

Deadline for next issue: June 3rd

Delivery: Week of June 20th

Terwillegar

COMMUNITY LEAGUE

Tribune

Issue 90

www.terwillegar.org

Apr 2022

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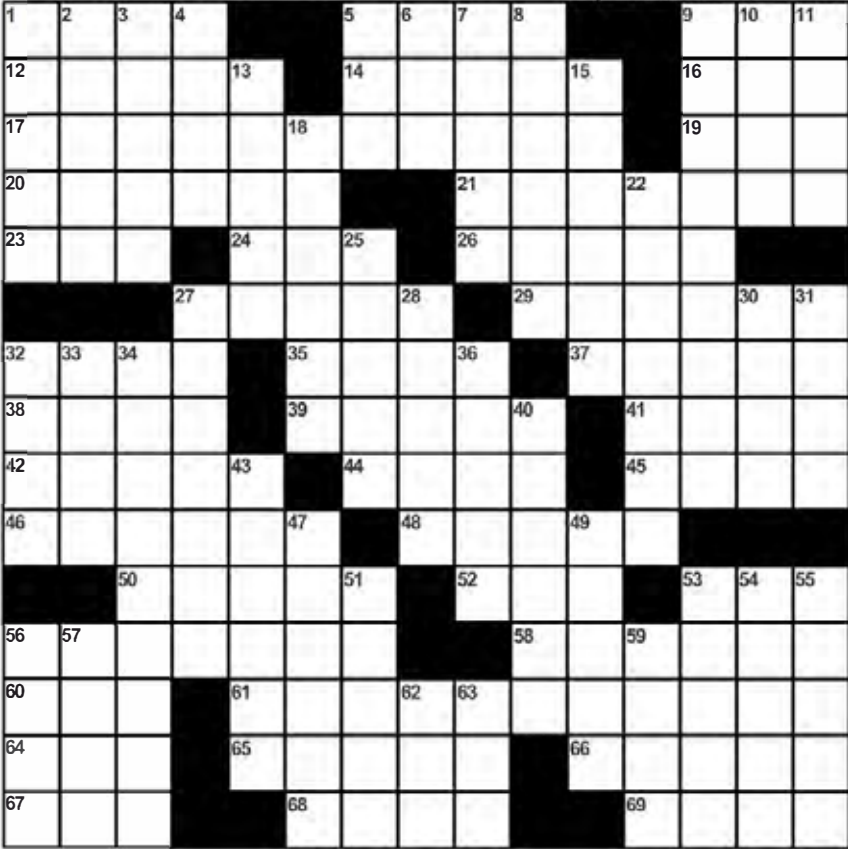
ACROSS

- 1) Streisand, to friends
- 5) Sunni or Shia
- 9) Stir-fry pan
- 12) Throat dangler
- 14) Bahrain bigwigs
- 16) \$5 bill, slangily
- 17) Cocktail often garnished with lime
- 19) Eggs on sushi
- 20) Royal bride of 1981
- 21) Candy apple coating
- 23) Tolkien tree creature
- 24) Bailout key
- 26) "___ Billie Joe"
- 27) Sacred song
- 29) Turn on a stool
- 32) Baseball's David Ortiz, AKA "Big ___"
- 35) Drops from the sky
- 37) Indirectly insulting
- 38) Victorious shout
- 39) "Va Va Voom" rapper Nicki
- 41) Grant and Lee: Abbr.
- 42) No longer available
- 44) Seized vehicle
- 45) Aspiring JD's exam
- 46) Serengeti scavengers
- 48) Spread salt on, maybe
- 50) Naive sorts
- 52) Nestle ___-Caps
- 53) McGraw of country
- 56) Overlooked
- 58) Illinois city
- 60) The whole shebang
- 61) Short-term bank offerings
- 64) Wharton deg.
- 65) "Rabbit food"
- 66) Horse fathers
- 67) Reassuring touch
- 68) Till stack
- 69) ___ a soul (no one)

DOWN

- 1) "Taps" instrument
- 2) Bird-related
- 3) Ring-shaped cake
- 4) Leave rolling in the aisles
- 5) Match unit
- 6) Subgenre of punk rock
- 7) ___ de Mayo
- 8) Simple chords
- 9) "Saving Private Ryan" and "Platoon," e.g.
- 10) Bassoon's kin
- 11) Ship's backbone
- 13) Vicunas' range
- 15) Hinge fasteners
- 18) Render harmless, as a bomb
- 22) On pins and needles
- 25) "___ de Lune" (Debussy)
- 27) Pesto ingredient
- 28) Went for gold
- 30) "Hairspray" character ___ Turnblad
- 31) "___ we forget ..."
- 32) ___ helmet (safari wear)
- 33) On the road
- 34) Setting of a Bret Harte tale
- 36) Scruffs
- 40) "Let's do this together"
- 43) Movers and shakers
- 47) Georges of pointillism
- 49) Puts in the fridge
- 51) Subway gate
- 53) Bejeweled topper
- 54) Word before "child" or "circle"
- 55) Hard to clean up
- 56) Miner's hat attachment
- 57) Isle of exile
- 59) Pork or beef cut
- 62) Dapper one?
- 63) Mdse.

LET THE GAMES BEGIN! By Elizabeth C. Gorski



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What's Next

Next Submission
Deadline:
June 3, 2022

Next Issue:
June 20, 2022

Tribune Contact
Information
editor@terwillegar.org

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Karin, Casey
and Shannen Shott

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TCL Update



Kathleen Mountford
TCL President

Happy Spring to everyone in the neighbourhood! We will bring back out Spring cleanup challenge for this year. If you want to help out, please see the terwillegar.org website. You can enter to win a Panago gift card for each hour that you help cleanup the neighbourhood.

The board is planning summer events right now watch our @tclevents Facebook page for updates. We will be hosting our Community Wide Garage Sale day on June 11th. Sign up will be available by the end of April. We will be charging \$10 a person for non community league members. Our membership year starts on May 15th so consider purchasing your membership then. This will allow you to checkout the free swim nights on Saturdays at the Terwillegar Rec Center from 5-7.

Hope everyone has a great spring!

COMMUNITY-WIDE GARAGE SALE

JUNE 11TH, 9AM – 4PM

Watch terwillegar.org for details!



Creating Your Own Little Slice Of Paradise



Darlene Reid

As the snow quickly begins to disappear, I start thinking about all the wonderful things Spring has to offer. From taking a nature walk through Terwillegar Park to gearing up to visit the Southwest Edmonton Farmers’ Market, there are many to-dos on my list. Also on my mind is the upcoming planting season. Lately, a few people have approached me with wonders about how they can boost the curb appeal of their property for them to fully enjoy it. With the rising costs of gas, it seems as though people are going to be sticking around home a little more this year and are looking at ways to create their own little slice of paradise. Prior to starting your curb appeal revamp, be sure to take the time to draft up a plan that will fit with your budget, time and level of commitment to the project.

creating your little slice of paradise may be a quick and easy project or one that takes years to come to perfections

If you have a bit of a green thumb or find working with your hands therapeutic, then perhaps focusing on beautifying your yard is where you want to invest your time and money. A DIY approach to improving your landscape will certainly bring a sense of fulfillment and joy when it comes to creating your happy place. There are a few things you will want to consider during the planning stages.

1. Terwillergarians live in a Zone 3 climate so you will want to select perennials or annuals that thrive in Zones 1-3.
2. You will want to buy high quality soil and fertilizer to help protect your investment. Without the right nutrients for your plants, they likely won’t reach their full potential or will wither away and die.
3. Consider in which areas of your yard you are going to plant, as you will need to know how much sun the area gets. Some examples

of perennials for shaded areas that work in our zone are Hostas, Lamium and Bleeding Hearts. And, Daylilies, Creeping Thyme and Sedums are beautiful perennial choices for sunnier areas in your yard.

4. When it comes to flower choices, keep the colour of the backdrop in mind. For planting in front of a darker coloured home or area, use yellows, whites and oranges. For lighter coloured homes or areas, use blues, purples and reds to add the right pop of colour.
5. Unless you are framing an entrance or a sidewalk, there is no need to use an even number of plants. By using an odd number and a variety of flowers, plants and shrubs, it keeps the eye moving, giving your landscaping an appealing and natural feel.
6. Start simple and plant a tree. It can usually be done in a day and is a great investment.

Don’t worry if playing in dirt is not your idea of fun, there are plenty of other options for you to create your own slice of paradise. How about giving your house that little pop of colour that makes people notice it as they go by? Paint the front door! This is a great way to add a touch of personality to your house without breaking the bank. For a little more pizzazz, add window boxes, if it goes with the architectural design of the house. You will want to plant and maintain them throughout the season to maximize their effect. If those two ideas won’t bring the oomph you are wanting, then perhaps defining your yard with landscaping edging could be the way to go. This is an effective way to bring appeal to your space and there are a number of different types of material that work in our climate. If after all this you’re still not sure where to start, a simple and cost effective way to bring curb appeal to your home is by illuminating the pathways.

