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Terwillegar

COMMUNITY LEAGUE

Tribune



Empathy Builds Better Relationships In Our Community

Manuel Iligan

Empathy Community Bingo

Our community is growing and neighbors do come and go. Would it be nicer if we get to know more of our neighbors beyond the common greetings?

When we know our neighbors, we have the natural tendency to care for each other even through small acts of kindness. A caring community makes our kids will feel safe and secure

I have come with an empathy bingo that I feel may initiate openness among neighbors in our peaceful and beautiful community.

Of course, it takes time to go out of our comfort zone. I encourage everyone to do a few, if not all, items in the human bingo based on their comfort level. If you do try, please share your experience to manuel.iligan@icloud.com or better yet share your experience in the next issue.



Talk to the new owner when you donate old but nice toys in your front yard	Spend a few minutes to pick up trash around the community	Bring up a conversation with chance neighbors at the park	Introduce yourself to a new neighbor and bring in a welcome basket	Help someone by calling their attention when they drop something
Look, smile and greet others on your walk through the neighborhood	SURPRISE the person behind you by gifting a drink or fries in a drive-thru lane	Write a kind note when you donate grocery items to the food bank	Clean up after your dog, and go back if you need to	Leave a snack in the mailbox for the mail person with a thank you note
Share your favorite book in a community bookshelf at the park	Say encouraging words to a staff at a community store	BE Kind	Offer to help an elderly neighbor with a chore or simply talk to them	Write encouraging sidewalk chalk messages
Mind the door and leave it open for someone next to you	Hire a neighbor's kid to mow, rake leaves, or shovel snow	Pass the kindness on by leaving your grocery cart in the right place	ALERT your neighbor when you see their garage door left open at night	Spend a few seconds to thank personnel at school
Teach a neighbor how to sled or ski at Tomlinsons Park	Say it aloud when you see something nice about your neighbor	Look after your vehicle and follow the parking ban	Stop a few yards safer for a pedestrian and go slow when clear	Spend time with your elderly neighbor and talk to them about their day

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Contents & Crossword

Whats Inside

- 3 Councillor Update
Tim Cartmell
- 4 MLA Update
Rakhi Pancholi
- 5 MP Update
Matt Jeneroux
- 6 TCL Update
Kathleen Mountford
- 7 Terwillegar, You're Still The One
Darlene Reid
- 8 Follow this bone-building pyramid to avoid stress fractures
Brittany Hambleton
- 9 TRAC Update
Karin Shott
- 10 Five Things To Know About Fear
Chandi Krishnan
- 11 Never The Same
Marni Mrazik
- 12 Kid Zone
Editors
- 14 Give Back To You Community: Become A Firefighter
edmonton.ca
- 15 Family Day Fun At EPL
Sarah Foy
- 16 Community League Membership Benefits
Editorial Team
- 17 Beautiful Moments
Casey Shott
- 18 SWESA
Colleen Crozier
- 19 A New View For The New Year
Elizabeth Cayen
- 20 Merry And Bright! Holiday Light Displays
- 22 The Editorial Team
- 23 Community Contact Information

FreeDailyCrosswords.com

ACROSS

1) Football part

5) ___ lazuli (blue mineral)

10) Burst open

13) Annoying smell

14) Plain, in Spain

15) "Whale" or "herring" attachment

16) Wide-ranging appeal

19) Withdraw (with "out")

20) Telltale signs

21) NBA legends Archibald and Thurmond

22) Bouillabaisse cooking vessel

24) Fee for grazing cattle

25) Does and ewes

26) "Curb Your Enthusiasm" star

28) As many as

30) Former Russian leader

31) "What did I tell you!"

34) More than merely owing

38) "... Bojangles and ___ dance for you"

39) Circulatory trunk

40) Silver State destination

41) English Lit assignment

42) Con's knife

44) Prepare Parmesan cheese

46) Monster in Greek mythology

49) Related on the mother's side

50) Arrogant

52) San Francisco's ___ Hill

53) Like a soldier's gear

56) Prayer finisher

57) Dwelling

58) Big name in cereal

59) Animal lair

60) Pre-stereo recordings

61) Bugs on a hill

DOWN

1) Advertising eye-catchers

2) Adroit

3) Called into question

4) "... ___ he drove out of sight ..."

5) Docile creatures

6) Host before Paar and Carson

7) Advil target

8) Getaway spots

9) Barroom elbow-bender

10) Erato's group

11) Genesis

12) Domesticated animals

15) Make pigtails

17) It may be skipped

18) Wankel's creation

23) "Stop right there!"

24) All fired up

26) Object of worship

27) King of Siam's employee

28) "Disgusting!"

29) "Before," if before

30) Constellation containing Vega

31) Eisenhower opponent

32) Suffix for "Hallow"

33) Tokyo, previously

35) Winery employee

36) Finish in last place

37) Cup part

41) Finished, as a meal

42) Young hogs (Var.)

43) Stereo system of yore

44) Dwarf of folklore

45) Black bird

46) Upscale living quarters, briefly

47) Awaken rudely

48) Acts as a lookout

49) "Heavens to Betsy!"

50) Pulpit of yore

51) Boxer Spinks

54) "Miss Saigon" setting, briefly

55) Healthy vacation spot

SALUTE THE GIS

By David M. George

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What's Next

Next Submission
Deadline:
March 25, 2022

Next Issue:
April 11, 2022

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Information
editor@terwillegar.org

Editorial Team:
Karin, Casey
and Shannen Shott

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Tim Cartmell
Councillor Ward pihêsiwin

Councillor Update



I hope you are all enjoying some milder temperatures after the deep freeze during the Christmas season! Following is a brief summary of recent activities at City Hall.

Council completed its budget deliberations on December 17th 2021. During those deliberations I brought forward a few motions.

The first was to add one trimming cycle such that we will see two trimming cycles in 2022.

A final reminder, the City sent out 2022 property assessments in January, and you are strongly encouraged to review this notice carefully. The time to file any objections regarding your property assessment is now with receipt of this January notice, NOT in June when you receive your actual tax invoice. You have until March 23rd to file a formal complaint.

If you have questions regarding the information above or any other municipal concern, please feel free to contact my office at 780-496-8130 or at tim.cartmell@edmonton.ca.

Again, it seems we have this conversation every year. It's long past time to find a way to do a better job.

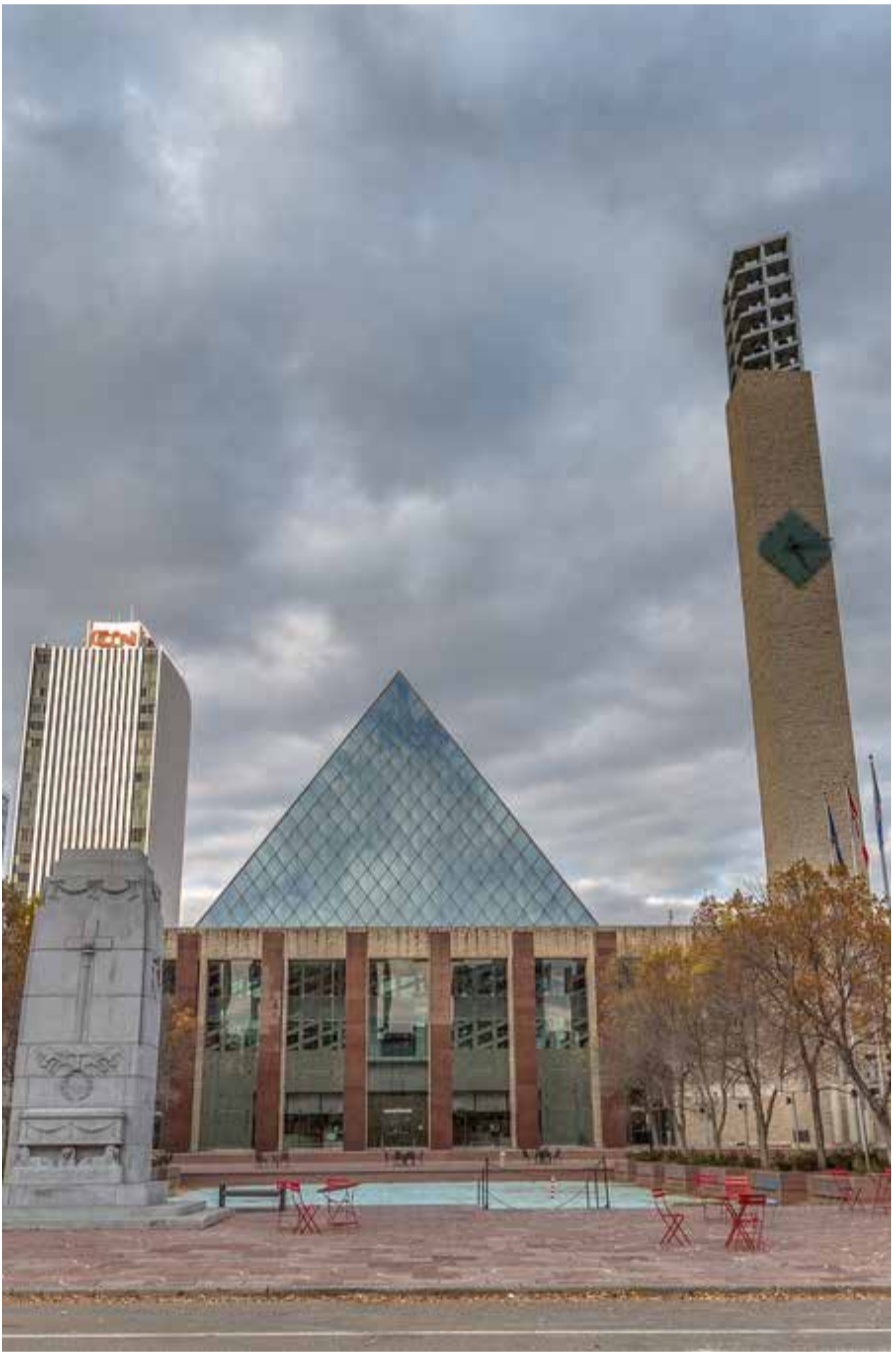
We will see a significant engagement effort from the City regarding the potential naturalization of the spaces around storm drainage ponds. This engagement will take place fairly early in the new year - please stay tuned for more details.

