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

Issue 79 Dec 2019

**Next submission deadline:**

**January 24, 2020**

**Next issue: February 10, 2020**

## President's Message

*Kathleen Mountford*  
TCL President

The Holidays are coming as the snow starts to fall in the neighbourhood. The Community League has been busy planning events for you to attend in the community. We have just completed our Craft Sale and handed out tickets to members for the Zoominescence festival, to many of our members. If we have any tickets left over from the Craft Sale, they will be available at the TCL Holiday Spectacular on December 14. We invite everyone to come out and get a picture with Santa, enjoy some holiday treats and crafts.

With our AGM approaching on December 5, there are some opportunities for you to volunteer in the community. We are re-shuffling board members and will have a place for a new Memberships Director on our board. There is an opportunity to help in our Volunteer Coordinator or Programs Aid roles. We always appreciate some helping hands at events, so please contact [tclpresident@terwillegar.org](mailto:tclpresident@terwillegar.org) if you want to volunteer at our Holiday Spectacular or Family Day Event.

On Family Day, we will be holding our outdoor activities in the afternoon, followed by an indoor dinner and a movie. Kids and the young at heart can enjoy a movie, while adults can eat, mingle and relax.

We thank everyone who has helped to support the Community League in the past year, and we wish you all a wonderful Holiday Season.

TERWILLEGAR COMMUNITY LEAGUE IS HOSTING ANOTHER

## HOLIDAY SPECTACULAR

DECEMBER 14TH, 1 - 4PM

COOKIE DECORATING,  
FREE SANTA PHOTOS, CRAFTS



TERWILLEGAR COMMUNITY CHURCH - 1751 TOWNE CENTRE BLVD



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

group: terwillegar community league  
event page: tclevents

A portrait of Darlene Reid, a woman with blonde hair, wearing a grey blazer over a teal top.

**REALTY  
EXECUTIVES**  
VISION

A white icon of a house with a heart inside.

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# Edmonton - Riverbend

## An Update From Your Member of Parliament

Matt Jeneroux  
MP Edmonton - Riverbend

Quite simply: thank you. We’ve just finished a hard-fought election and I want to thank everyone who participated, whether it was through voting in the advance polls or on Election Day, volunteering on a campaign or working for Elections Canada. I want to send a special thank you to Tariq Chaudary, Valerie Kennedy, Audrey Redman and Kevin Morris for putting their names forward. I can’t thank everyone enough for continuing to participate in democracy to make Edmonton Riverbend the best community in the country.

The 43rd Parliament opens on Thursday, December 5 and will continue to nearly Christmas Day. This will allow many Members of Parliament, myself included, to re-table some of the legislation, including my two Private Members’ Motions, that we were working on when Parliament was dissolved for the election. As well, I’m always looking for suggestions on how we can improve our community. If you have any federal priorities you would like to see discussed in Parliament, please email Matt. Jeneroux@parl.gc.ca. I also want to send my best wishes for a safe

and happy holiday season and a great new year.


As always, if you have any comments or require assistance with a federal matter,


please contact my Edmonton office by phone at 780-495-4351 or by email at Matt. Jeneroux.C1@parl.gc.ca. We would be more than pleased to assist you.



TERWILLEGAR  
COMMUNITY  
LEAGUE ANNUAL  
GENERAL MEETING

DECEMBER 5TH, @ 7PM  
TERWILLEGAR COMMUNITY CHURCH  
1751 - TOWNE CENTRE BOULEVARD





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

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# Community

## Holiday Greetings From Terwillegar Towne

Basia Braaksma  
Executive Director TTHOA

It's the quaint old-time village feel when I think of Terwillegar Towne – the picture-perfect setting in an old postcard. The classic scenery of neighbours greeting each other on the avenues & market shoppes. Decorations delicately displayed at each home & in the windows at Towne Square. I imagine this to be the inspiration for Terwillegar Towne, old-world charm.

Come and enjoy the snowbank rink at Tomlinson Park this season or toboggan down the hills at Towne Centre Park (we really should orchestrate a proper name for this location). Visit the local shoppes & cafes along Town Centre Boulevard or enjoy a stroll through the neighbourhood, admiring all of the beautiful lights & seasonal touches.

An essential holiday piece that will bring



your front door to life is a classic wreath. Creating the perfect wreath every year is a family affair in our household. A simple grapevine with fresh evergreens, berries & pinecones is always timeless & the kids love to be creative with it. If you're not feeling crafty, a store-bought fresh basic wreath can be made to look grand with some extra bows & seasonal pieces, whether organic or ornate; hung with a beautiful oversized ribbon will always do the trick.

Please keep our emergency crews mobile and avoid parking on both sides of our very cozy streets. View our website [www.terwillegartowne.org](http://www.terwillegartowne.org) for neighbourhood news & updates.

We would like to wish everyone a wonderful holiday season spent with family, friends &



those who make your spirit bright.  
Happy Holidays !



**Food Bank Fridays**  
3pm - 9pm Servus  
\$10.00 Lift Tickets for each family member with a donation  
(With Foodbank donation)



Call  
211

Information and referrals  
to community and  
government supports

Call  
311

Information on City of  
Edmonton programs and  
services

Call  
411

Directory assistance

Call  
511

Alberta road conditions

Call  
811

Health Link to speak with  
registered nurse

Call  
911

Emergency services:  
police, fire & ambulance

TERWILLEGAR COMMUNITY LEAGUE IS HOSTING ANOTHER

# FAMILY DAY

FEBRUARY 17, 2020

OUTDOOR ACTIVITIES @ 3PM  
INDOOR FOOD + MOVIE @ 5PM

TERWILLEGAR COMMUNITY CHURCH + PARK BEHIND CHURCH  
1751 TOWNE CENTRE BLVD



OUTDOOR ACTIVITIES WILL BE LIMITED OR CANCELLED IF THE  
TEMPERATURE IS BELOW -15C



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

group: terwillegar community league  
event page: tclevents



# Community

## The Southwest Edmonton Farmers' Market Needs you!

Christie Anderson  
Market Manager

We at the SWEFM hope that you are having a wonderful holiday season. We are just over five months off from opening day of the 2020 market season, and it is time for us to start looking for Vendors, Sponsors, Community Tent groups, and Young Vendors to join us next year.

