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www.terwillegar.org

Issue 73 August 2018

Next submission deadline:
October 27, 2018
Next issue: November 27, 2018

Summer Endings...

By Monte Weber
President,
Terwillegar Community League

As summer comes to a close I hope that everyone got to partake in one of the many events we hosted over the last two months. It has been a very busy summer.

We started the summer with our annual Canada Day celebration, It was a fantastic turn out again this year. Check out some of the photos from the event on page 18. Thanks to those that submitted photos from the day.

Our next big event, the Summer Carnival literally just wrapped up. We're excited to share photos with you in the next issue of the Tribune.

There was the addition of a number of attractions this year, and it continues to grow with more and more local businesses supporting the event. Proceeds

raised from the event will go towards the development of the South Terwillegar Park. As always, if you would like to see your photo in the paper, I encourage you to send them along to editor@terwillegar.org.

Through the summer we also hosted numerous outdoor movie nights, while weather was not always our friend, the event continues to grow and become one of our most-attended.

A number of community members also stepped forward to host a block bbq with their

neighbors, with TCL contributing some funds to cover the costs of the food. By the smiles in the photos, I think everyone had a great time - some neighbours met for the very first time.

To top it all off, Famoso hosted two days in which all of their proceeds were donated to Terwillegar Community League to support the building of an ice rink at South Terwillegar Park. So we all got to have some great food, avoid doing some dishes, and support the community at the same time. A true win-win if you ask me.

So to end the summer on a positive note, and remind ourselves of the fun that was had, the Terwillegar Community League is hosting a photo contest inviting community residents to share their best summer moments.

Submit your photo(s) to: editor@terwillegar.org before September 15th for a chance to win a prize package. Winner(s) will be announced in the November issue of the Terwillegar Tribune.

Cheers!



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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 BBQ Program Brings Neighbors Together

By Monte Weber
President,
Terwillegar Community League

The Terwillegar Community League and the Magrath Save On Foods partnered once again to provide free food for community residents to host a great neighbourhood barbeque.



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Community

Southwest Edmonton Farmers’ Market (SWEFM) Update

By Christie Anderson,
Market Manager

The 2018 season of the SWEFM is in full swing. We have been blessed with great weather, and the market has been bustling with happy patrons, vendors, volunteers, and buskers, all glad to be outdoors on an Edmonton summer day.

We at the SWEFM make a real effort to bring our supporters the best variety of market produce and goods. While the gorgeous fruit and veggies are the stars of the show (who can resist plump Rainier cherries, bushels of garden carrots, garden peas, and the juiciest berries you’ll ever see?), we also have a huge variety of prepared foods.

This includes Thai, Bruneian, Turkish, Greek, vegan, gluten-free, & Jamaican to name a few, as well as carefully selected artists, bakers, & meat vendors to ensure there is something for everyone. This year we have several award-winning craft beer vendors as well as cheese on our scene, all of which are very worth checking out. And, while we have a fantastic core group of full-time vendors, be sure to keep your eye out for the part-time & casual vendors who

come in on rotating schedules, bringing even more variety to our ever-growing market. On that note, we’d like to give kudos to our hardworking vendors, who show up rain or shine. These folks put incredible amounts of time and love into their small businesses, and are the heartbeat of Edmonton’s fabulous market scene.

Once again, the Sprouts program has been enormously popular, with over 360 kids signing in on some days (a new record)!



This increase in participation has more children eating local fruits and vegetables in our community. Along with a token worth \$2 (every market!) that allows our Sprouts to shop for their own fruit & veggies, every family receives a new, kid-friendly recipe each week that features local produce and items from vendors all around the market.

Children aged 4-12 can sign up right until the last day of the season, so it’s not too late to join!



This program is entirely funded by sponsors (often Community Leagues/organizations and local businesses), and we are incredibly grateful for their generosity.

7:30pm in the Terwillegar Rec Center parking lot.

Lastly, **THANK YOU**, Southwest Edmonton, and everyone else who makes the trip to join us at the SWEFM every Wednesday during our season. Our market is a true community initiative, and the SWEFM belongs to the people. Your loyalty has made our market one of the best in the city!



The SWEFM runs Wednesdays until Oct. 3rd, from 4 to



Rhythm, Rhyme & Story Time

A musical adventure for you and your child! (Ages 9mo-5yrs)



Community

TRAC Update

By Karin Shott
TRAC Community Office

Sunday morning of May 27th was a beautiful day for the 13th Annual TRAC Community Run/Walk!

