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www.terwillegar.org

Issue 83 Dec 2020

**Next submission deadline:
January 22, 2021**

Next issue: February 8, 2021

EFCL 100th Anniversary Recognition

*Ryan Barber
Terwillegar Resident & President of the EFCL*

The Edmonton Federation of Community Leagues (EFCL) which represents 160+ Community Leagues in Edmonton will be celebrating its 100th anniversary in 2021. To celebrate this milestone and commemorate the thousands of league volunteers who contribute to better communities each day, the EFCL worked with the City of Edmonton on a significant upgrade to Hawrelak Park that all Edmontonians can enjoy.

After close to 10 years of work by dedicated volunteers, on October 3 the Community League Plaza at Hawrelak Park was opened to the public. Treated to a beautiful fall day, Mayor Iveson among other local dignitaries were on hand to officially commemorate the opening of the plaza through a ribbon cutting ceremony.



Photos Courtesy of EFCL and Amplomedia

The plaza sits along a waterfront on the southeast part of the lake, and features a heated shelter and a stone fireplace in the center for year-round activity which you can activate yourself. The plaza includes new seating, lake, and creek viewing areas, interpretative art installations, displays, as well as a timeline stretching back to 1921 that tells the story about how Edmonton and the Community League movement have grown together through time.

While we continue to isolate during the pandemic, the Community League Plaza offers a great opportunity for Edmontonians to get out and explore a part of their history.

Are you curious about how to make your community a better place to live, work, and play? Contact your Community League to find out how you can become part of Edmonton's great community league movement!



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Community

Councillor Update

Tim Cartmell
Councillor Ward 9

Greetings Everyone!

I'm happy to share a few updates with you. If you have any questions or want more information on anything here or another municipal matter, feel free to contact me at tim.cartmell@edmonton.ca.



Bryan Anderson Athletic Grounds

City Administration recently updated the Master Plan for the Bryan Anderson Athletic Grounds (the grounds surrounding the Terwillegar Recreation Centre). The plan is available at the City Website under Parks & Recreation > Current Projects. This plan includes space for a new artificial turf field and a new Riverbend Library building, and will guide further development as funding becomes available.

Terwillegar Drive

Terwillegar Drive construction got started at the end of September, and construction will really get going in the spring. Your patience is truly appreciated during construction. Watch for notices about construction detours and closures on the City website under Projects & Plans > Terwillegar Drive.

Residential Speed Limit Reductions

In early November, City Council decided to reduce speed limits on local residential and collector roads to 40km/h. These changes do not include the busier arterial roads, such as Rabbit Hill Road.

I have had many residents observe disruptive driver behavior on their street, and ask the City to take active steps to make their road safer. When considering traffic calming measures, City Administration often starts with a speed study of the area. These speed studies consistently show most residential drivers are already travelling at less than 40kph most of the time.

From a road engineering perspective, those measured speeds don't support traffic calming measures. But from a livability perspective, these measures make all the sense in the world. A speed bump tells drivers to watch their speed, every time. Curb extensions force a driver to slow down, every time. A 4-way stop requires drivers to take their turn, every time.

In contrast, a speed limit sign becomes part of the routine scenery that we do not see as drivers on our daily commute. They are passive, not active solutions.

I voted against the reduced speed limits. I firmly believe our dollars would be better spent on active measures that actually address specific problems.

Budget Deliberations & My Upcoming Community Meeting

City Council will be debating budget adjustments in the next couple of weeks, in an attempt to reduce the 2021 operating budget by \$145M. That means some very difficult choices and conversations about priorities.

Happy Holidays

Finally, I want to wish you and yours the very best this holiday season. We know it's going to be different this year. We might not see everyone we usually do, or get together with our faith communities, or experience all the traditions, sights and sounds we usually enjoy. All of the challenges this year has brought serve as a reminder not to take for granted all those persons, places and experiences we truly cherish that enrich our lives.

While I will really miss my own family traditions this year, our goal is to embrace the unique experiences that will replace those traditions. It will be different, but my family is determined to be grateful and appreciate all that we do have while looking forward to continued growth in 2021. I hope you all enjoy the same peace and love with your friends, family and those you hold dear this holiday season.

Merry Christmas, Happy Holidays, and Happy New Year to you all!

Student Writing

Bone In A Suitcase

Athen V.
Archbishop Joseph MacNeil Catholic School

A scratching noise was coming from the suitcase, I cautiously walked towards it and unzipped the flap... I carefully opened the flap only to see my dog, Bone.

"Hey, how did you get here?" I said.

Me and my friends went back to my house to rebook my tickets for Mexico. When I saw my dog in the suitcase, I felt bad that I was leaving her back at the house with a random dog sitter. We would leave for Mexico in a few weeks. I didn't know what to do, keeping my dog in the back of the plane seemed kind of cruel to me. It would be worth it to cuddle with my dog

in bed and to see his slobbery pug-like face every time I woke up. I was on my normal morning walk when I saw a puppy sitting in a cardboard box looking like he gave up on life. I decided that this dog would be perfect for Bone (my dog). I decided to name this dog Mac. I didn't want to book the tickets again so I decided that I would sneak Mac onboard. The day of the flight came in no time. I didn't know how to sneak Mac onboard but then I thought of a way. I snuck through the scanners and got to the flight with Mac tucked carefully under my jacket. When I reached the flight I went onto my seat and waited there for hours for the flight to land. Then suddenly out of nowhere I heard a voice talking to me saying, "ticket please." I was so scared that I jumped out of my seat and almost lost grip

of Mac. I gave him my ticket seconds before Mac fell out of my jacket, the man saw me and said.

"Is everything alright sir?" and I replied with "Yeah, just a stomach ache that I got from some fish I ate."

Then the man left, I could finally breathe again. Moments later we were in Mexico, I booked a hotel where I could have dogs in the room. It was amazing spending the holiday with my dogs. Finally the day came where we had to leave Mexico, we packed our bags and we started to leave, a long time passed by before we were back home, and through the corner of my eye I saw our tiny little house over the ocean of others. We were finally home.

TTHOA

Embrace the 'Cozy' Winter Lifestyle

Basia Braaksma

Executive Director TTHOA

It's the most wonderful time of the year—grab your softest blanket, turn on that fireplace and enjoy the warm ambience!

I have always admired how residents of the most northern climates adapt to the lack of sun during the long winter season and have discovered a Danish word that summarizes it all—"hygge". Do you ever wonder why our Nordic counterparts are generally all smiles despite their infamously miserable winters—it may just have to do with embracing a lifestyle?

Why not adopt the "hygge" mindset and enjoy the season all wrapped up in your coziest sweater, feeling completely content enjoying the simple things life has to offer. We may not have had the year we expected, but we can certainly make the most of it. It's the basic things like cold crisp walks, sampling some of the best tobogganing hills, building a snow village or gathering around a fire that makes the most memorable moments. The true essence of "hygge" is the pursuit of happiness and the cozy feeling of a warm hug without the physical touch.

One of my favourite things about the winter season is skating at the many fantastic outdoor destinations available within our City. Back by popular demand, the Terwillegar Towne Homeowners Association is offering a snowbank rink at Tomlinson Park—there will be two rinks at this location. We hope you are inspired to find creative ways to stay active, enjoy the great outdoors, and be safe. A great cup of hot chocolate afterwards always makes any outdoor adventure that much better!

