur takes a shot

by Carol McBee

Founder of Bossy Mama — the network for Mompreneurs

These days, it seems like everyone is a photographer. Once you meet mompreneur Haley Shandro, you know immediately that she is different from many of the photographers out there.

Often with toddler Andrew in tow, Shandro is an absolute delight! Shandro and husband Michael started Shandro Photo in 2005 while both still working outside of the home at full-time jobs. Their business was born out of a love for photography. Their passion combined with entrepreneurial spirit, and the rest is history. Shandro continued working as a forensic specialist with the RCMP, while also running the business, and her husband was able to leave his job to focus on Shandro Photo in 2007.

With the arrival of their first son, Andrew, in August 2008, a new project was born — Shandro Kids. Shandro was still on maternity leave when she felt the inspiration to look beyond weddings to find out what happens in the clients' lives afterwards. Shandro Kids captures babies, bellies and beyond, and does it well!

The new side of their photography business was really the major turning point in their business success. Their growing client base required more room for office space and client meetings, so the Shandros moved from Greenfield to a new home in Terwillegar Gardens and quickly began working on plans for an in-home studio.

Shandro's maternity leave soon ended and she decided to return to her work as a forensic specialist. Business was still very busy, so Michael Shandro balanced being a dad-preneur while Haley Shandro worked out of the home and then returned to work in her home office in the evenings. After six months, Shandro decided to dedicate more of her time to Shandro

Photo and Shandro Kids, not to mention to Andrew.

It is amazing to think about these families, living right in our own neighbourhoods and running successful businesses together from home. Michael and Haley Shandro are very fortunate to have supportive parents nearby that assist during photo shoots and meetings. Haley Shandro felt confident leaving a full-time job with the RCMP knowing that her mom would share in caring for Andrew.

The Shandro family is certainly all about giving back. Impressively, while still in its first year of operation, Shandro Kids is going to give back five per cent of their profits to the Stollery Children's Hospital. Haley Shandro is certainly an inspirational mompreneur, and Terwillegar is lucky to have her in our midst.



From left to right: Haley, Michael, and Andrew Shandro — the faces behind Shandro photography.

The cookies are coming!



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Rabbit Hill Road widening in concept phase

On Dec. 2, 2009, the City of Edmonton held an open house at St Thomas More Parish to share information about the Rabbit Hill Rd. widening project planning completed to date. Here is a summary of what was discussed:

Project process

The various phases of the project were discussed— strategic, concept, design and build phases. Currently, they are in the concept phase.

Project overview

- The study area includes Rabbit Hill Rd., from Riverbend Rd. to the interchange at Anthony Henday Dr. — a total project length of 5.6 kilometres.
- Rabbit Hill Rd. will be widened from two lanes to four lanes.
- The existing two lanes will become southbound lanes and the proposed northbound lanes will be constructed to the east, within existing road right-of-way.
- The first two lanes of Rabbit Hill Rd. were constructed as an interim stage to a proposed ultimate four lane roadway.
- Additional property will not be required for the widening.
- Widening of Rabbit Hill Rd. from two lanes to four lanes is currently scheduled to commence in 2011.
- An interchange at Rabbit Hill Rd. and Anthony Henday Dr. is currently under construction and scheduled for completion in 2011.
- Depending on funding and construction timelines, actual construction may be staged such that the widening terminates just south of

23 Ave., with widening to Anthony Henday Dr. occurring at a later date.

Widening features

The widening of Rabbit Hill Road will include:

- installation of streetlighting for the new construction;
- completion of sidewalk and multi-use trail installation along the entire roadway;
- select commercial and condominium access modifications;
- addition and modification of bus stop locations;

- addition of boulevard landscaping; and
- installation of signals at the commercial access north of 23 Ave. (Sobey's).

Next steps

- Concept phase completion: 2009 – 2010
- Detailed design to begin 2010.
- Construction to begin in 2011.

To learn more about this project, check the City of Edmonton's website at www.edmonton.ca/RoadProjects.



Construction on this area, Rabbit Hill Rd. north of 23 Ave., is expected to start in 2011. The road will should be widened to four lanes.

Dr. Darcy Allen Dietz,
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Community recreation centre named



by Rob Agostinis
TRAC President

The Terwillegar Riverbend Advisory Council (TRAC) has been involved in a number of ventures. Here are a few updates:

Terwillegar Community Recreation Centre

One of the city's key projects in 2010 is the new southwest recreation centre, which will advance city council's goal of Edmonton becoming one of Canada's most livable cities.

The centre will be a place where people of all ages and abilities can gather to learn, exercise, relax, meet and have fun. Here's an update on the project:

- The name has been chosen as "Terwillegar Community Recreation Centre."
- The Terwillegar Community Recreation Centre is scheduled to open for full operation by fall 2010.
- The arena operating model is such that the City of Edmonton will operate the four ice rinks and the entire complex. Key stakeholders, including the Terwillegar Riverbend Advisory Council and the Arena Users Committee, are being notified of the decision to have the city operate the ice rinks.
- A request for proposal (RFP) for the commercial retail space within the centre was issued in February 2010. There are up to five spaces available for lease, which could include food services, massage/physiotherapy or sports retailers. Compatibility to desired facility activities, business experience, viability and competitive position for revenue generation will be considered when making decisions about the leased space.
- Office space to serve TRAC was designed into the facility from the start. The

designated office space for TRAC is not included in the five spaces available for leasing within the RFP process. The City of Edmonton will use the standard agreement with not-for-profits for TRAC to use the space in the new recreation centre. Staff will work with TRAC to complete the agreement.

Information about the Terwillegar Community Recreation Centre is available online at www.edmonton.ca/attractions_recreation/sport_recreation/southwest-community-recreation-centre.aspx.

Leger District Park site

There have been recent developments on the Leger District Park site:

- Leger Transit Centre opened in April 2009.
- Lillian Osborne Public High School opened September 2009, along with Leger Rd., two soccer fields, one baseball diamond and a combination football/soccer field in the southwest corner of the park.
- A groundbreaking ceremony was held in November 2009 for Mother Margaret Mary Catholic High School with construction beginning in spring 2010.
- Grading, topsoil and seeding is completed for two soccer fields and one baseball diamond in the northwest corner of the park, adjacent to Mother Margaret Mary Catholic High School.

Fundraising

A CFEP (Provincial) matching grant application was submitted by TRAC to acquire funds for the five metre diving platform which will complete the required complement of four springboards and one diving platform to support diving lessons and club activities at the new City of Edmonton Terwillegar Community Recreation Centre (TCRC). The total cost for completion of the diving area is \$152,000.

An additional \$14,000 was required to complete the diving area. TRAC embarked on a fundraising campaign — appealing for funds from citizens, community leagues, local businesses and developers.

TRAC has achieved that goal. TRAC wants to thank the Riverbend Community League and the Ridge Community League for contributing \$5,000 each towards this campaign. The rest was made up from citizens in the Terwillegar-Riverbend area.

Transportation

A Kiss and Ride will be implemented at the Leger Transit Centre. The transportation department will be installing signing on the west side of Leger Rd., immediately north of 23 Ave. for a drop-off zone. This will be the permanent location, and should it be necessary at some future date to construct a drop-off bay, sufficient space exists in this location to do so.

Security

Superintendent Nigel Stevens from the Edmonton Police Service gave us this update at our last meeting: Per year-end crime statistics, the older areas of Riverbend have seen a decrease in crime, while newer areas such as South Terwillegar and Terwillegar Towne have seen increases. Stevens wants to remind citizens, again, to take precautions with unattended vehicles, such as keeping valuable out of site.

A completion date for the new southwest police station is still uncertain, with a general opening between 2011 and 2012.

Farmer's market

TRAC has given full support for the establishment of a farmer's market in the Terwillegar-Riverbend area. Corrina Chetley-Irwin and Cynthia Reckhard from the local area are currently developing a business proposal and marketing plan that will be presented at a TRAC meeting in the spring or fall. Please see their article on Page 4.

There are several farmer's markets in Edmonton that are very successful. We look forward to this new venture for our area. Stay tuned!

For more information on TRAC and future meetings, check us out at www.tracspirit.ca.

Southwest Eco Station open for business

by Garry Spotowski.

City of Edmonton, Waste Management Branch

A new Eco Station in the city's southwest is making it easier for residents to dispose of their waste in an environmentally responsible way. The Ambleside Eco Station, located at 14710 Ellerslie Rd., is a new drop-off point for household hazardous waste (HHW), electronics and items too large for regular collection.

Edmonton's two other Eco Stations are running at full capacity. In the last five years, traffic at Eco Stations has increased an average 16 per cent each year. This third Eco Station will relieve pressure on existing facilities and meet future demand as the city grows.

Edmontonians know it's important to bring HHW to an Eco Station rather than putting it out with regular garbage. Waste from Edmonton houses, apartments and condos goes to a composting facility where organic material like food waste, grass and leaves is composted while non-compostables like plastic and textiles are filtered out. Keeping HHW out of the garbage maintains the high quality of compost produced. As a bonus, most material brought to an Eco



The new Ambleside Eco Station accepts a wide variety of items that would otherwise go in our landfills.

