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www.terwillegar.org

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Next submission deadline:

Aug 13, 2021

Next issue: Aug 30, 2021

It's Time To Dine

Marni Mrazik
Director of Community Life at Terwillegar Community Church

First, thanks to all of you who took the time to add a star to the hope and joy tree that was outside of Terwillegar Community Church for the month of April. It was great to see the community engage and read what was on your hearts.

We have just journeyed through some very tough months. I don't know about you, but I think my family hit a record for the number of movies watched at home in a year; the phrase, "all dressed up with no place to go," gained new meaning and our super power became estimating 6 feet in a single glance. Now that Alberta has announced its "Open for Summer Plan," I feel like I need to re-orient myself.

As restrictions are lifted and we are able to resume our normal activities I invite you to ponder the difference between living in A community and living IN community. We all live in A community with neighbours living around us, but do we live IN community with those folks? Are we actively fostering relationships with those who live closest to us? That doesn't mean becoming best friends, although you might, but it does mean taking an interest. It means taking the risk to say hello, to share a little of who you are and a learn a little of who they are. It may mean lending a helping hand or just enjoying one another's company at a block party. Ultimately, I think it means really "seeing" those around you, and at the very least, feeling comfortable asking to borrow an egg or drop off a meal if needed.

I also believe that living IN community and being intentional in creating an environment of care on our blocks is more important now than ever before. Prior to the pandemic we were already



living in a culture that idealizes busyness and the term "crowded loneliness" already described the experience of many. In June 2019, the Angus Reid Institute reported that 48% of Canadians identified themselves as very lonely or somewhat lonely. Multiple studies report that the increased and mandated social isolation (objectively measured by the lack of contact with others) has just accelerated the effects of loneliness (the subjective feeling of lacking meaningful relationships).

Continued on page 14



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Community

Councillor Update

Tim Cartmell
Councillor Ward 9

Greetings Everyone! I hope you are all enjoying some warm spring weather.

The next municipal election will be held on October 18, 2021. The Edmonton City Council Code of Conduct prohibits sitting Councillors from using their Council offices and communication channels for re-election campaign purposes. For that reason I won't be able to offer my usual Council update.

Please note however that I will continue to work as your Councillor until election day. Contact my office at your convenience if you need assistance on any City matter, or if you have concerns about anything City related. You can reach my office at tim.cartmell@edmonton.ca, or at 780-496-8130.



The City of Edmonton is hosting Big Bin events for household items that can't be set out for regular waste collection. Seven weekend events will be held in various locations throughout the City.

City residents will be able to drop off items such as old couches, chairs, mattresses, and appliances free of charge. Computers and other electronics will also be accepted for recycling.

Do not bring household hazardous waste like paint, varnish, household cleaners or batteries. Please take those items to an Eco Station.

June 19-20 Ellerslie Facility 2415 - 101 Street SW
August 21-22 Terwillegar Community Recreation Centre 2051 Leger Road NW
August 28-29 Castle Downs 11520 - 153 Avenue
September 11-12 Southwest District Yard 6609 Gateway Boulevard NW
September 18-19 Mill Woods Town Centre 2331 66 Street NW

For more info visit www.edmonton.ca

What A Difference A Year Makes

Darlene Reid
Associate Broker – MORE Real Estate

Trying to find the silver lining to the past year is a bit like trying to find the clean corner of a dumpster to eat out of. Year two of a pandemic, the Oilers are out (again) in the first round, and going out to a movie feels as realistic as going to the moon. And we should all spare a moment to recognize the terrible toll that the past year has taken on people who have lost loved ones, and to appreciate our valiant teachers, healthcare workers and essential service providers who keep our world moving forward. So is there any good news?

The snow is gone, so that's something. Okay that's a really short list. But we WILL get through this pandemic and find ourselves able to do all those things we took for granted before. And we will enjoy and appreciate them so much more.

Come to think of it, there is a huge difference from last year in at least one area – Edmonton's real estate market. Last year was like a person who got fired AND dumped, had their car repossessed, and then spent several months binge-eating Cheetos. It was a bad scene. This year? It's like that same person discovered salads, met the love of their life, and won a new car. It's been that drastic.

When we look at the month of April last year, as the pandemic was sweeping the world and restrictions were being implemented, the real estate market hit what we politely refer to as a "rough patch". Looking at single-family detached homes, in April of 2020 there were 1027 new listings and 474 sales. That's it. Fast forward to April of this year and there were 2461 new listings and 1825 sales.

Single-family homes are selling a lot faster this year too, with the average days on market down to 30 this year (April, 2021) from 58 last year (April, 2020).

The year-to-date stats tell a similar story. Again focusing on single-family detached homes across Edmonton, from January to April in 2020 there were 2329 sales. And for the same period this year there were 5177.

As for prices, the average sale price of single-family detached homes in April of 2020 was \$410,441, while for April this year it climbed to \$458,444.

That basic pattern (more sales, fewer days on market, and higher prices) is found to varying degrees across other property types (condos, and duplex/row houses). Put simply, the market is absolutely humming along this year when compared to the same time last year. We've come a long way, baby!

Of course, impending mortgage stress test changes and a potential interest rate increase may cool things down a little. And don't even get me started on the price of lumber. But back to the silver lining: the real estate market is much stronger and rates are still low, so it is a great time to buy or sell.

And keep finding the silver linings Edmonton. We still have Connor McDavid. The weather is getting warmer. And you may be able to trade your leftover plywood for 6 kegs of beer and a Rolex. I'd say things are looking up.

Community

Want To Get Your Hands Dirty?

The volunteer gardeners at the Green & Gold Community Garden, on the University of Alberta's South Campus, are making plans for our 13th gardening season! The garden, an initiative of the University's Faculty of Agricultural, Life and Environmental Sciences, is totally volunteer run. Virtually all of the seeds, plants and equipment used are donated.



The vegetables, herbs and flowers are “spray-free” (no pesticides or artificial fertilizers are used). Anyone is welcome to purchase their vegetables at the garden and all of the money raised – that’s 100% – goes to the Tubahumurize Association, a non-profit organization in Rwanda that provides socially and economically marginalized women with vocational training, counselling, life-skills coaching, health care education, and opportunities for sustainable income generating activities. Most individuals who benefit from Tubahumurize are genocide survivors and many are widows or

orphans, HIV infected, and survivors of physical and sexual violence. To date, the garden has raised over \$300,000 for the Tubahumurize project. We are now gearing up for the 2021 gardening season, and are looking for new volunteers to join us at the garden.



Both novice & experienced gardeners are welcome. If you aren’t interested in gardening, but would like to help in other ways (distributing produce, promoting the garden, donating seeds or garden tools) please contact us at:

E-mail: gsgarden@ualberta.ca

Web site: www.greengoldgarden.com

for the safety of our customers and volunteers, AHS Covid protocols are strictly observed

Get Active This Summer



Summer is here and the kids are home from school. There are lots of ways to stay active with your children at home. Remember to follow all COVID-19 public health guidelines. And remember that sometimes all it takes is one good idea to get you to be active. Here are a few suggestions.

