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[www.terwillegar.org](http://www.terwillegar.org)

Issue 51 April 2014

**Next submission deadline:  
May 9, 2014**

**Next issue: June 9, 2014**

## We want to buy food for your neighborhood bbq



By Marc Lachance, Programs Director,  
Terwillegar Community League

The Terwillegar Community League strives to promote a friendly community through a variety of programs. With summer slowly (really slowly) creeping up on us, the TCL and the Magrath Save On Foods are partnering once again to get you the free food you need for a great neighbourhood barbeque.

TCL members can sign up for a chance to host a neighbourhood barbeque on the TCL website [www.terwillegar.org](http://www.terwillegar.org). The online signup requires that you have your date picked out, the address of where the barbeque will be hosted, your contact and membership information. Everyone who signs up will be entered into for a chance to win one of this year's free BBQ packages.

Organizers who are selected to host the free barbeques will need to complete the registration form, including signing up at least seven other households to take part in the event. Remember that if you are using a public space, you will need a permit from the City.

Then, 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 13th and then you could be hosting your own neighbourhood barbeque. Be active in your community, get to know your neighbours, and have fun.



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# Community

## I'm too big for it sale rescheduled

By Danielle Gordon

Hosted by the Terwillegar Community League (TCL)

The Terwillegar Community League's biannual I'm too big for it sale has been moved to Saturday, May 3, 2014 from 10 am - 1 pm. Join TCL as neighbours, family, and friends come together to swap, sell and bargain for gently used items. The sale will be at the Terwillegar Community Church (1751 Towne Centre Blvd) where there is plenty of room to mingle and search for treasures. The entrance fee, which will be used for programs such as the green sheds, community events and park development in our community, is only \$2 for adults and free for kids.

Vendor space will likely be sold out by the time this article goes to print, however if you wish to inquire about availability please contact Fiona at fundraising@terwillegar.org with any questions. Forms and details can also be found on the TCL website at www.terwillegar.org. The cost for space rental is \$35 if vendors bring their own table, or \$45 if they wish to use a table supplied by TCL. Each rental area has room for one 8 ft by 3 ft table and one straight clothing rack as well as space in the large item room. The large item room is where shoppers will find strollers, excersaucers, bikes, and other oversized gems.

At the end of the sale TCL will organize unsold items pick up by a charitable organization. Unsold items bags will be provided to vendors at the end of the sale for vendors to pack up any items they wish to donate.

Please note the sale has been changed from the originally scheduled date to May 3 due to scheduling conflicts.

## Lovable littles uptown market sale

By Fiona Ko, Fundraising, Terwillegar Community League

Lovable Littles Uptown Market is a modern market located in a beautiful new building in the heart of Terwillegar, SW Edmonton. Our Market features over 100 booths devoted to all things family.

On May 24, 2014 from 10am-4pm at Terwillegar Community Church, 1751 Towne Center Blvd you can expect to find unique handmade items as well as the city's best local businesses showcasing some great new products. This will be a fun day for everyone as we will have entertainment for the little ones as well as shopping, displays and demonstrations that you will find relevant. If you are looking for some great deals on gently used children's items, we will have an entire level dedicated to swap tables.

The first 250 guests will receive a "Swag Bag" chock full of great finds from our vendors and sponsors. There are VIP tickets available through our vendors and sponsors that will gain you entry into our draw for some amazing prizes. There will be amazing door prizes being given out throughout the day valued at over \$3000.

Look for amazing vendors such as Cafe O Play with Little Crumbs Bake Shop, Sweet Momma Spa, Fizz & Bean and much more. There is lots to do for littles from 0-12 such as an entire room full of activities, Sparkle Tattoos, and a photo booth on site. Vendor and swap tables are still available. For more info, email info@LovableLittles.com or call 780.718.2489, check out www.facebook.com/LovableLittles, or www.LovableLittles.com

## Terwillegar Community Parks Donation Form

<input type="checkbox"/> <b>Yes! I would like to support the development of Terwillegar Community Parks!</b>	
Included is my cheque for:	If donating \$250 or more, how would you like your name to appear at the park? Example: John Smith OR The Smith Family
<input type="checkbox"/> \$100	<hr/> You may be contacted by phone for further details.  Which Park would you like your name at? <input type="checkbox"/> South Terwillegar Park <input type="checkbox"/> Mactaggart Park
<input type="checkbox"/> \$250 (family name at Park)	
<input type="checkbox"/> \$2,000 (plaque on bench or similar)	
<input type="checkbox"/> \$4,000 (plaque on picnic table or similar)	
<input type="checkbox"/> Other \$ _____	
Name _____ Phone _____	
Address _____ Postal Code _____	
e-mail address _____ <input type="checkbox"/> check if you would like to receive updates by e-mail	
<input type="checkbox"/> check if you would like to volunteer for the Terwillegar Parks Committee	
<b>Send your cheque and this form to:</b> 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

## Kids helping kids fundraiser

By Jenn Gilliard, Editor, Terwillegar Tribune

It's the 4th annual fundraiser for four girls from Monsignor William Irwin school. These young girls will be hosting an exciting event on Sunday June 15th 1-3 pm to raise money for Youth Empowerment and Support Services (YESS). Their website [www.yess.org](http://www.yess.org) also lists other upcoming events.

Elle, Keira, Dolce and Ava will be having a raffle sale that afternoon with amazing prizes.

There will also be hot dogs, drinking boxes and face painting! Whether you purchase raffle tickets, lunch or make a cash donation, all profits will go toward YESS.

As well we will have bins for in-kind donations such as granola bars, juice boxes, pasta sauces, socks, shoes (new or gently used). It will be another fantastic afternoon of generosity and fun provided by Kids Helping Kids.

YESS is a not-for-profit organization devoted to helping youth facing difficult realities.

When I read the history, I was surprised to read that in 1978, a group of people noticed a huge gap in services for young people in Alberta. Until the age of sixteen, youth in crisis could access Child and Family Services, but after they turned eighteen, the adult support systems opened up to them. So between the ages of 16-18, there were no resources available to them. In 1981, YESS opened its doors at 9310-82 Avenue, providing shelter, safety, and hope to youth facing a difficult reality. Thousands of kids have received options, support and a future through services from YESS.

Programs offered include Nexus, Compass, and Mosaic. As well, they offer services include career and educational guidance, job training and job shadow opportunities, drug and abuse counseling services, trauma alleviation, medical assistance and even pet therapy.

When we think of how much we have to offer our children such as sports or music classes and trips, let's take some time to help those teens in need and help them realize a positive future. We hope you can join us on June 15 and give to the youth in our city.

Photo: From Left to Right: Ava, Keira, Dolce, Elle



## Music brings fun to all ages and raises funds for a worthy cause

By Stephanie Gillis-Paulgaard

Spring Break was officially off to a great start with the first community family dance party on March 29.

Little girls came in their fanciest dresses, boys were styling and everyone was simply ready to work that dance floor. Tunes by the UBER cool DJ Kwake, from Urban Metropolis, filled the gymnasium of Monsignor William Irwin School bringing smiles and laughter to everyone inside.

