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[www.terwillegar.org](http://www.terwillegar.org)

Issue 87 Sept 2021

**Next submission deadline:**

**Nov 12, 2021**

**Next issue: Nov 29, 2021**

## Community Update

*Kathleen Mountford*  
*TCL President*

A big thank you to everyone who hosted a garage sale or attended a garage sale on our Community Wide Garage Sale Day! I know lots of people were going around the neighbourhood to find some good deals. We plan to host another Community Wide Sale in 2022 so watch the paper and our website for future event information. With the idea of helping to clean up some items in your home, we have our Fall I'm Too Big for It Sale happening on September 18th. Table rentals are still available and we hope to see many community members out to support this event. Admission will be free to all shoppers and table rentals are only \$40 (plus a \$20 deposit).

We hosted our first movie night since 2019 in August. We had a great turnout with almost 200 people showing up. Weather permitting, we will be hosting another movie night on September 4th, which will be the last outdoor movie night for 2021. We hope to see you out for it.

Other fall plans include Halloween fireworks and the Holiday Craft Sale. As always, we do need volunteer support for our events so please contact [tclpresident@terwillegar.org](mailto:tclpresident@terwillegar.org) for any volunteer opportunities. I hope everyone has a great fall!

TERWILLEGAR COMMUNITY LEAGUE IS HOSTING ANOTHER

## I'M TOO BIG FOR IT SALE

SEPTEMBER 18TH, 10AM - 1PM

SEE [TERWILLEGAR.ORG](http://TERWILLEGAR.ORG) FOR DETAILS  
AND SIGN-UP INFORMATION



TERWILLEGAR COMMUNITY CHURCH - 1751 TOWNE CENTRE BLVD



[www.terwillegar.org](http://www.terwillegar.org)

group: terwillegar community league  
event page: tclevents



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# Community

## Councillor Update

Tim Cartmell  
Councillor Ward 9

Greetings Everyone! I hope you are enjoying the amazing summer weather we have been having this year!

As you may already know, the next municipal election will be held on October 18, 2021 and I am running for re-election for Ward pihêsiwin – Ward 9. It has been my privilege to serve Ward 9 (Pihêsiwin) for the last four years! I truly appreciate all of your questions, your feedback and your engagement. Together, we have raised awareness at City Hall about what we value as a community,

and we have begun to see results from those efforts.

I really look forward to seeing you along the campaign trail over the coming weeks! If you wish to become a member of the campaign team or would like to show your support through a donation please visit [www.timcartmell.ca](http://www.timcartmell.ca) for more information!



### Coyotes in towns and cities

Coyotes have established themselves within many urban areas in North America. Parks and river valleys in towns and cities provide good habitats and a variety of food sources for coyotes. They can make beneficial neighbours as they help control rodent species, such as mice and ground squirrels.

Coyotes are curious, adapt easily to new situations and are not picky eaters. They primarily feed on rabbits, mice and squirrels. In cities, they also eat pet food, garbage, compost and bird feed. If a coyote frequents your neighbourhood, it's because it has found shelter or food.

Serious conflicts between people and coyotes are rare. However, wildlife are unpredictable, and coyotes can pose a public risk. Coyotes are not usually aggressive toward humans but can become bolder around people when they learn backyards, playgrounds, or parks can provide them with easy meals. The likelihood of a problem encounter increases if coyotes are fed by people, as they lose their natural fear of humans.

### Coyote encounters

If you encounter a coyote, make the experience unpleasant for the animal by making it feel unwelcome in your neighbourhood. Even if you are not concerned about problems with coyotes, they should not learn that neighbourhoods are safe places to feed and rest.

- Respond to their presence aggressively by making yourself appear large; wave your arms overhead or thrust long objects, such as a walking stick, toward the coyote.
- Throw rocks, sticks or other objects toward the animal.
- Shout in a deep voice and maintain eye contact.
- If the coyote continues to approach, back away slowly and move toward buildings or human activity.
- Do not turn away or run. This may encourage the coyote to chase you.
- Dog repellants and pepper spray products can be effective in deterring coyotes.



### Help your children be safe

Teach your children how to respond to coyote encounters and remind them about the importance of not leaving food or garbage in school yards, parks or in your backyard. If you know there are coyotes in the area, supervise your children when they are outside.

### Avoid attracting coyotes to your neighbourhood:

- Do not feed coyotes. Feeding coyotes inevitably leads to unsafe situations that can result in human injury.
- Pet food will attract coyotes. Bring in feeding dishes immediately after your pets have eaten or feed pets inside.
- Dispose of garbage and compost materials in containers that have secure lids, or keep them in the garage or a shed.
- Take your garbage out only on collection day.
- Do not litter in school yards and parks.
- Keep a clean backyard. Remove seeds and suet put out for birds as well as fallen fruit. These foods can attract mice and squirrels, which are prey for coyotes.
- Make sure your fence has no holes or gaps that a curious coyote can use to access your property.
- Trim out thick shrubs and the bottom of trees to prevent coyotes or prey animals, such as rabbits or squirrels, from using those spaces as shelter.
- Coyotes and other wildlife may use the spaces under decks, patios and outbuildings as shelter. Close off these spaces with a durable wire mesh.
- Talk to your neighbours about following the same preventative measures.



### Protect your pets

- Do not allow your cat to roam.
- Supervise your pets when they are outside.
- Pick up dog feces and be aware that dog urine may also attract coyotes.
- If your dog is in heat, keep it inside or away from areas where they may encounter coyotes.
- Always walk your dog on a leash.
- If you spot a coyote, pick up your small dog. Ensure your large dog is leashed and under your control. Back away slowly and leave the area immediately.

Some people believe eliminating coyotes is the solution. However, trapping has proven ineffective. Poisoning or other methods pose risks to other animals and children. Removing coyotes creates room for others and the population may actually increase in response.



If you see a coyote that is too sick or injured to move, or if a coyote bites, nips or makes other physical contact, call the nearest Fish and Wildlife office of Alberta Sustainable Resource Development (310-0000 toll-free).

To reach the coyote information line:  
**Calgary (403) 297-7789**  
**Edmonton (780) 644-5744**

Visit [www.srd.alberta.ca](http://www.srd.alberta.ca) for more information.

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### Did you know?

It is normal to see small groups of coyotes during certain times of the year.

Coyotes looking for mates gather in January or February.

By July and into fall, family groups travel together in search of food. Coyote sightings may be more common in summer, particularly when people make frequent use of urban parks or green belt areas.

Coyotes are capable of running at speeds up to 64 km/hr (40 mi/hr).

On average, coyotes weigh 9 to 23 kg (20 to 50 lbs.), similar to a medium-sized dog.





# Community

## TRAC Update

Karin Shott

TRAC Community Office, [www.yegtrac.ca](http://www.yegtrac.ca)

The Terwillegar Riverbend Advisory Council has been taking a break from regular meetings but are looking forward to having their next meeting Tuesday, September 21st.

A friendly reminder that your community league needs your support 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](http://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](mailto:yegtrac@gmail.com) to arrange for a community league membership purchase

The TRAC Community Office is currently open for reduced hours: Tuesdays 9 am – 12 noon, and Thursdays 4 pm – 7 pm.