- Plant a garden and let everyone have their own special section.
- Go for a walk or to a park in your neighbourhood and play Frisbee.
- Plan a family road trip and bring a soccer ball or baseball to use on the way or when you get there.
- Walk at night and look for stars.
- Run through the sprinkler or play catch.
- Go on a weekly active outing or walk to a nearby park.
- Go for a bike ride—make sure to wear helmets.
- Play catch, hacky-sack or hopscotch in your yard.

- Go hiking or camping.
- Make an obstacle course and keep a chart with everyone's times.
- During commercial breaks while you're watching TV:
- Run on the spot, do push-ups and sit-ups, or stretch.
- Play catch inside with a foam ball.
- See who can do the most jumping jacks.
- Do household chores—give everyone a task and listen to music while you work.
- Go to an open field and fly a kite.
- Plan a walk every day after supper and keep track of everyone's steps on a chart.
- Exercise with fitness videos, apps, or TV shows like yoga or aerobics.
- Watch a show as a family and for every hour you watch, be active for an hour.
- Wash your vehicles or clean up the yard.

Welcome Back To The Pyramids!

We are excited to announce that the Muttart Conservatory is reopening to the public this Friday, June 11 at 10 a.m.!

The Muttart closed its doors on July 1, 2019, for an 18-month, \$13.3-million rehabilitation. It remained closed for an additional five months due to pandemic-related health restrictions but we have been working hard to prepare for your return.

Visitors will notice a new fireplace, living wall, and water feature in Centre Court, an upgraded look and feel for Culina Muttart and the Marigold gift shop, and a new QR code tour through the pyramids.

Behind the scenes, there was a lot of work done to breathe new life into the 45-year-old iconic facility. Much of the work was focussed on the Muttart's heating and mechanical systems all while protecting the plants, both in the pyramids and inside the greenhouses. The work took about 18 months to complete and involved replacing and upgrading the critical infrastructure of the building, high priority mechanical, electrical, and structural systems to meet current standards and codes.

Tickets to visit the Muttart Conservatory must be purchased online in advance at <https://movelearnplay.edmonton.ca/>. We have made

a number of changes in order to follow public health guidelines including one-way paths, adding signs to encourage physical distancing, and increased hand sanitizer locations. For a complete list of guidelines, hours, admission prices and more information, please visit edmonton.ca/muttart or by calling 311.

We hope you will make the Muttart your summer destination, and we look forward to seeing you soon!



Edmonton - Whitemud

Report From The Legislature

Rakhi Pancholi
MLA Edmonton - Whitemud

TAs a parent and the MLA for a constituency where two thirds of the households are families with children, I spend a lot of time thinking about how to ensure young Albertans have the best possible start in life. It's obvious many of you do too.

In recent months, I've heard from many of you concerned about recent cuts to post-secondary education. I share those concerns. Increasingly, good-paying jobs require post-secondary education. And if we are serious about diversifying Alberta's economy, our post-secondary institutions are where we find the ideas, innovation and creativity to do it.

Unfortunately, the UCP government is taking Alberta in the opposite direction. Tuition fees at all post-secondary institutions are increasing, including proposed increases at U of A between 17 percent and 104 per cent. Enrollment has already decreased by 3 percent since 2019. At a time when we need talented young people to build their futures here, cutting post-secondary funding will slow our economic recovery.

As the Official Opposition, we have called on the UCP to reverse these cuts, provide stability for scholarships and grants, and support robust online delivery during the pandemic.

As part of our Alberta's Future initiative, designed to unite Albertans in building a new economic strategy, the Official Opposition is looking at the role that post-secondary education plays in our province's economic recovery and growth. To learn more, visit www.AlbertasFuture.ca.

I've also been receiving a lot of feedback about the UCP's proposed K-6 curriculum.

The current curriculum was put into place under previous PC governments. When the NDP was in government, we continued the work started in 2014 under the PCs of revising the K-12 curriculum. As part of that process, over 100,000 Albertans were engaged, including parents, teachers, students, and subject-matter experts. It was an inclusive process meant to produce a curriculum built on the best available evidence of what helps children to learn and to become productive citizens in a modern, inclusive and democratic society.

This work was suspended by the UCP in 2019 and a 12-person curriculum review panel – which did not include teachers – was established. The draft K- 6 curriculum released in March 2021 has raised significant concerns from parents, teachers, subject-matter experts, indigenous leaders, as well as experts in educational and curriculum development.

The concerns about the draft curriculum are numerous. The content and expectations are age-inappropriate and focus on rote memorization. The dominant narrative of the curriculum is Eurocentric, casting all other experiences and perspectives as outside this narrative. It ignores Canadian history, including the history of indigenous people, in favour of American history. It fails to provide children with the critical thinking skills they need to succeed in a modern economy.

While we are relieved that computer science skills, financial literacy, and consent are included in this draft, as they were in the drafts completed under the NDP, there is a great deal about this curriculum that is deeply troubling. At the time of writing, numerous school boards across Alberta, representing more than 50% of Alberta's student population, have indicated they will not be piloting the draft curriculum in the 2021-22 school year. The Official Opposition has committed that, if elected government in 2023, we would reverse the changes proposed by the UCP and launch broad public consultations before introducing new draft to pilot in Fall 2024.

I encourage you to visit www.KidsDeserveBetter.ca and offer your feedback. As always, you can also write directly to me at Edmonton.Whitemud@assembly.ab.ca.


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Edmonton - Riverbend

An Update From Your Member Of Parliament

Matt Jeneroux
MP Edmonton - Riverbend

I have some great news to start off this column – our Private Member’s Bill to extend bereavement leave unanimously passed in the House of Commons on May 12. This bill proposes to extend bereavement leave for all workers covered under the Canada Labour Code to 10 days following the death of a family member, a doubling of the current five days.

This bill is the culmination of work by many from right here in our community. During the last election, we talked a lot about the needs for more compassionate supports because we will all unfortunately experience loss in our lifetimes. The COVID-19 pandemic has highlighted that grief supports are insufficient.

The bill is now being studied in the Senate, where it will repeat the same process of three readings and a committee study. In keeping with the bill’s spirit of multi-partisanship, I’ve asked Independent Senator Paula Simons, an Independent Senator from Edmonton, to be the bill’s Senate sponsor. If an election is called before the bill passes through the Senate, we will have to start the process from scratch and reintroduce the bill again in the next Parliament. I’m also hosting a mental health panel this week alongside Movember and the Mental Health Commission of Canada as part of our fourth annual Father’s Day on the Hill event. This panel will bring together mental health advocates and policy makers to discuss men’s mental health.

