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Community

Presidents Message

By James Richardson, President of Terwillegar Community League

Greetings Terwillegar Towne, South Terwillegar, Mactaggart and Magrath residents! My name is James Richardson and I am serving as President of the Terwillegar Community League (TCL) for this year. I am pleased to have this opportunity to share some of the League’s successes and plans with you.

With the 2012 holiday season behind us we find ourselves looking into 2013 and all that the New Year has to offer. The Terwillegar Community League is no exception and there are a number of exciting community building events and initiatives on the go for the upcoming year. There have been a number of changes and there will be some things that stay the same as well.

In October 2012, the Terwillegar Community League held its Annual General Meeting and the elections for Board Members and Officers. Many new people have signed on to volunteer for roles on the board and the League will benefit from their energetic contributions. Some long time contributors stepped down from the board after several years of fantastic service. The programs and services offered by the Terwillegar Community League cannot happen without volunteers of all types. Both previous and new volunteers are sincerely appreciated. Thank you to Jon Dewarle, Danielle Gordon, Lorrie Payne and Jennifer Ocloo for all that you have done for the League and the residents of our communities. A listing of the current TCL team can be found on page 24 of this newsletter. We have a great team of great people this year who are all looking to volunteer their time and energy towards building community in our little region of Edmonton. If you are interested in volunteering sometime this year please get in contact with TCL’s volunteer director, Terri Saunders at volunteercoordinator@terwillegar.org. We welcome big contributions, small contributions and anything in between. We want volunteers to have a great experience and we continue to work on creating a large variety of volunteer opportunities. I’m certain that Terri would love to hear from you.

The Terwillegar Community League has three main priorities for the year ahead:

- South Terwillegar Park development
- Program delivery
- Continuing to build relationships with our community partners

We have now successfully developed two parks in our community: One at the two schools - Terwillegar Towne Park, and the Magrath Park is nearing completion. These successes belong to a large group of hardworking community members, funding partners and sponsors like some of you to make them happen. They are great assets in our community and we



Photo: Kailey Brown

aren’t done yet. South Terwillegar Park development is underway as is the fundraising efforts to build both a playground and a spray deck for the enjoyment of all our residents. If you would like to contribute in any way, please contact Terri Saunders (volunteercoordinator@terwillegar.org) for volunteering and/or TCL’s Treasurer, Monte Weber (treasurer@terwillegar.org) to make a financial contribution.

Most residents have no doubt experienced at least one of the great community programs that TCL has sponsored/offered over the past few years. If you have gone to the Halloween fireworks or the “Green Shack” in the spring / summer – these are but two of the program activities that TCL will continue to support in the next year. Please watch our website: www.terwillegar.org for program/event updates as they become available.

Our great community exists within a great city and we continue to build relationships with our many partners in community building. We count the City of Edmonton, TRAC, TTRA, area churches, our area sister Community Leagues and local businesses amongst our valued community partners. These relationships, and many others, help create amazing opportunities for us to run events, build recreational amenities and run programs that make our neighbourhoods a wonderful place to call home.

On behalf of the Terwillegar Community League, I wish you all health, hope and happiness in the year to come. A League membership is easy to get and provides far more in return than what you pay for it. Be sure to check out one of the many offerings that TCL has for its members as either a participant or a volunteer or both! Have a great year; there is much that lies ahead.

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 5970 Mullen Way, PO Box 36508 Mc Taggart PO, Edmonton, AB, T6R 0T4. If you have any questions, please contact our Treasurer, Monte Weber, at 780-231-6114 or by e-mail at treasurer@terwillegar.org.

Community

Magrath playground opens for use

By Lori Hudson

Much to the delight of neighbourhood children, the main play structures of the new Magrath playground were opened up for use over the Christmas break. Even the smallest residents of the neighbourhood have enjoyed having playground equipment to climb and play on. The City of Edmonton approved the removal of some of the construction fencing surrounding the new playground development so that it could be enjoyed and used while construction still continues on other parts of the development.

Though residents are still looking forward to the project being completed, it's clear that children are making use of the new and exciting structures the playground has to offer. The nature inspired equipment has plenty of places for hanging, climbing and sliding for children from 2 to 12. While the rocks and logs section looks like fun for exploring and offers great scope for the imagination; becoming an obstacle course for brave knights and tag seekers alike.

The park planning committee is still gathering names of donors for commemorative plaques, and is looking forward to revealing the whole park at a grand opening celebration in the spring/summer.



Photo: Lori Hudson

Any donor (of \$250 or more) wishing to confirm their name on the plaque should contact magrathpark@hotmail.com in the coming weeks. Thank you to everyone who donated to make this project happen.

Our community was lit up with holiday cheer

By Marc Lachance Program Director, Terwillegar Community League

While we miss the holiday season now that it has wrapped up, the Terwillegar Community League (TCL) wants to thank all of our neighbours who have done a little bit extra to spread their holiday cheer. As part of the most wonderful time of the year, TCL recognizes the families in our community that contribute a little extra festive cheer for all of us to enjoy through their exceptionally merry Holiday Lights displays.

For this year's Holiday Lights Competition, over thirty nominations were submitted to the TCL Website with many other homes being nominated by board members. A tight vote among event coordinators decided both the Grand Prize winner and winners from each of the four TCL neighbourhoods.

A special thanks goes out to the Ric's Grill in Terwillegar for donating the grand prize for the contest. We look forward to more amazing displays next year.

For pictures of this years winners, please see our website at www.terwillegar.org.

Do you have ideas for programming you would like to see in our community?
Email Marc at programs@terwillegar.org

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There are benefits to becoming a member

By Jennifer Dalle-Orr, Terwillegar Community League Memberships Director

There are many reasons to join the Terwillegar Community League (TCL). Here are just a few:

- It's a great way to meet neighbours and make friends. Community leagues bring neighbours together, establishing friendships and enjoying programs, facilities, and events that are located close to home. The basis for a strong community lies within our residents; people who know their neighbours and feel good about the neighbourhood they live in, who take pride in their community and welcome opportunities to volunteer and help out.
- You will have a voice in facility and park development, urban planning, and traffic management.
- Access to special community skate and swim times. This includes free access to all outdoor community ice rinks. Check out www.efcl.org for rink locations and hours. TCL members can enjoy free access to the Terwillegar Community Recreation Centre (TCRC) on Sunday afternoons between 5-7pm. This includes access to the pool, gym, and indoor playground. Please check our website at www.terwillegar.org or dial 311 for up to date information as hours are subject to change.
- With your league membership you can receive a 10% discount on annual passes, continuous monthly passes, or on multi-admission passes at City of Edmonton recreation facilities, including TCRC.

A community league membership is required for some sports registrations, including indoor & outdoor soccer.

TCL, like all other City of Edmonton Community Leagues, has an open door policy. Leagues are open to everyone who lives in their geographical area and all members have an equal voice. The Terwillegar Community League represents Edmontonians living south of 23rd avenue to Anthony Henday Drive, and east from Terwillegar Drive to Blackmud Creek.



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

editor@terwillegar.org

Don't be blinded by the tax return

By Amanda Nichols, Financial Advisor

Millions of Canadians make Registered Retirement Savings Plan (RRSP) contributions each year for the sole purpose of getting a big tax refund cheque each spring. If this is your only reason for investing in RRSP's, there may be situations where making an RRSP contribution isn't your best option.

When it comes to investing for your retirement, RRSP's are a good place to start because the combined benefits of reducing taxable income in the present and the expectation of tax-sheltered compound investment returns over the long term can provide a compelling reason for investors to choose RRSP's.

However, if an investor is able to make an educated decision about what investment vehicle is best for his or her individual situation that will help him or her realize the full wealth-building potential that a variety of investment options provide. What follows are a few tips on how to make the most of every dollar you invest:

Seek professional advice. To make the most of your retirement savings, it's important to consider seeking professional advice to ensure your investment plan is right for your individual situation and objectives. Research shows that investors who seek professional help tend to do better over time and suggest that professional advice is a key to obtaining better investment returns.

Consider all investment options. With the arrival of Tax Free Savings Accounts (TFSA) in January 2009, Canadians now have another viable alternative to RRSP's when saving for their retirement. Determining which plan, or combination of plans, is best depends on your personal situation and objectives. An advisor can help you look at the "pros" and "cons" for each of your investment options and formulate a strategy that is best for you. For example, when considering RRSP's vs TFSA's there is no single right answer because tax situations usually change for individuals during their careers. A wise financial strategy always considers the investors current situation while taking into account future needs and objectives.

Don't spend your refund. If contributing to an RRSP is a part of your financial plan you might be tempted to spend your income tax return. However, by reinvesting your refund you are able to get more retirement benefits from your RRSP. For example, if you have contribution room available you can reinvest your refund back into your RRSP. If you do not have available contribution room consider investing your refund into your TFSA or other investment plan. A financial plan is not just about the combination of investment plans that are best for you but should also include investment strategies that will help you maximize each dollar you invest.

