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Terwillegar Tribune

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

Stay and play near home this summer

There are many fun things to do in the summer: camping, a trip to the lake, an afternoon at a u-pick — the list is endless. This summer, take some time to enjoy great activities close to home. With something for all ages to appreciate, the area in and around Terwillegar is a great place to be in the summer time.

Good old fashioned family fun starts at the annual Terwillegar Community League's Canada Day bike parade. Meet some neighbours, decorate your bikes, and join the parade. The activities will start at Tomlinson Common Park on July 1 at 10a.m.

Throughout the spring and summer, don't forget to bring your kids to one of our local playgrounds for crafts, games and activities with our playground leaders at the green sheds. See the Terwillegar Community League (TCL) website at www.terwillegar.org for details on times and locations.

Make sure you don't miss TCL's second annual Toonie Carnival on August 18 at South Terwillegar Park. Come on out and have a great time with your neighbours and friends while supporting a great cause — the development of South Terwillegar Park! See page 3 for details!

Go for a bike ride or a walk through our extensive trail system, and stop for a picnic near one of the ponds throughout the area. Grab your camera or binoculars, and check out our wildlife. From red winged blackbirds to muskrats, geese, ducks and plenty of rabbits — there are lots of photo opportunities.

Drop by the Southwest Edmonton Farmers' Market, now at the Terwillegar Community Recreation Center west parking lot any Wednesday from 4:30-7:30p.m. Buy local produce and enjoy a summer evening wandering the booths.



Above: Thomas and Sarah enjoy an afternoon riding their bikes in South Terwillegar.

Take advantage of the Terwillegar Community Recreation Center. Remember that a Terwillegar Community League membership provides discounts and free swim times.

Check out more great events happening in and around our area on page 31.

Stay and play near home this summer and enjoy all that our own community has to offer. The Terwillegar area is a great place to live because of our strong sense of community. Make some new friendships bloom this summer in your own backyard.

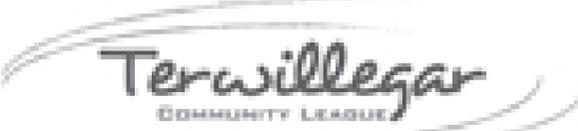
See you on the trails!

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**Canada Day
Bike Parade**

**Sunday, July 1 at 10am
Tomlinson Common Park**



Decorations will be supplied to turn your bike into a work of art. Come out and enjoy the day with your family and friends!

VOLUNTEERS REQUIRED

**Contact Kim at
info@terwillegar.org
and GET INVOLVED!**

Park builds need volunteers for success

By Danielle Gordon
Newsletter Editor

The effort to build parks is initiated and led by enthusiastic community members who spend countless hours planning fundraising events, applying for grants and matching funds, and planning the park space. This summer many families will be out enjoying our newest playground, located by our two new elementary schools. The first of four park initiatives, the school park was made possible due to the efforts of dedicated volunteers, and generous donors.

Magrath Park is close to being ready for construction, depending on grant availability, and will be the next park built. Plans for South Terwillegar Park are well underway and fundraising continues for the playground, splash park, trails and sports fields planned for the

South Terwillegar site. If enough funds are raised by April 2013, this initiative can be constructed next summer. Imagine how great a spray deck will be on those hot summer days! Following construction of South Terwillegar Park will be Mactaggart Park, completing our four park initiative.

Without casual volunteers, dedicated leaders and generous donors like you, these parks would not be possible. You can help build parks by spending only a few hours helping out or by donating to the initiatives. This summer you can help by:

- **canvassing door to door** in South Terwillegar. Historically, door to door campaigns raise significant funds in a short amount of time, as well as help spread the word about the initiative. This important opportunity needs volunteers who are willing to spend a few hours walking our neighbourhood, knocking on doors and collecting donations. Contact Mandy at southtplayground@gmail.com for details.

- **volunteering at an event.** This summer, volunteers will be selling raffle tickets for a backyard playhouse, as well as planning and running the second annual Toonie Carnival. Volunteers can spend an hour or two helping at an event, or commit to more by helping with event planning. For details on both initiatives see page 3.

- **joining the Terwillegar Community League** as a board or committee member. See page 5 for details.

Together, we can build these parks for our community!

To donate to the park projects, you can fill out and return the form below with your donation, or donate at one of the events. For more details on the park initiatives see TCL's website at:

www.terwillegar.org



Lead volunteer for school park initiative, Stephanie Gillis Paulgaard (right) is recognized for her achievement by City of Edmonton coordinator Linda Bombardieri.

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.

Wanted! Talented entertainers for August carnival

By Danielle Gordon
Newsletter Editor

Wanted!
Talented individuals or groups that dedicate themselves to making a difference in the lives of youth through dance, singing, activities, sports or other entertaining talents.

The second annual Toonie Carnival will be happening in South Terwillegar Park on August 18, 2012.

The Terwillegar Community League is still in the planning stages of this event, but possible features include:

- Carnival Games
- Prizes
- Refreshments
- Bouncy Houses
- Face painting



Belly dancers perform at last years Toonie Carnival

- Macs Froster Truck
- Entertainment (YOU!)

Come out and have a great time with your family while supporting a great cause — the development of South Terwillegar Park. We'll have a display featuring our concept plan of the space which includes sports fields, paths, a play structure, and a spray deck for those hot summer days.

You can help make this dream a reality by donating either money or time. If the necessary funds are raised by April 2013, it will be possible to develop the space next summer, but we can't make it happen without support.

Donations of \$20 or more will be issued a tax receipt from the City of Edmonton. You can donate in person at the carnival or by filling out the Terwillegar Community Parks donation form found on page 2 and mailing your donation along with the form to the address indicated.

We are also seeking volunteers for our door to door campaign. Please contact Mandy at communications@terwillegar.org for details.

Better Body Bootcamps & The Terwillegar Community League
PRESENT

\$10 BOOTCAMP FUN FOR THE SPRAY PARK!!!

Sunday, June 10th, 2012
Tomlinson Common

COME OUT, MEET YOUR NEIGHBOURS AND HELP BUILD THE SPRAY DECK!

1:00 pm – Welcome to Bootcamp
An introduction to bootcamp fun!!! No experience required!
Teenage children are welcome to participate!

2:30 pm – Bring It On Bootcamp
HARD CORE bootcamp fun for fitness enthusiasts!!!

Register online at betterbodybootcamps.webs.com

OR CONTACT

Jane Gannon – 780-920-9137 – betterbodybootcamps@telus.net
Megan Bates – 780-965-6118 – mabates@shaw.ca
Mandy Jones – 780-292-5696 – communications@terwillegar.org

Playhouse Raffle

1 ticket for \$5 or 5 tickets for \$20

Fundraiser to support our local parks development.

Tickets on sale from June 27 to July 15th at the local Save-On Foods and Sobeys stores:

save on foods June 27, 28, 29, 30 & July 13, 14, 15
Sobeys June 2 nd to June 12 th Tomlinson Common Park - Canada Day Bike Parade July 1

Professionally designed, built and donated by Steve Garland, Integrity Renovations.
*Volunteers are needed to sell tickets - contact Jennifer : magrathpark@hotmail.com

EDMONTON

FREE games, activities and crafts for children 6 - 12 years old

Spring Playground Program

For details on times and locations see our website
www.terwillegar.org
(Summer Playground Programs begin July 3)

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Customers and vendors enjoy I'm too big for it sale

By Michelle McWilliams
TCL Fundraising Chairperson

The Terwillegar Community League's 2012 Spring "I'm Too Big For It" sale was held on Saturday, April 10th at Esther Starkman School, and it was a huge success enjoyed by all! The doors opened to a massive crowd of people waiting outside at 10 a.m., and the crowd stayed constant for most of the sale. With 40 different vendors, there was a large selection and variety for people to choose from, consisting mainly of clothing, toys, games, books and movies. The large item area set up in the back of the gym was stuffed with strollers, car seats, playpens, exersaucers, bicycles, jolly jumpers, train tables and more.



This is the second time the sale has been held here in Terwillegar, with our first in the fall of 2011. Based on feedback from the vendors and customers of the fall sale, we made some improvements which were well received by all those who attended. First, we decreased the number of tables by 15%, allowing both the vendors and the customers more space and eliminating the overwhelming feeling felt by many who attended the sale. Second, we reorganized the large item room, ensuring all items were marked with a table number, including maps showing where the tables could be found. We also had two volunteers working the entrance of the large item room to ensure everything ran smoothly. Lastly, we charged a \$1 donation entrance fee (children were free) with the proceeds going to the future South Terwillegar Playground/spray deck. Based on the donation entrance fee, we had approximately 600 people attend this year's sale... that is AWESOME!

These sales attract all kinds of people, both vendors and customers alike. First, the vendors. There are those that show up primed to go, with everything priced on computer printed price tags and their tables looking like the shelves in a Toys R Us store. (I have to admit I'm one of those types, which I totally attribute to the OCD I must have inherited from my father). Then there are those on the other extreme, the ones who arrive with items still to be priced and their tables heaped with toys, games and clothes. Whether the more prepared or the less prepared vendor, by the time the doors opened, everyone was ready, and a successful sale was enjoyed by all! Now, the customers. There are the early birds, who line up before the sale opens and brave the masses in the hopes of being the first to find the great deals that await. There are the bargain basement shoppers, who patiently sift through all the tables to find the hidden treasures that the more impatient shoppers overlooked. There are the deal makers (and boy are there a lot of those), who always want to pay below the ticket price and typically do. Lastly, there is the criminal element. While they had no real affect on the financial success of the sale for any of the vendors, their presence was experienced by a few. While the vendors expect and welcome all types of customers, those few sticky fingered individuals we can do without.

I received many e-mails from both vendors and people who attended the sale, however there was one e-mail, sent by Connie Samycia, which best captures the success of the sale and the changes we made. It read as follows "Thank you again for keeping a cancellation list and calling me when a table came available. Relocating this sale to Esther Starkman was an excellent choice by administration for the simple reason it provided more space. More space allowed more breathing room between vendors



Clockwise from left: A vendor, Jenny, is ready to sell; Lea and Lorrie collect donations for our parks at the door; event organizer Michelle

to display their items as well space for movement for the customers. In the past, there would be so much congestion around the door entrances and the customer aisles were too narrow... a couple of side by side strollers with children equated to a traffic jam and truly bringing everything to halt except for expediting stress levels for both parent and child. With addressing this issue of having the wider aisles, customers were able to move more freely, ample space to park their stroller,

and view the enormous selection that each vendor had to offer. Customers were able to move as slowly or as quickly as they wanted throughout the premise to find their deal of the day. The sale drew a large number of customers in and the I'm Too Big For It administration selected a great variety of vendors to provide something for everyone. As a vendor, we sold 95% of our merchandise and felt that we gave and received good value for what we sold. It is a fantastic way to recycle one's goods and buy great products within one's budget!"

The fall 2012 "I'm Too Big For It" sale will be on September 15th and will be held again at Esther Starkman School. If you are interested in a vendor table for the next sale, look for the ad in this paper and be sure to get your vendor application and payment in quickly. With the success of the past two sales, the tables will sell out fast!



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

Vendor Tables Are Now Available

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



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What is the Terwillegar Community League?

By Jon Dewarle

President, Terwillegar Community League

The Terwillegar Community League (TCL) is a volunteer organization formed to aid in meeting the needs and interests of its residents. We are a very large community league, covering the region within the boundaries of Anthony Henday, Terwillegar Dr., 23 Ave., and Blackmud Creek.

Our goals and objectives are derived from our mission, which is to encourage a safe, friendly and active neighbourhood. We do this by providing programs and services that promote family and community.

TCL membership is optional, however becoming a member holds many benefits. We provide social activities through special events such as Canada Day, Summer Carnivals, and Halloween.

We support active living through building playgrounds and park spaces, and providing programs such as the Green Shack program for kids.

Our membership also gives benefits at the Terwillegar Rec Centre, including discounted memberships and passes, and a free weekly swim time.

TCL supports the Community Gardens and is always looking to support new initiatives that engage our residents.

We are grateful to the individuals who have helped established some wonderful means of communication for our neighbourhoods. We have this vibrant newsletter, called the Terwillegar Tribune, and we also have a recently redeveloped website at terwillegar.org that keeps people up to date with local news and events.

Part of the league's mandate is to provide people the opportunity to be involved. There are endless opportunities for volunteers. This could be done by volunteering on the board or by volunteering for the events and programs that are always on the go.

Sometimes it's difficult to find the time, but every contribution counts. Even helping for one or two hours a year would have a positive impact on the social fabric of Terwillegar. By

volunteering, you will help make our community great, meet new people, and have a great time doing it.

From time to time we are asked about issues regarding snow removal, sand bins, weed control, grass maintenance, park space maintenance and development permits. These are issues that you are able to contact the city about by calling 311. They can best field your questions and concerns. Even the playground and community garden area sidewalks are looked after by the City of Edmonton.

Please consider how you might want to work with the community league, whether by volunteering at an event or starting a new initiative. You might have a great idea that would benefit a specific demographic in our community.

Share your ideas and your time with us. You can contact a board member with suggestions or to request information. Our contact information can be found on the back page.

Check page 31 or the website to see upcoming events and volunteer opportunities.

How can I be involved?

The Terwillegar Community League (TCL) is looking for enthusiastic volunteers to fill the following positions. Please e-mail Jon Dewarle at president@terwillegar.org to state your interest or come to our next board meeting at 8:00p.m. on Tuesday, June 19 at Holy Trinity Church to see how you can be involved.

