



What's Inside

2 Movie Nights	12 Kids Zone
4 Host a BBQ	16 SWESA
6 WE CAN	21 Bike Safety
9 SWEFM	22 Walkable Edm
10 Carnival	24 Classifieds

www.terwillegar.org

Issue 72 June 2018

Next submission deadline:
July 27, 2018

Next issue: August 27, 2018

Canada Day Festivites

By Shalane Esau
Programs Director, Terwillegar
Community League

What do we love about Canada? Many of us would say things like: natural beauty, diverse communities, and great opportunities for individuals and families. Many of us would probably say the same thing about living in Terwillegar. When you think about it we are truly fortunate to live here so let's celebrate our country by celebrating with our community!

Bring your families, neighbours and friends and join us for our Canada Day celebration this July 1st. This is the Terwillegar Community League's flagship event and it will be an action-packed day of family-friendly fun!

Activities will run from 11:00 a.m. – 3:00 p.m. at Tomlinson Common Park. Festivities will include: games for the kids, bouncy castles, face painting and food trucks. The grand finale will be the Canada Day Parade, with prizes for entrants in the following categories:
-Best National Pride
-Silliest Ensemble
-Most Creative Canuck

The parade will start at 2:30 p.m. and will wrap up with the awarding of the prizes.

Plenty of sponsors are supporting this event and there will be fun for everyone, so let's paint the park red and white! Bring out your best Canada gear and decorate your bikes, strollers, or shoes and be a part of TCL's great annual Canada Day tradition. Keep checking the TCL

Facebook page and our league website for more details. See you on July 1st at Tomlinson Park!



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Community

TERWILLEGAR COMMUNITY LEAGUE
PRESENTS

TWILIGHT OUTDOOR MOVIES

COMING TO A SCREEN NEAR YOU SUMMER 2018

SHOWTIMES

SATURDAY, JUNE 23

SATURDAY, JULY 7

SATURDAY, JULY 21

SATURDAY, AUGUST 11



MOVIES TO BE ANNOUNCED
SOUTH TERWILLEGAR SPRAY PARK
FILM WILL BEGIN AT SUNSET
BYO SEATING & BUG REPELLENT - PLEASE DRESS WARMLY

Good Neighbour Award Winning Family is...

By Monte Weber
President,
Terwillegar Community
League

Thank you to everyone who took the time to nominate their neighbour who, through their helpfulness and thoughtfulness, make a positive difference in the neighbourhood and makes those that live around them grateful to have them as a neighbour.

We are pleased to share the winning nomination submitted by the Madsen Family:

In their own words: We sure love living on Trelle Loop. Why you may ask? Well, here is the scoop. Our neighbours, the Pahls are simply grande. They are always there to lend a

hand. Mowing the lawn while we are away. Snow blowing, heavy lifting or having the kids for a play.

They bring us cookies and muffins and treats. Like those delicious donuts from Lucy's Sweets. Kids back and forth from their yard to mine. Skating or baseball, while the parents sip win. A water fight with the kids on the block. A magic show or an evening walk.

Roadhockey,sledding,awalk through the ravine birthday parties, video games or a jump on the trampoline

Watching the kids while I run out real quick or giving advice about which lessons to pick, driving to theatre or camp at the U.

We want to thank you will receive a \$50 Gift for all that you do! Card of their choice for submitting the nomination.

We sure won't be moving anytime soon because we have the best neighbours, from here to the moon

Congratulations to Lori & Brian Pahl and family. As the winner of the Good Neighbour Award, the Pahl Family will receive a \$100 Gift Card of their choice. The Madsen Family

*HUGE
Congratulations*



I'm Too Big For It Sale

Terwillegar Community League's Semi Annual Sale

When: Saturday, September 22nd 10:00 a.m. - 1:00 p.m.
Where: Terwillegar Community Church
1751 Towne Centre Boulevard

Vendor Tables are now available!

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

Community

Host a BBQ Terwillegar Community League will buy the food

By Monte Weber
President, Terwillegar
Community League

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

TCL members can sign up to host a neighbourhood barbeque on the TCL website (www.terwillegar.org). The online signup requires that you have your date picked out, the address of where the barbeque will be hosted, and your contact and membership information. There are a limited number of free BBQ packages, and this year we will be awarding them on a first come – first serve basis.

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

Then, all you have to do is pick up your food at the Magrath Save On Foods and you're ready to go! Be active in your community, get to know your neighbours, and have fun.



Private Swimming Lessons – All ages and skill level
Terwillegar Community Recreation Center
Text - **Susan Hawke** – 780-819-8835
E-mail – ttownemom@shaw.ca
Facebook – Messenger

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**JUNE: Junior High
& High School Final
Exam Preparation
& Study Sessions**

- review course specific curriculum and test taking strategies
- 2 hour sessions scheduled on Saturday afternoons

**JULY: Math 10C
Preparation
Course**

- review major Math 9 concepts and get a head start on Math 10C foundations
- 5 half days, July 16 - 20

Contact Ashley for more information or to register:
macgregor.tutoring@shaw.ca or find us on Facebook.

****Space is Limited****

Looking for a LOW-KEY way to volunteer?

Your community newspaper is looking for:

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

No prior experience required
JUST ENTHUSIASM!

Please contact editor@terwillegar.org

Community

Common Summer Running Injuries

By Bobby McGugan PT, MScPT
Active Physio Works

There are 2 common causes of knee pain during running in individuals without a history of knee injuries. Both avid distance runners and beginners alike are commonly afflicted with knee woes at some point in their training. Patellofemoral Pain Syndrome (PFPS) and Iliotibial Band Syndrome (ITBS) are the two most common culprits.

Patellofemoral Pain Syndrome is usually described as a dull ache behind or around the kneecap which is increased by prolonged sitting with knee bent, or loading of the knee (running, stairs, jumping). Some common causes of PFPS include increased physical activity level, patellar malalignment in the femoral groove, hip and quadriceps muscle imbalance/weakness and/or

tight anatomical structures. It is unlikely that one of these factors alone is causing your PFPS, it is more likely caused by contributions from a couple or all of the aforementioned points.