We wish you and yours a joyous holiday season and hope that you take this opportunity to get reacquainted with those you hold near and dear to your heart.



*TTowne rink photo submitted by Joaquin Gage
(from our last snowbank rink season)*

Have something would you like to write about?
Contact the Editor at editor@terwillegar.org

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Community

Front Yards In Bloom: Winterscapes

www.edmonton.ca

January 18 - February 28, 2021

Edmonton's winter may be cold, but it can be fun and beautiful too!

The Front Yards in Bloom: Winterscapes



photo contest gives people an opportunity to showcase their winter gardens, art projects and playful designs. A winterscape is a way of decorating a yard or landscape



using snow, ice, natural objects, decorations and lights. You can create a winterscape in



your front yard or next to a community hall, office/business building or school.

Here is your chance to spread the winter cheer to your neighbours! You can nominate your own winterscape or someone else's!

A Note From The Terwillegar Tribune Editorial Team

To say that 2020 has been like no other year we've had in our lifetime would be an understatement. We would like to thank our loyal contributors and advertisers for your continued support. Your contributions help to make our community a better place to live, work, and play! Wishing you all a happy and healthy holiday season and let's hope for a better 2021!

Karin, Shannen & Casey



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Edmonton - Riverbend

An Update From Your Member of Parliament

Matt Jeneroux

MP Edmonton - Riverbend

We're nearing the end of what has been the most unpredictable year in our lifetime. We've all had to adjust our lifestyles accordingly, and that includes not seeing family members and friends to follow social distancing protocols. Many are still working from home and will be for the foreseeable future. As we enter the year 2021, some of the "new normal" will be here to stay for the time being.

We've been amazed at the generosity we've seen in our community over the past several months. People are rallying to help those in need, to support local businesses and to ensure children in our community are getting the education they need. If you're still in need of government help to pay the bills, I have more information about economic measures on my website at www.mattjeneroux.ca/covid-19/economic-measures.

Since September, Parliament has been meeting in a hybrid format, with some Members of Parliament attending virtually and some in person. I've been to Ottawa three times during the fall to represent our community in person, and have spoken in the House of Commons several times on behalf of our community. Also, I had the opportunity to speak in favour of my Private Members' Bill on November 6. I first introduced Bill C-220, An Act to amend the Canada Labour Code (compassionate care leave) in February 2020. This bill proposes to extend the length of compassionate care leave by up to three weeks past the death of a loved one. Currently, family members who have taken the leave to act as caregivers for their



terminally ill loved ones are forced back to work within days of their loved one's death. My bill would change this to allow for more time off to make appropriate arrangements, settle affairs and grieve before returning to work. The bill has the support of all parties and will proceed for further debate in February 2021. I have more information on my website at www.mattjeneroux.ca/compassionate-care.

Also in September, I was named to the House of Commons' Standing Committee on the Environment and Sustainable Development. I'm thrilled to be named to this committee at such a pivotal time in Canada's history. As the only Alberta-based member, being on this committee is an opportunity to ensure that all regions of Canada are represented as we think about how to best move forward on issues of environment and climate change.

As you've likely noticed, construction on the Terwillegar Drive expansion has begun.

Funding for the project was approved in the summer and the three-stage plan will see a widening of Terwillegar Drive to four lanes in each direction between Anthony Henday Drive and Whitemud Drive, some interchange improvements, widening of bridges and the construction of a pedestrian bridge over Whitemud Drive at 142 Street. Many of us in the community have been waiting a long time for this project and it's great to finally see some movement. I know we're all looking forward to seeing it come to fruition. I'll keep updates on my website at www.mattjeneroux.ca/terwillegar-drive.

As always, my office is here to help if you need it. If you have any questions about COVID-19 benefits or any other federal matters, please email Matt.Jeneroux.C1@parl.gc.ca or call 780-495-4351.



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TRAC Update

Karin Shott

The Terwillegar Riverbend Advisory Council (TRAC) is very pleased to announce that their new website is up! We encourage everyone to check it out at www.tracspirit.ca. Thanks to Alison with Digital Rose Inc. for all her work on it. If anyone is looking for website work, we would highly recommend her.



A reminder that your community league needs your support now more than ever. Community league memberships are available through a variety of ways:

- by mailing the membership form (which can be found near the back of the paper) & 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 admin. fee added & 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 move forward in the weeks and months ahead.

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!

As we are nearing the end of 2020, the Terwillegar Riverbend Advisory Council would like to wish everyone a safe, healthy & happy holiday season and best wishes for 2021!



What's on your list?



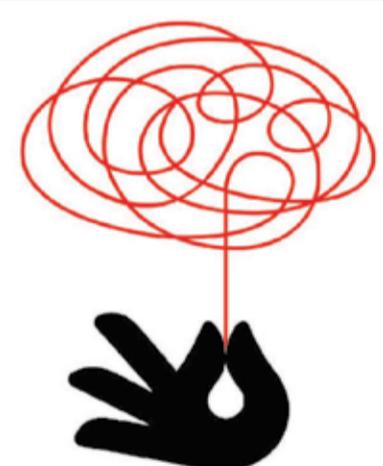
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Community

The Southwest Edmonton Farmers' Market Needs You!

Christie Anderson
Market Manager

Seeking Volunteers for the SWEFM Steering Committee & 2021 Vendors



Do you love our local farmers' market? Did you know that it is a not-for-profit organization, run by volunteers from many of the neighbourhoods that make up the Southwest Edmonton area? Its volunteers and Steering Committee members are wonderful people, committed to developing a vibrant gathering place for our community, and we need more help. Meeting all year long (remotely, at the moment!), the SWEFM Steering Committee schemes and plots, creates and dreams, crunches numbers and makes phone calls, problem solves and forges connections as it plans the next stage of growth for its successful market. SWEFM



volunteers are a hard-working bunch, dedicated to the market's vision of creating a unique, vibrant community gathering place where local farmers, producers, and artisans provide fresh, locally grown and homemade food and handmade goods to the people of Southwest Edmonton. They are passionately committed to fostering community relationships, helping their neighbours, friends, and family to create strong ties to the community, and strengthening the local economy. Does this sound like you? Individuals with board or admin experience, financial know-how and



community mindedness would be definite assets to the organization. If you are looking for a fun, social opportunity and would like to become involved in this exciting, vital, and successful organization, please contact us at: swefm.manager@gmail.com



In addition, we are encouraging local artisans, growers, producers, cooks, and farmers to apply for our 2021 market season (May 19th – Oct. 6th). Check out <http://www.swefm.ca/become-a-vendor> for more details. The application submission deadline for the 2021 master schedule is March 31st, 2021

Stay up-to-date with what is happening with the market by visiting www.swefm.ca or by following us on social media:

Facebook: @SWEFM.ca

Instagram: swefm

Twitter: @SWEFM_YEG

Wishing a Fond Farewell to Emily Hendsbee

The SWEFM is sadly saying "goodbye" to our longest-standing volunteer, Emily Hendsbee. Emily and her mother, Sheri, are the founders of the beloved Sprouts children's program at the market, which many of you know and love. The number of hours that Emily and her family have put into this program over the past decade are immeasurable. Months before we opened for the season each year, Emily and her family were busy fundraising, finding sponsors, designing the beloved kids' shopping bags, and working on the kid-friendly recipes (creating them from scratch!) that were handed out at each market. Emily's grandfather hand-crafted the hundreds of wooden tokens that were

handed out to local kids, who would then use them to buy healthy fruit, local veggies, and bedding plants. Emily's dedication, grace, and commitment to our market and the families who visit the SWEFM are something we will be forever thankful for. Emily recently obtained her Masters Degree in Human Ecology, and is now giving her passion and attention to her role as the Client Services Manager at the Dogs With Wings Assistance Dog Society.