While the tunes were playing and the kids were pulling out their best dance moves, over \$4700 worth of silent auction items lined the perimeter of the gymnasium. Local businesses jumped at the opportunity to get involved with the event. It was a quick reminder of how great our community truly is!

So why have a Dance party anyway? The reality is that far too many families have been touched by cancer and many of us sit around wondering how can I make a difference, what can I possibly do to help? This event was simply about bringing community residents together to have fun while raising awareness and much-needed dollars for cancer research. All the proceeds from the event will go to the Alberta Cancer Foundation. These events could not be possible, let alone successful, if it were not for the volunteers. A big thank you to all those who helped at the event – you DID make a difference.

Thank you Community Partners

A Cut Above Grooming

Allegro Italian Kitchen

Café O Play

Christine Martin – Epicure Consultant

Councillor Bryan Anderson

Devonian Botanical Gardens

Famoso Pizzeria

Green Drop Lawn Services

Gymboree

Infinite Fitness

Madalayna Spa.

Mommy Connections

Montana's Cookhouse

Moves & Grooves Kindermusik Classes

Orange Theory Fitness

Papa Murphy's

Rabbit Hill Ski Resort

RAD Edmonton

Rebecca Middleton – Epicure Consultant

Rejuvenation Health Services

Riverbend Medical Esthetics

Shandro Photo

Shanks Sports Grill

Simply Supper

Sobeys

Terwillegar Veterinary Clinic

Walsh Family

Whitemud Crossing Chiropractors

Photos: Michael Shandro



# SWEFM ready for another season

By Sheri Hendsbee, Southwest Edmonton Farmers Market

Sunshine, long evenings and the warmth of an Alberta spring day are right around the corner... yup! Market season is almost here, so it's time to fill you in on things that are being planned for the Southwest Edmonton Farmers' Market.

Running every Wednesday from 4:30-7:30pm, mid-May to Thanksgiving, the market is held in the south parking lot of the Terwillegar Community Recreation Centre. Just look for the tents and the big bouncy slide... you can't miss it! Mark your calendars for Opening Day: May 14. There are lots of fun things planned.

The Edmonton Food Bank will be on hand to launch the market's 2014 participation in Plant A Row, Grow A Row. This is your opportunity to help get healthy, fresh, locally produced and nutrient-dense food into the large cooler rooms at the food bank. Real food.



The Food Bank truck will be on site collecting non-perishable canned, bagged and boxed food at this kick off event, and will return the last

Wednesdays of August and September to collect your fresh food donations. As always, you can purchase food from our vendors to donate, and cash donations, egg cartons and empty shopping bags are also welcomed.

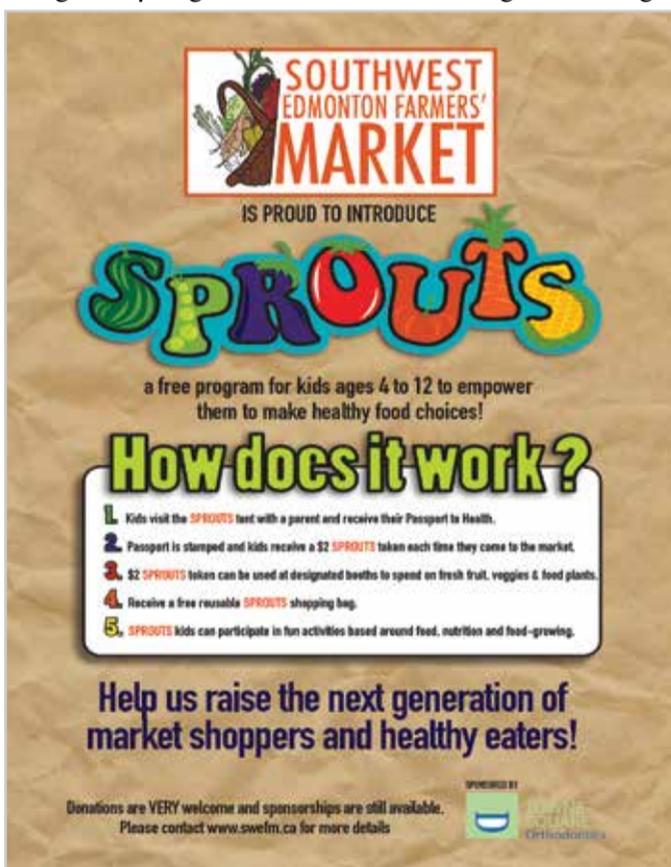
Bring the kids up to the SWEFM tent and have them plant a vegetable for the Food Bank. This free craft, sponsored by momstown, will see the kids make a compostable newspaper pot, and fill it with soil and a carefully planted vegetable seed. This is a real way to teach your kids about growing and giving in their community. By planting their craft in a deck pot or garden plot at home, they participate personally in Plant A Row, Grow A Row, and become stewards of urban agriculture in the process. After tending it for the summer season, they can return their produce in the fall and help feed Edmonton's most vulnerable populations.



This year SWEFM is launching a new children's club initiative. Bring your children, ages 12 and under, up to the SWEFM tent to enroll in the Sprouts Kids' Club. There they will receive a free passport and a special reusable shopping bag (filled with fun goodies) that they will bring back with them each time they visit the market. Each week on market day, kids can come to market and have their "passport to health" stamped and receive a \$2 token to spend at the market. The catch is that it can only be spent at market booths that sell fruit, vegetables or food plants.

With the Sprouts Kids' Club program, children are empowered to make their own choices...they can buy a strawberry plant, a package of strangely filigreed kale, an alien looking kohlrabi or a perfect tray of red ripe raspberries. Siblings work together, with brothers and sisters pooling their tokens to make purchases together. Or kids can save up their tokens week to week to purchase something bigger, teaching them an important life lesson in saving, delayed gratification and working toward a goal.

In this way, SWEFM hopes to back up parents in their attempts to raise their children in a nutritionally mindful way. The purpose of the Sprouts program is to introduce kids to nutritional food choices, empower children to make their own healthy eating



choices, educate them about where their food comes from, and encourage them to lead a healthy lifestyle.

A very special thank-you goes out to Dr. Darcy Dietz of Towne Square Orthodontics for financially sponsoring this program and for investing in the nutritional health of our children and our community. Because this is a pilot program, it will be offered to the first 100 registrants.

Opening Day will be a perfect opportunity to grab dinner with your friends, family and neighbours and spend a lovely evening together. Complete with four food trucks, many concession stands, a huge inflatable slide for the kids, face painting, musical and balloon buskers and lots of high quality food and artisanal vendors, it will be a terrific way to spend one of what are sure to be many warm spring & summer evenings up at the market this year.

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# SWEY welcomes spring!

By Sherri Henderson, SWEY



Now that the snow has melted, and it feels warmer outside, we can start to get out and enjoy the warmer weather with our little ones, friends and neighbors. For South West Early Years (SWEY), spring is exciting as we are looking forward to new results and initiatives that we hope will inspire momentum about the importance of the early years, improve outcomes in early childhood development for children in southwest Edmonton and build capacity in the community to support child development in southwest Edmonton.

