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

Issue 76 April 2019

**Next submission deadline:**  
**May 24, 2019**  
**Next issue: June 10, 2019**

## "Snow" Way the Fun Would Stop on Family Day!

*Darlene Reid*

The cold and the thick blanket of snow sure didn't stop the fun and activities this past Family Day (February 18)! Sleigh rides, hot chocolate, games and a bonfire (with marshmallow roasting!) were on the agenda for the outdoor portion of the event. Dozens of kids of all ages bundled up and enjoyed an afternoon in the sun, although with all the scarves and balaclavas it was hard to tell who was who! You could definitely tell that everyone was having fun playing in the powder however, and getting to know their neighbours! The tug of war was a hit, as were the sack races. Special shout-out to everyone who tried to hop their way through a foot of the white stuff and ended up eating a bunch of it!

As fun as that was, moving indoors for the evening portion of the event was a welcome change. Pizza, pop, cookies and juice were served to a nearly full house in the Terwillegar Community Church (special thanks to them for supporting this event!). There was entertainment being served as well, in the form of the recently-released hit movie Ralph Breaks the Internet. Over the course of a long, cold winter, this event

proved to be a welcome change of pace and a fun outing for so many families.

The Family Day event was organized and sponsored by the Terwillegar Community League, and they want to extend a heartfelt "Thank You!!" to all of the volunteers who braved the chill and came out and made it such an enjoyable and positive day. That is what truly makes a community. See you next year!



Panago graciously sponsored the pizza for this event, so be sure to visit them now that they are reopened after their renovations!





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# Community

## TRAC Community Office

### TRAC Community Office

Community league memberships are available at the TRAC Community Office which is located right in the Terwillegar Recreation Centre.

Office hours are:

- Tuesdays & Wednesdays: 9 am – 3 pm
- Thursdays: 4 – 9 pm
- 1st Saturday of the Month: 10 am – 2 pm
- Only cash or cheque accepted.
- For questions or concerns, please email: [tracmail@tracspirit.ca](mailto:tracmail@tracspirit.ca) or phone: 780-439-9394.

Save the Date for these Upcoming TRAC Events:

- TRAC Meeting: Wednesday, March 27th
- \*TRAC AGM: Wednesday, April 24th
- Southwest Edmonton Farmers' Market Opening Day: Wed. May 15th
- TRAC Community Run/Walk: Sunday, May 26th
- TRAC Meeting: Wednesday, June 12th. Last meeting before summer break.



## March 2019 Update

On March 7, 2019, Terwillegar Drive was named as one of the City of Edmonton projects awarded provincial funding through the Alberta Community Transit (ACT) fund. This contribution of \$24.6 million provides funding for dedicated bus lanes on Terwillegar Drive and follows City Council's decision in December 2018 to fund Stage 1 of the planned upgrades to Terwillegar Drive as a part of the 2019-2022 Capital Budget.

The City is now reviewing the concept plan for Stage 1, along Terwillegar Drive between Anthony Henday Drive and Whitemud Drive. Construction is currently anticipated to begin in the spring of 2020 or 2021. The recommended plan will improve vehicle capacity, reduce congestion and delays, and improve the accommodation for transit users, pedestrians and cyclists. Stage 1 upgrades include:

- Widening Terwillegar Drive to four lanes in each direction between Anthony Henday Drive and Whitemud Drive: three lanes for motor vehicles and one for transit
  - Intersection improvements
  - A shared-use path on the east side of Terwillegar Drive
  - Continued landscape naturalization on the corridor
- When complete, the recommended concept plan will be shared with area residents, community leagues, stakeholders and the general public for feedback and questions. This will also be an opportunity to see how input collected from the last phase of engagement, in late 2018, was used to refine the concept

TERWILLEGAR DRIVE  
CONCEPT PLANNING  
STUDY UPDATE

Edmonton

plan. More information on public opportunities to view the recommended plan will be shared in the spring.

For additional information, or to sign up to receive future project updates or notifications, please visit the project website at [www.edmonton.ca/terwillegardrivestudy](http://www.edmonton.ca/terwillegardrivestudy)





# Edmonton Riverbend

## An Update From Your Member of Parliament

Matt Jeneroux

Tax season is upon us. For your convenience, I've compiled a tax guide with useful information to help you with your 2018 tax return. This guide highlights different ways Canadians can save money through tax credits and deductions. The free tax guide is available at [www.mattjeneroux.ca/tax-guide](http://www.mattjeneroux.ca/tax-guide).

The new budget was recently released. The government broke their 2015 promise to eliminate the deficit, as we now have a \$26 billion deficit for 2018-2019, rising to \$31 billion by 2019-2020. I circulated a survey to our community in March to get your thoughts on the federal deficit. The majority of respondents are concerned about the level of spending by this government, with many remarking it makes it difficult for the government to weather any potential future economic downturns.

We will soon be announcing the winners of our annual MP Youth Leadership Awards. The MP Youth Leadership Award recognizes students in Edmonton Riverbend who have shown outstanding

leadership in their school or our community. I launched these awards in 2016 to recognize the work and leadership of our youth in response to the tremendous outpouring of support during the Fort McMurray wildfires. Winners of the MP Youth Leadership Awards will be announced on my website at [www.mattjeneroux.ca/mp-youth-leadership-award](http://www.mattjeneroux.ca/mp-youth-leadership-award).

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



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

## Graffiti: Report It. Remove It.

There is a noticeable increase in graffiti vandalism in your community. Graffiti vandalism is the most visible and prominent crime in a neighbourhood and can make communities appear unsafe and unwelcoming. Worse, the appearance of graffiti often attracts more disorder and escalates crime.

People often confuse graffiti with street art, but the two couldn't be more different. Street art is planned and permitted and usually takes the form of intricate and beautiful murals. On the flipside, 94 per cent of graffiti in Edmonton is just 'tagging'; vandals spray-painting their names on someone else's property without the owner's consent.

Graffiti vandals gain their reputations based on 'street cred'. This means the longer graffiti is visible, the more street 'cred' the vandal gets, encouraging more graffiti in more locations. The materials used for graffiti are almost always stolen, which adds another layer of criminality to graffiti vandalism.

As soon as graffiti appears in an area, the tagger is marking his/her territory and they will expand that territory quickly! Removing graffiti right away the best way to prevent it from recurring and spreading. It's also the law; Community Standards

Bylaw 14600 requires property owners to remove graffiti vandalism from their property within a reasonable timeframe. The fine for failing to do so is \$250.

Citizens should also report graffiti as soon as possible to 311, preferably by using the Edmonton 311 App, which allows them to take a picture of the graffiti and record the exact location. Graffiti vandalism is a criminal offence — if you see graffiti crime in progress, call 911 immediately.

If graffiti goes unreported, it won't be long until it ends up on private property - your garage, your business or your car. By taking swift action to report and remove graffiti, you can help keep your community clean and safe.

For more information:  
Contact 311 or visit [edmonton.ca/graffiti](http://edmonton.ca/graffiti) to apply for the Professional Graffiti Cleaning Program, which provides removal at no cost to the property owner.

The City promotes and encourages outdoor art through our Community Mural Matching Grant. For more details, visit [edmonton.ca/graffiti](http://edmonton.ca/graffiti).

Courtesy of [www.edmonton.ca](http://www.edmonton.ca)

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**Edmonton 311 App**





# Community

## Activities on Tap For SW Edmonton Farmers'

By Christie Anderson, Market Manager

The SWEFM opens for the 2019 season on May 15th and continues every Wednesday until Oct. 9th at the Terwillegar Community Rec Center. Along with fresh fruit, local vegetables, baking, breweries, delicious homemade meals and other treats & handmade goods, local musicians will entertain visitors along with a fun rotation of other buskers, including face painters, temporary tattoo artists, balloon artists and more. And, this year our activities & special events schedule is more jam-packed than ever!