All in all, whether it be adding plants, painting the front door or doing a full yard revamp, creating your little slice of paradise may be a quick and easy project or one that takes a few years to come to perfection. The secret is in the planning stages. You want to ensure you are getting what you want, sticking to your budget and adding value to your initial investment. I’m looking forward to hearing all about your plans and seeing you enjoying yourself in your yard.



Report From The Legislature



Rakhi Pancholi
MLA Edmonton - Whitemud

At the time of writing this, the war in Ukraine is top of mind for many of us. Alberta has the largest population of Ukrainians in Canada and I stand with the people of Ukraine and with all the Ukrainians who call Alberta home.

If we want our children to succeed in life, and to be engaged citizens, we need to carefully cultivate our public education system.

As we turn our thoughts to the onset of spring, many of us are thinking fondly of more time spent outdoors, whether its meeting old friends on a patio, visiting the Southwest Edmonton Farmer’s Market or planting gardens in our backyards.

Everyone who’s ever planted a garden knows that you get back what you put into it. It needs to be carefully cultivated to grow. The same is true of our children’s education. If we want our children to succeed in life, and to be engaged citizens, we need to carefully cultivate our public education system.

Many children learn best in a classroom, where they can receive engaging instruction from qualified teachers and learn social skills by interacting with other children. Government has the responsibility to take steps to make that possible.

We need safer schools in which our children can learn, free from worry for their health and well-being. Throughout the pandemic, my NDP colleagues and I proposed ideas to make schools safer including providing N95 masks for students and staff, installing HEPA air filters for schools to keep the air in schools cleaner and establishing in-school vaccine clinics.

Schools must be properly funded with more teachers, not more standardized tests.The previous NDP government ensured that funding for schools increased as enrollments increased. Unfortunately, over the last three years, education funding has been cut, meaning there are now more students and yet 1000 fewer

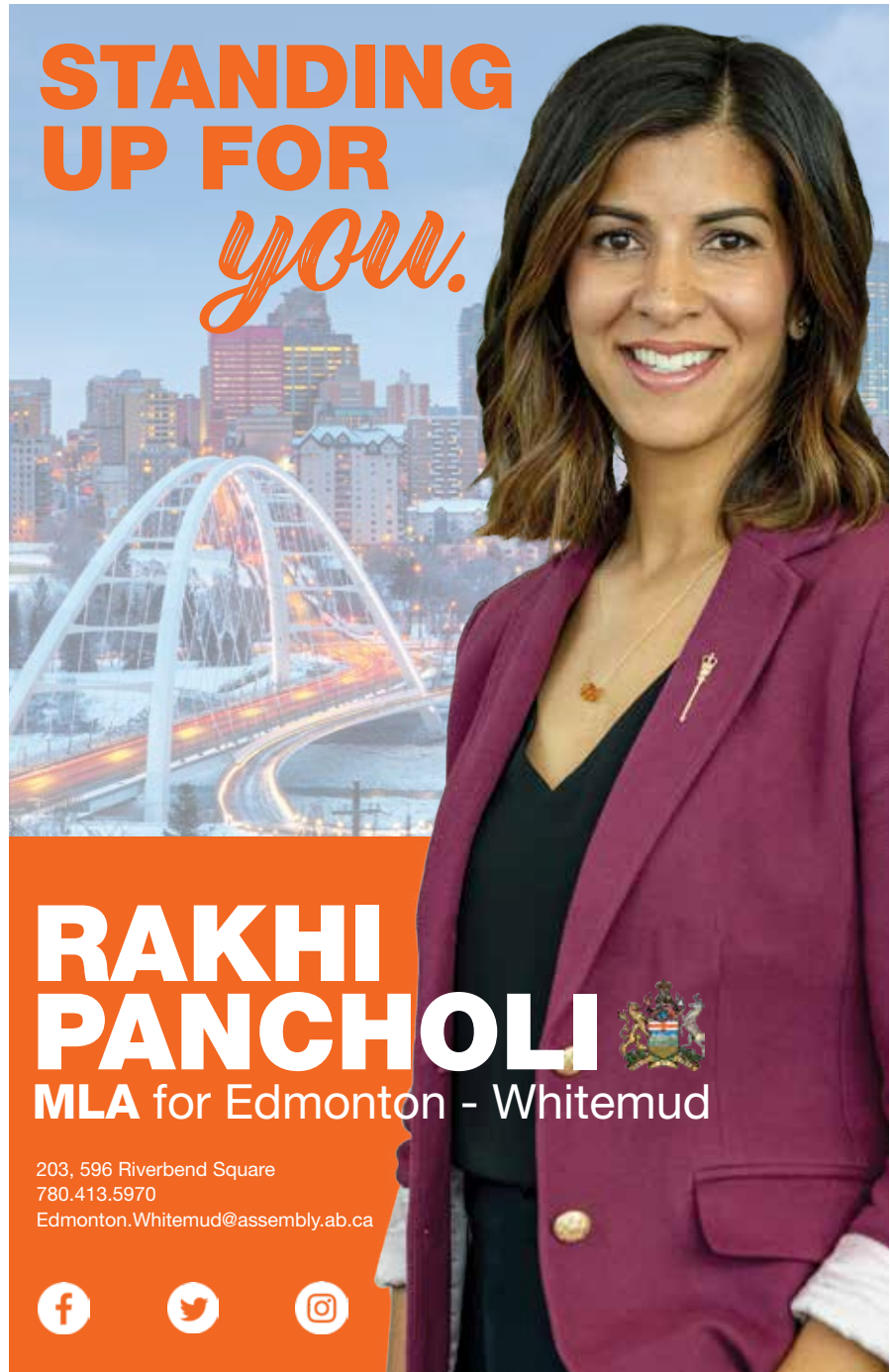
teachers in our public education system. This has placed enormous pressure on students, parents and teachers. Kids need classes that are small enough to ensure they get the attention they need to succeed. Greater investment is needed now to make up for learning losses and to support student mental health.

We need a modern curriculum that gives children the skills they will need to succeed in a modern global economy and be responsible and caring citizens in a diverse society. Unfortunately, the new curriculum proposed by the UCP is outdated, Eurocentric, and developmentally and age inappropriate. It fails to take into account the way children actually learn and it doesn’t give them the skills they need to succeed.

I believe this draft curriculum must be replaced with a modern curriculum, one developed with the help of parents, teachers and educational experts that will prepare our kids for the challenges that lie ahead.

Finally, and most importantly, we need to demonstrate that we value education itself if we want young people to continue to make Alberta their home. We need to make decisions based on data, evidence and advice from Albertans with expertise and lived experience. In short, we need to cultivate our public education system and our youngest Albertans. If we do that, our economy will blossom and all Albertans will reap the benefits.




STANDING UP FOR you.



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. On March 15th, Ukrainian President Volodymyr Zelensky, made a historical address to the House of Commons where he called on NATO to establish a no fly-zone over Ukraine. During his remarks, he compared Canadian cities, and landmarks, including Edmonton, to those being destroyed and bombed by Russian forces.

Putin's invasion of Ukraine is the first major European conflict since the Second World War. Together with millions of Canadians, I strongly condemn Putin's actions and stand in solidarity with Ukraine.

Over the last few weeks, Canada has proactively taken measures



MP Jeneroux in the House of Commons
Photo courtesy of MP Office

and invoked strong sanctions on Russia, all of which I will continue to support. However, during President Zelensky's address, it was clear that sanctions are not proving to be enough. I will continue to call on the government to take additional actions to strengthen Canada's response to Putin's actions. This includes expelling Russia's Ambassador from Canada and recalling Canada's Ambassador from Moscow, implementing visa-free travel from Ukraine to Canada, developing a robust plan to defend Canada's Arctic, and reforming the pipeline approval process to make it possible to build new pipelines to tidewater, in order to support our European allies' energy needs.

There's an estimated 330,000 Albertans who claim Ukrainian ancestry. Ukrainians in Alberta have a proud history and have helped build the fabric of our beautiful province. To the local Ukrainian community who have been affected by this senseless invasion of Ukraine, I extend my support and sympathies.