First, we are excited to have Dawn Angus, community volunteer, parent and local business owner, step into the role as Acting Chair while Kim Bates is away on a temporary work assignment for Edmonton Public Library. Thank you Dawn for taking on the Chair position and bringing your insight and passion for the early years to SWEY.

We recently finalized our bookmarks and will have them out in the community over the next few months.

If you are a business, a community league, or organization and would like some please email us at: [swearlyyears@hotmail.com](mailto:swearlyyears@hotmail.com) and we will deliver them to you.

Every few months we will now send out a Quarterly Newsletter to update everyone on "What's New" with SWEY. If you are interesting in reading our April issue, please visit: <http://www.earlychildhoodedm.ca/southwest>

On April 28/29 two of our coalition members will attend the provincial wide Spring Gathering where the new Early Development Instrument (EDI) results will be released. If you recall from previous articles, Alberta Educations (EcMap) initiative used the EDI to collect data on our children in 2009 in five key developmental areas: social competence, language and cognitive development, physical health and well-being, emotional maturity, communication skills and general knowledge. In 2012/13 kindergarten teachers tested a larger group of children and those new results will be released to each coalition at the Spring Gathering and then to the community in the months to follow. We are currently strategizing how to get that information out to families in the community and hope that you will join us at one of our meetings to share your ideas. If you want us to come out to one of your meetings please email us at: [swearlyyears@hotmail.com](mailto:swearlyyears@hotmail.com). If you are curious about the Alberta baseline results please visit: [www.ecmap.ca](http://www.ecmap.ca).

SWEY is also collaborating with other coalitions to form a citywide coalition and working on our long-term strategic plan for sustainability. Watch for more details about this in the near future.

Finally, we look forward to seeing families out and about! Get outside on a rainy day with your child and look for worms, plant a seed or garden with your children, enjoy a picnic in the park, go on a hike or visit a local farmers' market (Southwest Edmonton Farmer's Market starts May 14). Speaking of that - SWEY will be in the Community Tent at the Southwest Edmonton Farmer's Market on June 25. We hope you drop by and say hello! To stay up-to-date between articles, we actively update our Facebook page, Twitter feed and "What's New" section of our website with early childhood workshops, programs, and information in the southwest and beyond. Please visit us online at: [www.earlychildhoodedm.ca/southwest/](http://www.earlychildhoodedm.ca/southwest/), LIKE us on Facebook (SouthWestEarlyYears) or FOLLOW us on Twitter (@SWEarlyYears).

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# Coaching is more than just trendy

Coaching is more than just trendy

We all know that professional athletes, celebrities and CEO's have been using personal and professional coaches for a long time. Now personal and professional coaching is becoming mainstream, and for good reasons.

Trying to define what a coach does in a way that's enticing is like trying to explain the Hunger Games in a way that someone will actually want to watch it (and if you haven't watched it you really should). There simply is no possible way. What I can tell you is what other people are saying and what statistics are showing.

The amount of companies using coaches has skyrocketed and so has the ROI. According to a Manchester Consulting Group study of Fortune 100 executives, the Economic Times reports "coaching resulted in a ROI of almost six times the program cost, as well as improvement in relationships by 77%, 67% in teamwork, 61% in job satisfaction and 48% in quality." Impressively, another study of Fortune 500 telecommunications companies done by MatrixGlobal found executive coaching resulted in a 529% ROI.

That's not all, personal coaching is proving its place in the world. According to the ICF Global Coaching Client Study commissioned by the International Coach Federation, individual clients report a median ROI of 3.44. Clients can achieve remarkable progress toward their desired future in less than an hour per month of coaching. Coaching creates a fierce desire to learn and grow, and what you learn, is an effective way to communicate quickly the things that you want and need. This goes for ALL things. Coaching can help you quickly remove obstacles and keep you steadily on track to your success.

Personal coaching is an experience where clients get to decide what they want to talk about and how they want their coach to be. Coaches can be like life geniuses. The genius part is the powerful questions they learn to ask their clients that help them find the answers. So find a coach professional or personal and they will be honoured to give you a session to experience it yourself.

Heather Layton is a personal trainer and life coach providing services from her studio in Magrath. For more information visit [www.livitfit.ca](http://www.livitfit.ca)

Check out the I'm Too Big For It Sale  
Terwillegar Community Church  
Saturday May 3, 2014 10 am to 1 pm

**Know of a good  
story?**

Email us:

**[editor@terwillegar.org](mailto:editor@terwillegar.org)**

Terwillegar Community League is seeking volunteers for various events-over the summer. Email us at [volunteercoordinator@terwillegar.org](mailto:volunteercoordinator@terwillegar.org) for opportunities.

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**Website: [www.LRCBC.ca](http://www.LRCBC.ca)**

Pastor Evan Yang 杨威传道

Tel.: (780) 433-4124

[pastor.evan.yang@gmail.com](mailto:pastor.evan.yang@gmail.com)

Sunday Worship (主日崇拜)

Sunday (星期日) 2:30 - 3:30PM

Children's Sunday School (儿童主日学)

Sunday (星期日) 2:30 - 3:30PM

Adult's Sunday School (成人主日学)

Sunday (星期日) 4:00 - 5:00PM

Evangelical Gathering (福音聚会)

Saturday (星期六) 7:00 - 9:00PM

Prayer Meeting (祷告会)

Thursday (星期四) 7:00 - 9:00PM

# Canada Day festivities being planned already

By Marc Lachance, Programs Director,  
Terwillegar Community League

At Terwillegar Community League (TCL), we love our community and we love our country. This presents a unique opportunity once a year to bring both of these things together as we gather with our fellow Terwillergarians to celebrate Canada Day. Bring your families, neighbours and friends and join us to celebrate living in one of the greatest nations on earth.

Building on one of the Community League's flagship events, the TCL Board will look to bring more action packed excitement to this year's event. More so, we will make sure that no unfortunate lineups of unfulfilled hunger occur again.

The event will be held from eleven in the morning to three in the afternoon on July 1st. Festivities will include games for the kids, stuff for the adults and fun for everyone. And this year we will break our own record for the longest three legged race in Tomlinson Park history. (\*Note: We cannot provide any evidence to back up the ridiculous claim above.)

The event will wrap up with the Grand Canada Day parade...it will be a competition for the ages as participants vie for the grand prize for the best national pride entry, the silliest ensemble, and most creative Canuck. Bring out your best Canada gear and drop by our swag table to decorate your bikes, strollers, or shoes and be a part of this great annual TCL Canada Day tradition. The parade will start at 2:30 pm and the event will wrap up with the awarding of the prizes

With all of these fantastic activities and prizes in place, ALL WE NEED IS YOU to make this another great event in our community. Keep checking the TCL Facebook page and our league website for more details. See you on July 1 at Tomlinson Park.



