

Issue 93

www.terwillegar.org

Councillor Update

Nov 2022



Election!

City projects.

has been enhanced.

Tim Cartmell Councillor Ward pihêsiwin

It's hard to believe that a year has passed since the Municipal

While campaigning in 2021, I heard two main themes: uncertainty

and concern regarding covid-related policies and restrictions, and

the need to re-focus on core city services with strong emphasis on

financial management. Since the election, we have seen a relaxation of covid restrictions, and a need to properly address the economic

In the last year, those general themes have continued. You have told

me to take better care of our roads and open spaces, to improve the safety and security of our downtown, and to better manage our big

I have made some progress. A new snow clearing operations yard is under construction in Ambleside. Our road network is improving, with additional traffic lights and crosswalks in key locations, traffic calming measures in neighborhoods that have requested them, and ongoing improvements to Terwillegar Drive. On Demand Transit

But there is much more work to do, and City Council has a difficult challenge ahead. We need to refocus on those services that you count on the City to provide. And we need to find a way to provide

The 2023-2026 Budget is the key document that will set the direction

for the City for the next four years. Our highest priorities will be the

and health aftereffects of those restrictions.

things that receive the most financial support. The budget documents can be accessed by visiting edmonton.ca/city_government/budgetand-finances.

I need your input! If you were unable to participate in my town hall, then I invite you to attend my Christmas Open House on December 11th at the Ridge Community League from 1:00 pm - 4:00 pm.

If you have any comments to share ahead of budget deliberation, please feel free to contact my office at tim.cartmell@edmonton.ca or by calling 780-498-8130.

Thank you again for allowing me to represent the residents of Southwest Edmonton!



Terwillegar Drive Photo courtesy timcartmell.ca



those services without big property tax increases.





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Contents & Crossword

39) "No whispering!"

40) Davenport native

44) More cherished

49) Clear wrap brand

53) Stag out-of-body

experience?

61) Little toymaker

playwright

58) "Gloria in excelsis

60) Certain opera voice

63) "Riders to the Sea"

62) Spacek who was Carrie

59) Floating among the clouds

46) Restroom alternative, in a

11

48) Most alluring, in slang

41) Lion relative

hospital

50) Bread units

"metric"

42) Spookily

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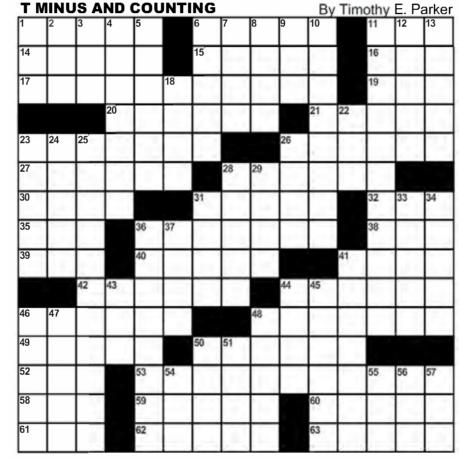
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ACROSS

- 1) Common landscaping plant 38) Maple product
- 6) Cereal holders
- 11) Kept away from prying eyes
- 14) Astrological ram
- 15) "Farewell, mon ami"
- 16) High card
- 17) Declaration from
- Shakespeare's masseuse? 19) -tac-toe
- 20) Baby's foot (var.)
- 21) One not getting an Olympic 52) Prefix with "tone," "bar" or medal
- 23) Heavenly bodies
- 26) Bell tower
- 27) One of four suits 28) "El " (John Wayne
- film)
- 30) Dinner crumbs
- 31) Areas around altars
- 32) Genetic letters
- 35) "And more," in lists
- 36) Mollify



DOWN

- 1) "A likely story!"
- 2) Mined rock
- 3) Title for Walter Raleigh
- 4) Is precariously perched
- 5) Arrange by type
- 6) Thai bills
- 7) Poems of tribute
- 8) Lean, strong and flexible
- 9) Money for a Romanian 10) Rent from a renter
- 11) Positive milliner's motto?
- 12) Less cordial
- 13) Express strong disapproval of
- 18) Pedicurists' targets
- 22) Antiquated
- 23) Pumps and clogs
- 24) Capital of Western Australia
- 25) What the hen topped off her scal model building with?
- 26) Obnoxious child, to a sitter
- 28) Tooth problem
- 29) Arabian Peninsula nation
- 31) Shed tears
- 33) Directory contents
- 34) Detached
- 36) Toothy fishes
- 37) Tender cut of meat
- 41) Park (Prince's house)
- 43) Antipollution org.
- 44) Bird of peace
- 45) Puts forth, as pressure
- 46) Less-played part of a 45 record
- 47) Artist's stand
- 48) Heavily marbled, as meat
- 50) Neighbor of Cambodia
- 51) Show-___ (hotdogs)
- 54) ____ Lilly of pharmaceuticals
- 55) Place to lodge
- 56) Feature of London weather
- 57) Before, poetically

DID YOU KNOW?



January 27th, 2023

What's Next

Next Submission Deadline:

Next Issue: February 13th, 2023

Tribune Contact Information editor@terwillegar.org

Editorial Team: Karin, Casey and Shannen Shott 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.

Contact Us Today!







Najla Metwalli Chair, SWEFM Steering Committee

Do you love our local Farmers' Market? Did you know that it is a not-for-profit organization, run by volunteers from many of the neighbourhoods that make up the Southwest Edmonton area? The volunteers and Steering Committee members are people committed to developing a vibrant gathering place for our community, but we need more help.

SWEFM volunteers are a hard-working bunch, dedicated to the Market's vision of creating a unique, vibrant community-gathering place where local farmers, producers, and artisans provide fresh, locally grown and homemade food and handmade goods for the people of Southwest Edmonton.

Meeting monthly throughout the year, the SWEFM Steering Committee directs and oversees Market operations. They scheme and plot, create and dream, crunch numbers, problem solve and forge connections as they plan for successful markets. They are passionately committed to fostering community relationships, helping their neighbours, friends, and family to create strong ties to the community, and strengthening the local economy.

Does this sound like you? Individuals with board or administration experience, financial know-how and community mindedness would be definite assets to the Steering Committee and the Market. If you are looking for a fun, social opportunity and would like to become involved in this exciting, vital, and successful entity, we would love to hear from you. Please contact us at: swefm.manager@gmail.com.

Attention local artisans, growers, producers, cooks, and farmers: apply now for our 2023 market season (May 17th - Oct. 4th). Visit http://www.swefm.ca/become-a-vendor for more details. Submission deadline for the 2023 master schedule is March 31st, 2023.

Stay up-to-date with Market happenings by visiting http://www. swefm.ca or by following us on social media: Facebook: @SWEFM.ca Instagram: swefm Twitter: @SWEFM_YEG

Thank you for supporting our community's Farmers' Market this past year. Stay warm, stay safe, and we'll see you in a few months.



Photo courtesy SWEFM



The Southwest Edmonton Farmers' Market was very pleased to bring back the Sprouts Program this year, after a 2-year hiatus due to Covid-19. Thanks to the support of TRAC, community members, local business, community leagues, and our families in Southwest Edmonton.