Emily, you will be sorely missed, but we wish you nothing but the best in your future endeavors. Dogs With Wings are so very lucky to have you. We will certainly miss

working with you, but we look forward to staying in touch with you for years to come, and to see what greatness you accomplish!



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Edmonton - Whitemud

Report From The Legislature

Rakhi Pancholi

MLA Edmonton - Whitemud

This has certainly been an unprecedented year. Like many of you, my summer looked different than usual! I had planned to be out knocking on doors and attending community events so I could meet as many of you as possible in person. Instead, I spent my summer calling constituents and holding meetings by videoconference. I was thrilled to still participate in some outdoor events like Lemonade Stand Day for the Stollery and regularly attend the Southwest Edmonton Farmers' Market. But I missed getting out and meeting people face-to-face.

I know this has been a challenging year for many of you. Nearly two thirds of all households in Edmonton-Whitemud are families with children. You've had your hands full managing in-school or at-home learning and child care, while trying to be back at work or find new ways to get your business back on track. Balancing work and family obligations is harder than ever, particularly with frequent isolation periods for adults and kids alike. As a parent of two young children myself, I understand only too well what many of you are experiencing.

But I also see reasons to be hopeful. I've talked to business owners who are adapting their business model to meet the realities of life during a pandemic. I've met entrepreneurs with exciting and innovative ideas for how we can diversify our economy and create jobs and opportunities in new industries. And I've talked to a range of stakeholders across the spectrum, including business leaders, families, community organizations and educators who agree that meaningful economic recovery will require investing in the supports that parents, particularly women, need to participate

in our economy. There is a consensus that I've never seen before on these issues.

That's why I'm excited that the Alberta NDP Official Opposition has released a new website at www.AlbertasFuture.ca to build a new economic strategy for Alberta. The website includes detailed policy proposals on a number of initiatives that will be released over the coming weeks and provides opportunities for Albertans to offer feedback, including registering for virtual engagement sessions.

Our economic strategy to build Alberta's Future is based on five key principles:

- *Economic security* – new, long-term jobs to sustain families & communities;
- *Economic equality* - Recovery must include all Albertans, leaving no one behind;
- *Diversification* - Diversification is a priority, developing new opportunities while building on our strengths;
- *Strategic public investment* – Recognizing the role of government & the public sector to support private sector growth;
- *Strong Society, Stronger Economy* - Building a path to the top, rather than a race to the bottom.

We are proposing to build on Alberta's traditional strengths in the energy sector with new proposals on hydrogen, lithium and energy storage, geothermal energy and bitumen beyond combustion.

We need to support small businesses who have particularly suffered during the pandemic and who are the main drivers of our economy.

We need to take advantage of Alberta's amazing natural landscapes like our beautiful parks, cultural events like the Fringe Festival, and world-class attractions like Fort Edmonton Park, to build a thriving tourism sector.

We want to work with Alberta's emerging industries in the technology sector and green technology to help them grow, instead of abandoning them as the current government is doing. We know that investing in the arts and Alberta's creative industries like the film and recording industries pays dividends to our economy, not to mention our quality of life.

We know more than ever the importance of manufacturing what we need here at home; the pandemic has reminded us just how fragile global supply chains can be.

Finally, we know that the foundation of Alberta's future economic success lies with Albertans themselves. That means investing in skills training and post-secondary education. That means ensuring that all Albertans can contribute to Alberta's economic recovery. And it means ensuring that parents, particularly women, are able to get back to work.

As part of this work, I'm proud to have put forward a proposal for investing in affordable, accessible, quality early learning and child care as a key part of our economic recovery. This plan will benefit not only working parents, but children as well by providing them the stability and supportive learning environment they need to thrive and live up to their full potential.

To learn more and to share your views, visit albertasfuture.ca.

STANDING UP FOR you.

RAKHI PANCHOLI
MLA for Edmonton - Whitemud

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Community

Letting Go

Rachel Hallett

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

What would happen if we were able to let go?

2020 has taught us that there is much we have no control over and we need to constantly be evolving and adapting.

So often we resist change. Staying with the familiar, trying to force something that is not working into fitting the mold we want it to.

So I ask, what if we could let go? Take the time to dream, envision who we want to be and how we want to be both personally, professionally, as a friend and with our family; become less attached to the plan/road to get there by letting go. It is easy to be attached to the plan, the way we want or think it should go. Sometimes we are so focused on the plan, we fail to see it is not serving us the way we thought it would. How can we learn to let go?

Take some time to meditate, Breathe in the good, breathe out or let go of what is not working. By taking even 5 to 10 minutes to simply say breathe in the good and let go of the (bad, frustration, anger etc), you will find yourself in a much clearer head space. Jot down what is working/good. For what is not working, determine if there is any course of action we can take to help. Often the answer is no (we are waiting for someone to respond or it is out of our control). If we have no control, if we can make peace with the way things are for now and let go of our attachment to the things that are not working, it opens up room to focus on what is. Focusing on what is working and having gratitude allows more space for the positive and often new pathways we might not have seen before.

Letting go, combined with mindfulness around eating and exercise, can be very liberating. It allows us to explore the whys behind what we do. Let's say you decide to follow a new eating plan. For the first few days it goes terrific and then you are invited to dinner with a couple of friends you have not seen in a long time. You go out for dinner, eat and drink more than you planned, and your plan is off the rails.

Here you have a choice: you can talk bad to yourself and spend the next few days punishing yourself to get back on track, give up on the new eating plan, or you can sit with yourself for a while. Focus on the feelings you had spending time with people you love and see how the food you ate made you feel. If you really enjoyed it, spend some time relishing the tastes and flavors. If it made you feel ill or you did not really enjoy it, spend some time sitting with those feelings. The next time you go out or want to eat something different

Soccer Update

David Murray

President

*Edmonton Minor Soccer Association
South West Zone and SW Sting FC*

The SW Zone of the Edmonton Minor Soccer Association (SWEMSA) and SW Sting FC are fortunate to be playing and training during this indoor season. We have 640 community players and 372 club players. Last year we had 1276 community players and 453 Sting players. We have retained 50.1% of the community indoor players from last year and 82% of the Sting players from last year.

The season looks quite different this year—teams are kept in cohorts and play shorter games and have smaller rosters for the tier 4 and down. Sting Teams play with regular rosters and regular length games but play two games back-to-back against a cohort team,

you can return to the feelings you had and determine if it is worth it. There is a saying that the best bites are the first and last bites. Until then, let it go and return to eating the food that nourishes you. If you are starting a new eating plan, spend some time checking in with how you feel about it and why you are doing it. Very seldom will sticking to an eating plan work if it is centered around looking a certain way or hitting a number on the scale. If we can let go of those “goals” and focus on how we feel when we eat and after we eat, the brain will learn that food is not something to control, but instead a biological need. The more we can tune in, the better we become at recognizing what hunger actually is versus eating out of habit or because the clock tells us it is time or because we are emotional or bored or tired. Most of us have a weight that our body feels best at. If we focus on how we feel when we are at our healthiest, it makes it easier to not take the extra serving when something is delicious but you know you are almost full.