Photo: Shandro Photo

Do you have programming ideas you would like to see in our community? If so, email Marc at [programs@terwillegar.org](mailto:programs@terwillegar.org)



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# Ash borer program in Terwillegar



By Councillor Bryan Anderson, City of Edmonton

The ash borer moth, or lilac ash borer, is an insect native to North America. The larvae feed by laying their eggs within the bark of ash trees. The caterpillar chews into the bark, developing inside the tree for two years, then exits and leaves behind a round hole.

Because the caterpillars are buried within the tree and are only visible when they emerge, it can be hard to detect an infestation. This makes them difficult to target with many chemical or mechanical control methods.

The Terwillegar area has seen as many as 61% of ash trees affected since 2009, but neighbourhoods far to the north have also been affected.

**Removal Program**

In 2011, trees with large numbers of emergence holes were targeted for removal. As the process developed, it became evident that the number of trees affected was too large for simple removal. Furthermore,

evaluations showed that the healthiest trees often had the most emergence holes. There was little correlation between infestation rate and whether or not the trees died.

Instead of removing these trees, they were instead targeted for pesticide treatment. In 2012, nearly two thousand trees were treated with permethrin. Because of the two-year life cycle of the caterpillars, insects emerging this summer will have actually been laid in 2012. While the full effectiveness of the pesticide program can't be fully evaluated until 2015 or later, other areas have had success with similar programs.

Alternative methods to regular biological pesticides are also being tested. Predatory nematodes that burrow into the chambers or ambush emerging moths are being trialed in some neighbourhoods. Researchers at the University of Alberta are also testing new pheromone attracticides, which draw in and kill emerging males before they can mate. Natural enemies, such as predatory insects and parasitic wasps are also being investigated and monitored.

The Terwillegar area was built on marshy wetland, and soil quality seems to be a factor for infestation. Poor soil drainage leaves trees sitting in waterlogged soils, drowning their roots. In some cases, ongoing efforts to keep basements drained may be contributing to the problem, as excess water is pumped out of basements and onto boulevards.

**What can homeowners do?**

Plant care is the key to assisting these ash trees. Moderate use of fertilizer, soil aeration, and anything to improve drainage conditions will all benefit these trees. For more information on how you can protect your trees, call 311 or visit [www.edmonton.ca/pest](http://www.edmonton.ca/pest).

Please feel free to contact me, Bryan Anderson, at 780-496-8130 or [Bryan.Anderson@edmonton.ca](mailto:Bryan.Anderson@edmonton.ca)



## Devonshire volunteer opportunities

By Fiona Ko, Fundraising, Terwillegar Community League

Have you ever driven down Rabbit Hill Road and noticed the large blue buildings and thought to yourself "that looks like a nice place"? Indeed, it is. The Devonshire Care Centre is a fully accredited long-term care facility. The majority of the residents are senior citizens experiencing the cumulative effects of old age, but there are also individuals who are physically disabled and require assistance to maintain a higher quality of life. Regardless of the resident's conditions, the centre aims to provide a welcoming atmosphere, where the staff fosters a sense of family and community in order to recreate an environment that most closely resembles a sense of home and belonging.

I started volunteering at The Devonshire Care Centre when I was fifteen years old. I was in grade ten at Harry Ainlay Senior High taking Leadership 15, a class that focused on students acting as leaders and taking initiative in the community. Leadership students had to complete a mandatory twenty-five hours of volunteering, so I went to the Devonshire to complete my hours.

Prior to my time at the Devonshire, I had never done long-term volunteering with any organization, nor did I have experience working with seniors. I ended up enjoying volunteering so much that after my mandatory twenty-five hours, I continued volunteering through the summer, and onto my second year of university. From my volunteer shifts over the years, I learned a great deal about responsibility, compassion, and approaching life with a positive and open mind. To the residents, a simple act of kindness and the donation of an individual's time could be life changing. Having seen these experiences first-hand has molded me into a mature young adult and benefited me in the long run.

There is no such thing as too many helping hands; the Devonshire Care Centre always welcomes new volunteers. The most urgent positions are: mealtime, one-on-one visits and recreation volunteers. No experience is necessary and the only requirement is that a parent or guardian must accompany volunteers under the age of twelve. Anything that volunteers bring into the experience is considered an asset, that is, knowledge of second languages, musical talents and other skills and abilities are welcomed whole-heartedly at the Devonshire Care Centre. In summary, if you have some spare time to share, discover the underestimated power of volunteerism and helping others.

To sign up or for more information, visit the Devonshire Care Centre at 1808 Rabbit Hill Road, email [ddcvolunteer@parkplaceseniorliving.com](mailto:ddcvolunteer@parkplaceseniorliving.com) or call 780-665-2277.

# Shoulder joints: virtue and versatility

## Your Body For Life

How to Keep Your Shoulder Joints Healthy and Pain-free  
By Faith Grant, Rejuvenation Health Services

Our shoulder joint is one of the most useful joints in our body. It is also the one joint with such a wide range of motion. When our shoulders feel OK, we largely ignore them, putting them through their paces, expecting them to keep up with the rigors of our stress-filled lives. When they hurt, only then do most of us take notice and realize a shoulder joint's virtue and versatility.

Many different things, including disease, injury, age or poor physical health can cause shoulder pain. The shoulder is a ball-and-socket joint with tendons and cartilage that supports the connecting bones. There are a number of muscles that support the joint as well.

### Got Shoulder Pain? Here's What To Do

**Warm up:** Before and after any physical activity, be sure to stretch major muscles to avoid injury or soreness during or after physical activity.

**Stay active:** Keeping physically fit is key to sustaining musculoskeletal health. This is especially true as we age and cartilage and bones start to wear and break down.

**Keep flexible:** With such a wide range of motion, keeping your shoulder joint as flexible as possible will help keep pain at bay and will allow your joints to work effectively through normal daily activities.

**Remain strong:** Maintaining muscle strength can help support joints and act as a stabilizer for movement. Weakness, on the other hand, can expose joints to greater chances of weakness or injury.

### Treatment Options

If you have shoulder pain that won't go away, there are treatment options that you can try that don't involve medication, or worse, surgery.

Before you start any treatment option, you should speak with your doctor or physical therapist to determine the root cause of your pain. Only a full diagnosis can determine the best way forward to treat the cause of your pain.

Your health care providers could suggest a non-invasive treatment, such as:

**Shockwave therapy:** Shockwave therapy accelerates soft tissue healing. It uses intense pulses to stimulate your metabolism, enhance circulation and stimulate the body's healing responses. It's shown to be effective in treating plantar fasciitis, bursitis, arthritis and tendonitis. Some patients find relief from their pain with as few as three treatments.

**Pulsed electromagnetic field therapy:** Pulsed electromagnetic field therapy, or PEMF, uses magnets, which create a pulsing energy field. PEMF has been used to treat osteoporosis, arthritis, fibromyalgia and other chronic pain.

