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Terwillegar Tribune

Community Meeting to Bring Neighbours Together

Are you interested in learning what your community league can do for you?

Do you want to meet the people who are volunteering to make our community a great place to live?

Do you have ideas for how we could make it even better?

The Terwillegar Community League will be hosting a meeting on October 25 at the Holy Trinity Riverbend Church at 7:30 p.m. to discuss what we have done, what we are doing, and what we plan to do in the future.

We will be sharing updates on topics such as finances, programs, fundraising, communications, park initiatives, traffic concerns, crime rates and bylaw revisions. Your comments and concerns will be heard on any issues you feel are relevant to our neighbourhood. Current board members will be available to answer your questions and hear your ideas.

We will also be voting in new board members and discussing volunteer opportunities. The Terwillegar Community League is a volunteer organization formed to meet the needs and interests of our community. Our community is the region within the boundaries of Anthony Henday, Terwillegar Drive, 23 Ave., and Blackmud Creek.

Without volunteers, programs such as the Halloween fireworks and the Canada Day parade would not continue.

Without volunteers, fundraising efforts for park development, community gardens and other initiatives would not exist.

Without volunteers, we will not reach our full potential as a vibrant, ideal community where parks are gathering places, neighbours are friends, and home is peaceful.

If you are interested in getting involved with your community, please check out our available positions on page 6. The time commitment varies from a couple of hours a year, to a few hours a week, depending on the position and your



Above: Four young volunteers at the Toonie Carnival in August make a difference and help raise money for park development.

availability.

In addition to finding out information about the community league and sharing your thoughts on the future of our community, October 25 will be a great time to come and see how you can get involved, meet new people and make a difference in our community.

Hope to see you at Holy Trinity Riverbend in Terwillegar Towne on October 25 at 7:30, at our Annual General Meeting!

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Next submission deadline: Oct 17
Next issue: Nov 12

Watch for door to door canvassing to raise funds for South Terwillegar Park development. See our website at www.terwillegar.org for information and volunteer opportunities.

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Second Annual Toonie Carnival Brings Out the Best

By Mandy Jones,
Terwillegar Community League

The Second Annual Toonie Carnival on August 18 was a huge success! All proceeds from this event will go towards the Spray Deck and Playground build in South Terwillegar. Our community needs a location that people of all ages can enjoy, and with this fundraiser, were are one step closer to making this a reality. South Terwillegar Park is a large space that can accommodate everyone. A spray deck would be an especially welcome addition!

There was so much to do at the carnival! Some favourite activities were the large bouncy house, superslide bouncer, playing the carnival games, checking out the fire truck and police car, crafts and face painting, the barbecue, and watermelon too!

As with any large event, there are sometimes complications beyond our control. We apologize for the lack of washroom facilities — they were not delivered. And the breezy day did not allow the Tethered Balloon to fly.

We couldn't have accomplished it on our own and we have a number of generous people to thank.

- Cesare Campoli with MC Productions
- The City of Edmonton
- Edmonton fire department
- Edmonton Police Service
- Gymboree — SW Edmonton and Dawn Angus
- Holy Trinity Church
- Inflatable Fun
- Jane Gannon — Better Body Bootcamps
- Macs — Terwillegar Towne
- Marvel College
- Michaels — West End and Jackie Erhardt
- Mommy Connections — South and Karli Wright
- Paul Saddler Swimland Riverbend
- Petite Delights
- Raq-A-Belly Dance! from School of Raq
- REMAX



Clockwise from top: local kids enjoy belly dancing lessons; DJ Cesare Campoli with MC productions volunteers his time; Enza answers questions about Neighbourhood Watch; ticket sales were constant throughout the day; big bouncer was a huge hit with the kids!

- Ron Dickson
- Save On Foods — Magrath and their staff
- Shoppers Drug Mart — Mactaggart
- Terwillegar Community Church
- TriDevi Tribal Dancers from Bedouin Beats Dance studio
- United Cycle
- US Belly Dancers from Believe Yoga Studio

Thank you very much to all of the volunteers who helped to make the event a success and kept it running smoothly. You were all fabulous! We honestly could not do any of this without you.

And of course thank you to all those who came out to enjoy the beautiful day, donated to a great cause, and provided suggestions for how to make our park better. If you have any questions or

suggestions about the park, or if you would like to receive updates or volunteer, please e-mail us at southtpark@gmail.com.

You can also check out our blog at <http://southtpark.blogspot.com>. We have information on the Terwillegar Community League website as well at www.terwillegar.org. This will be updated regularly with information on how the park build is going and how close we are to our fundraising goals.

Terwillegar Community League will be starting the door to door campaign for the Spray Deck and Playground this month, so please watch for our volunteers and donate generously to the park! We require all of our funds by January in order to begin our build this spring. We cannot do this without your support!

Terwillegar Community Parks Donation Form

☐ **Yes!** I would like to support the development of Terwillegar Community Parks!

Included is my cheque for:

☐ \$100

☐ \$250 (family name at Park)

☐ \$2,000 (plaque on bench or similar)

☐ \$4,000 (plaque on picnic table or similar)

☐ Other \$ _____

If donating \$250 or more, how would you like your name to appear at the park?
Example: John Smith OR The Smith Family

You may be contacted by phone for further details.

Which Park would you like your name at?

☐ Magrath Park

☐ South Terwillegar Park

☐ Mactaggart Park

Name _____ Phone _____

Address _____ Postal Code _____

e-mail address _____ ☐ check if you would like to receive updates by e-mail

☐ check if you would like to volunteer for the Terwillegar Parks Committee

Send your cheque and this form to: Terwillegar Community League • Box 84031, RPO Towne Centre • Edmonton, Alberta T6R 3P4

Please make your cheque payable to “The City of Edmonton”, with a note of “Terwillegar Community League Parkland Development Donation”

All donations of \$20 or more will receive a tax deductible receipt from the City of Edmonton in February

The Terwillegar Community League (TCL) is incorporated in Alberta as a not for profit organization and is requesting donations to the City of Edmonton to support the construction of the parks in the TCL area. Donations are held in trust by the City of Edmonton for use by the League for park construction. Donation receipts will be issued by the City of Edmonton. This campaign is estimated to raise \$40,000 and will cost approximately \$200. Our address is PO Box 84031, Towne Centre RPO, Edmonton, T6R 3P4. If you have any questions, please contact our Treasurer, Monte Weber, at 780-231-6114 or by e-mail at treasurer@terwillegar.org.

Fundraisers Build a Creative and Successful Raffle

By Lori Hudson
Community League Volunteer

The fundraising committee for the Terwillegar Community League (TCL) has had to get creative with their fundraisers as they continue to work toward raising funds needed to develop park spaces within our community. We've held silent auctions, park fundraising events, and done door to door and newsletter campaigns. All of these have helped get us closer to our goals, but we figured it was time for something different. And in a community with a huge number of young families, what better way to raise funds than raffling off a playhouse?

Anyone out and about at the local Sobeys and Save-On-Foods stores saw the amazing playhouse on display from June 27 to July 15. Our local grocery stores were extremely supportive in our latest fundraising efforts to raise money for park development projects in Magrath and South Terwillegar. Both stores generously allowed the playhouse, perched on a donated trailer rental from Flaman Rentals in Nisku, to be displayed right outside their front doors and tickets to be sold within the store and at a volunteer-operated table outside.

The playhouse was designed and built by local contractor Steve Garland of Integrity Renovations. With donations of materials and his time, Steve built the playhouse to be weather resistant, and sturdy for even the toughest of play. Jacki Spamer of Hidden Gems Interior Designs added her expertise to make the playhouse delightful and whimsical. With the help of volunteer labour, and IKEA's huge donation of toys, furniture and flooring, the playhouse came together.

All of the people involved in creating the playhouse are extremely proud of the final product, and happy with almost \$5000 raised with the venture. It's thanks to the many volunteers who painted, transported, helped decorate and sold tickets for the playhouse that this fundraiser was a success.

Lucky raffle winner Brittani Sorenson of Terwillegar Towne was surprised that she won the big prize which perfectly matches the siding and trim on her house. Hopefully the playhouse will bring delight to children for many years.



The efforts of many volunteers and donors produced a whimsical playhouse that will be enjoyed by lucky children for years to come.

Thank you to everyone who took the time to fill out our Terwillegar Tribune Survey and attend our open house! For survey results please go to www.terwillegar.org

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I'm Too Big For It Sale

Bigger & Better
At Our New Location!


Terwillegar Community League's
Semi-Annual Sale

When: Saturday, Sept. 15th
from 10 a.m. - 1 p.m.

Where: Esther Starkman School,
2717 Terwillegar Way

If you have kids,
you don't want to miss this!

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



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Volunteers Triumph Over Rain With Fun for All

*By Amy Elliott and Kim Rost
Volunteers, Terwillegar Community League*

It has been a summer for showing your Canadian pride and spirit. Here in Terwillegar Towne, this summer started with a bang; literally, a thunder and lightning show for the annual Canada Day Bike Parade. It rained, then poured, then rained some more. Yet, just like the saying goes “the show must go on!” After all, it *was* Canada’s birthday. Everyone that came out had fun splashing and participating in modified events. The decorating of bikes became a handprint Canada flag craft. Cake, tattoos, balloons, cookies and more cake filled out the festivities of the morning.

The Terwillegar Community League would like to extend sincere thanks to Ron Dickson and Associates for supplying the talented Balloon Lady, cookies and juice, as well as their time. The



Volunteer organizers Kim Rost (right) and Amy Elliott (left) host a successful Canada Day event despite rain and thunder.

whole team came out to volunteer with the event in support of the community. Thank you! We would also like to extend our gratitude to the Windermere Safeway Bakery for making two beautiful Canada Day birthday cakes, as well as for the generous contribution towards this purchase. Delicious, thank you! Finally, it goes without saying that these events simply cannot happen without volunteers from the community. The support that Amy and I received from our neighbours in the planning, preparation and success of the event reaffirmed why we live in Terwillegar Towne. We met some amazing people who signed up for a volunteer shift; it’s because of you that the kids had an awesome time! We want to thank all our volunteers and attendees for braving the weather, fostering community spirit and helping us celebrate what it means to be Canadian!

A Summer of Fun Continues as a Fall of Festivities Draws Near!



Magrath Park construction begins!



Heavy rains in June and July cause paths, and unfortunately some basements, to flood.



Mactaggart commercial area adds doctors offices, Bliss Yoga Spa and Co-op Wine and Spirits



Alberta Sports Vision (above) teams up with Clancy’s Meats (right) in a barbecue fundraiser for South Terwillegar Park development



Megan Bates and Jane Gannon of Better Body Bootcamp (www.betterbodybootcamps.webs.com) get ready for their bootcamp fundraiser for South Terwillegar Park development, despite heavy rains, to help raise much needed funds for South Terwillegar Park development efforts.



Taylor L. has fun painting at the green shack!



Moose on the loose in Terwillegar Towne. Photo by Joachim Lapiak.



Community Garden’s Harvest Fest will be on Sept. 28 at 5:00 p.m. All are welcome!



If volunteers are available, the annual Halloween Fireworks will be on Oct. 31 at 8:00 p.m.

Opinions

By Jocelyn Love,
Windermere Contributor

When community developers and city planners design your community and the city approves a poor design, what is a community to do? What *can* they do? Your neighbouring communities of Windermere North and Riverpointe were thrust into this position and are now fighting back.

It started in 2006 when the developers of Windermere North and Riverpointe designed these two communities, the layout, lots and road systems. The city approved the design and here we are. The two communities are designed poorly, and even the City of Edmonton will admit to this truth. The proposed land is located north of the Windermere community, south of the Terwillegar community and borders Anthony Henday. Thought this land was originally designed to have collector and arterial roads to feed it, the city closed down 16 Avenue, a road that would have led directly to the proposed land and instead allowed developers to design a walkway that would see profitable walkout basement lots for each developer to sell. Residents are now facing a proposed rezoning of farmland to urban services that is essentially landlocked between Anthony Henday, a ravine and Windermere North, with the only access point through narrowing and winding streets of a family community.

Community Fights City Planners

The developer bought the proposed land from the YMCA (it was gifted to them by the original farmers) with the intention to build a 20,000 sq. ft. high capacity private facility and needs the approval to rezone the land in order to do so. At a public meeting held on May 8, residents were informed by the developer of what they would expect to see in terms of traffic, parking and usage. Bryan Anderson, Ward 9 City Councillor, has been quoted as saying he has never seen so many people angry and unanimously opposed to something. Residents' reaction was a result of the future of their community being turned into a thoroughfare for high-density traffic and a host of vehicles lining the streets for parking space. No-one expected that a high-capacity facility at the terminus point of a landlocked community would ever be considered. The city's mayor, councillors and planner are supposed to encourage strong, livable and safe communities for everyone.

Windermere North residents fully support the proposed facility and its nature as long as arterial and collector roads are established. There is only one access point, on local residential roads, into and out of the proposed land; these roads are not designed to handle excess through traffic, especially traffic that will have specific times of mass ingress and egress.

Residents are concerned about the traffic that

will increase by 600 trips on local roads and the likelihood that there will be spillover parking in front of their homes. An increase in through traffic and excess parking will affect the livability and safety of their community. The proposed facility would be used during times when families are outside enjoying their yards, walking their dogs and teaching their kids to ride their bikes, in addition to trying to get home from a day at work and leave again for activities in the evening.

The City of Edmonton is attempting to solve residents' concerns by seeking a new property for the developer to purchase that would have direct access to a collector or arterial road. But what will happen to 16449-16 Avenue if the current owner does not develop there? They will need to sell the land to a new developer, as the city has made it clear they are not interested in the land. Residents will end up in the same situation they are in today, with concerns with traffic, parking and safety, and their fight again for their community and its livability and safety. The city cannot jeopardize the safety of community residents or their children just to cover up poor planning.

Do you have an opinion? Write a letter to the editor for our new opinions section: editor@terwillegar.org

Sustainable Transportation - Bike Lanes in Terwillegar

By Dr. Rob Agostinis
Past President – TRAC,
Healthy Communities, Healthy Cities



The City of Edmonton is committed to enhancing the quality and accessibility of active transportation in Edmonton. The Bicycle Transportation Plan and the Transportation Master Plan seek to shift Edmonton's transportation modes towards sustainable options like cycling.

If you have travelled the Leger Road around the Terwillegar Community Recreation Centre, you will have noticed various new road markings for bike lanes.

The City of Edmonton did hold information sessions in May, however, the dates were poorly advertised, and as a result they were poorly attended. For a handful of people who did show up (because of the TRAC messaging system), some recommendations were made on the configuration of the bike lanes on Leger Road. Initially, the configuration was to only have bike lanes with little or no parking along Leger Road. This was not acceptable, since this road services a recreation centre, sports fields, two high schools and a junior high school. It was recommended that the city transportation department also consult with those stakeholders who are directly affected by these lanes. This apparently did not occur. With assistance from Councillor Anderson's office, a compromise was achieved.

