



What's Inside

2 Community	16 Spiritual
6 Food & Beverages	18 Health&Wellness
8 TRAC	25 Coming Events
9 Seniors	27 Memberships
11 Schools	28 Classifieds
14 Kids Corner	

www.terwillegar.org

Issue 47 June 2013

Next submission deadline: Aug 21

Next issue: September 17

Free food for your neighbourhood barbecue

By Marc Lachance, Programs Director,
Terwillegar Community League

The Terwillegar Community League (TCL) strives to promote a friendly community through a variety of programs. And we are always looking for unique opportunities to help get neighbours together.

This summer, TCL and the Magrath Save On Foods are partnering to offer free food for your neighbourhood barbecue. With a Community League membership, you can sign up your neighbourhood to have a great event with the food being provided by TCL.

Interested? Submit your application to TCL through our website at www.terwillegar.org. There will be an online form to complete. You will need to have your date picked out, the address of where the barbecue will be hosted, and your contact and membership information. Organizers who are selected to host the free barbecues will need to complete the registration form, including signing up at least seven other households in their direct area (e.g neighbours surrounding their home) to take part in the event. Remember that if you are using a public space, you will need a permit from the City.

Once you've received confirmation, all you have to do is pick up your food package at the Magrath Save On Foods and you're ready to go!

Sign up by June 21 and you could be hosting your own neighbourhood barbecue. Be active in your community, get to know your neighbours, and have fun.



It is not too late to get your Community Garden plot! There are still spots available. The garden is located across from the schools in Terwillegar Towne. Email garden@terwillegar.org or visit page 5 for more information.

Check www.terwillegar.org for information on the green shacks in our community!

Call **Ron Dickson & Associates** Today For A
No Cost, No Obligation
Market Evaluation of Your Home
Call Direct **780.918.2635**
People You Know, People You Trust



RE/MAX Real Estate Centre
14717 40 Avenue
Edmonton, AB T6R 1N1
Office: 780.438.7000
Fax: 780.801.1048

Community

Presidents message - Jumping in to summer!

By James Richardson, President of the Terwillegar Community League

After a long drawn-out winter the sunshine and fair weather has finally arrived! Summer is a great time to reconnect with everything our great city has to offer: parks, trails, festivals and more! As you read this June 2013 issue of the Terwillegar Tribune you will see that there are some fantastic activities happening in your own community this summer too. Terwillegar Community League will be putting on a Canada Day event and the ever-popular Toonie Carnival in August. Don't miss these great opportunities to come out and have some fun with friends and neighbours. In partnership with the City of Edmonton, the Terwillegar Community League is also running two green shack programs - one at the Tomlinson Common Playground and the other will be at the newly constructed Magrath playground! The green shack leaders will be running fun and engaging programs for all the neighbourhood kids that drop in for some fun throughout the summer months.

The Terwillegar Community League board volunteers are working hard to plan and run these community events and programs for all of us to enjoy. A reminder that if you should wish to get more involved, or if you want to volunteer some of your time to pitch in at an event, please contact the League at: volunteerdirector@terwillegar.org. We continue to have a couple of vacancies on the Terwillegar Community League board of directors. If you are interested in joining the board, please send me an email at president@terwillegar.org. You can find out what vacancies exist on our website at: www.terwillegar.org/contactus. I look forward to hearing from those that are interested.

Have a great summer, renew your acquaintances with your neighbours and enjoy all that this summer has to offer, both close to home and throughout our city!

Renew your membership

By Jennifer Dalle Ore, Membership Director

Just a reminder that Terwillegar Community League (TCL) memberships expire on August 31 for the 2012-13 year. New memberships will be available for purchase beginning June 1, 2013 and are valid for the 2013/14 membership year. Join us at the SW Edmonton Farmer's Market on May 29, July 10, and October 12 to purchase a new membership or learn more about what TCL has planned for the upcoming year.

Memberships can be purchased online anytime at www.terwillegar.org. Please remember that all memberships, regardless of purchase date, expire annually on August 31. Fees will not be prorated. If you have any questions or comments regarding membership please contact memberships@terwillegar.org.

The Terwillegar Community League will be at the Farmer's Market on:

Market on:

May 29

July 10

October 12

Get Involved!

Terwillegar Community League is looking for a Fundraising Director, Secretary and area reps to join the board. If you are interested, contact James at president@terwillegar.org. Looking for something without a commitment? Volunteer for an event. Have a huge impact on the community with just a few hours of your time. And have fun doing it! Email us at volunteercoordinator@terwillegar.org.

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 • 5970 Mullen Way PO Box 36508 McTaggart PO, Edmonton, AB T6R 0T4

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 of each year.

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

Young girls help sick kids

By Jenn Gilliard

Some friends from Monsignor William Irwin School are planning a fundraiser on Sunday June 9 from 11 am - 2 pm. Together with their families Elle (gr.2), Keira (Kindergarten), Dolce (Gr.2), Ava (Gr.2) and Sydney (Gr.2) are getting ready to host a fundraiser for Pediatric Neurosurgery Fund.

Elle, Sydney and Ava were in kindergarten when they first talked about raising money for sick kids. In the Fall of 2011 when they were in Grade 1, they had a fundraiser for the Stollery hospital. With friends, family and neighbors we were out under a shelter in the wind and rain. The young girls had a 'lemonade stand' and penny drive. They raised over \$400. In May 2012 Dolce joined the team and money was raised for Juvenile Diabetes Research Fund (JDRF). It was a very hot day, brownies and cookies were melting, kids were on bikes and running through the sprinkler, we raised over \$800! Elle's sister Keira will take a more active role this year in the preparations. With all their efforts and a good turn out, the girls are hoping to raise over \$1000!

Come on out and support these philanthropic young girls and help young patients. According to the Pediatric Neurosurgery Fund (PNSF) page on Facebook "Our goals are to enhance the lives of children, support their families and provide world-class neurosurgical care." All funds raised by the PNSF go directly to programs and initiatives that improve the quality of life of those affected by pediatric neurosurgery. www.neurosurgerykids.com

The event is Sunday June 9, from 11am - 2pm rain or shine at 3212 McCall Place. We'll have homemade cards to buy, hot dogs, freezies and raffle prizes too! See you there!



Photo Left to Right: Ava, Sydney, Elle, Dolce, and Keira (front row)



We'd love to hear what else is going on in the community.
editor@terwillegar.org

Craig Watson
REALTOR®

Your Friend In Real Estate

780.906.9949




RE/MAX
Accord
Each Office Independently
Owned and Operated
780.485.5005

*Contact me today for
a free no obligation
market evaluation.*

craig@watsonhomes.ca

PRESENTS the third annual... **TONIE CARNIVAL**

Terwillegar COMMUNITY LEAGUE

- Music
- Face Painting
- Fun for all ages
- Games
- Bouncers
- Crafts
- Balloon twisters
- Fun for all ages
- Petting zoo
- Food

SATURDAY AUGUST 10
11am-3pm
South Terwillegar Park

www.terwillegar.org

Community

Facebook brings neighbours together

By Sharla Madsen

It all began in October when Josca Remerie-Galinski posted a picture of her old vacuum cleaner to the Terwillegar Community League facebook page looking for a buyer. Vicki Holmes, half joking, commented on her post that she should start a community swap page. Josca, then on bed rest awaiting the arrival of her first born, did just that. An immigrant from Holland, Josca created a group on Facebook and posted the link on the TCL facebook page called the "Terwillegar Towne Swap Page".

Immediately afterwards, people started joining and photos started flooding the wall. Household items that needed new homes, toys that weren't being played with anymore, clothes that were outgrown and even designer purses looking to be swapped. Over the winter, the T-Towne streets were abuzz with people popping over to try on pair of shoes or look through a bin of baby clothes.

Many amazing deals were made and awesome items exchanged. But if you ask any of the members what the best part about the page is, they will tell you that it has helped people in the neighbourhood get to know one another.

"When the swap page first started, I thought it would be a terrific chance to find a new home for items we no longer needed," says one T-Towne Mom. "Little did I know that it would lead to great friendships and a real sense of community as I swap and shop with my neighbours!"

"I have met more people from the neighbourhood in the past 6 months through the page than the first three years I have lived here!" says Josca. "I became a member of a book club, met a ton of new women and have made some great friends. Being a new mom, it sure helped knowing that there are other moms out there just around the corner that I could reach out to."

"I like the personal nature of selling and buying from neighbours. It feels more secure than advertising on Kijiji," says fellow swap page admin, Vicki Holmes. Unlike Kijiji or other swap pages where you are essentially selling to a stranger, this one is intended for our own community. The people you are buying from have kids at your kids' school, attend the same yoga class as you do and shop at the same grocery stores. These are your neighbours. The people that you hope will help look out for your kids or keep an eye on your place when you are away.

It's more than just a swap page. It's where neighbours meet neighbours.

So please, take a minute and join the fun!

Please note that the swap page was created for people living in the Terwillegar Towne Area (T-Towne, Terwillegar Gardens and South Terwillegar). It is not intended to be a city wide swap page, but rather a place where people can pop over to pick something up on the way home from work or on the way to pick up their kids from school. People from outside the community are more than welcome to join the page, however we respectfully request that all sellers from outside the area indicate where they are located in their post AND deliver their goods to the Terwillegar Area. Also, once you join, please ensure that you take a moment and read the group guidelines for all the ins and outs of how this group works.

Terwillegar Towne home owners association supporting the community

By Stephanie Williston, Secretary Terwillegar Towne Home Owners Association

For those who may not be familiar with us, the Terwillegar Towne Home Owners Association (TTHOA) is a not for profit association comprised of all property owners within Terwillegar Towne. The TTHOA is governed by a volunteer Board of Directors who oversee the maintenance of certain properties owned by the association throughout our neighbourhood.

Though the main purpose for the TTHOA relates to hard infrastructure, the Board of Directors believes that it takes more than that to build and maintain a strong community. As such, the board believes that there may be an opportunity to support the social infrastructure within our neighbourhood. For example, with the recent cancelling of the provincial Summer Temporary Employment Program, the association wanted to be sure that the green shack program running out of Tomlinson Common Park continued. After discussion with the Terwillegar Community League, an opportunity was quickly found for the TTHOA to become a sponsor for that Green Shack Program. This valuable service increases the quality of life within the neighbourhood and the TTHOA is happy to support this initiative.

Moving forward, the Board of Directors is putting out a call to all local groups operating within the neighbourhood. If there is a public event that your group is hoping to host, consider having it within Terwillegar Towne! A request can be submitted and the Board of Directors will consider it at the next monthly meeting to determine if there is the ability for the TTHOA to support your event. The Board would love to see things like community garage sales, barbecues or family-friendly gatherings take place in various community spaces throughout the year, adding personality and vibrancy to the neighbourhood. Whatever creative idea your community group has that would bring neighbours together, the TTHOA will consider supporting it.

Feel free to contact our Executive Director Steve Simala Grant for more information on this initiative at steve@terwillegartowne.org. As well, we encourage you to learn more about the TTHOA through the website at www.terwillegartowne.org. In particular, if you are curious as to how your annual dues are spent, the board would encourage you to look at the website where there is a new page that aims to display a clear breakdown of association fees.

WHO HAS TIME FOR BACK PAIN?!

I do ... Dr. Chad Mestdagh

**Doctors of Chiropractic diagnose and treat
back, neck, and head pain - so you can
get back to what you need to do.**

Call for an appointment:

780 - 433 - 0686

Terwillegar Wellness Centre, 14259 - 23rd Ave.

www.twcedmonton.com

Community

Terwillegar Community Garden growing again

By Patricia Lee

Is Spring finally here? Record low temperatures this Spring had many gardeners drooling over seed catalogs, visiting local garden centers with glee and itching to get outside. The Terwillegar Community Garden (TCG) is ready to dig in!

The City of Edmonton now officially owns the property TCG has been growing on for the past five years and is granting us permission to grow here for 2013. Located across the street from Esther Starkman and Monsignor William Irwin schools, adjacent to the newly built Terwillegar Community Church, the garden has rented plots to community members and dedicated food bank plots to the Edmonton Food Bank, nurtured by community members and local schools. Many community gardeners rent a plot because their sun conditions at home are lacking, condominium and apartment dwellers outgrow their patio space or to build a community around getting your hands dirty. Growing locally and sustainably is important to us.

2012 challenged the Terwillegar Community Garden with potato beetles, rabbits that devastated our food bank crops, weeds, and the retiring of several garden leaders. Fortunately several garden members have stepped up to become garden leaders in order to keep the community garden operating. The garden leaders are discussing a self-imposed potato moratorium to deal with the potato beetle. However, in our current location, thistle and other weeds continues to wage a war with the gardeners.

Thistle, Cirsium species, can annoy an Edmontonian vegetable gardener in many ways. Canada thistle, and Bull thistle are two you may see in your own backyard. Perennial and biennial in life span, physical removal by weeding is a patient battle as the weed will reproduce by cutting the root. If you have them in your backyard, the goal is to remove the entire root along with the plant and seed head. Aim to remove them weekly as they will continue to pop up but with persistence you can weaken the weed and win. To be fair to the thistle, scientifically speaking, is a food source to butterflies and the seeds are attractive to goldfinches. It's your call as a gardener as to what you desire most in your garden. Your neighbor may have an opinion as to what creeps into their garden from yours as well.