Station is recycled. Paint, motor oil, car batteries, computers and electronics are just a few examples.

In 2009 for instance, Eco Stations recycled 170,456 fluorescent light tubes (which contain toxic mercury). Laid end to end, they would span 208 kilometres or the approximate distance from Edmonton to Edson.

Eco Stations are open Tuesday through

Saturday, 9 a.m. to 4:30 p.m., and are located at:

Strathcona: 5150-99 St. (Enter on 99 St. only.)

Coronation: 11440-143 St.

Ambleside: 14710 Ellerslie Rd. SW (Now open.)

For more information on what you can take to an Eco Station, visit edmonton.ca/waste or call 311.

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Spring Playground Program

Tomlinson Park (Tomlinson Common)

Monday 9:30 a.m.-1:00 p.m.; Tuesday-Thursday 11:30 a.m.-8:00 p.m.

Friday 9:30 a.m.-5:30 p.m.; Saturday 9:30 a.m.-1:00 p.m.

May 25 through June 25

(Summer Playground Program Begins July 5)

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HOOT MacTaggart Mains-Home Owners Organized Together

Springtime has finally come, lets head outside and have some FUN!

Outdoor activities to welcome spring

by Michelle Dumanski
Hoot Editor

Looking for ways to get outdoors and eliminate some of that springtime fever? Here are a few practical suggestions to get you and your family outside to enjoy the new season.

Start by putting on your rubber boots and heading out for a stroll. Take mental pictures of the signs of spring, and then return

home with your little ones to recreate the images in your "mental camera" using paints, crayons or other craft supplies in a spring journal.

Pull out the bubbles and sidewalk chalk and get creative with hopscotch using spring shapes. The days are getting longer and warmer so now is the time to get outside and have some fun!



Winter carnival cancelled

Due to a lack of interest, the winter carnival was cancelled.

Watch for notices coming soon regarding the summer block parties in your community, and how you can sign up to help out. (More details to follow in the next issue.)

**Want to see YOUR
neighbourhood featured?**
Contact editor@terwillegar.org

**Share your stories,
comments and photos.**

Or do you have an idea for something you'd like to see here? Let me know!
Take a moment to share some positive comments about your community. Show your community pride!
hooteditor@gmail.com

April 4

Be on the look out for the Easter Bunny!

Caution!

The pond ice is thinning, so be sure to obey the posted signs to keep off the ice



Rep Needed

MacTaggart Mains Rep needed for traffic committee. Help be a part of the decisions regarding the Rabbit Hill Rd. expansion

Contact the editor at hooteditor@gmail.com for more information.

Resident brings nature closer to T-Towne

by Pat Chan
Terwillegar Towne resident

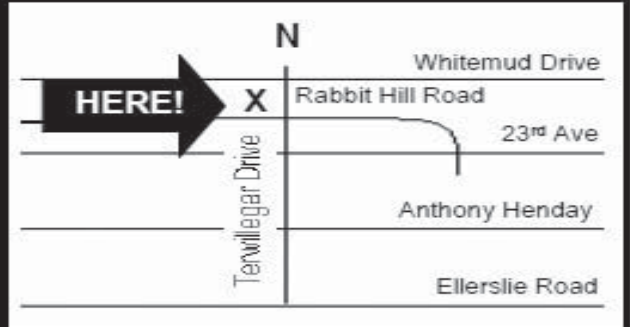
Where do Canada Geese nest? Right here on the Terwillegar Towne storm pond. The pond provides important habitat for ducks and geese to raise their families, but we usually don't see the nesting birds. This spring, we'll be able to watch one goose family more closely. Volunteers will build a floating nesting platform, and staff from the City of Edmonton drainage department will place the platform in the pond.

The platform, built to detailed specifications, will allow one Canada Goose family to raise their family on the pond. While there are normally several goose families on the pond during the summer, they nest in fields or other safe locations and only bring their goslings to the pond once they are large enough to travel the distance. Canada Geese are territorial, so there is only room on the pond for one nesting platform.

By encouraging a goose family to nest on a platform in the pond, we'll be able to watch their development more closely. The floating platform will also reduce the chances that a wild predator or dog will disturb the nesting site.

The platform will be removed in the fall for maintenance and storage.





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Or email us at info@riverbendregistry.ca

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9AM – 6PM
9AM – 4PM



Hancock reviews Alberta's Budget 2010



by Dave Hancock
MLA Edmonton
Whitemud

Budget 2010 is a promising budget for Albertans that strikes the right balance between funding essential programs and services and controlling spending to

limit the deficit. The government's fiscal situation continues to improve, and we are on track to return to balanced budgets by 2012 without incurring a burden of debt.

While the government has run a deficit in each of the past two years and is expected to do so this year and next year as well, these deficits are financed by drawing down on the province's rainy day savings, called the Sustainability Fund. The \$15 billion in savings that was in this fund when the recession began will pay for an estimated \$10.4 billion over four years of deficit spending. This short-term savings fund is

different from the Heritage Fund, which is the province's long-term legacy, and which will not be drawn down in any circumstances.

One of the most important commitments in Budget 2010 is five years of stable, predictable funding for Alberta Health Services. Its budget will increase by six per cent over the next three years, and 4.5 per cent in the two years after that. This enables prudent planning to sustain and improve the health care that Albertans depend on. It also puts a limit on the growth of health care spending as a fraction of the total provincial budget.

Some have argued that government should limit spending increases each year to the amount needed to cover population growth and inflation costs. While spending in Budget 2010 grows faster than this rate, over the next three years, spending growth will be 6.9 per cent, well below the 11.5 per cent in estimated growth of population and inflation.

Education spending remains stable, reflecting the importance of basic learning programs to

the future of our society. Given expectations for teachers' salary increases, this budget will pose some challenges. However, in my role as minister of education, I am working with the Alberta Teachers' Association and school boards to ensure that the experiences of children in Alberta's classrooms are not affected.

The government's aggressive capital plan continues unabated to ensure that Alberta has the infrastructure that we will need to take advantage of the coming economic recovery. Work will continue to finish the overpasses on the southwest Anthony Henday at Callingwood Rd. and Lessard Rd., as well as the interchange with Stony Plain Rd. Provincial funding will also support construction of the Fort Edmonton footbridge over the North Saskatchewan River.

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.

City investigates residential speed issues



by Bryan Anderson
Edmonton city councillor, Ward 5

Speeding in residential areas has been identified as major concern in many Edmonton communities. Following a detailed analysis, Edmonton's Office of Traffic Safety (OTS) has selected six communities in which to base its upcoming

residential speed reduction pilot project. The information collected over the course of this project may be used to determine if, in fact, a reduction of speed has had a positive impact on the level of safety for Edmonton's citizens.

Input was sought from the Edmonton Federation of Community Leagues (EFCL), both Edmonton school boards and the Edmonton Police Service. The input received was taken into account during the evaluation and selection process. After examining the data and feedback provided, six neighbourhoods (with one chosen from each ward) were selected for the project and grouped according to neighbourhood design. Grid Pattern — Beverly Heights and King Edward Park; 1950s/1960s — Woodcroft and Ottewell; 1970s/1980s — Westridge/Wolf Willow and Twin Brooks. The selection of participating neighbourhoods was also based upon:

- the extent of the speeding problem (speeding complaints, the difference between posted and observed speeds) within the neighbourhood.
- the number and type of collisions occurring on the neighbourhood streets.
- the traffic volume (in comparison to the capacities of the streets with speeding issues).
- the nature of each neighbourhood, such as the number of playgrounds and schools, proximity to highways and community consciousness (reflected by the number of impaired driving reports).

The pilot project is slated to begin May 2010 and will run for a six-month period. During that time, there will be signs posted in each of the communities displaying the new 40 kilometres per hour speed limits. A variety of speed reduction strategies will be utilized over this six month period to see what, if any, effect they have on drivers. Information will be gathered on an ongoing basis to measure the impact of those activities within each designated community.

Speeding is a shared responsibility; drivers must take personal responsibility for the safety of all those who share the roads. Residents should be able to use the streets in their communities with a reasonable



Signs like the above will soon find their way into some Edmonton neighbourhoods.

expectation of safety, and the City of Edmonton is working together with key partners and stakeholders to make that happen.

The OTS invites all community league members to attend Edmonton's International Conference on Urban Traffic Safety, April 25-29. Leading experts in traffic safety from around the world will be there to share the benefit of their experience.

The public is welcome to attend the evening community forum at this conference on April 27 from 6 - 9:30 p.m. in the Sutton Place Main Ballroom. If you're interested in traffic safety in your neighbourhood, this is your chance to take in informative presentations and group discussions at no cost. Additional details are available on the conference website at www.trafficsafetyconference.com.

If you're interested in more information on the pilot project or other issues related to traffic safety in Edmonton, please e-mail trafficsafety@edmonton.ca or contact me directly at bryan.anderson@edmonton.ca with your concerns.



