

Deadline for next issue: March 24th

Delivery: Week of April 10th

Terwillegar COMMUNITY LEAGUE Tribune

Issue 94

www.terwillegar.org

Feb 2023



Kathleen Mountford
TCL Vice President

Community Update



Happy New Year to all Terwillegar residents! We hope that everyone had a great holiday season and first month of the year. The Community League was busy driving around looking at the best holiday lights in the community in December. Thanks to everyone that decorated their homes, it was nice to see the streets a bit brighter for evening walks or drives around the neighbourhood.

December was a busy month for us with our annual Holiday Craft sale and Holiday event with Santa. Thanks to everyone who came out to our sale both vendors and customers! You made our sale a great success and we enjoyed hosting it again. We also had many vendors donate items to our holiday raffle. Their names are recognized in this paper and you can find many of them on Instagram or Etsy. Santa was a hit at the Holiday event this year along with all the treats and crafts. We had lots of good feedback for our stations at this event so we will bring it back again next year with more to offer!

We had our annual general meeting at the beginning of January and welcomed some new board members. Monte is in as President with me to support as Vice President. We still have vacancies to fill so feel free to reach out to vicepresident@terwillegar.org if you are interested in volunteering.

We anticipate that 2023 will be another busy year for the Community League. Family Day is our first large event of the year. The event will include pizza and a movie at the Terwillegar Community Church. Panago Riverbend is giving the Community League a discount on the pizza so a big thank you to them! The event will be free, and we can't wait to see you there!

The Community League will be hosting another I'm Too Big for It Sale on April 14th. Watch our website to see when registration goes up for this event. Tables are available for \$40 + deposit and admission to customers is free so come out and get some good deals on some new kids items!

We hope everyone has a great start to the year!

TERWILLEGAR COMMUNITY LEAGUE IS HOSTING ANOTHER

FAMILY DAY

FEBRUARY 20, 2023

FREE PIZZA + MOVIE

TERWILLEGAR COMMUNITY CHURCH @5PM

PANAGO



DARLENE REID
TOP 5% MLS® SALES 2011-PRESENT



Your local Terwillegar Real Estate Expert!

CASHBACK TO BUYERS* • FLAT RATE LISTINGS • \$250 REFERRALS



780.266.1300



*SEE WEBSITE FOR DETAILS

morealty.ca

Contents & Crossword

Whats Inside

- 3 SWEFM**
- 4 Councillor Update**
Tim Cartmell
- 5 MP Update**
Matt Jeneroux
- 6 Terwillegar Community Church**
Marni Mrazik
- 7 MLA Update**
Rakhi Pancholi
- 8 Assessment Of The Real Estate Market**
Darlene Reid
- 9 EPL**
- 10 School Trustee Update (Ward F)**
Julie Kusiek
- 11 SWESA**
Colleen Crozier
- 12 Kid Zone**
Editors
- 14 Snooze Your Way To Better Health**
Elizabeth Cayen
- 15 Holiday Craft Sale**
- 16 Director Of Fundraising**
Justin Matthews
- 17 TRAC Update**
- 18 Holiday Photos**
- 22 Crossword Solution**
Editors
- 23 Community Contact Information**

ACROSS

- 1) Lara Croft target
- 5) Egg-shaped, e.g.
- 9) Computer material
- 14) Mediterranean cooking staple
- 15) Persian sprite
- 16) Precipitated by
- 17) University of Nevada city
- 18) Parts of pelvises
- 19) Eight musicians
- 20) What a whimsical glam band plays?
- 23) Like some identities
- 24) Depletes
- 28) Eye covering
- 29) Permit
- 31) "___ have to do"
- 32) Center of activity
- 35) Sign on an entrance ramp
- 37) Yoko who married Lennon
- 38) Rout by cheating?
- 41) Tenth of 12, for short
- 42) Desert stop
- 43) Some inert elements
- 44) Meager hand
- 46) Functioned as
- 47) B&O and Reading, for short
- 48) Money and property, e.g.
- 50) "Down Under" tree climbers
- 53) Pessimistic naval officer?
- 57) Non-studio film, briefly
- 60) Earthen embankment
- 61) Barbed remark
- 62) Onetime Israeli leader Moshe
- 63) Tibetan priest
- 64) Herbivore with hops
- 65) Breadmaker's wheat
- 66) Impulsive passion
- 67) Kaiser cousin (Var.)