If you are a vendor looking to participate (either full-time or part-time), be sure to apply by March 31st. Our 2020 Vendor Application Form is now available online at <http://www.swefm.ca/become-a-vendor>. If you are considering becoming a vendor for the first time, consider that farmers' markets are a business incubator where new businesses can start selling direct to consumers. You get immediate feedback and learn quickly how to market and hone your skills. Participating is also a great way to enjoy our summer and to meet a ton of fun and interesting contacts from the SW Edmonton communities.

Every year the Sprouts program (our free kids' nutrition program) grows, and we need to find sponsors to cover the costs of running this fantastic flagship program. For as little as \$500, you can have the opportunity to hand out pre-approved swag, brochures, business cards, or materials in the 1000 children's shopping bags that we give out each year (organized and distributed by SWEFM). This is GREAT exposure for your company. We also have several other sponsorship tiers with many perks and benefits. If you are interested in sponsoring Sprouts, please contact Emily at: [swefm.sprouts@gmail.com](mailto:swefm.sprouts@gmail.com)

We will be hosting young entrepreneurs aged 13-17 at our market again in 2020 as part of our FREE Young Vendors' Program. Youth are encouraged to highlight and sell the products that they have made. Visit [www.swefm.ca](http://www.swefm.ca) and click on the Young Vendors tab for more information. Last year we hosted many groups and individuals, selling everything from scrunchies, baking, herb & zen gardens, jewelry, paintings and cards, and much more. If you are accepted,



the SWEFM will provide a tent, table, chairs, and a market stall free of cost.

Every week during the market season, we host a non-profit organization in our Community Tent so they can connect with you about their invaluable work and services. We have hosted groups such as the Edmonton Food Bank, the Valley Zoo Society, Big Brothers/Big Sisters, Metro Continuing Education, Canadian Blood Services, and many more. If you belong to a not-for-profit group and wish to apply, visit our website and click on the Community tab.

That's all for now. Stay warm, stay safe, and see you in a few months!



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# Community

## TRAC Update

Karin Shott  
TRAC Community Office

Community League Memberships:

Community league memberships for the 8 community leagues in Area H are available at the TRAC Community Office which is conveniently located in the Terwillegar Community Recreation Centre. The office hours are:

- 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.

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.

Outdoor Soccer:

It seems early to think about the 2020 outdoor soccer season, but registration will begin in the new year with the in-person payment dates sometime in January/ February (exact dates TBD). 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. All community league memberships expire August 31st, regardless of the date they were purchased.

TRAC Wine:

Looking for a Christmas gift for someone?



How about a lovely Malbec from Bodega Sottano - ‘The Ridge Vines’, the 3rd in our series of celebrating the community leagues in Area H. It’s a red wine with grape du jour, dark brooding oak laden version crammed with plums, damson and mulberry fruits. Five dollars from each bottle sold goes back to the Terwillegar Riverbend Advisory Council to support programming and operations of the area council.

TRAC Community Run/Walk:

The 15th Annual TRAC Community Run will be held on Sunday, May 24th, 2020! 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.

TRAC Meetings:

Mark your calendar for the next TRAC Meeting dates at Lillian Osborne High School. Everyone is welcome to attend!

- Wednesday, January 15, 2020
- Wednesday, March 18, 2020
- Wednesday, April 22, 2020 \*AGM
- Wednesday, June 10, 2020

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!





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Saturday

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# Community

## Minor Hockey and Community Building

*Sodhi Pillay*

As the new hockey season barrels towards some unsuspecting parents, it feels like just yesterday boisterous year-end parties were being celebrated whilst new friendships flourished that were cemented in smelly change rooms and cold arenas.

Casting my mind's eye back I can still feel the adrenaline and sometimes weariness of driving a little boys excitement or trepidation around.

Children toiled on weeknights and weekends at improving skating or goalie skills. Confidence, competence and sportsmanship, growing exponentially as the players progressed through the season. While some simply had fun breaking the ice with new and old friends whilst hastily doing a Fortnite dance or the floss in between training drills.

Parents driving their kids all around Edmonton fueled by copious amounts of morning coffee. Boundless parental commitment and dedication on display as they rallied to support their children's fitness or career goals (here's looking at you NHL hopefuls) or interest in trying out a new sport. Packing hockey gear and sleepy children into cars for early morning commute to arenas across the city.

Amazing coaches and assistant coaches, team managers, time keepers availing themselves to holding our children's hands and attention as they help them navigate around training pylons, giving them encouragements and fist bumps for effort, attitude, heart and determination on the ice.

Grandparents, aunts, uncles and siblings braving sub zero temperatures to proudly support players with cheers, vuvuzelas, cow bells and loud projected voices screaming encouragement, advice and sometimes frustration.

These were the common threads that bonded all the families through our shared experience on and off the ice.

Having not grown up in Canada, the minor Hockey scene accidentally happened to us as we tried hard to integrate our young family into a new country's culture and into our new community. Hockey, skiing, skating was the winter currency for fun. The only thing I did with ice before arriving in Edmonton, was adding it to our drinks. Now we were expected to not only walk on it but also skate or barrel down a hill- what an odd place we chose to journey and settle in. (Cue here reflections of, Douglas Adam's Hitch Hikers Guide to the Galaxy)!

Eager to get our children integrated within their arctic like environment, we joined our local minor hockey association. Thus began in part, our journey to what it feels like to be truly Canadian. The Western Canadian psyche is so intertwined with the ice- strong enough to hold one up yet humble, resilient and flexible enough when warmed to run through a hand leaving no trace.