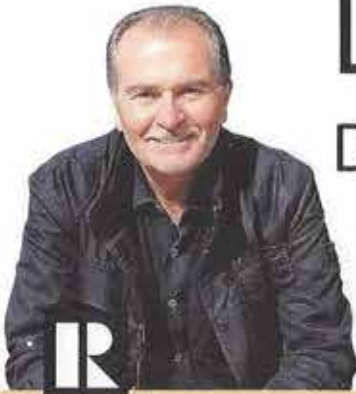
Canadians needing consular assistance in Ukraine can contact Global Affairs Canada's 24/7 Emergency Watch and Response centre at:

- Telephone: 613-996-8885
- Email: sos@international.gc.ca
- Text message : +1 613-686-3658

As your Member of Parliament, I am watching the situation closely and will continue to update our community. The situation in Ukraine continues to evolve quickly but it is important that we remain united in our resolve to deal with Russia. We must all stand with Ukraine.

As always, if you need support or have any comments or questions about what is happening, I would be happy to discuss. Please contact my office at 780-495-4351 or Matt.JenerouxC1@parl.gc.ca. We would be pleased to assist you on any federal matters.

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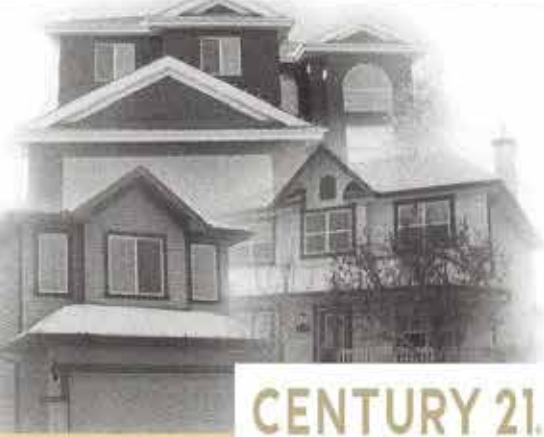


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We are so excited to be back again this year for our 11th season of the Southwest Edmonton Farmers' Market! There are so many exciting things we will be bringing to the Terwillegar neighbourhood, so let's get started!

Our season starts on Wednesday May 18th from 4:00 pm to 7:30 pm rain, or shine in **Lot E** (Front Lot) at the Terwillegar Recreation Centre. We run every Wednesday until October 5th. SWEFM is a make, bake or grow market with a variety of amazing vendors to supply our community with fresh products and handmade goods.

SWEFM is always looking for volunteers to help our market each Wednesday

The most exciting news we have for this season is that we are pleased to announce that the much loved 'Sprouts Program' will be returning for the 2022 season! This is a free nutrition program for children ages 4-12 years old that gives them the opportunity to purchase fruits, vegetables, and food plants with a token worth \$2.00. The purpose of the program is to introduce kids to nutritional food choices, empower children to make their own healthy eating choices, educate them about where their food comes from, and encourage them to lead a healthy lifestyle. Part of running the

Sprouts program is community sponsorship. If you or a company you think might want to proudly sponsor this fantastic program please contact the Sprouts Coordinator a swefm.sprouts@gmail.com

Other news is that we will be re-introducing our Community Tent. This tent is available for not-for-profit organizations who wish to introduce themselves into our community to help raise their profile. For more information stop by www.swefm.ca and click on the Community page.

SWEFM is always looking for volunteers to help with our market each Wednesday throughout the summer. This is a great opportunity for high school students or retirees to support their community and be part of our amazing market.

Again this season, we will be offering our Young Vendors Program. Last season our Young Vendors were an enjoyable addition to our market each week. This program recognises young entrepreneurs between the ages of 13 to 17 who want to explore the world of Farmers' Markets to sell their products. For more information, stop by our website www.swefm.ca and click on Young Vendors for more information.

This season we will continue with our special event days including Artisans Showcase, Seniors Day, Corn Festival, Food Truck Rally, and many more fun and exciting days.

Keep up to date with all of our news and events www.swefm.ca, Facebook, Twitter and Instagram. See you all in May!



Become an Edmonton Fire Cadet

Are you a high school student interested in building employment skills and learning what it takes to be a firefighter? Edmonton Fire Rescue Services is accepting applications for its next class of Fire Cadets.



Through a mix of classroom and hands-on learning, each Fire Cadet will learn the importance of mental and physical wellness, leadership, community involvement and teamwork. Fire Cadets can also earn high school credits for their involvement in the program.

Additional program information is online at edmonton.ca/firecadets and applications are being accepted until April 30, 2022. The Fire Cadet program is sponsored by ATCO.



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Councillor Update



Tim Cartmell
Councillor Ward pihêsiwin

I hope everyone is starting to enjoy the longer days and warmer weather.

Earlier this year, Council had two major conversations regarding City bylaws: a restriction exemption equivalent bylaw and the temporary face covering bylaw.

In February, City Council voted to not enact a municipal vaccine passport program after the Province removed it's restrictions. I could not support enacting a new municipal vaccine passport bylaw. Advice from City Administration and business leaders advised against enacting a new replacement bylaw.

In early March, City Council voted to repeal it's Temporary Face Covering Bylaw. I voted to repeal this bylaw based on feedback from City Administration, the business communities, Edmontonians and constituents that called or emailed my office. Nearly 70%, across all stakeholder groups, favored rescinding the City's mask bylaw.

On March 22, Council passed a bylaw that requires face coverings on transit. The Province already requires masks on transit, but Transit Peace Officers employed by the City of Edmonton cannot enforce provincial laws. This new bylaw provides those Peace Officers the ability to enforce this restriction. The City bylaw will be automatically repealed when the provincial restriction is removed.

Looking forward, further public engagement will occur regarding the Terwillegar Drive Expansion in the coming months. Engagement will include conversations about Stage 1A/1B, currently under construction, and Stage 3 construction, scheduled to start in 2023. To stay up to date on these engagement opportunities please visit https://www.edmonton.ca/projects_plans/roads/terwillegar-drive. I also encourage you to sign up for regular project updates at the bottom of this webpage.

As always, please feel free to contact my office with any questions regarding City matters at 780-496-8130 or at tim.cartmell@edmonton.ca.

Tim Cartmell

Your Ward pihêsiwin Councillor

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Terwillegar Community League's

Casino Fundraiser

Save the date: September 8 & 9

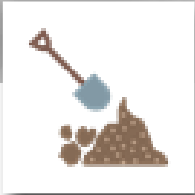
A call for volunteers will be made a couple of months in advance.

Watch terwillegar.org for details!



edmonton.ca

Hawrelak Park Rehabilitation



A 10-year rehabilitation plan guides the renewal of Hawrelak Park to ensure it continues to serve the recreational and event needs of Edmontonians.



Hawrelak Park, photo courtesy City of Edmonton

Project Update - February 2022

Design for William Hawrelak Park is continuing with preliminary drawings being refined to create a final, construction-ready, design for the project. This includes a more detailed site plan as well as floor plans, elevations and section drawings to support the development permit application process. This level of detail in design provides an understanding of the interdependencies between the scopes of work and the options to stage the construction. Through 2022, detailed design will continue to progress with construction targeted to begin in spring 2023.

The project team, including both City of Edmonton staff and external advisors such as architects, engineers and a construction manager, have evaluated the optimal approach to construction by taking into account multiple perspectives. The analysis included staging of construction through both partial and full park closures. The recommended staging plan includes a full park closure for a duration of up to 3 years. This would start as early as spring 2023 with the majority of the work being completed by fall 2024. The final year, 2025, will primarily focus on the final landscaping establishment including any seasonal deficiencies. It is possible that passive recreation activities may resume in a staged manner during this final year; however, the site will not be prepared to take heavy use and demand during this time.

A few items considered through this process included:

Construction Schedule: The full closure strategy allows the greatest opportunity to stack construction activities concurrently. The overlapping of activities and resources helps accelerate the timelines and create further agility, ensuring the completion of construction as per the schedule.

User experience: Although a full park closure is impactful, it allows the best opportunity to minimize park downtime for day to day

users and avoid ongoing impacts to festival organizers over an extended period of years (as in a staged approach).

Complexity and Risk: A significant amount of permitting requirements for this project can be considered and managed in one single request which reduces the overall complexity and risk.

Parks Operations: Addressing the full scope of work under a full closure allows for the accelerated benefits of the renewal work, contributing to enhanced serviceability and reliability issues, in a more timely manner.

Cost: A full closure helps provide the greatest assurances of the total cost for the project. It will be less susceptible to inflation and market pressures including changing codes and standards, regulations and permits.