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



### TRAC Run Goes Virtual (and National) This Year!

Jessica Zapata

After the cancellation of our 2020 event and knowing pretty early on 2021 wasn't looking to be in our favour, like everyone else, we had to pivot. As we brainstormed a virtual event, we discovered that ParticipACTION was running a Community Better Challenge at the exact time we envisioned! The challenge was to accumulate as many activity minutes as possible and record them on the ParticipACTION app or website for the month of June and Canada's most activity community was awarded \$100,000!

With over 57 families participating in the event from all the TRAC communities, we set out to show Canada that we deserved the grand prize! Our event kicked off with our local dignitaries Matt Jeneroux

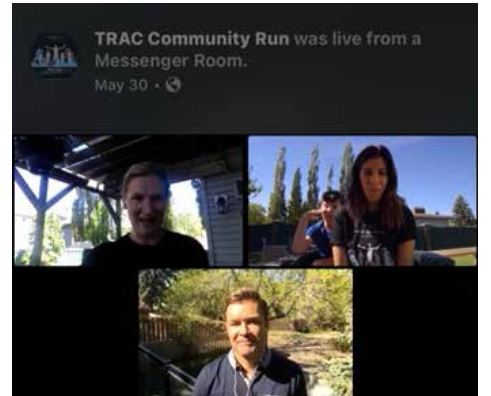
## The Ridge C.L.

The Ridge Community League. Our community league grand opening is September 18th! Festivities from 12:00 to 4:00pm Ribbon cutting at 1:00pm We will have games, artisans, face painters, a balloon person, 5 food trucks, movies inside the building. As well as a tethered balloon provided by ReMax! Unfortunately, our boards for the rink are a bit delayed and will be making their appearance after the grand opening. We have also received 100 7-11 Slurpee coupons, via Efcl, that we will be giving away to the first 100 people into the building. We are also looking for volunteers for the event. If interested please contact us at [Info@theridgeonline.ca](mailto:Info@theridgeonline.ca) We are continuing our fundraising as well for additional items for our building such as basketball nets, tables and chairs, ice maintenance equipment etc. Stop by and see us during the grand opening to learn more or send us an email. Here's hoping for nice weather.



(MP - Edmonton Riverbend), Rakhi Pancholi (MLA - Edmonton Whitemud) and Tim Cartmell (City Councillor - pihêsiwin Edmonton) challenging us and each other to be as active as possible. All three of them were committed to showing each other up, which does leave us wondering, who was the winner??

In the end, almost 400 million activity minutes were tracked by Canadians that month and North Greenville, Ontario was awarded the title of Canada's Most Active Community. We would like to thank all of our community members that participated in this virtual event and we hope to return to a more "normal" looking event in 2022!



If anyone is interested in purchasing a TRAC Run shirt, there are a limited number of sizes available. Please contact the TRAC Community Office at [yegTRAC@gmail.com](mailto:yegTRAC@gmail.com) or 780-439-9394 for more details.



Come celebrate with us and join the fun!

# GRAND OPENING!

**The Ridge Community League Building & Rink**  
2111 Haddow Drive

**SEPT. 18**

**12:00 - 4:00 P.M. Festivities**  
**1:00 P.M. Ribbon Cutting Ceremony**

- ★ Face painting
- ★ Balloon artist
- ★ Petting zoo
- ★ Food trucks
- ★ Tethered balloon rides
- ★ Outdoor games
- ★ Art sale
- ★ Tours

Special thanks to ReMax for sponsoring our event!

Need more info? [Facebook/ridgecommunity](https://www.facebook.com/ridgecommunity)



# Edmonton - Whitemud

## Report From The Legislature

Rakhi Pancholi  
MLA Edmonton - Whitemud

Over the summer, it's been great to have the opportunity to see more of you face to face. I've knocked on doors in South Terwillegar and Leger, attended the Southwest Edmonton Farmers' Market and other community events like Lemonade Stand Day. I've met with some of our local businesses and my family and I continue to enjoy many of our local restaurants.

It's been a particular pleasure to connect with many of the community leaders who are working hard to make our corner of southwest Edmonton a great place to live, work, and build a life. Riverbend ROCKS resumed their summer programming this year. The Ridge Community League will be celebrating the grand opening of its new building and rink in September. And I was thrilled to be a part of the Riverbend Community League's 50th anniversary commemorative mural project (although I'm not likely to switch careers and become an artist anytime soon!).

All of these have been encouraging signs of a return to some semblance of normal after a challenging year and a half. Like many of you, my husband and I had to make adjustments to our daily routine in order to manage the responsibilities of raising two young children. And like many of you, I saw more clearly than ever that quality affordable early learning and child care is essential to economic recovery and growth by allowing more Alberta women to participate in the workforce, creating jobs in early childhood education, increasing household spending in the local economy, and investing in the early learning of children.

The recent federal budget gave Albertans and Canadians hope that families were finally going to see the investment in child care our economy needs to get back on track. Ottawa pledged \$30 billion over the next five years for a \$10/day child care, program in addition to ongoing current bilateral funding. For context, Alberta families currently pay an average of \$50/day (with some paying a lot more than that). This plan would mean Alberta families could save over \$9600/year on child care fees.


My colleagues and I have done the work on what this could mean for Alberta. Based on agreements with other provinces, and Alberta's specific needs, including the fact that we have the youngest population in Canada, we believe an Alberta agreement should include:

- Matched federal-provincial dollars to support \$5.64 billion total dollars by 2025/2026 to support families seeking childcare, \$3.8 billion of which would be from the federal government;
- Eligibility for all licensed care whether it be in not-for-profit or for-profit daycare centres or dayhomes, including before & after school care & shift-work care.
- Reducing fees in all child care programs by an average of 50% by December 2022 to \$25/day by September 2025 and to \$10/day throughout the province by the end of 2026.
- 25,000+ families receiving \$10/day child care by the end of 2023, with more \$10/day spaces created every year.
- Create 9,000 new childcare spaces by the end of 2023 with more spaces created every year after.
- Dedicated funding in all years to Indigenous-led care and inclusive child care.
- Wage top-ups, wage grid & professional development for early childhood educators.

We cannot afford to leave this money on the table because Jason Kenney and the UCP want to pick a fight with Ottawa for short-term political gain. Working parents need it, and our economic recovery is depending on it. My NDP colleagues and I will keep fighting to deliver the quality affordable early learning and child care families in Edmonton-Whitemud and across Alberta deserve.


If you would like to share your thoughts, please feel free to email me at [Edmonton.whitemud@assembly.ab.ca](mailto:Edmonton.whitemud@assembly.ab.ca)

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RAKHI  
PANCHOLI


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# Edmonton - Riverbend

## An Update From Your Member Of Parliament

Matt Jeneroux  
MP Edmonton - Riverbend

We're on the cusp of a federal election campaign being called as I write this column on August 11. Prime Minister Justin Trudeau and the Liberal Party are widely expected to call an election in mid-August for a mid- to late-September election day.