DOWN

- 1) Atmospheric pressure unit
- 2) Dairy section purchases
- 3) Make a certain pie filling
- 4) Oprah had a famous one
- 5) Expressed oneself
- 6) African plain
- 7) Dry as a bone
- 8) Pinocchio, at times
- 9) Sacred objects
- 10) Molecule cores
- 11) Beloved animal
- 12) Beehive State college athlete
- 13) Crib sheet user
- 21) Blue blood, informally
- 22) Expenditures
- 25) Fills the hold, e.g.
- 26) Half of the forearm bones
- 27) Devious maneuvers
- 29) Jerry or Jerry Lee
- 30) Does it wrong
- 32) Parkinson's drug
- 33) Willy and Shamu, for two
- 34) "The first ___ the deepest"
- 35) Flat-top formation
- 36) Memory trace
- 39) Anchor cable hole
- 40) Old-fashioned illumination
- 45) Call again
- 47) Eccentric former basketball star Dennis
- 49) Council of ___ (16th-century assembly)
- 50) Hindu concept
- 51) Divas' offerings
- 52) Native-born Israeli
- 54) Cutting the mustard
- 55) Not an act
- 56) Smirk's cousin
- 57) Age-provers
- 58) Carpet quality
- 59) Change hair color, e.g.

PRETTY PUNNY

By Gia Kilroy

1	2	3	4	5	6	7	8	9	10	11	12	13	
14				15				16					
17				18				19					
20				21				22					
	23							24			25	26	27
				28			29	30		31			
32	33	34			35				36		37		
38					39					40			
41				42					43				
44			45	46				47					
48				49				50			51	52	
				53			54	55					56
57	58	59					60				61		
62							63				64		
65							66				67		

What's Next

Next Submission Deadline:
March 24th



Next Issue:
Week of April 10th

Tribune Contact Information
editor@terwillegar.org

Editorial Team:
Karin, Casey and Shannen Shott

Free Access!

With a Terwillegar Community League membership, you get access to the Terwillegar Community Recreation Centre's

- Aquatic Centre 
- Fitness Area
- Open Gymnasium 
- Indoor Children's Playground (12 and under)

Saturday's from 5-7pm
Membership card is required



Christie Anderson
Interim SWEFM Market Manager

SWEFM Winter Update



We at the SWEFM hope that you are having a wonderful winter! We are just under four months away from opening day of the 2023 market season, & it is time for us to start looking for Vendors, Sponsors, Community Tent groups, Young Vendors, and Volunteers to join us next year.

- If you are a vendor looking to participate (either full-time or part-time), be sure to apply by March 31st. Our 2023 Vendor Application Form is now available online at <http://www.swefm.ca/become-a-vendor>

If you are considering becoming a vendor for the first time, consider that farmers' markets are a business incubator where new businesses can start selling direct to consumers. You get immediate feedback & learn quickly how to market and hone your skills. Participating is also a great way to enjoy our summer and to meet a ton of fun and interesting contacts from the SW Edmonton communities.

- Every year the Sprouts program (our free childrens' nutrition program) grows, and we need help from sponsors to cover the costs of running this fantastic flagship program. For as little as \$500, you can have the opportunity to hand out pre-approved swag, brochures, business cards, or materials in the free children's shopping bags that we give out each year (organized and distributed by SWEFM). This is GREAT exposure for your company. We also have several other sponsorship tiers with many perks and benefits. If you are interested in sponsoring Sprouts, please contact the Sprouts team at: swefm.sprouts@gmail.com

- We will be hosting young entrepreneurs aged 13-17 at our market again in 2023 as part of our FREE Young Vendors' Program. Youth are encouraged to highlight and sell the products that they have made. Visit www.swefm.ca and click on the Young Vendors tab for more information. Last year we hosted many groups and individuals, selling everything from arts, crafts, décor, fashion & more. If you are accepted, the SWEFM will provide a tent, table, chairs, and a market stall free of cost.

