

# Terwillegar

COMMUNITY LEAGUE

## What's Inside

2 Public Library	14 Carnival Sponsors
5 SWEFM	17 Councillor Update
6 TRAC	16 SWESA
9 Ice Skating	18 Contests
12 Kid's Zone	24 Classifieds

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

Issue 74 December 2018

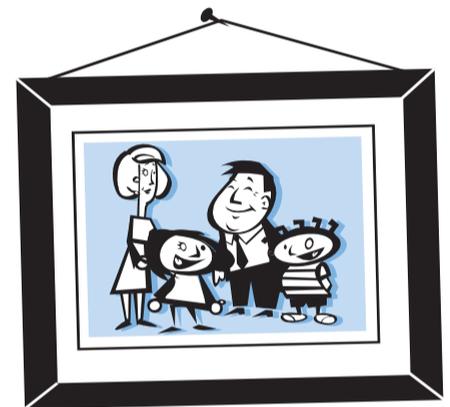
**Next submission deadline:**  
**January 25, 2019**

**Next issue: February 11, 2019**

## TCL Family Day

February 18, 2019

DINNER and MOVIE



### **OUTDOOR ACTIVITIES:**

*Starting at 3 PM in the park behind the Terwillegar Community Church*

*Outdoor activities will be limited or cancelled if the temperature is below -15°.*



Come inside the Terwillegar Community Church and enjoy some food, drinks and snacks with your neighbours, courtesy of the TCL.

Kids and the young at heart can enjoy a movie, while the adults can eat, meet, mingle and relax



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# Community

## Riverbend Public Library

By Jessica Niemi

Edmonton Public Library spends a lot of time working in the community with schools, community leagues, and many other social agencies and local organizations. We're always looking for ways we can support our community in whatever they're doing. Feel free to contact us if you think we can help you or your organization! There are also a lot of exciting events happening this winter at your local library. For the first time, the Riverbend Library will be hosting a seniors' drop-in program every Tuesday morning! Have a coffee, meet other seniors, and join in some fun activities. Each week we meet to discuss a new topic, share our stories, and learn something new.

### Seniors' Drop-In Program

Tuesdays, 10:30am – 12:00pm

Please note that there will be no classes from December 25 to January 15. Sessions resume on January 22.

## Cross Country Skiing

Edmonton's expansive river valley and parks system is a perfect cross-country skiing destination! We've even listed a few outside the city, if you're feeling more adventurous.

Groomed trails are located throughout the city, but are found primarily in the beautiful river valley. Trails are groomed by the City and Edmonton Nordic Ski Club, providing a fantastic opportunity to explore on skis. Check the City website to find current conditions, and more.

### Groomed Cross-Country Ski Trails in Edmonton

- Victoria Golf Course & Park  
116 St & River Valley Road
- William Hawrelak Park  
9330 Groat Road
- Riverside Golf Course  
Rowland Road & 84 St
- Kinsmen Park  
91 Ave & 108 St

### Park Amenities & Trail Lighting

Each groomed park has an emergency phone. Please also carry a cell phone, especially if you are skiing alone or at night. See the Winter Chalet Network Map for types and locations of building and washroom amenities. The trails at Gold Bar/Gold Stick and Kinsmen Parks are lit at night for evening or night skiing.

### Ski2LRT

Have you thought about commuting on your skis? Well now you can! Cross-country ski to the Century Park LRT Station, and lock your skis and poles in a rack before hopping on the train. Make sure to take your own padlock for the rack. Approach routes are found at <https://goo.gl/gRQNEY> More details are available at [www.facebook.com/Ski2LRT](http://www.facebook.com/Ski2LRT)

### Learn How to Cross-Country Ski!

The City of Edmonton offers cross-country and biathlon courses, as well as group programs. Register through 311 or [www.edmonton.ca/ereg](http://www.edmonton.ca/ereg)

This winter, Riverbend will be offering two additional programs for school aged children.

### Video Games from Scratch Beginning in February

Visit [www.epl.ca/events](http://www.epl.ca/events) to register

Join us to learn how to creating your own video game from start to finish using Scratch.

### Reading Buddies Beginning in February

Visit [www.epl.ca/events](http://www.epl.ca/events) to register

Do you love to read? Do you want to have fun, make new friends and practice your reading skills? Reading Buddies is a program that matches teen mentors with kids in Grades 2–4 . Through interactive games and activities, buddies share their enthusiasm for reading. If your child is in Grades 2-4, please register for a spot in the program or contact your local branch for more information. If you're a teen who would like to volunteer, visit [www.epl.ca/volunteer](http://www.epl.ca/volunteer) for more information.

Questions? Call Jessica (780-288-2224)



### Cross-Country Skiing Close to Edmonton

Cooking Lake-Blackfoot Provincial Recreation Area / 60 km east of Edmonton

[www.albertaparks.ca/cooking-lake-blackfoot](http://www.albertaparks.ca/cooking-lake-blackfoot)

Elk Island National Park (Amiskwuche and Lakeview trails recommended) / 48 km east of Edmonton

[www.elk.island@pc.gc.ca](http://www.elk.island@pc.gc.ca)

Strathcona Wilderness Centre / 16 km east of Edmonton

[www.strathcona.ca/wildernesscentre](http://www.strathcona.ca/wildernesscentre)

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## Dogs Off Leash Ambassador Program



**Are you passionate about dogs?  
Do you regularly visit off leash areas?  
Do you like to connect with other  
users of off leash areas?**

**Sign up to volunteer for the off leash areas that you visit and enjoy with your dog.  
Help keep these areas, safe, user friendly and fun by becoming a Dogs Off Leash Ambassador!**

- 🐾 No hourly commitment – volunteer as often as you like
- 🐾 Orientation and safety training included
- 🐾 Create a positive culture of community at your off leash area
- 🐾 Encourage users to practice responsible dog ownership principles
- 🐾 Monitor signage and bulletin boards where applicable
- 🐾 Post appropriate notices
- 🐾 Open lines of communication between City and the ambassadors to promptly address actual or perceived problems
- 🐾 Help monitor interactions between dogs, and between dogs and people
- 🐾 Monitor sanitation by coaching others to pick up after their dogs
- 🐾 Support and coordinate occasional clean ups of site

**Call 311 or visit [www.edmonton.ca/OffLeashAmbassador](http://www.edmonton.ca/OffLeashAmbassador)  
for more information or to sign up today!**

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

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

# Community

**HOPE CITY CHURCH**  
PRESENTS A ONE-HOUR CHRISTMAS EXPERIENCE

**DECEMBER 24**

**TERWILLEGAR CAMPUS**  
MACLAB THEATRE- LILLIAN OSBORNE HIGH SCHOOL  
2019 LEGER RD NW  
2 PM, 4 PM & 6 PM

**MILL WOODS CAMPUS**  
2225 66 STREET NW  
1 PM, 3 PM, 5 PM & 7 PM



*Christmas*  
AT HOPE CITY

more info at [hopecity.ca](http://hopecity.ca)

# Community

## Southwest Edmonton Farmers' Market (SWEFM)

By Christie Anderson,  
Market Manager

Our wonderful market has wrapped up another season, and we have so much thanks to give. The SWEFM would like to express enormous gratitude to the customers who support our wonderful market. This year we had the biggest year ever, with over 80 tents set up on some market days, and an average of 1600+ people attending each market. We had a great mix of returning and new vendors this year, which made for a vibrant and fun market mix every week. By shopping at your local market, you are supporting hard-working, local producers who are so appreciative of your support!



Our Sprouts program (kids nutrition program) was yet again an enormous success. This program is run by the amazing Emily Hendsbee, with a ton of help from her family and local university students. These talented ladies run the Sprouts tent at the market and write the recipes that are

handed out to the kids weekly.