This run has become a neighbourhood tradition and wouldn't be possible without all of our wonderful volunteers! First off, the 2018 TRAC Community Run Committee: Mike Boychuk, Sherri Jaillet-Martinez, Nicole Olivier, Karin Shott, Sue Trigg and Jessica Zapata. We also had some wonderful students from the neighbouring high schools who helped throughout the morning along the course and a large contingent of dedicated community volunteers who helped with signage, registration, set up, course marshalling etc. Special thanks to Shannen Shott and Christina Basler for their help with race package assembly and distribution.

A big thank you goes to the Running Room for all their expertise and support, and to our fabulous emcee for the event, Jessica Zapata from Infinite Fitness! Another big thank you to Mother Margaret Mary Catholic School for the use of the school and grounds for the morning. The A&W Root Bear was a big hit at the event as well as the Jumpy Castle and new this year an obstacle course!

Special thanks to all of our incredible sponsors:

- Platinum: Running Room, TRAC, Remax, Infinite Fitness, Panago Pizza-Terwillegar, A&W

- Gold – Water Station Sponsors: Security Insurance Brokers, Brookview Dental Clinic, Alan Gee & Associates & Heritage Lawyers Office-Windermere.

Also SW Magnetic Signs
& Pet Valu–Magrath

- Silver: Riverbend Community League–Ragg-Times, Miller Thomson & Simply Supper

- Bronze: Fun Team Alberta, MC College, priMED Medical Products, Brookview Community Homeowners' Association (BCAL), Servus Credit Union, COBS Bread-

Riverbend Square

- Copper: Currents Veterinary Centre-Windermere, Second Cup-TCRC, Sangea Academy-African Drumming Band, Roberts-McClure Insurance, Booster Juice-Riverbend Square, RBC-Magrath, Secret Sweets, Forest of Jewels, Fountain Tire-Riverbend Square, Remedy Café, Marble Slab Creamery-Windermere, Whitemud Hills Homeowners' Association (WHHA), Kinder Morgan, City of Edmonton, ATB-Rabbit Hill Rd., Allstate Insurance– Calgary Trail, Pet Planet–Riverbend Square.

We had incredible door prize items from: Infinite Fitness which included active wear & PT sessions, The Running Room,



Riverbend Staples-Windermere, City of Edmonton, Home Depot-Windermere, Maxim Hair & Body – Riverbend Square, Vines Wine Merchants, selection of toys from Mastermind Toys- Windermere, Cabela's– Windermere, jacket from Roberts-McClure Insurance, Staples gift card and much more!

Post nutrition was provided by: Panago (Pizza), Save-on-Foods (watermelon & oranges), Safeway (granola bars), Secret Sweets (cookies) Matt & Ashley's No Frills (waters), Marble Slab

(Ice Cream), and Cobbs Bakery –Riverbend Square (assorted scones and muffins). As well there were many businesses who donated items for the fantastic race packages for the participants & volunteers which included lip chaps from Brookview Dental & Miller Thomson, pens from RBC, a free personal training session from Infinite Fitness & coupons from Panago Pizza, Marble Slab, Booster Juice, Pet Value, Cabela's, MC College, & The City of Edmonton! We would also like to recognize Shott Customs for the graphic work, Peter's Print House for the posters and Creative Giant for the T-shirts.

Thanks to our member community leagues of Brookview, Greater Windermere, Hodgson, Oak Hills, Ogilvie Ridge, Riverbend, Terwillegar and The Ridge for their continued support.

Race results can be found at www.resultscanada.com

We hope everyone enjoyed their morning and we look forward to seeing everyone next year!

Community League Memberships

The 2018-2019 Community League memberships are now available in person from the TRAC Community Office. For office hours please check www.tracspirit.ca.

Southwest Edmonton Farmers' Market

We would like to send a shout out to the Staples-Windermere store (Wayne Teale) for arranging the printing of community league membership card inserts for the Southwest Edmonton Farmers' Market – Sprouts bags at no charge!

All community leagues thank you!

TRAC Meeting

The next regular TRAC meeting will be held sometime in September. Date TBD.