- Every week during the market season, we host a non-profit organization in our Community Tent so they can connect with you about their invaluable work and services. We have hosted groups such as the Edmonton Food Bank, the Valley Zoo Society, Big Brothers/Big Sisters, Metro Continuing Education, Canadian Blood Services, & many more. If you belong to a not-for-profit group and wish to apply, visit our website and click on the Community tab.

- Volunteers are the backbone of our Market. Committed individuals are needed to serve on the SWEFM Steering Committee and at each Wednesday Market. If you are able to contribute to the Market's success by volunteering in some capacity, visit our website and click on the Volunteers tab.

That's all for now. Stay warm, stay safe, and see you in a few months!



Christie Anderson
Interim SWEFM Market Manager

Now Hiring For The 2023 Season



SWEFM Market Manager

The Market Manager is responsible for coordinating all aspects of the Market's operations, working directly with vendors, sponsors, non-profits, and entertainers to provide the best farmers market experience for attendees. This is a year-round part-time position and requires the incumbent to attend all markets (21 Wednesdays in 2023), working approximately 10 – 25 hours per week from February to October and an average of 3 – 5 hours per week from October through January.

Duties include:

- Managing vendor relationships: vendor scheduling, booth assignment and collection of fees
- Maintenance of existing relationships and building of new relationships within the market community
- Liaising with Alberta Agriculture and Alberta Health Services to ensure compliance
- Attending monthly Steering Committee meetings year-round (remotely)
- Market set up, tear down and operations
- Promoting the market by creating content for social media and local newspapers
- Creating/organizing community events and entertainment

Candidates must be reliable and self-motivated with strong communication, customer service and conflict resolution skills and possess an ability to think on their feet in a fast-paced environment. They will also be enthusiastic advocates of the local food movement.

Market Assistant

The Market Assistant provides support with general market operations including set up and take down, directing vendors to their stalls, setting up signage and seating, assisting at the Information Tent & with special events, and ensuring the market site is kept clean. The position requires approximately six hours per week from May 17 through October 4.

Full descriptions for both positions will be available at www.swefm.ca, and will be posted on all our social media channels, by the end of January 2023 at which time we will begin accepting applications.

New Market Hours

Wednesdays, Lot E at the Terwillegar Rec Centre

May 17 - August 30: 3:30 PM - 7:30 PM

September 6- October 4: 3:30 PM - 7:00 PM





Tim Cartmell
Councillor Ward pihêsiwin

Councillor Update



Happy New Year! I hope 2023 is off to a good start for everyone.

Once again, Edmontonians are talking about the conditions of our residential roads and City's snow and ice control policies.

In January, we saw warmer temperatures which resulted in the roads covered in "oatmeal", and heavily rutted. These are the conditions we usually see in Spring, when higher temperatures and longer days result in the snow melting and running into the storm drains. In January, the temperatures were warm enough to soften the snow, but not warm enough to melt the snow.

In Winter 2021-2022 the City carried out a pilot project to plow snow on residential roads into windrows - this pilot was a complete failure, resulting in a loss of street parking and flooding of streets.

Blading and removing the snow is an expensive, unbudgeted exercise.

In Spring 2022, City Council considered a policy change to blade residential roads to pavement AND truck the snow away. This change was not approved and the policy remains in place to maintain that five centimetre snowpack in neighbourhoods.

This leads to the City's current dilemma; leaving the snow results in challenging driving until it freezes hard again. Blading and removing the snow is an expensive, unbudgeted exercise.

My personal inclination was to wait for it to freeze, however City Administration decided to blade the snow and create limited windrows. My office received a lot of complaints about the "oatmeal" - and then received a lot of complaints about the blading work.

In January the City sent property assessment notices to residents. Property assessments are an important part of the property tax process. They help to determine the amount of tax each Edmonton property owner will pay this year to support the City's operating budget.

I encourage you to review the accuracy of your assessment by visiting edmonton.ca/assessment. If you have questions, please contact 311. An assessor can answer most assessment-related questions with no formal complaint fees required.