When it comes to planning for retirement there are many important things to consider, an RRSP is only one piece of the puzzle. To get the most out of your investments be sure that you are not blinded by the tax refund generated by your RRSP contributions but consider all of your other investment options as well.

For more information, go to www.DIMadeSimple.ca

Get Involved!

Terwillegar Community League is looking for a Vice President and Fundraising Director to join the board. If you are interested, contact James at president@terwillegar.org



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Opinions

Editorial

By Mandy Jones Editor, Terwillegar Tribune

As the Editor of this newsletter, I often get emails from community members reporting on truly wonderful events in the community. Lately however, this hasn't always been the case.

Just this week, I received an email from a community member who has spent many hours maintaining a large skating area on one of the storm ponds in the community. They have generously taken on this project to provide the neighborhood that they live in with a resource that wouldn't otherwise be available. Unfortunately, not everyone has been appreciative of this generosity. The rink equipment has been damaged and stolen many times over the past few years. This person is not looking for replaced equipment, although I'm sure that would be appreciated. They are simply asking that people respect the amount of work, dedication, and cost of maintaining a resource such as this. They would like to remind you that the next time you head down to a neighborhood rink like this one, bring your shovel and give them a hand, respect that they are offering the use of equipment that belongs to them, and that we can all play a part in maintaining community resources. Terwillegar Community League recommends that you contact the City of Edmonton to determine if the ice on the City owned storm ponds are safe to skate on prior to going out onto the ice. And if you see vandalism or theft happening in our community, report it to police.

Also this week, I received a note from a very concerned parent in the neighbourhood. Their children attend one of the local community schools and they would like to remind everyone who must drive, to drive with caution. They have been witness to many "close calls" between drivers and children crossing the street. Please remember why you chose your



Photo: Sajida Pellegrini

local community school, one good reason being that it was close to home, perhaps close enough to walk rather than drive. As I'm sure you are well aware, the traffic around these schools on any given day is extremely high. Think of the impact you could have on this situation by simply choosing to walk your children to school. If you must drive, slow down, proceed with caution, do not block crosswalks, do not pull forward until it is safe to do so as you block the sides of the crosswalks from drivers views. And most importantly, watch out for our most vulnerable community members, and be part of ensuring that they make it to school safely. We all have a role to play in this.

Please feel free to email me at editor@terwillegar.org. Let me know what's happening in our community, positive or not. Together, we can make a positive impact on our community!

Do you have an opinion? Write a letter to the editor for our opinions section:

editor@terwillegar.org

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Local Schools

Learning in action at Monsignor William Irwin

By Reny Clericuzio, Denise D'Agostini and Pat Opyr

Happy New Year to All from the Students and Staff of Monsignor William Irwin!

As we begin 2013 we are thankful and blessed for the many fine programs that our school community has. From strong academics to movement education and an outstanding technology program that enhances student learning, our school programs continue to be popular in the Terwillegar Towne area.

On Thursday January 24, 2013 we will begin accepting registrations for the 2013-2014 school year. Our Open House for Kindergarten will be held on January 24 beginning at 6:00 p.m. Again this year we can only accept children who are 5 by March 1, 2014, live in our catchment area, and are Catholic. At this time our two outstanding kindergarten teachers Mrs. Lynn Novak and Mme. Carrie McPherson will highlight and present the program details and how it effects child development. These two teachers are a strong team who work together to create a wonderful kindergarten program for your children.

Both programs integrate the Reggio Emilia educational programming as well as early learning literacy and numeracy skills, along with creativity and exploration. These are all part of the 21st Century skills that we in Edmonton Catholic Schools are implementing into our teaching and learning.

In order to expedite the registration process, please download the Kindergarten forms on our Monsignor William Irwin website @ www.monsignorwilliamirwin.ecsd.net and complete them prior to arriving to our Open House. You will need to provide the following documentation:

Copy of your Child's birth certificate

Copy of a baptismal certificate

Copy of immunization records

Proof of residence in our catchment area for French Immersion or



Photo: Monsignor William Irwin Staff

English programming

At École Monsignor William Irwin School, you will see learning in action on a daily basis. From vocabulary building in French Immersion to comprehensive mathematics skills in upper elementary in our English programming much is happening to meet the needs of our children. Our teaching staff is highly dedicated and committed to the children in their care. We as the administration team see this each and every day and all their efforts to provide a safe learning environment is demonstrated by all.

We wish all our families and the community a Happy, Blessed and Prosperous New Year!

Students thrive in a challenging, global program - IB at Lillian Osborne

By Gail Haydey, Assistant Principal Lillian Osborne High School

Anyone questioning the citizenship or work ethic of today's young people need look no further than the students in the International Baccalaureate (IB) Programme at Lillian Osborne High School (LOHS) to feel reassured. In the IB programme, you will find students and teachers who are committed to high levels of learning and academic excellence; but it's more than just about the marks. The IB program embraces academic integrity, connections between disciplines, international mindedness as well as creativity, action and service. In 2011-12, more than a third of the inaugural LOHS graduating class completed one or more IB subjects and an amazing 37 students (the highest in Edmonton) earned the prestigious IB Diploma on top of their Alberta High School Diploma. These students have shown commitment and time management, but also reaped many rewards from their enriched academic program. This fall, Lillian Osborne IB Diploma graduates nabbed an amazing 6 of the 50 scholarships offered by the University of Alberta to the top overall IB Diploma graduates. Many IB students were granted early final admission to University of Alberta which has a number of benefits. In addition, Lillian Osborne IB graduates are currently studying at universities across Canada, the United States and Europe and are now truly realizing the benefits of the IB in preparing them for university studies. Students report that one of the biggest accomplishments of the IB diploma (often in hindsight!), is the Extended Essay where students completed a 4000 word essay in a wide range of disciplines such as History, English, Chemistry, Biology, Physics, Art, and Film!

IB Diploma Graduate and 2011-12 Students' Council President, Jeff Shin, says "The IB Programme provides the perfect environment for students to grow as scholars, world citizens, and insightful ambitious adults."

This year, IB students at Lillian Osborne are building on the strong tradition at LOHS by making a difference in the community through their CAS (creativity, action, and service) participation in a huge range of

activities such as the December Helping Hampers campaign providing local families in need with gifts, food, and support for Christmas and several months beyond. At the end of January, approximately 130 grade eleven IB science students will complete a two day collaborative, interdisciplinary science project on the global issue of potable water. Grade eleven IB students also attended the U of A student conference on Global Development: Conflict and Collaboration and Grade 11 IB Chemistry students are set to explore University of Alberta science labs in May.

For more information about the IB programme visit www.ibo.org.

Interested in the IB
programme at Lillian Osborne?
Attend the IB Information
Night on Wednesday, February
6th at 7:00pm and the Lillian
Osborne Open House on
Thursday, February 21st from
7:00- 9:00pm.

Note that parking is very
limited for both of these
events.

Are you a student who is proud of their school?

Are you a parent or teacher who has something to share about education?

Email us at editor@terwillegar.org

Market value home assessments in Terwillegar

Councillor Bryan Anderson



Municipalities in Alberta are required to prepare property assessments in accordance with legislation and regulations set by the province. The *Municipal Government Act* (MGA) and the *Alberta Regulations* outlines definitions, sets critical dates and defines how property assessments are to be prepared for taxation purposes.

Section 1(n) of the MGA defines “market value” as the amount a property might be expected to sell for if it is sold on the open market by a willing seller to a willing buyer.

A property assessment is an estimate of value. An assessment of a property based on market value must be prepared using mass appraisal, must be an estimate of the value of the fee simple estate in the property and must reflect typical conditions for properties similar to that property.

The market value based standard is used to determine the assessed values for the majority of properties in Alberta. Market value is the price a property might reasonably be expected to sell for after appropriate time and exposure in an open market.

Market value is the most probable price, expressed as a dollar value, assumes a transaction between unrelated parties in the open market, assumes a willing buyer and seller and recognizes the present and potential use of the property.

Sometimes, the market value based assessment of a property is assumed to be the sale price of an individual property. It is important to note that a market value based assessment may not be the sale price. The sale price is the amount the purchaser agrees to pay and the seller agrees to accept.

A sale price may not equal market value for several reasons: the sale may not have occurred in the assessment year or the date on which the property was valued; the purchaser may have been unaware that similar properties were selling for more or less than the price for which the property was purchased; the buyer or seller may have been unduly motivated; or the sale may have involved a trade, partial interest, special financing, personal property or assumed leases.

Assessors gather information on ranges of sale prices in the marketplace. This statistical data is used as part of the process for calculating market value based assessments. Sale price information helps develop market value based assessments. Assessments are calculated by analyzing the range of sale prices of groups of similar properties as a specific point in time. Several sales of similar properties are compared to determine typical market values of specific types of properties that have similar characteristics.

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



Photo: Kailey Brown

Alberta government facing fiscal challenges

Message from Honourable Dave Hancock
MLA Edmonton Whitemud



Myself and my government colleagues have been hard at work throughout December and January continuing our work on the 2013 budget. The world economy is still in flux and there is no doubt, notwithstanding that Alberta is stronger than any other place in North America, there is significant impact on our fiscal position and our revenues.

