

Terwillegar COMMUNITY LEAGUE Tribune

Interim Newsletter

Shannen Shott
Co-Editor

Note to Terwillegar Tribune Readers:

The Terwillegar Tribune has decided to switch to a digital distribution method until further notice. Although physical distributions have been paused in order to help limit the spread of COVID-19, we still want to reach out to our readers and provide them with the Tribune in this new format. We have included colouring activities and contests for children, as well as some information that might be useful during this difficult time.

As many of you are probably well aware, the news seems to change every day. Many of the articles in this edition were written and submitted in late March, when we were still unsure whether or not we would go ahead with physical distribution. This is a disclaimer that some of the information from these articles may have changed since they were submitted.

Thank you to all of the essential workers and those on the frontlines who are working tirelessly to keeping us all healthy and safe during this pandemic



The Family Day Event on February 17th was a great success, despite the cold weather causing the sleigh rides and outdoor activities to be cancelled. The movie *Abominable* provided some wonderful entertainment for both kids and adults. Big thanks to Terwillegar Panago for providing pizza, making it the perfect event for family and friends. Thank you to all who helped make this event possible and to everyone who was able to come out and join the fun. We look forward to seeing you there next year.

Edmonton - Riverbend

An Update From Your Member of Parliament

Matt Jeneroux

MP Edmonton - Riverbend

On February 25, I tabled my Private Members' Bill C-220: An Act to amend the Canada Labour Code (compassionate care leave) in the House of Commons. This bill proposes to allow employees using Compassionate Care Leave to care for a gravely ill loved one up to an additional three weeks of job-protected leave following the death of their loved one. Currently, employees who take Compassionate Care Leave are expected to be back at work within days of their loved one's death. I believe having this extra time off allows caregiving employees to take care of practical necessities and have more time to grieve. The bill will be working its way through the House of Commons in the coming months and I will keep you updated on its progress here and on my website at www.mattjeneroux.ca/compassionate-care.

I was recently named the Official Opposition Shadow Minister for Health and vice-chair of the House of Commons Health Committee in addition to my regular duties as your Member of Parliament. I'm picking up this file at a busy time: the COVID-19 outbreak, amendments to Medical Assistance in Dying (MAiD) and pharmacare are all issues my office has been working on over the past several weeks. Health care is an issue that impacts all Canadians and I'm humbled to receive this role. If you have any health-related legislation suggestions



or inquiries, please contact my office at Matt.Jeneroux@parl.gc.ca.

Nominations remain open for our 2020 MP Youth Leadership Award. This award is an opportunity to recognize students in Edmonton Riverbend who have shown outstanding leadership in their school or community. There are two categories for this award: students in Grades 7-9 and those in Grades 10-12. This year's deadline for nominations is March 30. To nominate an outstanding young person, please visit www.mattjeneroux.ca.

My office recently received an interesting complaint about

drivers using Bulyea Road as a shortcut rather than using Terwillegar Drive on weekday mornings and afternoons. I've noticed some of this myself at times, but curious to know your thoughts. My initial thoughts are that there are a lot of children playing nearby. But again curious as to your feedback, which I'll share with our city councillor.

As always, if you have any comments or require assistance with a federal matter, please contact my Edmonton constituency office at 780-495-4351 or Matt.Jeneroux.C1@parl.gc.ca. We would be pleased to assist you.

Edmonton

President's Message

Kathleen Mountford
TCL President

In the wake of having to cancel our Too Big for It Sale, all of our other future events are currently under review. We will be posting updates on our Terwillegar Facebook Page @tclevents so please join our page for updates. If we are hosting an event, we do ask that you stay home if you are feeling ill, so as not to put anyone else at risk.

We hope to bring back our Community Wide Garage sale this year, but may delay it till late summer. Last year we had over 50 homes participate and lots of people driving around looking for deals. This year registration will be free to all Community League members, but a small fee will exist for signing up if you're a non-member. This fee is necessary to not dilute the benefits that paying members receive. Any money raised from

this event will go towards future programs and projects.

On behalf of the board, I hope everyone has a fun safe spring and hope to see everyone in the summer once we are able to move forward with our events.

Supporting Mental Health & Wellness in a Time of Stress & Isolation

Feeling stress, anxiety and depression due to the COVID-19 crisis? We can help.

The Mental Health Foundation, in partnership with Calgary Health Trust, the University Hospital Foundation, the Royal Alexandra Hospital Foundation, Alberta Cancer Foundation and the Alberta Children's Hospital Foundation, is supporting a new Alberta Health Services program Text4Hope – a free service providing three months of daily Cognitive Behavioural Therapy (CBT)–based text messages written by mental health therapists.

