

# Terwillegar

## COMMUNITY LEAGUE

### What's Inside

2 AGM Details	12 Kids Zone
7 Holiday Lights	15 Radon Info
8 School Zones	16 SWESA
9 Candy Cane Ln	19 Public Skating
10 Halloween Fun	24 Classifieds

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

Issue 64 November 2016

**Next submission deadline:**  
**January 6, 2017**

**Next issue: February 6, 2017**

## TCL Holiday Spectacular - December 10th

*By Monte Weber  
President,  
Terwillegar Community League*

Come out and join your neighbours on Saturday, December 10th from 5:00 p.m. to 7:00 p.m. as we celebrate the holiday season.

TCL, along with the Terwillegar Towne Home Owners Association will be lighting up the gazebo located in the park at Tomlinson Square.

Volunteers will be serving up warm drinks and treats while everyone enjoys some festive music.

There may be even be an appearance by the jolly man

in red, so be sure to let us know how many little ones will be joining us by visiting our Facebook event page.



Call Ron Today for a  
No Cost, No Obligation  
Market Evaluation  
of your Home 780-918-2635



PEOPLE  
YOU  
KNOW  
PEOPLE  
YOU  
TRUST

Find us on  
Facebook



**RON  
DICKSON  
& ASSOCIATES**

[www.RonDickson.com](http://www.RonDickson.com)



**RE/MAX  
ELITE**

304 Windermere Rd NW  
Edmonton, Alberta  
T6W 2P2  
Direct 780-918-2635  
Office: 780-406-4000

# Community



## Annual General Meeting

November 29, 2016  
When - 7:00 P.M.

Where - Terwillegar Community Church  
1751 Towne Center Blvd.

Membership required to vote

## Winter Sidewalk Maintenance

### Public Service Announcement

#### Keep Your Sidewalks Safe

Snow and ice on sidewalks is hazardous for everyone. People with limited mobility, seniors, children and parents with strollers (and even those with no mobility limitations at all) may be severely injured from a fall on ice or snow.

Uncleared walkways can also make it difficult for those who deliver services in our city—mail carriers, meter readers, delivery drivers and emergency personnel—to do their jobs safely. In fact, each year, hospitals and doctors’ offices are filled with people young and old who have slipped and fallen on poorly maintained sidewalks.

#### What is my role?

Community Standards Bylaw 14600 requires homeowners and tenants to clear snow and ice from every walk and driveway on or beside their property.

Don’t forget about any other properties you own, including derelict and vacant buildings—they may have sidewalks that need to be shovelled too.

Use sand or ice-melting products to start the clearing process if you can’t shovel immediately after a snowfall. The fine for failing to clear sidewalks within 48 hours of the last snowfall is \$100, so save yourself the money and get it done!

#### My neighbours haven’t been shovelling their walk. What can I do?

If you have a concern about a neighbour’s uncleared walk discuss the concern directly with your neighbour.

Be a Snow Angel by offering to help them keep it clear if needed.

#### Find out more at edmonton.ca/snowangels.

Record the address of the violation and a description

of the problem if you can’t resolve the problem directly with your neighbour. Call 311 or register a complaint online at edmonton.ca. You will be asked to provide your name, address, phone number and the details of your concern in case your testimony is required in court.\*

\*Complaints are accepted between November 1 and May 1, and only when it has not snowed for at least 48 hours.

Learn more about sidewalk snow maintenance at [edmonton.ca/wintersidewalks](http://edmonton.ca/wintersidewalks)





# Community

## Pet Safety and the Holiday Season

Dr. Travis Foster D.V.M.

The holidays are full of seasonal delights with beautiful decorations, plants, foods, and the gathering of loved ones. Unfortunately these delights can cause stress and/or harm to our furry companions. Below are some helpful tips on common holiday hazards to avoid for a safe and happy holiday season!

### Decorations

**Tinsel and ribbon** are often a very attractive toy for pets, especially cats! When ingested it can obstruct their gastrointestinal tract causing severe discomfort and illness, often resulting in surgery to remove it.

**Lights** Be sure to avoid having your power cords and light decorations near the floor if your pet tends to chew on new objects. If the animal chews on the electrical cord, electrical burns and/or electrocution can occur.

Place **candles** in an area where your pet does not have access. Along with creating a fire hazard, coming into contact with or knocking over a candle can seriously burn your pet.

Ensure **Christmas trees** are anchored properly. Curious pets may knock over your beautiful tree and injure themselves.

### Hazardous Plants

- The sap of a **Poinsettia** can cause mild toxicity as well as irritation. Ingestion can cause nausea, vomiting, and diarrhea.
- **Mistletoe** and **Holly** can be moderately to severely toxic. Ingestion can cause tremors, vomiting, difficulty breathing,



seizures and in severe cases death.

- The **Christmas Tree** (Fir Tree) is considered to be mildly toxic. The oils in the tree can cause irritation of the mouth and stomach with excessive drooling or vomiting. The tree needles are not easily digested and if ingested can cause vomiting, diarrhea, and possibly gastrointestinal obstruction or puncture. Christmas tree water is also unsafe for your pet.

### Food and Beverages

A majority of Christmas related cases that may be seen in a veterinary clinic are often food related. Please do not give your pet the following:

#### Turkey/chicken bones



When ingested poultry bones can splinter and wind up becoming lodged in the throat or in the gastrointestinal system.

#### Chocolate

Chocolate, especially dark chocolate, can be toxic to your pet, and can cause vomiting, diarrhea, seizing, and in severe cases death.

#### Xylitol

This sweetener used in baking and in products such as gum can be extremely toxic to dogs, causing hypoglycemia (a dangerous drop in blood sugar), and potentially liver damage. If your pet ingests xylitol, contact your veterinarian immediately.

#### Onions, garlic

Onions and garlic can be very

toxic to your pet, ingestion causes the destruction of the animal's red blood cells. Signs of ingestion are lethargy, weakness, and gums/tongue, increased respiratory rate, and collapse.

#### Fatty foods.

Although these things have little affect on our gastrointestinal systems, they can wreak havoc on your pet's. Ensure table scraps are kept out of reach.

#### Alcoholic beverages

Alcohol can be very dangerous for your pet. If your pet ingests alcohol contact your local veterinarian immediately.

#### Change in routine

The holiday season often brings welcome visitors, however, many pets don't tolerate a change in routine. They can become frightened, destructive, or even aggressive towards others. Try to keep their routine as normal as possible. If a pet is not tolerating the festive season well, ensure he/she has a warm, secluded, familiar place for retreat during those stressful times. A little exercise can help relieve stress, a long walk or some play in the yard will help your pet relax before your guests arrive.

Wishing you and yours (including your fur family) Happy Holidays!

*Dr. Foster is the owner of the MacTaggart Veterinary Clinic and has over 15 years of experience practicing Veterinary Medicine.*



ADDY BOTTICELLI  
10117 - 157 Street, Edmonton, AB T5P 2T9  
Phone: (780) 483-2573 Fax: (780) 483-2601  
addy@wardstravel.com

FOR ALL TRAVEL NEEDS IN ITALY & EUROPE  
OVER 30 YEARS EXPERIENCE

MENTION THIS ADD AND RECEIVE \$50.00 OFF PER PERSON ON ANY  
2017 AND 2018 RIVER CRUISE

Visit [www.terwillegar.org](http://www.terwillegar.org) or join our Facebook page - Terwillegar Community League for updates



# Community

## It's A Wrap!

By Steve Johnson  
Volunteer Community  
Garden Board member

The community garden is wrapping up another growing year. It was a difficult growing year as we suffered with early season frost, a hail storm, a cool and wet summer, pocket gophers, mice, and theft. Several gardeners reported theft from their plots; one little girl reported that the pumpkin she planted and carefully maintained all summer was stolen. It is quite disheartening that neighbors would do this. But there is always something that grows to keep us planting again next year.

Speaking of next year, for

several years the garden has been planning to redevelop. The location we currently use is 'temporary'; though we are quickly coming up on 10 years in the same location. However, as the City has other funding priorities the garden will be in the same location for 2017.

For the many of you that walk by the garden and think, I would like to get a plot for 2017, you need to get your name on our reservations list; please e-mail [garden@terwillegar.org](mailto:garden@terwillegar.org). Plot rentals the past few years have been \$20 for the season. We have 60 plots and they are all taken quite quickly by returning and new gardeners.

The garden committee will renew its labour before spring to set up the garden registration event. An e-mail will be provided to returning and prospective gardeners on the reservation list. In addition, updates will be available at the Terwillegar Community League website at [www.terwillegar.org](http://www.terwillegar.org)



CRAIG  
WATSON

780.906.9949



CALL ME  
TO DISCUSS YOUR  
NEXT MOVE.

RE/MAX River City  
2852 Calgary Trail  
[craig@watsonsells.ca](mailto:craig@watsonsells.ca)

Specializing in plumbing repairs  
and installations

Whether it's required  
maintenance:

- Hot water tank  
repair or  
replacement
- Leaking faucets
- Running toilets
- Pipe repairs
- Sump pumps
- Garbarators
- humidifiers

Or cosmetic  
improvements:

- Toilet  
replacement
- faucets
- sinks
- showers
- tubs
- gas lines to  
BBQ, stoves,  
and garage unit  
heaters

Toilet Special!

