

Deadline for next issue: August 19th

Delivery: Week of September 5th

# Terwillegar

COMMUNITY LEAGUE

# Tribune

Issue 91      [www.terwillegar.org](http://www.terwillegar.org)      June 2022

## TRAC Community Run/Walk 2022

The TRAC Community Run/Walk was held Sunday, May 29th in partnership with The Running Room. It was a beautiful morning for the community to come together for an in-person event, the 1st since 2019!

Huge thanks to Tim Spellicy for Emceeing the event, and Stephanie King for leading the warm up and cool down. Thanks to Justin Ng event coordinator from The Running Room, and Kyle from Results Canada for taking care of the timing. Remax provided the Festival Tents and a bouncy castle which was enjoyed by the younger crowd. Reckie Lloyd & band members with Sangea Academy provided the musical entertainment with some African drumming!

Thanks for Councillor Cartmell for volunteering and assisting with medal presentations and MLA Pancholi for participating as well as helping with medal presentations. Matt Jeneroux, MP Edmonton Riverbend sent his regrets.

Thanks to our incredible sponsors! We couldn't have made the event happen without your continued support.

- Platinum Level Sponsor:** Re/Max, City of Edmonton, Panago Pizza-Riverbend/Terwillegar, Miller Thomson LLP, Servus Credit Union, Brookview Dental, Pri-Med Medical Products
- Gold Level Sponsors:** COBS Bread-Riverbend, Trans Mountain
- Silver Level Sponsors:** Brookview Montessori Child Development Centre, Simply Supper, Roberts McClure Insurance, A&W
- Bronze Level Sponsors:** Freson Bros., Vines-Riverbend Wine Merchants

The post nutrition station included coffee & hot chocolate courtesy 'Second Cup-TCRC', fresh fruit & juice courtesy 'Freson Bros', delicious baked goods courtesy 'COBS Bread-Riverbend' and tasty


pizza courtesy 'Panago Pizza-Riverbend/Terwillegar'!

Of course, an event such as this could not be possible without the help of our dedicated volunteers! Thanks to: William Arndt, Ryan Barber, Jim Bradshaw, Cathy Cartmell, Tim Cartmell, Laura Chapman, Matt Chapman, Elizabeth Emslie, April Fair, Alexander Farries, Nelson Frieson, Katrin Head, Jamie Henderson, Sherri Henderson, Sherri Jaillet-Martinez, Don Lore, Nancy Manchak, Gabi Martinez, Blair Morling, Kathleen Mountford, David Price, Dr. Brian Ritchie, Casey Shott, Karin Shott, Sue Trigg, Gary Trigg, Monte Weber along with students from Lillian Osborne High School!

We hope everyone had a great time!



Photo courtesy Sherri Henderson





**MORE**  
REAL ESTATE  
*You Deserve More*

Your home  
TOWNE REALTOR®

Save  
**MORE**  
money when  
you buy or sell  
a home!

**Cashback to Buyers \***  
**Flat rate listing fee \*\***

**MORE SERVICE. MORE SAVINGS.**  
**MORE EXPERIENCE.**

Office 780.757.5000  
Fax 780.757.5002

\* we pay you 20% of any commission we earn from representing you in a purchase  
\*\* \$5000 flat rate listing fee for single family home payable only if and when the transaction closes. Does not include buying side commission.

**DARLENE REID**      780.266.1300  
[www.morerealty.ca](http://www.morerealty.ca)

# Contents & Crossword

## Whats Inside

- 3 **TCL Update**  
*Kathleen Mountford*
- 4 **MLA Update**  
*Rakhi Pancholi*
- 5 **MP Update**  
*Matt Jeneroux*
- 6 **SWEFM**  
*Lisa Jodoin*
- 7 **Councillor Update**  
*Tim Cartmell*
- 8 **Recipe To Try**  
*Canada Food Guide*
- 9 **TRAC Run Photos**  
*Editors*
- 10 **School Trustee Update (Ward F)**  
*Julie Kusiek*
- 11 **From Sentiment To Compassion**  
*Marni Mrazik*
- 12 **Kid Zone**  
*Editors*
- 14 **Farmers Market Love**  
*Elizabeth Cayen*
- 15 **Summer Starts At EPL**  
*Sarah Foy*
- 16 **Community League Membership Benefits**  
*Editorial Team*
- 17 **Lemonade Stand Day**  
*lemonadeyeg.ca*
- 18 **SWESA**  
*Colleen Crozier*
- 19 **Short Narratives**  
*Esther Starkman School*
- 20 **Art Contest**  
*Editors*
- 22 **Crossword Solution**  
*Editors*
- 23 **Community Contact Information**

## FreeDailyCrosswords.com

### ACROSS

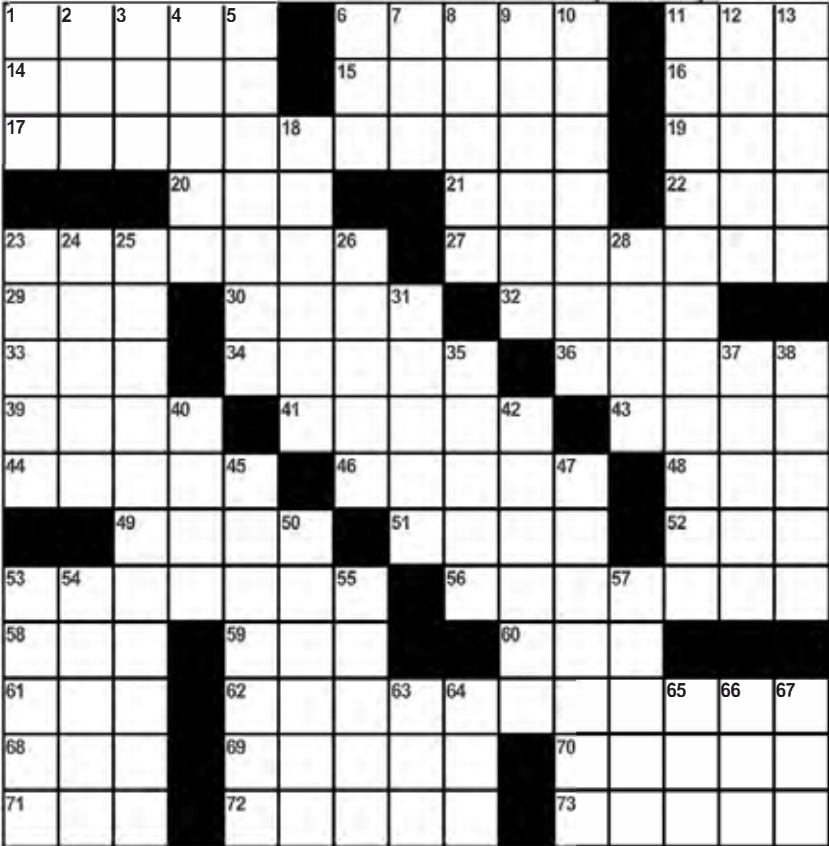
- 1) God-America link
- 6) Worthy of the booby prize
- 11) Play section
- 14) Dressing type
- 15) Opposite of persona
- 16) Hee's go-with
- 17) How nags make commands
- 19) Archaic "before"
- 20) Strings for a lei person
- 21) Organ with a drum
- 22) What cake candles signify
- 23) Trash
- 27) Checked for fit
- 29) Early afternoon hour
- 30) And others, for short
- 32) Utah's lily
- 33) Burning evidence
- 34) Sharply accelerate
- 36) Tips, as one's hat
- 39) Hood's Marian, for one
- 41) Prevent from progressing
- 43) Octagonal sign
- 44) Assembly of church leaders
- 46) Less antiquated
- 48) Rage
- 49) Wee amount of liquid
- 51) Construction locale
- 52) Multiple guys
- 53) Decides not to quit
- 56) Least cluttered
- 58) That gentleman
- 59) Antelope preyed on by crocodiles
- 60) A Bobbsey sister
- 61) Org. for some court figures
- 62) Viewed suspiciously
- 68) Prefix with "solve" or "respect"
- 69) Certain Greek letter
- 70) Josh or rib
- 71) Beast of burden
- 72) Prepare to start a football game
- 73) Real suckers use it