**Intramuscular Stimulation:** Intramuscular stimulation uses needles similar to the needles used in acupuncture to treat shortening in muscle tissue. If you have shoulder pain that won't go away, please contact us at 780-431-9623 or 587-524-9623 or [feelgreatagain@rejuvenationhealth.ca](mailto:feelgreatagain@rejuvenationhealth.ca)

Faith Grant is a licensed physiotherapist and owner of Rejuvenation Health Services, two full-service work and sports injury, rehabilitation and wellness clinics in Edmonton located in Terwillegar Recreation Centre and at Stony Plain Road and 160 St. N.W.



## I'm Too Big For It Sale

If you have kids you won't want to miss this!

### Terwillegar Community League's Semi Annual Sale

**When:** Saturday May 3, 2014 10am to 1pm

**Where:** Terwillegar Community Church  
1751 Towne Centre Blvd NW

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**All proceeds going towards Terwillegar Community League projects.**



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- WHEN: *Monday through Thursday*
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- TIME: *1 - 2 pm - PASS (Power-Agility-Speed-Strength)*  
*2 - 3 pm - Cardiovascular Conditioning*

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## Wordsearch Answers from page 19

Easter  
Keira Weber



- |       |         |           |         |
|-------|---------|-----------|---------|
| bunny | chick   | colourful | easter  |
| egg   | flowers | fun       | hopping |
| sheep | spring  | tree      |         |

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# Riverbend library branch offers exciting spring programs

By Anne Bechard

## KIDS

### Book Punks Book Club

Do you love to read and talk about books? Come to a book club that breaks all the rules. Typical book clubs have their members read the same books. Our members can each read something different! Typical book clubs talk about plot, characters and so on. We talk about anything and everything we want! Typical book clubs don't play games and make cool stuff...we do! This program is best suited for kids aged 8-12. 2pm Saturdays until May 31, 2014.

### IPAD Fun! For Kids – Minecraft

If you love to build anything that your heart desires using Lego or go on new adventures in online video game realms, you will love Minecraft! Play your favorite Minecraft game on our iPads and have fun with your friends. The iPad Pocket Edition of Minecraft lets you play either in survival mode with a multiplayer game option or in creative mode with an infinite number of resources to help you craft, build and create.

Ages 10-17 4pm Tuesday April 29, 2014 Drop in. No Registration. Participation Limit: 15

## TEENS

### Become a Reading Buddies Volunteer

Description: Are you between the ages of 13 and 17? Are you looking to make a difference, gain volunteer experience and have fun? Share your love of reading and meet new friends: apply to become a volunteer mentor in the Reading Buddies Program.

Reading Buddies volunteers are required to attend the mandatory orientation session one week before the program starts as well as the following Reading Buddies sessions as schedule.

For more information or to apply online visit [www.epl.ca/readingbuddies](http://www.epl.ca/readingbuddies). Deadline for applications is one week before the mandatory orientation.

### Teen Lounge

Join other teens in the program room to play video games, make a DIY project, meet friends or just hang out.

4pm Tuesday, May 6-13, 2014

### MaKey Makey Fun

This program will bring out your inner inventor. Using a gizmo called MaKey MaKey and a computer, you will turn everyday objects into computer keys that control your keyboard. Hack a banana and turn it into a piano, design playdough video game controllers and create whatever else you can dream up.

Ages 10-17 4pm Tuesdays, April 8-15, 2014 Drop in. No Registration. Participation limit: 20

## ADULTS

### Practice English @ Your Library

Are you learning English? Practice your English language skills, meet new friends and have some fun. We'll have conversations about many different topics, using materials from the library. A library staff member will lead the group. English speakers at all levels are welcome!

2pm Fridays, April 11-May 16 Drop in. No Registration. Participation limit: 15

### Simply Google: Beyond the Search Box

### One-On-One Tech Help @ EPL

Book some one-on-one time with friendly library staff and learn about topics such as computer basics, the Internet, email, word processing and social networking services like Facebook and Twitter. Learn how to access and play with EPL's fabulous eCollection, including eBooks, eReaders, audiobooks, databases and the library catalogue. You are welcome to bring your own tablet, laptop and more.

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For more information about any of our programs, please visit [www.epl.ca](http://www.epl.ca)



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# Recognizing caregivers during caregiver week

By Rick Lauber

May 05 – 12, 2014 is designated as Caregiver's Week in Alberta. The week begins with a Caregiver's Breakfast to be attended by numerous dignitaries.

"Matt Generoux – MLA for Edmonton Southwest, Kerry Towle – Wildrose MLA for Innisfail / Sylvan Lake and Bev Esslinger – Edmonton City Councillor have all confirmed their attendance", explains Rick Lauber, author of Caregiver's Guide for Canadians (published by Self-Counsel Press). "It will be a marvelous opportunity to express appreciation for those individuals who will give of themselves to make a senior's life the best it can be in his/her final years. With our country's aging population, more and more family members will be required to step in and help an aging parent, friend or partner ... these caregivers help out in many ways." Caregiver's Guide for Canadians is based on Lauber's own personal experience as a co-caregiver for both of his parents.

In his book, Lauber discusses many issues which caregivers may experience, offers recommendations as to how best manage and lists website resources of specific interest to Canadian caregivers. Selected book chapters include "Caregiving from a Distance", "Choosing Appropriate Long-Term Care for Your Parent", "Taking Care of Yourself" and "Finding Joy in Caregiving". The book – now in its second edition - continues to sell well through national Chapter's bookstores and is attracting impressive public and media attention.

The Caregiver's Week breakfast program, to be held at Edmonton's Chateau Louis Hotel's Conference Centre from 9:30–11:00 am on Monday, May 05, 2014, will also include a formal proclamation from Councillor Esslinger, comments from Anna Mann – Executive Director of the Alberta Caregivers Association and a Community Showcase where attendees can learn more about caregiving programs and services available to them.

Media Contact:

Rick Lauber

Caregiver's Guide for Canadians

www.caregiversguideforcanadians.com

lauber.rick@gmail.com

(780) 498-0662

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[www.hongparktaekwondo.ca](http://www.hongparktaekwondo.ca)

# Green and gold community garden

By Patti Hartnagel, Aspen Gardens Community League

Keen to learn about gardening in Alberta? Want to eat fresh produce grown using organic gardening practices? Interested in helping socioeconomically marginalized women in Africa to make better lives for themselves and their families? Please come and join us at the Green & Gold Community Garden.