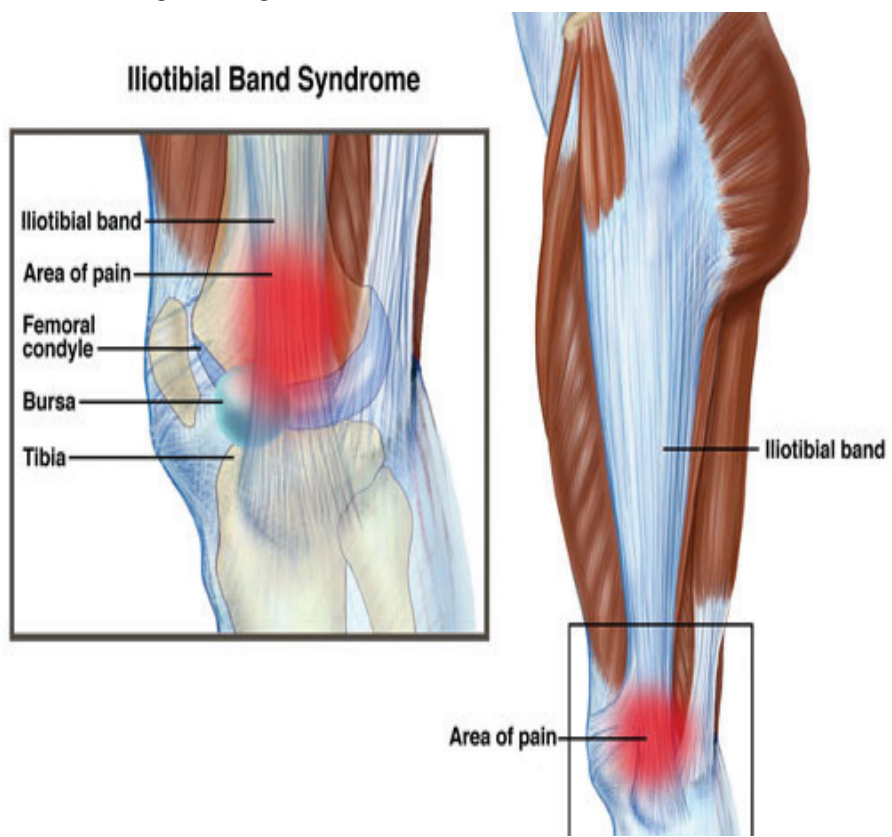
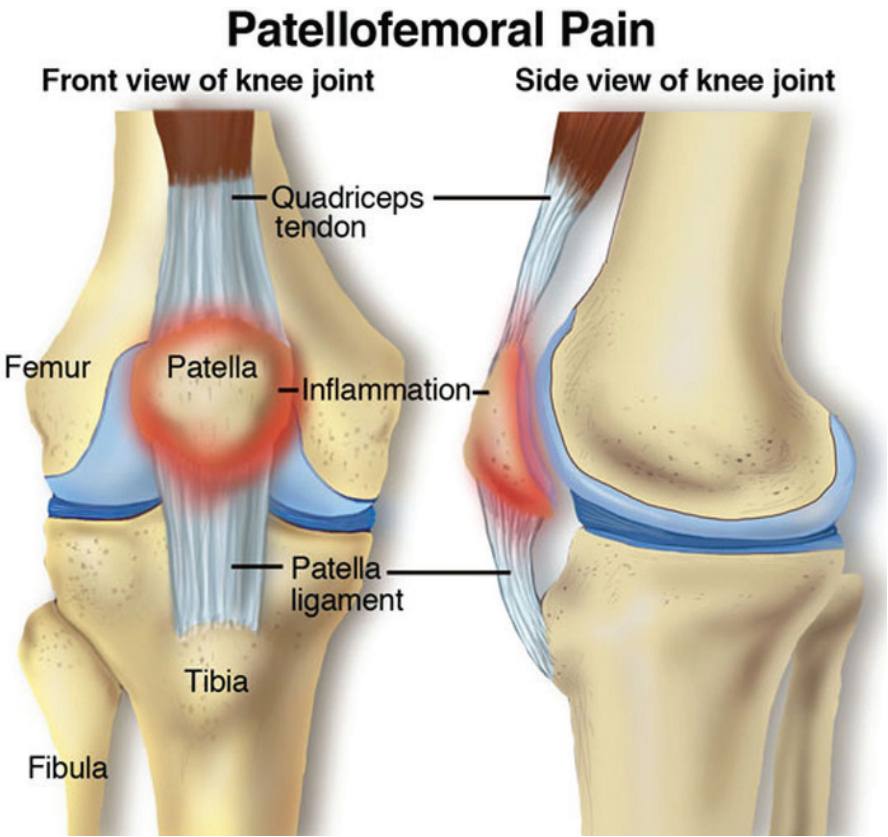
The Iliotibial band (IT band) is a strip of fascia that travels on the outside of the thigh. The IT band starts in the hip and attaches just below the knee. IT Band Syndrome is typically described as specific pain on the outside of the knee. The pain in ITBS is caused by friction between the IT band and your femur as the knee bends and straightens repetitively. Tightness in the hip muscles that attach to your IT band, as well as weakness in your hip abductor muscles are 2 of the biggest causes of ITBS. Several other factors can be contributors or causes of ITBS such as training habits (overtraining, running surface), footwear (worn out shoes, poor



arch support), anatomical factors and/or running techniques. that, if performed regularly, will greatly improve and eventually resolve your knee problems.

There are some “quick fixes”, such as tape jobs and modifications to running technique that can help to reduce or delay the onset pain from these conditions.

The best solution of course is to identify and correct the causes of your pain. An assessment by a physiotherapist will provide you with a series of stretches and strengthening exercises



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A young girl in a purple superhero costume with a red cape, running and jumping joyfully.

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ENVIRONMENT.

A young boy in a blue superhero costume with a red cape, running and jumping joyfully.

Logo for Hong Park Tae Kwon Do College, featuring a stylized figure in a martial arts pose and the text 'HONG PARK TAE KWON DO COLLEGE' and 'www.hongparktaekwondo.ca'.

Community

The WECAN Food Basket Society – A Hand UP, not a HandOUT.

By Keith Kasha

When City of Edmonton social workers Cathy Vereyken and Alicia D’Elia sat down twenty-five years ago to contemplate on how they could help alleviate the “empty fridge” syndrome – you know, the issue that families and individuals face on ensuring that fresh, nutritious food can be available near the end of the month when finances are running low – they never would have thought just how far those plans they wrought would bear fruit – and vegetables, and meat! I am talking about the food security program they created, the WECAN Food Basket Society, which will be celebrating its twenty-fifth anniversary of helping families and individuals on June 17, 2018.

WECAN had its humble beginnings starting with one depot in the Abbottsfield Community Recreation Centre (ARC). From this small, grassroots initiative, the program has continued to grow and expand to include more than 30 depots in Edmonton and the surrounding areas, serving more than 500 families today.

The WECAN Food Basket Society of Alberta was incorporated on June 17, 1993 and is a Registered Charity with Revenue Canada. We operate with a singular vision: The WECAN Food Basket Society believes every

family and individual has the right to enough food to meet the nutritional needs to live a good and healthy life.

