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www.terwillegar.org
Issue 52 August 2014

Next submission deadline:
October 17, 2014
Next issue: November 24, 2014

South Terwillegar Spray Park is now open!

By Mandy Jones, Spray Park
Committee Member

On July 19, Terwillegar Community League happily cut the ribbon to celebrate the grand opening of their newest edition – the South Terwillegar Spray Park. Premier Dave Hancock along with some very excited volunteers opened the park ushering the many enthusiastic children and parents into the spray deck for the first time.

Terwillegar Community League would like to thank Premier Hancock for taking time out of his busy schedule to join us and help the community celebrate this new resource for our community. Premier Hancock gave a wonderful speech highlighting the dedication of community volunteers who spent years fundraising and organizing to make the spray deck a reality. Premier Hancock stayed on-site posing for pictures with excited community members.

Unfortunately Mayor Don Iveson and Councillor Bryan Anderson were unable to make the event, but both sent

messages of congratulations to the community and gratitude to the many volunteers who made this project happen for the citizens for community and the City of Edmonton.

Thank you as well to Terwillegar Community Church for coming out and making delicious popcorn for the event. Your donations, dedication to the community and support to Terwillegar Community League are greatly appreciated.

Other sponsors in the community also generously provided for the event. Thank you to Air Liquide for donating the helium for our balloons. Save On Magrath for donating the water. Gurleen Bal Sra – TD Mobile Mortgage Specialist for donating the coffee and hot chocolate. Macs Terwillegar for donating 100 slurpee coupons. And Radiant Health & Re-



laxation – Joanne Robertson and Gracie Jiu-Jitsu for coming out and supplying us all with delicious Melona bars. We couldn't have done it without you all. Your community spirit and dedication is amazing. Thank you

We would also like to thank the following donors who came out and generously donated to the spray deck:

Ron Dickson & Associates – cheque presented by Ron

Dickson, \$1,000

ATB Financial – cheque presented by Scott Riddell - \$1,000

Terwillegar Community Church – cheque presented by Pastor Ken McDonald - \$1,000

Brookfield Residential and Melcor Developments Ltd, who weren't able to attend the event but donated \$5,000 each to the build.

continued on page 4.



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Community

Volunteers make the community a wonderful place to live

By Mandy Jones, Terwillegar Tribune Contributor

I have lived in this community since 2008. When I moved here, I didn't know anyone and began looking for opportunities to meet people. My real estate agent told me about the Terwillegar Community League (TCL), so I decided to join. I have met many wonderful people through my volunteer work with TCL. There are many dedicated people who work tirelessly to provide quality and engaging activities for members of the community. One volunteer in particular stands out to me though for his dedication, commitment and genuine desire to make Terwillegar an amazing community, Monte Weber.

Monte began his work on the Terwillegar Community League in 2009. He took on the daunting role of Treasurer. His attention to detail and focus on the goals that the TCL board sets for each year has been a definite asset. Without him, many projects such as the Terwillegar Schools park in Terwillegar Towne, the Magrath park build and the South Terwillegar Spray Deck

wouldn't have been such a success.

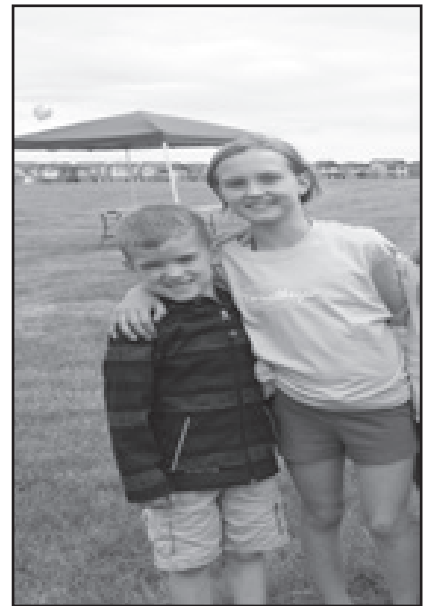
Not only does Monte ensure the league's money is being spent effectively, he also volunteers at and runs events for the Community League. He changes the neighbourhood signs to ensure the community is aware of upcoming events and meetings. He coordinates with donors and organizes fundraising opportunities. He is the liaison between TCL and multiple other organizations. He prepares grant proposals to ensure playgrounds and other resources can be built, he works with the city so that we can have green sheds in our neighborhood, and he even ensures that we have porta potties at the playgrounds. All of you parents out there are appreciative of those I am sure! He does so much for this community, and even has a smile while he is doing it!

Maybe he is smiling because he has a wonderful family supporting him. Monte's wife Tara is always there when we need her. She volunteers at many of the community league events, organizes a lot of the work behind the scenes and

shares her home as a storage facility for many of our event materials. They also have two amazing children, Keira and Owen. They are some of Terwillegar Community League's youngest volunteers. They are the first ones to step up to volunteer to run a game or a table at events and take their jobs very seriously. Their generosity and dedication as a family is an inspiration. The Weber family is amazing!

Thank you Monte, Tara, Keira and Owen for all that you do. You are appreciated more than you know. This community is lucky to have you!

Photos courtesy of Mandy Jones.



(L-R) Owen and Keira Weber



(L-R) Tara Weber, Monte Weber

Why volunteer?

By Scott Riddell, Volunteer Coordinator, Terwillegar Community League

To Be Challenged "Life is either a daring adventure or nothing at all."

—Helen Keller

To Do a Civic Duty "To be good, and to do good, is all we have to do."

—John Adams

To Share a Skill "Give a man a fish and feed him for a day. Teach a man to fish and you feed him for a lifetime."

—Chinese Proverb

To Learn from Others "Tell me and I forget, teach me and I may remember, involve me and I learn."

—Benjamin Franklin

To Gain Leadership Skills "To handle yourself, use your head; to handle others, use your heart."

—Eleanor Roosevelt

Editor's Page / Opinions

By Jenn Gilliard, Editor

The question is, do parents look forward to the last day of school or do parents look forward to the first day of school? Let's think about it for a minute. The last day of school brings with it summer holidays, a time to relax from the rushing to school and programs. Summer time can often be a game of clever coordination full of child care, camp, playdates and travel.

Filled with going to bed late, sleeping in, swimming, hiking, reading or Ipad, Ipod or any other hand held device kids can get their hands on, it is a season where basically there is a lack of routine for all of us.

I tried to have an unplugged day in the middle of July and all I got was a "Mom, it may be easy for you, you were born in the 70's!" By mid August even your most Ipad addicted child may be bored. Summer days are often, unstructured whether you are at home, camping or the cottage. But, even during those lazy days of summer our minds return to that time of Back-to-School. How many of you spent hours researching and registering for programs for yourself or your kids this Fall? How many nights a week will be dedicated to activites?

On page 13 you'll find "How to pick age-appropriate sports"

from Rejuvenation Health.

Even the grocery list changes at this time of year with Back-to-School shopping for snacks and lunch foods. Turn to page 8 where Sheri Hendsbee from SWEFM shares "Healthy Eating for Back-to-School."

Parents you'll have to brush up on your math, spelling and other subjects as the homework comes home and your children need help. Spelling tests often on a Friday can make Thursday night extra busy reviewing the words. Parents be prepared for that inevitable science project or social studies report. You're bound to discover a city or country you didn't even know of!

Our Back-to-School theme "Kids Coloring Contest" is on page 14 for a chance to win a ToysRUs gift card.

Terwillegar Community Church shares "Deisgning Fall Spaces" on page 21.

Of course one of the most important changes is getting up and getting to school on time. For those who are going to Monsignor William Irwin there is a new start time. The new school start time is 8:40 a.m. with an end time of 3:20 p.m. Call the school for more details.

Good luck with your first day of school and the whole year ahead!

Do you know someone who by devoting their time, talents, or expertise has served the community?

Do you know a youth who has demonstrated leadership, volunteerism or academic excellence and should be recognized?

If so, tell us about them. We love to hear about our oustanding community members!

Membership info
Current memberships expire
August 31, 2014.

2014/15 Community League
Memberships are now for sale.
Membership will expire August
31, 2015.

For more information please visit
www.terwillegar.org
or memberships@terwillegar.org

Do you have a comment about
our paper or community?

Write a letter to the editor for our
opinions section:

editor@terwillegar.org

What IS Neighbourhood Watch?

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

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

It's people helping people to prevent crime!

The emergency number for reporting a crime in progress is 9-1-1.

The phone number for non-emergency complaint calls is 780-423-4567.

Community

South Terwillegar Spray Park is now open!

con't from page 1

Without donations, we would be unable to build such beautiful resources in our community. If you are interested in donating, we are still approximately \$65,000 short of our goal for this project. Donations of \$20 or higher are eligible for a tax receipt from the City of Edmonton. Donations greater than \$250 are eligible to put their name on the donation plaque which will be revealed at the opening of the playground portion of the project.

As this phase of the project is completed, we would like to also

thank the volunteers who have worked tirelessly since 2009 to see this project become a reality for the families of Terwillegar. While everyone's efforts are greatly appreciated, the planning committee truly deserves the greatest thanks. Without your dedication, a project of this magnitude would not have been possible. Thank you Monte Weber, Mandy Jones, Danielle Gordon, and the many other dedicated community members who volunteered their time and energy and the Terwillegar Community League Board!



Honorable Dave Hancock cutting the ribbon!



(L-R) Volunteers Owen Weber, Keira Weber, Kaity Jones, Riley Jones, Thomas Gordon and Sarah Gordon



All Spray Park photos courtesy of Rob Agostinis



(L-R) Monte Weber, Honorable Dave Hancock, Mandy Jones

Toonie Carnival!

By Mandy Jones, Terwillegar Tribune Contributor

Terwillegar Community League’s annual toonie carnival was a success

August 9 was a beautiful day for a carnival! The community came out to enjoy a day filled with family fun, all while supporting our playground build in South Terwillegar.

We couldn’t have asked for a nicer day. The weather cooperated nicely. And thankfully the wind stayed away so that the bouncy houses and superslide could remain in operation. There were carnival style games run by dedicated and enthusiastic volunteers who cheered the participants on in true carnival style. A delicious BBQ run by the ever supportive Jones family. Gymnast came out to entertain our youngest community members with bubbles and other activities. Shoppers Drug Mart MacTaggart came out with much needed bug spray and sunscreen donations, and numerous other items needed for the carnival. Save On Foods Magrath came out and supplied delicious fresh

watermelon and cool treats for the event. And of course there were prizes for those who played the carnival games. There was also facepainting, a petting zoo, balloon twisters, helium balloons, Beaners doing hair braiding and colors, bouncy houses from Inflatable Fun and glitter tattoos. And last but not least the spray deck to cool off in!

Thank you to all of the volunteers who came out to support our event. Your enthusiasm was amazing! These events could not possible happen without your dedication and hard work. You are greatly

appreciated.