Community

Back to School: Tips for preventing backpack related pain

By Tyler Gamblin
Physical Therapist/Owner
ActivePhysioWorks

Unfortunately our summer is now coming to an end. With that our children will be returning to school and for parents that means back to school shopping for Spiderman and Dora the Explorer backpacks.

In this article we will discuss the importance of choosing and using backpacks to prevent related pain and associated postural dysfunction.

“Mommy, could you carry my backpack for me, my shoulder hurts?” Does this seem familiar? Reports of children having pain as a result of backpack use is highly prevalent and is not the only issue associated with misused, overloaded and poor fitting backpacks. Back, neck, shoulder pain, postural dysfunction, decreased reaction times and risks of fall are all issues that may result from improper backpack use. So

when looking for a cool pack for when your children return to school in just over a week, give careful consideration to the following tips:

Choosing a backpack:

- the backpack should fit the child from the level of the shoulders to just above the buttock and should be no wider than the shoulders
- the shoulder straps should be wide and padded to help distribute weight, reduce pinching and ease neck tension
- look for backpacks with two components to allow weight distribution, padded back for comfort and hip belt to redistribute heavy backpacks away from the shoulders.
- avoid large backpacks at all costs, this prevents overloading

Using a backpack:

- A reasonable weight for children to carry to avoid pain



and postural issues is 10-15% of your child’s body weight

- use BOTH shoulder straps to avoid asymmetrical loading of the spine, and ensure they are tightened so that the bottom edge of the pack sits just above the buttock
- use the hip belt to redistribute weight from the shoulders to the hips, especially in heavier packs
- show your children how to evenly distribute the contents of their pack by putting the heavier contents in the bottom, closer to the spine and with

symmetry from side to side

-do not fling the backpack over your shoulder, use your strong leg muscles to lift the backpack to and from a table in a slow controlled manner

Other valuable tips:

- lighten the load by leaving unnecessary books/items at home or in the locker between days and classes
- with heavier loads consider rolling packs if your child’s school allows it, or carrying some items separate
- tell your child to let you know if they are experiencing issues with their pack
- seek a Physiotherapist to obtain back strengthening exercises for back pain prevention

Do you have something you would like to say about your city? Want to make sure you have the chance to get involved in the conversation?

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Community

Another great summer in our community

By Matt Jeneroux,
Member of Parliament for
Edmonton Riverbend

This summer reminded me of the many reasons we're lucky to call south Edmonton home. I was fortunate to attend a number of great events and meet some of the wonderful people who work hard to make our community a great place to live.

I was pleased with the turnout to my barbecue, held during K-Days in Riverbend Square. This year, more than 1,000 people came out to say hi and meet special guest Andrew Scheer, the leader of Canada's Official Opposition. We always enjoy hosting this event and getting an opportunity to meet and chat with community members. I was happy to hear so many great suggestions on ways to enhance our community and want to say thank you to everyone who came to the barbecue, and a special thanks to all of our volunteers who made this event a success.

Recently, I worked with a local resident to petition the federal government to make Terwillegar

Drive an infrastructure priority. This roadway is one of the city's busiest roads and is consistently clogged with traffic. I know many of us would like to see the road turned into a true expressway. If you support upgrading Terwillegar Drive, you can learn more about our petition at www.mattjeneroux.ca/terwillegar-drive.

The fall session of the House of Commons begins in a few weeks. I've been asked a number of times about rules surrounding marijuana, which becomes legal on October 17. We have detailed information about this on our website at www.mattjeneroux.ca/marijuana.

As always, if you have any comments or require assistance with a federal matter, please contact my office at 780-495-4351 or matt.jeneroux.c1@parl.gc.ca. We would be pleased to assist you.



Many people came out to meet Andrew Scheer, the leader of Canada's Official Opposition. Here I am with Mr. Scheer and one of my daughters.



It was great to see so many people from our community come out to our barbecue on July 21.

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Community League
Membership?
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Community

Outdoor Movie Nights

By Programs,
Terwillegar Community League

The outdoor movie experience has been a huge hit with community residents. Unfortunately, Mother Nature decided not to cooperate with us which left many, including the organizing committee, disappointed. We think this is definitely an event that will keep throwing us curve balls from time to time but the wait for next summer's lineup will be worth it.

Thanks to the handful of volunteers who continue to go above & beyond to bring these events to the community. It could not happen with your support.





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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). For more information on how to place an ad please visit our website (www.terwillegar.org) and click the 'News & Events' tab.

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.

