



What's Inside

4 SWEFM	16 SWESA
5 TRAC	18 Contests
9 Nutrition	19 Art Photos
12 Kid's Zone	24 Classifieds

www.terwillegar.org

Issue 82 Sept 2020

Next submission deadline:
November 13, 2020
Next issue: November 30, 2020

Crafting An Inspirational Space

Basia Braaksma
Executive Director TTHOA

It's that wonderful time of the year again where the air is crisp and the pencils require sharpening.

With the return of school and many working remotely, the home office is easily the new heart of the home. Whether it's the room where you spend your workday or use to hide from rowdy family members, it should make you desire to be there. If not well-appointed, all things work-related will take a back seat and procrastination will become a new reality.

The vital components of stellar office space are mood and functionality. A tranquil colour theme and lighting are essential. Choose a desk that suits your needs. You can repurpose a unique wooden door or dining table, play with the colour and refinish to make it your own. Adding some comfortable statement chairs is a definite must. Perhaps you have a favourite that can use an overhaul – refurbished vintage pieces can look oh so amazing. There are some excellent places to rework chairs in YEG at a reasonable cost.

A beautifully finished office is the perfect motivator to accomplish great things.

Dreams don't work unless you do.

We hope that you have enjoyed the beautiful floral arrangements and impeccable maintenance of the green spaces in Terwillegar Towne. The City of Edmonton took a step back this season as a result of cost-cutting measures. The TTHOA made a critical decision to engage our private landscaper and ensure that our

green spaces are mowed and trimmed regularly. We think T Towne looks terrific!

The preliminary date for the TTHOA AGM is November 2020 — all Homeowners are welcome to attend. If you are interested in becoming a volunteer board member, please submit a brief bio and send it to alisa@terwillegartowne.org. We would love to hear from you!

As we prepare for the change of seasons and scramble to complete summer projects, please ensure that you are following our Architectural Guidelines. Feel free to email any questions or suggestions to basia@terwillegartowne.org.



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Edmonton - Riverbend

An Update From Your Member of Parliament

Matt Jeneroux

MP Edmonton - Riverbend

As we emerge from the first wave of COVID-19, the federal government has made changes to the emergency benefits deployed to help Canadians who suffered economic setbacks as a result of the lockdown.

The Canada Emergency Response Benefit, which gave \$2,000 a month for up to six months to Canadians who lost their employment, will be phased out in the fall. Those who are still receiving the CERB will be transferred to the Employment Insurance (EI) system. Those who don't qualify for EI benefits, like contract workers, will continue to receive assistance in the form of a new benefit that has not yet been announced.

The federal government's wage subsidy program, which helps business owners to keep employees on the payroll despite a decrease in revenues, has been extended until at least December.

Two deals were recently signed by the federal government to secure vaccines to protect Canadians against COVID-19.

Deals with Pfizer and Moderna, both of which are in the development stages of a vaccine, were signed in early August and the vaccines are expected to be widely available in 2021 if successful. As Shadow Minister of Health, I've been pushing the government to reveal a detailed plan of the vaccine rollout to ensure Canadians who want the vaccine will receive it in a timely manner.

On August 12, I was in Ottawa to attend the special sitting of the House of Commons. I had the opportunity to ask the government questions on its handling of COVID-19, including its plans for a possible second wave. The House of Commons is scheduled to begin sitting as usual on September 21, though the parties are working together to find an arrangement that will allow work to continue while respecting physical distancing measures.

My office will do everything we can to help you get through this tough time. If you have any questions about the benefits or any other federal matters, please email Matt. Jeneroux.C1@parl.gc.ca or call 780-495-4351.



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Free Time

Kathleen Mountford
TCL President

I am sure many families have been occupying their time well over the summer. My neighbors seem much better than me at occupying their children, with fun scavenger hunts and finding fun crafts to do with their kids.

Personally, I spent most of the summer outside with my kids and tried some new workouts. Now that the Edmonton Public Library is open again, I can get a cookbook, so I will try a new recipe weekly. The library has a lot of online content as well, including

workouts and other content that kept my family engaged when they were not open. I started a weight loss challenge with some friends and made some fitness goals for myself to help keep busy.

Some of my favourite ideas of how to occupy your time include:

- Learning a new skill or hobby such as: crocheting, knitting, an instrument, a new language, and teaching the dog a new trick
- Gardening or getting a few indoor plants
- Walks, runs, and riding bikes
- Rock painting and then getting your kids to hide and find their rock in the yard

Drawing, board games, puzzles, and crafts

- Baking or cooking a new recipe

Watch a long movie

- Get those pictures that you want in a photo album printed (or your child's baby book)

With schools opening in the fall, many kids are sure to be excited to be seeing a few more friends. But hopefully this little list will help to keep you active in the evenings and weekends. As always, if you have any ideas on what the Community League could be doing for events at this time let me know at tclpresident@terwillegar.org. Have a great fall, everyone!

On The Bookshelf

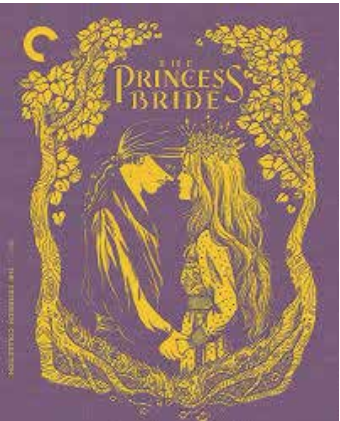
The Princess Bride

Shannen Shott

“You seem a decent fellow,” Inigo said. “I hate to kill you.”
“You seem a decent fellow,” answered the man in black. “I hate to die.”

It's not inconceivable to assume that we've all seen the classic film rendition of *The Princess Bride* by now. But you're missing out if you haven't also opened up the pages to the original book by William Goldman. It's hard to say which version of the story is better, since they both share the same charm, wit, and sense of adventure. Goldman's voice really shines through in the novel, though, and captures the book's unique framing device even

more explicitly through the author's frequent interruptions to speak directly to the reader. For those unfamiliar with the story, *The Princess Bride* tells the love story of Buttercup and Westley, alongside their captivating companions, Inigo Montoya and Fezzik. Enemies become allies, friends become foes, and mostly dead becomes mostly alive. If you're looking for a fall read full of action, adventure, romance, revenge, pirates, sword fighting, giant rats, and miracles, then this is the book for you!



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Edmonton Public Library REOPENING PLAN

PHASE 1	PHASE 2	PHASE 3	PHASE 4
 <h2>SERVICES</h2> <ul style="list-style-type: none">Holds pickup pilot called Library Takeout Service offered at 2 to 4 branchesVirtual classes and eventsChat service <p>! All branches remain closed</p>	 <h2>SERVICES</h2> <p>(in addition to Phase 1)</p> <ul style="list-style-type: none">Gradual introduction of select in-person services offered in branches on a limited basisLibrary Takeout Service expands to include more branchesAbility to place and pick-up holds <p>! Relaxing of restrictions on public gatherings Physical distancing measures in place</p>	 <h2>SERVICES</h2> <p>(in addition to Phase 1 & 2 as appropriate)</p> <ul style="list-style-type: none">Increased in-person services plus select classes offered in branches on a limited basisMost branches open <p>! Relaxing of restrictions on public gatherings Physical distancing measures in place</p>	 <h2>SERVICES</h2> <p>(in addition to Phase 1 - 3 as appropriate)</p> <ul style="list-style-type: none">Normal service hours resumeIn-person classes and events <p>✓ All branches open with no limitations</p>


Province Stage 1

Province Stage 2

Province Stage 3

No Province Stage

Note: Timing of reopening and availability of services is subject to change based on public health measures in place.



