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www.terwillegar.org

Issue 81 June 2020

Next submission deadline:
August 14, 2020
Next issue: September 1, 2020

President's Message

Kathleen Mountford
TCL President

With so many events cancelled or put on hold, everyone has had to find activities to keep themselves busy at home. We have received pictures of families playing puzzles and board games. Now that the weather has improved, people have been able to go outside and get creative with sidewalk chalk. One local artist has taken to doing some very nice drawings on the path near the 156 St and South Terwillegar Blvd Condos, in Terwillegar.

The Community League is trying to help encourage people to stay busy with our contests. We have the artwork, free time, and sidewalk chalk contests that are included in this paper to help people find something to do in their spare time.

Once the Government of Alberta initiates Stage 2 re-opening plans, the Community League will start to look at bringing back events you may have seen in prior years. If you have any ideas that you'd like to share with the Community League, please send an email to tclpresident@terwillegar.org.



May 13th to October 7th, 2020

Est. 2011

The Southwest Edmonton
Farmers' Market

Running every Wednesday from 4-7:30pm

Parking Lot D (new location!)
at the Terwillegar Rec Centre

Please park in other lots; Lot D is for market use only

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Edmonton - Riverbend

An Update From Your Member of Parliament

Matt Jeneroux

MP Edmonton - Riverbend

The past three months have been incredibly tough for our community. We've all made personal sacrifices to stay home and prevent the spread of COVID-19, but that comes at a great cost to many. I've heard from hundreds of people in our community who are struggling to make ends meet without a paycheque, seniors who are isolated and having trouble getting by with increased costs as a result of the pandemic, and business owners who are worried about surviving.

We will get through this and my office will do anything within our ability to help.

The federal government has deployed a number of benefits to help Canadians. These benefits include:

- The Canada Emergency Response Benefit (CERB)
- Those who have experienced job loss as a result of COVID-19 can receive \$2,000 a month for up to four months.
- The Canada Emergency Wage Subsidy (CEWS)
- Business owners can apply for a 75% wage subsidy backdated to March 15 to keep employees on the payroll.
- Canada Emergency Commercial Rent Assistance (CECRA)
- Landlords can apply to receive 75% of the rent their eligible commercial tenants pay.
- Canada Emergency Student Benefit (CESB)



- Eligible students can receive up to \$1,250 a month during May to August 2020. Students with disabilities and students with dependants can receive an additional \$750.
- Help for Seniors
- Eligible seniors will get a one-time, tax-free payment of \$300 for the Old Age Security (OAS) pension, with an additional \$200 for seniors eligible for the Guaranteed Income Supplement (GIS). There is no application for this program and qualifying seniors will see the benefits applied to future payments.

More detailed information about these benefits, including links to apply, are on my website at www.mattjeneroux.ca/covid-19.

As always, please contact my Edmonton constituency office with your questions at 780-495-4351 or at Matt.Jeneroux.C1@parl.gc.ca. We're going to get through this together.

Are you interested in: Meeting New People? Helping plan resources in our community? Strengthening our Community Spirit? Join our Community League! We will help you find a role that interests you. volunteercoordinator@terwillegar.org

Neighbourhood Watch

The Edmonton Neighbourhood Watch Program Society is a not-for-profit, charitable volunteer passive crime prevention organization. Our mission is to improve the quality of life within all Edmonton communities through the fostering of a cooperative crime prevention program at the neighbourhood level by working to encourage awareness and participation.



Our main objective is to have as many residents as possible actively participating in their neighbourhood so that any threats to the area will be reported to the police, thus avoiding the occurrence of a crime. We encourage residents to watch out for each other to reduce crime in the city. Edmonton Neighbourhood Watch members are the eyes and ears of the community and our members report any suspicious activity in their neighbourhoods, whenever they occur.

We are always vigilant.

The Edmonton Neighbourhood Watch Program is based on volunteers. The strength of the program is based on the efforts of our members in each neighbourhood. Our volunteers include the executive, special committees, and community members. The volunteers that work within each of our neighbourhoods and the community leagues are our most important members. The program would not exist if it were not for the dedicated efforts of our volunteers.

If you would like more information please contact the Edmonton Neighbourhood Watch office:

Edmonton Neighbourhood Watch Program Society

Phone: 780-433-7458

E-mail: admin@enwatch.ca

Website: <http://enwatch.ca>

Community

Theft From Automotives

From www.edmontonpolice.ca

Most vehicle crime is opportunistic and therefore preventable. By following some straightforward advice, and working together, we can ensure that this type of crime is reduced in your community. Some of the advice may sound obvious and rather simple but it could make all the difference if you follow it consistently. The cost and the time you must spend on repairs, replacement of stolen items can be easily prevented by following some simple tips.

Tips to prevent thefts from your vehicle.

Remove all Valuables - Never leave ANYTHING on display when you leave your vehicle. Even loose change, cigarettes, cigarette lighters, sunglasses, CD's, cell phones, stereos, cameras, and clothing, if they can see it they will steal it.

Park Safely - When parking at home, always use your garage if you have one, and lock both your vehicle and your garage. If you don't

have a garage, try to park in a well-lit, open place. When parking at work or your local mall, park in a well-lit open place.

Remove Portable Accessories - Removing stereo face plates and locking them in the trunk or taking them with you, will deter thieves.