Photo by Patricia Lee

The new garden committee has a challenging workload ahead with potential garden relocation for 2014 and beyond. The Terwillegar Towne Homeowners Home Association (TTHA) and the Holy Trinity Anglican Church (HTAC) have offered their partnership for permanent locations: Trelle Way greenspace (TTHA) and a site adjacent to the church (HTAC). The committee will be reviewing each location's viability in regards to funding, planning, design, water sourcing, soil and weed conditions prior to moving ahead. We are thankful to our partners for working with and giving us options to grow.

There are over 80 community gardens in Edmonton: Allendale, Sustain U Campus Garden, Heritage, Strathcona Rail Lines, Parkallen Diggers, Twin Brooks, Park West to name a few on the South side. If you are interested in the Terwillegar Community Garden, please contact us at garden@terwillegar.org. If you are interested in sustainability, food security, growing and eating locally look up sustainablefoodedmonton.org. Happy Growing for 2013!

EDMONTON

FUN!!

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

Summer Playground Program

TOMLINSON COMMON PARK 1765 Tomlinson Common Mon-Thurs. Noon-7:30 p.m. Friday, 1:30-5:30 p.m.	(NEW) MAGRATH PARK 243 Magrath Boulevard Mon-Thurs. 10:00 a.m. - 5:30 p.m. Friday, 1:30-5:30 p.m.
--	---

Fresh Air! Laugh! Meet New Friends! Meet Your Leader!
Join in Arts, Crafts, Games, Sports, Drama, Action
Have FUN

July 2- August 22

Sponsored by:
Edmonton and **Terwillegar Community League**

Terwillegar Community League

CANADA DAY EVENT

July 1, 2013 11am to 3pm

Tomlinson Common Park in Terwillegar Towne

Terwillegar
COMMUNITY LEAGUE

Come join your neighbours for Terwillegar's very own Canada Day event. Decorate your bike, tricycle, wagon, stroller, or even yourself! Stay for a BBQ, family fun, contests and prizes!

Food & Beverages

Summer-time and the living is easy, especially when you have cheese!

By Tania Hrebicek, Owner of Everything Cheese

Summer is a great time to serve cheese. It makes for easy entertaining and there are so many options – there is something for practically every summer-time activity!

For the Backyard BBQ

For a change, forgo the cheddar and try something new to take your burgers to the next level. Smoked Goudas add another depth of smokiness to your charbroiled burger. A piquant blue, such as Valdeon from Spain or a unique Smoky Blue from Oregon adds sharpness and a new dimension. Or go with a complex “melter”, such as French cheeses Abondance or Beaufort, to add real sophistication to a deluxe bison or strip sirloin burger. You can also use a nifty little tool called the “Barbeclette” to melt cheese, such as Raclette, and slide it right onto some veggies or a fresh baguette. Another fun option is to bake a Brie or Camembert on the BBQ. Top the Brie with some seasonal fruit and jam, and you have an easy, crowd-pleasing appetizer or dessert.



For the Picnic

When on a picnic, whether in your local park or on a hike, you need cheeses that can stand up to a little heat and jostling. Alpine cheeses are the ideal picnic companion to sliced and cured meats, fresh cut fruit and veggies. Some traditional choices include cave aged Gruyere and Emmenthal both made in the mountains of Switzerland. Other excellent choices include Ossau-Iraty, a firm sheep's milk cheese from the Pyrenees in France, and Montasio, named after a mountain terrace in Italy. Closer to home, the Tuscan-style Pecorino from The Cheesiry in Kitscoty, and Alpindon from the Kootenay region of BC, are also excellent to pack along.

For the Campfire

Think wind down! The kids are asleep and it's time to relax by a fire. Whether by the campfire or cabin fireplace, you'll want some robust and luscious choices to go with your wine or scotch. Treat yourself to an unctuous La Tur from Italy – made with three milks (cow, sheep and goat) - this is a soft, delectable cheese. It pairs particularly well with sparkling wine such as an Italian Prosecco or Spanish Cava. Another equally decadent cheese is Epoisses, although due to its pungent aroma and taste, it is for the more adventurous cheese lover! This classic from France is fantastic with a big Burgundy or a rich, buttery Chardonnay, and is best served with crusty bread. If you would rather keep things simple and rustic, then another fine choice might be the lovely Juliette or Romelia. Both are goat's milk, brie-style cheeses from Salt Spring Island in BC. The Juliette is mild and creamy, but her counterpart, the Romelia, is a washed rind, so more flavourful and strong.

Cheese is great any time of year, but in the summer when we all have more time to rest and relax, it can be a wonderful time to truly savour the flavours that great cheeses are known for.

Green and gold community garden

By Patti Hartnagel, Aspen Gardens Community League

The Green & Gold Community garden, on the University of Alberta South Campus, has started Spring planting. The garden is an initiative of the University's School of Public Health and Faculty of Agricultural, Life and Environmental Sciences. Volunteers manage the garden and all of their time, and most of the seeds, plants and equipment used are donated.

All are welcome to volunteer at the garden or to come to the garden markets when they open (in late June or early July).

The vegetables, herbs and flowers are all “spray-free” (no pesticides or artificial fertilizers are used). Anyone is welcome to ‘purchase’ their vegetables at the garden market. Every penny of donations goes to the Tubahumurize Association, a non-profit organization in Rwanda that provides socially and economically marginalized women with vocational training, counselling, life-skills coaching, health care education, and opportunities for sustainable income generating activities.

If you would like to receive the garden e-mails this summer (these let you know what produce is available at the garden that week and the market

Green & Gold
Community Garden
A local garden with global impact

hours) please sign up to our garden listserv at: <http://www.mailman.srv.ualberta.ca/mailman/listinfo/gggarden> or contact us at: E-mail: gggarden@ualberta.ca / Phone: (780) 492-9079 / Web site: http://bit.ly/greenandgold_garden

dip, ride, run
Sunday, August 25th, 2013
Terwillegar Community Recreation Centre

A sprint triathlon with all things chocolate
Grand Prize: A 14 Karat White Gold Chocolate Diamond Pendant
Individual and team entry options

For more information and to register: www.momentummultisport.ca/info@momentummultisport.ca

momentum
multisport.motherhood.lifestyle

UNITED Cycle
SPORT

LOE

zebra
Child Protection Centre

**Interested in
trying your hand
at writing?**

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

We appreciate articles with a focus on the community, local content, and those that highlight activities and events within the Terwillegar Community!

So lets talk grape

By William Bincoletto, Principle Sommelier at Vines Wine Merchants

In our discovery of that great grape, how do you choose which grape is better than the other?

Well, first let me say that the families of grapes are many but it is primarily the *Vitis Vinifera* family that grape growers discuss when selecting grapes to make wine. And within that family there are close to 5000 grapes varieties to choose from, so the winemaker and winery have a lot to consider.

Some grapes are so popular that everyone wants to grow them and every consumer recognizes them as in Chardonnay, Sauvignon Blanc, Cabernet Sauvignon, Merlot, Pinot Noir, and Shiraz. Some others are still only what I call regional oddities like Mencia grown in the Bierzo region of Spain or Carmenere very well known in Chile but less throughout the world; Aglianico from Italy or Baga from Portugal. Others are in-between; they have a growing reputation, becoming more and more popular as in Malbec, once known only in France but now getting a name to itself thanks mainly to Argentina; Sangiovese, native to Tuscany, but now even grown in the Okanagan.

However what is important is to recognize that every grape has its own character profile, its distinctiveness and uniqueness. Why Pinot Noir is light coloured and less tannic than Cabernet Sauvignon? What gives that rich truffle like quality to Nebbiolo? Why does Sauvignon Blanc remind us so much of citrus fruits?

That is what makes the grape variety so interesting.

But besides their intrinsic characteristics, we also need to take into account how and where they are grown (viticulture) and what the winemaker does to differentiate his Chardonnay from his neighbours (vinification).

Understanding the grape style will also make you appreciate the style of wine made. If you like easy to drink reds think Pinot Noir or Gamay. If you love full bodied reds think Cabernet Sauvignon, Nebbiolo or even Shiraz. If you enjoy aromatic whites, think Riesling or Gewurztraminer.

It really takes a lifetime to understand the world of grapes and Jancis Robinson most recent "ouvrage" on grapes simply titled "Wine Grapes" proves it (4 years in the making). Available at Chapters and Amazon, this is a must for all grape aficionados and future sommeliers.

So next time you pick up a bottle think grape and come and see me to learn more.

Our picks this time represent the wonderful diversity of grapes.



Photo by: William Bincoletto, Vines

Chardonnay

2011 Girard Chardonnay – Russian River – Sonoma

Chardonnay is rather a neutral grape that loves to absorb everything around it. Unoaked chardonnays have a light pear/apple taste with loads of what is labelled "minerality" (from the soil). Oaked versions have those lovely toasty/butterscotch qualities that derive from the wood. Our version has qualities from both. Deliciously balanced

Grenache

2011 Artazuri Garnacha Rosado – Navarra – Spain

As you can guess, this one is a dry rosé from the Grenache grape (a.k.a. Garnacha in Spain). Fundamentally a light colour red, Grenache is often blended with other highly coloured and flavoured grapes to give it colour, density, and depth. That is why it creates superb rosés. And Artazuri is such a classic example. This has become my summer staple!

Shiraz

2008 Kaesler Stonehorse Shiraz – Barossa Valley – Australia

As previously mentioned in my last article, Albertans love the shiraz grape. While syrah and shiraz grapes are identical, it is their provenance that distinguishes their differences. Syrah (French style) has deep colour, accentuated spice aromas with some bacon fat/gamey flavours. Shiraz (Aussie style) is more fruit forward often labelled "fruit bomb, jammy" with high alcohol flavours.

Remember our motto: *One life...drink it well.*

FEATURE WINES



2011 Zorzal Terroir Unico

93 pts Robert Parker

"downright, unapologetically delicious"

\$23.99



2010 Halos de Jupiter Côtes du Rhône

92 pts Robert Parker

"full-bodied and opulent"

\$25.99



UPCOMING EVENTS

June 12: Vines 6th Annual Sauvignon Blanc & Prawns Tasting
\$39.99/person

July 23: Vines 8th Annual Pinot Noir & Salmon Tasting
\$39.99/person

A SERIOUS SELECTION OF CRAFT BEERS & SINGLE MALT WHISKIES

2331 RABBIT HILL ROAD
780-434-9444

vineswinemerchants.com



By: Dr. Rob Agostinis



Okay, you have to admit this was a very long winter! I wasn't sure if all that snow would melt in time for the outdoor soccer season. TRAC, despite the weather, continues to bring you programming and events.

We had our Annual General Meeting on April

17. Here are the highlights:

We had great attendance and therefore had quorum. Sherri Jaillet-Martinez (TRAC President) gave her opening remarks and commented on the tremendous progress and initiatives TRAC was undertaking.

We had a small bylaw change that allows us to include more communities, which in turn opens it up to more Ambassador positions.

Congratulations to Jacqueline Cairo, our new Ambassador for Magrath. We wish Charlene Bowman all the best in her future endeavours. She stepped down as Secretary and Ambassador for Terwillegar Towne. Her position is vacant.

Executive Board:

Sherri Jaillet-Martinez – President
 Mike Boychuk – Vice-President
 Rob Agostinis – Past President
 Barry Davis – Treasurer
 Sue Trigg – Community Advocate/Office
 Position of secretary - vacant

Community Spirit Awards

Every year we present the Community Spirit Awards to those people, businesses or organizations that have contributed in making our community awesome!

This year we had 3 recipients (see photos):

MC College – Joe and Jacqueline Cairo accepted the award. MC College and the Cairo Family have contributed not only dollars to our fundraising efforts, but have provided hair stylists and make up assistance for the Edmonton Youth Talent Show, etc. Both Joe and Jacqueline live in the community and have also personally volunteered for TRAC events.

Kim Brophy – Kim is the principal of the Mother Margaret Mary Catholic High School. When we first met Kim, he was the principal of Archbishop Joseph MacNeil. He has opened up the schools for many of our fundraising events, in particular the TRAC 10K. He continues to support our organization and community and knows very well that partnerships make our community complete.

Nigel Stevens – Superintendent Nigel Stevens of the EPS has been a great supporter of our organization and has attended almost every TRAC meeting. He provides us with updates on security issues in the neighbourhood. He is our bridge and communicates our concerns back to the EPS. He also lives in the community and volunteers for many events.

Security Report

Superintendent Nigel Stevens congratulated TRAC (Harold Hornig and Carol Kaiser) on our TRAC messaging system. This communication link is an excellent way of relaying EPS information out to the communities in the neighbourhood.

TRAC Community Office

Located in the Terwillegar Community Recreation Centre (near the white cat). *Karin Shott* is our Office Resource Person. You will be able to purchase your community league

membership and get the answers to your questions from her!