Toto Entrada

Comfort Height,  
4.8L low flush white toilet

\$395 installed

Some restrictions apply - call  
for details

Offer expires Oct 31, 2016

Or while quantities last

From small repairs to large  
renovations -  
WE'VE GOT YOU COVERED

ACCREDITED  
BUSINESS

T&V Plumbing, Heating and Gasfitting

780-993-2986



# Community

## New School in MacTaggart!

By Henry Madsen  
Principal,  
Nellie Carlson School

Nellie Carlson School has now officially opened!!

While students have been attending classes at Nellie Carlson School since September 1, 2016, the official opening of the school occurred on October 6 during the evening, in the school gym. And while there were many dignitaries present, including Edmonton Public Schools' Superintendent, our MLA and MP, the evening really belonged to the students of Nellie Carlson and the namesake of the new school, Nellie Carlson herself.

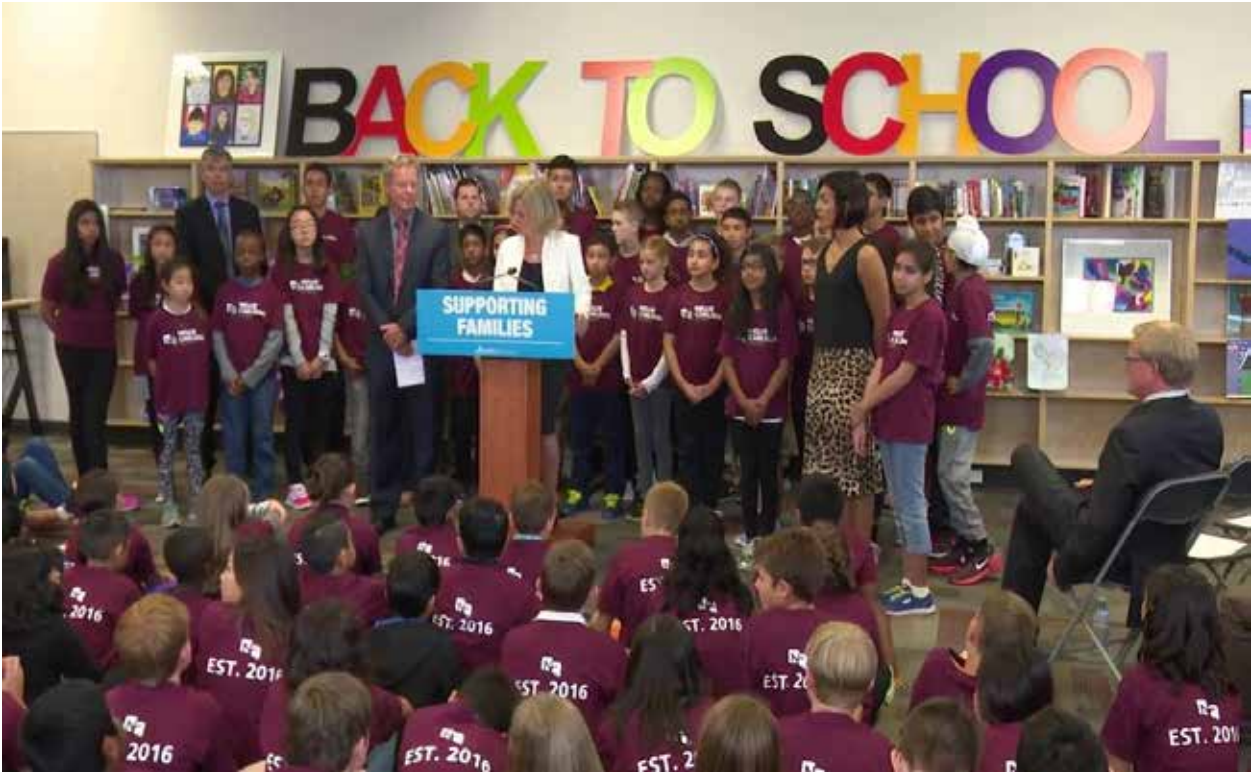
Mrs. Carlson, a first nations Cree woman, worked tirelessly for eighteen years to reclaim her rights as a full status Aboriginal woman, a right she lost at marriage due to dated laws. As a result of Mrs. Carlson's work, the Indian Act was amended to support equality for all aboriginal women, with resulting

benefits for spouses and children as well. In 1988 Mrs. Carlson received the Governor General's award for her work. Nellie Carlson school is named after this courageous woman who fought hard to ensure equal rights for all people. Mrs. Carlson exemplifies the importance of education coupled with focus and effort.

Nellie Carlson School focuses on high levels of learning, on strength of character and community, and on ensuring that all

students succeed. This is done with the same tenacity that characterizes the school's namesake. In order to achieve this, Nellie Carlson School has built in times throughout the school day where students can receive extra time and support to ensure that learning occurs. The school also has built in time to help students extend their learning if they have already mastered the curriculum. This is true in all subject areas including Phys. Ed. and options.

If you would like to learn more about Nellie Carlson School, please check them out on Facebook, on the School's website(nelliecarlson.epsb.ca), or by visiting the school at 4110 – MacTaggart Drive.



# Rec Centre Discounts

Use your Terwillegar Community League membership card to get fit with discounts at City of Edmonton recreation facilities, including the new Terwillegar Community Recreation Centre!

With your league membership, you can receive:

- 10% off on annual passes
- or
- 10% off on multi-admission passes

Check out page 23 for information on becoming a Terwillegar Community League member.

General Family Dental Care | We Are Taking New Patients!

**PETROLIA**  
DENTAL  
*We'll treat your family like our family!*

Dr. Jody Varughese

Dr. Rachelle Carson

PHONE 780-435-3784 | 14034-23 Avenue (Beside UPS Store)  
www.familydentistedmonton.com  
Services provided by a General Dentist



# Community

## Terwillegar Riverbend Advisory Council (TRAC) Update

By Sue Trigg  
TRAC Community Office

Thanks to everyone who renewed their Community League membership, or purchased a new Community League membership! This small fee helps provide much needed funds to help bring residents together and improve the community and quality of life for the residents of the community.

Did you know that Community Leagues have been a part of Edmonton since 1917, and that there are now 157 Leagues and they are all still run by volunteers?

With your community league membership, you will get a reduced rate to City of Edmonton recreational facilities through the Community League Wellness Program. You will also be able to enjoy the 2-hour free community swim/facility access at the TCRC. Community league members of the Greater Windermere, Hodgson, and Terwillegar Community Leagues have access every Saturday from 5-7 PM. Community league members of the Brookview, Oak Hills, Riverbend and The Ridge Community League have access every Sunday from 5-7 PM.

There are so many other benefits of having a community league membership such as access to community sports, free outdoor skating at any community boarded rink, neighbourhood safety & crime watch program, a say in your community, free community events, and much more!

“The best way to create the type of community you want to live in, is to get active and get engaged with your neighbours and with your league. When we all work together, we create safer, healthier and more enjoyable neighbourhoods – ones we are proud to call ours.”  
–Edmonton Federation of Community Leagues

Community league memberships & skate tags are available in person at the TRAC Community Office, which is located in the Terwillegar Recreation Centre.

Hours are:  
•Tuesdays: 9 am – 3 pm  
•Wednesdays: 9 am -3 pm  
•Thursdays: 4 – 9 pm  
•1st Saturday of the Month: 10 am – 2 pm  
Phone number: 780-439-9394  
www.tracspirit.ca  
They are also available online at www.efcl.org

TRAC Community Wine Riverbend Red, the latest community wine has sold out! Plans are underway for the next community wine. Stay tuned for details in the coming months.

TRAC Alerts Messaging System  
If you haven’t subscribed yet, it’s not too late. This messaging system sends out community news, traffic notices pertaining to our neighbourhoods, and crime alerts. To subscribe please go to [www.tracspirit.ca](http://www.tracspirit.ca)

TRAC Meetings  
Everyone is welcome to come to

any of the TRAC Meetings, as they are open to all. The dates for the year ahead are:

- Wednesday, November 16, 2016
- Wednesday, January 18, 2017
- Wednesday, March 22, 2017
- Wednesday, April 26th, 2017 (AGM)
- Wednesday, June 14, 2017

All meetings are held at the Lillian Osborne High School Library beginning at 7:00 pm.



# Happy Holidays

from

# TRAC

## Driving through roundabouts

Public Service Announcement



### THE RULES ARE SIMPLE:

1

**APPROACH**

- REDUCE YOUR SPEED AND CHOOSE YOUR LANE.
- WATCH FOR ROAD SIGNS.
- WATCH FOR PEDESTRIANS AND CYCLISTS AND BE READY TO STOP.

2

**YIELD**

- ALWAYS YIELD TO TRAFFIC IN THE ROUNDABOUT.
- WAIT FOR A SAFE GAP IN THE TRAFFIC, REMEMBERING THAT THOSE IN THE ROUNDABOUT HAVE THE RIGHT-OF-WAY.