I also brought forward a Motion to fund a Snow and Ice operational Yard in Ambleside which passed unanimously. This means we will see the design and construction of this yard start immediately, resulting in quicker, more efficient snow removal in the Southwest.

That's the good news. The bad news is I have received a high number of emails expressing frustration regarding the ongoing residential road clearing work. I understand and share your frustration.

In many cases, you now have a windrow that covers most or all of the City-owned sidewalk in front of your house. You don't want a ticket for that walk not being cleared. If you use a walker or a wheelchair, you cannot use the sidewalk. The road in front of your home is much narrower. And now, that windrow is covering up the drains, and melting snow has created a lake in front of your house that sometimes freezes into a sheet of ice.

Council heard an interim update on these efforts on January 31, and this will be followed by a more comprehensive discussion on April 22. Again, it seems we have this conversation every year. It's long past time to find a way to do a better job. I appreciate any comments you have to offer.



Edmonton City Hall,
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Report From The Legislature



Rakhi Pancholi
MLA Edmonton - Whitemud

As I write this in the first week of January, Alberta is in the early stages of the 5th wave of the pandemic. We have yet to see what impact the omicron variant will have on hospitalizations and ICU capacity and on our healthcare system as a whole.

While we hope the impact will be minimal, there is no doubt that our healthcare system has already been deeply affected by the pandemic to date.

In the later part of 2021, thousands of surgeries were cancelled after the fourth wave of COVID-19 overwhelmed intensive care units. In December, the government admitted that the backlog of surgeries cancelled by the pandemic sat at more than 80,000 people. We have all heard the heartbreaking stories of the impact of all those cancelled surgeries on patients. I've heard these stories directly from some of you – of the pain, uncertainty, and potential life-changing implications of having treatment and diagnoses delayed.

Alberta will be dealing with the implications of these delayed surgeries and impact on our health and well-being for years to come. Now is the time to take measures to protect our public health care system so that all Albertans can access care and treatment when they need it.

We need to recognize that doctors, nurses and other health care providers have stepped up in extraordinary ways over the past 2 years and are exhausted. We must ensure we give them the support and respect they deserve to stay in Alberta.

Last year, the UCP government passed legislation to make it easier to operate private, for-profit, surgical clinics. But we know from experience in other jurisdictions that this approach doesn't lead to reductions in wait times over the long term. It depletes resources – healthcare workers and equipment – from the public health care system. It also doesn't save the health care system money. And it penalizes those people who are most in need because they have more complex conditions that need to be treated in hospitals.

We need to invest dollars in the public health care system rather than shoveling money out the door to fund more private clinics. The past two years have highlighted the importance of mental health. In December 2020, my NDP Caucus colleagues and I proposed that each Albertan receive up to five provincially covered mental health sessions with a registered provider. We have also repeatedly called for a mental health worker in each school to support children and youth where they are. As we move forward, we need to ensure that every Albertan who needs mental health support can access it.


Finally, we need to have an evidence-based approach to fighting the pandemic, rather than the political whiplash we've all endured over the last two years. My NDP Caucus colleagues and I have called for

an independent COVID-19 science advisory table, like in Ontario, to review the latest research data and provide recommendations to Alberta's public health officials and the government. That information should be public so that all Albertans can see why changes to public health measures are being recommended. We need clear thresholds for when public health measures might be escalated so that people can see what lies ahead. If we do this right, we can reduce the likelihood of future waves getting out of control and reduce the need for more stringent restrictions.

As always, if you have any thoughts to share, you can reach out to me at Edmonton.whitemud@assembly.ab.ca.






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RAKHI PANCHOLI
MLA for Edmonton - Whitemud

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Canada's Inflation Crisis



Matt Jeneroux
MP Edmonton - Riverbend

As your Member of Parliament, I wanted to keep you updated on what's been happening in Parliament and our community since the end of December and what can be expected as we head into the first couple of months of 2022.

Having concluded the fall session in late December, most parliamentary business (committees, question period etc.) has been put on hold and many Members have returned to their communities. However, in the coming months we will likely see an increased focus - by all levels of government - on the inflation crisis that has really impacted soaring prices on a huge variety of items right here in our community. This includes at the grocery stores, household purchases, prices on everyday items and it also extends to home prices and the increase in housing affordability across Canada.

Many of us know or are young families trying to afford the cost of living these days, which extends to first-time home buyers. There has been increasing pressure on governments to consider what this means in terms of housing policies, taxes, and incentives. There have been many debates in Parliament that have focused on the best path to address the cost of living and as always, I want to hear from you some of your thoughts. There have been proposals from limiting foreign ownership in some of the major markets to increasing supply of land in and around major cities like Edmonton. I would be very curious to hear any perspectives that our community wants me to push for in Parliament on this topic.

We will likely see this be a focus in the next federal budget (expected in the spring) and I would suspect in the provincial and municipal budgets as well. At this point of the year, the federal government is currently in the process of going through the annual consultations on budget requests so if you have some thoughts or concerns, please don't hesitate to reach out to me directly so I can continue to advocate on this.

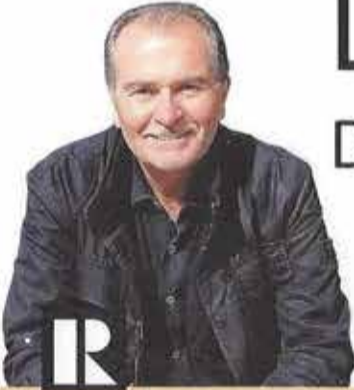


MP Jeneroux & University of Alberta President, Bill Flanagan
Photo courtesy of MP Office

Aside from Federal business, I also wanted to provide a quick update on Terwillegar Drive construction. Currently, construction on the roadway has paused due to the winter weather with construction set to resume this spring. In the meantime, the city has been processing public feedback received on the proposed 142 Street Pedestrian/Cyclist Bridge and plans to release those findings in early 2022. Like many, our Office is committed to staying on top of this project's development and ensuring residents stay informed on what is happening.

As always, if you have any comments about what's happening in federal politics, I'd be more than happy to discuss. Please contact my office at 780-495-4351 or Matt.Jeneroux.C1@parl.gc.ca. We would be pleased to assist you on these or any other federal matters.

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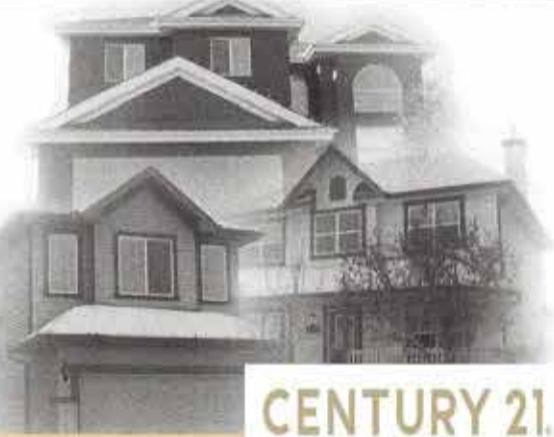
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The Community League had a busy December with our Zoominescence tickets, Snow Valley Ski Night and Holiday light decorating contest. Zoominescence did not disappoint as they added more lights to their display and it is always fun to walk around and see all the zoo animals. Snow Valley Ski night was fairly well attended with lots of people on the Ski Hill. We made this event pretty affordable to families with memberships so some people said that they couldn't have come out unless the tickets were given at that price. Our neighborhood lights were wonderful this year! Thank you to all the houses that went above and beyond to decorate their homes. One family who won a prize said they might not have decorated but they knew they may have a chance of winning so they ended up putting their lights up early. We are glad that word is starting to spread on the contest.