Let's say you start a new exercise plan. It is a 30-day push-up challenge. You follow it faithfully until your shoulder tweeks on day 8. Here you can abandon the challenge or adapt. If you continue to do the challenge, you risk injuring your shoulder. By letting go of the desire to complete the plan and letting go of the anger/sadness/frustration that your shoulder is sore, you can open yourself up to what you liked. Having a plan made you feel good. You were seeing changes in your body and building strength. Can you achieve these benefits by adapting? Perhaps instead of doing just a push-up challenge, you alternate days with squats? Maybe you do dips or tricep extensions if they do not aggravate the shoulder. Perhaps you hire a trainer to assess your form? When your shoulder feels better maybe you notice how your body feels as you do the push-ups (do you feel it in your chest or just in the shoulder? Can you adjust your form/hands so you feel it more in the chest than in the shoulders). I am a firm believer in paying attention to how your body feels when working out, and if you experience pain to stop right away and assess. Sometimes just by acknowledging the pain, you adapt your form and it goes away. A day or two off is much better than pushing through and having to take off weeks or months. Note that pain is different than that burning sensation we feel when we are building strength. So even in exercise, taking time to let go can benefit us.

Being mindful can help us with letting go. There are articles about this in the spring and summer Terwillegar Tribune.

As we approach the Christmas Season, take the time to let go of what you have no control over or that does not serve you. May you be able to see and feel the joy in the little moments.

then take two weeks off before playing a new team. Restrictions on spectators have made it tough for friends and family to watch the kids play. The buildings may sound a little different but the important part is the sounds of the kids playing the beautiful game.

Unfortunately, we have been suspended for two weeks by Alberta Health Services. We however will re-adjust our schedules and still plan to play the 14 or 15 game season we normally do.

There is an extraordinary group of volunteer board members, coaches, managers and parents. Who have come together as always to make this season happen—we thank them all!



Terwillegar
Community Church

CHRISTMAS

Eve Service
DECEMBER 24, 2020
4:00 p.m. in person

Online at 4:00, 6:00 & 8:00
visit tcchurch.ca

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Community

Community League Update

Kathleen Mountford
TCL President

In the past few months, we have had many questions regarding our regularly planned Christmas events. Unfortunately, due to COVID-19, we have had to cancel both our Holiday Sale and Holiday Spectacular. In addition, we cancelled our regular Halloween Fireworks event.

Judges drove around the neighbourhood close to Halloween to find the spookiest houses. We have included photos within this paper and posted the addresses on our Facebook page so that people could see some of the best-decorated houses for Halloween.

We also ran a Fall 50/50 in which we sold tickets to raise money for future projects. We will probably run another 50/50 in the future. The best way to receive updates on this is to watch our Terwillegar

Community League Events page on Facebook (@tclevents).

With the new COVID-19 guidelines, we are not planning much for the upcoming months. We will run our Holiday lights contest in which we drive around the neighbourhood and find the best-decorated houses. If you have any nominations please send them to tclpresident@terwillegar.org.

We will be holding our Annual General Meeting in February 2021 so please watch for a date in your email or on our Facebook Page. The board will be looking for nominations for new members for the Community League Board. The Community League is responsible for running events and building assets within the community. If this is of interest to you please email the community league president.

We wish everyone an excellent holiday season and Happy New Year!

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Navigate Your Best Life

Joanne David
BA CFP FCSI

As we reach for the holiday season and all the joys (and hopefully not too many minor frustrations) that the season may bring, it is the perfect time to consider what we value most about our life and what we wish to navigate for our future.

No matter what our circumstances, we all want to navigate our best life to success and into our future. Planning for our future includes understanding our personal joys of today and what we value most. Knowing our values will help us to plan for preserving this for our future and making way for more of what we value most.

Here are a few areas of life to consider over the holiday season:

- Our internal and external spiritual mission on this planet.
- Our intelligence and creative endeavors.
- Our business achievements or vocational purpose in service to others.
- Our financial situation, including financial freedom and financial sustainability.
- Our familial love, including spouse, children, and close friends.

- Our social interaction and related enjoyment, and community leadership.

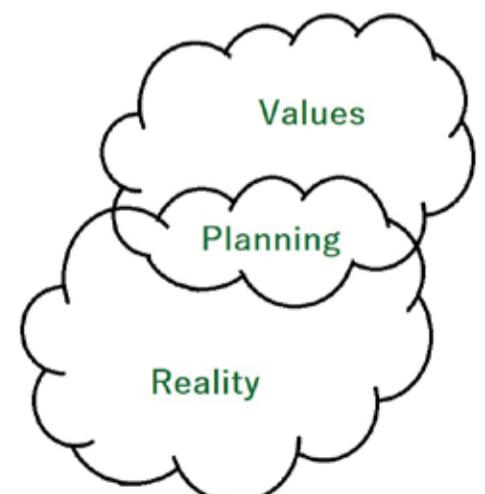
- Our physical strength, wellness, and mental well-being.

I invite you to consider your values, write them down, and to rank them. Writing your values down on paper and ranking them by order of importance helps one to understand which values hold the most weight and where we place the most importance. There are no right or wrong answers.