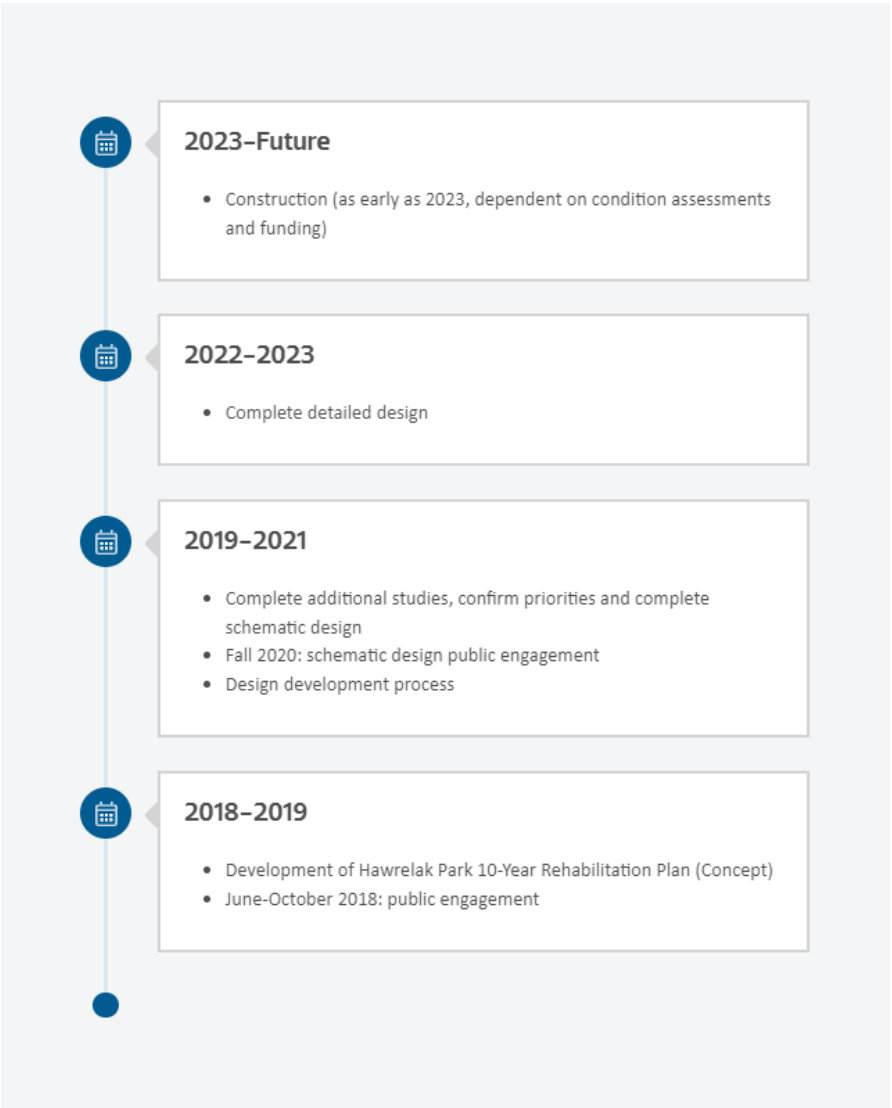
About the Park

William Hawrelak Park is a 68-hectare park in the river valley and is one of the most popular parks in Edmonton. It hosts several major festivals and events throughout the year and is a great location for all Edmontonians and visitors to explore and enjoy.

Project Overview

William Hawrelak Park has been identified as a priority to address aging park infrastructure that requires repair, replacement and/or upgrades in order to meet current and future demands of the park. The 10-year rehabilitation plan was finalized in 2019 and will guide reinvestment in the park.

Planning and design work is now underway to further understand how the network of amenities and infrastructure are connected. To make sure the park meets the needs of Edmontonians for the next 50 years, both funded rehabilitation work and unfunded growth work have been identified. This phase of design will further refine the scopes of work, provide cost estimates and create an approach to managing the work.





TRAC Update



Karin Shott
TRAC Office

The Terwillegar Riverbend Advisory Council is pleased to announce that this year’s TRAC Community Run/Walk will be going ahead as an in-person event! It’s scheduled for Sunday, May 29th at 9:00 am at Mother Margaret Mary Catholic School.

We are in urgent need of volunteers to ensure that the event runs smoothly. Please contact the TRAC Community Office at yegTRAC@gmail.com if you’re able to help out or if you have any questions.



Event: TRAC Annual General Meeting
Date: Tuesday, April 26, 2022
Time: 7:00 PM
Location: TBD

Agenda:
Looking back at last year’s events & accomplishments.
Election of new Board Executive.



LIVE ACTIVE

TRAC Community Run/Walk

10K, 5K, 3K, & 1K Kids Fun Run

Sunday, May 29, 2022

9:00 AM

Mother Margaret Mary School

www.yegtrac.ca

Register @ www.runningroom.com



Recipe To Try



Recipe developed by the Food Innovation and Research Studio for the Guelph Family Health Study’s cookbook and Health Canada.


This giant pancake is easy to make and fun to decorate. A great one-pot meal when you have many hungry people!

- Prep time: 15 minutes
Cook time: 20 minutes
Servings: 8
- 125 mL (½ cup) whole wheat flour
 - 125 mL (½ cup) all-purpose flour
 - 310 mL (1 ¼ cups) lower fat milk or unsweetened fortified plant-based beverage
 - 4 eggs
 - 5 mL (1 tsp) vanilla extract
 - 20 mL (1 ½ tbsp) honey
 - 10 mL (2 tsp) non-hydrogenated margarine
 - 45 mL (3 tbsp) vegetable oil
 - 375 mL (1 ½ cups) frozen berries
 - 125 mL (½ cup) almonds, slivered or chopped

- *Decorating the pancake can be fun for the whole family! Experiment with different toppings such as Greek yogurt, granola, fruit and nut or seed butter.*
- *Instead of berries, add dried herbs to the blender with the batter. You can also sprinkle cheese on top when baked and return to the oven to melt for 1 minute.*

Berry brunch bake

This giant pancake is easy to make and fun to decorate. A great one-pot meal when you have many hungry people!



- Directions**
- 1: Preheat the oven to 250 °C (475 °F).
 - 2: In a blender, place whole wheat flour, all-purpose flour, milk, eggs, vanilla, and honey. Blend on high until smooth.
 - 3: In a 28x33 cm (11x13 inch) baking dish, put margarine and oil and place into pre-heated oven for 3 minutes, until margarine is melted.
 - 4: Carefully and quickly, remove the hot baking dish from the oven and pour batter into the hot dish. Scatter top with berries and return to the oven immediately.
 - 5: Bake for 20 minutes or until the batter is puffed and an inserted toothpick comes out clean.
 - 6: Top with almonds and enjoy!



School Trustee Update



Ward F Trustee
Julie Kusiek

Edmonton Public Schools remains Alberta’s fastest growing school district. In spite of that, our school division has been passed over for infrastructure announcements from the province two years in a row. We’ve seen our utilization rate (how many students within our buildings) go up by 12% over the past decade. That’s with the addition of several new schools and modernizations. We remain a desirable and attractive school division for families and expect our growth in new students to continue.

This growth combined with a lack of new spaces for students is posing a challenge for our division. The 10 Year Facilities Plan lays out how both the amount of space and the condition of existing schools are impacting a variety of aspects of public education. Without additional infrastructure announcements from the province, Edmonton Public Schools will continue to feel the crunch for space, leading to:

- Longer transportation distances for students
- Difficulty in expanding alternative programing, impacting choice for families
- Difficulty in expanding district-centre programming to support students with complex learning needs
- Reclaiming tenant space, meaning space current rented to childcare operators in schools will increasingly get used for regular classrooms instead
- Non-traditional use of teaching space, such as music/art/CTS spaces being used for regular teaching and becoming less available for these courses
- And more.

I encourage everyone to read through the 10 Year Facilities Plan. There are some great graphics and it tells the story of why getting

infrastructure funding for Edmonton Public Schools is so important not only for current students, but also for our communities.

At the March 22, 2022 board meeting, Trustees also approved a revised Three Year Capital Plan to submit to the province. This is our “wishlist” of infrastructure asks. The province then looks at this and decides when and where to fund school projects. Our board significantly altered the plan from previous years, bumping up requests for new schools in growing neighbourhoods. While this creates challenges for equity among schools in both mature and new growth areas of our City, this is the signal EPSB has been getting from the province in terms of putting forward our best chance for infrastructure funding. For example, a new K-12 school in Glenridding Heights is now our number one capital ask. If built, this will help take enrolment pressure off several high schools, including Liillian Osborne, Strathcona, Harry Ainlay and Jasper Place.

I encourage you to listen to a brief interview our Board Chair, Trisha Estabrooks, did on CBC Radio on Wednesday, March 23. It outlines well the rationale behind our board’s decisions at that meeting.

Finally, I’d like to invite you to join us on Thursday, April 21, 2022 for the rescheduled Transportation Forum. This event will be held online with guest speakers Councillor Tim Cartmell and Ever Active Schools Consultant Tracey Coutts. The event will be hosted by both Trustee Nathan Ip and I. We will chat about how we can take a collaborative view to school transportation. This event is open to community members without kids in school, as well as families with children in school. Please RSVP via the link on my website at www.juliekusiek.ca.