- Our "Artisan Alley" days will be held once a month. During these markets, we will have a row of non-food vendors set-up, where we will showcase our crafters and artisans. The request for more crafts, décor, and art came up a lot in our 2018 end-of season survey and we listened!



The 2019 Artisan Alley dates are: May 15th, June 12th, July 10th, Aug. 14th, and Sept. 11th.

- We will be hosting four bouncy castle days at the market this season. There is no cost for kids to jump, and these are fun days to come out with the family and make an evening of it.

The 2019 Bouncy Castle dates are: June 5th, July 3rd, Aug. 7th, and Sept. 4th

- July 3rd we will be handing out free treats from our vendors for ( a slightly belated) Canada Day.



- August 14th is Bee Day. We will have several local groups & organizations at the market who will have information on how you can help bees, contests & prizes, displays, beekeeping gear, and maybe even a few see-through hives so that you can see the bees at work!

- August 28th is our Corn Fest where we will be cooking up sweet, tasty Alberta corn, free to our awesome customers!

Be sure to stay tuned for more announcements by following us on our social media pages. We are also planning a Seniors' Day, as well as other fun activities like scavenger hunts & trivia contests. And don't forget to bring your 4 to 12 year-old children to the Sprouts program tent every market. This no-cost kids program gives each child a \$2 token each market to spend on fruit & veggies and is always a hit!

The Southwest Edmonton Farmers' Market is located at the Terwillegar Recreation Centre parking lot E, and will run from 4-7:30pm every Wednesday from May 15th – Oct. 9th, rain or shine. See you in May!



## SWEFM Is Seeking Volunteers!

By Christie Anderson, Market Manager

Do you love our local farmers' market? The market's staff & committee volunteers are wonderful people, committed to developing a vibrant gathering place for our community and we need your help on market day!

Volunteer duties include: market set up (the Manager will need help setting up several tents, signs & recycling bins that need to be placed out, etc...), traffic counting at the 2 entrances, assisting with special events, taking photos for the website, emptying garbages, and market take down. There is also the opportunity for some creative license, doing things like vendor interviews for our webpage.

For every shift a volunteer works, a \$5 market voucher will be earned. These vouchers can be used at any of the market vendors including the many awesome food

trucks, bakeries, ethnic food stalls, textiles stalls, jewellers, soap & beauty product vendors, and many more!

We have shifts from 3:30-6pm and 6-8pm, with some flexibility with scheduling. This is a great opportunity to get fresh air & enjoy

our summer, meet people, eat good food, and get work experience with a well-known community organization. We often write reference letters for our volunteers when they are applying for employment. Students are welcome, and priority will be given to volunteers who can work 4+ shifts.

If you are interested, please email the Market Manager at: [swefm.manager@gmail.com](mailto:swefm.manager@gmail.com)

The Southwest Edmonton Farmers' Market is located outdoors at the Terwillegar Community Recreation Centre parking lot E, and will run from 4-7:30pm every Wednesday from May 15th – Oct. 9th, rain or shine. See you in May!

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

Facebook: [@swefm.ca](https://www.facebook.com/swefm.ca)

Twitter: [SWEFM\\_YEG](https://twitter.com/SWEFM_YEG)

IG: [swefm](https://www.instagram.com/swefm)





# Community

## Upcoming Events

Kathleen Mountford  
TCL President

After wrapping up our Family Day event, and soon our first “Too Big for It” sale of the year, we are now working on the upcoming summer events. Summer is one of the busiest times of the year for the Terwillegar Community League. Expect to see your typical movie nights (the first of which is penciled in for June 1st, weather-permitting), the Canada Day event, and the Summer

Carnival Fundraiser on August 10th. These events are always lots of fun and a great way to get out and meet your neighbours.

Some new additions for this year include the Community Garage Sale. On June 15th we invite all residents within the league to either host a garage sale or shop at neighbouring sales on that day. If the “Too Big for It Sale” is any indication, there should be lots of kids items but of course, all items are welcome. We intend to try a movie night

(with alcohol for the adults in the park) if the logistics of this event come together. This year is also the year that we have our casino, May 1-2, to raise funds to help build the rink (and other projects) at South Terwillegar Park.

As always, we are still looking for volunteers for our events and still have spots available on the board, so if this is of interest to you, please contact [tclpresident@terwillegar.org](mailto:tclpresident@terwillegar.org).

# COMMUNITY GARAGE SALE

Saturday, June 15th | 10am - 3pm

TCL invites all households within the league to setup a garage sale on June 15 from 10am - 3pm (your times can vary).

We want as many households in the community to participate or go out and shop and meet some neighbours.

For more details check our Facebook page or email [tclpresident@terwillegar.org](mailto:tclpresident@terwillegar.org).



[www.terwillegar.org](http://www.terwillegar.org)  
group: terwillegar community league  
event page: tclevents





## Right at Home Housing Society

Attainable Housing. Strong Communities.

The Right at Home Housing Society has been invited by the Holy Trinity Riverbend Anglican Church to develop a family-oriented, mixed-income housing development on their property located in the Terwillegar neighbourhood.

**We invite you to join us on Tuesday, April 24, 2019 for an open house to learn more about our vision for the site.**

**Time:** 7pm doors open, presentation at 7:30pm  
**Location:** Holy Trinity Riverbend Anglican Church (1428 156 St)  
*Light refreshments will be served.*

For more information about Right at Home and our draft proposals for the site, please visit:

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

## What To Do If You Have Lost Your Pet

If you discover your pet is lost, there are several things you can do:

- Look around your neighbourhood and ask neighbours if they have seen your pet. Be sure to include the time and approximate place your pet went missing. Let others know you've lost your pet. It may not have wandered far.
- Check Found Pets Search, the City's online public database of the found dogs, cats and small pets currently at the Animal Care & Control Centre. New animals are brought into the facility daily. On arrival, their photo is immediately uploaded to the database. Dogs and cats are held for 3 -10

days before they are assessed for adoption and transferred to the Edmonton Humane Society or other local rescue groups.

- Contact Guardian Veterinary Centre to see if your animal has been admitted. Guardian Veterinary Centre will accept sick or injured animals after hours and will bring them to Animal Care & Control Centre the following morning.
- Check online. Found pets are also often listed on websites such as Kijiji and Craigslist and the following Facebook pages: Animal Care & Control, Edmonton and Area Lost Pets and Edmonton Lost Pets.
- Check to make sure the contact

information associated with your City pet's licence is correct. If your pet is licensed and wearing tags, Animal Care & Control will contact you if your pet is admitted to the City's facility. If you locate your pet at the Animal Care & Control Centre, owners are generally responsible for paying shelter fees and may have to pay a fine for having an animal at large. Kennel fees for the first day are \$25 and \$15 each day thereafter.

Additional charges also apply for any veterinary treatment provided.

*Courtesy of [www.edmonton.ca](http://www.edmonton.ca)*



# Community

## The Turquoise Table and the Power of Proximity

Marni Mrazik  
Director of Community Life  
Terwillegar Community Church

We are wired to connect! I was recently reading an article titled “Community Matters” written by Jon Spayde, in which he writes, “Real communities deepen and refine our sense of place, bring out the best in us, and help us recognize, unquestionably, that we belong. For all these reasons and more, community has the power to nourish and sustain us in countless ways — many of which science is only just beginning to understand. And for all these same reasons, a sense of community is something worth building, maintaining and holding dear.” What do you think? Do you agree? I know I do!

In our society's current climate of disconnection, it seems like we have to fight to get and stay connected - that is, the face-to-face type of connection, not the on-screen digital connection that is always beckoning us.