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



Photo Courtesy of MP Office
House of Commons May 6, 2021

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3rd Saturday in June

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OFFER TO MOW YOUR NEIGHBOURS LAWN
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START A NEW TRADITION SHARE WHAT YOU HAVE
THANK YOUR NEIGHBOUR ON SOCIAL MEDIA FOR BEING AWESOME

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Community

When Was The Last Time You Did Something That Scared You

Sodhi Pillay

A night filled with restless tossing and turning whilst niggling negative thoughts insidiously sabotaged my confidence. The feeling of both excitement and dread coursed through me. Bedding down these fears with headspace meditation music gave my racing mind a calming respite. Morning will soon dawn and a new chapter in my life will begin. (And yes, I will have tired bags under my eyes from a poor night's sleep as well)

Walking into in my first job in a new industry with a mask hiding my nervous smile. Fortified by the positive vibes and good wishes of family and friends, I bravely took deep breaths (the one benefit of wearing a mask...masking deep breaths!) I got this! How many times had I counseled my own children about being okay about being scared and that our growth is steepest when we are pushed outside of our comfort zones.

As I stood in my rather uncomfortable zone, I questioned my decision of a mid life work transition after a 10 year hiatus from permanent full time work outside of the home. Somehow quelling teenage tempers and coaxing a 5 year old out of wearing a furry tiger costume in summer seemed like a walk in the park. (Talking of walks, I wished I were on one of my river valley walks instead of walking through rows of work cubicles). Reinventing myself in a new industry sounded like a fun idea and I somehow underestimated how daunting it would be.

I made my way through my first month in a tired haze as a barrage of unfamiliar terms and systems whizzed all around me. Reentering the workspace as an older worker I was stupefied as I confronted the pace at which business systems, work flows and customer interfaces had innovated and evolved through the years. I was catapulted onto the technology learning curve that frustrated, upset and laid bare my incompetence to deal with the technologically transformed face of work. While I was perfecting chocolate chip cookies and baking sourdough bread, workflows became highly automated and quick turnaround times for customer facing roles seemed to have been fuelled by both technological innovation and instant human gratification.

I was painfully aware that my old-fashioned work etiquette was out dated and out of place. Casting my mind's eye back to my first job after university I was the youngest recruit in the company, now as I stand at the cusp of (hopefully) my last job, I am the oldest recruit in the group of trainees.

Senior management at my workplace are young, dynamic, smart, compassionate women. These women are innately nurturing and champion my growth, development and success in the job every day. I am, surrounded by work colleagues, who are old enough to be my children. They patiently and kindly hold my hand as I unsteadily navigate the technological platforms. Teaching "an old dog new

tricks" in the 21st century apparently involves many mouse clicks both right and left (and a trainer who has the patience of a saint.)

In my journey back into the workspace outside of the home, I have learnt that:

- 1) It takes intentional focus, determination and energy to up skill or reskill in a new direction to refashion the remainder of one's work life.
- 2) It takes a village comprising of a supportive life partner, independent children, encouraging and helpful friends and a company that is staffed by kind, compassionate individuals to create a platform to collaborate and build on for a successful transition for returnees.
- 3) The muscle tension, "knowledge headaches" and fear of failure will return but so will the excitement of learning something new everyday (in my case it was every hour!)
- 4) An intergenerational workforce benefits both the young and the old. I am getting schooled on Uber eats and skip the dishes daily and hopefully my young colleagues will benefit from my wisdom of sourdough making.
- 5) I am reminded to be kind to myself.
- 6) A helping hand appears when needed and we must be willing to reach out sometimes to actually lean in.

Whilst bringing up my young family I was aware that the days are long but the years go fast. As the Pandemic wears on, more women of all age groups are exiting the workspace and "she-cession" is the new buzzword. I hope that corporate culture evolves with empathy and flexibility to aid in the return of these workers. I hope to extend the sturdy hand to anyone who might be taking the tentative steps in doing something scary for the first time!



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SWEFM

SW Edmonton Farmers' Market Update

Lisa Jodoin
Market Manager

The 2021 SWEFM market season is in full swing! The weather is finally cooperating and our market is busy with returning vendors and a number of new vendors for our customers to investigate. We



at the SWEFM make a real effort to bring our supporters the best variety of market produce and goods. While the gorgeous fruit and veggies are the stars of the show (who can resist plump Rainier cherries, bushels of garden carrots, garden peas, and the juiciest berries you'll ever see?), we also have a huge variety of prepared foods. This includes Thai, Greek, vegan, gluten-free, and Jamaican to name a few, as well as carefully selected artists, bakers, and meat vendors to ensure there is something for everyone. And, while we have a



fantastic core group of full-time vendors, be sure to keep your eye out for the part-time and casual vendors who come in on rotating schedules, bringing even more variety to our ever-growing market. On that note, we'd like to give kudos to our hardworking vendors, who show up rain or shine. These folks put incredible amounts of time and love into their small businesses and are the heartbeat of Edmonton's fabulous market scene.

Be sure to keep an eye on our social media pages for weekly updates which include our Fresh Sheet (detailed vendor and programs list) and announcements for special events. We also have our Artisan Alley days, the first Wednesday of the month. 2021 has also seen the return of our Young Vendors program! We have 4 amazing young entrepreneurs who will be joining us on a rotating schedule throughout the summer. Check them out on our Social Media and our Website!

The SWEFM runs every Wednesday from May 19th to Oct. 6th, from 4-7:30pm in the Terwillegar Rec Center Parking lot D. visit www.swefm.ca FB: [@swefm.ca](https://www.facebook.com/swefm.ca) Twitter: [@SWEFM_YEG](https://twitter.com/SWEFM_YEG) Insta: [swefm](https://www.instagram.com/swefm)



NANCY'S NOTES

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IN-PERSON & ONLINE

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Community

TRAC Update

Karin Shott
TRAC Community Office, www.yegtrac.ca

It's not too late to join in The TRAC Community Challenge in conjunction with ParticipACTION!

Challenge yourself or others to stay active. Download the free ParticipAction app at <https://www.participaction.com/en-ca/programs/app> to track your personal physical activity minutes. Every minute tracked on the app from June 1- 30 supports our community score.

Huge thanks to Jessica Zapata for hosting the Facebook live kick-off event on Sunday, May 30th, with special guests Rakhi Pancholi, MLA Edmonton Whitemud and Matt Jeneroux, MP – Edmonton Riverbend in attendance, as well as a special message from Tim Cartmell, City Councillor Ward 9.

Thanks also to our wonderful sponsors! We couldn't have made the event happen without your continued support.
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TRAC Run Sponsors



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Draw prizes were made possible by donations from Art N'Frame-Riverbend Square, Simply Supper, Panago Pizza-Riverbend, Secret Sweets, Pome Baker, Vines-Riverbend Wine Merchants. Thank you from all of the recipients of the great prizes!

At the conclusion of this challenge, one community will earn the top prize of \$100,000 and title of being Canada's most active. In addition to the national winner, there will also be prizing for the most active community in each province and territory.

Register at www.runningroom.com
<https://www.events.runningroom.com/site/17290/trac-run-walk-bike-community-challenge-may-30-june-30/>

Let's all get active!