Get an Alarm Installed - Alarms can deter thieves not only from stealing items from your vehicle, but also from stealing your vehicle. Even if you have an alarm installed NEVER, NEVER, NEVER leave anything in your vehicle. Thieves can smash a window, reach in grab an item and be gone in seconds, before your alarm is even activated. Caution is needed that you do not set your alarm to sensitive. Storms, wind, large trucks passing by your vehicle can set it off.

Use a Steering Locking Device (The Club) · Use a steering wheel lock every time you leave your vehicle. A vehicle that is well secured has a tendency to deter criminals. A steering wheel lock will also deter theft of your vehicle.

Edmonton Public Libraries is Online for 2020

From www.epl.ca

Summer Starts is an annual program that encourages kids to read, create and explore all summer long. Kids can track their reading activity for a chance to win awesome prizes and check out our classes and events. In total, there are more than 500 activities to keep kids busy!



The program includes a summer reading challenge, online events, and weekly contests. View the flyer for more information, or visit their website to download the program guide in both English and French.

STAY CONNECTED!

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* Value of EPL's materials, services and programs offered to Edmontonians is approximately \$584 per cardholder.

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Community

SW Edmonton Farmers' Market - June 2020

Christie Anderson
Market Manager

The 2020 season of the SWEFM has kicked off! Curbside Pick-up Now Available!

Find us in our new location of Lot D at the Terwillegar Rec Center (last year we were in Lot E). We have a wonderful line-up of vendors at the market each week! Despite having to cancel most social and “extra” activities at the market, we continue to have a well-rounded market full of the best local food and crafts running for the season. While the gorgeous fruit and veggies are the stars of the show (who can resist plump Rainier cherries, bushels of garden carrots, garden peas, and the juiciest berries you’ll ever see?), we also have a huge variety of prepared foods and food truck meal options. This includes Thai, Indian, Greek, vegan, gluten-free, & Ukrainian to name a few, as well as carefully selected artists, bakers, & meat vendors to ensure there is something for everyone.

We have worked carefully with Alberta Health Services to come up with a social-distancing plan to ensure everyone has the room to feel safe at the market. Common areas (the ATM, porta-potty) are sanitized frequently and our vendors are spaced further apart to ensure there is no need to come within six feet of another shopper. And, we have ground markings to help you determine where to stand in line at each vendor.

For those who wish to forgo coming into the market, we have a handy Curbside Pick-



up Program. Order online by each Monday at 10pm for pick-up at that Wednesday’s market. You will book a timeslot and your fresh food and goods will be brought to your trunk. Participating vendors include Steve & Dan’s, S4 Greenhouses, Theo’s Greek Kouzina, Confetti Sweets, El Gringo, and more.



Check it out at www.swefm.ca (and click on the “Curbside Pick-up” tab) or go to: <https://www.localline.ca/southwest-edmonton-farmers-market>

The SWEFM runs every Wednesday from May 13th to Oct. 7th, from 4-7:30pm at the Terwillegar Rec Center Parking lot in our NEW LOCATION: ** Lot D**



Community

TRAC Update

Karin Shott
TRAC Community Office

The Terwillegar Riverbend Advisory Council had their 1st ever virtual AGM on April 22nd, 2020. Congratulations to the 2020-21 new and returning members of the Executive: Monte Weber, President; Annie Allers, Vice President; Nancy Wendt, Treasurer; Dave Rumbold, Secretary and Sue Trigg, Community Advocate.

The current neighbourhood Ambassadors have agreed to stay on for another year: Peter Farnden, Eleni Shaver, Louise Forest, Rob Agostinis, Mike Boychuk, Loretta



Bieneck, Gordon Edmiston, Peter Kunkel, Ryan Barber, Felicia Truong, Vanessa Desa for BGR, & Deborah Forst for SWEFM.

The neighbourhoods of Ogilvie Ridge, Brookside & MacTaggart have vacant Ambassador positions and the Seniors Ambassador position is vacant as well. If you or someone you know is interested in

finding out more information regarding these positions, please contact the TRAC Community Office at yegtrac@gmail.com or reach out to the respective community league.

TRAC Community Office

As the Terwillegar Community Recreation Center is still closed due to COVID-19, the TRAC Community Office is closed as well. You may still reach the office by email: yegtrac@gmail.com or tracmail@tracspirit.ca Telephone messages are also monitored regularly.

Community league memberships are available for purchase by mail at this time. Please see the membership form near the back of this issue. Memberships are also available via www.efcl.org You will be charged an additional \$5 admin. fee but will be issued a digital membership card within minutes.

TRAC Community Run/Walk

The TRAC Community Run/Walk was cancelled this year due to COVID-19 but will return next year bigger and better than ever!

TRAC Community Vine

If you're looking for a nice bottle of wine to enjoy, please check out 'The Ridge Vines' which is the latest community wine fundraiser celebrating community leagues in our area. This wine is currently available at Vines Wine Merchants (2331 Rabbit Hill Road). For your convenience curb-side pick-up or delivery is now available!





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Community

Community Care Gone Viral

Fiona Ko, MPH

Three months ago, if someone told us the entire world would be under house arrest because of a novel virus that sparks a global pandemic, we would roll our eyes and tell them to get off their soapbox. Today, that is the new reality we all live in, whether we choose to believe it or not.

A disclaimer, this article will be biased. I completed my graduate education in public health, I work every day in public health and personally see the daily COVID-19 numbers in our province. For the last three months, every bit of my workload has involved COVID-19 in some way. I am extremely grateful to be employed during this time, and recognize the economic hardship that has befallen many of us during these literal unprecedented times. It is sheer madness the amount of responsibilities we have had to juggle as a result of sudden quarantine and isolation. We are parents, caretakers, students, and overnight we are also teachers, advocates, and researchers. We are doing a phenomenal job facing a challenge none of us have ever encountered in our lifetime (unless you have also lived through the 1918 flu pandemic, if so, please lead us all through this).