Office Hours:

Tuesdays: 9:00 a.m. - 12:00 noon

Wednesdays: 9:00 a.m. - 12:00 noon

Thursdays: 4:00 p.m. - 9:00 p.m.

1st Saturday of the Month: 10:00 a.m. - 2:00 p.m.

Southwest Edmonton Farmers' Market (SWEFM)

Check out the Southwest Edmonton Farmers' Market every Wednesday evening from 4:30 to 7:30 pm in the west parking (NEW LOCATION) lot of the Terwillegar Community Recreation Centre. The Market will operate until October 2, 2013! Check it out; bigger and better!

Brander Gardens ROCKS

This growing collaborative of *REACHING OUT TO COMMUNITY KIDS* is excited about the new programs and initiatives being planned for spring and summer. See BG ROCKS article by Sharon Gritter.

TRAC Seniors

For more information on Seniors Activities: contact Glenn Kissick (TRAC Ambassador) at email gjkissick@gmail.com or phone 780-587-5198.

Edmonton Youth Talent Show

A great event! We had 62 participants, an audience of 250, a lot of great singing and great prizes. Special thanks to: Brittany Graling, Rob Agostinis, Karen Sheydwasser, Sue Trigg, Sherri Jaillet-Martinez, Jacque Johnson, Bruce Gritter and Caterina Olivito-Veltri of the EYTS Planning Committee. Thanks to all our supporters, sponsors and volunteers can be seen online at www.tracspirit.ca. Looking forward to next year!

Fundraising

TRAC WINE BREAKING NEWS!!!

The 'WINE HAS ARRIVED'
**OFFICIAL LAUNCH OF THE
 'TERWILLEGAR' WINE**

Saturday, June 8, 2013 2 – 5 pm at the Vines Wine Merchants store, 2331 Rabbit Hill Road
 Short Speeches, Music, Food and of course sampling of the wine!

Everyone Welcome!

TRAC 10K AND

SPRING FAMILY FUN FAIR
 'Celebrating 10 years of TRAC'

See highlights in the September issue of the Terwillegar Tribune

Next meeting dates:

Wed, June 12, 2013, 7 PM at Lillian Osborne High School

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!

TRAC Mailing Address:

Terwillegar Riverbend Advisory Council
 Terwillegar Community Recreation Centre
 #5, 2051 Leger Road NW
 Edmonton, Alberta, T6R 0R9
www.tracspirit.ca tracmail@tracspirit.ca
 780-439-9394

Brander Gardens ROCKS



By Sharon Gritter

On Wednesday March 27, over thirty youth and leaders hit the slopes at Snow Valley thanks to the Snow Valley community initiative program. On a fantastic sunny day, they had a great time skiing and snowboarding down the slopes. Bus rides were provided by Stock Transportation. None of it, however, would have been possible without the collaborative effort of various community groups that have formed the organization called Brander Gardens Reaching out to Community Kids (BG ROCKS). BG Rocks is a growing collaboration of individuals, businesses and community groups dedicated to Reaching Out to Community Kids (ROCKS) so that they will thrive. Volunteers like Vanessa Desa, David Jodoin, Priya Samuel and Luke Seinen helped the day run smoothly.

Currently, BG ROCKS is working on making sure over 31 community kids will be able to play soccer this spring. With the kind cooperation of Terwillegar Riverbend Soccer Association and Kid Sport which has waived fees and the BRICK Sport Central which has provided shoes, socks and shin pads, a variety of kids that only dreamed of playing soccer will now be able to play. A special thank you to Rob Agostinis, who spearheaded this amazing initiative. He is excited to see the BG ROCKS kids become integrated in community sports. If you'd like to know more about Brander Garden ROCKS, contact bgrockstone@live.com.

Several soccer donations were found in the TRAC office, and we're grateful to all who helped with the soccer donation drive. Places such as the BRICK Sport Central and over 100,000 kids have been helped to participate in sport with donated equipment.

A few youth volunteered to participate in Combat Crime, a youth think tank on May 25 with their leaders Patti Flegler and Sharon Gritter. Different community organizations are discussing community safety and plan on generating ideas on how youth can be active members of their communities in terms of violence and crime prevention. Each group will receive a \$1,000 project grant to implement a crime prevention project as well as a mentorship from the planning committee for additional support and guidance as needed. The youth are looking forward to the workshops on community safety, capacity building, youth engagement and youth empowerment.

Seniors

Clean, clutter free and feeling good!

SENIORS CONNECTION News for those 55+

By Kathy Trepanier, Member of the SWESA Communications Committee

Well it is that time of year again when the spring cleaning bug finally caught me. Once again, I am wiping down walls, sorting through cluttered closets and even tackling the dreaded windows. Two friends bemoan the sorting that comes with selling their family homes and searching for something smaller.

If you are also sorting through things this spring, you may want to join me in lightening the load of things that we clean each year and then store unused. There are so many worthy charities that would welcome your donation of almost everything: appliances, baby gear, books, magazines, clothing & accessories, computers, crafts and hobby supplies, non perishable food, furniture, healthcare equipment, home electronics, home renovation items, household items, hygiene and personal care items, sporting equipment and toys.

Check this site for a complete listing of over 40 charities who accept used items:

www.edmonton.ca/for_residents/WMS_Reuse_Directory.pdf

Or call 311 (City Services). It feels wonderful to have less stuff and to know others can really use what I'm not using.

New website for Southwest Edmonton Seniors Association (SWESA)

SWESA has a new website, www.swedmontonseniors.ca, where you can follow the development of this exciting project and participate.

Everyone over 55 and living in southwest Edmonton is invited to go on the website to become a member of SWESA. Membership is explained and there are no fees in 2013. You can also become a member at SWESA events and meetings. Check out the Volunteer page too. Right now SWESA is run by a modest sized group of enthusiastic volunteers. They'd love to have your help on time limited or ongoing projects.

The website has the latest information on events and programs for seniors in southwest Edmonton - and links to key resources. Let SWESA know if there are other events, programs or resources you think should be added to the website.

Seniors representatives from each Community League

Glenn Kissick and Bill Bromling share the position of Seniors Ambassador on the Terwillegar Riverbend Advisory Council (TRAC) and head up a group comprised of seniors representatives from each community league. It is a way to organize the voice of seniors across community leagues. They are looking for 55+ representatives from: Riverbend, Greater Windemere, Hodgson, Ogilvie Ridge, The Ridge and Terwillegar. If you are interested in becoming a seniors representative, please talk to your community league president. For more information, contact Glenn gjkissick@gmail.com or phone 780 587 5198.



SWESA members at Annual General Meeting April 25. Photo by: James Fung

SWESA AGM - April 25th

Over 50 seniors attended the first Annual General Meeting of SWESA. New board members were elected, finances were discussed and an overview of recent accomplishments was provided by Chair, David Faber. The GeriActors and Friends, an intergenerational theatre company, performed several short plays. A full summary of the meeting will be posted on the SWESA website.

TRAC Seniors meeting room

The Terwillegar Community Recreation Centre has set aside a free multipurpose room for seniors to meet. It is available from 9:00am-3:00 pm, Mon-Fri. Any senior or group of seniors can use this room to meet with their friends, have a coffee, play cards or board games. To get access to the room, you pick the key up from the Arena Attendants.

Pickleball returns to the outside courts

The pickleball outdoor courts will reopen as soon as the grounds are dry. The 55+ group plays Mon-Fri from 9:30 am to noon and they welcome new players anytime. For more information, contact Glenn Kissick (see contact info above) For more info, see www.riverbendonline.ca or www.usapa.org.

Free Drop-in Bridge

248 Rhatighan Rd East - Thursdays 12:00 pm - 3:00 pm - sponsored by the Riverbend Community League.

Other Great Senior Activities

Zumba Gold continues at the Terwillegar Community Rec Centre. Close by is the Southgate Walking Group - 7:30 am weekdays. For more information call 780 435 3721. There is also free Tai Chi at Southgate 8:30 am -10:00 am Mon-Fri. They meet between Sears and the Bay and welcome new people.

For your ideas on this column please contact Kathy Trepanier at email ktrepanier@shaw.ca.

TERWILLEGAR RIVERBEND ADVISORY COUNCIL
& VINES WINE MERCHANTS
PRESENTS
'TERWILLEGAR'

AVAILABLE FOR PURCHASE AT
VINES WINE MERCHANTS
WWW.VINESWINEMERCHANTS.COM
780-434-9444

WWW.TRACSPIRIT.CA
780-439-9394

THESE THREE CHEESES PAIR WELL WITH THE 'TERWILLEGAR' MALBEC WINE.
PROCEEDS FROM THE SALES OF THESE CHEESES WILL GO TO THE TERWILLEGAR RIVERBEND ADVISORY COUNCIL

CHEESE CAN BE PURCHASED AT
EVERYTHING CHEESE
WWW.EVERYTHINGCHEESE.CA
780-757-8532

Don Pancheo Mimolette Extra-Vielle Bleu Benedictin

CITY OF EDMONTON ARCHIVES EA-749-2

TCL is seeking Volunteers for our Casino in August. This event raises much needed funds for many of our projects. We need you!

If you are able to spare a few hours of your time August 15 or 16, email us at volunteercoordinator@terwillegar.org

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

Your community newspaper is looking for: **writers, photographers, area representatives**

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

No prior experience required - JUST ENTHUSIASM!

Please contact editor@terwillegar.org



Urban Series in Ambleside

starting from **\$540,000***



Now you can have a professionally-designed new home – loaded with all the style, features and value Kanvi is known for – with the quick possession time you need. Every Kanvi home is created by our team of expert designers so that you can take comfort in knowing your new home will be both stylish and timeless.

Stop by our sales centre in Ambleside for current Quick Possession home promotions!



the Allure

1982 Ainslie Link SW, Ambleside

- + 2,166 sq. ft.
- + 3 Bedrooms
- + 2.5 Bathrooms
- + Den
- + Bonus Room
- + Upstairs Laundry

\$544,869*

includes lot, home & GST



the Kai

1971 Ainslie Link SW, Ambleside

- + 2,750 sq. ft.
- + 3 Bedrooms
- + 2.5 Bathrooms
- + Den
- + Bonus Room
- + Upstairs Laundry

\$676,043*

includes lot, home & GST



the Zen

1956 Ainslie Link SW, Ambleside

- + 2,398 sq. ft.
- + 3 Bedrooms
- + 2.5 Bathrooms
- + Tech Area
- + Bonus Room
- + Upstairs Laundry

\$599,330*

includes lot, home & GST

Ambleside Showhome
 3691 Allan Drive sw
 Area Manager: Betty Semeniuk
 Phone: 780 439 9010
 Email: ambleside@kanvihomes.com

Showhome hours
 Monday - Thursday: 2 - 8pm
 Friday: Closed
 Saturday, Sunday, Holidays: Noon - 5pm



kanvihomes.com



*Price and inventory subject to change without notice.

On the search for a new superintendent

By Catherine Ripley, Trustee, Ward H

In early May the Board was delighted to receive the news that the Province will be funding another K-9 school for the Terwillegar area. This should permit the eventual return of Esther Starkman to a full K-9 school in a few years. What great news for the community and for the Board, and thank you to the Province for hearing all of us! Now to achieve the other schools needed in the SW as represented on our Capital Plan (a 600 student addition for Lillian Osborne, two schools for Ambleside-Windermere, and two more for Heritage Valley) as well as other new schools for other areas and much needed modernizations.

This good news comes in the midst of a very busy spring for the Board. In addition to our annual discussion, debate and deliberation on the Budget for the next school year, this year, we have an even bigger decision to make. Superintendent Edgar Schmidt has announced his retirement, and we are in the middle of searching for a new District leader. Finding just the right person to lead the District forward into the future is a HUGE responsibility.

Here are some of the key opportunities and challenges the Board believes this leader will face: A dynamic and ever-shifting context – politically, socially and economically – with significant changes in our 80,000 plus student population.

- A district whose past and present have been defined by our ability to find innovative and creative ways to deliver education to the students we serve.
- A highly skilled and dedicated team of 10,000 employees focused on providing and supporting excellent educational experiences for every student.
- A long-standing tradition of partnering with community organizations and parents, as well as government, business, industry, arts, labour, trades and post-secondary sectors.
- A greater emphasis by the Province on the 3Es in the near future – entrepreneurial spirit; engaged thinker and ethical citizen; due to past efforts we are ready to integrate this focus into our teaching and learning efforts.
- Facility pressures related to shifting enrolment patterns, the need to use space effectively, the need for new schools in quickly growing neighbourhoods (like Terwillegar!), and our aging infrastructure, with 75 of our 200 schools at 50 years old or older.
- A difficult financial landscape with a revenue shortfall of \$3 million for the remainder of this year and \$29 million for the 2013-2014 school year – amounting to a three per cent cut PLUS increased staff costs.
- Technology as a driver as well as an enabler of change...[and] an enabler of equity in the classroom, where every teacher and student has access to the same tools to enhance teaching and learning, and prepare our students for the digital world where they will live and work.