### DOWN

- 1) Sis's relative
- 2) Brit's bathroom
- 3) Shreveport-to-Tupelo dir.
- 4) Cancel, as a mission
- 5) Less stable
- 6) Roll of bills
- 7) The avant-garde's Yoko
- 8) Beam fastener
- 9) Badmouths
- 10) Left slowly and hesitantly
- 11) When to make a reservation
- 12) Ship's goods
- 13) 12-year-old, for one
- 18) Fit one inside another
- 23) Goes hither and yon
- 24) Retract a statement
- 25) Where one's true identity may be hidden
- 26) Place of sanctuary
- 28) They cause head swellings
- 31) Mandolin's cousins
- 35) Plover relative
- 37) Golf course warnings
- 38) Lightened one's wallet
- 40) Small boat
- 42) Eyeball membrane
- 45) Strong revulsion
- 47) Edits for publication
- 50) Clyde's crime partner
- 53) Criminal
- 54) It travels from one joint to another
- 55) Gently elbow
- 57) Coastal passage
- 63) Tall, flightless bird
- 64) Urban music genre
- 65) Rower's blade
- 66) Miss with a crown
- 67) Morning droplets

### PLACEMENT TEST

By Timothy E. Parker



## What's Next

Next Submission  
Deadline:  
August 19, 2022

Next Issue:  
September 5, 2022

Tribune Contact  
Information  
editor@terwillegar.org

Editorial Team:  
Karin, Casey  
and Shannen Shott

## ATTENTION SOUTHSIDE SINGERS

### COME SING WITH US!

- Award winning organization
- Professional conductors
- Your home for choral excellence

Children's Choirs - Ages 6-15  
Youth Choir - Ages 15-24

info@EdmontonYouthChoir.ca | www.EYCC.ab.ca | 780-994-6539



EDMONTON | Youth and Children's Choirs







Kathleen Mountford  
TCL President

TCL Update



This summer we plan on having many events resuming. The first was the **Community Wide Garage Sale** was on June 11th, this was one of our first events of the summer.

The next event we are planning is **Canada Day**. On July 1st, come out to Tomlinson Park from 11:00 am – 3:00 pm for some fun. We will have games for kids, food trucks, and other activities in the park that day. We will have Canada Day swag available and encourage people to dress up in red and white to showcase their Canada Day pride.

The other major event is the **Summer Carnival** on August 13th. This is one of our major fundraising events for the year, so be sure to have cash on hand. There will be the petting zoo, carnival games, and other activities in South Terwillegar Park from 11:00 am – 3:00 pm. Come check out this fun event as we work toward creating additional park amenities.

This fall we do have our **Casino Fundraiser** on September 8 and 9th. If you are able to volunteer this is the largest fundraiser for us. One shift is a large contribution to the community.

We will also have our **Summer Movie Nights** in the park, watch our Facebook page for updates on the movies we will be playing. The movies are always at South Terwillegar Park.

We look forward to seeing some friendly faces and hopefully seeing some new people out for our events this summer!



Photo courtesy greengoldgarden.com



Patricia Hartnagel  
greengoldgarden.com

Want To Get Your Hands Dirty?



It's the Year of the Garden and a perfect time to check out the Green and Gold Community Garden on the University of Alberta's South Campus. Join us for our 14th season and the opportunity to learn more about gardening, volunteer at a very special community garden, and become part of the larger Edmonton gardening community.

Our garden is totally volunteer run, and with over 50 varieties of vegetables, a large assortment of herbs, flowers, fruit orchard, and a hoop house—the opportunities to get involved, are numerous—and varied. Novice and experienced gardeners are welcome!

The Green and Gold Garden is a “garden with a difference.” Because we are totally volunteer run, 100% of the money raised from produce sales at our market days throughout the summer, go to support the Tubahumurize Association in Rwanda. This non-profit offers socially and economically marginalized women vocational training, counselling, health care education, and micro credit loans for sustainable income generating activities.

Don't want to get your hands dirty? Don't worry, we have other volunteer opportunities that contribute to the successful operation of our Garden with a Difference.

To find out more, go to our www site: [greengoldgarden.com](http://greengoldgarden.com)



POP CULTURE

14263 23 Ave  
587-454-8338

FIND YOUR STORY

We are your local headquarters for:

COMICS MANGA  
GAMES D&D MINIATURES  
DICE CARDS TOYS

★ Workshops for all ages!

[rtpop.com](http://rtpop.com)





Rakhi Pancholi  
MLA Edmonton - Whitemud

# Report From The Legislature




Alberta politics has been busy lately (as usual!), but my focus continues to be on the issues that you and Albertans across the province are facing.

Recently, many of you contacted my office deeply concerned by the decision of the UCP government to cancel the Insulin Pump Therapy Program, which would affect thousands of Albertans with diabetes. Albertans from across the province spoke out against this ill-considered plan and demanded further consultation with the diabetes community. My NDP Caucus colleagues and I stood with many of you and raised your voices in the Legislature. I am pleased to note that the government has now announced that it is putting these changes on hold. However, I continue to hear your concerns about the level of consultation that will take place in the months to follow. I will continue to advocate on this issue.

There are many other challenges in our health care system. Too many Albertans do not know if they will be seen by a doctor, if an ambulance will be there when they need one or if their scheduled surgery will need to be cancelled or diverted at the last minute. My NDP Caucus colleagues and I are calling for weekly reporting on doctor recruitment and departures, ambulance wait times, and cancelled and diverted surgeries across the province. We cannot permit this level of chaos to become the new normal in our province. During the recent legislative session, the government introduced legislation to provide for job-protected leave following pregnancy loss. My NDP Caucus colleagues and I pressed hard to ensure that the legislation included all forms of pregnancy loss, including abortion and termination for medical reasons. No woman should be forced to to persuade their employer that their situation is covered. I am pleased to report our proposals were accepted.

I have also heard from many of you concerned about the rising cost of living including massive increases in the cost of electricity, natural gas and car insurance. My NDP Caucus colleagues and I introduced amendments to ensure that promised rebates for electricity would be delivered by May 31st and to protect families from utility cut-offs while awaiting the rebate. The UCP government refused these changes.

We also introduced proposals to inflation-proof your budget by re-indexing provincial income tax thresholds to the rate of inflation, as well as provincial benefits like AISH and the Alberta Seniors' Benefit. The UCP government deindexed the tax code, AISH and the Seniors' Benefit in 2019. We believe that, at a time when the cost






## BUILDING ALBERTA'S FUTURE

# RAKHI PANCHOLI

MLA for Edmonton - Whitemud

203, 596 Riverbend Square  
780-413-5970  
Edmonton.Whitemud@assembly.ab.ca



of living is rising, Albertans deserve to be protected from inflation. Unfortunately, the current government has refused these proposals. Finally, we have been focused on developing policy proposals to spur economic diversification and provide good-paying, long-term jobs for Albertans. If you visit the website [AlbertasFuture.ca](http://AlbertasFuture.ca), you will find proposals on job creation in hydrogen, geothermal, technology and post-secondary education, among others. My colleagues and I remain committed to this important work because we believe that we have a responsibility to propose constructive alternatives. As always, if you have ideas to share, you can reach me at [Edmonton.whitemud@assembly.ab.ca](mailto:Edmonton.whitemud@assembly.ab.ca).



Book your appointment at 780-710 9470  
or [sales@riccardoscarpetcleaning.ca](mailto:sales@riccardoscarpetcleaning.ca)

## NANCY'S NOTES

CREATIVE MUSIC CLASSES FOR CHILDREN

### Summer Music CAMPS ages 4+

#### Piano and Dinosaurs!



#### Music Extravaganza!



piano, singing,  
ukulele, violin



[nancysnotes.ca](http://nancysnotes.ca) 780 439-8490 [nancy@nancysnotes.ca](mailto:nancy@nancysnotes.ca)





# 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 May and what can be expected as we head into the summer months.

As parliamentarians head into the final weeks of the house sitting, many issues have been up for debate. Among them, this year's budget that was released on April 7. I had hoped to see changes in a variety of areas but many of the government’s proposals fail to meet many of the requirements that Canadians have been asking for. Entitled as a budget to “Grow our Economy and Make Life More Affordable,” very little was proposed to make life more affordable. The deficit is now sitting at \$53 Billion, adding to the hundreds of billions of debt added over the past two years. Yet despite this increase in spending, which means more money lost to interest payments, little action has been taken to address areas of inflation and provide financial relief to offset rising costs, childcare, energy policy and development, and defence policy. Of course, I will continue to push for policies and responsible spending that assists Canadians and of course, the residents of Edmonton Riverbend.

As we head into June, the house will also be expected to debate further proposed legislation, including Conservative Bill C-242 entitled the “An Act to amend the Immigration and Refugee Protection Act.” This Bill seeks to allow parents and grandparents who apply for a temporary resident visa as a visitor the ability to stay in Canada for a period of five years, as well as to purchase private health insurance outside Canada. Matters like these provide common sense solutions to the problems many in our community continue to face and I’m glad to see practical solutions in action.