Based on this definition, we consider the following to fall under 'Business Posts': 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, and /or snow shoveling. Fundraisers for schools, non-

profit organizations, rescue societies. Promotion of your own property for sale and 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

The Terwillegar Community League appreciated your cooperation in ensuring our Community Facebook Page continues to provide relevant information for those in the area.

Community





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*And the
Winners
are...*

Ages 2-4
1st Place: Ryan B.
Runner Up: Robert B.

Ages 5-7
1st Place: Chayse L
Runner Up: Alessandra L

Ages 8-11
1st Place: Aameen P.
Runner Up: Kingston 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

The Marathon of Hope - Terry's Story

Public Service Announcement

"It's got to keep going without me" - Terry Fox

September 1, 1980 – It was a dull day in Northern Ontario when Terry Fox ran his last miles.

He had started out strong that morning and felt confident. The road was lined with people shouting, "Don't give up, you can make it!" words that spurred him and lifted his spirits. But after 18 miles he started coughing and felt a pain in his chest.

Terry knew how to cope with pain. He'd run through it as he always had before; he'd simply keep going until the pain went away. For 3,339 miles, from St John's, Newfoundland, Canada's eastern most city on the shore of the Atlantic, he'd run through six provinces and now was two-thirds of the way home. He'd run close to a marathon a day, for 143 days. No mean achievement for an able-bodied runner, an extraordinary feat for an amputee.

Terry's left leg was strong and muscular. His right was a mere stump fitted with an artificial limb made of fibreglass and steel. He'd lost the leg to cancer when he was 18.

He was 22 now; curly haired, good-looking, sunburned. He was strong, wilful and stubborn. His run, the Marathon of Hope, as he called it, a quixotic adventure across Canada that defied logic and common sense, was his way of repaying a debt.

Terry believed that he had won his fight against cancer, and he wanted to raise money, \$1 million perhaps, to fight the disease. There was a second, possibly more important purpose to his marathon; a man is not less because he has lost a leg, indeed, he may be more. Certainly, he showed there were no limits to what an amputee could do.

He changed people's attitude towards the disabled, and he showed that while cancer had claimed his leg, his spirit was

unbreakable. His Marathon of Hope had started as an improbable dream – two friends, one to drive the van, one to run, a ribbon of highway, and the sturdy belief that they could perform a miracle.

He ran through ice storms and summer heat, against bitter winds of such velocity he couldn't move, through fishing villages and Canada's biggest cities. Though he shunned the notion himself, people were calling him a hero. He still saw himself as simple little Terry Fox, from Port Coquitlam, British Columbia, average in