An Alberta-based innovation, Text4Hope is an evidence-based tool that helps people identify and adjust the negative thoughts, feelings and behaviours a pandemic might be expected to provoke.

Through a set of daily messages, people receive advice and encouragement helpful in developing healthy personal coping skills and resiliency.

Community members simply subscribe to receive ongoing supportive content. There is no cost.

How to Connect

Text **COVID19HOPE** to **393939** to subscribe.

The program provides one-way communication and does not replace other mental health therapies and supports. It is a helpful option for people in self-isolation who can't access face-to-face services, as well as those in remote locations.

Text messages are free, dependent on the user's cell phone plan.

Some users may be charged per text message depending on their cell phone plan with their current provider. We encourage users to check with their provider. If they are unable to sign-up due to potential costs, we encourage them to visit *Help in Tough Times* where free resources are available, including variety of mental health related podcasts and videos for download.



Text4Hope is an Alberta Health Services program offered in partnership

SWEFM

10 Year Anniversary & Relocation Of The Market

Christie Anderson
Market Manager

The Southwest Edmonton Farmers' Market begins our 10th season on Wednesday, May 13th, and we can't wait to see everyone there. And, we have big news to announce! In collaboration with the Terwillegar Community Recreation Centre, we have decided to move the location of the market from Parking Lot E to Parking Lot D going forward.



We are excited about this move as it will give us the opportunity for more growth. Unlike Lot E, the new location will be entirely dedicated to the farmers' market. While this means that patrons will need to park in other parking lots, it also means that we have plenty of room for more vendors, more community programs, and for a central seating area in the middle of the market. Aesthetically, the market will be more appealing as customers will enter directly into the market, rather than approaching from the rear through traffic and parking, as was the case in the old location. Stay tuned to our social media pages for more information on the move as draw closer to opening day.

COVID-19 update: Our 2020 season is going ahead, with modifications!

At this time (April 9/2020) farmers' markets have



been given approval to run by Alberta Health Services, as they are considered an essential part of the food supply chain (grocery). We can only allow food vendors to participate at the point (non-food vendors are not permitted to attend until otherwise announced). All other programs & activities (buskers, the community tent & young vendors tent, corn fest, bouncy castle days, and all other social events) are cancelled. We will update our website and social media channels as soon as any new information is received.

Stay safe and positive. Summer is coming!

The SWEFM runs every Wednesday from May 13th to Oct. 7th, from 4-7:30pm at the Terwillegar Rec Center. We are still accepting vendor applications; visit www.swefm.ca for more info.

FB: @swefm.ca
Twitter: @SWEFM_YEG
Insta: @swefm



SWESA

News From SouthWest Edmonton Seniors Association

Carol Vaage

After that hard winter, one could not get enough of the nimble air. Every morning I awakened with a fresh consciousness that winter was over. Willa Cather

With spring just around the corner, we can begin to shed the layers of coats, hats, boots. We can feel lighter, more free to be outside and feel the nimble air. This year we may need to take solo nature walks to see the signs of spring, of new life beginning to bud, the first dandelions, the peeks of green struggling through. And when we get home, we'll wash our hands diligently!



"After that hard winter, one could not get enough of the nimble air. Every morning I awakened with a fresh consciousness that ."
-Willa Cather

get help setting that up. There are courses, online books, and other opportunities. The partnership with Edmonton Public Library in offering the MOOC (Massive Open Online Course) was very positive, and we look forward to another one coming up.

SWESA is happy to announce our new part-time office administrator, Melissa McCuaig. Melissa is passionate professional with people and project management. We are fortunate to have her joining our team to support the streamlining of financial records and our MySeniorsCenter system. Melissa is an avid traveller and animal lover and we encourage you to learn more about her yourself once SWESA reopens.



Melissa McCuaig



Essentrics Class at SWESA

Photo Credit: Barry Headrick

SWESA is taking precautions to protect its members from the pandemic COVID-19, so have closed all their centers. In the meantime, we will be socially distancing ourselves. It's almost like being grounded! Our childhood and teenage years where 'grounding' was far more common seem so long ago. But we know the protocols. No fun stuff for a few weeks or months.

But that's not true. There are many things that are not cancelled! Getting outdoors in the sunshine; listening to music; reading; singing; laughing; and having hope. We can celebrate what we do have.