Many donors made this event happen. Thank you to Macs Terwillegar Towne for donating coffee for our volunteers and drinks and chips to the BBQ. Air Liquide for donating the helium for the balloons. Outland Electric for donating a generator to run one of the bouncy houses. Community Members – the Schneider Family for donating the sound system and being there all day to support us. And to Terwillegar Community Church for donating the use of the carnival games to us. We

couldn’t do it without you and your support, thank you!

We raised some money for the playground build and had a lot of fun doing it! Thank you to everyone who came out to enjoy the day and help us raise some much needed funds. If we raise the remaining \$65,000 by December, we will be able to finish the playground with a Spring build.



(L-R) Volunteers: Owen and Keira Weber, Kaity and Riley Jones



(L-R) Volunteers: Elle and Keira Gilliard



(Photos courtesy of Mandy Jones)

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Fundraising by students in the community another success

By Jenn Gilliard, Editor

This past June, 4 girls from Monsignor William Irwin school hosted an fundraising event for YESS (Youth Empowerment and Support Services.) It was another amazing afternoon of generosity and fun provided by Kids Helping Kids. The following week over \$1000 and 4 boxes of in-kind donations were brought to the YESS office.

For weeks previous, Elle, Gilliard, Keira Gilliard, Dolce Young and Ava Shold were busy preparing for the event creating posters, flyers, and making presentations at school. Money was raised through the purchase of raffle tickets, face painting, hot dogs and drinks with all profits were going to a

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

Many programs are offered including Nexus, short-term housing and shelter, and Compass which allows youth to build the emotional resilience and coping skills they need to be healthy and successful. Other services include career and educational guidance, job training, drug and abuse counseling services, and even pet therapy.



(L-R) Front row: Dolce, Elle, Keira, Ava

Thank you again to those who came by to support the girls and thank you to our corporate sponsors and local businesses who donated gift cards and other items. Kids Helping Kids has been working hard and

donating time and money to charities over the past 4 years. These young girls have raised money for the Stollery Hospital, Juvenile Diabetes and Neurosurgery Kids Fund.

Terwillegar Spray Park and Playground Fundraising Success!

By Monte Weber, Terwillegar Community League

Thank you to everyone- from the local businesses who helped distribute our donation slips to all those who donated- with our last fundraising campaign! I would also like to say a special thank you to UPS Magrath for giving us such a great rate on printing the donations slips and to Ron Dickson and Associates for helping to pay for those costs. In the end, we raised over \$8,000 to put towards the South Terwillegar Spray Park and Playground.

The most exciting part is that local resident Chad Helliwell and his family won the Ipad Mini! The Helliwell's donation was the second one we received in this campaign- glad to see his eagerness was rewarded. Here are two of the happy winners of the Ipad Mini.



Two of the happy winners of the Ipad Mini.

Thank you Famoso

By Monte Weber, Terwillegar Community League

Thanks Famoso!!!! Famoso McGrath served their famous Neapolitan pizza and other favorites to the community July 24th and August 14th. All profits earned between 11 a.m. - 11 p.m., were donated to South Terwillegar Spray Park and Playground. Over \$1850 was raised in support of our beautiful community. Thank you Famoso for your support! This is our 3rd year partnering with Famoso, thanks again for all your support.

Watch www.terwillegar.org for information on our upcoming AGM which will be held in the Fall.

The Importance of Building a Personal Credit History

By Dalena McLean, Investment & Financial Advisor

The Importance of Building a Personal Credit History

Your credit history is your passport to borrowing. With no history of credit, or an unfavourable borrowing record, you could have trouble getting a personal loan, mortgage or credit card in the future.

That's why you should get started on establishing a positive credit history as soon as possible and take care to keep that history positive. Whether you're young, you're a newcomer to Canada or your finances are well established, your credit history is a key element of your financial picture.

A credit history is established by borrowing. It starts the

moment you apply for your first credit card or take out your first bank loan and builds from there. It's a record of your credit applications, outstanding loans, payments and anything else connected with borrowing.

Your personal history is reflected in a credit "score" or "rating," maintained by credit-reporting agencies. Think of this as the "grade" you've received for your borrowing practices.

Each time a financial institution grants you credit, it is likely to send details of your credit and payment patterns to credit agencies. These agencies will collect information and make it available to other lenders.

When you want to borrow, lenders check your history and

score. Details in your file usually include personal information, employment, banking information, outstanding credit, payment history, legal judgments against you and details of bad debts that have been referred to collection agencies.

The more positive your credit history and score, the easier it is to get credit. Lenders want to know you're a good risk,-that you'll make payments on time and they'll get their money back. A good history and rating may also get you better borrowing rates.

The key to maintaining a favourable history is using credit wisely. Borrow responsibly. Don't take on more debt than you can handle, and make payments on time.

Credit cards are one way to get started-get one, use it sparingly, and make payments when you're supposed to.

And be sure to review your credit ratings and history from time to time. You're allowed access to records maintained by credit rating agencies. For information on how to check-and a more detailed explanation of credit history-visit the Internet site of the federal government's Financial Consumer Agency of Canada atwww.fcac.gc.ca. Look for the booklet, Understanding Your Credit Report and Credit Score, in the publications section.

Community and home development in Terwillegar Towne

John Friesen, Executive Director
ed@terwillegartowne.org.

The Terwillegar Towne Homeowners Association (TTHOA) is currently engaged in several projects and campaigns within its boundaries. (The TTHOA contains homes in both Terwillegar Towne and South Terwillegar.)

First, the TTHOA reiterates its commitment to its Little Free Library program. As many of you are aware, the TTHOA installed three Little Free Libraries in the community in June. Little Free Libraries provide residents with the opportunity to donate and borrow books at selected locations for free. Unfortunately, two of them were vandalized shortly after installation. The TTHOA is currently considering several options that would make the Little Free Libraries less vulnerable to vandalism (especially fire) and hopes to have the program operational again soon.

The TTHOA is also currently considering various options for development of the land it owns. Of particular relevance is a large green wilderness space on Towne Centre Blvd (close to the

intersection with 23 Ave). The park consists of a long gravel path overlooking a forested and hilled area. Over the next few months, the Association will actively canvas the community for its input. Existing plans include the installation of picnic tables and shelters and the creation of a Frisbee golf course in the park.

Lastly, the TTHOA is working to raise awareness of its existing architectural standards. Terwillegar Towne has existed since 1997, and many homeowners may be considering renovations to their homes. The TTHOA is working on a publicity campaign to raise awareness of its existing standards and is encouraging all homeowners to contact us for clarification regarding major changes to their home. To access our architectural standards please go to www.terwillegartowne.org/images/stories/pdf/archguidelines.pdf

For a map of the TTHOA area please go to www.terwillegartowne.org/maps/tthoa-boundaries-map.





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SWEFM

Healthy Eating for Back to School

By Sheri Hendsbee, SWEFM

It's back to school time, and that means one thing for Terwillegar area parents... it's time to meet the challenge of packing health-filled, tasty lunches for the kids.

With any luck, the children involved in the Southwest Edmonton Farmers' Market's Sprouts program will be eager to apply the nutritional knowledge they've acquired this season to packing their own lunches for school. Participating in the program, they have gained a little more insight into food and nutrition and learned a few new cooking skills from trying out the Sprouts kids' recipes at

www.swefm.ca under the Sprouts tab.

Getting kids involved on the home-front in preparing their food develops important life skills and helps them to develop a deeper understanding of our local food system. And if they are also involved in grocery shopping, the effects are even greater, whether that happens at your community's farmers' market or at your local grocery store.



Involving children in grocery shopping teaches them a great life skill.

There are lots of great items at the Southwest Edmonton Farmers' Market to pack into those lunches:

Red Fife wheat bread, from *Prairie Mill Bakery* has an exceptionally high protein count. Its flour is made with whole grains that Owen grinds himself. Use it to make sandwiches, and your kids will be boosting their brainpower and feeling satiated for much longer. Protein takes a long time to digest; so packing a little

protein into each meal helps kids' tummies feel full longer, and helps their brains and their attention spans function optimally.

Need gluten free buns or bread for those lunchtime sandwiches? Then Lee-Anne from *Celebrate, Gluten Free* has lots of terrific options. Her buns are small, which make them the perfect size for kids' lunches and are packed full of nutritious ingredients like sweet potato and brown rice flours and flax meal.

The veggie stalls have terrific mini cucumbers, small tomatoes, long broad beans, mini bell peppers and sweet field carrots that pack well in lunches and add a sound, nutritional punch to your child's daily diet. The more intense the colour of the vegetable, the more packed with nutrients and beneficial phytochemicals it is. Add to those veggies a small container of tzatziki from Theo's Greek Kouzina (a healthy yogurt & cucumber Greek dip) and you have a tasty combination. And that yogurt adds another form of ever-valuable protein to the lunch.

Need a sweet treat? There are nut-free granola bars and mini banana breads at Little Crumbs Bakery and healthy treats made from super foods (like kale,

matcha and quinoa) at Superfood Station.

Like finger foods? Then ripping off pieces of a pita from Theo's or naan bread from Mini Kitchen and dipping them in hummus is a terrific option. And the chickpeas in the hummus are another excellent source of dietary protein and fibre.

There are wonderful cheese-filled, cigar-shaped pastries at the



Sunrise apples are the first apples of the season to come in from the BC orchards.

Turkish stall that pack easily and taste great, even to picky young-children's palettes. Cheese is another way to sneak that protein into your child's day.

Fall apples are now coming in with the harvest items and are a wonderfully nutritious treat that stay firm and delicious in a packed lunch.

Should you feel at a loss as to where to find these items, or still need a little inspiration and direction, or have specific dietary needs that must be met, there is still time to meet with our University of Alberta nutrition student, Chelsey, on site at the market's info booth. She will take you on a free, guided tour of the market and introduce you to some of the hidden nutrition gems that are there. You can find items from

to gain a lot of terrifically creative ideas and fascinating information from her.

This season we tried something new at the market with the *Experience This!* themes. These themes are a teaching tool, and hopefully a source of inspiration, for those that stop by the info booth. The summer's last three themes, and their draw prizes, have been quite fun: "Protein Power," "Carbohydrates Are Complex" and "Fat Is Your Friend." Every week there is a new exciting draw in which to enter.

We have worked extremely hard to bring a top quality market *where communities, farmers, and artisans come together* to the Terwillegar area. Hopefully you have had a great time up at the market this season, enhanced the health and nutrition of your



Chelsey gives Nutrition Tours at the market

a diverse array of world cultures from Korea to Thailand, and from India to Turkey and Greece. There are also vegetarian, vegan and nut free options available. You can ask her any dietary questions you may have and you are guaranteed

family's weekly food experiences and learned something while you've been at it.