Revel in the fact that we as a community have come together and displayed overwhelming positivity and support for each other on all fronts. Rejoice in the delicious takeout meals from local establishments that we would destroy our own kitchens trying to create. Reflect fondly on the socially-distant block parties, the street musicians, the stunning sidewalk art by our young artists, and the small favours we have done for each other within the community to keep each other safe. Let us celebrate the key role of modern technology during this pandemic as it allows us to continue to teach our children, to conduct meetings to move our organizations forward, and to be used innovatively by science to further understand this complex disease.

To the graduates of 2020, completion of high school or post-secondary during this difficult time only proves your ability to overcome adversity. The real world is tough, but surviving this will just make you tougher. Between the surmounting pressure of online education, and the societal pressure of being productive during this idle time, remember to breath, you are allowed to take a break before entering the real world.

To the non-medical essential workers, we cannot thank you enough for running the businesses that allow us to put food on the table and provide for our loved ones. We will continue to show our support by respecting public health guidelines to ensure your safety in your place of work.

To the frontline medical staff, seven o'clock applause and cheers

for you are simply not enough, but it is the least we can do as a community to show how much we appreciate you protecting all of us who have the ability to be sheltered in the comfort of our homes. Thank you for continuing to fight for our health.

Every day I am asked “when will we go back to normal?” Simple answer: I’m sorry, we won’t.

We are living a new “normal”, wherein hopefully everyone joins together to educate, understand and demonstrate a commitment to evidence-based public health guidelines. It is due to these guidelines, that we have flattened the curve. That is, our active cases are not increasing, and we have managed to not overwhelm our hospitals and acute care facilities. Sadly, this is far from over, and we must continue to work together as a community to be part of the solution.

Remember, Albertans are legally required to isolate for:

- 14 days if they are a close contact of someone with COVID-19 or returned from international travel
- 10 days if they have any symptoms that are not related to a pre-existing illness or health condition such as cough, fever, shortness of breath, runny nose or sore throat

Please continue to:

- Practice physical distancing of at least 2 metres from people outside your household
- Limit the number of times you leave your home
- Wash your hands with soap and water for at least 20 seconds, especially if you have touched surfaces frequently touched by others (doorknobs, handles, light switches, gas station pumps, etc)
- Cover coughs and sneezes with a tissue or your elbow
- Avoid touching your face with unwashed hands
- Wear a mask when physical distancing is not possible
- Properly dispose of masks and gloves in public spaces (please don’t litter!)

Adapted from <https://www.alberta.ca/prevent-the-spread.aspx>

I know not everyone is going to agree with the public health guidelines implemented by the province. I understand there is division in opinion. As of late, these differences aren’t just regarding these pandemic guidelines, but extend to other major issues. Understandably, the uncertainty and anxiety of the pandemic is bringing out worries, fears and differences in all of us. The world is a strange place right now, there is a lot of chaos and spotlight on negativity. This just further highlights the need for us to come together despite our differences, to live through this pandemic and the troubles it brings. At the end of the day, I cannot tell you what to believe in, I can only hope for all of us to be united through respect and kindness for each other.



Community

Let's Talk Health - Taking Control

Faith Grant

In this first installment in the series we will look at what constitutes good health. So, what is health? Firstly, we must realize that health is multifaceted, (e.g physical, emotional), occurs on a continuum (different needs at different stages in the life cycle) and is only partly in our control. To the extent that it is, however, we MUST take control.

A simple definition might describe the condition of being free from illness or disease. Other definitions reference the concepts of physical, mental and social well-being. The best definition I have come across addresses these aspects but also see the individual as a functioning unit. To the extent that optimal health allows us to function optimally, this is the optimal definition: the ability of individuals or communities to adapt and self-manage when facing physical, mental, or social challenges.

Never in a hundred years, have we been called upon to come together as we have been in the last 3 months. As individuals AND as communities we are required to adapt in unprecedented ways. And as we adapt, we discover the impact on not only physical, but also mental health and the importance of community and socialization. Frustrations abound.

We are called upon to remember that the first rule of good mental health is to address the things that are in our control. We all know the serenity prayer which asks for Serenity, Courage and Wisdom. The rest of the prayer is not as popular. It recommends “living one day at a time, enjoying one moment at a time and recognizing hardship as a pathway to peace”. Hardship and Peace together sounds counterintuitive. But consider what we’re coming through.

We have been forced to live one day at a time. In general terms, we HAVE found peace in terms of spending time on what is important. These are the things that are in our control.

Here is a simple mnemonic to remind you of what you can do to take and maintain that control

AEIOU of Health©

Assess

You can’t change a situation without knowing what the situation is. Otherwise might create additional or a much bigger problem. Consider the caveman who went to the cave doctor with a terrible stomach-ache. After a brief history, he went to the corner and picked up a huge rock which he proceeded to drop on the patient’s foot. This absolutely took the attention off the stomach-ache but now “Caveguy” must now figure out how he will run and hide from the saber-toothed tiger. Bigger problem, right?

Educate

There is so much information available today in books, articles and online resources. We just need to be aware that Dr. Google is a 2-edged sword, so we have to be careful how we swing it.

Invest

Dedicate time, energy, finances and personal engagement to your plan for health. Find a trusted partner to help you navigate through the morass.