The Secretary of the League:

- attends all meetings of the Board and Executive Committee;
- is responsible for the keeping of accurate minutes of meetings of the Executive Committee, the Board and meetings of the Members;
- has charge of the minute book and other records;
- has charge of the League's correspondence under the direction of the President and the Board;
- files the annual return, changes in directors of the organization, amendments in the bylaws and other incorporating documents with the Corporate Registry;
- has charge of the corporate seal of the League;
- prepares and sends notice of meetings of the Executive Committee, the Board and meetings of the Members;
- is a member of the Executive Committee;
- is a signing authority;
- performs such other duties as may be specified from time to time by the Board or these Bylaws.

The Fundraising Aide:

- 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 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.

The Programs Director:

- recruits/trains and supervises program coordinators (ongoing programs, key events, etc.), 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.



The 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.



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TRAC continues to “make things happen”



By Caterina Olivito-Veltri,
TRAC Community Advocate



It is with great pleasure that I introduce Sherri Jaillet-Martinez as our new TRAC President, Steve Sedgwick as Vice President, Char Bowman as Secretary and Barry Davis as Treasurer.

There was a great turnout for the TRAC Annual General Meeting, which was held on April 18, 2012 at Lillian Osborne High School. We again thank Janet Hancock (School Principal) and Janet Bell (Curriculum Coordinator, Technology and Literacy) for allowing us the school for our meetings; a great joint partnership.

Special attention was given to the Community Spirit Awards issued to:

Harold Hornig — one of the founding members of TRAC. Harold was an Ambassador, Secretary, and is the IT guy who communicates notices and emails to fellow volunteers. He also helped fundraise for the Terwillegar Community Recreation Centre (TCRC).

Joe Yurkovich — helped with the TRAC bylaws and incorporating TRAC. He served as an Ambassador and Vice President, and is our current Advocacy Chair. He is very instrumental in our discussions with all levels of government.

Tim Cartmell — was the Design & Development Chairperson for the TCRC. He spent many hours at meetings representing TRAC for the planning of the rec centre. He was also the TRAC Transportation Chair.

Dave Rumbold — was the Fundraising Chair. He was involved with all the fundraising ventures, especially as the Race Director for the TRAC 10K for 6 years.

All founding individuals mentioned have put a tremendous amount of time to help build our community and TCRC.

A heartfelt tribute from Harold Hornig, a special visual presentation from me and a very special Community Spirit Award was issued to Dr. Rob Agostinis for his abundant knowledge of “making things happen.” Rob has done an immense amount of volunteer work for the past eighteen years and has really brought this

community together as one of the founders of TRAC. On behalf of the communities of Riverbend, Terwillegar, Greater Windermere and essentially the City of Edmonton, we thank him for the hard work it took for him and fellow volunteers to build the Terwillegar Community Recreation Centre for all to enjoy! Rob has been involved with various boards, projects, committees and initiatives. His vision, advocacy, community engagement strategies and communication skills have definitely had a hand in “making it happen!”

President’s Report — Sherri announced that Barry Davis, our current Treasurer, is also the new Edmonton Federation of Community Leagues (EFCL) — District H Director. Brander Garden Rocks was introduced, which was instated as a new program under TRAC at this last AGM. She also announced the Edmonton Youth Talent Show. TRAC is hoping this will become an annual event and be added as a program, partially fulfilling the youth niche. TRAC is finally establishing its programs: SWEFEM, Seniors, Youth and the Office, and still planning for future initiatives such as an auditorium, flexihall (phase 2 of TCRC) and setting up a TRAC Foundation.

Fundraising — TRAC held its 7th Annual TRAC 10K event. There are plans to have a “Spring Fling” event, including a silent auction, fashion show and wine tasting next year to raise more funds for the new programming.

TRAC is also launching its own WINE! With the help of Vines Wine Merchants, TRAC will obtain wine from a reputable vineyard and add a funky community label. A certain percentage of sales will go to TRAC and the Terwillegar/Riverbend/Windermere Communities. Stay tuned this fall!

The positions of SWEFEM Ambassador and Seniors Ambassador are now voting members. Future programs will have the same status. Currently, only ambassadors have voting status.

TCRC — Mark Dafoe, Supervisor of TCRC is very happy with how busy the recreation centre is. Memberships are high, and community rooms and flexihalls are constantly rented out. There are still minor issues to be sorted out and the centre appreciates your feedback and suggestions.

A new, shorter sign has been built by the inner road in front of the TCRC. A larger and taller

sign will be built near 23 Ave.

If you have any concerns or suggestions for the TCRC, please contact Mark Dafoe, Supervisor, or send an email to the TRAC President or Vice-President at tracmail@tracspirit.ca.

Security Report — Carol Kaiser, our TRAC Liaison mentioned to keep garage doors closed. There have been several thefts in the last few months. Superintendent Nigel Stevens praised Harold Hornig for getting timely police information out to community members. Our partnership with EPS has been great!

Education Report — Catherine Ripley — Edmonton Public School Board (EPSB) Trustee updated us with information on the Elevate Report and the status with the overcapacity of Esther Starkman School. More information can be found at www.epsb.ca

TRAC Volunteers — TRAC has become an established entity and advocacy group in your area. Our new initiatives provide a multitude of opportunities to get involved. Join the TRAC TEAM and make your community happen!

NEXT MEETING

June 13th — 7 PM; Lillian Osborne High School
CATCH THE SPIRIT! www.tracspirit.ca

Neighbourly Greetings from the *Riverbend* Community League

The Riverbend Community League, in partnership with the City of Edmonton, is offering a number of summer programs this year. Playground Leaders will be at Brookside Park, Ramsey Park, and the Brander Gardens Rocks Program. Playground leaders are already on site at Ramsey Park, keeping the kids entertained while their older siblings play soccer. The league has also hired a Tennis Instructor and will be offering tennis lessons for children during July and August. To register for tennis lessons, call 311. The courts are located on 53 Ave. by Riverbend Junior High. Additional information about Riverbend Community League’s programming can be found on the Riverbend Community League website at www.riverbendonline.ca. Have a fabulous summer!

Seniors Committee brings seniors together to make a difference

By Glenn Kissick

Seniors Representative for TRAC and Riverbend Community League

We have put on many miles as Snowbirds to Arizona and back since the last column I wrote in January, and many things have happened at the Southwest Edmonton Seniors Association Steering Committee.

We now have a website at www.SWEdmontonSeniors.ca, and have registered the Southwest Seniors Association email address at swedmontonseniors@gmail.com. These can both be used by all seniors or seniors groups to pass on information about their activities or their club to other seniors groups in southwest Edmonton. The way it will work is very easy — simply send an email with information about your seniors group, an event poster or event/meeting information to the email address, and we will in turn put it up on the website.

At the end of two years, or upon completion of work, the steering committee will be handed over to a newly constituted Southwest Edmonton

Seniors Association.

Southwest steering committee (2 year term):

Chairman — David Faber

Vice-chairman — Richard Perry

Secretary — Bruce Duncan

Treasury — Glen Wong

Communications — Joe Roberts

TRAC Seniors Rep — Glenn Kissick

In addition to the Steering Committee, the following committees have been formed:

Research: will visit the the Seniors Facilities in the southwest area of Edmonton to determine what is here now, what is lacking and what will be required in the future.

Bylaws: will lay out the responsibilities of each person in office and the way in which the committees will work.

Grants and Fundraising: will apply for grants and organize fundraising for the operation of the steering committee and events.

Communications: will write newsletter articles for the new website and local newsletters, and receive and send information pertaining to

seniors and or seniors groups in the southwest area of Edmonton.

Events: will organize events for the promotion of the Southwest Seniors Association.

Current Activities

Seniors Skating: at the Terwillegar Community Recreation Centre (TCRC). Please check with the weekly schedule at the arena office.

Pickleball (www.usapa.org): Drop in Pickleball is still going strong in the Flexihall #2 at the TCRC from 1p.m. to 3p.m. Monday, Wednesday and Friday. Come out and join us for friendship, fun and awesome exercise and maybe coffee in the coffee shop. Instruction is available for new players.

The Riverbend Community League is also installing four new pickleball courts on 53 Avenue between Riverbend Junior High School and St. Monica School. To use these outdoor courts, you will still require a Riverbend Community League membership Card.

For more information, contact Glenn at gkissick@gmail.com or 780-758-5198.

Runners and spectators enjoy the day at TRAC 10K

By Dr. Rob Agostinis
TRAC 10K Co-Race Director

A beautiful day in the neighbourhood for the TRAC 10K. This year the seventh annual event sponsored by TRAC and the Running Room was held at a new venue, the Mother Margaret Mary Catholic High School.

Of the approximate 450 people in attendance, 250 of them were runners and walkers.

The event MC was John Sexsmith of Global TV. He provided the commentary for a fun-packed program, which included:

- Warm-up provide by Infinite Fitness
- The 3K, 5K, 10K run/walk on a new, flatter and easier route
- Tai chi cool down - provided by Marla Grant from Rejuvenation Health Services
- Water Booth – provided by ATB Financial (Rabbit Hill and Windermere Branches)
- Free food and drink provided by Prairie Mill Bread Co, Save-On-Foods, Sobey's, Remax (Rad Ugljesic), Second Cup - TCRC and the Grind Sports
- Door prizes provided by various local sponsors (see TRAC Website)
- Shirt and towel toss provided by Popeye's Supplements Canada
- The Grand Prize – iPad. Provided by WestWorld Computers Ltd.
- Mini Farmers' Market courtesy of the SouthWest Edmonton Farmers' Market
- Booths set up by some of our sponsors promoting their business



- Jumpy Thing for the kids and some adults – provided by Brookview Montessori
- Face Painting provided by the City of Edmonton
- Kids Activities provided by the City of Edmonton

A very special thanks to our planning committee: Rob Agostinis, Mike Boychuk, Caterina Olivito-Veltri, Sherri Jaillet-Martinez, Karen Sheydwasser, Sue Trigg, and Julia Necheff. Thank you also goes to Dave Rumbold for providing that transition from last year's event.

A very big thank you goes out to the community leagues, Lillian Osborne High

School, Archbishop Joseph MacNeil Junior High and Brander Garden Rocks Kids for providing the volunteers.

Also an 'out of this world' thanks to our sponsors, which provided \$45000 in total, (\$21,000 in monies and the rest in kind); a phenomenal feat and record for the TRAC 10K.

Here is the list of the Platinum, Gold and Silver Sponsors:

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- The rest of our sponsors, running times and other information are online at www.tracspirit.ca. See you all next year for the 8th Annual Event. Stay tuned!



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Sidewalks are dangerous places to ride!

By Enza Fata
Neighbourhood Watch, Terwillegar Community League

Attention Cyclists: Sidewalks are dangerous places to ride!

It's a beautiful day — the sun is shining, the birds are chirping. What could be more perfect than a bike ride?

Recent stats show that many car-bike collisions involve a cyclist riding off sidewalks and into roadways.

Although some Canadian communities allow children's bikes (24 inch wheels or smaller) on the sidewalk, the intention was to allow only small children to ride on the sidewalk.

Sidewalks are for pedestrians. They are not safe havens for cyclists. Sidewalks are congested with pedestrians, strollers, wheel chairs, pets, senior citizens, planters and entire families of

unpredictable window shoppers.

Here are some safety tips to remember when riding your bike:

- Always wear a helmet
- Obey all traffic controls
- Ride your bicycle near the right-hand edge of the road
- Never carry another person on your bicycle
- Always use hand signals when turning or stopping
- Look out for cars at cross streets, driveways, and parking places
- Be careful when checking traffic, and don't swerve when looking over your shoulder
- Give pedestrians the right-of-way
- Keep your bicycle in good condition
- Always ride carefully

Remember: a bicycle is a vehicle. Happy cycling!



The right side of the road or designated path are safer choices.

Neighbourhood Watch: Are you a member yet?

Contact Enza at watch@terwillegar.org

Opinions

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

School parking issues a danger to our youth

By Carlene Bourassa, a concerned grandmother

This letter is concerning the traffic congestion around Monsignor William Irwin and Esther Starkman schools in Terwillegar Towne. As a grandmother and community member, I recognize this as a safety issue that needs creative solutions. Success will only happen with input and cooperation from community, schools, police, and above all parents and students.

My congratulations to the principal and staff at Monsignor William Irwin School, who are actively outside daily trying to keep their students safe. The idea of curbside drop off in the morning is brilliant and has greatly reduced the safety concern near the school. Closing off the parking lot for afternoon pickup has, at least, made it safe for children to walk to their bus. Unfortunately, however, it has transferred the problem to the street where parents and caregivers are parking and driving unsafely and putting our children at risk.

I wish I could give an easy solution to the problem. Perhaps make the road in front of the school one way at drop off and pick up? Ban parking within a block of the school? Stagger the start times of classes between the schools?

I'm sure all ideas will be welcomed by the school and enforcement officers.

From the gentleman in the truck who u-turns in front of the school bus every morning, to the mom who needs to park at the entrance at pickup – we could all do our part and be more conscious of the safety of our children.

I hope this letter draws the attention of community members. I know someone has a solution. We all want our children and grandchildren to be safe and happy.