Without a doubt, the primary focus of the legislature in 2013 will need to be on the budget and the fiscal framework and strategy. Recent changes to the outlook for energy prices will present a challenge to government in the upcoming fiscal year as almost 30% of government revenues are from energy royalties. Our challenge is not in the world price so much as the discount in price for our bitumen driven by lack of access to market, increased US production and softening of demand. In short we need immediate pipeline access to the coast to broaden our market base and upgrading capacity at home and we need both now. While this is not a surprise, recent developments on pricing and technology have advanced the schedule and made the need more immediate and more intense.

2013 and the next few years will require us to hold the line on spending while continuing to meet the needs of our rapidly growing province. Alberta welcomed more new Albertans in 2012 than in any year during last decade's boom. While the 2013 budget must exercise strong fiscal discipline we must also ensure that we continue to provide the physical and social infrastructure necessary to meet the needs of a growing and thriving Alberta. Albertans are still optimistic and experiencing economic growth and insist upon a continued focus on needs like schools and road projects like the twinning of Highway 63.

In health and education we have a continued focus on ensuring that Albertans are well equipped to face the future with good health and the best education system in the English speaking world. Health discussions and education discussions are not essentially about money. It is well understood that increases are not available in both areas. The issues are about how we serve Albertans and create the best possible platform for success.

The fiscal agenda is and will continue to be challenging! With your help, ensuring spending is on essentials, focused on prevention, and continuing to build the physical and social infrastructure our province needs, we will ensure Alberta remains the best place to live, work and raise a family. For more information or to provide feedback on this and other important provincial matters, visit my website at www.davehancock.ca; email at dave.hancock@gov.ab.ca; and follow me on Twitter @DaveHancockMLA and on Facebook at www.facebook.com/MinisterDaveHancock.

Edmonton Whitemud Constituency Office
#203, 596 Riverbend Square
Edmonton, AB T6R 2E3\b
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Fax: (780) 413-5971
Email: Edmonton.whitemud@assembly.ab.ca

Legislature Office
224 Legislature Building
Edmonton, AB T5K 2B6
Phone: (780) 643-6210
Fax: (780) 643-6214
Email: dave.hancock@gov.ab.ca

TRAC Update

TRAC Update
By: Dr. Rob Agostinis



Happy New Years! 2013 is going to be an exciting year for TRAC: the opening of the TRAC Community Office, new funds for the Brander Gardens ROCKS Collaborative, TRAC Wine, the Farmers' Market, programs for the Seniors, the Edmonton Youth Talent Show, the TRAC 10K and in December, the 10th Anniversary of TRAC.

TRAC Community Office

Finally after many months, the TRAC Community Office, located in the Terwillegar Community Recreation Centre (near the white cat) will be open for business. Karin Shott has been hired to be the Resource Person for TRAC, its programs and the Community Leagues of Area H (Riverbend, Terwillegar, Windermere area). You will be able to purchase your community league membership and get the answers to your questions from her! She will be available for 12 hours a week to answer your questions. Hours of the office will be posted soon. We finally have a phone number: 780-439-9394

TRAC Board

We are pleased to announce that Dori Braddell has joined the TRAC Board as our newest Ambassador for the Greater Windermere area.

SWEFM

Save the date 2013 Grand Opening will be held on May 15, 2013!

Brander Gardens ROCKS (BGR) – this growing collaborative of *REACHING OUT TO COMMUNITY KIDS* and their families has received a grant FOR \$100,000 from the City of Edmonton through the 2012 Emerging Immigrant & Refugee Community Grant (Special Initiative). The BGR Collaborative will be hiring two new people: A Coordinator (full time) for the BGR Programs & Collaborative and a half time Facilitator for the youth Academic and Sports Program. Posting of these positions will be advertised through local channels.

We would like to thank the City of Edmonton, for this has been a unique undertaking and partnership. We anticipate the collaborative to grow and flourish.

TRAC Seniors

Glenn Kissick, our Seniors Ambassador continues to be busy with TRAC Seniors. A new meeting place for the Seniors Group is being planned in the Terwillegar Community Recreation Centre. This will be a great place for seniors to meet their friend for coffee, conversation, cards and board games. As well, one of the Multipurpose Rooms will be allocated on a monthly basis for lectures, talks and other fun presentations. Stay tuned for news from the



TCRC.

Fundraising

Yes it is going to happen this early spring! The Bleasdale Winery from Australia has sent us the final proof on the TRAC Wine Label (Terwillegar). Soon you will be sipping on a Malbec wine which you will be able to purchase from Vines Wine Merchants store! A Grand Launch is being planned. Stay tuned!

TRAC 10K 2013 – Eighth Annual event will be happening on *Sunday, May 26, 2013* at Mother Margaret Mary Catholic High School. We are always looking for volunteers to join our planning committee to help with this successful fundraiser.

Edmonton Youth Talent Show

Second Annual Edmonton Youth Talent Show – Sat. April 20, 2013, to be held at the Mother Margaret Mary Catholic High School. Registration for this will start in January 2013.

Mailing Address
Terwillegar Riverbend Advisory Council (TRAC)
Terwillegar Community Recreation Centre
#5, 2051 Leger Road NW
Edmonton, Alberta, T6R 0R9
Phone
780-439-9394

Next meeting dates:

Wed, Feb. 6, 2013, 7 PM – Lillian Osborne High School
Everyone Welcome!
AGM – Wednesday, April 17 at 7 PM at the Lillian Osborne High School Library
Wed, June 12, 2013, 7 PM

TRAC Volunteers

TRAC has become an established entity and advocacy group in our area. There are a multitude of opportunities to get involved with our new initiatives. Please join the TRAC TEAM and Make Your Community Happen! Catch The Spirit!

Living Sustainably in Terwillegar

By Pat Chan, Terwillegar resident

There are many ways we can strive for a more sustainable lifestyle. We can buy locally produced organic products, we can plant our own vegetable garden, we can drive more fuel efficient vehicles, we can drive less and use public transit more often, we can turn off lights that aren't being used, we can buy energy efficient appliances and so much more.

Besides saving energy by using less, we can now purchase energy from companies that provide sustainable power.

The vast majority of Alberta's electric energy is produced by burning coal or natural gas. A growing trend, however, is electrical power produced by harnessing the wind. Wind power is 100% renewable and buying wind power is getting easier. Several companies now market wind or green power.

Your neighbours are already buying wind power. On lawns and in windows around your neighbourhood you've likely seen small signs saying that a home is "Bullfrogpowered".

Bullfrog Power (bullfrogpower.ca) provides wind power and renewable energy to homes and businesses. Besides many residential customers, many businesses use bullfrogpower for all or part of their business operations including: Unilever, Walmart, BMO Financial Group, RBC, TD, Shaw, Mountain Equipment Coop, Good Earth Coffeehouse and Bakery, Homes by AVI, ISL Engineering, Urban Barn, PCL and many others.

Other sources of green electricity are also available.

Bow Valley Power (bowvalleypower.net) is one of the newest suppliers of green power. Customers include: Fairmont Chateau Lake Louise, Alberta Conservation Association, Paintbox Lodge, Canmore Highland Games, Discover Banff Tours and many others. Bow Valley Power can supply power throughout Alberta.

Enmax (enmax.com) has their Greenmax program which sells wind power to residential and commercial customers.

Epcor (epcor.com) sells wind, solar, biomass and run-of-river hydro to commercial and industrial clients.

Transalta (transalta.com) owns nearly one-third of Canada's wind capacity and operates hydro and geothermal facilities. Transalta sells renewable wind power to commercial and industrial clients.

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Buying sustainable power reduces CO2 emissions, reduces our reliance on fossil fuel electrical generation and promotes further development of green energy. It also means our air will be cleaner and we'll have less pollution.

Seniors

Seniors connection news for those 55+

By Kathy Trepanier

"Walking is a man's best medicine." *Hippocrates*

By the time this column goes to print winter will be more than half over! But for another couple of months we are still challenged to stay active rather than hibernate. It is so important to our health and wellbeing to find some way to stay physically and socially active despite the cold temperatures outside.

Hippocrates had it right. Walking for just 30 minutes a day can: build muscle and bone strength, reduce blood pressure, improve blood circulation, increase bone density, slow bone loss in your legs, promote mental health, reduce stress, prevent type 2 diabetes, reduce the risk of colon and breast cancer, reduce stroke risk, increase sexual satisfaction and more.

Southwest Edmonton Seniors Association (SWESA) continues to work towards a future where staying active is made easier. A future, where affordable and interesting programs are offered in southwest Edmonton. A future with a gathering place for over 55ers that is so much fun it calls you out during the week to make and meet friends - no matter how cold it is outside.

At the November 29 Special Meeting, SWESA passed a milestone in planning. After a very busy first year, SWESA progressed from a Steering Committee to a Non Profit Association Board and they welcomed four new board members. People spent time generating ideas on the type of programs they want to pursue their social, cultural and recreational interests.

A new website for SWESA will be launched in early 2013. Through the website you will be able to become a SWESA Member or a Friend, receive ongoing information about SWESA and participate in planning throughout the year.