Spring 50-50

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Marni Mrazik
Director of Community Life at Terwillegar Community Church

It’s almost Easter again and that means something a little different to all of us. Many will begin thinking about chocolate bunnies, Cadbury Easter cream eggs and baskets full of treats; or starting to plan Easter dinners, be nearing the end of Lenten journeys, and preparing to remember Jesus’ death on the cross and resurrection.

This is the time of year when I especially reflect on Christ’s death and resurrection. Something that has given me pause for thought lately is the journey two of Jesus’ followers had on the road to Emmaus. They were heading home from Jerusalem after Jesus had been crucified three days prior, devastated that the one they had hoped and believed to be the Messiah was killed. The full account is found in Luke 24:13-35. They were talking about all that happened when a third man joined them. It was Jesus, alive from the dead. The bible says, “they were kept from recognizing him.” (vs. 16.) Based on the biblical account, I am sure they had a most amazing conversation and one I would love to have heard in its entirety. I encourage you to read it if you haven’t before. It is not the conversation, however, that I have been thinking about.

When the travellers reached their home, instead of bidding Jesus, “good-bye,” they invited him in to stay with them as it was nearly evening. Then they asked him to join them for dinner. It was when Jesus took the bread, thanked God for it and began passing it out that their eyes were opened and they recognized him.

It is these two events that stand out to me. Both the invitation to come into their home and then to stay for dinner. What if these travellers didn’t ask Jesus to stay and instead said, “Thanks for the chat, hope to see you again sometime,” They would have missed the revelation of the risen Messiah. They invited a stranger in, even in their disoriented and sorrowful state. They probably thought they were doing this guy a favour and helping him out, but instead they experienced the surprise of a life time, and the opportunity to spend time face to face with Jesus after he was resurrected.

I also find it interesting that Jesus chose to reveal himself at the table. A pretty normal, everyday place where people gather to talk about their day, extend hospitality, relax amongst family and friends and grow relationships. Perhaps that’s how He wants us to know Him, in our everyday comings and goings on a personal and practical level.

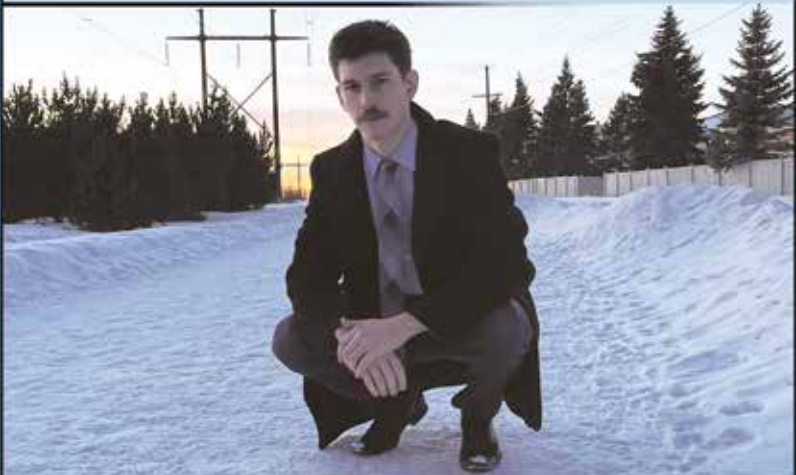
Regardless of what you think about Jesus, I think our communities can be strengthened by applying the principles we read about in this account. Imagine if we all took a little extra time to get to know those around us. What if we weren’t so quick to say, “good-bye” but rather lingered a little longer with the folks around us, invited them in and took time to hear their stories and understand their stances. I wonder what wonderful surprises are waiting for us. And what if we put a couple extra chairs around the table? There’s something about sharing a meal that helps to turn strangers into friends. What would our communities look like with stronger connections and greater care for one another? What if it wasn’t about the state that we are in, but rather how we can reach out to others? What then, would our communities look like? I have a picture in my mind, what about you?

We, at Terwillegar Community Church highly value community and welcome the opportunity to linger with you in conversation and get to know you and call you friend. All our events and service times can be found at tcchurch.ca

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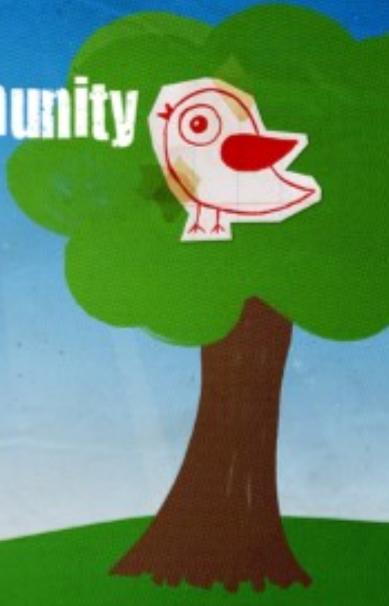

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I am Located in Terwillegar Towne; Feel Free to Contact Me

Terwillegar Community Preschool



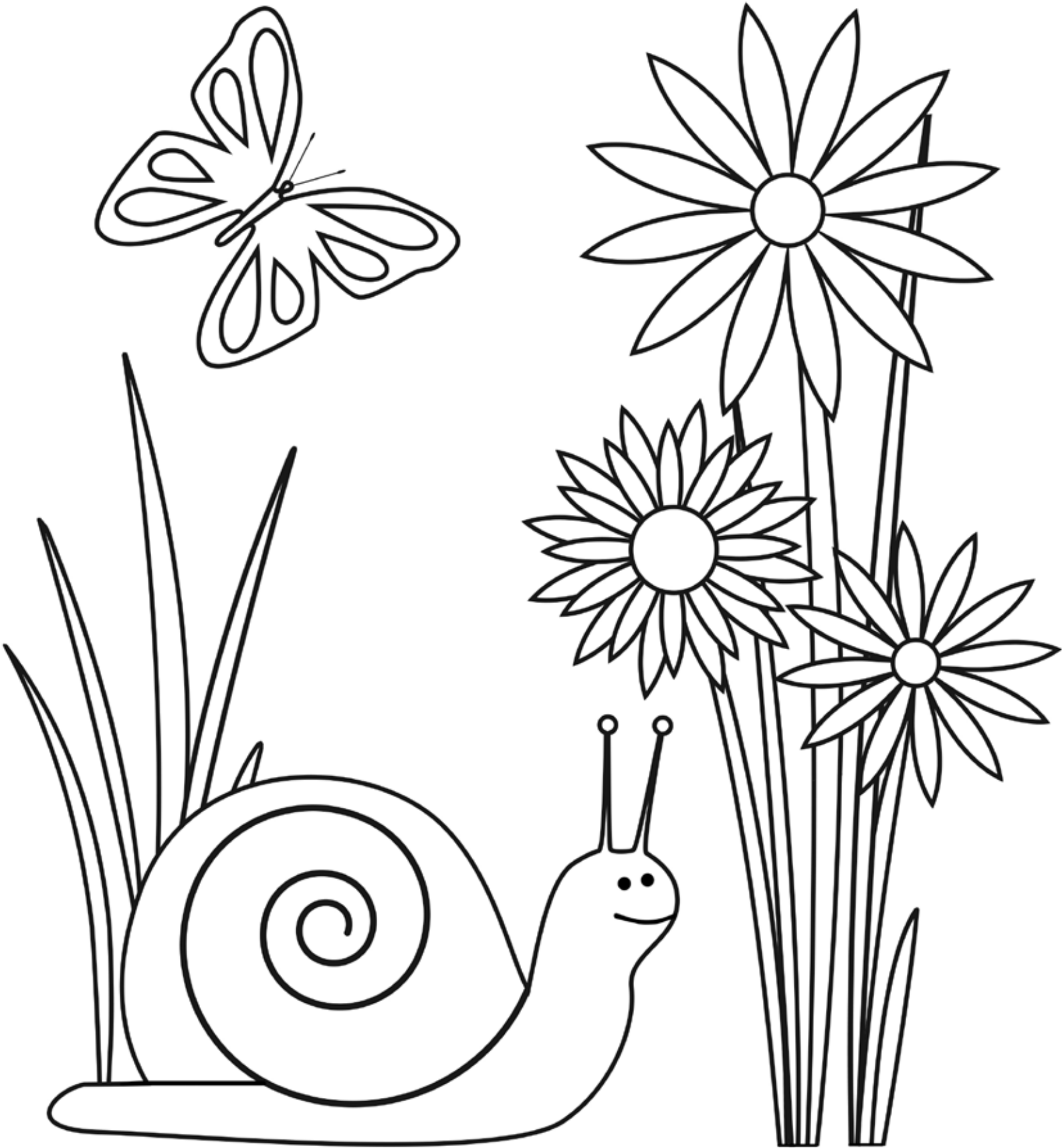
Programs for 3 & 4 year olds
Operates at Terwillegar Community Church