I heard horror stories of over zealous parents living vicariously through their kids ice aspirations. We tentatively joined vowing to keep a far distance from anyone who displayed extreme- off ice attitude. No doubt these urban legends are out there but they are few and far in between as the majority of people we met were pretty normal, sane and nice.

All through this time we tried to convince ourselves that we would remain vested in a sensible, unattached manner. The transient, fluid and ever changing teams we found ourselves on, would surely prevent us from developing deep connections, or so we thought.

Fast forward 4 skate size later. Sometimes community and

camaraderie develop in a nonchalant manner. It sneaks up on you and is cemented on a Sunday afternoon, when all it takes is for another mother, whose child skated hours earlier, to wait to cheer on several past team- mates. With a booming loud voice that cheered louder and whose energy surely moved young legs to skate harder. That voice spoke volumes to my family. Feeling a sense of belonging, a feeling of yes, we have found our tribe, of all places in a cold arena (I could not have predicted that in my wildest dreams)

I smile at how hockey has allowed us to integrate better into our community, how our knowledge of a sport we never watched previously became a conversation connector at local coffee shop queues but most importantly how we had an opportunity to meet some of the nicest people who, carpooled and lent a helping hand tying skates or cheered our child on as if he was one of their own. Parents who came into our lives as fellow bench parents but remained as authentic friends. I do understand and am mindful of the fact that not all new comers may have access to information and financial means or it may not be their choice of sport, to even want to pursue hockey as a community integrator, our family nonetheless are examples of the difference that it makes to a difficult and often times emotionally challenging journey of transitioning from immigrant outsider to community insider.

So, as our children don their battle gear as Ice Devils, Vipers, Storm Troopers or what ever other name they call themselves and enter a higher or lower tier, faster or slower, confident or shy, excited or scared we will start the year with new or old friends shooting the icy breeze as our children glide or totter before our eyes. When helmets go on differences fades, be it a male or female, rich or poor, Canadian or immigrant and we all become a community of supporters wanting the very best experience for all of our children.



I began reflecting on what it meant to be part of this hockey community at the start of the skills evaluation week and if I had my way, I would choose my son's team on how much I liked the parents and how witty they were, my son may want to choose his team on the basis of how many fort-nite solo wins a player has, thankfully our community hockey league takes neither into account and has a more sophisticated system of team selection.

We do not get to choose who our kids play with or against, who the coaches are or which tier our team is on but we can choose to be kind and welcoming to new parents, understanding of our children's limitations and most importantly to be part of a sports community that takes the best versions of ourselves to every practice and game and to be community builders.

In the months ahead as we coax, cajole and sometimes bribe our children from the warm comforts of their bedrooms to enter cold arenas, may you always find yourself welcomed by the warmth of the hockey community that I know exists and that we have had the great fortune to experience over the years.

Written with the biased views and emotions of a proudly Canadian SWAT Hockey mum.



# Community

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## Blue Christmas

Marni Mrazik  
Director of Community Life  
Terwillegar Community Church

Recently, I read, ‘when someone you love becomes a memory, the memory becomes a treasure,’ and these are the treasures we hold closest to our hearts. We remember the smiles and laughter, the lessons learned, the triumphs and the defeats. We remember favorite colors and favorite foods, dreams, values and so much more. And when we remember, the power of the past comes into the present. Blue Christmas is about taking time to remember and to cherish those treasures.

While I have to say, Christmas is one of my favorite times of the year (and not just because it’s the one time of year I enjoy a box of chocolate Turtles,) I also recognize that it’s not that way for everyone. Since the beginning of November, shops are filled with decorations, Santa sits at the mall, a well-known song proclaims that we are entering “The Most Wonderful Time of the Year,” all trying to convince us that Christmas is magical, cares are banished and sadness has no place in the festivities. And much of the world presents a festive face as we enter the Christmas season and these exclamations ring true, but some are experiencing grief due to the loss of a loved one. The empty chair at Christmas when people are celebrating and enjoying the holidays together is a tangible reminder that someone is missing. For some, the grief is recent and tears may flow easily as this is the first year the chair is empty; for others whose loss was years ago, the emotions may not be as raw, but the lost loved one will forever live in their hearts. I am reminded of the importance to stop and pay attention to our losses. I think it makes us kinder and more compassionate because then we can enter into the losses of others and be present with them in their struggles and pain. It is our desire at Terwillegar Community Church to journey alongside our neighbours with compassion and kindness always, especially those who are struggling and specifically now as we get closer to Christmas.

If you have experienced the loss of a loved one, whether recently or long ago, I would like to invite you to Blue Christmas at Terwillegar Community Church. The evening will offer time and space for individuals, families and friends to pause and reflect. Because Christmas can be one of the hardest times of the year to get through, we want you to know you are not alone and we want you to find strength and encouragement in the company of others

You and your family are invited to

Blue Christmas

A special evening to honor the memory of loved ones.



Terwillegar Community Church

Thursday, December 12 | 1751 Towne Centre Blvd  
7:00 - 8:30 pm | Edmonton, Alb

RSVP appreciated but not required at  
TCCbluechristmas2019.eventbrite.ca  
or call 780-430-8389



CHRISTMAS EVE SERVICES

DECEMBER 24 AT 3:00 AND 5:00 PM

It will be a sombre yet uplifting evening which will include moments of silence, moments of memory and reflection, moments of sharing and support, candle lighting and music. Because grief shared is grief diminished, on December 12, from 7:00-8:30 pm, we will be hosting Blue Christmas and if you are grieving, or you want to take time to honor the memory of a missed loved one, consider yourself invited!



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Facebook – Messenger



# 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

## The Ridge CL New Year's Eve Family Party and Fireworks!

We’re having a party and all of Riverbend and Terwillegar (and beyond) are invited to Haddow Park! Join us for winter activities like tobogganing, horse-drawn sleigh rides, and hot chocolate, finishing off with a “bang” with an amazing fireworks display at 8:00 pm, so the kids don’t have to stay up late.