Again with our paper we had a record number of coloring submissions! We are happy that so many families send in their coloring to us, we love seeing all the creativity.

We are starting up a new program to help neighbors with shoveling. We received a small grant from the city to assist with this. We will be offering free shoveling on residential sidewalks (no driveways, or garage pads). We are taking volunteer groups who are looking to raise money for their organization to help with the shoveling. Or as an individual if you would like to help we will give you a small pizza gift card and a reference letter as a thank you. If you are interested please see our website at terwillegar.org or email tclpresident@terwillegar.org.

There are many amenities close by that families can enjoy such as the toboggan hills around the community. Cross Country Ski Trails near the school at Terwillegar Towne Neighborhood park, to see details on that check out the Ski Local Facebook group or the Ski YEG app. We hope everyone has a great rest of winter.



Board & Volunteer Roles

Happy New Year Terwillegar Community!

We recently held the annual general meeting and identified several volunteer roles that would support Terwillegar Community League's operations. We have three board-level roles that are available, including Vice-President, Programs Director, and Fundraising Director. As a board member, you will get to support decision-making in meetings and help with future events. Descriptions of the board roles are provided below:

Vice President: Ideally someone with a legal or administrative background who could assist in reviewing our current bylaws and may be interested in assisting the board in other ways, including events.

Programs Director: This role is very busy when we are able to host events. The role runs most of the events that the League holds and can plan new events. These days, that might include fun online or outdoor events for neighbors to enjoy!

Fundraising Director: This role plans fundraising events such as our Craft Sale and could come up with new ideas to help raise money for the community.

Some additional non-voting support roles we have include:

Volunteer Coordinator: This role would entail finding new volunteers within the community to help run events. You could also contribute ideas for volunteer events and gifts.

Neighborhood Watch: This role entails helping to build a safer community. There are many ways this individual could help by finding different opportunities within the neighborhood.

Directors at Large (Mactaggart or Magrath): This is a general role in which you would sit on the Community League board and can also attend Terwillegar Riverbend Advisory Council. As a representative for your neighborhood, you'll have the ability to bring forward new ideas to the community league.

Communications Support: Ideally someone who is excellent at social media coordination and leveraging our current social network to help build better relationships in the community. This person would eventually gain access to our social media as an admin and approve and post on behalf of the community league.

Sign Coordinator: This is a mostly outdoor role in which you change the letters on all the neighborhood signs in the community to correspond with the events in a timely manner. We change the signs about five times a year and it takes about four hours each cycle.

The people holding these roles are able to attend board meetings, but are not able to vote on decisions. We ask that anyone interested in any of the roles above contact tclpresident@terwillegar.org with a current resume and a note as to why you would like to join us. Thanks to everyone for your interest!





Darlene Reid

Terwillegar, You're Still The One!



With February knocking at our doors, I couldn't help but wonder what the month of love might have in store for us. I'm not talking about cute teddy bears, decadent chocolates or blooming bouquets of roses; although you can certainly pick these up at one of our local stores, if you are interested in spoiling that certain someone! I am talking about the real deal, love. And, it didn't take long for me to notice that it is all around Terwillegar.

I think everyone was wondering if it was ever going to stop snowing in January. However, there were a few people who were happy that

had not yet experienced it. This certainly warmed my heart and left a huge smile on my face. Thank you to the thoughtful person who paid it forward and totally made my day. Who knew a small gesture could have such a big impact.

Yesterday I got a text from a friend who was in a bit of a panic. Her child had been sent home from school because they were not feeling well. With the Omicron variant running rampant, she couldn't help but wonder if her child was the latest victim. To be certain, she was hoping to find a rapid test that someone was willing to part with. A few hours later, she let me know that a neighbour had an extra one and had brought it over along with some soup.

Who knew a small gesture could have such a big impact.



we got snow every other day. I started to notice more and more youth in our community grabbing shovels and pitching in to help clear driveways and sidewalks. What a kind gesture. Hours of shovelling snow and helping out neighbours is a great way to build character. Not only are these youth learning about hard work, they opted for fresh air and exercise over being glued to their devices.

The other day I stopped in for a coffee at my favourite local spot. When I went to pay, the barista told me the person in front of me had already paid for my order. I'd heard of this happening to others, but I



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Brittany Hambleton
Canadian Running Room Magazine



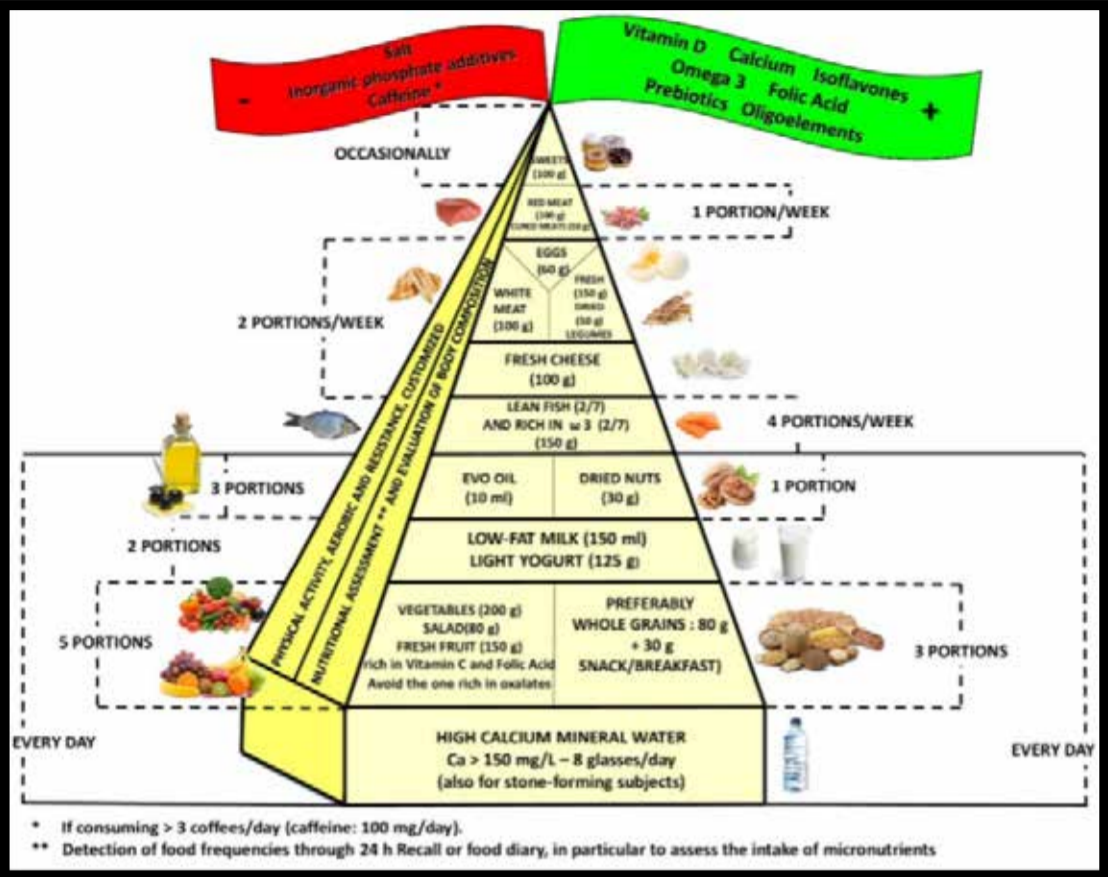
Keep your bones strong by eating according to these guidelines

If you want to run well and avoid stress fractures, you need to take care of your bones. An effective nutrition strategy is the only way to build strong bones (or avoid bone loss, depending on your age), but this means more than simply drinking enough milk. Recently, a group of nutrition scientists published a bone-building pyramid in the journal *Nutrients* to help runners of all ages ensure they’re eating properly to support bone health.

The base of the pyramid is made up of the foods you should be eating every day, including high-calcium mineral water, fresh fruits and vegetables (particularly dark leafy greens and orange fruits and veggies), whole grains, low-fat dairy, extra virgin olive oil and nuts. These foods are important for bone health because of their calcium, vitamin D, boron, omega 3 and isoflavones content.