We owe a big thank you to our market volunteers, Steering Committee, and sponsors. The market volunteers help set up and take down the market, and keep it tidy for our guests. The Steering Committee plans all through the winter to bring you the best community market that they can, and the sponsors make it possible for us to distribute thousands of Sprouts tokens to children, enabling these kids to learn more about healthy eating and to make their own nutritious food choices.

So, goodbye loyal market visitors, vendors, & volunteers; we are signing off for 2018. Before we go, we'd like to let you know that our 2019 Vendor Application Form will be available by mid-October on our website: [www.swefm.ca](http://www.swefm.ca). If you are a local grower, crafter, brewer, baker, artisan, or producer, consider becoming a vendor at our market next season! And, if you operate or work for a not-for-profit organization, contact us if you're interested in your group participating in our Community Tent program (see the "Community" tab on our website for more information).



Lastly, keep an eye on our social media pages for our 2018 customer survey. We would love to hear how you think we are doing, and to hear any ideas for improvements. Have a wonderful winter and see you in 2019!



# Rhythm, Rhyme & Story Time

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



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

# Community

## TRAC Update

By Karin Shott

TRAC Community Office

The last TRAC meeting was held on Wednesday, November 21st. Over 25 people attended the meeting with special guests from the Terwillegar Drive Study Team in attendance. They provided a very informative presentation on the options for Terwillegar Drive with the Expressway Plan recommended as the best solution for this transportation corridor. More information can be found at: [www.edmonton.ca/terwillegardrivestudy](http://www.edmonton.ca/terwillegardrivestudy)

Another special guest was Emily Hendsbee, Sprouts Program Coordinator with the Southwest Edmonton Farmers' Market. This is a free children's nutrition program for those between the ages of 4 & 12 to learn about healthy eating, cooking & supporting local farmers. If anyone is interested in learning more about this phenomenal program or would like to help support it, please contact Emily at [swefm.sprouts@gmail.com](mailto:swefm.sprouts@gmail.com)

Community league memberships for all of the 8 community

leagues in Area H are available at the TRAC Community Office. The office is conveniently located in the Terwillegar Community Recreation Centre, and is open:

- Tuesdays & Wednesdays: 9:00 am – 3:00 pm
- Thursdays: 4:00 – 9:00 pm
- 1st Saturday of the Month: 10:00 am – 2:00 pm
- Please note: cash or cheque are the accepted method of payment.

Membership applications and payment may also be dropped off in the mailbox beside the TRAC Community Office. Your community league membership card and skate tags (if requested) will be mailed out the next business day.

Community league memberships are also available online via [www.efcl.org](http://www.efcl.org). An additional \$5 admin. fee will be charged for this convenience.

It seems early to think about the 2019 outdoor soccer season, but registration will begin in the new year with the payment dates sometime in January/February (exact dates

TBC). For more information, please check [www.trsa.ca](http://www.trsa.ca)

A current Community League membership is required to play community soccer. Check your community league membership card to see if it is still valid.

“The TRAC Messaging System is a part of a network of email groups in the Terwillegar/Riverbend/Windermere area that reaches over 1600 residents, announcing community events and bringing crime alerts and updates to the attention of all of us! This significantly improves our awareness and our sense of community and with the help of Sgt. Larry Langley of the EPS, we are able to utilize this network to reduce crime and bring justice to those that choose to do harm to our area”.

It's easy to sign up—just go to [www.tracspirit.ca](http://www.tracspirit.ca), click on “To become a TRAC VIP Member and receive important e-mails from TRAC, click here”. Once registered, you will receive a confirmation email.

The 2019 TRAC Community Run is scheduled for the morning

of Sunday, May 26th! We are looking for volunteers to be part of the committee to ensure that this fun annual community event continues. Please contact the TRAC Community Office at [tracmail@tracspirit.ca](mailto:tracmail@tracspirit.ca) or by calling 780-439-9394 if you are interested in being part of this event or would like more information.

Mark your calendar for the next TRAC Meeting dates. Everyone is welcome to attend!

- Wed., Jan. 16th, 2019: 7:00 PM - Lillian Osborne H.S. Library
- Wed., Mar. 20th, 2019: 7:00 PM - Lillian Osborne H.S. Library
- Wed., Apr. 24th, 2019: 7:00 PM - AGM - Lillian Osborne H.S. Library
- Wed., Jun. 12th, 2019: 7:00 PM - Lillian Osborne H.S. Library

At this time, the Terwillegar Riverbend Advisory Council (TRAC) would like to thank all of the supporters, the partnerships, sponsors and community leagues for their support & contributions in the past year and wish you all a joyous holiday season and Happy New Year!

## Keeping Your Youth Active During Canadian Winters

By DarleeAnn Mathieson R.M.T.

No doubt about it, winter has officially arrived! With a new season often comes the start of another season of sports. For many Canadian families that more often than not means hockey. The Canadian winter can seem to last forever unless you're having fun outdoors in the snow! Practicing winter sports is the perfect way to stay active and get you through the cold months with a smile. Sure, there's hockey, skiing and snowboarding, but have you ever tried out curling?

Curling has been a passion of mine for 47 years. Why you ask? At the age of 8, June King, the mom of Canadian Curler, Cathy King took me out on a sheet of ice. With a rock in both hands & with all my might, I was able to get that 40 pound rock down to the other end of the sheet & I was hooked!

Did you know that beginner



curlers can get started as young as age seven, but age is less important than the ability to pay attention for at least 30 minutes to an hour. And that's why I'm beyond thrilled to be able to share my love of curling with youth in our very own community through sponsorship of “Rocks & Rings.” This program introduces the Olympic sport of curling to elementary school kids in their school gymnasium. Through various drills, relays and team-building activities are used to introduce students to the curling, with the emphasis on fun!

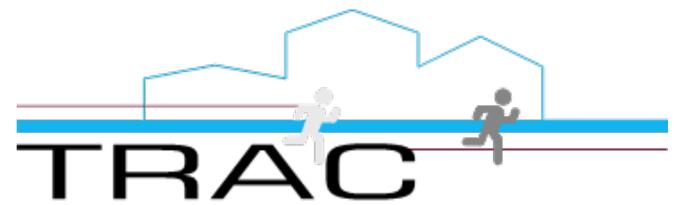
Kids will express their interest in sports at different ages. And while some parents may think “the younger, the better,” this is not always the case. There are some children who are physically ready but are not quite emotionally and mentally prepared. Or they may not have a desire for sports whatsoever. And then there are kids who are very keen but may still be considered too young for organized sports. There's Still Time to Start a New Sport If your child simply wants to try a new sport, or play it for fun, it's never too late. After all, trying is how we figure out what we like. Helping your child connect with a physical activity he/she enjoys is much more important, for his/her lifelong health, than getting him/her onto a high-level team.

Whenever you or your child try a new sport, regardless of season, you should expect sore muscles. Just like adults, the physical demands on the body

are the same and kids experience the same aches and pains.

What are some of the benefits you enjoy from sports massage? Keeps the body in better physical condition, decreases muscle aches and pains from over use, helps reduce the possibility of injury by maintaining range of motion and keeping muscles relaxed and improves performance & allows your muscles to recover quickly. With regular sessions, your muscles will be relaxed, loose and ready, no matter what your activity or sport may be.

Good luck to you and your athlete and enjoy your winter to the fullest!



Terwillegar Riverbend Advisory Council

# Community

## Take 12 Days This Christmas

By Darlene Reid  
Associate Broker/Owner

As we enter the holiday season and wind down 2018, it's hard to escape the negatives. It's cold and dark and winter has only just begun. The economic recovery has been sluggish (at best) in many sectors. The housing market was down this year. The Oilers are fighting to find a playoff spot – again. And the romaine crisis has really lettuce down.