What has become more and more apparent to me lately is the power of proximity. I have a close friend who lives on the other side of Edmonton. Do you know when I last saw her? Me neither. I have another friend who recently moved across the alley from me. Do you know when I last saw her? About 2 hours ago. She and her husband popped by for about half an hour. It took them about one minute to get from their house to mine. If I wanted a half hour visit with my friend across the city, it would take an hour and a half of my time. There is no “popping in.” I can’t say, “Hey, I have 20 minutes, want to go for a walk?” I know I have to make time to invest in any friendship if it is to grow and thrive, but my point is that it’s easier to feel and stay connected to people if you spend time with them and it’s easier to do

that with those who are physically closer. And who is closer than the people in your neighbourhood? It should be easier for lives to intersect when they share the same block, but I’ve learned it doesn’t “just happen.” So, I’ve decided I want to get to know more of my neighbours and know my neighbours more. I want them to at least know they can always knock on my door to borrow an egg and hopefully, I can do the same.

A couple of months ago, along with a group of friends, I started reading a book called The Turquoise Table in which the author, Kristin Schell, asks the question, “What if meeting neighbors and connecting with friends was as simple as showing up and being available?” She describes how the simple act of placing a turquoise table on her front lawn and making time to sit there was a catalyst to connecting with the people around her. I immediately loved the idea of becoming a “front yard” person. Of

course, you may be thinking what I was at first, “How exactly does that work when it’s winter for at least half the year?” What I’ve decided is that I don’t want that to stop me. I can still sit at a table out front for some of the year and we’ll just have to move inside when the time comes. I want my community, our community, to have opportunities to connect, share, interact, help and discover together, face-to-face. It seems to me like chatting at a picnic table with a cold glass of lemonade is a good place to start.

That’s a little bit of my heart and I have already started looking for the perfect table for my front yard, but it’s also the heart of Terwillegar Community Church. We want to be available to support our community and also to provide space for our community to engage together, so don’t be too surprised if you happen to see a turquoise table outside of the church too.



Looking for a way to help out the Tribune?

Your community newspaper is looking for:

Volunteers to help deliver the paper to local schools and businesses around the community

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





# HOPE CITY CHURCH

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



# Community

## Renovations that Add Value to Your Home



Basia Braaksma  
Executive Director TTHOA

Spring is here and if you are looking to make a few changes to add value to your home, the key is to mirror your neighborhood and ensure that you are not over improving. You don't need to have the most expensive house on the block, a few simple changes can go a long way.

### Curb Appeal

The state of the exterior of your home speaks volumes. Dress your home for success because first impressions are memorable—a home that is pristine on the outside typically indicates that it is taken care of and minor detrimental features can be overlooked. Power wash your walls, eaves troughs, windows & patio. Put a fresh coat of paint on your front door. Refresh your mulch & trim your trees and shrubs. A little lawn care can do wonders. Declutter - keep it clean and simple.

### Paint

A fresh coat in the right shade can change the entire atmosphere in your home. Neutral tones such as gray or beige are well received and easy to pair. If you are feeling a bit more adventurous, why not opt for a beautiful earth green (think light military tone), rich golden or shades of blue. Painting is such an affordable home enhancement that you can likely manage to splurge a little on an interior designer who can help select colors specific to your floor plan & palate, and a professional painter to keep those lines immaculate.

### Kitchen

Most homeowners will list the kitchen as their favored room—the heart of the home. Update your kitchen, chances are that other less desirable areas in your home can be overlooked. If you are contemplating a cost effective facelift, consider painting or replacing your cabinet doors, changing hardware & installing upscale fixtures. If you are prepared to splurge, upgrade your countertops & install new appliances.

Adding harmonious lighting can really elevate a room to the next level & help achieve dimension & airiness in smaller spaces.

### Bathroom

Replacing cabinet doors, outdated faucets & hardware is a great place to begin. Playing with mirror placement is also an inexpensive way to make your bathroom appear larger and more decadent. Decorative mirrors with exquisite frames can be installed in your bathroom for an instant facelift. Should you have more funds to spare, consider replacing your countertops with beautiful natural stone and substituting tub and shower inserts with tile.

If you are renovating the exterior of your home this year, please be sure to visit your designated Homeowners Association website for a list of architectural specifications. Terwillegar Towne Homeowners, please visit us at [www.terwillegartowne.org](http://www.terwillegartowne.org) - we would be more than happy to answer any questions.



2018 Communities In Bloom Finalist



# Community

## Community League Membership Benefits



A new benefit of having a Terwillegar Community League membership is free access to the Edmonton Tool Library! Starting January 2019, Terwillegar Community League has purchased a community membership to the Edmonton Tool Library. Terwillegar members who show their Terwillegar Community League membership card can rent tools without paying the annual Tool Library membership fee! Visit [Edmontontoollibrary.ca](http://Edmontontoollibrary.ca) for location, hours and inventory.



Acclaimed! offers community league members a 10% discount on furnace and duct cleaning services (with the exception of the \$19.95 Material and Waste Handling Fee, which is not discounted). Must mention discount at time of booking and CL membership card must be shown to the technician at the time of the cleaning. Discount cannot be combined with any other offers or discounts.



Reduced rates to City of Edmonton recreational facilities through the Community League Wellness Program which offers the following discounts:

**Annual Membership** - 20% discount on Adult, Family, Child, and Youth/Senior Annual Memberships.

**Multi Admission Pass\*** - 15% discount on already discounted multi admission pass (5+ visits) \*Applies to new purchases only.

**Continuous Monthly Membership** - 20% discount on an on-going monthly membership.



Show your Community League membership card, mention Edmonton Federation of Community Leagues (code 057EFCL) and receive wholesale pricing at any Cloverdale Paint location.



House of Wheels is Alberta's largest indoor skatepark for scootering, skateboarding, BMXing, etc. They are dedicated to ensuring anyone can find and enjoy the world of action sports in a fun and supervised indoor site. Perfect for our city's long, cold winters. Located on 88th street, just off the Whitemud.

Show your Community League membership card for a 10% discount on pass prices. Check [houseofwheels.ca](http://houseofwheels.ca) or [Facebook.com/houseofwheelsab](https://www.facebook.com/houseofwheelsab) for extended holiday hours for December 2018.



Orbis Sports has a number of offers available. Click, book or call for more information.



Promo code: EFCL18

Receive up to a 35% discount when you purchase urban poles through our annual membership supplies order.

Urban poles can be rented from the EFCL office starting at \$30 per pair plus a damage deposit. For more information on rentals, visit the League Walking page.



The University of Alberta's Academic Ancillary Services, Learning Services supports Edmonton community leagues.

### Software application training at the Technology Training Centre

Receive a 25% discount off Microsoft and Adobe courses. Learn to use MS Excel, create great designs in Adobe Indesign, or learn to work smarter with Outlook or Google Apps. The Technology Training Centre has amazing instructors to help you learn to be more efficient in all your computer work. See our course listings at [ualberta.ca/technology-training](http://ualberta.ca/technology-training). When you register select Edmonton Community League Member as the registration type. The discount will be applied. You will be asked to show a valid community league membership when you attend the training.

Email [training@ualberta.ca](mailto:training@ualberta.ca) or call 780-492-1397 to learn more about the training options available or to discuss group training.

### Poster and Banner printing at Campus Design and Print Solutions

We are offering community league members a 10% discount on the large format printing. Services include:

- Research and advertising Posters
- Retail Displays Banners
- Flex Faces & Building Wraps
- Decals, Window Graphics & Wall Murals
- Vehicle Decals & Vehicle Wraps
- Outdoor Advertising
- Trade Show Displays
- Print & Cut Adhesive Vinyl
- Dry Mounting and Lamination

Email [print@ualberta.ca](mailto:print@ualberta.ca) or call 780-492-1397 for a consultation and to learn more about the services we offer.

### U of A crested clothing, and branded promotions from the U of A Bookstore

Visit the U of A Bookstore and show your community league membership to receive a 10% discount on clothing and giftware, or visit our website and let us ship the product right to your door. Add the code EFCL10 to the special offers codes during checkout and receive your discount.