There was a poster that showed a day split into time frames, including meals, but also time for fresh air, academics, creativity, physical activity and chores. We can adjust our daily schedule to include some of each. The Edmonton Public Library has so many online resources – you can call them to

Remember to check the Alberta Health Services website, and if you need help getting groceries or other supplies, ask a family member or neighbor to drop it off for you. We are in this together. This pandemic will change the world, but we will be able to pick up the pieces and recreate our world once again.

We have cancelled a formal Spring Program, but once AHS has given the all clear, programs will run on a drop in basis.

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 or 780-860-2931



SWESA Pysanky Workshop

Photo Credit: Barry Headrick

Edmonton - Whitemud

Report From The Legislature

Rakhi Pancholi

MLA Edmonton - Whitemud

Alberta seniors have made sacrifices to make this province a great place to live, work, raise a family and build a life. They put aside money for their retirement and made plans based on those investments. They should have a say over how their money is invested. It is unconscionable that the UCP government believes this money belongs to them and not to the people who paid into those pensions for decades.



Since the government passed Bill 22 in the fall to seize control of the pensions of public sector workers, my office has been flooded with e-mails and messages from people concerned about their retirement savings. My NDP Caucus colleagues and I support these pensioners and we will be introducing an Act to Restore and Protect Alberta Worker Pension Rights during the current legislative session. The intention of the bill would be to restore pension rights lost when Jason Kenney and the UCP passed Bill 22, while also preventing the government from withdrawing from the Canada Pension Plan.

Possible provisions of the Bill include:

- Rolling back the changes to pension plan administration, management and governance that were brought in through Bill 22;
- Protecting the assets of Albertans by preventing the Government from withdrawing from the CPP;
- Establishing that pension assets are the property of workers - not the government;
- Establishing a prescribed duty to consult - including length and composition - prior to implementing changes to pension plan administration, management or governance;
- Establishing rights for members of pension plans to pursue legal remedies.

Your pension belongs to you, not Jason Kenney. Jason Kenney and the UCP have no right to arbitrarily change the retirement savings of thousands of Albertans, especially not behind their backs and without their permission.

We encourage you to sign our petition at YourPensionIsYours.ca and to encourage your friends and colleagues to do the same. When you sign the petition, an email will be sent automatically to Minister of Finance Travis Toews telling him to keep his hands off Albertans' pensions. We will also table the petition this spring and share some of the

tens of thousands of submissions we've received about the harm this Government is causing hard-working Albertans

Unfortunately, this is not the only move that Jason Kenney's government has made to attack seniors. The UCP's fall budget kicked 60,000 Albertans off the Seniors Drug Benefit Program. Now, in the spring budget, the government has announced another \$72 million in cuts to the senior drug benefit and an end to universal drug coverage for seniors.

The UCP is also planning to reduce eligibility for the seniors' financial benefit, they've frozen the Continuing Care budget, made cuts to the Seniors Dental, Optical and Supplemental Health Benefit and the Special Needs Assistance for Seniors program, which provides financial assistance to help low-income seniors afford the cost of health and personal supports.

As Rick Brick, a district director of the National Association of Federal Retirees, pointed out, numerous seniors made decisions to retire based on the information they had available. Now those seniors are facing higher expenses and reduced services thanks to these cuts.

As your MLA, I will keep fighting to ensure that seniors are treated with dignity and that their retirement savings are protected.

Edmonton - Whitemud

COVID-19 Update

Rakhi Pancholi

MLA Edmonton - Whitemud

Due to the COVID-19 pandemic, our office will be closed and our staff will be working from home. The best way to reach us will be by email, but you can also leave messages on our voicemail at 780-413-5970.

If you would like more information about or suspect you may have COVID-19, please visit the Alberta Health Services website at alberta.ca/COVID19.

QUICK FACTS:

- If you are experiencing symptoms of COVID-19 do NOT call 811 or go to your doctor's clinic or Emergency Room before having completed the online COVID-19 self-assessment.

- Observe social distancing such as having 5 feet between you and others.

- Avoid shaking hands altogether.
- Stay home, especially if you are sick.

- If possible, work from home.

- Avoid closed quarters and small public spaces where you will be exposed to many people such as people such as coffee shops, bars, restaurants, concerts, places of worship, public transit, doctors' waiting rooms, etc.

- Avoid touching your face.

- Cough or sneeze into your elbow or face.

- Dispose of tissues appropriately as they can infect others.

Please find below a number of contacts that can be used to help you to respond to non COVID-19 questions or issues you may be facing.