For more information or to register, please visit
tcchurch.ca/preschool
Registration now open
for the 2022-23 school year

Kid's Zone - Colouring Contest

hello spring



Name: _____

Age: _____

Address: _____

Phone: _____

Email: _____

All entries must be received by May 31st. 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

Kid's Zone - Fun & Games

Gardening tools

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

- gardener

watering can

trowel

prunning saw

flower pot
- hose

wheelbarrow

pruners

rake

plant
- soil

gardening gloves

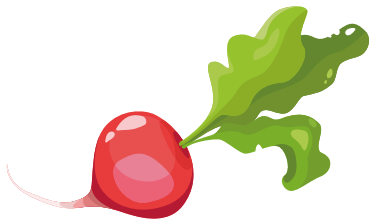
gardening fork

fence
- seeds

boots

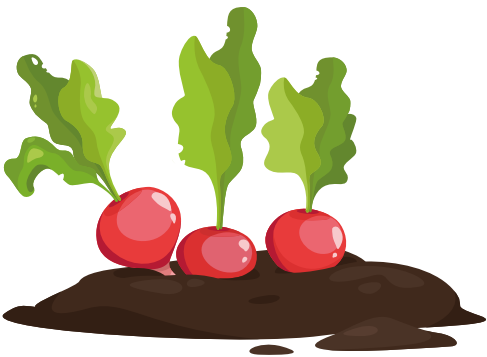
shovel

plant pot



Police have arrested the World Tongue Twister champion.

They said he will be given a tough sentence.



Why was 69 afraid of 70?

Because they had a fight and 71

Winter Colouring Contest Winners!

Ages: 2-4
1st Place: Mira M.
Runner Up: Leo W.

Ages: 5-7
1st Place: Elaina A.
Runner Up: Tealya W.

Ages: 8-11
1st Place: Cole C.
Runner Up: Beatrice B.






Eat Healthy For Less

albertahealthservices.ca



Healthy eating does not have to be costly. The following tips will help you plan your grocery list, compare products, and choose foods so that you get the most nutrition for your money.

Vegetables and fruits



If you have a freezer, buy frozen vegetables and fruits. They're as nutritious as fresh, and they will last longer in the freezer, too. You can also find out-of-season fruits and vegetables in the freezer section.

Choose plain frozen vegetables. The vegetables sold with added sauces may be higher in fat, sugar, and salt.

Look for canned vegetables labelled “no added salt” or “low sodium (salt).” Rinse canned vegetables in water before eating to lower the salt even more.

Grains

Compare prices to see if you can buy whole wheat or whole grain breads, crackers, and pasta at the same or a lower price than refined (white) products. Whole grains provide more nutrients and are healthier choices.

If you have freezer space, buy whole grain bread on sale and freeze it. Buy dry pasta and grains on sale to save money while taking advantage of their long shelf life.

Packaged seasoned rice and pasta side dishes often contain more sodium. These often cost more than plain rice and pasta. Add your own low-sodium spices and flavouring for healthier, lower cost dishes.

Proteins

Larger containers of milk may cost less and can be a good choice if you're able to use it before the best-before date. If you use fortified

soy beverage or another milk substitute, compare the price of fresh to shelf-stable brands.

When shopping for cheese, look for lower fat (20 per cent M.F. or less) on the label. Compare prices between lower fat cheese and regular cheese, they often cost the same. Choose lower fat, when possible.

Dried beans, lentils, and split peas are less expensive than canned beans. They are also a lower cost option for protein than meat. Plan ahead to soak and cook dried beans so they're ready when you are.

If choosing canned beans and lentils, look for brands with no salt added. Rinse canned beans and lentils under water to remove some of the sodium (salt) and some of the gas-causing compounds. Eggs are usually less expensive than other protein foods such as meat. Before buying, choose a carton that doesn't have any broken shells.

Frozen fish can be less expensive than fresh. Plain fish fillets are usually a healthier choice as they are lower in fat and sodium than battered, breaded, or seasoned fish.

For more information: Visit ahs.ca/nutritionresources and search for: Choose and Prepare Healthy Food, Weekly Menu Planner, Healthy Grocery List, Meal Planning, and Reading Labels.



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Happy Spring From The EPL!

Sarah Foy
Community Librarian, Riverbend Branch

Riverbend Branch was thrilled to welcome neighbourhood children back into in-person classes over the week of Spring Break from March 26-April 2nd.



Riverbend branch held a Mario Kart Tournament with our branch new Switch gaming system, an “Out of this World” class to explore rockets and constellations, and a “Greek Myths and Legends: Hero Edition” class where children learned about mythology and competed to tie togas out of toilet paper, among other feats of silliness!

EPL also held daily online events over Spring Break including performances from Yoyo Dance, Happy Birds, and a baking class featuring the new teaching Kitchen at the Stanley Milner Library downtown. Check out epl.ca or search #EPLKitchen on social media to learn more about The Kitchen!

Beginning the first week of April, Riverbend is also so glad to be inviting young children aged 0-3 and their caregivers to in-person 6 week sessions of Sing, Sign, Laugh and Learn. Head to epl.ca and search What’s On to register for these Early Literacy classes on our website.

See you soon!



New teaching Kitchen at the Stanley Milner Library
Photo Courtesy of EPL

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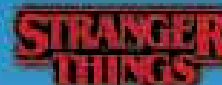







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CONNECT & FOLLOW



Community League Membership Benefits

Acclaimed! Heating, Cooling, and Furnace Cleaning (Recommended Contractor)

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.



Yardly - SAVE 10% on Snow Removal & Lawn Mowing



Enjoy the best-looking yard on the block, by only lifting a finger. Yardly offers easy and reliable yard care services through their website. Members SAVE 10% on snow removal and lawn care services by using promo code EFCL on the Yardly website.

Cloverdale Paint

Show your Community League membership card, mention Edmonton Federation of Community Leagues (code 057EFCL) and receive wholesale pricing at any Cloverdale Paint location. Find your closest Cloverdale Paint store.



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

Software application training at the Technology Training Centre
training@ualberta.ca
Poster and Banner printing at Campus Design and Print Solutions
print@ualberta.ca
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



House of Wheels

House of Wheels is Alberta's largest indoor skatepark for scootering, skateboarding, BMXing, etc. They are dedicated to ensuring anyone can find and enjoy the world of action sports in a fun and supervised indoor site. Perfect for our city's long, cold winters. Located on 88th street, just off the Whitemud.
Show your Community League membership card for a 10% discount on pass prices. Check houseofwheels.ca or Facebook.com/houseofwheelsab





edmonton.ca

Report A Pothole



Let us know where you see a pothole so crews can address them quickly and keep roads safe.

conditions, resource limitations and other roadwork priorities.



Your feedback on roadway concerns helps us keep our roadways safe and efficient. We appreciate your help in reporting problems as you encounter them. Your report is sent directly to Roadway Maintenance personnel who will dispatch it for inspection and repair.

How potholes form:

A freeze thaw cycle causes potholes. Water in a crack will freeze and expand during the winter, weakening the pavement. When it thaws and the water evaporates, a cavity is left. As vehicles drive over the weakened cavity the pavement begins to crumble and a pothole appears. The more traffic on a pothole the faster it grows.

How city crews respond:

Did you know city crews filled over 500,000 potholes last year?

City crews inspect all potholes they find or that citizens report. Potholes are inspected and prioritized based on safety. Safety includes considering size, location and traffic volume. Roads in neighbourhoods scheduled for urban renewal will be inspected and assigned a date.

How City Crews Prioritize Potholes:

High priority locations - inspected within 24 hours and repaired within two days*

Lower priority locations - inspected within five days and repaired within a month*

Alleys - inspected within two weeks and repaired within a year*

*Please note that these are targeted timelines. Timelines can significantly change depending on factors such as location, weather

When potholes are fixed:

Crews use different equipment depending on the size that may cause temporary noise and vibration.

Please give our crews room to work, and we'll have you safely on your way.

Pothole damage:


Provincial law outlines the City's responsibility and liabilities and sets a reasonableness standard with respect to the repair of roadways.

City claims adjusters carefully review each pothole claim in relation to the provincial legislation. Claims are paid only after going through the evaluation process, to ensure the City has properly assessed its level of responsibility for an incident.

The City reviews claims when damage occurred on a public roadway within Edmonton city limits which was the responsibility of the City.

If your vehicle is damaged from hitting a pothole, find out more about submitting a damage claim.






Submit Online

Describe the issue you wish to report including a photo and a description.


Report online



311 App for iOS

With the app you can tag the location of the pothole and include a photo - when safe to do so.