But all is not lost! In fact, there is still a lot of good amongst the bad. It hasn't been too cold and the snow is beautiful. The economy is still recovering and some areas are thriving. The housing market in Edmonton has been incredibly resilient, with a comparatively mild drop in prices and deals. We still have McDavid and now we have Hitch. And hey – iceberg is just fine thank you very much (with one Titanic exception).

One way we can see the good is by literally getting out there to SEE things. It's easy to stay in and stay comfortable and we should all do that too. But even in our own community there is a world of wonder that can make a dark time of year much brighter. And no, I'm not saying let's all go run a winter marathon; my health kick begins and ends with the lettuce. I'm just saying take some time to open your eyes because you may find that it opens your heart as well.

Taking inspiration from the song, "12 Days of Christmas", I think we can all find 12 things to do over the course of December and into the new year that can make us just that little bit happier. Here are just some ideas (in no particular order):

1. Take a drive down Candy Cane Lane and rediscover the wonder of the season. It's easy – just a drive.
2. Walk the Legislature Grounds. Bundle up and take just a short walk. The crisp air and gorgeous lights will lift your spirit.
3. Check out a new attraction. Maybe Rogers Place for a game or concert. Perhaps the new museum or art gallery downtown.
4. Check out an old attraction. Forget about winter for a while at the World Waterpark in West Edmonton Mall. Or make a point of visiting the Muttart Conservatory or the TELUS World of Science.
5. Try something local. Like a bakery, a café, or a pizza place. Just try it if you haven't yet – you may discover a new favourite!
6. Go for a toboggan run. We have some great hills right here in Terwillegar. Just dress up and try one run. It'll probably make you giggle.
7. Try skiing or snowboarding at Rainbow Valley (a ¼ mountain experience for less than ¼ of the price). It's close and it is FUN!
8. Get a taste of the world without leaving the city by trying some new cuisine. We are so lucky to have so many cultures in one place and food is a great introduction. Think about those moments when you've tried something new and absolutely loved it. Why not recapture that?
9. Volunteer for an afternoon or take a donation to a charity. There are few things that feel better and imagine if we all contributed, just a little...
10. Shovel a neighbour's sidewalk. Even just one time. It's great exercise for you and one heck of a nice surprise for the person next door.

11. Find one community event and just go. Whether its fireworks or a family fun day, just force yourself to go and take in the sights. It beats staring at the same old paint on the walls and you just might meet a new friend or find something to smile about.

12. See a show. Whether it's a holiday performance of carols at a church or a local band at a local pub, Edmonton has an incredible arts and entertainment scene. We really do. So pick something, schedule the time and just go – a live performance can be so much more powerful than a movie or TV show.

I'm sure we can all come up with our own 12 days of Christmas, but the point is to get up, get out and SEE what this wonderful community and city have to offer. You may find yourself smiling heading into 2019. Wishing you and yours all the best this Holiday Season!!

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**Check us out on  
Facebook!**



Search:  
"Terwillegar Community" League"  
under groups

# Community

## Ice And Snow Maintenance

### Shovelling:

- Shovels with a small blade and ergonomic handle with a gentle curve are best
- Push the snow, instead of lifting it, as you shovel, it's easier on your back
- Use a small shovel or fill only half of a large one
- Lift with your legs bent and keep your back straight
- Spray the shovel blade with cooking oil if the snow is sticking to it
- Clear snow after it falls to prevent packed down snow or ice to form
- Clearing right to the sidewalk is best
- Offer to help anyone who may need help due to mobility or health issues, they might not always ask for help

### Sand & Ice:

Free sand is available at the City's roadway maintenance yards and participating community leagues or for purchase at your local hardware store. Spread sand or gravel on icy patches to make your sidewalk

safer for pedestrians. Spreading sand on a sidewalk before ice forms can also make future ice easier to remove. Microwaving sand in a microwave-safe container and spreading it while it is still warm can make it more effective. It will embed itself into the ice, creating a gritty top layer. Warm weather during the day can make ice soft, so it's easier to chip or shovel away.

### Freeze-Thaw Cycles:

- Freeze-thaw cycles cause water from melting snow to run on to sidewalks
- Pile snow where it will not run across your sidewalk
- Aim your downspouts away from sidewalks
- It's illegal to pile snow on public property (including roads and boulevards)
- You're required to keep the walks around your property safe by removing ice or spreading sand



**Have you renewed your  
Community League  
Membership?  
www.terwillegar.org**

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

# Community

## Ice Skating

Ice skate outdoors this winter for fun, free entertainment for the whole family! Outdoor ice maintained by the City will open as soon as maintenance equipment (snow clearing and watering trucks) can safely drive on the ice. Please obey all posted signs.

### Outdoor Rinks

Check out the City website for locations, hours, amenities, and ice conditions before you go. Skate rentals are available at William Hawrelak Park Pavilion.

- Castle Downs Park
  - City Hall
  - Jackie Parker Park
  - Rundle Park
- The Meadows Community Recreation Centre
- Victoria Park Oval (Check website for times when the Oval is closed to public skating for maintenance and speed skating training.)
- William Hawrelak Park

### Iceways

Two IceWays for this winter! More creative lights, more romantic skating through the trees. Check the City website for hours. Note that Victoria IceWay will not be accessible from the Victoria Oval during ice maintenance times or during the Edmonton Speed Skating Association's reserved skate times.

- Victoria Park
- Rundle Park

### Community League Rinks

See the Community League Rinks page for more information on your local rink – including the Kenilworth Community League Family Ice Trail!

### Stormwater Lakes

City Drainage Bylaw 16200 prohibits skating on stormwater lakes. The City has signage posted at all stormwater facilities advising residents to keep off the ice because conditions are unknown.

Due to the nature and the function of stormwater lakes, ice conditions can be unpredictable and dangerous. Moving water, temperature changes underwater due to vegetation or drainage, and fluctuating weather conditions can all result in unsafe ice conditions not visible from the surface.



Purchase your community league membership, lace up your skates and head out to the neighbourhood community skating rink!

Community rinks can be found at: <https://efcl.org/league-directory>

There are also a number of neighbourhood snow bank rinks.

Have something would you like to write about?  
Contact the Editor at [editor@terwillegar.org](mailto:editor@terwillegar.org)

## MANDARIN CLASSES (South Side)!!!

Edmonton Chinese School (Since 1976)

愛城中文學校課程 (1976 起)

PROGRAM 2018-2019:

Kindergarten, Pronunciation, Grades 1-9, Conversation, Tai Chi

Saturdays, 1- 3:30 p.m.

September 8-June 1, excluding holidays

Location: 4350-111 Street (Harry Ainlay School)

780.886.6157, 780.438.6324 (Eng., Ch.)

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



### Snow Valley offer to Community League Members

Snow Valley is offering 15% off a family day pass (\$119.00) and day rentals (\$50.00 if required) to any valid EFCL **Family Members only**.

This year the benefit would equate to a maximum of \$25.35 + GST for a family day pass and rentals.

The offer will be valid from opening day in mid-November to closing day after mid-March (weather dependant).

Members must produce their physical EFCL "**Family Membership**" card with photo ID. No cash value.

Cannot be combined with any other offer or coupon.



### Food Bank Fridays

Bring an item for the Food Bank, and get to ski for \$10 from 3 pm – 9 pm.



**Private Swimming Lessons – All ages and skill level**

Terwillegar Community Recreation Center

Text - **Susan Hawke** – 780-819-8835

E-mail – [ttownemom@shaw.ca](mailto:ttownemom@shaw.ca)

Facebook – Messenger

# WHAT IS AN ABANDONED VEHICLE?

Edmonton

Any car parked on-street for more than 72 hours is considered abandoned.