If you are in need of urgent help, please call the following services which are available 24/7 by telephone:

- Emergency needs (food, clothing, shelter):

1-866-644-5135

- Mental Health Distress Line: (available 24-7)

780-482-4357

- Mental Health Live Chat: (available weekday day & evenings + weekend afternoons)

1-877-302-2642

- Seniors Abuse Helpline:

780-454-888

- Family Violence Info Line:

780-310-1818

Child and Family Crisis Support:

1-800-638-0715

- Child Abuse Hotline:

1-800-387-5437

- Child Intervention Crisis Unit:

1-800-638-0715

- Crisis Diversion Team: (Press 3 to dispatch the 24/7 Crisis Diversion Team)

211

- Trans LifeLine:

1-877-330-6366

- Sexual Assault Centre of Edmonton:

780-423-4121

- WIN House Women's Shelter

780-479-0058

- Lurana Women's Shelter

780-424-5875

Below are a few non-emergency phone numbers for a number of inquiries:

- Alberta Health & Seniors Advocates:

780-422-1812

- Seniors Help Line:

211

- City of Edmonton Help Line:

311

- Bylaw Inquires such as parking, construction, noise or neighbourhood issues, contact Councillor Tim Cartmell:

780-496-8130

- Immigration, refugee, border services, passports and international travel including Canadians returning from abroad: MP Matt Jeneroux:

780-495-4531

- Alberta Works:

780-644-9992

- Edmonton Community Legal Centre:

780-402-1725

- Legal Aid

1-866-845-3425

Thank you for contacting our office. We will reply to you as soon as we are able. We wish you and your family all the best in this difficult time.

Sincerely,

Office of Rakhi Pancholi, MLA

Edmonton Public Library

Stuck At Home? You Can Still Visit The Library!

Ben Ehlers

Community Librarian,

Riverbend Library

ben.ehlers@epl.ca

(780) 222-1124



Normally this is the part of the paper where I take a moment to plug all our interesting programs, classes, and events that your local branch of Edmonton Public Library is putting on. Unfortunately, as I write this, the library has been closed for an indeterminate period of time.

Instead, I want to take a moment to tell you about some of our digital resources that might help you and your families during these tricky times.

Solaro provides the same great Alberta specific curriculum information you find in their Keys and SNAP publications. You can take a quick quiz or create a Solaro account and work through course lessons, reviews and quizzes. If you create an account your lesson progress and results will be tracked to help you. Covers grade 3 through grade 12 Alberta curriculum. (<https://www.epl.ca/teen-subject/learn/>)

World Book Encyclopedia Includes more than 25,000 World Book Encyclopedia articles, edited to suit students from grades 4 through 12 and adults. Also includes more than 1,800 tables, 100

animations and videos, 10,000 pictures, 500 maps. Has Teacher's resources, current news, special reports and historical articles. (<https://www.epl.ca/resources/research/>)

Early World of Learning, brought to you by World Book, is a wealth of resources to help preschoolers and children in the early grades grasp critical early childhood themes. (<https://www.epl.ca/teen-subject/watch/>)

Lynda.com (aka LinkedIn Learning) is an online learning library that helps anyone learn business, software, technology, and creative skills from over 3,100 engaging video courses taught by recognized industry experts. To get started simply login with your library card and PIN. (<https://www.epl.ca/teen-subject/learn/>)

There is much more to explore on our website, so please continue to visit us at www.epl.ca.

I would also encourage you to continue to reach out to us via email, phone, or online live chat! Questions, comments, or suggestions—we still want to hear from you.



Councillor Update

Tim Cartmell

Councillor Ward 9

Earlier this year, I wrote about some challenging times in Edmonton, and how we responded as a community. We were dealing with the devastating news of the crash of Flight 752 in Iran while we were also experiencing winter temperatures as cold and extreme as it has ever been here.

I wrote about our great City holding those most directly affected firmly in its embrace while they grieved, and how at the same time, we came together to make sure that our most vulnerable received shelter and care from the cold.

Little did we know at that time that the Covid-19 pandemic would test us like no other time in our history.

I am writing this on March 18. Council is talking about finding the right level of transit service, financial relief for individuals and businesses, how to provide the

care for those that most need it, and how we and our communities can support each other while at the same time exercising social distancing.

This pandemic is changing so fast that by the time you read this, my words will seem hopelessly out of date.

Just a week ago, we were talking about speed limits and potholes - topics that were important then but are not a priority now in light of this global crisis.