SWESA stands for SouthWest Edmonton Seniors Association. SWESA was formed to reflect the needs of people 55 and older in southwest Edmonton. Their goal is to provide social, cultural and recreational programs and services that enhance your enjoyment of life. SWESA stands for SouthWest Edmonton Seniors Association. SWESA was formed to reflect the needs of people 55 and older in southwest Edmonton. Their goal is to provide social, cultural and recreational programs and services that enhance your enjoyment of life. www.swedmontonseniors.ca.

To fight off hibernation, I call on friends to get me outside in winter. One



Kathy and Hunter the dog

Photo: Jack Bawden

of my best friends is our neighbour's dog Hunter who is perpetually happy to walk with me. I also go to the gym, drawn there by friends and inspired by my 82 year old mother who joins me in class. I'm also in awe of 80+ Winnie who goes to the gym every morning, greets everyone with a gentle smile and then catches the bus home by herself, no matter the weather. These days, if one is blessed with good health, there seems to be no end to active living.

I'm convinced that we are all better for friends and people in our lives who call us out to be more socially and physically active. What inspires you to stay active in winter? Do you do something special to draw someone else out? I'd like to hear from you and share your thoughts back with readers.

Here's a new year's challenge that might fit for some of you. Consider joining the Southgate TaiChi Group. Ken and his team performed for SWESA at their September Seniors Fair and seemed to have a lot of fun as well. They meet Mon-Fri 8:30-10:00 am at the Southgate Shopping Mall Centre Court (between Sears and the Bay). New people are welcome to drop by. There is no charge and there are people that will help you learn tai chi.

Zumba Gold and Pickleball continue at the Terwillegar Community Rec Centre. I hope that you are all finding some activity that fits for you and challenges your body every day. Hang in there, spring is on the way.

For more information on Seniors Reps in each community league in the southwest, contact Glenn Kissick at email gjkissick@gmail.com or phone 780-587-5198. Glenn is the Seniors Rep for: TRAC, the Riverbend Community League and the SouthWest Edmonton Seniors Association.

For your ideas on this column please contact Kathy Trepanier at email ktrepanier@shaw.ca Kathy is a member of the SWESA Communications Committee.

Ken and the Southgate TaiChi Group

Photo: Sherri Henderson





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Food & Beverages

Butcher shop of the future

By Jeff Anderson, Owner/Operator of Clancy's Meat Company Terwillegar

Clancy's Meat Company first opened in 1997 as a small, fresh meat butcher's shop in Langley, British Columbia and quickly established itself as a retailer of premium meat products. When Paul Monger, a Langley resident, bought the Clancy's Meat chain in 2008, he envisioned sharing the goods with the rest of the country! He rebranded and re-launched the butcher's shop concept as an alternative to M&M Meat Shops. Clancy's has slowly driven its brand across Canada, with stores in B.C., Alberta, Saskatchewan, Manitoba, and now Ontario.

Paul comments, "We have plans to open 15-20 more locations throughout Canada in 2013 bringing the total number of Clancy's franchises to as many as 40".

Described as "West Coast-inspired appetizers, entrees, and desserts", the retailers mantra is simple, to provide customers with healthy, delicious and unique meal options. Clancy's product line includes a combination of fresh, gourmet, pre-marinated, and ready to serve foods, including an extensive array of quality frozen entrees and appetizers, and a variety of sauces and marinades, including side dishes.

"Clancy's Meat Company is constantly developing its selection of preservative free, gluten free, and organic products. We're committed to providing high-quality products that appeal to the changing needs of health-conscious consumers. You can enjoy prepared, well balanced meals, without having to spend hours in the kitchen. A lot of our tastiest products are heat and serve!" Working parents, older adults, and those who are just plain busy will enjoy the concept.

Terwillegar Heights franchise owner Jeff Anderson and his wife Christine, are residents of Terwillegar Towne. Jeff and Christine opened their Clancy's Meat Co. franchise in Terwillegar Heights Towne Square in May 2012. After spending 12 years working abroad, Jeff felt it was time to move his family back to Canada to give them the "Canadian" experience. A native Edmontonian, Jeff says moving back and adjusting to his home town has been challenging for the whole family. "Living in warmer climates certainly made for some adjustments coming back. "It's colder than I remember. Still, it's nice to be home, to see my family more, and to give my wife and kids a taste of Canada. I'm just happy we have a fireplace at home!"

Jeff says "I believe Clancy's products offer something unique to the community, a butcher shop of the future, so to speak. There are very few traditional butcher shops around anymore, I think we fill some of that gap, and augment it with alot of very delicious ready to eat meal options at a reasonable price".

With a variety of food options to suit most anybody, Clancy's prepared products get you out of the kitchen, so that you too can relax and spend valuable time with friends and family. "We try to add value to one's shopping experience at Clancy's," Jeff adds. "Affordability and quality are important to us. The vast majority of our products are Canadian, including, of course, Alberta Beef".

Jeff, Christine and their staff encourage you to visit their Terwillegar location at 2349 Rabbit Hill Rd, (Terwillegar Heights Towne Center). Clancy's is open 7/days week. Phone: 780-993-5677, or visit www.clancysmeatco.com, to view their products and download the latest Clancy's Meat Company flyer.



Look no further for a great wine within a budget

By William Bincoletto, Principle Sommelier, Vines Wine Merchants

Christmas has come and gone; the old man of 2012 has disappeared, leaving in his wake the promise of 2013. The resolutions are about to be implemented with one on the very top of the list: paying off the bills, with a second very close behind: budget control.

Like you, this is the time of year where I promise myself that if I need wine, it must satisfy my first and only stipulation: please make it INEXPENSIVE! My "wine bank" is sounding rather empty and I find myself looking, and searching, for the wines that do fit this category.

So as you go shop around for some great "bargains", watch out for, what I call "**Blowout Sales**". This is where liquor stores display the excess product they have purchased during the Christmas season. This style of blowout sale can range from the cheapest to the most expensive. However be careful as quality will certainly depend how you choose and from which store you buy!

Another is where they display their bargains under \$\$ in one section of the store. A great help for the particular customer in search of inexpensive products. Arguably the best wine shops prefer to let the customer browse throughout the entire store. This permits the customer to fully appreciate the entire store but certainly puts the emphasis on the staff and their product knowledge.

Well, the simplest way, in my opinion, is to immediately indicate your wishes: "I am looking for something of good quality under _____." Remember that proper customer service and product knowledge are the two key ingredients to your satisfaction.

So here are 3 choices that I have found to be both delicious and best buys. And not surprising that all my three wines come from Spain, which is regularly stunning the world by creating some sensational wines at great prices.

2010 Pasión de Bobal

What a find for this price! The moment I sampled this wine, I knew that QUALITY would be its namesake. Bobal, a native grape of Utiel-Requenah presents fragrant red berry and spices flavours as well as a much desired and pleasant mouth feel that over-delivers in a big way.



2009 Solà Fred

Monsant is reputed as being one of the more prominent wine regions of Spain thereby usually offering wines in the much higher price range. So it was a delicious surprise to find such a quality wine. Made with 90% carignan, 10% grenache, and no oak aging, the one word that jumps to mind is JUICY, but with some aging potential.

2011 Atalaya Laya

Mainly made from garnacha tintorera with a touch of monastrell, it has a rich deep colour, powerful black fruit flavours thereby creating a dense, savoury, rich, and well rounded wine. Totally enjoyable in any occasion!

William Bincoletto is the principal sommelier of Vines Wine Merchants, South Edmonton's most exclusive wine boutique and Sommelier Instructor for the International Sommelier Guild. For any questions, please do not hesitate to call 780.434.9444 or email william@vineswinemERCHANTS.com

Community members help raise funds

By Mandy Jones, Executive Director, Terwillegar Community League

As many of you know, Terwillegar Community League is fundraising to build playgrounds. South Terwillegar Park will feature a spray deck! This got the attention of local residents Jane Gannon and Megan Bates. These moms and fitness instructors decided to get involved and help support their community by using their skills in running boot camp classes to help raise funds for the spray deck. Jane Gannon is the proud owner of Better Body Bootcamps (betterbodybootcamps.webs.com) and she regularly runs fitness classes in the area. Megan Bates is also a fitness instructor who teaches classes in the area.




On November 27, Jane and Megan ran their second boot camp fundraiser at Terwillegar Community Church. An awesome group of people of all ages and fitness abilities joined us to sweat, get fit and have fun, all in support of a great cause. Jane and Megan offered participants two levels of workout, with a more challenging option for those hard core fitness lovers. All funds raised that night will be used by Terwillegar Community League to build the spray deck and playground at South Terwillegar. Thank you to everyone who participated.

A special thank you to Terwillegar Community Church who allowed us the use of their space, Keylime Athletic Wear representative - Randi Bretzlaff, Spa Lady, and Natasha Frost for providing door prizes for the event.

And a huge thank you to Jane and Megan for supporting our community and helping make projects like the South Terwillegar Park a reality. We couldn't do it without you. Thank you!