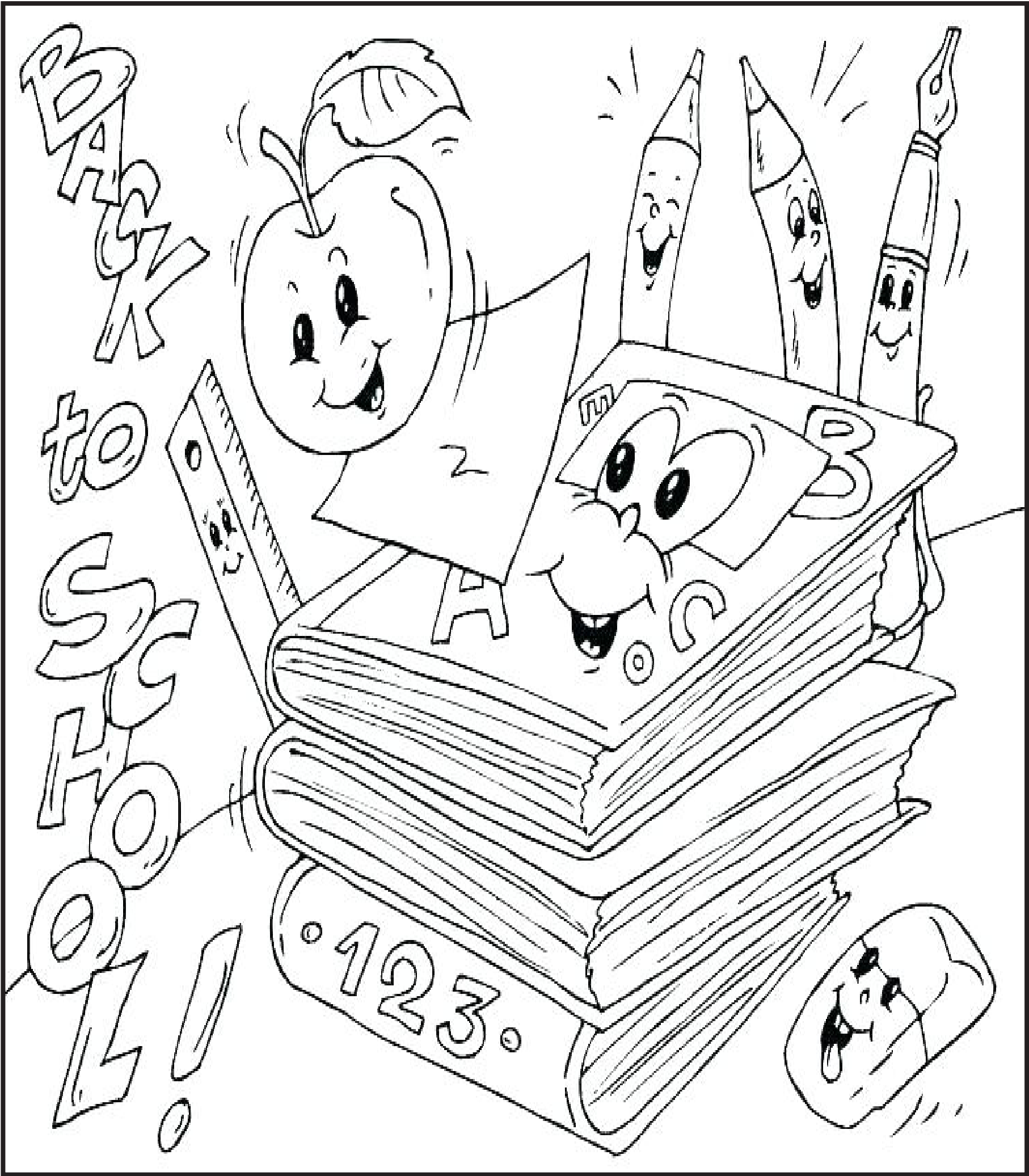
everything but determination.

But here, 18 miles from Thunder Bay, at the head of Lake Superior, the coughing had stopped, but the dull, blunt pain had not. Neither running nor resting could make it go away. He saw the people lined up the hill ahead of him. The Ontario Provincial Police cruiser was behind him, red lights flashing in the drizzle, and cheers still surrounded him: "You can make it all the way!"

This year's run will take place on **September 16th**. Learn more by visiting www.terryfox.org



Kids Zone - Coloring Contest



Back to School Coloring Contest

Name: _____	All entries must be received by October 26. Please note: one entry per child. The contest is open to residents of the following areas: Terwillegar, Magrath, South Terwillegar, and MacTaggart. 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
Age: _____	
Address: _____	
Phone: _____	
Email _____	

Kids Zone - Word Search

Back to School

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

Backpack	Class	Gym	Music	Recess	Sports
Bell	English	Health	Paper	School	Student
Books	French	Homework	Pencil	Science	Teacher
Breakfast	Friends	Lunch Kit	Principal	Sharpener	Team
Bus	Fun	Math	Reading	Spelling	Tests



Community

What is TTHOA?

By Klaus Hoffmeier, Director
Terwillegar Towne Homeowners Association

Created in 1997, the Terwillegar TowneHomeownersAssociation (TTHOA) is a private not-for-profit association operated for the long-term BENEFIT of its homeowners, and commercial property owners. TTHOA contains approximately 2,300 residential and commercial properties. We are self managed, and governed by a volunteer Board of Directors, elected by fellow property owners at the Annual General Meeting.

Membership is automatic and mandatory for owners of all properties within the areas designated "Terwillegar Towne Lands" (visit our website at <https://terwillegartowne.org>). The purchase of your property becomes a contract with the TTHOA whereby you agree to obey all its rules and pay an annual membership fee. Presently the fee is \$100/annum. The TTHOA owns various lands and amenities, maintenance and development of which is paid for through membership fees. Encumbrances are registered on all lot titles within these boundaries, and are legally defined to "run with the land". If an owner sells the encumbered land, he ceases to be a member of the association and the new owner becomes a member. With all homeowners following the rules and regulations, there will never be a nuisance neighbor, and property values, based partly on neighborhood condition, will remain positive



and stable. Maintaining property exteriors including grass on surrounding boulevards is an important part of this formula.