NOTES: Some party events are subject to cancellation if it is colder than -20°C. The fireworks will launch even with cold temperatures but not if it is too windy. Come early for the horse drawn sleigh rides as they run from 5:00 to 7:30 but are popular and get very busy later in the evening. Watch for updates on Facebook "Ridgecommunity" and Twitter "The RidgeCL". Bring your donations of food or money for the Foodbank! Seriously consider walking into the Haddow area to avoid traffic congestion.

One major change this year is the use of a food truck. Due to a shortage of volunteers to prepare and host the event, we are unable to offer free hot chocolate and cookies as in the past. There will be a charge for items from the food truck (see the menu and prices at [Streeteats.org](http://Streeteats.org)) so don’t forget to bring cash for food for you and yours, and to donate to the Food Bank!


Can you help us for one hour with this great family event? Please contact Jim at [info@theridgeonline.ca](mailto:info@theridgeonline.ca) today to volunteer for:

Dec 31 10:00am - 2:00pm	tents and site set up
Dec 31 5:00pm - 7:30pm	sleigh line control
Dec 31 8:00pm - 9:00pm	fireworks perimeter control
Jan 1 Noon - 2:00pm	site cleanup

TERWILLEGAR COMMUNITY LEAGUE’S

2019 HOLIDAY  
LIGHTS CONTEST

The best lights in the neighbourhood  
will receive a prize. Watch Facebook  
For details. send nominations to:  
[tclpresident@terwillegar.org](mailto:tclpresident@terwillegar.org).



Christie Anderson  
Massage Therapy

- Swedish Relaxation
- Hot Stone Massage
- Deep Tissue & Therapeutic Massage
- Cupping Massage

Now offering RMT massages in a private Riverbend home-based treatment room, as well as mobile massage in your home.

The home clinic room has driveway parking and is equipped with a fireplace, salt lamps, table warmers, heat pads, and aromatherapy (optional).

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# EPL

## Greetings from the Riverbend Branch of Edmonton

Ben Ehlers  
Community Librarian, Riverbend Library  
ben.ehlers@epl.ca (780) 496-6560

The nights are getting longer and winter is settling in for the long haul, but inside the library it's still cozy and warm!

As usual, the Riverbend branch will be winding down our programming starting from Monday, December 23rd, but we will be back in the New Year with our regular schedule starting Monday, January 6th. During this time some of our regular programming will still be offered, but please check our always-up-to-date calendar of events at EPL.ca for more information.

December 24th: Closed at 2pm  
December 25th & 26th: Closed all day  
December 31st: Closed at 5pm  
January 1st: Closed all day



**Sounds Like Fun: Getting Ready to Read**  
Wednesdays 1:30 pm – 2:15 pm  
(On hiatus in December, Resumes January 8th)  
Children, ages 4 – 5

Your little ones might be too big for Baby Lap Time, but our programming is growing up, too!  
Come for stories, songs, movement and a variety of fun activities designed for your active preschooler. Adults will also actively participate and learn ideas to help their child get ready to read.



**School's Out**  
Thursdays 3:00pm – 4:00pm  
(On hiatus during Winter Break)  
Children, ages 6 – 12

When school is out, the library is in! Complete challenges, play games, or learn something new! Whether we are building cardboard towers, or learning how to program robots, there is always something new to explore.

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All ages

Want to chill out at the Library? Coding and creativity get a frosty twist in our wintery Hour of Code class. Design icy smooth moves for Spheros as you explore the basics of coding. #HourOfCode



Seniors' Drop-In Program  
Tuesdays, 10:30am – 11:30am  
(On hiatus during Winter Break)

Join us on Tuesday mornings as we continue our classes and focus on in-demand topics like art fraud, music, healthy eating, travel, and trivia. Contact the Riverbend Library (780) 944-5311 for more information about the program, including an up-to-date schedule of events.

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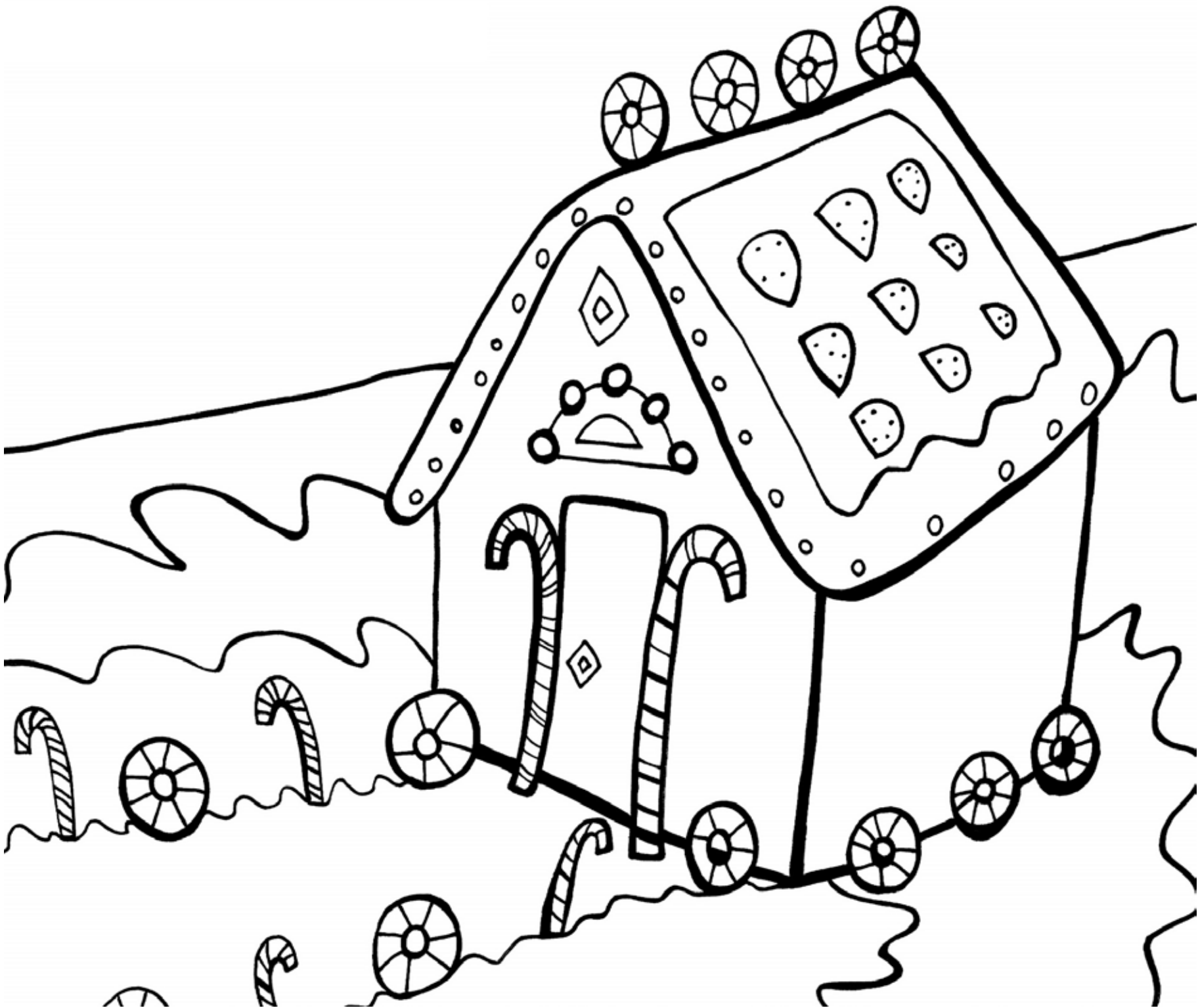
104, 1103-95 St SW