If you disagree with your property's assessment, you can file a formal complaint, including a filing fee, with the Assessment Review Board at arb.edmonton.ca. You have until 4:30 pm on March 24, 2023, to file a formal complaint.

If you have any municipal questions or concerns to share with me, please feel free to contact my office at tim.cartmell@edmonton.ca or by calling 780-496-8130.

I look forward to the year to come and continuing to represent residents of the Southwest at the Council table.

TERWILLEGAR COMMUNITY LEAGUE'S

I'M TOO BIG FOR IT SALE

Free admission to over 40 tables of gently-used clothes, toys, books, and everything else kid-related. Table rentals are available. See www.terwillegar.org for details.



Terwillegar Community Church
10am - 1pm, April 14th





Jarred Lusk
(780)-699-1078
Jarredlusk@gmail.com



MATCHMYHOME.CA




Terwillegar Towne
Magrath Heights
Haddow
Henderson Estates
Falconer Heights
Brookside
Bulyea Heights
Ogilvie Ridge

Terwillegar South
Mactaggart
Rhatigan Ridge
Ramsay Heights
Brander Gardens
Carter Crest
Leger
Hodgson



Jordan Seitz
(780)-203-2198
Jordan.c.seitz@gmail.com

A Real Estate Website tailored to your community!
Contact us for your FREE home evaluation!



*Matt Jeneroux
MP Edmonton - Riverbend*

MP Update



As we begin a new year, I wanted to provide you with an update on what's been happening in Parliament and our community since the start of the new year and what can be expected as we head into the first couple of months of 2023.

To begin, as many of you may be aware, an issue of concern highlighted to our office has been the consistent travel delays experienced by Canadians over this holiday season. Despite crowded airports and numerous flight delays, little seems to have been done to provide relief or to help passengers receive adequate compensation, which I will continue to push for action on.

An issue which I expect will be up for discussion relates to the proposed purchase of Shaw Communications by Rogers Communications, or the 'Rogers-Shaw Merger'. We recognize that Canadians already pay amongst the highest cell phone and internet bills in the world. Despite the Rogers network shutdown 7 months ago having also raised concern over a lack of competition in the telecommunications industry, the Competition Tribunal has decided to dismiss the Competition Bureau's attempt to block the deal. On January 24, the Court of Appeal also rejected the Competition Bureau's appeal on this matter. We will continue to analyze this deal to ensure Canadian consumers are considered first and foremost and are not faced with fewer choices and higher prices.

Another area up for discussion is regarding federal funding of healthcare. Many provincial governments have raised concerns that the federal government is not meeting its fair share of financial commitment to supporting provincial healthcare. While healthcare primarily remains a provincial responsibility, fair and equitable

funding is a shared effort. I suspect that in the coming months discussions over this funding will progress and, in the meanwhile, my colleagues and I will continue to ensure provincial concerns are adequately addressed and considered by the government.

A recurring topic of concern is inflation, which has been impacting Canadians for months now and has reached an overall rate of some 6.8 per cent as we ended December. As we continue to address this in Parliament, I look forward to continue hearing from residents about how this crisis has impacted them. Please feel free to write to my office with your thoughts, stories, and concerns.

The House of Commons returned on January 30, and I'll continue working with my colleagues to advocate on behalf of the residents of Edmonton Riverbend. As always, if you have any comments about what's happening in federal politics, I'd be more than happy to discuss. Please contact my office at Matt.Jeneroux.C1@parl.gc.ca. We would be pleased to assist you on these or any other federal matters.



MP Jeneroux photo courtesy of MP Office

ROLLING TALES

POP CULTURE

GAMES

D&D, board games, miniatures!

Local Creators

Art, merch, events and book signings!

NEW COMICS & MANGA

Every Wednesday!

WORKSHOPS

Comic-making, mini painting, RPG intro and kids' campaigns!

Special Orders

Can't find what you're looking for? We can special order it for you!