Do you have a skill that you think could benefit the community?
Email Mandy at executivedirector@terwillegar.org
Your community will thank you!

What's going on in the community? Check www.terwillegar.org



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Building community at the Farmers Market

By: Corrina Chetley-Irwin, Chair, Southwest Edmonton Farmers Market (SWEFM) Steering Committee

What do you want in a farmers’ market? This is a question I posed to our Steering Committee as we began planning for our 2013 market season. The responses were varied and unique and included: high quality entertainment, a place to take my family for dinner, quick in out access to fresh and local fruit and product, a place to connect with friends and neighbours, a summer evening out, building relationships with the local farmers and community building. All of which we discussed and considered as we began imaging the market experience we want to create for our community in 2013.

Community building has been at the core of our vision for the Southwest Edmonton Farmers’ from the beginning and will continue to be a focal point in 2013. A central part of our vision is creating a community gathering place and one of our values is community engagement and involvement. We will strive to create a vibrant community space for the citizens in our neighborhoods.

In the summer of 2012 we received a Neighbourhood Engagement Grant from the City of Edmonton. The grant money was used to purchase our Community Engagement Tent which was then made available to 16 community leagues in Southwest Edmonton. Each of the community leagues were invited to use the tent on a market day to promote their communities and events. The Community Engagement Tent was utilized by a number of the community leagues for a variety purposes. Terwillegar

Community League used it as an opportunity to recruit volunteers to help build their playground. Aspen Garden promoted a running/walking race that happened in their neighborhood. The Community Engagement Tent provides an ideal way for community leagues to promote their activities and events and to inform the public about what is going on in their neighborhoods. We will be expanding our Community Engagement Tent Program in 2013, extending an invitation to other community groups, school groups, and/or sport teams to participate.

Creating a vibrant community gathering space, whether you value a short visit or a long visit, is a key focus of the SWEFM for 2013. You can expect to see numerous special events and promotions during the market season, new and improved Children’s Corner and activities, several family food options, and so much more.

If you are interested in actively participating in our SWEFM community there are many opportunities to do so. You can participate in our Community Engagement Tent Program, become an on-site volunteer, be a sponsor, and most certainly come as a visitor on market days. Our Grand Opening this year will be Wednesday, May 15, 2013. We are also in the process of recruiting a temporary Market Manager to cover a maternity leave. For more information please contact us at swefm.manager@gmail.com.

I leave you with the question, “what do you want in a farmers’ market?” We’d love to hear your thoughts and ideas so please feel free to email your response to this question at swefm.manager@gmail.com.

Did you know that the City of Edmonton’s Community Standards bylaw states that you must shovel your walks within 48 hours of a snow fall?
www.edmonton.ca



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Save the date! Saturday April 6, 2013 TCL will be hosting a Silent Auction Fundraiser!

Terwillegar Community League needs your support

By Mandy Jones Executive Director, Terwillegar Community League

Terwillegar Community League is once again hosting a Silent Auction Fundraiser to raise funds for the league. The proceeds from this event will be used for building playgrounds, offering programming such as our annual Canada Day event and Toonie Carnival and our Spring and Summer Green Shack programs.

In order to make this event happen, we require donations. Many items are required to successfully run an auction this size. If you or someone you know is able to make a donation, please email Mandy at executivedirector@terwillegar.org. And remember, all donations are appreciated. Last year, we had families in the area join together to create beautiful baskets for the auction, with themes like "movie night in" and "cupcake baking." Local businesses provided items and passes. Large items such as Oilers tickets were donated by individuals as well.

We are also seeking volunteers. If you would like to help plan the event, organize the donated items, set up the day of the event, help at the auction event, or assist with take down, please email volunteercoordinator@terwillegar.org or executivedirector@terwillegar.org.

We would love to see you all at the Silent Auction. Come out, support a great cause and enjoy a night out. Children are welcome and there will be an onsite children's area with supervision. With your support, we can continue to provide the community with programming, special events and resources such as playgrounds and spray decks!

We live in a wonderfully generous community, and we look forward to another successful event.



Are you interested in Spanish Club?
htrchurch.org/community/spanishclub/
 or email Carmen at spanishclubterwillegartowne@gmail.com

Interested in trying your
hand at writing?

Contact editor@terwillegar.org if you'd like to contribute.

RCNS
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www.rcnschool.com

OPEN HOUSE
 Wed. March 6th
 6-7:30pm
 495 Rhatigan Rd East

ALUMNI REGISTRATION
 Tuesday, February 19th at NOON until Thursday, February 21st at 4:00PM

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Sundays 10am Family friendly worship
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A wild and fun craft/meal/faith time for children and their adults. Creative crafts, good meals and great friends make it a fun mess to make! Check htrchurch.ca for details of the next Mess.

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.

Spiritual Growing Deeper



By Ken MacDonald, Pastor of Terwillegar Community Church

After a few months in our new facility at Terwillegar Community Church, we are still settling in. It takes a while before you establish your routines and everything and everyone finds their place. We are gradually getting there. There is still some work on the outside of the building that needs to be attended to and we hope that we

can tackle that in the spring. There are paving stones that still need to be placed and some landscaping that needs to be completed.

One of the thoughts that we have been impressed with as we start 2013 is the idea of "Growing Deeper." We don't want to be satisfied with the enjoyment of a new building; we actually want our lives to be filled with significance and purpose. The building itself should only be a tool to help us accomplish the more important goals of life.

Our theme for 2013 is "Growing Deeper." What will that mean for us in the coming year? We are on a journey to discover how that theme can impact all of our lives in some small way. In February we are going to do a series of messages on the theme, "Not a Fan." This is going to be a fascinating look at how we view Jesus Christ. Are we fans of Jesus Christ or are we followers? What is the difference? What does it mean to be a follower of Christ? I certainly am filled with admiration for this man, Jesus who lived 2000 years ago. He was a remarkable leader. But what does He have to say to my life today? Someone has said, "Jesus has a lot of fans – fans who cheer for him when things are going well, but who walk away when it's a difficult season."

We also want to consider the journey of "growing deeper" in our relationships in 2013. How can I grow as a parent? How can I be a better leader at my place of work? How can I strengthen my marriage?

There is one other area that we want to tackle in 2013 and that is "growing deeper" in the area of how to be effective managers of our resources. For some, finances, is an area of great pain and struggle. There never seems to be quite enough to meet the challenges of daily living. Others are at a season of life where they are trying to be "good planners" for the coming years. How do I budget effectively? How much should I be attempting to save and invest? How can I make the best financial choices – this is the world we live in every day.

Of course, we are thinking of how we can grow deeper as a community in 2013. How can we be better neighbors to one another? How can the many organizations in our community serve our neighborhood more effectively?

Growing Deeper in 2013. For each one of us, it is one small step at a time but the journey is much more interesting when we travel together

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Holy Trinity Riverbend is offering a spanish club

By Margaret Marschall

In a sun-filled and spacious church sanctuary a circle of new amigos toss around a ball. Catching the ball, each child shouts his or her name in Español: "yo me llamo Oscar". Talkative and enthusiastic, these school-age kids anticipate two full hours of fun together at their bi-weekly Spanish Club.

When Holy Trinity Riverbend parishioner Carmen Carvajal, a native of Colombia, and her husband Greg Thiessen were searching for a location to start a Spanish club, their home church was a natural choice. On the western edge of Terwillegar Towne, in burgeoning southwest Edmonton, the parish is home to two distinct Anglican congregations. On Saturdays worshippers give their praise to God in Cantonese and on Sunday mornings the eucharist is celebrated in English. "Holy Trinity is not an English church or a Chinese church," says Priest-in-Charge the Rev. Nick Trussell. "It's God's church and God is all different kinds of people. We're happy to show this by sharing in the gifts and culture of our Spanish members." Since moving to Edmonton 15 years ago, Carmen, who speaks Spanish, English and French and is able to read Portuguese, has been eager to foster an understanding of Latin America culture and language in her community. "Learning a new language to me is the best way to expand your horizons," says Carmen, who has a Masters degree in Communications from the University of Quebec. Carmen and Greg speak Spanish to their 11-year-old daughter Manuela at home, and want her to have the opportunity to speak the language with friends her age.

The couple hosted Spanish Club for the first time in October. Every second Saturday Carmen leads educational games and activities, providing an opportunity to practice the Spanish alphabet, and speak simple phrases. Some of the children are learning Spanish for the first time, while others, like Manuela's friend Gabby (11) and her sister Sara (6) are already fluent. Gabby and Sara's father Bernardo Morgenstern, also from the South American country named for Spanish explorer Christopher Columbus, says his family moved to Edmonton from BC last summer. Though they are Roman Catholic and do not worship at Holy Trinity, they were very pleased to hear about a Spanish club starting up in their new neighbourhood. "I like doing science experiments and spending time with my friends at Spanish Club," says Gabby. Carmen provides fun activities and challenging games for the kids each class. Role-playing in Spanish, they exchange play dinero (money) for groceries in a make-believe market. After a quick snack, Greg leads a science experiment, letting the children drop food colouring into liquids to observe the properties of oil (aceite) and water (agua).