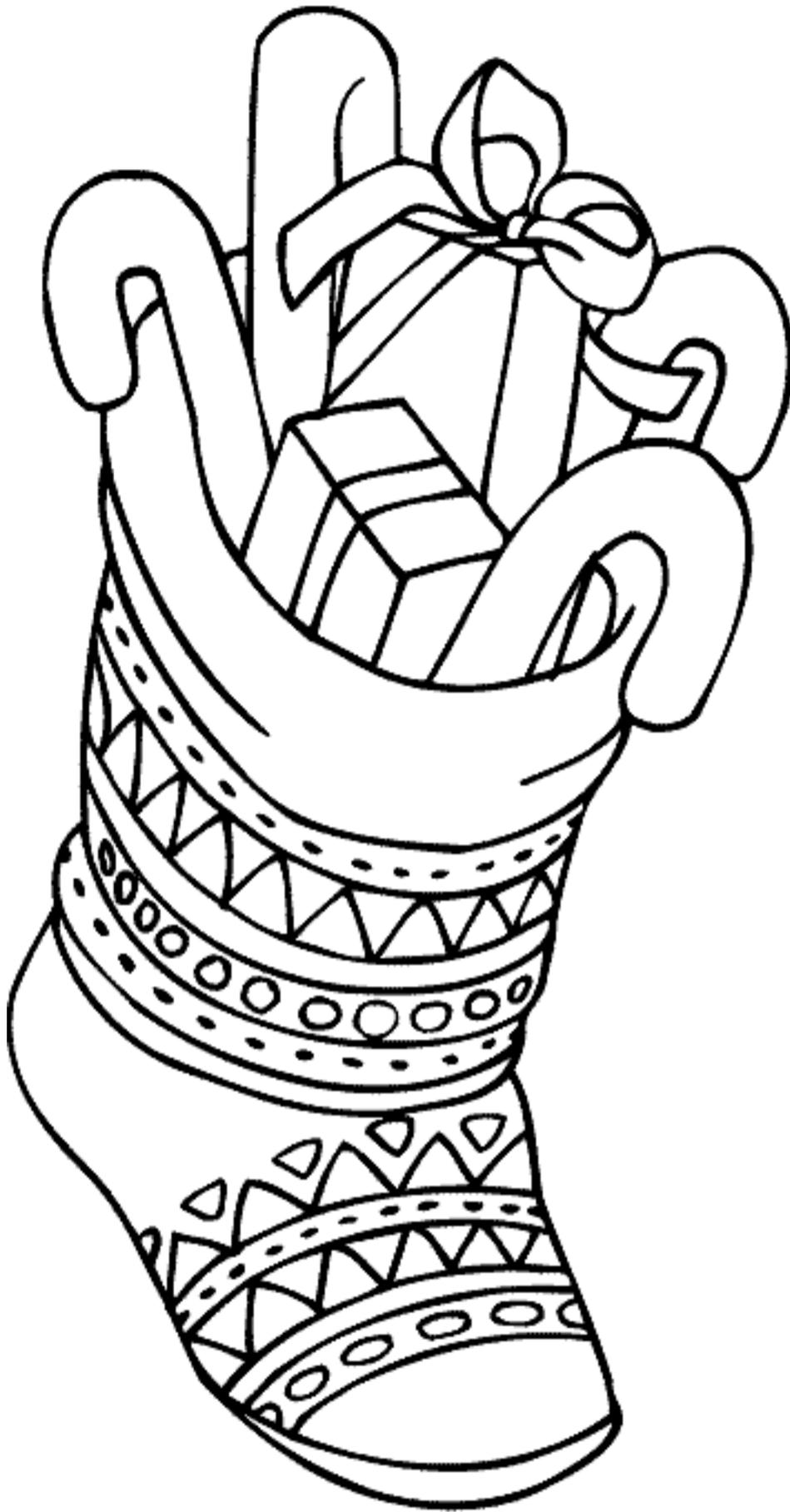
Financial planning is often thought of as the action of merging your values from your present into your future reality. Navigate your best life with your values in mind.

If you wish to write to me, I am very interested to learn what you value most in your life in Terwillegar. I would like to include some answers in a future submission to this paper.

My associates and I wish you a very happy holiday season!



Kids Zone - Coloring Contest



Holiday Coloring Contest

Name: _____	All entries must be received by January 18th. One entry per child.
Age: _____	The contest is open to residents of the following areas: Terwillegar, Magrath, South Terwillegar, and MacTaggart.
Address: _____	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
Phone: _____	Entries should be mailed to:
Email _____	Terwillegar Community League
_____	PO Box 36508 , MacTaggart RPO, Edmonton, AB T6R 0T4

Kids Zone - Word Search

ARE YOU AN ARTIST? SEND US YOUR WORK!

Email your Winter drawing to
 Editor@terwillegar.org by Monday, January 18, 2021.
 A few selections will be included in the next issue
 (space permitting)

↓ DRAW HERE :) ↓



Winter Fun



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

Find these words in the puzzle. Words are hidden → and ↓.

- | | |
|---------|--------|
| BOOTS | SHOVEL |
| COLD | SKATE |
| FLAKE | SKI |
| FREEZE | SLED |
| HAT | SNOW |
| ICE | |
| MITTENS | |



CHRISTMAS CROSSWORD PUZZLE

USE THE CLUES TO COMPLETE THE CROSSWORD PUZZLE.

Across

- 1. One of Santa's Reindeer
- 3. Santa's Helpers
- 5. December 25th is _____.
- 7. Christmas Drink
- 10. The name of a popular snowman.

Down

- 2. Christmas Month
- 4. He hates Christmas!
- 6. You hang them by the chimney.
- 8. On Christmas morning we unwrap our _____.
- 9. ___ to the world!

CORRECTION FOR COLORING CONTEST WINNER:

Due to a typo, the winner of the coloring contest was Lily B – Summer 2020



Back to School Colouring Contest Winners!

Ages 2-4

1st Place: Della-Jean D.
 Runner Up: Greyson W.

Ages 5-7

1st Place: Emerson and Elena C.
 Runner Up: Matthew I.

Ages 8-11

1st Place: Dylan W.
 Runner Up: Jeremiah

Thank you to everyone who participated!

Community

Cliché, Hope and Love

Marni Mrazik

Director of Community Life at Terwillegar Community Church

Yesterday, I ran into an acquaintance who commented, "If one more person says, 'It is what it is,' to me, I'm going to explode." I suppose she could have added other clichés we are using right now such as, "Taking it day by day," or "These are unprecedented times." She confirmed what I have read recently, multiple times, which said that folks are tired of hearing platitudes, clichés, and overused phrases. I think, perhaps, these phrases have become an irritant rather than an inspiration because they don't really add anything to the conversation—they are empty. They don't increase our understanding of the situation, they don't suggest a positive course of action or solve a problem so even though they are well intentioned—they are falling flat.

So if clichés and constant reminders of our "new normal" (apparently another irritating phrase) are not very inspiring, what is? What is inspiring you these days? What continues to give you joy? Where does your hope lie? For me, my hope lies in Jesus. In John 16:33 he says, "I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world." While my relationship with Jesus doesn't make the troubles in my life go away, I am not alone in them and I can live with peace in my heart. As we head into the Christmas season when we celebrate the birth of Jesus Christ, many of us think of family, friends, gifts and memories, but how much do we think about Jesus? Or rather, what do we think about him? How do we respond to his birth?

Jesus' earthly parents, Mary and Joseph, travelled to Bethlehem for the census, the city was packed full of people and there was no vacancy anywhere. When they knocked on the inn keeper's door,

he wasn't hostile; he wasn't against them, but his inn was full and his mind preoccupied. Maybe that's you, and maybe you are distracted by all that's going on in your life and feel like you're able to live well without Jesus. You're not particularly against him, you just don't feel you need him.

King Herod had quite a different response. He was hostile toward the Christ child and in an effort to try to be rid of him, ordered every male child in Bethlehem from birth to age two be killed. Just over 30 years later a mad mob cried, "Crucify him!" That cry still rings out today.

A third response is possible when Christ's mission is truly understood. The real meaning of Christmas "is not wrapped up in the baby in a manger, but in what His birth, life, death and resurrection accomplished" (Billy Graham Christmas Message). When this truth is grasped, a response of commitment is possible. The reason for Christ on this earth was the result of God's response towards us and God's response is love. And in turn, as followers of Jesus, committed to him, we are called to love. As a matter of fact, Jesus said, "By this everyone will know that you are my disciples, if you love one another."

That is our desire at Terwillegar Community Church. We want to love our neighbours and our neighbourhood. We want to bless our community. I could say, "We are here for you," but that sounds like one of those clichés no one likes because we don't know what that means. We want you to join us at our community events and invite you to the many things happening in our church and let you know it's a safe place to seek and to ask questions. We have hearts that want to help you if you have a need. Regardless of your response to Jesus, we want you to know that you are loved.



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Join us, for however your Christmas looks this year.