Our streets are shared by everyone.

Learn more about parking rules  
[edmonton.ca/parkingenforcement](http://edmonton.ca/parkingenforcement)



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the lung association

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house  
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[www.tla-radon.com](http://www.tla-radon.com)

**Thank you  
to our volunteers!**

Want to learn more?  
[www.terwillegar.org](http://www.terwillegar.org)

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](mailto:editor@terwillegar.org) to learn more about how you can get involved with your community paper.

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# 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 rec centre. 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](mailto:president@terwillegar.org) anytime during the year!

**Have a contest idea?**  
**Terwillegar Community League would love to hear it.**  
**Email: [president@terwillegar.org](mailto:president@terwillegar.org)**  
**or**  
**[editor@terwillegar.org](mailto:editor@terwillegar.org)**

## Tobogganing

Feel the urge to soar down a snow-covered hill and feel the brisk wind nip your cheeks? The City maintains toboggan hills at several locations with safe run-outs, safety signage and reduced hazards.



- **Emily Murphy Park**  
Emily Murphy Park Road and Groat Road
- **Gallagher Park**  
97 Avenue and 92 Street
- **Government House Park**  
Groat Road and River Valley Road
- **Rundle Park - ACT Hill**  
2903 113 Avenue
- **Rundle Park - Walton's Mountain**  
2903 113 Avenue
- **Whitemud Park North**  
Keillor Road and Fox Drive

Many of our neighbourhoods also have excellent toboggan hills!

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](mailto:editor@terwillegar.org)

### ◆ Photographers:

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

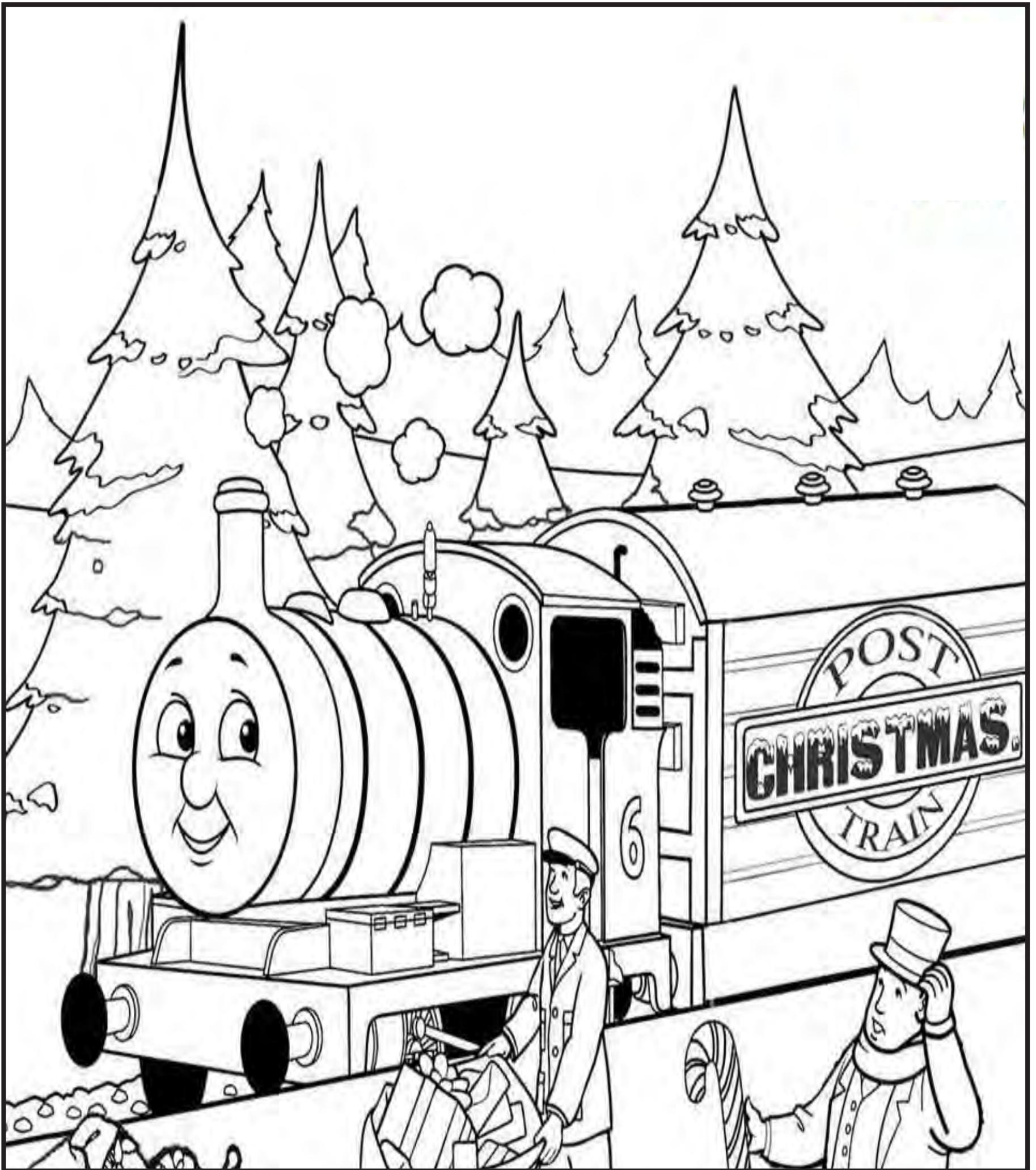
### ◆ Writers:

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.