Parents fight for a parking space in front of Monsignor William Irwin

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: _____
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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

Targeting our geese needs to stop

By Megan Stasiewicz-Fournier, wife, and new mom

Since our family first moved into Terwillegar Towne, we have enjoyed sitting on our deck and watching the gorgeous lake and the amazing tame families of geese who continue to come back every year and share their lives and babies with us. But every year it seems to also bring the problem of children and some adults feeling the need to play target practice by throwing big rocks at the geese, ducks and all their babies. Our family has several times politely asked some of these characters to stop, and they react with anger and threatening actions.

On May 27th a group of kids were standing on the side of the lake throwing big rocks at a family of geese: a mom, dad and 6 babies. They hit one of the babies and killed it. Being a new mom, and a person with proper morals and common decency, this makes me absolutely sick to my stomach. They took the life of an innocent harmless baby who trusts us all and shares their happiness and lives with us. It is time to stop. Stand up for our neighborhood and help put a stop to this.

Spiritual Spring is a reminder of God's work

By Rev. Nick Trussell
Holy Trinity Church

Thanksgiving happens in the fall but it could just as easily be in the spring, because spring is an amazing joy and a gift! I can tell I love spring because while waiting for the bus the other day, I smiled to feel the sun warming my bald spot. Anything that can make me smile about my bald spot is truly amazing. It's amazing to be back to a time of year when the sun brings more than just light to a winter's day — it actually gives heat we can feel. It's a wonder to see the wildlife returning

to the land, and the trees and plants awaking from their long winter's sleep. It's a joy at last to see life springing up and blooming all around us. Perhaps the greatest gift of spring though is not only the fresh colours and new life all around us, but also knowing that all that spring life doesn't depend on us.

Life is beautiful and abundant, as we see so clearly in the spring, and it doesn't depend on us. It is God's work and God's gift. Spring, like Easter, shows us and reminds us that life is more than what we make of it ourselves. We most definitely have responsibilities to our environment, to ourselves and to one another, but it's good

to know it doesn't all depend on us. Our lives can become busy and frantic places, and we sometimes become consumed with anxiety that we haven't done enough — so consumed that we never have time to be ourselves, to give God thanks for his love and grace and beauty.

Spring is a reminder of life outside our selves. A reminder that we are more than what we own, the job we do or even the friends and family we love. We are part of a greater work of life which is a gift from God for the purpose of love. Take some time with God this spring, to see the work of life God is doing all around us and for us, and give thanks.

TCC meets the needs of many with new ventures



By Pastor Ken MacDonald
Senior Pastor of Terwillegar Community Church

Every passing day brings an increased sense of excitement as the congregation and community awaits the completion of the new church facility on Towne Centre Blvd. We look forward to having an Open House this summer so that anyone who is interested can have a "tour" of the new facility. The main floor is designed to be multi-functional, while the second floor is specifically designed to accommodate children and youth.

The auditorium will serve as the worship space on Sunday morning, but during the week it will be booked with a multitude of uses. The foyer will seat 300 for a sit down meal so many good uses will be made of this flexible space.

Terwillegar Community Church (TCC) has been requested to be the host site for the "Out

of School Care" for neighboring Monsignor William Irwin School. We are pleased to be able to accommodate this request through the space available on the second floor. The proximity to Monsignor William Irwin School will make this arrangement efficient and viable for parents this fall.

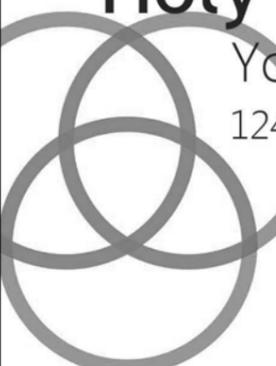
Our preschool program will begin in September, a first for Terwillegar Community Church. Registrations have been coming in steadily and we anticipate a strong enrollment for the fall. There is still space available for those who might be considering preschool this fall. Please go to our website for further information at www.tcchurch.ca.

One of the newest ventures at TCC is the partnership that is forming with "Compassion Canada." Along with other churches on the south side, TCC is partnering with Compassion Canada to respond to the issue of poverty in Central America. We have adopted a specific region in the City of San Salvador with the purpose of

helping children at risk. We look forward to a September launch of this new endeavour. If you are interested in coming alongside of those who are less fortunate than we are, don't hesitate to be in touch with us in the fall.

This summer, from August 13-17, we will once again host our annual soccer camp. Our university and club athletes take campers through an intense week of skill development, fun competitions and exciting tournaments. Every camper gets the individual attention they need to become a better player. We always emphasize the development of the camper's physical, social, mental, and spiritual selves to become a total athlete! And to top it all off, everyone takes home an authentic AIA soccer t-shirt. Please go online to register — www.tcchurch.ca.

Once again, we look forward to the months and years again where we can be an integral part of serving and working alongside a wonderful community. God bless our community.



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Holy Trinity 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! Find the Newsletter at htrchurch.ca for details about upcoming events.

Terwillegar Community Church



Worship Service @ 10am
Followed by Hot Brunch

Preschool Launches in September!

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Construction underway on Rabbit Hill Road



By Bryan Anderson
Councillor, Ward 9

Summer is upon us, road construction season is here and the City of Edmonton's plan to transform Rabbit Hill Rd. is well underway.

Last year, the two-year project to improve Rabbit Hill Rd. between Riverbend Rd. and Magrath Blvd. started with widening and resurfacing Riverbend Rd. to Hodgson Blvd. This year, the project will continue from Hodgson to Magrath Blvd. In addition to widening the road, rehabilitation of the existing lanes and the 23 Ave. intersection will also take place.

A wider road will help ease increased traffic volumes and the focus of the design will take Rabbit Hill Rd. from two to four lanes. The existing two lanes will become southbound lanes and the proposed northbound lanes will be constructed on the east side of the existing lanes.

Construction entails the following:

- Installation of new full traffic signals at the intersections of Rabbit Hill Road and Riverbend Rd., MacTaggart Dr./Terwillegar Blvd. and Oakes Gate/Carter Crest Rd. was completed in 2011.
- Installation of a new bus-pedestrian signal at the intersection of Rabbit Hill Rd. and Carter Crest Rd. was completed in 2011.
- Installation of new pedestrian crossing amber flashers at the intersections of Rabbit Hill Rd. and south of Ogilvie Blvd. as well as Magrath Blvd. was completed in 2011.
- Installation of new full traffic signals at the intersections of Rabbit Hill Rd. and the commercial access north of 23 Ave. as well as South Terwillegar Dr. (south access)/Mullen Rd. will take place in 2012.
- Installation of a new bus-pedestrian signal at the intersection of Rabbit Hill Rd. and South Terwillegar Dr. (north access)/Mullen Way will take



Looking north toward 23 Ave. from Magrath Blvd. — Rabbit Hill Rd. construction continues this summer.

- place in 2012.
 - Rebuilding of existing traffic signals at the intersections of Rabbit Hill Rd. and Terwillegar Dr. and 23 Ave. will take place in 2012.
 - New sidewalk will be constructed on the east side of Rabbit Hill Rd. from Hodgson Blvd. to MacTaggart Dr./Terwillegar Blvd. to continue the new sidewalk that was installed to the north last year. The existing shared use path on the west side from Hodgson to Magrath will remain as it is today.
 - New street lighting will be installed in the grassed boulevard between the curb and the sidewalk.
- South Edmonton is made up of vibrant communities which continue to experience significant growth. This road construction project will greatly benefit the area by improving safety for drivers, passengers and pedestrians. It will also allow easier and more convenient access to nearby neighbourhoods, schools and businesses. The main project will be completed this fall. 2012 landscaping includes topsoil and seeding, and final touches will be completed in 2013.
- If you have questions, you can reach me at Bryan.Anderson@edmonton.ca or at 780-496-8130.



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Thank you Edmonton-Whitemud for your continued support through this pivotal election.

We are moving forward with the things that matter most to Albertans, like better access to healthcare and education, more inclusive communities and a strong stable economy.

I would also like to thank the tireless volunteers for their dedication and support.

As your voice in government, together we can build even stronger communities. Thank you!



Dave Hancock





Childhood illnesses improve with natural treatment

By Dr. Michael Mason-Wood,



In my practice, I specialize in pediatrics, and

I see children with many common conditions such as eczema, asthma and allergies, as well as more challenging neurological conditions such as autism and ADHD. I wanted to share a common occurrence I see in practice and that is the treatment of eczema. A few months ago, a concerned mom brought her one-year-old son in as he had been diagnosed with full body eczema. A medical doctor had prescribed cortisone cream and said "he will grow out of it." The condition had started at birth, and since he was so uncomfortable, his mother found that he was extremely fussy and cranky. He was also very itchy and would scratch himself raw given the opportunity. After feeling discouraged with the medical care they received, the parents thought they would explore other avenues of treatment, such as naturopathic medicine.

During the patient intake session, I discovered that he was a c-section birth. He had also been quite colicky as a baby and sometimes could not keep food down. Whenever a child presents with the symptom of colic, a few things come to mind: 1) food intolerances, 2) a bacterial or "gut flora" imbalance, and 3) spinal disturbances. The other symptoms that occur with food intolerances and an imbalance in gut flora are: eczema, asthma, digestive upset, mood disorders, constipation, difficulty sleeping and bed wetting. Similar symptoms can also appear in patients who are "toxic" or in those whose organs of detoxification are not working as well as they should. In this case the boy's trunk looked like red welted hives and I asked if any blood work had been done to rule out a true allergy. It turned out this was never

offered, so she decided to do an IgE allergy blood test through our office, as well as stool testing to determine the balance of good and bad bacteria in the digestive tract.

When looking at immune reactions to allergies, there are five types that the body can have: IgA, IgG, IgM, IgD and IgE. Most people are familiar with the IgE antibody response (fast immune mediated) which is when you eat a peanut and your throat immediately closes, or you get hives or an anaphylactic reaction. But there is also an IgG antibody response which is considered a "slow immune" reaction, such as a food intolerance. Most commonly, I test children for food intolerances when they are over 1.5 years of age as this is when their immune systems are more developed and they have built up enough antibodies to give a good response. If I test a child and they are positive, it means they have what is known as "leaky gut syndrome" and I start them on a treatment plan. This includes a dietary plan that eliminates the foods they are reacting to based on their individual test results — most commonly wheat and dairy as these are the most common foods that cause problems.

Another important point in this case is that he was a c-section baby. It is important to note that when a baby is born, it gets its first dose of bacteria when it travels down the vaginal canal. These good bacteria or probiotics colonize the infant's digestive tract (assuming the mother has a healthy vaginal canal) and serve as part of our lifelong immune system. C-section children do not get this opportunity and therefore usually have a lot more health problems versus their vaginal birth counterparts.¹

In this case, I prescribed the following dietary changes while waiting for the test results: eliminate dairy and wheat from the mom's diet

(as she was still breast feeding) and the solid portion of the child's diet. As detoxification is also an important part of the process, I also prescribed very gentle liver support that involves a three step process:

Step 1: homeopathic remedies to start the "drainage" or removal of toxins,
Step 2: glutathione to help the liver get rid of these toxins, and
Step 3: a herbal combination to promote better liver function.

Most parents say to me "My child is only x months old, how can their liver be toxic?" What people don't realize is that in today's society, children are being born toxic. They acquire toxins in utero and/or while being breast-fed.² We have five detoxification organs — our liver, kidneys, colon, lungs and skin. If the liver cannot keep up with the removal of toxins, the detoxification process spills onto the other organs and when the entire system is overburdened, symptoms appear such as eczema, asthma or bowel issues.

When I saw the patient a week later to go over the test results, she was impressed how fast his skin had cleared up, that he was not as fussy or cranky, and that he seemed to be a more pleasant child. His blood work confirmed the following IgE allergies: peanut, milk, wheat, egg white and soybeans. Based on the stool test results, he also had candida which is a chronic fungal problem. Over time with the correct nutritional support to heal leaky gut syndrome, he may be able to eat some of these foods periodically and not get such a severe skin reaction. For more information on Leaky Gut Syndrome, see Dr. Christina Bjorndal's article: **I have a leaky what? Leaky Gut syndrome explained at www.optimumwellnessclinic.ca**

con't - see "childhood illness" page 27

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Health & Fitness Move of the Month

Two-Arm Clean and Press with Twist

By Tristan and Jessica Zapata
Owners, Infinite Fitness, www.infinitefit.ca

Calling all men! Looking for that one exercise you can do anytime, anywhere and get the biggest bang for your buck? This is it (ladies you can do it too). While the name may sound complicated, it's not. It combines fundamental movements we do every single day into one great exercise.

How to do it:

1. Stand with feet shoulder distance apart, knees bent, heels on floor (in a squat position). Grasping a dumbbell with two hands twisting to the right side.

2. With an upward motion, lift the dumbbells as you begin to straighten your knees. Mid-point, the dumbbells will be at chest level and shoulders square to the front.

3. Continue the upward motion and continue to twist around, finishing with the weight over the left shoulder, body rotated and



knees straight (not locked).

*Complete the movement in one fluid motion. Start with no dumbbell and as you become comfortable with the movement, add in the resistance.

Do 10-15 reps per side, 2-3 sets.

Why it's important:

Core Stabilization — To properly execute this exercise, pull your belly button in towards your spine and feel solid towards the front and back of your torso. Practice this same feeling in everyday life — lifting, sports, yard work, you name it.

Full Body — This exercise hits all the major muscle groups from the feet up. You will not only burn a lot of calories, but you will also generate a ton of power!

Adding a Twist — We rotate all the time in everyday life, but many of us forget to do this when we exercise. Teaching our body how to perform rotation in a controlled environment transfers over to those everyday activities and dramatically reduces your risk of injury!