Finally, as we head into the summer months, I wanted to let you know about our constituency office move. As of July 1, we will be over by the Save On Foods on 23 Avenue and Rabbit Hill Road. It’s a bit more central to the riding and it also allows us a bit more space at a much lower rent.

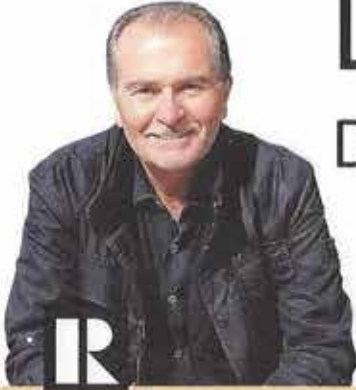
As always, if you need support or have any comments or questions about what is happening, I would be happy to discuss. Please contact my office at [Matt.Jeneroux.C1@parl.gc.ca](mailto:Matt.Jeneroux.C1@parl.gc.ca). We would be pleased to assist you on any federal matters.



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


Top Producer, Top Results

www.LeeBourgeois.com




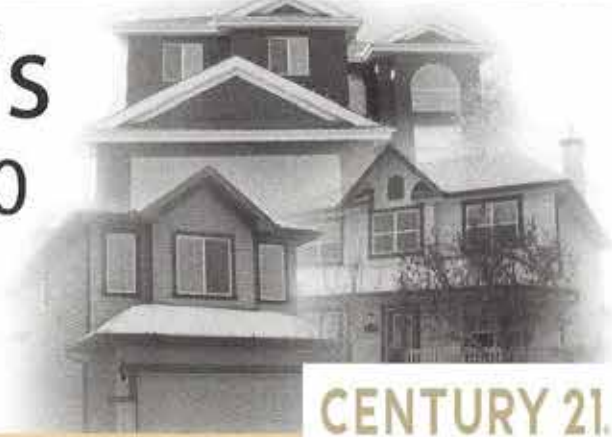
## Lee Bourgeois

Direct: 780.909.1600



Another home SOLD by Lee





Serving Terwillegar Towne & South Terwillegar since 2001



**BREATHE**  
the lung association

Do you have questions about  
your lung health?

Talk to a respiratory  
therapist today.

**1-866-717-2673**

Canadian Lung Association  
[lung.ca](http://lung.ca)



ACTIVE  
PHYSIOWORKS™  
ACTIVEPHYSIOWORKS.COM

**MAGRATH**  
#206, 14127 23 AVENUE  
**780-458-8505**

ONLINE BOOKING  
AVAILABLE







Lisa Jodoin

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

As the market continues to grow with new vendors joining us each week, we are always looking for new and exciting vendors to join us. If you are new to Farmers' Market's or you have any questions about becoming a vendor feel free to contact [swefm.manager@gmail.com](mailto:swefm.manager@gmail.com). On that note, I'd like to give a huge thank you to our hardworking vendors, who show up rain or shine and sometimes even snow! These folks put incredible amounts of time and love into their small businesses, and are the heartbeat of Edmonton's fabulous market scene.

Once again our Young Vendors program this season has been an amazing success for everyone. We have a total of 5 young vendors that join our market on a rotating basis. Each one of these young entrepreneurs has seen a great deal of success and have been warmly welcomed by our vendors and customers.

Don't forget that our Sprouts Program has returned this season! Pop by the Friends of Sprouts tent and register your children between the ages of 4 and 12 years of age and find out more about this nutritional program.

Keep a watch on our Facebook Page <https://www.facebook.com/swefm.ca> every week for our Fresh Sheets updates to see which

vendors are joining us and find out what other fun things are happening at the market.

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

**The SWEFM runs every Wednesday from May 18th to Oct. 5th, from 4-7:30pm in the Terwillegar Rec Center Parking Lot E. visit [www.swefm.ca](http://www.swefm.ca) FB: @swefm.ca Twitter: @SWEFM\_YEG Insta: swefm**



CANADA DAY  
AT TOMLINSON PARK  
JULY 1<sup>ST</sup>, 11:00AM – 3:00PM

 Visit [terwillegar.org](http://terwillegar.org) for details!

 Don't know how to fix your home?  
**Let us help!**



Get a \$10 coffee card when you book any free on-site quotation.

Our clients are like friends and sometimes we show up with coffee!

CONTACT THE EXPERIENCED PROFESSIONALS AT



Give us your list; we'll get it done

[www.HOHS.ca](http://www.HOHS.ca) | 780.940.2127 





# Councillor Update

*Tim Cartmell*  
Councillor Ward pihêsiwin



Property taxes, budget and community safety and well being ... These are the topics that will dominate the City council agenda between now and the end of the year.

I invite you to join my virtual townhall on June 29th from 6:30 pm - 8:00 pm. We will discuss these topics and answer any questions. To receive the link to the townhall please contact my office at [tim.cartmell@edmonton.ca](mailto:tim.cartmell@edmonton.ca) and my staff will be happy to assist you.

For those of you that have attended previous townhalls, June 29th will see the return of the budget spreadsheet, a popular exercise from earlier this year.

By now you will have received your property tax notice. Taxes went up 1.3% overall - if your property was worth the same as in 2021, then your taxes will have gone up 1.3%. However, if your property has increased in value - and the market value of single family homes has increased - then your property taxes will have increased beyond this 1.3% average.

I know this can be frustrating. Council will have its work cut out for it to provide the services that citizens want, at the service levels they want, while keeping tax increases low. That means setting priorities, and that is something I will be focused on between now and December.

You have also heard a lot recently about community safety and well being. Council continues to focus on finding the right combination of strategies that will see our most vulnerable neighbors get the support they need. However, many of you have advised me of your desire to see balance between housing for all and safety for all - a very difficult balance to achieve.

This work overlaps with our economic recovery from covid, which in turn affects our city finances and property tax strategies. It is a complex set of circumstances, and I hope you will join me on June 29th for our community discussion.

In the meantime, if you have any other municipal questions or concerns, or additional topics you would like to be discussed at the

# Tim Cartmell

Your Ward pihêsiwin Councillor

**YOU'RE INVITED TO A VIRTUAL TOWNHALL**

**June 29 6:30 - 8:00PM**

Please email my office at [tim.cartmell@edmonton.ca](mailto:tim.cartmell@edmonton.ca) for the meeting link

PLEASE VISIT MY WEBSITE  
[WWW.TIMCARTMELL.CA](http://WWW.TIMCARTMELL.CA)  
CONTACT MY OFFICE  
[TIM.CARTMELL@EDMONTON.CA](mailto:TIM.CARTMELL@EDMONTON.CA)  
(780) 496-8130



townhall on June 29th, please do not hesitate to contact my office. I can be reached at the above email address or by calling 780-496-8130.

Looking for writing experience?  
Message the editor and tell your story in the Tribune!

Help make your paper reflect whats happening, get to know the people in your community and stay connected with the local news thats important to you!

*All ages!*

Neal Oberg  
Resolution Expert  
780.665.1079

# DIVORCE THE FAIR WAY

Canada's #1 Choice for Divorce Mediation

**4500+ Families Resolved**

**INR**  
Certificate of Completion  
Fairway  
INDEPENDENTLY NEGOTIATED RESOLUTION

We are not a Law Firm or just a Mediation Firm. We Mediate, We Negotiate and We Navigate your Divorce from Start to Finish. We care about how you move through your divorce.



**FairwayDivorce.com**

**Fairway**  
divorce solutions

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](http://terwillegar.org) for details!

Government of Canada

Gouvernement du Canada

Canada

food-guide.canada.ca

Recipe To Try



Ingredients

- 30 mL (2 tbsp) light sour cream
- 310 mL (1 ¼ cups) lower fat milk or unsweetened fortified plant-based beverage
- 60 mL (¼ cup) sunflower oil
- 2 eggs
- 335 mL (1 ½ cups) whole wheat flour
- 165 mL (⅔ cup) medium grind cornmeal
- 165 mL (⅔ cup) granulated sugar
- 15 mL (1 tbsp) baking powder
- 2 mL (½ tsp) salt

Directions

1. Preheat the oven to 175°C (350°F). Mist a 20x20 cm (8x8-inch) pan with non-stick spray or line with parchment paper.
2. In a large bowl, whisk sour cream, milk, oil, and eggs together.
3. In a separate bowl, whisk together flour, cornmeal, sugar, baking powder, and salt. Add to the large bowl and stir until combined.
4. Transfer batter to the pan and bake for 35 to 45 minutes, or until fluffy and slightly golden around the edges. A toothpick inserted into the centre should come out clean or with a few moist crumbs.
5. Cool in the pan for about 20 minutes. Cut into 16 square pieces and serve.