Community

Things To Consider Before Starting A Running Program

*Rachel Hallett, Circle of Life Fitness, Yoga and Nutrition
AFLCA Group Fitness Instructor, Pre and Post Natal Fitness
Consultant, 200 hr Yoga Teacher and Food Nutrition Manager*

If you want to start running, below are some key points to consider:

1. Start with pre-preparation. Get a physical done with your dr and let them know you plan to start running. If you have any current physical injuries, visit a physiotherapist that treats runners to address muscle weakness.
2. Be consistent. Start with a walking schedule 20 to 30 min 3 to 4 times a week and then progress to add in a little running (1 min on 2 min off for the same time) and gradually build the running portion. This gets you used to the routine and doing it regularly helps your body and your brain adapt.
3. Strength train. If you have never worked with a personal trainer, it is worth booking a few sessions with one, let them know you plan to run. They will have a critical eye to spot muscle imbalances you may have. Your muscles support your joints and ligaments.
4. Go slower than you think you need to. The most common cause of running injuries is running faster than your body is ready to and/ or a rapid increase volume. Remember the story about the Rabbit and the Turtle.
5. Do not run through pain. If you feel anything sharp or stabbing, stop or adjust so you do not feel it. Acknowledge the pain and ask yourself what you can do differently. 90 percent of the time this will cause the pain to go away. If it does not, stop. Be cautious about

- running through joint or ligament discomfort. It is better to cross train or walk for a few days doing things that do not cause you to feel the ache/pain in the joint or ligament. The majority of time, a few days off will cause the issue to subside.
6. Seek professional help early. Do not wait until you are broken. If it persists longer than a week, seek the help of physio early.
 7. Be flexible. If you do not have it in you to run, get out and walk. It is time on your feet and you get many similar benefits physically and mentally. It is ok to switch around days based on how you are feeling and what you have going on in life. A little run is better than no run. It is better to get out 3 or 4 times a week rather than just once for the same weekly volume.
 8. Go at a pace that feels comfortable. Most people try to sprint the runs, Think about running for hours and try to do your runs at that pace. Listen to your footsteps and try to make them quiet. Notice your breathing and try to take your breath into your belly button (less likely to get stitches and it is hard to go too fast when you are breathing deep like this).
 9. Celebrate the wins. Notice the little improvements from week to week. These can be how you feel mentally, your energy level, small changes to your physical body, how far you can go, noticing it feels easier to breathe. It is the little wins that will keep you motivated.
- Joining a running clinic at a local running store is a great way to meet others, learn more and stay motivated! Happy Running.



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3489 Allan Drive SW 780-422-0938

These are the people in our neighbourhood:

Residents’ Association: Responsible for the maintenance of specific plots of designated land. It is also responsible for the regulation of neighbourhood architecture. (Do you have a mailbox on your property? Two bushes and a tree?) Annual fees are required and residents are contacted directly if payment has been missed. Different areas have different residents’ associations. Please ensure you are contacting the correct association.

Community League: Responsible for the personality factor and all the extras. This includes all of those fun events you get to attend, our website (www.terwillegar.org), the Terwillegar Tribune, neighbourhood watch, and more. Membership fees are optional (but well worth it!). The Terwillegar Community League is a single organization for all of Terwillegar. E-mail memberships@terwillegar.org to join. Or check out our website www.terwillegar.org.

Fees for one organization do not cover fees required for the other.
Please ensure your fees are up-to-date.

Sensory learning, neuromuscular activities, and spatial awareness, otherwise referred to as,

"WEEEEEE!"

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Community

Terwillegar Community Update

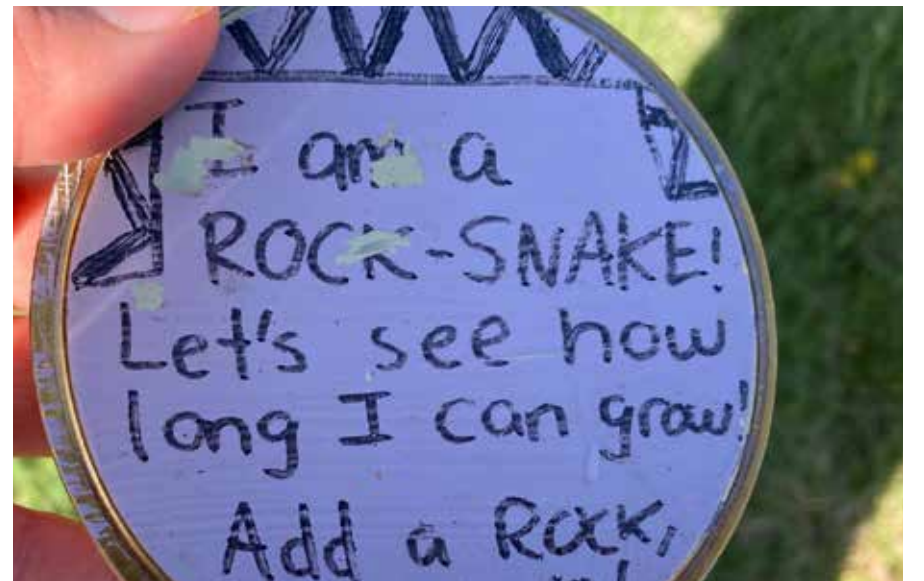
Kathleen Mountford
TCL President

Summer is coming fast. With that in mind, we encourage everyone to enjoy the sunny days ahead. It is always nice to see the lovely chalk art drawn by a local artist on some of our paths in the community. Recently someone has started a Rock Snake, which you can find near the condos on 156 Street and South Terwillegar Boulevard. Hopefully everyone can find some little items to make the summer more joyful.

Thanks to everyone who participated in our neighbourhood cleanup challenge. It was great to see all of the photos of families helping out the community. After the last paper we also received a record number of submissions to the Tribune Colouring Contest. We awarded 10 additional prizes as there were so many great contributions. We also have our Community Activity Challenge going on this month. We are using Participaction to track activity in the neighbourhood. See the TRAC Community Run Facebook Page for more details on that.

With the restrictions easing, we will be hosting a Community Wide Garage sale again this year on July 24th. Please consider registering early as it is easier to coordinate our community maps and handouts the earlier we have registrations. With that in mind, we will be offering free registration up until July 10th, after which a late registration fee of \$10 will be charged. Since there is no fee for this event prior to July 10th, we will be running a Community 50/50 raffle during the months of June and July to help the Community League raise money. Please consider buying a ticket to support the community. Registration links for both activities can be found on

the community league website (www.terwillegar.org). Later this summer, we intend to run a bottle drive event as an additional fundraising activity. As we won't be able to have our regular summer carnival both this and the 50/50 raffle will help to support our future operations. We wish everyone a fun and safe summer and hope to see people out in the community to safely support some of these activities.



COMMUNITY GARAGE SALE

Saturday, July 24th

TCL invites all households within the league to sign up to host a garage sale (out of your own garage) on July 24th. Visit the TCL Facebook page for details!

We want as many households in the community to participate. Registration is free until July 10th, after which point, there is a small fee.