This will be the sixth year for the Green & Gold Community Garden, on the University of Alberta's South Campus. The garden is a collaborative project of the School of Public Health and Faculty of Agricultural, Life and Environmental Sciences. It is run by volunteers and all of the proceeds



from donations for garden produce are sent to the Tubahumurize Association for women in Rwanda. We're always looking for more help at the garden. You don't need to be affiliated with the university – most garden volunteers are from the neighbouring communities and we range in age from teenagers to seniors. You don't need to be an experienced



gardener either - both novice and experienced gardeners are welcome. If you don't like gardening, but would still like to help in other ways (promoting the garden, donating seeds or garden tools) please contact us at:

E-mail: [gggarden@ualberta.ca](mailto:gggarden@ualberta.ca) / Phone: (780) 492-9079 / Web site: [http://bit.ly/greenandgold\\_garden](http://bit.ly/greenandgold_garden)

Or, if you don't want to garden, but would like to receive the garden e-mails this summer (to let you know what produce is available during the garden market hours that week ) please sign up to our garden listserv at: <http://www.mailman.srv.ualberta.ca/mailman/listinfo/gggarden>

We'd love to hear what else is going on in the community.  
[editor@terwillegar.org](mailto:editor@terwillegar.org)



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# Food & Beverages

## The art of deciphering

By William Bincoletto, Principle Sommelier of Vines Wine Merchants and Sommelier Instructor



Truth be told, we shop by label. Is it pretty to look at? Does it contain the information I need? Or is it too complicated to understand? Brand merchandisers are always looking for ways to attract your attention to one brand instead of another. Those same questions are asked every time a customer walks in a wine shop. Remember, the first most important information you receive is through the label. The label can and will offer some basic information regarding: alcohol, grape variety; region or sub-region; producer; classification; vintage; style of wine. Once you are able to decipher the data, this information will not necessarily guarantee you quality, but will offer a better understanding of where the wine comes from and how it was made. How do wine labels present some idea of flavour characteristics? Each wine-producing area has practices and traditions that determine label information from the point of origin. These labelling practices vary from one country to another and even from region to region within a country's borders. Although they can be quite complex in reflecting these sundry customs and regulations, all world wine labels can be broken down into three basic categories:

**APPELLATION:** named for the place where the wine is made. This is still mainly an Old World concept where the sense of place is key. We have all heard of Beaujolais, Chablis, Piesporter, Valpolicella or Barolo which are all names of individual geographical regions great or small.

**VARIETAL:** named for the predominate type of grape used. This is predominantly a New World concept, with simple yet straight forward information. If I love shiraz or cabernet sauvignon, I know where to go.

**PROPRIETARY:** name created and owned by the brand. Many more producers are creating individual wines with individual names that become proprietary names. We certainly remember names such as Mouton Cadet, Mateus, Blue Nun and Yellow Label. Today there are literally thousands of names that try to attract your attention or seduce your senses. But always remember that when the label is just not enough, it is up to the wine merchant's expertise to answer any or all of your questions. So here are three great examples:

2009 Guigal Crozes Hermitage-France

From the renowned district of Crozes Hermitage in France comes this wine that shows all the elegance of this region. The producer Guigal is always synonymous to quality and this wine (made from 100% syrah) is just that.

2013 Bellingham Whole Bunch Roussanne-South Africa

A very recent arrival in Alberta, this delicious grape, originally from the Northern Rhone, has seen an unprecedented interest by many consumers. While it comes in different styles, this one, from old bush vineyards at high altitude, offers what I call the best expression of this grape: rich, yet so fruit forward that makes this such a delicious choice. Always yummy!

2011 Montecchiesi "Preziosaterra"-Italy

Italy is offering more and more wines at a better and better price points. And this wine is just what I always look for when I think value. Full of sensational aromas, rich black fruit flavours and round, firm tannins, it continues to have personality and style. Feel free to buy this by the case!

## UP COMING EVENTS

### SPRING FLING

Open House - May 3 12-6pm

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Catch the Spirit! [www.tracspirit.ca](http://www.tracspirit.ca)

By Karin Shott

EVENT: Edmonton Youth Talent Show 2014 (see poster attached)

Date: Saturday, April 26th, 2014 Time: 9:00 a.m. – 6:00 p.m.

Location: At the NEW Community Centre, 11520 – Ellerslie Rd. SW. A great event either as a competitor or as a member of the audience! Sponsorships are also needed to make this event happen. Register online at Eventbrite: [www.eventbrite.ca](http://www.eventbrite.ca) and look for: 3rd Annual Edmonton Youth Talent Show or visit [www.tracspirit.ca](http://www.tracspirit.ca) and find the link there.

EVENT: Southwest Edmonton Farmers' Market

Season Begins: Wednesday, May 14th, 2014 Time: 4:30 – 7:30 p.m. Rain or Shine

Location: South parking lot of the Terwillegar Community Recreation Centre. Your Wednesday afternoon destination. Meet your neighbors, grab a bite to eat, and support our local food producers & vendors.

EVENT: TRAC 10K Rock'n Run

Date: Sunday, June 1st, 2014 Time: 9 am - noon

Location: Mother Margaret Mary High School, 2010 Leger Rd. NW. Participate in the 3K Walk/Run and 5K/10K Run. All along the way you can rock to music. Lots of activities at the start site! Consider participating, sponsoring or volunteering for this annual event. As with all events, volunteers & sponsorships are always needed for continued success!

Brander Gardens ROCKS

BGR Bake It Up

The cold weather has not stopped Brander Gardens ROCKS from keeping things warm and fresh. As usual, the kids, each Tuesday and Thursday, are using the small gym and computer lab at Riverbend Jr. High, but recently had a chance to check out the cooking/home Economics facility in the school, where they made oatmeal & chocolate chip cookies. Alongside City of Edmonton and BGR staff, groups measured and mixed ingredients, set temperatures and poured containers and trays. Sweet smells and sounds came from the kitchen lab and tasty treats were had by all. Who knows what other adventurous recipes might be challenged and conquered in the future.

Study Club ROCKS

BGR is proud to partner with Frontier College in a new development with BGR programming for youth. It comes in the form of a Study Club each Tuesday evening at Riverbend Jr. High. This new program is based on the requests and needs of our youth who are working hard to improve and advance their language capacities and academic status. Students register and sign up to be matched with volunteers and staff to work on their individual study needs. The attendance and interest from youth is overwhelming and the program is well over



capacity for volunteer to student ratios. While the current volunteers are University students and grads, BGR will refer all volunteer candidates to Frontier College who screen, train and recruit volunteers on the programs behalf, and welcomes inquiries for interest in supporting the program. Together, each are working to support the students with capable tutors who care. From basic literacy to high school academics, there are many levels of needs to address. Thanks to all the volunteers and supporters!(see photos attached)

Terwillegar Park Footbridge & West End Trails. Check out the link below to find out more about the footbridge & trails: [www.edmonton.ca/city\\_government/projects\\_redevelopment/terwillegar-park-footbridge.aspx](http://www.edmonton.ca/city_government/projects_redevelopment/terwillegar-park-footbridge.aspx). Community Wine

The first community wine (Terwillegar) was a great success, and the next community wine is already being planned. Stay tuned for more details on "Riverbend Red".

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!



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The TRAC office hours are:  
Tuesdays & Wednesdays: 9:00-12:00 noon;  
Thursdays: 4:00-9:00 p.m.  
1<sup>st</sup> Saturday of the month: 10-2 p.m.

# Seniors

# News for 55+

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

[www.swedmontonseniors.ca](http://www.swedmontonseniors.ca)

By Kathy Trepanier

Awake, thou wintry earth. Fling off thy sadness!  
Fair vernal flowers, laugh forth. Your ancient gladness!  
-Thomas Blackburn-

After a ridiculously long winter, spring fever has finally hit Edmonton and people seem filled with that renewed energy and enthusiasm that comes with a return to warmer temperatures. The same kind of energy is powering the work of SWESA board members and volunteers. They have made amazing progress in developing programs and activities for seniors. Whether you are interested in participating now or you would enjoy helping develop this resource for seniors, read on - and mark your calendar.