The WECAN Food Basket Society provides families and individuals food security by giving them the opportunity to purchase nutritious food at an affordable price. Over the years our members report that it is income and poor access to grocery stores with reasonably priced produce that makes the basket so essential to their personal food security plan. “It’s hard to buy broccoli at a convenience store,” our members tell us. WECAN volunteers bring the food to their communities. Many of our members depend on public transportation and cannot access the sales and lower prices of larger stores, often situated on the edges of the city. Given the community locations of our depots, members are able to pick up their groceries from WECAN. Our model is not charity but self-sufficiency in a community setting.

In 1996, The Grocery People were approached to provide the meat and produce offered in the program and this relationship has continued to the present day.

Members receive a newsletter with the food order which provides food handling and safety information along with relatively easy recipes using the



food from the current order. Several organizations such as ATCO Blue Flame Kitchen and Company’s Coming have graciously allowed us to use their recipes in our newsletter.

Some depots create a celebration around the food delivery by arranging soup and sandwich lunches for their members or a potluck meal for members and volunteers. Members also experience a sense of community by picking up at a familiar location, church, day care or parent link center. Some older members have fewer social contacts and

activities so volunteering and/or picking up their order gives them a purpose to their day.

Our society is respectfully run, fiscally responsible and based on values of volunteering. Community based, community organized, and serving the community – showing that with thrift and hard work:

WECAN

The Terwillegar WECAN depot is located at Riverbend United Church.

Restrictions on Business Posts for TCL Facebook Page

By Heather Maitner
Communications,
Terwillegar Community League

Restrictions on Business Posts (effective March 5, 2018):

Business Posts are restricted in order to prevent the page discussion from moving Community League and other Community based posts out of viewing of the members.

Posts promoting business will be allowed on the Facebook page with a paid 1/8 page or larger ad in the Terwillegar Tribune. A B&W 1/8 page ad is \$98 so

that is still very affordable given at a minimum you get 2 months of posts on FB for each issue of the Tribune (3 months over the summer).ad in the Terwillegar Tribune. Please visit <http://terwillegar.org/files/tribune/info/2018-advertiser-info.pdf> for information regarding prices. Definition of Business: Business posts are those posts of the nature of which an individual or a company relies on the business for sole or additional income. This includes Corporations, Sole Proprietorships, Partnerships, Unregistered/Registered

Home Businesses, Multi-level marketing, Direct Sales, Real Estate posts made by Agents, Daycares/Preschools not in the school system, Babysitters over the age of 18, Home Crafters, Dog Groomers, Breeders and Walkers, Landscaping and Snow Removal, and any Events relating to FOR PROFIT Sales (using vendors of any of the above nature). Business Fundraisers where the promotion of the fundraiser is a direct promotion of the business.

EXCEPTION TO THE BUSINESS POSTS rule include:

Any minor looking for work such as babysitting, lawn mowing, yard work, snow shoveling. Fundraisers for schools, non-profit organizations, rescue societies. Promotion of your own property for sale. Garage Sales.

Responding to an “In Search Of” is acceptable. If you are uncertain of whether or not your post falls in to the Business Post category, please feel free to message Admin and ask. Exceptions and accommodations to the rule may be made on a case by case basis

Community



**Alberta Health
Services**

**Emergency
Medical
Services**

Heat Related Illness



With the return of summer weather, EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

Heat exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors);
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating;
- The patient is usually cold and damp to the touch and the skin may appear pale, or dusky gray.

Heat stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal;
- It occurs when the body can't cool itself naturally (e.g. perspiration). The body's temperature will continue to rise to dangerous levels;
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

First aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment;
- Remove excess, or tight fitting clothing, and allow them to rest in a cool environment;
- If the patient is conscious and alert, provide suitable fluids such as: water, juice, or a sports drink;
- If you are concerned, seek medical attention or call 9-1-1.

Prevention

- Stay well-hydrated by drinking plenty of water;
- Be aware that excessive alcohol consumption will promote dehydration;
- Always wear a broad brimmed hat to keep the sun off your face and neck;
- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11am-3pm, even on cloudy days.

Community

Some of the best Edmonton Festivals - Explore Edmonton

The sun is shining, the bison have traded in their winter coats for sunglasses, and the people are lathering on SPF 50. It's time to enjoy a beautiful Edmonton summer and soak it all in with friends and family. Looking for things to do around the city? Check out some of the best festivals in June to fill your calendar!

Freewill Shakespeare Festival
June 19 - July 15
William Hawrelak Park -
Heritage Amphitheatre

Get thee to a festival that brings the works of the Bard into the realm of everyone, from kids to scholars, during the Freewill Shakespeare Festival. This summer the Freewill Shakespeare Festival is staging two innovative productions: Comedy of Errors and Hamlet. Enjoy the works of the most

200 performances and events and more than 50 exhibitions at 30 venues including skyscrapers, restaurants, businesses, galleries and even the Alberta Legislature grounds.

TD International Jazz Festival
June 22 - July 1
Various Locations

You're sure to hit the right note with the full gamut of jazz sounds on the menu during the annual TD Edmonton International Jazz Festival. This year's festival will feature great acts like Dianne Reeves, Billy Childs Quartet and Snarky Puppy. Big name jazz acts make waves in venues like the Yardbird Suite, Varscona Theatre and Winspear Centre. It's mellow, it's lively and it's a great time to listen to sax, silky voices – all that jazz.

Boardwalk Sand on Whyte



June 29 - July 8
CP Rail land (Northeast corner
of Whyte Ave & Gateway Blvd.)

You've heard of Ice on Whyte, now we've got Boardwalk Sand on Whyte. Sand carving is a world-wide performance art phenomenon, much like ice carving, and it's returning to Old Strathcona this summer. So

much more than your average sand castles, these carvings are incredible works of art, and there's no risk of getting washed away by the tide. These masterpieces will come to life right in front of your eyes and will be on display until July 8.



famous playwright of all, while enjoying a little fresh air! Performances take place in the picturesque Heritage Amphitheatre in Hawrelak Park.

The Works Art & Design Festival
June 21-July 3
Alberta Legislature,
10800 - 97 Ave

For 13 days every summer, Edmonton transforms into a massive celebration of art and design with the Works Arts and Design Festival. As North America's largest, free outdoor art & design festival, the Works is an extravaganza of visual art, design and entertainment. Over



Community

Edmonton Pride Parade
Saturday, June 9
11am: Pride Parade

Enjoy a convoy of nearly 125 fabulous floats sailing through Old Strathcona to kick off 10 jam packed days of fun showcasing LGBTQ2S+ culture and pride at one of Western Canada’s largest LGBTQ2S+ festivals!