Tips

- Soak cornmeal in 335 mL (1 ½ cups) of warm water for a few hours before adding at step 2. This helps soften it and allows for moister corn bread.
- Invite your little chefs to the kitchen! They can help measure and mix ingredients.
- Increase your fruit intake by adding 125 mL (½ cup) fresh or frozen berries at step 3.
- Cornbread can be refrigerated in an airtight container for 3 days or in the freezer for up to 2 months

TERWILLEGAR COMMUNITY LEAGUE PRESENTS

SUMMER MOVIE NIGHTS 2022


COMING TO A SCREEN NEAR YOU THIS SUMMER



SHOWTIMES

Saturday: June 25<sup>th</sup>, July 23<sup>rd</sup>, August 20<sup>th</sup>

MOVIES TO BE ANNOUNCED CLOSER TO THE SHOW DATES ON FACEBOOK. ALL MOVIES TO BE SCREENED AT SOUTH TERWILLEGAR SPRAY PARK. FILMS BEGIN AT SUNSET. BRING YOUR OWN SEATING AND BUG REPELLANT. PLEASE DRESS FOR THE WEATHER. SHOW WILL NOT PROCEED IF IT RAINS TO PREVENT EQUIPMENT DAMAGE.



THE ANNUAL SUMMER CARNIVAL

AT SOUTH TERWILLEGAR PARK



GAMES



PETTING ZOO



PRIZES



MUSIC



FOOD

AUGUST 13<sup>TH</sup>, 11:00AM – 3:00PM

Visit [terwillegar.org](http://terwillegar.org) for details!



TRAC Community Run/Walk Photos



Photos courtesy of Sherri Henderson







Ward F Trustee  
Julie Kusiek

School Trustee Update




It's Summertime!  
Wow! Can you believe it? It is already the end of another school year. At this time of year, I like to reflect on what the year has given us.

In October 2021, you granted me the incredible honour of being able to serve as Trustee for Ward F at Edmonton Public Schools. Since then, I've been able to learn more about the division, visit several schools and even speak at some graduation ceremonies. With every new meeting and opportunity to engage directly with the community, I become more inspired. There is fantastic work going on at Edmonton Public Schools.

Thank you to the principals, teaching and non-teaching staff that support kids every day in our classrooms. Your passion shows. I've appreciated being able to share in that joy with you and further share your good news stories in my regular Ward F Newsletter.

Thank you to the families. Your contributions to building strong school communities is essential. Whether you spend your time volunteering at school events or field trips (yay for field trips and school events again!), sitting on the school council or fundraising society, or simply taking the time to support your child, it is so vitally important. I look forward to connecting with you again several times over the coming school year.

To the wider community, we know that the adage "it takes a village to raise a child" was never more true than it is today. Thank you to everyone who chooses to engage in issues around public education, even if you don't have children of your own or children who are currently attending K-12 schools. I believe that together, we can continue to build a strong public education system and excellent learning opportunities for every child.




Edmonton Public Schools

Trustee | Ward F

Julie Kusiek

780-429-8087

   @JulieKusiek

trustee.julie.kusiek@epsb.ca

Sign up for Ward F Newsletter & Events

[www.juliekusiek.ca](http://www.juliekusiek.ca)

Finally, to the students. Whether you are graduating from Grade 12, or getting ready to start in a new grade, new school or new classroom next year - you did it! You rose to each challenge the pandemic continued to bring. You explored, worked hard and made friends. I wish you a restful and fun-filled summer - you deserve it!

If you need to reach me over the summer, please email me at [trustee.julie.kusiek@epsb.ca](mailto:trustee.julie.kusiek@epsb.ca). I'll also be sending out the last Ward F Newsletter of the 2021-2022 school year following the June 21, 2022 board meeting. If you haven't already signed up, you can do so via my website at [www.juliekusiek.ca](http://www.juliekusiek.ca).

**K & L Developments LTD.**  
**Custom Interior Renovations**  
**Decks / Property Management**  
**780-667-2808 / [kyle.davies.kldevelopments@gmail.com](mailto:kyle.davies.kldevelopments@gmail.com)**







# From Sentiment To Compassion

*Marni Mrazik*  
*Director of Community Life at Terwillegar Community Church*

I never owned a dog until 4 years ago when our family decided, or rather I finally relented, and we got one! She is a schnoodle and she is amazing! While I feel I could argue a pretty good case for why and how a dog adds so much to one's life, I'm not going to do that here, but what I will say is that they do get you out into the community walking the sidewalks and paths and that necessity has brought countless unexpected blessings.

One of my favorite things that happens while walking with my pup is the opportunity to stop and chat with folks from the neighbourhood that I would otherwise never have the chance to meet. I'm always smiling when I return from a walk after having met someone new or connecting with "regulars" on the route. To share just a little piece of our day and a story or two are always reasons to smile

Walking also gives me much time to listen to music and podcasts and to ponder. I often think about community, more specifically our community and those most proximal to me. I was thinking about community the other day in light of a podcast I listened to by the Pastor of Bridgetown Church, Tyler Staton. He was expressing how the biblical concept of love is active. In his message he said, "Compassion is the biblical word for this active expression of love. We live in a culture that has replaced compassion which is active love for sentiment which is passive love or love that is never acted upon. Sentiment is the seed of compassion that could grow into something that never does." It challenged me to ask, "Am I active in loving my neighbours?" I don't want to hold onto the sentimental thought of how beautiful a caring, connected, inclusive community could be. I want to be engaged in active pursuit of such a vision. I know neighbours may never become best friends, neighbours may not have to be friends at all, but imagine if we knew the names of

all those who lived on our streets and were available to help if there was a need. What if we shared acts of kindness just to say we care? Or how about took some time to chat and give a few moments of our day in listening. We could share a smile and a wave; a gesture to say, "I see you and you are important." What if we created a sense of belonging because of our active pursuit to care for and know those around us? That's a beautiful community in my mind and I do love our community.

And Terwillegar Community Church loves our community. In the bible in 1 John 3:18 we read, "Dear children, let us not love with words or speech but with actions and in truth." Every time Jesus was moved in spirit, the gospels immediately go on to describe an active expression of that deep moving. "Jesus lived with no gap between the internal movement of His heart and outward movement of His hands and feet." (Tyler Staton) It is our desire at Terwillegar Community Church to do the same. We desire to be active in our love to serve and bless this community and to welcome all into our doors and to get to know you. Our website is a great place to see what's going on ([tcchurch.ca](http://tcchurch.ca))

My prayer is that we would all put action behind those things that move our hearts. I believe that not only our community, but our world would become a better place if we all became more active. What moves your heart? Is there something you can do to activate the sentiments you hold?





## Paw Trotters

HOME DOG BOARDING  
780-289-6199

### GIANT SLIP AND SLIDE for All students in grades 7 – 12

**AUGUST 5 : 7 – 9PM**  
**Location: The gully on Towne Centre Blvd.**  
**For permission slip contact Pastor Quinn**  
**[Quinn@tcchurch.ca](mailto:Quinn@tcchurch.ca)**

**Terwillegar Community Church**  
[tcchurch.ca](http://tcchurch.ca)

### Time, Patience & Experience

in a hectic Seller's Market

**Lynn Masters**  
REALTOR®  
Seniors Real Estate Specialist  
780-991-2162  
[lynnmasters.com](http://lynnmasters.com)





**Looking after you & your loved ones**



## FRIDAY AT THE PARK

August 26  
5:30-6:30 pm  
**FREE BBQ!**



**JUMPY THING, FOOD, GAMES**  
**Tomlinson Common Park**



# Kid's Zone - Colouring Contest



# Summer Colouring Contest

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

All entries must be received by August 1st. One entry per child. The contest is open to residents of the following areas: Terwillegar, Magrath, South Terwillegar, and MacTaggart.