Contact the Bookstore special orders for preferred pricing to community league members on promotional products,





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\*Valid at Pet Valu Windermere Crossing (1141 Windermere Way SW, Edmonton). Based on regular priced merchandise. Cannot be combined with any other coupon or offer. Basket total must be equal or greater than \$25.00 before taxes to redeem. Must be presented to receive discount. One discount per customer. Not valid for donations or on purchase of gift cards. Valid until December 31, 2019.



**TRAC**

Terwillegar Riverbend Advisory Council

**May 26, 2019**

1K 3K 5K 10K



TRAC 14<sup>th</sup> Community Run/Walk

Mother Margaret Mary High School • 9am



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# Community

## Exercise After Baby

By Rachel Hallett  
AFLCA/YMCA Group Fitness  
Instructor, Pre and Post Natal  
Fitness Consultant  
200 hr Yoga Teacher and Food  
Nutrition Manager

Having a child is an exciting time in life. As a first time mom it is a major life change (and body change) and as a second, third etc. time, each pregnancy/birth can be quite different. Usually around the 8 week mark postnatal you will have an appointment with your Doctor to clear you to exercise. Before beginning an exercise program, I strongly recommend getting in to see a pre/postnatal physiotherapist. Even early in the pregnancy around 4 months they can give recommendations on exercises to stay avoid/use caution with and ones that will benefit you as you prepare for delivery.

Look for a pre/postnatal physiotherapist that offers a team approach and that is open to you bringing your baby with

you. Find out what additional training they have for postnatal and ask friends with children for referrals. Look for a clinic that specializes in pelvic floor health and offers ultrasounds, pelvic floor myofascial release and hypopressive (breathing technique). These 3 things can help get your powerhouse (area from your neck to your hips) working again.

Postnatal the physiotherapist will check for Diastasis Recti (happens when the 6 pack or rectus abdominis pull away from each other). Avoid doing anything that causes your stomach to push out (lifting heavy items, planking, sit ups/ crunches etc.) Safe exercises to strengthen the deeper abdominal muscles, which help to provide hip stability, are bridges, table top flexion and extension of the spine (cat cows) and table top arm and leg extension (bird dogs) and hypopressives. Here is more information on hypopressives. <https://hypopressivescanada.com/courses/>

Having a strong pelvic floor and deep core muscles will help with ensuring your hips are stable and ready for activity. This will help avoid making things worse and causing complications or pain later in life. If you deal with incontinence, bowel movements or sore back/hips I would also recommend seeing someone that specializes in pelvic floor health regardless of if you have had a baby. I have seen moms go when their youngest was 6 and be able to do jumping jacks again!

Be cautious when adding impact (running/jumping) back into your exercise routine. If you leak or if it causes you pain do not do it. During pregnancy your body produces relaxin to help prepare the hips and pelvis for birth. The relaxin is throughout the body so all the joints can be effected (ever wonder why your feet grew a size?). The joints can remain loose for upwards of a year after (typically related to breastfeeding). Many postnatal exercise certifications recommend sticking to low impact for minimum of 6 months after birth. Bottom line is if something does not feel right in your body than a lower impact or alternative option is best.

Introduce walking and weight bearing exercise first to help strengthen the muscles which

will then help to keep your joints and hips safe. There are many baby friendly classes offered at the rec centres, YMCA and various studios throughout the city. Baby Barre is a gentle class that helps to strengthen the core, hips and tones the arms and legs. Strollercise or baby bootcamp typically involves running or walking with the baby in a stroller with exercises in between. Some places also offer aqua classes you can do with baby which would be a low impact way to strengthen the body and get cardio as well. Group classes can be a great way to connect with other moms. If you do decide to go to one, listen to what your body tells you. It is always ok to not do an exercise if it is causing you pain. Also know that every mom in a class will have a different pregnancy, birth, post birth and baby story. Listen to your story and know that doing a little bit is better than nothing. Consistency will make changes happen over time. If your baby has been up all night it is ok to sleep in and alter your plans or if you do make it to class maybe focus on strength that day. Remember it took 9 months to create the baby and child birth causes major changes in your body and can be a very complicated process and often surgery is involved so allow your body the time and permission to heal.



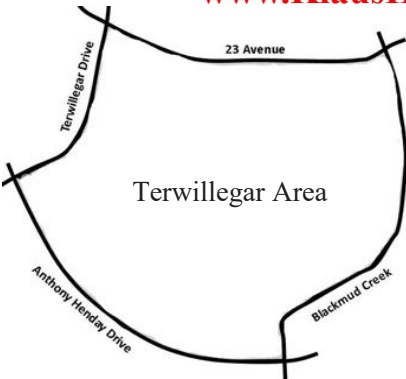
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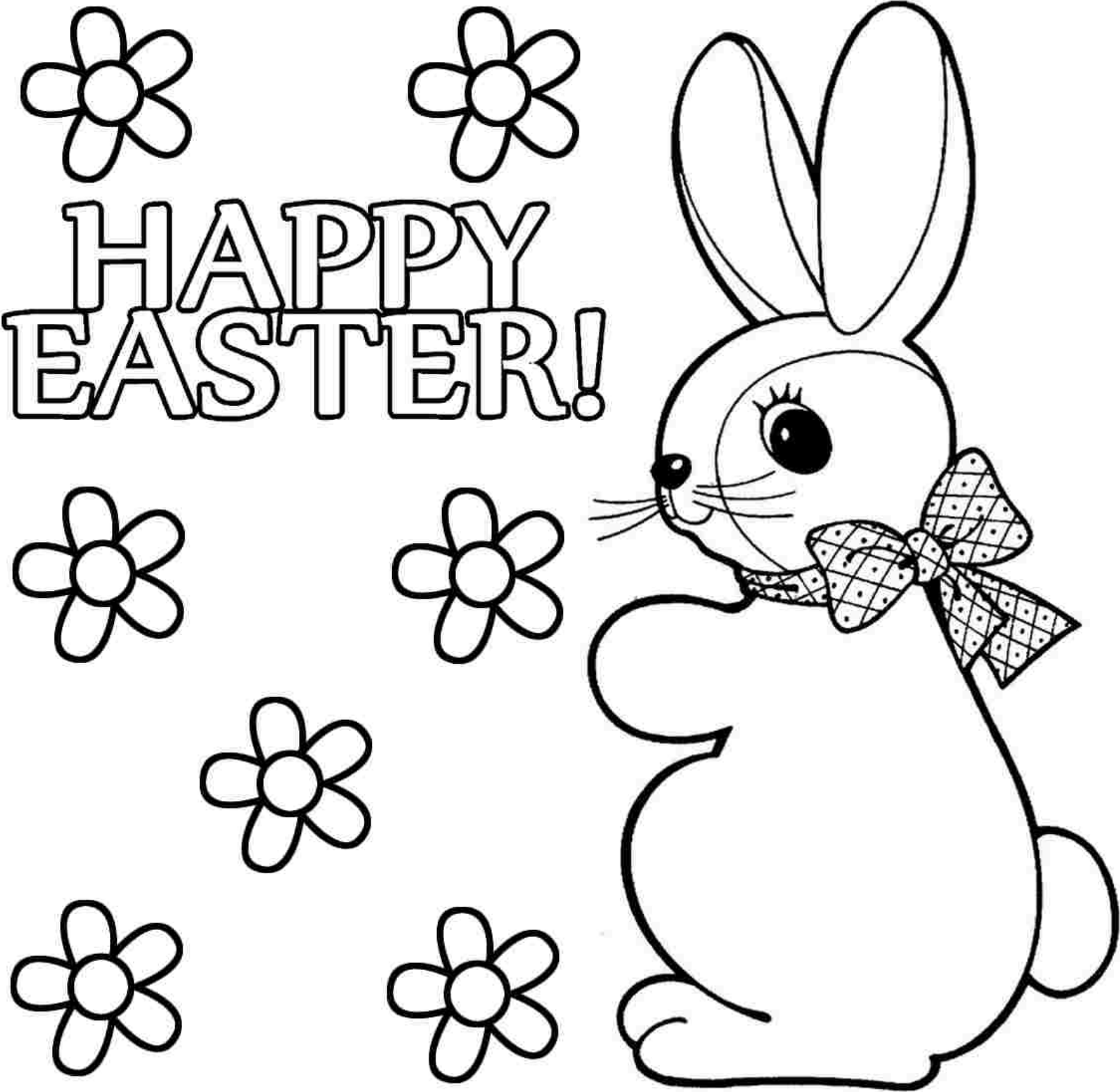