If you have any questions, please contact tclpresident@terwillegar.org.

www.terwillegar.org

group: [terwillegar community league](#)
event page: [tclevents](#)

Terwillegar Community League's

SUMMER 50/50

For tickets see: www.terwillegar.org

Kids Zone - Coloring Contest



Summer Coloring Contest

Name: _____	All entries must be received by Aug 6th. One entry per child. The contest is open to residents of the following areas: Terwillegar, Magrath, South Terwillegar, and MacTaggart.
Age: _____	
Address: _____	Age categories are: 2-4; 5-7; and 8-11. Prizes awarded to 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 , MacTaggart RPO, Edmonton, AB T6R 0T4

Phone: _____	
Email _____	

Kids Zone - Activities

ARE YOU AN ARTIST? SEND US YOUR WORK!

Email your VIDEO GAME drawing to
Editor@terwillegar.org by Friday, Aug 13, 2021.
A few selections will be included in the next issue
(space permitting)

7		5		3				9
				4				
			7		9	8		1
	1	2					9	3
			4			6	2	
9						7		
	2	4	6	7				
6						4		5



Spring Colouring Contest Winners!

Ages 2-4

1st Place: Leo W.
Runner Up: Brynn M.

Ages 5-7

1st Place: Atticus O.
Runner Up: Naiya

Ages 8-11

1st Place: Lauryn I.
Runner Up: Michael M.

Thank you to everyone
who participated!

Honourable Mentions winning \$10 gift cards :


Jasmin A.
Shreya
Josephina W.
Ziggy I.
Leon G.
Kaylie B.
Ayaan N.
Halia S.
Jun Fan Z.
Yu Fan G.

We had a RECORD number of
entries last issue!


Vegetables Crossword

DIRECTIONS: Fill in the crossword puzzle grid with the name of each vegetable following the numbers and direction indicated. Use the word bank if you get stuck.


2→




3→




5→




7→




9→




1↓




4↓




6↓




8↓




11↓




10→




13→




15→




16→




14↓



12↓



12↓



ARTICHOKE
BEET
BELL PEPPER
BROCCOLI
BRUSSEL
SPROUT
CABBAGE
CARROT
CORN

CUCUMBER
EGGPLANT
GARLIC
MUSHROOM
ONION
PEAS
POTATO
PUMPKIN
RADISH

Community

Continued from page 1

So enough with definitions and statistics, it's time for action! What can we do to increase the feeling of belonging and community on our own blocks? Or, to make it more personal, what can you do to make your block feel a little more friendly and connected? As a follower of Jesus, I try to take my cues from his example in how I live my life. I was listening to a Podcast recently by Pastor John Mark Comer from Bridgetown Church, in it he said, "Jesus had an uncanny ability to turn enemies into guests and guests into family. He did this through "radically ordinary hospitality," just eating meals around a table." Ironically enough, it was at the homes of others where he would dine, yet he was the host as he offered love, acceptance and care to those around him. That's what I hope to practice in my life, the offering of love, acceptance and care to those around me. Thankfully, I have great neighbours and look forward

getting to know more of them and perhaps even finding friends along the way as I step out and offer greater hospitality. The restrictions are lifting, it's time to dine! Maybe on your patio, or maybe sipping tea on a walk or doorstep, or maybe at a picnic.

Prior to the pandemic, we at Terwillegar Community Church enjoyed hosting community events and offering hot dogs, treats and activities as an invitation to our neighbourhood to share time and space and build community. While we wait for these opportunities to begin again, we would like to invite you to our "Picnic to Go" where you can grab a picnic dinner to share with your family and hopefully invite a neighbour to do the same. You can dine together and you don't even have to cook. On Friday, June 25, you are invited to swing by Terwillegar Community Church between 4:00 -6:00 p.m. to pick up a "take out picnic" for your family to share. Hope to see you!



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Ravinesh.narayan@sunlife.com

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YOU'RE INVITED

PICNIC TO GO

Friday, June 25

4-6 PM

TERWILLEGAR COMMUNITY CHURCH

Drop by Terwillegar Community Church to pick up your "Picnic to Go"

Go to tcchurch.ca for menu and more information



Sunday Worship Service

Join us in person or online Sunday mornings at 10 AM

For more information, visit tcchurch.ca

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Community

Limiting Beliefs

Chandni Krishnan

Certified Holistic Nutritional Consultant

“Whether you think you can, or you think you can’t – you’re right”
Henry Ford

Most people and I am no different, struggle to change their habits. Meet Jay. He knows that staying hydrated is important and can tell you exactly how much water is optimal based on body weight. In January, he set a goal to drink seven or eight glasses a day and made up a beautiful checklist to help him. But after a few days, just like previously, he went back to his old ways of drinking the odd glass or two when thirsty. Sound familiar?

Every New Year bears witness to the limitless capacity of humans to dream of a healthier stronger body. Predictably, just a few weeks later, for the majority, those dreams will smash into smithereens, as old habits take over, just like the dandelion in my lawn.

Why do we state one thing and then act in completely unproductive ways? Why do we dream and set goals to make those dreams a reality, and but then sabotage ourselves out of that beautiful possibility?

One key unrecognized reason for this is that we all have limiting beliefs!

Beliefs are important, as they inform our view of the world as a known, safe or sometimes unsafe, but predictable space. We use our beliefs to create a road map that allows us to navigate through life with practiced ease.

Now what are limiting beliefs?

Usually a limiting belief is an unexamined belief, that limits our ability to lead a full, confident, and abundant life. Limiting beliefs lurk below the surface of the mind and we are usually unaware of them, but they greatly influence our choices and actions.

For instance, for years I believed that I was forgetful. I repeatedly proved this to myself and others in my life, by misplacing and losing handbags, money, books etc., and spending hours searching drawers and the underside of beds for the things I used daily. In fact, dire predictions were made by my classmates, that one day, when I became a mum, I would likely misplace my kids!! This prediction was thankfully unfulfilled, but I continued to misplace things and lose them regularly.

What finally cured me of this habit, is our move to Canada, the land of unforgivingly cold snowy winters, where a forgotten toque or glove could spell an unforgettably miserable wait at the bus stop or if the weather is bad enough, frostbitten fingers, cheeks, or toes. I quickly learned to remember to take my gloves, wallet, toque and bus pass. As I reexamined my belief that I was forgetful, I realized that I had been gamely living up to an image I had unconsciously

adopted as a child. The more I believed I was careless, the less I tried and so, the more I believed. But, when the stakes were high enough, as was the case with my beautiful kids, and my precious fingers, I could and did change my lifelong habit.

So, even if you have always “known” that you are bad at mathematics or believed that you “can’t sing to save your life”, it is not all gloom. Here are a few things to try, that will expand your realm of possibilities...

- Before you say no to a coveted opportunity, ask yourself “why not I”. What are the assumptions and beliefs that make you reject a chance to shine? Are those correct?