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- Teacher has ten years of elementary school experience with Kindergarten experience and a Masters of Special Education with sign language & drama training.

Phone: Jenny – 780.757.5514

Education remains priority in budget



by Marilyn Bergstra
Ward 5 Catholic school trustee

As we begin the Lenten season and await the coming of spring, it is a special time of new

beginnings, new opportunity and hope. Continuing with the theme of new beginnings, I would like to discuss the recent Government of Alberta's budget announcement. It is a time to once again reflect, review and look at new ways of delivering services to meet the needs of our children.

The administration of Edmonton Catholic Schools is currently deliberating on their budget process with a focus that we need to reinvent, reanalyze and consolidate services to minimize the impact of budget restraints on students. Services to children and teacher retention will continue to be a top priority. Budget recommendations should be ready for presentation to the board in the spring.

Although this budget will be difficult, we are thankful that education remained a priority — we were spared the cuts that many other ministries felt. As a result of government operational reviews and the initiation of hiring freezes and discretionary spending freezes, a total of \$1.3 billion was cut from ministry expenses. The bulk of this was reinvested mainly to Alberta Health Services with another \$247 million redirected to education.

Although education has seen this \$247 million increase, it is important for you to know that this budget did not provide any funding increases to current funding levels. The bulk of this increase in funding is to address a 0.76 per cent increase in student enrolment for the 2010-2011 school year and a 12 per cent increase in the number of students requiring English as a second language programs. It also provides specialized Early Childhood Services programs for a growing number of children with disabilities.

Other than the previously announced capital projects, there will be no new capital funding approved for modernization projects or new schools on the district capital plan. Further, there is also no funding such as matching dollars

or cost sharing for any capital project the board may wish to proceed with. Finally, there is no funding approved for any new modular units, notwithstanding any emergent needs from any school jurisdiction.

The following grants have been eliminated: Daily Physical Activity, High School Completion and the Career and Technologies Studies Healthy Pathways Initiative. Although we know that these issues are important, I should point out that not a lot of dollars were directed towards these initiatives and so the impact due to the loss of this funding is not as significant as ongoing funding shortfalls in the area of special needs, transportation and infrastructure.

Another issue that boards are currently struggling with is the recent mediated arbitration announcement that the Alberta Weekly Earnings Index (AWEI) amount for teacher salaries is to be set at 5.99 per cent rather than the expected 4.83 per cent. What this means for Edmonton Catholic is, when taking into account this 1.26 per cent increase for teachers and other staff, a shortfall of \$2.5 million. Even if our minister is able to obtain the \$1.7 million for teacher salaries from the Treasury Board, our district will still have to fund approximately \$800,000 internally to meet this increase for other staff.

The Government of Alberta continues to support the class size initiative; however, it has implemented changes that will see funding directed to the kindergarten through Grade 6 range, where the ministry feels the dollars will have the most benefit. At the high school level, the government has tiered courses into three categories. Depending on the tier a course falls under, funding may be available if it is deemed that those students will benefit from small class size.

I am happy to report that the Alberta Initiative

for School Improvement has not been cut and will continue to support projects that improve student learning and health. Also being sustained is the Student Health Services initiative which is aimed at providing such specialized support services for students as speech language pathologists and audiologists.

With respect to transportation, there will be no new funding for metro boards; however, we anticipate that carrier costs and fuel costs will be increasing. Further, and as part of an on-going effort to improve student safety, the district incurred additional costs associated with monitoring carrier compliance in this area. This is an area where current funding levels do not address inflation and are insufficient.

I hope this information gives you a bird's-eye view of how recent budget announcements are impacting education. As a significant partner in education, the Edmonton Catholic School Board will be working diligently with you as parents and with interest groups to continue the quality Catholic education for our students.

As we work through the budget process, I welcome any comments or suggestions you would like to share with me. As chair of the board's advocacy committee, I, along the rest of our committee, will be giving a presentation to the Edmonton PC MLAs to highlight and address our board's concerns with the current government funding levels. Further, we will highlight new and innovative partnerships that we are currently undertaking to address issues such as achievement gaps.

Please feel free to join me on Monday, April 12 at 7 p.m. at the Second Cup at Riverbend Square to continue dialogue on this and other important educational matters, or to just stop in and say hi.

I can be reached by e-mail at bergstram@ecsd.net or by phone at 780-964-9798.

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Neighbour-friendly porch lights a safe bet

by Donald L. Darnell

If you missed your chance to get that tax credit on a shiny new light fixture for your porch or deck (or if you bought one just in time but still might consider swapping it), this is for you: a little guide for choosing outdoor lighting fixtures that maximize safety and visibility, minimize waste and treat your neighbours with care.

1. Consider a motion detector.

Many fixtures are available with motion detectors built in, and reliable detectors are relatively easy to add to conventional lights. Motion detector lights stay off when you do not need them and come on when you do. This provides several advantages:

- **SAFETY** — If someone is out there, the light comes on, attracting attention from you and your neighbours. Its appearance gives reassuring illumination to your visitors and unnerving exposure to “bad guys.”
- **SAVINGS** — You do not waste money or energy keeping the light on when it is not needed.
- **HAPPINESS** — While your light is off, it is not shining into your neighbour’s window. (An added security benefit: neighbours are more likely to keep the shades open if light is not shining in, so they have a better chance of noticing if something is fishy at your place.)

2. Select a no-glare fixture.

Glare reduces visibility by shining light into people’s eyes. It casts shadows



which can provide hiding places for criminals. It can shine into the windows of adjacent homes and irritate your neighbours.

The goal of a good porch light should be to illuminate the floor and steps of the porch. If it shines out onto the front yard very far, it is likely to shine into the eyes of your guests, creating more hazards and accidents than it prevents.

Good, low-glare fixtures are easy to identify. Just look at the fixture from the side. If you can see the bulb (or if light from the bulb can go straight through a diffuser into your eye) that means glare. When metal shielding blocks the light from exiting the sides and top, the light only shines down where it is needed. This reduces glare and improves visibility.

3. Avoid up-light.

Light which shines up onto the side of a building or up into trees or sky is wasteful and can be harmful to birds and other wildlife. Pick a light fixture with a solid top, so the light goes down where it will help you see.

4. Use a low-wattage bulb.

Less light is often better on your deck or porch, both for your family and for neighbours walking nearby. Why? When we are outside at night, our eyes adjust to the dimmer lighting. They’re good at that. But just a single bright light (ouch) can make our

eyes adjust again, so they can see in the bright light but are blinded to the dark spots.

A person walking at night by a bright porch light might be able to see the porch, but suddenly has a tough time seeing what is on the sidewalk, beside a bush or in the street. This effect gets worse as our eyes get older and slower to adapt. Low levels of lighting help preserve our natural low-light vision, so we can see not just into lit areas, but also into shadowy ones.

Easy choices from local suppliers

Efficient, low-glare lamps are readily available, but you have to look for them. Good examples include the modern GlareBuster and the Branford line of wall lanterns. These are available through a local distributor, Luminescence (780-426-6662) or by mail order from www.energyfederation.org.

Local retailers carry some very affordable options too. My favorite is a Hampton Bay wall unit in rubbed bronze, with a built-in motion sensor, found at Home Depot.

Selecting the right neighbour-friendly lighting takes a little extra care. The benefits of safety, security, and efficiency are worth the trouble (even if you are too late for the tax credit).



Hampton Bay Wall Lantern with Motion Sensor



Branford Black Crawford Wall Lantern

AUC announces information sessions

AUC news release

Alberta’s independent utilities regulator has finalized details of information sessions being held in anticipation of an application for the Heartland Transmission Project. The information sessions, part of a program of enhanced participation opportunities, are designed to inform interested parties about the Alberta Utilities Commission (AUC) public hearing process and intervener funding rules.

Beginning March 16, the AUC will be holding information sessions at six locations throughout the greater Edmonton region to explain its public hearing process, how potentially-affected parties can participate in the process and details of the regulator’s local intervener funding program.

The need for the Heartland Transmission Project has already been determined by the Government of Alberta. The project’s proponents, EPCOR and AltaLink, have stated in their public materials they intend to file a facilities application for the project, setting out routing and equipment, in the spring of this year. The AUC will hold a public hearing to determine if the project is in the public interest.

In order to maximize the preparation time for parties that may be directly and adversely affected by the AUC’s decision and in recognition of the scope, nature and timeframe of this proceeding, the AUC announced on Jan. 20 enhanced participation opportunities. These enhancements include streamlined standing procedures, pre-registration, flexibility in the degree to which participants may become involved in the AUC’s quasi-judicial hearing and a series of early information sessions.

Each session will begin at 7 p.m. with a presentation covering the AUC’s hearing process and intervener funding, followed by a question and answer

period. The south Edmonton information session will be held at 7 p.m., Thursday, March 25 at Woodvale Facility & Golf Clubhouse, 4540-50 St.