The market continues every Wednesday, from 4:30-7:30pm, through October to Thanksgiving.

Plant a row, Grow a row

By Sheri Hendsbee, SWEFM

If you’ve been up to the market lately, you’ll have noticed the incredible beauty that’s there: piles of bright green cabbages, mountains of purple, yellow and white cauliflowers, patchwork patterns of berry baskets, and bouquets of gorgeous onions. We are so incredibly lucky to be inspired by this sight and to have easy access to such an amazing local food supply.

This week, you will have an opportunity to share this wealth of fresh fruits and vegetables with Edmonton’s Food Bank through the Southwest Edmonton Farmer’s Market’s participation in Plant A Row, Grow A Row. A nationwide initiative that collects fresh produce for local food banks, it encourages people to plant a row of vegetables in their home gardens in the spring that they harvest and donate to the food bank in the fall. It is a way for people of our community to put top quality, nutrient-dense food into the hands of those in need of support and assistance in our city and in our local community.

There are 2 harvest collection dates this year: the last Wednesdays of August 27 and September 24.

There are 2 ways to participate:
Bring your vegetables, picked that day or the evening before, to the Food Bank’s truck on site at the market.

If you do not garden, you can purchase produce from the market’s vendors and donate it.

What does the food bank need?
Root vegetables like carrots, beets, onions and potatoes.
Fruits that store well like apples.
Salad items like lettuces, cucumbers, peas, beans and tomatoes.

The food bank asks that you do not wash the produce as it can go mouldy in storage. Just lightly brush it off. Do not bring anything that needs to be baked (like crab apples) or anything that you have canned yourself.

Lettuce make a difference in our community! *Turnip* at the market and donate fresh, real food. And let’s *beet* last year’s record of 550lbs!



Plant A Row, Grow A Row

Set aside a row of vegetables in your garden for the Food Bank. Harvest them and return them to the market on the last Wednesdays of August & September.



Or purchase fruit & vegetables from the SWEFM vendors at the market, and donate your purchases.

Lettuce feed Edmonton, together

www.swefm.ca

Enjoy Smiling!



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Gymboree franchise for sale

*By Dawn Angus, Owner,
Gymboree Play and Music
Edmonton*

I have lived in Southwest Edmonton for the past 14 years, Riverbend for the last 9 years and have been an active community volunteer since I was in university back in Newfoundland. I permanently left my position in Early Head Start 8 years ago when our third child was born. I decided I wanted to be at home with our children and volunteer for programs involving my children and within the community.

I began attending a local community playgroup program called Little Peanuts, part of the Peanut Butter & Jam Playgroup, when my son was 2 months old. I was looking for other local new moms to connect with as my older children were 10 years of age, and I didn't know anyone in the area with babies and felt very isolated. I made some of my most valuable friendships from that program and joined the board with an incredible team that stayed together for a few years.

With my son nearing preschool age, my search began for a local preschool program. This proved to be a very challenging task. I found through our local community paper that a founding committee was forming in my community for a new preschool. I immediately joined the committee, and two years later, stayed involved with the board as the Fundraising Chair

for the inaugural year of the new Brookview Preschool. This position gave me the opportunity to chair the first two years of the Brookview Winter Family Festival and silent auction, and to assist in organizing the annual TRAC race as a fundraiser for the preschool.

Through volunteering, I have met incredible people and have made amazing friendships. I guess I missed work, but didn't want the commitment of a job. I have had great opportunities and positions on numerous boards, committees, fundraisers, and charities. Some of my favorite volunteer groups include Because Edmonton Cares, Ronald McDonald House, Simply Supper Helps, and the Junior League. I only wish I had more time to dedicate to each group. One program that I have volunteered on and off with for over four years is the SouthWest Early Years (SWEY) Coalition formed by ECMAP, which is an early childhood mapping initiative, something that I am very passionate about is Early Childhood, and this was a perfect fit.

After my fourth child was born, and attending numerous wonderful children's programming in the city, I found myself in a conversation with the owner of Gymboree Play & Music about purchasing the business. By the time I left class that day, I was excited to come home and share with my

husband, that we should buy this business. I was excited to get back to working with families, providing a program that I loved attending with both my youngest children. After researching the brand, and meeting with the corporate team, I knew this was the perfect fit. The philosophy of the Gymboree brand fit perfectly with my own education in early childhood, and I was excited to bring the brand to its highest potential here in Edmonton.

The first year was about reviving the brand and set my goal to bring the business into the southwest, where I felt there was a lack of children's programming. I eventually found the perfect location, which wasn't easy- and July of last year, my goal was reached when we opened our doors right here in the Riverbend community. There were lots of challenges; the biggest one I faced was finding the right team that matched our philosophy and desire to provide Edmonton and area with a program that is known worldwide for its exceptional programming and customer service. We have been extremely lucky to have found that team of exceptional caring individuals who love what they do, and our families love them.

My own personal life has changed faster than I was ready for, our two oldest children are beginning university this fall, and our youngest is beginning kindergarten. Gymboree is

still growing, and the need for marketing demands on my time is more than I wish to pursue. We decided this spring to place Gymboree Play & Music of Edmonton for sale.

Owning Gymboree Play & Music has brought many new opportunities, friendships, both with families and other business owners. My favorite part is the opportunity of watching children and their families who began with us at just a few weeks old in our Level 1 class, grow through the program and now attend our School Skills class. They are part of our Gymboree family. Even families who stay with us a short time become part of our Gymboree family. I love it when a child will point at me when we are out at the grocery store or park and say "Gymboree!" It really does make my heart smile.

With the sale of Gymboree, I am looking for someone who will take my "Gymboree baby" now in its "teenage years" and continue to grow it to its full potential. While they will get to reap the benefits and success of the business, I will be happy knowing I brought this amazing program into our wonderful south west community for families to spend quality time together, meet new friends, and help bring our community together.

Edmonton Franchise for Sale

If you are looking to be a part of the global leader in early childhood development programs, you love working with families, and believe in delivering exceptional customer service, this will be the perfect fit for you! If you, or anyone you know, are interested in researching the possibility of owning this Gymboree Play and Music location, please contact me at dawnangus@telus.net You can also visit our website to learn more about our franchise and complete an application for more information to be sent to you directly from our corporate office. www.gymboreeclasses.com

Fighting fire with water-An anti-bullying strategy that works

By Jeff Greekas, Owner/Head Instructor, at Edmonton Gracie Jiu-Jitsu

This year, over 13 million children and youth in the US and Canada will experience bullying-making it the most common form of violence amongst young people today. Kids being cruel to each other has persisted for generations, however, bullying has escalated in terms of both frequency and severity.

The majority of bullying occurs in and around school buildings, as this is ‘the hub’ of school-aged children’s social interaction. Canadian research indicates that bullying occurs on school playgrounds every seven minutes and once every 25 minutes in classroom settings. According to Ipsos Reid data, approximately one third of Alberta households report being affected by bullying.

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

Most martial arts programs rely on striking the attacker with punches and kicks (e.g., “You punch me, and I’ll punch you harder”). While a strike may have its place during a life threatening situation, it has no place on the playground and will always do more harm than good. It causes serious harm and gives children the idea that violence is a legitimate way to solve problems. It can even turn victims into bullies.

Current research indicates that successful bully intervention

programs need to include components designed to build social skills, such as interpersonal skills, assertiveness, empathy and conflict resolution. Jeff Greekas, Owner/Head Instructor, at Edmonton Gracie Jiu-Jitsu, strongly suggests highly refined martial arts program that empowers and equips children and youth in the skills and techniques-both verbal and physical-for defending themselves and repelling bullies.

The premise of the Gracie Bullyproof program is to ‘fight fire with water’, by specifically encouraging children to exhaust all non-violent alternatives when dealing with bullying. For more information about Edmonton Gracie Jiu-Jitsu, visit www.edmontongraciejiujitsu.com.



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www.EDMONTONGRACIEJIUJITSU.com

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

THANK YOU!!

The Terwillegar Community League Board would like to thank you for your support this year. We are looking forward to 2015!

THIS IS THE PROGRAM
YOUR NEIGHBOURS HAVE BEEN TALKING ABOUT!
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Green and Gold Community Garden

Green & Gold Community Garden

A local garden with global impact

By Patti Hartnagel, Aspen Gardens Community League

The Green & Gold Community garden, on the University of Alberta South Campus, has opened the garden market for the season. The markets are on: Tuesday evenings - from 7-8:30pm

Saturdays – from 11am-1pm

The garden is a joint project of the University’s School of Public Health and the Faculty of Agricultural, Life and Environmental Sciences. Volunteers manage the garden

and their time, and most of the seeds, plants and equipment are donated.

The vegetables, herbs and flowers are all “spray-free” (no pesticides or artificial fertilizers are used).

The garden produce is available to the public during market hours in exchange for a donation. Anyone is welcome to ‘purchase’ their vegetables at the garden market. (We ask that donations be based on what you might pay for similar produce at a farmer’s market or in the

grocery store.) All of the donations are sent 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) 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



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Green & Gold Day

Friday, Sept. 19
Main Quad 11 a.m. – 2 p.m.

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Who’s coming and the complete list of Alumni Weekend events.
Plan your weekend:
uab.ca/aw2014



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How to pick age-appropriate sports

By Faith Grant, Rejuvenation Health Services

With the start to the school season, the calendar also gets filled with after-school and weekend activities for the kids. You’ve probably considered your child’s interests and talents when you enroll them in various activities, but have you thought about what kind of physical activity is appropriate for their individual stage of development?

Sports injuries in children and young adults are on the rise... and sometimes all the pain and suffering could have been avoided by choosing age-appropriate activities. Doctors are commonly seeing injuries due to the overuse of some joints; shoulder and arm trauma in kids who pitch baseball, for instance. Knee injuries in kids who play soccer are very common. Sports that have repetitive motion or intense training are the culprits.

Narrowing Down Your Child’s Choices

From the myriad of choices, age appropriateness may be a good first step to narrowing down your child’s choices. What does age appropriate mean? Simply put, it’s an evaluation of a child’s cognitive, motor and social development in comparison to the demands for a sport or activity.

Children Aged 2-5

Children should be developing fundamental physical skills like running, balancing, throwing and catching. Fun should be the primary objective while children are given a chance to experiment and explore. Suggested activities: riding a tricycle, throwing/ catching a ball and running.

Children Aged 6-9

Motor skills are, generally, still developing in children this age and are being improved (like throwing a ball further). More structure to the activities can be introduced at these ages, like game rules. Suggested activities: riding a bike, swimming, gymnastics, soccer and baseball.

Children Aged 10-12

Motor skills are generally well developed at this stage. Skills in a particular sport or activity are further developed. Suggested activities: hockey, football, racquet sports and basketball.