In response to concerns about the loss of on-street parking on Leger Road, Transportation Services has developed a revised plan which allows for approximately 55 on-street parking spaces on the north side of Leger Road west of Leger Way. Parking on the south side will still need to be banned in order to fit in the bike lanes. Additionally, on-street parking will be allowed on the west side of Leger Way, north of Leger Road (estimate, another 40+ spaces). The on-street parking on both Leger Road and Leger Way will be available to serve the adjacent sports fields for evening/weekend use.

There has been some confusion about the markings. It will take some time to learn how to navigate this road. The real challenge will be when school starts up in September.

It was also brought to the attention of the City of Edmonton Transportation Department that for future bike lanes, stakeholders and community organizations should be consulted.

If you have any concerns about the Leger Road bike lanes, please contact the City of Edmonton Transportation Department, or give Councillor Anderson's office a call at 780-496-8130, and they will direct you to the appropriate person. Find more information on bicycle lanes at www.edmonton.ca/cycling.



There are now two different types of bike lanes on Leger Rd. - one with parking along the curb (top), one without parking available (bottom).
Photos by Dr. Rob Agostinis.

TCL is Looking for Enthusiastic Volunteers!

The Terwillegar Community League (TCL) is looking for enthusiastic volunteers to fill the following positions. It's a great way to donate your expertise, gain some experience and meet your neighbours. Please e-mail Monte at treasurer@terwillegar.org to state your interest.

President of the League:

- is the chief executive officer and the official spokesperson of the League;
- supervises the affairs of the Board;
- chairs all meetings of the Executive Committee and of the Board;
- is an ex-officio member of all committees, except the nominating committee;
- attends, or designates another Officer to attend, all general meetings of the Edmonton Federation of Community Leagues and the Terwillegar Riverbend Area Council (TRAC);
- performs such other duties as may be specified from time to time by the Board or these Bylaws;
- is a signing authority.

Membership Director:

- is responsible for the organization, timing and completion of the annual Membership Campaign;
- will keep a record of and maintain the membership lists and other records pertaining to membership;
- ensures compliance with the Edmonton Federation of Community League's Code of Ethics with respect to selling memberships;
- prepares an annual budget for membership and submits it to the Treasurer in a timely manner;
- reviews and prepares policies and procedures with respect to membership;
- is a member of the Executive Committee; and
- is a signing authority.

Fundraising Director:

- recruits/trains and supervises initiative coordinators (casinos, specific events, etc.), and leads the fundraising initiatives directly or by delegating leadership;
- supervises and manages the affairs of all TCL fundraising initiatives;
- is responsible for setting fundraising goals for the year for approval by the Board;
- is responsible for developing/executing a strategy to achieve the approved fundraising goals;
- prepares an annual budget for fundraising initiatives and submits it to

- the Treasurer in a timely manner;
- liaises with the Treasurer on a regular basis to ensure that books and records with regard to fundraising activities are satisfactory to both the Treasurer and the Fundraising Director.

Communications Director:

- is responsible for overseeing the publication and delivery of the newsletter;
- is responsible for the maintenance and development of the League website;
- prepares an annual budget for communications and publicity, and submits it to the Treasurer in a timely manner;
- reviews and prepares policies and procedures with respect to League communications and publications;
- is responsible for arranging for publicity of League events;
- is a member of the Executive Committee; and
- is a signing authority.

Programs Director:

- recruits/trains and supervises program coordinators (ongoing programs, key events, etc.), and leads all program initiatives directly or by delegating leadership;
- has overall responsibility for all TCL programs;
- is responsible for establishing a programs schedule for the year to be approved by the Board;
- is responsible for developing/executing a strategy to deliver the TCL programs for the year;
- monitors yearly program plan and ensures timely communication with TCL membership on all program activities and/or cancellations;
- prepares an annual budget for TCL programs and submits it to the Treasurer in a timely manner.

Volunteer Director:

- is responsible for ensuring a strong volunteer base and a great volunteer experience;
- is accountable for the ongoing development and delivery of the Board's Volunteer Strategy;
- develops and maintains a database of members who wish to contribute their time and energy (both small amounts and large amounts) to TCL activities;
- works closely with other directors on initiatives requiring volunteers.

VISIONARY

COLLEGE

music education for all ages

Be Inspired

Music Funtime

Ages 14-36 Months

\$114.45 Course Fee
+ \$31.48 Materials

Music Funtime provides a structured musical learning environment where children and the people that love them sing, dance, play instruments, and are introduced to music concepts.

| | | |
|------|--------------------|--------------------|
| Tues | 9:45 am - 10:30 am | Sept. 11 - Nov. 13 |
| Tues | 1:00 pm - 1:45 pm | Sept. 11 - Nov. 13 |
| Sat | 9:15 am - 10:00 am | Sept. 15 - Nov. 17 |

Creative Music

Ages 3-6 Years

\$376.95 Course Fee
+ \$41.98 Book & CD

This music literacy program provides a learning-rich environment which inspires creativity and musical development. Children learn to use their first instrument, their voices, correctly.

Creative Music I

| | | |
|------|---------------------|---------------------|
| Mon | 1:45 pm - 2:30 pm | Sept. 10 - May 6 |
| Tues | 1:00 pm - 1:45 pm | Sept. 11 - April 23 |
| Tues | 5:45 pm - 6:15 pm | Sept. 11 - April 23 |
| Wed | 1:45 pm - 2:30 pm | Sept. 12 - April 24 |
| Wed | 4:45 pm - 5:30 pm | Sept. 12 - April 24 |
| Thur | 10:00 am - 10:45 am | Sept. 13 - April 25 |
| Thur | 1:00 pm - 1:45 pm | Sept. 13 - April 25 |
| Sat | 10:00 am - 10:45 am | Sept. 15 - April 27 |

Creative Music II

| | | |
|------|---------------------|----------------------|
| Mon | 1:00 pm - 1:45 pm | Sept. 10 - May 6 |
| Tues | 1:45 pm - 2:30 pm | Sept. 11 - April 23 |
| Wed | 4:00 pm - 4:45 pm | Sept. 12 - April 24 |
| Thur | 11:30 am - 12:15 pm | Sept. 13 - April 25 |
| Thur | 1:45 pm - 2:30 pm | Sept. 13 - April 25 |
| Sat | 10:45 am - 11:30 am | Sept. 15 - April, 27 |

Creative Music III

| | | |
|-----|---------------------|---------------------|
| Wed | 1:00 pm - 1:45 pm | Sept. 12 - April 24 |
| Sat | 11:30 am - 12:15 pm | Sept. 15 - April 27 |

YOUNG MUSICIAN

Ages 4-6 Years

Free Piano for Two Months!

Young students have fun learning to play in this rewarding group program.

| | | |
|------|-------------------|--------------------|
| Tues | 5:00 pm - 5:45 pm | Sept. 11 - June 25 |
| Wed | 2:30 pm - 3:15 pm | Sept. 12 - June 26 |

KID'S KEYBOARD ADVENTURES

Ages 7-9, 10-12

Free Piano for Two Months!

Learning piano is fun! This exciting program has everything for the young piano student.

Ages 7-9

| | | |
|-----|-------------------|--------------------|
| Mon | 6:30 pm - 7:30 pm | Sept. 10 - June 24 |
|-----|-------------------|--------------------|

Ages 10-12

| | | |
|-----|-------------------|--------------------|
| Mon | 5:30 pm - 6:30 pm | Sept. 10 - June 24 |
|-----|-------------------|--------------------|

On The Beat

family music

All Ages/Parents & Children

\$114.45 / Child
+ \$31.48 Materials

A music program for the whole family!
Great for families with busy schedules that want to spend some quality family time together!

| | | |
|------|---------------------|--------------------|
| Tues | 10:30 am - 11:15 am | Sept. 11 - Nov. 13 |
|------|---------------------|--------------------|

Learning through the Arts

Preschool

Ages 3-4 Years

Music, movement, drama and art have been proven to be successful tools in developing early literacy, strengthen cognitive connections, receptive and expressive language skills in preschool children. Children joyfully express themselves, developing creativity as well as social skills, interacting with their peers in small classes.

Tues/Thurs 9:15 am - 11:15 am Sept. 11 - May 9

GUITAR ONE

Ages 7-9, 10-12, & Teens

\$70.00 Course Fee + \$63 Materials & \$50.00 deposit

This course is perfect for beginners on the guitar. Students get a solid foundation, through lessons in theory, technique, and repertoire.

7-9 years

| | | |
|-----|-------------------|--------------------|
| Mon | 5:00 pm - 6:00 pm | Sept. 10 - June 24 |
|-----|-------------------|--------------------|

10-12 Years

| | | |
|-----|-------------------|--------------------|
| Mon | 6:00 pm - 7:00 pm | Sept. 10 - June 24 |
|-----|-------------------|--------------------|

Teens

| | | |
|-----|-------------------|--------------------|
| Mon | 7:00 pm - 8:00 pm | Sept. 10 - June 24 |
|-----|-------------------|--------------------|

MUSICAL THEATRE PRODUCTION

Ages 5-6, 7-11, 12-18

The Musical Theatre Production program is a great in-depth theatre production program that covers a full school year. From rehearsals to the final production, students are given the chance to be in a full musical theatre production.

This year's productions will be "Dinostars" for ages 5-6, and Disney's "Mulan Jr." for ages 7-11; to be performed at Luni Theatre in May, 2013. For our 12-18 year old group we will be doing an adaptation of "The Nightmare before Christmas".

Dinostars

Ages 5-6 • \$549 Course Fee + \$42 Materials

| | | |
|------|-------------------|---------------------|
| Mon | 5:30 pm - 6:15 pm | Sept. 17 - April 22 |
| Tues | 5:30 pm - 6:15 pm | Sept. 18 - April 23 |

Mulan Jr.

Ages 7-11 • \$679 Course Fee + \$42 Materials

| | | |
|------|-------------------|---------------------|
| Mon | 6:15 pm - 7:15 pm | Sept. 17 - April 22 |
| Tues | 6:15 pm - 7:15 pm | Sept. 18 - April 23 |

The Nightmare Before Christmas

Ages 12-18 • \$679 Course Fee + \$42 Materials

| | | |
|-----|-----------------|-------------------|
| Fri | 6:30pm - 7:45pm | Sept. 28 - May 27 |
|-----|-----------------|-------------------|

VOCAL PERFORMANCE

Ages 5-6, 7-9, 10-12, & Teens

Singers perform all styles of music solo and in small ensembles, developing performance skills and vocal technique.

POP, ROCK, & COUNTRY

Vocal Performance

Ages 11-17

Perform popular, rock, and country repertoire! Then cap the year off with a performance with a live band.

NEW LOCATION!

OPENING FALL 2012

2804 Calgary Trail NW, Edmonton

780-460-4430

VISIONARYCOLLEGE.AB.CA

Times and dates of programs are subject to change at any time. Visionary College reserves the right to cancel classes. *Materials and GST extra.

Three Amazing Events Raise Funds and Awareness

Mathan (age 7) and Mehul (age 5) Sell Lemonade for Stollery

By Poonam Madan

Terwillegar Towne Contributor

Inspired by their sister Priya, who passed away last September, our two boys held a lemonade stand with 100 per cent of the proceeds going to the Stollery Hospital.

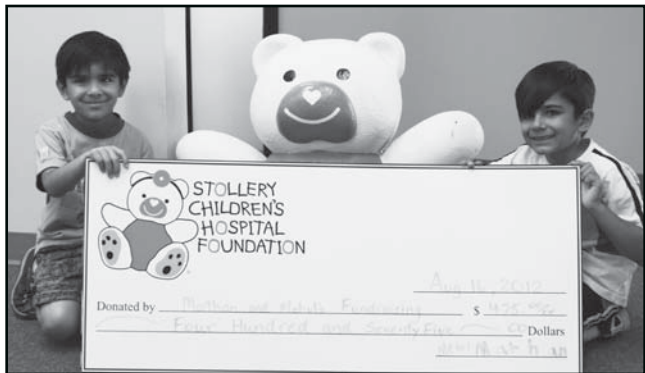
Mathan is seven and Mehul is five. Their little sister Priya was 18 months old when she passed. Throughout Priya's life she spent over eight months at the hospital. The boys became very familiar with the hospital, including the NICU (neonatal intensive care) at the Royal Alex, the NICU and PICU (pediatric intensive care) at the Stollery, and 4E4, the ward where she was treated. They have seen firsthand how the hospital helps family with complicated sick children and the amount of support leveraged to families.

Priya passed away almost a year ago and our family has a Stollery fund in her name. All funds that were raised went to that fund which is directed to the most immediate needs of the hospital. It has helped our family to honor Priya and especially to help the boys know how special their sister was, notably at the New Pediatric Emergency which opened this year. A star is also dedicated to Priya on the ward.

Earlier in the summer, Mathan brainstormed what he could do to help families bring their children home faster. He thought if he could have a lemonade stand, he could raise money and help sick children so they could come home to be with their families, and then they wouldn't have to miss a family member as much as he and his brother do. On a hot and sunny August 5, our family could host a lemonade stand.

Both boys made signs and decorated them. Mom had to make the lemonade and her best cookies. Mehul would have to help wave down the traffic and Mathan was in charge of greeting the customer, serving the lemonade and explaining the cause. Dad was in charge of collecting the money and helping with change. It was a family effort. It was really surprising to see the generosity of the community as drivers stopped to have a glass of fresh lemonade and a cookie, and to contribute to the boys cause. Some people just stopped to support the boys and show their appreciation for what they were trying to accomplish. Both mom and dad were proud to see their hard work and generous spirit as they gave all the money to the hospital.

Our family is thankful to all those who stopped that day. It brightened the day of two little spirits who just wanted to do something good for the hospital and to give something back in the name of their sister.



Mathan and Mehul present their cheque to the Stollery Children's Hospital Foundation.

Sydney, Elle, Dolce and Ava (Grade 1) Bake for Juvenile Diabetes Research Foundation

By Jenn Gilliard

Terwillegar Towne Contributor

The beautiful weather this summer started as early as May. I remember because May 13 was Mother's Day, May 20 was a very special fundraiser and May 27 was the Luau party in the backyard!

The special fundraiser took place right here in Terwillegar Towne. Four Grade 1 students held a bake sale to raise money and awareness for Juvenile Diabetes Research Foundation (JDRF). Four energetic and excited girls, Sydney, Elle, Dolce and Ava, worked very hard, along with their families, preparing for the big day. Everyone had fun planning the event. We created different committees such as marketing and publicity, home-made baking, the raffle, and other treats. Those who were baking made cookies, muffins, brownies and more.

On the day of our event, you will never guess what happened. The weather was so hot that a lot of the baked goods were actually melting! Our customers were saying, "Oh maybe I should take these home and put them in the freezer for dessert later."