The top of the pyramid is made up of foods that don’t need to be consumed every day, but contribute to bone health when eaten regularly in moderation. This includes fish, white meat like chicken or turkey, eggs, fresh cheese (like ricotta, goat, feta, halloumi, paneer, etc.) and red meat (only one portion per week). The pyramid does not completely ban sugary foods, but suggests consuming sweets only once in a while.

The red and green flags at the top contain additional advice for anyone who already has osteopenia or osteoporosis. If this describes you, the researchers encourage you to avoid too much salt, caffeine



Nutrients 2022, 14(1), 74; <https://doi.org/10.3390/nu14010074>

(more than 3 cups per day) or inorganic phosphate additives, which you’ll find in fast food, canned or bottled drinks, spreadable cheeses and processed foods. At the same time, you may need to include some personalized supplementation, including calcium, vitamin D, boron, omega-3 and isoflavones in your daily routine.

If you want to be a healthy, strong runner, you need healthy, strong bones. This pyramid is an excellent guide for all runners, but if you’re concerned about your bone health, talk to your doctor to get yourself on the right track.





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Karin Shott
TRAC Office

TRAC Update



TRAC is pleased to report that Snow Valley was booked for a community ski night on Saturday, December 18th., from 6-9 pm. Participants were able to enjoy the evening at a great price point which included lift tickets, rental and an introductory lesson (if needed). A great time was had by all!

Community league memberships for the TRAC area community leagues are available from the TRAC Community Office which is located in the Terwillegar Recreation Centre. If you wish to purchase or renew your membership in person, the office is open Tuesdays 9 am – 12 noon; and Thursdays 4 – 7 pm. Payment options include by cheque, cash, e-transfer or debit. Memberships are also available by mail. If you have any questions or concerns, please contact the office at yegtrac@gmail.com or by phone 780-439-9394.

A reminder that a community league membership is required for access to any outdoor community skating rink. Remember to request skate tags when purchasing your community league membership. These tags give the rink attendant an easy visual that you are a community league member. Each community skating rink is maintained by that particular community league – so please help support your community!

If you have someone interested in playing outdoor soccer, please check www.trsa.ca for more information. A current community league membership is required to play soccer. Check your membership card to see if it is still valid. All community league memberships expire August 31st.

Community league membership fees collected from membership sales provide much needed funds for community leagues to accomplish their mandate of improving the community and the quality of life for all residents.

“The best way to create the type of community you want to live in, is to get active and get engaged with your neighbours and with your league. When we all work together, we create safer, healthier and more enjoyable neighbourhoods – ones we are proud to call ours.” – Edmonton Federation of Community Leagues

We are hopeful that the 16th annual TRAC Community Run/Walk will be able to go ahead as an in-person event on Sunday, May 29th. Stay tuned for more information.





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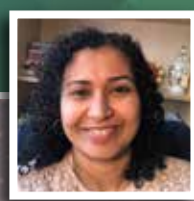
Need help shoveling your residential sidewalk?

Or...

Want to volunteer to shovel a neighbours sidewalk?


Shoveling will be provided free of charge and volunteers will be rewarded. Fundraising groups can sign up to raise money for their organization. Sidewalks only, no driveways.

Sign up at terwillegar.org!



Chandi Krishnan
Writer

Five Things To Know About Fear



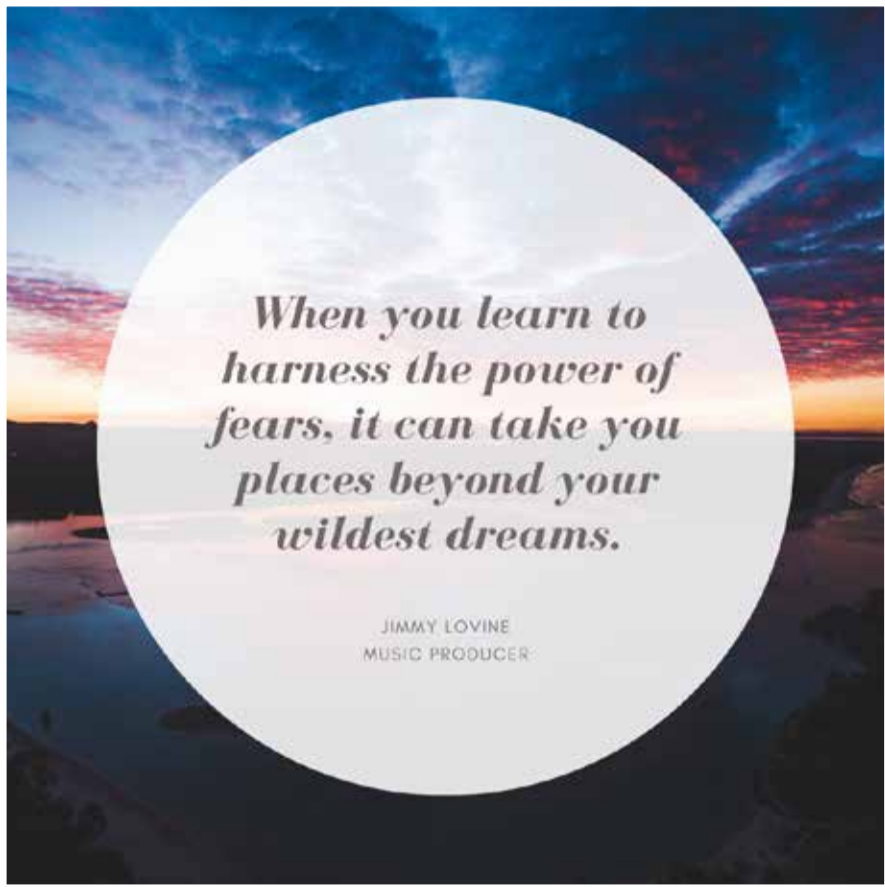
1. Fear is no reason to be scared.

2. Fear is more of a speed bump than a

3. Love is the antidote to fear.

4. You can be fearful and do it anyway!

5. You have the power to choose joy over fear.



When you learn to harness the power of fears, it can take you places beyond your wildest dreams.

JIMMY LOVINE
MUSIC PRODUCER

Fear is a familiar feeling for me, as it is for most people. Fear almost stopped me from writing this article.

This has happened to me before. There is always this fear of failing and being judged, when I do something for the first time or even if I do it after a long gap. But then I just decided to let fear do its thing, while I did mine!

I read somewhere that fear is just like faith. Both have to do with beliefs about what might happen in the future. The difference is just in the things you choose to believe. It helped me to know that.

So, the next time you feel unable to step out and be seen, when you have big dreams, but are paralyzed into inaction, choose faith instead of fear and see what happens.



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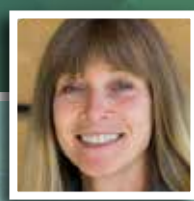
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Never The Same

Marni Mrazik
Director of Community Life at Terwillegar Community Church



I don't know about you, but I am still shaking my head that it is February 2022! If it's true that a mark of growing older is that time seems to go by faster, well...I guess I'm getting older. Apparently there are reasons for the phenomenon, but I'm not taking time to ponder them. However, what I have been pondering lately is a statement I read by Gerald Sittser from his book, "A Grace Disguised: How the Soul Grows through Loss." It reads, "Catastrophic loss by definition precludes recovery. It will transform us or destroy us, but it will never leave us the same. There is no going back to the past..." It may seem kind of funny to be pondering loss during the month of love, but I think the two are connected. Our greatest losses are felt when they are our greatest loves.

Anyway, the definition of preclude is to stop something or make it impossible. So did Sittser say you can't recover from catastrophic loss? Using the definition of recover as, "return to normal" then I would agree. After a loss, I don't think things are the same, they aren't normal, or what they used to be and never can be, but I believe that if we don't let them, the losses we experience won't define us nor will they set the direction for our lives unless we give them the power to do so. Sittser's language is strong, "transform or destroy," both are hard to endure, but one strengthens the soul while the other weakens it. I've been pondering this because I believe in the power of community and the importance of journeying with one another shoulder to shoulder and encouraging one another toward transformation and I don't always know how to do that. How do we deal honestly with our losses? How do we face reality and lament? How do we join with others who are in deep pain?

In 2021, I prayed much for people in my life who have experienced what I would describe as catastrophic loss. Some to whom I am close and some who I don't know as well, but who remain on my heart and for whom I continue to pray.

As a follower of Jesus, I believe deeply in the power of prayer. Prior to Jesus' death, we are told in Hebrews 5:7, that Jesus, "offered up prayers and petitions with fervent cries and tears." Luke 22:44 tells us that Jesus, in anguish, prayed more earnestly. Jesus shows us that we pray however we can, with whatever words we have, and with whoever will sit with us in the darkness.