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TFSA's celebrate their first anniversary



by Neal R. Shyry, B.Comm.
Investment Advisor,
CIBC Wood Gundy

With the March deadline for RRSP contributions front and centre, many investors may overlook alternative savings vehicles, either for retirement or other financial goals. Introduced in January 2009 by the federal government, the Tax-Free Savings Account (TFSA) can be an ideal way to save for what matters to you.

Although you do not receive a tax deduction for TFSA contributions, your investments grow tax-free, and you do not pay tax on withdrawals.

As of January 2010, individuals are now eligible to contribute another \$5,000, plus any unused room and any amount withdrawn in 2009 (with the exception of any amount withdrawn due to an over-contribution).

As the TFSA has grown in popularity, there were many questions about the logistics of this type of account. Over the year, most provincial governments have introduced legislation to address what will happen to a TFSA upon death. In addition, legislation has been announced to help curb abuse of the TFSA by sophisticated investors using TFSA's as trading accounts to exploit what may have been perceived as fairly modest penalties in exchange for tax-free profits.

As the account approached its one year anniversary, many of the questions surrounding TFSA's were ironed out. The TFSA has been heralded as one of the most important savings vehicles since the RRSP.

Whether you want to complement your traditional RRSP savings by contributing your maximum to the TFSA each year, help fund your children's education without limitations on withdrawals or save for a home or big ticket item, the TFSA should be included as part of any comprehensive financial plan. Call your local investment advisor today if you would like to open up a TFSA or need more information about investing.

Investment advisor sees hope for economy



by John Su
CEO of Imperial Investment Realty

This month's article is about current recession issues in the media, assumed expertise and what that means to you as an investor.

Major lending institutions are very optimistic that we are out of a recession and that things

are definitely turning around. The literal definition of a recession: two consecutive quarters with 0 per cent or negative growth in the economy. That means if the economy grows by 0.1 per cent, we are technically 'out' of a recession.

Banks TD and National bank financial quote four per cent gross domestic product (GDP) for 2010, impacted mostly by emerging economies China and India contributing 1.5 per cent. CIBC says, "The recession is now well in the rear-view mirror."

There was an interesting article about a survey that reported drastic changes in the public's opinion of recovery. What's happening in the real estate world and investment world is that people are really feeling optimistic and are now moving with some certainty. Houses are now being sold and investments are being done. That doesn't necessarily mean prices are on the uphill and the economy is recovering.

According to the Financial Post, in a survey done by Economic Club of Canada/Pollara Strategic Research on Dec. 6-14:

- 54 per cent believe the economy will improve in 2010. Only 20 per cent believe 2009.
- 14 per cent believe the economy will get worse in 2010. Compared to 57 per cent who believe 2009.
- 22 per cent believe employment will get worse in 2010. A whopping 68 per cent believe 2009.

It's never news without a headline of "Doom and Gloom." People so easily accept the validity of headlines and assume expertise of the authors. Please note that whether people are experts or just plain crazy, what they say is only their opinion. Never base your investment decisions 100 per cent on their advice; base it on the numbers and what you know about it. Risk is subjective to the amount of information one knows about that investment.

"Housing prices fall 10 per cent for second year!" This is an article about property tax assessments and the valuation of homes. We as humans have a stronger tendency to avoid pain rather than to pursue pleasure. Someone who sees this article and doesn't understand that tax assessment is based on last year's values will take this information and think, "2010, the worst is to come!"

Most people are renters that never even have to think about property tax, and if a large group of renters thinks "It's over," that rumour will spread like wildfire. Then everyone is infected by fear and stopped dead in their tracks from doing anything. Later in the article it states that over five years,

housing prices have gone up 35 per cent to 40 per cent. So let's analyze this from an investment point of view, with simple calculations, not including closing costs, etc.:

1. \$100,000 property purchased with 20 per cent down payment of \$20,000 (Initial Investment)
2. 35 per cent increase in five years which is \$35,000 (Profit)
3. ROI (Return on Investment) = Profit / Initial Investment = \$35,000 / \$20,000 = 175 per cent / five years = 35 per cent per year.

Thirty-five per cent! Not bad if you asked me. But let's look at real facts in people's lives instead of just "play numbers."

People view their home from an emotional point of view first and then financial second. Anyone who has owned a home for at least seven years most likely will say that their home had been their best investment and their first stepping stone towards creating wealth. Most people know that real estate is the way to go but have no idea on how to do it themselves and therefore paralyzed by fear. If you are one of these many, contact your local investment advisor for their perspective.



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Terwillegar Community League needs your voice!

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HTR speaks the language of Easter



by Arthur Dyck
Member of the HTR church planting team

Language is complex. I learned that again a few weeks ago when I was in a meeting with a group of people involved with different churches. Because most of us didn't know each other, we were going around the table and introducing ourselves and what our religious backgrounds were. The person in front of me introduced himself as someone who had been raised an Anglican but who has found language for

his faith in the Mennonite church. When it came to my turn, I introduced myself as someone who had been raised a Mennonite but who has found language for his faith in the Anglican church.

That started me thinking about what constitutes language. I haven't done a lot of research on this — and I don't consider myself to be a philosopher or linguist — but I've come to the conclusion that language is not defined just by the spoken word, particularly when it comes to faith. Included in the language of faith are symbols, sounds, movement and art. When it comes to one's faith, language can take on broader meanings, including how what you say is expressed in how you live. In other words, you walk your talk.

So having come to that conclusion, how do I begin to talk to you about Easter with just plain words? It's not easy, because Easter embodies all the characteristics of language that I've just told you about. Easter isn't about words; it's about experience.

The reason Easter is so important for Christians is because we believe that Jesus' death was not without purpose, but that he took the sins of the world with him to the cross. The Bible tells us that those who believe in the name of Jesus and confess their sins will be saved and will receive eternal life. So the death and resurrection of Jesus is not only the means by which we receive salvation, but it is also representative of our death to sin and of

our own victory over death through eternal life.

But what I have just said is just a small part of the language of Easter. As a prelude to Easter, we are in the season of Lent, where we live out the confession and repentance of our sins. Then there are the services of Holy Week, the week before Easter: Maundy Thursday, Good Friday, the Great Easter Vigil and Easter Sunday. The Maundy Thursday commemorates Jesus' last evening with his disciples, where he washed the disciples' feet, showing that even the greatest must learn to serve by setting an example for us.

The Good Friday service commemorates the death or passion of Jesus.

On Saturday, the Great Vigil of Easter may be the least known of all of the services, but is actually the first Easter service for those churches which follow the church calendar. The service begins outside after sunset. People gather around a fire and from that fire a candle is lit, called the Paschal (Easter) candle, representing the light of the world, Jesus Christ, and reminding us of the time when we will be in the presence of that light. That candle is brought into a darkened church and all light a candle from the Paschal candle to remind us that we are also to be lights to the world.

It is a time for baptism, which represents the giving of new life in Christ, and a time for renewal of baptismal vows. It is a time for the affirmation of what the church believes through the creeds. Of all of the services during Lent and Easter, the Great Easter Vigil speaks more about the faith of the church and its members than any other. Its language is the richest.

Finally, Easter Sunday celebrates the resurrection of Jesus Christ and his and our victory over death.

So this Easter, find a place where you can express the language of your faith. Experience Easter in all of its richness, in all of its beauty and in all of its symbolism. Your life will be richer for it. If you don't have a place to go, you are welcome to join us at Holy Trinity Riverbend.

HTR's Messy Wednesdays a huge success

by Jon Connell
Holy Trinity Riverbend

Messy Wednesdays proceed apace at Holy Trinity Riverbend (HTR). Many dozens of people have been through the doors since we began in January and have enjoyed good food, fun crafts and meeting new people of all ages, as well as connecting with old friends.

The fun begins with the group preparing the evening's meal together. Over the weeks we've enjoyed pasta with slowly-simmered sauces, 'shtewp' (stew and soup), homemade pizza (so much fun for all ages to choose their own toppings!) and freshly-baked bread. We are extremely grateful to Owen at Prairie Mill Bakery in Terwillegar for donating his delicious bread every week, and especially for coming along and teaching us how to make and bake our own bread in the kitchen at HTR.

Another recent meeting also deserves a special mention as the kind people at the Italian Centre on 51 Ave. donated big blocks of cheese and cured meats to our 'ploughman's' feast. Two kinds of olives, tabouleh salad and chopped veggies rounded out the meal. Yummy! An enormous thank you to both of our sponsors for their generous support! Other meals included homemade wontons, shepherd's pie and a green theme on St Patrick's Day — potatoes aplenty t'be sure!



A sample of the fare you can find at the HTR's Messy Wednesdays.

Craft time varies with play-acting, painting and building for the whole family. We've even built piñatas that get smashed once-per-month to celebrate all the birthdays in the month. Our busy children (mine included) are entertained by our tireless 'Messyer-in-Chief', Ginette Jobb, with a combination of loud and boisterous games often followed by quiet stories once the excess energy is burned off.