I'm running for re-election in our community of Edmonton Riverbend. I would like to continue work on the following priorities:

**Improving day-to-day life of our environment:**

- Work with all levels of government to enhance our river valley network, including connecting Windermere to the Valley Zoo;
- Residential Retrofit Initiative to provide an “efficiency concierge” service for homeowners that acts as a one-stop-shop to access programs and information.

**Improving economic opportunities:**

- Reverse tax changes to professional corporations;
- Continue to advocate for policy changes that impact small business owners who are the fabric of our communities.

**Improving health care choices:**

- Ensure that the promised service level of the proposed southwest Edmonton hospital meets the needs of our growing community;
- Improve compassionate and bereavement supports.

**Improving Alberta’s fiscal future:**

- Advocate for a fair and transparent review of Canada’s equalization formula, including lowering the threshold for a payout from a drop



Photo Courtesy of MP Office

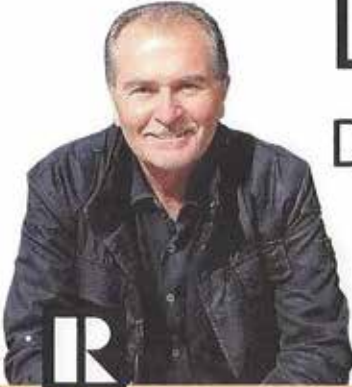
in resource revenue from the current 50 per cent to 40 per cent.

Since the last federal election in 2019, I have served as the Shadow Minister for Health, navigating through the early days of COVID-19, and have also had a Private Member’s Bill passed, extending bereavement leave to 10 days for federal workers. I’ve continued mental health advocacy through our Father’s Day on the Hill event, this year hosting a national panel to discuss mental health in young men and fathers.

My Member of Parliament office remains open during the election campaign and 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](mailto:Matt.Jeneroux.C1@parl.gc.ca) or call 780-495-4351.

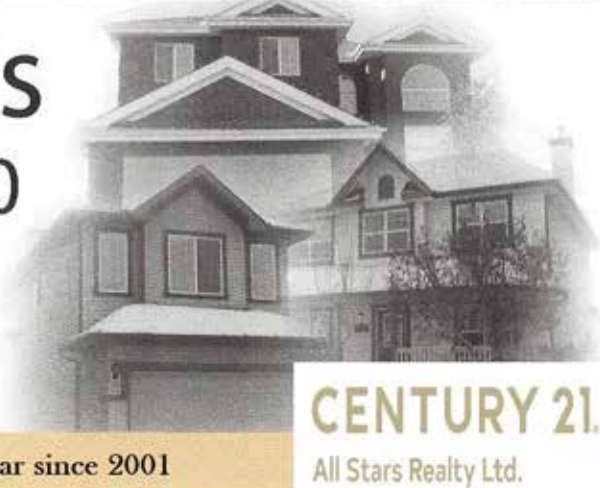

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# Community

## A Hockey Camp Builds The Dream In A Child

*Manuel Iligan*

In enrolling our 10-year old daughter in a hockey training camp, all we wanted was for Ziggy to have fun. She got something more that will help her as she grows up.

Our daughter recently took part in the Oilers Hockey School All Girls Training Camp. Ziggy was fortunate to be selected as a sponsored participant in the KidSport program which promoted diversity and inclusion as their theme. She remembered when on-ice lead and

got home, she fell flat on the couch and could hardly move because her arms and legs were so sore aside from her overwhelming feeling of isolation that she was entertaining in her mind.

Ziggy felt like quitting. We reminded her that all we wanted was for her to become assertive, as well as to be respectful. Her elder sisters also gave some emotional support by telling her that “quitters never win and winners never quit.” After the talk, she hesitantly decided to continue the program on a day to day basis.



*Photo Courtesy of Andy Devlin*

2-time Olympic Carla Macleod asked the participants to hold her olympic medals that made everyone ecstatic and energized. Even for just five full days of training, we saw the significant transformation of our daughter from being timid to becoming the young girl eager to explore the world.

Quite frankly, not everything went well especially when, on day one, Ziggy felt like quitting because she thought she was different in many ways from the rest of the participants.

Firstly, Ziggy was but one of two Asians in the group. Unlike her, the other girl apparently had attended a previous camp and appeared to be at ease with everyone. Secondly, she thought all along that everybody was starting at her skill level as they all acted typical of her age in the locker room. As everyone stepped onto the ice, Ziggy later found out that most, especially some, were far more advanced than she would have imagined. Thirdly, she was completely unaware as to how intense the training would be on their first day. When she

The second day was better. She even got a new friend. She even thought that everyone was supportive of each other. As the days went by, we could sense her excitement as she spoke of her activities for the day. She also had enough energy to spend with her little brothers after her training. The last day was not climactic, nor did we expect that it would be. We only wanted her to have fun and for her to develop her own personality. The bonus part was she told us that she wanted to continue her training. My wife and I looked at each other, smiling, not only at the thought of her enthusiasm, but also at the prospect of making this work.

The most important thing that happened in this camp is that our daughter gained self-confidence. Her eyes are showing it now and, hopefully, the right kind of confidence will continue to develop in the coming years. We also tell her to pass the kindness on and that the struggles that she had (and will encounter in the future) would make her remember to be respectful of others, especially those in need.

**www.edmonton.ca**

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**Fax: 780-498-7098**

**Email: [capitalcitycleanup@edmonton.ca](mailto:capitalcitycleanup@edmonton.ca)**



# SWEFM

## SW Edmonton Farmers' Market Update

Lisa Jodoin  
Market Manager

It has been an incredible season so far and SWEFM is so grateful to our vendors, customers, staff and community for your support and enthusiasm to keep our market an amazing place for everyone to enjoy. We would like to give a huge shout-out to our volunteers, who generously donate their time to keep the market running smoothly. They help us set up, clean up and perform a variety of tasks during market hours that make the market the fun, vibrant community gathering place we all love.

We reintroduced our Young Vendors program this season and it has been an amazing success for everyone. We have a total of 4 young vendors that join our market on a rotating basis. Each one of these young entrepreneurs has seen a great deal of success and have been warmly welcomed by our vendors and customers.



As always, our Alberta weather has been a bit of a challenge this season. We have seen snow the day before our season started, +40 degree temperatures on the pavement, rain and 45 kph winds. But through all of that, we have persevered and continue to be able to have the market each Wednesday.



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MAY 19TH - OCTOBER 6TH, 2021

@SWEFM @SWEFM.CA SWEFM.CA

Our market continues to grow with new vendors joining us each week. Last year we needed to limit the amount of vendors because of the COVID restrictions, but now we are able to once again offer samples and add more vendors to our space in Lot D at the Terwillegar Recreation Centre. On that note, I'd like to give a huge thank you to our hardworking vendors, who show up rain or shine and sometimes even snow! These folks put incredible amounts of time and love into their small businesses, and are the heartbeat of Edmonton's fabulous market scene.

The season has also been such a huge success with our Artisan Alley Showcase's which happens the first Wednesday of the month. Our very talented artisan's keep upping their game with new and artistic items made available to our customers. We have one Artisan Alley Showcase left for the season on September 1st, so make sure you come out and visit these very talented people.

Our Curbside program is still available for those customers that prefer to do their shopping online and we will continue this for the rest of the season. Stop by our website to find out more.