Those on the marketing team worked non-stop before our fundraiser. Those involved created posters and put up flyers in the local area; they gave notice to their relatives and neighbors, and of course, the girls told all classmates and friends at school.

The other fun activities included face painting, hot dogs, drinks and the selling of raffle tickets with the special prizes of a jar of sweets, a note pad, coloring books and markers.

We want to send a big thank you to all who came by — those in the area came on bikes or walked while others made it their destination by driving. The girls were very proud of themselves and felt so proud since their teachers and friends came to the sale to support the cause and buy something. The fundraising event was a huge success and raised over \$800 for JDRF. As parents, we are also very proud and supportive of the children and their philanthropic work. The funds raised at the bake sale were directly donated to the JDRF walk which took place June 3 in Calmar. Friends and family walked the entire five kilometer route.

These special girls enjoy helping out in the community and giving back to others. The first event was in 2011 and raised \$400 for the Stollery Hospital. With the success this year, stay tuned for the next exciting fundraiser next spring!



Having fun while raising money for the Juvenile Diabetes Research Foundation with a bake sale, raffle, face painting and more.

Sydney (age 11) Dance for Breast Cancer Research

Sometimes great ideas are sparked by a bout of insomnia. In August 2011, eleven-year-old Sydney Jinjoe dreamed up a jump-a-thon while trying to fall asleep. By the following day, the young dance enthusiast and her mom, Rachel, had transformed that idea into a dance-a-thon, an event that ended up raising more than \$10,000.

Sydney's dance-a-thon was held on October 15, 2011, and saw about 55 participants — many of them Sydney's friends and fellow dancers but some older people as well — dancing for as long as they could in studio space donated by Riverbend Dance Academy. Sydney's goal was to raise \$5,000, and she was pleasantly surprised as the money kept pouring in. "We had a giant piece of poster board, and we were colouring in the thermometer to show how much was donated; and we had to actually add paper to it," says Sydney. "I was surprised at first but there were a lot of generous people who worked really hard, so in the end it didn't surprise me."

Sydney doesn't know how many hours she and Rachel spent organizing the event but says there wasn't a day that they didn't do something related to the dance-a-thon. That included talking to local businesses, getting them to donate snacks, music, prizes and gifts. Some stores also collected donations.

It's not common for young people to devote so much energy and time to fundraising for breast cancer, but Sydney knows a lot about the impacts of the disease. Her great-aunt, Diane Hoeppner, had breast cancer and eventually passed away as a result. "She had cancer three times and I watched her suffer through it," says Sydney. "But she was always happy the entire time. You would never know she was sick." It was Diane who got Sydney interested in the cause when Sydney was just six.

At six, Sydney started her charity work by finding an organization to which she donated ten inches of her long blonde hair so that softer wigs could be made. Over the years she did bottle drives, raffles and lemonade stands to raise money, and continued to grow out and donate her hair.

Sydney attributes the enormous success of the dance-a-thon to the dedication of the people who participated, donated and pledged. Dancers collected lump-sum, by-the-hour, or by-the-minute pledges, and a "ginormous" bottle placed at the front door of the dance studio was filled with spontaneous donations from friends and family who came to watch, eat and even do a little dancing.

As for getting other kids motivated to take part, the fun factor certainly played a role in getting them interested, as did a ticket to a Selena Gomez concert for the top fundraiser. But Sydney believes that the stories of people who have been touched by breast cancer inspired much of the enthusiasm she saw in her friends.



Sydney is planning her second annual Breast Cancer Dance-A-Thon at Riverbend Dance Academy on October 13.

Sydney at her 2011 dance-a-thon to raise money for Breast Cancer Research.

We'd love to hear about your events
and accomplishments!

editor@terwillegar.org

Keep Our Kids Safe - Drive with Care!

By Enza Fata
Neighbourhood Watch, Terwillegar Community League

It's back to school time, and that means our roads (and lives) will be busier again! Get prepared for school buses, more children walking on the road, and parents picking up and dropping off in school zones. Drivers need to be cautious and take extra care on the road.

According to Young Drivers of Canada, more children acquire pedestrian-related injuries in the months of September and October.

As drivers, we can affect pedestrian safety and reduce child pedestrian injury by how we act and react behind the wheel.

Here are 5 Tips for drivers to help navigate this busy back to school time on the road and to help keep our kids safe:

1. Reduce Speed: Be aware of school zone signage and slow down.
2. Check Your Patience: Wait for children to complete their crossing before proceeding.
3. Stop for School Buses: Stop at least 20 metres behind a school bus when the upper red lights begin to flash, and wait until flashing stops. Motorists traveling in both directions must stop for a school bus except if the road is divided by a median.
4. Do the Drop-off Zones: Ensure your children are dropped off in a safe area away from traffic or at designated school drop-off zones.
5. Scan for Children: Use the ground viewing technique to scan under parked cars for the feet of children approaching traffic. Children are difficult to see between parked vehicles and this technique will help drivers anticipate and slow down or safely stop for a child that may dart out into traffic.

EcoRedistribution Network

The Eco Redistribution Network is a cooperative initiative that reclaims unwanted items and materials and redirects them towards areas of need or disposes of them in a manner that assures cyclical consumption, and avoids landfilling.

We charge a small fee for pick-ups and drop-offs, and we use that to cover our expenses.

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www.EcoRedistribution.org

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3. To fill areas of need by giving away usable items

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Neighbourhood Watch Member Application

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

Application Date: _____ Community: _____
(Year/Month/Day)

Address: _____ Postal Code: _____

Residence phone number: _____

Applicant #1 : Male ☐ Female ☐ Applicant #2 : Male ☐ Female ☐

Name: _____ Name: _____
(Surname/First/Middle) (Surname/First/Middle)

Age: 18-25 26-35 36-45 Age: 18-25 26-35 36-45
46-55 56-65 66-75 46-55 56-65 66-75
75+ 75+

Year of birth (optional): _____ Year of birth (optional): _____

Alternate contact number: _____ Alternate contact number: _____

Email: _____ Email: _____

☐ I agree to allow my personal information collected on this form to be shared within the Edmonton Neighbourhood Watch Program Society.

☐ I agree to allow my personal information collected on this form to be shared with partner organizations of the Edmonton Neighbourhood Watch Program Society.

Membership with the Edmonton Neighbourhood Watch Program Society may be withheld if the applicant does not live in the City of Edmonton or is under 18 years of age. The personal information on this form will be collected, used, and disclosed as authorized by the Freedom of Information and Protection of Privacy (FOIPP) Act and shall not be used for any other purpose without the written consent of the applicant.

Signature: _____ Signature: _____
(Applicant #1) (Applicant #2)

Office Use Only

Date received: _____

Date entered: _____

Please mail your completed application to:
Edmonton Neighbourhood Watch
#101, 9644-54 Ave NW Edmonton, AB T6E 5V1
Phone (780) 433-7458 Fax: (780) 822-7152
E-mail: admin@enwatch.ca

What IS Neighbourhood Watch?

It's a program aimed at reducing crime in the community. Becoming a member is fun and easy! All you have to do is:

- Be a little social.
- Get to know your neighbours and introduce them to the Neighbourhood Watch Program.
- Encourage residents to watch out for each other to reduce crime in your community.
- Use your eyes and ears to become active citizens for the police. Report no matter what!
- Receive ENW materials and support on how to report suspicious activity in your neighbourhood.
- Receive the many safety tips to reduce opportunity for crime to occur.

It's people helping people to prevent crime!
The emergency number for reporting a crime in progress is 9-1-1.
The phone number for non-emergency complaint calls is 780-423-4567.



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Self Defence - A Woman's Right to Empowerment

By Gerjeet Greekas
Edmonton Gracie Jiu-Jitsu

Our city continues to experience ongoing population growth. The census numbers are out and our official population now sits at 817,498. The city reported Edmonton's annual growth has averaged 12,000 since the last municipal census in 2009.

While it makes our city more diverse and interesting, the reality of urban growth also has implications on things such as public safety, community safety and our sense of community. The recent increase in violent attacks on females in the Old Strathcona and Whyte Avenue areas of Edmonton are indicative of the fact that violent crimes can occur in all corners of the Capital Region.

According to Edmonton Police Service statistics, there were 700 reported sexual assaults in 2011, with a 14% spike in those numbers over the past two years. "In light of the recent spate of assaults against women in [south] Edmonton, according to Statistics Canada, 85% of all sexual assaults are perpetrated by someone the survivor knows," said Jeff Greekas, Owner/Head Instructor, Edmonton Gracie Jiu-Jitsu. "What continues to be alarming is it is estimated that only approximately six% of assaults are reported to the police.

It is vitally important for women to equip themselves with the skills and techniques to protect themselves and ward off an attacker effectively. With our newly launched Women Empowered program, we are able to provide women of all ages those necessary tools."

Edmonton Gracie Jiu-Jitsu's Women Empowered program trains women in proven self-defense techniques for effectively combating assaults, specifically those of a sexual nature. It is a comprehensive program that equips students with the verbal, physical and psychological defense strategies to neutralize an attack. The program was created using information from law enforcement officials and sexual assault survivors.

"There are two types of sexual predators — strangers and non-strangers — and while both types of predators have a common objective, they apply different strategies," said Greekas. Greekas further added, "In our program, we discuss the four-phase strategy most commonly used by strangers and non-strangers and teach defensive tactics applicable in each phase of their assault."

The Women Empowered program supports individuals of varying experience and fitness levels in overcoming an attacker, especially those who

may be physically larger and stronger.

The *Triangle of Victimization* is a specific theory that Gracie Jiu-Jitsu teaches as part of their program. The triangle outlines the three components of a sexual assault: a predator, a target and an opportunity; and the only influence one has in the triangle is making oneself less of a target and minimizing opportunities.

Edmonton Gracie Jiu-Jitsu hosted an inaugural free women's self defense seminar in June 2012 and received an overwhelming turnout for the event. Further sessions will be scheduled on a monthly basis; all females ages twelve and older are welcome. "We strongly believe in a female's right to protect themselves and be aware of their personal safety," noted Greekas.

During his 18 years of practicing martial arts, Greekas has been able to study with various martial arts disciplines, and is pleased to be able to provide children and parents here in Edmonton with the tools and techniques necessary to address personal safety effectively.

For more information about Edmonton Gracie Jiu-Jitsu, visit www.edmontongraciejiujitsu.com.

Edmonton Gracie Jiu-Jitsu academy offers proven self-defense strategies through Women Empowered program.



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New Footbridge Provides Key Link to Trails



By Councillor Bryan Anderson
Ward 9

Edmonton's river valley is one of our city's finest treasures. For more than 75 years, municipal, regional and provincial authorities have worked together to protect our river valley from urban development and build an unparalleled park system.

The River Valley Alliance, along with the seven municipalities holding lands in the Capital Region North Saskatchewan River Valley share a common goal to protect, preserve and enhance the river valley park system for year-round accessibility and enjoyment of its citizens and visitors. The Fort Edmonton Footbridge, the city's first suspension bridge, is one of these projects.

To further inspire sustainable growth in the river valley, the City of Edmonton has focused on building structures that create a signature design statement, have the least environmental impact and are built to last.

The total project cost of \$29,282,000 includes the overall planning, design, engineering, permits, public consultation and construction of the footbridge, 2.5 kilometres of access trails and stairs, and a secondary bridge crossing at Wolf Willow Ravine.

The footbridge, which is 250 meters long and five meters wide, will help enhance Edmonton's



Cyclist, walkers, runners and sightseers of all ages enjoy the new Fort Edmonton Footbridge
Photo by Dr. Rob Agostinis

extensive trail system by creating a key link between the north and south sides of the river. Trail connections will improve access to the footbridge and connect future trails leading south to the city limits and south through the Capital Region.

The Edmonton River Valley provides a variety of recreational activities and a scenic and peaceful getaway for those who visit, live and work in our city. Growth in southwest and west end communities is expected to increase to 143,000

residents in the next 10 years. This growth contributes to an increasing need for access to recreational services and facilities in the river valley park system for everyone to enjoy.

For more information, please visit: www.edmonton.ca/attractions_recreation/parks_rivervalley/fort-edmonton-footbridge-project.aspx

If you have any comments or questions, you can reach me at Bryan.Anderson@edmonton.ca or at 780-496-8130.

Edmonton-Whitemud MLA Wants You to Speak Up



Message from Honourable
Dave Hancock
MLA Edmonton Whitemud

Listening is of paramount importance to the job of an MLA. Former U.S. President Calvin Coolidge used to say, "No man ever listened himself out of a job" (sic) and I agree! Your government is committed to bringing a new culture of conversation, consultation and engagement with Albertans. An ongoing, two-way dialogue, what I would call a genuine conversation, is happening throughout Alberta. Two of the conversations affect our priority to invest in families and communities, and I need you to be involved in this dialogue.

As Minister of Human Services, one of my top priorities has been the development of Alberta's

social policy framework. We are engaging in an unprecedented public discussion of what our social policies should look like and what their outcomes should be. This recognizes that challenges such as homelessness, poverty, early childhood development and care for the elderly are all societal issues that require a fulsome societal response. Government alone cannot, and should not, be the main driver of a discussion of social policies. Instead, government is facilitating that discussion in communities across the province. Please join the discussion at www.socialpolicy.alberta.ca.

Primary health care in Alberta is another one of our conversation focuses. Primary care is the front door to our health system. It needs to open to a whole health care team to give Albertans access to the care they need from the most appropriate professional. This team can include doctors, pharmacists, dieticians, nurses, mental health professionals, physiotherapists and other

health professionals. Some communities already have access to health care teams through primary care networks and family care clinics. We want to expand these teams across Alberta. I know that each community has unique needs and there is no one-size-fits-all solution. With that in mind, I want to hear your thoughts on what our needs in Edmonton-Whitemud are and how they might be best addressed. Please forward your thoughts to Edmonton.whitemud@assembly.ab.ca and watch for conversation opportunities in Edmonton-Whitemud this fall.

These conversations are just the start of the new way our government is doing business. We want to hear what Albertans are thinking — not just on the topics I've mentioned, but everything that is important to you. My pledge to you is that we will *stay* in the conversation. We'll hear what you have to say, and we will never forget that we're here to serve Albertans. For more information, visit Alberta.ca.

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Make Your Community Happen with TRAC



By Dr. Rob Agostinis
Past President – TRAC

Hope everyone had a great summer! This certainly was a record year for rain and bizarre weather.

TRAC, since the last regular meeting in June, has been on holidays too. However, some committees and general planning continued throughout the summer months. Here are some highlights:

The TRAC Community Office and Membership Planning Committee met several times and will be presenting a report to the TRAC executive. Their suggestions will look at how to apply TRAC membership and eventually provide a resource person for the TRAC community office, which will benefit all members of community leagues in the Terwillegar/Riverbend/Windermere area. Stay tuned for more info in the Fall Terwillegar Tribune.