Join the celebration by following Saturday’s parade to the festival where delicious aromas are drifting from food vendors, dance to rhythms of all-Canadian live music acts or kick back in the beer garden. Mingle among a diverse, family-friendly crowd, all celebrating and respecting gay pride and culture.

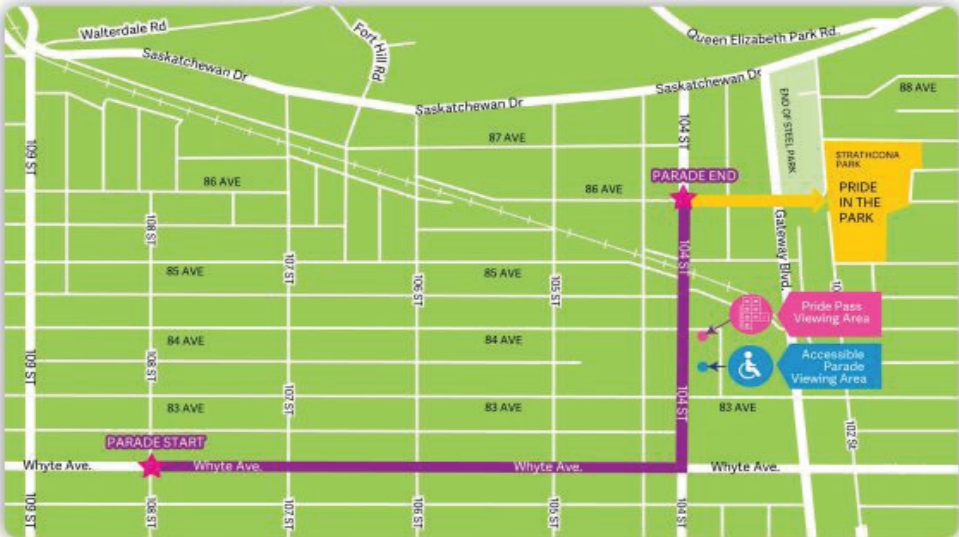
Improvaganza
June 13-23 @Citadel Theatre,
9828 101A Ave

The best improvisers in the world live right here in Edmonton. Rapid Fire Theatre hosts the other top-ranked improv performers from across the world (we’re talking Norway, New York - and even Calgary!) at Improvaganza, a 10-day celebration of improv, sketch comedy and more. Get your tickets now to Edmonton’s funniest festival!

watching the competition or taking part in one of the many other activities, there’s plenty for you to do all weekend long



edmonton
PRIDE
festival
2018
Parade
Route



Porkapalooza
June 16-17 @Edmonton Expo
Centre, 7515 118 Ave

Experience the art and culture of BBQ at Edmonton’s only BBQ Festival - it’s a big meat up! On June 16-17, cheer on your favourite competitors and enjoy the great BBQ smell as teams from western Canada compete for over \$16,000 in prizes. Whether you’re

at the Edmonton Expo Centre!



Community





Presents
the EIGHTH
annual...

SUMMER CARNIVAL

Fundraiser for the development of South Terwillegar Park!

Petting
zoo

Soccer events

Food

Bouncers

Prizes

Balloon
twisters

Music

Games

Face
Painting

Glitter
tattoos

Saturday, August 25
11am-3pm

SOUTH TERWILLEGAR PARK



And the
Winners
are...

Ages 2-4
1st Place: Eric S
Runner Up: Chloe L

Ages 5-7
1st Place: Fandui X
Runner Up: Sophie G

Ages 8-11
1st Place: Za'nyah S
Runner Up: Liliana A

Thank you to everyone
who participated.

Check us out on Facebook!

SEARCH:
"TERWILLEGAR COMMUNITY LEAGUE"
UNDER GROUPS



Community

Do You Know Your Membership Benefits

By Monte Weber
President, Terwillegar
Community League

Membership Benefits – Terwillegar Community Recreation Centre

Did you know one of the many perks of owning a Terwillegar Community League (TCL) membership is the **free access** to the Terwillegar Community Rec Centre every Saturday from 5-7pm.

While I have only taken advantage of this a couple

times myself, I have seen the line of community members looking to enjoy this great facility numerous times over the years.

The costs of access to the facility are shared amongst the five (5) community leagues currently participating in this program. TCL members are well over 50% of those attending.

Over the last six months alone, over 3,500 TCL members have attended the

recentre. While this period is over the colder winter months, our attendance runs around 500 a month even over the summer months of July and August. This one perk is clearly appreciated by a majority of our members.

We are always looking for ways to improve any programs we offer.

If you have any suggestions regarding new programming or how to improve our existing

events please feel free to send me an email at president@terwillegar.org anytime during the year!

Have a contest idea?
Terwillegar Community League would love to hear it.
Email: president@terwillegar.org
or
editor@terwillegar.org