### Hours of Operation

Monday to Friday	
8:00 am to	7:00 pm
Saturday	Sunday*
9:00 am to 5:00 pm	12:00 pm to 4:00 pm
*Closed Second Sunday	
<b>Skip The Line, Renew Online!</b>	
📍 3489 Allan Drive SW 📞 780-422-0938	



# Kids Zone - Coloring Contest



## Easter Coloring Contest

Name: _____	All entries must be received by May 10th. Please note: one entry per child. The contest is open to residents of the following areas: Terwillegar, Magrath, South Terwillegar, and MacTaggart.
Age: _____	
Address: _____	Age categories are: 2-4; 5-7; and 8-11. Prizes awarded to first place & runner up of \$25.00 & \$10.00 gift certificates for Toys R Us Entries should be mailed to: Terwillegar Community League PO Box 36508 RPO MacTaggart Edmonton, AB T6R 0T4
_____	
Phone: _____	
Email _____	



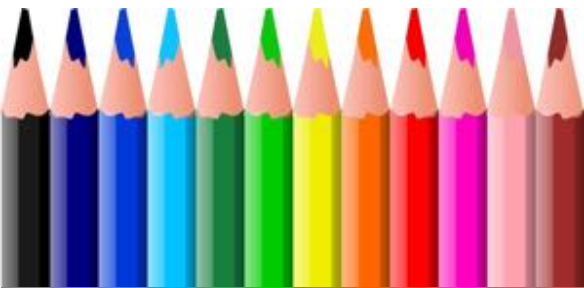
# Kids Zone - Word Search

egg  
snail  
bee  
frog  
caterpillar  
lamb  
ladybug  
butterfly  
owl  
sun

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

## Egg Hunt

Which path should the bunny take to get to the eggs?



### Valentine's Colouring Contest Winners!

**Ages 2-4**

1st Place: Alex P.  
Runner Up: Talia G.

**Ages 5-7**


1st Place: Sophie G.  
Runner Up: Maya R.

**Ages 8-11**

1st Place: Brooke G.  
Runner Up: Junfan Z.


Thank you to everyone  
who participated.





Emergency Medical Services

## Bicycle Helmet Safety



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

### Getting informed

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

### Getting the right fit

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

### Getting started

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

\*Parachute Canada  
http://www.parachutecanada.org/injury-topics/item/wheeled-activities1

www.albertahealthservices.ca



Canadian Cancer Society

# 10 ways to reduce your cancer risk

Did you know that about half of all cancers can be prevented?  
Learn about the impact of cancer and how to reduce your risk with **It's My Life!**



**01 Be a non-smoker**

Quitting smoking is the best thing you can do for your health. Within 10 years of quitting, an ex-smoker's risk of dying from lung cancer is cut in half. If you don't smoke, do your best to avoid smoke. No amount of second-hand smoke is safe.



**06 Practise sun safety**

In Canada, sunlight is strong enough to cause skin cancer. Stay in the shade, wear protective clothing, a wide-brimmed hat and sunglasses and apply sunscreen properly. Also, don't use tanning beds! Tanned skin is damaged skin.



**02 Have a healthy body weight**

Besides not smoking, having a healthy body weight is one of the best things you can do to prevent cancer. Check with your doctor about what a healthy body weight is for you and how you can work toward it.



**07 Ask about vaccines**

Hepatitis B infection increases your risk of liver cancer. HPV infection can lead to cervical, penile and other cancers. Check with your doctor about whether a hepatitis B or HPV vaccine is a good idea for you.



**03 Eat well**

Enjoy a variety of vegetables and fruit every day. Limit red meat and avoid processed meat. Eat lots of fibre. Eating a healthy diet can help reduce your cancer risk.



**08 Test for radon**

Radon is a colourless, odourless, tasteless radioactive gas found naturally in the environment. About 16% of lung cancer deaths in Canada are related to indoor radon. Test your home for radon by buying a test kit and take steps to lower radon levels if needed.



**04 Move more and sit less**

Aim for 30 minutes of daily activity that gets your heart going each day to help protect against cancer. Too much sitting is different from not enough physical activity and can also increase your cancer risk. Try to take frequent, short breaks from sitting.



**09 Be aware of hormones**

Taking hormone replacement therapy for menopause or the birth control pill increases the risk of some cancers and decreases the risk of others. If you're concerned, talk to your doctor about the risks and benefits.



**05 Limit alcohol**

It's sobering news, but drinking any type or amount of alcohol increases your risk of developing cancer. The less alcohol you drink, the more you reduce your risk of cancer.



**10 Get screened**

Screening tests help find cancer before you have any symptoms and even help prevent cancer by finding changes in your body that would become cancer if left untreated. Find out about organized screening programs for breast, cervical and colorectal cancers in your area.

Find out more about **It's My Life!** and ways to reduce your cancer risk at [itsmylife.cancer.ca](http://itsmylife.cancer.ca) or call **1-888-939-3333**.

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

**WWW.PHYSIOLOGIX.CA**  
**6040 ANDREWS WAY SW EDMONTON AB T6W 3S9 (Windermere Gate)**  
**PHONE: 587 499 3194 EMAIL: [REHAB@PHYSIOLOGIX.CA](mailto:REHAB@PHYSIOLOGIX.CA)**

**"This place is awesome. Very professional and knowledgeable. The staff are friendly and very accommodating. The doctors and support staff are funny and always willing to help. I went for one problem and was back on my feet within 2 weeks and I even got another problem fixed. As a medical professional myself it's hard to find the right person but they made it easy. I highly recommend PhysioLogix!" - Facebook reviewer**

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Pinched Nerves • Numbness/Tingling • WCB/Work Injuries/Occupational Rehabilitation • Work Conditioning • Return to Work Planning

**Why choose PhysioLogix?** Our team of experienced physical therapists, rehab medicine specialist physicians, and allied health practitioners work together to establish a clear diagnosis to guide your treatment. We will create an optimized rehabilitation plan that involves not only the correct physical therapy, but our specialist physicians can also arrange additional investigations such as imaging (e.g. x-rays, ultrasound, MRI) and nerve tests, provide or arrange injections, consult other specialists if needed, prescribe necessary medications, and communicate clearly and efficiently with your primary care physician. Our goal is to reduce pain and discomfort, restore range of motion, strength, endurance, flexibility, and balance—to return you to your normal life, work, and sport as quickly as possible. We believe in patient-centered, evidence-based, diagnosis-focused, active rehabilitation.

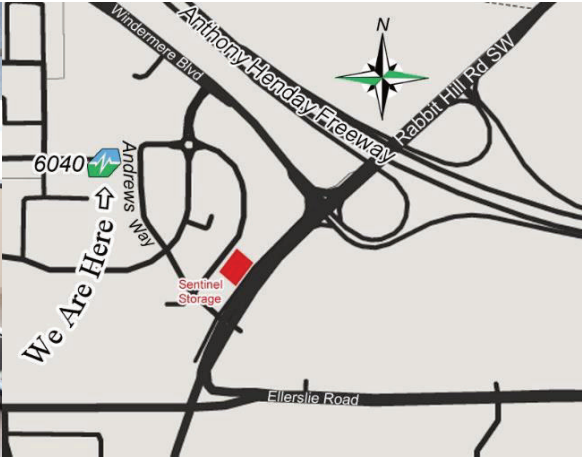

Direct billing is available for most insurance companies. Note, our specialist physicians' services are covered by Alberta Healthcare.