3

**ENTER**

- ENTER THE ROUNDABOUT TO YOUR RIGHT.
- CONTINUE COUNTER-CLOCKWISE UNTIL YOU REACH YOUR EXIT.

4

**EXIT**

- USE YOUR RIGHT TURN SIGNAL BEFORE EXITING.
- WATCH FOR PEDESTRIANS AND CYCLISTS.

**TIP:** NEVER STOP IN A ROUNDABOUT UNLESS TRAFFIC CONDITIONS REQUIRE IT.



# Holiday Lights Contest

The Terwillegar Community League is once again encouraging residents to let us know about great houses in their neighbourhood on the TCL Facebook page.

Feel free to post photos so that others in the community can enjoy the holiday spirit.

To entice you to really go all out we will be driving around the community on December 17 to pick some of the best decorated houses and reward your efforts with some prizes, such as a \$50 gift card from Panago.

So make sure all your lights are turned on Saturday December 17!

Winners will be announced in the February issue of the Tribune with photos of some of the participating houses.



*Some of last year's participants*



# New Year's Eve Fireworks - The Ridge Community League

The Ridge Community League will light up the sky at Haddow Park again this year on New Year's Eve.

It's an event that residents from all over Riverbend & Terwillegar flock to every year. With something for everyone - this event has become a staple for many families to take part in and ring in the

New Year with family & friends.

Visit their website for all of the event details at [www.theridgeonline.ca](http://www.theridgeonline.ca)



# Pokemon Go Contest Winner Is...

*Aidan C, age 7* with his favorite pick of Charizard!

My favourite Pokemon is Charizard because its breath is so hot it can turn any material into SLAG.

I also like it because it goes to a Mega Evolution! Plus it has some fiery attacks! Here is some of my favourite Charizard attacks: inferno, dragon rage, and smokescreen.

Thanks to everyone who submitted their favorite Pokemon characters.





# Community

## School Zone Speeds

By Councillor Bryan Anderson



In 2014, Elementary school zone speeds were lowered to 30km/hr. What are the effects? A report to the October 17th Community and Public Services Committee covered this in detail as the Administration is recommending expanding the 30 km/hr school zone speed to Junior High Schools.

The report shows the City’s efforts to improve school zone safety are working. The school zones have been effective in reducing speed in these areas.

Before introducing the reduced speed limits, the average speed in school zones was 46 km/h. After the new speed limits were introduced, the speed was reduced to 34 km/h.

Most promising are the results showing that the 30 km/h speed limit in school zones has been effective in reducing injury collisions. The number of injury collisions declined from about 17 per year before school zones were implemented to 10 collisions resulting in injury in 2015. In addition, collisions causing injuries to vulnerable road users (i.e. pedestrians and cyclists) were reduced by 17 per cent; from about seven collisions per year prior to implementing school zones to just two in 2015. Slowing down in school zones helps keep children safe. Under ideal conditions, drivers traveling at 50 km/h need at least 11 more metres to stop compared to those traveling at 30 km/h. This distance increases when roads are wet or icy.

Driving at a slower speed gives the driver more opportunity to slow down in time to prevent a collision. Driving at slower speeds also reduces the severity of the impact, giving children a better chance of surviving a collision.

The City has taken efforts to increase driver awareness through the Road Safety Strategy’s School Zone Safety Reviews program. Under this program, 13 schools have been upgraded. Over the summer,



new measures were taken to improve safety at these locations including installing driver feedback signs to mitigate speeding, flashing beacons and reflective poles on stop signs. In the future, this program will review an additional 24 schools every year (until 2018), as well as schools that are identified as part of the Neighbourhood Renewal Program.

Ward 9 is home to many families with young children. As a City Councillor, I’m pleased we are considering the option to expand school zones. Lower speed limits around school zones have already helped improve safety, and this new proposal to include junior high schools will make our roads even safer for vulnerable road users.

If you have any questions or comments, please contact me at 780-496-8130 or [bryan.anderson@edmonton.ca](mailto:bryan.anderson@edmonton.ca), or visit [www.BryanAnderson.ca](http://www.BryanAnderson.ca).

## A Message from Matt Jeneroux, MP



MP, Matt Jeneroux

The House has now fully resumed for the Fall session, and I have been actively participating in the Parliamentary debates on the many issues you shared with me over the summer.

This August I wrote to the Prime Minister concerning Alison Azer’s case, urging him to make the safe return of her children a priority. Since this time, I have spoken with many of you regarding Alison’s struggle and continue to be encouraged by the outpouring of support for her. I was disappointed to see

the Government’s response to the Opposition’s questions in the House of Commons on this serious matter, yet I remain confident that continued public pressure on the Government will eventually help end Alison’s terrible nightmare.

Encouraging our youth to be leaders within their communities is so important. I have been inspired by the many youth who demonstrated a desire to better our community, particularly those who helped their fellow Albertans affected by the Fort McMurray fire. These acts of bravery and kindness are the reason I have decided to launch the MP Youth Leadership Award. There will be two awards: one for students in grades 7-9 and another for student grades 10-12. If you know a student who has shown leadership within their school or community, please nominate them for this award by completing a nomination form also found on my website. Alberta’s growing economic crisis remains a concern and

priority for me. Recent statistics on unemployment levels and EI claimants were heart breaking. Skilled workers across Alberta are struggling to provide for their families, kids are seeing their parents go to a food bank for the first time, and many are being forced to seek opportunities for employment in other provinces and countries - taking their valuable skills, creativity and ingenuity with them. Without a clear and targeted plan in place by the Federal Government that specifically addresses the challenges being faced in Alberta, companies will continue to move their business elsewhere, families will continue to struggle, and skilled workers will be forced to line-up for EI.

That is why my Alberta caucus colleagues and I have launched the Alberta Jobs Taskforce. It is with the Alberta Jobs Taskforce that we will work with everyday Albertans, struggling families, investors, small businesses, and companies to hear their thoughts and develop concrete

solutions that will allow the Alberta economy to grow, restore the province as an economic leader in the country, and get Albertans back to work. For more information about the Alberta Jobs Task Force please visit [albertajobtaskforce.ca](http://albertajobtaskforce.ca)

If you wish to have a meeting with me to discuss any questions or concerns you may have, please do not hesitate to contact my office. Additionally if you would like to know more about what I have been up to, please follow me on Facebook, Twitter or Instagram.



# Community

## Candy Cane Lane

By Stephanie Gillis-Paulgaard  
Editor, Terwillegar Tribune

Candy Cane Lane was started by a small group of residents in the Crestwood community over 40 years ago. Once small, the impressive light displays now span over 10 city blocks and have become a must-see for hundreds of thousands over the holiday season. What's even more impressive, it is completely done on a volunteer basis. There is no

commercial or municipal sponsorship of any kind. Over the past few seasons, Candy Cane residents have taken advantage of the fact that so many people come out over the holidays to use this event as a way to give back to those less fortunate. Donation bins for Edmonton's Food Bank are placed along the route and since starting the initiative over two decades ago, tens of thousands of pounds of food have been collected. Each year this event plays a critical role in helping Edmonton's Food Bank achieve their goal.

The best way to truly enjoy all that 'the Lane' has to offer is of course by foot. If walking is not an option, you and your loved ones can take in the sights and experience a good ol' fashion sleigh ride at the same time. Sleigh rides are 45-60 minutes long and run on selected dates. The Lane usually switched on the lights in early December and you will have from dark until midnight each night over the holidays to take a stroll or run down the famous lane. Other important things to know about: Candy Cane Lane is located at 148 street between 100 Avenue to 92 Avenue. Check out the map for a visual reference.

the residents or the walkers. So, you are best to park your vehicle on one of the side streets and make your way by foot to 'The Lane'. Dress warm so you can stay for awhile and really enjoy what they have created. Each year he displays seem to get bigger and better. And please, don't forget your donation to Edmonton's Food Bank. Let's all practice the giving spirit and help those less fortunate have a wonderful holiday as well. It really is the little things that count!



It can get extremely busy leading up to Christmas, particularly, weekend nights and those deciding to drive through the area end up spending a lot of time in traffic which, as you can imagine, also causes a lot of fumes. This is no fun for



## Terwillegar Community Knit & Crochet Club

By Janene Pedatella,  
Community Resident

The Terwillegar Community Knit and Crochet Club was formed just over 1 month ago. We formed both day/night meet-up groups and have been meeting every second Tuesday during the day from 1-3ish and from 8-10ish on rotating Tuesday and Wednesday evenings at Remedy Café.

There are experienced stitchers

and we welcome & encourage new people wanting to learn to come out. I myself am a newbie and have so appreciated the encouragement the woman in the group provide. Participating in the heritage of handcrafted art with a group of people has been a great gift. We encourage you to join our Facebook Page and or email [janene@ualberta.ca](mailto:janene@ualberta.ca) for more information and hope to see you out sometime :)



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

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

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

**No prior experience required**  
JUST ENTHUSIASM!

Please contact [editor@terwillegar.org](mailto:editor@terwillegar.org)

### Playschool Spots Still Available

Housed in the southwest community of Aspen Gardens, the Little Aspen Playschool Society has been running for over 25 years. It is a play-oriented program with 3 hr classes and no parent duty days.