Our upcoming activities will include ecological themes as we prepare for spring — making seed balls and compost bins to fit with the Quiet Community Garden project at HTR. But before that, we'll be painting eggs for anyone in Terwillegar who would like to come on an outdoor hunt after our Easter Sunday service. The service is at 10 a.m., and the hunt begins at 11:30 a.m. (hot chocolate for the kids, and coffee and tea for the adults).

We couldn't have offered such a successful program of community-building were it not for the hard work of all our volunteers, the generosity of our sponsors, and the many who have attended and made this wacky community work.

Messy Wednesdays happens every week from 4:30 p.m. to about 6:30 p.m. Check out www.htrchurch.ca or call 780-431-1817 for more information about this and the Easter Egg Hunt.



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TCC holds open house for local input



by Ken MacDonald
Terwillegar Community Church pastor

Everything takes a little time, but if you are patient, many dreams do come true. I feel extremely privileged to be part of a faith community that has a dream to be part of this awesome community here in Terwillegar. This is a good place to live — the Towne, the Greens, the Gardens, Magrath, Sandalwood, South Terwillegar and MacTaggart.


We would like to invite the community to dream with us as we look to the future and the construction of a church centre in the hub of Terwillegar Towne. We will be located close to the new schools

that are under construction. How can Terwillegar Community Church (TCC) help to serve some of the needs of our community? What can we do together? TCC does not want to be an island unto itself. Rather, we envision being an integral part of a larger community dream.

We know there is a need for pre-school programs, and we want to do our part in helping our community address those needs. Perhaps there will be a need for before and after school care. As we are only a half block away from the new schools, this may be a community priority in which we can be helpful. TCC wants to be a gathering place for the community. If we know the needs in advance, we can design a building that addresses those needs.

We are always thrilled to partner with the Terwillegar Community League as they plan for the future. In fact, we would love to meet with interested residents and gather their input. We will come with a blank piece of paper and listen. Help us hear what you are thinking, and together we can help another dream come true.

We have scheduled an open house in the social room of a condo very close to the Mac's store. Please join us at 7 p.m. on April 19. The address is 5820 Terwillegar Blvd. If you can't attend but would like to give some input, I would love to hear from you. E-mail me at ken@tcchurch.ca or call me at 780-430-8389.



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

Living 101: Survival Skills for Today's Families
 April 24, 1:00 p.m.
Get Growing – Everything You've Wanted to Know about Food Gardening but were Afraid to Ask



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Wine connoisseur pays tribute to Chile



by William Bincoletto
Principal Sommelier of Vines Wine Merchants

With spring in full swing and life renewing itself, it is always good to feel thankful about being alive. I say this simply because my wife and I were in Chile about a month before the quake hit.

Uncorked

I was there as a guest speaker to the World's Association of Chefs Societies Conference and stayed for an extra week visiting some of my

favourite winery spots. When it happened, my first thoughts were to the family and workers of these wonderful wineries, and thankfully, no one was injured. However, there was substantial damage to properties, tanks and barrels. So in honour of the courageous efforts of all involved, let me chat about one very great wine country — Chile.

While grapes are not native to Chile (they were brought over by the Spanish missionaries), the wonderful country has over 450 years of wine heritage, and wine has now become the second most important economic force after mining (Chile is the world's largest producer of copper).

Throughout its history, with lots of ups and occasionally some downs, Chile today is recognized as one of the world's driving wine forces. With a fantastic mosaic of terroirs, a wide array of grapes, from the north of Limari to the south of Bio-Bio, and from the slopes of the Andes to the coast regions touching the ocean, Chile is producing wine that every wine lover can enjoy, appreciate and admire.

What is fascinating is that Chilean wineries, producers and winemakers are never standing still. They do not have that somewhat complacent attitude of grandeur that some wine countries seem to adhere to. Despite its nearly 500 years of winemaking heritage, Chile's wine industry remains fresh and young, with young "terroir hunters" always searching and boldly trying to create new and exciting pleasures.

So next time you decide to open a great bottle, hey, raise that glass and smile, for Chilean wine will always send the same message over and over: "be glad you are alive and full of life."

Symphony 101 at the Library

Ever wondered about the difference between a symphony and a concerto, or why everything in your concert program is in Italian? Perhaps most confusingly, how do you know when to applaud?

Help is at hand when you join the Edmonton Symphony Orchestra (ESO) and the Edmonton Public Library for Symphony 101. D.T. Baker, Music Resource for the ESO, presents a lively, informative and interactive introduction to the symphony, complete with musical excerpts from the ESO's upcoming season.

Join us at the Riverbend Library, and ask the musical questions you were too shy to ask before!

7 p.m. Tuesday, April 20

Pre-registration begins April 6.



Marques de Casa Concha Cab 2007

The grapes for this delicious Cabernet Sauvignon come from the Puente Alto Vineyard in the Maipo Valley, Chile's most celebrated wine region. Bright, deep red colour, along with cherry, chocolate, black tar and smoke bouquet, this wine is very smooth on the palate with an almost silky texture and a long finish.



Undurraga TH Syrah 2007

A fantastic discovery when I went to Undurraga. Their new terroir hunter project is everything it stands for — discovering new plots where the grapes grow so beautifully, where winemaking is at its best and where the wine identifies with the soil and climate. Not yet available in Alberta, I am eagerly awaiting its arrival. And this syrah is everything syrah should be: huge blackberries, plums, spice, pepper, bright red berries lurking underneath, raspberries, chocolate, spice, pepper, milk chocolate and anise.

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Local mom helps you find your sitter



by *Connie Peters*

It's tough to get out on 'date-night' as a couple once you have a baby. Together with finding that sitter, gaining trust, handing over an infant and walking out the door, it may just feel impossible to do altogether.

When you do decide to take the leap and find that special sitter, there are a myriad of things to keep in mind:

1. Think about age and if you would prefer a teenager, university student or experienced childcare professional.
2. Is it important that your sitter has her own transportation, or are you willing to pick up and drive home at the end of the day or date?

3. Do you require your sitter to have special training such as CPR or Child Safe, the babysitter course or early childhood education?
4. What type of experience is important to you: infants, older children, multiple children, bedtimes or bathing, and how much experience is required?
5. Think about your expectations: changing diapers, playing or interacting, feeding meals, bathing or basic supervising of older children?
6. Are up to date immunizations such as H1N1 important to you?
7. Ask for a reference — at least one character reference or family she has babysat for in the past.
8. What are you willing to pay? The average rates here are anywhere between \$10-15 per hour. The

rate you decide upon with your babysitter can vary depending on her age, experience, number of children and times required (i.e. late nights).

Still unsure about taking the plunge to create your date night? Experts will tell you it is well worth it for your own well-being and for your marriage. Don't know how to find a babysitter to begin with? Start a local babysitting co-op with your neighbours (exchange evenings with each other), ask your local hair stylist or grocer if she knows any local babysitting-teenagers, or sign up to meet babysitters at Modern Mama's babysitter mixer at Amy Lou Boutique on March 24.

Connie Peters is the founder of www.modernmama.ca, mother to three girls here in Riverbend and struggles with babysitter woes herself.

Bullying an action with long-term results

by *Kristine Aanderson, MA*
Registered Provisional Psychologist
Aanderson Animal Assisted Counselling

What is bullying? There are many misconceptions about bullying — that it is just “kids being kids,” that “it comes and goes” or that it is a normal part of growing up. There are three elements to bullying: 1. There is an imbalance of power (it is not two equal strength children), 2. It is consistent over time, and 3. There is an intention to harm the victim.

Bullying can be direct (pushing, name calling) or indirect (intentional exclusion). Bullying has harmful long-term consequences for both the victim and the bully. In one study, of children who were bullies in Grade 6 to 9, 60 per cent of them had at least one criminal conviction by the time they were 24 (compared to 10 per cent of non-bullies). Victims of chronic bullying are more likely to suffer from depression and low self-esteem as adults.

Bullying is *not* a normal part of childhood, it does *not* teach kids how to “stand up for themselves” and once it becomes established, it rarely “goes away on its own.”

Signs that your child is being bullied

- They appear afraid or reluctant to go to school (including physical problems in the morning such as headaches, stomachaches or poor appetite).
- They come home from school or activities with torn clothing, damaged possessions or injuries they cannot easily explain.
- They may not have a single good friend that they share their free time with.
- During the week, they appear unhappy, sad or irritable, or show sudden mood shifts that are often not present when school or activities are not happening, such as on vacations.

What you can do about it

There are solutions! Bullying does not have to be tolerated.

Talk to your child if you suspect bullying is a problem.

- *Listen.* First, just listen to their feelings and what they are saying – without reacting emotionally or trying to fix it. Just listen and gather information. Reward them for talking to you; bullying is a scary thing and talking about it requires a lot of courage.
- *Never blame the child.* While bullies may focus on some aspect of the child's appearance or behavior, this is not the root of the problem. Also, suggesting that children are too sensitive or making a big deal out of nothing can make parents into bullies too.
- *Empower the child.* Ask what you can do to help them. Resist the urge to push them into things they're not comfortable doing (such as standing up to the bully). If they don't know what help they need, that may be the time to call in the professionals.