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HOPECITY.CA/CHRISTMAS

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

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Community

Community, Connecting and Celebration in the Time of COVID

Sodhi Pillay

I vividly remember the feel of winter's cool air on my face as the collective eyes of the community of revelers feasted on the vibrant fireworks display that joyously danced in the night sky. Music booming, kids hollering, and happy families frolicking on the snow-bedecked grounds of Haddow Park, ushering in a new year with the vigor and excitement of new possibilities and optimism for the year 2020 (20/20 vision we said...every pun intended!). The community space was turned into a celebratory continuum connecting the old year with the new year.

Had anyone pulled me aside then and fortuitously said, "bubble, bubble, bubble... toilet paper and baking yeast, stock up now for there will be supply trouble. Hospitals overwhelmed and fevers bubble ... face masks, hand sanitizer a mighty sword wielded against a deadly virus." I would have dismissively retorted that the eggnog must have had some mind altering ingredients and obliviously laughed off the dystopian picture painted by the Shakespearian doomsayer.

Fast-forward 11 months into 2020 and we see desolate public spaces, shuttered sports arenas, and contracted social circles, while personal protective gear ubiquitously doubles up as our second skin. These were not scenes from a screenwriter's imagination brought to life in a sci-fi film, but rather the honest, everyday reality of a world grappling with a very contagious and devastating pandemic.

We navigated this new normal of working from home and online schooling. We nervously engaged in the 2m social distance dance, through the shopping aisles, racing to secure the last packet of instant yeast. Freshly baked bread artfully photographed became the rock stars of Instagram posts. Shabby chic was not just a decorating term that extended to furniture, but also to our personal appearances, as lycra became the spring, summer and fall fabric of choice. Hairstylists and barbers switched off their dryers and laid down their hair clippers. COVID hairstyles took root on twitter and the term "going back to my roots" was embraced and celebrated. "CLOSED" signs began to ominously appear on shop windows all over our city. The economic engine of our province and country slowed then stalled to a halt.

As the weeks wore on, we began to develop a sincere appreciation for teachers, schools, and energetic gym instructors. Dr. Deena Hinshaw became our collective hero and flattening the curve was no longer a diet term but an epidemiologically important construct that we began to drop into everyday household conversations.



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Our outside world shrank and our homes grew louder with boisterous family chatter. Families began to reacquaint themselves with their dinner tables as sit down dinners and home cooked meals became the norm not the exception. Spring-cleaning became cathartic and home organization took root as we reconnected to our inner Marie Kondo.

The quiet roads and the dust accumulating on our cars signaled a calendar devoid of frantic driving to extra mural activities and appointments. The only rush was who was to be the first to the Netflix remote. Anxieties increased a bit and garage real estate dwindled as 99 empty wine bottles up took residence.

The initial change to our routines heralded the holiday that we relished but there was no escaping the resident restlessness that lingered deep within us. The draw of communal activities from our caveman days around a fire to present day around a coffee shop table- reinforces that we are community spirited beings and that we thrive on community and collaboration. "Apart but Together in this" became our collective COVID mantra.

How to stay connected in our community, within our friendship, family and business circles started to take on a more intense and intentional meaning. Letting our vulnerable neighbor, friends or family know that our help was a 2m shout away was important. Children learnt anew that iPhones had a "phone call" function whilst grandparents excitedly realized that a cell phone or tablet would now become a window to their grandkids lives. Zoom was not the sound of a fast car racing by but a platform to connect businesses or people to each other. We learnt what essential services looked like—a healthcare worker, a lab technician, a grocery store employee, and a garbage collector toiling away to keep us healthy, fed, and not drowning in the discarded remnants of our consumer habits.

We became acutely aware that not all homes are safe havens and that for the abused, neglected, and vulnerable members of our community, COVID lockdown was a menacing threat that exacerbated existing hardships. Our collective mental health was fragile and needed to be guarded and checked in on. Reaching out a helping hand, in a safe way, was important as our food banks and community organizations buckled under the economic pressure of servicing increased numbers due to job losses.

Community, connecting and celebrating began to innovatively evolve in a COVID-proofed way. Drive by birthday and graduation honking, a virtual Thanksgiving dinner, and virtual parent-teacher meetings kept us feeling special, connected, and informed.

No doubt this festive season will look and feel different. We may ditch the malls for doorstep deliveries, the turkey may have to be 10kg smaller, the clinking of wine glasses a tad bit quieter than last year, but let our empathy, care, and love scream volumes instead. For those of us that can help the vulnerable, let this festive season be a season of giving of charity in addition to joy, light, and bling-encrusted hand sanitizers.

COVID has taken away many precious loved ones from us and created ghost towns of our community spaces that we used to congregate in. We miss the physical connection of hugs and must look closely for eye crinkles above masks covering friendly smiles. We're bereft of sporting activities to raise our adrenaline and our voices in loud cheering screams. As COVID "taketh" from us it also "giveth" to us a new appreciation for the things we have perhaps taken for granted like connection, community and celebration.

Like all past upheavals, "this too shall pass", and when it does our resilience, reliance, and resoluteness as a community of caregivers will be stronger. We will come to realize at a very personal level

(continued on next page)

that being part of a community means we have to look out and take care of each other. Being part of a community means that our actions and sometimes inaction on both the big and small things can sometimes make or break the cohesion that keeps a healthy progressive community growing and developing. Never before has the phrase, “we are as strong as our weakest link” been so true. We can innovatively and proactively embrace our innate need to connect whilst balancing our civic duty to protect each other. The past 8 months has no doubt brought on a fatigue of the fastidiousness of our safe routines but we still need to keep our guard up and carry on until we vanquish COVID.

We will no doubt in the future, gaze into a dark sky lit up by fireworks and think of happy future possibilities and how perhaps being fully present and engaged in the moment is sometimes all we have to hang onto.

Happy holidays and here’s hoping that 2021 brings us an effective vaccine to obliterate COVID whilst ushering in a celebration of greater awareness and appreciation of what connects us as a diverse, caring community whose spirit is as vibrant and dynamic as fireworks lighting up a night!

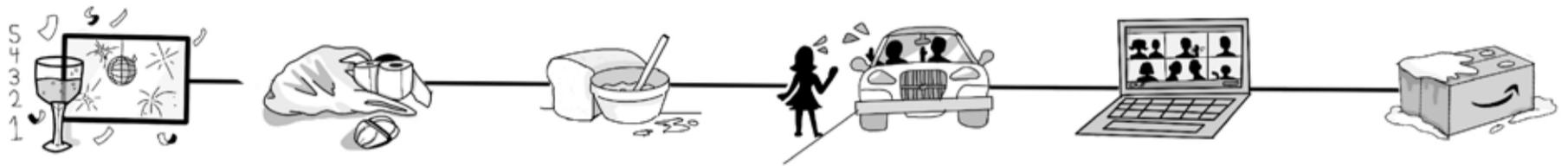


Illustration by Jane Henderson, Gr. 10, Lillian Osborne High School.

Winter Driving Tips

AMA.AB.CA/Winter Driving

Always drive to conditions – and if possible, use winter tires.

But...if you find yourself in a slippery situation, try these strategies:



Conquer Snowy Hills

Going uphill? Using a lower gear, start accelerating at the base to build enough momentum to get to the top. Downhill, also use a lower gear—rather than brakes—to slow down. When you do brake, press gently to maintain a slow, steady pace.

Handle Black Ice

Black ice occurs at or below zero degrees. It’s caused by moisture freezing on the road surfaces. Drivers often can’t see it, but if asphalt looks shiny and black instead of grey-white, be cautious and reduce your speed without braking.