SWESA Annual General Meeting

I hope many of you were able to attend SWESA's AGM on Apr 2. The Board reported on progress to date in developing educational and social programming for people over 55 in southwest Edmonton. A major grant was celebrated and results of a recent Needs Assessment were presented. If you were unable to attend, see the SWESA website for a summary of this meeting.

TOONIE TALKS

These popular talks only cost \$2.00. For a complete listing, see the SWESA News on the SWESA website or pick up a paper copy at the locations below.

- Go Go Gadget Help - May 8 or 13 from 10:00 am to noon -Yellowbird East Community Centre
- Do you need help with a new e-Reader, tablet, camera, i-pad, lap-top or phone? Edmonton Public Library staff will help you. Pre-register please.
- Respect for Older Adults - May 28th from 1:00-2:00 pm - Terwillegar Community Recreation Centre
- How to recognize older adults involved in abusive situations. Pre-register please.
- Respect for Older Adults - June 17th from 10:30-11:30 am - Yellowbird East Community Centre Pre-register please.

COFFEE, CHAT 'N CARDS

SWESA has two seniors lounges for people to drop in, have coffee, chat with other southsiders or play a friendly game of cards. Toonie talks are often given during these times.

SWESA's centre (Yellowbird Community East Centre) Tuesdays and Thursdays, from 9:30 am to 12:00 noon

SWESA's seniors lounge (Terwillegar Community Recreation Centre) Mondays and Wednesdays, from 1:00-4:00 pm

SWESA GENTLE YOGA - Mondays, 10:00-11:00 am Yellowbird East Community Hall

This class can be done sitting in a chair or on a mat. \$7/session. If there is enough interest, yoga classes will continue throughout the summer.

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

SWESA centre - Yellowbird East Community Centre, 10710 19 Ave

SWESA satellite site - Terwillegar Recreation Centre, 2051 Leger Road

SWESA phone - 587 987 3200 SWESA email - [swedmontonseniors@gmail.com](mailto:swedmontonseniors@gmail.com)

SWESA website [www.swedmontonseniors.ca](http://www.swedmontonseniors.ca)

COMMUNITY PROGRAMS FOR SENIORS

Pickleball - The 55+ Pickleball Group is still actively playing indoors at the Terwillegar Recreational Centre and welcomes new players. For more information, contact Glenn Kissick ([gkissick@gmail.com](mailto:gkissick@gmail.com) or phone 780 587 5198).



**HAPPY  
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**SUNDAY MAY 11**

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# Recent coyote sightings in Terwillegar

By Jenn Gilliard, Editor, Terwillegar Tribune

It's a dog, it's a horse, no it's a coyote! It's probably not surprising to a Terwillegar resident if their neighbor says they just saw a coyote. It seems to be happening all over the community, during any season. Whether at school, tobogganing, or out for a walk coyotes are being spotted frequently in the community.

Children at school have had to come inside early from recess because of a suspected coyote on the school grounds. It could've been a dog off the leash but for the safety of the young kids they were sent in early.

Local resident Gayle Morrison sent a message to the Terwillegar Community League board just last month when she spotted a coyote three different times in a two week period. She talked about when she was walking her dog and we spotted the coyote on the path behind the houses, by the church, it was heading towards the pond. Another local resident Steve Simala-Grant took a couple pictures on his cell phone of a coyote in the toboggan area this winter.

Coyotes have a natural fear of humans. The City says citizens only need to report coyote sightings if the coyote has followed, chased or attacked someone or a pet the coyote is acting aggressively or defensively the coyote looks sick. The city website has more details, and a link to a study being done through the UofA on urban coyotes. [www.edmonton.ca/for\\_residents/pest\\_management/wildlife\\_pests/Coyotes.aspx](http://www.edmonton.ca/for_residents/pest_management/wildlife_pests/Coyotes.aspx) or [www.edmontonurbancoyotes.ca/](http://www.edmontonurbancoyotes.ca/)

The following description of coyotes was taken from the City of Edmonton website. Coyotes are part of the dog family but have very long legs, oversized pointed ears and large bushy tails with black tips. An average adult coyote weighs 9 to 14 kilograms and is just over a metre long from nose tip to the tip of their tail. Coyotes have light grey or tan coats and slim pointed muzzles. If you do spot a coyote and would like to let residents know, you can always post a message on our Terwillegar Community League Facebook page.



Photo: Steve Simala-Grant

## Interested in trying your hand at writing?

Contact [editor@terwillegar.org](mailto:editor@terwillegar.org) if you'd like to contribute.

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

**TCL online: [www.terwillegar.org](http://www.terwillegar.org)**

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- The Szauners (Sellers)

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# Kids

## Coloring Contest



## Wordsearch

Answer pg. 10

Easter  
Keira Weber

e l e s s p r i n g s p r  
e o u k t c p g n r f l e  
w r f c r e c i e e y i t  
n e c i e r p w c n g e s  
s e o h e p o f n w p g a  
n s s c o l o u r f u l e  
r r r h f i b n o c g t e

- |       |         |           |         |
|-------|---------|-----------|---------|
| bunny | chick   | colourful | easter  |
| egg   | flowers | fun       | hopping |
| sheep | spring  | tree      |         |

Coloring contest entries due on May 14, 2014.  
Write your name, age, and address on the back of  
the picture and mail to:  
5970 Mullen Way PO Box 36508 McTaggart PO  
Edmonton, AB T6R 0T4  
Prizes will be awarded in the  
following age groups: 2-4, 5-7, 8-11.  
All Terwillegar residents are eligible. Winning  
entries will receive honourable mention in our  
June issue.

## Jokes for kids

Keira Gilliard

### Questions:

1. What do you call a fairy when she farts?
2. Where does the Easter Bunny paint his eggs?
3. Why did Mickey Mouse go to space?

### Answers:

1. Stinkerbell
2. At the 4 Bunnies Art Studio
3. He wanted to find Pluto

WE WELCOME CONTRIBUTIONS FROM CHILDREN AND TEENS!

Does your child like to write?

Do they have something they'd like to share with other people their age? Recipes? Jokes? Book review?

Email us at [editor@terwillegar.org](mailto:editor@terwillegar.org)



# Pet Health

## Adopting a pet from a rescue society



By Dr. Travis Foster (DVM)

ADOPTING A PET FROM A RESCUE SOCIETY? CONSIDER THESE 8 TIPS...

Ensure the pet fits your lifestyle. Remember that dogs require a minimum of 40 minutes of exercise per day, and can be more or less depending on the dog. If you are not home all day and the dog will be by itself most of the time, a cat may be a better option as they are a little more independent (and have access to the bathroom when you are not home!)