info@repphysio.ca    780.395.9170

www.repphysio.ca



# Kids Zone - Coloring Contest



## Holiday Coloring Contest

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

# Kids Zone - Word Search



Christmas Word Search

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

.TREE .FROSTY .SNOW .ELF .SANTA

.CHRISTMAS .RUDOLPH .CANDLE

Back to School  
Colouring Contest Winners!

Ages 2-4

1st Place: Chloe L.  
Runner Up: Sila M.

Ages 5-7

1st Place: Finleigh M.  
Runner Up: Leon G.

Ages 8-11

1st Place: Chloe W.  
Runner Up: Claire M.

Thank you to everyone  
who participated.



# Tobogganing

Tobogganing can result in serious injuries. To reduce the risk of injury:


- Ensure the path is clear before sliding
- Helmets are recommended
- Walk up the hill outside of the sledding area
- Do not dig holes, build ramps or jumps on the hill
- Parents/Guardian are responsible for children
- Always sit face-forward on your sled
- Tobogganing is not recommended after dark

Your safety is our concern, but your responsibility. Slide at your own risk.

Some Hill Locations


- **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





Royal LePage  
Noralta Real Estate

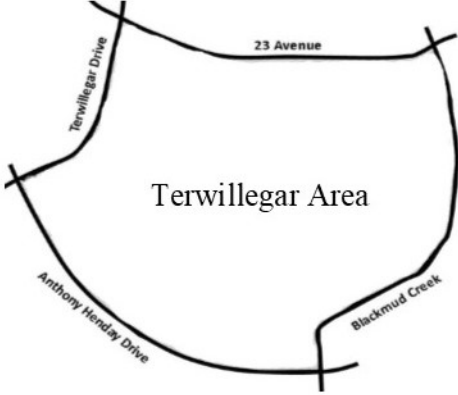
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Thank you very much for your past, present and future referrals.



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

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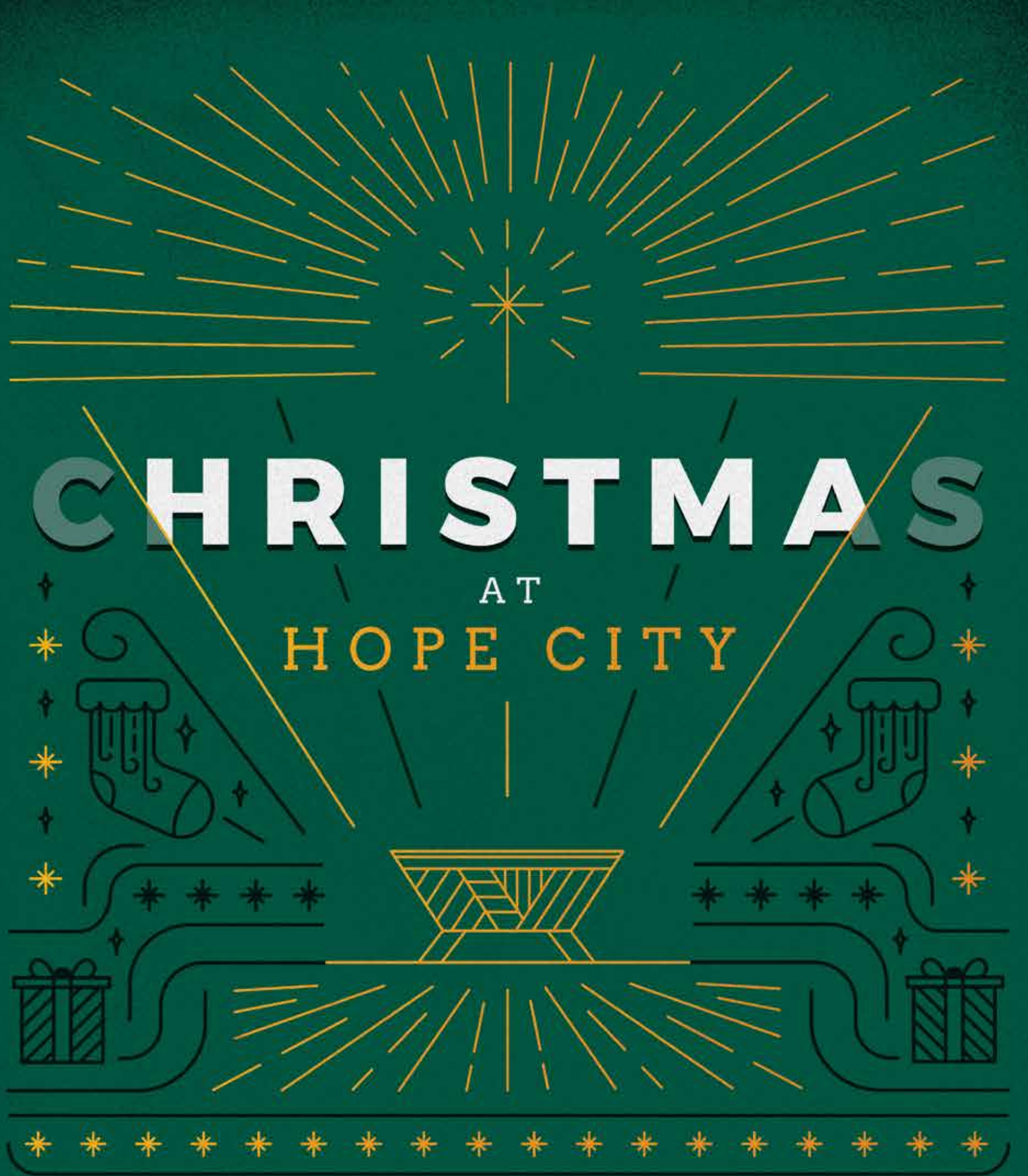
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1PM · 3PM · 5PM · 7PM  
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**TERWILLEGAR**  
3PM · 5PM  
Maclab Theatre at  
Lillian Osborn - 2019 Leger Rd