Wanna Tri? It's simple — just swim, bike, and run

By Christine Kasturi
Magrath Contributor

T2, Brick and PB may all sound like construction terminology, but are all just a part of a triathlete's training diary.

I raced my first triathlon in 2003. It was the University of Alberta Triathlon, and I raced as part of a team with my sister. She swam and rode the bike, and I ran. After eight years off and two kids later, I returned to racing in 2009. My body is MUCH different, but my mental perspective is not. In a crowded fitness industry centered around body image, with brand names and trends that come and go, the sport of triathlon remains simple: complete a swim, bike and run to achieve one's personal best. Don't get me wrong, there are plenty of "looks" at each other and the gear on race day. But by the finish line, the looks vanish and somehow everyone is family. Here are some tips and tricks for those of you wanting to join this "family."

The Distances:

- Try a Tri: 300m Swim, 10km Bike, 3km Run
- Sprint: 750m Swim, 20km Bike, 5km Run
- Olympic: 1500m Swim, 40km Bike, 10km Run
- Half Ironman: 1900m Swim, 90 km Bike, 21 km Run
- Full Ironman: 3800m Swim, 180km Bike, 42km Run

The Training: If you can run for 20 minutes you can start to train for a triathlon! Weekly workouts alternate emphasis on swimming, biking and running, and also include core and functional training sessions. Once you have a training foundation, race preparation begins approximately twelve weeks before the race. Many pools offer adult swim classes and groups for those new to the water. Training for a sprint race can easily be done in a 60 minute workout five to six times per week.

The Gear: A Swimsuit, Goggles, Digital Watch, Bike, Helmet and Running Shoes. These are the basics to get started!

Although a road bike may help you go faster, training on a mountain bike is a great way to try the sport before investing tons of money.

It's All About the Shirt: My first question after signing up for a race is "What is the route?" followed by "Is there a shirt and what does it look like?" There is something about the feeling of wearing a race finisher shirt the day of a race. In a triathlon you will also get body marked, where your race number is printed on your arm and calf. It's ok to not wash it off for a day or two after the race!

5 Tips for Tri Newbies:

1. Have a goal. Whether to finish or set a personal best. Having a goal will help focus your training and give you something to celebrate after your race.
2. Race as a team. Many participants don't know you can race a triathlon as a team where up to three people do each leg of the race. This is a great way to get



into the sport, take your running races to the next level and compete with your friends. Many races also have prizes just for team entires!

3. Rest. This is very important. Training can be months and volume will increase as your race approaches. Overtraining, improper nutrition or dehydration can make or break a finish.
4. Reward yourself. A new bike maybe? A fancy GPS watch? Take some time after a race to eat good food, reflect and treat yourself!
5. Have fun. Really. Enjoy race day, the food, the people and the atmosphere. You worked hard and now is the time to celebrate — we're family, remember?

Christine Kasturi is a Magrath Resident, Triathlete, and Mother of two boys. She is also the Race Director for the Dip, Ride, Run Chocolate Triathlon taking place at the Terwillegar Rec Center on Sunday, August 26. You can get more info at www.momentummultisport.ca.

www.momentummultisport.ca

Chocolate Triathlon

Grand Prize!
14 karat white gold
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Sunday, August 26, 2012
Terwillegar Rec Centre, Edmonton

Race as an individual or as part of a team in the one of a kind "all things chocolate" sprint triathlon!

A portion of all race entries will go to purchase new bikes for Kids Kottage Edmonton. Kids Kottage supports families in crisis preventing child abuse and neglect.

Visit www.momentummultisport.ca for registration and more information

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Donated TRSA jerseys find a new home

By Jack and Daphne Bergeron
Amigos de lo de Marcos, Mexico

Amigos de lo de Marcos, which means Friends of Lo De Marcos, is an Association in Lo De Marcos, Mexico. It's a registered Mexican non-profit association formed by concerned residents, local and foreign, to represent the needs of the community of Lo de Marcos. It is our aim to help the locals with improving their standard of living.

We have a committee that works with the coaches of the various sports groups and with our help, they have been able to organize and instruct several teams.

The jerseys you provided were the icing on the cake for us — now the kids feel like they are in fact a team. One of the places Daphne and I went to pass out your TRSA (Terwillegar/Riverbend Soccer Association) jerseys was the Elementary school to meet with Coach Ceaser. They didn't know we were coming and it was a pleasant surprise for them to get jerseys.

The coach and team thanked us very much and we thank TRSA on their behalf. It was such a wonderful feeling to be part of the giving that your association was able to help us with.

Going to the soccer pitch on girls' day to



pass out the jerseys was much different than the boys'. As the girls arrived, the first ones there got first pick of color and having a choice seemed like they were in a different world. The girls were more grateful than the boys, as they learn at a young age how precious this gift is. Many girls by the age of 15 are already caring for their babies. Youth does not last long for them.

Our big fundraiser for the year is where the visiting tourists and many of the locals join us in a walk around town visiting the numerous projects that we are supporting.

After the walkabout, we sell our Breakfast Burritos and follow it up with a party in the Plaza including a rummage sale, bake sale, silent auction and a draw for major prizes. In the evening, we have a live band that keeps the people dancing until the wee hours with local vendors selling food and beverages to the hungry crowd.

Our granddaughters got involved on their own by collecting and selling bottles, and were able to buy two dictionaries that translate from

Spanish to English. Also, Beth gave us her first bike that was like new, and it was raffled off and raised \$500 at the fundraiser. We are very proud of them for their love for the community and the kids in it. They have seen how little the kids have down there and what a difference in their life a small gift can make.

Among many other projects, we are also involved in the recycling and removal of plastic and glass waste. This is a project that I got involved in and sort of put myself in charge of during my stay in the winter. David Graff, who has just stepped down from being president for the past four years, is in charge of the recycle, garbage and composting. He and his wife Jacque are the real leaders for our group and work year round doing jobs that no one else wants to do.

The composting is a way to get rid of all the yard waste rather than burning it. It will take some time to educate the locals, but it is already showing signs of working.
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 Infinite Fitness (see ad pg 12)
 Italian Centre Shop
 Kites and Other Delights
 Lets Play
 Liquor Depot (see ad pg 12)
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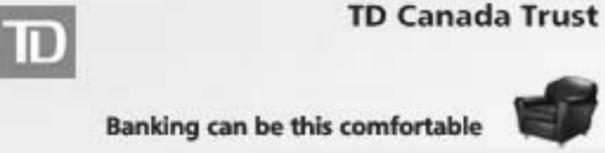
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Thank You to all the **VOLUNTEERS** who made the event a success!!

While we attempted to notify and thank all donors, due to the overwhelming number it is possible someone was missed in error. If you or your family donated to the auction and were not mentioned please contact the editor at editor@terwillegar.org.

Kids' Corner

Goldilocks and the Three Teachers

Story by Klara Vany, Grade 4
Illustrated by Morgan Vany, Grade 2

One day, Goldilocks was sitting in a comfy red armchair eating her bread and jam breakfast when her mother came in with a woven basket. "Your grandmother is extremely ill," she sighed "and I want you to bring her this basket of fresh apples." Goldie grabbed the basket eagerly, excited for a trip to her grandmother, when her mother stopped her and said in a stern voice, "Do NOT go into the forest, Goldilocks. Follow the path!" Goldie nodded, her golden curls bobbing up and down. She then jumped up from her chair and ran out the squeaky door without saying goodbye.

She walked and hopped, and hopped and skipped until she noticed she had wandered completely off the path and into a deep, dark forest. Meanwhile, in a nice little house in the same forest, there lived the three Bears who loved to teach. Papa bear teaches at the university. Mama bear teaches at school. Baby bear is a teacher in training. They had just left for work. Goldilocks was still trying to find her way to the path when she came to the three bear's house. She thought it looked like a nice little house, so she walked up and knocked on the door. "Is anyone home?" she called. She waited a few moments. Then with no response, she rudely pushed open the door. Inside whiteboards and chalkboards lined the walls, books were scattered everywhere and apple cores were on the table.

The whiteboard caught her attention first. She strolled over and picked up the first marker but it was too thick to draw anything with. She picked up the next marker but it was too skinny. Finally she tried the last marker and it was just right. She drew anything she could think of: peaches, TV's pencils, ovens and people.

She began to get bored and picked up a book, but it was too hard. She tried the next book but it was way too easy for her. So she picked up the last book and it was just right. She read the whole book.

The book made her sleepy so she carried her heavy feet to the desks. The first one was way too big but the last one was just right. She put her head down and fell fast asleep.

Meanwhile, the three bears were walking in

the door and saw the whiteboard. "Someone touched my marker!" Papa Bear bellowed. "Someone uncapped my marker" Mama bear whispered. "Someone stole my marker and drew on my board!" Baby Bear squeaked.

Then Papa Bear noticed the books. "Someone's been touching my book!" Papa yelled. "Someone ripped a page in my book" Mama said. "Someone read my book and the spine is bent!" Baby Bear cried.

Then Papa Bear noticed his desk. "Someone has been in my desk!" Papa growled. "Someone's been in my desk too!" Mama whispered. Then Baby Bear screamed, "Someone is in my desk!!"

The three bears woke Goldie up and gave her a long lesson about staying away from strange houses. They all became good friends.



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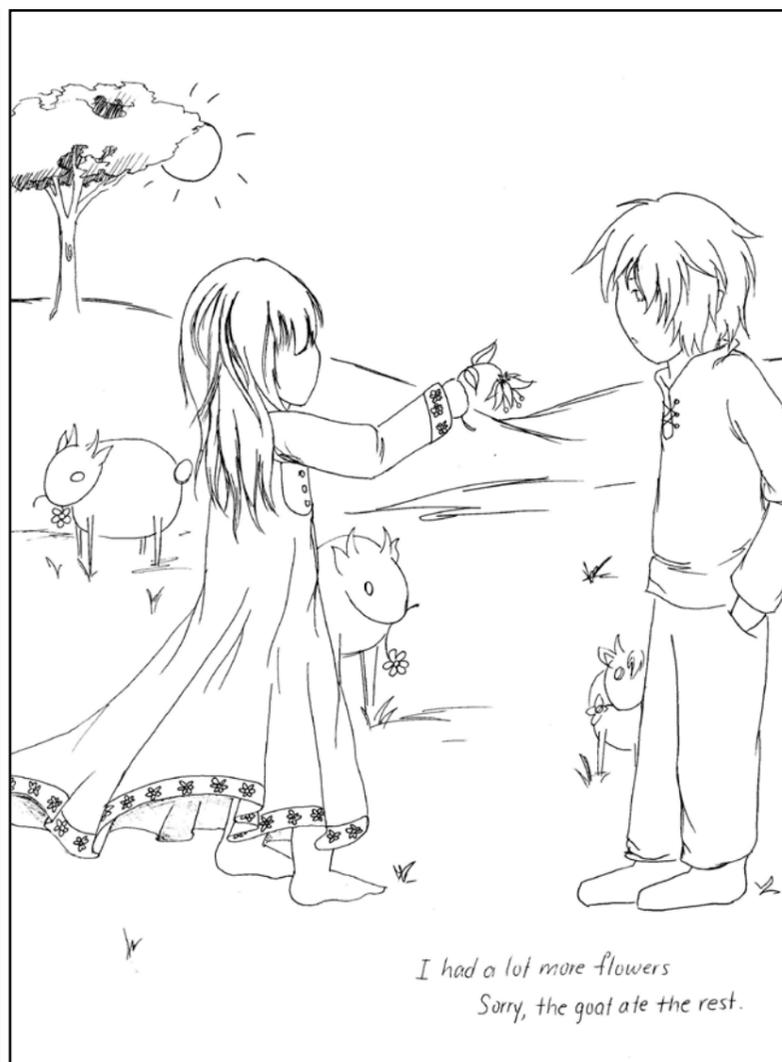
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Art by Kelly Chen

Lillian Osborne
Contributor



Students speak up: School is fun when you're in Grade 1

By The children of Mrs. Varghese and Mrs. Wilkins' Grade 1 class, Esther Starkman School

I like Esther Starkman because....

- I get to do hard work. By: Hadiya
- I like the teachers. By: Liam
- They have an office that can take care of you. We also have Smartboards. By: Ella
- We get netbooks. By: Arman
- There are lots of different classrooms for people to learn. By: Damon
- We get to do fun things like making clay monsters. By: Ishrath
- I have made good friends. By: Xavier
- You get to play with your friends at recess. By: Quinn
- The park has lots of slides. By: Taryk
- You can do lots of writing. By: Jared
- The teachers don't get mad at us when we try our best. By: Naliya
- We get to do fun things every single day. By: Samuel
- All the teachers help us do all the stuff. By: Sydney
- We get to learn lots of new things. By: Joanne
- We have two gyms in the school. By: Eva
- We have fun stuff in our classroom like toys, books and Lego. By: Brayton



- Teachers care and love us. By: Mingyu
- We got to make silly putty. By: Marcus
- Our teachers never get mad at us when we spell a word wrong. By: Elyse
- We get to play. By: Sauliha
- Esther Starkman....**
- Is the greatest school because there are lots of good kids and teachers. By: Katie
- Is the best because they have the biggest gym. By: Carter
- Is the best school because there are nice teachers and nice principals. By: Sarah
- Is fun because we have a park. By: James
- Is great because we have fun field trips. By: Adam
- Is fun because we get to play outside with our friends. By: Saniyah

Easter Colouring Contest Winners

Thank you to all who entered our spring colouring contest! Due to an overwhelming number of entries, all expertly coloured, the judges decided it wasn't possible to pick only one from each category. Therefore, we have chosen three winners from each group, and even then it was difficult to narrow it down. After much debate, the winners are:

Ages 2-4

- Everett W. age 4
- Maddy P. age 4
- Mia J. age 3

Ages 5-7

- Natasha H. age 5
- Keira W. age 7
- Eva S. age 6

Ages 8-11

- Ramea R. age 11
- Isaiah D. age 8
- Emily C. age 10



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Parents Music and dance enhance learning

By Reny Clericuzio and Denise D'Agostini
Administrative Team, Monsignor William Irwin Elementary School

This year at Monsignor William Irwin School we have been very busy with our music and dance/movement programs. Research states that music, music appreciation, singing, dancing and movement all enhance the brain's ability to learn. We take this research very seriously when we program for our students.