See if your child's school has an anti-bullying program

- Most traditional anti-bullying ideas simply do not work and can even make it worse. Some pro-active schools have implemented new, innovative programs that have been shown to help stop bullying. Make these programs work for your child! If your school does not have an anti-bullying program, encourage the school to develop one based on successful programs in other regions (a knowledgeable psychologist can help to develop and implement the program).

Seek professional help

- If your child is having a problem with bullying (lasting longer than a couple of months), there are professionals such as knowledgeable psychologists who can help your child and make a plan to stop the bullying.

Bullying can be a big problem in childhood, but with help from parents and professionals there can be an end to bullying.



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Travelling healthy takes a little prep time

Travel is one of the greatest pleasures you may experience. Whether your plans will take you a short distance or many thousands of kilometers away from home, the anticipation of fun and adventure may be as enjoyable as the actual event. In order to be sure that you stay healthy and travel safely, there are a number of helpful things to consider well in advance of your journey.

If you are travelling to more distant places, it is a good idea to make an appointment with your local pharmacist or your doctor at least six weeks before you travel. You can discuss whether your routine vaccinations are up to date and the need for vaccinations or preventative medications that will take time to work.

Staying well while you are travelling

As when you are at home, minor health conditions may affect you when you are away. For example, many people experience upset stomach or motion sickness when they travel. It is a good idea to have medications and other products with you to help ease the symptoms of health conditions such as:

Talk to your doctor about whether it is advisable to take along a course of antibiotics. Your pharmacist can recommend safe and effective over-the-counter medications and products for easing the symptoms and

- Diarrhea
- Constipation
- Motion sickness
- Cough
- Cold
- Heartburn
- Indigestion
- Headache
- Sunburn
- Swimmer's ear
- Minor cuts and scrapes
- Insect bites or stings
- Allergies

discomfort of these conditions and other minor mishaps.

If you take medication for a chronic condition, like diabetes or asthma, it is important that you have enough medication with you in case your travel schedule changes. It is also wise to carry a



copy of the prescriptions for these medications in case you need to have the prescription re-filled when you are away from home. This is especially true if your medication requires sterile syringes and needles.

Keep your prescription medicines in their original prescription bottles with the labels attached. You may want to have a note from your doctor explaining why you need to take the medication. If you regularly take vitamin or mineral supplements, such as a multivitamin, vitamin D, or calcium, the same advice holds true. Travel with more than enough, just to be sure.

While you are away remember to:

- Take precautions with food and water.
- Wash or sanitize your hands often.
- Be sure to drink plenty of liquids to prevent dehydration. If you are not sure about the safety of the water supply, choose bottled water or canned drinks and avoid ice cubes.

Carry-on packing essentials

Be aware of all regulations regarding both carry-on luggage and checked luggage. Be sure to pack in your carry-on bag:

- Any medications that you are traveling with and any documentation about the medications that may be required.
- All your travel documents — passport, driver's license or other government issued photo ID, visas (if they are not in your passport), travel itinerary, emergency and other contact information, airplane e-tickets and health insurance information. It is a good idea to keep copies of these items separate from the originals and to leave copies at home and/or with a trusted friend or family member as well.
- Non-perishable food snacks such as granola bars in case your meals are delayed and you need a quick energy boost.

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Thermography a mammogram alternative

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

From time to time, some naturopathic clinics offer thermography breast screening, which is an alternative to conventional mammography. Thermography detects changes in breast tissue using digital infrared imaging scans which shows the function, physiology and metabolism of breast tissue. The scan shows the heat difference between normal breast tissue and problem areas. In scientific terms, the normal breast tissue acts as the control against which any hot areas are compared.

According to a local naturopathic doctor, thermography can detect breast cancer at a much earlier stage than a mammogram as it is based on changes in heat. When cancerous cells develop, they create their own blood supply and choke off blood to other tissues. It is this increased blood flow that generates the change in temperature to the area.

Thermography can detect very small numbers of cancer cells, long before a mammogram would be able to pick it up. In fact, thermography is a much safer prevention measure than mammography. A mammogram can cause a lot of pain and trauma to breast tissue and it can even be an inciting incident to cancer. Thermography is non-invasive — there is no squeezing, no pain and no touching.

Thermography is only one of the treatments available at naturopathic medical clinics. Naturopathic doctors (NDs) believe in addressing the root causes of health conditions rather than prescribing a pill to suppress symptoms. Their philosophy is that prevention is the best medicine — they help their patients live their best life. NDs receive the same training as medical doctors in terms of the sciences (ie anatomy, physiology, biochemistry, pathology, pharmacology, etc), therefore, NDs can help everyone and can treat all illnesses.

Specialized treatments available at some naturopathic clinics include: botanical medicine, nutritional advice, homeopathy, IV vitamin treatments for cancer and weakened immune systems, counselling for depression or anxiety, and traditional Chinese medicine and acupuncture.

Chelation is also used for people suffering from heavy metal toxicity — which many people have, but they are unaware of. Chelation is also effective for treating blockages in arteries which, if untreated, could potentially lead to a heart attack. Other IV injection therapies include: 1. Prolotherapy, which is used to treat joint pain, 2. Mesotherapy, which is used for pain

management, and 3. Facial acupuncture, which offers a natural alternative to cosmetic face lifts.

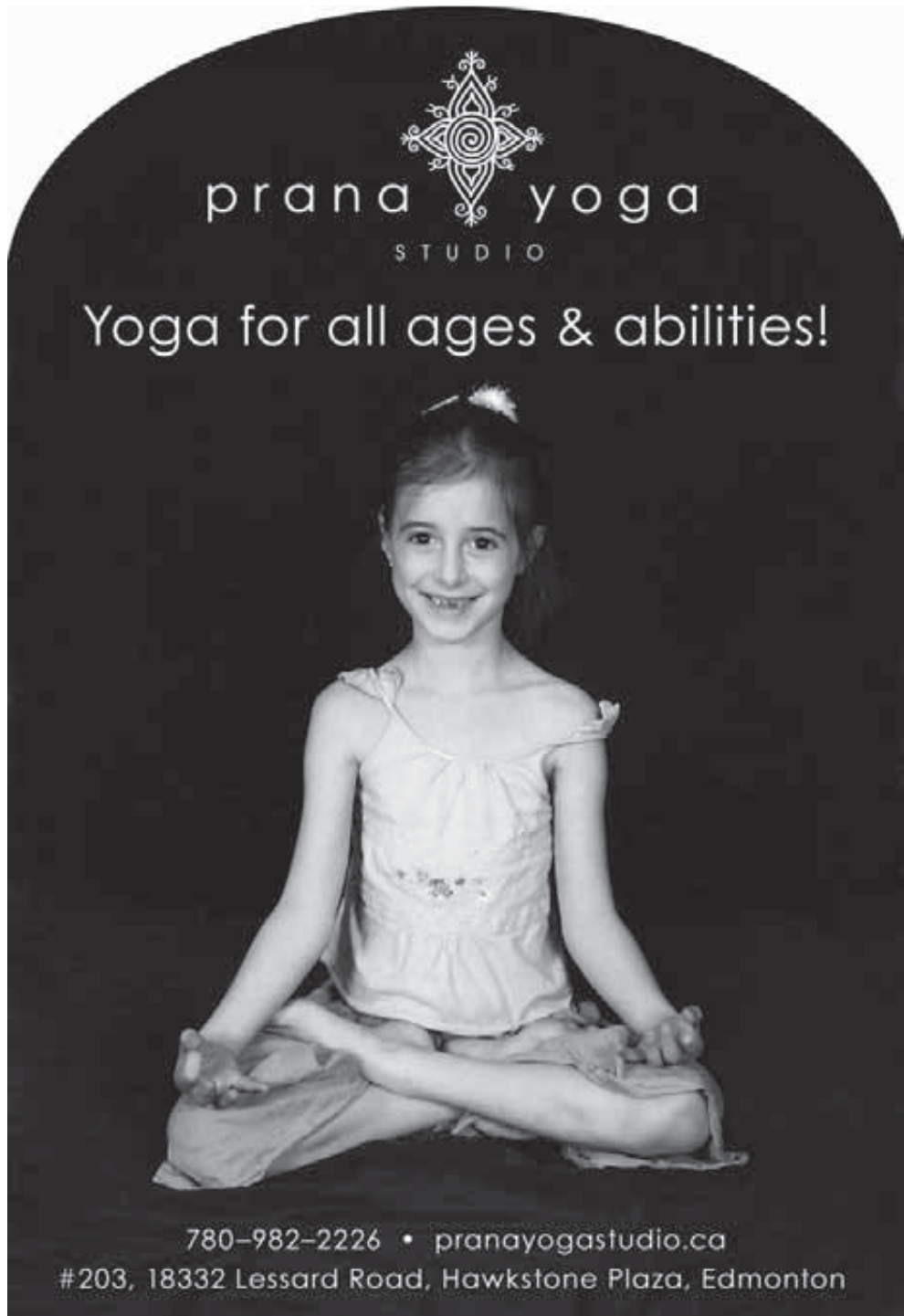
Breast screening clinics are important for both men and women. Many Doctors overlook the fact that their male patients have breast tissue too. Breast cancer is a treatable condition if you catch it early enough. Thermography can provide a baseline for prevention, allowing you to detect changes, however, patients must also do regular self-examinations as these are essential for early detection. Everyone needs to be familiar with their own body — you are the best judge of changes that may occur to your breast tissue.