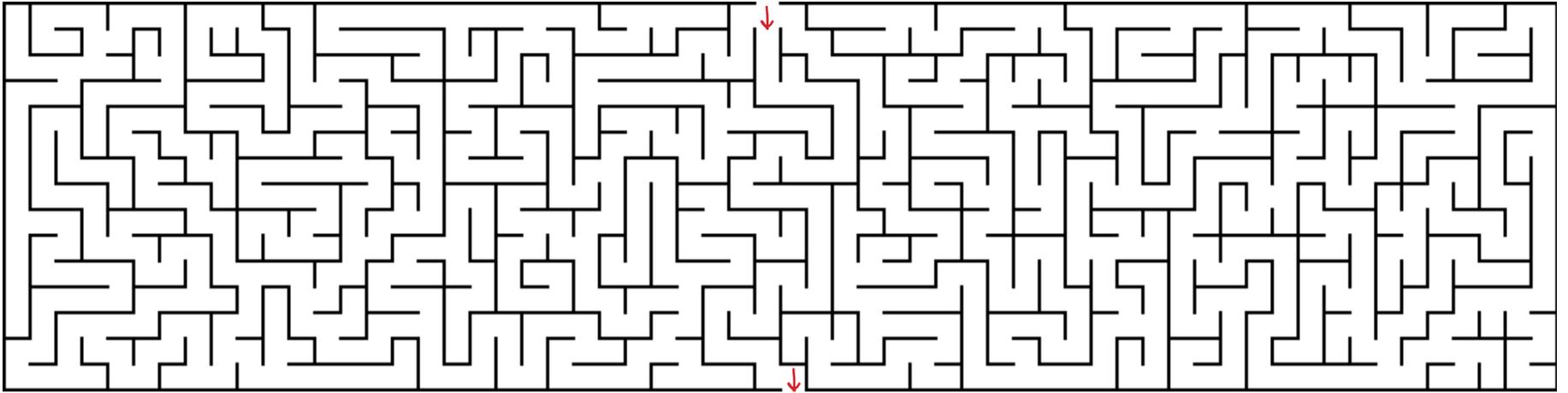
# Kids Zone - Coloring Contest



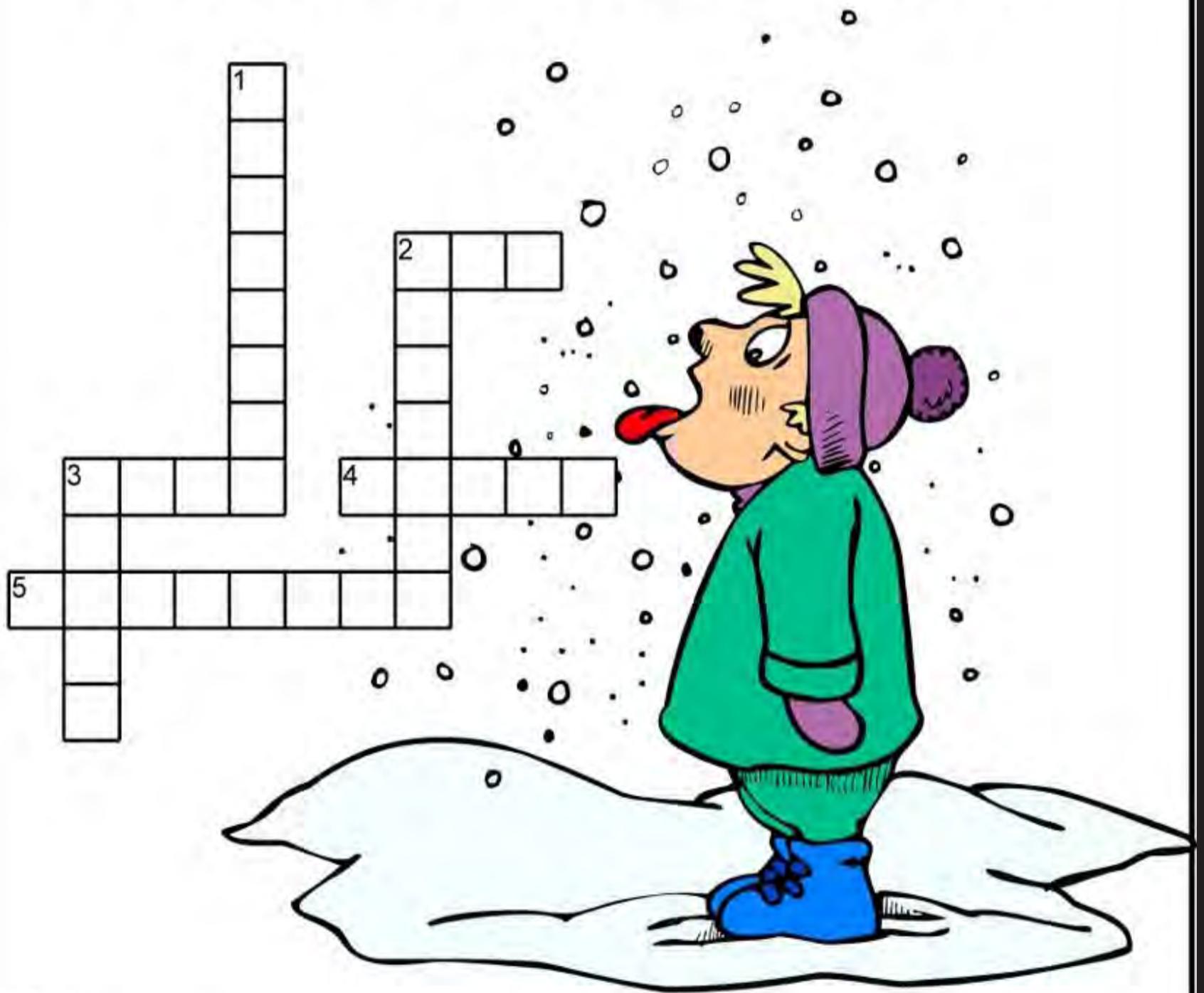
## Christmas Coloring Contest

Name: _____	<p>All entries must be received by January 18. Please note: one entry per child. The contest is open to residents of the following areas:          Terwillegar, Magrath, South Terwillegar, and MacTaggart.</p> <p>Age categories are: 2-4; 5-7; and 8-11. Prizes awarded to first place &amp; runner up of \$25.00 &amp; \$10.00 gift certificates for Toys R Us</p> <p>Entries should be mailed to:          Terwillegar Community League          PO Box 36508          RPO MacTaggart Edmonton, AB T6R 0T4</p>
Age: _____	
Address: _____	
Phone: _____	
Email _____	

# Kids Zone - Word Search



## Winter weather!



### Across

- 2. \_\_\_ is very slippery and dangerous when on the sidewalk or street.
- 3. This fluffy white stuff falls from the sky.
- 4. This unpleasant stuff is a cross between snow and rain.
- 5. Wear these on your ears to keep them warm.

### Down

- 1. This big vehicle clears the snow from the streets.
- 2. These long stems of ice can form on the edges of a roof.
- 3. Wrap this around your neck to feel cozy when it's cold outside.

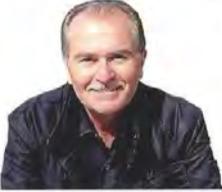
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## Bronze:

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**The Terwillegar  
Community League  
would like to thank  
our wonderful  
sponsors for help  
with the Summer  
Carnival!**

# Community

## Let's Show Edmonton that "Terwillegar Cares"

By Marni Mrazik  
 Director of Community Life at  
 Terwillegar Community Church

“Let us develop a kind of dangerous unselfishness.” When I read this quote attributed to Martin Luther King Jr, I paused for a moment and thought how much I would love to be known as someone who is “dangerously unselfish,” and wouldn’t it be great to live in communities filled with “dangerously unselfish” people? What would that look like? How would that feel? What could we do?

The Merriam-Webster dictionary defines unselfish as “having or showing more concern for other people than for yourself.”