Contact our Registrar for more info:  
[registrar@littleaspenplayschool.com](mailto:registrar@littleaspenplayschool.com)  
[littleaspenplayschool.com](http://littleaspenplayschool.com)

Little Aspen  
**Playschool**  
Society  
"Where children grow!"



# Community

## Halloween Fun for All Ages

By Stephanie Gillis-Paulgard  
Editor, Terwillegar Tribune

Our community was filled with a great display of ghouls & goblins this year. The weather cooperated as hundreds swarmed

Terwillegar Towne in search of treats before enjoying the fireworks sponsored by the Terwillegar Community League. Based on the comments on the Community Facebook page I think it's

safe to say that everyone enjoyed themselves. Thank you to those that took the time to share some of their photos from the evening.





# Community

## Terwillegar Halloween Haunts Facebook Page

By Kim Hagel,  
Community member

When we moved here from Regina 5 years ago, the Regina Leader Post used to put out a special edition Halloween feature which included a map of houses that decorated for Halloween. It was amazing! So I wanted to create that here too for our neighborhood. I know that Summerside really gets into Halloween too but I thought of keeping it on a smaller level to make touring even easier.

My hubby, son and I jumped in the car right before the 'big night' and did a tour through Terwillegar and we were so impressed with all of the houses that decorated. There were some awesome ones! We loved the community spirit!

Halloween is my hubby's favorite time of the year and he spends weeks (more like a couple months) planning and decorating our yard! We just

want as many people to enjoy it as possible!

A Facebook page has been created for community members to add their address to the list of must-sees and the rest of the community to find out where they need to make sure to visit. The page was established a little late this year - we are already sitting at 100 members. We're hoping that more people will join the group and it will continue to grow as we start thinking of ideas to make next year even better!

Thank you to those who have already jumped on board.



WE MAKE YOUR  
SMART KID

EVEN  
SMARTER

Give your child an  
academic advantage in  
school and beyond!

Kumon helps your child become a better learner:

- The Kumon Method helps children ages 3 through high school advance their math and reading skills.
- Many of our students are studying above grade level.
- For over 50 years, Kumon has benefited millions of kids around the world.

Schedule a Parent Orientation today.

Kumon Math & Reading Centres of

Edmonton - Heritage  
827 Saddleback Rd NW

780-244-0850

edmontonheritage@ikumon.com

Edmonton - Riverbend  
5607 Riverbend Rd NW

780-433-5182

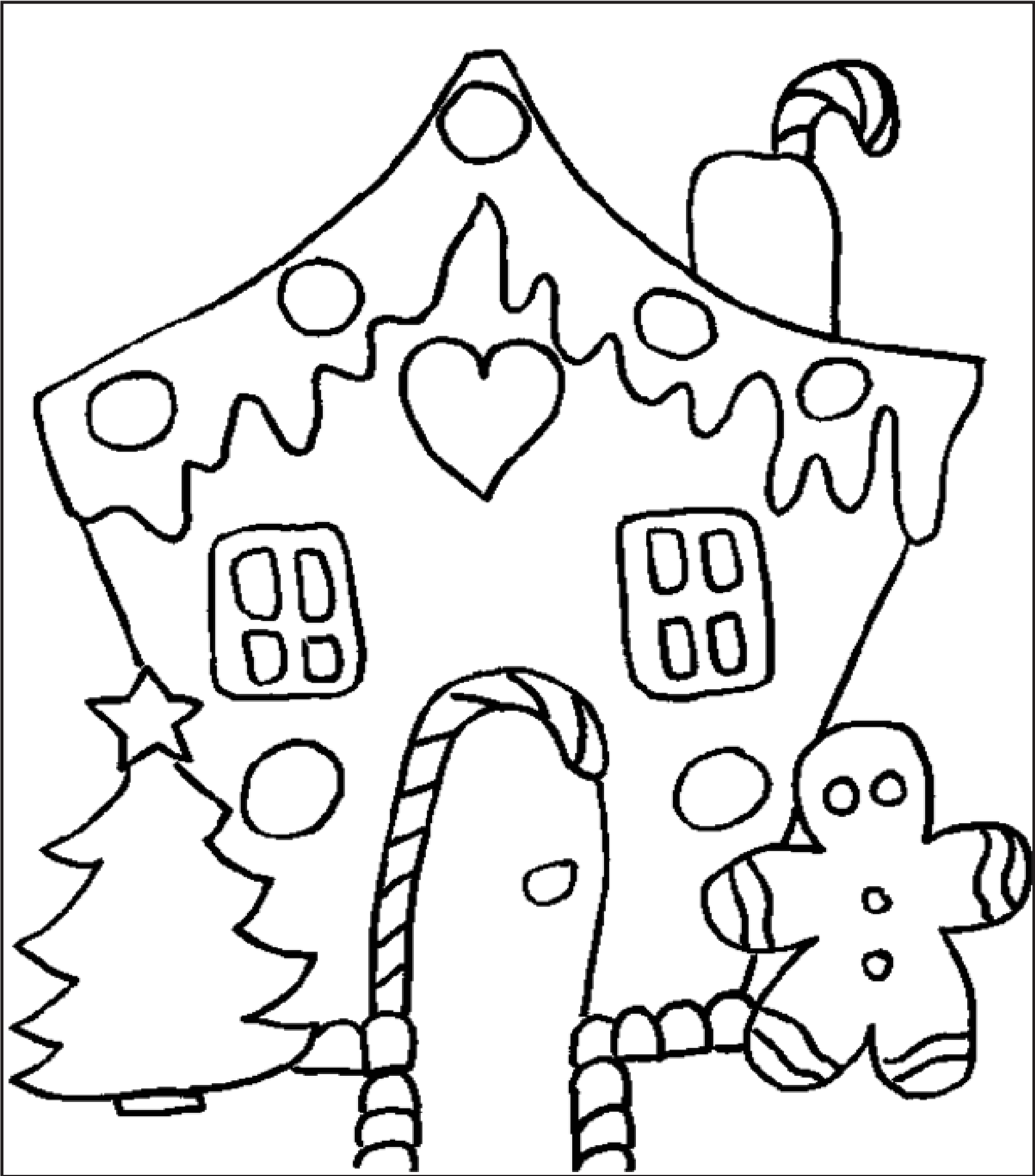
michelle@riverbendkumon.com

FOR AGES  
3+

KUMON®



# Kids Zone



## Holiday Coloring Contest

Name: _____	All entries must be received by <b>December 31</b> . Please note: one entry per child. The contest is open to residents of the following areas: Terwillegar, Magrath, South Terwillegar, and MacTaggart.
Age: _____	
Address: _____	Age categories are: 2-4; 5-7; and 8-11. Prizes awarded to first place & runner up of \$25.00 & \$10.00 gift certificates for Toys R Us
Phone: _____	Entries should be mailed to: Terwillegar Community League PO Box 36508 RPO MacTaggart Edmonton, AB T6R 0T4



Holiday Word Search

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

CAROLS	RUDOLPH
CHRISTMAS	SANTA
ELF	SINGING
GINGERBREAD	SNOW
HOLIDAY	SNOWMAN
LIGHTS	TOYS
PRESENTS	TREE
REINDEER	TURKEY



# Community

By Dr. Stacey Richards, ND

## Are you ready for winter?

Here are 3 simple tips that will keep you and your family healthy this winter.

Sure, you have your snow tires, windshield ice scraper, that great down filled coat and those boots built for life in Antarctica but what about your health. Those winter blues, feeling tired and fatigued, that horrid cough that is going around and should we mention the dreaded flu. Here are some preventative measures to help you skip all that this season.

### 1. Vitamin D

This sunshine vitamin is hands down the solution to many health concerns. One of the most important role for vitamin D is to keeping your immune system strong. Several studies show that it protects us from cold, bronchitis and pneumonia by fighting viruses and bacteria.

Another important role is the protection against Seasonal Affective Disorder (SAD). Low Vitamin D levels are linked to depression. Your depressed mood or seasonal depression could very well be a symptom of vitamin D deficiency.

If you are feeling tired and fatigued as the winter months role on. Guess what? You could be

vitamin D deficient. A large study found a connection between low vitamin D levels and fatigue.

### 2. Immune support

We've all been there, everyone around you is sick and you are hoping and praying to the flu gods to please spare you this season. You have too much to do and getting sick is not an option. You wash your hands constantly, carry around wipes and hand sanitizers. You may even get the flu shot.

An immune system on high alert is your ticket to making it through the cold and flu season with little to no infections. There are many ways to support your immune system - rest, stress management, bone broth, clean healthy foods, vitamin C - but my favourite is a product call Pascoleucyn. Plain and simple it works for preventing colds/ flus. It is the mainstay for my cold and flu prevention program because it supports the immune system very well. Not only is it an effective preventative measure but should you get a cold or flu it will minimize your symptoms and help you feel better faster.

### 3. Probiotics

These are the good bacteria that are in your yogurt, kefir or sauerkraut. They are not only in your gastrointestinal tract (GIT) for optimal digestion but play a pivotal role in your overall

health - mental emotional health, immune function and disease prevention to name a few. The importance of good bacteria is extremely important and cannot be overstated.