Home buyers are attracted to HOA's by the features and amenities that significantly exceed the specifications of those that a municipality would provide within their standard template. Association boards are composed initially of developer- appointed members, then of a mix of appointees and of homeowners elected at the Annual General Meeting to maintain the common areas and enforce the governing documents, which include very specific architectural controls and guidelines. The mix changes to solely homeowners as the percentage of land/home ownership shifts away from the developer.

TTHOA's volunteer Board of Directors meet regularly, each month of the year, and are responsible to the Members for the operation of the Association. This includes the orderly collection and payment of all debts.

ARTICLES OF ASSOCIATION
OF TERWILLEGAR
TOWNE HOMEOWNERS
ASSOCIATION -
RESPONSIBILITIES OF ALL
MEMBERS -

Items 11 and 12, state:

Members shall be responsible for the full payment of their respective membership fees in a matter consistent with the protocol as described by the Board. The Members recognize that failure to provide payment of their Membership fees may result in additional charges related to penalties, costs associated with the collection of the membership fees as further determined by the Board.

If the Encumbrance registered against the Members property is discharged or was not registered, the Members recognize and agree to do all things necessary, as required by the Company and the Land Titles Act (Alberta) to ensure that the Encumbrance is properly registered in favor of the Company, in accordance with these Articles.

The TERWILLEGAR
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1997) - SCHEDULE D -
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It's Time to RENEW!

Memberships expire

annually on August 31

Community

A Message from Terwillegar Community Church

By Marni Mrazik
Director of Community Life,
Terwillegar Community Church

I was reading the other day that, “Community is both a feeling and a set of relationships among people,” and that, “members of a community have a sense of trust, belonging, safety and caring for each other.” Doesn’t that sound like something we all want for ourselves personally and for our local neighbourhoods? Community is something we all desire. It doesn’t really matter how we’re wired, something in our souls longs for meaningful relationships with other human beings.

Some like fewer but very deep friendships, others have countless friends with a range of relational depth. It doesn’t really matter, we long to know others and be known by them. How did we get this way? The bible answers that question by explaining that we are created in the image of God. God

desires to be in community with us; He is relational, and as his image bearers, our longing for community is deep.

Community is about sharing moments together, creating memories, caring for one another, working alongside one another and looking out for one another. When it comes down to it, community is all about people. Most of us are a part of many communities, for example, our places of work, schools, neighbourhoods and places of faith all offer a context in which community can be found. It’s not about the place, it’s about the people, but the place can provide the environment in which community can thrive.

I have now been on staff for one year at Terwillegar Community Church and I have learned that this church has been very intentional on its journey from day 1 and community has been a top priority. If you have ever been inside the church, you will

know that it doesn’t contain the standard sanctuary with pews, it’s actually a big auditorium intentionally built so that many could use the space. Yes, every Sunday there is a team of people that sets it up for our service at 10am, but it is also an inviting space for many other groups to come and use and we are always thrilled to see it bustling with activity whether it’s a job fair for new Canadians, a fashion show, a craft sale or a community league Christmas party. We love to see the space bringing people together for a chance to experience community.

People are important to us. We are always thinking about how we can engage with you, our neighbours even more, and we would love to hear from you. How would you answer the questions, “What would you like Terwillegar Community Church to get involved with?” or “What need do you see in our neighbourhood that Terwillegar Community Church could help

out with?” If you have a response you would like to share, please email marni@tcchurch.ca, and know that you’re always invited to be a part our church community, we’ll even feed you a hot brunch when church is over...what better way to get to know someone than around a table sharing a meal?

Whether you ever show up at the church building or not, I invite all of us to head into this fall thinking about how we can strengthen the relationships we have and the communities in which we find ourselves. As a matter of fact, you can put Friday, September 7, on your calendar as that’s our next community event at Tomlinson Common Park. Plan to come on out for hot dogs, games, a jumpy castle and more. Invite a friend and maybe talk to someone new and make a new friend. We hope to see you there!

What IS Neighbourhood Watch?

It’s a program aimed at reducing crime in the community.

Becoming a member is fun and easy! All you have to do is:

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

It’s people helping people to prevent crime!

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

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

Have something to say?