[hopecity.ca/christmas](http://hopecity.ca/christmas) | [@hopecityyeg](https://www.instagram.com/hopecityyeg) | free to attend | childcare from 0-36 months



# Seniors

# News for 55+

## News From SouthWest Edmonton Seniors Association

By Carol Vaage

Yesterday, I had a visitor come over for coffee and a chat. That's not an unusual activity for us older adults, as we grew up in a time when face to face encounters were the best communication. However, I noticed how much different I felt after my visitor left. My heart felt lighter, I was smiling and happy, and my day seemed to fly by. I promised myself to make more opportunities like this for myself. Friendship is so powerful.

This time of the year we remember past winters, and the joys but also losses of friends or family. Bittersweet. Being with friends gives us the opportunity to share those memories and celebrate the present moments. Perhaps joking or teasing each other about how things have changed, about our experiences and travels. Dialogue helps us feel connected.

SWESA is one of several seniors' associations that the City of Edmonton has created for opportunities to connect, to feel like you belong to a community, to build friendships. In my personal experience, SWESA was the place where I met many new friends, created a new network of like-minded people. I read the other day that sometimes older adults feel invisible. That's impossible when you're part of a thriving group like SWESA.

You are welcome to drop in for a coffee and see what's going on, or to join in one of the classes that are being offered, or come to a talk, or join in on a field trip. There are so many options!

Our social events are the most attended, because SWESA has a motto to be very welcoming to all who join us! The monthly luncheons are very popular with great



Oktoberfest fun!

Photos courtesy of Barry Headrick



"There is no winter without snow, no spring without sunshine, and no happiness without companions."  
-Korean Proverb

food and entertainment- a perfect outing at a reasonable price. Our games groups are dynamic as well – crib, hand and foot canasta, American mahjong, contract bridge, and euchre. They have added beginner tables to help others learn.

The Blue Quill Community Center (11304 25 Ave, Edmonton) is our newest location for some events. It's a renovated space that is bright and roomy.

### OKTOBERFEST 2019 UPDATE

Oktoberfest 2019 was a great success. We had 255 in attendance and made \$10,000 in profits. We would like to thank our main sponsors (see graphic) and a Special Thanks To:

ATB - Rabbit Hill Branch, Carol Bigam, GEF Seniors Housing (Program Design & Printing)

Gerri Clark (Business Development), GT Metal, Hanni Fritz (German Canadian Cultural Association, Jennifer Hanrahan (SWESA Program Coordinator), Stephen Hanrahan, Barry Headrick (Photographer), Lil Johns Sign Shop, MLA Richard Feehan (Edmonton- Rutherford), MLA Rakhi



SWESA dances at Oktoberfest.

Pancholi (EdmontonWhitemud), Peters Print House, Promotion Tours, Josie Richardson, Schuhplattlers (German Cultural Entertainers), Lynn Shaw, The Alberta Feet Warmers (band), SWESA volunteers at the Front Desk and the SWESA Board of Directors.

### Oktoberfest Planning

#### Committee Members:

Shirley Adam, Rob Agostinis (Co-Chair), Marie Degenstein, Sandy Girvan, Dianne Heykants, Grace Koenig, Terry Krissie, Anne McNabb, Tony Montrose, Dennis T. Moore, Marilyn Nurse, Bob Power (Co-Chair), Cristina Rubio, Sharon Schiewe and Barbara Villanueva.

Save the date for our Summer 2020 Fling, themed Hawaiian Luau. The event is happening on Friday, June 19, 2020 at the Blatchford Hangar in Fort Edmonton Park.

A complete list of all our programs can be found on the website or stop in at the YECC site to pick up a print copy. 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 snow removal, yard work, housekeeping and minor repairs. Contact her at [Hs@swedmontonseniors.ca](mailto:Hs@swedmontonseniors.ca) or 780-860-2931

### Wunderbar Sponsors Wonderfull!



### Prost Sponsors Cheers!



### Edelweiss Sponsors Alpine Noble White Flowers



**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

## Councillor Update

Tim Cartmell  
Councillor Ward 9

There’s no denying that winter is here in more ways than one.

The 2019-2020 Provincial Budget included cuts to grants to cities that support infrastructure projects and operating budgets.