Music — Our music program is offered by Mrs. Andrea Gaboury who speaks and teaches in both French and English. Mrs. Gaboury teaches the Grade 4-6 students to read musical notes and play a string instrument (violin, viola or cello), provides recorder instruction to the Grade 3 classes, and instructs on Orff instruments and choral singing to the Grade 1 and 2s. We also have handbell instruction in upper elementary. All these aspects of the Arts go hand in hand with our strong focus on academics. We have received many compliments from parents and visitors who see our program as innovative, vibrant and very motivating to the children. As our year unfolds, we will be having a special evening for our students to demonstrate their musical instruction to their parents.

Once a week, our students are involved in Faith Music Assembly. During this time, our children practice and learn songs for special religious events held at the school. Mrs. Michelle Brassard, Mr. Michael Pagacz and various guest teachers

participate and organize this program. We have excellent singers, guitar players and drums that accompany our Faith Songs. We are blessed with talented teachers!

Dance/Movement — Our dance program is highly popular for children of all ages. We try to incorporate different types of music and dance along with things like Yoga, Ti Chi and Pilates. This makes our dance program varied and meets the needs of our different types of learners. This year, many different types of dance were incorporated into the program. At each celebration and special events our Liturgical Dancers perform. They opened the Celebration of the Arts on May 2 at the Jubilee Auditorium. Liturgical Dance is offered over and above the regular dance classes, and choreography and

routines are learned and practiced during lunches and recesses. Our dance teacher, Mrs. Lindsay D'Agostini, takes great pride in having her students experience different forms of dance, and the Liturgical Dancers use their body movements to honour our faith and the good Lord above.

These types of initiatives truly embody many aspects of 21st Century Learning where we use different resources and strategies to meet the needs of our students. In her famous song, Madonna talks about how music makes the people come together. We find this to be totally true. We have many visitors from our district, as well as from our community, who visit us to gain insights to how we incorporate the Arts into our rich academic school. We are very proud of our children as they learn and grow through the Arts! Thank you parents for your support and encouragement as we plan and schedule staff for next year to continue the creative focus to our programs.



Ask the educator: Help your child succeed this fall

By: Arief Ebrahim,
Assistant Principal, Esther Starkman School

Imagine: it's September and your child is going back to school after two months of fun in the sun. They are excited to see their classmates and meet their teachers. All is good! However... did you know that studies show students who do not keep themselves cognitively stimulated over those two months away from school are at a greater risk of dealing with what educators call "academic regression?" Not only is it in the research, I have seen it in my own teaching experiences. For most students who are performing at or above an acceptable standard in school, this is not a large concern. It is, however, something parents of students who are already underperforming in school should take quite seriously.

The regression for these students is most obvious to their teachers in the areas of reading, writing and basic math computations. Teachers start the year knowing they will have to do some review with their students and some sort of reintroduction to the regular routines that are imbedded in school culture. Where teachers get concerned is when underperforming students enter into the class even further behind than they anticipated. Generally speaking, this is a sign that the student has not had exposure to any kind of activities that involve authentic thinking and learning activities. I am not suggesting that these students need to sacrifice the regular play and fun that comes with the summer months. What I am suggesting is that in-between all

their unstructured playtime, T.V. viewing and computer time, students should have allotted time made by the family that focuses on the fundamentals of learning. Some activities parents can engage their children in may be the following:

1. Reading a map: Prior to a family road trip, have the child use a map to locate the destinations they will be traveling to. Have them calculate the cost of fueling the car. Have them look at a variety of routes to determine what the most efficient route to take would be.
2. Keeping a summer journal: Have students write about their experiences. Students can describe the places they go, the people they see and the activities they did.
3. Write movie reviews: Have students play the part of a movie reviewer. Have them write about what they liked/did not like about a movie they saw. Have them write about if they would recommend the movie to a friend, stating why or why not.
4. Have students inspect nature: Students can observe things in nature as they go for family walks. They may observe a tree or a flower (they see almost every day) and draw and write about the changes that object goes through as we move from early to late summer.
5. Family board game night: Playing board games (especially those that really make you think) are a fun and sociable way for children to keep their minds active. They must consider strategic

moves and learn from their past decisions.

6. Read-in night: This is a time where everyone in the house commits to sitting down and reading without any interruptions. It does not matter what they choose to read, just as long as it becomes a regular summer habit.

The above is not by any means an all inclusive list of activities you can do with your children. They are activities that you and your child may take advantage of to keep those brain juices flowing come September. Teachers want every student to feel like committed, connected and contributing individuals come the first day of school. Ensuring your child spends some part of their time away from school in the summer engaged in activities that make them think and problem solve is essential in making this a reality.

Follow Arief Ebrahim on
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I'd love to get your feedback and thoughts for other article submissions!



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Fight fire with water — a lesson in “bullyproofing”

By Gurjeet Greekas
Edmonton Gracie Jiu-Jitsu

This year, over 13 million children and youth in the U.S. and Canada will experience bullying — making it the most common form of violence amongst young people today. Kids being cruel to each other has persisted for generations. In more recent years, however, bullying seems to have escalated in terms of both frequency and severity to the point where some are calling it an epidemic. Worse yet, in some cases it has led to “bullycide” where victims end up committing suicide.

Bullying is defined as acts of intentional harm, repeated over time, in a relationship where an imbalance of power exists. It includes physical actions (punching, kicking, biting), verbal actions (threats, name calling, insults, racial or sexual comments) and social exclusion (spreading rumours, ignoring, gossiping, excluding). Bullies often target children who are alone, with the majority of bullying occurring in and around school buildings, as this is the “the hub” of school-aged children’s social interaction. Canadian research indicates that bullying occurs on school playgrounds every seven minutes and once every 25 minutes in classroom settings. According to Ipsos Reid data, approximately one third of Alberta households report being affected by bullying.

There is also a correlation between victims of bullying and self-esteem. Individual interventions, therefore, tend to focus on repairing and building a child’s self-esteem. And one of the main recreational pursuits aimed at addressing bullying and fostering self-esteem and confidence in a child is self-defense programming, such as martial arts. This in



The documentary “Bully” has met controversy due to it’s ‘R’ rating, excluding teens and kids.

many ways is an obvious choice as bullying is generally considered to be a physical interaction, with victims unable to stand up for themselves because of profound fear for their personal safety. Many martial arts practitioners also believe that the best prepared students are those least likely to find themselves in a fight. People who have the confidence to deal with physical aggression not only possess technical skills for neutralizing an attack, but also exude self-assurance in their demeanour and mannerisms, which serves to repel a potential attacker. Such people are both less likely to be attacked and, interestingly, are less prone to initiate a fight because they have nothing to prove. For these reasons, millions of parents enroll their children in martial arts programs.

Most martial arts programs rely on striking the attacker with punches and kicks. However, martial arts that rely on strikes provide no way to control the level of violence (“You punch me, and I’ll punch you harder”). While a strike may have its place during a life threatening situation, it has no place on the playground and will always do more harm than good. Essentially, it involves fighting fire with fire, and this can cause serious harm and give children the idea that violence is a legitimate way to solve problems. It can even turn victims into bullies.

The premise of the Gracie Bullyproof program, however, is to fight fire with water. This renowned program has been featured on CNN, Oprah, NBC and Yahoo as an effective counter-measure to bullying. It is designed as a youth confidence and character development program to empower and equip children and youth in the skills and techniques — both verbal and physical — for defending themselves and repelling bullies. Research indicates that bully intervention programs need to be gender and age specific while including components designed to build social skills, such as interpersonal skills, assertiveness, empathy and conflict resolution. The Gracie Bullyproof program is built upon these fundamentals and social skill sets. All of the techniques taught are purely defensive and do not involve the use of strikes. Furthermore, children are educated on how to defuse confrontations with words. They are instructed to never initiate physical aggression, but to non-violently neutralize a threat and gain control until help arrives.

Alma Crnolic recently enrolled her children in the Gracie Bullyproof program offered at Edmonton Gracie Jiu-Jitsu. Her young children have already faced bullying, and she was not able to secure support from their school administrator



to address the bullying sufficiently. For Crnolic, Gracie Bullyproof provides her the reassurance that her children will be able to defend themselves — verbally and if needed, physically — without becoming violent with other children.

“We are very pleased to be able to offer the superior and highly refined martial arts techniques of Gracie Jiu-Jitsu now in Alberta,” said Jeff Greekas, Owner/Head Instructor, Edmonton Gracie Jiu-Jitsu. Greekas further added, “The Gracie Bullyproof program is among the most effective children’s martial arts programs available that specifically encourages children to exhaust all non-violent alternatives when dealing with bullying.” Greekas also advocates finding social bonding opportunities for children to connect with peers their own age outside of the school environment. He notes that research calls for safe opportunities for children to engage in social activities, such as organized recreation, where they can interact with new peer groups and make friends beyond school. Greekas also promotes opportunities for his students to communicate and engage with adults — not just their parents and teachers — to help increase their confidence in communicating.

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



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Shine Bright from Within Coaching *an interview with Glenda Lane*

By Carol McBee
President & Founder, Bossy Mama



How did you get started in your business?

My first career was in physiotherapy for twenty years. I enjoyed it until the last five years. I felt this urge to help people in a different way. During this time, I got married, suffered two miscarriages and really felt that I needed a change. I left my job of sixteen years and became pregnant with my first daughter a month later. I also started learning more about energy and energy work. Little did I know that I would find my next passion down this path. Fast forward two years and I have two beautiful baby girls and have completed the Enwaken Coaching Program. I am now a Transformational Energy Coach that helps entrepreneurial moms achieve personal fulfillment and financial security.

What is a Transformational Energy Coach?

In a nutshell, I help people break through obstacles that hold them back from getting the results they want. These obstacles are limiting beliefs and fears that people have taken on throughout their lives. Most of the time, they aren't even aware these roadblocks exist. I help my clients become aware of these blocks by reading them at an energetic level and using tools to move that energy so it doesn't have a hold on them anymore. Then they are able to take inspired action that moves them forward towards their goals. With this energetic baggage gone, women can connect with who they really are instead of who they think they should be. When a woman connects with her core strength and makes choices from that place, life flows with more ease and less stress. She feels fulfilled, empowered and really grounded in who she is. She has clarity about what she wants and where she is headed.

What do you bring to your coaching?

Being an older mom with life experience and having done a lot of personal growth and energy work, I am able to trust my intuition and inner wisdom. Having low self esteem for most of my life, losing my mom to cancer, having three miscarriages, transitioning out of a 20 year career and becoming a mompreneur are just some of the experiences that have helped me be who I am today. My ability to read energy and the wisdom I have gained allows me to help other mompreneurs overcome different obstacles in their lives.

con't — see "shine bright" page 23



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EDMONTON PUBLIC SCHOOLS



By Karli Wright
 Director, South Edmonton Mommy Connections

The transition from career into motherhood has been oversimplified in our culture. Throughout our nine months of pregnancy we carry on with our existing schedules, considering pregnancy as an addition to our lives instead of recognizing and preparing for the major lifestyle change we are about to undergo.

A very scary reality is that postpartum mood disorders affect approximately 15% of moms within the first year of giving birth, which is why it is so important to get and stay connected with other moms. Your newborn's schedule will determine when/if you get to shower, sleep, eat or even remember to go to the bathroom for

Connections make motherhood easier

the first short while, so to have someone who understands, at that very moment, exactly what you are going through is critical to maintain a healthy state of mind.

Don't be alone. The best thing you can do is take a pre-natal program and make a serious effort to connect with the other moms there. Everyone there is going through the same thing, so don't be shy, use your bump as an ice breaker and let go of inhibitions. Once baby arrives, it is essential to join a new mom's network. Not only will that give you a few hours a week to get out of the house and share stories, but it will give you an excuse to get in the shower, put on make-up, do your hair and feel great about yourself! Another necessity is being active. This releases endorphins which in turn makes us feel good. A great option is taking a post natal group workout class or strollercize. That way you get

the benefits of exercise and you'll meet new mommy friends!

While I am in no way an expert on post partum mood disorders, I have made it through the first year of mommyhood and have made many amazing connections along the way. I consider this to be one of the best things I could do for myself and my son. He is well socialized thanks to the new friendships I've made and he even has a great network of baby friends that will be around him for as long as we continue to be active in the mom community.

If you or someone you know suffers from PPD please seek help from local health services and support groups. In addition, you can check out Postpartum Depression Awareness for more support and references. <http://www.ppda.ca>. To find ways to get involved with moms in your community visit www.mommyconnections.ca/edmonton-south.