More specifically, 80% of your immune system is in the gastrointestinal tract, for this reason supporting the GIT means supporting the immune system. Probiotics are known to enhance immune function and reduce the risk of getting the cold. We spend more than \$300 million a year on over the counter cold and flu treatments and prescription for antibiotics, which only treat symptoms. Researchers concluded that

preventative measure would reduce colds and flu and lower health care costs significantly.

*Dr. Stacey Richards BSc, ND is a licensed naturopathic doctor. For over a decade she has been dedicated to empowering her patients to live their best life. To learn more about her cold and flu prevention program and the fabulous integrative team of practitioners at SMRT Health Centre visit [www.smrthealth.com](http://www.smrthealth.com)*



A Multidisciplinary integrative health centre  
NOW OPEN IN TERWILLEGAR

Naturopath | Massage | Psychotherapy | Nutrition









SCHEDULE YOUR  
FREE CONSULTATION  
780.705.0450  
[www.smrthealth.com](http://www.smrthealth.com)



Christmas at...

Terwillegar Community Church

TCC

- \* Winter Delight: November 26th from 4-6pm
- \* Christmas Eve: 4pm (Candlelight Service)
- \* Christmas Day: 10am (1 hr Family Carol Service)



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



Happy Holidays from the  
Terwillegar Community League



# Radon Information Session - November 30th



Want to test your house for radon,  
the 2nd leading cause of lung cancer, **for free?**

The Alberta Lung Association in partnership with the Canadian Association of Radon Scientists and Technologists, Terwillegar Towne Home Owners Association, Oak Hills Community League, and the Terwillegar Community League are hosting a Radon Information Session at 7:00 p.m. on Wednesday, November 30th at the Terwillegar Community Church (1751 Towne Centre Boulevard).

In addition to a short presentation starting at 7:30 p.m., representatives will be onsite giving away **FREE** radon test kits (retail value of \$40-\$70) and information on radon. The session will end at 9:00 p.m. and you must be present to receive your free kit.

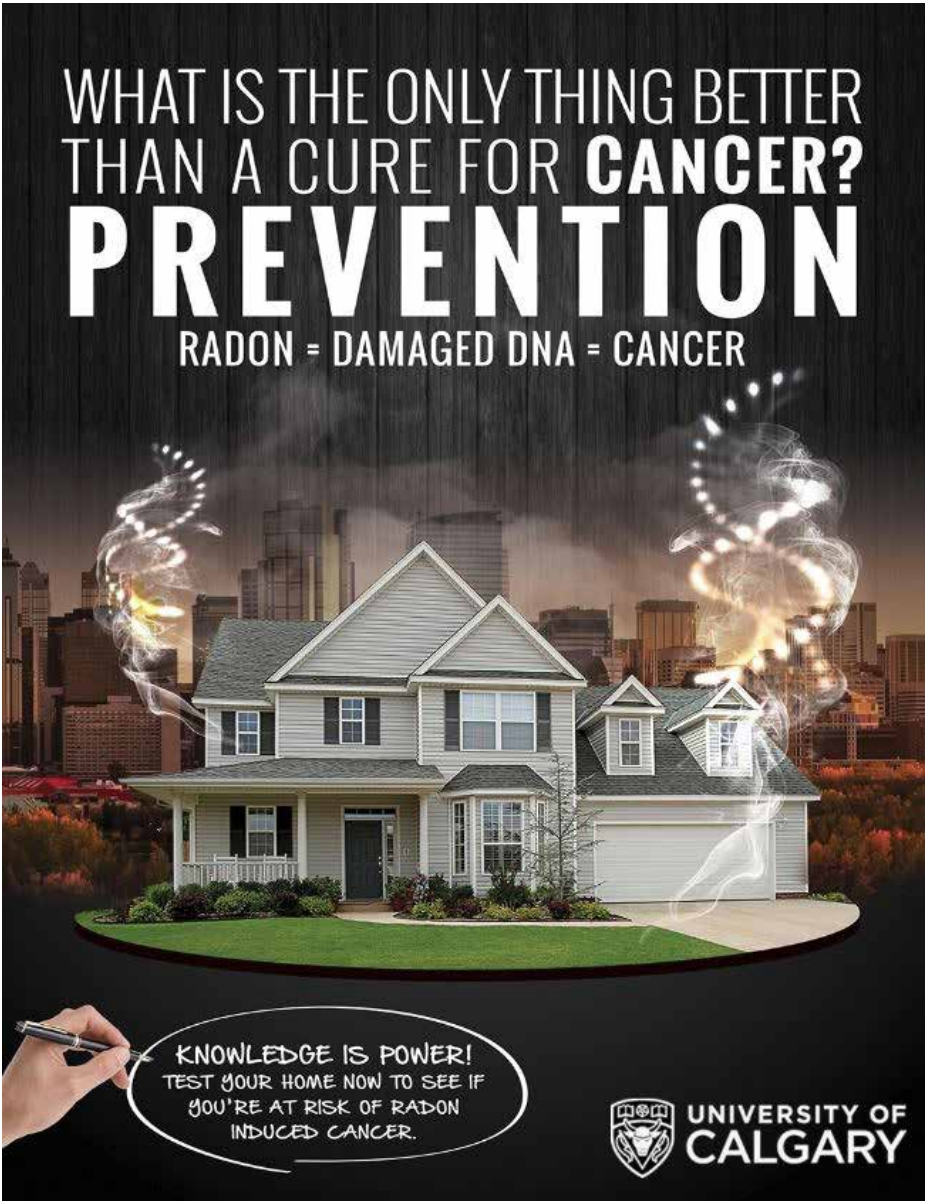
What is radon? Radon is a radioactive, invisible, odorless gas that can seep into your home through cracks in floors, walls and foundations. You can't see radon. You can't smell it or taste it. In enclosed spaces, such as your home, it can accumulate to dangerous levels.

Exposure to high levels of radon in indoor air results in increased risk of developing lung cancer. **DID YOU KNOW** - Radon is the second leading cause of lung cancer after smoking, and Health Canada estimates that about 16% of lung cancer deaths are related to being exposed to radon in the home. It is estimated that there are more than 3,000 lung cancer deaths in Canada related to radon each year.

The only way to ensure your home does not have dangerous levels of radon is to test for it. Please come find out more information about radon, its impact on your health, how easy it is to test for it in your home and the solutions if it is found. For more information, or if you are unable to attend and need to purchase a test kit, call 780-488-6995 ext 2257 or email [mweber@ab.lung.ca](mailto:mweber@ab.lung.ca).



Visit [www.wintercityedmonton.ca](http://www.wintercityedmonton.ca) for a copy!





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 Ellen Frombach

Happy holidays from SWESA. May your festive season be relaxing and joyous.

As I write this news column today, it is difficult to think of Christmas, as the sun is shining and warming up the room beautifully. Christmas is always a very confusing time for me, as popular media creates an image, and perhaps an expectation, of what a perfect Christmas should be. I sometimes feel a lot of pressure to deliver or to be a part of that perfect Christmas. So to relieve these confused feelings, I turned to a source of extensive information—the internet. I found some interesting articles that will help to make my Christmas become more meaningful. One interesting article is from Prevention: <http://www.prevention.com/mind-body/solutions-holiday-stress>. It covers 11 holiday stress points. These points were so real, some of them actually made me laugh. Other people feel stressed at Christmas—I am not alone! I also liked the links provided to assist in managing those stress points.

And now that I have cruised the internet, what things will I do differently? I grew up participating in many Christmas concerts and I love to sing Christmas carols. Singing apparently reduces stress, so it sounds like a good activity to get engaged in again. (Check out SWESA’s ‘Sing-In’ listed below). And I will also reach out to those who are more isolated or have family members far away. Helping others is said to increase personal happiness.

As we all head into the holiday season, here are some SWESA events that are designed to make your season special. Bring a friend!

SWESA Christmas Cookie Exchange

The SouthWest Seniors Association (SWESA) shares the Camaraderie of the Holiday Season

A holiday cookie swap party is a great way to bring friends together while completing a Christmas “to do” list item. We will join fellow SWESA members in swapping some seasonal sweets! Bring your own tins or other storage containers and be prepared to sample, swap recipes and enjoy some great company and Christmas cheer. Each member will bring six dozen cookies to trade amongst participants. Please make sure to get your recipe and list of ingredients to the program coordinator by November 28.

**When:** Tuesday, December 6 from 12:30 pm – 2:00 pm  
**Location:** Yellowbird East Community Centre  
**Cost:** Member \$2; Non-member \$5  
Registration is required. 587-987-3200

Christmas Sing-in at SWESA

Summon your Christmas spirit with fellow SWESA members as we attempt to fill our hall with familiar festive classics. Experienced and non-experienced singers alike, put on your favorite Christmas sweater and join us for a conjuring of the Christmas spirit. Holiday snacks and refreshments will be available.