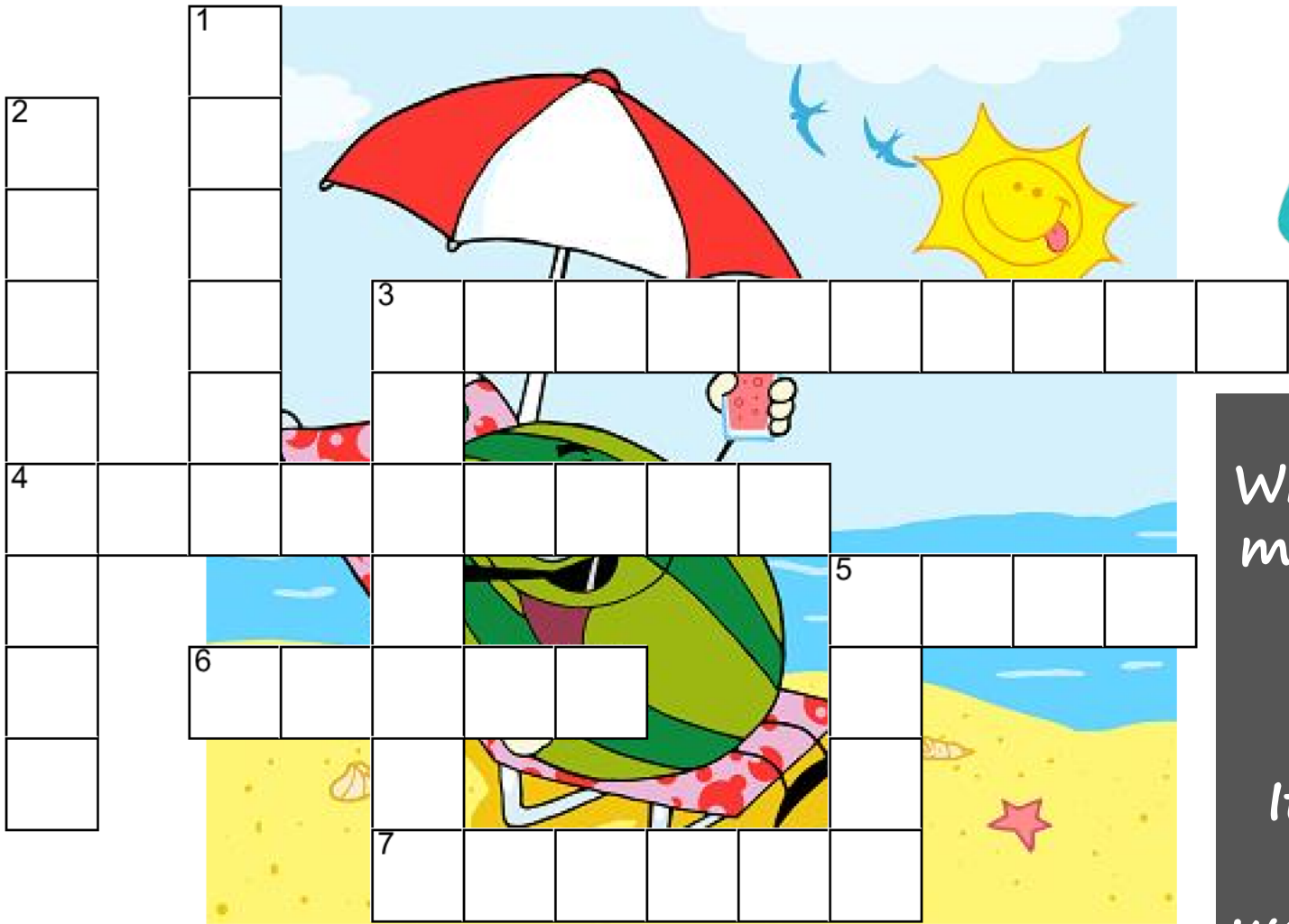
Age categories are: 2-4; 5-7; and 8-11.

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



Why did the melon jump into the lake?

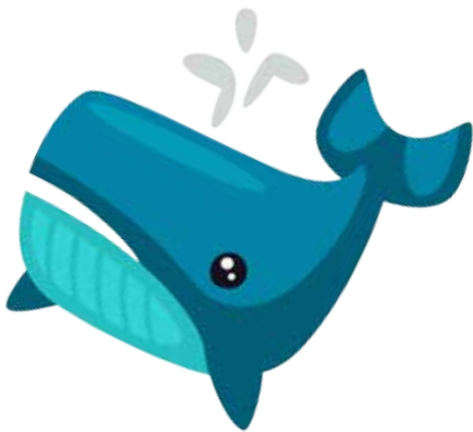
It wanted to be a watermelon!

Across

- 3. I love to build this in the sand.
- 4. I love to run through it and it makes me wet.
- 5. I have one in my backyard that I love to swim in.
- 6. A place that has lots of sand and water.
- 7. I use this to pick up sand

Down

- 1. The hottest time of the year.
- 2. I wear this to swim.
- 3. I like to wear these on my feet when it is hot.
- 5. I use this to put the sand in.



Did you hear about the guy who evaporated?

He'll be mist!



Spring Colouring Contest Winners!

Ages: 2-4

1st Place: Evan C.

Runner Up: Breanne W.

Ages: 5-7

1st Place: Nathaniel W.

Runner Up: Ezra S.

Ages: 8-11

1st Place: Tristan B.

Runner Up: Alyssa







Elizabeth Cayen  
Certified Holistic Nutritional Consultant

Some people call this time of year the summer season...I like to call it outdoor farmers’ market season! Yes, the outdoor farmers’ markets have already been opened for a while, but summer is when they really shine. I love seeing the produce stalls getting fuller and fuller as the warmth rolls in. If you remember pulling a carrot out of the garden when you were a kid, wiping the dirt off on your pants before eating it, or picking wild raspberries or Saskatoon berries off bushes when you went camping, you’ll know there’s nothing quite like the joy of enjoying super fresh vegetables and fruits.

As much as possible, I try to stick to eating in-season produce. Since the outdoor growing season in Alberta is not long, this is obviously more of a challenge during winter; but choosing to wait until the summer to enjoy those beautiful summer fruits and fresh garden veggies is well worth it. And there are many benefits to eating something fresh and as local as possible.

Nutrients from the soil the plant is grown in provide the fuel for the plant to grow, and these nutrients transfer into the plant itself. Once harvested, the produce loses the connection to this nourishment and the nutrients gradually lessen. The fresher the produce, the more nutrients remain in it, so locally grown foods will be the best. These nutrients are the fuel for your body, so the more nutrients in what you eat, the more in you, which equals a healthier you!

These are some of my favourites:

- Blueberries – these tasty berries contain the highest amounts of antioxidants, which help protect your cells from oxidative damage from free-radicals
- Cherries – packed full of vitamin C and antioxidants, cherries may also help reduce the inflammation associated with arthritis
- Zucchini & yellow summer squash – super versatile (can be eaten cooked or raw) and can even be used in baking! Summer squashes have a high water content making them very low calorie and contribute to your hydration levels. Try swapping out your spaghetti with zucchini noodles, lightly steamed or sautéed!
- Leafy greens (kale, chard, spinach, collard greens) – leafy greens are high in potassium, which may help to lower high blood pressure, and folate, which may benefit your heart health

All fruit and vegetables also contain fibre, vital in keeping our gut healthy. Gut health has been linked to overall immune health, so you want your belly to be happy and healthy!

Supporting local farmers enables them to keep growing their delicious fruits and veggies. The less distance the produce travels means fewer emissions are released in transportation. And, as mentioned above, the closer it is to you, the more nutrients are left in the product.

Visiting farmers’ markets offers a great sense of community, much appreciated after a couple of quite isolating years. It’s an opportunity to meet your neighbours, make new friends, and just share some human connection. Heading to an outdoor market will ensure you’re getting fresh air and some exercise (extra points if you are able to walk or cycle there too!) There’s opportunity to find something new you’ve never tried before and speak directly to the farmers and artisans that are selling their wares.

What’s exciting is that there are so many farmers’ markets throughout the city, making it easier to find one nearer to you. The Southwest Edmonton Farmers’ Market at Terwillegar Rec Centre is, if not walking distance, at least cycling distance for many of us. An enticing opportunity to partake of nature’s bounty is just a short distance way!



## VEHICLE DETAILING AVAILABLE!

EXPRESS	\$49.95 (45 MINUTES)
BASIC	\$99.95 (4 HOURS)
DELUXE	\$249.95 (6-8 HOURS)



**Clean Car Wash**  
Detailing Service

**TO BOOK AN APPOINTMENT  
CALL 780 705 6612  
OR EMAIL:  
WINDERMERE@CLEANCARWASH.CA 3515 ALLAN DRIVE**



**ROAD TEST**  
OPEN 7 DAYS A WEEK  
HOURS OF OPERATION

MONDAY TO FRIDAY  
8:00AM TO 7:00PM

SATURDAY  
9:00AM TO 5:00PM

SUNDAY  
12:00PM TO 4:00PM  
\*Closed second Sunday

**SKIP THE LINE, RENEW ONLINE!**

3489 Allan Drive SW 780-422-0938





Woot Woot! Summer Starts at EPL 2022 will launch on June 25th and end on August 27th !