This summer's weather did not slow down our dedicated Sprouts and their families, as they showed up rain or shine, with over 900+ children joining the program. When the children sign up, they receive a reusable 'Sprouts' shopping bag. Each time they come to the market they receive a sprouts token and a recipe card. They can spend the



'sprouts token' at any of the participating vendors to either purchase an item for the recipe or something else of that value.

included many scavenger hunts, a spinning wheel activities, coloring draws, and a unique 'Guess the Fruit or Vegetable' activity at the last market date.

Due to the fabulous support of the organizations & businesses listed below, we can keep our community market up and running and allow Sprouts, our flagship children's nutrition program, to continue & grow. Without the financial banking of these generous sponsors, the Sprouts Program would not be possible. Thank you for helping build a strong community!

\$1,500 (Sprouts Healthy Eating Advocate)

- Innovation Physical Therapy
- Terwillegar Community League
- RBC Magrath

Huge thanks to the Sprout's volunteers, nutritional students from the UofA, Jenna Evanchuk, Megan Lange, and Boshra Mandour for their enthusiasm and support. They worked together to create activities for the children which

\$1,000 (Sprouts Recipe Sponsor)

- Riverbend Community League • The Ridge Community League
- SWAC (Southwest Area Council)
- TD Bank (Riverbend & Windermere)

\$500 (Sprouts Enthusiast)

- Oak Hills Community League
- Terwillegar Community Church
- Terwillegar Towne Home Owners Association

\$250 (Sprouts Supporter)

- Brookview Community League
- Whitemud Hills Home Owners Association

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Life happens too fast to not take the time to slow down. Celebrate this Holiday Season with Family & Friends. Enjoy a hike in Terwillegar Park, X-Country Ski in our beautiful River Valley or Skate at a local outdoor rink, coming home to indulge in your favorite warm beverage! Today's fast paced world moves one's family story quickly from one chapter to the next. Your home may not always keep up. New chapters require new moves.

Find your next Move at MatchMyHome.ca

YOUR STORY IS OUR STORY







Matt Jeneroux MP Edmonton - Riverbend

Dear Residents of Edmonton Riverbend,

As your Member of Parliament, I wanted to keep you updated on what has been happening in Parliament and our community since the end of October and what can be expected as we head into the winter.

As Parliament has settled in, the new session has been eventful to say the least, with a fresh start and a new leadership team. Our new leader Pierre Poilievre has a strong vision for the future of the country that can help Edmonton families keep more money in their pockets. We know that this fall has been a tough one as government spending has led to an unprecedented increase in inflation. This session has also seen the government increase taxes on Canadians making the affordability crisis even harder on many in our community. Recently, the Parliamentary Budget Officer reported the carbon tax "costs 60% of households more than they get back" and yet the Liberals are still going forward with increasing the tax on families. As winter is coming and families are already choosing between food and heating, the current government is planning to increase taxes on gas and home heating, making what is already to be a hard and cold winter even harder.

Before the 2022 Fall Economic Statement was released by the government, we continuously called upon the government to issue no new taxes and cease all planned tax hikes; and to find a dollar of savings for every dollar spent. We are disappointed that the government, supported by the NDP, have chosen the opposite at a time when Canadians can least afford it.

Along with a new leadership team, I'm also pleased to announce

that I have been appointed as the Conservative Shadow Minister for Supply Chains. In taking on this new role, I'm pleased to be working on a portfolio of major concern, especially as Canada continues to face weakened supply chains over a variety of industries. As we saw during the pandemic, the supply chains that support our businesses, industries, and the people employed through them struggled, and we continue to see that struggle to this day. As I take on this new role, I look forward to reaching out to those in our community who have experience in making sure we rebuild our supply lines, and that Canada gets the goods we need.



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

As always, if you need support or have any comments or questions, please contact my office at Matt.Jeneroux.C1@parl.gc.ca. We would be happy to assist you on any federal matters.



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The Gift Of A Cup Of Sugar



Marni Mrazik Director of Community Life at Terwillegar Community Church

The other day I was baking some pumpkin cookies when I reached the part of the recipe that called for a cup of sugar. Going to my pantry I learned that I had none. Now, if you have ever been in the situation where you needed an ingredient to finish what you're making only to find out that you don't have it, you know that dreadful feeling. You know how running out to the local grocery or convenience stores aren't welcome or expedient options, especially when it's cold and snowy outside.

I was grateful for option three which was to check with a neighbour. I sent a quick text asking if I could come grab a cup of sugar and after receiving a swift, "yes, come on over," I threw my jacket and boots on and walked a few steps to the door. I will always choose the option of checking with my neighbours. Of course, it's faster, but it's also more fun as it leads to a few moments of chatting and sharing a little of our lives together, and to me, that's what life is about. It's about sharing our lives with one another in both the big and important as well as the small and mundane moments. For it is in those moments where the gifts of community and friendship are found, not to mention, a cup of sugar.

Now that we are entering December, I imagine that many of us are thinking about gifts as Christmas is fast approaching. I have been trying to create a list of gift ideas from my loved ones of what they'd like for Christmas so I can get my shopping done early (a long time dream of mine that has yet to be realized). I am trying to figure out how to answer that question myself. I am checking my inventory of gift wrap, gift bags and gift tags, but what I am really trying to do is to focus on remembering the gift we received when Christ entered the world. For Christ is the reason I celebrate Christmas. We read in the bible in Matthew 1:23, ""The virgin will conceive and give birth to a son, and they will call him Immanuel"[a]

(which means "God with us"). It's a little overwhelming to think that God would care enough about us that He would join us. Is there a better gift worth celebrating? There are a lot of bible translations available, but I especially like the Message translation of John 1:14 which reads, "The Word became flesh and blood, and moved into the neighborhood. We saw the glory with our own eyes, the oneof-a-kind glory, like Father, like Son, generous inside and out, true from start to finish." Jesus came down to dwell among us, to be our neighbour, to be available, to hear our requests and be present in our lives, to give us a cup of sugar. It is his desire to be in community with us and to give us good gifts. While I can absolutely testify to the gift of good neighbours, even more so I can testify to the awesome gift of Jesus and his presence in my life and that's the gift I celebrate at Christmas.

As you enter this season, what gifts are you celebrating? Who has shared a proverbial cup of sugar with you? With whom are you looking forward to sharing the gift of yourself and your time? As your neighbour, Terwillegar Community Church would be honored to share time with you. Regardless of your beliefs, your traditions or why you celebrate Christmas, or don't, I invite you to the Christmas Eve Service at Terwillegar Community Church. We are having two services on December 24, beginning at 2:00 and 4:00. In addition, on December 15 at 7pm, we are hosting a Blue Christmas event to honor the memory of lost loved ones. Strength is found in community and community is found among friends and neighbours. We are your neighbour and you are always welcome at Terwillegar Community Church, and we would find your presence a gift.



TERWILLEGAR COMMUNITY LEAGUE ANNUAL GENERAL MEETING

JANUARY 9TH, 2023 @ 7:00PM TERWILLEGAR COMMUNITY CHURCH 1751 - TOWNE CENTRE BOULEVARD



Nov 2022

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group: terwillegar community league event page: tclevents

Report From The Legislature



Nov 2022

Rakhi Pancholi MLA Edmonton - Whitemud

It's hard to believe that another Edmonton fall has ended already. The start of the school year was busy for many families, including mine. I was thrilled to be back in schools talking to students and during Read-In Week, I was delighted to read to forty classes! I was inspired by the questions students asked and the opportunity to share with them the importance of using their voices to make change.