When she reconvenes the club after Christmas break, Carmen plans to share Latin music and a traditional Spanish meal. To learn more about Spanish Club, where everyone is bienvenido, visit htrchurch.org/community/spanishclub/ or email Carmen at: spanishclubterwillgartowne@gmail.com.

Kids Corner

Winter fun with kids

By Danielle Gordon, South Terwillegar Contributor

Winter is here, and it can be hard to find things to do with the kids during the long winter months. We all know about skiing, skating and tobogganing, however here are some other ideas of activities to do when those old standbys just aren't enough.

Maple Taffy – Make your own Maple Taffy by simply heating maple syrup on medium high for 10 minutes, letting it cool for about 2 minutes and pouring it over clean snow. Eat it with spoons or popsicle sticks – YUM!

Snow Painting – Pick up a few spray bottles and fill them with water and a few drops of food colouring. Use them to spruce up your snowmen and snow forts with fabulous outdoor art.

Cat and Mouse – Find a fresh patch of snow and walk out a large circle (the larger the better, try for at least 15ft across). Crisscross a pie pattern into the middle of the circle (6-8 'slices' depending on the size of your circle) Use the paths to play cat and mouse – the cat chases the mice and tries to catch them but all must stay on the paths and no one is allowed to turn around.

Igloos – Snow forts and igloos can be fun, but they take a long time to build and smaller children may lose interest. To make an igloo quickly, start with your patio table as a base and pile the snow around it to make a hidey hole underneath.

Animal Tracks – Winter is a great time to go on a hike and find animal tracks. Look for a book at the library or articles online to help you and your kids identify who left the tracks.

Feed the Birds – Pick up some bird seed and either make a pine cone feeder (pinecones coated in peanut butter and rolled in birdseed), or have the kids decorate any container to hold the seed and put it out by a window. Find a book or use the internet to help identify which kinds of birds come for a visit.

Scavenger Hunt – Plan a scavenger hunt to make winter walks more exciting. Some ideas of what to include are a bird's nest, animal tracks, a tree with a leaf still on it, a snowman, a pine tree, an icicle, etc... Don't forget to bring a pencil to cross things off the list when you find them.

Outdoor Picnic – You don't need a fire pit for an outdoor picnic. Bring out some cookies and hot chocolate and sit in the snow for a winter feast.

Indoor Snow Fun – Too cold to play outside? Get a big, shallow plastic bin and scoop up some snow to bring the fun indoors. Use containers you find in your kitchen to build a snow village for your Polly Pockets or Lego Minifigures.

Enjoy some time with your kids today!



Coloring Contest Winners!

Thank you to all the wonderful artists out there who submitted their artwork to our Holiday Coloring Contest!

The winners are:

2-4 year olds Skylar Kimber

5-7 year olds Natasha Hendra

8-11 year olds Etta House

We will be in contact shortly with your prizes! Congratulations!

Brookview Community Preschool

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Please check our website
www.brookviewpreschool.com
for the registration form,
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Brookview Community Centre, 280 Bulyea Road

*Early Registration is open to Brookview Community Residents and Brookview Community Preschool Alumni Families

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OPEN HOUSE

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Teens

Teens perspective: a year in review

By Kailey Brown

Another year has come and gone. With the rush of the Christmas season and New Year's over with, let us take a moment to reflect on 2012. Many things happened last year! To begin, the world DID NOT end on December 21 but nice try, Mayans.

Throughout the year, popular shows such as Big Bang Theory, The Walking Dead, Modern Family and The Voice continued to dominate television. The Hunger Games created Twilight-level devoted fans, not to mention massive box office profit.

Overall, the movie industry also seemed to be very interested in superheroes this year... The Amazing Spiderman, The Avengers and the Dark Night Rises, (moment of silence for the Aurora shooting victims please) all racked in massive amounts of revenue.

Black Ops 2, Halo 4 and Grand Theft Auto 5 were some of the major video games released throughout the year (I know the guys in my class were going crazy over them).

In sports, Canada won 18 medals at the London 2012 Olympic Games and an NHL lockout also took place.

Facebook introduced Timeline then later; their IPO raised mixed opinions in the stock market. Popular phrases like "YOLO" and "hashtag" took off thanks due to Drake (from his single "The Motto") and society's latest obsession of tweeting everything. Instagram became the trending app. Apple was very successful in releasing the iPhone 4s, iPhone 5, third generation iPad and iPad mini. Samsung also climbed their way to the top by selling 18 million Samsung Galaxy S3 phones in approximately three months. This won Samsung a title of "the most recognizable smartphone brand in the world" as well as creating some serious competition for Apple.

Popular artists like Taylor Swift, Justin Bieber, Ke\$ha and Nicki Minaj continued to produce catchy pop songs throughout the year. Boy bands like Maroon 5, One Direction and Marianas Trench released single after single that instantly stole top spots on the charts.

Have I jogged your memory yet?

Many things changed for us last year also! Maybe something big happened; graduating school, getting a new vehicle, meeting new people or moving houses (if that's the case, welcome to Terwillegar). However, it's the little things that really count. It's the simple actions we take that lead into other opportunities. It's the feeling of discovering something new about our families, our friends, and ourselves. It's the sense of accomplishment when we stop and realize we are yet another year closer to something.

Every year means new opportunities, new beginnings and new stories. And if you don't think 2012 was your best year? We learn from every memory, and mistake, we make. The wise Raffiki once said "Yes, the past may hurt. But the way I see it, you can either run from it or learn from it". So let's not dwell on the should-have-been or what-ifs! Let's focus on the New Year and make every moment count!

Cheers to making memories, best of luck in 2013

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Available for 4 year olds - the year before they begin Kindy.

Topics cover: Math, Literacy, Art, Drama, Music & Sign Language

'The changes in Marcus' attitude towards learning & trying new things without being discouraged, have improved immensely thanks to you.'

'Thanks for a great year! I can't imagine a better school for Sarah - you've been fantastic!'

Miss Jenny M.Sp.Ed, Dip.Teach, Ass.Dip.Drama, cert. 4 ASL

780.757.5514 jenny@tinyhandstalk.com

www.tinyhandstalk.blogspot.com

If you're like me... We need to talk!



As a busy mom, I've always wanted to be there for my children but still be able to contribute to our household

income. Hard to do, right? Several years ago I started working for myself... from home! Today, I earn a higher monthly income than most professionals working 40+ hours per week... and I'm helping others do the same!

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Health/Wellness

A naturopathic approach to fertility and pregnancy

A Naturopathic Approach to Fertility and Pregnancy

By Dr. Christina Bjorndal

The question heard by most couples after they get married is “when are you going to have a baby?” For some, the road to parenthood is easy and for others, there can be a few bumps along the way. It becomes even more frustrating when you hear that people with poor habits (i.e. drinking, smoking and eating poorly) get pregnant on the notorious “first try” while you might be a healthy person who watches everything that goes into your body, yet you cannot seem to conceive. From irregular periods, difficult PMS, heavy periods, fertility and menopause the answer found in most doctor’s offices is some form of “one size fits all” pill in the form of synthetic hormones that either suppress the natural rhythm of our bodies or supercharges it.

My personal feeling is that most “conditions” that relate to our menstrual cycles are hormone imbalances that can be regulated by balancing and supporting our neuroendocrine system which consists of our hypothalamus, pituitary, adrenal glands, thyroid gland and ovaries. Each of these glands produce hormones that affect the other and it is the intricate dance of balance between our “master glands” (i.e. pituitary and hypothalamus), adrenal hormones (cortisol and DHEA), “female” hormones (FSH, LH, the estrogens and progesterone) and our thyroid gland that affect whether we will conceive. The other key organs that need to be supported to be hormonally healthy are the primary organs of detoxification (i.e. liver, kidneys, colon, lungs and skin). This is especially important in recent years with the increase of chemical, emotional and physical stress bombarding our bodies – these influences are contributing to declining fertility rates and need to be addressed in couples.

A Naturopathic approach to fertility is based on the principle of bringing a couple’s health back in balance. With naturopathic care, your entire health history is assessed. I help my patients get in tune with their body and menstrual cycle. It is amazing how many patients aren’t sure if they ovulate and/or don’t even know the length of their menstrual cycle. In Naturopathic Medicine, it is our philosophy to treat the cause, to figure out what is going on, and correct any underlying hormonal imbalances.

From there, we use the healing powers of nature to balance the body by optimizing nutrition, eliminating stressors in one’s lifestyle, learning about your cycle and treating underlying health conditions.

Some basic tips to enhance fertility are:

GET IN TUNE WITH YOUR BODY- Find out when you are ovulating. Many women think this is on Day 14 (with Day 1 being the first day of flow); however, often it is not. Depending on the length of your cycle it could be much sooner or much later. Watch cervical flow to be like egg whites, this is when you are the most fertile. Check your body temperature for a slight elevation (a.k.a. basal body temperature), and pay attention to cramping.