587-454-8338

14261 23 Ave
Edmonton

CONNECT & FOLLOW



rtpop.com



Marni Mrazik
Director of Community Life at Terwillegar Community Church

Remember



It's February, and children have been getting cards ready to share with friends while anticipating sweets and treats in return; red rose and chocolate sales have increased and a few more engagement rings probably found their way onto anxiously awaiting fingers...ah Valentine's Day! Recently, I was having a few laughs with a friend as we remembered past Valentine's Days from elementary school on up. Then we started strolling down memory lane recalling past favorites, fun times and impactful people. It's fun to remember.

Favorite candy bar? Wig Wag!

Favorite candy? Chocolate mojos

Favorite drink? Orange Tang

Favorite show? The Flintstones and Happy Days

I'm happy to report, my taste in both treats and television have matured.



photo from canada247.info

We went on to recall some of our favorite adventures together. Our weeklong trip to Disneyland was one of the best, but we did laugh at the fact that we went to Shakey's pizza parlour 8 times in 7 days.

Then we started remembering people, some from way back and some who are still a part of our lives, and how they impacted us in both big and small ways. Our first best friends from childhood and the fun we had. Grandparents who exemplified hard work and tenacity. Parents who always show unconditional love. Exceptional teachers, inspiring professors, encouraging coaches, friendly neighbours, and so many more, including coffee shop servers who always have a smile.

One would think that remembering those who have had a positive influence on us or just made our day better, would come naturally, but after reflecting on the people in my life, past and present, it seems that it is much easier to forget. That's why I think it's good and important to take time to remember those who have positively contributed to our lives and better if we could thank them. As we remember, we are reminded that we are not alone, and we become aware of the beauty of the community around us and the importance of building into the lives of others as well. And as we remember, we

grow in gratitude, recognizing that we have people who bless, love and support us.

There's someone else I don't want to forget who also blesses and loves. Someone who is good and full of grace and mercy and sacrificed everything for me and for you. I don't want to forget God. I don't want to get caught up in appointments, meetings and obligations of the day to the neglect of remembering that it is God who gives me each day; that it is his son, Jesus, who gave up his life and his Holy Spirit that is present with me always.

There's something that helps me to remember God, people, and the goodness I experience each day and that's taking time before I go to sleep each night to look back and observe who and what was a part of my day and how I was blessed. I take note and thank God for these gifts, and I find gratitude growing in my life. But it starts with remembering.

At Terwillegar Community Church we take time to remember and thank God each time we meet whether as a large church family on Sunday mornings or small group gatherings throughout the week. We remember and we are lifted up. If you are interested in learning more about God and who He is or are looking to join with a community to remember and give Him thanks, consider yourself invited!

Oh, and my favorite Valentine's memory? Looking through the photo album my husband gave me on our first February 14th together. Remembering really is fun!

Terwillegar Community Preschool
Provincially Licensed

Registration Opens
February 27
at **9:00 am**
Ages 3-4!

Details and registration online
www.tcchurch.ca/preschool

Located in Terwillegar Community Church
1751 Towne Centre Blvd NW



Rakhi Pancholi
 MLA Edmonton - Whitemud

Report From The Legislature



Happy New Year and I hope that the holiday season came with joy, peace, and a sense of renewal for you all!

The fall legislative session ended just before the holidays and I am pleased to report that my colleagues and I put forward a number of positive proposals to address important issues facing Alberta families.

The Alberta NDP's Alternative Speech from the Throne described a vision of a better future for Alberta. We will build a resilient economy, with good jobs that Albertans can rely on for generations. We will also bring sustained action to protect and strengthen our healthcare system and to help families with affordability challenges. You can go to www.AlbertasFuture.ca to read the full speech, as well as a series of economic policy proposals on various sectors, including technology and AI, post-secondary education, hydrogen, geothermal, renewables and more.

Frontline health care workers must be treated with the respect they deserve and be provided the resources they need to do their jobs properly

Building on that work, we also released a comprehensive Competitiveness, Jobs and Investment Strategy (visit www.AlbertasFuture.ca). It includes an Alberta's Future tax credit, supercharging the Petrochemical Incentive Program, expanding the Alberta Indigenous Opportunities Corporation, a Performance Fast Pass for companies with a proven record of compliance, and repealing the job-killing Sovereignty Act. And we continue to work with former ATB Chief Economist Todd Hirsch to develop our broader fiscal plan going forward.