If you have any thoughts to share about our Superintendent Search (or on any other issue), please do not hesitate to contact me at 780-489-8084 or at Catherine.Ripley@epsb.ca.

Ecole Monsignor William Irwin - year 3 was the place to be

By the Administrative Team - Remy Clericuzio, Denise D'Agostini, Pat Opyr

As we culminate our third year Monsignor William Irwin School continues to provide excellence in French Immersion and English programming. We would like to share with you some of the wonderful highlights of our year.

- Continued strong academic rigor in literacy and numeracy
- Support for children with learning challenges
- Excellent parent group that provides monthly healthy hot lunch meals prepared with the children
- We continue to believe that movement is integral part of the learning process. To support this viable concept here are a few of our strategies:
 - 3 recesses a day where students can get out and play with each other and socialize with each other.
 - Participation in fun runs.
 - Our dance and movement program is a huge hit with our students. They learn a variety of dances, as well as movement activities such as yoga, zumba and pilates.
 - Strong physical education program to benefit all children.
- Fine Arts goes hand in hand with an excellent academic program to provide children with the creativity they need to enhance their learning.

- Strings orchestra is enjoyed by our grade 4, 5 and 6 students.
- Handbells club for those students interested in expanding their music repertoire.
- Liturgical dancers perform at each religious celebration where we use a piece of faith music and use our bodies to honour God. This is well received by our students as the program expands yearly.
- Our Liturgical Music program highlights many faith based songs that are used at our religious celebrations.

Works of art are encouraged at the classroom level and the students have the opportunity to demonstrate their creative skills in many forms.

We would like to take this opportunity to thank our many parents who have supported our school community. We thank you from the bottom of our hearts for your generous spirit in our many social justice projects where we teach our children to give to charity and make this world a better place in God's name.

Year 3 has been fantastic and children remain at the heart of our school and decision-making priority. Year 4 is just around the corner and as they say, in year 4 there will be plenty more.

Role of your trustee, Edmonton Catholic Schools

By Marilyn Bergstra, Trustee Ward 76, Edmonton Catholic Schools

As your Trustee, I would like to wish you all a happy spring season. It is hard to believe that once again we are nearing the end of another school year.

I would like to take this opportunity to share with you some of the work that I have focused on this term. As you may know, I have always had a strong fiscal approach to governance. In an effort to support the work I do as a trustee, I have sat with as many parent councils as possible to highlight the intricacies of the numerous budget ramifications that have resulted from the March 7, 2013 Provincial Budget announcement. Further, in an effort to streamline service, I was very pleased to make the motion that put into action a joint transportation initiative with Edmonton Public that will ultimately save taxpayer dollars. I am also proposing that our district look at other areas of possible partnerships such as the amalgamation of purchasing with Edmonton Public. I, along with my colleagues, will continue to emphasize a strong advocacy position with our MLAs and continue to seek efficiencies within the district. We must ensure that the education of our students is not impacted at the classroom level even at times when provincial budgets are tight.

Also with my focus on comprehensive student health, many of my motions relate to nutritional, physical, environmental, student safety, as well as mental health. I firmly believe that learning cannot happen and students cannot reach their potential unless we examine all elements of human physiology. A comprehensive approach, that takes us from early

learning to high school completion, is necessary to ensure that students are able to meet their maximum potential as they move through the education system. This is essential if we are going to save dollars and reduce long term costs associated with students who are not successfully transitioned through the education system. Along these lines, early intervention is something for which I have advocated for. Data shows that the 100 Voices programs at St. Monica School and at the Terwillegar Rec Centre are helping students make substantial gains in learning, which is the starting point in preparing students for future employment in a global market.

What is also critical is how trustees interface with the public. As a member of the Board of Trustees, I have been instrumental and supportive of the direction our Board is taking with respect to public engagement, transparency and accountability. My motion for webcasting of our Board meetings was adopted by members of this Board. The move to restructure our Board meetings to include more debate and discussion in public board supports my belief that transparency is paramount.

I have and will continue to remain innovative under our current educational financial constraints. Having said this, the practice of meeting with politicians, business and public professionals, special interest groups and parents must continue to help ensure that we set leading-edge approaches to policy and governance.

Should you have any questions as to directions the District and Board is taking at this time of reform, please do not hesitate to contact me. I can be reached at 780 964-9798 or by e-mail at marilyn.bergstra@ecsd.net.



PEOPLE
YOU
KNOW
PEOPLE
YOU
TRUST

RON
DICKSON
& ASSOCIATES



We are excited about our new partnership this year with the Southwest Edmonton Farmers Market!

We are a proud Platinum Sponsor of the SWEFM, helping to bring the community together!

Make sure to come visit us at your outdoor community market this summer, starts May 15th!

We will be at the SWEFM these dates.....

- May 22
- June 5
- June 19
- July 3
- July 17
- July 31
- August 14
- August 28
- September 18
- September 25

Come & visit us on these dates to fill out a ballot, as many times as you like, for a chance to win an iPad mini...
Draw date
September 30th

We would love to see you there!

WWW.RONDICKSON.COM

Always a proud sponsor of the Terwillegar Community League & community events. We will be providing refreshments & snacks again this year.

Make sure to stop by & say hello, we will be at the



- Toonie Carnival
- Canada Day Bike Parade



Like us on Facebook!!

We are really excited!

We launched a Facebook page where you will find all of our contests, events & community updates! We may even post a market update or trend, but don't worry, we promise not to harass you with constant bothersome posts; this is our fun page.

"Like" us so you too can be part of the fun. We will do monthly draws for some really cool prizes and stay tuned for our upcoming annual Movie party at the Windermere Cineplex theaters!

FREE HOME EVALUATIONS

I believe that there is no better place to live than our Terwillegar communities. With all of our lakes, ponds, walking trails as well as our great schools, parks and an outstanding recreation centre nearby, I can't imagine living anywhere else. Year by year our home values increase as our community evolves, with outstanding neighbors, family and friends, making this the best place to live. Have a wonderful summer everyone.

Ron Dickson

NEIGHBORHOOD SPECIALISTS



Real Estate Centre
14717-40 Avenue
Edmonton, Alberta
T6R 1N1
Direct: 780-918-2635
Office: 780-438-7000

Mommy Minute

By Terri Saunders, Terwillegar Contributor

So I've heard it over and over again. How am I going to keep the kids busy during the summer? There's nothing to do in Edmonton. Well, let me call your bluff! This city is full of fun things to do – you just need to know where to look.

Here are a few of my favourite things:

If you know right from the start that you like to keep the kids VERY busy, check out www.edmontonattractions.com and pick up some **Edmonton Attractions passes**. They can save you a mint on admission fees for a long list of attractions in the Edmonton area.

I don't know about your kids, but mine absolutely love going to **Fort Edmonton Park**. It's like taking a trip to the past! Send them to old-time school, check out the toys in some houses, watch the blacksmith, play some mini-golf, and go to the midway for rides and games. Plan for an entire day! www.fortedmontonpark.ca

The **Telus World of Science** is a must-see and can bring a little education to your summer fun. If you haven't seen it lately, it is completely kid-friendly with some smelly fun exhibits, a robot you can control, and a Discoveryland area that beats your regular play place any day. I had to drag my kids away from this place after being there for 9 hours. www.telusworldofscienceedmonton.com

Do you have typical boys? Or even an un-typical girl? Try **Castrol Raceway** to watch some racing fun. There's a wide range of racing – from street-legal cars to motorcycles and cars with a little "fire!" (My kids will never forget that last one.) They even have a park for the kids if the racing alone doesn't cut it. Just don't forget to use earplugs or headphones for ear protection. Ear protection is available for purchase at the track. www.castrolraceway.com

If you think the kids won't like racing unless they're behind the wheel, check out **Whitemud Amusement Park**. Though it's not a big facility, it's a long-standing feature of Edmonton, and just may help quench that need for speed. Mini-golf, batting cages and bumper boats are also part of the fun. www.whitemudamusement.com

Of course, **Edmonton is known for its festivals**, and there are plenty during the summer to visit. The kids LOVE the Edmonton International Street Performers Festival with its sword-swallowing and fire tricks to name a few (please be sure to tip). There is even an area just for kids with face painting and story-telling for the younger generation. Don't be afraid to haul your kids to A Taste of Edmonton. Trying new foods is always good and it's the perfect opportunity. Don't forget the bathing suits so the kids can take a dip in the fountain at City Hall! Symphony Under the Sky is a nice opportunity to expose the little ones to classical music. Bring a blanket and enjoy the tunes. Check out these and more at www.edmonton.ca/attractions_recreation/festivals-events.aspx

If you'd rather more local events, don't forget to attend Terwillegar Community league's **Canada Day Bike Parade** (on July 1 of course). Kids love decorating their bikes, wagons, and more. Then check out the **Toonie Carnival** on August 10 where there are fun games as well as a wide variety of local entertainment. Better yet, show the kids a bit of community spirit and volunteer your time! www.terwillegar.org

Water, water, water! What would summer be without a little water? Until we get our Spray Park built in South Terwillegar, check out Jackie Parker park at 4540-50 Street. They've got an impressive spray deck, as well as a regular playground and an area where kids can climb on faux rocks and logs. A public washroom is also handy. Stop by the Tim's across the street for an ice cap, then enjoy the sun while the kids play. Speaking of water, did you know that a Terwillegar Community League can give you free access to outdoor pools in the summer? Check out www.terwillegar.org for more information.

So you've visited everything and it's only late July. Well, that's perfect timing. That's exactly when the **Edmonton Corn Maze** opens! Get lost in rows of corn, and introduce the kids to a bit of trivia to find your way out. (I'd recommend a bathroom break before you head into the field.) After your exploration, try out the jumping pillow, visit the animals, climb on a few hay bales, or try out the bike area. Fun for all ages! www.edmontoncornmaze.ca

Need some rainy day fun? Don't forget the old standby: **bowling**. Did you know that you can sign your kids up to bowl free throughout the summer? That's 2 free games of bowling EVERY DAY! Go to www.kidsbowlfree.com for details. If you happen to go to Gateway Entertainment Centre, don't be afraid to try out the laser tag as well – no matter what your kids' forte. I have a "girly" girl who loves it and came in first her last time there! <http://gecedmonton.com>

Kids climbing the walls yet? Well, let them! There are a few **climbing walls** in Edmonton that will gladly show your kids how – and safely. Vertically Inclined has been in Edmonton for a while (www.verticallyinclined.com), and a newer facility, Rock Jungle Fitness (www.rockjunglefitness.com) boasts that it's the largest rock climbing gym in Alberta.

If you're still having trouble keeping the kids occupied, be sure to check out Edmonton's **calendar of events** for the big and the small across the city at www.edmonton.ca/attractions_recreation/festivals_events/events-calendar.aspx or even find events through Ticketmaster at www.ticketmaster.ca. And don't forget to try out **day trips** to places like Sylvan Lake's Wild Rapids Waterslide (www.wildrapids.ab.ca), the Calgary Zoo (www.calgaryzoo.ab.ca), Calgary's Calaway Park. (www.calawaypark.com) or the Jurassic Forest (www.jurassicforest.com).

If you'd like a list of places to see or events to go to across the province, **Travel Alberta** can help you out. www.travelalberta.com It's a fabulous resource!

There are so many amazing things in this city and in this province. Be sure to take advantage.

Have a great summer everyone!



Free Meetup!

Mom and Baby Strength training presented by Lole and MOMentum Multisport

bring your little ones for some FREE outdoor fitness in Magrath!

Every Thursday in June 2-3pm

Where: The new playground on Magrath road.

www.momentummultisport.ca

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!

2ndincomespecialist.com
780-436-6272



Kids and Teens Corner

Monsters by Keira Weber

S V E E L U R E K V L N
 L N A E C S A B U O V B
 S E A M E D U S A G M S
 O N G U P A C T W P N D
 T Z O M B I E R I O E M
 S N B M G S R A T C O W
 L H L Y W E R E W O L F
 K Y I C Y C L O P S Y V
 S D N O I E M E N R E G
 F R A N K E N S T E I N
 P A O S M A L P W M Y N
 D O E Y O E L F P N E P

Vampire
 Medusa
 Skeleton
 Werewolf
 Mummy
 Zombie
 Frankenstein
 Goblin
 Hydra
 Cyclops

Answers to crosswords on page 26.

Gear up for summer at the Riverbend library

Riverbend Library, EPL

Volunteering for Teens

Looking for a great volunteer opportunity? The Riverbend Library is seeking teens between the ages of 13 and 17 to take part in our Reading Buddies program this summer. Teen mentors are matched with children in grades 1 to 4 to help them develop literacy skills through one-on-one reading and interactive games. It's a great resume booster, an awesome way to meet other teens, and a fun way get involved in the community. Check it out online at www.epl.ca/readingbuddies for more information and a volunteer application form.

Teen Writing Camp

Come to the Riverbend library this summer and join author Natasha Deen to learn the ropes of story writing. She'll help you find your unique writing style by exploring screenplays, movies, songs, poetry and even a twist on the classic fairy tales. Visit the program listings on www.epl.ca for more information.