Lastly, Thank You, Southwest Edmonton, and everyone else who makes the trip to join us at the SWEFM every Wednesday during our season. Our market is a true community initiative, and the SWEFM belongs to the people. Your loyalty has made our market one of the best in the city!

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](http://www.swefm.ca) FB: @swefm.ca Twitter: @SWEFM\_YEG  
Insta: swefm



Photos Courtesy of Jenna Evanchuk

# Community

## Speed Limit Reduction

www.edmonton.ca

**Project Status: Implementation, Education, and Enforcement**

The speed limit is now 40 km/h on most residential and downtown streets. An extensive public education campaign is currently underway to help Edmontonians become aware of the change and adjust their driving behaviours.

The City of Edmonton and the Edmonton Police Service (EPS) are working together to provide education and enforce speed limits in an effort to make Edmonton’s streets safer for everyone.

- EPS officers will participate in providing educational information to drivers along streets with the new 40 km/h default speed limit to encourage safe speeds. The EPS will continue to issue tickets in cases where speeding is excessive and impacts public safety.
- A grace period is in effect until September 1 for automated enforcement locations with the new 40 km/h speed limits to help drivers adjust their behaviour. Automated Enforcement in these locations will re-start at that time to protect our most vulnerable road users as they return to school.

**Why 40 km/h?**

Reducing speed limits on residential streets, the downtown, and high pedestrian areas makes our streets safer, calmer, and quieter for everyone. Slowing down gives people more time to react to the unexpected to prevent crashes and reduce the severity of collisions that do happen. The Estimated Time of Arrival Tool shows how little impact there is to driving times with this change. Reducing the default speed limit is one important action within

the Safe Mobility Strategy 2021-2025, Edmonton’s approach to advancing Vision Zero. It is a key component of the City’s strategic goals for the next 10 years and supports ConnectEdmonton in creating a safe, healthy, urban and climate resilient city for all residents.

**Which Roads are 40 km/h?**

The citywide default speed limit is now 40 km/h. This means, if you do not see a speed limit sign, the speed limit is 40 km/h.

As part of this project, the City developed a refreshed speed limit signage approach that reduced the number of signs on our streets wherever possible. City entrance signs have been installed to notify all drivers of the new default speed in Edmonton. If there is no speed limit sign, the speed limit is 40 km/h.

The Estimated Time of Arrival Tool shows how little impact there will be to driving times with this change.

**Next Steps**

A grace period is in effect until September 1 for automated enforcement locations with new speed limits to help drivers adjust their behaviour accordingly. During this grace period, warning notices will be sent to violators. This will help to protect our most vulnerable road users as they return to school.

All existing automated enforcement sites are signed as per the Alberta Government guidelines. There will be no new sites until the release of the new provincial automated enforcement guidelines.



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# Community

## The Green And Gold Garden

WELCOME TO OUR 13TH SEASON!

Do come to our beautiful garden on the U of A South Campus. We have 2 acres of 50+ varieties of veggies, herbs and flowers. The orchard volunteers oversee the 100+ fruit trees and our berry “patch”...which is close to ½ acre! All of which are grown using organic growing principles. We also specialize in custom bouquets from our colourful collection of flowers.

ALL SUMMER LONG—OUR MARKET HOURS ARE:

TUESDAYS : 7 PM TO 8:30 PM  
SATURDAYS: 11 A.M. -1 PM

Do check out our www site: [greengoldgarden.com](http://greengoldgarden.com) to see our garden grow—and sign up for weekly e-news during the season to keep up to date on what is being harvested and available at our market days. We already have a large array of vegetables and herbs available—along with our bouquets

You will also find directions to the Garden on the site.

\*The Green and Gold Garden is an all volunteer “ garden with a



difference.” All money raised from the sales of our produce supports the Tubahumurize Project in Rwanda. \*

You can read more about this project on our website.

E-mail: [gggarden@ualberta.ca](mailto:gggarden@ualberta.ca)/  
Web site: [www.greengoldgarden.com](http://www.greengoldgarden.com)

For the safety of our customers and volunteers, The Green and Gold Garden continues to follow public health guidelines and we continue to encourage physical distancing and wearing masks.

Note that our hours change slightly as days become shorter. Please check our current market times in the Produce Available updates before heading out to the Garden.

**Check us out on Facebook!**  
Search:  
“Terwillegar Community League” under groups

# What’s on your list?

We handle 100s of lists per year; this is our 16<sup>th</sup> year in business...

## Let us handle your list!

# HOME & OFFICE HANDYMAN services

## HOHS.ca | 780.940.2127

## Terwillegar Community Church

# Sunday Worship Service

Join us in person or online  
Sunday mornings at 10 AM  
For more information, visit [tcchurch.ca](http://tcchurch.ca)  
1751 Towne Centre Blvd

## Terwillegar Community Preschool

There's still time to register  
[www.tcchurch.ca/preschool](http://www.tcchurch.ca/preschool)



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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.

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# Community

## Rhythm

Marni Mrazik  
Director of Community Life at Terwillegar Community Church

I have some favorite authors and folks I like to listen to on podcasts and occasionally they intersect. For example, one of my favorite authors is Dallas Willard and one of my favorite speakers is John Mark Comer. I found out he had a mentor by the name of John Ortberg whose mentor was Dallas Willard. In Comer’s book, “The Ruthless Elimination of Hurry,” he recounts a story when Ortberg once asked Willard, “What do I need to do to become the me I want to be?” The response he got was, “You must ruthlessly eliminate hurry from your life.”



That sounds so simple and so impossible at the same time, but if there was ever a time to assess the “hurry” and “busy-ness” of our lives, I think this is it. We have just been through a year and a half of a pandemic that shut down much of what made us busy; many, if not all, of our normal activities were cancelled, the places we went were closed down, travel was out and we couldn’t even socialize with friends and family. That is changing as the province has “re-opened.” So I’ve been pondering some questions lately as I think

about life getting busier again. What did I learn over the past year and a half? Will I just jump right back into all the things I did before or will I take some time to assess how those activities impact the “busyness” of my life? Was I too busy? It does seem that in the past when people were asked how they were doing, the common response was, “Good, but busy.” Were there things I wanted to do and people I wanted to spend more time with but didn’t have margin in my life to? Can things be different now? Can I fill up my time with what Comer calls, “a healthy kind of busyness where (my) life is full with things that matter, not wasted on empty leisure or trivial pursuits.” That’s the kind of busy I want to be.

So, as I consider things that matter, I consider what Jesus said...to “love God with all my heart, soul, mind and strength and to love my neighbor as myself.” That’s what I want to be busy with. As I head into the fall and more and more opportunities are available in which to participate, I want to be intentional in establishing a rhythm for my life. At Terwillegar Community Church, it is our desire to know Jesus, walk with Jesus and share Jesus. I want to create a rhythm that creates space to do this, to reflect God’s love and to love my neighbours, which according to Jesus is anyone who crosses our path. I like to be on the go and to have a lot to do and I think that’s ok, I’ll just have to watch that I don’t have too much to do.