## To book your consultation

## Call 587 499 3194

OFFICE HOURS:  
Monday-Friday 9 am – 6 pm  
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Pictured: Elgin Suapengco (Rehabilitation Director), Drs. Evan Sampson & Hernish Acharya (Medical Directors)



# Community

## Naming Committee Honours Past Councillor

The City of Edmonton’s Naming Committee has officially approved renaming a portion of the Terwillegar Heights District Park to the Bryan Anderson Athletic Grounds (located in Edmonton’s Leger Community). The new name honours the work and dedication of past City Councillor, sports coach and recreation advocate Bryan Anderson.

During his career as an educator and coach, Anderson was dedicated to creating opportunities that supported student athletes as they pursued their personal and athletic goals. In his 19 years as a City Councillor, he showed this same dedication to creating healthy communities across Edmonton.



“I am thrilled that the Naming Committee has chosen to recognize Bryan Anderson. He has contributed so much to this city, and in particular to south west Edmonton,” said Councillor Tim Cartmell. “Given his service to the city and specifically as a coach and mentor to so many, the naming of an athletic field seems just the right recognition for a man who has tirelessly advocated for healthy and active communities.”

During his time on City Council, Bryan Anderson led the Sport and Recreation Initiative to develop the Terwillegar Community Recreation Centre and four other City Recreation Centres. Anderson also advocated for the development of the GO Centre, numerous artificial turf facilities and the new Coronation Velodrome. His dedication to Southwest Edmonton also made possible the building of a new library, fire hall and police station.

A ceremony to unveil the new name will be hosted by the community later in the year.

Courtesy of [www.edmonton.ca](http://www.edmonton.ca)

### What goes where?

SEPTEMBER 2018

#### Recycling

Include ONLY the items listed here in your recycling

- Paper and Cardboard**
  - ✓ Newsprint and household paper (not shredded)
  - ✓ Magazines and catalogues
  - ✓ Non-foil gift wrap
  - ✓ Paper egg cartons
  - ✓ Paperback books
  - ✓ Cardboard boxes (flatten and remove packaging)
  - ✓ Pizza boxes (remove liner)
- Plastic**
  - ✓ Household bottles and containers (e.g., vinegar, shampoo, detergent, margarine, yogurt, clamshells) - please rinse, labels OK
  - ✓ Stretchy plastic bags (e.g., grocery, bread, dry cleaning) - stuff into one bag and tie closed
- Metal**
  - ✓ Metal food cans (labels OK)
  - ✓ Aluminum trays (e.g. pie plate)
  - ✓ Empty non-hazardous aerosol cans
- Glass**
  - ✓ Glass jars and bottles only
- Beverage Containers**
  - ✓ Milk containers, juice boxes, beverage bottles, soda cans

**Remember!**  
Remove caps and lids before placing containers in your recycling.

#### Eco Stations

**Free Drop Off**

- Household Hazardous Waste**
  - ✓ Automotive oil, fluids and filters
  - ✓ Batteries (all types)
  - ✓ Corrosive and poisonous cleaners
  - ✓ Light bulbs (all types) and fluorescent tubes
  - ✓ Glues and adhesives
  - ✓ Herbicides, pesticides and fertilizers
  - ✓ Paints, stains and varnishes
  - ✓ Pressurized containers (e.g., propane tanks, fire extinguishers)
  - ✓ Syringes (put in a thick plastic container with screw-top lid, like a laundry detergent bottle)
- Electronics and Appliances**
  - ✓ Anything with a battery or a cord (e.g., computers, TVs, toasters, stoves)
  - ✓ VHS tapes
- Scrap Metal**
  - ✓ BBQs, lawnmowers, automotive parts, etc.
- Tires**
  - ✓ Passenger vehicle, motorcycle and ATV tires

**Fees Apply**

- Bulky Items**
  - ✓ Mattresses, furniture
  - ✓ Appliances needing CFC removal (e.g. fridges)
- Loose or Mixed Waste**
  - ✓ Construction scrap
  - ✓ Soil, gravel, tree roots, stumps, etc.

**Fees:** visit [edmonton.ca/ecostations](http://edmonton.ca/ecostations).

#### Garbage

These items do not belong in your blue bag or blue bin

- Food Waste**
  - ✓ Table scraps, peelings, spoiled food, etc.
  - ✓ Cooking oil (up to 1L in a sealed, labelled container. Set beside garbage.)
- Non-Recyclable Plastic**
  - ✓ CDs
  - ✓ Chip bags and candy wrappers
  - ✓ Coffee pods and K-cups
  - ✓ Food wrap
  - ✓ Garden hoses
  - ✓ Plastic plates and cutlery
  - ✓ Plastic toys
- Non-Recyclable Paper**
  - ✓ Shredded paper (or take to a recycling depot)
  - ✓ Coffee/drink cups
  - ✓ Foil gift wrap and tissue paper
  - ✓ Paper towels
  - ✓ Pet food bags
  - ✓ Facial tissues
  - ✓ Padded envelopes
- Styrofoam**
  - ✓ All types
- Others**
  - ✓ Disposable diapers
  - ✓ Shoes and worn-out clothing
- Items requiring double bagging**
  - ✓ Ashes
  - ✓ Pet feces/kitty litter
  - ✓ Floor sweepings, sawdust and vacuum cleaner bags

**Don't see your waste item here?**  
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Edmonton



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Seniors

News for 55+

News from SouthWest Edmonton Seniors

By Carol Vaage

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

Freedom! We can anticipate the release of winter and embrace spring, just around the corner. We can feel the energy that comes with abandoning our parkas, toques, heavy boots, and mittens to put on our runners and head out into the sunshine. Moving easy, moving lightly, moving freely!



It is timely that SWESA is once again embarking on some new initiatives. LIVE ACTIVE, which is a collaborative strategy for Active Living, Active Recreation, and Sport in Edmonton. The mission is to encourage Edmontonians

"If we had no winter, spring would not be so pleasant." -Anne Bradstreet

to become passionate about, and committed to, physical activity throughout their lives. Regardless of their age, gender or background, Edmontonians participate across the spectrum of active living, active recreation and sport activities to the level of their ability throughout all seasons. SWESA has many programs that fit under the LIVE ACTIVE banner. We have also established an activity called the LIVE ACTIVE Moment; 2- 3 minutes of stretching and mini exercises prior to or during a meeting, event or program. A great way to stretch and loosen up those muscles. SWESA is also hosting a new event called the SWESA LIVE ACTIVE EXPO – Promoting Health & Wellness. This will happen on Saturday, May 11, 2019 from 10 am – 4 pm at the Lillian Osborne High School. So, mark your calendars. This free event will have many exhibitors related to health and Wellness, Break Out Sessions promoting fun activities,

lunch and refreshments, entertainment and amazing door prizes and raffle prizes. See graphic below. If you want to sponsor this event or be an exhibitor, contact the SWESA main office for a sponsorship package

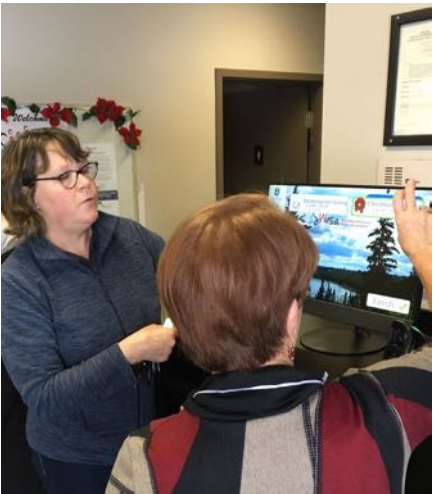


Another initiative is our Fall Fling. The theme for this fundraising event is Oktoberfest. We will have a buffet dinner, silent auction, dancing, and other entertainment. This event happens on Saturday, October 19, 2019 at the German Club. Mark your calendars for that too.