Community

SW Edmonton Farmers' Market - September 2020

Christie Anderson
Market Manager

The 2020 season of the SWEFM is in full swing! So far, our market season has been a success, despite moving to a new location (Lot D at the Terwillegar Rec Centre), happening in the middle of a pandemic (!) and having the NHL move into the arenas across the street. What a year!

For most of our markets, we have been blessed with great weather, and the market has been bustling with happy patrons, vendors, and volunteers, all glad to be outdoors on an Edmonton summer day. We are now at the peak of fresh produce being at the market. Who can resist freestone peaches, nectarines, juicy berries, watermelons, crunchy carrots, rainbow-colored cauliflower, bushy greens and SO much more!! There is always a large selection of prepared foods as well, including: Thai, Indian, Eastern European, Cuban, Greek, vegan, & gluten-free, to name a few, as well as carefully selected artists, breweries, bath & body products, bakers, & meat/seafood



vendors to ensure there is something for everyone.

We launched our curbside pickup program this year, and business has been booming! Each week we process up to sixty orders for curbside patrons. If you are interested in ordering your delicious market goods this way, please visit www.swefm.ca and click on the "Curbside" tab. You can shop from all participating vendors to create an order, then pay online, book a pickup time through our EventBrite link, and voila! All you need do is show up the next Wednesday to pick up your order.

As we head into autumn, keep us in mind for your back to school lunches, as well as for Thanksgiving feasts. There is no better

place to load up on turkey, potatoes, brussels sprouts, root veggies, homemade butter crust pies, and more for your October long weekend.

Lastly, thank you all for your support in what was a challenging year. We appreciate the loyalty of our community. We would not be here if you didn't show up!

The SWEFM runs every Wednesday until October 7th, from 4-7:30pm in Lot D the Terwillegar Rec Center Parking lot.



Community

TRAC Update

Karin Shott
TRAC Community Office



The Terwillegar Riverbend Advisory Council has been taking a break from regular meetings but is looking forward to having their next meeting sometime mid to late September.

During these unprecedented times, your community league needs your support more than ever. Community league memberships are available through a variety of ways:

- Mailing the membership form (which can be found near the back of the paper) and payment to the mailing address on the form. Once received, you will receive an email confirmation and your membership card and requested skate tags will be mailed out to you
- Online via www.efcl.org (there will be an additional \$5 administration fee added and you will receive a digital copy of your membership card)
- Contacting the TRAC Community Office by telephone: 780-439-9394 (messages are checked regularly), or email yegtrac@gmail.com to arrange for a community league membership purchase

The TRAC Community Office is currently still closed to the public due to limited access in the Terwillegar Recreation Centre. This may change as we go into Phase 4 of re-opening.

The Ridge Vines, which is the latest of the TRAC Community Wines in celebration of the community leagues in Area H, is still available at Vines Wine Merchants (2331 Rabbit Hill Road). Hurry in to pick up a bottle(s) before this limited edition is gone! For your convenience, curbside pick-up is also available.



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4 Back To School Tips For Kids

Natural Terrain Naturopathic Clinic
www.naturalterrain.com

Are your kids going back to school?

We have 4 easy tips to help any family get prepared!

The problem we all face is the transition back to a school schedule after enjoying the lazy days of summer. Whether starting first grade or university, starting a school schedule is a busy time of year for everyone – students, parents and teachers.

Going back to school can be busy and stressful because there is a lot to do.

It requires careful planning, timing and preparation to get to class on time.

To make it easier it helps to plan—and you’ll probably have to wake up earlier in order to get everything ready to go on time. Then, in order to get to school on time, you’ll need to catch the bus at the right time (in the right place) or you’ll need to plan your route if you’re driving or walking.

Finally, by the end of the day, you’ll likely have a list of things that need to be done for the next day. This can be paperwork, signatures and a number of dates and deadlines to add to your calendar.

All of this can be quite overwhelming and

stressful. It’s no wonder that students are often used in research about stress! Research tells us that it is when we are most stressed that we become susceptible to illnesses, including colds, flus and other infections. So even though this is not such a convenient time to get sick, back to school is one of the most common times for you to come down with a cold.

Headaches, stomach aches, anxiety, sleep issues and rashes are all also more likely when you’re ill-prepared for all that back to school brings.

Research tells us that it is when we are most stressed that we become susceptible to illnesses, including colds, flus and other infections. So even though this is not such a convenient time to get sick, back to school is one of the most common times for you to come down with a cold.

Here are 4 Back to School tips that will help you stay healthy throughout the school year.

TIP 1: SLEEP – GET LOTS OF IT!

The best way to prepare for the next day is to get a good night’s sleep. Two weeks before school starts, we get our son to go to bed 15 min earlier per night so he is ready to wake up on time for the first day of school. We need sleep so our body can recover and repair from our daily activities.

This is the time that our muscles repair, our tissues heal and our immune system kicks into overdrive. Children (up to about age 12) need at least 10 hours of sleep to support healthy growth. Adults need 7.5 to 9 hours of sleep each night and it seems like teens can sleep all day!

To make sure you are well-rested, count backwards from the time you need to wake up in order to determine when you need to go to bed to ensure you are getting enough hours of sleep. Make sure you are sleeping in a dark room, without stimulation (TV, computer, cell phone, iPad etc), and with a high quality air filter (especially if you have allergies).

For more sleep tips refer to our patient resources – Suggestions for Sleep.

TIP 2: MEAL PLANNING

Meal planning is a great way to save time in the long-run by spending extra time preparing.

Plan what you are going to eat for the week and go grocery shopping on the weekend. For instance, protein is very important for keeping your focus and energy up throughout the day so make sure you include plenty of it in your shopping list. Examples include nuts, seeds, eggs, fish, chicken, beef and turkey.
(continued on page 17)

What’s on your list?



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Dream Big

Let Your Children Dream Big About Education

Joanne David

DREAM BIG: Let your children dream big about education

Whether you and your children are learning from home this year or in the classroom with some restrictions, my colleagues and I would like to take a moment to inspire you to consider that it means to DREAM BIG.

Supporting your child’s dreams is equally important as having your own dreams for them. Do any of your children have special talents? Encourage your child’s strengths in the positive and encourage what type of current future education goals might be suitable. If they are good at arguing, suggest they might learn about legal contracts. Or if they are good at accounting, suggest they might learn about finance and business. Equally, your family rock star may benefit from learning to read notes.

The research has shown that when parents themselves DREAM BIG for their children, children will respond and strive to achieve their goals thereby increasing their academic performance.



Here are some tips that will inspire learning and help your children to DREAM BIG:

- Engage with your children, even if you do not know the full details of their educational curriculum.
- Have ongoing conversations with your children about their feelings and experiences about what they are learning.
- Inspire exciting ideas in your children about what they can do with new knowledge in the future.
- Ask your children to dream about what they would like to do in the future, both this school season and beyond.
- Help your children to be creative with family games of cards, solving puzzles, or creating art.
- Encourage math and financial literacy, by helping children to be involved with shopping decisions and budgeting with an allowance.



Let your children dream big about Education.

Joanne David CFP FCSI
Certified Financial Planner
www.JoanneDavid.com
Phone: 780.718.7117

- Open a Registered Education Savings Account (RESP) for your child/children, and talk to them about the possibilities of what this can be used for.
- Support the idea of life-long learning. Learning is everywhere. And it is fun.
- Encouraging varied activities, especially while confined at home, is helpful to reduce stress and promote learning.

Talk about different kinds of ideas, different cultures, and different types of places.
Reinforce positive ideas for the future.
Inspire with happiness, thoughtfulness, and possibilities.