The Southwest Edmonton Farmers' Market (SWEFM) continues to draw large crowds, except for the occasional times when we had erratic thunderstorms. SWEFM and TRAC jointly applied for a CIP (Community Initiatives Program) grant and all signs are positive in getting the grant.

Brander Gardens Rocks (BGR), a program under TRAC, hosted the BGR Family Fun Day and Come Meet your Neighbours Carnival on

June 23. It was a great event, attended by over 500 people from the Brander Gardens area. See more of the BGR update on page 18.

The first Annual Edmonton Youth Talent Show (EYTS) held back in late April was a success. Some of the organizers of the EYTS Planning Committee met and decided to keep the show format relatively the same with some minor refinements. It was decided that the second annual event will occur on Saturday, April 27, 2013. So singers and performers (18 and under) mark your calendars. Registration will start in Jan/Feb 2013.

Vines Wine Merchants is partnering with TRAC and will be selling a TRAC labeled wine (The Bleasdale Vineyard in Australia is allowing TRAC to put their label on their wine and to sell it and raise funds for TRAC and the community.) Stay tuned for the launch event in the fall!

TRAC is moving forward with the idea to build an auditorium and another flexihall (Flexitorium) for the area. The Design and Development Committee chaired by Tim Cartmell, has met and will be planning more stakeholder meetings before presenting a plan to the City of Edmonton.

The TRAC 10K 2012 was a success due to all the volunteers from various community leagues and schools in the Terwillegar/Riverbend/Windermere area. TRAC will be presenting the community leagues with monies for their



TRAC 10K Organizing Committee presents a cheque to Lillian Osborne High School for their Community Volunteer Program.

volunteerism at the next regular TRAC meeting on September 26. TRAC was also proud to present the Lillian Osborne High School Community Volunteer Program with \$500 for their awesome community volunteers.

Next meeting date:

Wed, Sept. 26, 2012, 7 p.m. at the Lillian Osborne High School Library

Everyone Welcome!

TRAC Volunteers

TRAC has become an established entity and advocacy group in our area. There are a multitude of opportunities to get involved with our new initiatives.

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www.tracspirit.ca

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Programs Provided for All at the Library this Fall

There are always lots of programs for all ages available at the Riverbend Library, and this fall is no exception! For a full list of programs, see our website at www.epl.ca. Here are a few examples of what you can expect:

Toastmasters for Teens

Are you terrified at the thought of speaking in public or speaking in a group? Would you like to improve your presentation skills and develop leadership skills?

Join Toastmasters International at the Riverbend Library this fall to help improve your speaking, listening and thinking skills in an atmosphere of fun and friendship.

Communicate with Confidence for Teens
Sundays, Sept. 23 - Nov. 25, 2:00-3:30 p.m.
(excluding Oct. 7 and Nov. 11)
To register, email NAYLproject@gmail.com.

Unpack and Play

City West Childcare & Community Support Society's free Unpack and Play program is being

offered at the Riverbend Library this fall. Unpack and Play is a program where parents come to discuss parenting in a casual setting while you and your little ones aged five and under explore interactive and educational play. Parents will discuss a different topic each week and will be provided with resources by the program facilitator.

Wednesdays, Oct. 3 - Dec. 1, 10:00 a.m.-12:00 p.m.

For more information and to register for this program, please contact Jennifer Gibbard at jennifer.citywest@telus.net.

Genealogy

Discovering your roots? Visit the Riverbend Library this fall to help you uncover your ancestry.

Finding the Ancestry Trail: Immigration and Migration: Drop in Tuesday, Oct. 30, 7:00 p.m.

Learn as professional genealogist Lyn Meehan shows you how to tap into foreign databases; as

well as consult maps, and interlibrary loan print and microfilm material. A short bibliography of suggested reading material and ideas to

further your research will be discussed.

Beyond the Service File: Drop in Tuesday, Nov. 6, 7:00 p.m.

Finding your ancestor's military service file is only the first step to discovering an array of resources. Learn as professional genealogist Lyn Meehan shares her experiences identifying and locating documents and artifacts beyond the service file to broaden the story of two servicemen — a feisty, elusive Polish-Canadian World War I soldier and an American World War II sailor — who perished in one of the Pacific theatre's most infamous events.

Cobblestone Genealogist: Venturing Off the Paper Trail: Drop in Tuesday, Nov. 13, 7:00 p.m.

Finding your ancestors in census and vital records lays the cornerstones for building your family history. But what if the trail stops there? Learn as professional genealogist Lyn Meehan traces the Craven family of Daisy Hill, demonstrating that the process of discovery may not always be linear and found on paper or online. In this workshop, we will step off the paper trail and onto the street, looking for signposts we won't find in books or files.

See you at the library!



Enjoying quiet reading time at the Riverbend Library.

Terwillegar Gardens Home Owners Association Update

By Sajida Pellegrini
Property Manager, Terwillegar
Gardens Home Owners Association



Terwillegar Gardens Homeowners Association (TGHA) is dedicated to the maintenance of our community. Rest assured, your annual dues are hard at work within Terwillegar Gardens.

The grass will be mowed and trimmed weekly around the perimeter of the park and public areas. Garbage and litter are collected three times per week. The shrubs have been pruned — some will be replaced — and mulch has been freshened in areas that have not been mulched in the past two years. The stream and fountains have been serviced and are running. Flowers are planted along entrance ways and high traffic areas. Damaged trees were assessed and several were replaced. Benches throughout the parks have been refurbished and a new bench is being installed near the pond.

These services are all above and beyond what is already being provided by the City of Edmonton. Below is a list of projects we completed in 2011/2012.

- New flower garden areas along path by gazebo area.
- 60 shrubs were replaced by TGHA.
- River rock was installed by the raised planters in the park where the mulch was being washed away with spring melt.
- Benches were turned so that they face the pond.
- Six additional fences were painted.
- Metal fence along dry pond and Rabbit Hill Road was repaired.
- Supported the school playground project (TSNAP) by contributing a shelter for the new playground.
- Addressed complaints regarding fence maintenance or architectural guidelines set out by Melcor and will continue to follow.
- Continue to work with the City of Edmonton, Forestry and Parks departments to replace damaged trees.
- 30 new fruit trees were planted in the orchard and other park areas this past June.
- New bench will be added at pond site as of August 2012.
- New Property Manager was hired.

We love our community and are often told how beautiful it is and how well it's maintained. For your convenience, Terwillegar Gardens Home Owner Association dues can now be paid online via Pay Pal. Visit www.tgha.ca for further details.

We welcome and value your input! If you have suggestions or comments, please send them to propertymanager@tgha.ca and watch for our new Facebook page launching soon!

Enjoy the rest of the summer, and we hope to see you at our upcoming Annual General Meeting (AGM) in October!

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TRSA Outdoor Soccer Season Wraps Up

By Jane Calvert,
President, TRSA

Summer is winding down and with it the end of another successful outdoor soccer season for the Terwillegar Riverbend Soccer Association (TRSA). While the season may be winding down, TRSA continues to grow as our community expands to the south. Our numbers seem to increase each year.

As part of our season wrap up, TRSA hosts a tournament each June. Combined with the year-end party for the TRSA Toddler (U4) Soccer program, it makes for a great time for players and parents alike. This year’s event took place on the weekend of June 22-24. Officially known as the Active Start Soccer Fests, the tournament receives corporate sponsorship. Games took place throughout Riverbend/Terwillegar, and the Brookview Community League Building once again served as Tournament Headquarters, where the free entertainment was located. There were not one, but two inflatables, a face painter, balloon artist, a genuine old fashioned popcorn machine and a cotton candy machine which was a real hit. Many local businesses donated items for draws.

In the course of the three-day tournament, 117 games were played. Only one game was canceled due to lightning; otherwise the weather co-operated and the children appeared to have a great experience, including the many shootouts that occurred on Sunday.

The tournament has traditionally been an in-



The tournament begins!

house one, geared for TRSA teams in the U8 and U10 teams, but in recent years we have been trying some changes. For the first time last summer, we opened the tournament up to non-TRSA teams. This summer we welcomed 49 non-TRSA teams from around Alberta, including Fort McMurray. We had an out-of-province team participate for the first time this season, the Yellowknife Sun Dogs. Combined with 20 TRSA U10 teams, TRSA played host to a total of 69 teams. This is the only competitive tournament devoted exclusively to the U10 age group.

For another change, our U8 teams participated in the inaugural Southwest Edmonton Minor Soccer Association (SWEMSA) U8 Tournament which was held the same weekend. Before the SWEMSA U8 Tournament, all TRSA U8 teams also participated in the TRSA Tournament along with the U10s. Our U8 teams brought back excellent reports from the SWEMSA

tournament. Thanks to all the volunteers whose work made the tournament possible. Key amongst them are: Barb Moroz, Paul Gantar, Cody Emslie, Al Jaworsky, Jeff Sermet, Larry Hrycak, Rob Roy, Beth Wilkey, Jessica Bender, Charlane Gorsak and John Sommerville.

Indoor Soccer Registration:

Summer may be winding down, but the indoor season is just getting started. Registration for indoor soccer is organized and run by SWEMSA. To register for indoor soccer, go to www.swemsa.com/Indoor.html. Online registration is available now. Once you have registered online, you must proceed to one of the in-person registration locations to pay your fees. You can purchase your annual community league membership at the same time. Times are:

Saturday, Sept. 8

Terwillegar Recreation Center
3728 – 106 Street NW 2051 Leger Road
10:00 a.m.-2:00 p.m.

Wednesday, Sept. 12

Terwillegar Recreation Center
2051 Leger Road
6:00-9:00 p.m.

Fall Cup: Indoor soccer starts in mid-October. If you can’t wait until then, the Edmonton Minor Soccer Association (EMSA) is holding a Fall Cup. The season starts August 27 and runs until September 28. The league is for U10-18 teams. For more information, check out the EMSA website at www.edmontonsoccer.com/fallcup.



U14 Girls Tier 4 – 2012 Provincial Gold Medal Champions
Terwillegar Riverbend Soccer Association – Team Fleming



U16 Girls Tier 4 – 2012 City and Provincial Gold Medal Champions
Terwillegar Riverbend Soccer Association TITANS – Team Hrycak

Soccer by the Numbers

By Claire Schneider
South Terwillegar Contributor

- 2176 Number of players in all age groups this past season.
 - 126 Number of teams in the Mini Soccer Program U4 to U10.
 - 30 Number of teams in Senior Soccer U12 to U18 .
 - 1000 + Number of volunteers helping in various capacities including board members, coaches, BBQ volunteers, age group coordinators, equipment volunteers, etc.
 - 300 Minimum number of volunteers required to make soccer season a success.
 - 3 Average number of fans per player (this is especially true of the mini soccer age groups!) including grandparents, siblings and pets!
- As highlighted in the June issue of the Terwillegar Tribune, there was a parent in the program with family in the town of Lo Di Marcos, Mexico (about 45 minutes north of Puerto Vallarta) who arranged to take many TRSA jerseys down last winter and sent back some wonderful pictures of the children there dressed in the jerseys. You can still donate jerseys from other seasons! TRSA will collect them and give them to the Bergerons to take to Mexico in the fall. If you are interested in donating your child’s old clothing or gear, please contact TRSA President Jane Calvert at president@trsa.ca.

TRSA Honour Roll - 2012

Submitted by Rob Agostinis

Congratulations to all the TRSA teams!

EMSA 2012 Outdoor City Finals:

- U10G Tier 4: TRSA Riverbend (Hansen) took the *silver medal*.
- U12G Tier 4: TRSA Riverbend (Johns) took the *bronze medal*.
- U12G Tier 5: TRSA Terwillegar (Kobi) took the *silver medal*.
- U14G Tier 4: TRSA (Fleming) took the *bronze medal*.
- U16G Tier 4: TRSA (Hrycak) took the *gold medal*.
- U10B Tier 4: TRSA Terwillegar (Eguren) took the *bronze medal*.
- U12B Tier 4: TRSA Terwillegar (Eguren) took the *bronze medal*.
- U14B Tier 5: TRSA (Eathorne) took the *silver medal*.
- U18B Tier 7: TRSA (Harris) took the *gold medal*.

Inter-City Outdoor 2012 Finals:

- U12G Group A: TRSA Terwillegar (Kobi) took the *copper medal*.
- U14B Group B: TRSA (Eathorne) took the *bronze medal*.

Outdoor 2012 Provincials:

- U14G Tier 4: TRSA Fleming took the *gold medal*.
- U16G Tier 4: TRSA Hrycak took the *gold medal*.

ART IN OUR PARK

SEPTEMBER 15, 2012
JAMES RAMSEY PARK
2-6 PM

BOOGIE PATROL
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DANIELLE LOWE

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ATB FINANCIAL MAIN STAGE:
Danielle Lowe, Scenic Route to Alaska & Boogie Patrol

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ATB FINANCIAL MAIN STAGE

2:00 - 3:30 pm

Performances by Asim Chin, Leah Magnan

3:30 - 4:00 pm

Danielle Lowe

4:00 - 4:30 pm

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5:00 - 6:00 pm

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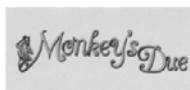
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Masks and Fans for a Masquerade
Build a Birdhouse
Urban Artscape
Interactive Canvas
Razzle Dazzle Tattoos - Monkey's Due
Spin Art - 4Cats Arts Studio Riverbend
Step Up Stilts Workshop
Paint-o-Rama Kids Canvas
Hip Hop Dance Workshop
Interactive Lego - Bricks 4 Kidz
Face Painting
Kip the Court Jester
Stilt Walkers

SKY WATCH

Ramsay Crescent & Whitemud
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Special **THANKS** to our partners
and sponsors for making our community
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Greetings from our Neighbouring Communities

The Ridge Community Update

Contributed by The Ridge Community League

“Your Vision, Your Neighbourhood” is an initiative started by The Ridge Community League in response to planned City of Edmonton development in local parks and green spaces located in Haddow and Henderson Parks.

Background: In 2006, the City of Edmonton initiated a program called the First Place Home Ownership Program which allows first time homebuyers to purchase townhomes on school sites deemed surplus. In 2009, further sites were allocated for development throughout the city.

Currently, two sites are slated for townhomes in the next five years, one in Henderson Park and one in Haddow Park.

Focus: To seek information about development in our neighbourhoods, including all the potential benefits and impacts to the space in the parks and to the community as a whole.

To create awareness about development and inform neighbours through a means of public meetings, local events and media (ie. websites, facebook, newspapers).

To engage all community members and local groups to create a community vision for development in our parks and neighbourhoods.

To collaborate with the City of Edmonton, School Boards and all stakeholders to create a vision that connects with our parks and communities.

We need your help! We need your input! To learn more and get involved, go to our website, www.theridgeonline.ca and be a part of the planning.