Children Aged 13-15

Children in this age group are generally very strong with large muscle mass and have fully developed their motor skills. Suggested activities: track and field, basketball, hockey, gymnastics and racquet sports.

Beyond age 15, most children will have well-developed motor skills,

will have achieved their muscle strength and will have had enough opportunity to practice the skills they are good at in the activities they’ve tried. They will probably also have indicated which sports they like better than others. While risk of injury always exists, educating players, coaches and parents and taking safety precautions can mitigate the chance of injury.

Many Benefits to Physical Activity

Studies show that children who are involved in sports usually do better in school, are less likely to abuse alcohol or drugs, have good relationships with their peers and have better overall health.

Experts caution that in addition to the increase in sports-related physical injuries, there’s been an increase in stress levels of children and young adults due to the nature of participating in competitive sports. Burnout is also becoming commonplace. Consider these factors as you discuss physical activity options with your kids. And, look for warning signs and talk to your kids about their level of enjoyment in playing a particular sport or participating in a particular activity.



If you have questions or are interested in learning more about keeping your kids healthy and safe while participating in sports, please contact us at 780-431-9623 or 587-524-9623 or at feelgreatagain@rejuvenationhealth.com.

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 Street N.W.

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Kids

Coloring contest



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Coloring Contest fun for kids ages 2-11

Color this back pack full of Back-to-School items for your chance to win a ToysRUs gift card. \$25 for the winner and \$10 for the runner up!

All entries must be received by September 20. Only one entry per child. Contest is open to all Terwillegar, South Terwillegar, Magrath and MacTaggart residents.

All entries will be judged in the following categories: ages 2-4; 5-7; 8-11. Please include your name, age, and phone number on the back of your picture

Mail to: Terwillegar Community League PO Box 36508 RPO McTaggart Edmonton, AB T6R 0T4

A copy of this coloring page can also be found on our website www.terwillegar.org.

Word Scramble

BACK TO SCHOOL

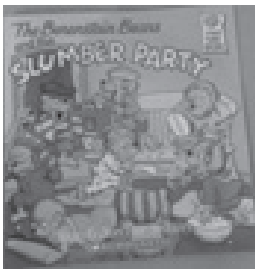
C U N L H
 E A T H C R E
 C R E S E S
 L L B E
 E B N R I D
 L P E A P

Hint: Hope it's sharp!

Book Report

This book is very very good. I read it a few times and I really like it. It's about Sister Bear goes to her first slumber party at her best friend Lizzy's house. It gets out of hand with pillow fighting, soda squirting and some uninvited guests show up. Lizzy's parents were out and Lizzy's older sister was babysitting. They were being too loud so Lizzy's sister called the police. The police officer reached the house at the exact same time as Lizzy's parents. Things calmed

Lizzy's parents called everyone's mom or dad. Mama Bear was very upset, sister was in so much trouble. She got grounded. The next day Sister had to go help clean up the pa



The End. Thanks for reading this book report!

Does your child have a favorite Recipe? Book? Riddle?

Contribute to the Kids page!

Email us at
editor@terwillegar.org

Wordsearch

By Elle Gilliard

Answers on page 18

D	A	B	O	G	R	A	D	E
P	E	G	W	B	O	O	K	S
G	P	S	E	R	O	E	R	C
M	E	N	K	A	M	E	R	H
F	N	I	S	A	S	R	Z	O
A	C	T	C	A	P	Z	R	O
L	I	D	R	B	E	L	L	L
L	L	E	R	H	C	A	E	L
P	S	R	E	H	C	A	E	T
SCHOOL DESK BOOKS		PENCILS ERASERS GRADE		TEACHER FALL BELL				

Dave Hancock’s Riverbend pancake breakfast

By Monte Weber, Terwillegar Community League

Thanks Premier Dave Hancock for having TCL at your pancake breakfast in Riverbend Square. Over \$400 in donations raised for the South Terwillegar Spray Park and Playground! Congratulations to Lynn Marcellus and Charleen Feuffel for each winning a \$25 gift card for Famoso from TCL.



TCL member draw at Toonie carnival

By Monte Weber, Terwillegar Community League

Congratulations to the winners of the TCL member draw at the Toonie Carnival: Sandra Prefontaine, Jordan English, Larry Lannon and Pam Puri-Alexander. Hope they enjoy their free family pass to either the Edmonton Zoo, Muttart Conservatory, John Janzen Nature Centre, or the Terwillegar Recreation Centre.

By Monte Weber, Terwillegar Community League

Cooking up some mac and cheese with a side of language enrichment!

By Cheryl Millar, M.SLP, R.SLP, Speech Language Pathologist

Cooking with your young school-aged child is a wonderful way to bond and to help your child with their language development. The best kind of multi-tasking! Take any simple recipe, like homemade macaroni and cheese, and use some of the following ideas:

Discuss the recipe and plan together - Talk about the steps you will be taking, using sequencing words like “first”, “next”, “then” and “last”. For example, you could say, “First, we should take out everything we will need”, “What should we do next?” and “Last, we should eat the macaroni and cheese!” Talk about safety in the kitchen. “We always turn the handles of pots toward the back of the

stove”. Take out the ingredients and equipment - A great language strategy to use is self-talk: simply talk aloud about what you are doing as you do it. You are modelling new words and concepts for your child. “Look, I found the measuring cups behind the pans”. Talk about the function of the utensils you will be using. “This wooden spoon is to stir the sauce”. Also talk about your child’s actions when it feels natural. “Wow, you are adding the milk carefully.” Action words—like measure, add, remove, pour and stir—are especially good to use. Involve your child in the decision-making - Help them by providing two choices. For example, if you say “Should we use add some of this cheese or

all of it?”—and show what you mean—you are introducing quantity concepts. Other quantity concepts include: none, empty, full, a couple, more, less and most. Ask for your child’s assistance - As well as hearing new words, your child will get practice following directions. “Please get the large pot out of the cupboard.” “Can you get the butter from the fridge?” Make predictions together - As you cook, ask questions that require your little one to make inferences or predictions, such as “Why do we need to simmer this sauce?” or “What would taste good with the mac and cheese?” It is good for your child to practice using words to explain their thinking. It’s worth remembering -

Later, help your child tell a family member or friend how you made the macaroni and cheese. Help them retell the steps in the right order. A really cool idea is to take a picture of your child at each step in the process. You can then easily make a book or a slideshow together. Together, decide on one line for each picture—like “Emma is stirring the mac and cheese”. Enjoy reading the story together. Have a great time cooking up some fun! Cheryl Millar is a speech-language pathologist with a private practice based in Terwillegar Towne. Her website is cherylmillar.com.



Cheryl Millar
— SPEECH-LANGUAGE PATHOLOGIST —

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All discounts, prices & information apply to Terwillegar location only

WHY 30?

As of September 2, school zones will come into effect around elementary schools throughout Edmonton. As such, motorists will be required by law to slow down to 30 km/h between 8 a.m. and 4:30 p.m. (08:00 – 16:30) on school days where school zone signs are posted.

The lower speed limit will improve safety around elementary schools and protect our most vulnerable road users: **young children**.

WHY IS IT IMPORTANT TO SLOW DOWN AROUND SCHOOLS?

- Children aged 10 to 14 years have the highest incidence of pedestrian-related injuries. Children aged five to 14 years are at the greatest risk for pedestrian-related deaths
- The most common child pedestrian action that results in injury or death is crossing at an intersection, followed by running onto the road
- When children are struck by vehicles, their injuries often result in life threatening or permanent damage. The faster a vehicle is moving, the greater the impact — and the more devastating the results
- The distance needed to stop safely is much greater for a vehicle travelling 50 km/h than it is for one travelling 30 km/h

Stopping at 30 km/hr

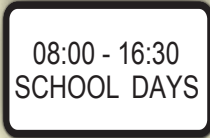


11m 13m 5m wet or icy

approximately the length of one ETS Bus

Stopping at 50 km/hr

24m 28m 10m wet or icy


approximately the length of two ETS Buses



PLEASE REMEMBER

- Streets around schools are often very congested with parents dropping off their children, and the number and size of vehicles might mean you don't see kids trying to cross the street. Young children may dart out from in between vehicles unexpectedly, so use extra caution particularly during drop off and pick up times.
- Speed limits will be strictly enforced by both the Edmonton Police Service and the City of Edmonton's Office of Traffic Safety during posted hours.

School zones should be safe zones.
For more information, visit www.edmonton.ca/why30





Public Service Announcement
IMMEDIATE RELEASE

On Saturday, September 6, 2014 from 12-5 p.m., The Marketplace at Callingwood will be hosting the *16th Annual Cornfest* to raise funds for the Firefighters Burn Treatment Society, Edmonton Chapter. Cornfest is a family-oriented festival with the main attraction being fresh cooked Taber corn, plus hot dogs, pop and refreshments. Activities include: fire truck tours with the Edmonton Firefighters, petting zoo, pony rides, bouncy castles, face-painting, live entertainment, 50/50 raffle and much more!

Saturday, September 6, 2014

12:00 – 5:00 p.m.

The Marketplace at Callingwood
The corner of 69 Avenue and 178 Street
(South Parking Lot)

Free admission, tickets for purchase
(refreshments, games, rides)
Fundraiser, family-orientated

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We're opening our doors for you to experience Infinite Fitness. We'll be showcasing our Signature Group Fitness Classes - 4 private studio spaces with 4 different experiences - Reformer Pilates classes and Infinite Ride - our one of a kind indoor cycling class and state-of-the-art studio.

Date: Saturday, September 13
Time: 8:00am-2:00pm

Schedule of events can be found at www.infinitefit.ca

Classes must be signed up for in advance, space is limited. Call today to reserve your spot.

\$10 per class. All proceeds will go to support KidSport Edmonton.





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I'm Too Big For It Sale

Terwillegar Community League's Semi Annual Sale

Interested in booking a table?
Contact us at fundraising@terwillegar.org

When: Saturday September 20, 2014 10am to 1pm
Where: Terwillegar Community Church
1751 Towne Centre Blvd NW

Vendor Tables are now available!


Additional information and vendor application available at www.terwillegar.org

WORDSEARCH ANSWERS
FROM PAGE 15

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

SCHOOL	PENCILS	ERASERS
TEACHERS	DESK	FALL
BOOKS	GRADE	BELL

Fun Fact:
Did you know that Fort Edmonton
Park's steam train uses
exclusively
recycled motor oil?



KARATE

Fitness For Life

FALL 2014 thru WINTER 2015
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Sept 5th or 9th, 6:30 - 8:30 PM
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Riverbend-Karate.com

13th year serving the communities of Riverbend Terwillegar
An Alberta Registered Non-Profit Society
Member Club of the Shintani Wado Kai Karate Federation

Clean it up, fix it up

A message from the City of Edmonton

The City of Edmonton has launched *Clean It Up. Fix It Up*, a new campaign to remind citizens about the importance of keeping their properties clean and tidy, whether they rent or own. This campaign will use radio, print and online advertisements, and social media throughout the summer season to educate residents about maintaining their properties according to City standards.