Operationalize

Simplify what you need to put into action so that it is more easily done

Unify

Remember, health is multifaceted. Unify your needs. For example, insomnia due to stress from cash-flow issues will not resolve simply by taking a sleep aid. Get to the root of the matter and deal with all aspects simultaneously.

In the next issue we will examine and give examples of how the AEIOU can be applied to all aspects of health and all situations.

Questions may be directed to physiorlz@gmail.com

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Edmonton - Whitemud

Report From The Legislature

Rakhi Pancholi

MLA Edmonton - Whitemud

I'd like to begin by noting that these columns are submitted a few weeks before publication so, in the constantly evolving times we find ourselves in, it is always difficult to predict what will be happening when you read this.

Since late March, my constituency office has been physically closed, but my staff continue to respond to your letters, E-mails and phone calls. Given the size of our office and the ongoing recommendations from the Chief Medical Officer of Health, our constituency will remain closed to walk-in traffic for the time being. However, please continue to contact us to schedule an appointment by phone or videoconference or to drop off documents.

Despite the restrictions imposed by COVID-19, it is more important than ever that we stay connected. I have been inspired by how so many organizations in our community have adapted to the current situation. While so many community events have been cancelled this year, I continue to support local businesses and promote events that are still being held in a modified form, such as the weekly Southwest Farmers' Market. So many restaurants and small businesses in our area have offered modified curbside services, online ordering, and they continue to need your support. Non-profit organizations like the Fort Edmonton Foundation are engaging in creative fundraising efforts to support the reopening of Fort Edmonton Park next year.

I've attended many meetings held by community groups like Oak Hills and Riverbend community leagues, TRAC and Brander Gardens ROCKS, all of whom are working hard to continue to support our communities.

These examples have inspired me to find new ways of my own to reach out to people in the community. One of my personal highlights has been speaking to Grade 6 and Grade 9 students by video conference. Young people in Edmonton-Whitemud have asked some really great questions about my role as an MLA during this time and I look forward to the time when I can meet with them in person at the Legislature again.


I have hosted virtual meetings with different groups of constituents on a variety of topics, including health care, education, child care and the re-opening of Alberta. I plan to actively continue these conversations and encourage you to reach out to me if you would like me to host or participate in conversations you are holding.

The pandemic has initiated important conversations about what the future of Alberta's economy, public health system, and education system will look like. I continue to advocate for an evidence-based approach to our recovery that focuses on what the world looks like now, not what it looked like 40 years ago.




The people and businesses of Edmonton-Whitemud told me that they wanted a consistent set of guidelines and supports for re-opening and assistance with procuring appropriate personal protective equipment (PPE). Businesses and non-profits have been calling for substantive provincial support for managing their fixed operating costs like commercial rent support – not just deferrals, but real relief – as they continue to manage no or decreased income. And of course, parents and families are focused on the reopening of our schools and childcare centres in a safe manner so that Albertans can get back to work and children can reconnect with their friends and set them up for a successful learning experience. This will look different for different families and we need to be ready to support that.

My NDP colleagues and I have responded to what we heard from you over the course of the pandemic with a series of proposals to government. For more information on our ideas and the government's response to date, please visit <https://www.albertandpcaucus.ca/work> or contact me directly at edmonton.whitemud@assembly.ab.ca.

STANDING UP FOR you.

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Our business started in Edmonton in 2011 and we mainly serve customers in the Terwillegar area. Our work is appreciated by hundreds of clients who support us with their comments, recommendations and 5-star reviews in Google and Facebook.

Community

Mindfulness and Stress

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

In the February issue I wrote an article about Mindfulness and Stress. Little did we know our world was about to be turned inside out with Covid-19. A link to that article is here <https://www.terwillegar.org/files/tribune/2020-02.pdf> Page 9.

There have been many memes floating around about the anticipated weight gain that can come from being shut in with easy access to food and limited activity. This is a good time to begin to be mindful around what you are eating.

Start by learning to experience your food and savoring it. Notice the way it looks. Notice the way it smells. Notice the way it feels. Notice the texture – is it smooth, crunchy, spongy, crumbly, lumpy, dry, wet. Notice the taste and see if you can identify different flavors. Is it spicy, hot, cold, sour, salty or sweet?

The more we can pull in our senses around what we eat, the more we can savor both what we eat and the experience. We can start to identify how the food makes us feel while eating it and after eating it and bring that experience back the next time we reach for that food. Maybe you love eating the food but it makes you feel awful after it. So the next time, have just a little so you can still savor the experience of the food and see if you still feel awful afterwards. I find for most deserts the first bite is the most enjoyable anyways, so a little allows you to have your cake and eat it too.

The next step is to ask ourselves, Why am I eating this? Am I hungry? Do I need to fuel for activity? Am I eating out of routine? How do I feel right now? Sometimes we eat because of routine, boredom, emotion so becoming aware of the whys can tie into becoming mindful about what you are eating. My own experience with eating mindfully began in November of last year. I had felt exhausted all the time and knew my diet could use some tweaking to incorporate more fruits and vegetables. As I started to bring mindfulness into what I was eating, I noticed that at night time I was consuming a lot of unnecessary food. When I started to ask “Why am I eating this, how do I feel right now” the answer was that I was tired. Once this was identified I began to have a herbal non caffeinated tea to ready myself for sleep. It has taken a while (since November) but the desire to snack at night time now is rare.

During the day there is more will power for most. If I find myself wanting something not healthy at night, I tell myself I can have it in the morning if I still want it. More often than not, I do not want it in the morning. If I still do, will have whatever it is and find it much easier to stop at just a little.