Join our Community Walk on Saturday, September 8. Start at Henderson Park at 11:00 a.m. and walk, bike or run with your neighbours to Haddow Park for a barbeque, Jumpy House and conversation about our neighbourhood and parks. See you there!

Oak Hills Community Update

By Juli Wenger, B.Sc., P.HEc.

Oak Hills Community League Communications Director/Membership Director

It has been a busy start to our new year as a Community League Board. Our third Annual General Meeting was held Monday, April 30 with good attendance. At the meeting we saw some big changes: Warren Sheydwasser, our founding President, did not seek re-election this year, and Dr. Rob Agostinis gave up the Communications portfolio. We are happy to still have them both on in different capacities (Past-President and Terwillegar Riverbend Area Council (TRAC) Rep respectively) to make the transition of new members into the board much smoother. We are excited to have many existing board members return: Tariq Chaudary (President), Emily Ball (Civic), Mike Boychuk (Programs/TRAC) and Sandra Boyed (Secretary). We also welcome many new members: Nawaz Panhwer (Vice President), Joanna Chen (Treasurer), Juli Wenger (Communications/Membership), Syed Anwar (Neighbourhood Watch), and Bill Bromling (Seniors).

This summer's green shack program in Leger was a great success! The league was happy to sponsor the program this year and would like to hear your thoughts on it for next summer. We also continue to sponsor the weekly free swim program for our members at the Terwillegar Community Recreation Center. We had great turn-out over the summer and look forward to offering this event to our members on a permanent basis. For those who participated in the TRAC 10K, thank you! It was a resounding success, raising money for our community league and TRAC programming.

Remember, your membership to the Oak Hills Community League (OHCL) expires at the end of August. OHCL will be hosting membership drives throughout September. See our website for details (www.oakhillsonline.ca) or visit our new Facebook page. Make sure to check out our new logo when you're there!

Brander Gardens R.O.C.Ks Out this Summer

By Vanessa Desa

Thanks to the very generous contributions and tireless efforts of many community organizations and individuals, it has been an amazing spring and summer for the kids and families of Brander Gardens (BG) ROCKS!

It began in May with 10 kids from the community being trained as soccer referees, thanks to the very generous sponsorship of the Terwillegar Riverbend Soccer Association. Then, thanks to members of TRAC, 13 kids also participated as walkers and runners in the TRAC 3/5/10K Race and another eight members of BG ROCKS turned out to volunteer.

In June, with support from the Edmonton Community Foundation and the City of Edmonton, youth from BG ROCKS, under the incredible mentorship of Sheryl Bowhay of Riverbend Community League, planned and organized a Family Fun Day and Meet Your Neighbours Carnival. The event attracted over 400 participants and featured a Brander Gardens Around the World Amazing Race Team Challenge.

The race showcased African Drumming, a Chinese Lion Dance, a flamenco performance and a Bhangra dance-a-long. Teams competed against each other in a soccer shoot-out, a sari wrap contest and a “chopsticks and twizzlers” relay. Judges — Edmonton Public School Trustee Catherine Ripley and Africa Centre Executive Director Tesfaye Ayalew — had to work very hard to keep track of all the individual event scores and bonus points to come up with the eventual winners. Other activities included a Bouncy Castle, a giant snakes and ladders game, carnival games, face painting, hair braiding and a resource fair. Refreshments for the event were very generously donated by local businesses.

July saw the start of our summer Green Shack and a pilot indoor program, made possible through the very generous allocation of space in Riverbend Junior High. Forty-five school-aged kids experimented with Khan Academy's online math program while winning points, badges and bragging rights for their stick-to-it-ivity. They also battled each other in soccer, basketball and table tennis, and worked on art masterpieces under the volunteer guidance of community artists Erica Namsechi and Misook Song. Alongside the kids were a group of 29 parents and tots participating in BG ROCKS first ever Parents and Tots Program.

August was field trip month for kids and families with trips to the Valley Zoo, Ft Edmonton Park, the Muttart Conservatory, Millcreek Pool and the Jackie Parker Spray Park.

BG ROCKS is a growing collaboration of kids, neighbours, community organizations and institutional partners committed to building on community capacities, and with a resilience to create a neighbourhood where diversity is celebrated and all kids and families flourish.



Amazing race winners pose with their trophies.

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Your Neighbourhood Church

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Backpacks & Blessings

Support local youth and the Youth Empowerment & Support Services with the donation of a Backpack and teen school supplies!

On Sept. 9th 10am there will be a special blessing for Students as they begin another school year and for all the donated supplies. All are welcome.

Sunday Worship

10am Family Friendly Worship
11:30am in Cantonese

Messy Wednesdays

1st Wed Monthly 4:30 - 6:30pm

Join in fellowship over a delicious and casual supper, with crafts and activities for everyone. All ages are welcome!

Terwillegar Playgroup

Thursdays 9 - 11:30am

A drop-in playgroup for ages 0-5 and their caregivers just \$2 per child. Crafts and activities for little ones, and coffee for the rest!

Blessings and Backpacks

By Rev. Nick Trussell
Holy Trinity Church

Back to School means back to good friendships and the beginning of new ones. It means a fresh start at another year, and back to sports and activities. However, back to school can also be as stressful as it is exciting. It means back to classes, homework filled evenings and social cliques. For every student, going back to school means change, challenge and adjustment of some degree.

Blessings and Backpacks is an opportunity for us to help make back to school a blessing for every student by supporting the work of the Youth Empowerment and Support Services (YESS). Holy Trinity Riverbend is accepting donations of backpacks, lunch bags and teen school supplies for YESS at the church from now until Sunday September 9. That Sunday, every student (and their backpack!) are invited to Holy Trinity for a special blessing as they begin a new year, and the donations will be presented to YESS.

Fay Vaughan-Johnston of YESS says “As one of Edmonton’s most prominent resources for youth facing difficult realities, YESS recently celebrated our 30th anniversary and has launched a new era with a new name, new identity, and renewed passion. Our new name, Youth Empowerment and Support Services, reflects the diverse work we do much more accurately. We offer an emergency shelter, but it’s one service of many. Between our three residential programs, an Outreach program and our Armoury day program, YESS provides:

- over 33,000 meals annually;
- access to showers, clothing and hygiene products;
- resources for birth control, educational support and interview skills;
- prevention and intervention services such as counselling, family mediation and referrals to community resources, among much more.

We are open 365 days a year, and most importantly for our clients, provide many with a sense of home. Our clients come to us from every walk of life and for many reasons. Every day, our dedicated staff and volunteers combat abuse, abandonment, drugs and alcohol, poverty and neglect alongside the youth who confront these difficult issues. Adolescence is hard enough, but the youth that come to us are managing very adult realities that no minor should face alone.

YESS gives them options, gives them support and gives them the chance for a future. Among our many successes, we have seen a large number of our kids get jobs, reconcile with families, overcome addiction and return to school. The ultimate goal is to see our clients become self-supporting, confident and engaged members of our city. We are proud of the courageous kids who come to us seeking more productive and fulfilling lives, and we’re prouder still to hear of what they achieve as they move forward.”

Help Holy Trinity Riverbend (htrchurch.org) support local youth and the work of YESS with their Backpacks and Blessings campaign. For more information about YESS, including how to volunteer or donate, visit www.yess.org or call 780-468-7070.

Dreams Do Come True



By Pastor Ken MacDonald
Senior Pastor, Terwillegar Community Church

Nine years ago eleven people had a dream. The dream was simple but challenging — to establish a congregation in the heart of Terwillegar Towne that would be a meaningful contributor to the community. The years have passed, and that base of eleven people has transitioned to a few hundred people, but the dream remains the same — to be a group of people who bring value and encouragement to the diverse neighbourhood at Terwillegar.

Through the generosity of the many people who are engaged with Terwillegar Community Church (TCC), the construction of our new church building is now complete. The 30,000 sq. ft. building has two levels. The second floor is specifically designed for children and youth. The Terwillegar Community Preschool will appreciate the well-designed spaces as it launches year one of its community programming. The YMCA, likewise, will commence an out of school care program as the school year gets underway. We are also pleased to announce that Kindermusik will have a new home at TCC on Monday through Friday of every week.

The main floor is designed to be Multi-purpose. It will function effectively as our “place of worship” each Sunday, followed by hot brunch. The fully equipped commercial kitchen will be an asset not only on Sundays but for community functions throughout the week.

We are gratified that after nine years in Terwillegar Towne, we now have a building which we look forward to sharing with our community. We invite our friends and neighbours to drop in and have a look at these new facilities.

Terwillegar Community Church

Worship Service @10am
Followed by Hot Brunch

We have moved to our new home:
1751 Towne Centre Blvd

Preschool
opens
Sept. 17

Out of
School Care
with YMCA



www.tcchurch.ca

Inspiration Comes from Within - Everyone Can Inspire

By Kamran Akbarzadeh,
www.InternationalAcademyOfLeadership.com

Over three years ago, my wife, Shohreh, and I attended a leadership seminar. One of the speakers was Liz Murray. She is known as Homeless to Harvard: a homeless girl from New York whose hard work and commitment guided her to achieve her dream by getting a scholarship from Harvard University.

Liz’s life story was so inspiring and powerful that it affected many in the audience, including us. Her message was simple: “Don’t delay your dreams; take action now.”

During that half-hour speech, Liz inspired us to take action to fulfill our dreams. She inspired me not to delay my dream in starting my own business. She inspired Shohreh to think of bringing Liz to Canada to share her inspiring story with the rest of the employees in her company, as well as with the homeless people in Edmonton.

Shohreh and two of her colleagues persuaded their top management to finance the event in spite of the economic crisis, and they brought Liz to Canada for the first time. Liz came to Edmonton on November 19, 2009, and shared her story and her inspiring message with over five hundred people.

You see how an inspiring person can motivate others to take action and make a difference?

Although everyone has the potential to inspire others, we can’t influence everyone. In other words, your thoughts, words, actions and behaviours may inspire me but not the person beside me.

The main reason is that we are at different levels of consciousness and each see the world from our own perspective.

We are inspired when we are ready and in the

right place at the right time with the right person for the right reason. God is the only One who can inspire everyone.

The following points are ways in which you can inspire others:

Inspiring others begins with the self. So be self-inspired, self-empowered and passionate about what you say, what you do and what you think. When you are connected with your true self and the Source, others can connect with the real you and become inspired.

Be honest, truthful, kind and humble toward others; be yourself. When you are yourself, you let others be themselves. You help them become real. When people become authentic, inspiration is more likely.

Relate yourself to people emotionally so they can feel that you are one with them. Be loving, yet detached toward people. Be compassionate. Share your stories with them so that they can tune their energy level and frequency to yours. Be vulnerable so people will feel that you are also a human being who can make mistakes, yet be determined so they will feel that they can achieve great things through hard work and perseverance.

Appreciate others from the bottom of your heart. Tell them what you would love to tell them and mean what you tell them. The best kind of appreciation is to be there for people when they need you, to give them a hand and to make them smile. Let them know that you care. Recognize and appreciate people’s kindness, care, trust, support and help in achieving your dreams and vision.

This recognition empowers their soul to recognize their true selves, break their boundaries and limiting beliefs, and soar to an inspirational

level.

Have a positive attitude in any situation. Combine your positive attitude with a sense of humor so that people can look at your face and get energized when they face difficult situations. By transmitting positive energy, you inspire people even when no words are said. Silence is the seed of inspiration, which is why effective pauses become inspiring moments in many conversations.

Have respect for everyone no matter what they look like, where they are from and what they do. See them as souls rather than physical bodies. When you do this, you become peaceful and kind toward them. You listen to them with full attention, and they will realize that you are there to serve them. They will feel relaxed, welcomed and uplifted, and will respect you and trust you fully. Full respect and trust create inspiring moments in people’s lives.

Be present. By being present, you disconnect from past and future, and become free from the trap of wasteful thoughts. You become the real you and live in the moment, leaving worry, fear, tension and guilt behind. You will enjoy every minute of life and will become able to touch others at their soul level and inspire them to be present. You can strive to become fully present through meditation, silent practice and mind control.

Note that inspiring others does not need effort. It should come naturally. There is no such thing as “I tried to inspire them.” Inspiring others does not take place as long as you make an effort. Inspiration comes from within.

Your role as an inspiring person or leader is to be an instrument for someone else to get back in-Spirit and become inspired on his or her own.



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Health & Fitness

Your Body For Life! Don't Let Knee Pain Keep You Out of the Game

By Faith Grant,
Rejuvenation Health Services

If we had a dollar for every time we've heard that knee pain has ended an amateur hockey career, we'd be wealthy indeed. But did you know that knee pain doesn't always need to be resolved by surgery? Several innovative breakthroughs in medical treatment – including laser therapy, electromagnetic pulse therapy and intramuscular stimulation are making headlines in the medical community.

Your first stop, before knee pain becomes more than just an irritation, should be a quick check-up with a medical professional who specializes in sports injuries. Sports physicians, physical therapists, kinesiologists and massage therapists can guide you to the treatment plan you need so you can be back on the ice this fall.

In the meantime, here's a quick primer on caring for your knees from our experts:

From our Physiotherapists: Check out Electromagnetic Pulse Therapy. It's a painless treatment with amazing results. Acute and even chronic pain may be drastically reduced, and in some cases may disappear completely. It works by inducing electrical changes around and within the cell, which improves blood supply, which increases oxygen pressure, which improves calcium absorption, which improves quality of bone and cartilage in joints.



And a knee with improved quality of bone and cartilage is a healthier knee indeed.

From our Personal Trainers: Abandon the couch. Regular exercise strengthens your leg muscles, giving your knees vital support. Focus on low-impact activities that build stamina, strength and flexibility, such as walking, biking, swimming or weight lifting.

From our Dietitians: Eat like a pro athlete. Choose DHA-rich foods that will stifle joint-damaging inflammation: walnuts, avocado, flaxseeds, salmon and trout. To be sure you get enough, take 900 milligrams of DHA omega-3s daily. Berries, ginger and soy could help ease knee pain, too.

From our Kinesiologist: Obesity speeds cartilage breakdown. Every extra pound puts four pounds of pressure on your knees when you walk. Dropping even 10 pounds can cut your risk of osteoarthritis in half. Go for it!

One thing you can count on is that ignoring the problem is not going to improve it. Bum knees are a bummer — for life — and knee surgery isn't that much fun. You can take action today to prevent lousy knee pain later.

Faith Grant is a licensed physiotherapist and owner of a full-service sports injury, rehab and wellness clinic called Rejuvenation Health Services located in the Terwillegar Recreation Centre.

Naturopath Profession Recognized under Health Professions Act

By Dr. Chris Bjorndal,
Naturopathic Doctor

On July 25, 2012, the Minister of Health made an historic announcement with the formation of the self-regulatory College of Naturopathic Doctors of Alberta.