We have also begun to lay out our plan to rebuild public health care. In the fall, NDP Leader Rachel Notley proposed legislation to establish healthcare service standards. This would ensure Albertans

can get the care they need, where they need it. Under the bill, if the new delivery standards are not met, then government will be required to release an action plan to meet them and assess whether service providers have adequate resources and support. This will prevent government from misleading Albertans and ensure that concrete action is taken if standards fall.

We have also committed to launching the biggest health care worker recruitment campaign in Alberta history. Frontline health care workers must be treated with the respect they deserve and be provided with the resources they need to do their jobs properly. We will build the much-needed new hospital in South Edmonton, which has once again been delayed by the current government. We will provide the health care system with stability it needs after years of cuts and chaos.

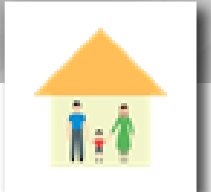
And above all else, Albertans need to have trust once again in the quality of decisions being made by their provincial government. This means that elected officials should be focused on the issues that matter most to Albertans. Decisions should be based on strong evidence and in consultation with those most affected. Achieving results for individual Albertans, communities and businesses requires working collaboratively and effectively with municipal and federal levels of government. It requires stable, thoughtful, and experienced governance. This is my focus.

I am so grateful for the conversations I continue to have with many of you and I look forward to seeing you on your doorstep or in the community soon! As always, I invite you to share your thoughts by e-mailing me at Edmonton.Whitemud@assembly.ab.ca or calling my office at (780) 413-5970.



An "Assessment" Of The Real Estate Market

Darlene Reid
MORE Real Estate



There is a famous saying that goes: "May you live in interesting times". It sounds pleasant, but it is intended as more of a curse. Many of us probably feel that some "uninteresting" times would be a nice change right about now, yet it seems like the only thing that is certain these days is more uncertainty.

No one can predict the future, but if you're trying to make some big plans then all you can do is make the best prediction that you can, based on the best available evidence. Take the Oilers, for example. They SHOULD make the playoffs, given their track record of success over the second half of a season. Should you bet your house on it? Probably not. But it might make sense to plan some "wings and nachos" watch parties come playoff time.

And speaking of houses, there are plenty of headlines and concerns around the real estate market these days. To be fair, factors such as Covid, higher interest rates, and inflation are continuing to have noticeable effects on the market. But what is really going on? There are two main questions that people ask: what are properties worth these days, and what direction will the market take in the coming year?

So how do we estimate a property's market value? By looking at recent property sales. That tells us what people are actually paying for homes right now, under current conditions.

Before we get to the future, let's take a quick look at that first question: determining a property's "value". Many people ask about a property's "assessed value" as a way to gauge that property's "market value". While those two figures MAY be close in a lot of cases, a property's assessed value can be quite unreliable in estimating its current market value.

Municipalities base their assessments on value estimates from July 1 of the previous year using a mass appraisal approach. So not only is it out of date (relative to the prices being paid for homes in real

time), it does not take into account the actual state of an individual property (for example, it's condition, finishing and unpermitted upgrades). It is also used for municipal tax purposes and it is not meant to be a determination as to what a property can or should sell for. The real estate "market" (buying and selling) is where the best estimate of market value can be obtained. The market value is simply what a buyer is willing to pay, and a seller is willing to accept, for a given property under current conditions.



photo from edmonton.ca

So how do we estimate a property's market value? By looking at recent property sales. That tells us what people are actually paying for homes right now, under current conditions. But of course, there are many factors that can distinguish one property from another for comparison purposes so it is a good idea to consult a professional REALTOR® for a market assessment. REALTORS® know how to obtain relevant and accurate data, and they are trained in evaluating it.

So what will happen in the "market" in 2023? After a relatively hot 2022, the REALTORS® Association of Edmonton is predicting an average price decrease of 2.9% on detached homes and a 1.1% price decrease for apartment style condos. In terms of sales volume, they are predicting an 11.8% decrease in the number of single family detached home sales, but even with that decrease, the sales volume should still be higher than in 2018 and 2019. Also, the Association is predicting a 1.3% increase in the number of sales of apartment style condos. Essentially, this means we are expecting more of a balanced market that is falling back in line with pre-covid market conditions and trends.