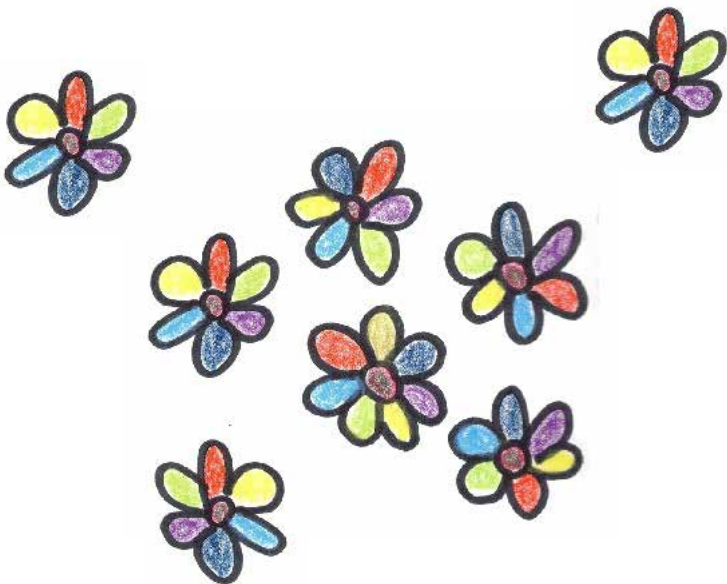
Together parents can help their children DREAM BIG and in turn school communities will be inspired. Dreaming big is contagious and other children may dream big too!

Financial Planning includes identification of dreams and goals and includes effective planning that will help make your children’s dreams and possibilities into future realities.

If you wish to contact me, I am very interested to learn what ideas you have that will help your children DREAM BIG in Terwillegar.

My associates and I wish for you and your children a prosperous and happy school season!

Joanne David BA CFP FCSI is an independent Financial Planner operating in the Terwillegar-Riverbend area of Edmonton. I am always interested to hear from my community.
Phone: 780.718.7117 Web: www.JoanneDavid.com/contact



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Edmonton - Whitemud

Report From The Legislature

Rakhi Pancholi

MLA Edmonton - Whitemud

By the time you are reading this, the new school year will have begun in Alberta. However, please note that it was written 4 weeks before the school year is set to begin.

In previous years, it was easy to predict what September in Alberta would look like – busy days as kids excitedly start new classes, reunite with friends, and re-start activities. But 2020 has been different in so many ways because of COVID-19. That means it's difficult to predict what things will look like for the residents of Edmonton-Whitemud just one month from now.

Nearly two-thirds of households in our constituency are families with children, so it's not surprising that the safe reopening of schools has been a priority issue for so many.

Most parents want schools to reopen and their kids to return to in-person classes. For many – particularly parents of younger children – it's because at-home schooling was not the best way for their kids to learn, despite tremendous efforts from teachers and schools. Some worry about their children's social development and mental health. Many parents cannot continue to balance work with at-home learning and child care.

To be sure, some parents are not ready to return their kids to school until COVID-19 is clearly under control, due to the health or special needs of their child or family members. The needs of these families are real and they must be accommodated.

However, for the most part parents – and teachers – want schools

to re-open. But – and this is the distinction – Albertans want schools to reopen safely. That is why so many Albertans were deeply concerned with the plan to reopen schools introduced by the UCP government in late July.

While other provinces provided additional funding to hire staff for additional cleaning, purchase PPE and cleaning supplies, and placed caps on class sizes, Alberta did not. Funding for the 2020/21 school year is \$400/student less than what was provided in the 2018/19 school year and this is before the additional pressures of operating through a pandemic.

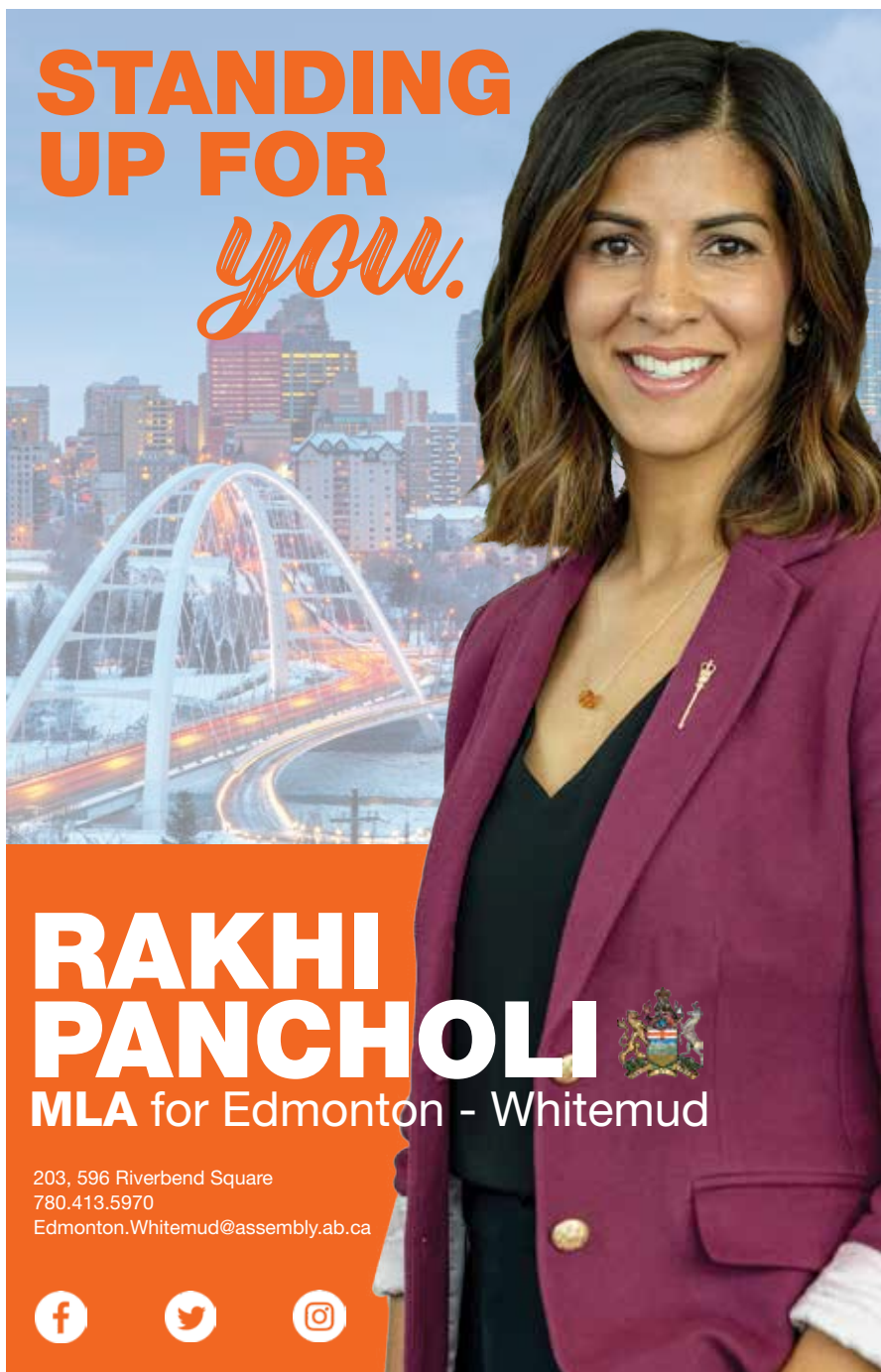
My NDP Opposition colleagues and I proposed an alternative safe school reopening plan called "Successful Students, Safe Schools". This plan recognizes that to meet key recommendations from the Chief Medical Officer of Health around physical distancing in schools, significant investment from the government is necessary. Our recommendations include a province-wide cap of 15 students per classroom and hiring the staff necessary to accomplish this. A copy of our plan can be found at: <https://www.albertandpcaucus.ca/public/download/files/134178>

The money exists to re-open schools safely; it is simply a matter of choices. We believe investing in a safe return to school and giving parents the confidence to safely rejoin the workforce is a far better investment in economic recovery than the UCP's \$4.7 billion corporate handout that, to date, has created no jobs. The reverse is also true; a poorly planned school re-opening poses a serious risk to our economic recovery. The risk of outbreaks, repeated self-isolation when symptoms emerge, and possible return to at-home schooling will force many parents – particularly women – out of the workforce.