- Ask yourself - are the stakes high enough, is my goal specific enough and is this change important enough to me? Be specific, raise the stakes and create a magical pull towards your new identity.

- Throw your hat over the fence and commit. Sign up regardless. Give it another shot. Try a different way, another coach, a different approach. You may amaze yourself. Even small courageous steps can open unexpected routes to your destination.

- Take notice when you fail in your stated goals and ambitions. Failures teach us plenty, but only if we pay attention.

- Look for patterns in your life. Patterns or events that repeat in your life, can give you a clue about your hidden beliefs.

- Do you find yourself saying: I always or I never? Depending on what you always do or never do, it might indicate a belief that needs looking into.

- Rephrase your assessments. If you are in the habit of going late to work, train your mind to say “I am working on getting to work early everyday” or if you forgot to wish someone for their birthday, say “this time I forgot to wish so and so, but next time I will remember”. Avoid generalizing and set a reminder on your calendar for next time.

- Lastly, focus your attention right. If you consistently focus on beautiful possibilities and get good at not obeying the little inner voice that scares, judges and pulls you down, soon you will surprise yourself by stepping up to new challenges with strong and winning conviction.

It is not a New Year now, but then, it never needed to be one. A new moment, and a firm decision, is all it takes to start changing your beliefs, to change your habits, and change your life.

Check us out on Facebook!

Search:

“Terwillegar Community League” under groups

Kids Writing Corner

Summer Vacation - Long Long Time Ago...

Kyara (8)

Me and my family, some of my friends and my brother's friend went to The Black Cat ranch. We booked rooms for three days. On the second day we went boating. We took canoes and kayaks and we were boating in a very big lake. We would boat to many island, one island was full of bird poop. We called it "The bird poop island". Then we went to another island where we ate lunch and my friend and I explored for long until my mom called us back. I could not swim in the water because the water was too shallow. So I asked my mom if I could go on the kayak by myself. She said yes but I could only go on one side of the island. I went again with my friend.

After that we had to head back to the dock. But it was starting to get windy. The wind pushed us to one side, we kept on trying. But the wind was too strong so we decided to stop trying. My friend and I started to get scared. We saw two people. I thought they were going to rescue us but they were stuck too. They were on a stand up paddle board. There were two people on it with two dogs. That's when I saw someone else. It was my mom who came back to save us. We tied the paddle board to the canoe and my friend went with my mom. Me, my dad and the girl were in the kayak. I got to hold their small white dog named Mia. She was so fluffy and soft and liked me holding her to keep her warm. After lots of strong paddling we finally reached the docks. The next day we checked out of Black Cat Ranch. At the Ranch there was another dog whose name was Zip.

Zip could play soccer. We had to say goodbye to him also.

One more thing, there were some horse riding people that my friend and I met at the ranch. There were two horses, one of the horses was named Frenchy and the other horse was named Cash. Cash was called "Bad Attitude" because he used to be a racehorse. And the horse riding people said me and my friend could ride Frenchy.

After we said goodbye to them we went to "Old Entrance" where we went horse riding. We were going to go up a mountain. My horse was named Pal. I think Pal had a crush on one of my brother's friends' horses. Whenever we stopped Pal would always go in front of Blue Jay, which was my friend's horse. I was super scared. When we reached the top of the mountain, the leader of the horse's hat flipped. So Blue Jay got startled and went so fast my friend fell off her horse. And Blue Jay went to the side of the mountain and went behind the leader's horse. So everyone got scared but luckily none of the horses did that. And my friend was so brave that she went back on Blue Jay and then we kept going down the mountain. Then my brother's horse Tess went up one side of the mountain. The leader gave my brother instructions to get down safely, after that the ride went smoothly and we were finally done.

Even though it was twice scary it was super funwaiting to have another vacation with friends soon.....

Want Your Short Story Here?

Any aspiring writers that are eager to share are encouraged to email their stories to editor@terwillegar.org!

Friend Or Foe?

Athen (12)

It was 7:00 in the night. I thought I would never find something to eat, but just as my hopes were down I saw it.

"Such juicy legs, such meaty thighs," I said. I picked myself up off the ground as I went to go hunt for the rabbit that was so nearby that I could smell it. I saw the rabbit.

It was right there! But I couldn't hunt it yet. A good hunter knows when to strike. It had been ten minutes already, I needed that old rabbit to let it's guard down.

"Finally, " I said, but I realised that I wasn't the only one that had been hunting.

"Was it? No it couldn't be! There hadn't been one for years, but maybe, just maybe" I said, as I examined the creature.

"Yup. It is, " I concluded. It was a human, but wait there was something in it's hand, it looked like a barrel with a trigger. He pulled the trigger and killed the rabbit. I couldn't believe it, he stole what I was about to kill. Now I would have to go home to Mama empty handed.

I started to walk home, I brushed my bushy tail against some trees. "Nope. No berries," I said. Then I put my muzzle inside of a hole in a tree, no nothing in here, I thought with dread. When I got home I could hear my brothers yipping. It was so loud, it was like dropping a small snowball from a big hill and it got bigger and bigger as it got

to the bottom."Be quiet!" I said, all my brothers silenced in seconds.

Mama came into the room and said to me "Well did you find anything to eat?"

"No, I didn't" I said to Mama.

"Well, looks like I'm have to go hunt, you're in charge Leroy" said Mama.

I waited as minutes passed, minutes turned into hours then finally Mama was just on time when I was about to go insane. "Boy, am I starving", I could smell a big plump chicken. Mama split the chicken between me and my brothers and we started to eat. I ate my chicken in one big gulp. Then I went to bed.

Ahhhhhhhhhhhhhhhhhhhh, I yawned as I threw myself out of the bed. It was already morning. I looked outside, "yup" I said. I knew what I had to do, Mama got us that big chicken yesterday, and without her we'd all be feasting on bugs. I was going to do something for her. I was going to get my rabbit back from the humans that stole it.

I went down to the village, trying not to make any noise. I got into one of the houses and looked "There it was." I said to myself. I heard footsteps coming towards me. I ducked under a pillow and there was that human. He was about to eat the rabbit so I decided to go full fox on this human. I ran up to it and I bit and scratched him.

"Hey, wait is that a fox" the human yelled

continued on page 17

Kids Writing Corner

“I think” said the other human.

The second human came up to me and started to scratch my ear.
“We could enter him into the race and give him all the food” said the second human.

“Hmm he does look hungry” said the first human.

“Wait, did he just say foood!!” I’m definitely entering this race. They took me out onto the field to practice. After about 7 days I thought I was ready, and lucky enough it was race day. The humans brought me to the field so that I could participate in the race. There was a man with the same kind of weapon they used to kill the rabbit. I decided to call this weapon a Gun. He aimed it at the air and said “Ready set go”. I ran as fast as I could but the other foxes were extremely fast

and I couldn’t keep up. Then I remembered Mama and all what she did for us, I needed to do something for her. I pushed, and I passed one fox but there were still three left. I ran as fast as I could. I could feel sweat running down my shoulders like a volcano erupting, and then I finally saw the finish line. There was only one problem though there was a fox in front of me, I passed him..... and I won! I was in complete disbelief. Just then, one human came up to me and said “Good job pal”

....and that’s when I saw it, it was massive amounts of meat. I couldn’t wait to share it with Mama. As I went home that day I thought to myself

“Will I ever see those humans again?”