WRITE A LETTER TO THE EDITOR!

editor@terwillegar.org



INVITES YOU TO

“Friday at the Park”



Come and enjoy some food and fun

with family and friends on

Friday, September 7

Tomlinson Common Park

6—8 pm



Free BBQ

Jumpy Castle

Glitter Tattoos

Games



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

This article is being written on a beautiful sunny Edmonton day. The roses are in bloom, the birds sing-ing, breezes gently sway the lush greenery, and the water fountain sooths. The older I get, the more I am grateful for the summer with its richness and vibrancy of life, and to have the time with a less hectic lifestyle to appreciate this beauty. How lucky we are to have the time to fully absorb the wonder in our world.

Seniors’ Week, the first week of June, was a chance for us to socialize and party at events all over the city. All the cakes, pancakes, and accolades reminded us to be thankful for

"Summertime is always the best of what might be."
-Charles Bowden

the gift of our longevity. I'd like to think of that week as a launch for a Seniors' "Year"! There are so many activities at the numer-ous seniors’ centers in Edmonton. The benefit of having a membership in SWESA is that you can also participate in other seniors districts' activities as well! Our website has a listing of these centers and their locations and website home pages.

SWESA held its first annual signature event, the Spring Fling, Under the Tuscan Sun, with over 200 at-tending. Wine, food, fashion, fun, and gelato were all part of the festivities. Photos have been up-loaded to the Spring Fling page on our website.

SWESA has just participated in the Taste of Edmonton

fundraiser and we wish to thank the any volun-teers who made this happen.

SWESA continues to offer regular programs throughout the summer, and we look forward to the fourth annual Nacho Friday on August 24. More information can be found in the Program Guide on our website.

The SouthWest Edmonton Seniors Association may be the youngest senior's district in Edmonton, but we have an army of volunteers and a strong vision for growth. We welcome you to come and meet our members and our staff. Jennifer Hanrahan is our dedicated, enthusiastic and energetic Program Coordinator, and Barbara Newell is outstanding at helping seniors find the assistance they need for maintaining their homes.

Our summer is filled with fitness, dance, art, games, and informational sessions. We are enjoying bus trips to plays, the River Cree, the airport Outlet Mall, and Birchwood Meadows. Come and join us as part of your dynamic Senior Summer!

For more details, please check our website for the 2018 Spring/Summer Program Guide for talks, clas-ses, and photos. Our new Fall Program Guide is available on August 10th on our website.

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 coordinat-ing the services for our community – including yard work, housekeeping and minor repairs.

Contact her at Hs@swedmontonseniors.ca or 780-860-2931

Seniors Week Pancake Breakfast volunteers.
Photo credit: Jennifer Hanrahan



Seniors Week Pancake Breakfast volunteers.
Photo credit: Jennifer Hanrahan



Spring Fling volunteers.
Photo credit: Kathy Trepanier

SWESA Seniors’ Centre - Yellowbird East Community Centre (YECC), 10710-19 Avenue
SWESA Seniors’ Lounge - Terwillegar Community Recreation Centre (TCRC), 2051 Leger Road

Telephone: 587-987-3200
swedmontonseniors@gmail.com
www.swedmontonseniors.ca

FOR THE LOVE OF COMMUNITY

AUGUST 16 & SEPTEMBER 13

All day long, come help us support our community. All profits for the day will be directed to the South Terwillegar Park Development. See you there!

famoso.ca



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NEAPOLITAN PIZZERIA

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Community

Canada Day Fun



Community

Tips for Back to School

1. FAMILY BULLETIN BOARD

SET UP A FAMILY BULLETIN BOARD TO KEEP THINGS ORGANIZED THROUGHOUT THE WEEK.

2. HOMEWORK STATION

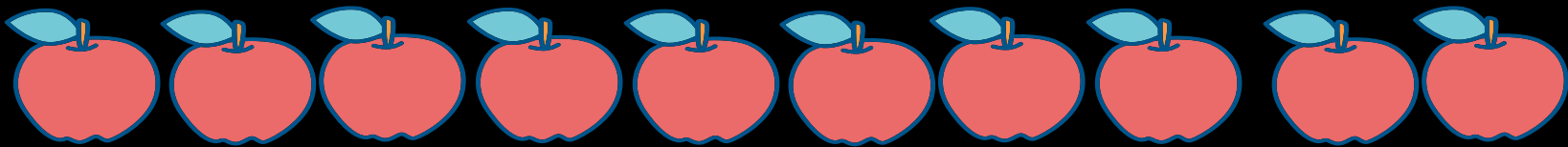
DESIGNATE A HOMEWORK STATION WHERE THE KIDS CAN SIT DOWN AND FOCUS TO GET IT ALL DONE.