Download for iOS



311 App for Android

The app lets you tag the specific location of the pothole when it's safe to do so and gives the option to include a photo.

Download for Android



Colleen Crozier

What's In A Number?



They’re everywhere! Numbers on bus routes. Numbers in passwords. Numbers on phones. Numbers are useful as labels and codes. But some numbers have come to mean more. They act like simple explanations, bringing to mind life’s situations, and giving us some pretty descriptive shortcuts.

0-60 in 5 Oooh, that’s fast! 0-60 mph in 5 seconds, the speedster’s goal. Also the measure of a person’s bad temper. A senior might say, “What would that be in metric?”

50/50 It’s the fair deal, the equal opportunity, the perfectly shared burden, the even odds. It’s a popular way to raise funds, divvying up the proceeds evenly between an organization and a supporter who wins. SWESA seniors say, “Thank you so much for your support in our 50/50 draw earlier this year.”

20/20 Perfect vision, right. Also hindsight. Seniors might say, “If I’d known then what I know now…”

60/40 It’s the bigger “half”, the uneven split, the greedy grab. It’s also the nobler gesture, the extra effort, the greater burden accepted. Seniors might say, “60 might be the new 40, but 9:00 pm is the new midnight.”

51/49 Not a nice set of numbers, some will say. Others will tell you it’s the only way to do business. It’s the one we use when one person or party has controlling interest, has just that edge needed to outvote the others. Liking these numbers or not depends on which side you’re on. Seniors digging in their vast memories might say, “Dear, was our first car a ’51 or a ’49?”

10 You’re a big kid, now, with your double-digit birthday. Since the



SWESA Seniors enjoying real "Facetime" again
Photo Courtesy of SWESA

1979 movie, “10” means “perfect”. For SWESA it’s an anniversary. This year we’re celebrating 10 years of providing educational, physical fitness, and social activities for seniors 55+ in South West Edmonton. Seniors at SWESA might say, “Happy Anniversary to us!” You, our members, neighbours and friends are invited to our special activities...and for some of them, you don’t even have to be a senior. Come join us. Celebrate spring with in-person programs and activities. You can find lots of information on our website, or give us a call.

SWESA Office
Blue Quill Community Hall
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www.swesa.ca

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Spring Cleaning From The Inside Out

Elizabeth Cayen



It's spring! The daylight hours are longer, the sun is feeling warmer, the geese are back, and the snow is finally starting to melt. It definitely feels like the -20 degree weather is well behind us. The freshness of spring motivates us to dust all the spots we've neglected through the gloomy winter months, mop behind the appliances, and wipe out all the cupboards – in short, embark on a comprehensive spring clean of our homes.

Spring cleaning your home enables you to renew your space. I'm trained as a Certified Holistic Nutritional Consultant, so I also know spring is a great time to 'renew' your body too. We've spent many months in the darkness of winter, and we're likely feeling weary. Some of us often indulge more than usual with comfort foods – think pastas, stews, chillis...and cakes, cookies, muffins, pastries...

To really embrace the promise of lighter days ahead, here are some simple tips to get your body's "spring clean" going!

1. Hydrate! Ideally, drink a cup of warm water with freshly squeezed lemon juice before your breakfast to help flush your liver and prepare your digestion. If freshly squeezed lemon water isn't your thing, be sure to drink a glass of water instead to really get your hydration kick started.
2. Start to change your eating habits. Increase your veggie intake – lightly steamed or sautéed are best for digestion – and watch your portions. If you participate in meatless Monday, perhaps you can stretch that to two days in the week. Make meals lighter.
3. Watch your sugar intake and decrease it. Those comfort foods are so comforting because they often contain satisfying fats and feel-good sugars. 'Sugar highs' don't last, and soon you feel like reaching for more sugar. Getting off the sugar rollercoaster will not only help you tap into natural energy for the warmer months, but has huge health benefits that go beyond any season.
4. Get fresh air. If you're still finding it a little too chilly to spend

a lot of time outdoors, be sure to at least open your windows for at least 15 minutes every day. Studies show the air inside your homes can be more polluted than the air outside (and the open windows will help dissipate all that dust you stir up!)

5. Move your body. You can master two tips at once if you get outside for a walk, but whatever movement works for you make sure you schedule it into your day. This doesn't have to be high intensity – a simple at-home yoga or Pilates class is sufficient. Or, you can throw on your favourite tunes and dance around your living room! Just be sure to find a way to move your body every day.

6. Fill your lungs. Deep breathing not only helps calm your nervous system, it also fills you full of energy-inducing oxygen and helps release stagnant air. Breathing itself is a form of detoxification! Set a reminder on your phone and get in at least 3 deep inhalations and exhalations (bonus if you can do this a few times a day).

7. If you want to really amp up your spring body cleaning routine, you can always experiment with green smoothies or juices. Just be sure to have a good portion of veggies to fruit – 2/3 to 3/4 veggies to 1/3 or 1/4 fruit is great!

After a long winter, use these tips to ease your way into spring and optimize your health to be ready to face the summer with vitality!





Lost Pets

edmonton.ca



Pets are often considered part of our families, so when they go missing it is an anxious time for both owners and the animals.

What to do if you have lost your pet:

Look around your neighbourhood and ask neighbours if they have seen your pet. Be sure to include the time and approximate place your pet went missing. Let others know you've lost your pet. It may not have wandered far.



Check *Found Pets Search*, the City's online public database of the found dogs, cats and small pets currently at the Animal Care & Control Centre. New animals are brought into the facility daily. On arrival, their photo is immediately uploaded to the database. Dogs and cats are held for 3 -10 days before they are assessed for adoption

and transferred to the Edmonton Humane Society or other local rescue groups.

Contact *Guardian Veterinary Centre* to see if your animal has been admitted. Guardian Veterinary Centre will accept sick or injured animals after hours and will bring them to Animal Care & Control Centre the following morning.

Check online. Found pets are also often listed on websites such as *Kijiji* and *Craigslist* and the following Facebook pages: *Animal Care & Control*, *Edmonton and Area Lost Pets* and *Edmonton Lost Pets*.

Check to make sure the contact information associated with your City pet's licence is correct. If your pet is licensed and wearing tags, Animal Care & Control will contact you if your pet is admitted to the City's facility.

If you locate your pet at the Animal Care & Control Centre, owners are generally responsible for paying shelter fees and may have to pay a fine for having an animal at large. Kennel fees for the first day are \$25 and \$15 each day thereafter.

Additional charges also apply for any veterinary treatment provided.



Reporting and Removing Graffiti

edmonton.ca



As per Community Standards Bylaw 14600, it is the property owners responsibility to remove graffiti tags.

The graffiti bylaw falls under the same category as nuisance conditions - excess garbage, property in disrepair, long grass, etc.

This bylaw is to ensure that property owners keep their property maintained for the benefit of the whole community.

On Your Property

If you have graffiti on your property and want help removing it, please apply for the Professional Cleaning Graffiti Program.

Capital City Clean Up offers up to \$750 worth of professional graffiti cleaning assistance to property owners in Edmonton.

If property owners are applying for professional graffiti cleaning, it is very important not to attempt to remove the graffiti first, as this may hinder the effects of the professional cleaning.

On Public Property

Report graffiti vandalism that is not on your property by

- Calling 311
- Using the 311 app
- Using our self-service reporting tool
- Reporting graffiti that is not on your property ensures that the property owner or City departments gets notification to remove the vandalism.

A Few Important Notes

- You need to provide a photo with your 311 complaint.
Utility boxes: Each utility company is responsible for removing graffiti on their assets. The utility companies need a photo to verify the asset is theirs before they dispatch removal services; they will not got to a utility box without a photo.
- City of Edmonton Assets: Providing a photo ensures that we have the exact supplies we need to remove graffiti.
Please provide an address. While the 311 app records GPS coordinates, they are sometimes not accurate. An address ensures we get to the right spot!



Enforcement

Enhanced legislation for graffiti management in the Community Standards Bylaw 14600 took effect on April 1, 2008.

This enables bylaw officers to work with property owners to remove graffiti vandalism promptly and, if necessary, issue tickets or take remedial action with those who do not remove it.

Edmonton Police Service will investigate graffiti vandalism crimes and pursue charges against graffiti offenders whenever possible.

SPRING CLEANUP CHALLENGE

ENTER TO WIN PANAGO GIFT CARDS
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THE COMMUNITY!



Watch terwillegar.org for details!