Summer Reading Club

Summer Reading Club is back this summer! *Go!* is the theme this year and there will be fun activities for kids from preschool through elementary school. The library will have a number of really great programs throughout the summer including our opening celebration with Magician Bryan Leher, Photo Madness with Mojo photo, and much more! Visit www.epl.ca to learn more about program times and descriptions.

National Aboriginal Month at the Library: Storytelling with Richard Van Camp

Join internationally renowned storyteller and author Richard Van Camp on June 11 at 2pm for captivating traditional Aboriginal storytelling. Van Camp has been recognized by the Wordcraft Circle of Native Writers and Storytellers as Storyteller of the Year (2007) for both Canada and the United States. Visit www.epl.ca to learn more!

EPL's 2013 Writer in Residence, Omar Mouallem's Writer's Corner

Drop by Writers' Corner where EPL's Writer in Residence, Omar Mouallem, hosts a friendly and supportive gathering with a different topic, activity or guest speaker. On June 12 at 7pm Omar comes to the Riverbend Library to talk to us about how to pitch a Magazine Story. Bring your laptops, tablets and notebooks and join Omar, the former associate editor of Avenue and a National Magazine Awards finalist, for a seminar and workshop that will get you one step closer to your favourite magazine. Visit www.epl.ca to learn more!

iPhoneography

The best camera is the one you have with you! Come to the Library on June 22 at 1pm to learn how to use your iPhone or iPad to take better pictures, download creative apps and explore new ways to share your summer memories online with your friends and family. Bring your iPhone or iPad, or play around with ours! Visit www.epl.ca to learn more.



OUTDOOR Kids Yoga Camp

July 2-5
Age 4-6 yrs
1:00 - 3:00 pm
\$100/week

July 8-12
Age 6-10 yrs
1:00 - 4:00 pm
\$150/week

Haddow Park
NE Corner
(in behind hill)

More information at:
www.wisdomtreemedia.ca
780-850-7535
wisdomtreemedia@gmail.com

HOW DO YOU SEE YOURSELF?



FRAME YOUR PERSPECTIVE

BEAUMONT
 #112, 6306-50 ST
 BEAUMONT, AB
 T4X 0B6
 TEL: 780.929.0202

EDMONTON SOUTH
 5946 MULLEN WAY
 EDMONTON, AB
 T5R 0S9
 TEL: 780.438.5030

THEVISIONGALLERY.CA



**THE
 VISION
 GALLERY**
 FAMILY OPTOMETRY

Neighbourhoods

Help those in need suit up!

GEOMEER is once again partnering with the Aspen Gardens Community League to host the Aspen Gardens Community Challenge. The Challenge is composed of two run/walks: a 10 km run or walk and a 5 km family and friends fun run or walk. After the races there will be food and many activities for the whole family to enjoy. Last year our entertainment included a balloon man, a face painter, and a pedal cart track. This year we plan to add an inflatable obstacle course for all ages and much more. We challenge your community to get up, get active and support a great cause. Our family registration is only \$40 per family. All race proceeds support *Suit Up!* GEOMEER's annual event helping local families in need to get wardrobe-ready for back-to-school. Visit www.geomeer.ca for more information and to register for the race.

While walking through the neighbourhood of South Terwillegar, you may notice some changes to the park site. The City of Edmonton will begin installing utilities for the spray deck this summer!



WALK for ALS

ALS. Three letters that change people's lives. FOREVER

Join the Edmonton WALK for ALS!

On Saturday June 8, 2013 at William Hawrelak Park

Registration 9 a.m.
Start 10 a.m.



The ALS Society of Alberta

To register or to donate visit www.walkforals.ca



Fall & Winter Sessions

Millwoods Arena Kinsmen Arena Terwillegar Arena

Canskate (Learn-to-Skate)

- ❖ Classes available during the day, evenings and Saturday
- ❖ Use of games and exercises
- ❖ Skaters earn badges as they complete various levels

Can Figure Skate

- ❖ Some basic skating skills required
- ❖ Figure skates are mandatory
- ❖ Stepping stone to between Canskate and Jr Starskate

Jr STARskate (Learn to Figure Skate)

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

STARskate Test and Competitive Training Available

Detailed Information available on the website:
www.gatewayskatingclub.org

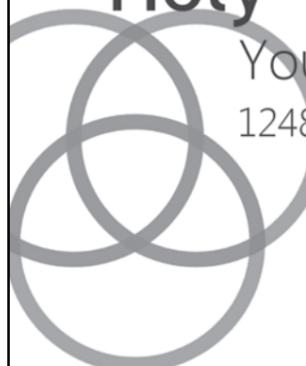
****Registration Forms Available on the Website in July



Holy Trinity Riverbend

Your Neighbourhood Church

1248 - 156st htrchurch.org 780-431-1817



Living
faith

Faith is for living, it's an action that is equal parts loving others, loving God and coming to know God's love for us in Jesus.

Worship

Saturday 9am Cantonese
Sunday 10am Family Friendly English Worship

Day Camp July 15th - 19th

Holy Trinity will once again be offering a summer day camp full of fun games, songs, friends and faith. The day camp is open to all children aged 4 - 12 from 10am to 3pm (campers bring a bag lunch) Register at www.htrchurch.org

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 Welcome Summer!

Wecan food baskets come to Terwillegar

By Pastor Ken MacDonald, Terwillegar Community Church



Summer is here and for most of us it is a welcome sight! Suddenly the doors to our homes burst open; the garage doors go up and we are once again saying "hello" to our neighbors as they rake their lawn or wash their windows. It seems like there is an urgency this summer to squeeze in as much as we possibly can, after all we are starting in a bit of a deficit.

There are some seasons of life that require some perseverance! Most of us would agree that the last six months have called for a little "extra" perseverance. Winter wanted to keep company with us longer than we wanted to extend the welcome. There is a cheerfulness in the Psalmist's voice when he writes: *"I will wake the dawn with my song. I will thank you, Lord, among all the people."* (Psalm 108:2,3). That verse motivates me to say, *"I want to wake the summer with shouts of joy!"* Yes! Finally!

The winter season reminds us of the confidence and perseverance that is regularly required of us to make it through the challenges that face us. Albert Einstein commented on his own life by saying, "It's not that I'm so smart, it's just that I stay with problems longer." Some can readily identify with Franklin Roosevelt's counsel, "When you come to the end of your rope, tie a knot and hang on." I've heard that comment often, "I'm just hanging on!" It was Thomas Edison who remarked after a fascinating career, "Many of life's failures are people who did not realize how close they were to success when they gave up."

When you are in the winter of the soul, it is hard to get perspective. You may indeed be very close to the end of that season but you simply can't see it. It doesn't feel like it! If your winter season is continuing, perhaps the beauty of summer and the friendliness of neighbors and friends will be an encouragement. For those who are in the summer of their soul, take a look around to see how you can encourage and resource those who not in a similar space. In the winter season it is the confidence and hope that summer will come, things will change. Hope is critical to making it through.

I expect that there are a number of people in your close proximity that would greatly appreciate the hope that you can offer. Sometimes it simply means listening and feeling heard. I've had people tell me, "I simply needed someone to actually tell me that I will get through all of this." It is good to be able to say with the Psalmist, *"I will wake the dawn with my song. I will thank you, Lord, among all the people."*

Let me offer encouragement that our God sees you in the winter of the soul and His heart is to sustain and strengthen you in the winter and allow you the joy of the summer.

By Nick Trussell, Holy Trinity Riverbend Church

Holy Trinity Riverbend is excited to be partnering with the Wecan Food Basket Society to help take some stress off your shoulders and put food on your plate by making your grocery dollars go a little bit further.

A few dedicated moms with the aid of a school social worker began to help each other fill their fridges with healthy, affordable food by buying together, that was the beginning of Edmonton's Wecan Food Basket Society. Since then the Wecan Food Basket Society has grown into a not-for-profit organization dedicated to providing affordable food security to community members throughout the Edmonton area. Operating since 1995 the group now has over 600 members and 26 locally volunteer operated depots.

For the members of Wecan food security is about more than having enough food to meet every person's daily nutritional needs; it also means having a variety of fresh foods to fuel a healthy lifestyle.

With the Wecan Food Basket Society, families and individuals in the Capital Region can buy fresh meat and produce each month for more than 25 per cent off retail grocery store prices!

Holy Trinity is excited for the opportunity to become Terwillegar Towne's local depot. Wecan works like a "warehouse without walls" - once a month, volunteer drivers pick up the food from the supplier, The Grocery People, and take it to the depots where local volunteers then count, sort, and pack the baskets ready for pick up. Getting groceries with Wecan is as simple as paying on the first Friday (\$10 for veggies and \$15 for three cuts of meat) and then picking up on the third Friday. Each basket comes with a price comparison so you can see exactly how much you saved as well as recipes for some excellent meals to make with your basket.

Your local depot is ready to run the moment enough people in the neighbourhood have expressed interest in being Wecan members. Being member funded and supported Wecan is as much about community as it is about food. It is our opportunity to show for ourselves and our neighbours, when it comes to food we care and Wecan.

To get involved locally you can visit www.htrchurch.org or call 780-431-1817. To learn more about Wecan in general visit www.wecanfood.com.

SHOW & SHINE
CALLINGWOOD

Saturday, June 15 • 12:30pm - 4:30pm

Join us for the 2nd Annual Show & Shine featuring vehicles of all makes and models. Enjoy live music, refreshments and plenty of fun-filled activities for the family to enjoy. All in support of the Edmonton Humane Society.

To register your vehicle, please visit www.callingwoodmarketplace.com/events.

the Market Place at
CALLINGWOOD

69 Ave. & 178 St.

EDMONTON HUMANE SOCIETY

Terwillegar Community Church

Sunday Service: 10am with Hot Brunch After

UpComing Events

Carnival: June 22th (2-4pm)

Soccer Camp: August 12-16th

Friday at the Park: August 23 (6-8pm)

(Events Take Place at Tomlinson Common Park)

www.techurch.ca

TCC

Health/Wellness

You can try a triathlon - 6 weeks to your first race

By Christine Kasturi, Magrath Resident and Race Director for the Dip, Ride, Run Chocolate Triathlon

Whether you have done a triathlon before, raced in 5k runs and want a new challenge, or are setting a new fitness goal for yourself in 2013, a triathlon is the perfect event! The sprint distance consists of a 750m swim, 20km bike, and 5km run. If you can ride a bike, run (or run/walk) for 20 min and own a bathing suit you can train for a triathlon and in under an hour a day! Even if one of the elements is your weak spot you can race as a team where one person does each component of the race. Best of all, this program will get you race ready for the Dip, Ride, Run Chocolate Triathlon happening right here at the Terwillegar Community Recreation Centre!

The 6 week training plan below includes focus on the swim, bike, and run with days for recovery. In the three weeks leading up to race day you will be doing back to back bike and run workouts (BRICKS). Have fun!

Week 1

M-off
T-swim 6x50m
W-run 2km
T-swim 2x200 easy/10 min core work
Fri-off
Sat-bike 6km
Sun-run 3km

Week 4

M- swim 4x50, 300 steady
T- bike 10km hilly route
W- run 4km
T- swim 400m/10min core
Fri-off
Sat-bike 10km/run 15 min
Sun- run 4km

Week 2

M-swim 6x50m
T-bike 8km
W-run 2km
T-swim 2x200m/10 min core
Fri-off
Sat- run 3km
Sun- bike 6km

Week 5

M- swim 4x50, 2x200 fast
T- bike 15km
W- run 3km
T-swim 400m/bike 10 min
Fri-off
Sat-bike 20 km/run 10 min
Sun- run 5km

Week 3(recovery week)

M-off
T-bike 5k easy
W-run 2km
T- swim 300m/10 min core
Fri-off
Sat- run 3km
Sun- off

Week 6

M-off
T- bike 10 km
W- run 2km easy
T-swim 5x100m
Fri-off
Sat-off
Sun- RACE!



Terwillegar Community League is seeking volunteers for various events over the summer. Check the website www.terwillegar.org or email us at volunteercoordinator@terwillegar.org for opportunities.

FITNESS AT IT'S FINEST.
bodyspecific fitness
FROM HOME.

SPRING/SUMMER PARTNER TRAINING

Magrath/Terwillegar Exclusive 12 sessions

SAVE \$130

Customized Program For:

- BRIDES TO BE Look your best for the big day!
- NEW MOTHERS Get back in shape or better shape ever!
- SPORT PERFORMANCE

Get the distinct competitive edge your looking for.
MORE! contact us today to find the the program that fits YOU!

- General Nutrition Planning

CALL TODAY 780-983-7436 Or E-mail brenda@bodyspecific.ca
Visit www.bodyspecificfitness.com



INFINITE
fitness

Celebrating 6 years of

PASSION • ENERGY • COMMITMENT

...helping our community to become fit & healthy!