How about you? What kind of rhythm do you have in your life? Are there things you want to add or take out? Have you considered making more room for God in your life? Just want to remind you that you are always welcome at Terwillegar Community Church. If you have questions about God or about a rhythm of life that includes spiritual disciplines that provide structure and direction for growth in relationship with God, we are here to talk to you!

Kusiek

FOR SCHOOL TRUSTEE



Education

Grounded

in Community

Julie Kusiek for Ward F

Edmonton Public School Board

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juliekusiek.ca

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FIREWORKS

OCTOTOBER 31<sup>ST</sup> - 8:00PM





www.terwillegar.org

group: terwillegar community league  
event page: tclevents

# Kids Zone - Coloring Contest



## Autumn Coloring Contest

Name: _____	All entries must be received by Nov 1st. 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
Phone: _____	
Email _____	Entries should be mailed to: Terwillegar Community League PO Box 36508 , MacTaggart RPO, Edmonton, AB T6R 0T4
_____	



# Kids Zone - Activities

ARE YOU AN ARTIST? SEND US YOUR WORK!

Email your MONSTER drawing to  
Editor@terwillegar.org by Monday, Nov 1, 2021.  
A few selections will be included in the next issue  
(space permitting)

Q: Why did the man quit his job?

A: He wasn't making any cents/sense!  
-from Julie H.

Justice is a dish best served cold...  
If it were served warm, it would be just water.

Why did the teddy bear say no to dessert?  
He was stuffed

## SUDOKU

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

Answer on page 22! (don't cheat)

What has ears but cannot hear?  
A cornfield

## Fall Word Search

J	C	J	T	L	Z	A	J
A	A	M	N	E	X	C	M
C	F	H	S	A	U	O	B
K	A	S	Z	F	N	R	H
E	L	R	A	K	E	N	O
T	L	S	C	H	O	O	L
P	U	M	P	K	I	N	M
A	P	P	L	E	Y	X	X

ACORN  
APPLE  
FALL  
JACKET

LEAF  
PUMPKIN  
RAKE  
SCHOOL



### Summer Colouring Contest Winners!

#### Ages 2-4

1st Place: Cara O.  
Runner Up: Kristine L.

#### Ages 5-7

1st Place: Matthew I.  
Runner Up: Jayda M.

#### Ages 8-11

1st Place: Jadeyn V.  
Runner Up: Naiya S.

Thank you to everyone  
who participated!

# Community

## ETS Introduces Fall Service And Safety Updates



edmonton.ca

This fall, to support a vibrant and safe city, ETS is introducing a number of service and safety changes and improvements to welcome riders back to transit. ETS is committed to delivering a service that connects Edmontonians to people and places through safe, reliable and convenient transit service.

### Fall Bus Service Changes

In late August, ETS will adjust bus schedules, service levels and routes to ensure we are providing the right amount of service at the right time. These service adjustments regularly happen five times a year.

- Starting August 29, many bus routes will have schedule adjustments, including increased frequency to reflect a typical increase in ridership that happens every fall.
- Several School Special bus routes are being added or adjusted to increase service for students going to school.
- Since the launch of the bus network on April 25, nearly 1,400 Edmontonians have provided valuable feedback about what is working and what could be improved. Thanks to input from Edmontonians, 17 routes will be adjusted starting August 29 to help shorten layovers, increase efficiencies in scheduling and improve connections, in addition to more than 40 other service adjustments

that took effect in June. To accommodate Valley Line West construction, the West Edmonton Mall Transit Centre is temporarily moving to the mall's overflow parking lot at 90 Ave and 175 St, adjacent to the West Edmonton Mall Inn. The interim transit centre will be in place for several years before it returns to its permanent location on 87 Ave when Valley Line West opens. Several route and schedule adjustments are being made to accommodate the move.


- For details about fall service changes, visit [edmonton.ca/TransitAlerts](https://edmonton.ca/TransitAlerts)



### LRT Frequency and Metro Line Route Changes

To provide more reliable service for transit riders, ETS will increase LRT service in the downtown core and northeast Edmonton starting August 30. That became possible due to the successful implementation of an alternate signaling system.

### Experience Matters





## Ken Lister


FOR PUBLIC SCHOOL  
TRUSTEE | WARD F


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- Improve Equity & Fight Racism
- More Specialty Programs
- Build New Schools

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### EDMONTON 2021 ELECTION

# Tim Cartmell

Councillor in Ward 9, seeking  
Re-Election in Ward pihêsiwin

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LEARN MORE ABOUT HIM:  
[WWW.TIM2021.CA](https://www.tim2021.ca)





# Community

- Transit riders will be able to board a Capital Line train downtown every 5 minutes during weekday peak hours (6 - 9 a.m. and 3 - 6 p.m.), including between Churchill and Clareview.
- To enable increased frequency in the downtown core and northeast Edmonton, Metro Line trains will only run between NAIT and Health Sciences/Jubilee stations, as was originally planned for Metro Line. Transit riders boarding Capital Line trains south of Health Sciences/Jubilee station will need to transfer to Metro Line if they need access to MacEwan, Kingsway/Royal Alex or NAIT stations.
- For details about LRT service changes, visit [edmonton.ca/TransitAlerts](http://edmonton.ca/TransitAlerts)

## Bikes on LRT and Improved Access to Drinking Water

To help integrate active modes of transportation and make the rider experience more convenient, starting August 30, transit riders can now bring their bikes on LRT at any time, and using their own padlock, secure their bikes inside new metal storage lockers at Century Park and Belvedere LRT stations. Six lockers (one bike per locker) are available at each location, on a first come first served basis. There is no fee to use a locker. New refillable water bottle stations will also be installed at major transit centres and LRT stations by the end of September giving transit riders and the broader community access to drinking water.

## Safety Improvements

In addition to the numerous safety and security measures in place on transit, a new collaborative approach will be launched later next month to assist individuals in need of specialized support while in the transit system. Stay tuned for more information.

We continue to encourage riders to report safety concerns like

harassment, disorder or suspicious behaviour by texting or calling Transit Watch at 780-442-4900. Our enhanced security measures, including additional onsite security guards at many transit centres and LRT stations, and joint patrols involving transit peace officers and police officers, also remain in place.

## Masks

Masks continue to be mandatory on transit for riders until September 27, pending further discussion with Council at the end of August. Operators are required to wear masks if their shield is in the open position, or if they leave the shielded area and are inside the bus. Buses and trains are regularly cleaned and disinfected to help maintain a safe environment for staff and customers.



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# Literature

## Banned Books Week

bannedbooksweek.org

The Banned Books Week Coalition is delighted to announce our theme for the 2021 celebration of the right to read: “Books Unite Us. Censorship Divides Us.” The annual event will take place September 26 – October 2, 2021.

With a central image showing two hands sharing a book, the 2021 theme is intended to be inclusive and emphasizes the ways in which books and information bring people together, help individuals see themselves in the stories of others, and aid the development of empathy and understanding for people from other backgrounds.