I also had the honour of awarding some special people in our community with a Queen's Platinum Jubilee medal for community service and leadership. From quiet philanthropy, to leading major fundraising initiatives, to advocacy on health and social issues, to innovative small business owners, to community league ambassadors – we have many exceptional people in our community. It was a privilege to recognize their achievements.

I have also spent many hours talking to many of you on your doorsteps to hear about the issues that concern you the most. Many of you shared the challenges facing you and your family, including the rising cost of living, the growing crisis in education and healthcare, and the need to diversify our economy and create jobs.

There are no easy fixes to address global inflation and affordability challenges, but now is not the time for Albertans to pay more fees on those things a provincial government can address. To help families with rising costs, my colleagues and I have proposed reinstating caps on electricity and car insurance rates, reindexing personal income taxes and benefits to inflation, continuing the gas tax relief while inflation is high, capping tuition fees and ending fees for seniors' driver medical exams. We continue to consult on other proposals.

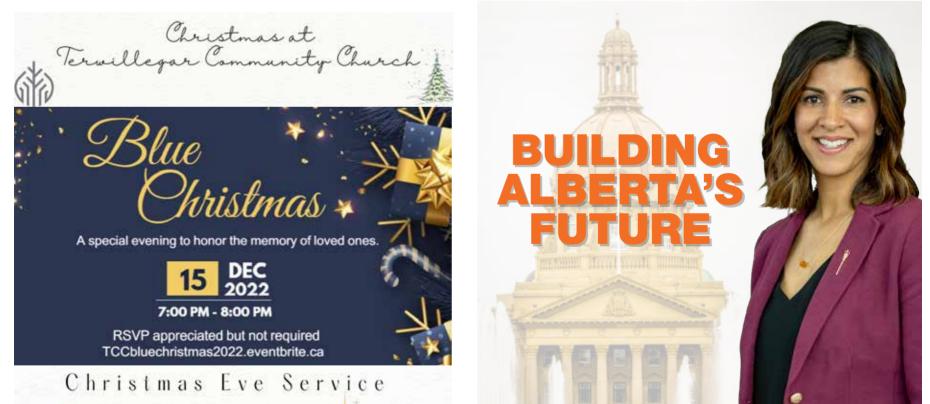
Schools in our community like Riverbend Junior High and Lillian Osborne are bursting at the seams. I am proud we have committed

to building a new school in Edgemont to take the pressure off the schools in our neighbourhoods. With far fewer EAs and 1000 fewer teachers in our education system than 3 years ago, many of our children are facing larger classes with less supports. Education must be funded adequately to keep up with growing student enrollment. And children must learn from a modern, inclusive, age-appropriate curriculum that will prepare them for a diverse and changing world.

Many of you are concerned about our healthcare system. Repairing relationships with frontline health care workers is the top priority, along with bringing stability, rather than chaos, to the system. To ensure patients can access the care they need when they need it, we commit to:

- launching the biggest health care worker recruiting campaign in Alberta's history;
- focusing on how to make the best use of the skills of healthcare workers already trained and in Alberta;
- repealing legislation that allowed the government to unilaterally tear up the provincial agreement with doctors;
- building a new hospital in South Edmonton.

I believe in building a better future for our province that is hopeful, innovative and inclusive. I look forward to more conversations with you to make that future a reality. And from my family to you and yours, I wish you all a warm and joyous holiday season!



December 24th, 2022 2:00pm & 4:00pm

Candlelight Service Christmas Carols Hot Cocoa & Cider

Service live streamed at 2:00pm. Available online anytime afterwards. tcchurch.ca | 1751 Towne Centre Blvd. NW

RAKH PANCHOL MLA for Edmonton - Whitemud

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



One of Edmonton's best-kept secrets is ELLA (Edmonton Lifelong Learners Association). ELLA offers noncredit classes (no exams, no homework, just learning for the sake of learning) for mature adults aged 50+, and has been going strong for more than 20 years. During the pandemic this not for profit group had to pivot to online classes instead of the usual 3 week in-person sessions at the University of Alberta each May. The online classes proved so popular that they have become a mainstay.

"In the spring of 2021 we had more than 550 people register for our online classes, and our surveys during the past 2 years have shown that these sessions consistently receive a 95% positive rating from the participants", says Lynne Mansell, ELLA President. "We are excited to offer another set of online courses starting early January".

ELLA classes are high quality and relevant, covering topics in humanities, science, fine arts and wellness. Many are taught by university professors, and renowned experts in their fields. Examples from the upcoming session include classes on human genetics, physics, yoga with a chair for support, introduction to Greek philosophy, the war in Ukraine, Canada's relationship with China, sketching with ink and watercolour, playing the ukulele, and classical music history.

Long-time ELLA member and volunteer Shirley Zylstra recalls the first time she registered for ELLA classes. "I looked through the courses and picked the ones I wanted to take, but then they were all full. I didn't want to cancel, so I enrolled in classes that I knew nothing about ... and that was the best thing I could ever have done. I loved learning something totally new, and now that's the way I approach each registration. What do I know nothing about? It's a marvelous way to learn!" ELLA might not be top of mind for all Edmontonians, but it has caught the attention of the City of Edmonton and UNESCO. The recent announcement that Edmonton is the first Canadian city to be inducted into the UNESCO Global Network of Learning Cities highlighted the role that ELLA plays in Edmonton's commitment to lifelong learning and "quality learning for all across the community".



Photo courtesy ELLA

TRAC Update

Those looking for a new learning opportunity for a reasonable cost, and from the comfort of home, would do well to check out myella.com. Registration for ELLA classes opens December 5, and to ensure you get your first choice, register early.



TRAC Community Office

For those who aren't sure what TRAC is, it is an acronym for 'The Terwillegar Riverbend Advisory Council' which is the area council in the southwest. Included are the 8 community leagues in the area, which are Brookview, Hodgson, Oak Hills, Ogilvie Ridge, The Ridge, Riverbend, Terwillegar & Greater Windermere. Community leagues appoint an ambassador from each neighbourhood within their boundaries which then represent a voice for that neighborhood and league at the TRAC table. Anyone is welcome to become a member of our association and we have a number of vacancies on the board. We also have numerous other volunteer opportunities which we would love your help with, such as the Southwest Farmers' Market or just helping with a community event (annual walk/run,

Community league memberships are available at the TRAC Community Office, which is located inside the Terwillegar Community Recreation Centre. Please contact the office at yegTRAC@gmail.com if you have any questions. Acceptable methods of payment are cash, cheque (payable to TRAC), e-transfer or debit. Skate tags are also available for pick-up. The current office hours are: Tuesdays 9 am -12 noon; Thursdays & Fridays 4-7 pm; and Saturdays 10 am -4 pm.

ski nights). If you have any interest in becoming a board member or a volunteer please reach out to the TRAC Community Office at yegTRAC@gmail.com for more information.

We hosted a WEM Waterpark fundraiser event for the community leagues in the southwest on Sunday, November 27th. Those in attendance enjoyed exclusive access from 9 - 11 am and were given the opportunity to stay all day. Thanks to everyone who supported this great event!