**When:** Tuesday, December 13 from 12:30 pm – 2:00 pm  
**Location:** Yellowbird East Community Centre  
**Cost:** Member \$5; Non-member \$7  
Registration is requested. 587-987-3200

And after the excitement of the holiday season, January can be a long, dark month, with much less to do. Here are opportunities to get out of the house, socialize, and have some fun. If your New Year resolutions involve participating in more exercise, have a look at SWESA’s weekly gentle yoga and total body fitness classes. Or if you are missing all of those holiday social interactions, SWESA has several weekly card and game playing opportunities that get people together: canasta, mahjong, and contract bridge. Check out SWESA’s 2017 Program Guide at [www.swedmontonseniors.ca](http://www.swedmontonseniors.ca) for more information.

Look for Other Seniors Programming in the Southwest

There are other great senior programs in local community senior centres in the southwest, as well as in community leagues.

Some of these groups have been around longer than SWESA and provide excellent opportunities. Check out the listing of these centres and programs on SWESA’s website. If we have missed your senior organization on our list, let us know.



SWESA members at a Christmas luncheon (Derek Quittenton, Maureen Ettinger,, Shahin Soofi, Yvonee Goulet) .  
Photographer: Liza Boudreau

Locations:  
  
SWESA Seniors Centre  
Yellowbird East Community Centre (YECC), 10710-19 Avenue.

SWESA Seniors Lounge  
Terwillegar Community Recreation Ctr (TCRC),  
2051 Leger Rd  
587-987-3200

For more info email:  
[edmontonseniors@gmail.com](mailto:edmontonseniors@gmail.com)  
or visit the website:  
[www.edmontonseniors.ca](http://www.edmontonseniors.ca)



SWESA members enjoying some winter fun at a luncheon (Ev and Doug Carter)  
Photographer: Judy Speight



5th Annual

Winter Family Fun Festival

Sleigh Rides • French Canadian Culture • Outdoor Fire Pit • Maple Syrup

Sugar Shack • Bannock & S'mores • Snowshoeing • Cross Country Skiing •

Refreshments • Holiday Fun & Music • Special visit by Santa • Winter Crafts

& Activities for Kids & other Surprises!

EVERYONE WELCOME!

Mother Margaret Mary Catholic High School

Saturday, December 3rd, 2016

Noon - 4 PM

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





Papa Murphy's

TAKE 'N BAKE PIZZA

Riverbend Square





OAK HILLS Community League

Building Community in Carter Crest & Leger



SECOND CUP TCRC



IMAGINEHAPPEN





PETERS PRINT HOUSE

chiu/agostinis media © 2016



# Community

By Gordon Dyck  
Magrath Bone & Biscuit Co.

Scrunge – The Blind &The Seeing

The days turned into weeks, and Junior was becoming more and more a part of Baggers family. Never having had a real home before seemed to now make the young dog live in a state of wonder every minute. His upbringing as part of the gang had taught him some bad habits, but the love he was now experiencing was wearing off the edgy attitude and some interesting skills were starting to show through the cracks. “This young guy has real street smarts, Mr. Scrunge, Bagger said one day as they sat talking over plates of bones and biscuits. Growing up under Roggins sure had its down side, but Junior has developed some special senses as well. More than once he’s noticed problems and dangers long before any other member of my family saw them. He saved my wife from a speeding car a couple of days ago. She never heard it coming around the corner, but he held her back. I think he could be a really good service dog of some kind. Any idea where we could find him some training?”

Scrunge couldn’t contain his excitement. “What a great idea Bagger, he exclaimed! If Junior can learn to trust people, what a change that would bring to his future. I’ll check into it and let you know. It could be perfect for him.”

Two days later Scrunge trotted into the office of the Canine Director of Training at the Canadian Institute for the Blind. It took a bit of time, but as Scrunge told the story, the Director’s apprehensions eased and he agreed to take Scrunge’s request to the Institute Board for consideration. “We actually have a special human case here that could be a good fit for Junior, he said. A blind 15 year old girl who grew up homeless was abandoned by her family a year ago. Callie has been resident here since then, learning braille and dealing with the impact of what happened to her. The doc says she is steadily improving, but there is a piece of the puzzle still missing. She has real trouble trusting people, but she seems to be at peace when animals are around. She hasn’t advanced enough for a service dog match as yet, but she’s close. Maybe she and Junior have

enough in common that it would be worth giving the young pup a short internship to see if he has what it takes. I’ll get back to you.”

Three weeks later the call came. The board of the Institute had agreed and Junior started classes right away. He had never gone to school of any kind in his life, but he was a quick study and it didn’t take long to see that he would make a very good ‘Seeing Eye Dog’. He had developed a calmness while living with Bagger, and his street sense almost made him a natural at knowing when to move and when to wait. Spending his days in a harness challenged his patience at first, but in time it started to feel normal. He sure did enjoy the freedom of the long runs at the dog park at the end of the day, though. After several weeks of practice and repetitive learning, it was coming time to see if Junior and the teenaged girl were right for each other. As they sat barking together one evening, Scrunge and Bagger could tell Junior was nervous. “What if she doesn’t like me, he asked? What happens then? I’ve never wanted anything so bad in my life...I’ve worked so hard for this.” “Yes you have, Scrunge said...and we are extremely proud of you.” “Regardless of the outcome, Bagger observed, you have proven you have solid skills and this training could open many doors for you.” “But, I want to work with this girl, said Junior. I’ve met her a couple of times. She really needs help and I can be the help she needs, I know I can.” “Well, said Scrunge... we are going to believe with you that you will get that chance. I’ve learned that when we determine to serve the needs of others, our lives grow and others are blessed. What I just heard you say tells me that you have made that determination. So, let’s trust that Callie will feel the same way about it that you do. You’ll know the results next week.”

Junior was quiet for a while, then he looked up at the two older hounds. “Uncle Scrunge, he said, ...could we go see my Dad before next week? I’d like to tell him what has happened in my life while he has been in jail. I want him to know how much my life has changed... maybe his life could change too.”

Scrunge had no idea what to expect, but he was sure that taking Junior to visit Roggins in

jail was the right thing to do. It took some doing, but Scrunge had made arrangements with the Humane Society to visit Roggins in the secure lockup at the pound. The authorities were still trying to determine what to do with the gangster, but they had made it clear that he wasn’t going anywhere anytime soon. He was considered too dangerous, so he was in isolation where he couldn’t mess with anyone else. When Junior had found Scrunge at the park and asked for help those months back, it was obvious that he was scared and looking for someone to care, but just hadn’t known where to look. Finding Scrunge and Bagger seemed providential. Yet, Scrunge wasn’t sure how Roggins would respond seeing them together, so as the three of them passed through the secure gate, he breathed a prayer for wisdom and courage.

They found Roggins on his haunches looking out the fence at nothing in particular. Hearing them approaching, Roggins turned with a look of dark curiosity. “Well, well, what have we here, he sneered. Two old enemies and my son together. You jumping ship, Junior?” “No, said the younger dog...I had no place to go...these guys helped me out and got me here to see you. You’re my dad, but I can’t live that life anymore. I need something to look forward to. They’ve given me a place to stay and are helping me find a job. I feel good about life, and I have a chance to make something of myself.”

“So, old man, said Roggins to Scrunge....first you steal my

business, now you have me in lockup and you steal my son too...is that it?” “That’s not it at all Roggins, said Scrunge. As I told you back when the catcher got you...my life has changed since we knew each other all those years ago. I am committed to spending my energy helping others. When Junior found us, we determined to do whatever we could to help him if he was open. He has obviously learned some very useful skills in life. His future has the potential to be very difference ...but that will happen primarily because he has decided to apply his efforts in giving to others instead of taking from them. You have good reason to be very proud of him.”

There was silence for a while, and Scrunge could tell that Junior was just aching to hear Roggins’ response. “Nobody ever went to bat for me, mumbled Roggins...never got a break... not once. Now I’m beyond help.” “You’re not beyond help Dad, blurted Junior...I know it! We can help you!” “No one is ever beyond help Roggins, said Scrunge ...there is always help around...just ask and believe.”

As Scrunge and Bagger turned to leave the lockup Junior lingered behind. “Do you mind if I hang out with my dad for a bit longer, he asked ...alone?” “By all means Junior, said Bagger ...we’ll see you at home later. Make sure you tell him about the school and Callie. And oh....make sure you leave him the bones and biscuits we brought for him....”