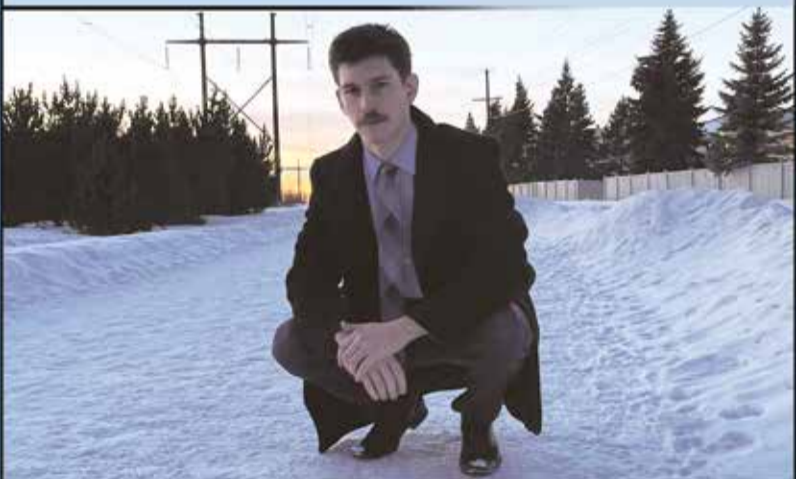
If you are feeling like you are in the darkness and would like a community to sit with you, there is a place for you at Terwillegar Community Church. We would be honored to join you on your journey recognizing there are no short cuts out of pain and loss. Peter Scazzero writes, "Experiencing loss makes us confront our humanity and our limits. We quickly realize we are not in control of our lives, God is. We are simply creatures, not the Creator." But our Creator is a loving, personal, life-giving, transforming God who understands our pain and will walk with us through it.

If you are looking for community, there is a place for you at Terwillegar Community Church. As a matter of fact, we are starting a mid week group called, "Community." It is a small group type gathering where we fellowship, read and dialogue on a portion of 1 Peter, share prayer requests and pray with one another. All are welcome!

Justin Matthews


Barrister & Solicitor

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tcchurch.ca/preschool

Registration

for the 2022-23 school year opens online on

Monday, February 28 at 9:00 a.m.

Kid's Zone - Colouring Contest



St Patrick's Day Colouring Contest

Name: _____

Age: _____

Address: _____

Phone: _____

Email: _____

All entries must be received by Mar 25th. One entry per child.
The contest is open to residents of the following areas:
Terwillegar, Magrath, South Terwillegar, and MacTaggart.

Age categories are: 2-4; 5-7; and 8-11.

Prizes awarded to first place & runner up in each category are \$25 &
\$10 gift certificates for Toys "R" Us

Entries should be mailed to:
Terwillegar Community League
PO Box 36508 , MacTaggart RPO, Edmonton, AB T6R 0T4

Winter Colouring
Contest Winners!

Ages 2-4
1st Place: Louxia L.
Runner Up: Adela O.

Ages 5-7
1st Place: Liam B.
Runner Up: Bennett A.

Ages 8-11
1st Place: Harrison V.
Runner Up: Lily H.

Winter Contest
Honourable Mentions

We love seeing all the creative
entries, keep them coming!

Evan C.
Tealya W.
Jadeyn V.
Dylan W.
Justin M.
Matthew I.
Katie & Grace.

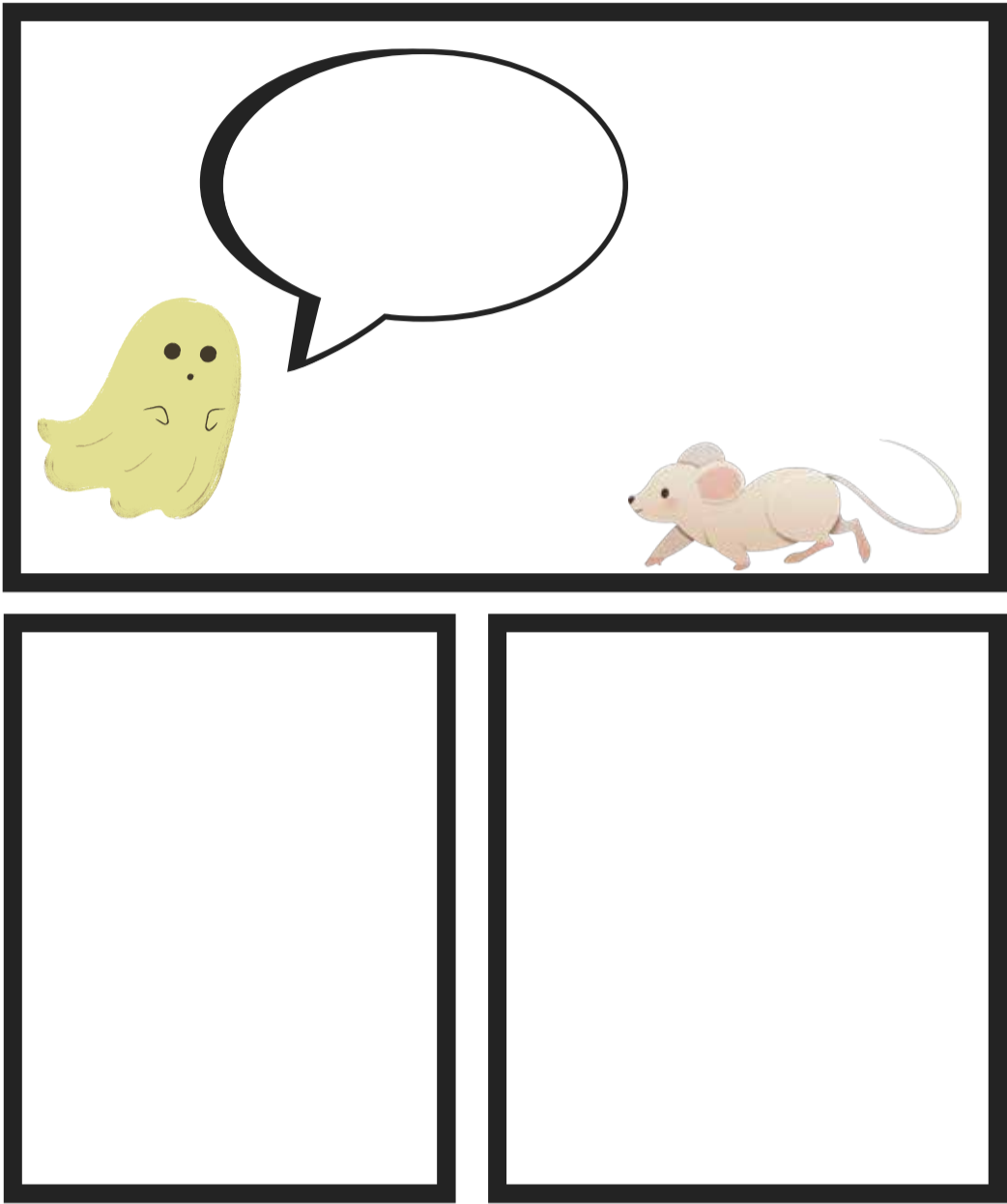
Kid's Zone - Fun & Games

Finish the comic! Our favourite submission will be featured in the next issue of the Tribune! Must be received by Mar 25th

give your comic a title!

build up the joke

see if you can draw what the ghost and mouse do next

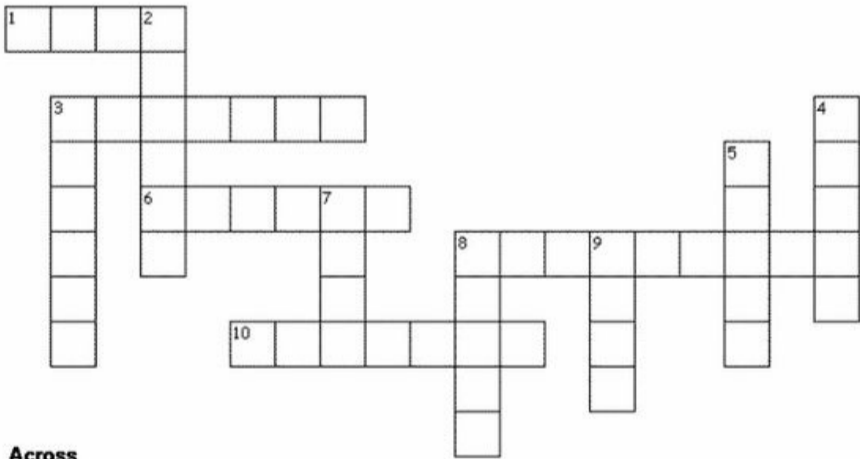


what would the ghost POSSIBLY be saying to the mouse??!!