Now comes a different test. And I am confident that like we always do, we will come together to find the very best solutions for our communities. We will take care of ourselves and each other. We will make sure our family, friends and neighbours have what they need. We will keep our kids learning and will lead by example. We will support our impacted businesses and those hit with the economic repercussions of this pandemic.

In the coming days and weeks and months, we will find a new



normal. We will be resilient through the challenges and find ways to support each other. I have no doubt that we will continue moving forward and that our city, province and this great country will remain the greatest place to be, to work and raise a family.

Remember, if you need help, reach out. If there is something that City Council has missed or overlooked, let us know. If you haven't talked to your neighbours, friends or family for a while, check in on them.

There are difficult days ahead of us but we are not alone. We are in this together, and together we will persevere.

**WE ARE ALL IN
THIS TOGETHER
(but at least 6 ft apart)**



Financials

Tax Time

Joanne David
BA CFP FCSI

Special Offer For Those Affected by COVID-19
Financial Concerns:

Our office will EFILE simple income tax returns at —>no charge<--- for people that are on the front lines fighting covid and those in isolation/in need. We also support Edmonton's Food Bank. Please share with others and together we can help.

Huge Changes for Individual Tax Filers in 2020
(article updated 4.19.2020)

There has been a whirlwind of changes brought about by measures to contain the COVID-19 virus which has become an economic game changer. This crisis has already inspired changes in how Canadians will file in 2020, and it is difficult to keep up.

As you may already know, the Canadian government's stimulus package includes \$27 million in direct emergency support for workers and businesses and \$55 million in tax deferrals.

The Canada Revenue Agency (CRA) has decided to offer individual income tax filers with tax relief measures and emergency support and enhanced benefits. A full list is located on my blog that I will strive to maintain.

Let's look at some of the more important changes for income tax filers.

Note: Many of these benefits can only be received if a 2019 income tax return is filed.

- The filing date for individuals is now June 1, 2020. Individual income tax payments including instalments are now due August 31, 2020.

- Seniors and others withdrawing from their Registered Retirement Income Funds (RRIF) will see their required withdrawals reduced by 25% and it is expected that re-contributions may be implemented.



- For individuals expecting to receive the GSTC benefit, the government has doubled the amount, so as to provide relief to low-income recipients. This payment is expected as a one-time payment early in May, 2020 and will boost individuals by \$400 and couples by \$600.
- Parents receiving the Canada Child Benefit (CCB) will see increase in the maximum annual benefit for the 2019-2020 benefit year by \$300 per child.
- Students will see a six-month freeze on Canada Student Loan interest repayments.
- These measures are in addition to the already introduced Climate Action Initiative new for January 1, 2020, which sees individuals and families receiving a cash rebate of \$444 per person up to \$888 for families resident in Alberta (plus an additional 10% for those living in rural locations).



- The Canada Emergency Response Benefit has a proposed new benefit of \$2K/month for 4 months and includes self-employed and those working on contract, part-time or seasonal, and is intended to include those not otherwise qualifying for Employment Insurance (EI) – and are impacted economically by COVID-19. This benefit combines the earlier offered Emergency Care Benefit (ECB) program (which was aimed to provide \$900 bi-weekly up to 15 weeks to workers who are quarantined or sick) and is also rolled in to the Emergency Support Benefit (aimed at assisting recently unemployed Canadians and those who have previously agreed to reduce their hours due to situations beyond their control). Applications can be made through an online portal for immediate processing (however registrants are advised if they do not qualify, the benefit will need to be repaid).

- Other emergency measures include waivers of normal waiting periods and medical certificates for government programs, mortgage and lending payment deferrals, supports to homeless and women and children fleeing violence, and return travel assistance for snowbirds and others needing to return home.

Remember to file your income tax returns to ensure that you receive the benefits you are entitled to.

Joanne David BA CFP FCSI is an independent Financial Planner operating in the Terwillegar-Riverbend area of Edmonton. Phone: 780.718.7117 Web: www.JoanneDavid.com



Neighbourhood kids enjoying the winter playing hockey on the rink in Tomlinson Park. Seth, Alex, Natalia Noah, MJ and Ethan. Photo Credit : Cindy Schultz (December)



Spring Colouring Contest

Name: _____	All entries must be received by May 31. 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 5 winners in each category are \$25 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: _____	



Spring Word Search



Find the words
below in the
grid to the right:



April
April Fool's Day
bloom
bud
Buddha's Birthday
cherry blossom
crops
daffodil
Earth Day

Easter
farmer
flower
grow
June
May
melt
Mother's Day
new leaves

plant
plow
seed
shower
sprout
thaw
tulip
wake up
warm

LAUGH OUT LOUD!