What is Summer Starts at EPL?

Summer Starts at EPL is the Edmonton Public Library’s annual summer program that helps to minimize summer learning loss by motivating kids to read, learn and explore, even when they’re not in school! Last year, more than 13,000 kids across Edmonton registered for the summer reading challenge and recorded a total of 105,402 hours of reading!

The program includes:

- A summer reading challenge: Kids can pick up their registration packets at any EPL location, including Riverbend of course! They’ll track their reading minutes with a logsheet, and for every 6 hours that they read, they’ll receive one entry into our grand prize draw and a free button.
- In-branch classes & events: Summer Starts at EPL is back in the branches with exciting and educational content created by EPL staff and a few special guests! There will be things to build, technology to learn, mysteries to solve and so much more!
- Online events: We’ll feature a variety of online events with a fantastic array of guest performers. There will be a menagerie of birds and animals, yoga, dancing, magic shows, treasure hunts, improv workshops just to name a few!
- A weekly contest: Kids can visit their nearest EPL branch each

week to look for this summer’s mascot, Ariana Flambé. If they find her, they can enter their name in a weekly draw to win a free book!

Prizes! This year, our prizes include:

- A Nintendo Switch Kit
- 10 assorted Lego Kits

We are so excited about summer plans at Riverbend! Check out [epl.ca/summerstarts](http://epl.ca/summerstarts) or head into the branch to find out what’s in store! A great way to log those hours of reading is through our brand new selection of Young Reader’s Choice nominated books, offering many fantastic options for young readers in grades 4-12.

Through the summer months, we also have multiple weekly offerings of in-person Sing Sign Laugh Learn and Baby Laptime. Additionally, our in-person Adult Book Clubs are running twice monthly, and we are launching Summer Reads 2022, EPL’s Adult Summer Reading Club! Who knows what you might win?

See you all soon!



# Summer 50-50

**MONTHLY RAFFLE!**

Win up to \$10K.  
Buy Tickets Online!  
**FORTED5050.COM**





## TERWILLEGAR PHARMACY

Always there to care

1717 Towne Centre Blvd.  
T6R0T8  
Mon-Fri: 9 am - 7 pm  
Sat & Sun: 10 am - 3 pm

### Prescribing Pharmacists on Duty

- Ran out of your Meds and need refills?
- Have muscle pain and need fast relief ?
- Have Acne, Atopic dermatitis or any other skin concern?
- Want to lose weight?
- Want to Quit smoking?



**Flu shots**  
age 5 & up  
**Pain free**

**Free Delivery**  
780 989 0600

### We Can Help

**WWW.TOWNECHEF.CA**

5233 Terwillegar Blvd NW,  
Edmonton, AB T6R 0C5  
**(587) 499-2225**

**TOWNE CHEF**  
INDIAN FUSION

**ORDER TODAY!**

**FAMILY MEAL DEAL**

**1 VEG CURRY**  
**1 MEAT CURRY**  
**4 NAAN BREAD**  
**4 VEG SAMOSA**  
**2 CANS OF POP**

**ONLY \$29.99**

### Services you can count on

- Free delivery and pick up of prescriptions
- Free blood pressure monitoring
- Free blister packing
- Diabetic & asthma educators
- Compounding services
- Free administration of injections
- Prescription renewal
- Travel immunizations

**Transfer your prescriptions and get the care you deserve**



# 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







# Rose-Breasted Grosbeak

edmontonrivervalley.org



The Rose-breasted Grosbeak is one of four types of grosbeaks found in Alberta. They are stocky, medium-sized songbirds with large triangular bills. Their name comes from the Latin words gros and beccus, meaning large beaks. This name is fitting since these beautiful birds rely on their thick bills to crack open nuts and seeds.

Bursting with black, white, and rose-red, male Rose-breasted Grosbeaks are like an exclamation mark at your bird feeder or in your binoculars. Females and immatures are streaked brown and white with a bold face pattern.

They are most common in regenerating woodlands and often concentrate along forest edges and in parks. During migration, Rose-breasted Grosbeaks frequent fruiting trees to help fuel their flights to Central and South America.

Attract Rose-breasted Grosbeaks to your yard with black oil sunflower seeds in a platform, hopper, or large tube feeder. Ensure that the young get a healthy start by offering a habitat filled with native plants that attracts a steady diet of insects.



**Support your community!**

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



# Lemonade Stand Day

lemonadeyeg.ca





Simply Supper is excited to be hosting our 9th Annual Lemonade Stand Day in support of the Stollery Children's Hospital Foundation.

Register now to join the fun on Sunday, August 28th.

[www.lemonadeyeg.ca](http://www.lemonadeyeg.ca)  
#lemonloveyeg





Colleen Crozier

# Hello, Neighbour!



*neigh • bour*  
*noun*

- 1. *a person who lives near another.*
- 2. *a person or thing that is near another.*
- 3. *one's fellow human being.*
- 4. *a person who shows kindness or helpfulness toward his or her fellow humans.*
- 5. *(used as a term of address, especially as a friendly greeting to a stranger): “Howdy, Neighbour!”*

We love all five dictionary definitions for “neighbour!” SWESA views all older adults in southwest Edmonton in this way, as neighbours.

South West Edmonton Seniors Association (SWESA) is your neighbour. Our members live between the Whitemud Freeway to the north and the southernmost edge of the city; from Calgary Trail in the east to the Saskatchewan River to the west. If you live in Blue Quill neighbourhood, we’re close to you. If you live in East Yellowbird neighbourhood, we’re close to you, too. And if you live in any of the Terwillegar neighbourhoods, we’re on your doorstep. Those are the three locations where SWESA offers regular programs. In fact, we are neighbours to all older adults in southwest Edmonton.

That takes care of the first three definitions.

For the fourth and fifth, we shine. Our volunteers and staff work

tirelessly to live up to the promises made 10 years ago to southwest Edmonton: to be a meeting place for seniors, a place where information, learning, support, and social opportunities abound.

For the next few months, as we celebrate our 10th anniversary, we’re planning a host of activities for all seniors in our area. They’re open to members and non-members alike. We want to have fun, and get to know each other. For instance, you’ll find our community tent at the South West Edmonton Farmers’ Market on June 22. Come on over to our Grandparents/Grandkids Block Party in August.. Walk in solidarity with us on September 29, Truth and Reconciliation Day, and enjoy our Health & Wellness Fair with a focus on seniors October 1. Those are just a few of our plans – there are more to come! You’ll find details on our website [www.swesa.ca](http://www.swesa.ca), or why not drop in to our office in the Blue Quill Community Centre to visit with our staff and volunteers to find out more?

While all these special events are going on, we continue to run our regular programs such as fitness classes, art and choir, card games, coffee and chat get-togethers, knitting and book clubs, bus trips, and information sessions. We’re sure our neighbours will find something of interest to do, to see, and most importantly, to enjoy with other seniors. Best of all, it happens right here in our neighbourhoods! Hope to see you soon, neighbour.

SWESA Office  
Blue Quill Community Hall  
11304-25 Ave. NW  
587 987 3200  
[www.swesa.ca](http://www.swesa.ca)



Staff members April Williamson, Program Coordinator and Alariss Schmid, Business Manager at the recent AGM



You never know what you might win at a Mexican food luncheon.  
Photo Courtesy of SWESA



2022 Board of Directors, Bob Turner, Josie Richardson, Donna Stickland, Catherine Hammond, Tony Montrose, Vicki Kind and Lynn Masters. Our volunteer Board is the best!



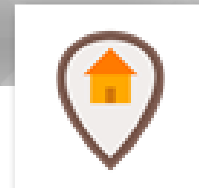
New scrabble group. We have no words!





Grade 6 Class  
Esther Starkman School

## Short Narratives



Thanks to Alexa Pettigrew's Grade 6 class at Esther Starkman School we have received a number of wonderful short narratives. Here's one we hope you will enjoy reading!

Garbage Can  
By Brooke B.

After all I did, sign papers, sing, perform, he still says, "I'm sorry but you can't join. The club can't have a bass singer, it sounds horrible."

His eyes lead me to the door.

I rushed out the entrance with my fists balled up and my face was like a tomato. My mom, a tall, pale brunette with glasses, seemed devastated as I walked towards her.