The Coalition announces the Banned Books Week theme in conjunction with National Library Week and the release of the American Library Association’s Top 10 Most Challenged Books list. This year’s list includes titles that address racism and racial justice, as well as those that shared the stories of Black, Indigenous, or people of color. As with previous years, LGBTQ+ content also dominated the list:

1. **George by Alex Gino.** Challenged, banned, and restricted for LGBTQIA+ content, conflicting with a religious viewpoint, and not reflecting “the values of our community.”
2. **Stamped: Racism, Antiracism, and You by Ibram X. Kendi and Jason Reynolds.** Banned and challenged because of the author’s public statements and because of claims that the book contains “selective storytelling incidents” and does not encompass racism against all people.
3. **All American Boys by Jason Reynolds and Brendan Kiely.** Banned and challenged for profanity, drug use, and alcoholism and because it was thought to promote antipolice views, contain divisive topics, and be “too much of a sensitive matter right now.”
4. **Speak by Laurie Halse Anderson.** Banned, challenged, and restricted because it was thought to contain a political viewpoint, it was claimed to be biased against male students, and it included rape and profanity.
5. **The Absolutely True Diary of a Part-Time Indian by Sherman Alexie.** Banned and challenged for profanity, sexual references, and allegations of sexual misconduct on the part of the author.
6. **Something Happened in Our Town: A Child’s Story about Racial Injustice by Marianne Celano, Marietta Collins, and Ann Hazzard, illustrated by Jennifer Zivoin.** Challenged for “divisive language” and because it was thought to promote antipolice views.
7. **To Kill a Mockingbird by Harper Lee.** Banned and challenged

for racial slurs and their negative effect on students, featuring a “white savior” character, and its perception of the Black experience.

8. **Of Mice and Men by John Steinbeck.** Banned and challenged for racial slurs and racist stereotypes and their negative effect on students.
9. **The Bluest Eye by Toni Morrison.** Banned and challenged because it was considered sexually explicit and depicts child sexual abuse.
10. **The Hate U Give by Angie Thomas.** Challenged for profanity, and because it was thought to promote an antipolice message. Please visit [bannedbooksweek.org](https://bannedbooksweek.org) and follow our social media for updates on Coalition events and resources. You’ll also find print and digital assets, publications, and more to help you plan and promote your event, and we will be adding even more resources in the coming months!

If you need posters, bookmarks, buttons, or other physical materials for your Banned Books Week celebration, visit the ALA webstore!

Finally, the Coalition maintains a free public events page for happenings around the world. Anyone hosting an event or putting up a display is encouraged to visit <https://bannedbooksweek.org/events/> to have it included on the list.

Join us for the celebration of the ways in which books unite us during Banned Books Week, September 26 – October 2, 2021!

### ABOUT THE BANNED BOOKS WEEK COALITION

The Banned Books Week Coalition is an international alliance of diverse organizations joined by a commitment to increase awareness of the annual celebration of the freedom to read. The Coalition seeks to engage various communities and inspire participation in Banned Books Week through education, advocacy, and the creation of programming about the problem of book censorship.

The Banned Books Week Coalition includes American Booksellers Association; American Library Association; American Society of Journalists and Authors; Association of University Presses; Authors Guild; Comic Book Legal Defense Fund; Foundation for Individual Rights in Education (FIRE); Freedom to Read Foundation; Index on Censorship; National Coalition Against Censorship; National Council of Teachers of English; PEN America; People For the American Way Foundation; and Project Censored. It is endorsed by the Center for the Book in the Library of Congress. Banned Books Week also receives generous support from DKT Liberty Project and Penguin Random House.





# Local

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www.edmonton.ca

Connect with the City when you're on the go using these mobile apps.

Apps are available for both Apple and Android devices.

### WasteWise App

Let WasteWise take the guesswork out of sorting your waste.

### Edmonton 311

Report damaged sidewalks and trees, graffiti, excessive litter, potholes and more.

### Edmonton Police Service

Everything for the Edmonton Police Service in a single mobile app.



### Edmonton Public Library

Find and discover titles, manage your account, and more.



### ETS Live® To Go

Get real-time information for ETS Smart Bus routes anytime, anywhere.



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For More Information  
311 Contact Centre  
Online Contact 311 Online

If you are calling from outside of Edmonton: 780-442-5311  
Telephone 311  
TTY 780-944-5555

### Neighbourhood Response

You see someone who is experiencing a psychosis or mental health crisis.

You see someone threatening or attempting suicide.

- 780-342-7777 — Community Urgent Services and Stabilization Team (24 hours)
- 1-877-303-2642 — Mental Health Helpline (24 hours)
- 780-482-HELP (4357) — Distress line (24 hours)
- 211 press 1 — Community information and referral

Take action. Call 911 if you or someone else is in danger.

# Brookview Community League Green Space Grand Opening and Movie Night Event!

www.efcl.org

September 18 @ 5:00 pm - 11:00 pm

Brookview Community League is hosting a very special event on Community League Day – September 18th! We are hosting our new green space grand opening where we will have food trucks (\$\$) , live outdoor music, and kids activities from 5:00pm-7:30pm. Join us around 8:30pm for a family-friendly outdoor movie and mini donuts (\$\$)!



### Details:

Date: September 18

Time: 5:00 pm - 11:00 pm

Cost: Free

Organizer: Brookview Community League

### Venue:

Brookview Community League  
280 Bulyea Road  
Edmonton, Canada

# Seniors

## "Walk, Don't Run" They Said

Colleen Crozier

“Walk, don’t run” could possibly be what the Ventures advised seniors in their 1960 debut album. Seniors must not have listened, so they re-released the title song in 1964. Could Cary Grant possibly have been giving the same questionable advice in 1955 when he starred in the movie by that name...his last cinematic performance, at age 62?

How many of us have heard that counsel, in its many forms: “Slow down, Grandpa”, “Take it easy, Grannie”, “Let the younger people take over”, “Careful, now, folks”? We all have. But, wait, how many of us seniors find this advice annoying, if not insulting. We may be naturally slowing down some (dratted laws of Nature), but few of us appreciate the reminders.



Photo Courtesy of Barry Headrick

Picture a group of seniors outside on a lovely day. Most are on foot, dressed for the weather, heading out for some exercise. Some are strolling, some are striding, some are shuffling, some have canes or walkers, some are jogging, some are limping, some are walking, some are dancing, and (gasp) some are running! It’s wonderful to

# News for 55+

see, and you can almost hear the hugely successful, catchy tune the Ventures created.

But there is one thing dear to SWESA seniors’ hearts that does need to run, but not shuffle or limp, and that is our programs. In order to provide the wide variety of classes and experiences our members have come to expect, and to keep them affordable, SWESA needs funds.

As a grassroots organization, SWESA works hard to secure funding from a number of different sources - grants, membership fees, fundraising events - and our fall Annual Appeal. The Annual Appeal is an opportunity for both members and the public to support this resource for seniors in southwest Edmonton.

Would you be part of SWESA’s 2021 Annual Appeal?

Donations go directly to providing affordable programming and social opportunities for people 55+ living in southwest Edmonton. All donations are appreciated. Use the Donate Now button on our website ([www.swesa.ca](http://www.swesa.ca)) to donate online or print out the donation form and mail it in or drop by.