Thermography screenings are not covered by Alberta Health Care, but they may be covered by group insurance plans.

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 &
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- No touching, squeezing, radiation or pain

Monday, April 19th, 9:00 a.m. to 1:00 p.m.
 356 Saddleback Road (27th Ave.), Edmonton

To schedule an appointment, please call:
1-866-242-5554
(no referral required; cost \$250 incl GST)

j'adore dance

New Studio Grand Opening - April 3, 2010
5708 111st - Lendrum Shopping Centre

Adult Dance Fitness Programs

Core Fusion Pilates

Friday 12:00-1:00pm
 Apr 16 - Jun 18 10 weeks / \$135
 Saturday 1:30-2:15pm
 Apr 17 - Jun 26 9 weeks / \$122

Dance Quickie

Monday 12:15-1:00pm
 Apr 12 - Jun 21 10 weeks / \$125
 Thursday 12:15-1:00pm
 Apr 15 - Jun 17 10 weeks / \$125

Mat Pilates

Tuesday 12:00-1:00pm
 Apr 13 - Jun 15 10 weeks / \$135
 Wednesday 6:15-7:15pm
 Apr 14 - Jun 16 10 weeks / \$135

Salsa Burn

Monday 6:30-7:45pm
 Apr 12 - Jun 21 10 weeks / \$135
 Wednesday 7:15-8:30pm
 Apr 14 - Jun 16 10 weeks / \$135
 Thursday 7:30-8:45pm
 Apr 15 - Jun 17 10 weeks / \$135
 Saturday 10:45am-12:00pm
 Apr 17 - Jun 19 9 weeks / \$122

Couple's Salsa

Sunday 1:30-2:30pm
 May 2 - Jun 13 6 weeks / \$75

Fit Hop

Tuesday 7:45-8:45pm
 Apr 13 - Jun 15 10 weeks / \$135

Naughty Hottie

Monday 8:00-9:00pm
 Apr 12 - Jun 21 10 weeks / \$135
 Thursday 6:30-7:30pm
 Apr 15 - Jun 17 10 weeks / \$135

NIA

Friday 6:00-7:00pm
 Apr 16 - Jun 18 10 weeks / \$135

YOGA

Monday 5:30-6:30pm
 Apr 12 - Jun 21 10 weeks / \$135
 Tuesday 5:30-6:30pm
 Apr 13 - Jun 15 10 weeks / \$135
 Wednesday 12:00-1:00pm
 Apr 14 - Jun 16 10 weeks / \$135
 Sunday 10:00-11:30am
 Apr 17 - Jun 26 9 weeks / \$135

Postnatal Programs

Intellidance Babies

Wednesday 10:30-11:30am
 Apr 14 - Jun 16 10 weeks / \$125

Mommy Connections

Thursday 1:00-2:30pm
 May 6 - Jun 10 6 weeks / \$63

Salsa Babies

Monday 11:00am-12:00pm
 Apr 12 - Jun 21 10 weeks / \$125
 Tuesday 10:30-11:30am
 Apr 13 - Jun 15 10 weeks / \$125
 Wednesday 1:00-2:00pm
 Apr 14 - Jun 16 10 weeks / \$125
 Thursday 11:00am-12:00pm
 Apr 15 - Jun 17 10 weeks / \$125
 Friday 1:00-2:00pm
 Apr 16 - Jun 18 10 weeks / \$125

Prenatal Programs

Salsa Bellies

Thursday 5:30-6:15pm
 Apr 15 - Jun 3 8 weeks / \$100

Kids and Teens Programs

Fit Hop Kidz (6-10)

Tuesday 4:00-4:45pm
 Apr 13 - Jun 15 10 weeks / \$125

Fit Hop Teenz (11-15)

Monday 4:00-4:45pm
 Apr 12 - Jun 21 9 weeks / \$113

Salsa Kids (6-10)

Thursday 4:00-4:45pm
 Apr 15 - Jun 17 10 weeks / \$140

Preschool Programs (ages 3-5)

Intellidance Jr

Friday 2:45-3:15pm
 Apr 16 - Jun 18 10 weeks / \$100

Fit Hop Totz

Tuesday 9:45-10:15am
 Apr 13 - Jun 15 10 weeks / \$100
 Friday 2:15-2:45pm
 Apr 16 - Jun 18 10 weeks / \$100

Salsa Kids Jr

Tuesday 2:15-2:45pm
 Apr 13 - Jun 15 10 weeks / \$115
 Saturday 9:15am-9:45am
 Apr 17 - Jun 19 9 weeks / \$105

Parent and Tot Programs

Salsa Tots (1-5)

Monday 9:45-10:30am
 Apr 12 - Jun 21 10 weeks / \$165
 Wednesday 9:30-10:15am
 Apr 14 - Jun 16 10 weeks / \$165
 Friday 11:00-11:45am
 Apr 16 - Jun 18 10 weeks / \$165
 Saturday 9:45-10:30am
 Apr 17 - Jun 19 9 weeks / \$150

Intellidance Tots (2-4)

Thursday 10:15-10:45am
 Apr 15 - Jun 17 10 weeks / \$125



www.salsababies.com

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City rewards its community league members

The City of Edmonton

By becoming a member of your community league, you have demonstrated your commitment to your community. To honour your commitment and support your families' health and well-being, the Edmonton Federation of Community Leagues has teamed up with the City of Edmonton to create an exciting new program.

The Community League Wellness Program provides current community league members with admission incentives to enjoy the city's world-class sports and recreation facilities.

All current members of an Edmonton community league with a valid membership card are eligible to participate in the Community League Wellness Program.

How the program works

Present your valid Edmonton community league membership card at any one of the City of Edmonton's sports and fitness facilities, and choose from the following Community League Wellness Products:

- **Annual Pass*** — 20 per cent discount on Adult, Family, Child and Youth/Senior Annual Passes.

- **Multi Admission Pass*** — 15 per cent discount on our already discounted multi admission pass (10+ visits).

Community league members who purchase one of the above passes will be issued a photo access card to be swiped at each admission.

* Applies to new purchases only.

Why choose the City of Edmonton?

Attractive admission discounts, convenient locations across the city and professional staff, combined with our world class facilities, equipment and programs are why many

Edmontonians choose the City of Edmonton as their fitness provider.

Facilities and Amenities

- Swimming pools
- Whirlpools
- Fitness studios
- Cardio areas
- Weight rooms
- Racquetball, squash and tennis courts
- Indoor running tracks
- Gymnasiums
- Cafeterias
- Pro-shops
- Hours of operation from 5:30 a.m. to midnight*

*Hours vary according to facility.

Participating facilities in the local area

Confederation Leisure Centre, 11204 - 43 Ave.
Terwillegar Community Recreation Centre (opening fall 2010), 2051 Leger Rd.

Check the City of Edmonton website at www.edmonton.ca, and search for "Community League Wellness Program" for additional participating locations.



The new Terwillegar Community Recreation Centre will participate in the program once it's open.

Sports volunteers receive thanks

Kim LaFrance

TCL Membership Director

I would like to thank the following people for volunteering during the outdoor sports registration:

Jackie O., Laure S., Scott M., Christina V., Shannon G., Shauna P., Annette I., Tasha L. and Linda B

Without the help of these great volunteers, we would not have had someone there representing Terwillegar Community League. Please remember: if you are able to help at an event, please contact the coordinator. That will save that person an extra step so they can focus on the actual event.

Thank you.

Letter to the editor

Dear Editor,

I love this neighbourhood and often have pleasant conversations along its sidewalks when the weather is conducive to pausing. It would be great if the same spirit of friendliness and consideration were experienced while driving on the roads in our subdivision.

Why are we so reluctant to display common courtesies: to yield when the parked vehicle is on our side of the road; when there's one on each, to take it in turns navigating the gap; to indicate our turning intentions at all intersections rather than leaving others to guess; to respect yield signs — at traffic circles too; not to barrel onwards under any circumstances because I'm driving six litres and you'd better get out of my way or be crushed; and when a courtesy is extended, to acknowledge it with a wave of the hand.

Since coming to Edmonton in 1984, we've seen driving gradually become a form of motorized martial art. Let's all make a difference by starting to reverse the trend right here in the neighbourhood which matters to us most. Who knows, with a bit of luck it might be infectious!

Sustainably yours,

Martin Sawdon, PCC
Sustainable Leadership Coach,
Coaching-Works!



Terwillegar Towne resident registers her children for soccer.

Got Wheels?