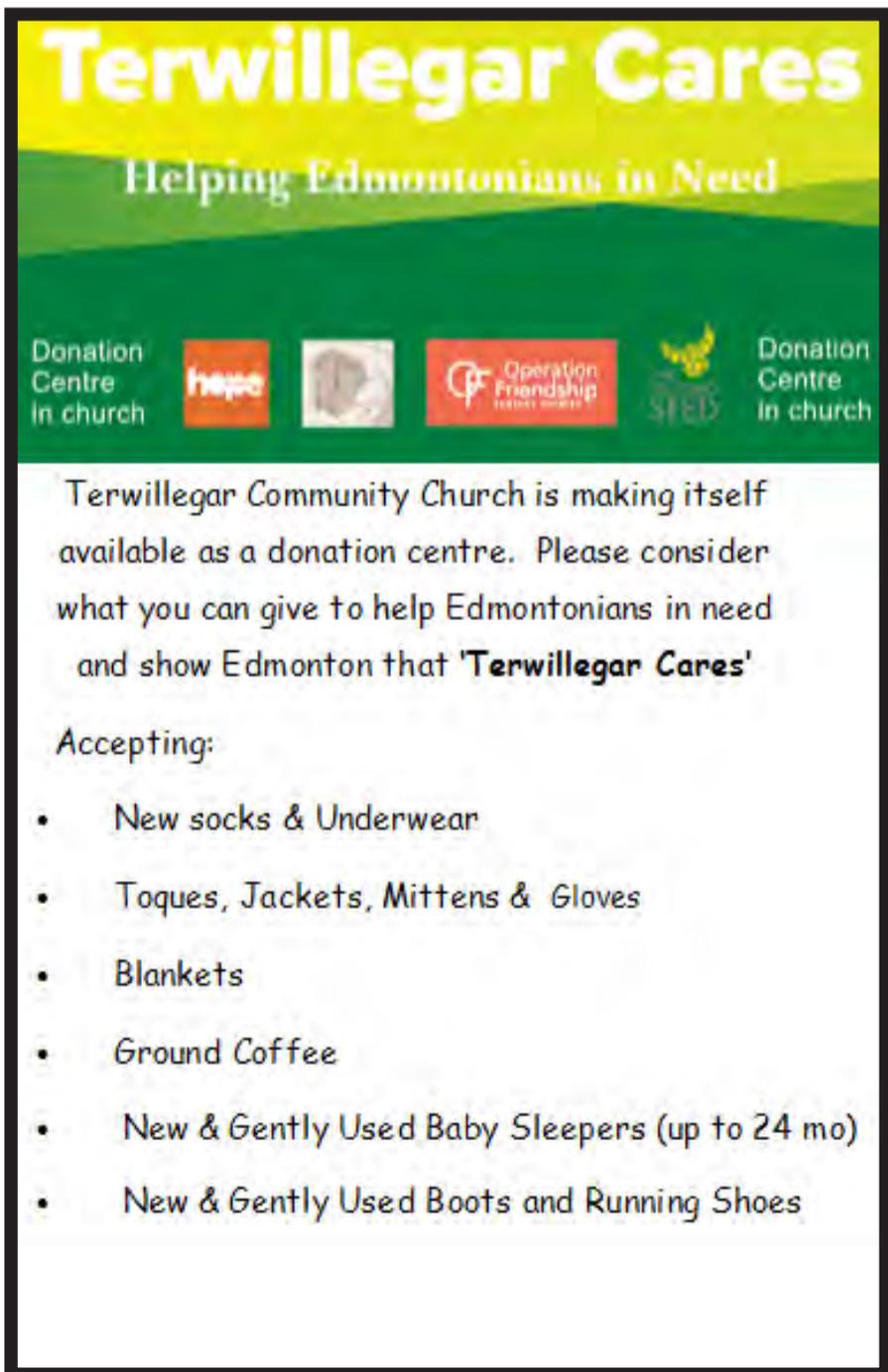
“God says, 'I will measure my people by the one standard that counts. It's very simple. Are people hungry? Feed them. Are people sick? Help them. Are people oppressed? Stick up for them. Are the widows lonely? Visit them. Are there uneducated children? Teach them. Are people rejected because of the color of their skin? Befriend them.' (John Ortberg) That sounds so simple, but simple isn't always easy. I think the more difficult part is living it out in a fast paced society where we might not even see our neighbours next door let alone those who live outside of the areas we regularly find ourselves. I think we have to be intentional when it comes to giving, helping and making a

difference in the lives of others. We have to be willing to give up something for ourselves to extend our hand to someone else.

As we enter into the final weeks of this year and into the season where we often see, or at least hear of the increased needs of those living in difficult or desperate circumstances, can we, as the communities of Terwillegar, come together and show our city that “Terwillegar Cares?” Can we be dangerously unselfish, and outlandishly generous to make a difference in our own city? Terwillegar Community Church is making itself available as a donation centre. We want to fill up the bins with new socks and

underwear, toques, jackets, mittens, gloves, blankets, ground coffee and new and gently used baby sleepers (up to 24 months). We want to make it easier to give by providing a convenient place to drop off items that will be transported to a variety of agencies who are well situated and experienced in helping Edmontonians in need. You will see banners and advertising announcing that, “Terwillegar Cares”, these are your invitations to get involved by giving. As you decide what you are able to give, consider this thought, “You have not lived today until you have done something for someone who can never repay you.” (John Bunyan).

Have something to say about the city? Don't forget to talk to your councillor.  
**Help your councillor work for you!**



**Terwillegar Cares**  
 Helping Edmontonians in Need

Donation Centre In church | hope | Operation Friendship | STEB | Donation Centre In church

Terwillegar Community Church is making itself available as a donation centre. Please consider what you can give to help Edmontonians in need and show Edmonton that 'Terwillegar Cares'

Accepting:

- New socks & Underwear
- Toques, Jackets, Mittens & Gloves
- Blankets
- Ground Coffee
- New & Gently Used Baby Sleepers (up to 24 mo)
- New & Gently Used Boots and Running Shoes



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# Seniors

# News for 55+

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

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

By Carol Vaage

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

As the holiday season approaches, we seniors may find our perspectives have changed. Where once we looked forward to things like Santa's arrival, we now stop to watch youngsters and their parents in the malls lined up to talk to Santa. Where once we may have hosted a huge gathering for friends and family with all the trimmings, we may now go to our children's or grandchildren's homes to join in the chaos of the holidays. Instead of cooking the entire feast, we may bring dessert or a bottle of wine. Our children are the ones planning and preparing. We become observers, participants, and laps for the little ones. Our holiday wish lists are very short!

It can be a time to feel lonely. Our past is full of memories – good and not-so-good. We re-member people we have lost, the traditions no longer followed, the regrets. Our families are busy with sports or careers and may even have moved out of the Edmonton area. So how can we bring back the holiday cheer in unique ways for ourselves this year?

We need to take an active role to create our own special celebrations. If we love singing, let's turn on the radio, TV, or media devices to play the favorite holiday tunes and boisterously sing along. If we love baking, a batch of sweets make a wonderful gift for a friend. Plan something fun with

"The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart."

-Helen Keller

your friends. A white elephant gift exchange can be enough for laughter and silliness. Share some tea, coffee and a treat, and enjoy each other's company.

Edmonton has so many events to attend, if you like to get out and about. Search online with the words 'Christmas in Edmonton' and you'll find a long list. Each neighborhood is offering special events too, so watch for the signs and notices.

Many of us are reluctant to plan something that involves going out as our health may not cooperate. If we know of more fragile seniors, let's plan on bringing some joy into their lives, with a few cookies, a small decoration, and a nice little visit. The gift of being present for another is a win-win situation. There was a

quote on Facebook the other day:

*The thing is, the human brain is extremely evolved for connection and relationship – you were never supposed to learn to be alone with pain and stress. Needing emotional safety and support isn't something wrong with you – it's the sign of something deeply RIGHT with you. Anonymous.*

At SWESA, we have several social events through December that you may be able to attend, and very excited to see the Winter Program on our website for January through March. Joining a seniors' association is a positive step in developing friendships and of being connected. SWESA welcomes all newcomers to join us for any of our social events – coffee, lunches, book club, games (cribbage, hand

and foot canasta, American mahjong, and contract bridge). Wonderful opportunities are available for those interested in the arts – a favorite is the Friday morning art group, where you bring your own art supplies and create art in a social and supportive environment. Our fitness programs are also a place to participate with a group to keep ourselves active and energized.

For more details, please check our website for the 2019 Winter Program Guide for talks, classes, and photos. 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](mailto:Hs@swedmontonseniors.ca) or 780-860-2931



## SouthWest Edmonton Seniors Association

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](mailto:swedmontonseniors@gmail.com)  
[www.swedmontonseniors.ca](http://www.swedmontonseniors.ca)

# Community

## Why is the City Budget Important?

By Councillor Tim Cartmell

My wife, Cathy, and I have been proud life-long residents of Edmonton and have raised our three children in Ward 9. As parents, tax-payers and business owners we have had to make mindful and sometimes difficult decisions about our own personal resources with a close eye to what was happening with our taxes at every level of government.

Over the coming weeks, City Council will determine the next 4 year operating and capital budgets. We will also be setting the next 10 year Capital Outlook, looking ahead to future needs.

Going into the budget deliberations, I intend to bring my professional experience as an engineer and business owner to the table so that we are prudent with our spending, encouraging City Administration to truly focus time and resources in building Edmonton for the future as the best place to work, live and raise a family.

### The Numbers

The operating budget covers continuing programs and services like snow removal, police and fire services, and waste collection.

The 2018 operating budget is \$2.87 billion. To pay for operating costs, City revenues include property taxes (\$1.5B), user and service fees (\$800M) and revenue from Epcor (about \$250M).