We will be hosting two ski nights at Snow Valley on Saturday, December 17th and February 11, both nights will be from 6-9pm. The price will be \$30 for all ages and includes rentals and a ski lesson. Attendance is open to anyone from SW Edmonton and you will get to enjoy an evening of exclusive access (only 200 tickets are available) to the ski hill. Please check www.yegtrac.ca for more details.



www.terwillegar.org



13 Things You Didn't Know You Could Do With A Library Card



Kendall Walters

Close your eyes and imagine a library. What do you see? Books, probably. Lots and lots and lots of books. Rows upon rows, shelf after shelf. And it's true, libraries do have books. But we also have a lot more to offer than that.

From programs to digital resources, libraries today are a wonderful blend of community centre, learning institution, hangout and repository of knowledge.

Which is all to say, you can do a lot more with your Edmonton Public Library card than ever before—and it's all completely, 100 per cent FREE.

So what are you waiting for? If you don't already have an EPL card, sign up now, opens a new window—it takes less than five minutes!

1. Stream Movies and TV Shows



2. Learn a New Language

3. Play Video Games

4. Read the Edmonton Journal (and Tons of Other Newspapers and Magazines)

- 5. Find Your New Favourite Recipe
- 6. Brush Up on Your Skills
- 7. Listen to Audiobooks on the Go
- 8. Get Reading Recommendations



9. Discover a New Passion

10. Explore Music from Around the World

11. Dive into Comics and Graphic Novels Online



13. Geek Out and Get Creative in the Makerspace

Whatever you like to do, EPL's here to help you follow your passion. You can always come into our branches and talk to our staff—we love to chat about books (and other resources), share recommendations and help in any way we can!

Get your FREE library card and get started today!

Smith Crossing Pedestrian Bridge Replacement Work Begins! www.North Saskatchewan River Valley Conservation Society



The Smith Crossing pedestrian bridge, located along 23 Avenue, provides access to the MacTaggart and Larch Sanctuaries in Edmonton's river valley system. The existing bridge was built in the early 1900s and has reached the end of its service life. The City of Edmonton is replacing the bridge, with construction anticipated to begin this month. The new bridge is expected to open in fall 2023.

The work zone will be closed to the public during construction, including the parking lot on the south side of 23 Avenue.Walking trails outside the construction zone will remain open. Access restrictions will be in place during construction.



Pamela Fong Community Librarian, Riverbend Branch





EPL is excited to see all the new and familiar friendly faces in our space! The Riverbend branch is offering in person as well as online classes and events, so feel free to check it out on www.epl.ca.

In person offerings include:

• Senior's Drop-in on Tuesdays from 10:30-11:30 AM

Hang out, meet other seniors, and join in some fun activities like playing cards, watching a film, listening to a guest speaker, or learning about resources in the Library or in your community.

• Teen Book Club, first Wednesday of every month from 6:30-7:30 PM

Next book club on December 7: Get together with other book lovers to discuss your favourite reads. We will pick a new book each

month! For December, we will be reading I Am Still Alive by Kate Alice Marshall.

• Lego at the Library on Thursdays from 4:15-5:15 PM

Calling all Lego lovers aged 6-12! Come to the library to design and build a Lego creation. Share your building tips and tricks with others.

• Discovery Club on Saturdays from 4:00-5:00 PM

Full STEAM ahead! Explore all things Science, Technology, Engineering, Art and Math in this club for young scientists and makers aged 6-8.

New offerings of an additional afternoon book club and a preschool class in early 2023. Stay tuned!

School Trustee Update



Ward F Trustee Julie Kusiek

Results Review & Accountability in Public Education

The Board of Trustees is elected to represent the public and is responsible and accountable to the public and to the provincial government for the expenditure of the Division's annual budget. This is one reason why I believe public education, governed by Trustees locally elected by eligible voters, is so important - it's democracy and it's accountability in action. In this newsletter article, I'd like to share with you a bit about the Results Review that takes place each November and how that helps to support the accountability process in public education.

In collaboration with staff, students, parents and the general public, the Board established the Division's Strategic Plan. A Division plan (called the Four-Year Education Plan) was then developed to align with, and support these priorities. This plan was presented to Trustees by the Superintendent and is approved by the Board before being submitted to the government of Alberta.

As part of the accountability process, Trustees host Results Review sessions. Principals, the Assistant Superintendents, staff, students, parents and community members also attend. Trustees have the opportunity to review schools' 2021-2022 results, and to learn about plans for the current school year (2022-2023). These sessions often include a review of data from each school or central unit, and a discussion that helps tell the story behind those numbers.

The information provides a better picture of what is happening at individual schools and gives Trustees a clearer division-wide



9 3489 Allan Drive SW



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perspective. Through these conversations, schools have an opportunity to share success stories, areas for improvement, and goals for the current year. Trustees have an opportunity to get to know their school communities better and ensure accountability of public education taking place in our schools.

Publicly funded education delivered by a democratically elected public school board is an investment in our communities, in our children and in our collective future. I am so thankful for the work that principals and division staff do every day, and for the Results Review process that makes space for these important conversations.

Results Review will just be finishing up as this community newsletter is released, but if you are interested in attending a Results Review session for your school in a future year, please contact your principal.

TERWILLEGAR COMMUNITY LEAGUE'S

2022 HOLIDAY

The best lights in the neighbourhood will receive a prize. Watch Facebook For details. send nominations to: <u>tclpresident@terwillegar.org</u>.

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Nov 2022

The Perfect Gift



Colleen Crozier SWESA Member

'Tis the season! As we prepare for our holiday celebrations this time each year, gifting looms large. We spend quite a lot of thought, time and money on finding, acquiring, wrapping and presenting just the right thing for each person on our list. But what qualifies a gift as "perfect", especially for seniors?

It doesn't need to be dusted. Who has time for that? We seniors are busy.

It doesn't take up much space. We seniors are trying to downsize, after all.

It shouldn't be expensive. Well...we do like extravagant gifts sometimes, but better that it be heartfelt.

It should last a year. If a gift has some longevity, it will be appreciated over and over again.

It should not be harmful to our physical health. That box of chocolates is surely lovely and very tasty, but will the diabetics, lactose-intolerant gall-bladderless folks, or those allergic to nuts appreciate it? And besides, will it last a year?

It should be good for our mental health. Not stress-free, mind you, but something that encourages us to socialize, to learn, to help others. We seniors used to get that at the workplace, but now we're retired. We don't do well in isolation.

It needs to be easy to get. No chasing around to a dozen stores. Who has the time or energy for that?

It needs to be flexible. We seniors don't like all the same things. The perfect gift would allow us to customize it.

If this list seems to make the perfect gift impossible to find, let us tell you about the one South West Edmonton Seniors Association offers: a SWESA membership. Surprised? Why not go back over the





SWESA - a "weighty" organization



list, and you'll see that a membership really is the perfect gift?