Observing how I feel and how the food tastes during the day has me eating more vegetables and seeking out different ways to cook them. I tried one of the meal subscription boxes to get some more ideas. During the pandemic, practicing mindfulness has had me put back food many times that I was going to eat just to eat. Often times it was healthy choices but still unnecessary.



Becoming mindful about what you eat will help you to make better choices for your body and increase your satisfaction when you eat. Know that it is a process that will take time to cultivate. You will find yourself falling back into habits, but hopefully by bringing awareness to them, over time you can make changes to eat the foods that make you feel the best and truly bring you joy.

Hopefully the curve will remain flat and we can begin to resume our lives, while holding onto some of the good things we have discovered during this slow down of society.

In the next issue we will explore how to approach eating mindfully.

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Basia Braaksma

Executive Director TTHOA

Amid the chaos, many of us are taking this time to spruce up our homes so that the prospect of future time spent here is a tad more alluring. A lot of focus this season has been on exterior features - you can find plenty of summertime inspiration for some beautiful backyard ideas to enjoy the gorgeous weather. Adding some palms to your patio or splashes of colour with throws/pillows and voila – you are feeling the vibes of Turks and Caicos.

As we have a bit more time to work with while gradually returning to normalcy, now is the perfect opportunity for making some overdue changes, whether big or small. Maybe you are considering a pergola with some gorgeous ambient lighting, painting your fence or adding herb gardens and a bistro table? All of the unique porches in Terwillegar Towne make the perfect canvas for cozy arrangements of whimsical chairs and spectacular hanging baskets.

An excellent decluttering also goes a long way and creates a more open and cohesive space. I'm convinced that you can easily find countless items taking up precious real estate around your home, which seem out of place and no longer provide enjoyment. Buy, sell or trade whatever inspires you to create a beautiful space that makes you feel at ease.

If you are planning on renovating the exterior of your property, please ensure that you check with your Homeowners Association (if applicable) and follow the designated architectural guidelines. Terwillegar Towne Homeowners can find news and guidelines at www.terwillegartowne.org or email basia@terwillegartowne.org with any questions.



Happy renovating & enjoy the summer!



Featured Terwillegar Towne Home - photo credit: Grazyna Koziol.

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The building may be closed,
but the church is alive and well.

You are invited to church online
Sundays at 10:00 am

tcchurch.ca

And check out the website for information on upcoming

Safe Community Events

If you have a need, please contact us.
See website for contact information.

1751 Towne Centre. Blvd.
www.tcchurch.ca



Terwillegar Community Church

A Reason to Smile

Marni Mrazik

Director of Community Life

Terwillegar Community Church

The other day during a zoom meeting of which I was a part, a young mom was commenting that with three preschoolers at home and very few places to take them, she felt her house was not as neat and clean as usual and it was harder to stay on top of the housework. At the end of the call, I texted her and said, “I hope your kids make a little less mess for you today.” She immediately texted me back, telling me that during the Zoom call, her 3 year old daughter gave her 1 year old daughter some bread and they sat on the stairs and ate it and left a trail of crumbs. She also sent photo evidence. I don’t know why, but as I imagined her two curly headed, wide eyed, super cute, little girls sharing their bread on the staircase, I began to smile, a pretty big smile actually, maybe even a chuckle. I responded to her with, “Sorry, but I have to laugh. I think that is very cute! Big sister taking care of little sister.”

It made me wonder, what is making people smile these days? What is making you smile these days? The news is filled with reasons not to smile and I know we need to be mindful of the reality of the coronavirus, of injustice and of the struggles people are going through. We need to take time to make someone else’s life a little better, a little easier, and to make our world a little more just, but I also hope we take time to consider what is good and what is smile worthy.

I asked a few friends what’s making them smile these days and I heard a whole continuum of answers from hair trims, and flower gardens to visiting friends (from a distance) and facetimeing grandchildren. We may never take a haircut for granted again!

One of the things that has always made me smile is being in community with others. My family, friends, neighbours, even fellow dog walkers I stop and chat with on the paths make me smile. These days, we all have to be creative in how we live out community. Everyone is asking, “How can we stay connected and engaged during a time of social distancing?” This is the time of year when I am usually cleaning things up from the Spring Carnival that Terwillegar Community Church hosts at Tomlinson Park and I’m starting to plan for our Friday at the Park events. I always look forward to these activities at the park and seeing so many families and folks from the community coming together to enjoy some sun, food and fun. These events can’t happen this year because of Alberta Health regulations. The good news is that while the church building is closed, the church is alive and well. We have been meeting on line each Sunday and have many other virtual groups and activities happening each week. Currently, we are planning on hosting some different events this summer season that will invite the community together in safe activities that follow Alberta Health guidelines. Now, that makes me smile! You can check out tcchurch.ca for more information. Hope to see you out and hope you find many reasons to smile!

COVID Graduation



Congratulations on your graduation, Ethan! Photo Credit: Christina C.