“There are lots of reasons to maintain your property and being a good neighbour is just one of them,” says Ryan Pleckaitis, Director of Complaints and Investigations for the City of Edmonton.

“Keeping your property clean and well-maintained helps promote healthy neighbourhoods and increases community safety.”

Any property that is untidy, unsightly, offensive, dangerous, or interferes with the enjoyment of neighbouring properties is considered a nuisance under the Community Standards Bylaw. Examples of nuisance conditions include messy and/or overgrown yards, deteriorating structures, rundown fences, derelict vehicles and graffiti vandalism. As part of the *Clean It Up. Fix It Up* campaign, *Municipal Enforcement Officers* will help promote clean, attractive and safe communities this summer by patrolling neighbourhoods

and encouraging residents to comply with the bylaw. If nuisance conditions are found on a resident’s property, an officer will issue a warning notice with directions on how to remedy the problem.

If the problem isn’t addressed within the specified time frame, the property owner may be issued a \$250 bylaw ticket. In extreme cases of non-compliance the City may obtain an order to enter the property to fix the problem with the cleanup costs added to the property owner’s tax bill. Residents are encouraged to



call 311 to report a nuisance property. For more information on how to identify and remedy nuisance property conditions, residents can visit edmonton.ca/nuisanceproperties.

Riverbend Branch Library Programs

By Julie Woods, Manager
Riverbend Branch EPL

September to December 2014

Children

Baby Laptime (ages up to 12months)

Drop in. Please arrive 15 minutes before program to pick up a ticket.

Tuesdays, September 2 – December 23, 2014 at 1:00 p.m.

Wednesdays, September 3 – December 17, 2014 at 10:15 a.m.

Saturdays, September 6 – December 27, 2014 at 10:15 a.m.

Sing, Sign, Laugh and Learn (ages up to 3years)

Registration required. Online registration starts at 10am on the 14 day before the program starts.

Thursdays, November 27 - December 18, 2014 at 10:15 a.m.

Fridays, November 28 - December 19, 2014 at 10:15 a.m.

Sing, Sign, Laugh and Learn (ages up to 3 years)

Drop in. Please arrive 15 minutes before the program to pick up a ticket.

Mondays, September 8 - December 29, 2014 at 6:30 p.m.

Thursdays, September 4 -

December 18, 2014 at 11:30 a.m.

Fridays, September 5 - December 19, 2014 at 11:30 a.m.

Story Stop (all ages)

Drop in.

Thursdays, September 04 to December 18, 2014 at 10:15 a.m.

Fridays, September 05 to December 19, 2014 at 10:15 a.m.

Saturdays, September 06 to December 27, 2014 at 2 p.m.

Family Storytime (ages up to 10 years)

Drop in.

Wednesdays, November 5 – December 17, 2014 at 7:15 p.m.

Thursdays, September 4 – December 18, 2014 at 7:14 p.m.

Sundays, September 7 – December 28, 2014 at 2:15 p.m.

Lego at the Library (ages 6-12)

Drop in.

Tuesday, September 23, 2014 at 4 p.m.

Tuesday, October 21, 2014 at 4 p.m.

Tuesday, November 18, 2014 at 4 p.m.

Tuesday, December 09, 2014 at 4 p.m.

Reading Buddies (ages 7-10)

Registration Required. Online registration starts September 8, 2014 at 10 a.m.

Mondays, September 22 to

October 27, 2014 at 4:30 p.m.

Tweens/Teens

Tween Lounge

Drop in.

Saturdays, September 06 to December 20, 2014 at 2 p.m.

iPad Fun! For Kids – Spaceteam Challenge (ages 8-15)

Drop in.

Tuesday, September 16, 2014 at 4 p.m.

iPad Fun For Kids – Everyone’s a Superhero! (ages 8-15)

Drop in.

Tuesday, October 14, 2014 at 4 p.m.

Makey Makey Fun for Kids (ages 8-15)

Drop in.

Tuesday, November 4, 2014 at 4 p.m.

Minecraft Tournament (ages 7-16)

Drop in.

Friday, November 21, 2014 at 6 p.m.

iPad Fun For Kids – Director’s Cut (ages 8-15)

Drop in.

Tuesday, December 2, 2014 at 4 p.m.

Become a Reading Buddies Volunteer (ages 13 – 17).

Fall session runs Mondays, September 22 – October 27.

For more information or to apply online visit www.epl.ca/readingbuddies. Deadline for application is one week before

the mandatory orientation.

Mandatory Training Session: Monday, September 15, 2014 at 4:30 p.m.

Adults

Practice English at Your Library

Drop in.

Fridays, September 05 to December 19, 2014 at 1 p.m.

Book Club

Drop in. There is an afternoon as well as an evening book club. For more information call 780-944-5311.

Thursday, September 11, 2014 at 7 p.m.

Thursday, September 25, 2014 at 1 p.m.

Thursday, October 09, 2014 at 7 p.m.

Thursday, October 23, 2014 at 1 p.m.

Thursday, November 13, 2014 at 7 p.m.

Thursday, November 27, 2014 at 1 p.m.

Thursday, December 11, 2014 at 7 p.m.

Tech Help @ EPL

Drop In.

Fridays, September 05 to December 19, 2014 at 2 p.m.

One-on-One Tech Help @ EPL

Registration required. To register call 780-944-5323.

Weekdays only, September 2-December 21, 2014.

Spiritual

Explore Opportunities for Spiritual Growth at Welcome Fest



By Christopher New and Nancy Steeves

Programs for Kids, Teens and Adults

Southminster-Steinhauer United Church

All are invited to Welcome Fest on Sunday, September 7, 10:00 a.m. – 1:00 p.m. at Southminster-Steinhauer United Church, 10740 19 Ave, Edmonton. Come for the fall launch and celebration of the 2014-15 programs. The 10:00 a.m. Spiritual Gathering will be a celebration of a new season and a chance to connect with new and old friends. We will honour the spirit of belonging and community as we launch

into life together this fall. After the spiritual gathering at 11:30 a.m., join us for ice cream sundaes, a jumpy house for the kids, and visit our popcorn and cotton candy maker! While kids are having fun in a safe and supervised environment, check out our Welcome Fest program displays for opportunities for the whole family to get involved, deepen your wisdom or involve yourself in making our community and world a better place. This day marks the launch of “kidSPIRIT” and “Youth Café”, our programs for children and teens that focuses on values for living lives of compassion, kindness, gratitude and a

positive spirit of community involvement.

kidSPIRIT

Our innovative and engaging program for children in preschool through Grade six. We engage the spirits and explore the positive values that we can celebrate together including kindness, compassion, love, and the attributes of good friendships – to name just a few. Infused with everything we do is a respect for our diversity, an honouring of our children’s developing spirits and the honour and celebration of the sacred in and around each of us.

Youth Café.

At Southminster-Steinhauer we know that young adults are amazing people capable of brilliance, depth, and leadership. Youth Café is a place youth in junior and senior high can explore and practice the skills of living a life of value and meaning – a place where we live and learn the kind of values that ultimately will help us build the kind of world we want to live in. We attempt to learn about the world, others, and ourselves by doing things that make a difference in life. Whether it’s meeting every Friday night, retreats, or in a learning project, you can be sure that we want to learn, help, live a life of compassion and meaning, all

while having fun and making the kind of relationships that last a lifetime.

For Families

Every person has a different definition of family. Our community represents this diversity. From nuclear to blended; from same-gender parents to couples; from single moms or dads to single persons; from friends to seniors: we are all of these, and perhaps an extended family for all that find themselves in our circle. The community of Southminster-Steinhauer wants to be a part of a household’s support system. Monthly family oriented gatherings, spiritual learning and support for every age on Sunday morning.

Baby care for the smallest ones, kidSPIRIT, and Youth Café

Thought-provoking and heart-inspiring gatherings as food for life’s journeys.

These are all places where we encounter learning opportunities, building projects, musical ensembles, intellectual engagement, opportunities for difference making and working for social justice in the city of Edmonton and the world. For more information about any of our programs please visit www.smsuc.com or phone 780-435-2028.

Looking for a
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JUST ENTHUSIASM!

Please contact
volunteer@terwillegar.org

生命更新浸信教会

Life Renewal Chinese Baptist Church

1751 Towne Centre Blvd NW, Edmonton, AB, T6R 3N9

Website: www.LRCBC.ca

Pastor Evan Yang 楊威傳道

Tel.: (780) 433-4124 evan@LRCBC.ca

Sunday Worship (主日崇拜)

Sunday (星期日) 2:30 - 3:30PM

Children’s Sunday School (兒童主日學)

Sunday (星期日) 2:30 - 3:30PM

Adult’s Sunday School (成人主日學)

Sunday (星期日) 4:00 - 5:00PM

Youth Ministry (青年事工)

Sunday (星期日) 4:00 - 5:00PM

Evangelical Gathering (福音聚會)

Saturday (星期六) 7:00 - 9:30PM

Prayer Meeting (禱告會 & 同工會)

Wednesday (星期三) 7:30 - 9:30PM

Designing “Fall” spaces

By Pastor Ken MacDonald,
Pastor of Terwillegar
Community Church

It is always inspiring to see someone design something unique! There are times when I simply say to our graphic artist, “Here’s the information I want to communicate – can you make it look good?” Then you simply stand back and let them go to work and most often the product is awesome! They use just the right strokes, the right fonts, the right symmetry and before you know it, the design is created. It’s fascinating. Then of course there are people who design buildings and are tasked with the responsibility of making them look both attractive and functional. There are many kinds of designers who enable all of us to enjoy life a little more plus become more

proficient in the tasks we are asked to carry out.

Often when I am on summer vacation, I start designing my fall spaces. I ask the question, “What are my primary priorities this fall? What do I really want to accomplish? How does this impact my family? And what does my family need this fall?”

First, the challenge in designing, is to be careful not to clutter. The problem we typically face is trying to be highly inclusive so that we communicate all the information. But, it’s a nightmare for a designer. Everything doesn’t fit! Some things have to be set aside for the design to look sharp and inviting. My temptation is to tackle six priorities this fall, when in fact I may need to

reduce that number to three. Designing fall spaces requires some serious evaluation of our priorities, so that by Christmas time, we can actually measure some results rather than saying, “Well, we were really busy!”

Second, the challenge is to create some “white space” in our fall design. White space is critical to spiritual, emotional, physical and relational health.

We need to have designed spaces that recharge us. White spaces can also be the energy and joy that make the rest of the spaces maintain their luster. White spaces look different for each of us, but it is simply a great way of finding refreshment for our busy lives. It took a good many years in my life to make the connection between “white space” and renewed energy for the

challenging weekly schedule. Simply said, “it is better to come away than to come apart.”