Deliver the punchline!

sign your name and submit!

Valentine's Day Crossword



Across

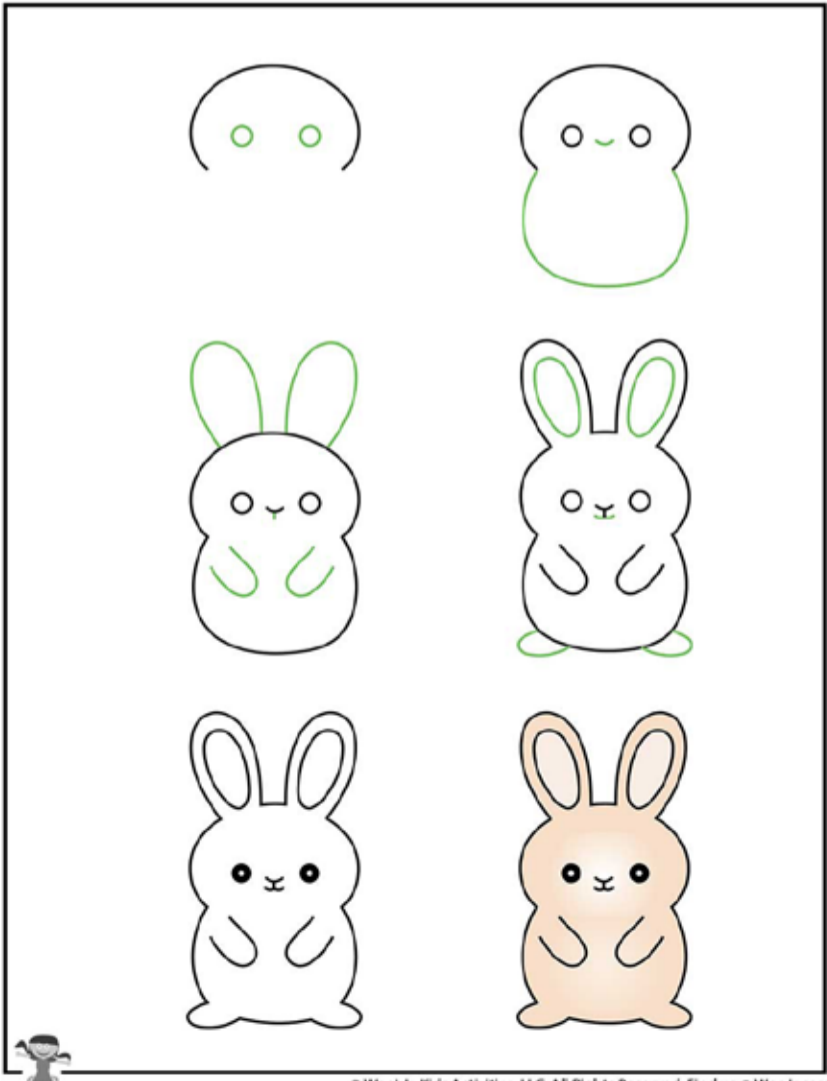
- 1. _____ and kisses.
- 3. They smell pretty.
- 6. On Valentine's Day you should hug and _____ with your loved ones.
- 8. Special treat loved by all.
- 10. Wrap it up and tie it with a bow.

Down

- 2. Another word for kiss.
- 3. My best _____.
- 4. Delicate, red flowers (with thorns).
- 5. Valentine's Day shape.
- 7. I _____ you.
- 8. Sugary treat.
- 9. Sign it and give it to a friend.



candy, card, chocolate, cuddle, flowers, friend, heart, hugs, love, present, roses, smooch





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"We welcome everyone to this incredible profession"

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Through the protection of life, property and the environment, Edmonton Fire Rescue Services improves the livability of all Edmontonians. Edmonton Fire Rescue Services is a three-time internationally accredited fire department in Canada. Our top priority is the physical and psychological safety of our personnel, as well as the safety of residents. We strive for continuous improvement and innovation by attracting both qualified and diverse applicants to help lead the service in serving our community.

“A career in firefighting is about making people feel safe and contributing to the community in a positive way,” said City Manager Andre Corbould. “As City of Edmonton employees, our roles are diverse, our backgrounds are distinct and our responsibilities are unique. This is why all of our work is guided by our cultural commitments of being Safe, Helpful, Accountable, Integrated and Excellent.”

Edmonton Fire Rescue Services is committed to attracting and retaining outstanding employees through inclusive practices.

“We have great people in Fire Rescue, and we know that the diversity of our members is what makes our service strong. We are focused on increasing our diversity and being reflective of the community we serve,” said Fire Chief Joe Zatylny. “We’re looking for candidates to share their unique skills, past career and lived experiences to help us deliver excellent service to our communities. We know that without seeing yourself represented in a profession, it is hard to imagine it as an option. But it is an option, and we welcome everyone to this incredible profession.”



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Sarah Foy
Community Librarian, Riverbend Branch

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Celebrate Family Day with EPL on Monday February 21 with our free Whodunnit! online event. Use your very best investigation skills and mind power to solve the mystery and discover whodunnit! Register online at epl.ca.

Bring your family to explore fun activities in-person on Family Day too! While you are here you can browse the hottest new release books, movies and music. The Riverbend Branch will be open from 1-5 pm.

Stay tuned for all sorts of fun Spring Break plans too! We have exciting free performances planned every day from March 28th through April 3rd. We can hardly wait! Check out epl.ca for more details.



EPL is also thrilled to announce that in order to increase our customers’ access to popular Hits-To-Go DVDs & CDs, each customer can now check out two of each type at a time! Double your fun! See you soon.



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Acclaimed! offers community league members a 10% discount on furnace and duct cleaning services (with the exception of the \$19.95 Material and Waste Handling Fee, which is not discounted). Must mention discount at time of booking and CL membership card must be shown to the technician at the time of the cleaning.



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Wellness Program

Reduced rates to City of Edmonton recreational facilities through the Community League Wellness Program which offers the following discounts:
Annual Membership - 20% discount on Adult, Family, Child, and Youth/Senior Annual Memberships.
Multi Admission Pass* - 15% discount on already discounted multi admission pass (5+ visits) *Applies to new purchases only.

Urban Poling



Receive up to a 35% discount when you purchase urban poles through our annual membership supplies order.
Urban poles can be rented from the EFCL office starting at \$30 per pair plus a damage deposit. For more information on rentals, visit the League Walking page.

The University of Alberta's Academic Ancillary Services, Learning Services supports Edmonton community leagues. We are offering community league members discounts, check online or email more information!



Free Skating at Any Outdoor Community League Rink

Find the closest outdoor community league rink to you by clicking Find a Facility/League, go to Facility Amenities and select Rink. You can view a map or list of all outdoor league skating rinks in Edmonton! Skate tags are available when you purchase your membership

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Poster and Banner printing at Campus Design and Print Solutions
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U of A clothing, and branded promotions from the U of A Bookstore
special.orders@ualberta.ca

Orbis Sports offers Community League Discount

Orbis Sports has a number of offers available. Click, book or call for more information. Promo code: EFCL18



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I've had a lot on my mind and on my journey to be the most interesting and exceptional person I can be, I find myself savoring the quiet moments as much as I can. When I'm stuck at home working I try to make it a habit to take a breather outside and admire everyone else bustling about their day. Any chance I get to take my dog Wylie to the Terwillegar dog park is the ultimate moment to get away from everything. (oh, and exercise for the dog, also important)

The quiet winter air, the freedom of the off leash dogs, and the ever-present hum of the whitemud serves as constant reminder that this beautiful escape can only be temporary. Temporary might sound like a sad description for such an escape but I've seen it as another opportunity to make the most of my time there.

Now like most of us at the park, we might exchange pleasantries when passing each other, maybe a question or two about our dogs, followed by the natural mannerisms of parting ways (next time count the number of times an owner calls their dogs name when parting ways, as if announcing the end of the interaction). Theres nothing wrong with it, I do it too. No hard feelings but I'm just walking my dog and then I have to go.

My most recent trip was met with the usual nuances of the park, a little exploration (I found an interesting tool someone left, used to clear out the trail for the next person), lightly testing my dogs recall, and using the near camping-like atmosphere to reflect on my place in the world and the people in my life. About halfway around the largest outer trail I began talking with a woman, remarking on how icy it was and that I would gladly help her down the slick hill if she needed (she had ice cleats on, I was no hero this time). We chat and manage to slow down a few other walkers before they carried on, for whatever reason I just decided we are now walking and continued on There was still much more trail to walk and she had plenty to say. Beautiful day, I was in no hurry, our dogs were playing together and I was happy to listen. She talked endlessly about her dogs, the drama with her friends, her photography, and at a certain point I realized my input wasn't needed besides making sure she knew I was listening, and I was.