The \$18.3B 10 Year Capital Outlook covers one time projects - road improvements, recreation facilities, transit and LRT, affordable housing and neighborhood renewal. It assumes \$12.5B for growth (new things the City might build) and \$6.3B for maintenance of things the City has already built.

We must continue investing in maintenance. In the early 1990's, the provincial government cut all budgets by 5%. That cut reduced maintenance budgets, which resulted in our roads, bridges and buildings falling into disrepair. The financial deficit was eliminated, but it created an infrastructure deficit that continues to haunt us. Edmonton cannot repeat that error.

Capital projects are paid for from three sources: property taxes, debt, and grants from the provincial and federal governments. Some of those grants are targeted, like LRT and Yellowhead Trail.

Targeted grants mean many capital priorities are selected for

us. To receive targeted grants, the City must come up with its share of the cost - usually 27%. After the City matches those targeted grants, there isn't much left to spend on other things. We might have as little as \$200M for the next four years, depending how much debt we take on. For comparison, the Lewis Farms Rec Centre alone will cost about \$200M.

I have received a lot of feedback that we must limit total tax increases to inflation plus population increase. For 2019, that would mean an increase of 3.4%.

I believe this is the wrong approach.

I think that setting a bottom line goal of 3.4% for an overall tax increase allows inefficient, ineffective or obsolete programs and services to continue. I think we should be looking at every service, every branch, every program for all the savings we can find, and then transfer those savings to the places that really need the money.

### Smart Investments for the Future

I believe we all want to keep making our great city even better. I believe we all want to build the recreation centres, transit improvements and road projects that we all need, that



will improve our lives every single day.

We need to make careful, forward-looking, and prudent spending choices. We need to decide what we need, not just what we want. We need to have a backup plan in case government grants disappear so that we don't have to take on unnecessary debt part-way through a project.

Council's budget deliberations will continue until December 14th. Please check my blogs at [timcartmell.ca](http://timcartmell.ca) and Facebook for more information about the budget or email [tim.cartmell@edmonton.ca](mailto:tim.cartmell@edmonton.ca) with your questions. I look forward to your input and feedback as we set the course for the future.

Finally, I want to wish you all a very Merry Christmas and a wonderful holiday season. Take time to be with your family, friends and those you hold dear!



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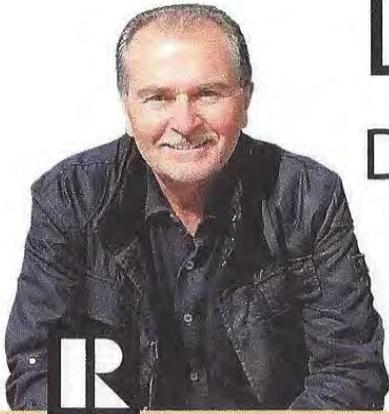


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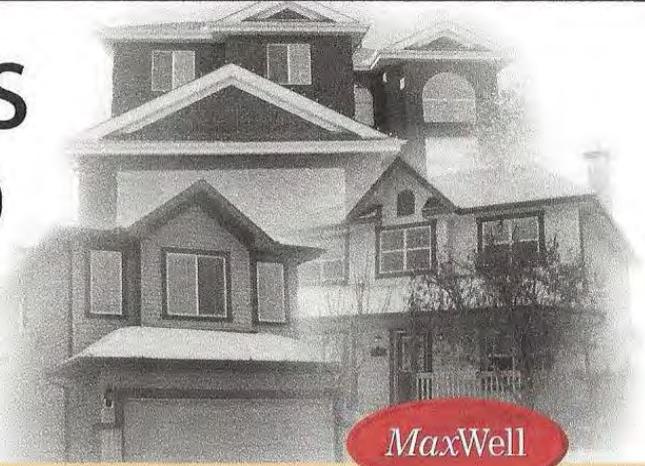
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# Contests

## Holiday Lights

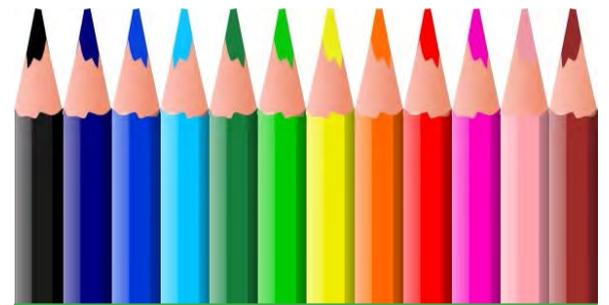
Deck your walls with lights a plenty – its time for our annual Holiday Lights Contest! The Terwillegar Community League wants to know how many aspiring Clark Griswolds are out there in our neighbourhood. If you see a fantastic and festive display, let us know by giving a shout-out on our community Facebook page. Feel free to nominate more than once – the more the merrier!

Some of our Community League members will be driving around the week before Christmas to pick some of the best

decorated houses, so please keep the lights on and keep the holiday spirit burning bright! We have asked Santa to send some helpers to hand out the prizes.

The winners will be announced in the February issue of the Tribune so nominate early and nominate often! Below are just some of the amazing decorations from last year. But let's remember – if less is more, then think about how much more MORE will be!

The lights really do brighten up our community and our spirits so while you're out and about, walk on over to the Gazebo in Terwillegar Towne – the Community League and TTHOA are going to light it up again this year.



### Back to School Colouring Contest Winners!

**Ages 2-4**

1st Place: Aaron, P.  
Runner Up: Halia, S.

**Ages 5-7**

1st Place: Chayse, L.  
Runner Up: Olaedo, I.

**Ages 8-11**

1st Place: Brooke, C.  
Runner Up: Cordelia, V.

Thank you to everyone who participated.

The winner of the Best Summer Moment contest is Fatima M. We will contact you with info on your prize.



Give the Gift of a Second Language



Welcoming children 3-5 years old. Class is taught in both English & German. NO previous knowledge of German needed.

### OPEN HOUSES

**FEB.7, 6:30-8pm**  
Rio Terrace School  
7608-154 St.

**FEB.26, 6-7:30pm**  
German Club  
8310 Roper Rd.

**MAR.20 at 5-7pm**  
Forest Heights School  
10304-81 St.

[DKKplayschool.org](http://DKKplayschool.org)

DieKleineKinderschule

## Rec Centre Discounts

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

With your league membership, you can receive:

20% off on annual passes

or

15% off on multi-admission passes

# Community

## Help A Neighbor

By Lucille Gans

For each of us, the traditions of the Christmas season are celebrated in different ways. But one tradition remains consistent – sharing a meal with family and friends. But for some families in our community sharing a meal would not be possible without the gift from the Christmas Bureau of Edmonton.

“The people we help are people you know and see every day,” says Darlene Kowalchuk, executive director, Christmas Bureau of Edmonton. “They are the senior who lives down the block; the father whose children attend the neighbourhood school and who is struggling to provide for

his family at a time of crisis. You know who they are, but not what they are going through.”

As a community we can make a difference in their lives, in the lives of our neighbour, our community member. Over 850 volunteers gave close to 7,000 volunteer hours in November and December of 2017. Volunteers are needed in 2018 to help with fundraising, including events like Carol Sing-Along at the Winspear, festivals, craft fairs, and other activities; as ambassadors at donation desks accepting donations and providing information; in the office helping with administrative tasks and preparing gift cards for clients; as

Team Leaders at various events and activities; and at Walk-In Days, the final opportunity for families to obtain assistance.