Many older adults enjoy spring for the learning opportunities available as well. Edmonton Lifelong Learners Association organizes a Spring Session at the University, Education Building. There are 3 weeks of courses – with over 50 to choose from, with over 500 people over 50 attending. For more information go to their website: my-ella.com SWESA welcomes all newcomers to join us for any of our social events – coffee, lunches, book club, games (euchre, 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 with pickleball, Essentrics, golden gloves (non-contact boxing), line dancing and more. 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 yardwork, housekeeping and minor repairs. Contact her at [Hs@swedmontonseniors.ca](mailto:Hs@swedmontonseniors.ca) or 780-860-2931



SWESA introduces the MySeniorCenter for its members. Photo credit - Jennifer Hanrahan



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)

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)



# Community

## Residential Snow and Ice Control

Tim Cartmell, P. Eng.  
City Councillor - Ward 9

Greetings everyone! The following are some of the key things that we are working on at City Hall right now.

The second year of the snow and ice strategy pilot project will wrap up this spring. While I voted against the continuation of this pilot project, Council’s vote was 7-6 in favour of continuing it for the 2018-2019 winter season.

I continue to have strong reservations about this program. There have been reports about the use of the calcium chloride solution (also referred to as brine and anti-ice spray), and the potential damage that the use of this spray causes. My concern is not just with the spray, but with the significant increase in the use of salt overall as part of this pilot. While I understand the concerns regarding the use sand as an alternative, I think we need to have a more comprehensive discussion on the various snow and ice

options available to us. Administration is currently reviewing the way snow and ice is managed on neighbourhood roads, sidewalks and shared-use pathways. With ever increasing freeze/thaw cycles, the City needs to rethink the way these services are provided, keeping in mind the associated costs and benefits.

Your feedback on the use of these materials, and the general effectiveness of the program, will be important as this strategy continues to be developed by City Administration moving forward.

**The Future of Waste**  
Last fall, Edmontonians shared their thoughts on how household waste is sorted and managed. Administration is taking that feedback to create recommendations for seasonal yard waste collection.

Over the summer, a pilot project across the east side of the city will explore the use of garbage carts. The current

plan would call for one bin for organic waste, and another for other household waste. Depending on the size of the bin used, grass clippings would be permitted to “top off” an organic waste bin. These bins would be emptied by automated equipment on waste collection trucks. Administration is asking for your input to explore the details of what these changes might look like for the future of Edmonton’s waste programs and services.

**Bus Network Redesign**  
Edmonton Transit continues to work on the bus network redesign. Public consultation was completed earlier this year, and the revised network will be presented to Council later this year. Implementation is planned for the summer of 2020.

As part of implementation of the new bus network, Edmonton Transit will start several pilot projects to examine first km / last km solutions. These projects will test and evaluate different ways of moving riders between



their home to the nearest bus terminal, and solutions may include ride-sharing technology, different “bus on demand” approaches, and the possibility of integrating private service providers into the public system. These pilot projects will be focused in areas that will not have regular service as part of the new bus network.

For a full calendar of engagement opportunities, please go to [edmonton.ca/engagement/](http://edmonton.ca/engagement/).

As always, I’m open to hearing your opinions and concerns. Please feel free to get in touch with me via email at [tim.cartmell@edmonton.ca](mailto:tim.cartmell@edmonton.ca) or at 780-496-8130 about these or any other municipal concerns you would like to discuss. Your input and feedback is valued and appreciated.

Do you have an article you’d like to see in the Terwillegar Tribune?  
Email us at [editor@terwillegar.org](mailto:editor@terwillegar.org)

Edmonton-Whitemud

Constituency Association

2019 Annual General Meeting

Tuesday June 11th 7pm

Riverbend Community League, 258 Rhatigan Road East

United Conservatives

Alberta Strong & Free

Questions? Email [Edmonton-Whitemud@unitedconservative.ca](mailto:Edmonton-Whitemud@unitedconservative.ca)

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Terwillegar Community Recreation Center

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

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## EFCL Community League Day Theme for 2019

At the winter general meeting on February 28, we ran a poll and asked League members in attendance to vote for the theme for Community League Day 2019!

The theme you chose is "Get to Know Your Neighbours!"

Community League Day is on Saturday, September 21 this year. We're excited to see Leagues incorporate this theme into your events!

## PLAN YOUR VISIT:

### LOCATIONS

**Ambleside:** 14710 Ellerslie Road SW  
**Coronation:** 11440 143 Street  
**Kennedale:** 5355 127 Avenue  
**Strathcona:** 5150 99 Street (enter on 99 Street only)





### SUMMER HOURS:

**April – October**  
Monday–Saturday 9 a.m. – 6:30 p.m.  
Sunday and Holidays – closed

### WINTER HOURS:

**November – April**  
Tuesday – Saturday 9 a.m. – 4:30 p.m.  
Sunday, Monday and Holidays – closed

### RATES

**FREE:** Household hazardous waste (paint, motor oil, batteries, etc.), electronics, computers, TVs, appliances, tires and recyclables

**\$8:** Small items (chairs, end tables, etc.)  
**\$15:** Large items (sofas, mattresses, etc.)  
**\$15:** Appliances requiring CFC removal  
**\$28–\$48:** Loose waste or mixed load (charge depends on size of load)

# TURN THEM IN.







# Community

## Coyotes

Edmonton’s river valley and ravine system is the largest urban park in North America, and serves as a corridor for movement of wildlife regularly through the area. As one of Alberta’s native wildlife species, coyotes have a natural and beneficial role as scavengers who can also help manage rodent and small mammal population within the city itself. Coyotes are part of the dog family but generally have longer legs, oversized pointed ears and large bushy tails with black tips. An average adult coyote weighs 9 to 14 kilograms and is just over a metre long from nose tip to the tip of their tail. Coyotes have light grey or tan coats of variable lengths and slim pointed muzzles.



### Why are Coyotes Living in the City?

Coyotes have long existed alongside humans and have adapted to live within population centres because of the opportunities they present to foraging scavengers. As our city grows and expands into traditional wild habitat, more coyotes are adapting to food sources in residential areas eating readily available backyard food sources such as garbage, fruit and pet food.

### Coyotes and Pets

Coyotes can be territorial and could consider your dog a threat. Coyotes may try to draw a dog away and attack it to eliminate the threat. Keeping your dog close on a leash at all times is the best way to ensure its safety. The City of Edmonton’s Animal Licensing and Control Bylaw requires owners to prevent their cats and dogs from roaming free and unsupervised off of their property.

By permitting your pets to roam free outside of your property, you provide the opportunity for a potentially serious encounter between your pet and a coyote.

### Are Coyotes Dangerous?

Coyotes naturally hunt rodents and small mammals such as rabbits or hares, in addition to being opportunistic feeders who may consume garbage, fruit or even insects. As such, coyotes do not look at humans as prey, and are generally afraid of us, although urban coyotes can become desensitized to human activity or presence. Coyotes perceive humans as being providers or resources they can exploit and it is common to see increased presence in neighbourhoods during garbage days or when garbage is placed out and easily accessible beforehand. Coyotes do not pose a threat to humans and the extremely rare cases of physical contact are almost always as a direct result of feeding/desensitization. Coyotes have a weaker bite than wolves, foxes, most dogs and even humans!