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



STARTING JUNE 14

We're OPEN



Starting Monday, June 14, most EPL locations will open as we move towards our reopening plan. To welcome you back into the libraries, in-person services will be available such as browsing the shelves, computers, printing, seating, faxing, photocopying, using the study rooms, and more.

Our contactless pickup service Library Takeout will also continue to be available.

PUBLIC SERVICE ANNOUNCEMENT

Edmonton

Forests planted by Edmontonians for Edmontonians

May 25, 2021

Root for Trees is safely returning in 2021, inviting volunteers of all ages to take part in expanding the beauty of Edmonton’s urban forest by planting 45,000 trees and shrubs each year.

“The City of Edmonton is proud to have adapted volunteer programs, such as Root for Trees, to be able to operate safely during the pandemic,” said Lydia Fialka, Community Greening Coordinator. “As our planting teams are following all COVID-19 safety precautions we encourage everyone to sign up and learn about Edmonton’s urban forest.”

Root for Trees aims to increase tree planting in Edmonton through continued partnerships with corporations, residents and community groups. Volunteers will not only participate through planting, but will learn more about naturalization and the benefits to our city.

Public registration for this year’s Root for Trees program is open and residents of all ages are invited to participate. Bookings can be made through a submission form at edmonton.ca/rootfortrees.

To ensure greater resiliency and sustainability in a changing climate, Edmonton continues to expand and preserve our extensive urban forest with a goal of planting two million trees in the coming years.

For more information:
edmonton.ca/rootfortrees

PUBLIC SERVICE ANNOUNCEMENT

Edmonton

Beautify our city with Front Yards in Bloom

May 20, 2021

The City of Edmonton is launching a new year of Front Yards in Bloom—a beloved tradition for gardeners, yard enthusiasts and community members. Since 1999, the Edmonton Horticultural Society, Canadian Union of Postal Workers and the City of Edmonton have celebrated citizens who work hard to make their space beautiful.



Even though we must stay physically distant from each other at this time, Front Yards in Bloom allows communities to come together and stay connected. You are encouraged to safely explore your neighbourhood and acknowledge spaces that brighten your day.

Even without a green thumb or space to design, everyone can participate! Pat a neighbour on the back, from a safe distance, with a nomination. Nominees will receive a yard sign and a chance to be recognized in one of six categories as a household that promotes neighbourly connection and beautification. Categories include General, Natural, Edible, Public Spaces, Tiny Yards and Balconies in Bloom.

To nominate a front yard, public space or balcony and for more information on the program, visit frontyardsinbloom.ca. Nominations accepted from May 20 to June 30.

For more information:
frontyardsinbloom.ca

Media contact:
[Dustin Lafleur](mailto:Dustin.Lafleur@edmonton.ca)
Communications Advisor
Communications and Engagement
780-919-7328

Seniors

The Power Of Recognition

Colleen Crozier

Seniors' Week just wound up here in Alberta. Celebrated annually, it is a whole week in which seniors are recognized for their achievements and contributions to the province. Generally, communities and organizations plan special senior-centred events. It is a week of honours, story-telling, fun, and satisfaction.



Recognition. Acknowledgement. Honour. These are words that describe something so human, so basic. They are not just reserved for seniors, but are common to all age groups. People do great things because we are asked to, or because they need to be done, not because we expect to be honoured for having done them. Very few among us act only to seek fame, and even fewer are so humble that they shun any form of public recognition. But when the recognition comes, in any of its many forms, are we not secretly, or not so secretly, pleased?

This year, Seniors' Week activities and events were a challenge, due to public health restrictions as we coped with the COVID-19 pandemic. As we've said many times in this column, seniors love to gather, but gathering was curtailed. In spite of that, Albertans expressed their appreciation for seniors in very creative ways, online and live. We, in turn, appreciate their making us feel valued.

The power in this type of public recognition is immeasurable. It is directed to a group of people rather than to individuals, some of whom would be uncomfortable to be singled out. We hear and see and feel the appreciation of our peers and those younger than we are. We feel united, part of a vast group, just like when we are part of a successful sports team or citizens of a fine city. We reflect on our lives, and in spite of our shortcomings, see them as valuable and valued by those around us. We are happy to have a whole week set aside for us. We think, "Look what we did," and, "Look what we can still do."

With the recent announcement of Alberta's reopening plan for summer, SWESA Board, staff and members are excited for what the next few months will bring, especially rolling out our tried-and-true fitness, educational, and artistic programs. At the moment, SWESA is offering online fitness and art classes...you get all the benefits, but you participate at home, via Zoom! Check our website often in the coming weeks as we keep you up to date on our latest program offerings. You can register online or by phone for:

Fitness (virtual): The Core & All, Age-Reversing Essentrics, Yoga Stretch & Strengthen, Zumba Gold, Essentrics Tone for Golf, Gentle Yoga, Total Body Bootcamp
Art (virtual): Introduction to Drawing, Watercolors
Coffee and Chat (free)

Senior Home Supports Program Co-ordinator Barb Newell is just a phone call away (780-860-2931) to help you access services such as minor home repairs, yard care, cleaning, and personal services like foot care, nursing, etc. She is only too happy to provide options that will keep you safe and comfortable in your home.



Photo Courtesy of SWESA

SWESA does special fund-raising events. In May, Audrey O'Brien was the lucky winner in the Mothers Day 50/50 Draw. Fund-raising co-chair Tony Montrose presented her with a cheque for \$2,029!

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



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Wellness

What Does It Take To Hire A Foreign Worker In Alberta

Manuel Iligan, RCIC
Canbuild Immigration Services

If you are a business owner who is contemplating hiring a foreign worker in Alberta, then this article is for you. In the first place, some people might wonder why you would hire a foreign worker when there are so many unemployed Canadians, especially now with the ongoing pandemic. It is a good question but you probably know the answer when the job position remains unfilled even after you have made concrete efforts to hire a qualified Canadian worker. But before you decide to hire a foreign worker, there are two important government requirements you should know.

First, you have to find out if you need a Labor Market Impact Assessment (LMIA), and in most cases, you do. The LMIA is a document that Economics and Social Development Canada (ESDC) would issue to you as an employer before you can legally hire a foreign worker. Among other things, you must align your intention with the core objectives of the Temporary Foreign Worker Program, and must offer an employment contract to a foreign worker that would be at par with an average Albertan worker employed in the same occupation. In other words, you would need to show to ESDC that you will respect the rights of the foreign worker and that you intend to hire more Canadians in the future. You must also be aware of your responsibilities as an employer, one of which is to keep employment records of the foreign worker for up to 6 years. You may be exempt to pay the LMIA processing fee of \$1000 if you are hiring a caregiver depending on your situation. Only an approved (or positive) LMIA would give you the go signal to move forward in hiring a foreign worker. When you have found a qualified foreign

worker, you should submit their name to ESDC in a separate form if you have not done so prior to submission of your LMIA application.