3. AFTER SCHOOL SNACK STATION

BEFORE THEY COME RUSHING INTO THE DOOR TO EAT YOU OUT OF HOUSE AND HOME, CREATE A SNACK STATION THEY CAN PICK FROM TO AVOID SPOILING THEIR DINNER APPETITE.

4. PLAY: KEEP VS. TOSS

TOSS WORN-OUT CLOTHES, AND DONATE THE ONES THAT NO LONGER FIT. IF YOUR KIDS NEED A LITTLE EXTRA PERSUASION, ASK THEM TO TRY ON ALL OF THEIR CLOTHES WHILE LISTENING TO FAVORITE MUSIC OR WATCHING A MOVIE.



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:**

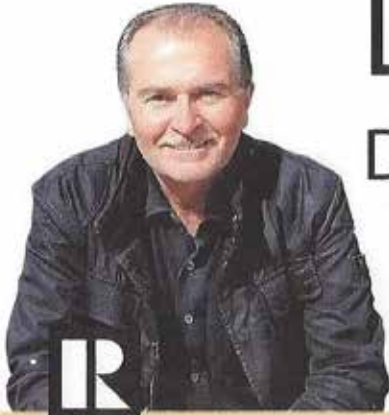
Provide informative articles on assignment basis, or present us with your own ideas!

◆ **Area Reps:**

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



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Light the Bridge

Public Service Announcement

Lighting the High Level Bridge

The High Level Bridge has 60,000 LED bulbs thanks to the Light the Bridge campaign! The Bridge is lit every morning and evening, and this state-of-the-art programmable system is available for requests.

Light the Bridge celebrates and builds community spirit in Edmonton. The bridge lights are a beautifying element to our cityscape, a symbol of pride for locals, and part of our Edmonton story. They can also be used to help represent Edmonton and share our story with national and international audiences.

Calendar of Special Requests

The City of Edmonton proactively fills the calendar to help recognize major events and cultural celebrations. Our aim is to reflect the diversity of people who call Edmonton home and our connection



to the global community. Citizens are invited to make requests based on the criteria outlined below. We strive to fulfill all eligible requests, but any confirmed request may be modified if a major international, national or local situation occurs.

If there is not a special request for a date, the bridge will be lit in a variety of colours. This calendar is subject to change without notice. Applications must be not-for-profit, community-focused and received at least three weeks prior to the requested date. Requests

are processed in the order in which they are received and are considered on a case-by-case basis using the following criteria:

- Support an event of national or international significance (such as Canada Day or Edmonton hosting major international events)
- Support of a local festival or event that positively impacts local community spirit
- Support a local, national or international awareness issue that builds community (such as Treaty 6 Recognition Day or End Bullying Pink Shirt

Day or World Cancer Day)

Other Recognized Lighting Events

Acknowledge and welcome visiting dignitaries (such as the Royal Family or international civic officials) hosted by our city

Tributes or memorial requests for well-documented local or national figures or service members will complement existing City of Edmonton Protocol.

Requests must be received 3 weeks in advance.

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



BOO!



PRESENTS

THE ANNUAL FIREWORKS DISPLAY

WHEN: OCTOBER 31ST

8:00 P.M. SHARP!!!

WHERE: TOMLINSON PARK

DON'T BE LATE

A large, stylized graphic with the words "TRICK OR TREAT" in a bold, black, dripping font. The text is set against a solid orange background. A small, light blue cartoon hand is positioned on the left side, holding a white string that loops around the letter "T" in "TREAT".

TRICK
OR
TREAT



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:
September 5: SWEFM
September 12: SWEFM
September 15: Art in the Park
September 19: SWEFM
September 22: I'm Too Big For It Sale
September 26: SWEFM
October 3: The last week for SWEFM
October 31: TCL Annual Halloween Fireworks

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



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ph: 780.298.3710 email: phares@tutordocor.com

THIS COULD BE YOUR AD.
WANT TO KNOW MORE?
www.terwillegar.org

contact:
editor@terwillegar.org

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,
communication@terwillegar.org
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



Nantucket



See in store for details



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