The City of Edmonton offers a number of wheel-based programs for children and youth. Programs in the Terwillegar vicinity include:

4-Wheeled Drive

For riders on training wheels only. Children will be taught basic cycling skills and safety through drills, games and a mini tour. All participants must supply their own bike, helmet and bell. Recommended for age 4 - 5. \$10

Brookside Elementary School

Sun., May 30, 10 a.m.-12 p.m.

Course Code: 349378

Blue Quill Community Hall

Sat., June 19, 9:30 a.m.-11:30 a.m.

Course Code: 349625

Ride to Survive

Fun and safety are the focus of this program. Learn basic bicycling skills, rules of the road and safety, while participating in bike-related games and obstacles. All participants must supply their own bike, CSA approved helmet and bike bell. \$10

Brookside Elementary School

Sun., May 30, 1 p.m.-3 p.m.

Course Code: 349379

Blue Quill Community Hall

Sat., June 19, 12:30 p.m.-1:30 p.m.

Course Code: 349624

Learn to Skateboard

Come out and learn basic skateboarding road skills! Pushing, stopping, balance skills, and a few tricks. \$17

Ramsay Park

Sat., June 5 & 12, 10 a.m.-12 p.m.

Course Code: 349374

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

New president urges you to say YES!



by Ann Kuehn
TCL President

I wish to introduce myself to you. I am the new president of the Terwillegar Community League. I wear many different 'hats.' I am a mother of three — Jack, 7, Carter, 5, and Lily, eight months. I am the wife of my dear husband Greg to whom I have been married for almost 11 years. I am a realtor and love to help families find new homes. I am an active member of Terwillegar Community Church. I am a daughter, a friend and a very grateful resident of Terwillegar Towne!

My husband and I bought a home in Terwillegar Towne near Tomlinson Common

playground more than six years ago. We wanted to live in this area for a few years before that and loved the classically styled homes of the neighborhood. Jack was born, and we knew that the time had come to make the move to T-Towne.

We dreamed of a street full of kids for him to play with, summer barbecues with friends and neighbourhood activities. I am happy to say that the vision has come to reality. Simply put, I love my neighbourhood. Some mornings when I am out walking the tree-lined streets I am overwhelmed by the feelings of gratitude I have to live in this amazing place.

The question I would like to pose to you is simply, "Why do you live in Terwillegar?" Was there some activity that originally attracted you? If there was, I bet there were some lovely

volunteers behind it making it happen. We are a great community because we have many that are willing to serve the masses. Did you know that the Terwillegar Community League now has more members than the Riverbend Community League? That is amazing!

I often hear how, if asked to help, people say "yes." Truthfully, that is why I am writing this article today. Someone asked "Would you be president?" and I said "yes." So I would like to officially ask you! Would you say "yes," e-mail me at president@terwillegar.org and offer your time to serve your community? Would you donate some of your precious time to serve your neighbours? I can see the long line of people waiting to move into your neighbourhood — not because of the property value, but because of the people value. Yes, Yes, Yes!

TTRA holds its first town hall meeting

by Andrew Tarnowski
TTRA Director

If you live within the boundaries of the Terwillegar Towne Residents Association (TTRA), the information presented at this first-time event will impact you. Please do not miss the chance for an open discussion with your neighbours and your volunteer board of directors on the issues that affect your property and neighbourhood.

We have nearly 1,950 member households in our association. This town hall meeting will be important to each one of you, if you are interested in preserving not only the beauty and order of your neighbourhood, but also the financial value of one of your biggest investments: your home.

Your volunteer board of directors has news to share.

A great deal has happened since the AGM last summer, so join us for an update on the hot topics!

We have the answers you're looking for.

Whether you're new to Terwillegar Towne, or are a long-time resident, you may be wondering:

- How did I become a member of the TTRA?
- Who put the restrictive covenant on my land title?
- What does this encumbrance on my mortgage mean?
- Why are there architectural controls for my fence and garage?
- Where does my membership fee go?
- Which parks and green spaces are maintained by my association?

We also need your input on several issues we are tackling this year.

Reviewing our original mandate: Should the board limit its duties to maintaining the TTRA's properties, or go beyond to represent our members' interests to the City of Edmonton, Government of Alberta, Education Boards, etc.?

Parks and green spaces: Let's talk about the care and maintenance needed for the properties our association owns. Do you want us to explore what options the TTRA might have to reduce or eliminate taxes and maintenance costs — by selling or gifting our properties?

Member communications: Would you like to have access to interactive member forums? Could we make effective use of Facebook or other forms of social networking?

Reining in expenses: The cost of each regular mail-out is roughly \$1,500, or up to \$5,000 when we send you the mandatory information notice for annual general meetings. Help us find the best way to cut costs, save some trees and create more effective communications. What are your thoughts on e-mail notices and electronic newsletters?

Future governance: Your board works by committee, and has several projects on the go. Would you like to volunteer as a non-board member on a committee of interest to you? Wondering if a seat on the board might be right for you? Now is your chance to chat candidly with the current volunteer directors.

Still not sure if you belong to the TTRA? You can check the Terwillegar Towne map on our website at www.terwillegartowne.org. If you own property or reside within the boundaries marked by the black broken line, then you are automatically a member, and all of these issues affect you.

Please plan to attend, and bring a neighbour or two. Come prepared by writing down your ideas or concerns, so you won't miss this opportunity to put them forward.

The meeting is to be held Thursday, April 22, 2010, from 7 to 8:30 p.m. at Holy Trinity Church, 1428 – 156 St. For directions, please see the map at www.htrchurch.ca/?page_id=29. See you there!

In your community . . .

These are the people in our neighbourhood:

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

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

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

Get in the Game!

Edmonton Capitals Tickets

League members get preferred seating and no Ticketmaster charges for community league game dates!

First game: May 21, opening night

Call John Sutherland at 780-409-2474 for tickets.

Check out www.efcl.org for details

EDMONTON FEDERATION OF COMMUNITY LEAGUES

JOIN THE LEAGUE


Name #1: _____ Date: _____
 Name #2: _____
 Address: _____
 Postal Code: _____
 Res. Ph.: _____ Bus Ph.: _____
 Email: _____
 Children's Names: Y/M/D M/F _____

Membership Type:
 Senior: Single: Other:
 Adult: Family:

Member interested in participating in activities?
 Yes No (See Over)
 Member willing to volunteer?
 Yes No (See Over)
 Fee Paid: _____
 Donation: _____
 Total Paid: _____
 # of Skate Tags: _____
 Cash: Cheque: Cheque#: _____

**Terwillegar
Community League**

Volunteer Interests	Comments
Activity Interests	



Coming events

- Mar. 25:** Esther Starkman parent information night
Location: Lillian Osbourne High
Time: 7 p.m.
- Apr. 4:** HTR Easter Egg Hunt
Location: HTR Church
Time: 11:30 a.m.
- Apr. 8 & 15:** Lillian Osborne Information Nights
Location: Lillian Osborne High
Time: 7 p.m.
- Apr. 19:** TCC Open House
Location: Social Room, 5820 Terwillegar Blvd.
Time: 7 p.m.
- Apr. 22:** TTRA Town Hall Meeting
Location: HTR Church
Time: 7 p.m. - 8:30 p.m.
- Apr. 24:** Spring I'm Too Big For It Sale
Location: Riverbend Community Hall
Time: 10 a.m. - 1 p.m.
- May 22:** Capital City Clean-up
Location: Tomlinson Common Park
Time: 10 a.m. - 2 p.m.
- May 25-June 25:** Spring playground program
Location: Tomlinson Common Park

Check www.terwillegar.org for current information

Membership Online

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

MEMBERSHIP FEES:

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

MEMBERSHIPS EXPIRE ANNUALLY
AUG. 31.

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

PLEASE MAKE CHEQUES PAYABLE TO:
TERWILLEGAR COMMUNITY LEAGUE

Free swim time

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



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

How to contact the league

Website: www.terwillegar.org

Board members:

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

Spring I'm Too Big For It Sale

Got kids?

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

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

E-mail Priya at fundraising@terwillegar.org
 for more information.

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WATER-COLOUR ANYONE?

Is anyone interested in being part of a self-help, evening, water-colour group? Email martin@coachingworks.ca.

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Call Shawn @ 780-932-1886 for computer hardware/software tech support.

TERWILLEGAR/RIVERBEND HOUSECLEANING

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

PEANUT BUTTER & JAM PLAYGROUP

PB&J is holding their Spring "I've Outgrown It" sale. Saturday May 1, from 10 a.m. - 1 p.m. Riverbend Community League, 258 Rhatigan Rd E.

P/T ADMINISTRATOR REQUIRED

For WCHA. Knowledge of Simply Acct & accounting procedures a must. Flexible hours. Please send resumes to dlafeche@shaw.ca.

ST MARTIN PLAYSCHOOL OPEN HOUSE: April 14, 6:30 to 8:30 p.m. 11310 - 51 Ave. Discover bright, enriched environment with newly expanded classrooms. English and Ukrainian Programs. 780-919-8255, sadochok@hotmail.com, or www.stmartin.ecsd.net.

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