Check the animal's temperament. If you are a first time pet owner, choose a pet that has had some training and is more docile than others. Some pets are better placed in homes with experienced owners, such as dogs who would like to be "leader of the pack", or those with behavioural issues.

Training classes. Adopting a dog? Sign up for obedience classes. It will help you and your new companion get to know each other, and will help your dog gain confidence in his/her new role in your

household. If the dog knows all the tips and tricks, you may learn a thing or two!

Ensure the pet interacts well with children if you have little ones. Not all dogs and cats fare well with children in the house, if you have little ones try contacting rescue societies that foster pets in homes with children to find one that has been tried and tested around those grabby little hands!

Multipet household? Some pets do very well with other animals in the house, and some take longer to adjust. When introducing a new pet to the mix, ensure introductions are slow, and don't expect the pets to always be best friends from the get go, some relationships take time to figure out...give everyone space and time to get used to their new family. Don't forget to give each pet one on one time, it will help them relax and realize they are still the apple of your eye.

Prepare your home/yard for the new arrival. Have good quality food, dishes, toys, bedding, leashes, litter boxes, etc ready at home before bringing home your new friend. Remember, when introducing a new food to a pet, do so over the period of about a week, slowly mixing in the new food more and more over time to avoid an upset tummy.

Learn the ins and outs of housetraining. Not all dogs come house trained, you may need to teach an adult dog to use the great outdoors as the bathroom. Adult dogs learn quickly, however you do need to give them time to develop the ability to "hold it". A good way to teach them is to whisk them outside right after a meal, as eating usually stimulates them to have to "go". Reward reward reward! Remember, you must catch them in the act of actively doing their business inside to tell them "no". Rubbing their noses in it after the fact does not work, the pet will be scared of the tone of your voice and your body language which can be confused with "he knows he's in trouble" after he has made a mess.

Ensure up to date vaccines and is fixed. Most rescue societies ensure pets are vaccinated and fixed, however sometimes booster vaccines may be required. Obtain the paperwork documenting the pet has been fixed and is up to date on all vaccines.

Most importantly, have fun with your new pet. Do not hesitate to contact your local veterinarian for tips on pet training, health, and behaviour to help you and your new addition get used to each other.

Dr. Foster is the owner of the MacTaggart Veterinary Clinic and has 12 years of experience practicing Veterinary Medicine. For more information visit [www.mactaggartvet.com](http://www.mactaggartvet.com)

## Owning a pet

By Elle Gilliard (age 9)

Do you have a pet? Most people do whether you have a fish, cat, dog, hedgehog or bunny like I do. If you don't have a pet and your aunt does, you almost feel like it's your pet, because animals are quickly adjusted to different people. Like my cousin whose age 3, calls my Grandmas dog her own! Pets are very fun but they are a lot of work. You have to clean their cages and feed them daily. On spring break my family came to see my family. I'm supposed to clean my bunny Shilo on Sundays and Wednesdays but I was having so much fun with them I didn't clean her till Friday!!!!

On a school night its 7:30 I say "Dad I forgot to feed Shilo". He does it, but Shilo and him don't really get along she nips him a lot!!! No matter what I still like Shilo. I hope this encouraged you to get a pet!!!!!!

**Terwillegar Community Church**

**Good Friday Service**

• April 18th @ 10:30am

**Easter Sunday Service**

• April 20th @ 10am

**Spring Carnival**

• May 31st @ 2-4pm (Tomlinson Common Park)

- Petting Zoo
- Jumpy Thing
- Carnival Games
- Cotton Candy & Popcorn

To Register for Preschool or Soccer Camp go to [www.tccchurch.ca](http://www.tccchurch.ca)

Have a Pet...  
Tell us your story!

Are you a Pet Sitter....  
Advertise with us!

# Coming Events

**Weekly:** Please contact organizer for details

**Southwest Edmonton Seniors Association (SWESA)**

**Pickleball**, Every Mon., Wed. and Fri. 1:00-3:30 p.m. at TCRC

**Bridge**, Every Thurs. 12:30-3:30 p.m. at Riverbend Community Centre

**Terwillegar Playgroup:**

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

## Events:

**April 7: Submission Deadline for Terwillegar Tribune**

**April 24: Tribune Released**

**April 26: Edmonton Youth Talent Show**

**May 3: I'm Too Big For It Sale at Terwillegar Community Church**

**May 14: SWEFM 2014 season opens**

**May 24: Lovable Littles Sale at Terwillegar Community Church**

**More info at [www.terwillegar.org](http://www.terwillegar.org)**

Terwillegar Tribune 2014	
Submission Deadline	Released
January 10	February 10
March 7	April 7
May 9	June 9
August 1	August 29
October 17	November 24

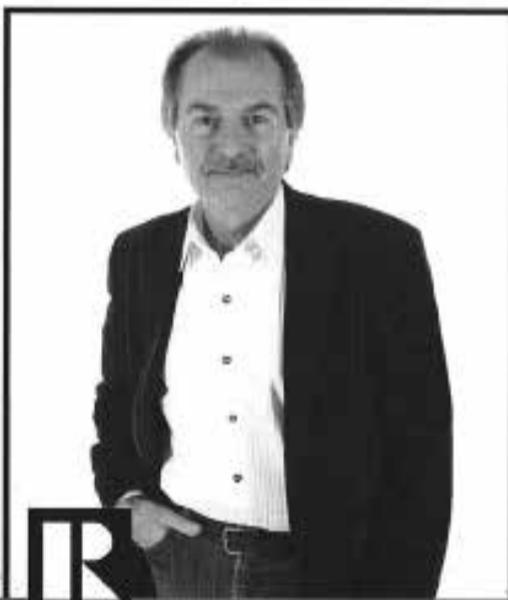
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# Terwillegar Classifieds

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

Want to see your ad here? Contact the Editor at editor@terwillegar.org.

**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**

## How to contact the Terwillegar Community League

- [www.terwillegar.org](http://www.terwillegar.org)
- President — Joe Ahmad, president@terwillegar.org
  - Vice-President — Steve Simala-Grant, vicepresident@terwillegar.org
  - Treasurer — Monte Weber, treasurer@terwillegar.org
  - Secretary — Diane Pelletier, secretary@terwillegar.org
  - Memberships — Jennifer Dalle Ore, memberships@terwillegar.org
  - Programs — Marc Lachance, programs@terwillegar.org
  - Program Aide — vacant
  - Community Advocate — vacant
  - Editor — Jenn Gilliard, editor@terwillegar.org
  - Webmaster — Alison Cairns, webmaster@terwillegar.org
  - Communications — vacant
  - Fundraising — Fiona Ko, fundraising@terwillegar.org
  - Fundraising Aide - vacant
  - Volunteer Coordinator - Scott Riddell, volunteercoordinator@terwillegar.org
  - Community Garden — Steve Johnson, garden@terwillegar.org
  - Neighbourhood Watch — vacant
  - Directors at Large: Gurleen Bal-Sra (South Terwillegar)  
Kelly Jeffrey (MacTaggart)  
Michelle McWilliams (Magrath)

Interested in joining the TCL Board? Contact us at president@terwillegar.org



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