Kids Zone - Coloring Contest



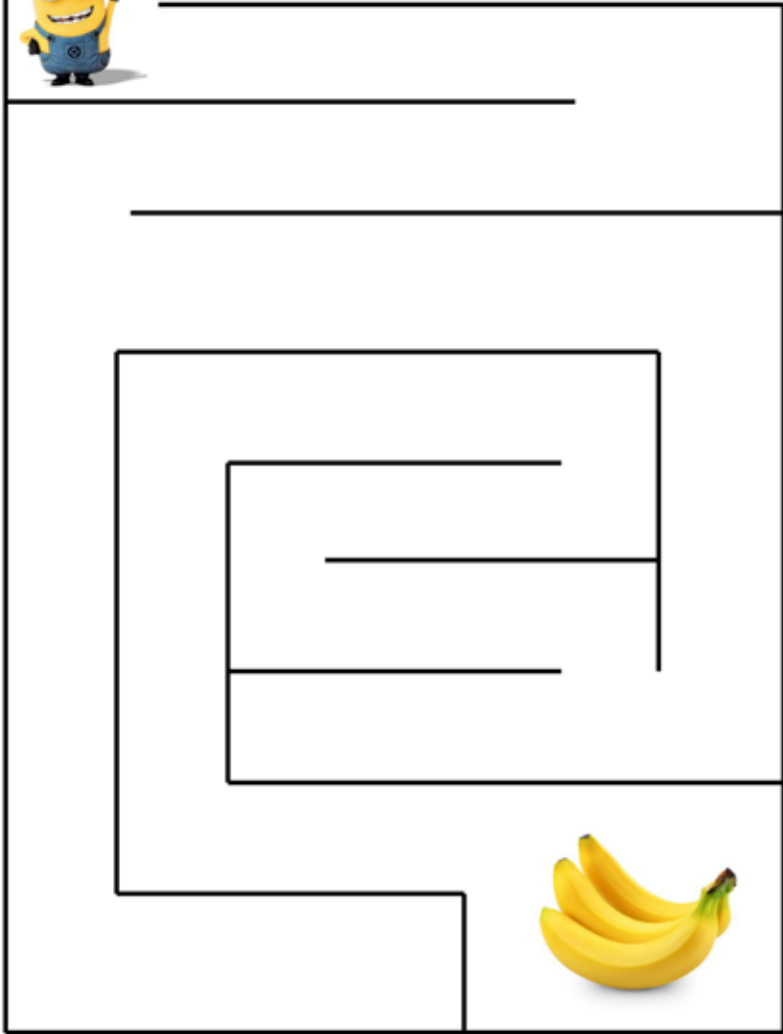
Summer Coloring Contest

Name: _____	All entries must be received by August 15. Please note: one entry per child. The contest is open to residents of the following areas: Terwillegar, Magrath, South Terwillegar, and MacTaggart.
Age: _____	
Address: _____ _____	
Phone: _____	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
Email _____	

Kids Zone - Maze



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summer	fun	hot	shorts	fruit
pool	sun	sprinkler	vacation	hiking
swimming	grass	picnic	watermelon	popsicle
camping	outside	road trip	play	lemonade



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.

Community

Councillor Update

Tim Cartmell
Councillor Ward 9

Without question, this has been the most remarkable spring in a generation. I wanted to share a few thoughts with you before we head into summer.

City Council is the only level of government that conducts all of its business in public. Debates and votes happen in public, and you can see directly what Council decisions I have supported, and which I haven't.

Why do I bring that up? Because the physical distancing requirements of our Covid-19 response have prevented City Council from having those very public discussions. We cannot get all of the Councillors in one room, never mind members of the public as well. Public engagement sessions, Committee meetings, Public Hearings have all been suspended or greatly diminished since mid-March. And that means we have not been able to advance all of the work of City Council.

2020 was intended to be a very busy year at City Hall. The Bus Network Redesign, the new City Plan (and related master transportation plan), revamped waste collection, prioritized budgeting. Council intended to debate all these topics this year.



Between lost revenue and Covid-19 related expenses, the City has additional costs of \$163M, so far. We don't know yet how many property owners will be able to pay even a part of their tax bill. The revenue problem will be bigger come fall, and that means difficult choices about what programs and services continue, which ones are suspended or cancelled, what level of service we offer, and other difficult decisions.

However, there are persistent suggestions that the federal and provincial governments will provide funding to Edmonton to accelerate construction of infrastructure projects - to inject money into the economy, to build or rebuild critical infrastructure, and to provide badly needed economic stimulus.

Beyond money concerns, there are questions about what a "new normal" looks like. How many people will be comfortable

on crowded transit vehicles? Or in a busy recreation centre? What will the physical distancing rules be in Fall?

There is much to think about, a lot to discuss, a lot to consider. And with the cancellation of events involving large gatherings, including all those community events we love, there will be fewer formal opportunities to connect.


I know this could all paint a fairly bleak picture, but there is hope. Our neighborhoods and communities are so vibrant. We will have a lot of time on our hands this summer, so let's take advantage of that time to connect with each other (in small groups), to contemplate our new world, and to figure out those unique, imaginative, innovative solutions our City will need to address the challenges ahead of us.

I really welcome your input and feedback, and I truly enjoy the opportunity for conversations and fellowship. Send me your thoughts. Meet me at a local coffee shop or patio (and support our local businesses in the process). Join me for a run or a bike ride. You can find me on email at tim.cartmell@edmonton.ca, on Facebook, Twitter, Instagram or by calling my office at 780-496-8130.

Have something would you like to write about?
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Seniors

News for 55+

News From SouthWest Edmonton Seniors Association

By Carol Vaage

These past few months have been a challenge for everyone, especially for our demographic - the elders of our community. Having longevity has taught us many things about life. That there are rainbows after the storms, that spring follows winter, and that change is inevitable.

For SWESA, with the closure of programs and facility, the loss has been felt by members, employees, and the Board of Directors. The Board has been working on updating policies and the strategic plan, while trying to anticipate a reopening and what it will look like. They, like others, have been impacted financially and are planning a charitable donation campaign later in the year.