As we reach the parking lot and I walk far past my own jeep to see her safely (it was icy afterall) get to her van, we figure she may have actually photographed me years ago. I had been playing hockey for SSAC and she was a photographer for a lot of the teams. She mentions the significance of her pictures and I affirm it, there was nothing more I loved than seeing these stunning quality photos of me playing goal. Then she tells about a young boy who passed away during a hockey game and how much the photos meant to the family, they were effectively the last pictures of their child. That young man, Kyle Fundytus was my teammate and I was there at that game when the freak accident that took his life occurred. It has been 10 years since that day, November 13, 2011. I still have his eulogy card in my room, and the decal commemorating him on my jeep. At the time we used the hashtag #PlayForFundy, in my mind it always represented an idea to not take for granted our time on this Earth. To be kind and honest, have fun with what you do and be someone that will be remembered well. I know I have made mistakes, we all have, but the journey to be the best version of yourself is never really done.

We parted ways without exchanging information. We both knew we'd likely see each other again at the park. If not, I am glad to have written about it all the same. If you see this, keep up the photography Chris! And make an instagram so I can follow your work!

I wanted to write about this experience, maybe it is just coincidence or fate but regardless my take away from it was a positive one. Am I going to be able to find a deeper meaning to every conversation I have? Probably not. I'm sure for her it was just another walk. The entire afternoon at the park didn't have to be anything special but here I am, writing about it as to capture the feeling and the moment forever on paper. Maybe in doing so, and in you reading this, you might find your own beautiful moments. Thank you for reading!

If you have your own story you would like share, please feel free to send it to the editorial team!



The ginger and sesame flavour of this stir-fry will work well with a variety of vegetables.

Prep Time: 10 minutes
Cook Time: 15 minutes
Servings: 4

Ingredients:

- 1 package (350 g) extra firm tofu
- 5 mL (1 tsp) ground ginger
- 2 mL (1/2 tsp) curry powder
- Pinch fresh ground pepper
- 10 mL (2 tsp) sesame oil
- 1 onion, sliced
- 2 cloves garlic, minced
- 1 L (4 cups) fresh or frozen cut vegetables
- 175 mL (3/4 cup) no salt added vegetable broth
- 15 mL (1 tbsp) hoisin sauce
- 5 mL (1 tsp) cornstarch
- 5 mL (1 tsp) sesame seeds, toasted (optional)

Tofu and vegetable stir fry

The ginger and sesame flavour of this stir-fry will work well with a variety of vegetables.

Looking for another protein food choice? Use leftover cooked chicken instead of tofu for an easy substitution.



Directions:

- 1: On a cutting board, cut tofu into cubes. Toss cubed tofu with ginger, curry and pepper in a bowl.
- 2: In a nonstick skillet, heat oil and brown tofu. Remove to plate. Spray skillet with cooking spray and return to medium heat. Cook onion and garlic for 2 minutes to start softening. Add vegetables.
- 3: In a small bowl, whisk together broth, hoisin and cornstarch. Pour into skillet and bring to a simmer. Cover and cook for about 5 minutes. Add tofu back to skillet and stir to coat well.
- 4: Sprinkle with sesame seeds before serving, if using. Enjoy this over cooked brown rice noodles.



A Big "Thank You" To Santa

Colleen Crozier



Dear Santa,

This is the first time we’ve written a thank-you note to you, Santa. We here at South West Edmonton Seniors Association (SWESA) are so grateful. Before Christmas, we sent you a wish list of four things that would help our organization, and you have really helped us!

We asked for more members, and people have been renewing their memberships or joining our association for the first time. They are signing up for our fitness, arts and crafts, and educational programs, and for social activities and games. Thank you for getting the word out about the affordable, accessible, and just plain good things we do at SWESA.

We asked for donations so we can continue to run SWESA. COVID has meant we need to limit group size, and even suspend some activities, so our revenue is reduced. Members and friends have responded so well to our Annual Appeal, bringing us very close to our goal.

We asked for a busy Home Support program. Our Co-ordinator, Barb Newell, took a little break over the holidays, but not before she spent many productive hours with service providers and seniors. Thanks for getting the word out about the services helping seniors continue to live independently in their homes with “just a little help from their friends.”

We first wished for an end to COVID restrictions so we could gather in large groups again, go on bus trips, attend plays, have more people in our fitness classes, learn from interesting speakers in person, be in close contact with others, and take off our masks. We know that was a lot to ask, Santa. Do you think we should have written to someone who has a magic wand?

Santa, we were so happy to see you at our “Photos with Santa” event on December 16. We were careful to keep our distance from each other, but we missed being able to sit on your lap. We hope you enjoyed the music, and talking with our members, both naughty and nice.

Speaking of your lap, we wonder if you would like to sign up for a fitness class. We have yoga, zumba, Essentrics, and cardio, for many fitness levels. If you are rested up from your big trip on Christmas Eve, and after all the milk and cookies, this would be a good time to start. No offense, Santa.

How would you like to serve on our Board of Directors? We are looking for smart, interesting, capable, willing volunteers like you to steer SWESA into the future. We’d be so proud to have you, and we’d understand when you have to be away near Christmas time. There’s an application on our website under the “Get Involved”/”Join the Board” tab.

We appreciate everything you brought us this Christmas.

The gang at SWESA

SWESA Office
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SWESA Choir with Santa
Photo Courtesy of Barry Headrick

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A New View For The New Year



Elizabeth Cayen

A new year can feel so promising –365 days of possibilities. Hands up who made new year’s resolutions? And hands up who’s already broken them? Along with feelings of promise and possibilities, a new year can also bring with it a pressure to become a “new you”, as though the you that you are is not good enough and needs improving or fixing. The “new year, new you” slogan is certainly catchy...and maybe a bit misguided. While self-development and striving to be the best we can be are noble pursuits, the expectation that you must become a “new you” in the new year can often lead to feelings of disappointment and failure towards yourself. And that’s before we’re even through the month!

resolutions makes the process so much easier, gentle, and achievable. I also like to keep my focus on the ‘adding in and letting go’ thought process, remembering that it is all about how I want to feel and show up in the world instead of how I’m supposed to be according to some random marketing campaign.

Some great ways to make plans and break them down into small steps is to make SMART goals (Specific, Measurable, Achievable, Relevant, and Time bound). Another option is to create a bullet journal. There are plenty of tutorials and videos online for how to use SMART goals and bullet journaling.

If we keep kindness and grace towards ourselves at the forefront of our actions, there can be no failure.

For 2022, here are some of the steps I’ll be taking to add value to my life:

1. Make self care a priority. Self care literally means caring for your self. Remember you are worth your time and attention.
2. Drink more water. We don’t get enough.
3. Get more fresh air (especially in nature).
4. Move my body in ways that feel good. Whether that is doing some cardio or a gentle yoga practice.

I have long given up making new year’s resolutions. Instead, I like to think about what I would like the next year to feel and look like, and then focus on little steps that can lead me toward that vision. This could include a new exercise program or healthy eating plan – not because I need to be improved upon, but because I would like to feel healthy and fit. The past two years has clearly demonstrated that we are not able to control our environment and surroundings in all situations, so I think this year – more than any other – we should take the opportunity to treat ourselves with kindness, compassion, and patience.

I like to think of a new year as an opportunity to add things in that will benefit me in some way and to let go of things that are no longer useful. Choosing to take small steps towards my goals instead of making large and unsustainable must-do-or-you’re-failing-at-life

And here are things I’ll be letting go of:

1. Any guilt or shame or criticism of myself if I don’t manage to get my goals right every day.
2. Thinking I should have things together despite the challenging world we live in.
3. ‘Should-ing’ myself – a sneaky way our brains use to make us feel we’re wrong in some way.

Small steps can reap large rewards. If we keep kindness and grace towards ourselves at the forefront of our actions, there can be no failure. As humans we are bound to make mistakes, fall down, or struggle getting to where we want to be. If we remember to be gentle and patient, we can make the very best of any year – no matter what time of the year we start.



Celebrate Our Winter City With Winterscapes



edmonton.ca

The City of Edmonton’s Winterscapes photo contest is back to recognize Edmontonians who beautify their neighbourhoods and build community spirit. Even while covered in snow, a yard or an outdoor space can be a wonderful canvas to create beautiful scenes to add colour and joy to your area and for your neighbours to safely enjoy.

A winterscape can include snow, ice, lights, ornaments and winter-themed scenery and can be built in a front yard or in a public space. Participate by nominating an outdoor space that brings you joy, including your own, at edmonton.ca/winterscapes in one of three categories: Winter Art, Winter Garden or Winter Play.