In August, the UCP announced that masks are mandatory for Grades 4-12, and that two reusable masks per student would be provided. It's not enough but it wouldn't have happened without so many Albertans speaking out. Parents and school staff continue to have significant concerns about the government's school reopening plan and I remain hopeful that the UCP will respond to those concerns with further changes. But, as a parent, I am stunned that the UCP rolled out such an ill-considered plan in the first place.

We also know that economists, working parents, and the child care sector recognize that child care needs to be at the forefront of economic recovery. I recently proposed a child care strategy which includes (1) releasing previously withheld provincial dollars to support the recovery of the child care sector; (2) implementing a universal \$25/day affordable child care program for non-profit, private centres and family day-homes; and (3) the establishment of an Early Learning and Child Care Task Force to guide this work. Safe school reopening and childcare remain critical to Alberta's economic recovery.




As usual, I welcome hearing from you about your concerns and thoughts. Please email me at Edmonton.whitemud@assembly.ab.ca or call 780-413-5970 to set up a time for us to connect.



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Community

Fall Routines, Nutrition And Fitness

Rachel Hallett

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

There is something about the start of each new season that brings a reset, a chance to refocus and set some goals for the upcoming season.

For many of us, fall feels a little uncertain as the normal hustle and bustle of getting back into school and busy evenings of sports may not be the same this year. For some, they may have decided to homeschool, and others may be doing a combination or feeling uncertain about what will happen with COVID-19 as we move into our typical cold/flu season.

One thing we can do to help with both the craziness of the fall season and to combat sickness is to focus on keeping ourselves healthy. During times of stress and change, it is normal to crave comfort foods and fast food.

BREATHE

Take a few minutes just to breathe. Breathe in for 4 and out for 4. See if you can make your belly button push out on the inhale and feel your ribs expand sides and back. Simply breathing deep helps to reduce our stress levels which in turn can prevent us from getting sick. Additional benefits are working our deeper core muscles (hard to slouch and deep breathe), straightening out the body and increasing mindfulness so we are less reactive (i.e. less likely to eat mindlessly or stress eat).

PLAN TO EAT

Schedule in some time to chop up veggies so they are available for a quick snack or to make a stir fry. Putting a piece of paper towel in the container with the veggies will help to keep them fresh. You can keep chopped up onion and celery available so making a soup or sauce is much faster.

Frozen vegetables are a great thing to have in the freezer and can make stir fry super easy or just adding a vegetable side with another meal fast.

Eating plenty of veggies will help to keep our digestive system working. Have plenty of colorful vegetables and fruits handy. They

are high in vitamin C which plays a big role in our immune system.

I recommend picking up some vitamin D if you do not already have. Typically we get it from the sun. As the days get shorter and we are more covered up it is harder to get the amount we need. Some foods are fortified with it, but in the northern hemisphere it is recommended to take a supplement for it. Often we think of vitamin D as helping with bone health, which it does. It also assists with a number of other functions in the body as well, one being helping our immune system ward off invaders/disease.

Planning your meals ahead of time can help ensure you are eating healthy and will give you a sense of being in control – most things will keep an extra day so you do not have to be super rigid with the plan. Maybe you eat what you planned for Wednesday on Tuesday, for example.

Planning your meals ahead of time can also save you time and money as you can get everything you need in one grocery trip, and if you prep the veggies in one go there is less clean up. You can also make larger batches of soups, stews, and anything you are comfortable reheating so you have meals in the freezer to either put in the slow cooker or pull to thaw and cook on those really busy days.



PHYSICAL ACTIVITY

If you have not already thought about it, set aside some time to take care of your physical body as well. During the summer it is easier to be active. What are your plans for staying active in the winter? Typically we will watch more TV so you could always do body weight training during each commercial. There is a ton of information/videos online as well as subscription based workouts – there is a ton you can do with just your body and little bits done throughout the day count and can make a huge difference to how you feel.

You could hire a trainer to come to your home to give you some workouts that you can do with what you already have at home. Be creative – use stairs, chairs, counter tops to assist with balance. I have a footstool that rocks and will use that to do core exercises. Items you might lift anyway (water softening salt bags) and bands are inexpensive and a great way to train the stabilizers.

Most gyms require you to book in a slot now so that is a good way to be accountable too.

Consider purchasing outdoor activity wear. It is amazing what getting some fresh air does for the mind and spirit even during the colder days.

Having some plans for your health will help you to feel in control, and most important will help to keep your body healthy to ward off illness.

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Community

Let's Talk Health - Taking Control (Part 2)

Faith Grant

Last issue, we talked about a definition of optimal health as:

the ability of individuals or communities to adapt and self-manage when facing physical, mental, or social challenges.

The key aspects then, are that:

Health relates on a functional level and relates not only to individuals but also to the general society.

Optimizing health requires adaptation (i.e. as things change, we change).

There is a component to health which requires self management. We do not simply achieve optimal health by having things done TO us or FOR us. We also have to do FOR OURSELVES

Health is multifaceted and includes not just physical, but also mental and social aspects.

We also discussed the AEIOU of health. To summarize:

- Assess – Find out what is wrong and assess your own capacity to influence the situation
- Educate – Find out what you need and identify the resources needed to achieve your goal
- Invest – Be prepared to engage the appropriate resources and to be fully engaged in the process

- Operationalize – Make an action plan, something that can be easily implemented and monitored
- Unify – Recognize that health has multiple influences. Ensure your plan addresses the various facets

In this issue, we will talk a bit about the “how”, but first consider this: health applies not only to individuals but also families and communities. The AEIOU can be applied to any of these scenarios and even encompasses business versus personal issues. Similarly, physical, emotional and even spiritual health can be assessed and addressed by applying the AEIOU.

So how do we go about this?

Step 1. Start. Better yet, start today. Overcoming inertia might be the most difficult aspect of any plan. In addition, we might be waiting for the stars to align before beginning. Be aware of this: there is never a perfect time for anything. Every journey starts with a single step. Take that step.

Step 2. Set goals. We all have heard about SMART goals, but even before we start licking the tip of your pencil in excitement, think about what you desire as the end result once your goals are achieved. Consider again the definition of optimal health. In what areas do you expect to function better and how will you know that it is better? Think from the perspective of the question, “How do you eat an elephant?” You might choose to say “one bite at a time”. Use this approach to ensure your goals are not so big that you choke on them.
(continued on next page)

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Community

Let's Talk Health - Taking Control (Part 2)

Step 3. Set success parameters. You will not know if you are achieving a goal unless you identify what success looks like.

Step 4. Get a partner for accountability but also to ramp up the fun quotient. The second answer to the “how to eat an elephant” question is “call the whole village”. You are doing a good deed for a friend when you engage them in healthy pursuits. At the same time, they help you to eat the elephant.

Step 5. Celebrate success! Every little bite, every chew and every swallow of that elephant must be noted and celebrated.

Step 6. Repeat. Think about those shampoo ads with beautiful soft, healthy hair. All you need to do is wash, rinse and repeat right? Same thing here. Set another goal, check the parameters, celebrate the success and repeat.

Have a great month! And stay safe.

Next installment will focus on identifying your capacity and knowing what resources exist to help you eat that elephant.