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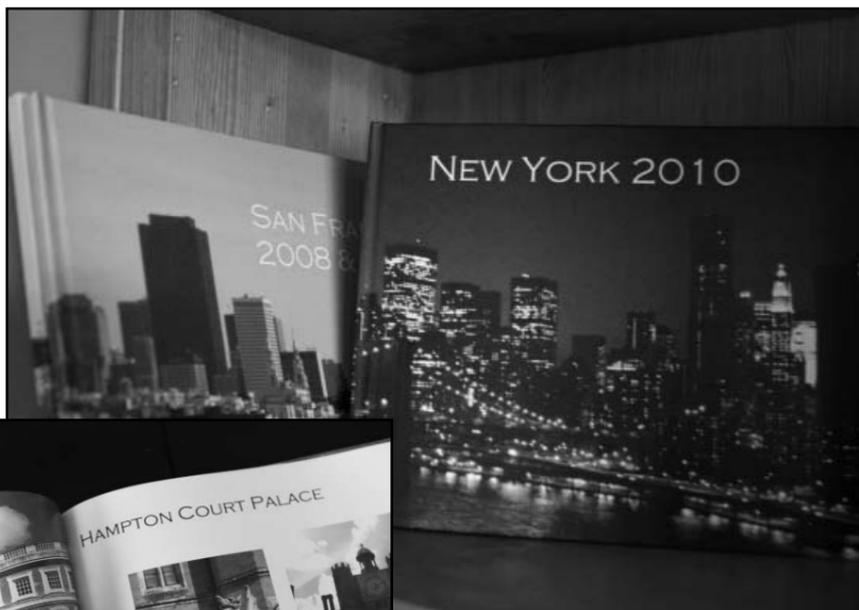
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We're all guilty of it. We take photo after photo on our cameras and iphones, we upload images to Facebook, and Instagram, and then... what happens to them? It's as if they're lost in a digital graveyard.

If you're anything like me, you'll display a few family photos around your house (for us, those are ones from shoots with professional photographers), but we have thousands of personal photos on our computer that never see the light of day.

I know some of you reading this will be avid scrapbookers, who already make beautiful books documenting your memories. But there are many of us who feel overwhelmed at the task — our spare time taken up by crafts with our kids, trips to the zoo, and relaxing with our family. It's hard to find the time to sit down and create photo albums.

I recently started a project to change this. It all started with a Groupon from Photobook



Samples of Haley's vacation photo books. Save some memories for your family with online software.

Canada and inspiration from a fellow mom. Photobook Canada (and other companies like Shutterfly and Blurb) offer press printed books and software that allows you to design your own photo albums.

The software is often "drag and drop" so you are able to create your own custom album with ease. I've started with our travel photos. A lot of our family photos are taken while on vacation, and I want our kids to have a record of the adventures that we've had as a family.

I incorporate text into my books; because I'm

sure in 20 years I'm not going to remember the details of every trip.

I've only completed three so far, but there are more on the way. Eventually, I'd like to do a yearly album, a collection of the snapshots throughout the year. I want these books to be treasures that we will all enjoy flipping through. With the ease of digital printing, I'll also be able to print copies for my kids.

So get those photos off of your hard drive and out in the open!

shine bright con't

Why work with entrepreneurial moms?

Mompreneurs have many struggles. Trying to build a financially successful business, running a household, feeling guilty about time away from their kids and snapping at their loved ones because they are exhausted trying to do everything perfectly are just a few of them. Struggle is a common reality for moms and I want to help change that. Mompreneurs have this desire to give their unique gifts and help support their families financially. My mission is to help Mompreneurs accomplish these goals with ease and joy. Why struggle when you don't have to?

Glenda Lane is a resident of southwest Edmonton and is also a member of Bossy Mama, the business network for entrepreneurial women with more than 150 members in the Edmonton area. Learn more about the network and it's networking evenings, conferences, workshops and large scale events at www.bossymama.ca



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Teens Mother Margaret Mary gets finishing touches

By Kim Brophy

Principal, Mother Margaret Mary High School

The building is complete, comprehensive landscaping finished, and furniture and technology are making their way into various classrooms.

Blinds are being installed and the latest technologies have been purchased. This includes three PC labs and one Mac lab as requested by our prospective students. State of the art "servers" and extreme coverage will make for excellent wireless connectivity.

Our Fitness Centre is being outfitted with an array of spin-bikes, free weights, treadmills and many other inviting pieces that will activate any size muscles. Some of our staff are really excited to turn up the high-end speaker system in this room and get lifting and moving. Some of us are not as eager, but are willing to take part in what will be a school where lifelong active living is the goal.

Unique to Mother Margaret Mary is a one-hour flex block each day, which will resemble personal guided instruction. This is our commitment to provide more face-to-face interactions with teachers. With guidance from a TA (Teacher Advisor), students will make choices about areas of instructional need, ways to accelerate their learning, strategies to remediate difficult concepts in various subject areas, and how best to

pursue other goal-oriented skills and interests.

Mother Margaret Mary will be starting the 2012-13 year with grades 9 and 10 only. Although our Spring Registration is now complete, and we have exceeded our predicted number of students, we will continue to accept registrations for the fall. The following year, we anticipate a growing increase in population to include grades 9-11 and by 2014-15, grades 9-12.

It has been an exciting and rewarding process to take the opportunity to visit schools across Alberta that are on the cutting edge of 21st Century learning skills. We have an exceptional staff who have been collaborating for several months now, ready to deliver a comprehensive high school program that promotes student success in the form of accommodation, remediation and acceleration. Excellence in arts and athletics, partnered with a multitude of CTS career pathways, second languages, extracurricular clubs and activities, and Christian service initiatives, make Mother Margaret Mary a school of choice.

Please feel free to e-mail, phone (780-988-2279), or come to the school for a walk-through of our amazing facility and meet our Administrative team! (Shelagh Pedersen; Shelagh.McCauley-Pedersen@ecsd.net and Kim Brophy; Edward.Brophy@ecsd.net).

We look forward to meeting you!



Right — principal Kim Brophy gets ready for September opening.



Artsfest — A unique celebration of artistic excellence

By Arts Staff

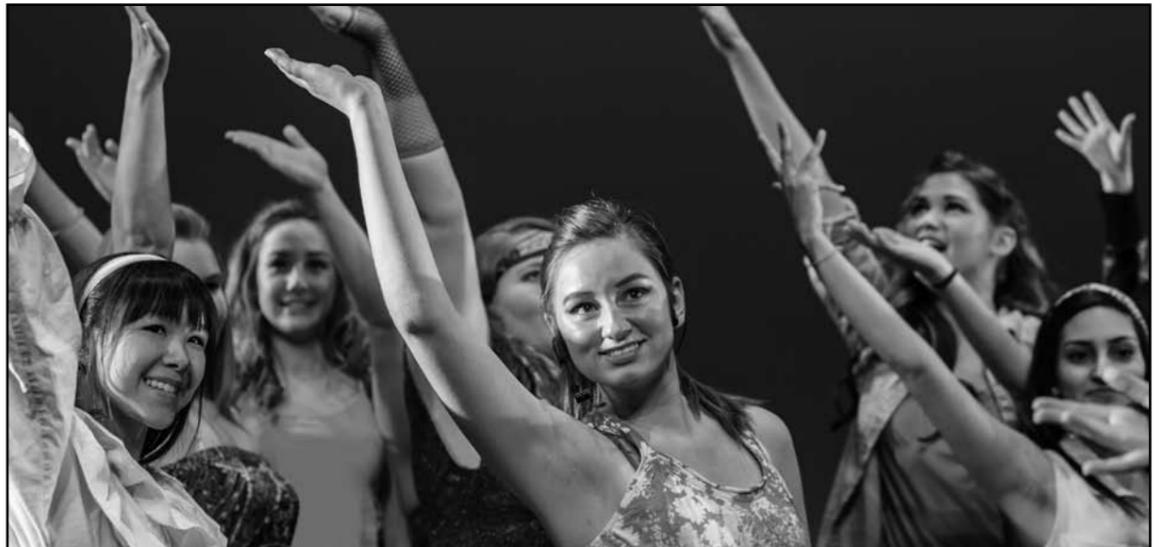
Lillian Osborne High School

This past month, Lillian Osborne presented its third annual ArtsFest — a Celebration of Student Excellence in the Arts. This event has grown substantially from the previous two years, and the need to expand it to two days, April 24 and 25, and to a bigger venue, the TransAlta Arts Barns, was evident.

This year saw our first compliment of grades 10-12 contributing their artistic talents to a wide array of showcases, including concert band, jazz band, house band, guitar, dance, visual art, photography, applied graphic arts, creative writing and drama.

The evenings concluded with the musical theatre production of "The Hustle, a musical revue," consisting of pieces from over fifteen Broadway musicals elaborately constructed into a charming, heartfelt story. This huge undertaking involved roughly 350 students (over a third of our entire population!), and was overwhelmingly deemed a huge success. The audiences were large and supportive both nights, and the students continue to amaze with their maturity and creative talents.

We thank everybody that supported us and are looking forward to an even greater event next year.



Photos generously supplied by aViewFromAtop. To see more photos of Artsfest, go to their website at <http://galleries.aviewfromatop.com/>

First graduating class gets ready for inaugural event

By Janet Bell

Lillian Osborne Contributor

Lillian Osborne High School's first ever graduating class will walk across the stage on Thursday, June 28 at the Winspear Centre.

The culmination of three years of firsts, this event celebrates the journey of a group of over 300 students and staff who have seen Lillian Osborne High School's development from what was barely a hole in the ground in Terwillegar three years ago, to what is now a bustling and modern high school eager to pave the way for lifelong learning among its students and wider community, both at school and beyond.

Fundraising for this inaugural graduation has been underway for the past year, highlighted by the Lillian Osborne High School Silent Auction and Graduation Fashion Show in April. The evening was a



huge success, particularly due to the overwhelming response of local businesses and other community members who contributed gifts to a one-of-a-kind silent auction.

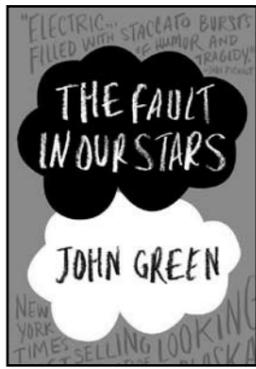
You can view the video story of this exciting fashion show online on the school website at <http://lillianosborne.epsb.ca/students/student-life>.

The phenomenal event attracted close to three hundred people. With help from the community, the school raised close to four thousand dollars, far exceeding expectations.

The money raised will be used at both the global and community level. Some funds will be donated forward towards a school-wide global initiative, whereas others will be reinvested here in Edmonton, through the class's Legacy Gift to the school.

Young Adult book reviews

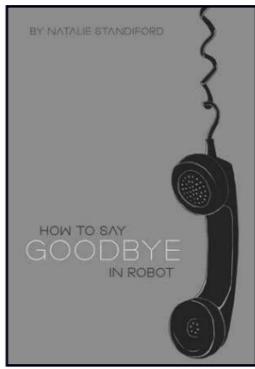
By Rena Silver
Lillian Osborne High School Contributor



The Fault in Our Stars by John Green

With the sheer number of young adult fiction books being written and sold, it has become increasingly more difficult to find intelligent, interesting and well-written teen fiction. Well folks, I have your solution and his name is

John Green. Since 2005, with *Looking for Alaska*, he's been churning out diamonds in the rough that is the teen section of your local library or bookstore. His most recent book, *The Fault in Our Stars*, is perhaps the most poignant, relevant and laugh-out-loud funny yet. It's written from the perspective of Hazel Grace Lancaster. She is a sixteen-year-old stage IV cancer patient who, only by her mother's insistence, attends a cancer support group where she meets the charming Augustus Waters. Augustus is a former cancer patient whom, after having his leg removed, is cancer-free. Despite the atypical love story that occurs between them, this is not "chick-lit." This is a story about the way the world views cancer victims, especially the young ones, and the way young cancer victims view the world. Even though Hazel is terminal and their young love is inevitably doomed, she is anything but a victim. Hazel is not that inspirational brave heart either, but she is smart, hilarious, and thoughtful. You have to read this book. It will change your entire outlook on what it means to be a victim, what it means to be in love and what it means to be sixteen. I'll leave you with a warning: you will need tissues. Take it from a heartless robot, you will cry.



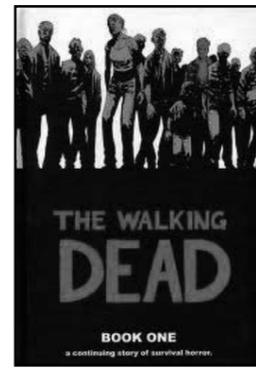
How to Say Goodbye in Robot by Natalie Standiford

Natalie Standiford's debut novel is a brilliant under-the-microscope look at the strange and humorously dark Bea and her almost relationship with the even stranger and fundamentally damaged Jonah. Jonah is called ghost by his classmates because of his pale skin and barely-there personality, but when Bea ironically names her hamster Goebbels after Joseph Goebbels, the Nazi comes to town. Jonah then takes an interest in Bea. They begin interacting through a late, late night radio show, where the static cast of characters are equally strange adult counterparts for Bea and Jonah.

Although Jonah seems to become more comfortable and overall happier with Bea around, there is this subtle heartbreaking undertone throughout the story. It evokes the feeling that all is not what it seems and Jonah is harboring secrets.