A new regulation under the *Health Professions Act* establishes the College of Naturopathic Doctors of Alberta and gives that body the authority to establish requirements for entry into the profession and ongoing professional development. The regulation will also allow the college to set standards for professional practice, investigate complaints and govern use of protected titles, including those of Naturopath and Naturopathic Doctor.

“Our government recognizes that Albertans want choice when it comes to their health, especially in the areas of wellness and illness prevention,” said Health Minister Fred Horne. “More and more people are relying on the services of Naturopathic Doctors, and they can now be assured that the practitioner they visit has the competency and skills required to practice in Alberta.”

“Today, Albertans can have confidence when they reach out to a member of the College of Naturopathic Doctors of Alberta, that they have a Naturopathic Doctor who meets stringent competency and practice requirements,” said Dr. Allissa Gaul, founding president of the College of Naturopathic Doctors of Alberta. “We offer Albertans a distinct system of primary health care that is an art, a science, a philosophy and a practice of diagnosis and assessment, treatment and prevention of illness, and we applaud this government for making health and wellness a priority to benefit Albertans.”

The journey from the Naturopathic Association of Alberta (NAA), which was established in 1944, has been a long one. It was in 1998 when the Alberta Health Ministry started formal revisions to Alberta's health regulations and members of the Alberta Association of Naturopathic Practitioners began working on Section 14 in the Health Professions Act which passed in May 1999. Alberta now joins British Columbia, Saskatchewan, Manitoba and Ontario as regulated provinces of naturopathic medicine.

This marks the start of a new era for Albertans wanting trusted, regulated, professional primary care providers — Naturopathic Doctors. They can now reach out to one of the 144 members of the College of Naturopathic Doctors of Alberta with confidence.

Naturopathic Doctors are trained in the primary care use of diet and lifestyle intervention, homeopathy, nutritional supplementation, physical medicine, botanical medicine and traditional Chinese medicine. We also offer intravenous administration of ozone, chelation therapy or supplemental vitamins and minerals.

There are many studies available about the effectiveness of our treatments. Many of these studies can be found on the Naturopathic Research Institute website nprinstitute.org. In Alberta, we are continually involved in research as part of our annual competency requirements.

Our symbol is a green leaf to reflect our fundamental belief in the healing power of nature. We operate by naturopathic principles: We identify and treat causes; we first do no harm; we believe in educating our patients; we believe in treating the whole person. Our goal is to work with our patients to achieve optimum health and to prevent disease. We want to ensure every Albertan has access to a registered Naturopathic Doctor and Albertans have

a Naturopathic Doctor as part of their own committed wellness and health care regime.

We hope Albertans will encourage our MLAs to continue developing wellness policies. This Government's appointment of an Associate Minister of Wellness, the Honorable Dave Rodney, to champion the Ministry's actions to enhance wellness and to achieve improved health outcomes, directly aligns with our objectives as Naturopathic Doctors.

Members of the College of Naturopathic Doctors of Alberta believe we have a unique and valuable role to play in helping educate and motivate Albertans to take charge of their health. We already see thousands of Albertans in our practices and work closely with our patients to educate them to be proactive about their own health and wellness.

Due to the philosophical unity amongst our members and strength in the quality of our doctors, it is expected that the Naturopathic Doctors of the College will be brilliant contributors to how health care and wellness is accomplished in Alberta.

We have lots of information to share. Please visit our website cnda.net and follow us on Twitter @CollegeNDAB to find out more about Naturopathic Medicine and Naturopathic Doctors in Alberta.

Dr. Chris Bjorndal is a Naturopathic Doctor practicing in Edmonton. For more information please visit www.drchrisbjorndal.com or see her ad on page 3.

Learn more about the Naturopath profession at:

<http://cnda.net/>



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Prana Yoga Studio, Hawkstone Plaza #203, 18332 Lessard Road

New Event Mother's Share All - \$65

Mother Haven is celebrating its one year anniversary! Join us for a candid discussion about motherhood. Indulge in a decadent 3 course fondue, sip wine, and connect with other mothers while openly sharing the real story behind motherhood.
Thursday, October 4, 6:30 - 10:00pm
The Melting Pot, 117, 2920 Calgary Trail

Live Your Bliss Workshop - \$60

(register early, last session sold out)

Relax, rejuvenate and rekindle the fire within. Join us for an inspiring afternoon of yoga, followed by a sharing circle and discussion on how to live your bliss as a busy mother.
Saturday, October 20, 1 - 5pm
Prana Yoga Studio, Hawkstone Plaza #203, 18332 Lessard Road

Mother's Time Out

(register early, last session sold out)

Join us for Mother's Share All at Time Out Beauty Retreat. Indulge in a pedicure or manicure, enjoy tea and decadent treats while connecting with other mothers and candidly talking about motherhood.
Friday, November 2, 10 - 1 pm
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DONA trained birth and postpartum doula

Owner & Creator of Mother Haven

Fall is a time of gathering, going within and preparing for the long winter season ahead. After the carefree days of vacationing and visiting, it is a time of slowing down and settling into a routine.

As the summer sun fades and the days grow shorter, I find myself in reflecting mode, and I feel a need for solitude. Not unlike the bears, I feel as though I am preparing for hibernation.

However, fall is also a time for coming together and celebrating. It is important as we prepare to hibernate in our homes that we create time and space for community and connection. And this is vital for mothers with little ones. Whatever the season, mothers are often home alone for many hours of the day without support. As winter approaches, it is more difficult to brace the brisk weather and get out and about with babies and toddlers in tow.

Fortunately, in this city, the opportunity to connect with other mothers is readily available. Whether it is joining an exercise group for mothers, a mom and baby yoga session or a new moms' group, mothers need to come together and create a community of support during the isolating winter months. Having a support network has shown to have positive mental health benefits for new mothers.

During this fall season, as you prepare to hibernate, take the time to reflect on your experiences in motherhood, and most importantly, make room for meaningful connections with other mothers. Creating a community of mothers not only helps nourish and sustain us through the long winter months, it helps us during the ups and downs of motherhood.

Mother Haven offers sharing circles, workshops and retreats for mothers.

Inspire, share and connect with other mothers on a deeper level.

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Finding a support group to connect with other moms is especially important during the isolating winter months.

Early Eye Examination Essential for Proper Visual Development

By Dr. Alexandria Wong

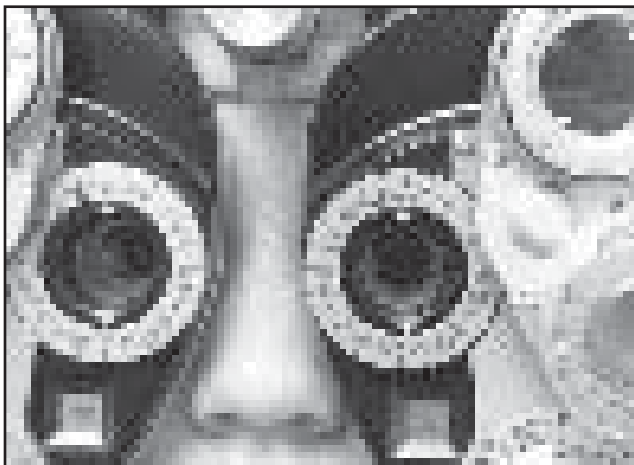
Alberta Sports Vision Institute

Back to school can be a hectic time. While parents are focussing on school supplies, healthy snacks and perfect outfits for their children, it can be easy to overlook the importance of other rudimentary things like an eye exam. Thus, it is not surprising that the Alberta association of optometrist found that "80% of children in Alberta begin school without a comprehensive eye exam, yet vision problems have been identified as one of the major factors in limiting a child's ability to learn and succeed."

My personal experience has taught me that this shocking statistic stems from a common misconception. Screenings that occur at school or a doctor's office are often mistaken for a comprehensive eye exam. This can create a false sense of security with parents, who may then delay setting an appointment with an optometrist. In actuality, screenings reveal very little about the ocular health and visual status.

During a comprehensive eye exam, an optometrist will routinely diagnose nearsightedness, farsightedness and astigmatism, but they can also detect conditions that may not be obvious. An optometrist can identify amblyopia (lazy eye), strabismus (eye turn), oculomotor dysfunction, or other ocular health complications such as glaucoma or congenital cataracts.

While these conditions may not be physically evident, if undetected, they can lead to eye strain, double vision and headaches. These symptoms could impede or inhibit a child's academic performance and overall development. These



Make sure your children are getting the eye care they need.

conditions must be promptly diagnosed and treated in order to allow children to reach their full potential.

I often get asked by parents when they should bring a child in for their first eye exam. The Canadian Association of Optometrists suggests that at six months of age, an infant should have their eyes examined.

I always like to assure the parents that while these little patients may not be verbal, an optometrist is still equipped to rule out major refractive errors and any other vision threatening conditions. I find this is especially important for patients who have a significant family history of a serious visual condition, experienced a complicated birth (such as a forceps birth or low birth weight issues) and/or if parents have noticed a physical abnormality (such as a white pupil, bulging weepy eye(s) etc.). Provided that the exam reveals normal development, children are asked to return for

another eye exam at three and then again before starting kindergarten, around five, and then annually thereafter.

I feel it is also worthwhile to mention that eye exams are covered by Alberta Health Care for children up to and including their eighteenth birthday. Fortunately, as optometrists, we get to see firsthand how important vision is for a child's development and learning. Thus, along with industry partners and cooperation of the school board, the Alberta Association of Optometrists are able to start initiatives like the Eye See Eye Learn program. This program is aimed at kindergarten-aged children and encourages comprehensive eye exams before starting school. Furthermore, if the exam reveals that a child needs a prescription for eye glasses, they will receive a pair free of charge! If other treatments, such as eye patching, vision therapy or referrals to a specialist are needed, that can also be initiated immediately.

I hope this has provided some insight on the importance of eye exams in the role of proper visual development. After all, good vision is essential for learning and enables a child to reach their full potential.



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Knowing the Basics Can Save Your Child's Life



By Karli Wright,
Director, Mommy Connections

You never know when you may be faced with a life or death situation in your home. According to the Alberta Centre for Injury Control & Research, suffocation/choking continues to be the leading cause of injury and death for children less than one year of age in Alberta, with food being the leading cause of choking. Permanent brain damage can occur in as little as four minutes when a person does not get enough air. Rapid first aid for choking can save a life.

Alberta Health Services reported that 40% of

children's deaths due to choking on foods were caused by four foods: weiners, candy, nuts and grapes.

Other common choking hazards include:

- meat with bones
- raw vegetables
- spoonfuls of peanut butter
- balloons
- popcorn
- coins, jewelry, magnets and disc batteries

Young children are able to bite large pieces from hard objects (i.e. raw carrots) and the child's small airway, and poor chewing and swallowing ability all increase the risk of choking. Little ones are also very curious, and since the mouth has more nerve endings per square millimetre than any other part of the body, it seems like the best possible place to put an object when trying it out!

You can do your best to prevent choking by serving your young child food that is cut into small, bite-sized pieces. Also, teach your child to sit calmly at the table when eating. It should go without saying to keep small objects out of reach, but statistics prove this needs to be reinforced! Toys fall apart easily, so check them regularly for loose parts and avoid clothing with buttons as threads can easily come undone.

If you are faced with a medical emergency and need to perform CPR, it is best that you know the proper steps and have been taught by a certified CPR/First Aid instructor (with current techniques). A 90 minute workshop can give you the skills required to save your child's life. Visit mommyconnections.ca/edmonton-south to learn about upcoming CPR workshops in your community.

Monsignor William Irwin Prepares for Third Year of Learning

By Reny Clericuzio, Denise D'Agostini and Pat Opyr
Monsignor William Irwin Catholic Elementary School Administration Team

We can hardly believe that our third year of operation will soon be here. With the support of our staff we have been preparing for another year of fantastic learning. We would like to highlight a few of our key elements of learning and faith. As our school continues to grow, we welcome our second Assistant Principal, Mrs. Pat Opyr. She brings excellent educational leadership, as well as experience with student counselling. We are positive that she will be an active and supportive member of our administration team.

We are continuing with our Reggio Emilia educational program. This year we plan to move it forward into upper elementary. Our teachers have been researching the best strategies that will enhance learning for children of older grades using this hands-on approach. Teachers from across the province have been visiting our school to gather hands-on techniques that will work with their own students.

Our French Immersion program continues to grow, and we will be offering grade four this year. Our library is the heart of our school community. We continue to purchase resources and literature in both French and English to enhance learning for our students.

Our music program is top of the line. In the



Daily physical activity is important at MWI

primary grades we offer Orff, choral and recorder instruction. In our division two classes, we will continue with our strings orchestra. Instruction is offered in both French and English. The students have given us many compliments as they absolutely love this innovative program.

Research continues to state that children need to move 60 minutes a day in order get their minds working in the proper direction. We continue with our three recesses each day, which we feel is very important, followed by daily physical education classes, and last but not least our Dance and Movement program by a professionally-trained teacher. As part of the dance program, our Liturgical Dancers link to our faith component, and perform at celebrations and special events throughout the year. As the bible tells us, we use our body, which is our temple, to praise God.

We will continue with the wonderful collaboration of our parents, our Healthy Families Initiative group and wonderful volunteers to

develop nutritional hot lunch programs for all students. We will also continue our relationship with the University of Alberta Dietetic Intern program.

Our first day of school will be Tuesday, September 4. Kindergarten students will receive letters from their teachers regarding staggered entry for the first week. We will be having a Welcome Back Barbeque on Friday, September 7 at 5:30 p.m. Please check our website at www.monsignorwilliamirwin.ecsd.net for more details.

We plan to continue our very strong relationship with Catholic Social Services (the charity started by Monsignor William Irwin). We will particularly be part of the Sign of Hope Campaign which is the major fundraiser for the charity.

Please mark your calendars for Thursday, September 20. This will be our Meet the Teacher evening starting at 6:30 p.m.

As you can see, a lot of planning and program development has gone into our preparation for this new school year. You will also see two new modular classrooms added on over the summer, along with new sidewalks and perhaps a new parking lot.

Welcome back to a fantastic bilingual school setting, where children are at the heart of our work. Enjoy the last days of summer. We can't wait for the new year to begin.

Looking Back, Looking Ahead at Edmonton Public Schools

Catherine Ripley,
Trustee, Edmonton Public Schools (EPSB)



Summer is a wonderful opportunity to reflect on the past year and anticipate what needs doing in the year ahead. During 2011-12, the Edmonton Public School Board (EPSB) Board of Trustees continued its efforts to provide ALL students with the best possible education in safe and caring learning environments.

A couple of highlights include:

- Passing a balanced budget focused on enhancing support to schools. The budget includes an emphasis on the equitable sharing of resources so that students who need a little more help receive it. For example, allocations to support socially vulnerable schools increased as did support for English language learners and special needs learners. In addition, literacy intervention funding continued so all elementary children can learn

to read well and develop strong vocabularies.