If you have any questions I would be pleased to provide answers. Contact me at physiorlz@gmail.com



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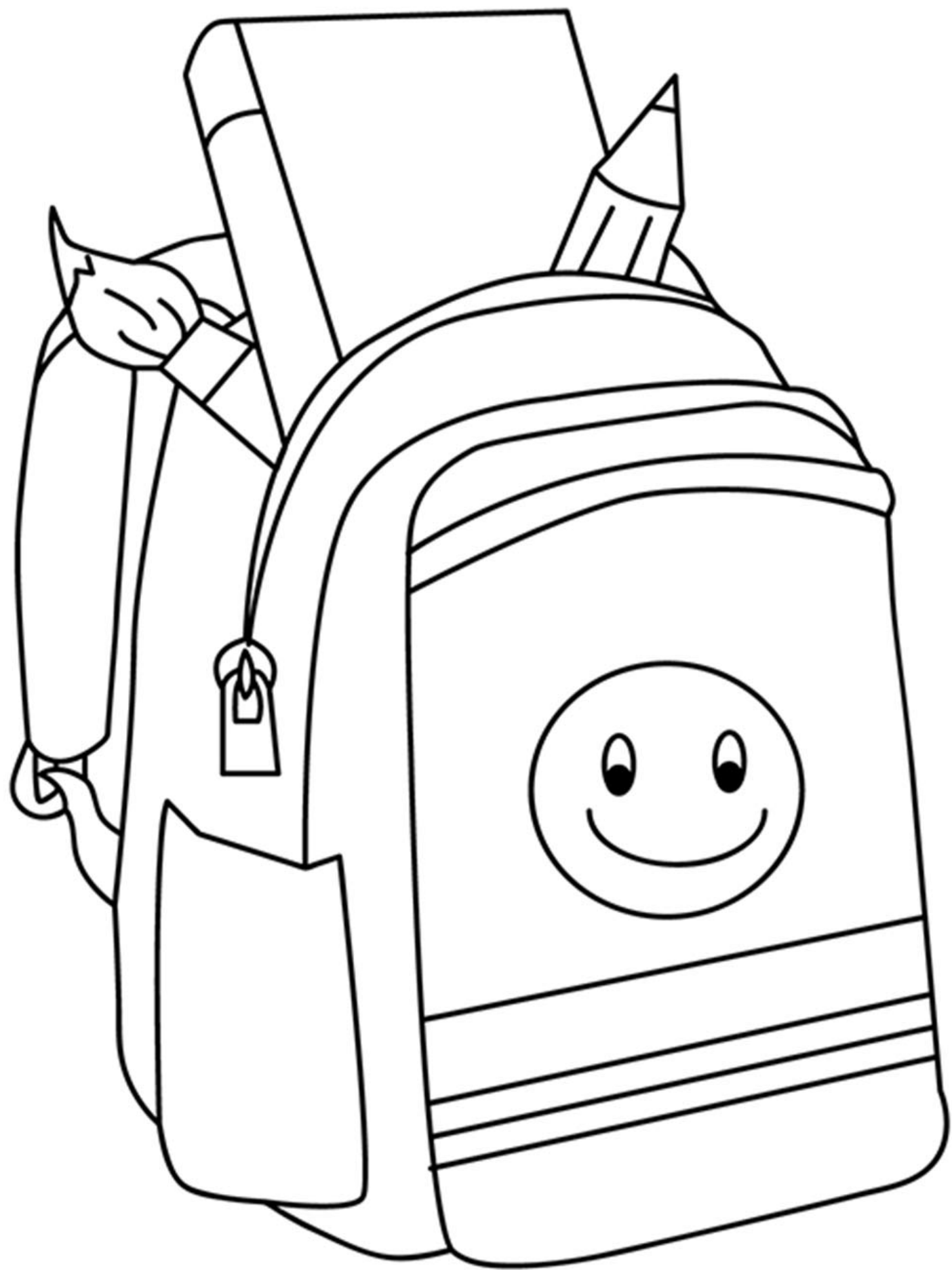
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Kids Zone - Coloring Contest



Back To School Coloring Contest

Name: _____

Age: _____

Address: _____

Phone: _____

Email _____

All entries must be received by November 15th. 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 in each category are \$25 & \$10 gift certificates for Toys "R" Us

Entries should be mailed to:
Terwillegar Community League
PO Box 36508

Kids Zone - Word Search

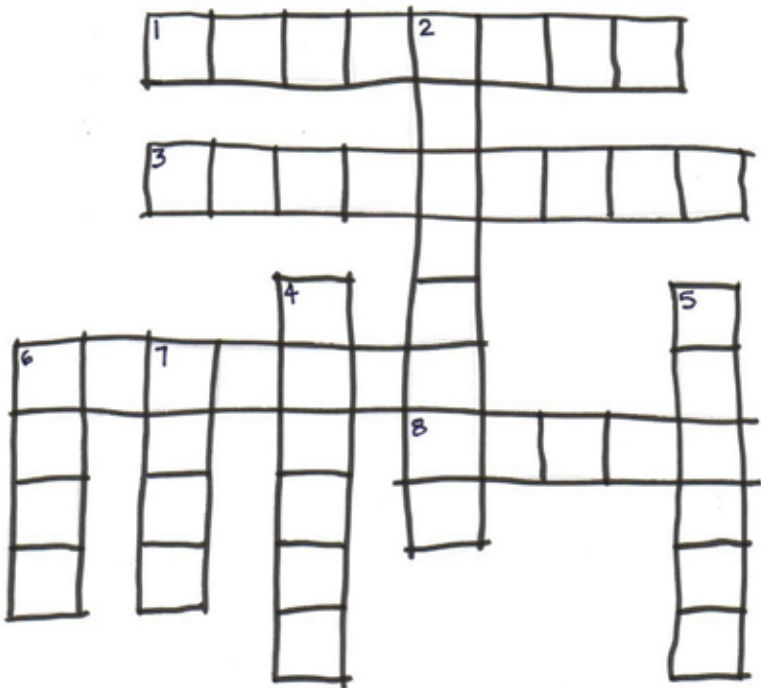
AUTUMN WORD SEARCH



AUTUMN	N	V	Y	C	E	R	N	S	E	V	A	E	L	Q	N	BROWN
	T	C	B	K	Y	D	N	I	W	R	I	P	B	F	R	
	N	J	C	Q	U	A	E	U	C	O	O	K	T	Z	J	
RAKE	Z	P	D	H	P	N	W	O	R	B	C	A	Z	B	V	FUN
	P	Z	K	E	W	A	T	R	E	E	S	E	T	I	K	
	O	W	W	B	O	S	A	Y	X	D	N	R	H	Z	W	
LEAVES	T	D	Z	N	D	O	U	I	J	S	V	Q	S	W	R	TREES
	O	M	E	K	A	R	U	V	O	R	I	G	Q	W	S	
	I	K	N	G	Q	N	Z	E	C	O	P	S	A	Z	X	
KITES	O	R	A	N	G	E	G	T	L	W	Z	N	A	V	W	YELLOW
	K	P	W	O	L	L	E	Y	F	J	G	C	D	B	F	
	J	Q	Y	E	W	F	W	B	B	J	R	I	H	U	L	
	T	O	T	F	Q	N	U	F	Z	M	Q	C	F	M	O	
WINDY	E	M	G	I	G	N	M	U	T	U	A	W	Y	J	Y	ORANGE
	G	W	G	B	B	E	C	L	G	X	J	O	Z	I	L	



The Very Hungry Caterpillar Crossword Puzzle



ACROSS



DOWN



WORD BANK
Cross these words off after you've used them.

- APPLE
BUTTERFLY
CAKE
- CHEESE
CUPCAKE
ICE CREAM
- LOLLIPOP
PLUM
SALAMI



Summer Colouring Contest Winners!

Ages 2-4
Aaron P., Esra T., Madison K.,
Rylan D., Kylie R.

Ages 5-7
Jiya D., Mercy, Sila M.,
Sivathusan, Rielle H.