What do you call a dinosaur that is sleeping?

A dino-snore!

What is fast, loud and crunchy?

A rocket chip!

What has ears but cannot hear?

A cornfield.

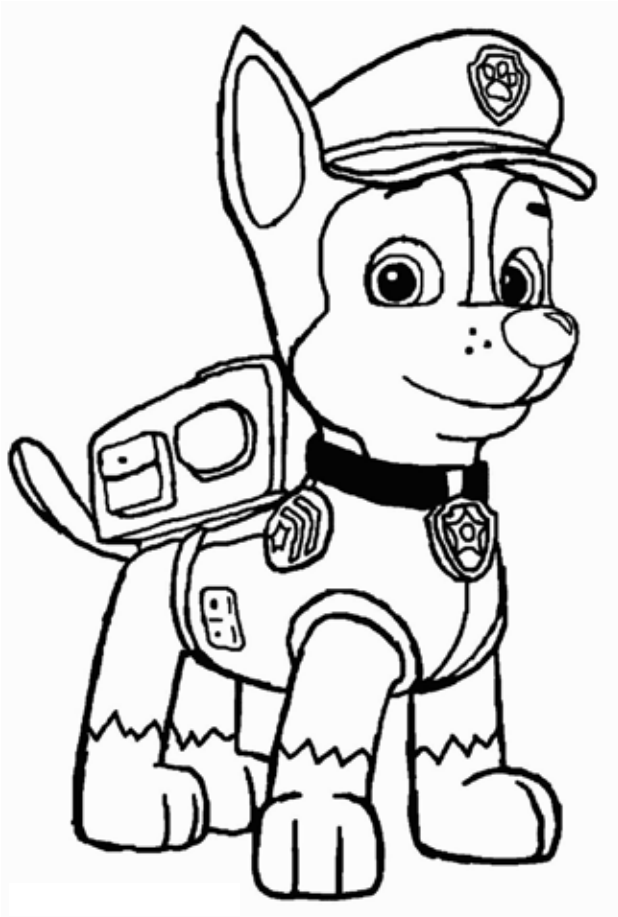
What did the left eye say to the right eye?

Between us, something smells!

What do you get when you cross a vampire and a snowman?

Frost bite!

What did the horse say after it tripped?
"Help! I've fallen and I can't giddyup!"



Valentines Colouring Contest Winners!

Ages 2-4

1st Place: Amelia T.

Runner Up: Jack N.

Ages 5-7

1st Place: Justin M.

Runner Up: Bronwyn

Ages 8-11

1st Place: Alexis C.

Runner Up: Oriana S.

Thank you to everyone
who participated.

Contests

Artwork!

Does your child have some incredible artwork they'd like to share with their friends? Send it to us! Everyone who submits will be entered into a draw to win 1 of 5 \$50 gift cards for Panago to treat their family to a delicious pizza night.

You have two options — snail mail or digital submission (contests@terwillegar.org).

PO Box 36508, RPO MacTaggart
Edmonton, AB
T6R 0T4

To be considered for the draw, you must include the following information with your submission:

- Child's first name
- Parent/Guardian Name, address (to mail the gift card to) and email

All artwork received will be featured in the next Tribune. Regardless of them winning a gift card or not.

Free time!

What have you been doing for fun? Take a picture of your activity which is passing the time during this pandemic and send it in to be entered into a draw to win 1 of 5 \$50 gift cards for Famoso.

You have two options — snail mail or digital submission (contests@terwillegar.org).

PO Box 36508, RPO MacTaggart
Edmonton, AB
T6R 0T4

To be considered for the draw, you must include the following information with your submission:

- If you would like us to publish your picture in the next Tribune or not, winners names will be published.
- Name, address (to mail the gift card to) and email

Chalk Art!

Chalk something up and show off your chalk art! Send photos of your art to be entered into a draw to win 1 of 5 \$25 gift cards to Remedy. Art must be original, on a sidewalk (driveways are fine), and done only with chalk.

You have two options — snail mail or digital submission (contests@terwillegar.org).

PO Box 36508, RPO MacTaggart
Edmonton, AB
T6R 0T4

To be considered for the draw, you must include the following information with your submission:

- If you would like us to publish your picture in the next Tribune or not, winners names will be published.
- Name, age, address and email

Thank you to all of the essential workers and those on the frontlines who are working tirelessly to keep us all healthy and safe during this pandemic.