Third, the challenge in creating fall spaces is to keep a clear outward focus in the bigger design of life. The design is not all about me, it is mainly about others. Designing a life that is filled with purpose and significance is our challenge all year long and all life long. Living in those kind of spaces brings a deep sense of satisfaction and well-being.

Enjoy your fall spaces – they are waiting to be designed by you! Since all of our lives are different and filled with a variety of challenging circumstances, it will call for your best thought and wisdom. Have a great, well-designed fall!

TERWILLEGAR COMMUNITY CHURCH

friday at the park

sept. 5

sunday service

10am

adventureland for kids

10am

brunch

following service

youth

fridays

find out more

www.tcchurch.ca

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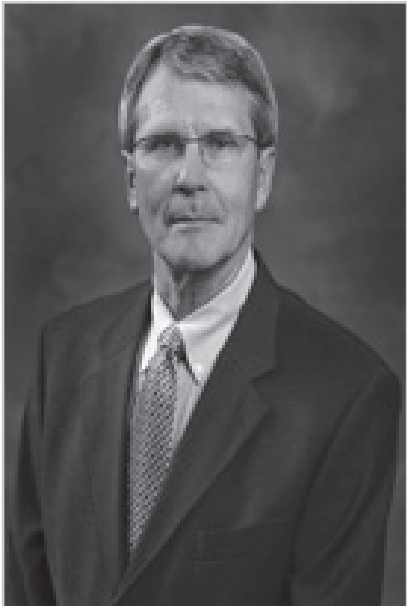
SEARCH:
“TERWILLEGAR COMMUNITY LEAGUE”

UNDER GROUPS

Local Politics

Naturalizing Terwillegar

By Councillor Bryan Anderson,
City of Edmonton



Summer is in full swing and what better time to appreciate the natural beauty that is so plentiful in Terwillegar. A new naturalization research project between the City of Edmonton and University of Alberta is going to increase the natural

beauty of our community. This project looks at the effects of naturalization on living and non-living habitat.

Naturalization is an alternative landscape management technique where landscape is allowed to become more natural by planting trees and shrubs that are found native to Alberta. It offers many benefits, including decreasing pressure on drainage systems, reducing maintenance costs and enhancing the natural beauty of an area.

The site is at the Terwillegar Rec Centre and is one of seven sites chosen for the project, all of which currently contain some level of naturalization. It is a unique site with almost 2,000 native wildflowers, including wild strawberry, white prairies aster and wild mint.

This project is the first of its

kind in Edmonton, and we're proud to showcase it for all of you to see! If you're interested, pop by the Terwillegar Rec Centre where you can check out the four research plots, peruse the informative signage or chat with a staff member who can answer your questions. Also in 2014 a number of areas including Terwillegar Drive have been identified for naturalization and will no longer be part of the City's regular mowing cycle. You can also visit edmonton.ca/naturalization for more details on the project and naturalization.

Root for Trees

Root for Trees is busy planting trees all over the City of Edmonton, and we need you! The City's Root for Trees program aims to double the size of Edmonton's urban forest.

Does your class or group

want to volunteer and plant trees? Help us reach our goal to plant 16,000 trees and shrubs this year by getting involved as a volunteer planter. Getting involved with Root for Trees will give you the tools and resources to learn how to properly plant, care for and protect Edmonton's precious urban canopy for years to come.

Whether you participate as a family or individual, school, community group or business, you can make a difference. For more information or to register as a volunteer, please phone 311 or 780-442-5311 if outside the City, or email citytrees@edmonton.ca or visit the website at RootforTrees.ca.

As always, you can email me at bryan.anderson@edmonton.ca or visit my website at www.bryananderson.ca or call my office at 780-496-8130.

Have something to say about the city?
Don't forget to talk to your city councillor.
780-496-8110

Radon Myth Busting

By Amy Elefson, *The Lung Association AB & NWT, Program Specialist-Environment & Health*

Setting the record straight about radon: Part 1

Since many of you will be taking the time to test your homes for radon, The Lung Association, Alberta & NWT would like to take the time to clarify common myths about radon. Below you'll find 5 common myths, and the reasons why they are myths. If you don't know what radon is, visit www.ab.lung.ca/site/radon and www.healthcanada.gc.ca/radon first!

Myths:

There's no radon in Alberta.

Fact: No region of the country is considered "radon-free", but the levels of radon differ from region to region depending on the uranium concentration in the soil. The large majority of

homes will have some level of radon, though that level varies widely from home to home. It has even been shown that immediate neighbours can have vastly different radon levels.

There's no evidence linking radon and lung cancer.

Fact: Studies in both North America and Europe have found a strong association between residential radon exposure and lung cancer. These studies confirm the radon health risks predicted by occupational studies completed on underground miners who inhaled radon over a several year period. It is known that radon is a carcinogen, and these studies demonstrate that exposure to radon, even at moderate levels, can lead to lung cancer.

I don't have a basement; I'm not at risk of radon exposure.

Fact: If your home is in

contact with the ground (i.e. not on stilts) radon can potentially enter. This means that regardless of whether a home has a basement, crawl space or is built on a slab of foundation; the risk of radon accumulation exists.

There's no risk associated with a radon level below 200 Bq/m³.

Fact: Since radon is a radioactive gas, there is no "safe" level. However ... the lower the level, the lower the risk. In addition, the risk of developing lung cancer depends on two other important factors: duration of exposure and tobacco use. The number of years a person is exposed will affect the potential of developing lung cancer.

As we know, tobacco use in general is a risk factor for lung cancer. The risk of developing lung cancer if you are a lifetime smoke is one in ten. Your risk

increases to one in three if you are exposed to high levels of radon. This is compared to a one in twenty risk if you are a non-smoker exposed to the same high levels of radon.

My neighbour's radon mitigation system vents into my side yard, I'm being exposed to high levels of radon because of them.

Fact: If your neighbour's radon mitigation system has been properly installed, with sufficient room between the end of the pipe and your house, then the radon will dissipate rapidly and only minimal atmospheric levels of radon will be found around your home. To contact Amy about more Radon facts please call 780-488-6995 ext.2252.

Stay tuned for 5 more common myths in the next issue of the Terwillegar Tribune.

Message from Honourable Dave Hancock

Message from Honourable Dave Hancock
MLA Edmonton Whitemud
Premier



What an amazing year!
A year ago I had the privilege of serving as Minister of Human Services. In that capacity we were completing a Social Policy Framework for Alberta to frame action by government and the community dealing with issues of homelessness, poverty, child abuse, family support and the many other challenges to the social fabric of our community. The cost of social failure is high in terms of lost opportunity for individual Albertans and in terms of the cost to society. Every Albertan should have the opportunity to thrive and grow, to take part in the quality of life available to most Albertans. That requires a focus on early childhood development, on education and on supporting families in difficulty or with exceptional challenges. It requires us to focus on putting children first. We passed a Children First Act that set out many of the actions necessary to support children and families, and we embarked on “Together we raise Tomorrow”, a focused discussion with Albertans about early childhood development, poverty reduction

and a children’s charter. We were also engaged in issues around children in care focussing on how to reduce the trauma in children’s lives.
In December cabinet changes resulted in me being asked to take on the role of Deputy Premier and Minister of Innovation and Advanced Education. While I was passionate about the work we were doing for children and families (and on fairness and safety in the workplace) I was very excited about the opportunity to work in an area so important to Alberta’s future. Innovation is at the core of both our economic and our social wellbeing. Innovation means creating new knowledge and funding ways to implement that knowledge through new processes and products.
Innovation is critical to improving our quality of life, reducing the cost of social failure, developing higher value products to trade to the world, and finding better ways to develop our existing industries while preserving our environment. Innovation requires that Albertans have access to opportunity to advance their education and maximize potential. The portfolio includes small business and economic development. I previously served in Advanced Education in 2004-2006. At that time we carried out the “Learning Alberta” policy framework that set the stage for continued development of Campus Alberta with an understanding that Albertans need access to a full spectrum of educational opportunities from basic literacy to post-doctoral research. Six years of significant funding increases helped to advance the system; however, in the past year restraint across government required post-secondary institutions to look at everything they were doing to make sure public resources were being utilized in the most effective way. Moving into 2014 we have been able to again increase funding, but target that funding strategically to grow the system again. Natural population growth combined with in migration of 100,000 new Albertans each year and a need to increase the number of high school graduates, and the number of high school graduates going to post-secondary means we will need to focus on greater access to affordable quality learning opportunities. Some have said 80% of the new jobs in our economy will require some form of post-secondary education. Education is critical. Most of those new jobs will be created by small business. Small businesses compete in a world market so we must make sure that they have access to the best information, the most knowledgeable workforce, and the most understandable and compliance focus regulatory framework possible.
Having only had three months with the new portfolio and with the Deputy Premier role, change again thrust me into a new challenging but exciting role serving as Alberta’s 15th Premier! I retained the Innovation and Advanced Education portfolio to provide continuity and continue the work we had started. While the circumstance surrounding the change were undeniably difficult, my role for the six months or so that I serve in this capacity is to ensure that government continues to focus on the important issues of market access, building infrastructure and supporting families and communities - the big picture issues that will make a difference to our grandchildren, while dealing

with the “managerial” issues of the day that undermine the trust and respect needed to assure Albertans we are acting in their interest and not self-interest. I am indeed humbled by the confidence my colleagues have shown in me in asking me to take on this role and by the strong support I have received from so many constituents in Edmonton-Whitemud.
Change will come again in September as a new leader is elected to lead our great province. The new leader will be sworn in as Alberta’s 16th Premier, and I will continue to serve as MLA for Edmonton-Whitemud and in whatever other capacity that new Premier may request. While I have had the privilege of serving Albertans in many capacities as a member of government for the past 18 years I am always conscious of the mandate you have given me to be your voice in government. Without your support I serve in none of the other positions. It is an honour and a privilege to be your MLA. As always, I look to your advice, input and direction - and my office continues to be a window to government, whether on big picture policy matters or on a personal issue for which you need assistance!

Edmonton Whitemud
Constituency Office
#203, 596 Riverbend Square
Edmonton, AB T6R 2E3
Phone: (780) 413-5970
Fax: (780) 413-5971
Email: edmonton.whitemud@assembly.ab.ca

Legislature Office
307 Legislature Building
Edmonton, AB T5K 2B6
Phone: (780) 427-2251
Fax: (780) 427-1349
Email: davehancock@gov.ab.ca

Terwillegar Community League is seeking volunteers for various events. Email us at volunteercoordinator@terwillegar.org for opportunities.