Public Service Announcement

What is the Do it for Dads Day Walk Run

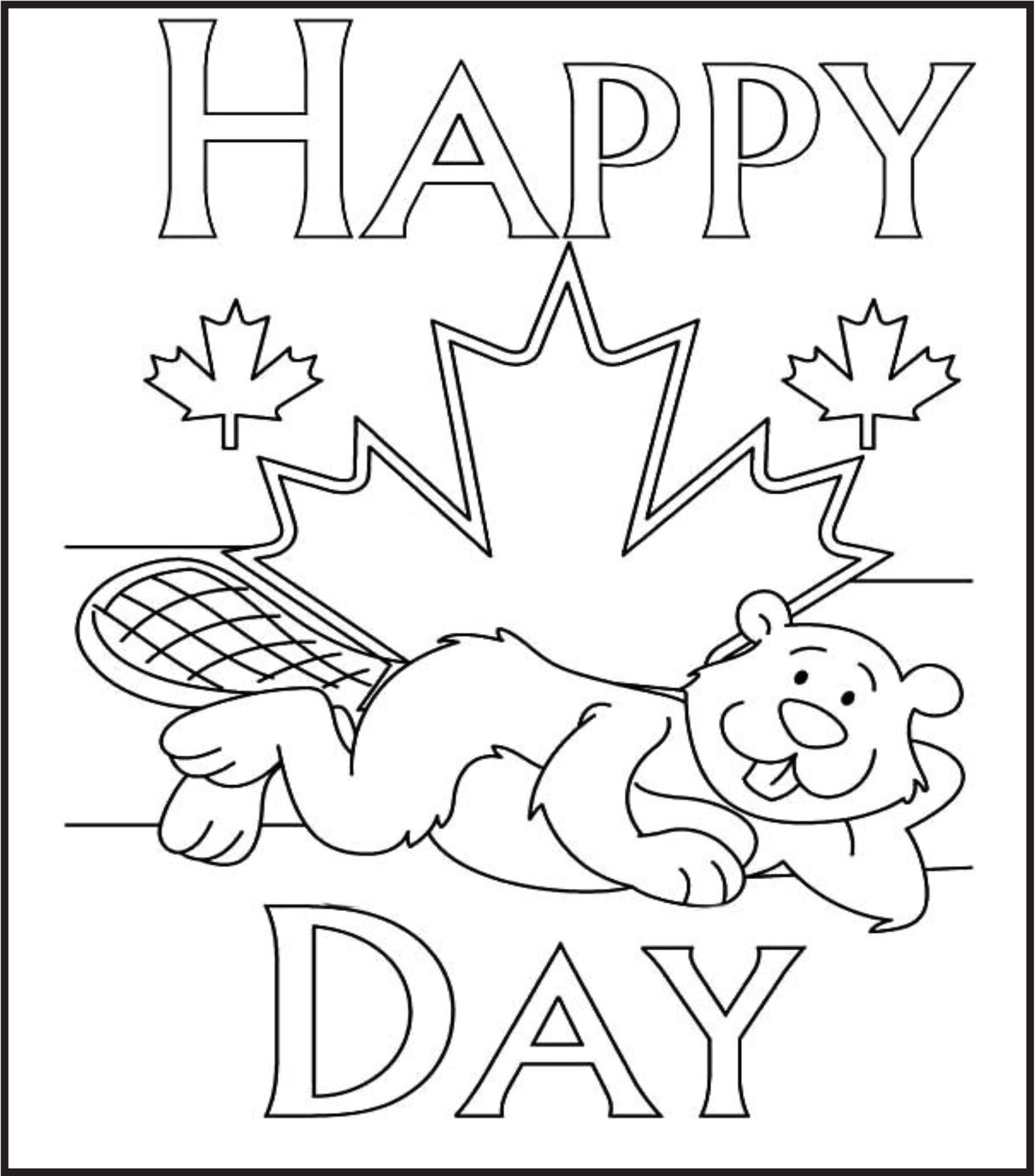
The Do it for Dads Walk Run 5KM is a fun, family-friendly event, hosted on Father's Day, that raises awareness and

funds for the leading cancer affecting Canadian men and the families that love them.

Registration: \$35 or fundraise \$125 and waive your registration fee. Your donor dollars are having an impact on research that has the greatest potential

to improve prostate cancer prevention, diagnosis and treatment to ensure a better quality of life for survivors.

Kids Zone - Coloring Contest



Summer Coloring Contest

Name: _____	All entries must be received by August 3. 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 Entries should be mailed to: Terwillegar Community League PO Box 36508 RPO MacTaggart Edmonton, AB T6R 0T4

Phone: _____	
Email _____	

Kids Zone - Word Search



CANADA DAY WORD SEARCH

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

BIKES
BIRTHDAY
BOUNCYCASTLE
CANADA
CANDY
COMMUNITY
COTTONCANDY
FACEPAINTING

FIREWORKS
FLAGS
FRIENDS
FUN
LAUGHING
PARADE
SPRAYPARK
TERWILLGAR



Community

Playground Motion Passed



By Councillor Tim Cartmell
City of Edmonton



At the City Council meeting back in May, my motion related to Playground Zones was passed!

I am so thankful to the thousands of Edmontonians and Ward 9 residents who took the time to fill out my survey and share their thoughts by phone and email with my office.

After discussion at the meeting, some amendments were made by my Council colleagues to focus the scope of the Motion. In the end, the following was passed:

That Administration provide a report that brings back bylaw amendments to remove the playground zones from the locations listed in Attachment 2 of the revised report and add or subtract any other locations identified by Councillors for and in their wards, and come back to

a non stat hearing at committee. That Administration report back on existing practice and how it would approach establishing roadway controls design criteria that lead to intuitive driving practices, and that avoid a proliferation of signs and other distractions.

That Administration develop a mechanism whereby residents can request a review of a particular road to either establish a new playground zone, or have an existing playground zone modified or removed.

That Administration report back on adopting the “Alberta Transportation Guideline for Schools and Playground Zones and Areas” criteria regarding the establishment of playground areas and evaluate

all zones against this criteria. to our transportation system.

That Administration bring a report outlining options or recommendations for variable seasonal times for playground zones based on operational data and provide a report back on Parts 1 to 4 with due date of August 14, 2018, Urban Planning Committee meeting and Part 5 with a due date of Second Quarter 2019.

I am hopeful that by August, we will be able to remove playground zones from problem areas, including at Ramsay Park on Riverbend Road.

This motion will also allow us to do what should have been done in the first place, and employ objective evaluation criteria when making significant changes

I also wanted to empower communities to give feedback on where playground zones should or should not exist, as you know best what is needed in your neighbourhood.

Finally, by the second quarter of next year, there will be recommendations made surrounding the hours of playground zones, one of the key concerns brought up in my survey.

I’ll be happy to send out an update in August providing next steps on these zones.

Please continue to stay engaged with my office on these important topics, and any other municipal issues you may have.



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Email: orders@loriseatsandtreats.ca
Telephone: 780-860-1223

Community

Natural yards are becoming more popular in Edmonton

By Harvey Voogd
North Saskatchewan River
Valley Conservation Society

A natural yard is an ecologically-based landscaping approach that uses a combination of native and non-native plant species in place of more conventional turf-dominated landscapes common to residential communities. These yards emphasize native plant species, support local wildlife, and avoid chemical use when possible.

In developing natural yards, it is important to consider environmental impacts, water conservation and drainage solutions, and maintaining positive community standards. More information can be found at

https://www.edmonton.ca/residential_neighbourhoods/gardens_lawns_trees/natural-private-property.aspx

City council votes to explore multiple beaches in river valley

Edmonton's accidental beaches could multiply. City councillors voted Wednesday to further explore the feasibility of encouraging multiple beaches for public use all through the river valley, replicating last year's Accidental Beach in Cloverdale. Read more at

<http://edmontonjournal.com/news/local-news/live-edmonton-debates-keeping-the-accidental-beach>

Interested in Birding, Botany and Bugs?

The Edmonton Nature Club is a non-profit organization encouraging interest in nature by providing learning meetings and field trips. Their bird study group aims to help local birdwatchers develop their knowledge and skills. If you think bugs are beautiful then you'll want to join their nature walks to see and learn about bugs, spiders and butterflies.

Monthly meetings are aimed at those of you passionate about wild plants. Local presenters talk about local wild plants and fungi, where they are found, and goings-on in the plant world. Learn more at <http://edmontonnatureclub.org/index.html>



Blue Quill Playschool

spots are still available in our afternoon class
for three and four year olds

Register Now!