While losing the City Charter Fiscal Framework and its predictable funding for infrastructure projects is disappointing, the cuts did not come as a surprise to me.

Fiscal responsibility has been a priority for me since before I ran for Council.

In July, I wrote that “winter is coming” in reference to this provincial budget that I predicted would send a clear direction to Edmonton to reduce spending. And now, winter is here.

During the City’s budget deliberations in 2018, I talked about needing a different budgeting approach; that it was time to set clear priorities for when we had to choose between what to fund, what to defer, and what to stop; and using the resources we already have and not presuming property tax increases.



During the West LRT deliberations, my key priority was reducing spending on LRT and employing a more pragmatic approach to transit (BRT) that would increase service to more areas of the city. While the provincial government’s budget didn’t cancel the West LRT funding, it does delay it by at least a year, and that is significant. We should not risk borrowing yet more money for West LRT.

Terwillegar Drive remains my biggest priority for SW Edmonton. The provincial budget cut \$24.6M (or 25% of the total cost) from the Terwillegar Drive expansion. I am in active conversations to find a solution. City Council can still decide to move forward with this project. It impacts 120K vehicles on the Whitemud, 80K vehicles on the Henday and 44K vehicles on Terwillegar every workday. I am not giving up on this vital project

and will do everything I can to ensure that Terwillegar moves forward.

We have had recent conversations at Council about setting budget priorities. But those conversations have been about processes related to Priority Based Budgeting or Zero-Based Budgets.

At this point, it’s too late for processes. We need to set actual priorities - what we can do now, what will have to wait, and what we might not be able to do at all.

The provincial budget did not provide the best outcomes we could have hoped for. But it was a budget we should have anticipated. Edmontonians expect us to find a way to do more with less, to live within our means, just like they have. I completely agree. It’s why I ran for Council.

As always, don’t hesitate to contact my office with any feedback or questions you may have. We are available at [tim.cartmell@edmonton.ca](mailto:tim.cartmell@edmonton.ca), 780-496-8130, or on Facebook or Twitter.

I want to thank you, the residents of Ward 9, for the last 2+ years since the municipal election. It has been the privilege of my life so far to work in support of you and our great city. I wish you and your family a wonderful holiday season, a very Merry Christmas and

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AND CHILLI COOKOFF!

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AND SNOWSHOES



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ROYAL GARDENS COMMUNITY LEAGUE, [SOUTHWESTAREACOUNCIL.CA](http://SOUTHWESTAREACOUNCIL.CA)

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NANCY'S NOTES



WINTER

Group and Private Music Classes

Joyful music experiences for all ages.

Register NOW for Winter session (Jan - Mar) Saturday classes offered at Terwillegar Community Church.

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Call/Text 780-439-8490 or Email [nancy@nancysnotes.ca](mailto:nancy@nancysnotes.ca)

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Right at Home

Housing Society

Attainable Housing. Strong Communities.

Since we last met in April, the Right at Home Housing Society has been working to advance our family-oriented, mixed-income housing development on the Holy Trinity Riverbend Anglican Church site.

To learn more about the latest project updates:

- Join us for a drop-in information session from 7pm to 8:30pm on Tuesday, December 3rd at the Holy Trinity Riverbend Anglican Church (1428 156 Street)
- Visit our website to view the information session materials
- Get in touch any time at 780-423-1339 or [astevenson@rightathomehousing.com](mailto:astevenson@rightathomehousing.com)

We look forward to hearing from you!

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



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# Edmonton - Whitemud

## An Update From Your MLA

*Rakhi Pancholi*  
*MLA Edmonton - Whitemud*

As usual, fall has been a busy time in Edmonton-Whitemud! Back to school, community league meetings, and school council meetings have kept many of us bustling.

I was thrilled to speak at the launch of Read-In Week at our very own Esther Starkman School in October and to meet Ms. Starkman herself, the driving force behind Read-In Week 30 years ago. I shared my own love for books by reading to 16 different classes at 8 different schools in our community during that week. It was also a great experience speaking at Career Days at both Mother Margaret Mary School and Lillian Osborne School this fall - I had such engaging discussions with the students! Along with attending various community league AGMs, TRAC meetings, Remembrance Day ceremonies and the public meetings on the Terwillegar Drive expansion, I have been actively connecting with residents on the issues that matter most to you.

It has also been an incredibly busy time at

the Legislature. Fall session began October 8 and continues until the middle of December. The government tabled its first budget on October 24 and my office has received many letters and emails expressing concerns about the budget's impact on Albertans.

The budget will have a significant impact on low-income Albertans as cuts are being made to AISH, seniors benefits, and income support benefits. However, the budget and corresponding legislation will also result in increases to personal income taxes, removal of caps on electricity and insurance rates, removal of tuition and education credits, increased post-secondary tuition costs, increased school fees, and reduced education funding, among other things. The budget also cuts the \$24 million promised by the provincial government to support the Terwillegar Drive expansion.

If you have concerns or questions regarding the budget or any other provincial matter, please do not hesitate to contact my constituency office at (780) 413-5970 or by email at [Edmonton.Whitemud@assembly.ab.ca](mailto:Edmonton.Whitemud@assembly.ab.ca). We would be pleased to assist you.

As we enter the holiday season, I am always impressed by the compassion and generosity of our community. I wish you and your families a safe, joyous, and festive Christmas and New Year!



*Photos courtesy of MLA Office*



OAK HILLS Community League  
 Building Community in Carter Crest & Leger

**Oak Hills Community League presents the 8th Annual**

THE GREAT CANADIAN  
**WINTER**  
 FAMILY FUN FESTIVAL

**Saturday, December 7, 2019**

**12 Noon - 4 pm**

**Lillian Osborne High School**

**WINTER ACTIVITIES, FOOD,  
 ENTERTAINMENT, SANTA,  
 CANADIAN CULTURE, INDOOR  
 FUN EVENTS, PHOTO BOOTH,  
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**[WWW.OAKHILLSONLINE.CA](http://WWW.OAKHILLSONLINE.CA)**



# Community

## Lemonade Stand Day

The Lemonade Stand day in support of the Stollery is always a fun day for the kids of the neighbourhood. It is nice to see how many stands there are and the variety of treats available at each location. Some stands even have former Stollery kids running them.