Where the angels feel at home

By William Bincoletto,
Principal Sommelier and
Sommelier Instructor

Imagine walking through a town where all the walls are covered with a fine layer of black fungus, where the air is saturated with alcohol, and where angels seem to gather in very high numbers!!

Angels, you say! Where on earth is this place? Or is it on Earth?

Actually, yes. A small tiny area of France, producing the most elegant and graceful distillates of its kind.

By now, it's a cliché : “All cognac is brandy but not all brandy is cognac”. In fact, the only brandy in the world that may be legally labelled “cognac” comes from the Charente and Charente Maritime departments of France with the famous town of Cognac residing squarely in the centre.

Cognac was actually invented for economic reasons. Because wine, in the 17th century, was heavily taxed by volume and quality severely suffered during transportation, French winemakers turned to distilling their products as an answer to both their problems. The Dutch

traders who first introduced the spirit to northern Europe called it *brandewijn* - burnt wine. The English, not knowing how to pronounce it shortened it to “brandy”.

How is Cognac made? Well, first, wine is produced from the grape varieties used (90% Ugni Blanc) originating from 6 distinct areas of the Cognac region, each providing its own character and definition. The wine, which at this point is thin, low in alcohol and acidic - undrinkable, is then twice distilled through an alembic or pot still. The heart of the second distillation (*la bonne chauffe*) emerges at 70 , colourless and harsh.

A legend relates the story of the ‘Brown Cross Chevalier’ as the initiator of the double distillation process.... There are a great many variations of this tale. They all have in common a dream, where the knight sees the devil and a big furnace.

The devil threatens the knight to ‘boil his body twice in order to extract his soul’.

The Chevalier wakes up with the idea to distill the eau-de-vie twice, in order to ‘extract its soul’.

With the help of oak aging, this raw product slowly matures and blossoms after many, many years into what we now appreciate as a fine and elegant cognac.

However during the aging period, a substantial 3%-5% evaporates through the pores of the oak barrels. This emission called the “*angels’ share* “ scents the town of Cognac and nourishes a black fungus that covers walls and rooftops. A loss of over 20,000,000 bottles per year making the angels the second largest market for cognac after the United States!! No wonder angels tend to gather there!

Cognac carries no vintage (though that seems to be changing) because it is a blend of different years and different growing districts. Therefore, the virtuoso of cognac are the master blenders, who will attempt to fashion, through virtually hundred of thousands of barrel samples, this kaleidoscope of flavours and aromas into a harmonious blend.

William’s Picks
One Cognac house that I am always impressed is Chateau

Montifaud which has belonged to the Vallet family for the past six generations. As with many humble beginnings, small Cognac estates usually sold their entire grape production to the most recognized Cognac houses such as Martell, Remy Martin, Hennessy and Couvoisier. Then many realized that their quality of either grapes or finished product was worth bottling on their own.

So for Montifaud, according to the family tradition, when a son joins his father, a part of the cognac distilled in that year is set preciously aside and will only be sold by the future generations. Thus, in the darkness of their “Paradise” cellar are bottles of Cognac skillfully made by Pierre and Maurice Vallet that date back to 1920.

Montifaud VS, VSOP and XO are all expressions of quality and richness that today represent perhaps some of the best value cognacs on the market. So do not hesitate to experiment and follow those “angels’ recommendations”.

FEATURE WINE



94 pts James Halliday

"Rich, strong colour, the bouquet sets the scene with dark fruit and chocolate. But it's palate that offers the best expression on this full-bodied yet suave Shiraz"

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TRAC



By Karin Shott & Sharon Gritter

With summer almost coming to a close, we'll have to end our vacations and time-off to get back to busy schedules, with sports registrations, community league meetings, TRAC meetings, students returning to school, and just getting back to our regular schedules. Luckily, we have some exciting community events to look forward to in the fall!

Community League Memberships:

Your Community League memberships will all expire August 31, so please consider renewing your membership to continue receiving all the benefits of having a community league membership as well as supporting your respective league. Memberships are available from the TRAC Community Office. TRAC Meeting:

The next TRAC Meeting is scheduled for Wednesday, September 24 at 7:00 p.m. Lillian Osborne High School – Library. Come to the meeting and find out what TRAC is planning for the year ahead. Everyone is welcome!

New Executive Board:

President: Sherri Jaillet-Martinez

Vice President: Tim Cartmell

Past President: Rob Agostinis

Treasurer: Barry Davis

Secretary: Tove Nielsen

Community Advocate: Sue Trigg

Brander Gardens ROCKS:

Summer learning loss is real. When students return to school in the fall, teachers spend considerable time reviewing. While summer is certainly a

time to relax and have fun, it is not a time to quit learning. The summer goal of Brander Gardens ROCKS was to help kids to continue to expand their world. On Tuesdays and Thursday this summer, Brander Gardens Elementary School opened its doors to the kids of Brander Garden ROCKS to encourage them to learn about all sorts of exciting things.

Each week there was a special theme. The first week consisted of learning about insects, which included a trip to John Jansen. The next week, the students learned about animals and visited the Zoo. The third week of July had a camping theme and culminated with a weekend camping trip to Miquelon Lake. In preparation, the kids learned about how to make a fire, how to track animals and what



Learning about Bugs

sounds they make.

Of course, the trip itself was huge highlight. Miquelon Lake Provincial Campground was the destination and over 30 participants, including parents, enjoyed the bus trip to the camp. For many families who are newcomers to Canada,

this was their first camping experience. Camp experiences including setting up their own tents, roasting hotdogs over an open fire, swimming in the lake, going canoeing, and making sand castles on the beach. A

special visitor, Honourable Richard Starke, the Provincial Minister for Tourism, Parks and Recreation, joined the Brander Gardens ROCKS group to enjoy a beautiful starry night and all the festivities such as the great African drumming of Reckie



Miquelon Lake Campers

Lloyd (BGR Youth Coach). Special thanks goes to Dr. Rob Agostinis, Kevin Cantelon and Morgan Cole who helped organize the trip and put together the programs.

Looking forward to

the fall, Brander

Gardens ROCKS kids anticipate joining forces with students at Lillian Osborne High School for a special walk on Monday, September 29th. Beforehand, everyone involved will learn about the critical need for clean drinking water around the world. Then, on September 29,

they will all walk 2.5 km. from Lillian Osborne High School to the North Saskatchewan to gather water and raise money for bio-sands filters. These filters help ordinary families in the third world enjoy clean drinking water thus averting a variety of water borne illness. Please support your local Lillian Osborne student or Brander Garden ROCKS kid as they raise money for this important cause.

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!

Photos Courtesy of Dr. Rob Agostinis and Kevin Cantelon.

Terwillegar Riverbend Advisory Council

Terwillegar Community Recreation Centre

#5, 2051 Leger Road NW

Edmonton, Alberta, T6R 0R9

tracmail@tracspirit.ca

780-439-9394

www.tracspirit.ca

The TRAC office hours are:

Tuesdays & Wednesdays: 9:00-12:00 noon;

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

1st 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

By Kathy Trepanier

Are you following your parent’s footsteps when it comes to aging?

Well it’s official. My husband and I turn 60 this year and begin a life of retirement. And so we have entered this world of new possibilities. If we are fortunate to keep our good health, another 20 to 30 years lay ahead of us. What will we do with our time, our friendships, our intellect? We feel at times like we did in our twenties, when all the choices lay before us like a smorgasbord.

Whatever choices we will make, I am inspired by the way my parents live and by other vibrant people in their 80’s that I have met. To me, it seems their secret is to keep moving

new people, new ideas, new possibilities or an impromptu invitation for dinner, a walk or a new adventure. My Dad almost wags his tail when someone mentions a walk or a project to undertake. My Mother can stop the world to marvel at the delicate colors in an evening sky or a first flower. And oh how they can laugh with pure joy at the latest antics of grandchildren or great grandchildren. Have your parents inspired you in the same way?

It’s another reason why I am so supportive of what SWESA is doing. They are creating a seniors activity centre that makes it easier for more seniors to keep moving and keep an open heart to adventure in their lives - no matter the

all generations of seniors - like me and my parents.

The invitation is always there - to become a member or volunteer with SWESA. At time of submission, I didn’t have the summer program details. So here are the general happenings but please check out the website for more detail or drop by one of the coffee sites to pick up the newsletter.

SWESA’S FALL 2014 PROGRAM GUIDES

This fall SWESA is excited to offer a diverse range of programming. SWESA’s Fall 2014 Program Guides are available at the Yellowbird East Community Centre, at the Seniors Lounge in the Terwillegar Community Recreation Centre and on the website (addresses below). The program guides offer relevant information on upcoming programs including course descriptions, dates/times, and costs.

For more information, please drop by the Yellowbird Office or contact SWESA’s Program Coordinator, Alex Santos at 587 987 3200 or swesa.programs@gmail.com.

COFFEE, CHAT ‘N CARDS

This fall drop by SWESA’s has two seniors lounges to 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
and

SWESA’s seniors lounge
(Terwillegar Community Recreation Centre)

Mondays and
Wednesdays, from 1:00-4:00 pm

TOONIE TALKS

These popular talks only cost \$2.00. For a complete listing & more information on content and registration, see the SWESA News on the SWESA website or pick up a paper copy at the Coffee, Chat ‘n Cards locations above.

CHALLENGE YOUR BRAIN, PLAY A GAME

In this informal drop-in program, participants learn new games in a fun social environment. Games include Mah Jongg, Hand and Foot Canasta, Dominoes and more. Every Wednesday, 9:30-12:00 pm at Yellowbird Community East Centre. Cost: \$1.

SWESA centre
Yellowbird East Community Centre, 10710 19 Ave

SWESA seniors lounge
Terwillegar Rec Centre, 2051 Leger Rd

SWESA phone - 587 987 3200

SWESA email -
swedmontonseniors@gmail.com

COMMUNITY PROGRAMS FOR SENIORS

Pickleball - The Seniors Pickleball Group plays Monday through Friday from 9:00 am to noon at the pickleball courts between Riverbend Jr High and St. Monica (14710 53 Ave). They welcome new players and will provide instruction. For more information, contact Glenn Kissick (780 758 5198) or Linda Dane (780 436 0502). Please be on time; instructors leave a 2:15 if no one shows up for lessons.



(L-R) Don and Trudy Sjoberg
Photo Courtesy of Kathy Trepanier

and have an open heart.