VISIT WWW.BLUEQUILLPLAYSCHOOL.CA
EMAIL REGISTRAR@BLUEQUILLPLAYSCHOOL.CA





Soccer Camp 2018

Registration NOW OPEN!

in partnership with Athletes in Action

August 13-17, 2018, 9:00 a.m. — 3:00 p.m.
at Tomlinson Common Park

Ages 6 - 12 (Grade 1 must be completed)

\$120 (\$140 after June 30)

For more information or to register, visit
www.tcchurch.ca



"Friday at the Park"

Come and enjoy some food and fun with family and friends on Friday, June 22

Coming This Fall



Explore life, faith and God in a friendly and informal environment.



1751 Towne Centre Blvd.

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 Carol Vaage

SouthWest Seniors Association (SWESA) Offering Peace of Mind and Convenience to Southwest Seniors

Even though this past winter broke records for being long and cold, we, who are older, remember worse and longer winters. We feel the relief and release more deeply with spring's arrival. We are free to walk, be in the woods, work in our gardens, and ride our bikes.

At the last SWESA Annual General Meeting, our guest speaker was Jacquie Eales, from the Department of Ecology, U of A. Her topic was ageism. She called it the new 'ism' likening it to racism or sexism in scope. (See <https://www.mysage.ca/public/>



Jacquie Eales and Judy Baker -

Jacquie Eales, the guest speaker at the SWESA AGM, being presented with roses from outgoing President, Judy Baker.

Photo Courtesy of Rob Agostinis



"May, more than any other month of the year, wants us to feel most alive."

- Fennel Hudson

download/documents/4754) She asked us to reflect on elderspeak - words that are deemed acceptable to the public - dear, sweetie, young lady...

Instead of using the word aging we could use the word longevity, which implies long life and endurance, a positive attribute. (Stuart Greenbaum)

As individuals who are 55+, we are the ones who need to restructure the concept of growing older. We are capable, a huge resource for our community and country, and a fully functioning part of society - complete with rights and responsibilities. By belonging to SWESA

I was watching an excellent YouTube video where a group of millennials was asked what age people are considered old. <https://www.youtube.com/watch?v=1YdNjrUs4NM> After meeting some older adults and learning from each other, these young millennials had completely altered their view of what being old meant. The wisdom shared by the older participants: as long as I'm still growing and learning, then age doesn't matter and when people start stopping, that's when they start getting old.

At SWESA, we run so many vibrant programs for older adults - to continue learning and growing. Our mission is to empower older adults to be active and socially engaged. Here's a sampling of what is

offered from now through the summer: Art Group; Knitting & Stitching; Golden Years, Golden Gloves (non-contact boxing); Walking Group; Line Dancing; Yoga, Essentrics. Pickleball and Floor Curling are available until the end of June.

SWESA also offers interesting information sessions, which we call our Toonie Talks. Some of them include investing, healing, resisting door-to-door sales, colitis, travel insurance, etc. You may also be interested in some of the special events, like the Pancake breakfast on June 5 for Seniors' Week, or the bus trip to the River Cree, or the Freewill Shakespeare Festival. There are too many to list here, but please check our online guide.

We want to keep learning, we need to keep socially connected. That is what will give us the highest quality of life in our longevity years. Hats off to Oak Hills Community League for providing their older adults with a membership to SWESA!

Tickets for the Spring Fling 'Under the Tuscan Sun' sold out within 3 weeks of launching them. The event is SWESA's first fundraiser and with a program including: a fashion show, a classic Tuscan dinner complete with wines, beer(s), Italian beverages and a gelato bar, opera singing, a silent auction, dancing, door prizes and more, it's no wonder tickets went fast.

Our planning committee is working hard to present guests with an amazing experience. However, we are still looking for more sponsors, donations to our silent auction and volunteers the day of. Please contact Rob Agostinis or Bob Power (the Event Leads) through the SWESA office and *Photo Courtesy of Jennifer Hanrahan* SWESA's walking group

they would be happy to send out the Sponsorship Package.

Date: Saturday, June 9th at 4:00 pm Location: Southminster-Steinhauer United Church (10740 19 Ave NW) Contact Information: SWESA office at 587-987-3200 or programs@swedmontonseniors.ca

Since 1984, the Taste of Edmonton has been offering a delicious sampling of what Edmonton restaurants have to offer. With all of the city's best food and drinks gathered together at the new location, the Federal Building Plaza, this festival will be sure to hit your sweet spot. Beer or wine, sweet or savory, gluten or gluten-free, folk music or jazz - whatever you fancy, you will be able to find it at Taste of Edmonton 2018!

The Taste of Edmonton has been the perfect opportunity to raise funds for non-profit organizations; this is where SWESA comes in. Our volunteers have been selling tickets at the event and the organization is remunerated for their work. A great fundraiser. This will be our 2nd year. SWESA needs 17 volunteers for each of the following dates: July 23, 24, 25 and 27th, 2018. If you are interested in helping out, please contact Jennifer at the SWESA office: 587-987-3200 or programs@swedmontonseniors.ca

For more details, please check our website for the 2018 Spring/Summer Program Guide for talks, classes, luncheons for May through August. Our motto is to be very welcoming to all who join us! We hope to see you soon! <http://swedmontonseniors.ca/>

Don't forget that we have a dynamic Home Supports Program operated by Barbara Newell coordinating the services for our community - including yard work, housekeeping and minor repairs. Contact her at Hs@swedmontonseniors.ca or 780-860-2931



Emergency
Medical
Services



Backyard Play Safety

With summer approaching, Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play areas are made safe for children. Although direct supervision is the best method to reduce the chance of injury, ensure your play equipment in your yard is in good repair and is suitable for the age and skill of the children using it. Check play equipment often; replace or repair any worn or broken parts. Set up play equipment over top a nine inch layer of shock-absorbing material, which extends six feet out in all directions from the play area.

Water hazards

- Drowning contributes to unintentional injury-related death among children ages one to four;
- Children can drown in just a few centimetres of water if it covers their mouth and nose;
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres(*) high and have a self-latching, self-closing, lockable gate.

(*Alberta Building Code)

Lawn and garden tools

- Keep young children away from outdoor power equipment;
- Serious burns may result from touching hot engine surfaces;
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

Insect bites and stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions;
- Avoid wearing brightly coloured clothing outdoors;
- Consider destroying or relocating hives and nests situated near your home;
- To avoid injury through inadvertently stepping on a stinging insect always wear footwear outdoors;
- If your child has received an 'EpiPen, Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it;
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 9-1-1.