SWESA launched a Friendly Phone Call Program to reach out to members and it was well received. The members loved getting a call although most have connected with their SWESA friends and are communicating by telephone, email and social distancing gatherings. Everyone is anxious to meet up in person.



"This storm will pass. Although, it has tested our strength, our foundations, our roots, we will arise stronger, wiser, and smarter. The best is yet to come. "
-Charles F Glassman

Age Friendly Edmonton has been asking seniors what's great about being this age? My thoughts were about time. We're not usually working full time anymore, so we have more time than the career age group. We're not usually raising children either. So our gift is time.

Time to learn new things, like watercolour painting or another hobby. Time to volunteer for organizations that you believe in. Time to write – memoirs, reflective journals, poetry.

Time to be with nature to marvel at the tree buds unfolding, the blossoms emerging, the shoots of green grass. To marvel at the changes in our seasons.

We have time to keep ourselves safe from viruses by sheltering in place. There is time to share with our children as they age, so that they know that growing older may be physical aging, but the inner self can be as young as ever. We have time to live in the present and enjoy each sunrise, rainfall, and sunny day. We also have time to have an afternoon nap whenever we wish!

There is more time to be advocates for seniors, especially for those of us who live in senior residences or care facilities. We are fortunate in Alberta that many positive steps have been taken by officials to make changes necessary. Our voices can be added to many others to ensure the well-being of the most fragile of us.

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.

"Just keep swimming."
-Dory

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 members meet 3 times a week for coffee and chat. Photo credit: Barry Headrick.

Zoom has become popular for SWESA members as well. Zoom coffee and chats are available every Monday, Tuesday and Thursday. The Friday morning Art Group is meeting by Zoom on a daily basis to share their work and catch up. Finding ways to stay connected is important especially for those of us still sheltering in place.



SWESA Friday morning art group meet daily on Zoom to share their paintings. Photo credit: Barry Headrick.

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

Community

Graffiti

From www.edmontonpolice.ca

Graffiti vandalism is any inscription, slogan, drawing, etc., scratched scribbled or drawn, often in spray paint, on public or private property without permission.

The graffiti in Edmonton is a blend of "hip hop graffiti", which is when a vandal or tagger paints their respective tag name in an effort to cause damage to gain fame within the graffiti sub-culture. These vandals will usually tag with a crew represented by three letters often painted with their tag name.

Gang graffiti accounts for less than three per cent of graffiti in the City of Edmonton.

Graffiti vandalism is the most visible and prominent crime in a neighbourhood, making it appear unsafe. The Broken Windows theory tells us that the appearance of disorder will attract and cause more disorder and the escalation of crime. When you come across graffiti, remember the "3 Rs":



Record

If you have been victimized by graffiti vandalism you need to record it for evidence and insurance purposes. Take photos of the vandalized area and record when it occurred. This information will be required when you report it.

Report

Graffiti In Progress - If someone views graffiti in progress they should contact 911.

Property Owners - If a property owner

discovers graffiti on their property they should contact Police at 780-423-4567. Or, report the incident to a community or divisional station.

Citizen Complaints - All citizens are encouraged to call the City of Edmonton at 311 or fill out their online form to report graffiti on public and private property whenever it is spotted.

Remove

Property owners who fail to remove graffiti within a reasonable time may be fined \$250 (effective April 1, 2008). Where a graffiti complaint is not voluntarily removed, a property owner may receive a fine. It's important to send graffiti offenders the message that graffiti will promptly be removed from your property.

The Capital City Clean-up program can help. Call 311 after reporting to the police.

Are you interested in: Meeting New People? Helping plan resources in our community? Strengthening our Community Spirit? Join our Community League! We will help you find a role that interests you. volunteercoordinator@terwillegar.org

Thanks from Amy's House

Bunda Goebel

In May of 2018 - 37 year old Amy Alain was diagnosed with lung cancer. Throughout her journey she made it a mission to help others and after her death in a February 2019, her husband, Phil Alain, created Amy's House.



It is a home for out of town patients who are going through cancer treatments. It is a place of comfort for patients and family members to help ease their emotional and physical discomfort while they

carry on with their personal journey battling cancer. During COVID we have been able to keep the house occupied but are unable to do much for fundraising. Due to the wonderful south west communities and an ongoing bottle drive, we have been able to raise enough money to pay for half a months expenses.

Amy would have been 40 years old September 28. We are hopeful we can celebrate her and the legacy she has left behind.

More information can be found at www.amyshouse.ca

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- CONSIDER SMALL BEFORE THE BIG GUYS

@COMMONDEER

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



**CAPITAL CITY
ART**

CALLING ALL LOCAL ARTISTS!

Help celebrate the opening of the revitalized Stanley A. Milner Library by submitting your art to be showcased as part of the Gallery at Milner—a place to discover great local visual art like paintings, prints and more.

Submit your application **by June 30, 2020** for your chance to be included. Find out more.