The annual membership fee is \$30.00, has been since 2013. No, that is not a typo. Becoming a member opens the door to affordable, interesting, and enriching activities. Some take the form of classes, with qualified instructors, such as fitness, choir and art. Some are short sessions on a wide

variety of topics, like the FYI Talks. Some are purely social, like the free Café SWESA, or budget-friendly card and board games. Some feature a "meeting of the minds", where seniors meet regularly around a common interest, such as the book club, the art group, and the knitting and sewing group. Or how about the monthly luncheons, featuring a catered meal, some entertainment, and the joy of socializing?

Come to think of it, if a SWESA membership is the perfect gift, the program fee for any of the above activities would be an even more perfect one!

To purchase "the perfect gift" for your beloved seniors, you are invited to contact our office.

By the way, SWESA itself appreciates gifts to the organization. Your donations support our programs, helping us keep our fees affordable and our offerings many and varied.

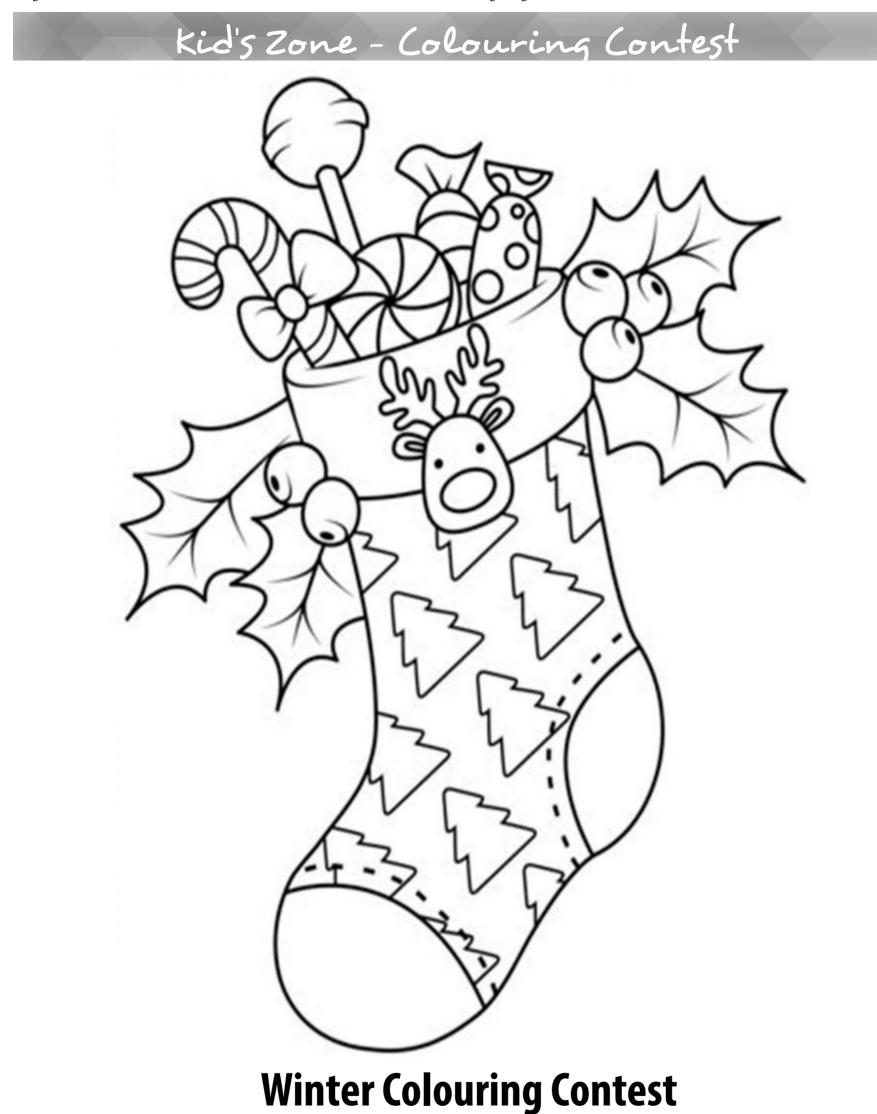
We wish you all the very best for this festive season and for the year to come.

SWESA Office Blue Quill Community Centre 11304-25 Ave. NW 587-987-3200 www.swesa.ca



Day of Truth and Reconciliation walk, viewing Indigenous art at the Tawatinâ bridge.

What do witches eat at luncheons, Dearie? All Photos Courtesy of SWESA



| Name: | - |
|----------|---|
| Age: | |
| Address: | |
| | I |
| Phone: | |
| Email: | |
| | |

All entries must be received by January 15th. 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



What does a gingerbread man put on his bed?

A cookie sheet!

Across

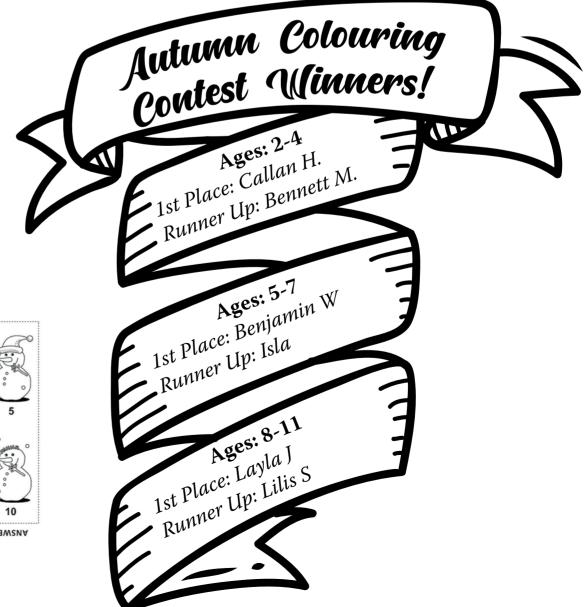
- is very slippery and dangerous when on the sidewalk or street. 2.
- 3. This fluffy white stuff falls from the sky.
- 4. This unpleasant stuff is a cross between snow and rain.
- 5. Wear these on your ears to keep them warm.

Down

- 1. This big vehicle clears the snow from the streets.
- 2. These long stems of ice can form on the edges of a roof.
- Wrap this around your neck to feel cozy when it's cold outside.



What falls in the winter but never gets hurt?



Find the two identical pictures.

ANSWER: 4, 6.



Adopting An 'Attitude Of Gratitude'



Elizabeth Cayen Certified Holistic Nutritional Consultant

You may feel like the world is in a bit of chaos. A pandemic, climate change, wars, and economic uncertainties can leave us feeling stressed and struggling to figure out how to cope when it feels overwhelming. As humans, we all face suffering and struggle at times, but - even in the midst of that - joy and calm can still exist. And one way of getting there is by adopting a gratitude practice.

A gratitude practice helps us stay present and focusing on all that is good rather than all that is bad (and I know, there can be plenty of that). Approaching a gratitude practice as a moment of lightness in your day will, through regular habit, help you deal with all the messy stuff around you in a more grounded and calm way. It opens up space for hope. Here are some easy ways to start making your attitude be one of gratitude.

1. Write it out – probably the most well known form of gratitude practice, writing out what you're grateful for is an excellent way to start. You could write down 3 things a day in a journal or create a gratitude jar; placing one slip of paper for each thing you're grateful for that day into the jar. When your mood needs a boost, looking back at all your written words of gratitude reminds you that there is always some good stuff.