### Fall at SWESA

As summer programming drew to a close, staff and volunteers were excitedly preparing SWESA’s fall 2021 programs, setting up fitness classes, art and culture classes, games, and learning experiences. You’ll find the information you need, for an activity you’ll love when you visit our website. Program Co-ordinator April Williamson and front-line volunteers can provide you with details.

All SWESA activities are carefully organized to respect participant safety, especially in respect to COVID-19.

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.

South West Edmonton seniors, come join us, and let’s run, not just walk, together!

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

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# Wellness

## What I'm Learning About Minimalism

Elizabeth Cayen

The pandemic had many of us spending more time at home than ever before – either through working from home or, for those who provided valuable essential services and went to a workplace, having no where else to go once that work day was over. We now found that extra time to go through the garage, the junk drawer or storage cupboard (or storage rooms!) Many of us also had time to look around and question whether we actually needed, liked, or wanted all the stuff that surrounded us in our homes. Some of us may have also read *The Life-changing Magic of Tidying Up* and took author Marie Kondo’s advice to only keep things that ‘sparked joy’.

I’d say my journey into minimalism actually quietly started several years ago. I went through many areas in my house and donated and gifted many, many items. I thought I was a pro at reducing clutter and letting things go...and then, we moved. Pre-move I would have confidently told you that I didn’t really have that much stuff. Halfway through packing, I quickly realized my confidence was greatly misplaced. I couldn’t believe how much stuff I had! Thoughts of, “I never want to move this much stuff again” and “I don’t even remember this thing!” abounded. This has ultimately led me to focus on learning about and embracing minimalism. This is what I’ve learned so far.

1. Letting go of physical items frees up more than just space in your house. It also frees up the time and energy spent in maintaining, cleaning, and thinking about those items. How many of us really like dusting all those knick-knacks?
2. Reducing clutter in your home helps you reduce clutter in your

mind. In this time in the world where it sometimes seems that chaos reigns, reducing the clutter/chaos around you may help you find peace and calm.

3. The more you reduce your physical stuff, the less inclined you are to fill up your space with new items. This has a direct impact not only on your finances, but also serves the greater purpose of being more sustainable and conscientious with where you spend your hard earned cash.

4. Pursuing minimalism really helps you focus on what’s most important to you and what you value. Asking yourself why you struggle with letting go of some things or how you’re triggered to shop can help you get in touch with your deeper needs.

You see, minimalism and a minimalist lifestyle is more than just de-cluttering. It enables you to really bring your attention to what matters most to you. It can help you recognize what else you can part with to live your best life – obligations you grudgingly do that make you feel resentful, relationships that do not serve you, and activities that inevitably make you feel that your precious time has been wasted. Minimalism can help you to let these go of these as well.

Make no mistake – minimalism does NOT mean you live in a stark, white, empty space with no possessions whatsoever. You can be a minimalist and live a minimalist life with a collection of books and vibrant colours on your walls. Minimalism is really about recognizing what brings you the most value in your life and letting go of what doesn’t. I’m not there yet, but it’s a journey I’m excited to be on.

Have something would you like to write about?  
Contact the Editor at [editor@terwillegar.org](mailto:editor@terwillegar.org)

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Our business started in Edmonton in 2011 and we mainly serve customers in the Terwillegar area.

Our work is appreciated by hundreds of clients who support us with their comments, recommendations and 5-star reviews in Google and Facebook.

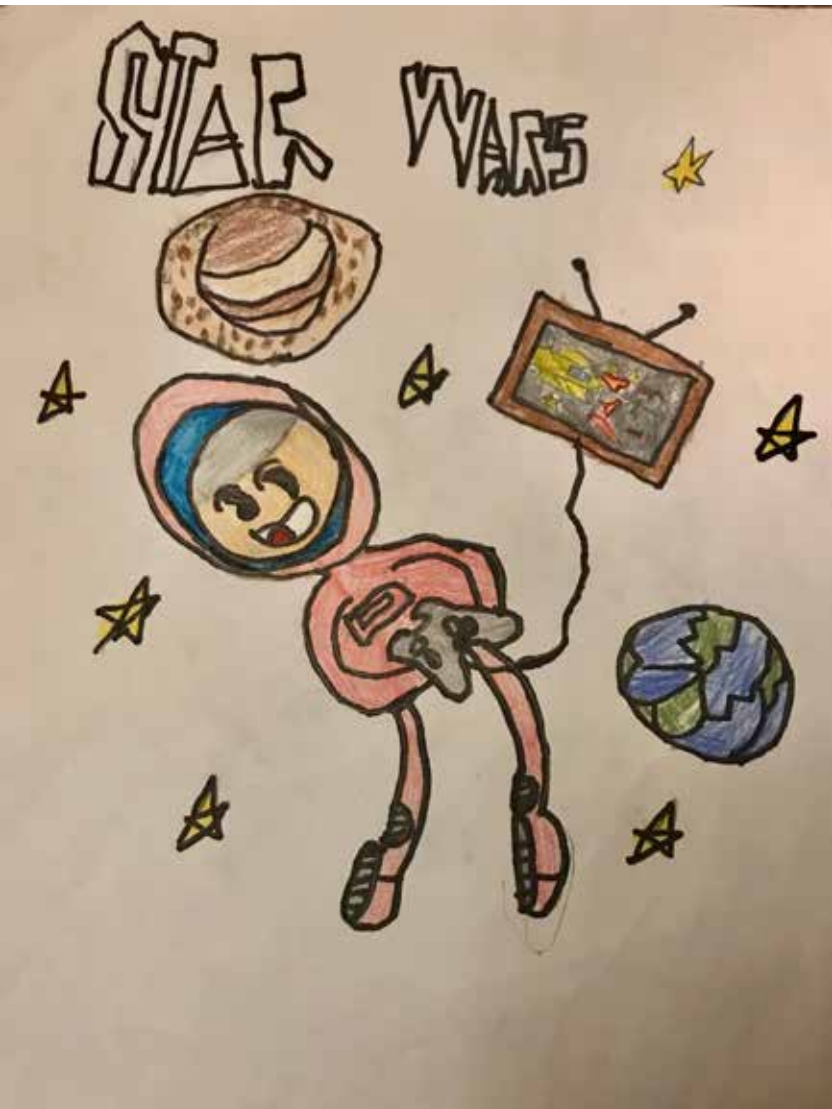


# Community

## Video Game Drawings



by Husain A.



Star Wars by Matthew I.



Roblox by Ziggy I.



Pixel Princess Peach by Julie H.



Switch by Ibrahim F.



# Kitchen Corner

## Vietnamese inspired beef noodle soup

This makes a tasty meal year round.