Ages 8-11
Lily D., Addison U., Anushka D.,
Chloe W., Asher A.

Thank you to everyone
who participated.

Community

Celebration In The Midst Of Uncertainty

Marni Mrazik
Director of Community Life at Terwillegar Community Church

Celebration in the Midst of Uncertainty
Mathematician and Temple University professor, John Allen Paulos, is credited with the quote, “Uncertainty is the only certainty there is, and knowing how to live with insecurity is the only security.” Apparently he was referencing something his father told him. Whether you agree with Paulos’ statement or not, we are living in uncertain times during this COVID-19 pandemic with many unanswered questions. I would venture to say that many of us find ourselves in at least one conversation each day where COVID-19 becomes a part of the discussion. And we wonder how long this will last and what will happen in the fall and beyond. Of course we must take responsibility to do our part to stop the spread and we must continue to look out for our neighbours, but I also think it’s important to take time to celebrate what we have still been able to do in spite of the losses and shut-downs we may have experienced and remain hopeful for what the future holds.

When I consider our community, Terwillegar Towne, I see so much beauty in the yards I pass every day while walking my dog. I am celebrating the inspiration I received to learn more about gardening and experiment more in my own yard. I have neighbours who have found more time than ever this summer to work on yard renovations, deck builds and repainting. Checking things off the “to do” list is definitely reason to celebrate. I have celebrated weddings and births with my extended family and friends. And having more time to spend with my family is at the top of my celebration list!


While I couldn’t plan the community spring carnival and the Friday at the Park events at Tomlinson Common Park due to COVID-19, I am celebrating the new “safe” events Terwillegar Community Church hosted as we kept social distancing in mind. The Terwillegar Towne Treasure Trek invited participants to find clues placed throughout the community and it always made me smile as I received each new entry into the prize draws for gift cards to local merchants. I would like to say a big “thank you” to Monita from Simply Supper who donated a \$100 gift card for the grand prize draw. This event drew hundreds of participants. The virtual paint night was a small

gathering online, but those of us who were there had a lot of fun creating an original piece of art to add to our collections. There is definitely much creativity and artistic talent here in Terwillegar Towne. The colouring contest closed at the end of July, and the pages were filled with vibrant colors. As we head into the fall, you are invited to watch the church sign and community Facebook page and to check out the church website for more community events to celebrate.

As you reflect upon the past months and head toward the next, I hope you have and find reasons to celebrate in the midst of our uncertainty. In the Bible, as the Israelites were getting ready to enter into a new land where uncertainty reigned, God said, “Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go.” I hope you are walking with strength and courage, but if you are having difficulties finding a reason to celebrate, if you are feeling a moment of weakness, or if you need help in some way, please remember that we at Terwillegar Community Church are here for you. You are welcome to contact me at marni@tcchurch.ca. Stay strong, stay well and I invite you to celebrate whenever you can.

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Seniors

News for 55+

News From SouthWest Edmonton Seniors Association

By Carol Vaage

We, as Canadians, are so lucky that our collective responsibility has kept us reasonably safe from Covid-19 as compared to other countries. We trust our health experts, and we carry on. We hear about possible solutions with vaccines in the future, but that timeline is uncertain. So we are creating something new with our lives.

When thunderstorms disappear, and the sun shines, we go out to enjoy a walk. Not rushing, or counting steps, but strolling, and being outside. It's easy to step aside when meeting others, but smiles and greetings can still be exchanged. Seeing people, valuing our time with people, has become something we appreciate more than ever. There is a growing gratitude for what others do for us. When we are able to connect with our family, the hugs are more precious than ever. This is the beginning of our new era.

SWESA Program staff have worked diligently to provide us with resources to help navigate this past six months. They remain committed to engaging members in multiple ways, e.g. in person, Zoom chats and meetings, and friendly phone calls. Using Zoom enabled three coffee/chats each week, a daily art group meeting, and a Monday meetup group at Yellowbird. Thursday meetups were held at the YMCA parking lot where people brought their own travel mugs and lawn chairs. Members continue to be phoned as part of the 'Friendly Phone Call' program. The majority of members are doing very well, and most have support from family and



"Keep calm and carry on."
-British Government Poster in WWII

friends, churches and community leagues. In some cases, members have become even more connected to their community. Feedback showed that people began to feel a little less shut in when the weather warmed but continued to miss routine and exercise but most of all, socializing.

SWESA has been restarting slowly at Blue Quill Community Centre with two of the most popular programs - Essentrics and Yoga. To reopen safely, preregistration is by email to allow diligence in contact tracing and safe physical distancing. After registering, members are sent a self-assessment link and information about the proper use of hand sanitizer and non-medical masks. Health and safety rules are posted on location, our website and social media. Questions can be directed to Melissa McCuaig at admin@swesa.ca.

New programs are starting up now, in addition to Yoga and Essentrics, as SWESA moves forward by systematically ensuring that requirements from our limited staff will keep members safe. It is vital that physical distancing rules are followed and

masks are mandatory while entering and moving throughout the building. Masks are not required during the fitness classes once checked in and settled in the designated space.

Zumba Gold is a low-impact workout with simple, fun steps. Move your body to the Latin rhythms of reggaeton, cumbia, and salsa. This fun and supportive class is being led by experienced instructor Tammy Clark.

Latin Grooves with instructor Michelle Mitchell will get you working on mini-step combinations in a variety of Latin dance styles (such as salsa, samba, cha cha, rumba, mambo, meringue, and tango), and you'll then progress to full dance routines that exercise the body and mind.

As we move forward, SWESA is transitioning to a new writer for the SWESA columns. This will be my last edition and must say that I have enjoyed my time to serve our community, and wish you all well.

Don't forget that we have a dynamic Home Supports Program operated by Barbara Newell who is coordinating the services for our community, including snow removal, yard work, housekeeping and minor repairs. Contact her at homesupport@swesa.ca or 780-860-2931.

"Often when you think you're at the end of something, you're at the beginning of something else."
-Fred Rogers



SWESA reopening with Essentrics at Blue Quill Community Center. Photo Credit Melissa McCuaig

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

Back To School Tips For Kids

(continued from page 6)

You will also need plenty of fruit and vegetables to choose from so make sure you stock up on them too. It can help to prepare a few meals in advance and freeze them to use on a busy night. Dr. Chris has created “The Essential Diet: Eating for Mental Health” which provides a 2 week meal plan, grocery list and nutritional analysis – get your copy today!



Looking for a meal planning guide for optimizing mental health? The Essential Diet by Dr. Chris is available in store and online!

Each day you'll also want to think ahead about what you'll need to keep you going through the day until your next meal. Know that if it's been four hours since you last ate, that you need something to keep you going until your next meal.

TIP 3: DAILY NUTRITIONAL SUPPORT – THE FOUNDATIONAL FIVE

While we aim to get as many nutrients as we can from our food, it can be helpful and necessary to add in nutrients in pill, powder or liquid form. This is especially helpful when you are stressed and busy. We refer to these vitamin and herbal supplements as “The Foundational Five” because they give your body the essential nutrients and

bacteria it needs in order to stay well and function optimally.

Multivitamin: A high-quality multivitamin contains the nutrients that every cell in your body needs to function, for bones to be healthy, and for your liver to do its job to detoxify.

Omega 3 fats: Research indicates that omega-3 fats (from fish and algae) improve brain function, mood, immunity, and prevent heart disease and cancer.

Probiotics: Research demonstrates that probiotics are important for students' wellness. They support not only the health of your digestion, but also your immune system and metabolism, as well as nutrient production in your digestive tract. Read more about probiotics here.

Vitamin D: In addition to a child or teenage multi, we recommend taking additional Vitamin D.