2. Share it - with your partner, family, or friend, set up a regular check-in (daily is great, but you can store things for a week). Share what good things happened to you that day. These don't have to be monumental, they can be as simple as someone holding the door open for you or getting a smile from a stranger. Being accountable to come up with something to bring to the sharing space trains your brain to actively look for things to be grateful for and shows you how much of it there actually is.

3. Remember the why – by incorporating the reasons why you're grateful for a particular thing/event/person, you reinforce all those good feelings you have surrounding that thing/event/person. For example: A stranger smiled at me today, and I'm grateful because I cherish those small moments of human connection. Or, I am grateful for my partner because they make the best pancakes I've ever eaten and never forget to put the maple syrup on the table.

Life can be full of challenges. We're hardwired to look for danger in our environment so we can avoid it and keep ourselves safe, and at times it can seem like 'danger' is all there is, keeping us feeling stressed. By actively looking for things to be grateful for, we're reminded of how much is beautiful and good in the world. This helps us bring more of that into our lives.

Adopting an attitude of gratitude is not only good for your mood, it's good for your health too. Tapping into feelings of gratitude goes a long way towards lowering stress, which creates inflammation in the body. This stress can weaken our immune systems, cause us to have poor sleep, and make poor nutritional choices.

And to you, readers and fellow humans: I'm so grateful to you for taking time to read my words. I'm grateful I have the ability to write so I can share them with you. I'm grateful the Terwillegar Tribune publishes my articles. Adopt an attitude of gratitude, and take time today to look around to see all you can be grateful for!







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 Update





Kathleen Mountford TCL President

It is getting colder in the community, and I want to wish everyone an early Happy Holidays!

Since the last paper was published, we had our Casino Fundraiser. A big THANK YOU to all the volunteers who came out to participate. This is our biggest fundraiser that happens every two years and it makes a big difference towards what we can do for the community long term.

Our I'm Too Big for It Sale happened in September as well. Thanks to all the shoppers who came out to support the tables at the event. This is a smaller fundraiser for us, but it does help us to raise funds for other programs. It is also a good opportunity to sell some of your old items or pick up some good deals. We have our next I'm Too Big for It Sale happening in the spring.

Our Halloween Fireworks were a hit as usual! We had lots of people come out to enjoy the event. We also ran our Halloween Decorating contest and found some pretty unique houses! Thanks to everyone who decorated for Halloween it is always extra fun to walk around the neighbourhood with all the houses decorated.



780 HoneyDo

(780 466-3936)

The Community League Holiday Craft sale is coming up on December 3rd. Admission is free to this event. We will have a raffle running where we sell tickets for \$5 each. The money from the raffle goes to support the community. The sale will feature many local vendors, including some young vendors who make their own items such as knitted items and bracelets. Check out the market fact sheet in this paper for a full list of the vendors who will be at the sale!

Our Holiday Extravaganza event will take place on December 17th. Expect cookie decorating, indoor snowball fight, crafts, draws, live colouring contest and a scavenger hunt. We do need some additional volunteers for this event so please email tclpresident@terwillegar. org if you are interested.

We will be doing our Holiday Lights contest again. I know with the cold it isn't always fun to decorate for the Holidays but it makes a difference to Light Up the Community!

The Terwillegar Riverbend Advisory Council secured a partnership with Snow Valley for a ski nights in December and February. We also plan to acquire tickets to Zoominescence if you want updates on these items please follow @tclevents page on Facebook or visit our website at terwillegar.org.

On January 9th we will be hosting our Annual General Meeting for the Community League. We ask that if you wish to come forward as a board member that you contact tclpresident@terwillegar.org. Our website has our current vacant roles. There are changes coming to the Board as I have reached my 4 year term-limit as Community League President. It has certainly been an adventure as President and I plan to remain on the board in another role.

We hope everyone has a great Holiday Season. Stay warm everyone!









Dimm

Check out our fees at:

www.MyHoneyDoList.ca

www.terwillegar.org

Twenty-Five And Counting



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Grant Bawolin

It was a solemn drive. Returned deposit in hand. Decision no longer in doubt. The short commute would allow our seething anger to subside.

Someone we trusted lied. They deliberately mislead us for their personal gain. Assurances were made that the 'no pets' clause I found hidden in the complex's convoluted residents' association bylaws was negotiable. It was not.

Get rid of our puppies?

Inconceivable!

For her, our trust, was forever gone. For us, thankfully, a second chance. We had initially chosen poorly, but were now the wiser. We just missed being part of the first wave, but happily, we were preapproved mortgage members of the converted second.

We quickly drove to the showhome where it all began. Picked a lot. Chose our home. Slapped down the deposit. The rest is history. That was twenty-five years ago. Upon reflection, I have but one regret.

With complementary hotdog in hand, standing on the granny suite's driveway, we scanned south. Nothing but dirt. No houses. No Terwillegar Drive. No Anthony Henday. Not even a Walmart, yet. Just a sea of farmland and a developer's marketing vision dancing in my head.

Back alleys. Rear detached garages. Verandas. Parks. Storm water management facilities AKA lakes (not really). Playgrounds. Walkways. Canopied tree-lined streets. Even the promise of soonto-be-built schools. It was a community specifically designed for young families, and not for the vehicles they drove. This was for us.

HOLIDAY SPECTACULAR

DECEMBER 17TH, 1:00PM TO 4:00PM

COOKIE DECORATING, FREE SANTA PHOTOS, CRAFTS



Terwillegar Towne was a unique neighbourhood concept for Edmonton. Coincidentally, the man, its namesake, was my father-inlaw's first family physician. The retro urban design was influenced by a popular Disney-backed community in Florida called, Celebrations. Although Calgary's Mackenzie Towne was larger and began sooner, Terwillegar Towne always felt more intimate. Incidentally, Terwillegar Gardens was originally planned to follow the same neo-traditional architectural format, until that developer had an ROI change of heart. Regardless, there was no denying it – Carma Developers created something special.

Like neighbourhoods of old, back lanes and rear garages returned, ensuring more backyard privacy. Homes would then be pushed forward on the lot. Smaller front and side yards fostered narrower homes with functioning front verandas. This meant that the greetings from those relaxing on the front porch, were an inside voice away from their neighbours walking by.

This radical design was an about-face to the multitude of faceless communities peppered with homes hidden behind front attached garages. The redesign physically brought people closer together. It encouraged neighbours to talk to one another again, instead of them disappearing behind giant overhead doors.

Halloween in Terwillegar Towne is proof of concept.

Homes are decorated, some even weeks in advance, with residents spending hundreds, if not thousands, on candies, elaborate decorations, and attire. Each year has been entertaining, but this year was special.

Our home saw over five hundred (we later lost count) ghouls and goblins trick us into treating them. For almost three hours, it was an endless wave of costumed humanity begging for candy. From above, the streets must have looked like streams of masquerading leaf cutter ants carrying bags and pillow cases.

Later, thousands made their way to Tomlinson Park to witness a visceral, community-sponsored fireworks display that rivals New Year's Eve. It is time-honoured, eardrum-splitting, chest-pounding, visually-overstimulating fun. And after the show, the community erupted with cheers, applause, and wolf-whistles of appreciation. Each year, we are fortunate to be able to watch all of this from our front veranda. Not as a kid, and no where in Edmonton, have I heard of numbers and enthusiasm like we experience here each year.