My parents keep moving - physically, socially, intellectually and spiritually. They are always open to

age or health challenge. And once programming is fully developed, SWESA has the potential to provide a range of programs that will appeal to the

Pets

New chapter for ‘The Bone and Biscuit Company’

By Gord Dyck, Owner The Bone & Biscuit Company

A new chapter was recently launched in the growth of ‘The Bone & Biscuit Company’, located in The Market at Magrath, at 14119-23 Ave. in Edmonton. New owners Kris & Gordon Dyck hosted a Grand Re-Opening Event in their newly re-merchandised space on June 14th, attended by many existing and enquiring

volunteers from Hope Lives Here Animal Rescue and Zoe’s Animal Rescue were on-site with a variety of fostered dogs interacting with customers and helping others who attended to consider the adoption of pets in need of a family home. Vendor representatives were on-site answering patrons’ questions and offering free samples from a variety of recommended products. Grand Prizes of

‘Pet Food for a Year’ and ‘Pet Treats for a Year’ headlined a bevy of additional hourly draws including other food and treat items for dogs and cats, as well as accessories, supplements and toys. Each of the first 50 customers received a free Bone and Biscuit treat item for their pet, compliments of the new owners.

The Grand Re-Opening event was well supported by other



(L-R) Bone and Biscuit owners Gord and Kris Dyck

customers examining the food and accessory offerings for their furry family members.

The day was busy and exciting with a steady stream of activity and highlights. Dedicated

local businesses. Darcy Evans Photography provided candid and portrait Pet Photography for patrons who attended with their pets. The local UPS Store did a great job printing



A successful grand opening

advertising materials in advance of the days activities. Troy and his team from The Delux Burger Bar provided delicious BBQ’d sliders and hotdogs in support of the Animal Rescues and Chris from Second Cup provided coffee for patrons. The Paw Pet Spa provided a Free Grooming Certificate and the Terwillegar Dairy Queen created a beautiful Ice Cream Cake, each of which was offered as an hourly draw prize.

The Bone and Biscuit Company focuses on holistic pet care, providing knowledge, quality food and other products that promote and support health for dogs and cats of all breeds. The Magrath store

space has been re-organized to provide for an improved customer experience, new products in stock and expanded store hours to better serve the buying public.

Kris and Gordon would like to sincerely thank all their customers for attending the Grand Re-Opening, as well as a special thanks to their vendors and local partners for helping to make the day an unqualified success. They look forward to serving the needs of pet owners in the Terwillegar area for many years to come.





the Bone & Biscuit co.



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The Market at Magrath

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Would you like to see your writing or drawings in the Terwillegar Tribune?

Send your submissions to the Editor

editor@terwillegar.org

Getting a new dog or kitten? A few good things to know...

By Dr. Travis Foster (DVM)

Thinking about adding a new furry member to your family? Whether it be a puppy or kitten, lots of fun (and a bit of work) is ahead of you! Planning ahead of time can make it easier on both you and your new addition.

What do I need?

To ensure a smooth transition it's a good idea to obtain the items you will need ahead of time. Collars, leashes, dishes, crates/carriers, beds, toys, (add litter box, litter and scratching posts for cats), grooming supplies and a high quality, age appropriate diet are all good to have on hand when the time comes to bring home the new addition.

Pet proofing

Curious puppies and kittens are not only mischievous, they also have a tendency to chew. Remove available contact with electrical cords, wires, toxic plants and cleaners, sharp objects, and garbage cans. Keep stairs, balconies, and other high places unavailable to avoid a fall. Ensure windows/screens are closed to prevent escape. Set them up for success!

Introductions

Introducing the pup or kitten to the new household can be stressful, especially if there are busy little children around or other pets involved.

Keep introductions calm and quiet, allowing space for the new pet to get used to their surroundings. Introducing other dogs to the new pup in a neutral site while on leash will allow them to become accustomed to one another. Introducing older cats to a kitten should be done over a period of time, keeping them separated at first with small amounts of interaction to begin with. Some hissing and growling is to be expected, but should subside over time. It is recommended to have additional litter boxes and dishes available as older cats may not want to "share" their property. Allow each cat time away from the other and one-on-one time with you. Full acceptance may be very rapid, or take several months.

Veterinary Care

Puppies and kittens are born without immunity to several serious and potentially life threatening diseases such as parvovirus, panleukopenia, rabies, and distemper. Vaccinating at approximately 8, 12, and 16 weeks of age will not only ensure protection against these infectious diseases, but will also provide a starting point for lifelong immunity with ongoing veterinary care. In addition, a deworming protocol is typically undertaken for both



Photo: Big Stock

puppies and kittens as parasitic infestations can cause serious illness in these little ones. If you choose to spay or neuter your pet to prevent unwanted offspring, health and behaviour issues, this is usually done at approximately 6 months of age. Identification with a microchip and/or tattoo is recommended, and considering pet insurance is an excellent plan.

Exercise

Ensuring the right amount of exercise for your puppy or kitten is important for proper development. In addition, encouraging exercise and play can combat unwanted behaviour. Use caution when exercising large/giant breed puppies as their rapid growth combined with extensive activity can result in injuries.

Obedience training, puppy socialization classes, and the off leash parks are great ways to incorporate exercise, learning and socialization, however ensure the full set of puppy vaccines are complete to avoid contagious infections. Kittens enjoy climbing, chasing toys, and pouncing (often on your head when you are asleep!). Having a climbing post is recommended as they can save many a curtain and sofa.

Most importantly, have fun with your new pet. And don't worry, those "rebellious teenage" times don't last long ☺

Dr. Foster is the owner of the MacTaggart Veterinary Clinic and has over 13 years of experience practicing Veterinary Medicine. For more information visit www.mactaggartvet.com

All Eight Neighbouring Community Leagues Celebrate Community League Day at Art in Our Park

By: Art in Our Park Committee

Art in Our Park 2014 is excited to announce that all eight neighboring community leagues (Terwillegar, Hodgson, Ogilvie, Brookview, Windermere, Riverbend, Oak Hills and The Ridge) have partnered with ATB Financial, Edmonton Arts Council, Remax, ATCO Gas and PCL Construction in celebration of the city-wide Community League Day on September 20 at Art in Our Park in James Ramsey Park (45 Avenue and Riverbend Road) from 1:00 - 5:00 pm. Art in Our Park is a FREE event celebrating our beautiful and diverse neighborhoods! With over 45 artist and artisans in the Art Market, award winning live performances by: Sangea, Two

Bears North, The JollyGood and Bryan Finlay on the ATB Financial Main Stage, and talented local up-and-comings like the students from Lillian Osborne Fine Art Department, Brooklyn Trapp, Ben and Emily Severson, and contestants from the Edmonton Youth Talent Awards on the ATCO Gas Sound Stage, the afternoon will be a visual and musical delight. James Ramsey Park also comes alive with tons of interactive and multidisciplinary workshops and activities, a community tent to purchase your new community league memberships, a student art gallery and food and refreshments made available by donation. Please #dress4mess as many of our interactive activities include

things like paint, glue, chalk, face paint, and other things that are sure to spark the imaginations of all who attend. We hope you join us and bring your families, friends and neighbors so we can meet and mingle and get a glimpse of the creative side of our communities. For more information about the artist and performances please LIKE us on Facebook (ARTinOurPark) or on FOLLOW us on Twitter (artinourpark).

5TH ANNUAL

ART IN OUR PARK

2014

SATURDAY, SEPTEMBER 20TH

1:00 PM - 5:00 PM

JAMES RAMSEY PARK

ART MARKET, WORKSHOPS AND ACTIVITIES

ATB FINANCIAL MAIN STAGE:

Sangea

Two Bears North

The JollyGood

Bryan Finlay

ARTinOurPark

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#dress4mess

www.riverbendonline.ca

Free Admission

Donation for Food & Refreshment Only

ATB Financial 75

ATCO Gas

Remax

PCL Construction

Edmonton Arts Council

James Ramsey Park

City of Edmonton

Coming Events

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:
September 20: Too Big For It Sale at Terwillegar Community Church
October 17: Deadline for next issue

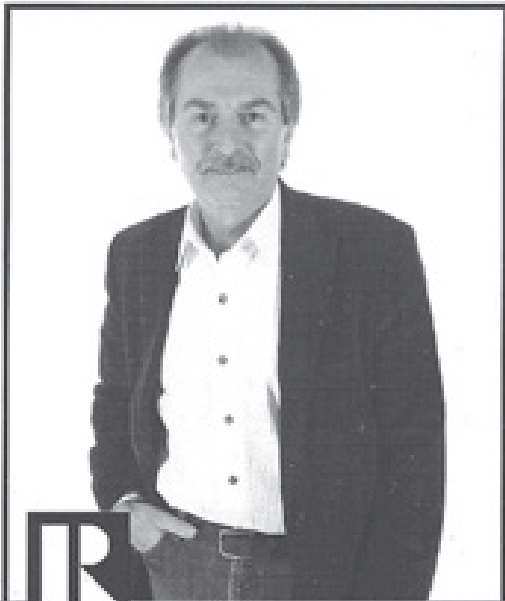
August 29: August issue Terwillegar Tribune Released

Check www.terwillegar.org for current information

Terwillegar Tribune 2014/15	
Submission Deadline	Released
October 17	November 24
January 9	February 10
March 9	April 7
May 8	June 9
July 31	August 28
October 16	November 24

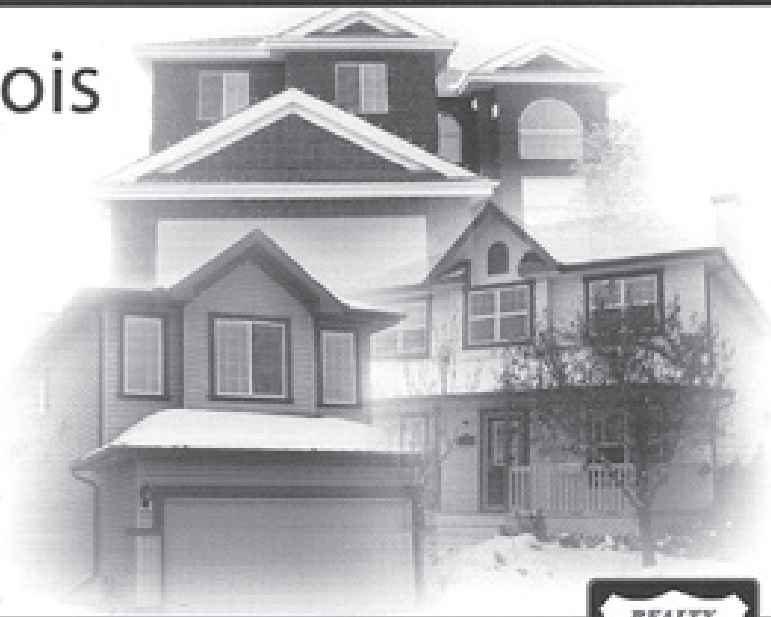
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- Treasurer — Monte Weber, treasurer@terwillegar.org
- Secretary — Diane Pelletier, secretary@terwillegar.org
- Memberships - vacant**
- Programs — Marc Lachance, programs@terwillegar.org
- Program Aide — vacant**
- Community Advocate — vacant**
- 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 — Diane Pelletier, garden@terwillegar.org
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