### When to Report a Coyote

It’s only necessary to report a coyote if:

- The coyote has followed, chased or attacked someone or a pet
- The coyote is acting aggressively or defensively
- The coyote is injured and immobile

When an incident with a coyote is reported, the City will investigate and determine if a problem exists. Depending on the circumstances, different courses of action will be taken. This could include public education, posting warningsignsthat a coyote has been seen in the area, or coyote removal.



## What to Do if You Encounter a Coyote

To prevent coyote attacks on humans, modern wildlife management focuses on ‘aversive conditioning’. This practice tries to change an animal’s behaviour by making every human coyote encounter unpleasant for the animal. This method only works if we all respond to coyote encounters aggressively. If a coyote does approach, make it feel unwelcome. They should not feel comfortable around us.

### Take These Immediate Steps

- Clap your hands loudly and firmly towards the animal

- Respond to its presence aggressively by making yourself appear large (wave your arms overhead or swing objects like a walking stick at the coyote)
- Throw rocks, sticks or other objects to scare it away
- Carry a whistle and blow it to startle the animal
- Carry dog spray in areas highly frequented by coyotes
- Shout in a deep voice and maintain eye contact

- Do not turn away or run. This may trigger a natural predator/prey instinct and might encourage the coyote to chase after you
- If the coyote continues to approach, back away slowly and move toward buildings or human activity. Coyotes may remain near a source of food or a den site, and this could be the reason they refuse to leave. Be mindful of situations like this, and remove attractants if possible

Courtesy of [www.edmonton.ca](http://www.edmonton.ca)



Community

TCL Family Day

Photos Courtesy of Darlene Reid









# Coming Events

## Events:

February 10 – April 15, 2019: Online Survey for Residents : Lets Keep Talking Future of Waste Take the survey: <https://ci.legerweb.com//wix/p4993823.aspx>

April 6th: I’m Too Big For It Sale (10:00 am – 1:00 pm) Terwillegar Community Church

April 7th: Green Shirt Day For Organ Donor Awareness & Registration (In Honour of the #LoganBouletEffect) Humboldt Broncos

April 24th: TRAC AGM (7:00 pm @ LOHS Library)

April 27th: EFCL Great Neighbour Race (check [www.efcl.org](http://www.efcl.org) for more information)

April 27th: Charity Silent Auction & Dessert Evening (7:00 pm @ Terwillegar Community Church)

May 1st & 2nd: TCL Casino (please contact [treasurer@terwillegar.org](mailto:treasurer@terwillegar.org) if you are able to help)

May 4th: Hand2Hand Spring Market (10:00 am – 4:00 pm) @ Terwillegar Community Church

May 11th: SWESA’s (Southwest Edmonton Seniors Associaton) Free Live Active Expo (10:00 am – 4:00 pm @ LOHS) Check [www.swedmontonseniors.ca](http://www.swedmontonseniors.ca) for more information.

May 15th: Opening day of SWEFM (Southwest Edmonton Farmers’ Market) TCRC @ 4:00 pm, [www.swefm.ca](http://www.swefm.ca)

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

May 26th: TRAC Community Run (check [www.tracspirit.ca](http://www.tracspirit.ca) for more information)

June 1st: Outdoor movie (tentative - weather permitting)

June 11th: Edmonton Whitemud Constituency Association AGM (7:00 pm @ Riverbend Community League, 258 Rhatigan Rd. East)

June 15th: Community Garage Sale

EYTS Customer Satisfaction Survey – ongoing through to Thursday, October 31, 2019



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# JOIN THE TCL LEAGUE

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Postal Code: _____	\$35.00 <input type="checkbox"/> Senior Single or Couple (65+)	
Phone Number: _____	\$45.00 <input type="checkbox"/> Family	Please make sure the boxes are checked for email news, and if you are able to volunteer.
Email: _____	May we send you news by email?	
Childrens Name(s)    Y/M/D    M/F	<input type="checkbox"/> Yes <input type="checkbox"/> No	You CAN make a difference by helping out in this dynamic community of ours!
_____	Are you willing to volunteer?	
_____	<input type="checkbox"/> Yes <input type="checkbox"/> No	
_____	Fee Paid : _____ Donation: _____	
_____	Total Paid _____	
_____	<input type="checkbox"/> Cash <input type="checkbox"/> Cheque #	
_____	Cheque payable to Terwillegar Community League	
_____	# of Skate Tags required _____	

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

**Membership Fees:**  
Family, \$45  
Senior/Single/Couple, \$35

**It's Time to RENEW!**

Memberships expire annually on August 31



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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.

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

**How to contact the Terwillegar Community League**

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

- Board Contacts**
- President** - Kathleen Mountford, [tcldpresident@terwillegar.org](mailto:tcldpresident@terwillegar.org)
  - Vice-President** - Marc Lachance, [vicepresident@terwillegar.org](mailto:vicepresident@terwillegar.org)
  - Treasurer** - Monte Weber, [treasurer@terwillegar.org](mailto:treasurer@terwillegar.org)
  - Secretary** - vacant, [secretary@terwillegar.org](mailto:secretary@terwillegar.org)
  - Community Advocate** - Sue Trigg, [advocate@terwillegar.org](mailto:advocate@terwillegar.org)
  - Memberships** - Felicia Truong, [memberships@terwillegar.org](mailto:memberships@terwillegar.org)
  - Programs** - Darlene Reid, [programs@terwillegar.org](mailto:programs@terwillegar.org)
  - Communications** - Heather Maitner, [communication@terwillegar.org](mailto:communication@terwillegar.org)
  - Fundraising** - Fiona Ko, [fundraising@terwillegar.org](mailto:fundraising@terwillegar.org)
- Other Contacts**
- Community Garden** - Amanda Hunt, [garden@terwillegar.org](mailto:garden@terwillegar.org)
  - Editor** - Karin Shott, [editor@terwillegar.org](mailto:editor@terwillegar.org)
  - Neighbourhood Watch** - Carolyn Cush-Niemenin, [watch@terwillegar.org](mailto:watch@terwillegar.org)
  - Programs Aide** - vacant, [programaide@terwillegar.org](mailto:programaide@terwillegar.org)
  - MacTaggart Rep** - vacant, [advocate@terwillegar.org](mailto:advocate@terwillegar.org)
  - Magrath Rep** - Felicia Truong, [dalm@terwillegar.org](mailto:dalm@terwillegar.org)
  - South Terwillegar Rep** - Ryan Barber, [dalst@terwillegar.org](mailto:dalst@terwillegar.org)
  - Terwillegar Gardens Rep** - Sue Trigg, [daltg@terwillegar.org](mailto:daltg@terwillegar.org)
  - Terwillegar Towne Rep** - Monte Weber, [treasurer@terwillegar.org](mailto:treasurer@terwillegar.org)



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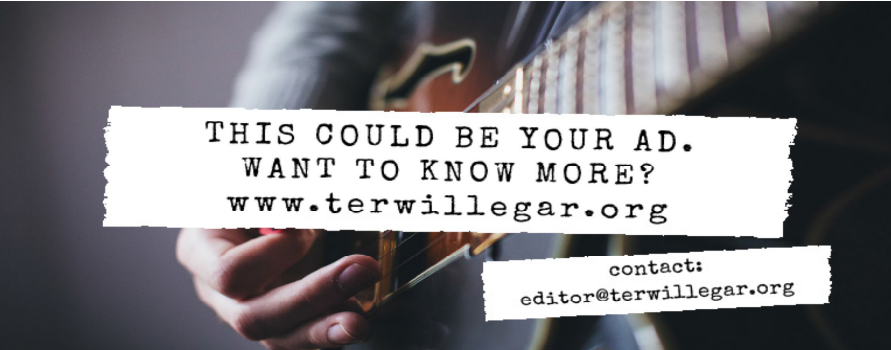
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