Group Fitness Program

Stott Pilates Program

Personal Training Program



few classes of many
Cycle & Strength
TRX Training
Infinite Ride
Spinyasa
Core Conditioning
Infinite Insanity
Spinilates
Outdoor Bootcamps



Chair Pilates

Mat Pilates

Reformer Pilates



Private

Semiprivate

Small Group

Come and try us for FREE

- 2 Personal Training Sessions (any type)
- 2 Group Fitness Classes (drop in only)

*Free trial - Valid for new clients only. Pass expires June 30, 2013

780.435.7111

infinitefit.ca

14217 23 Ave NW
(Shoppes of Terwillegar Gardens)
Edmonton, AB, T6R-3E7

THIS SPACE COULD BE YOURS! BOOK AN AD:
EDITOR@TERWILLEGAR.ORG



MOMENTUM
spine and sport physiotherapy
— lets get you going —

NOW OPEN!

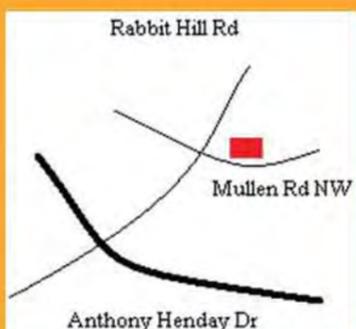
Call to book appointments

Why should you choose us?

- ⌘ Over 45 years of combined experience
- ⌘ Specialist in Orthopedic Physiotherapy
- ⌘ Doctorate in Physiotherapy
- ⌘ Experience working with Professional athletes

What we offer?

- ⌘ Acupuncture, IMS & Orthotics
- ⌘ Gait, cycling & running evaluation
- ⌘ Motor vehicle accidents & WCB
- ⌘ Private Insurance
- ⌘ Women's Health
- ⌘ Neuro & Vestibular Rehab
- ⌘ Spine & Sport Rehab



5108 Mullen Road NW, Edmonton, AB T6R 0S9

Located in Rabbit Hill Shopping Centre

www.mssphysio.com

Call (780) 989 8864

Health/Wellness

Sabotaged by "captain negative"...again!

By Heather Layton – CPT NSCA Certified Personal Trainer.

Pull out your phone to make some notes or grab a pen and paper and answer the following questions. Why it is easier to be negative than positive? How did you become so negative? How do you feel when you are being negative, and how do the people around you feel? What are you going to do you about it?

A smile and laugh can be contagious but so is a frown. Think about the last time you had good news to share or were just having an awesome day, then some jerk, friend or dare I say spouse ruins it with a scowl, incessant complaining or whining? What's worse – we have all been "that person" who has put the kibosh on someone's good mood.

Now what do we do about it? It takes practice but you can change your thoughts from automatic negative to automatic positive. Start with this - Don't jump to conclusions. It is absolutely ridiculous how many crazy ideas we can come up with to explain something or someone else's behavior, only to find out the reason was totally un-related. Next time you find yourself judging or labeling someone or thinking someone's actions were deliberate, take a moment to think before reacting. For example: When someone lets the door go in your face, you say hopefully quietly to yourself "thanks a lot jerk." Perhaps they are just focused on something very important to them, are not a jerk at all and just weren't paying attention to you, recognize that you aren't perfect and have likely done the same thing to someone else.

Labeling them doesn't actually make you feel any better does it? In fact it just makes you angry. We are human after all; by nature we are compassionate individuals whose intent is not to hurt others.

I would like to take this one step further and apply this concept to exercise. Some of the common negative thoughts associated with exercise are the following: I would have to lug all of my stuff to get ready for work with me to the gym, I'll be sweaty and gross, I'd have to get up too early, I'll be home too late.

Let's look at physical activity as a positive contribution to your day.

Here's how: Make a list of all the positive things that come from going for a workout or other forms of physical activity; do this now! Some items on your list could be: Time to yourself, relief from stress, feeling good about challenging yourself, making better food choices, muscles that look wicked in the mirror, a reward latte after, and so on. Now how do you feel? It doesn't seem so bad does it?

Think positively and reshape your entire attitude from how you view physical activity to how you handle the rest of your day. Choose an activity that interests you and put it into a positive light. Do this daily and you will enjoy a life of reduced stress and happiness.

Heather is a Certified Personal Trainer providing private and small group instruction in fitness, nutrition, core strength and corrective exercise from her studio in Magrath. For more information please visit her website at www.livitfit.ca



Enjoy outdoor fun and prevent injuries this summer

By DarleeAnn Mathieson, R.M.T.

Summer is already upon us! For many people, summer means fun in the sun! The kids are out of school, families are going on vacation and it's time for outdoor activities like bike riding, tennis, hosting barbeques and much more.

Our summer months seems incredibly short and once the weather is warmer and the days are longer, we can't wait to get outside and back to activities that we have been unable to do all winter. Whatever your outdoor passion may be whether it is cycling, gardening, golfing or tennis each activity involves specific movements and certain muscle groups. In our excitement to get out there, we can set ourselves up for injury by ignoring what we already know. We should be easing into our activities and gradually building our endurance.

Don't let summer injuries get between your good times. So here are some summer injury prevention tips to make the most of your precious, sunny months.

Stretch It Out. Before engaging in a fun game of volleyball or swing that golf club, be sure to properly stretch your muscles. You're likely to be doing different activities than you do in the winter. This means you'll be using different muscles, which can feel stiff and sore afterward. To better manage those aches and pains make time to stretch regularly. A good warm-up, even for a low-impact activity can help prevent muscle pulls and other injuries.

Protect Yourself. Before you hop on that bike or lace up the rollerblades, be sure you have the proper protective gear. Helmets, wrist and elbow guards and knee pads can all make a big difference if you happen to fall. Whatever your activity make sure you are wearing the proper equipment.

Listen to Your Body. Mental & physical fatigue can set you up for injury. Listen to your body, if you are tired, then rest. Pain is warning sign of injury. Stop! Do not work through pain, but stop your activity until the pain subsides.

Stay Hydrated. Dehydration is a common problem in the summer. The combination of dehydration and high temperatures can lead to heat exhaustion or heat stroke. When outside in hot weather and no matter what your activity level might be, bring a water bottle and drink at least 4-8 ounces every 15-20 minutes during exertion.

Keep Your Body Activity Ready! Schedule yourself regular therapeutic or sports massage sessions to keep your muscles loose, flexible and ready for all your summer activities.

DarleeAnn Mathieson is a Registered & Sports Massage Therapist in Blue Quill who helps active people recover from injury, ease muscle pain and get them back into the game. Her extensive knowledge of sport & fitness, along with 17 years of massage experience has been sought out from everyday fitness enthusiasts to amateur and professional athletes. Visit DarleeAnn's website at: www.dmathieson.com to find out more about her services.

Health/Wellness

Don't let bad habits keep you off the course this summer... top 3 golf injuries

Your Body For Life

By Faith Grant, Rejuvenation Health Services

After a long winter of endless white vistas, it's no wonder that many of us hit the links at the earliest possible moment. But guess what, as physiotherapists and massage therapists, golf season brings a rush of new visits to our clinic from those who've gone out and hit the driving range without proper warm-ups and without proper technique. Here are the top three injuries commonly suffered by golfers.

1. Back Pain

The golf swing (not to mention the hunched-over putting stance many of us get into) puts great stress on the golfer's back, so it's no surprise back pain is the single-most common problem for golfers. Back pain in golfers might be mechanical or disc-related, arthritis-related, or caused by a stress fracture, or something else entirely. Among the possible treatments are: rest, medication, therapy, bracing, cortisone, surgery. Tips for preventing back pain can be as simple as making sure you bend through the knees when you're retrieving balls and placing balls on the tee at the driving range, or switching to a putter with a longer shaft. But for more serious injuries it's likely much more important to have your golf swing assessed and corrected to ensure that your game will not put you on the sidelines.

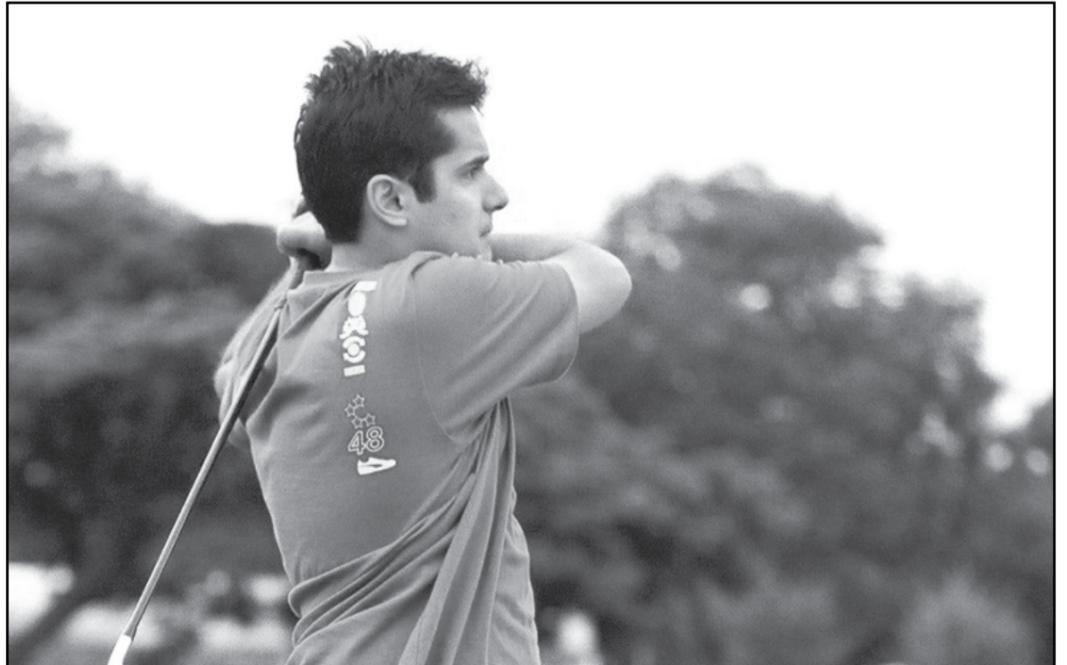
2. Tennis Elbow / Golfer's Elbow

Tennis elbow is actually more common among golfers than golfer's elbow. Pain and tenderness on the outer side of the left elbow is likely tennis elbow. And pain on the inner side of the right elbow is golfer's elbow. But it hardly matters – the treatment for both is the same: rest, therapy, bracing, cortisone or surgery for hardcore cases. Pain may be greatest at the top of the backswing and at impact. A few quick and preventive measures include switching to graphite shafts and low compression balls to decrease the strain on impact. Avoiding contact with the ground is also a good idea (so practice on real turf instead of rubber mats... and use a tee on the fairway).

3. Shoulder Pain

Shoulder pain in a golfer might be caused by any of several different underlying conditions, including: rotator cuff tendonitis, or a tear or impingement in the rotator cuff; A-C joint arthritis; or instability in the joint. If you're feeling pain in the shoulder or upper arm at various phases of the golf swing, it's important to have it assessed quickly. If your shoulder hurts at night or if you experience pain with overhead activities like changing a light bulb or reaching for something from a high shelf, it's time to have it checked out. Counting on the pain to go away by itself is a fool's game.

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



Determine your own race pace

By Tab Grady, River City Fitness www.rivercityfitness.ca

The first time I took a serious look at running as part of my fitness routine was 12 years ago. I took the plunge and signed up for a 10 KM Running Room clinic in January as my New Year's resolution. Come hell or high water I went every week, many times in -30 weather, without expensive wick away apparel either and still absolutely loved it! I couldn't believe running could be fun! I realized quickly that running met both my need for a social aspect in a sport and my need to compete, mostly against myself. When I ran my first 10 KM race at the end of my clinic I was hooked! The amount of energy at a finish line is amazing, no matter what time you cross.

I realized that I immediately wanted to try more distance and/or beat my last time. I hit up google, running magazines and networked with other runners on what they were doing and what I realized worked best was this amazing technique called pace training.

Let me break it down. Many Runner's train at various distances, terrains and paces every week. In order to accomplish this, they need to know their "Easy Pace", "Tempo Pace", and "Speed Pace?" Say what? Yes they have specific paces as unique as each individual runner. There are so many tools and calculators online to determine these paces, it can get pretty confusing. Where do you start?

The best place to start is by determining your "Race Pace", and the best method for this is to use your actual time from a previous race. Wait a minute, what if you haven't run a race yet? The second method is the infamous Jeff Galloway's Magic Mile at <http://jeffgalloway.com>. In a nutshell you run a mile at a hard (not all out) pace after you are warmed up, apply the math listed in his instructions online and it will give you a pretty accurate estimate for your race finish time.

Once you have determined your "Race Pace" using either of these 2 methods, there are many calculators that will help determine your "Training Paces". These are a few calculators I like:

www.runnersworld.com/tools/training-paces-calculator

<http://bane.info/>

www.mcmillanrunning.com/

Without getting to technical, here is a brief description of each pace.

Easy Pace: Run at a comfortable chatty pace. Take walk breaks when you need. This builds endurance for your longer runs.

Tempo Pace: Run at the pace you hope to run your race in.

Speed Pace: This is for interval training. This gets your body used to running fast.

At the end of the day, just getting out for a run is an accomplishment in itself and weather/terrain can put a dent in any planned pace, so use them only as a guideline if you want to give this technique a try. I may no longer run at -30C but otherwise I hope to see you on the trails!