Herbal or Homeopathic immune support: There are many herbal and homeopathic formulations that are safe and effective for children to boost immunity to prevent illnesses.

Read more about “The Foundational Five”



TIP 4: CREATE A ROUTINE

This point is extremely important and often overlooked. Kids crave routine and many in today's culture don't have it. Remember that the goal is to minimize stress in your kid's lives so that you are also less stressed. If you have a regular schedule you can take the chaos out of your life and replace it with a sense of calm. It can help to get your kids involved in making the schedule.

Here is our short morning to-do list:

1. Make bed
2. Brush teeth & shower (if shower day)
3. Get dressed
4. Eat breakfast
5. Put dishes away
6. Put dog outside
7. Help make and pack lunch
8. Pack backpack – agenda, fill up a water bottle, lunch box, etc
9. Feed dog
10. Extra time: read, complete workbook, draw

Children love responsibilities, so don't be afraid to share simple tasks. Plus, it helps take the stress off parents! Best wishes to you with back to school!

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

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Ezra and Asher S.
Sid R.
Cecille I.
Amber C.

Chalk Art!

WINNERS ARE:

Julie B.
Peter P.
Garbonzo B.



Chalk Art by Julie B



Creating cute pet rocks - Sid R.

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Contests

Panago Art Contest Winners



Artistic Pumpkin (Austin H.)



Cute Elephant (Beatrice B)



Family Portrait (Beatrice B)



Artwork by Taariq I.

Flourless yogurt blender muffins

Blender muffins are the best—just throw all of the ingredients into your blender and you're just about there! Grab one as part of your breakfast or as a snack.

Kid-friendly

Vegetarian

Freezer-friendly

30 minutes or less

PREP TIME
10 min

COOK TIME
17 min

SERVINGS
12

Ingredients

- 250 mL (1 cup) 0% fat plain Greek yogurt
- 2 ripe bananas, mashed (about 250 mL/1 cup)
- 2 eggs
- 30 mL (2 tbsp) vegetable oil
- 500 mL (2 cups) rolled oats
- 75 mL (1/3 cup) maple syrup
- 7 mL (1/2 tsp) baking powder
- 2 mL (1/2 tsp) baking soda
- 5 mL (1 tsp) vanilla
- 250 mL (1 cup) fresh or frozen mixed berries

Directions

1. Preheat the oven to 200 °C (400 °F) and lightly spray or paper line 12 muffin tins.
2. In a blender or a food processor, add all the ingredients, except for mixed berries, and blend until smooth.
3. Add mixed berries into the blender. Using a large wooden spoon, gently fold them into the mixture.
4. Pour batter into prepared muffin pan, filling each cup 3/4 full.
5. Bake for about 17 minutes or until the tops of your muffins are set. Cool in pan for about 10 – 15 minutes before serving.

Tips

- ✓ Kids will be super excited to help out with this recipe. Little chefs can help add ingredients to the blender and pour batter into the muffin pan.
- ✓ Want a little crunch? Mix in 60 mL (1/4 cup) chopped unsalted nuts to the batter once blended.
- ✓ If you like the taste of cinnamon, add a pinch at step 2.
- ✓ Make a double batch and keep some of these muffins for later. Cool muffins and store in an airtight container in the fridge for up to 7 days or in the freezer for 2 – 3 months. Warm in microwave before serving.

Contests

Panago Art Contest Winners



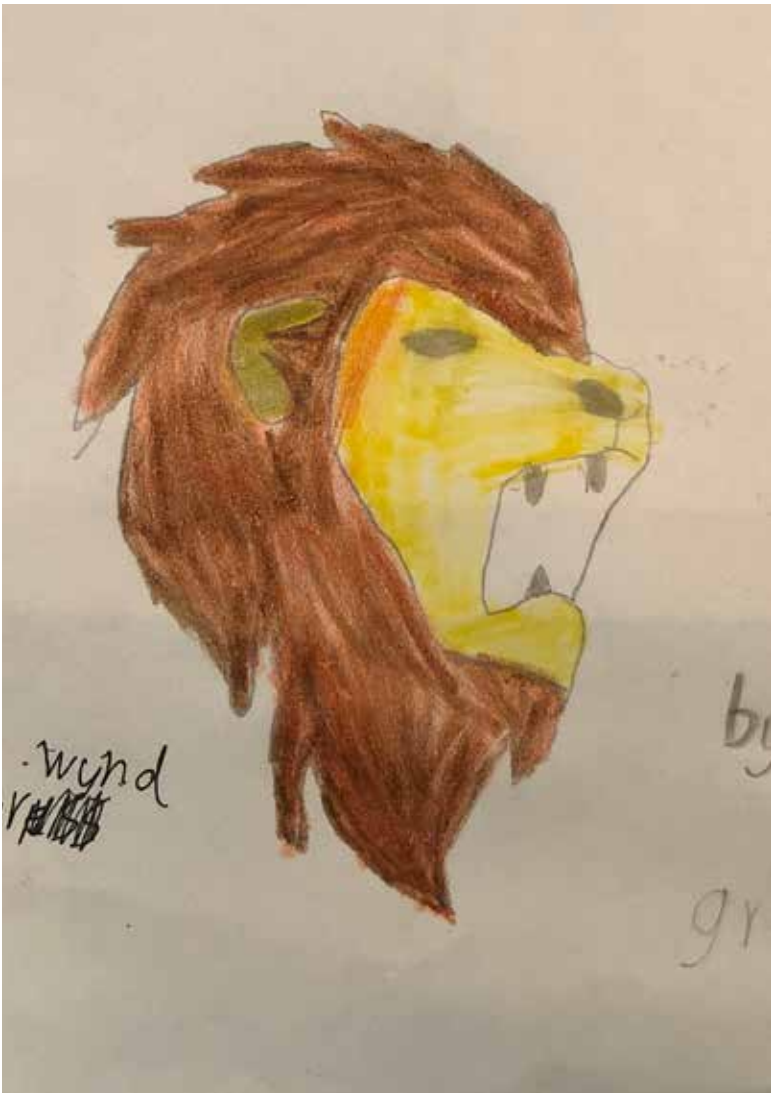
Toucan (Casey J.) (with some adult help)



Snowy Owl (Julie H.)



Artwork by Haaziq I.