HEALTHY DIET AND LIFESTYLE- Eat a healthy diet consisting of 5 vegetable servings, 2-3 servings of fruit, nuts and seeds, and adequate protein for your weight. Avoid alcohol, sugar, fried food and junk food. Get lots of sleep and deal with stress - practice healthy lifestyle techniques such as exercise, yoga, relaxation exercises, deep breathing etc.

USE PROFESSIONAL QUALITY SUPPLEMENTS- It is important to be on a good quality prenatal vitamin with folic acid and essential fatty acids. It is best to seek a professional opinion, as there are many poor quality products on the market

BE ASSESSED FOR A HORMONAL BALANCE- I always run hormone testing on patients if they have been trying for over 3 months. Conventional blood work (estrogen and LH: FSH ratio on Day 3 and progesterone on Day 21) is combined with salivary hormone testing. If levels are low, I use diet, herbs, supplements, acupuncture and homeopathic remedies to balance the levels. It is also important to assess the basics in women’s health such as: folic acid, B12, thyroid function, and vitamin/ mineral status in iron, zinc, calcium, magnesium, iodine and selenium.

For the “other half”: **SPERM QUALITY & QUANTITY-** Sperm quality is essential – zinc, coenzyme Q10 and a good quality fish oil is key. Keep these guys cool, so avoid hot tubs and laptops on your lap! Whether you have been “labeled” with endometriosis, PCOS, low sperm counts, hormonal imbalances, irregular menstrual cycles, and other unexplained fertility concerns, Naturopathic Medicine can help you. Patients who are preparing for IVF, IUI or other fertility treatments are encouraged to combine naturopathic support for increased success. Trying to conceive can be an emotional roller coaster that takes its toll on a person psychologically and physically, and can be a huge burden financially. Consulting with a Naturopathic Doctor who is dedicated to helping individuals and couples improve their health and fertility can be the piece that solves the fertility puzzle.

Dr. Bjorndal has a thriving practice in Edmonton, Alberta. She loves helping couples conceive and she believes in a holistic approach to health with nutrition and lifestyle counseling as the foundation in maintaining an optimum balance in our overall well-being. See <http://www.drchrisbjorndal.com/treatments/womens-health-program/>



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Terwillegar Community
League is hosting a
Silent Auction Fundraiser
April 6, 2013
Watch our website, facebook
page and the Tribune for
more information or
email Mandy at
executivedirector@terwillegar.org

www.infinitefit.ca

Neighborhood Watch

Neighbourhood watch is seeking members

By Enza Fata Terwillegar Community League Neighbourhood Watch

We all want a community that is safe for our families to live and grow. Becoming a member is about looking out for one another and knowing how to report crime or suspicious activities. Crime in our community decreased in 2012 from 2011 by 50 per cent according to the Neighbourhood Crime Map available on the Edmonton Police site. The main crime in our community is theft from vehicle and break and enter. Is it because we, as a community are looking out for each other and reporting crime and suspicious activity? Let's hope so!

The main objective of the Neighbourhood Watch Program is to have as many residents as possible actively participating in their neighbourhood so that any threats to the area will be reported to the police, thus avoiding the occurrence of a crime. We encourage residents to watch out for each other to reduce crime in the city. Edmonton Neighbourhood Watch members are the eyes and ears of the community and our members report any suspicious activity in their neighbourhoods, whenever they occur. We are always vigilant.

Become a member and help improve the quality of life within your community!

Report crime in our area

Emergency: 911

Nonemergency: 780-423-4567

Mobile Access: #377

If you would like more information please contact the Edmonton Neighbourhood Watch office:
Edmonton Neighbourhood Watch Program Society
P.O. Box 69231 Skyview
Edmonton, AB T6V 1G7
Phone: 780-433-7458
Fax: 780-421-2341
E-mail: info@enwatch.ca
Website: <http://enwatch.ca>
or Enza Fata at watch@terwillegar.org

Edmonton Police Service has created a Crime Mapping application to assist the community in identifying crime in their area. Visit crimemapping.edmontonpolice.ca to see what's been happening in our community!

Discards discussed: Recycling right in Edmonton

By Julie Paquette, Environmental Program Specialist for the City of Edmonton's Waste Management Services

Edmontonians are great recyclers! In 2011 they put more than 50,000 tonnes of recyclables out for collection in their blue bags and blue bins. I've spoken to thousands of residents at Edmonton community events, ranging from newcomers who need basic recycling information to long time residents who meticulously separate out paper, cardboard, plastic containers, and other recyclables for the City's blue bag/bin program. Yet frequently, my chats with residents reveal some common recycling errors. Even the most avid recyclers need an occasional reminder about what material can and can't be recycled in blue bags and blue bins. It is important to "Know Before You Throw" because some of the items that residents mistakenly put in their blue bag or blue bin can cause breakdowns to the machinery at the City's recycling facility.

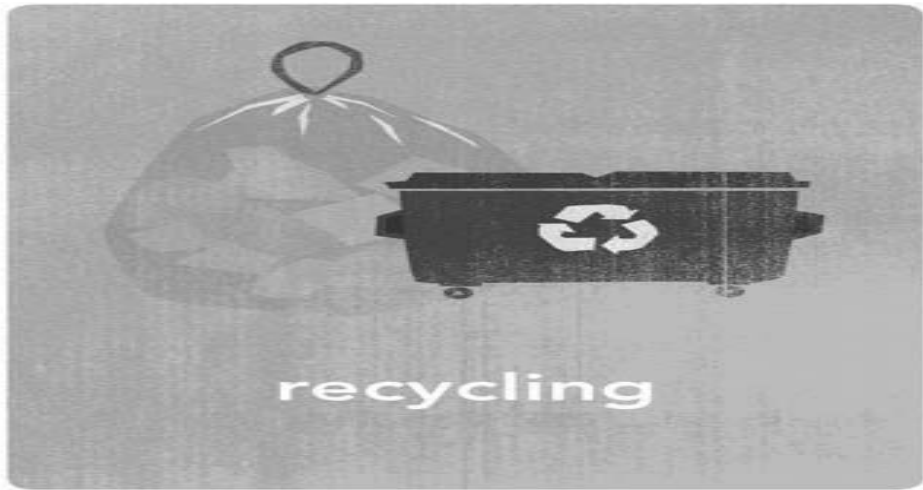
Here is a quick reminder about what material is "Good to Go" in your household's blue bag or bin:

- Plastic & paper bags
- Bottles & other drink containers (caps off)
- Milk jugs
- Other plastic containers
- Cardboard
- Newspaper & writing paper
- Magazines
- Glass jars & bottles
- Aluminum containers/cans
- Tin cans

Here is a list of items that "Don't Go" and can't be recycled in the City's blue bag and blue bin program:

- Computer cables, extension cords, Christmas lights
- Styrofoam and shredded paper (a bit of a "Doesn't Go" surprise for some residents)
- Large rigid plastic items like broken children's toys
- Disposable paper drink cups
- Scrap metal like small appliances and propane tanks (#1 unwanted item)

For complete details on recycling in Edmonton including a printable "What Goes Where" waste guide, go to the City of Edmonton's web site www.edmonton/recycling.



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www.twcedmonton.com

Coming Events

Weekly: Please contact organizer for details

Southwest Edmonton Seniors Association (SWESA)
Pickleball, Every Mon., Wed. and Fri. 1:00-3:30 p.m. at TCRC
Bridge, Every Thurs. 12:30-3:30 p.m. at Riverbend Community Centre

Terwillegar Playgroup:
Every Thurs., 9:30 - 11:30 a.m. at Holy Trinity Riverbend Church

Events:

Feb 2, 14, 23: Sports registration- various locations; onsite membership sales for Terwillegar Community League
Feb 6 : TRAC meeting, Lillian Osborne High School, 7:00 p.m.
Mar 13: Submission deadline for Tribune
Apr 6: TCL Silent Auction Fundraiser
Apr 15: Tribune issue released
Apr 20: 2nd Annual Edmonton Youth Talent Show
Apr 27: TCL I'm Too Big For It Sale at Terwillegar Community Church
May 15: Farmers Market Grand Opening for 2013 Season
May 26: TRAC 10K

Check www.terwillegar.org for current information

Terwillegar Tribune Upcoming Deadlines		
Advertising Deadline		Released
January 9		February 4
March 13		April 15
May 8		June 3
August 21		September 17
October 30		November 25



I'm Too Big For It Sale

Check Out Our New Location
Terwillegar Community Church!