Preparing Your Yard For Spring

Greenland Garden Centre



Pruning

Spring pruning of trees and shrubs is done to remove dead wood and reduce plant size or crowded branches. Quality pruners should always be used; Felco or Corona pruners are a fantastic choice – they are sturdy and will last a lifetime. Be sure pruners are sharp



prior to using, and if pruning diseased plant material (ie. Black Knot on Schubert Chokecherry) always bleach pruners between every cut. Contrary to popular belief, pruning paint does not have to be used; if the cut is clean the wound will be able to heal itself properly. NEVER leave stubs.

All woody trees and shrubs may be pruned in Spring EXCEPT for:

- Elm – Do not prune Elm in between March 31st and October 30th to help reduce the spread of Dutch Elm Disease.
- Maple and Birch – Prune Maple and Birch after leaves unfurl – otherwise, if they are pruned too early, they will bleed sap.
- Spring Flowering Shrubs – Prune Spring flowering shrubs such as lilac or double flowering plum after they bloom. If they are pruned before they bloom, you are removing this year’s flower buds.

As a general rule, prune no more than 1/3rd of the plant at a time.

Preparing Soil

Before planting it is imperative to ensure your soil has appropriate drainage and nutrients. To ensure drainage, incorporate LOTS of organic material (if none has been added) such as compost, Sea Soil, coconut coir or peat moss. This improves aeration, drainage and adds nutrients. If soil is exceptionally hard with lots of clay, till in a blend of vermiculite, peat and compost to help aerate the soil.



To enhance nutrients, first test your soil to determine what may or may not be lacking. Greenland carries basic soil test kits to help you determine if any nutrients are lacking. Soil tests will also test pH; an imbalanced pH – under 6.5 and over 7.5 can hinder the plants ability to absorb nutrients and grow properly.

Lawn Care



When lawn surface has dried and you no longer leave imprints as you walk across the lawn, you can then rake your lawn. Rake away all dead/dry blades and discard, and if you have not done so within the last two years, you can



dethatch the lawn area. Aeration can also be done in spring; this can be done every year to improve aeration in your lawn. Make sure all machines/tools for above are DISINFECTED to prevent spread of such diseases as Fairy Ring.

After dethatching and aerating, apply a spring turf fertilizer such as Scott’s Turf Builder 24-25-4.

Pest & Disease Prevention

The following steps are a must to ensure overwintering pests and diseases are eliminated from the garden prior to the upcoming season:

- Rake up (or use a Shop Vac) to remove all leaf debris from under and around plants. Insects and fungal diseases both overwinter in the leaf debris.
- Woody trees, shrubs or vines that experienced insect infestations such as mites, scale, aphids or leafhopper should be sprayed BEFORE LEAFING OUT with Horticultural Oil. Woody trees, shrubs and vines that experienced fungal problems such as powdery mildew or Black Knot should be sprayed with Lime Sulphur BEFORE LEAFING OUT.

Perennials

Perennials should all be cut back to approximately 4” above ground. This will make way for new growth emerging from the crown. Many perennials can also be divided at this time. Simply dig up with a sturdy garden fork and split apart into halves or quarters.



Terwillegar Classifieds

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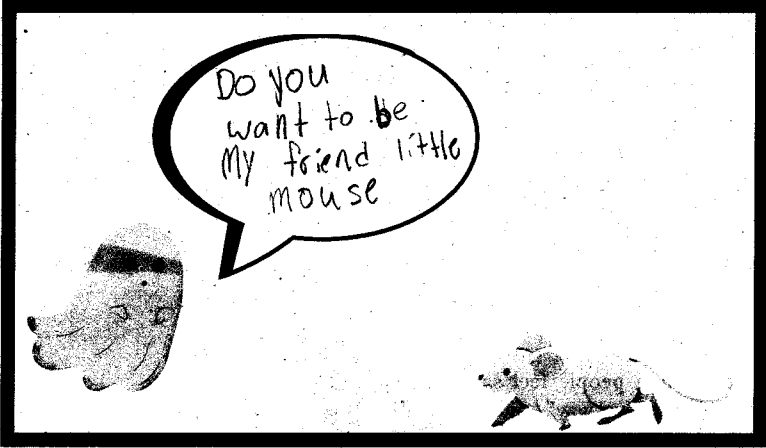
With a Terwillegar Community League membership, you get access to the Terwillegar Community Recreation Centre’s swimming pool, or workout area.

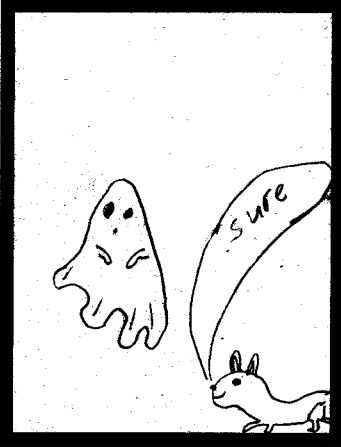


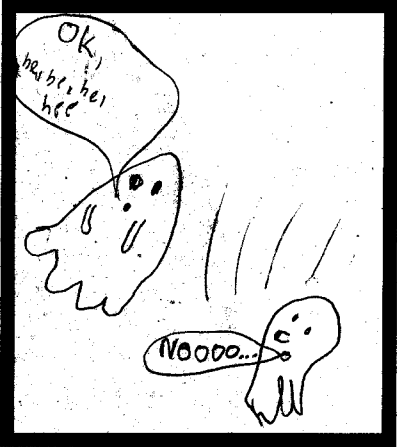
Saturday’s from 5-7pm

Please bring your membership card;
admission may be declined otherwise.

The Ghost Mouse







By: Milana M.

Thanks to Milana for finishing our comic from last issue! Awesome work! The Ghost Mouse!



Edmonton Public Library is
Fine Free!


Crossword Solution

LET THE GAMES BEGIN!

By Elizabeth C. Gorski

1	B	A	B	S			5	S	E	C	T		9	W	O	K				
12	U	V	U	L	A		14	E	M	I	R	S		16	A	B	E			
17	G	I	N	A	N	D	18	T	O	N	I	C		19	R	O	E			
20	L	A	D	Y	D	I				21	C	A	R	A	M	E	L			
23	E	N	T			24	E	S	C		26	O	D	E	T	O				
					27	P	S	A	L	M		29	S	W	I	V	E	L		
32	P	A	P	I			35	R	A	I	N		37	S	N	I	D	E		
38	I	W	O	N			39	M	I	N	A	J		41	G	E	N	S		
42	T	A	K	E	N		43			44	R	E	P	O		45	L	S	A	T
46	H	Y	E	N	A	S		47		48	D	E	I	C	E					
			50	R	U	B	E	S		51		52	S	N	O		53	T	I	M
56	L	E	F	T	O	U	T					58		59	M	O	L	I	N	E
60	A	L	L			61	B	R	I	D	G	E	L	O	A	N	S			
64	M	B	A			65	S	A	L	A	D			66	S	I	R	E	S	
67	P	A	T			68	T	E	N	S				69	N	A	R	Y		

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Protect yourself from scams and fraud

Scammers continue to target all Canadians. They prey on emotions, whether that’s fear, love, panic or guilt. Here are some tips and tricks to protect yourself from scams and fraud.

Remember, if it seems too good to be true, it is.

Don’t be afraid to say no - Don’t be intimidated by high-pressure sales tactics. Watch out for urgent pleas that play on your emotions.

Do your research - Always verify that the organization you’re dealing with is legitimate before you take any other action. If you’ve received a call that a family member is in trouble, talk to the family members to confirm the situation. Watch out for fake or deceptive ads, or spoofed emails. Always verify the company and its services are real before you contact them.

Don’t give out personal information: - Beware of unsolicited calls where the caller asks you for personal information. If you didn’t initiate the call, you don’t know who you’re talking to.

Beware of upfront fees: - Many scams request you to pay fees in advance of receiving goods, services, or a prize. It is illegal for a company to ask you to pay a fee upfront before they will give you a loan. There are no prize fees or taxes in Canada. If you actually won something, it will be free.

Protect your computer: - Watch out for urgent-looking messages that pop up while you are browsing online. Don’t click on them or call the number they provide. No legitimate company will call and claim your computer is infected with a virus. Don’t give people remote access to your computer.

Be careful who you share images with: - Carefully consider who you’re sharing explicit videos and photographs with.

Protect your online accounts: - Create a strong password. Enable multi-factor authentication. Only log onto your accounts from trusted sources. Don’t reveal personal information over social media.

For more information visit the Canadian Anti-Fraud Centre Website.
<https://www.antifraudcentre-centreantifraude.ca/index-eng.htm>

Community Contact Information

Join The TCL

Adult 1: _____ Date: _____
Adult 2: _____
Address: _____
Postal Code: _____ Phone Number: _____
Email: _____
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,
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Terwillegar Towne Rep:
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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



Cameron Heights \$1,698,000
Elegant custom 3111 sq ft walk-out bungalow with loft. Gourmet kitchen! ML# E4278308



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



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