 **epl.ca**

Community

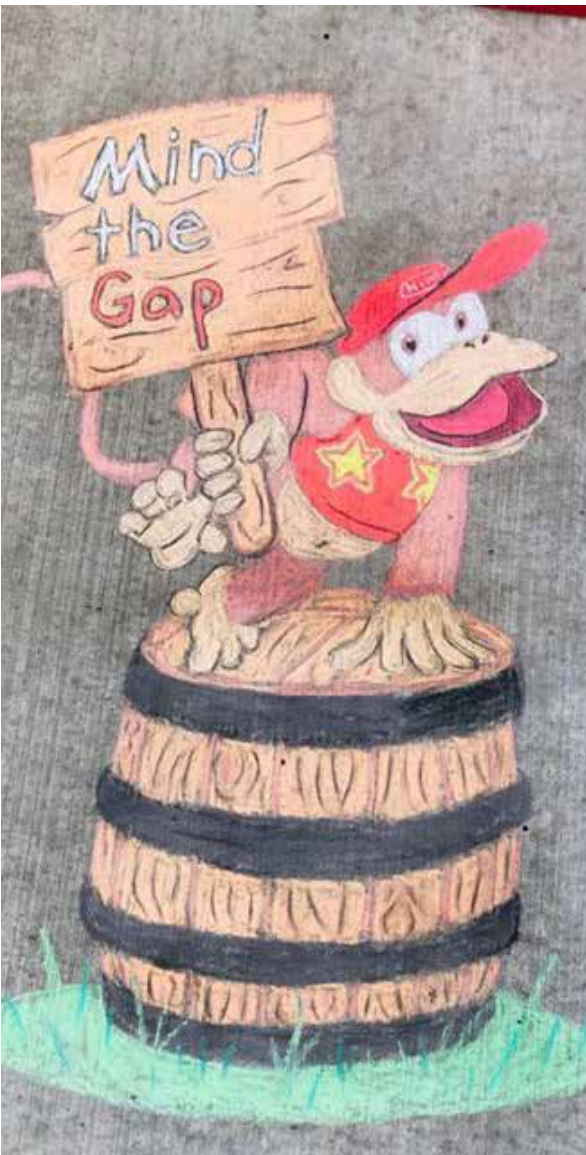
Sidewalk Chalk Artist

You may have seen my artwork around the Terwillegar and Riverbend area the past month as you go out for your evening walks. My name is Braeden Kelly, I am 14 years old and attend JH Picard school. I have fallen into the title as, ‘The Chalk Artist.’

Encouraged by my mom to turn in my pencil and sketchpad for chalk I learned to put my ideas onto concrete. After a simple post of my art on to my local community page, I was soon overwhelmed with so many supportive comments. My art was bringing smiles to people who like so many were going through hard times. People began requesting for me to come help celebrate in social distancing style by adding pieces on their driveways.

I’m loving all of the challenges people put forth to recreate images they have for me or just give me free reign. To receive the pictures of little kids with their big smiles and adults alike makes me smile! It helps me relax and escape from all of the goings on in the world and get in to my own zone. Being able to focus on something that brings joy to so many during this pandemic truly makes me feel a sense of accomplishment at my age.

I could not have done this without the support of my family and my community, so I thank you all for making this the best summer ever. I am truly humbled by your generosity.



More Sidewalk Chalk Art From The Community



Launch of New Bus Network Postponed to Mid-2021

Edmonton Transit Service’s new bus network and On Demand Transit pilot project are postponed to mid-2021. The City of Edmonton’s top priority is the health and safety of Edmontonians, so their staff will be focused on the COVID-19 response right now. Postponing the launch lets them better help you get ready for the changes so you’re prepared on day one. The current network remains in place until then.

Revised timelines:

The planned release of the new network trip planning tools, schedules and route maps will be postponed to winter 2021. This will allow them to make any route adjustments needed for new or completed construction projects.

Big Bin Events

In an effort to contain the spread of COVID-19, 2020 Big Bin events are cancelled until further notice.



Beautify our city with Front Yards in Bloom!

We are excited to be launching a new year of Front Yards in Bloom—a beloved tradition for gardeners, yard enthusiasts and community members. Even though we must stay physically distant from each other at this time, Front Yards in Bloom allows communities to come together and stay connected. We encourage you to safely explore your neighbourhood and acknowledge the hard work that your neighbours put into their yards by submitting a nomination.



Submit Your Nomination

Nominations will be accepted until Tuesday June 30, 2020.



JOIN THE TCL

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	
_____	Fee Paid : _____ Donation: _____	You CAN make a difference by helping out in this dynamic community of ours!
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_____	<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 •••••

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



Check in with
www.epl.ca for
updates on curbside
pick-up

www.terwillegar.org

Board Contacts

President - Kathleen Mountford, tlcpresident@terwillegar.org
Vice-President - Marc Lachance,
vicepresident@terwillegar.org
Treasurer - Monte Weber, treasurer@terwillegar.org
Secretary - Darlene Reid, secretary@terwillegar.org
Community Advocate - Sue Trigg, advocate@terwillegar.org
Memberships - Tara Joosse,
memberships@terwillegar.org
Programs - Kelly Tedrick, programs@terwillegar.org
Communications - Felicia Truong ,
communications@terwillegar.org
Fundraising - Fiona Ko, fundraising@terwillegar.org

Other Contacts

Community Garden - Amanda Hunt, garden@terwillegar.org
Editor - Karin Shott, editor@terwillegar.org
Neighbourhood Watch - Carolyn Cush-Niemenin,
watch@terwillegar.org
Programs Aide - vacant, programaide@terwillegar.org
MacTaggart Rep - vacant, advocate@terwillegar.org
Magrath Rep - Felicia Truong, dalm@terwillegar.org
South Terwillegar Rep - Ryan Barber, dalst@terwillegar.org
Terwillegar Gardens Rep - Sue Trigg, daltg@terwillegar.org
Terwillegar Towne Rep - Monte Weber, treasurer@terwillegar.org

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