Recover From A Skid

If front tires lose traction, don’t steer into the skid! Take your foot off the gas and steer in the direction you want to go. If back tires lose grip, slamming the brakes or jerking the wheel can make you fishtail. Instead, look and steer in the direction you want the car to do.

Navigate A Whiteout

Slow down, use low beams, and turn on front and rear defrosters. Whiteouts typically pass quickly, but you may want to pull over at a safe location, away from traffic. If you continue driving, keep headlights on but avoid high beams—they reflect more light off snowflakes, further reducing visibility. Drive slowly and watch your speed: If you can’t see other vehicles or landmarks, it’s tough to gauge how fast you’re going. If road markings are covered, rely on signs as guides.



Volunteers Go Into Overtime For The Kids

Brad Butterfield
President SWAT Hockey

Volunteers go into overtime to get kids safely back to the rink

In September, thousands of excited kids came back to arenas in our community with the start of a new hockey season. Although many new precautions were in place for a safe return to play, the smiles as the players stepped on the ice to play the game they love showed the most important things hadn’t changed.

Well before that day, dedicated volunteers in our community had spent thousands of hours getting ready to launch the season. A comprehensive set of ‘Return to Play’ guidelines was developed by Hockey Edmonton following the guidance of AHS. It was paramount to ensure the safety both of the players and the community we live in for a safe return to play. This required a significant rework of everything from protocols for arriving at the arena, to how teams are formed into cohort groups, to safety precautions for the volunteer coaches who work with the teams.

To the volunteers, this was never about wins and losses. The long

hours were about providing the youth in our community with a safe return to an activity where the physical and mental health benefits are as crucial as ever as we maneuver the COVID pandemic. There are the obvious health benefits from exercise and learning a new sport, but through sport, children also learn to socialize and interact with their peers, set and attain goals, build self-confidence, and work together as a team.

Kids arrived at the arena in September under the safe return to play guidelines dressed in their equipment and wearing masks, but as soon as they stepped on the ice for their first socially distanced skate, it was clear the hours of work put in had paid off. The most important aspects of hockey aren’t the wins or losses, it is the friendships and intangible lessons that stay with you through life, and the pandemic couldn’t take that away.

Even for a short time each week, hockey is able to provide an outlet and sense of normalcy for the kids in our community. We are lucky to live in a community filled with generous people who selflessly volunteer their time to support our youth. The efforts of those people will ensure we emerge from the pandemic stronger as a community.

Seniors ~~The Way We Were~~ ^{Are}

News for 55+

By Colleen Crozier

Remember the 1973 movie “The Way We Were”, starring Robert Redford and Barbra Streisand? The title song, by the same name, is a tear-jerker, full of longing for the simplicity of their shared past. The life lesson in the closing lines, so beautifully sung, is to forget those things that are too painful to remember, and to focus on the happy memories.



Photos Courtesy of SWESA

SouthWest Edmonton Seniors Association (SWESA), in this time of a global pandemic, is singing the same tune, but with a difference. Our members, board and staff have countless fond memories of SWESA activities. They long for the day when “normal” activities can resume, filled with fun, fitness, learning, and laughing. The difference is that we know that better days are coming, and our focus is on “the now”. SWESA is preparing safe, interesting programs for the short term. It is also looking to the future to “pick up where we left off” pre-Covid. Barbra and Robert’s characters never had that kind of forward focus, hence the sad song.

Program staff and volunteers came up with an impressive line-up of activities for this fall, as they have done for several years. The challenge for 2020 has been to make those



activities safe. And so there are all kinds of socially distanced fun and fitness choices, such as: Total Fitness for Active Agers; Line Dancing; Latin Grooves; Stretch, Strengthen and Rejuvenate Yoga; Zumba; Gentle Yoga; Age-Reversing Essentrics; and The Core and All. For the artistically-inclined, there is Watercolors with Willie Wong and Introduction to Drawing. For seniors who want to socialize (and who doesn’t?), there is Coffee and Chat, both in person and via Zoom.

Most of these programs continue into December, and it’s not too late to join. All are held at the Blue Quill Community Hall, where SWESA has consolidated its operations during Covid.

For details, go the SWESA website and select “Program Guide” from the Programs menu. Then click on the link to the listing of current programs. Or, contact the SWESA office.

Good news! You can look forward to the same or similar program offerings after Christmas. As our staff and volunteers act upon your suggestions, more activities will be added to the list of Covid-compliant programs.

SWESA also offers seniors an excellent Home Supports Program. Co-ordinator

Barb Newell works with those who need some help with snow removal, housekeeping, minor home repairs, etc. Details and Barb’s contact information are on the SWESA website under “Resources”.



Photos Courtesy of SWESA

Annual Fundraising Appeal

SWESA’s annual fundraising drive is underway. Donations are most welcome and another way you can support seniors in southwest Edmonton. Funds will contribute greatly to current and future programming. Payment options are on the website

SWESA Office
Blue Quill Community Hall
11304-25 Ave. NW
780 860 3603
www.swesa.ca

Need a Christmas gift suggestion for a senior on your list? Through a credit card company purchase a generic prepaid gift card that could be used for a SWESA membership and program fees in 2021. “Give experiences, not things.”

SWESA Seniors’ Centre - Yellowbird East Community Centre (YECC), 10710-19 Avenue
SWESA Seniors’ Lounge - Terwillegar Community Recreation Centre (TCRC), 2051 Leger Road
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swedmontonseniors@gmail.com

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Give the gift of caring to a rural children’s daycare in Africa this holiday season and in the new year.
An Edmonton charitable foundation is creating learning opportunities for rural children in Ghana. Support early childhood education one town at a time. Thank you for your time and generosity.
Send tax deductible cash or in-kind donations to: Taxreceipt@onesteplearning.org
For in-kind and cash donations list, visit website: www.onesteplearning.org

Edmonton Office Address
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Ghana Daycare Location
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Community

Beat The Blues This Winter

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"It does not do to leave a live dragon out of your calculations if you live near him.

J. R. R. Tolkien

Low emotions can hit anyone at any stage in life and Canadians have always been susceptible to the blues during the long, cold, dark winters. Now that COVID-19 has disrupted normal life as we knew it, and with the increased stress levels, Canadians can expect a double whammy!

Taking Tolkien's advice, the way to beat the blues is to plan and prepare for it before it hits. So, here are five habits that will help keep your moods elevated in the months ahead.

Seek the light during the day

Our circadian rhythm is regulated by cycles of dark and light. When there is not enough sunlight, it is thrown off kilter, which, in brain chemical terms, means low levels of the feel-good hormone serotonin and more of the sleep hormone melatonin. This leaves us feeling drowsy and tired when we want to be active and productive. To counter this, spend time outdoors or work near a window to catch the sun's rays daily. Or you can try light therapy, which uses a light box to mimic bright natural outdoor light.

Time your meals to support your sleep and wake cycles

This may be the age of 24-hour fast-food outlets, and many of us are used to indulging in a late-night snack when the mood strikes. However, for elevated moods and energy, a strategic approach to meal and snack timings can go a long way. This fall and winter, time your first meal of the day within half an hour after waking and try eating your last main meal of the day two- three hours before bedtime.