Nominations are accepted until February 28. All submitted photos will be posted on the City of Edmonton’s Facebook page for public voting. Weekly prizes will be awarded to the top three yards in each category, and a special award will be given to the Winterscapes judging panel’s favourite front yard.

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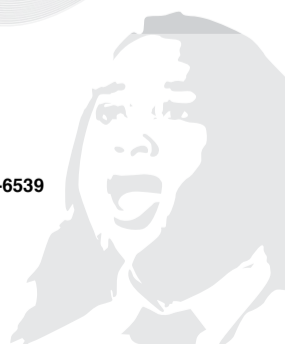
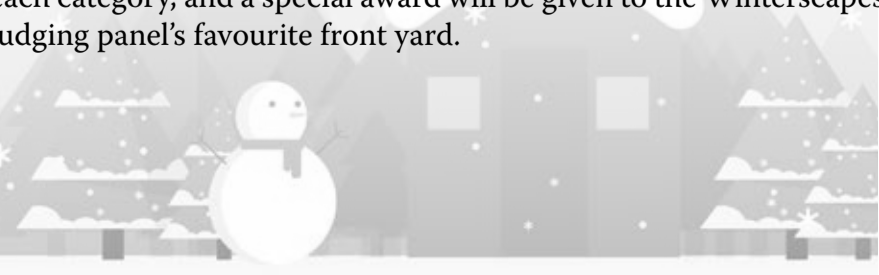
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Casey Shott



Karin Shott



Shannen Shott

The Editorial Team

It's probably long overdue that we put faces to the names of the editors for the Terwillegar Tribune. We have overseen putting together this paper since December 2018 and, while we had experience with aspects of the work involved, it has certainly been a learning experience. This issue in particular saw a lot of changes as we narrow down the kind of paper the Tribune should be to accurately reflect the needs of those that read it. Here is the team behind the Tribune – a family effort consisting of a mother, a daughter, and a son.

Karin Shott has worked in the TRAC Community Office since 2013. She handles almost all communication and administrative work for the Tribune and is essential to producing each issue as smoothly as possible.

Shannen Shott handles final editing and proofreading of the paper, providing insight for presenting polished articles. She works as a librarian and is glad to contribute to community work in whatever way she can.

And finally my name is Casey Shott. I have been working with graphic design for the last 11 years or so and I provide most of the editing for the paper's layout. While I no longer live in the area it is very much where I grew up and I have a vested interest in the people of Terwillegar and the stories they need to share.

Together we bring you the Terwillegar Tribune.

Our goal is to enhance the communal aspect of Terwillegar and share the stories that matter to the people that live there.

We aim to do this by sparking creativity in our youth, shining light on local stories, and promoting community-driven events.

We will strive to represent the diversity that Terwillegar encompasses and ensure that readers feel heard, respected, and a valued part of this community.

Just like a community relies on each other, we rely on you. Without you the reader, there is no paper. So, it is our main goal to provide the content that you want and need. Feedback is always appreciated, and we encourage you to reach out if you have any interest in contributing content to the paper.



Please take 2 minutes to fill out our survey! Scan the QR code with your phone or visit <https://bit.ly/3uIRqM9> for those viewing online

Crossword Solution

SALUTE THE GIS By David M. George

1	L	A	C	E		5	L	A	P	I	S		10	P	O	P	
13	O	D	O	R		14	L	L	A	N	O		15	B	O	N	E
16	G	E	N	E	R	17	A	L	I	N	T	E	18	R	E	S	T
19	O	P	T		20	O	M	E	N	S		21	N	A	T	E	S
22	S	T	E	W	P	A	N		24	A	G	I	S	T			
		25	S	H	E	S		26	D	A	V	I	D				
28	U	P	T	O			30	L	E	N	I	N		31	S	E	E
34	G	R	E	A	T	35	L	Y	I	N	D	E	37	B	T	E	D
38	H	E	D		39	A	O	R	T	A			40	R	E	N	O
			41	E	S	S	A	Y		42	S	H	I	V			
		44	G	R	A	T	E			46	C	H	I	M	E	R	A
49	E	N	A	T	E		50	A	L	O	O	F		52	N	O	B
53	G	O	V	E	R	54	N	M	E	N	T	I	55	S	S	U	E
56	A	M	E	N		57	A	B	O	D	E		58	P	O	S	T
59	D	E	N			60	M	O	N	O	S		61	A	N	T	S



EDMONTON
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SERVICE

Catalytic Converter thefts continue to be an issue city-wide. A catalytic converter can be removed from your vehicle within minutes and comes with a high cost for replacing. Although this type of theft can be difficult to prevent, there are a few things you can do to help protect your vehicle:

- Park in well-lit, higher traffic areas to assist with visibility
- Park in your garage, if possible
- Avoid parking your vehicle in a way that allows for a thief to discreetly crawl under and remove the converter
- Engrave the converter with your Vehicle Identification Number (VIN) making it easier to identify as stolen property should it turn up through an investigation
- Consider having the converter welded to your vehicle or having a clamp or cage installed, making it difficult for the converter to be removed
- Invest in a car alarm that is sensitive to vibration

Who We Are
Cst. Anne Wasylshen 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](https://www.instagram.com/communityengagement_eps)
TikTok: [epscommunityengagement](https://www.tiktok.com/@epscommunityengagement)

Community Contact Information

Join The TCL

Email: _____ Date: _____
Adult 1: _____
Adult 2: _____
Address: _____
Postal Code: _____ Phone Number: _____
Childrens Name & Age: _____

Membership Type:
\$35.00 ☐ Adult Single ☐ Adult Couple
\$35.00 ☐ Senior Single or Couple (65+)
\$45.00 ☐ Family
May we send you news by email?
☐ Yes ☐ No
Are you willing to volunteer?
☐ Yes ☐ No
Fee Paid: _____ **Donation:** _____
☐ Cash ☐ Cheque # _____
(Cheque payable to Terwillegar Community League)

Total Paid: _____ **# of Skate Tags required:** ____

Mail completed form, along with payment to:

Terwillegar Community League
Terwillegar Riverbend Advisory Council
#5, 2051 Leger Road NW
Edmonton, AB T6R 0R9

Please make sure the boxes are checked for email news, and if you are able to volunteer. Thanks!

You CAN make a difference by helping out in this dynamic community of ours!



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Advertising with a minimum 1/8th ad (\$98 black and white) *ALSO* qualifies you to post to the Tribune Facebook page once a week, between relevent publication dates.



Check the media kit by scanning the QR code with your phone camera, or by following the link online https://www.terwillegar.org/terwillegar_tribune.php



Give us your feedback! Scan the QR code to complete our survey and let us know how we are doing!

February Is Month

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Dare to Dream! Build in Windermere \$2,199,000
Incredible lot backing onto the North Saskatchewan River in Windermere Ridge ML# E4247700



Brander Gardens \$1,498,000
Timeless classic! 3800 sq ft plus a fully finished basement. Cul de sac location. ML# E4262784



Windermere \$1,335,000
Westpoint in Windermere! Custom designed 2-storey walk-out. Cul de sac location. ML# E4271664



3 River Lots in Donsdale
Starting at \$1,350,000
Dream opportunity to own & build. 73 ft Frontage on Donsdale Drive ML# E4238160



Windermere \$1,299,000
Executive walkout on huge lot. 2980 sq ft 2 storey + 1158 sq ft fully finished basement ML# E4270261



Terwillegar Park Estates \$1,198,000
Custom built executive 2 storey. 3345 sq ft plus 1782 sq ft fully finished basement. ML# E4268977



Downtown Penthouse \$998,000
Rare 2 Storey Penthouse in Fox One. 3 bedrooms 2 full baths. Chef kitchen ML# E4269247



Trumpeter Area \$769,000
Former Stars Lottery Dream Home! 2894 sq ft 3 bedrooms, 2.5 baths. 18 ft ceilings. ML# E4268404



Garipey \$749,000
Prestigious Lessard Drive. 2405 sq ft 2 storey plus 1200 sq ft fully finished basement ML# E4250780



Century Park Penthouse \$699,900
2 bedroom + den. 2 U/G parking stalls. Large deck with a downtown view! ML# E4250780



Henderson Estates \$677,000
1/2 duplex home in a ravine community. 1859 sq ft plus 1254 sq ft ff basement ML# E4241611



Falconer Heights \$498,000
Design & build on the last undeveloped lot. (9000+ sq ft) walk out pie shaped. ML# E4268332



Westwood \$468,000
1/2 Duplex move in ready. 1,561 sq.ft, 2 storey 3 bed, 2.5 baths. FF basement. ML# E4269910



Ambleside \$199,900
TOP FLOOR open concept condo. 10ft ceiling. Exercise room, one U/G parking stall. ML# E4262127

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