This neo-traditional design formula has been copied and modified by almost every new residential community since.

In the nineties, it was a novel master plan for a community, with price points, small, medium, and large. More recently, neo-traditional homes are associated as cost-effective, entry points to building a new home in a burgeoning community. They still have style and purpose, but it's just not the same. However, the architectural legacy in undeniable.



TERWILLEGAR COMMUNITY CHURCH - 1751 TOWNE CENTRE BLVD



Arguably, there are a few flaws. The most noticeable was the narrowing of connector street road widths, and the limitations placed on them during the winter months. A design suggestion was probably made, a compromise granted, to squeeze more bums in the seats, or more profitably speaking, more homes per acre.

Unfortunately, after a moderate snow fall, and the resulting wind row created from snow clearing, it is impossible when vehicles are parked on both sides of the road, to have enough space for two approaching vehicles to pass by one another. There is barely enough room for one fire truck. Fortunately, this is just a thorn of inconvenience and has never resulted in tragedy.

Continued on next page

For the most part, Carma Developers got this darn thing right.

Sure, there exists a voice that believes a front attached garage house is a better home. When the snow blows in the middle of January, it's hard to deny the benefits. Due to land use design challenges, we even have a few here. However, aesthetically speaking, the supporters of the old-timey style would still disagree. But what makes a better home will remain up for debate.

Over the years, something materialized that I did not anticipate. I've known and befriended hundreds of people that moved to Terwillegar Towne, and started and raised their family. Sadly, many later moved away. Dozens. That's a lot of goodbyes.

The first few departures were difficult, but I soon realized that it's just part of life. Opportunities arise. Circumstances change. People move. To paraphrase a song, many neighbours eventually became people that I used to know. Unlike previous generations, few today live for decades in the same home or community. But some of us still do.

Reflecting on twenty-five years in Terwillegar Towne, I've seen a lot of things and met a lot of interesting people. I've had the pleasure of living, working, and playing here for a long time. I've initiated,

facilitated, and observed a lot of change.

Albeit not how it was originally planned, the widening of Terwillegar Drive is a long overdue but welcomed improvement. So was the landscaping of the gravel pit where many hike and toboggan today. The schools. The recreation centre. The old Mac's, now Circle K, and the rest of the local businesses, are all wonderful additions to what was once just a field of dreams.

We have built two homes here, raised two sets of puppies, and our retirement funds are currently being depleted by two fastgrowing kids. Kids are expensive. In addition, I realized that over time, families accumulate a lot of stuff. We create a lot of clutter. Especially, the men.

Golf clubs. Bicycles. Scooters. Skates. Skateboards. Scooters. Skis. Canoes. Kayaks. Ladders. Hunting gear. Fishing gear. Sports equipment. Camping equipment. Gardening tools. Woodworking tools. Halloween decorations. Christmas decorations. So many decorations. And of course, my current favourites, motorcycles and

So, after twenty-five wonderfully, memorable years, I've got but one, sole regret. I should have built a bigger garage.

Snow Keepers Program

A snow removal program hosted by the University of Alberta campus Unicef club

Campus Unicef is a student-run club hosted by the University of Alberta. We organize events and fundraisers in accordance with the views and goals of Unicef Canada. We strive to make a positive change in our community!

Snow Keepers is our club fundraiser for Unicef Canada while helping others! Many seniors find it difficult to shovel during winter, so Campus Unicef has gathered some volunteers to tackle this problem! Since we are a volunteerdriven nonprofit organization, there is no contract or waiver needed to be signed between volunteer and senior client. This makes it even easier to get started!

How It Works

WIN - WIN: Seniors get to enjoy our service (free, donation-based) - and we get to fundraise for Unicef Canada!

Getting Started: 1.Contact us with an interested senior.

2. We will pair every senior with a volunteer who



Questions or interested?

snowkeepers.ualberta@gmail.com

OR

call one of our executives, Sania: 780-995-4575

Learn more about our club:



https://caunicef.org/

Things to Note

 We would greatly appreciate it if the senior client could provide a monetary donation to our club,

caunicef@ualberta.ca, each time snow is shovelled. This helps us meet our fundraising goal for Unicef Canada, and

lives within the same area code. 3. Whenever the senior client needs their driveway cleared, they'll call their assigned volunteer and set up a time & date.





caunicef_ualberta

Unicef on Campus -University of Alberta

make a difference!

 This is a flexible program and can be long or shortterm depending on the senior clients desires.

Holiday Cra Sale Vendors

The Terwillegar Community League is very excited for its Holiday Craft Sale on December 3rd at the Terwillegar Community Church. Be sure to check out the sale as we were still accepting registrations on the paper print date!

Art Vendors

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Janet Sutanto Fine Art



Janet is a contemporary impressionist painter and mother from Edmonton, Alberta. Janet's paintings are often described as joyful, vibrant, exciting, and peaceful. With her unique impressionist style, Janet uses acrylic to build each painting up with many layers and textures with light, bright and happy colors.

Amy Leenheer Art

Amy Leenheer is a self-taught abstract artist whose works are known for being bright, cheerful, and full of colour. She offers original acrylic paintings, fine art prints, and merchandise that features her artwork.



Cre8tive.one



Connie's artwork is inspired by

the ocean. She creates paintings, lamps, tables, and pillows. She uses sand, shells, Seaglass and resin in many of her pieces of art.

Oilthread Creative

Alyssa creates mixed media wall art combining oil painting with embroidery techniques.



• T1annArt

Tianna creates watercolor originals and prints with Oilers/Sports, nature, animals, fall and Christmas themes.

• The Valley.Co

Megan makes homemade sticker art with Christmas tags, water bottle stickers, cupcake toppers and more!

Wildly Imagined Arts

Connor is a young wildlife photographer and artist. Expect Wildlife calendars and cards at the sale!

Knitting & Sewing Vendors

• Life with Littles Co

Life with Littles Co is a local small business ran by a couple of sisters and their mom. You can find anything from handmade baby bows/ accessories to carefully curated baby and mama products.



Sylsewsweet

Sylvia creates has hand sewn craft items such as bags, arena tush cushions, quilts and quilt pillows. She also makes specialty items.



One-Knit Wonder

One_knit Wonder makes knitted infinity scarves, toques and headbands.

Holiday Specific Items

• MEAG Fil-Treasure Co.

Kathleen's Creation and Designs (KCD) is the premier destination for a unique experience of natural elegance. Its products are all handcrafted using natural, environmentally friendly and sustainable materials. Items include Handcrafted Christmas Ornaments & Decor, Bamboo Tumblers, Handcrafted Purses and Ladies Accessories.

• Junk To Love

Junk to Love has lots of items to explore. Including woodland Christmas centerpieces created on a base of barn board or driftwood. Unique gingerbread house centerpieces, hand crafted, made from our family's authentic German gingerbread recipe. Creative gift tags for wine bottles and cute Christmas Sock Gnomes.

Canvas Artistry

Art has always been a big part of Manshi's life. She is a self-taught

resin artist and take great joy in making coasters, bookmarks, keychains, abstract art on canvas and many more things which can be decorated in home, office, kids room and even perfect for gifting. Everything is handmade and handpainted with love, and she also takes custom orders.