- Approving a new policy on sexual orientation and gender identity, which, when coupled with our Safe, Caring and Respectful Learning Environments Policy, supports our priority around "welcoming, respecting, accepting and supporting" ALL students and their families in every school. School communities will be receiving support materials to guide the implementation of these policies this fall.
- Hosting a forum for provincial electoral candidates to keep the critical importance of public education top of mind for all parties and all voters.

Looking ahead, to continue supporting our Superintendent in his work, the Board of Trustees will be engaged in:

- Embarking on a total policy overhaul, likely to take a couple of years, to ensure consistency and current relevance for all policies. For a number of years, all citizens have been able to sign up to be informed of opportunities to provide input on draft policies. I encourage

you to contact Manon.Fraser@epsb.ca and ask to be added to the notification list.

- Reviewing a revised Ten Year Facilities Plan to ensure the EPSB is on track to provide "safe, caring, healthy, diverse, inclusive and equitable learning experiences" to all students, regardless of where they live in the city.
- Advocating effectively to our main funder, the provincial government, about our successes and needs in supporting ALL students in completing high school, as well as successfully engaging our community (aka YOU!) in this work. Our staff is the best and the programs outstanding, but to educate the "whole" child well, we need YOU! Please consider getting involved this year!

If you have thoughts to share or want to contribute your time or energy to public education, please contact me at 780-887-1002, at Catherine.Ripley@epsb.ca or through my website at www.catherineripley.ca. I'm also on Twitter (@cristleyepsb) and Facebook. I look forward to hearing from you!



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Teens

Lillian Osborne Orientation Program (LOOP)

By Coreen Hudec, Lillian Osborne High School

On Tuesday, September 4, Lillian Osborne is once again going to kick off the school year with our amazing orientation program. In preparation for the first day of school, over one hundred Grade 11 and 12 students have volunteered to be Lillian Osborne Orientation Program (LOOP) leaders. In June, the incoming Grade 10 students received personal phone calls from LOOP leaders welcoming them to Lillian Osborne. Our dedicated LOOP leaders will return early from

summer vacation to participate in leadership training because they are so committed to helping our new students!

On September 4, LOOP will be launched! Beginning at 9:00 a.m. with a dynamic welcoming assembly for the entire student body, students will get a chance to learn all about what it means to be a Lillian Osborne Legend. The morning will be a mix of shortened classes, get-to-you-know activities, presentations by fellow students and important information to help our new Grade 10 students have a successful transition to high

school. Throughout the day, students will get their lockers, ID cards, meet their teachers and make a number of incredible connections with their school community!

It's 3:26 p.m., but wait — LOOP is not yet over! Student Council is already planning a number of awesome lunchtime and/or after school events which will run for the ENTIRE week.

Finally, on Friday, September 7, there will be a FREE Barbeque and carnival at lunch to celebrate a fantastic first week of high school! Start the count down now for the 2012-2013 school year.

Learn the Pipes or Drums! The Pipe Band Might be for You!

By Alix Paul, Edmonton Boys' Pipe Band

My name is Alix, and I am a member of the Edmonton Boys' Pipe Band. But wait! Don't stop reading just because I said pipe band. Hear me out...

Let's get through some of the facts first. The Edmonton Boys' Pipe Band was formed in 1929 and is the oldest pipe band in Edmonton. It's run continuously on the funds provided by the Edmonton Boys' Pipe Band Association, which is a non-profit organization. The purpose of the Edmonton Boys' Pipe Band Association is to foster and create interest in playing the highland bagpipes and drums throughout the youth in the City of Edmonton, as well as to maintain a band of pipers and drummers.

Now, onto the more interesting information; the Edmonton Boys' Pipe Band is made of members ranging from ten to twenty-one years of age, so it is entirely composed of youth. I have been a member of the Edmonton Boys' Pipe Band for just over two months, and being a member of this band has reignited my passion for tenor drumming. But what is tenor drumming? Here's a brief rundown of all the instruments that are played in pipe bands, for those of you who don't

have a clue as to what I'm talking about.

There are four types of instruments played in pipe bands. They are the Bagpipe, the Snare Drum, the Bass Drum and the Tenor Drum. Each instrument is a key part in the band. The piper's key goal is to make lots of noise and sound good doing it. The snare drummer's goal is the same, although there are quite a few more dynamics involved. The bass drummer's main job is to keep the tempo and hold the band together by doing so, but as a bass drummer you are also able to play some cool rhythms. Finally, the tenor drummer's goal is to accent the snare scores and swing their mallets in the air. I know, it's cool, right? The tenor drummers are one of the most visual aspects of the band.

So, now on to what it's like. Being in a pipe band is cool, and being in the Edmonton Boys' Pipe Band is seriously cool. It's a great way to learn how to play these incredible instruments and a great way to meet kids your age. As a band member, I get to travel around Alberta with the band, competing at all the highland games (highland games are day long pipe band competitions that also feature highland dancing and the heavy events). This gives members a chance to compete not only with the

band, but as an individual as well. The band also plans to travel to Scotland in 2014 for the World Pipe Band Championships (which is the biggest pipe band competition in the world).

One more cool fact: the Edmonton Boys Pipe Band is only a boys' band in name. Girls have been members of the band for years now. I myself am a girl, and I mean, c'mon! We can't let the guys get all the attention, can we?

The Edmonton Boys Pipe Band is truly a great learning environment filled with just the right amount of friendly competitiveness amongst the members to keep you pushing yourself to that next level. So, in conclusion, being in a pipe band is insanely fun. If you're looking for a new instrument to learn, give the highland bagpipes or drums a try! The Edmonton Boys' Pipe Band is always looking for new members, and no experience in playing the pipes or drums is necessary. Our excellent instructors are there to teach the art of each unique instrument, and make it fun.

For more information on the Edmonton Boys' Pipe Band, or for contact information, check out our website at www.ebpb.ca. Also check out our Facebook page for band photos and videos.




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Seniors

Seniors Connect - News for Those 55 Years and Over

By Kathy Trepanier

Southwest Seniors Association

“Summer afternoon-summer afternoon; to me those have always been the two most beautiful words in the English language.” Henry James

Hello readers. Glenn Kissick has asked me to take over writing this column to free up some of his time as his work accelerates with the Terwillegar Riverbend Advisory Council (TRAC), the Riverbend Community League, the Southwest Edmonton Seniors Association and the Pickleball Court. Much of the community news I share will still come from Glenn and his networks. Glenn's done a wonderful job in connecting with you through this column and set a high bar for me to follow.

As someone newly over the 55 mark, semi-retired and beginning to work with the Southwest Edmonton Seniors Association (SWESA), I have been amazed by the vitality and interests of people I've met in their 60s, 70s and 80s. I'm looking forward to reflecting this in the Seniors column, and I invite you to be part of this by telling me of activities, events or areas of interest for fellow readers.



Great ideas for SWESA even in the midst of another summer downpour.

SWESA at the Southwest Edmonton Farmer's Market

Some of you braved the latest rainstorm and dropped by the SWESA booth on July 18. Thank you! A number of great ideas were generated for seniors programs in the southwest. SWESA will be at the market again on September 18.

Stop by and tell them what you think would improve your enjoyment of life in southwest Edmonton. The market is at the Terwillegar Community Recreation Centre on Wednesdays from 4:30-7:30 p.m.

Southwest Edmonton Seniors Association Fair 2012 -

Sunday, September 9, 1:00-4:00 p.m. William Lutsky Family YMCA

Mark your calendars now to attend this fair hosted by SWESA. Find out about what they have done to date, and meet the people leading this initiative. They are people living in this community, involved in many community projects and wanting to improve the quality of life for the 55 and over in southwest Edmonton. A great bunch of energetic people!

Most importantly, tell the people leading SWESA what programs you would like to see to improve your social, cultural and recreational enjoyment of life. "This is another opportunity for you to tell us what programs you'd like to see in a new seniors centre" says Glenn Kissick.

There will be booths, displays, speakers, entertainment and door prizes of course. Refreshments and parking are free, and there is convenient public transportation. It will be a great opportunity to meet other seniors in the community.

Seniors are connecting across community leagues!

The recruitment of one volunteer Seniors Rep from each community league in the southwest is almost complete. Would you be interested in becoming a Seniors Rep for your community league? If so, talk to your Community League President (www.evl.org). If you want more information on the role, call Glenn Kissick. The Seniors Reps will connect on a regular basis with Glenn to develop a broader understanding on the needs and interests of seniors in their community league. They will propose new programs, events and activities that should be developed for seniors in the southwest.

TRAC 55+ Talk Series

A number of you have expressed an interest in evening events on interesting and fun topics. Work is underway between TRAC and the community leagues to figure out how this might be done. Ideas are starting to pour in — travel, wine tasting, laughter therapy, home renovations and yoga for adults. Contact the Seniors Rep for your community league or Glenn Kissick to tell them what you think of this idea and topics of interest.

Ongoing Activities:

PICKLEBALL

Drop-in games are at the Terwillegar Community Recreation Centre every Monday, Wednesday and Friday from 1:00-3:30 p.m. New players are always welcome and instruction is available. Call Glenn Kissick (780-587-5198) if you would like some lessons. Outdoor Pickleball at the new Riverbend Pickleball Courts is also going very well. The courts are on 53 Avenue between Riverbend Junior High and St Monica School. They started with seven players on the first day the new courts opened (July 3) and by the end of the week they had all four courts full plus two extra players. Monday and Fridays from 9:00-11:00 a.m. seem to be the best time for most players.



The Outdoor Pickleball gang at the new Riverbend courts.

DROP IN BRIDGE

Thursdays, 12:00-3:00 p.m. at Riverbend Community Centre, 258 Rhatigan Rd East

ADULT YOGA

Riverbend Community Centre. To register call 780-437-7108.

Upcoming Events:

55+ SENIORS SOCIAL

Wednesday, September 5, 10:00 a.m.-2:00 p.m., with Hoffman & Brown and the Emeralds Centre Stage, West Edmonton Mall - Phase I, in front of The Bay. This free event features live entertainment, coffee and educational information from health advisors. I'm told they have some of the best band music around. For more information, please contact 780-444-5321.

OSTEOPOROSIS & JOINT PAIN PRESENTATION

Tuesday, September 25, 2:00-3:30 p.m. at the Riverbend Community Hall. Free. Light refreshments. Julia Chan, Pharmacy Manager, Sobeys Terwillegar is presenting a session on Osteoporosis and Joint Pain and how to cope. Julia is very excited to make this presentation and looking forward to your questions. To register or for more information, contact her at julia.chan@sobeyspharmacy.com or at 780-695-0899. Drops-ins are welcome.

ART IN OUR PARK 2012 See page 16 for details.

For more information on Seniors Reps and the 55+ Talks, email Glenn Kissick at gkissick@gmail.com or phone 780-587-5198. For your ideas on this column, email Kathy Trepanier ktrepanier@shaw.ca. Kathy is a member of the SWESA Communications Committee.

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Food

Barbie and Wine - Where You Want to Be!

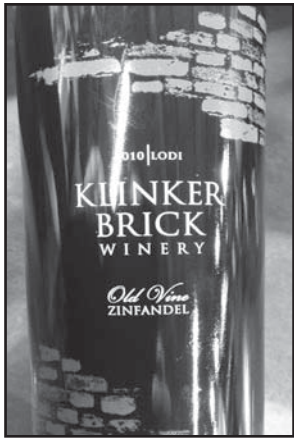
By William Bincoletto
Principal Sommelier of Vines Wine Merchants

With summer in very full swing, the one place that everyone, and I mean everyone, wants to hang next to is barbie. It is most enjoyed and appreciated by anyone who uses it and it offers some extravagant and delicious results.

I have some friends that use it 365 days a year and others that even talk to it to encourage delectable dishes. Its range is from the simplest to the most extravagant. Books have been written about how popular it has become and how creative it can be.

As you can surmise, I am not witting about Barbie doll, but that most fantastic summer tool that has ever been invented “the barbecue.” The first time I heard it called “the barbie” it was at my good friend Tony’s, who, as an “Aussie,” uses it all year round. And he will barbecue anything.

So for all of you out there who love the outdoor barbecue (or even the indoor type), here are three examples of great wines that will go with a wide variety of grills:



Klinker Brick Old Vines Zinfandel 2010

Everyone remembers the Zinfandel of yesteryears. Even today when one chats about Zinfandel, one image comes to mind: that blush, candy sweet concoction that smells and tastes of cotton candy. However, true Zinfandels are rich, robust reds that can truly enhance any grill. I remember decades ago when I first encountered Joel Peterson of Ravensood Winery, who introduced me to what Zinfandel should be and can be.

And here is one that I feel guarantees all the complete attributes of what Zinfandel should be: delightful cherries and spicy aromas with rich alcohol tastes and with even a rogue level of tannins that can be felt throughout. Such a pleasure to partake with some smoked baby back ribs.



O. Fournier Alfa Crux Malbec 2007

Argentina wines in general, and Malbecs specifically, are such sought after wines that it seems that we cannot keep enough of them on our shelves, and wine agents, when they come to visit, always, and I mean always, have another Malbec to offer. Besides Shiraz, it is perhaps the most requested grape for us here at Vines. So when this one came across our tasting bar, we had some reservations about price and quality — reservations that very quickly faded the moment we had a sip. Decadently delicious, this Malbec has all the qualities for that steak you are dying to put on the barbie.



Chateau Pesquie Les Terrasses 2010


Contrary to most comments on French wine (overrated! expensive!), it is certainly a pleasure to discover such a find both in quality and value. This wine, from the Cotes du Ventoux area situated in the Southern Rhone part of France, has all the qualities of what French wines should be. As Robert Parker (perhaps the world’s most influential wine writer) writes “The 2010 from Pesquie Terrasses, ... is a phenomenal bargain. This wine is absolutely stunning, and the best one they have made to date...” And we here at Vines all agree! From a whopping 92 cases that we received, only 20 cases remain. Buffalo burgers and grilled onions. YUMMMMMMM!

Do you have a recipe to share?

The Terwillegar Tribune is looking for original recipes from community members to include in our food section.

email_editor@terwillegar.org

FEATURE WINES




2010 Chateau Pesquie Les Terrasses

\$18.99

94 Points Robert Parker

"This wine is absolutely stunning, and the best one they have made to date, and is a brilliant showcase for what looks to be another great vintage in the southern Rhone."



2010 Yalumba The Strapper GSM

\$25.99

91 Points Wine Spectator

"Smooth, round and generous with its ripe cherry, orange peel and spice flavors, this red finishes with integrity and intensity, lingering effortlessly."