"I told you," She paused, "I know you are trying your hardest but they'll never let you join-"

I cut her off.

"But mom! You've heard me sing, you've heard me perform, how could they not?!"

"-I know but you should stop trying here before you lose your courage." She said as we stepped in the car.

I watched out the window as trees and other cars passed by. Suddenly we passed our apartment,

"Mom, where are we going," I asked.

"You'll see."

As we started to enter downtown, fog began to tickle my eyes. I squinted my amber eyes to only find people holding umbrellas walking to coffee shops and to work. Along we drove and soon enough my face went numb when a huge rainbow emerged from the hills.

"Is this what you took me to see?" I asked my mom in awe.

She said no words. She stopped the car, we got out and we walked towards it. Behind the hills, the end of the rainbow was in front of us.

"Mom.." My words trailed off.

My vision reversed to darkness. I saw my eyelashes before the light and to my surprise, we were home.

"You fell asleep while we drove back from your 7th audition for the opera club. So I let you be, you must have been tired."

My emotions dropped in disappointment.

When we got into the house my dog, vennie, greeted me with kisses and smacking her tail against my shin.

All of a sudden, my dog rushed up to the window and started barking like it was the end of the world. And this is frequent. Very frequent. Vennie has a chihuahua mix and chihuahuas seem to get aggressive at anything that moves.

Yesterday, our neighbours had a birthday party for their son, but the candles on the cake a couple of them fell off and burnt the tablecloth. Their house, otherwise, was fine. They ended up cancelling the birthday party and moved it to next week. But what my dog was barking at was the wrong coloured balloons in the garbage can.

I don't get how they can mess up the balloon colour but somehow they did.

"Barbara, diner's ready!" my mom shouted from the kitchen. I walked from the window to the table looking down at vennie following me. As I looked up a couple of my favourite foods were on the table.

"I thought it would be nice for a change," mom said, "It's been a long time since we've had good food."

As much as I was hungry, I was leaning towards not eating. But the food's delightful smell made me.

We sat down and started to devour sweet peas, corn on the cob, chicken, mashed potatoes, and my absolute favorite, the gravy poured on it.

In a blink of an eye, the TV went dark and a news broadcaster flung on.

"Sorry for interrupting this program, The regular programming will be on shortly. There has been an earthquake sighting within the

town and try to stay indoors until further notice. Thank you, and we are back to the scheduled program."

The TV went back to the cooking channel and my mom glared at me.

"We shouldn't worry too much about it, the last two were false alarms,"

My mother continued, "But just in case we should go under the stairs when it is scheduled to start,"

"Okay."

Suddenly a gust of wind powered through the window, shattering it, and the garbage can being carried behind. The balloons popped on every shard of glass they rubbed on. Our eyes squinted with our hair being pulled back like somebody was stretching it.

Just then a glass shard whipped past me bursting a balloon. The helium stung my eyes, I breathed in the vapors and it felt dreamy and sickening.

My mom grabbed my arm, dragging me towards the stairs as I stepped in the tears of my pain.

When we finally got to the top of the stairs the earthquake stopped.

My mother pushed my chin towards her and all I saw was blurry eyebrows pointed together.

"Are you alright?!?" She whispered to me.

"Yeah.." I replied.

My face loosened.

"Yeah.." I repeated myself in awe, "Yeah!!"

My brain was fizzy with excitement.

The voice, my voice, had the perfect pitch! The perfect tone! Somehow my mother didn't realize my voice and continued to carry me towards my bedroom. She plopped me onto my bed and exited the room. And instantly, I fell asleep.

The next morning I sprung out of bed completely forgot what happened. When I looked in the mirror, my eyes were bloodshot like a psycho. I cringed.

"Barbara!" My mom shouted from downstairs, "come downstairs and get ready so we aren't late!"

I rushed downstairs in my silver star covered pajamas, put on a coat and went to meet my mom who was already waiting in the car. I didn't ask any questions. I didn't think it was needed.

We reached the theatre and my mom turned around in the drivers seat and smiled.

"So she did hear my voice," I whispered to myself as I walked towards the theatre. The leader of the opera club glared at me as I pranced in. My gleeful smile made him sneer.

"So what is this, your ninth audition? What have you got for us today," He mumbled.

"Enough for you to say yes,"

**WE COME TO YOU - HOME, OFFICE,  
COFFEE SHOP OR VIRTUALLY!**

I HAVE BEEN  
DOING TAX  
RETURNS  
SINCE 1985

Personal Tax Returns • Corporate Tax Returns  
GST Returns • Preparation of T4s/T5s



**Donald B.  
Verbeke**, CPA, CA, CFP  
PROFESSIONAL CORPORATION



CHARTERED PROFESSIONAL ACCOUNTANT & CERTIFIED FINANCIAL PLANNER

Terwillegar Gardens, Edmonton • don@verbeke.ca

**Cell: 780.945.6190 • www.verbeke.ca**



# Art Contest Submissions



*An Empty Platter by Sarah L.*

Thanks to everyone who submitted their inspired artwork last issue!

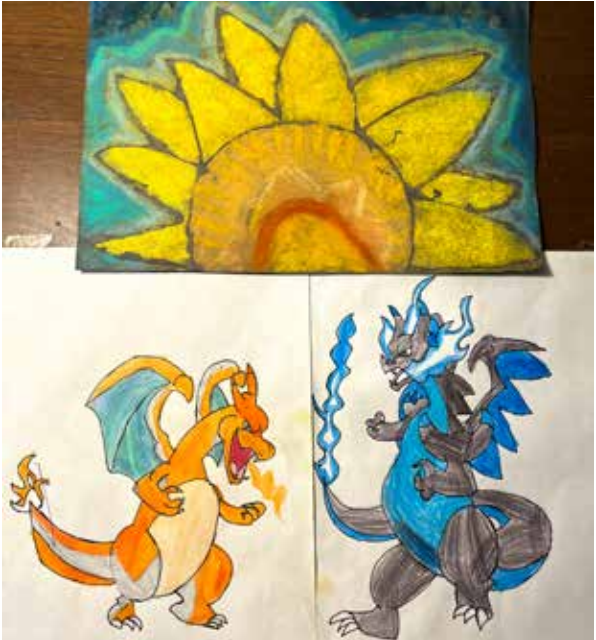
**The winners are Sarah L.'s "An Empty Platter" and Jyoti W.'s "Colours of Spring".**

The Tribune will contact you about your prize!

Everyones submissions deserves to be shared as well, and we hope that future contests get even more attention from our local artists.



*Gillis Point With Nanny by Christine M.*



*The Dragons' Spring Fight by Matthew I.*



*A Winter Evening by Masoom T.*



*Spring Embroidery by Joelle K.*



*Megan's Sunset by Megan G.*



Art Contest Submissions



Colours of Spring by Jyoti W.



Flowers in Bloom by Jodi R.



Reaching by Angel I.



Flamed Flowers by Mertcan M.



The Pysanka, A Symbol of Hope by Eleanor B.



Spring River Valley by Yen N.



Terwillegar Classifieds

Piano Lessons From a Fun, Friendly Piano Teacher  
With Over 30-Years Experience

All Ages and Levels Welcome!

FREE TRIAL LESSON – CONTACT MRS. LAI  
AT 780-473-4880

THIS COULD BE YOUR AD.  
WANT TO KNOW MORE?  
www.terwillegar.org

contact:  
editor@terwillegar.org

Free Access is BACK!

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.

Constables  
Corner



EDMONTON  
POLICE  
SERVICE

Are you locked up and secure for the night?

Join the [#9PMRoutine](#) today and take an active role in crime prevention in your neighbourhood and community.

What Do I Need to Do?

There are simple steps you can take to help prevent crime in your neighbourhood. Every night at 9 PM:

- Remove valuables from your vehicle and ensure it's locked and windows are closed.
- Park in the garage instead of the street, if possible.
- Close all garage windows and lock any garage doors, especially those leading into your house.
- Check and lock all house doors and shut all windows.
- Turn on an exterior light.
- Close and lock your fence gate.
- Lock your shed.
- Put away bikes and toys in your yard.



IT'S TIME  
TO LOCK UP  
#9PMROUTINE

Why is the routine important?

The [#9PMRoutine](#) helps prevent crimes of opportunity. Criminals are looking for unlocked vehicles or houses where they can easily steal property. Property crimes such as vehicle thefts, break and enters to homes and businesses, and thefts from parked vehicles are the most common crimes.