Second, you need to find out if the foreign worker that you wish to hire is eligible to legally work in Canada. In most cases, a foreign worker needs to obtain a work permit based on the criteria that Immigration Refugees and Citizenship Canada (IRCC) has established. To be fit to work, the foreign worker has to undergo a medical exam and secure police clearance from their home country and other countries where they have stayed for more than 6 months. Depending on the occupation, the foreign worker would also need to show to IRCC that they can perform the job by providing supporting documents such as their language skills proficiency, educational credentials and qualifying work experience or training. To work in a regulated occupation, a foreign worker would have to obtain a professional license from a Provincial Regulatory Organization (PRO) in Alberta prior to employment. Depending on the type of work permit application, the process may take up to 12 months before a foreign worker is issued a work permit.

The LMIA and the work permit application process may appear cumbersome; therefore, it is wise that you plan in advance to comply with these requirements. The benefits of employing a skilled foreign worker would far outweigh the hassle of the rigamarole especially if the consequences of hiring a foreign worker would significantly improve your bottom line and create more Canadian jobs in your business. The right foreign worker is a worthwhile human capital investment and the best time to plan to hire a foreign worker was 20 years ago, so to speak. The second best time to plan to hire a foreign worker is now.

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

Connect On Facebook!
Search:
“Terwillegar Community League” under groups

ARTKIDZ WORKSHOPS IN JULY

Kids have TONS of fun in small groups [Max 6]
—social distancing and masks as necessary



They LEARN MASTER ARTIST CONCEPTS
through COLORFUL AND WHIMSICAL PROJECTS

Workshops A and B: MONET/MATISSE July 6,7,8 and July 20,21,22
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Community

Neighborhood Clean-Up



Photo Courtesy of Mike Witherspoon



Photo Courtesy of Melanie Von Engelhardt



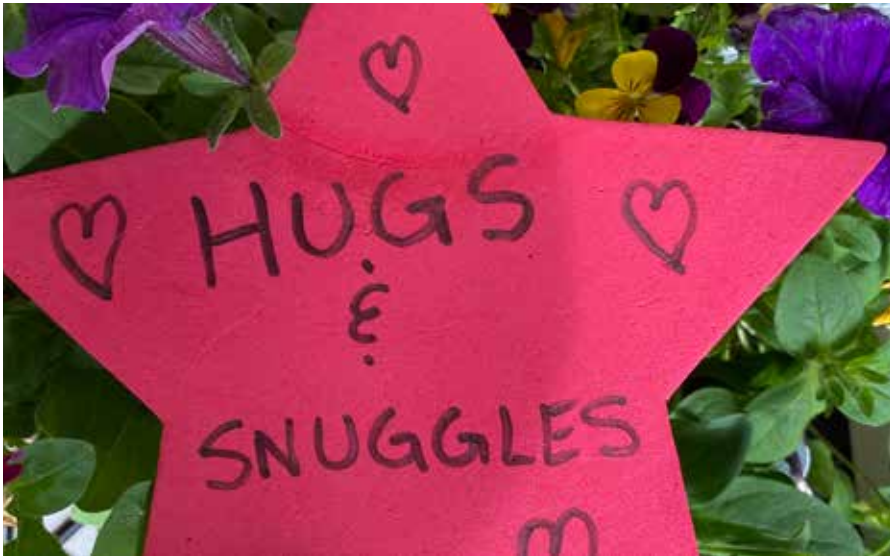
Photo Courtesy of Vicki Holmes



Photo Courtesy of Vicki Holmes

Community Church

Messages Of Hope And Joy




Kids Bird Artwork



by Julie H. (10)

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Most vehicle crime is opportunistic and can be prevented. By following some straightforward advice and working together as a community, this type of crime can be reduced.

Here are a few tips on what you can do to prevent these types of crimes.

- > Remove ALL valuables and personal items, including loose change and cell phone cords. Never leave anything on display. Remember, if they can see it, they will steal it.
- > Never leave a spare set of keys or a garage door opener in your vehicle.
- > Lock your doors and close all windows each time you leave your vehicle.
- > Consider using a steering lock as an extra measure of security. A vehicle that is well secured has a tendency to deter criminals. A steering wheel lock will also deter theft of your vehicle.
- > Consider installing a security alarm. Alarms can deter thieves not only from stealing items from your vehicle, but also from stealing your vehicle.
- > If you have a garage, park your vehicle in it. When parking at home, always use your garage if you have one, and lock both your vehicle and your garage. If you don't have a garage, try to park in a well-lit, open place.

Other important tips

- > Routinely check your vehicle for your licence plate to ensure that it has not been stolen or swapped for a different plate.
- > Consider installing licence plate lock screws to deter theft. These can be found at your local Police Division or hardware store.

Who We Are

Cst. Anne Wasylyshen and Cst. Corinne Kline are members of the Edmonton Police Service Community Engagement Team, assigned to Southwest Division. They are writing articles to provide useful tips to help people in the community in preventing crime. If you have any ideas or suggestions on crime prevention topics, please email communityengagement@edmontonpolice.ca.

Follow us on:

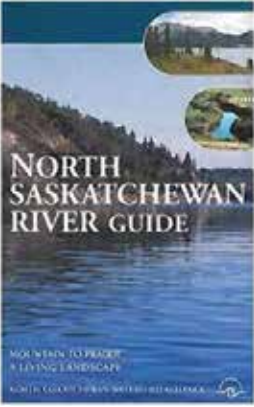
Instagram: [communityengagement_eps](#)
TikTok: [epscommunityengagement](#)

North Saskatchewan River Guide

This free river guide emphasizes and reinforces the long and noble relationship that humans have with the North Saskatchewan River. It is designed to remind us of its significant cultural, historical, recreational, and environmental value.

The guide provides a river map from the beginning of the North Saskatchewan to where it joins the South Saskatchewan at Saskatchewan River Forks, east of Prince Albert. 1:50,000 scale maps were used to create the maps in this guide and care has been taken to ensure accuracy.

Sprinkled in descriptions of each reach of the river are bird, plant, animal and fish facts as well eco-tips, history about that area, and river adventure tips about camping, rapids classes and canoeing. Download the 87-page PFD at <https://www.nswa.ab.ca/wp-content/uploads/2018/12/North-Saskatchewan-River-Guide.pdf>



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Terwillegar Community League memberships are available online at www.terwillegar.org

Check us out on Facebook!



Search:
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under groups

Terwillegar Community League mailing address:
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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 - Felicia Truong, memberships@terwillegar.org
- Programs - Vacant, programs@terwillegar.org
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- Fundraising - Fiona Ko, fundraising@terwillegar.org

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- Neighbourhood Watch - Kathleen Mountford, 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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