YOUR COMMUNITY OWNED WINE BOUTIQUE

VINES

RIVERBEND WINE MERCHANTS

UPCOMING EVENTS

October 2: Awesome Autumn Flavours

This exclusive 30-person event is featuring six gorgeous cheeses from our neighbourhood partner Everything Cheese with matching wines from Vines Wine Merchants; as the title suggests our focus for the event is to celebrate the warm Autumn flavours and full-bodied wines. Early October is a great time of year to transition our palates to the rich and full-bodied flavours of harvest and gear up for the Thanksgiving feast! \$39.95/person, prepaid

November 19: Exclusive Glenfarclas Tasting

Yes! We are thrilled to welcome sixth generation Scotch producer **George Grant** to Vines to talk us through his very own Glenfarclas line-up. George is an absolute riot and such an engaging speaker; his stories alone are worth the \$39.95 ticket price, and (best of all!) his whiskies are as good as his stories! Glenfarclas whiskies have a long history as some of Speyside’s finest offerings. This event is sure to sell-out as it’s perfect for any whisky enthusiast, and one of only a few hosted in your neighbourhood !

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Home & Garden

UofA Green and Gold
Community Garden Makes
a Difference in Rwanda

By Patti Hartnagel
Aspen Gardens Contributor

The produce market at the Green & Gold Community garden, on the University of Alberta South Campus, will be open through the fall. The garden will have root vegetables (potatoes, carrots, parsnips, beets, onions), as well as lettuce, spinach, chard, kale and squash; many varieties of herbs; and flowers (all weather permitting).

The garden is an initiative of the University's School of Public Health and Faculty of Agricultural, Life and Environmental Sciences. Volunteers operate the garden and all of their time, and most of the seeds, plants and equipment used are donated. The vegetables, herbs and flowers are "spray-free" (no pesticides or artificial fertilizers are used).

All money raised from the sale of garden produce goes to the Tubahumurize Association, a non-profit organization in Rwanda that provides socially and economically marginalized women with vocational training, counselling, life-skills coaching, health care education and opportunities for sustainable income generating activities.

Garden market hours are:
Tuesday evenings (from 7:00 p.m. to 8:30 p.m.), and
Saturdays (from 11:00 a.m. to 1:00 p.m.)

For more information (including directions on how to find the garden), please check our website at: http://bit.ly/greenandgold_garden

To receive our weekly e-news during the growing season, please sign up at: www.mailman.srv.ualberta.ca/mailman/listinfo/gggarden.



Tubahumurize Association recipients participate in a small business management and financial planning workshop.

14th Annual

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The Potato Beetle Plagues Terwillegar

Damage can be minimized

By Steve Johnson
Community Garden Representative

The nemesis of growing potatoes is the Colorado potato beetle. This year, the entire community garden is plagued with them. Several plots are even at risk of losing their entire crop.

As the community garden is “organic,” we are not allowed to use pesticides to control the beetles. However, there are beetles that are resistant to pesticides, so even by spraying, you may not kill them. So we have to use other methods of control. This involves knowing a little about the beetle.

Adult beetles overwinter in the soil, and in response to warmer temperatures in late May or early June, they emerge and migrate by walking or flying to potato plants. The beetles cannot fly except when the temperature exceeds approximately 25°C for several hours, so the majority of beetles walk through our community garden.

Colorado potato beetles usually overwinter close to last season’s potato fields and are very vulnerable when they emerge in the spring if no food plants are close at hand. Agriculture operations implement a 200 metre separation between consecutive years’ crops, as this will reduce the survival rate of migrating adult

Colorado potato beetles, because the beetles cannot access food quickly.

If they do find a food source, they undertake their life cycle by mating and laying groups of orange eggs on the underside of potato leaves. The eggs hatch in five to 10 days, and the larvae eat the leaves until they pupate and become adults. Then the process starts all over again.

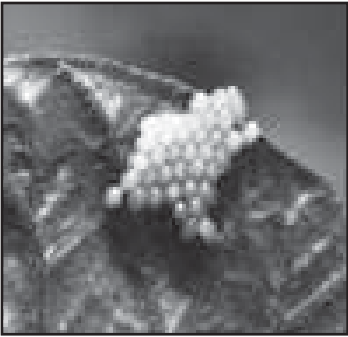
So what does this mean for the community garden? It is likely that a potato ban will be implemented for 2013. With no food, we hope to eradicate the beetle in the community garden. If you have the beetles in your backyard, not planting potatoes for a year may reduce the beetle population the following year. It depends if your neighbours plant potatoes and how they control them.

To minimize damage to your plot this year, I recommend two processes:

Check the underside of potato leaves for beetle eggs and squish each nest you find.

Shake the tops of the potato plants into a 5-gallon bucket. This does get many of the beetles and only takes a few seconds per plant. Then remove and destroy them.

I check my potatoes once a week and have minimal damage to them by doing the two steps. So now I can enjoy my “new potatoes.”



The potato beetle multiplies by laying groups of orange eggs on the underside of potato leaves.



The eggs hatch in five to 10 days, and the larvae eat the leaves until they pupate and become adults.



The adult potato beetle overwinters in the soil, emerges in the spring and migrates by walking or flying.

Community Garden Continues to be a Valued Addition

By Steve Johnson
Community Garden Contributor

This has been a very erratic season for gardening. If it isn’t a heat wave, it’s hail, strong winds, torrential rain or a plague of mosquitos. Many gardeners have lost or have been set back in production. But as gardeners, we realize we are at the mercy of the weather. We enjoy our gardening friends and what we harvest, hope for better weather, plan for what needs to be done this year and see what to do the next year.

On the planning note, the volunteer garden committee has a few items. The first is our Cookbook Fundraiser. At the beginning of the season, many gardeners and others from the community provided recipes. Kim Rost and Teresa Brooks lead the development of the cookbook, and it is available for sale starting August 22 at the Southwest Edmonton Farmers’ Market. All

proceeds will go to the Terwillegar Community League which provides the garden development funds. The books will sell for \$10 apiece.

The next major event the committee is planning is Harvest Fest. On September 28 starting at 5:00 p.m., we will harvest the food bank garden, have

a hot dog roast for the volunteers, and have a few games for children.

A significant change at the garden is the grading and new soil adjacent to our garden plots. I did talk with one of the workers from Classic Landscaping who said the developer contracted them to grade the site.

This does help the garden as it reduces the thistle seed for this year. However, I do not know if the garden members will be required to take down our plot borders so the remainder of the lot can be graded at the end of the garden season.

This location has always been a temporary development, so we could be starting the garden over next year in this, or another, location. So more planning will be done on what to do next year to keep the community garden going. Us gardeners can then plan on what we want to plant next year.

Support
Terwillegar Community Gardens
through the purchase of their
cookbook, and get some
great recipe ideas!
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Contact Steve at
garden@terwillegar.org
for details!

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M01260 (0310)

By Enza Fata
Advisor - Sun Life Financial, www.enza.fata@sunlife.com

If you ever wondered what Long Term Care Insurance is and what it can do for you, look no further!

What is it? Long Term Care Insurance provides an income benefit if you become unable to care for yourself due to aging, an accident, illness or deteriorated mental abilities. It gives you the freedom to choose the kind of care you want and the peace of mind knowing that the financial burden of your care won't rest with loved ones. While it's likely that family and friends would be more willing to lend a hand, taking care of a loved one over the long term often has significant physical, emotional and financial consequences for the caregiver.

Who Buys It? Self-employed, contract workers where disability insurance is based on reported income. Stay-at-home parents, singles/couples. Anyone who has ever had to care for a family member suffering from a long term illness. Those who have had difficulty acquiring disability insurance or critical illness insurance

Why Do I Need It? As we age, our need for health care increases — and in some cases, this may mean a need for ongoing care. Coverage for services like in-home nursing or personal care, homemaking or assisted living is not required under the Canada Health Act. What is covered varies from province to province. Long Term Care Insurance provides financial assistance if you need help to perform routine activities — like bathing, feeding or dressing yourself — or if you need supervision because of declined mental ability.

Questions to ask yourself: What do you have in place to protect your assets when your health changes? Can either one of you afford to quit work to take care of the other or the children if there were an accident or illness? What benefits do you have in place to maintain your quality of life if your health changes? Do you worry about being a burden on friends and family if your health changes? Are you concerned about the tax implications of drawing on your assets to pay for care if there were an accident or illness?

How does it work? The benefit helps pay for ongoing care services you may receive in your home or while residing in a retirement home, an assisted-living setting or in a long-term care facility. You decide how long you'll receive the benefit. Once you start receiving benefits, you stop paying the insurance premiums.

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Children's Names: _____ Y/M/D _____ M/F _____

Date: _____

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: _____

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of Skate Tags: _____

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Terwillegar
Community League

Volunteer Interests

Activity Interests

Comments





Membership Fees:
Family, \$42,
Senior/Single/adult, \$32
Memberships expire annually
Aug. 31.

Send membership forms to:
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T6R 3P4
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Times are subject to change.
See www.terwillegar.org for details

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

Membership Online

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

Coming
Events

Monthly:
Messy Wednesday,
First Wed. of the Month, 4:30-6:30 p.m.
at Holy Trinity Riverbend (page 19)

Weekly:
Southwest Edmonton Farmers Market,
Every Wed., 4:30-7:30 p.m. until Oct. 3 at
Rec. Center (TCRC)
Southwest Edmonton Seniors
Association (SWESA) (page 26):
Pickleball, Every Mon., Wed. and Fri.
1:00-3:30 p.m. at Riverbend Courts
Bridge, Every Thurs. 12:00-3:00 p.m. at
Riverbend Community Centre

Terwillegar Playgroup:
Every Thurs., 9:00 - 11:30 a.m. at Holy
Trinity Riverbend (page 19)

Events:
Sept. 5: Seniors Social, West Edmonton
Mall, 10:00 a.m.-2:00 p.m. (page 26)
Sept. 8: The Ridge Community Walk,
11:00 a.m. (page 18)
Sept. 9: Seniors Fair, William Lutsky YMCA
1:00 - 4:00 p.m (page 26)
Sept. 9: Blessings and Backpacks
Presentation to YESS, Holy Trinity
Riverbend Church (page 19)
Sept. 15: Art in Our Park, James Ramsey
Park, 2:00-6:00 p.m. (page 16)
Sept. 15: Fall I'm Too Big for it Sale, Esther
Starkman, 10 a.m.-1 p.m. (page 3)
Sept. 18: SWESA (Seniors Association) at
Farmers Market (page 26)
Sept. 25: Osteoporosis & Joint Pain
Presentation, Riverbend Community Hall,
2:00-3:30 p.m. (page 26)
Sept. 26: TRAC meeting, Lillian Osborne
High School, 7:00 p.m. (page 13)
Sept. 28: Terwillegar Gardens Harvest
Fest, 5:00 p.m. (page 29)
Oct. 13: Dance for Breast Cancer Research
(page 7)
Oct. 25: Terwillegar Community League
Annual General Meeting, Holy Trinity
Riverbend, 7:30 p.m. (page 1)
Oct. 31: Halloween Fireworks, location to
be announced, 8:00 p.m.
Nov. 14-18: Evolution Revolution at U of A
see www.festivalofideas.ca
Indoor Soccer Registration (page 15)
Sept. 8, 10:00 a.m.-2:00 p.m.
Sept. 12, 6:00-9:00 p.m.
Terwillegar Recreation Center

Watch our website for information about
our upcoming Christmas Lights Contest!

Check www.terwillegar.org for current
information

How to contact the Terwillegar Community League

Website: www.terwillegar.org

President — vacant

Vice-President — James Richardson, vicepresident@terwillegar.org

Treasurer — Monte Weber, treasurer@terwillegar.org

Secretary — Laurie Ann Wheeler, secretary@terwillegar.org

Memberships — vacant

Programs — vacant

Program Aide — vacant

Community Advocate — Char Bowman, advocate@terwillegar.org

Editor — Danielle Gordon (temporary), editor@terwillegar.org

Webmaster — Alison Cairns, webmaster@terwillegar.org

Communications — Mandy Jones, communications@terwillegar.org

Fundraising — Michelle McWilliams, fundraising@terwillegar.org

Fundraising Aide - vacant

Volunteer Director - vacant

Community Garden — Steve Johnson, garden@terwillegar.org

Neighbourhood Watch — Enza Fata, watch@terwillegar.org

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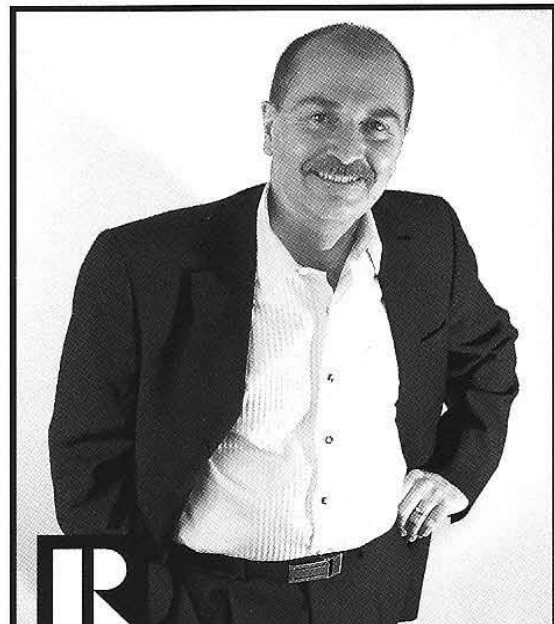
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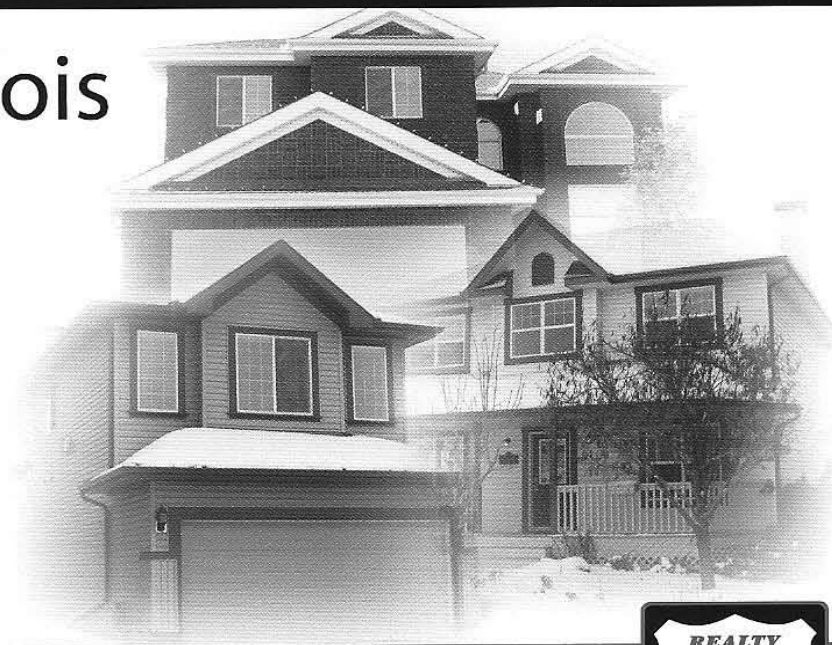
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