# NOW IN STORE



## Techla Pet Tag Engraver

First 10 Coupons in Store  
Your Tag is  
**FREE!**

Choice of Tag from In-Store Stock Only  
Must Bring Coupon into Store for Chance to Win



### the Bone & Biscuit CO.

The Market at Magrath  
14119-23 Ave 780.433.3066  
www.facebook.com/BoneAndBiscuitMagrath

# Merry Christmas!

Tribune



**EDMONTON**

# Public Skating Guidelines

**The City of Edmonton is committed to creating safe, healthy, vibrant spaces. In promoting shared positive experiences we ask all participants to observe the principles of safety, respect and courtesy.**


- There will be no on-ice staff available at single pad arenas and before 4pm on weekdays at multi-pad arenas. On-site staff are available during these times, if assistance is needed.
- Age restrictions may apply; please see Public Skate Schedule for details.
- Children ages 8 and under must be accompanied on ice and actively supervised by a responsible person aged 13+.
- Helmets are strongly recommended for all skaters.
- Sledge skating is permitted.
- Use of cell phones and/or headphones while on the ice is not permitted.
- Carrying an infant on the ice, regardless of helmet or safety attire, is not permitted due to the risk of injury to both the child and guardian.
- Skaters should skate at a safe speed. Faster skaters are expected to skate on the outside, with slower skaters on the inside of the rink.
- Skaters should not loiter along the arena boards or in areas that may block the traffic flow.
- Skaters are expected to rest at centre ice. Skaters should not sit on the boards.
- Figure skating is not permitted, except during specified figure skate times.
- Formal or organized coaching is not permitted.
- Those displaying unsafe or inappropriate behaviour on or off the ice will be asked to leave.
- Skating aids are available for public use, however, skaters may bring their own commercially made skating aid product as long as it is in good working order.
- The following items are not permitted during Public Skate, unless specified on the schedule:
  - Sticks, pucks and rings of any kind, including hockey & Ringette sticks
  - Food or beverage, with the exception of sealed water bottles.
  - Toboggans, Sleighs or Wagons
  - Child Car Seats, Baby Carriers or Strollers
  - Blankets, Stuffed Animals or Toys
  - Homemade skate aids
  - Shoes

**Thank you for your cooperation. Enjoy your skate!**




*"Personally working harder for you!"*


www.LeeBourgeois.com




**Lee Bourgeois**  
Top Producer  
Top Results  
Top 5%



2006  
2007  
2008  
2009  
2010



Realty Executives Devonshire



# Stay Safe this Holiday Season

By Minoo Soleymani,  
Teen Contributor

With the Thanksgiving long weekend and Halloween now behind us, it is officially the beginning of the holiday season! As exciting as the winter months can be, this is also a time where drinking and driving is on the rise. Statistics Canada reported that in 2010, approximately 1200 impaired driving reports were recorded in the weekends approaching Christmas and New Year's. Although parties are an essential element of the holidays, it is vital to plan ahead to truly enjoy the celebrations with no consequences and regrets.

There is simply no excuse for drinking and driving, especially with driving services such as taxis, Uber, and TappCar (tip: find Uber codes online for a discounted ride). Of course, choosing a trusted designated driver is a solid option to ensure you will get home safely. Consider

asking a friend to drop you off and pick you up from a gathering - it is guaranteed that they would rather drive to pick you up than drive to visit you in the hospital.

If you are hosting a party, it is best to take on the responsibility of your guests' safety. Make sure none of your guests have consumed more than they should have, and offer to drive them home if you are safe to drive. Invite your guests to sleep over for a night to minimize risk.

Edmonton Transportation System does not charge bus fare during New Year's Eve - a useful free service that should be taken advantage of when legal limits have been surpassed. Remember to plan out your route before leaving for the evening, and you are sure to start of your new year in a safe way.

Impaired driving is an issue we hear about again and again - yet the number of incidents is still

too high. Please do your part to make sure everyone has a safe and happy holiday season.



**Transportation Options  
During the Holiday Season**

*Alberta Designated Drivers 780-616-7140*  
*Birch & Willow Valet Services 780-886-5156*  
*DD's On Site! 780-801-0346*  
*Dedicated Designated Drivers 780-819-8175*  
*Reliable Ride Designated Driving Service 780-633-1610*

*These driver services will provide a ride home if you've been drinking, and make sure your car gets there, too.*

Interested in trying your hand at writing?

Are you an artist and want to share your creations with the community?

The Terwillegar Tribune is circulated to 8000+ homes as well as local businesses in the area & we are always looking for local content to feature. Contact the Editor by email at **editor@terwillegar.org** to learn more about how you can get involved with your community paper.

**Chris Smith**  
B.A., B.Ed.  
terwillegartowneguitar@gmail.com  
780.604.3414  
**Terwillegar  
Towne  
Guitar**

YES!

terwillegartowneguitar.com  
lessons and guitar repairs



# Keeping The Power in Your Slapshot: Understand a Common Reason for Elbow Pain

Trevor Anderson, MPhy, BPE  
Physical Therapist

It's that time of year again! Pucks will drop all over the city as hockey enthusiasts begin another hockey season! Most players will finish this season with good memories, but a few will be left nursing hockey injuries. Due to the sport's high speeds, rapid direction changes and forceful impacts, it's no surprise that injuries occur. Although we usually think of shoulder and knee injuries when it comes to hockey, elbow injuries are common as well.

What is Lateral Epicondylitis?

One common injury is lateral epicondylitis, commonly referred to as tennis elbow, although you don't have to play tennis to have this problem! Lateral epicondylitis describes inflammation of the muscles and tendons on the outside of the elbow. Your lateral epicondyle is the bony prominence just above your elbow joint – you can find this by standing with your palm facing in front of you and bringing your other hand to touch the bony area just above the outside of the elbow crease.

Muscles that originate here stabilize your wrist when swinging a racquet or shooting a puck. When you consider how many times you make this movement in a hockey game, it is no surprise that these muscles



are susceptible to overuse. Lateral epicondylitis occurs gradually due to overuse of the muscles that attach to the epicondyle. People first notice tenderness and pain around their elbow. Soon they may experience discomfort and even weakness when grasping objects such as opening a jar. Although it is most common in tennis players, it occurs in many athletes whose sport involves gripping an object tightly such as a baseball bat, golf club or hockey stick.

How to Test Yourself for Lateral Epicondylitis

If you have pain around your elbow you can learn a simple test to determine if lateral epicondylitis is a potential cause. Place your forearm and palm

facing down on a table. Lift your palm up off the table and use your other hand to provide resistance to the back of your palm. If this causes pain around the outside of your elbow then you may have tennis elbow. However be sure to visit a physical therapist for a complete assessment – one test in isolation is not sufficient to diagnose this injury.

Treatment Options for Lateral Epicondylitis

There are many different options for treating tennis elbow. Physiotherapists will use a combination of treatment interventions like heat/ice, ultrasound, dry needling/acupuncture, manual therapy and/or temporary forearms straps and braces, to reduce the pain and inflammation in

your elbow. Most importantly your therapist will prescribe you with individualized stretching and strengthening exercises to address any muscular imbalance or poor movement patterns. We understand how important hockey is to you and our goal is to ultimately guide you in returning to activities that may have caused this injury as quickly as possible!

## CPR-C and AED Certification - December 10th

Public Service Announcement  
Oak Hills Community League

The CPR courses are subsidized by Oak Hill Community League in an effort to increase the baseline awareness and training within our surrounding communities.

Any community league members from any area are able to obtain the training at the subsidized rate of \$40, while Oak Hills members can obtain it at a further reduced cost of \$20 since they are already contributing to the costs through their memberships.

### CPR-C and AED Certification



**@ Terwillegar Rec Centre**

**Saturday, Dec 10th**  
10 am - 1 pm (3 Hours)

Presented by Oak Hills Community League  
Everyone is welcome, minimum age 14

Oak Hills Community League Members: \$20  
Nearby Community League Members: \$40

To register, contact OHCL Program Director  
[brian.boswell@gmail.com](mailto:brian.boswell@gmail.com)





# Coming Events

**Weekly:** Please contact organizer for details

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

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

**Events:**  
**November 26:** Winter Delight  
**November 29:** TCL Annual General Meeting  
**November 30:** Radon Information Session  
**December 3:** Oak Hills CL Winter Family Fun Festival  
**December 10:** TCL Holiday Spectacular  
**December 15:** Christime Pantomime  
**December 31:** The Ridge CL NYE Fireworks at Haddow Park

Interested parties are encouraged to visit the League's website at [www.terwillegar.org](http://www.terwillegar.org) regularly for the most up to date information.

Terwillegar Tribune 2017	
Submission Deadline	Released
January 6	February 6
March 3	April 3
May 5	June 5
July 28	August 28
October 13	November 27

Terwillegar Community League mailing address:  
PO Box 36508 MacTaggart RPO  
Edmonton, AB T6R 0T4

## A Christmas Pantomime - December 15th

Join the Fort Edmonton Foundation as we host a special Opening Night President's Reception for the Christmas Pantomime at Fort Edmonton Park's Capitol Theatre.