Artwork by Abel

Contests

Terwillegar Towne Treasure Trek



Kieran and Rhys - Grand Prize Winners \$100 gift card to Simply Supper



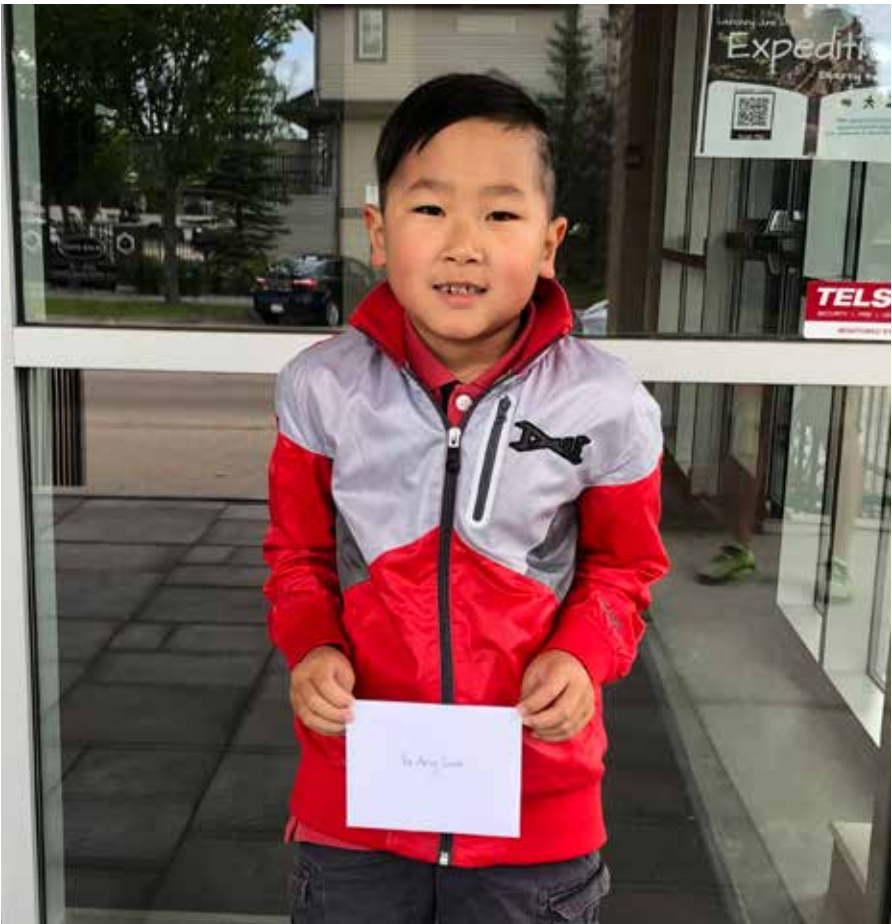
Treasure Trek winner Darren



Treasure Trek winner Amelia



Treasure Trek winner Sandie



Treasure Trek winner Yu Ang

Smart Tips To Get Your Home Ready For Fall

Royale Scuderi

www.lifehack.org

Cooler temperatures and pretty soon falling leaves serve as a reminder that the fall season is fast approaching. As the seasons change, so do our activities and home needs. Even though summer is not quite over yet, it's a good time to do some seasonal maintenance to keep your home running smoothly. The weather can change quickly, especially if you live in a colder climate, and you don't want to be caught unprepared. A bit of attention now will save costly repairs and aggravation later.

Interior Maintenance

- Check for drafts. Feel for drafts around the edges of windows and doors. A good tip is to use a lighted candle and if the flame flickers, there's most likely a draft. If necessary, replace seals and repair caulking around window and door frames. Consider buying heavier or insulated drapery for especially drafty windows.
- Have your furnace inspected. Hire an HVAC professional to test for leaks, check heating efficiency, and change the filter. They can also do a carbon monoxide check to ensure air safety. It's also a good idea to stock up on extra air filters and change them every few months.
- Winterize air conditioning. If your home has central air conditioning, (and you live in a climate where you won't need it any longer), it may be necessary to cover your outdoor unit for winter. If you use window air conditioning units, remove them or cover to prevent air leaks.
- Programmable thermostat. Buy a programmable thermostat, if you don't already have one. If you already have one, check the temperature settings. Setting your thermostat to lower the temperature automatically at night and when you're not home can result in substantial cost savings.
- Test home safety devices. Replace the batteries in all smoke detectors and carbon monoxide devices and test to make sure they're working properly.
- Clean humidifiers. Replace old filters and clean inside the compartment. Vinegar is inexpensive and works well.

Exterior Maintenance

- Do a roof check. You should be able to do at least a visual inspection of the roof from the ground. Grab some binoculars to get a closer look or if you're able and can do so safely, climb on up for a better view. Look for missing, damaged, or loose shingles. If your roof is flat, you may need to remove leaves and debris.
- Check the chimney and fireplace. If you have a wood fireplace and use it often, have your chimney cleaned and inspected by a professional.
- Stock up on firewood. Order enough firewood for the season. If you gather your own firewood, make sure it's dry and ready. It's best to cover firewood and store away from the house for safety reasons.
- Inspect siding. Check the home exterior for cracks or holes. Repair them yourself or hire a professional.
- Clean the gutters. Hire a service to clear your gutters

or do it yourself. Remove leaves, nests, and debris from gutters and check for leaks.

- Check water drainage. Rainwater downspouts need to be clear of obstructions and direct water away from foundations, walkways, and driveways. Add extensions to downspouts if necessary.
- Reinforce windows and doors. Remove screens and install storm windows and doors if you use them. Check caulk and seals around all doors and windows.
- Turn off faucets and store hoses. Drain garden hoses and disconnect from the outside spigots. Shut off exterior faucets, and if you have an older home, you may need to turn off the valve inside your home. Store hoses in a dry place so any residual water won't freeze.
- Service sprinklers and irrigation system. Depending on your climate, your irrigation system may need to be drained and checked. Have a professional perform any necessary repairs and mark sprinkler heads near snow removal areas.
- Inspect trees. Check for damaged limbs that may break or that are too close to power lines or the roof.
- Trim landscaping. Cut back bushes, shrubs, and flowers as recommended for your climate zone.
- Bring in flower pots. If you keep plants or flowers in pots year-round, bring them inside. If you replace plants every year, empty, clean, dry pots and put away for next spring. Plant bulbs. If you plant bulbs for spring, now's the time to get them in the ground.
- Leaf removal. Rake and remove leaves from the yard. Put into a compost pile if you have one. Alternatively, put into yard garbage bags and leave at the curb for community pick up. Check with your local city or town for requirements and pick up schedules.
- Fertilize lawn. Applying fall lawn fertilizer will help prevent winter damage and spring weeds. Ask a local garden center or check online to find out which type of fertilizer you need and when to apply it. If you have a lawn service, they should do this for you.
- Put away seasonal furniture. Clean and store seasonal outdoor furniture. Remove and clean cushions. Wash and dry furniture and store in a dry place over winter. Close the pool. If you have a pool and live in an area where temperatures dip, schedule a service to come and close it for the season; or, if you know how, buy the supplies and do it yourself.
- Organize the shed. As your shed is filling up with summer items in storage it's a good time to organize and clean out the shed. Move summer items to the back and winter stuff up front for better access. Also, remove any liquids that will freeze.

As you're enjoying the last bits of summer, make sure that your home is prepared for the coming fall season. Preventative maintenance now will save money on expensive emergency repairs and wasted energy costs. Properly maintaining your home also enhances its value and appeal and is less effort than managing a crisis later. When the chilly weather approaches you and your home will be ready.

JOIN THE TCL

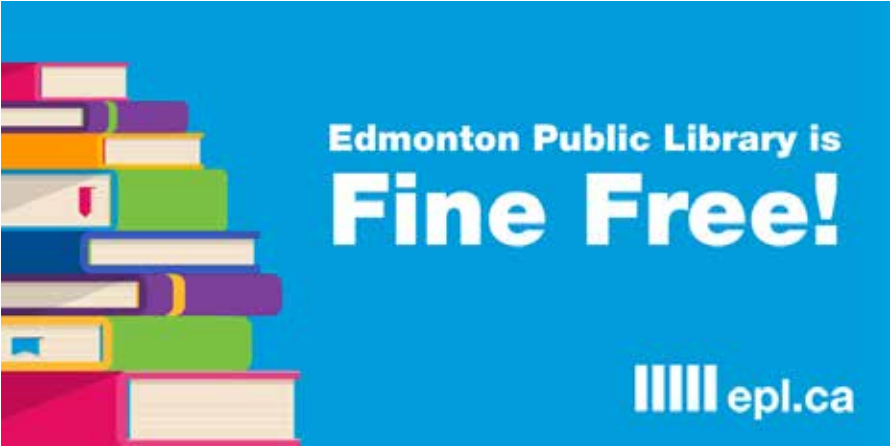
Adult #1: _____	Date: _____	Mail completed form, along with payment to:
Adult #2: _____	Membership Type:	
Address: _____	\$35.00 <input type="checkbox"/> Adult Single <input type="checkbox"/> Adult Couple	Terwillegar Community League Terwillegar Riverbend Advisory Council #5, 2051 Leger Road NW Edmonton, 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!
_____	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

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

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 - Vacant, 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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