The Terwillegar Community League tries to reach as many stands as it can on the Lemonade Stand day. This year, we went to 15 stands and gave a donation of \$10 to each stand. If you see signs in the neighbourhood next year, be sure to stop by and make a kid's day by giving a small donation.

Photos courtesy Kathleen Mountford and Monte Weber









# Some Coming Events

**November 28, 2019– January 4, 2020:** Christmas Glow at the Edmonton Expo Centre (7515 – 118 Ave.) Admission charged. Experience a magical family-friendly wonderland. Enjoy interactive light gardens, illuminated structures, delicious food, festive drinks and daily live entertainment all under the twinkle of a million lights.

**December 6 – 29, 2019:** Zoominescence – A Festival of Light at the Edmonton Valley Zoo (13315 Buena Vista Road). Admission is charged. The festival's vision is to celebrate light, artistry, imagination and the strong spirit of our community in the winter. With a skating rink, maze, fire dancers, ice, light exhibits and 11 artist installations what could be a better outing in the cool month of December?

**December 31, 2019:** 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, 2019:** 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. Weather dependent.

**December 12, 2019 – January 1, 2020:** Candy Cane Lane (148 St. between 92 Ave & 100 Ave.) Time: Nightly from sunset to midnight. Please bring a donation for the Edmonton Food Bank.

**November 22, 2019 – January 4, 2020:** 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

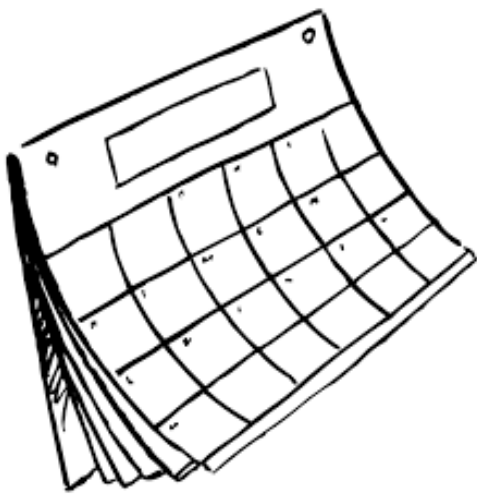
**January – February 2020.** Drop-in Learn to Skate Programs. Check: [https://www.edmonton.ca/activities\\_parks\\_recreation/drop-in-learn-to-skate-program.aspx](https://www.edmonton.ca/activities_parks_recreation/drop-in-learn-to-skate-program.aspx)

**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 15, 2020:** TRAC Meeting at Lillian Osborne High School, Room #133 @ 7:00 pm. Everyone is welcome to attend!

**January 25, 2020:** 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

**January 25, 2020:** Lunar New Year. Chinatown (97 St. between 105 – 107 Ave.) Time: 11:00 am – 3:00 pm. Welcome the Year of the Rat! Come & join the firecrackers, parade in Chinatown, and watch cultural performances, as well as lion and dragon dances on the street.



**Feb.7 – 17, 2020:** Silver Skate Festival. Hawrelak Park.  
February 18, 2020: Family Day

**Every Thursday to May 17, 2020:** Royal Alberta Museum stays open late. Hours: 10 am – 8 pm

**TRSA 2020 Outdoor Soccer Registration: January/ February 2020.** Check [www.trsa.ca](http://www.trsa.ca) for more information.

**April 22, 2020:** TRAC AGM

**April 2020:** Great Neighbour Race

**May 24, 2020:** TRAC Community Run



The Terwillegar Community Recreation Centre Aquatics Centre  
scheduled maintenance for January - March  
has been postponed until further notice.

# JOIN THE TCL LEAGUE

Adult #1: _____	Date: _____	Mail completed form, along with payment to:
Adult #2: _____	Membership Type:	
Address: _____	\$35.00 <input type="checkbox"/> Adult Single <input type="checkbox"/> Adult Couple	Terwillegar Community League Terwillegar Riverbend Advisory Council #5, 2051 Leger Road NW Edmonton, AB T6R 0R9
Postal Code: _____	\$35.00 <input type="checkbox"/> Senior Single or Couple (65+)	
Phone Number: _____	\$45.00 <input type="checkbox"/> Family	
Email: _____	May we send you news by email?	Please make sure the boxes are checked for email news, and if you are able to volunteer.
Childrens Name(s)    Y/M/D    M/F	<input type="checkbox"/> Yes <input type="checkbox"/> No	
_____	Are you willing to volunteer?	
_____	<input type="checkbox"/> Yes <input type="checkbox"/> No	You CAN make a difference by helping out in this dynamic community of ours!
_____	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) •  
•••••

Check us out on  
Facebook!



Search:  
“Terwillegar Community League”  
under groups

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, [tlcpresident@terwillegar.org](mailto:tlcpresident@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, [communications@terwillegar.org](mailto:communications@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)



Free Access!

With a Terwillegar Community League membership, you get access to the Terwillegar Community Recreation Centre’s swimming pool, indoor playground or workout area.

Saturday’s from 5-7pm

Please bring your membership card;  
admission may be declined otherwise.



# Terwillegar Classifieds

### Burnout Breakthrough Strategy Workshop

Overcome Burnout and increase your overall Health and Happiness  
Thursday, January 9, 2020 at 7:00 PM  
4 Points Sheraton, 7230 Argyl Road, Edmonton  
Workshop will be limited to 10 spaces  
To reserve your spot, CALL 780-231-9505 or email [janice@theburnoutqueen.com](mailto:janice@theburnoutqueen.com)  
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Janice Wehrhahn MSW RSW  
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## Terwillegar Community League mailing address:

5970 Mullen Way PO Box 36508 McTaggart PO  
Edmonton, AB T6R 0T4