PREP TIME  
15 min



COOK TIME  
20 min



SERVINGS  
4

### Ingredients

- 1 onion, quartered
- 3.5 cm (1½ inch) piece fresh ginger, peeled and halved
- 1 each cinnamon stick and star anise
- 2 cloves garlic, whole
- Pinch hot pepper flakes
- 1 L (4 cups) low sodium beef broth
- 250 mL (1 cup) water
- 125 mL (½ cup) matchstick or shredded carrot
- 1 red bell pepper, thinly sliced
- 15 mL (1 tbsp) lime juice
- 5 mL (1 tsp) sodium reduced soy sauce
- 125 g (4 oz) brown rice vermicelli noodles
- 227 g (8 oz) striploin steak, well-trimmed and very thinly sliced
- 250 mL (1 cup) bean sprouts
- 50 mL (¼ cup) fresh cilantro, mint and basil leaves, chopped

### Directions

1. In a deep non-stick skillet, over medium high heat, brown onion and ginger on all sides. Reduce heat to medium low and stir in cinnamon, star anise, garlic and hot pepper flakes. Add broth and water and bring to a boil. Simmer for 10 minutes. Using a small sieve, remove all the solid pieces and discard. Stir in carrot, red pepper, lime juice and soy sauce.
2. In a saucepan of boiling water, cook noodles for about 2 minutes or until softened. Drain.
3. Divide noodles among soup bowls and top with steak. Ladle hot broth over top of steak to cook. Top with bean sprouts and fresh herbs to serve.

Recipe developed by Emily Richards, P.H. EC for the Heart and Stroke Foundation. Reproduced with permission from the Heart and Stroke Foundation of Canada.

### Tips

- ✓ You can ask the butcher to **thinly slice your steak** for you or use a sharp chef's knife to get thin slices at home. Be sure to trim all the fat off the steak.
- ✓ If you want your steak well done, stir it into the broth and **cook for about 3 minutes**.
- ✓ Get your **little chefs** involved by having them divvy up the noodles among the soup bowls and top them with the steak.
- ✓ Try using less of the ingredients that are high in added sodium, sugars or saturated fat. Adding salt or sugars directly to your recipe? Remember, **a little often goes a long way**.
- ✓ Don't have star anise? Use **2 cloves** instead.

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## how long does it last?

### FRESH PRODUCE:

- |   |  |
|---|--|
| • 🍏 <b>apples:</b> 4-6 weeks in fridge  | • 🌽 <b>corn:</b> 1-3 days in fridge        |
| • 🥑 <b>avocados:</b> 4-7 days at room temp  | • 🧄 <b>garlic:</b> 3-6 months at room temp |
| • 🍌 <b>bananas:</b> 2-5 days at room temp   | • 🍇 <b>grapes:</b> 7-14 days in fridge     |
| • 🍓 <b>berries:</b><br><b>blueberries:</b> 1-2 weeks in fridge;<br><b>strawberries:</b> 3-7 days in fridge; | • 🥬 <b>lettuce:</b> 7-10 days in fridge    |
|   | • 🧅 <b>onions:</b> 3-4 months              |
|   | • 🍑 <b>peaches:</b> 1-3 days at room temp  |

- |  |  |
|--|--|
| • 🍷 <b>raspberries:</b> 2-3 days in fridge | • 🥔 <b>potatoes:</b> 3-5 weeks in pantry       |
| • 🥦 <b>broccoli:</b> 1-2 weeks in fridge   | • 🍏 <b>pears:</b> 3-5 days in fridge once ripe |
| • 🥕 <b>carrots:</b> 3-4 weeks in fridge    | • 🍅 <b>tomatoes:</b> 1 week at room temp       |
| • 🥒 <b>cucumbers:</b> 1 week in fridge     | • 🍉 <b>watermelon:</b> 7-10 days at room temp  |
| • 🍊 <b>citrus:</b> 3-4 weeks in fridge     | • 🥒 <b>zucchini:</b> 7-10 days in fridge       |





# Coding for kids!

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## Constables Corner



EDMONTON  
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Break and Enter thefts are often crimes of opportunity. Is your home an easy target? Here are a few tips on what you can do to prevent these types of crimes.

**Trim back trees and shrubs.** While they can give you privacy, they can also give criminals privacy to access your windows and/or doors.

**Install motion-activated lights** at the front and back of your home, as well as garage doors.

**Install deadbolt locks** on front and back doors. Deadbolts make it more difficult for an intruder to enter.

**Keep screen doors locked.** This adds an extra layer of protection while still being able to talk to visitors.

**Invest in surveillance cameras.** There are many options to choose from including door-bell cameras and those with cell phone notification options.

**Install a security bar on sliding doors and windows.** A wood dowel of any kind in the bottom track would work.

**Keep valuables in a safe place.** Try not to leave keys, wallets and purses near the front door or in view. Also, consider keeping valuables in a fire proof lock box.

**When You're Away** leave lights on timers, have your mail picked up, and have your lawn cut or snow shoveled. Never post vacation plans on social media. Friends and family may be following however criminals could be as well. Wait until you are home to share your vacation photos.

**Be a good neighbour.** Look out for each other. Getting to know your neighbours can help keep your property safe day-to-day.

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](mailto:communityengagement@edmontonpolice.ca).

Follow us on:  
Instagram: [communityengagement\\_eps](#)  
TikTok: [epscommunityengagement](#)

# Yegtownyoga.ca

## In Person, Online

**Yoga with Paige has been an amazing life journey for me. Sharing her incredible expertise has been a huge help in how my body feels.**

Katherine, Gentle Hatha

**The atmosphere in her class is light as we enjoy many laughs.**

Leslie, Carry On

**Paige's online interactive classes are great. I have a much clearer view of her now, and she of me.**

Jenny, Rest and Restore

**Paige is inspirational, caring and very dedicated in her teaching of yoga!**

Lynn, Gentle Hatha and Fascial Release

**I love my yoga classes with Paige! Her enthusiasm for yoga is contagious.**

Jennifer, Carry On

**Paige carefully attends to each individual (even in on-line classes) and coaches and adapts instruction to individual needs (she never forgets my arthritic shoulder or my friend's extra flexible joints).**

Averie, Athletic Yoga

**Yegtownyoga.ca make the connection**

# ANSWER

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

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Postal Code: _____	\$35.00 <input type="checkbox"/> Senior Single or Couple (65+)	
Phone Number: _____	\$45.00 <input type="checkbox"/> Family	
Email: _____	May we send you news by email?	Please make sure the boxes are checked for email news, and if you are able to volunteer.
Childrens Name(s)    Y/M/D       M/F	<input type="checkbox"/> Yes <input type="checkbox"/> No	
_____	Are you willing to volunteer?	
_____	<input type="checkbox"/> Yes <input type="checkbox"/> No	You CAN make a difference by helping out in this dynamic community of ours!
_____	Fee Paid : _____ Donation: _____	
_____	Total Paid _____	
_____	<input type="checkbox"/> Cash <input type="checkbox"/> Cheque #	
_____	Cheque payable to Terwillegar Community League	
_____	# of Skate Tags required _____	

Terwillegar Community League memberships are available online at [www.terwillegar.org](http://www.terwillegar.org)

Check us out on Facebook!



Search:  
“Terwillegar Community League”  
under groups



Check in with  
[www.epl.ca](http://www.epl.ca) for  
updates

Terwillegar Community League mailing address:  
PO Box 36508 MacTaggart RPO  
Edmonton, AB T6R 0T4

How to contact the Terwillegar Community League

[www.terwillegar.org](http://www.terwillegar.org)

**Board Contacts**

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**Terwillegar Towne Rep** - Monte Weber, [treasurer@terwillegar.org](mailto:treasurer@terwillegar.org)

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