Volunteers are needed to help families like Cheyenne’s. One Christmas, after moving to Edmonton for work, Cheyenne’s mother sat her and her brother down and told them the truth. “I’m so sorry, but this year we just won’t be able to have a Christmas dinner,” she told them. “But what matters is that we’ll still be together and that’s what’s important.” Cheyenne remembers crying but understood that her mom was doing her best. However, just in time for Christmas, Cheyenne’s mother learned about the

Christmas Bureau’s Walk-In Days program which allows families to pick up everything they need for Christmas.

*“My mom had dropped my brother and me off with a friend while she ran some errands. When we got home, there it was: CHRISTMAS! Everything we needed for a Christmas celebration was right there for us – it felt like magic!”*

If you would like to know more about how you can get involved with the Christmas Bureau, please visit [christmasbureau.ca](http://christmasbureau.ca) or call 780-414-7682.

Did you know that the City of Edmonton’s Community Standards bylaw states that you must shovel your walks within 48 hours of a snow fall?  
Be a snow angel! Help your neighbors to clear their sidewalks and you may be nominated to win a great prize!

## Santa wants you to.....

By William Bincoletto

As we cozy up in our comfy chairs, as the temperature dips, and gaze fondly out the window looking at the white stuff gently falling or about to fall, our thoughts, somewhat inevitably turn to all things rich, full-bodied with loads of flavours. And remember with Christmas around the corner, there are so many possibilities

Steve Richmond, our whisky expert, as you may surmise, loves all things whisky while I, William, still think and need wine or ports. So here’s a suggestion list from the both of us.

Whether you’ve been naughty or nice, here are a few suggestions to satisfy that hard to buy.

For those of us who are endeavoring to find a whisky

to purchase for friends and relatives, forget the song “The Twelve days of Christmas”, we have something so much better. Imagine a whisky box for all 25 days of Christmas. That is exactly what our Scotch Advent Calendar 5nd Edition is all about: 25 (50ml) bottles of scotch, selected by Independent Bottlers, so you can enjoy a nice dram of outstanding scotches every single day ending with a specially selected 30 year old for Christmas Day. This is VERY Limited product and our supply will be long gone before Christmas shopping even begins. So ask Santa Steve to put one aside for you! Remember, there’s no such thing as a whisky you don’t like. There’s just some you like more than others. And this is such a wonderful opportunity to experiment and discover.

And here are two great

gift sets to consider

Finally our very first Port Advent Calendar from Quevedo is here consisting of 24x50mL mini-bottles – there are eight different offerings repeated thrice in a random fashion. Quevedo is located in the small town of San João da Pesqueira, right in the heart of the beautiful Douro Valley. Having sold their grapes for decades to Taylor-Fladgate, they decided to venture on their own in 1991. Love the small footprint of the packaging.

My second suggestion is our new Tomassi Gift Pack containing 1 bottle of 2014 Tommasi Sestante Valpolicella Ripasso I Pianeti and 1 bottle of 2012 Tommasi Sestante Amarone Monbte Masua in a gorgeous 2 bottle gift pack. These two wines would certainly grace beautifully on any Christmas table or

under the Christmas tree!

Finally, a reminder, for all interested in the wonderful world that is whisky, of the not to be missed, the 10th Anniversary Edmonton Whisky Festival at the Delta Edmonton South on Wed. January 16h. Regular admission at \$90.00 or Regular Admission + Masterclass at \$115.00

Tickets are available online ONLY!  
<http://edmontonwhiskyfestival.ca/>

# Community Summer Carnival





# Halloween Fireworks



# Coming Events

## Events:

**December 31, 2018:** New Year's Eve Party & Fireworks at Haddow Park (2099 Haddow Drive) Time: 5:00 pm – 8:30 pm. Fireworks at 8 pm.

**December 31, 2018:** New Year's Eve Downtown. Alberta Legislature Grounds. Time: 6:00 – 9:00 pm. Fireworks at 9:00 pm.

**Ice Castles:** William Hawrelak Park. Visit a Narnia-like winter wonderland of ice: icicles, tunnels, slides, frozen waterfalls, nighttime lights, and more! Tickets sell fast – book your time slot early.

**December 7, 2018 – January 1, 2019:** Candy Cane Lane (148 St. between 92 Ave & 100 Ave.)  
Time: Nightly from sunset to midnight.

**November 16, 2018 – January 5, 2019:** The Magic of Lights at Castrol Raceway (Highway 19 & Highway 2, Nisku). Price \$20 - \$120. Open 7 days a week, from 5:00 pm – 10:00 pm. \*A portion of proceeds from every vehicle goes to support 630 CHED Santas Anonymous & Canadian Tire Jump Start

**December 22, 2018:** Elk Island National Park – Free Admission Day.

**December 22, 2018:** Horse Drawn Sleigh Rides in Old Strathcona. Free sleigh rides will take place between 12:00 pm and 4:00 pm. Experience our unique take on a holiday hop-on hop-off shuttle while shopping and taking in all that Old Strathcona has to offer! Donations will be gratefully accepted, with proceeds going to The Mustard Seed. You can find the donation box in the lobby area of Roots on Whyte, or in Under the High Wheel when the reception desk in the lobby is closed.

**January – February 2019:** Drop-in Learn to Skate Programs, January 7 – February 17, 2019. Check: [https://www.edmonton.ca/activities\\_parks\\_recreation/drop-in-learn-to-skate-program.aspx](https://www.edmonton.ca/activities_parks_recreation/drop-in-learn-to-skate-program.aspx)

**Winter Green Shacks:** check [https://www.edmonton.ca/activities\\_parks\\_recreation/green-shacks.aspx](https://www.edmonton.ca/activities_parks_recreation/green-shacks.aspx)

**January 16, 2019:** TRAC Meeting at Lillian Osborne High School Library. Time: 7:00 – 9:00 pm.



## Terwillegar Tribune 2019

### Submission

#### Deadline

January 25

#### Released

February 11

### Weekly: Please contact organizer for details

#### Southwest Edmonton Seniors Association (SWESA)

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

#### Drop-in Bridge:

Thursdays 12:00-3:00 at Riverbend Community Centre. Community League Membership as per your address is required

#### Terwillegar Playgroup:

Thursdays 9:30 - 11:30 a.m. at Holy Trinity Riverbend Church

**January 26, 2019:** Southwest Ski Fest & Chili Cook Off at the Blue Quill Community League. Time: 11:30 am – 3:30 pm. Have a go at cross-country skiing. Explore neighbourhood ski trails. Free equipment for all ages. Helpful tips! SWYEG chili cook-off and hot cocoa.  
#SWskiFest #Ski2LRT #SWAC #SkiLocal #ChiliCookOff

**Feb.8 – 18, 2019:** Silver Skate Festival. Weekdays 4:00 – 8:00 pm/Fridays & Weekends noon – 10:00 pm. William Hawrelak Park.

**February 9, 2019:** Lunar New Year. Chinatown (97 St. between 105 – 107 Ave.) Time: 11:00 am – 3:00 pm. The Lunar New Year celebration includes lion & dragon dances, firecrackers & other multicultural entertainment.  
November 22, 2018 – January 19, 2019: Christmas Glow at The Enjoy Centre (101 Riel Dr. St.Albert). Admission charged. This is the largest indoor Christmas festival in Edmonton/St.Albert. Explore 80,000 sq.ft of interactive light sculptures, stroll under 50,000 lights and shop for unique gifts.

**February 18, 2019:** Family Day

**Every Thursday to May 17, 2019:** Royal Alberta Museum stays open late. Hours: 10 am – 8 pm

**TRSA 2019 Outdoor Soccer Registration:** January/February, 2019 – online registration open, check [www.trsa.ca](http://www.trsa.ca) for more information. In-person payment dates TBD.

**April 6, 2019:** I'm Too Big For It Sale

**April 24, 2019:** TRAC AGM

**April 27, 2019:** Great Neighbour Race

**May 26, 2019:** TRAC Community Run



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