Edmonton Public Library is  
**Fine Free!**

Crossword Solution

PLACEMENT TEST

By Timothy E. Parker

1	B	2	L	3	E	4	S	5	S	6	W	7	O	8	R	9	S	10	T	11	A	12	C	13	T
14	R	15	A	16	N	17	C	18	H	19	A	20	N	21	I	22	M	23	A	24	H	25	A	26	W
27	O	28	V	29	E	30	R	31	A	32	N	33	D	34	O	35	V	36	E	37	R	38	E	39	E
40	U	41	K	42	E	43	E	44	A	45	R	46	A	47	G	48	E	49		50		51		52	
53	R	54	U	55	B	56	B	57	I	58	S	59	H	60	T	61	R	62	I	63	E	64	D	65	O
66	N	67	O	68	N	69	E	70	T	71	A	72	L	73	S	74	E	75	G	76	O	77		78	
79	A	80	S	81	H	82	R	83	E	84	V	85	U	86	P	87	D	88	O	89	F	90	F	91	S
92	M	93	A	94	I	95	D	96	D	97	E	98	T	99	E	100	R	101	S	102	T	103	O	104	P
105	S	106	Y	107	N	108	O	109	D	110	N	111	E	112	W	113	E	114	R	115	I	116	R	117	E
118	D	119	R	120	I	121	B	122	S	123	I	124	T	125	E	126	M	127	E	128	N	129		130	
131	S	132	T	133	A	134	Y	135	S	136	O	137	N	138	T	139	I	140	D	141	I	142	E	143	S
144	H	145	I	146	M	147	G	148	N	149	U	150	N	151	A	152	N	153		154		155		156	
157	A	158	B	159	A	160	U	161	N	162	D	163	E	164	R	165	A	166	C	167	L	168	O	169	U
170	D	171	I	172	S	173	S	174	I	175	G	176	M	177	A	178	T	179	E	180	A	181	S	182	E
183	Y	184	A	185	K	186	T	187	E	188	E	189	U	190	P	191	S	192	T	193	R	194	A	195	W

Constables  
Corner



EDMONTON  
POLICE  
SERVICE

**Bike Safely and Enjoy Your Ride**

Cyclists, Check Your Equipment - Inspect your bike prior to riding.

- The seat should be adjusted to the proper height and locked in place
- Make certain all parts are secure and working properly
- Check that the tires are inflated properly
- Ensure the bike is equipped with a bell or horn and has reflectors on the front, rear, and pedals.

Plan to Be Seen - Make certain drivers can see you.

- Wear neon, fluorescent or other bright clothing
- Whenever possible, ride during the day
- If you must ride at night, wear reflective clothing and use flashing lights

Wear a Helmet - **No helmet, No Bike, It's the Law.**

- Must be an approved helmet.
- Straps must be adjusted and fastened properly.
- If a helmet has been cracked, replace it. If it has suffered a big impact, even if you can't see damage, replace it anyway.

Follow These Rules of the Road

- Get acquainted with traffic laws; bicyclists must follow the same rules as motorists
- Ride single-file in the direction of traffic
- Remain alert, keep your head up and look around, and watch for opening car doors and other hazards.
- Use hand signals when turning and be extra cautious at intersections
- Before entering traffic, come to a complete stop, look left, right, left again and over your shoulder

Keep your bike safe

Register it with



<https://bikeindex.org>



# 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,  
and if you are able to volunteer. Thanks!*

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

## DID YOU KNOW?

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](https://www.terwillegar.org/terwillegar_tribune.php)



### Board Contacts

**President:**  
Kathleen Mountford, [tclpresident@terwillegar.org](mailto:tclpresident@terwillegar.org)

**Vice-President:**  
Vacant, [vicepresident@terwillegar.org](mailto:vicepresident@terwillegar.org)

**Treasurer:**  
Monte Weber, [treasurer@terwillegar.org](mailto:treasurer@terwillegar.org)

**Secretary:**  
Darlene Reid, [secretary@terwillegar.org](mailto:secretary@terwillegar.org)

**Community Advocate:**  
Sue Trigg, [advocate@terwillegar.org](mailto:advocate@terwillegar.org)

**Memberships:**  
Sam Saini, [memberships@terwillegar.org](mailto:memberships@terwillegar.org)

**Programs:**  
Vacant, [programs@terwillegar.org](mailto:programs@terwillegar.org)

**Communications:**  
Heather Maitner, [communications@terwillegar.org](mailto:communications@terwillegar.org)

**Fundraising:**  
Vacant, [fundraising@terwillegar.org](mailto:fundraising@terwillegar.org)

### Other Contacts

**Community Garden:**  
Amanda Hunt, [garden@terwillegar.org](mailto:garden@terwillegar.org)

**Editor:**  
Karin Shott, [editor@terwillegar.org](mailto:editor@terwillegar.org)

**Neighbourhood Watch:**  
Kathleen Mountford, [watch@terwillegar.org](mailto:watch@terwillegar.org)

**Programs Aide:**  
Vacant, [programaide@terwillegar.org](mailto:programaide@terwillegar.org)

**MacTaggart Rep:**  
Vacant, [advocate@terwillegar.org](mailto:advocate@terwillegar.org)

**Magrath Rep:**  
Vacant, [dalm@terwillegar.org](mailto:dalm@terwillegar.org)

**South Terwillegar Rep:**  
Ryan Barber, [dalst@terwillegar.org](mailto:dalst@terwillegar.org)

**Terwillegar Gardens Rep:**  
Sue Trigg, [daltg@terwillegar.org](mailto:daltg@terwillegar.org)

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



Have a great summer!

# Summer Vibes

## IN A DREAM HOME!



SALLY  
MUNRO

780.441.5457  
SallyMunro.com

FOR THE RIGHT PRICE,  
WOULD YOU  
SELL YOUR HOME?

Call Sally today for a free market evalution!  
780.441.5457



Follow me on:



Grand Centurion

CENTURY 21  
Masters

AVAILABLE



**Windermere** \$2,595,000  
Lifestyle redefined in this luxury walk-out. 6 bed, 6 bath. His and Her main floor office.  
ML# E4280874

AVAILABLE



**Dare to Dream! Build in Windermere**  
\$2,199,000  
Incredible lot backing onto the North Saskatchewan River in Windermere Ridge  
ML# E4273700

AVAILABLE



**Brander Gardens** \$2,150,000  
Build your dream home! 1 acre backing onto the river valley in prestigious Ramsay Heights  
ML# E4299064

AVAILABLE



**Rural Parkland County** \$1,748,000  
Stonewood Terrace gated estate 3.08 acres. Over 5,040 sf of exceptional space in a 2 story walk-out.  
ML# E4297088

AVAILABLE



**Windermere** \$1,699,000  
Custom built 4676 sq ft above grade (6878 total sq ft). 6 bedrooms with ensuite baths.  
ML# E4299050

AVAILABLE



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

AVAILABLE



**Downtown Penthouse** \$1,688,000  
Rare find 39th floor BRAND NEW condo. 2 bed+den & 2.5 baths + 2 u/g stalls. 2216sf  
ML# E4291355

AVAILABLE



**Donsdale** \$1,450,000  
The prestigious river community. Exec 2 storey 5370 sqft fin space. A must see!  
ML# E4285568

AVAILABLE



**3 River Lots in Donsdale**  
Starting at \$1,350,000  
Dream opportunity to own & build. 73 ft Frontage on Donsdale Drive. Fully serviced  
ML# E4285833

AVAILABLE



**Magrath Heights** \$1,273,000  
Larch Park across from ravine. Rare 3300 sq ft custom estate home. Beautifully appointed.  
ML# E4294426

AVAILABLE



**Bulyea Heights** \$974,900  
Brookview Estates. 4+2 bedrooms, 3.5 baths Chef Kitchen. Quiet cul de sac.  
ML# E4279760

AVAILABLE



**Twin Brooks** \$899,000  
Backs onto Blackmud Creek ravine. 4+1 bedrooms 3.5 baths. Huge private lot.  
ML# E4281627

AVAILABLE



**Old Glenora** \$878,000  
Luxurious appointed half/duplex 2350 sq.ft finished space. 5 beds 5 baths. Central A/C.  
ML# E4281627

AVAILABLE



**Rural Parkland County** \$698,000  
80 acre farm predominantly on Longhurst Lake. Beautifully renovated bi-level. Must see  
ML# E4297328

AVAILABLE



**Century Park Penthouse** \$599,900  
2 bedroom + den. 2 U/G parking stalls. Large deck with a downtown view!  
ML# E4282852

SMARTER. BOLDER. FASTER.®

Visit SallyMunro.com  
FOR MORE FINE HOMES & ESTATES