Eat well balanced meals for stable blood sugar

Include adequate good quality protein, fiber, and essential fats along with complex carbohydrates. Proteins are needed for the synthesis of important neurotransmitters and provide a feeling of satiety for longer. This is necessary for stable moods and solid performance during the workday.

Incorporate relaxing activities and actions into your daily routine

Our fast-paced life involves multiple transitions and tasks which are mentally and physically demanding. Even when the day is over, we carry our workday hang ups into our home life. Sometimes we martyr our present to a traumatic experience in the past. We have

never been shown how to unload those unpleasant thoughts or feelings, safely. This puts us under a constant state of stress, well after the actual stressful event has passed. Thankfully, you can learn to lighten your burden and let go. Prayer helps. Gentle breathwork, meditation, and gratitude journals can help. Personally, I have found Tapping meditations helpful. Whatever the tool that fits your life, choose one. Use it regularly and with intention.

Stay active

If winter makes you want to bury yourself in your comforter and never come out, resist! Exercising is a known pick-me-up at any time of the year, but more so in the winter. To overcome the initial resistance, create an energizing music playlist to accompany your dance or exercise. Enlist a friend and start moving to the tunes. Find like-minded friends or join a Facebook exercise group to keep yourself accountable and motivated.

Finally, the right mindset makes all the difference. Borrow some attitude from the Swedes who are fond of saying "there is no such thing as bad weather, only bad clothing." So, bring out the colorful woolens, the throws, and the tea. Let us welcome the season with open arms!



Photo Courtesy of Chandni Krishnan

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Halloween 2020





Photos Courtesy of Ryan Barber

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

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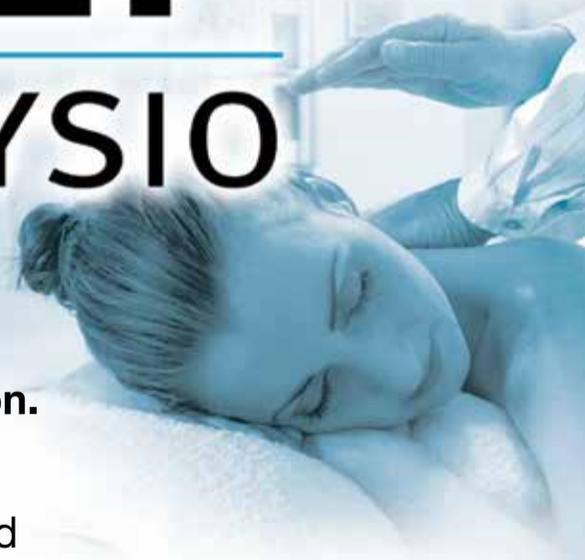
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Online

Behind The Scenes Of The Terwillegar Facebook Group

Felicia Truong, B.Comm
Communications Director

Behind the Scenes of the Terwillegar Facebook Group
With a lot of physical distancing measures in place due to COVID, we have seen a steady increase to our online community, the Terwillegar Community League Facebook Group.

Did you know the Terwillegar Community League is the largest community league in Edmonton? As our



Facebook group climbs to 7,500 members and 90% active membership, it is imperative that we have rules in place and moderators. While we are delighted by the growth of the group, there has been some misunderstanding surrounding our Facebook guidelines.

First and foremost, upon initial entry of the Facebook group you will be asked if you agree to the page guidelines and what the first 3 characters of your postal code are. If you have your current location as Edmonton, provide your postal code, and agree to our page guidelines, you will

Some Things To Check Out

Bountiful Farmers' Market (year-round indoor)
3696 – 97 Street
Hours: Friday & Sunday (10 am – 4 pm), Saturday (9 am – 5 pm)

Candy Cane Lane
9915 – 148 Street
December 11 – January 1 (Drive through only)

The Winter Wonder Forest
13204 – Rainbow Valley Road
November 27 – January 3 (4:30 – 10 pm) \$30/car pass.
Tickets available online: winterwonderforest.ca/acitivities-calendar

Christmas Glow
Edmonton EXPO Centre 7515 – 118 Avenue
November 28 – January 3
More info at: glowyeg.ca/#

automatically be granted access to our group. Otherwise, you will need to wait until an administrator or moderator approves your request. Please keep this in mind if you are planning to invite someone into our group.

Next, as a reminder, all posts go through moderation and must be approved by a moderator or an administrator. Terwillegar's Communications portfolio is currently 2 people - and we are both volunteers. We may not get to your post right away, but it will be dealt with in less than 48 hours. We greatly appreciate when members of the group help us report any comments that may be considered rude, bullying, or malicious in nature.

Additionally, there has also been a significant increase of business posting in our group. As of the summer of 2017, we no longer allow businesses to post unless an advertisement is purchased in our Terwillegar Tribune (the local newsletter for Terwillegar Community League). The minimum purchase to be qualified for an ad is \$98. More details can be found on terwillegar.org under News & Events. Currently we have 5 issues every year and they are being delivered to all the houses in the Terwillegar boundaries and, during non-COVID times, local businesses as well. (Update: You can find some Terwillegar Tribune copies at the Terwillegar Pharmacy, the Mac's/ Circle K, Save-On-Foods, and the Terwillegar Community Church)

All the money raised through advertisements go back directly into the community! We thank you in advance for your support!

The Terwillegar Community League Facebook group is a lot of work, but it has proven its worth during these uncertain times by helping us connect to our neighbours online. We always encourage healthy discussions surrounding issues in our neighborhood. Of course, if you have any questions or concerns regarding the Facebook group, Terwillegar Tribune, or other parts of the Terwillegar Community League, please do not hesitate to contact me at communications@terwillegar.org.

Festival of Trees - Virtually
November 20 – December 20, 2020
More info at: festivaloftrees.ca/

Zoominescence: A Festival of Light
The Edmonton Valley Zoo: 13315 Buena Vista Road
November 26 – January 3 (Thursdays – Sundays, 3:30 – 9:30 pm)
More info at: buildingourzoo.com/events/zoominescence/

Edmonton Christmas Market
Online & at The Army & Navy Dept. Store: 10411 – 82 Ave.
November 20 – December 20
More info at: wearewildheart.com/yegxmasmarket

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We also cover all occupations types, no matter how dangerous it is, all the way from desk jobs, to trades workers and even truck drivers! Let's not forget one of the most important occupations of all... we also protect ALL stay-at-home parents! Even at home, accidents could happen while hanging Christmas lights, slipping on the ice while shovelling, cutting yourself while preparing dinner, or doing other household activities! In essence we got you covered 24/7!

Covid 19 brought a lot of uncertainty for everyone this year, but has also brought to the forefront of our minds, to be proactive about our health. We are able to protect you and your family from unexpected emergencies through our very customizable and affordable plans. Our very unique Family Protection Plans come at a massive discount covering you and ALL of your dependent children from birth! We can even protect all members of blended families!

Think you're already covered on group benefits? No problem! We are here to educate on supplemental solutions and fill in any crucial gaps that your traditional group benefits does not cover.

For us, we first started out as clients, and these plans have made a huge difference for us when we learned first hand how these plans can offer so much peace of mind! Now we want to share this information with our communities! Worrying about your finances should be the last thing on your mind if you, or a loved one have suffered from from an injury or illness.

Wouldn't that be something worth learning about? What is more important than family?

Contact us today for a complimentary 20 minute information session on how to protect you and your families lifestyle 24/7!

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