HOLIDAY CRAFT SALE

HOSTED BY TERWILLEGAR COMMUNITY LEAGUE TERWILLEGAR COMMUNITY CHURCH

FREE ADMISSION FOR SHOPPERS



• TigBitty Goodies



TigBitty Goodies is a business that focuses on unique products. Daring to be different everyday this vendor has bowties (for humans & pets), keychains, magnets, Cross Stich items and tote bags.

Crafty Chicken

Crafty Chicken is a business by Sherry and Heather. They specialize in knitting, crochet, weaving. They have cute little knitted animals, jewelry and much more.

Kinder Kreations

Kinder Kreations specializes in hand crafted jewellery, knitted toys and clothing, hand made cards. It is a kid's generated business with adult participation and involvement.



Jewelry Vendors

Rosalie Creative

Rosalie Creative was started by a young entrepreneur with a love for making things. Specializing in handmade colorful glass and wooden bead bracelets that are perfect for stacking!



• SolSparks Art & Jewelry

SolSparks Art & Jewelry makes wire wrapped jewelry, Viking knit jewelry and stained-glass art prints.

• Nature Jewelry

Sonia makes handmade Eco-Friendly Jewelry made with recycled material, such as tree seeds, taguá nuts and vendo bracelet. She also makes crocheted dishcloths.

Household Items

Shantz Woodworking

Shantz Woodworking is a home based woodworking company and has been growing over the past 5 years.

• Lizzie Anne Creates

Lizzie makes hand painted and decoupaged gifts/ decor using thrifted items such as old mason jars, teacups; plus wooden bookmarks, ornaments and magnets.



• Just 4 U designs

Lori specializes in resin products and tumblers, charcuterie boards, Santa boards fabric items and wood products.

• Dapper Crafts

Dapper Crafts makes clay jewelry bowls, clay earrings, macrame wall art, and seasonal decor including wreaths.

Reeree Ceramics

Reeree Ceramics makes ceramic cups, mugs, planters, vases and lamps.

Craft Cave Design

Craft Cave Designs specializes in a variety of items using sublimation and vinyl.



Products to expect include shirts, glassware, socks, home decor, signs, kitchen items and keychains.

• YEG New Lease on Life / Second Time Soy

YEG New Lease on Life is a local business providing professional home organization and soy candles.

• Wildwood Home Décor

Karen has a small wood shop in Edmonton and make seasonal country/ farmhouse decor such as porch signs, wall signs, snowmen, trees, snowflakes and polar bears made out of wood.

Cara's Custom Designs

Cara's Custom Designs specializes in laser cut and engraved gifts and home decor items including custom designs. Expect gifts, home

•Flowersbymila



Mila has fresh flowers, dry flowers and wreaths. About 8 years ago, Mila started making flower arrangements as a hobby and creative outlet, inspired by the gorgeous seasonal colours and joy they brought to friends and family. Her flower arrangements are created with passion and great

attention to detail. She strives to capture her clients' needs by adding a personal touch to every arrangement made.

Vintage Vignettes

Twyla works with fresh flowers from her garden, pressed in a unique manner in vintage frames to share a piece of her garden with others all year round!

Kids & Other Products

• PBnJ Crafts

PBnJ Crafts makes melty bead creations including special items such as Disney inspired creations.

Hummingbird Kids Co

Hummingbird Kids Co is a small business designed to promote children's development through play. They create sensory kits/play dough kits, and hand painted educational wood toys for kiddos ages three and older.

Direct Marketing Businesses

• Thirty-One Gifts by Josey

Thirty-One Gifts specializes in bags, bins, totes, and thermals to meet your organizational needs.

Amway Representative



Mihir and Bhavna give complementary

consultations to help with areas such as eczema, digestions sore joints and water quality. They provide healthcare, skincare, homecare, and water purification system solutions.

• Sandy Schaloske, Epicure Independent Consultant

Sandy is an Epicure consulant. She can help with simple, and affordable meal solutions.

• A Little Chalk on the Table with Connie

Connie is a designer for Chalk Couture. This company is a DIY home decor company that creates silkscreen transfers used with chalk paste and permanent ink that crafters can use on a variety of products

Norwex Enviro Products with Tammy

Norwex products are environmentally friendly cleaning and personal care products. Products include micro fiber cloths, towels, and speciality cleaning supplies.



SweetLegs Edmonton with Jenn

SweetLegs creates awesome leggings for everyone. SweetLegs leggings and SweetLegs products including clothing and scrunchies will be available.

Bath & Body Products

Darcikin Organics



Home accent, candles soap bath and body. Their natural Soaps are made with plant base Oils and Butters (Shea Butter, Avocado Oil, Coconut Oil, Castor Oil and Olive Oil). This Moringa & Green Clay Bar is scented with essential oils.

Plant Products

• Heavenly Air Plants by Kerry / Calming with Blake Heavenly Air Plants makes containers with Air Plants, succulent, Cactus, Dream Catchers and Calming Bottles.

• Braedin Independent Scentsy Consultant Sensy products include wax melts, warmers, diffusers, bath products, cleaning, laundry products car, pet products, deodorizers, essential oils and kids stuffies.



• Mariette Meier - Independent Sales Director, Mary Kay Cosmetics



Mariette will be at the market as an independent beauty advisor for Mary Kay Cosmetics. Which is a global leader in skin care and colour cosmetics for over 60 years. She will have some great options for you!

Halloween Pictures

Great work to everyone for their dedicated and spooky displays this October!











Halloween Pictures









Nov 2022

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



24 Books

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.



Kathleen Mountford

The holiday season is upon us and why not have some fun with your kids and add some motivation to read a book each night? Last year I wrapped up 24 children's Christmas books that I had around the house and then had my kids open one per day until Christmas day. It was lots of fun! Each day the kids liked getting to open a "new" book and then we read it together. Don't have 24 Christmas books around the house? Many second-hand stores and some Dollar Stores have

cheaper books available for low prices. Or just wrap up what books you have around the house and I am sure the kids will still enjoy it.

Hopefully this will add a little fun leading up to the Holidays!

edmonton.ca

Edmonton





Edmonton Public Library is Fine Free!



| T MINUS AND COUNTING By Timothy E. Parke | | | | | | | | | | | arkei | | | |
|--|------------------------|----------------|-----------------------|-----------------------|-------------|-----------------------|----------------|----|------------------------|------------------------|------------------------|------------------------|----|------------------------|
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You can help to maximize the City's black knot pruning efforts by ensuring trees on private property are pruned for black knot between late fall to early spring.

Black Knot





Black knot (Apiosporina morbosa) is a fungal disease that causes greenish brown to black swellings in the stems of plum and cherry trees (Prunus spp.). Black knot deforms branches and reduces the growth of trees. Heavily infected trees often become stunted and may eventually die from the disease. The disease spreads during periods of warm, wet weather with the spores dispersed by splashing water, wind, birds, and insects.

Trees located on boulevards and in maintained parks susceptible to black knot are pruned by City arborists on a four-year pruning cycle. This allows for an annual focus on a specific quadrant of the city. This winter, the southwest quadrant will be the focus for black knot pruning on City trees.



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 TRAC)

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 KNOWS

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.



Terwillegar

Board Contacts

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