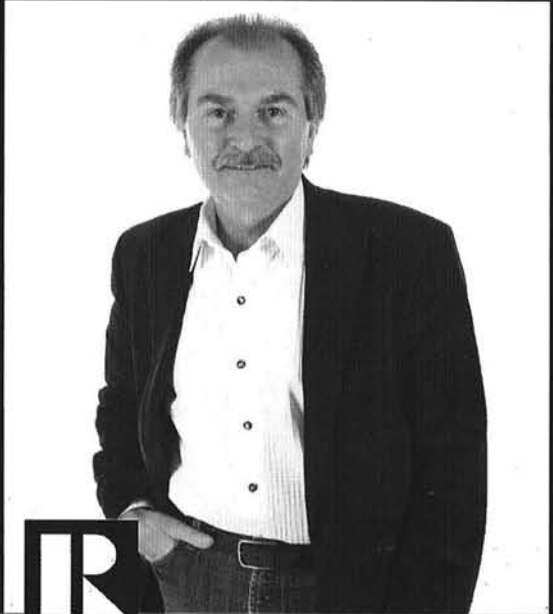
Terwillegar Community League's
Semi-Annual Sale

When: Saturday April 27 from 10am - 1pm
Where: Terwillegar Community Church
1751 Towne Centre Blvd NW



Vendor Tables Are Now Available

For more information go to www.terwillegar.org
or email Michelle at mmcwilli@live.com

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Realty Executives Devonshire



Caring for aging parents, caring for yourself

By Sara Laflamme

It’s been two years since the baby boomer generation hit the retirement age of 65, and the number of boomers punching their last clock is only set to increase. According to Statistics Canada, the fastest growing age group in Canada is 60-64 year olds. In Alberta alone, it was estimated by the Alberta Ministry of Seniors that by 2031, one in five Albertans will be over the age of 65.

The City of Edmonton put out a report in 2010 entitled “Edmonton Seniors: A Portrait” that highlighted the concerns of this growing demographic including, worrying about staying healthy, help around the home, limited mobility, and declining income.

“There is increasing demand for help to care for aging parents”, says Diana owner of To You Today, an errand and delivery company that offers companionship and errand services for seniors. “I started this business because I was caring for my mother and was under a lot of stress trying to care for her, take care of my home and work full-time”.

Diana is not alone; the burden for care is often placed on family members, particularly women. 47 per cent of informal care is provided by adult children, ranging from grocery shopping to bathing to laundry. Adding to concerns, is the likelihood that many of those currently caring for their parents will also look after their spouses as they age.

There are a number of organizations in Edmonton that provide services to help adults cope with aging parents, as well as for seniors to connect with resources that can increase their standard of living and overall well-being. The Edmonton Senior’s Coordinating Council is one such organization, connecting seniors and their caregivers to a wealth of resources in the Edmonton area.

Do you fall into one of these categories:

- you are currently caring for an aging parent and feel overwhelmed
- you are a working mom that never seems to have enough time in the day to get to your personal “to do” list
- you are a new mom that needs help around the home

Whatever your situation, I highly recommend getting in touch with someone who can help you. Services like those offered by To You Today are a great place to start. You don’t have to take care of everything yourself and most importantly, you don’t have to go through everything alone.





Open House & Registration for 2013/2014

6:00 – 8:00 pm on Wednesday, February 6, 2013

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- Excellent Teachers
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- Celebrating 36 years!


The playschool is located in the Sweet Grass Elementary School (11351-31 Ave, Rm 16).

For more information and to download a registration form, visit our website:

www.greenfieldnurseryschool.com

registrar@greenfieldnurseryschool.com

or call: Shannon 780-249-0350




Drop-In Fitness Classes!

Monday Evenings, 7-8:00 pm (January-June 2013)

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

•••••
• **Terwillegar Community League memberships are also** •
• **available online at www.terwillegar.org** •
•••••

Membership Fees:

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

**Memberships expire annually
Aug. 31.**





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 or call 311 for details

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

How to volunteer this winter and spring:

- Help raise money for our parks by assisting with fundraising events like the upcoming Silent Auction and door to door campaigns.
- Find a friend to team up with you as TCL’s new Fundraising Director and Fundraising Aide and help plan some lucrative fundraisers.
- Join Neighbourhood Watch and make your neighbourhood safer.
- Help shovel a neighbours walk.
- Help out with the programs offered by your local school.
- Write or take pictures for your community paper! editor@terwillegar.org
- Set up, take down or work the big items room at the Spring I’m Too Big For it Sale.

Contact our Volunteer Coordinator at volunteercoordinator@terwillegar.org for more information on how you can help support your community! We cannot do it without you.

How to contact the Terwillegar Community League

www.terwillegar.org

President — James Richardson, president@terwillegar.org

Vice-President — vacant

Treasurer — Monte Weber, treasurer@terwillegar.org

Secretary — Laurie Ann Wheeler, secretary@terwillegar.org

Memberships — Jennifer Dalle Ore, memberships@terwillegar.org

Programs — Marc Lachance, programs@terwillegar.org

Program Aide — vacant

Community Advocate — Char Bowman, advocate@terwillegar.org

Community Advocate — Scott Riddell, advocate@terwillegar.org

Editor — Mandy Jones, editor@terwillegar.org

Webmaster — Alison Cairns, webmaster@terwillegar.org

Communications — Stephanie Gillis-Paulgaard, communications@terwillegar.org

Fundraising — vacant

Fundraising Aide - vacant

Volunteer Coordinator - Terri Saunders, volunteercoordinator@terwillegar.org

Community Garden — Steve Johnson, garden@terwillegar.org

Neighbourhood Watch — Enza Fata, watch@terwillegar.org

Directors at Large:

Vacant (South Terwillegar)

Kelly Jeffrey (Mactaggart)

Michelle McWilliams (Magrath)

Terwillegar classifieds

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REGISTERED PSYCHOLOGIST IN TERWILLEGAR - Amrita Bhar, M.Ed., R.Psych offers counselling services to adults and adolescents.
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*Classified ad - \$12 for 25 words or less!
Send to editor@terwillegar.org*

Are you interested in:

Meeting New People?

Helping plan resources in our community?

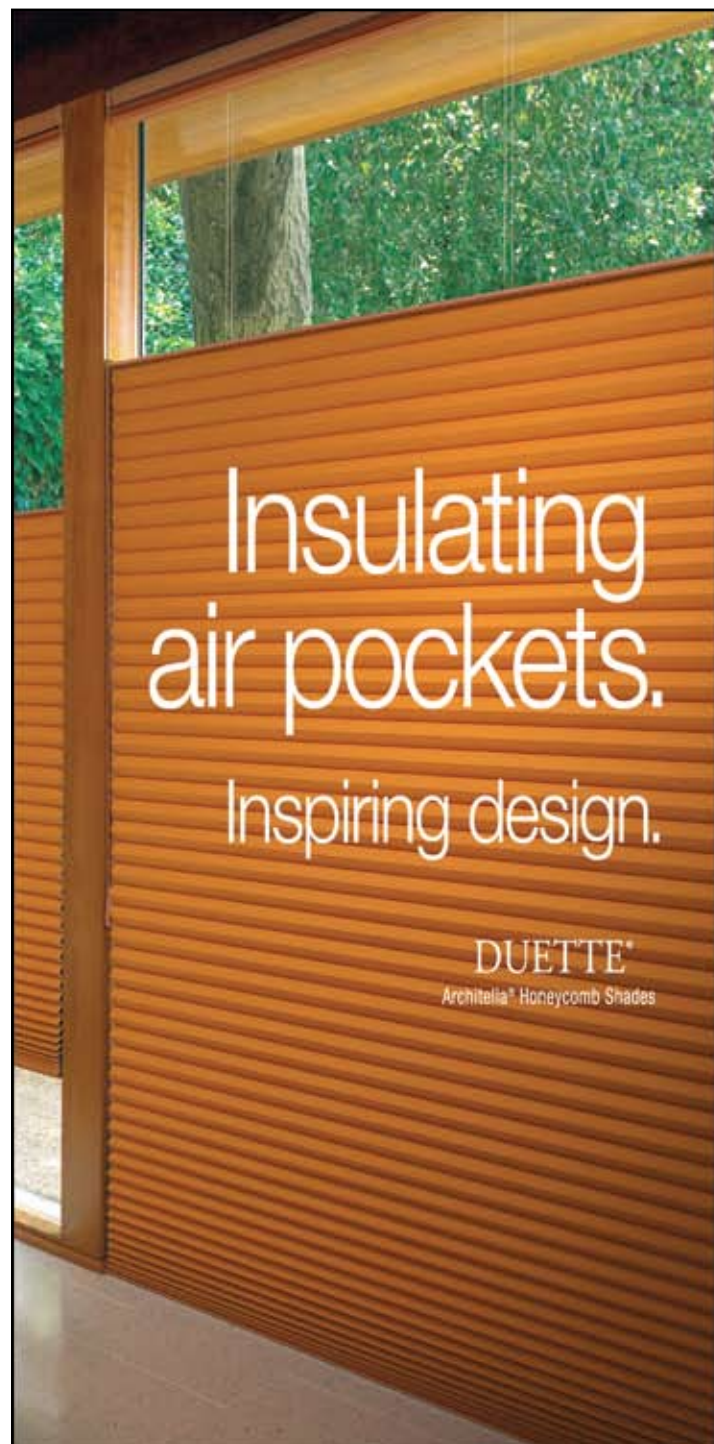
Strengthening our Community Spirit?

Join our Community League!

We will help you find a role that interests you.

volunteercoordinator@terwillegar.org

Want to join the Terwillegar Community League Board?
Contact James at president@terwillegar.org



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