The book explores what happiness means to the crooked characters that can't seem to get it right. Jonah and Bea especially are relatable characters who we don't necessarily want to relate to. They represent the parts of us that are peculiar, gloomy, and mildly depressive, but these parts are important to examine and understand.

How to Say Goodbye in Robot is like no other young adult book that I've ever read in that it explicitly personifies that peculiar part of people. It then lets us explore how people live and see why we do or don't act alike.



The Walking Dead by Kirkman, Adlard and Rathburn

Let's get graphic. Graphic Novels that is. It's okay, I know I'm not funny.

The Walking Dead isn't necessarily a teen book, but it is marketed for them and is also awesome. Kirkman, Adlard and Rathburn

have created an illustrated zombie apocalypse survival story that has also been adapted into a successful A&E series. The graphic novels are still being written and illustrated, but as of now there are many available in the series.

The Walking Dead profiles an ever-changing allied group of survivors battling other survivors, their environment, themselves and, of course, zombies. There is some serious zombie butt kicked throughout the books and of course it's absolutely riddled with gore. This is not for the faint of heart.

Here's the best part: it's not just senseless blood and guts. *The Walking Dead* is my favorite zombie story out there right now because it really approaches the important aspects of the human condition on a backdrop of brain-hungry zombies. *The Walking Dead* analyzes what we as humans consider right and wrong and whether we uphold it in extreme circumstances. The characters are well developed and the story is fast-paced and captivating.

If you can stomach the gore, then pick up a copy because I guarantee that it's well worth your time.



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Home & Garden

Spruce up your home

By Mary Zhang

Terwillegar Gardens Contributor

As the winter months slowly trail behind us, we begin to see winter's toll on our shrubs, trees, lawn, and most remarkably on the exterior of our homes. It may be time for some TLC to boost that curb appeal which not only makes you gleam with pride but also increases your property value.

One way to make your home shine is to start with the landscaping. All those green thumbs out there know what I'm talking about. The easiest way to liven up your home is to bring some colour into its surroundings. Take the time to choose the plants you want, making sure it's suitable in sunny or shady areas, and noting how much water it needs. Most importantly, choose the colours that will make your home pop, such as bright violet bellflowers and soft African violets, which are both easy to take care of.

One of the most important pieces to a house is the front door, so check if it needs a fresh coat of paint. Maybe even change up the hardware, add a knocker, or replace the doorbell. These may seem like minor details but they can make quite the impact.

Every two to three years we always reseal our driveway. It's a good way to protect the stone/concrete from cracking and isn't overly expensive compared to replacing the whole driveway. But if you are one of the unlucky few that may have to, no worries because perhaps it's time for a change. Instead of just pouring the standard concrete for a driveway there are inexpensive alternatives such as adding affordable easy-to-assemble pavers on the sides just for a splash of fun and whimsy. Another option is stamped concrete which creates the illusion of professional pavers, but at a fraction of the price.

Perhaps the easiest thing to do is just a matter of cleaning up your yard, eaves and gutters, and pruning your plants. Better to get it done while the weather is cool and not blazing hot. Just ask my dad who puts it off week after week!

You might have noticed that most of what I have mentioned are small item things. The larger jobs are what we usually put off until they actually break down. Then we notice things such as drafty windows or worn siding or stone. Though they are the most expensive, they actually contribute to the character of one's home the most. When you are looking at windows, pay attention to the

detailing, the functionality, the size, the colour of trim and how efficient they are. They may be expensive, but they will save you heaps in the winter time. As for the siding, there are also many alternatives. Sometimes the big brand-name stores where you normally would get your supplies are more expensive than the smaller specialty stores, so remember to shop around to get the biggest bang for your buck. Make sure your installer has experience, because you don't want to have to repeat a job. Save money on the materials, but don't skimp on the installation.

Lastly is what I would call the little extras — the outdoor lighting and furniture pieces. For some people, outdoor lighting serves as a security element to their home, but it also highlights your home's assets. Furniture is integral and a good way to expand one's living space. You can set up an outdoor living and/or dining room to relax and enjoy the great outdoors. Don't forget something to keep the mosquitoes away; I suggest a repellent lamp. It hits two birds with one stone — providing ambience for evening barbecues and also keeping those pesky mosquitoes away.

Try it for yourself, and just watch your home grow alive.

From garbage to gold — backyard composting

By Leigh-Ann Topfer

novice composter & a graduate of the 2011 City of Edmonton Master Composter Recycler Program.

The beauty of composting is, basically, that you get something wonderful (better soil for your garden), in exchange for almost nothing (kitchen scraps, shredded paper, grass clippings, fall leaves). There's another benefit too — less waste to be hauled away on garbage day, but that's a secondary benefit. For this article, we'll focus on how you can turn much of your garbage into nutrient-rich, natural soil conditioner and fertilizer. If you want to grow your own vegetables, create a flower garden that blooms all summer, or have the greenest, healthiest lawn on your block, compost is the key.

Compost is what happens when organic matter (such as plants) rots or decays. The biological process is complex. Picture a miniature factory of bacteria and other microorganisms quietly working away 24-7. But, you don't really need to know the science. Just remember that composting requires four main ingredients:

1. **Greens** (for nitrogen). Greens include any kind of fruit or vegetable, coffee grounds or grass clippings.
2. **Browns** (for carbon). Browns include dead leaves, shredded paper, sawdust or pine cones. Ideally, compost should be about half greens and half browns. The other two key ingredients are:
3. **Air**
4. **Water**

These last two are needed to "heat up" the

compost and speed decomposition.

Now that you know the basic compost recipe, all you need to get started are a few supplies:

- A container with lid to collect kitchen scraps and other compostable materials. A plastic ice cream tub will do admirably. Or use a smaller, yogurt-size container that you can keep in the fridge, then empty it into a larger container kept outside the back door.
- A shovel or pitchfork to mix or turn your compost, and later to dig it into your garden.
- A garden rake — if you want to spread compost as a lawn fertilizer.
- A piece of dowel (such as an old broom handle), a stick or pipe to aerate the compost pile.
- A wire mesh screen to filter finished compost.
- An outdoor compost bin. This can be just a simple compost pile in the corner of your yard or a pit, but a bin looks tidier. If possible, place your compost bin in a sunny, convenient spot. Many types of bins are available for sale, but homemade bins made from scrap materials, such as shipping pallets, work just as well, if not better.

In your compost bin you can put:

- Any type of vegetable, fruit scraps or peelings, or rotting vegetables.
- Egg shells.
- Used paper towel, shredded newspaper, or sawdust.

- Coffee grounds (the paper filters are ok too), and tea leaves or bags.
- Grass clippings (or just leave these on your lawn to enrich it and keep moisture in).
- Pine cones and small sticks (these can help create more air in your compost pile).

You can even throw in pet or human hair, and lint from your clothes dryer! **But, don't put any meat, fish, oils, dairy, or pet wastes** in your compost — these can introduce toxins, attract pests and make your compost heap smell bad. A well-functioning compost heap does not smell and the heat produced by the breakdown of organic matter keeps pests away.

When you put your greens (vegetable scraps, etc.) in your compost bin, cover them with about the same amount of browns (dry leaves, soil, etc.). Make sure the compost is kept moist, about the consistency of a damp, wrung out sponge. Use the dowel or stick to poke holes to aerate the pile. Mix or turn the compost every few weeks during the summer.

Within a month or two you'll be able to start screening out the finished compost and spreading it on your lawn or garden beds. You can compost year round though the compost pile may be dormant in winter — just keep the greens covered with layers of fall leaves, and you'll have a head start when spring comes around.

Resources for information or workshop details: City of Edmonton **Waste Hotline** at 780-496-5698, mcrp@edmonton.ca www.edmonton.ca/compost



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Popular farmers' market is back in business

By Zita Dube-Lockhart

Manager, Southwest Edmonton Farmers' Market

Spring is here and the SWEFM is back in business! The Southwest Edmonton Farmers' Market (SWEFM) celebrated the start of its second season on May 30th, 2012, and we can tell that it is going to be an exciting season!

A huge crowd gathered to celebrate the 2012 Grand Opening which included special events such as the Robin Hood Association's Theatre Production of *Puppets On A String*, a family photo booth provided by *Tangible Moments Photography*, a giant jumpy castle, and cake for the first one hundred guests.

Operating every Wednesday from 4:30p.m. until 7:30p.m. at the Terwillegar Community Recreation Centre, the SWEFM is an Alberta-Approved farmers market committed to showcasing the very finest in Edmonton's locally owned and operated businesses. Created to meet the needs of the ever-growing Southwest Edmonton communities, the SWEFM has gathered the attention and affection of the entire city. Part of its unique flair is its strong focus on building strong community relationships and establishing a family-friendly atmosphere. Every week, over half a dozen different community organizations, including the City of Edmonton's

MasterComposter program, the Edmonton Public Library, the Terwillegar Community Recreation Centre, and several community leagues, set up their tents and seize the opportunity to connect directly with the community members that they work for and represent.

Families with young children are encouraged to take part in the activities at the Children's Corner, which are led by student volunteers. Each week features a different theme, all centered on the importance of farmers markets and building a strong, sustainable, ecologically friendly city.

Of course, what's a farmers' market without food? The SWEFM boasts an outstanding vendor roster of some of our area's finest food producers. From Alberta grown produce, to organically raised meats, fresh BC fruits, baked breads, cookies, wines and cheeses, your family can fill almost all their grocery needs and support your local businesses at the same time! While filling out your shopping list, make sure to take some time to look at the beautiful art, jewelry and clothing items manufactured right here in our city. You will be amazed by the quality, care and craftsmanship that goes into every item sold.

The 2012 SWEFM slogan is "Come Out And Meet Your Maker" and that is exactly what we encourage all community members to do! Come and chat directly with the people who grow your vegetables, harvest your grains, bake your breads, craft your necklaces, and even support and develop your communities. You'll be amazed by what you learn, and may even find an opportunity for you and your family to get involved as well!

There truly is something for everyone at the Southwest Edmonton Farmers' Market. Plan on an outing with your family; you won't be disappointed.

The Southwest Edmonton Farmers' Market operates every Wed from 4:30-7:30p.m. in the West Parking lot of the Terwillegar Community Recreation Centre (2051 Leger Road) until Oct 3. We are grateful to our sponsors, especially **Servus, Vines, and SRS Industrial**. To learn more about the market, including opportunities to be a volunteer, a donor, or a sponsor, visit our website www.swefm.ca or call 780-868-9210.

Childhood illness con't

After one month of treatment, he was doing really well and we started the second phase of treatment to deal with the overgrowth of candida. This meant that further dietary changes were necessary, primarily eliminating all forms of sugar from his diet, including fruits.

This is an example of a case that cleared up quickly and illustrates the primary philosophy of Naturopathic Medicine which is to address and treat the root cause of disease and to not give things to simply cover up symptoms or palliate. By taking the time to remove the foods that were causing an immune reaction, rebalance the bacterial imbalance in the digestive tract and support the body in detoxification, the patient is actually cured of eczema. It is important to remember that symptoms like colic, eczema and constipation are signals from the body that it is out of balance or over-burdened. When you listen to your body and support it, the healing process has a chance to take place naturally.

1. *Low diversity of the gut microbiota in infants with atopic eczema: The Journal of Allergy and Clinical Immunology Volume 129, Issue 2, Pages 434-440.e2, February 2012*
2. *Environmental Toxins – Do you know your levels? By Dr. Christina Bjorndal*

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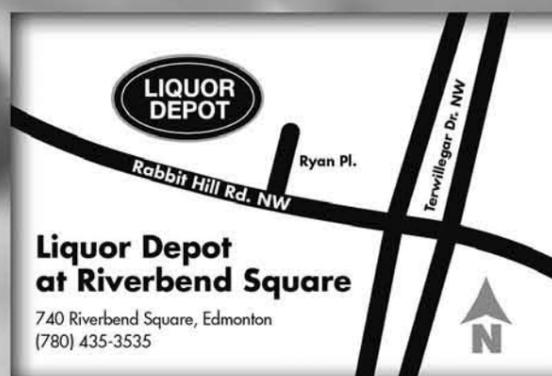


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Food Cheese is nutritional and delicious

By Tania Hrebicek

Owner, Everything Cheese

Cheese has been around for centuries and was a means of preserving milk over the hard winter months. As such, it is essentially a concentrated form of milk offering a tremendously efficient source of nutrition. A chunk of real cheese is arguably a better food than the incredible egg!

Cheese provides high quality and easily digestible protein and calcium; few other foods provide both these nutrients in significant quantities. It also has a very high concentration of other essential nutrients such as phosphorous, zinc, Vitamin A, riboflavin, and Vitamin B12. The only essential nutrients that cheese lacks are Vitamin C and fibre. In fact, a four-ounce piece (about 110 grams) of hard cheese supplies half of the adult nutritional requirements for protein, fat and phosphorous, and 100% of calcium. In comparison, cheese contains twice the protein and one quarter of the fat of two eggs.

Cheese also contains all the essential amino

acids, in particular lysine, so it is superbly suited to completing plant protein, an important consideration for vegetarians.