Like local stories?

Don't forget to contribute your own!

editor@terwillegar.org



VISIONARY COLLEGE Spring & Summer Music Camps

2804 Calgary Trail NW, Edmonton To Register Phone: 780 757-4433
VISIONARYCOLLEGE.AB.CA

YOUNG MUSICIAN AGES 4-5

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

July 2 - July 5**	1:00pm - 4:30 PM
July 15 - July 19	1:00pm - 4:00 PM

\$119 / Week

BUGZ! Musical Theatre AGES 5-6

There's going to be a picnic and everyone is pitchin' in. Children sing, dance, act and make crafts in this lighthearted musical!

** 1 day program.

Aug 6 - Aug 9**	9:00 AM - 4:00 PM
-----------------	-------------------

\$219 / Week

I've got the MUSIC in me AGES 3-5

Everyone has music inside, and this summer camp will bring out the joy of music in preschool children.

July 2 - July 5**	9:00 AM - 12:30 PM
July 15 - July 19	9:30 AM - 12:30 PM
July 29 - Aug 2	9:30 AM - 12:30 PM
Aug 19 - Aug 23	9:30 AM - 12:30 PM

\$119 / Week

IT'S A JUNGLE OUT THERE! AGES 7-12

Musical Theatre
King Leo is a victim of the corporate jungle! He has money and power, but still has not found happiness. This heart-warming musical shows that the true meaning of happiness is friendships and life's simple pleasures.

July 8 - July 12	9:30 AM - 3:30 PM
July 22 - July 26	9:30 AM - 3:30 PM

\$219 / Week

DISNEY DAZZLE AGES 6-10

Sing and dance to beloved Disney classics in this exciting summer camp. Create characters, learn songs, develop singing & dancing skills and perform at the end of the week!

July 29 - Aug 2	1:00 PM - 4:00 PM
Aug 19 - Aug 23	1:00 PM - 4:00 PM

\$129 / Week

CAMP THEATRE TECHNICIAN AGES 11-15

Learn about sound, lights, sets and how to direct for live stage. Perfect for those who prefer to be behind the scenes of a theatre production.

July 8 - July 12	9:30 AM - 3:30 PM
------------------	-------------------

\$199 / Week

KEYBOARD ADVENTURES AGES 7-11

INCLUDES A DIGITAL PIANO TO TAKE HOME!
From piano basics, creative games, and ensemble playing to rudiments in composition, this exciting program has everything for the young piano student.

July 2 - July 5**	9:30 AM - 12:30 PM
July 8 - July 12	10:00 AM - 12:30 PM
July 29 - Aug 2	9:30 AM - 12:30 PM
Aug 19 - Aug 23	1:00 PM - 3:30 PM

Tuition \$109.00 + \$50 Deposit

DRUM INTRO

Want to play and have fun learning about drums? Discover rhythm and basic technique in this hands-on class.

Practice pad and sticks are provided!

July 15 - July 19	4:30 PM - 6:30 PM
-------------------	-------------------

\$129 / Week

GUITAR INTRO AGES 7-Teen

This course is a great start to the adventure of guitar. Students learn the basic theory & technical elements through fun exercises and cool songs.

July 22 - July 26	5:00 PM - 6:00 PM
Aug 12 - Aug 16	5:00 PM - 6:00 PM
July 22 - July 26	6:00 PM - 7:00 PM
Aug 12 - Aug 16	6:00 PM - 7:00 PM
July 22 - July 26	7:00 PM - 8:00 PM
Aug 12 - Aug 16	7:00 PM - 8:00 PM

\$129 / Week

CAMP HOLLYWOOD AGES 9-14

In this group class for youngsters ages 9-14, students will learn about all the aspects of making a motion picture. There will be seminars, demonstrations, and hands-on production. Best of all, at the end of the course each student will receive a DVD featuring the finished short film and behind-the-scenes bonus features. *No equipment or experience is necessary.*

July 15 - July 19	10:00AM - 4:00PM
-------------------	------------------

\$399 / Week
Includes: DVD & fake motion picture trophy

MUSIC JAM AGES 7-11

This camp is for those with minimal or no musical experience. Kids learn about various instruments including piano, guitar, percussion, and violin, and perform at the end of the week. *Fabulous fun!*

July 22 - July 26	9:30 AM - 3:30 PM
Aug 12 - Aug 16	9:30 AM - 3:30 PM

\$219 / Week

CAMP ROCKSTAR JR! Ages 10-12

Your time is now! Sign up for this week-long day camp, and we'll train you on your instruments, form you into bands, and work together on cover and original songs. Friends and family are invited to attend the final concert.

One year of playing experience is required to participate.

July 15 - July 19	9:30 AM - 4:00 PM
-------------------	-------------------

\$250 / Week

CAMP ROCKSTAR.CA AGES 12-18

Camp Rockstar is for musicians and singers ages 12-18 who want to rock. Rockers jam with band mates, write songs, and arrange material for a concert on the final day. This rock concert will be complete with lights and professional sound!

July 28 - Aug 2 2013

\$630+GST

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



STYLE and Fun

for the whole family!

FREE SERVICE WITH AD
Color or bead braid for girls
OR Color Spray for boys
Beaners Fun Cuts Windermere location only

SUPER FUN CUTS • TV SCREENS • BALL PIT • PS3 STATIONS
FUN CHAIRS • EAR PIERCING • BLING STRANDS • BIRTHDAYS

Phone: (780) 437-4370 • 6228 Currents Drive
Book online at BeanersFunCuts.com



Great Tutors Available - 1 on 1 In Your Home

All Subjects & Grade Levels
Guaranteed Excellent Tuition

Contact Us For A FREE 1 Hour Consultation
ph: 780.298.3710 email: phares@tutordocor.com



Massage Therapy for Your Active Lifestyle

- > Recover from Injuries
- > Ease muscle pain & fatigue
- > Increase performance



DarleeAnn Mathieson, R.M.T.
sports massage therapist

780.910.2243 | darleeann@shaw.ca
www.dmathieson.com

Children First act

Message from Honourable Dave Hancock, MLA Edmonton Whitemud

I was very proud to introduce new legislation in the Alberta Legislature that will strengthen and increase support and protection for vulnerable children and their families.

The Children First Act supports the well-being, safety, security, education and health of children – all priorities for the Government of Alberta. Our society benefits as a whole when we can provide safe and healthy environments to support and encourage desired outcomes for children and help them to become successful adults.

Programs and services for children are most effective when they are provided through a collaborative and multi-disciplinary approach. That's why our government is committed to working with communities to protect, support and create opportunities for children. The ability to share appropriate information among the parents and service providers for a child is critical to ensuring successful outcomes for children and their families. I am pleased the Children First Act supports appropriate sharing of information between government and service delivery partners when planning or providing programs and services for children.

Another way of keeping children safe is addressing violence in their homes. Alberta has some of the highest rates of spousal and intimate partner violence in our country. Children who witness violence in the home or the loss of parent due to family violence can be profoundly affected. Preventing and reducing family violence is a vital part of protecting children and giving them the best possible start in life. Within the Children First Act are provisions to establish a Family Violence Death Review Committee, which would assist with learning from tragic incidents and developing new programs, services and policies to address family violence in our province.

These are just a couple of the many pieces of this bill. As the legislature debates on the Children First Act, the spotlight is on our youngest Albertans and the role each of us have in creating a strong province for our children.



**Contact Honorable
Dave Hancock at the
following:**

Edmonton Whitemud Constituency Office
#203, 596 Riverbend Square
Edmonton, AB T6R 2E3/b
Phone: (780) 413-5970
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

Programs available to assist seniors with property taxes



By Councillor Bryan Anderson

Edmonton seniors can take advantage of various financial assistance programs offered by the City of Edmonton and the Government of Alberta.

The City of Edmonton assists lower-income seniors by offsetting increases in municipal property taxes through the Edmonton Seniors Homeowner Grant Program. This program is being administered in conjunction with the Government of Alberta. The 2013 grant amount for this program is \$89. To qualify, you must own and reside in your home and receive the Alberta Seniors Benefit (ASB). The income limits for ASB are \$25,100 for a single person and \$40,800 for a couple.

The province also offers support for low-income senior homeowners through the Education Property Tax Assistance for Seniors program. It provides rebates to offset increases in education taxes. The grant amount is based on the increase in education tax your home may have realized since 2004. New for 2013 the grant will only be paid to seniors based on the following income limits, \$31,675 for a single person and \$63,350 for a couple. The provincial government recently announced that this is the last year of this program.

No application is required for the Edmonton Seniors Homeowner Grant or for the province's Education Property Tax Assistance for Seniors program. If applicable, both rebates will be mailed to qualified homeowners in one cheque in late July. The details are enclosed with the cheque.

In 2013, the Government of Alberta has introduced a new Seniors Property Tax Deferral Program. This program enables eligible homeowners to defer all or part of their property taxes through a low-interest home equity loan provided by the Government of Alberta. To be eligible, you must be 65 years or older and have a minimum 25 per cent equity in your home. The home also must be your primary residence—where you live most of the time.

The Seniors Property Tax Deferral Program is voluntary, so it is up to you whether you wish to apply. If you qualify, the Alberta government will pay your residential property taxes directly to your municipality on your behalf. You re-pay the loan, with interest, when you move or sell the home, or sooner if you wish.

If you have questions about the Edmonton Seniors Homeowner Grant Program, call 311. If you would like to inquire about the Provincial Education Property Tax Assistance for Seniors Program or the Seniors Property Tax Deferral Program, call 780-644-9992 or visit Seniors Services on the Government of Alberta website.

If you have further questions or comments on this or any other issue, please contact me at the office, 780-496-8130 or via email: Bryan.Anderson@edmonton.ca.

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!

Communication opens doors!

By Kamran Akbarzadeh, PhD., Founder of Dream Achievers Academy

"Communication Opens Doors!" This was the slogan of the Riverbend Toastmasters club when I joined them in 2006. I believe that in this fast paced world that is changing so quickly proper communication plays a vital role in our success both at home and at work.

The fact is that we are in constant communication with people around us whether we are aware of it or not. When you talk to your partner about where to go on vacation together you are communicating. When you argue with your kids you are communicating. When you fight with your parents to convince them that you are grown up and can decide for own life you are communicating.

A big problem with our daily communication with others, however, is that we do not know how to communicate effectively. Many times we shut down our relationship with our family members, our friends, our colleagues, etc. because of improper or ineffective communication. We close doors of opportunities by reactive response to our lack of effective communication with others. As a result we feel disconnected, ignored, angry, stressed, unheard, and/or unhappy and we don't know exactly why.

Effective communication is not about how well you speak English or how well you pronounce the words. Effective communication is much more than being able to speak. It goes beyond the words that we use.

When we communicate with others we exchange signals with them. These signals are either visible or invisible. The visible signals are broadcast through tone of voice and body language including facial expression, gesture, body posture, and eye movements. The invisible signals cannot be seen, but they can be felt. Through the invisible signals, we differentiate fake behaviors from authentic ones. We recognize the difference between love and hate, joy and sorrow, passion and indifference, connection and separation, and high energy and low energy.

It is therefore important to enhance our communication skills so we can open the doors of opportunities, build happy relationships, and achieve success. Following are six super tips for improving your communication skills:

Have an effective eye contact

According to the ancient proverb, the eyes are windows to the soul. When you are sad, no matter how much you try to hide it from others, you cannot because your eyes reveal your sadness. When you are stressed, no matter how much you try to cover it up, your eyes reflect your stress. When you love someone your eyes transmits your love and connect your heart with the heart of

your loved one. So in order to communicate and connect with others better, have an effective eye contact with them. Maintain your eye contact so you can maintain the connection.

Be aware of your body language

Body language is a nonverbal language. It includes facial expressions, gestures, body positions, and eye movements. Believe it or not, 55 percent of your message to others is affected by your body language, which is the visual part of the message.

When you communicate effectively, your face looks happy and bright, your hands move naturally, your head is aligned with the rest of your body showing comfort and confidence, your eyes move smoothly and gracefully, and your gestures radiate vitality.

In contrast, when you communicate poorly, your face looks unhappy, your hands go into defense mode and move unnaturally, your head is out of alignment, your eyes cannot connect with others effectively, and your gestures tell others that you are not comfortable and have no interest.

Use your voice properly

If body language has the first place with a 55 percent contribution to affecting your message, your voice is second at 38 percent. You can engage people with your voice when you passionately and energetically talk about what you want to do or get done. Your voice projects your energy level and confidence whether or not you know about the importance of voice in your daily communication.

I am sure you have noticed this when you talk to someone over the phone. If the person on the other end is energetic, his or her voice is stronger, clearer, and more energetic with vocal variety. If the same person has had a bad day and his or her energy is drained, his or her voice is low, monotonous, and uninteresting.

Listen actively

Many people believe that successful communicators talk more and that in order to influence others, you need to be able to talk well. In other words, if someone is quiet or introverted, he or she cannot be an effective communicator. This is a myth.