Community

Making The Grade

By Darlene Reid,
Realty Executives Vision,
Associate Broker/Owner

As the school year comes to a close, it's time to worry about grades. They better be high enough or else you'll need to grab a shovel and work them over until they improve. That's right – the ground around your house should be higher next to the foundation and then slope away to help prevent water from getting in your basement. This is a key component of the “grading” of your property. Yes, our kids' school marks are important too, but shovels are less useful for that.

The purpose of lot grading is to manage the flow of water away from both the house and neighbouring properties. Typically, there is a low point between adjacent lots so they can both drain water away from the buildings, and then to either the front or back of the properties.

Although a basement pool or water feature sounds appealing, it can cause huge problems if snow melt or rain water starts to seep into a basement. Some of the more serious risks include:

- damage to basement finishing (drywall, trim, flooring) and framing,
- development of mold,
- damage to hardwood on the main floor, and
- damage to the concrete foundation.

Once water starts to get into or through a concrete foundation, our freeze-thaw cycle can exacerbate any cracking or damage. Long term, this may result in the need for costly foundation repairs.

So does your house “make the grade”? This is actually a good time of year (after watching the snow melt and rainy season) to check for any areas of “negative grading”. Negative grading is where the ground slopes towards the home, which could allow water to pool and drain down to the foundation. This can happen even in established neighbourhoods, as the ground shifts and settles over time.

One rule of thumb is to aim for at least one inch of vertical drop for every one foot of horizontal distance away from the foundation (www.thisoldhouse.com). Sometimes, the solution can be as simple as piling more dirt (not sand) next to the foundation (not up to the siding) and sloping it away (but not to the neighbour's basement). You can also make sure downspouts are draining water at least four feet away from the home.

Any time you have moisture issues in your basement you should have a foundation company investigate the problem. There are other ways that moisture can get in, including condensation (warm, moist air meets cold foundation)

and high ground water, so it's best to get an idea of the actual problem. And you may want to have a landscaping company help you with the actual re-grading (especially if you have stone patios and such), or a mudjacking company if you have concrete sidewalks or driveways.

The letter “D” is what you want when it comes to good grades: DIRT and DRAINAGE will help keep you DRY.


VISION


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We would love to hear what is going on in the community.

Have an article idea?

Feel free to let us know!

editor@terwillegar.org

◆ **Photographers:**

Do what you love, show us your talent and see it in print!

◆ **Writers:**

Provide informative articles on assignment basis, or present us with your own ideas!

◆ **Area Reps:**

Help us cover news more local to your neighbourhood: Magrath, South Terwillegar, Terwillegar Gardens or Terwillegar Towne.

Community

Soccer Season is Upon Us

By Ricardo Casanova,
Memberships,
Terwillegar Community League

We are now in full swing of the Soccer season, made apparent by the evening and weekend chatter on many of the precious green spaces our area has to offer, plus the lining of roads with parents cars. With a small jaunt on the Henday in either direction we find Millwoods Kickoff Classic, Scottish's Caledonia Cup, Duggan's Mothers Day Tournament or the EMSA West Zone's Slurpee Cup, (which is always a hit with the kids for obvious reasons) and of course in our own backyard - TRSA's Summer Solstice Tournament.

It is no secret we are a Sport City, Edmontonian's have shown again and again that we will come out in force to support sports whether it is bleeding copper and blue, green and gold, cheering on triathletes, joining a Beer League softball team or the droves of families and kids that participate in soccer – we are a passionate sport community. In 2015 the spotlight was on Edmonton for the FIFA Women's World Cup – to which we obliged the world by setting an attendance record. Passion and pride in our City and in Sport has, in part, paved the way for this Summer.

This is a big year for Soccer in our Community, in our City, our Country and across the world. Not only does the FIFA World Cup Russia 2018 kickoff in Mid June – the largest sport event in the World - but our Community is abuzz with local

- Soccer groups, news, events and excitement. Here are just a few:
- The inaugural Top of the City 36 Hour Continuous Soccer Game will be running from 8 am on June 23 until 8 pm on June 24th
 - The YEG Soccer Project will be launching some initiatives including #whatsoccermeanstome
 - The hardworking volunteers at TRSA will be putting on their Summer Solstice Tournament June 22 – 24. There is more than just soccer so be sure to check out this Community event.
 - Edmonton's Scottish Society is building the largest sportsdome in Canada, looking to open this August.
 - The biggest stage of all - the FIFA World Cup Russia 2018 kicks off June 14 and runs until July 15th. There will be many opportunities to take in some games this summer at local businesses in the area
 - Edmonton has put forward their support for a united World Cup 2026 bid with the US and Mexico. If selected, Edmonton would see some of the worlds biggest soccer stars grace our Commonwealth Stadium. Winner announced June 13.
 - Little Kickers is a new franchise to our area that offers a fun and imaginative introduction to soccer for children ages 18 months to 7 years old.
 - Hope and Football is a local charitable organization that collects & sends used football (soccer) boots & gear to players in refugee camps around the world & locally to players in need. Watch for their bins at local soccer events all summer!
 - FC Edmonton is looking to

bring pro soccer back to Edmonton for the Canadian Premier League's inaugural season in 2019. Watch for events, news and hopefully an announcement!

As part of the Summer of Soccer we have incorporated a soccer area into the Terwillegar Summer Carnival as a small but important celebration of soccer in our Community.

Please come out and join us on August 25th at our Annual Summer Carnival for bouncy castles, food, games, fun and Soccer! What better way to cap off a Summer of Soccer than at a Carnival. More information at www.terwillegar.org



Public Service Announcement



There is a very exciting soccer event coming up in #yeg in the Summer of 2018 and it is called The Top Of The City Game. The concept of this event is simple which is where its brilliance comes from. It will be a continuous 36 hour soccer game on the longest weekend of the year – June 23-24, in the middle of summer in the heart

of north Edmonton. Due to the game continuing through the night afterdark there will be lights on the field – which is a very cool experience if you have never had the chance. Some exciting features of this event:

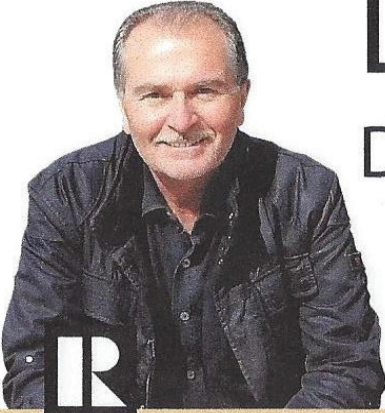
- 36 hour continuous Soccer game on a lit field
- Broadcast of the FIFA World Cup 2018 (Russia) games at the event
- Beer Gardens (Of course!)
- Free 2 day camp for Refugee kids (Details to come)
- Adult pickup game

- Kids pickup game
- Food trucks

This event is being spearheaded by Edmonton Ward 3 City Councillor Jon Dziadyk, who is clearly an ally of soccer and understands the value it brings not only his constituents but the entire City. Show him some love and if you are able to volunteer please let his office know as well.