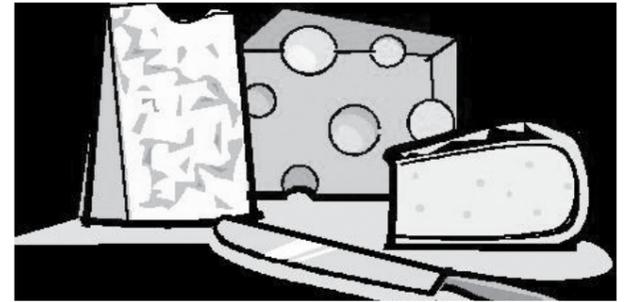
Many people fear the fat content in cheese. It is true that cheese has some “bad fats” — the saturated type from animal sources, which are associated with high cholesterol. But it also has a lot of good ones. Especially those made from the milk of grass-fed animals, cheese is a good source of a highly beneficial nutrient called conjugated linoleic acid, or CLA, which is considered an antioxidant, a cancer fighter, and a fat-reducing fat! Studies have also shown that people consuming more CLA eat less.

It is interesting to note that three of the world’s highest per capita cheese consuming countries — Greece, Italy and France — have some of the lowest rates of cardiovascular disease and some of the longest-living populations.

Those who are lactose intolerant might be interested to know that lactose (milk sugar) is largely removed with the whey during the cheese

making process. The small amount of lactose in the curd is transformed to lactic and other acids by bacterial action during ripening, so semi-soft, firm and hard varieties of cheese contain an insignificant amount of lactose.

The key is to eat moderate amounts of cheese alongside other healthy foods, especially fruit, vegetables and other fibre-rich items — the Mediterranean Diet model. A two to four ounce piece (50-100 grams) of real cheese with an apple or pear constitutes a balanced, healthy small meal or snack. So go ahead and enjoy some cheese as part of your healthy lifestyle!



Enjoy the benefits of local produce at the farmers’ market

By Claire Schneider

South Terwillegar Contributor

Farmers’ market season is upon us and fresh produce is in abundance! At the market you can find an amazing array of products that you wouldn’t necessarily see in your local grocery store. Not to mention that almost all produce is organic at comparable, or often less expensive prices. Market produce ripens in the field and is brought directly to you — no long-distance shipping, no processing and no sitting for weeks in storage. Market fruits and vegetables are the freshest and tastiest available. And what better way to spend a warm, weeknight evening than to peruse our local Southwest Edmonton Farmers’ Market (SWEFM) and shop for fresh, local

items?

Farmers’ markets are also a great one-stop-shop for buying a variety of specialty foods that are sure to bring delight to the dinner table and impress dinner guests. When entertaining guests for a summer evening on the patio you can pick up almost everything you’ll need at the market: a loaf of fresh baked bread, specialty cheeses, some flowers, garden-fresh fruits for dessert, a bottle of wine and perhaps an ethnic appetizer or two. There really is something for everyone.

Did you know that 85% of organic produce consumed in Canada comes from outside the country and the average food item has traveled 2500 miles to get to your “local” food store? (The Alberta Farmers’ Market Association, www.

albertamarkets.com)

The benefits of shopping at a farmers market are numerous. You can enjoy the season, connect with your community and support family farmers. At a farmers market you know where your food comes from, will taste real flavours, and can even learn cooking tips, recipes and meal ideas straight from the producer. All this while protecting the environment. Check out your local farmers market, the SWEFM, this summer.

**for more information on
the SW Edmonton Farmers
Market, see page 27!**

Great Recipe for a hot summer day

The sun is shining, the birds are singing and the kids are hot, tired and want a cold drink. Instead of running to the slurpy store, try this super simple frozen drink recipe — the whole family is sure to love it!

What do you need?

3 oranges, peeled

¼ cup lemon juice — fresh or bottled

2 cups cold water

¼ cup sugar, as needed

3 cups ice (or more or less depending on preference)

Put oranges, lemon juice, and water in blender and process until there are no chunks. Add ice and continue blending until mixture runs smooth. Taste, and add sugar as necessary.

If you don’t like the pulp from the oranges, freshly squeeze the juice from them or use pre-made orange juice.

Need some variations? You can use substitute or add just about any fresh fruit or juice — experiment and see what your favourites are. For an adult version, vodka goes in great too!



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When it comes to your health, you have choices!

We've all thought about our future and we've dreamed about the things we want to accomplish and experience. We also know that life can sometimes take unexpected turns that change our plans.

One of those unexpected turns is being diagnosed with an illness. Fortunately, medical advances mean more of us are surviving serious illnesses than ever before. But the road to recovery can be stressful and costly and the last thing you want to worry about when you are recovering is your finances.

Critical Illness Insurance — What is it?

Critical Illness Insurance gives you a lump sum

payment to use any way you choose if you are diagnosed with and survive an illness covered by your plan.

Do I need it?

The question of need can only be answered by you. Being fully informed is the best tool you can have as you make your decision.

Ask yourself a few questions:

Can you afford to shoulder the costs associated with becoming critically ill?

What would the impact be over the long term?

Would your retirement goals be met if you were to remove, say \$50,000, from your savings plan?

Would you have to postpone your retirement by a few years? Probably.

Consider the effects of financial stress at a time

when you should be 100% devoted to recovering from your illness. Do you think removing this stress would be a good thing?

The lump sum payment could be used to cover everyday expenses like mortgage payments, or additional costs such as an extended leave from work, a family member taking time off to be with you, travel to treatment centres, medication not covered by another plan, or purchase of medical equipment. The choice is yours to make.

Thankfully, not all of us will be diagnosed with a critical illness. That's why you can also include an option to get back the money you have paid in premiums if you're fortunate enough that you don't need to make a claim.

Don't get caught off guard. You are empowered with choices.

Is your cash flow management system working for you?

By Amanda Nichols

www.DIMadeSimple.ca



As consumers, we get offered "products" everywhere we go. Think about the places that you shop or eat. Have you ever been asked "Do you want fries with that?" or "Would you like to add the extended warranty?" No wonder we feel like everyone is trying to SELL us something. We buy a product and get offered another product, and another, and another...

A few months ago I was in the bank doing a transaction with a teller. I do not find myself in front of a teller very often, but there are certain

things that just cannot be done online or over the phone. As the teller was finalizing my transaction, she said to me "I notice that you do not have an ABC account." The same banking product that happened to be advertised on a large promotional poster on the wall behind the teller and it got me thinking... **Was the teller offering me a "product" or a solution?**

When it comes to financial products, most people have a chequing account, savings account, mortgage, TFSA, RRSP, line of credit, credit card or a variety of other "products" that help them with day to day transactions, savings and expenses. Unlike businesses, we usually do not look at these products as a cash flow management system; but in reality that is exactly what they are. Together, all of your financial products make up a cash flow management system for you and your family. The question is...

Are you being offered a PRODUCT? or a SOLUTION?

Do you just have a bunch of "products" in your cash flow management system or do you have a solution that is right for you?

When we think about how we bank or manage our money, it's often more about the products we have than about what products will create the solution for our personal needs and objectives. A cash flow management system that is based on solutions and individual needs can help enhance your other financial objectives including: retirement planning, debt management, tax planning, estate planning and more.

Is it possible to create a cash flow management system that focuses on the solution instead of the "products?" YES!

In order to build a cash flow management system that meets your individual needs and objectives, the focus must be shifted from products to the solutions that best meet your individual needs!

When deciding what cash flow management tools you should put in place for your individual needs, be sure to consider the following:

FLEXIBLE? Can you increase or decrease your payments if something changed?

ADAPTABLE? Can you access your money when you need it?

EFFECTIVE? Are you making progress to pay down your debt as fast as you would like?

EFFICIENT? Are you maximizing all of your available resources to pay down your debt?

Where is the control? Where is the power?

Can YOU control your own cash flow management system to meet your needs at any given time?

Your individual needs and objectives are not the same as everyone else, and therefore your cash flow management system should not be built with a cookie cutter approach. As a financial advisor, I believe that it is extremely important to consider every aspect of planning for my clients, and if a client has a poor cash flow management system, it can dramatically affect their ability to reach their goals.

Working with an advisor to ensure that your cash flow management system is focused on your needs can benefit you in many ways, including: retirement planning, debt management, tax planning, estate planning and more.

Next time you are paying a bill or transferring money from one low interest account to another, ask yourself...

"Is my cash flow management system working for me or for someone else?"



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_____ Yes No (See Over)

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_____ Total Paid: _____

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Cash: Cheque: Cheque#: _____

**Terwillegar
Community League**

Coming Events

Throughout the summer:

Southwest Edmonton Farmers Market, Every Wednesday, TCRC, 4:30pm-7:30pm (Page 27)

Terwillegar Community League Green Shack Program: check www.terwillegar.org for details

Riverbend Community League Green Shack Program: Ramsey Park, hours posted on green shack (Page 7)

Riverbend Community League Tennis Lessons: see www.riverbendonline.ca for details (Page 7)

Events:

June 10: Better Body Bootcamp Park Fundraiser (Page 3)

June 13: TRAC meeting, Lillian Osborne, 7pm (Page 13)

June 23: Summer Reading Club opening celebrations, Riverbend Library, 2pm see www.epl.ca for more programs

June 28: Lillian Osborne Graduation, Winspear Centre (Page 24)

July 1: Canada Day Bike Parade, Tomlinson Common Park, 10am (Page 2)

Aug 13-17: Terwillegar Community Church Soccer Camp (Page 9)

Aug 18: Toonie Carnival, South Terwillegar Park (Page 3)

Aug 26: Chocolate Triathlon, TCRC (Page 13)

Sept 15: Fall I'm Too Big for it Sale, Esther Starkman, 10am (Page 4)

Check www.terwillegar.org for current information

City of Edmonton Festivals (google for more information):

July 6-15: Street Performers Festival

July 14-15: Sourdough Raft Festival

July 19-28: Taste of Edmonton

July 19: Capital Ex Parade

July 20-29: Capital Ex

August 4-6: Heritage Festival

August 16-26: Fringe Festival

Aug 17-19: Dragon Boat Festival

Volunteer Interests

Comments

Activity Interests



Terwillegar COMMUNITY LEAGUE

Membership Fees:

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

**Memberships expire annually
Aug. 31.**

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

Please make cheques payable to:
Terwillegar Community League



Free Access!

With a Terwillegar Community League membership, you get access to the Terwillegar Community Recreation Centre's swimming pool, indoor playground or workout area

**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.

How to contact the Terwillegar Community League

Website: www.terwillegar.org

- President — Jon Dewarle, president@terwillegar.org
- Vice-President — James Richardson, vicepresident@terwillegar.org
- Treasurer — Monte Weber, treasurer@terwillegar.org
- Secretary — vacant
- Memberships — Lorrie Payne, memberships@terwillegar.org
- Programs — vacant
- Program Aide — vacant
- Community Advocate — Char Bowman, advocate@terwillegar.org
- Editor — Danielle Gordon, editor@terwillegar.org
- Webmaster — Alison Cairns, webmaster@terwillegar.org
- Communications — Mandy Jones, communications@terwillegar.org
- Fundraising — Michelle McWilliams, fundraising@terwillegar.org
- Fundraising Aide - vacant
- Community Garden — Steve Johnson, garden@terwillegar.org
- Neighbourhood Watch (Terwillegar Towne) — Enza Fata, watch@terwillegar.org

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- CAROLYN'S HOUSE CLEANING & WILLCLEANWINDOWS.COM** — Excellent, mature and experienced workers. Carolyn 780-922-1076.
- HELP WANTED** — House cleaners needed with vehicle for Terwillegar/Riverbend area. Good competitive wage. Mon.-Fri. days. Please reference Terwillegar Tribune and leave a message at 780-922-1076.
- HELP WANTED** — House cleaners needed for company with regular residential and commercial clients. Attention to detail and references required. 780-481-3878.
- CLASSIC ROOMS: Creating Beautiful Interiors** - Are you renovating an existing home or decorating a single room? Call our Professional Decorating Service – hourly consultations 780-819-2309
- COMMUNITY AND FAMILY MEDIATION SERVICES** — Lynn Hutchinson; Qualified Mediator and Erickson Professional Coach. Contact 780-434-2401 or lmcdee@shaw.ca; <http://communityandfamilymediationservices.com/>
- Preschool** opening in Malmo community provides individualized program according to needs. Open house 6pm-8pm Thursday, June 21 at 11735-48 Ave. Call 780-906-8440 for more information.

Classified ad - \$12 for 25 words or less! - Send to editor@terwillegar.org

Are you interested in:

- Meeting New People?
- Helping plan community events?
- Strengthening our Community Spirit?

See Page 5 to get involved with your community!



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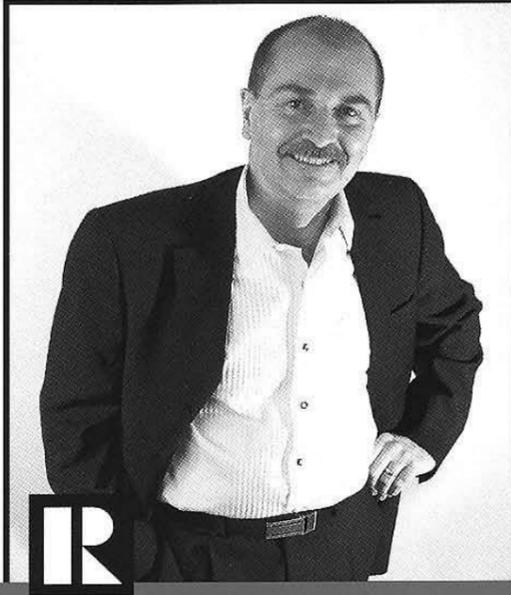
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