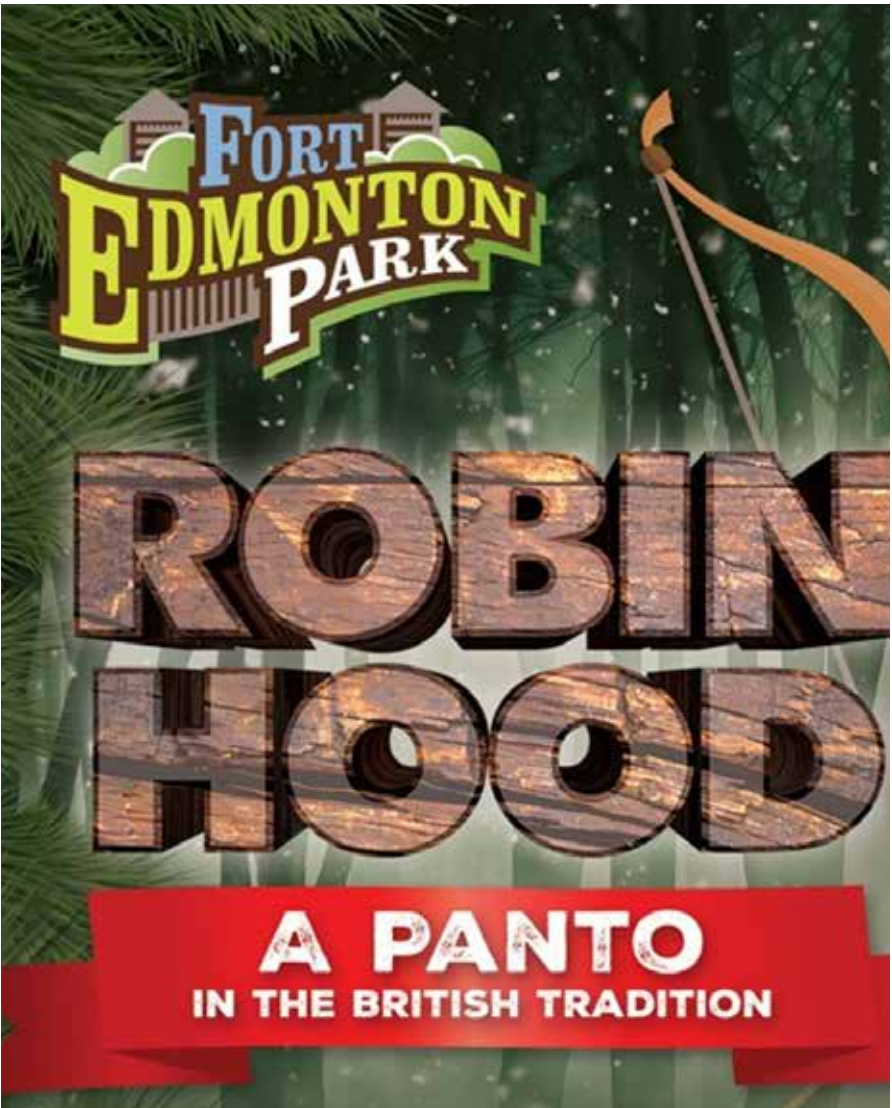
The Christmas pantomime production this year is based on the story of Robin Hood; Jocelyn Ahlf puts a modern twist on this classic tale and presents the gallant Robin Hood and his merry men in a hilariously unpredictable old-fashioned English Pantomime where roles are reversed and legends are skewed. This is one of Fort Edmonton Park's great holiday traditions.

This exclusive Opening Night Reception takes place on Thursday, December 15th, 2016 and will feature a President's Reception, hosted by Lyndon Decore, President of Fort Edmonton Foundation. Complimentary wine & beer, and hors

d'oeuvres will be served in the lobby of the theatre. After the show, there will be another reception where guests will have the opportunity to participate in a meet & greet with the performers. We will feature exclusive, updated information on the Fort Edmonton Park Expansion project designs, and representatives from the City of Edmonton and Government of Alberta will be in attendance.

Tickets are \$40 each. For more information or to purchase tickets, please contact us.

Phone: 780-496-6977  
Email: [admin@fortedmontonfoundation.org](mailto:admin@fortedmontonfoundation.org)





# JOIN THE TCL LEAGUE

Name #1: _____	Date: _____
Name #2: _____	<b>Membership Type:</b>
Address: _____	Senior: <input type="checkbox"/> Single: <input type="checkbox"/> Other: <input type="checkbox"/>
Postal Code: _____	Adult: <input type="checkbox"/> Family: <input type="checkbox"/>
Res. Ph.: _____      Bus Ph.: _____	Member interested in participating in activities?
Email: _____	Yes <input type="checkbox"/> No <input type="checkbox"/> (See Over)
Children's Names:      Y/M/D      M/F	Member willing to volunteer?
_____	Yes <input type="checkbox"/> No <input type="checkbox"/> (See Over)
_____	Fee Paid: _____
	Donation: _____
	Total Paid: _____
	# of Skate Tags: _____
	Cash: <input type="checkbox"/> Cheque: <input type="checkbox"/> Cheque#: _____

**Terwillegar  
Community League**

•••••  
• **Terwillegar Community League memberships are** •  
• **available online at [www.terwillegar.org](http://www.terwillegar.org)** •  
•••••

**Membership Fees:**  
Family, \$45  
Senior/Single/Adult, \$35  
  
**It's Time to RENEW!**  
  
Memberships expire  
annually on August 31  
  


  
**Free Access!**  
  
With a Terwillegar Community League membership,  
you get access to the Terwillegar Community  
Recreation Centre's swimming pool, indoor playground  
or workout area.  
  
**Saturday's from 5-7pm**  
  
Please bring your membership card;  
admission may be declined otherwise.

**These are the people in our neighbourhood:**  
  
**Residents' Association:** Responsible for the maintenance of specific plots of designated land. It is also responsible for the regulation of neighbourhood architecture. (Do you have a mailbox on your property? Two bushes and a tree?) Annual fees are required and residents are contacted directly if payment has been missed. Different areas have different residents' associations. Please ensure you are contacting the correct association.  
  
**Community League:** Responsible for the personality factor and all the extras. This includes all of those fun events you get to attend, our website ([www.terwillegar.org](http://www.terwillegar.org)), the Terwillegar Tribune, neighbourhood watch, and more. Membership fees are optional (but well worth it!). The Terwillegar Community League is a single organization for all of Terwillegar. E-mail [memberships@terwillegar.org](mailto:memberships@terwillegar.org) to join. Or check out our website [www.terwillegar.org](http://www.terwillegar.org).  
**Fees for one organization do not cover fees required for the other.**  
**Please ensure your fees are up-to-date.**



# Terwillegar Classifieds

# How to contact the Terwillegar Community League



**Great Tutors Available - 1 on 1 In Your Home**  
All Subjects & Grade Levels  
Guaranteed Excellent Tuition  
*Contact Us For A FREE 1 Hour Consultation*  
ph: 780.298.3710 email: phares@tutordocor.com

**Brookview Community Preschool**  
3 Year and 4 Year Old Classes  
Still Available for 2016/2017.  
Register at BrookviewPreschoool.com today

If you would like to see your ad here, please contact [editor@terwillegar.org](mailto:editor@terwillegar.org) for more information.

## Are you interested in:

Meeting New People?

Helping plan resources in our community?

Strengthening our Community Spirit?

Join our Community League!

We will help you find a role that interests you.

[volunteercoordinator@terwillegar.org](mailto:volunteercoordinator@terwillegar.org)

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

### Board Contacts

- President —Monte Weber, [president@terwillegar.org](mailto:president@terwillegar.org)
- Vice-President — Steve Simala-Grant,  
[vicepresident@terwillegar.org](mailto:vicepresident@terwillegar.org)
- Treasurer — Jennifer Ozechowski, [treasurer@terwillegar.org](mailto:treasurer@terwillegar.org)
- Secretary — Diane Pelletier, [secretary@terwillegar.org](mailto:secretary@terwillegar.org)
- Community Advocate — Kelly Jeffrey, [advocate@terwillegar.org](mailto:advocate@terwillegar.org)
- Memberships - vacant, [memberships@terwillegar.org](mailto:memberships@terwillegar.org)
- Programs — Marc Lachance, [programs@terwillegar.org](mailto:programs@terwillegar.org)
- Communications — Heather Maitner,  
[communication@terwillegar.org](mailto:communication@terwillegar.org)
- Fundraising —Scott Riddell, [fundraising@terwillegar.org](mailto:fundraising@terwillegar.org)

### Other Contacts

- Community Garden — Amanda Hunt, [garden@terwillegar.org](mailto:garden@terwillegar.org)
- Editor — Stephanie Gillis-Paulgaard, [editor@terwillegar.org](mailto:editor@terwillegar.org)
- MacTaggart Rep - Kelly Jeffery, [advocate@terwillegar.org](mailto:advocate@terwillegar.org)
- Magrath Rep - Michelle McWilliams, [dalm@terwillegar.org](mailto:dalm@terwillegar.org)
- Neighbourhood Watch - Annette Intenberg and  
Carolyn Cush-Niemenin, [watch@terwillegar.org](mailto:watch@terwillegar.org)
- Programs Aide - Lisa Earls, [programaide@terwillegar.org](mailto:programaide@terwillegar.org)
- Terwillegar Gardens Rep - Sue Trigg, [daltg@terwillegar.org](mailto:daltg@terwillegar.org)
- Terwillegar Towne Rep - Monte Weber, [president@terwillegar.org](mailto:president@terwillegar.org)



Where all the  
best dressed  
windows shop



HunterDouglas  
Gallery®



**524 Riverbend Square  
Edmonton**  
(780) 488-3456

**12736 St. Albert Trail  
Edmonton**  
(780) 454-2727

**110 8005 Emerald Drive  
Sherwood Park**  
(780) 464-2366

*Artistry*  
**Blinds**

[artistryblinds.com](http://artistryblinds.com)