Top Producer, Top Results

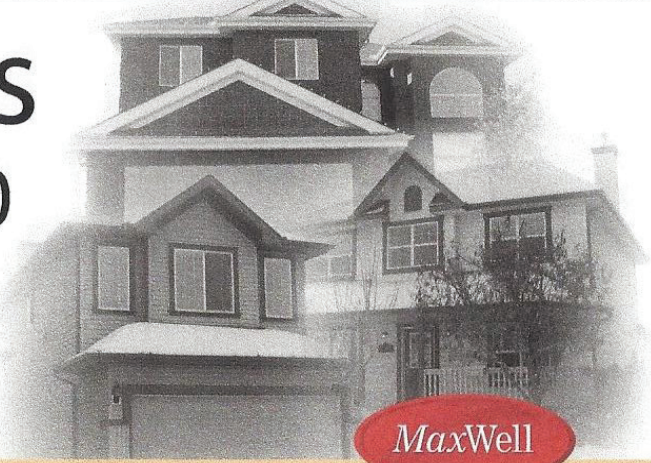
www.LeeBourgeois.com



Lee Bourgeois

Direct: 780.909.1600





MaxWell

Devonshire

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.

Check us out on Facebook!

SEARCH:
“TERWILLEGAR COMMUNITY LEAGUE” UNDER GROUPS



Community is at the Core of SWEFM:

Public Service
Annoucement

The Southwest Edmonton Farmers' Market is a gathering place for community. SWEFM has a large team of volunteer committee members and market day helpers that make the market run smoothly, and the Community Tent a hub of activity on market days!

Every week, SWEFM hosts a non-profit organization in our Community Tent so they can connect with visitors about their invaluable work and services. This year, SWEFM is hosting over a dozen organizations ranging from the Edmonton Food Bank to our local Community Leagues and Children's Nature Programs.

Non-profit, community organizations are invited to apply to the Community

Tent by filling out the application form on their website:
www.swefm.ca

Please contact the Market Manager at swefm.manager@gmail.com or at (780) 868-9210 if you have questions or would like to apply!

The SWEFM has a wonderful, free-of-charge opportunity for youths aged 13 to 17.

SWEFM will be hosting young entrepreneurs at the market this year. Young people are encouraged to highlight and sell the products that they have made. *Please note: this program is fully booked for the 2018 season. Please send an email if you wish to be added to the wait list!*





Emergency
Medical
Services

Bicycle Helmet Safety



Head injuries are the leading cause of serious injury and death to kids on wheels*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. Remember – it's the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

Getting informed

- Wearing a helmet while cycling can prevent a serious injury, or even save a life;
- Brain injuries can cause permanent disability or death;
- Reduce your risk by always wearing your helmet;
- Replace any helmet that has been involved in a crash, even if it appears undamaged.

Getting started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them;
- Start the habit early. Young children learning to ride tricycles need to wear helmets;
- Parents must lead by example – always wear a helmet when cycling.

Getting the right fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash;
- When worn properly, helmets should fit level, not tilted up, or down over the forehead;
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened;
- Adjust the chin straps to form a "Y" below and slightly forward from the ears;
- Only one finger should be able to fit under the chin strap when it is fastened;
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort and safety.

*Parachute Canada

<http://www.parachutecanada.org/injury-topics/item/wheeled-activities1>

Coming Events

Weekly: Please contact organizer for details

Southwest Edmonton Seniors Association (SWESA)
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:
June 23: Outdoor Movie Night
July 1: Canada Day Celebration
July 7: Outdoor Movie Night
July 21: Outdoor Movie Night
August 11: Outdoor Movie Night
August 25: Summer Carnival
September 22: I'm Too Big For It Sale

Interested parties are encouraged to visit the League's website at **www.terwillegar.org** regularly for the most up to date information.

Terwillegar Tribune 2018	
Submission Deadline	Released
January 5	February 5
March 2	April 2
May 4	June 4
July 27	August 27
October 19	November 26

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

Walkability adds strength and enjoyment to the fabric of community life. While out walking, we meet our neighbours, get some exercise, visit local shops and enjoy public spaces. We also become the “eyes on the street” that enhance safety and reduce crime.

What is Walkable Edmonton?

It is an initiative that:

- Provides expertise in and resources for design for walkability.
- Offers resources to support advocacy for walkability.
- Provides resources for active transportation such as inline skating, cross-country training and cycling.
- Provides ideas on where to walk in Edmonton.
- Provides resources for walking and cycling in groups.
- Provides resources for walking safely to school.
- Assists communities by providing resources.
- Communicates information about walkability through our eNewsletter Taking Steps

For more information, go to:
www.edmonton.ca
and search on Walkable Edmonton

JOIN THE TCL LEAGUE

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

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), 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 to join. Or check out our website 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

OFFER ART CLASSES (Drawing & Painting)
For Kids & Adults
For Details Contact: Vasudha Tiwari
587-754-9100
Email:visitvasudha@gmail.com

Know of a good story about your community?

Feel free to let us know!
Terwillegar Community League needs your voice!
editor@terwillegar.org

www.terwillegar.org

Board Contacts

President —Monte Weber, president@terwillegar.org
Vice-President — Marc Lachance,
vicepresident@terwillegar.org
Treasurer — Kathleen Mountford, treasurer@terwillegar.org
Secretary — Darlene Reid, secretary@terwillegar.org
Community Advocate — Sue Trigg, advocate@terwillegar.org
Memberships - Ricardo Casanova,
memberships@terwillegar.org
Programs — vacant, programs@terwillegar.org
Communications — Heather Maitner,
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Fundraising —Fiona Ko, fundraising@terwillegar.org

Other Contacts

Community Garden — Amanda Hunt, garden@terwillegar.org
Editor — Stephanie Gillis-Paulgaard, editor@terwillegar.org
MacTaggart Rep - vacant, advocate@terwillegar.org
Magrath Rep - vacant, dalm@terwillegar.org
Neighbourhood Watch - vacant, watch@terwillegar.org
Programs Aide - vacant, programaide@terwillegar.org
South Terwillegar Rep - vacant
Terwillegar Gardens Rep - Sue Trigg, daltg@terwillegar.org
Terwillegar Towne Rep - Monte Weber, president@terwillegar.org



SPRING SAVINGS

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