The truth is that effective communicators listen more than they talk. They listen attentively and actively to people's concerns, ideas, and stories. Effective communicators know that active listening will help them understand other people's thoughts, feelings, and actions. By listening to other people attentively and empathically, you will create a bond between you, which promotes the relationship. If you don't listen to others, they may not listen to what you have to say.

Go beyond communication

I have seen many people who have good presentation skills and apparently great

communication skills, but when it comes to engaging people in discussions and motivating them to act toward a common goal, they fail. Why? Because they don't talk from their heart, which means they lack the required energy to make others connect and respond.

Without connection, communications may not be successful. Make connections by taking agendas and egos out of the way and being present. Your positive attitude in communication with people around you opens up heart-to-heart conversation and makes them listen to you and follow what you say. A very powerful way that connects you instantly with others is to smile. Always do your best to have an authentic smile on your face and share it with people during communication. It costs nothing, but it brings lots of smiles, love, and value back to you.

Join Toastmasters

One great organization through which you can enhance your communication and leadership skills is Toastmasters International. This nonprofit organization has helped millions become better communicators and leaders in a supportive and friendly environment through a well-developed process with very little investment.

Following is the list of Toastmasters club in our area:

Riverbend Toastmasters Club: I started my journey in Toastmasters with this club. A very friendly environment with enthusiastic members. We meet every second and forth Monday of the month at the Riverbend library. For more information visit the club website at www.RiverbendTM.org.

Golden Mountain Toastmasters Club: Another great club to check out. This club meets every first and third Wednesday of the month again at the Riverbend library.

Lingo Advanced Communicators: If you are currently a member of Toastmasters and have done 10 speeches you are eligible to join this advanced club. If you were a past member of Toastmasters and have your CTM (competent Toastmaster) or CC (competent communicator) designation and now look for an advanced club to take your communication skills to a new level you'd better visit this new club. I am also a member of this club. We meet on the third Tuesday of each month at the Riverbend library. For more details visit the club website at www.LingoAdvancedCommunicators.com.

Toastmasters has helped me a lot in enhancing my communication and leadership skills, and I am sure it can help you too no matter where you are on your journey in life.

It is never too early or too late to advance your communication skills. Effective communication truly opens many doors to success.



Free Home Evaluations

Buying or Selling? Call Me TODAY!

780-298-8804



WWW.Didi-Sells.com



Terwillegar Towne

Sold for 98% of list



Arden Gardens

Pool, Hot Tub & Sauna! \$ 198,800



Bulyea Heights

5 Bedroom Home! \$ 529,800



Haddow

Private Yard! \$ 449,800

DiDi

Rasmussen

Generously Donating to: RE/MAX Real Estate Centre
14717 40 Avenue
Edmonton, AB T6B 1N1
Office: 780-438-7000
FAX: 780-403-7283

RE/MAX Real Estate Centre—Each office independently owned and operated
Not intended to cause or induce breach of, cancellation of, assignment of, or to interfere in any way with the existing agency agreement of another brokerage.

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

Southwest Edmonton Farmers Market

Every Wed 4:30pm - 7:30pm

Events:

June 12: TRAC meeting

July 1: TCL Canada Day Event 11am to 3pm at Tomlinson Common Park

July 10: TCL at the Southwest Edmonton Farmers Market Community Tent

August 10: TCL Toonie Carnival 11am to 3pm at South Terwillegar Park

August 15 and 16: TCL Casino. Seeking volunteers. Contact us at volunteercoordinator@terwillegar.org if you can share a few hours with us.

August 21: Submission Deadline for Terwillegar Tribune

September 17: Terwillegar Tribune release

September 28: Fall I'm Too Big For It Sale at Terwillegar Community Church 10am - 1pm

October 12: TCL at the Southwest Edmonton Farmers Market Community Tent

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!

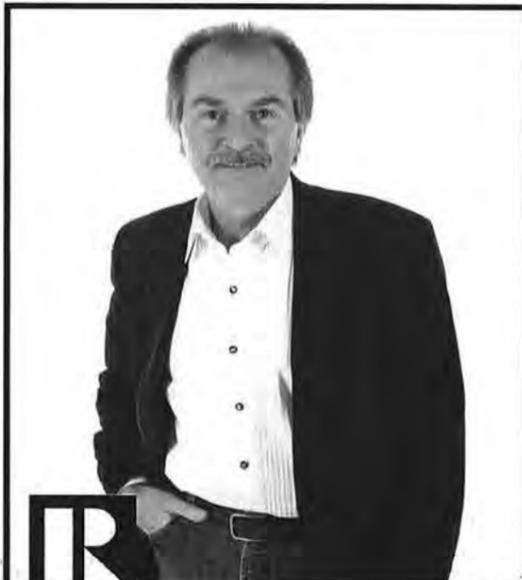
Terwillegar Community League's Semi-Annual Sale

When: Saturday September 28 10am to 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

"Personally working harder for you!" www.LeeBourgeois.com



Lee Bourgeois

Top Producer
 Top Results
 Top 5%



2006
2007
2008
2009
2010



Realty Executives Devonshire 

CALL NOW FOR YOUR PERSONAL MARKET EVALUATION!

With over 30 years of experience as a Sales and Marketing Specialist, I will strive to serve your every need. I will market your home via my 7 step marketing plan and 12 point action plan. For buyers, we can discuss my service plan that best fits your needs.

direct: 780.909.1600
email: Lee@LeeBourgeois.com

Volunteer with us this summer

By Scott Riddell, Volunteer Coordinator
Terwillegar Community League

“48% of Volunteers began volunteering because they were asked.”
– **Volunteer Alberta**

Guess what Terwillegar... that's exactly what I am doing, I am asking you to be a Terwillegar Community League volunteer this summer to help build our neighborhood and have a ton of fun doing it!

Inspirational Reasons why People Volunteer

- To know your community
- To have an impact
- To feel proud
- To be an agent of change
- To help a friend/family member
- For fun!

People volunteer for a whole host of reasons. One great reason to volunteer this year is we have some excellent Community Events lined up this summer. July 1, 2013 will be our first event celebrating Canada Day. The day will be filled with Parades, Bouncy Castles, Games, BBQs, face painting, decorations, music, high energy, Canadian spirit and pride. About 25 volunteers would make it the best Terwillegar Canada Day ever!

Get involved in Canada Day by volunteering in one of the following positions:

- Bouncy Castle Volunteer (4 volunteers needed... bouncing is so much fun)
- Games Volunteer (4 volunteers needed)
- Contest Volunteer (3 volunteers needed get ready for the 3 legged race of your life!)
- Parade Judges (5 volunteers needed... who has the best Canada Day Costume... you judge)
- Parade Decorating Volunteer (4 volunteers needed... get all fancy & creative at the Decorating table)
- BBQ Masters (3 volunteers needed show your BBQ prowess)

Toonie Carnival

We also have a Toonie Carnival in support of our South Terwillegar on the horizon come August 10, 2013 from 11:00am to 3:00pm. This is a great community event with food, family, and carnival booth style games for children and adults alike. There will be more details on volunteer opportunities for our TCL Toonie Carnival, but we would love some local business support to step up and support us here. Be a local business sponsor of a booth, bring out your team of volunteers and have a blast!

Casino

Next up is our Terwillegar Community League's Casino Fundraising Event on August 15 and 16, 2013. This is the most significant fundraising event by far and will be integral in building our new South Terwillegar Spray Park. We are only able to apply for this opportunity once every two



years so it's crucial we get your help. The TCL Casino Event will require approximately 40 - 50 Volunteers and we can typically expect between \$50,000 to \$100,000 in fundraising dollars. Other than having a great time volunteering, success with this event will mean that hot summer days are met with refreshing Spray Park Retreat for our kids in 2014.

Get involved in our TCL Casino Fundraiser by volunteering in one of the following positions:

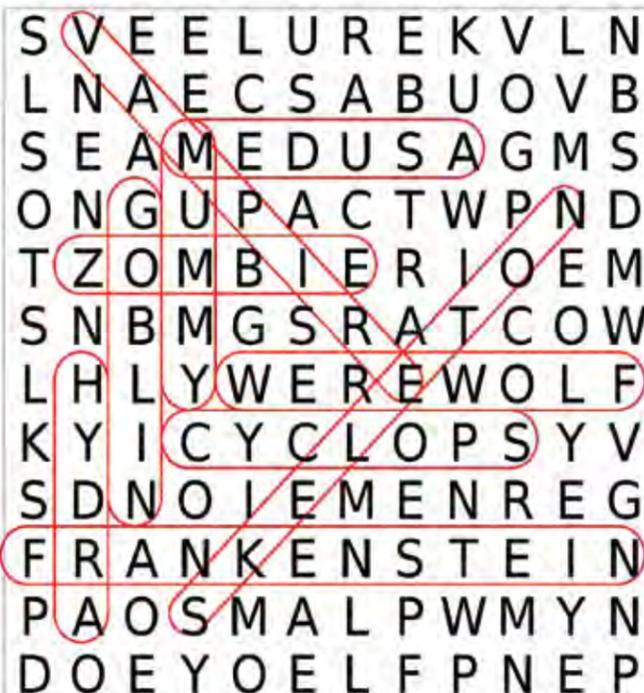
- General Manager Volunteer (4 shift opportunities)
- Banker Volunteer (4 shift opportunities)
- Room supervisors Volunteer (4 shift opportunities)
- Cashier Volunteer (8 shift opportunities)
- Chip Runner Volunteer (8 shift opportunities)
- Count Room Volunteer (12 shift opportunities)

We very much welcome your support and participation and look forward to seeing you!

Please contact us via email at volunteercoordinator@terwillegar.org regarding volunteer opportunities!

Crossword answers from page 14

Monsters by Keira Weber



- Vampire
- Medusa
- Skeleton
- Werewolf
- Mummy
- Zombie
- Frankenstein
- Goblin
- Hydra
- Cyclops

SPRING INTO SUMMER

Limited time offer!
FIRST 9 WEEKS FOR \$99*

LOSE WEIGHT, RESULTS GUARANTEED.

Jen lost **32 LBS** and 6 sizes*

A common sense system for weight loss that lasts:
REAL FOOD | PERSONAL COACHING | NATURAL HEALTH PRODUCTS

Herbal Magic Riverbend Square
420 Riverbend Square
Edmonton, AB T6R 2X2
780-438-2422

Herbal Magic
WEIGHT LOSS & NUTRITION CENTRES
herbalmagic.ca

*As our clients vary, so do their results. †See in store for details, certain conditions apply. Offer valid on weight loss personal coaching services for new contracts for a 1 year program. Not valid with any other coupons, specials or promotions. Must first meet eligibility criteria to be accepted into a program. Costs of products and food selection guide are additional and at regular prices. Offer available until June 30, 2013. Herbal Magic © 2013. All rights reserved.

JOIN THE LEAGUE

Name #1: _____	Date: _____
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.

Terwillegar Community League has a new mailing address:
5970 Mullen Way PO Box 36508 McTaggart PO
Edmonton, AB T6R 0T4

How to volunteer this Summer:

- 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.
- Write or take pictures for your community paper! Contact our editor at editor@terwillegar.org
- Volunteer for the TCL Canada Day and Toonie Carnival Events! Lots of fun and help your community.
- Volunteer for a shift at the TCL Casino. This raises a great deal of money for the league and assists us to build large projects such as playgrounds! There is a need for approximately 60 volunteers for this event.

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 — Joe Ahmad, vicepresident@terwillegar.org
- Treasurer — Monte Weber, treasurer@terwillegar.org
- Secretary — vacant**
- Memberships — Jennifer Dalle Ore,
memberships@terwillegar.org
- Programs — Marc Lachance, programs@terwillegar.org
- Program Aide — vacant**
- Community Advocate — vacant**
- 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 - Scott Riddell
volunteercoordinator@terwillegar.org
- Community Garden — Steve Johnson,
garden@terwillegar.org
- Neighbourhood Watch — Enza Fata, watch@terwillegar.org
- Directors at Large: Gurleen Bal-Sra (South Terwillegar)
Kelly Jeffrey (Mactaggart)
Michelle McWilliams (Magrath)
- Executive Director - Mandy Jones,
executivedirector@terwillegar.org

Terwillegar Classifieds

NEED AN ELECTRICIAN? Call Rob - Master Electrician @ 780-433-3837. Residential electrical work including Service Changes. Reasonable rates.

LEAKING BASEMENT? Call the experts for your free estimate! Canadian Foundation Repair (780) 707-8001 www.canadianfoundationrepair.ca

PROFESSIONAL PET SITTING SERVICE - Furry Friends provides quality care for your pets in the comfort of their home. Pets are out priority! (780) 499-2969

Please return the wooden step ladders you borrowed from our garden.

*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



A SIGNATURE COLLECTION
FOR THOSE WHO SEEK OUT THE BEST IN DESIGN.

Alustra[®]
COLLECTION

Visit this participating dealer for more information about the Alustra[®] Collection.

HunterDouglas

Artistry
Blinds

1915 - 98 Street
South Edmonton Common
780-488-3456
www.artistryblinds.com