Interest rates are certainly driving buyers to lower price points, but people are still buying; Alberta is still experiencing growth as people migrate here from more expensive areas in Canada, like Vancouver and Toronto. These opposing forces are helping to drive the market toward stability in 2023. Overall, no major price swings or overheated market conditions are expected.

At least from a real estate perspective, we are thankfully getting back to some less "interesting" times.

Girl Get 'Er Done

Handy Woman Services
Located right here in the heart of Terwillegar



- *All Things Painting
- *Hanging It Up
- *Switching It Out
- *Furniture Assembly

And so much more!

(780)690-6282

Visit me at www.girlgeterdone.com or Facebook @ Girl Get 'Er Done

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



New Classes At The Library: Preschool Problem Solvers

Pamela Fong
Community Librarian - Riverbend



Getting your child ready for preschool? Looking for opportunities that help build school skills and encourage independence?

Preschool Problem Solvers introduces shapes, numbers, colours and classroom behaviour to children aged four to five. In this class, they will dance, sing, investigate and have fun!

Parents may choose to participate or let their child attend solo. All parents must remain in the library for the duration of the 30 minute class.

Ages 4-5. Registration Required. Register one spot per child.

Spring break is a hop and a skip away. Check out all the fun things to do during Spring Break at epl.ca!



2023 Outdoor SOCCER Registration

Girls & Boys U4 - U19

For more information and to register, please visit

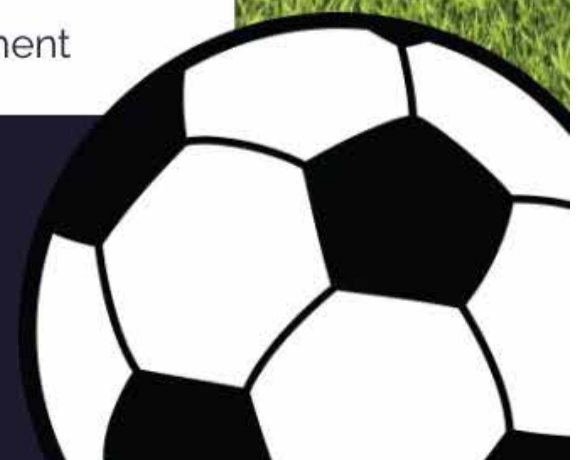
trsa.ca

To register you will need:

- ✓ Completed Registration
- ✓ Proof of player age
- ✓ Proof of residency (address)
- ✓ Community League Membership
- ✓ Volunteer Deposit
- ✓ Program Payment

trsa.ca

Serving all of Terwillegar, Riverbend & Greater Windermere





Ward F Trustee
Julie Kusiek

New Student Registration Begins February 1



Registration for new students opens February 1, 2023. Pre-enrolment for current students begins March 6, 2023 through SchoolZone. You can review more information about these deadlines at www.epsb.ca/register/deadlines.

Edmonton Public Schools continues to be a top choice for families in Edmonton. More than 109,800 students attend an Edmonton Public school. With excellent regular programming and over thirty alternative programs, our commitment to high-quality public education serves the community and empowers each student to live a life of dignity, fulfilment, empathy and possibility. Thank you to all the families who continue to put your trust in Edmonton Public Schools for the education of your children.

Each spring, families across the Division pre-enrol their children to tell us the school they'd like to attend next year. After researching school and programming options to find the right fit, students indicate where they want to attend by:

- pre-enrolling for next year (current students), or
- registering for the first time (new students)

Pre-enrolment helps families plan for the next school year and allows schools to prepare based on the number of students they can expect in the fall. Learn more about:

- dates and deadlines
- new student registration
- Kindergarten registration
- current student pre-enrolment in SchoolZone
- high school registration
- entrance criteria schools



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

- random selection and enrolment limits
- lottery process
- growth control model
- schools with closed boundaries

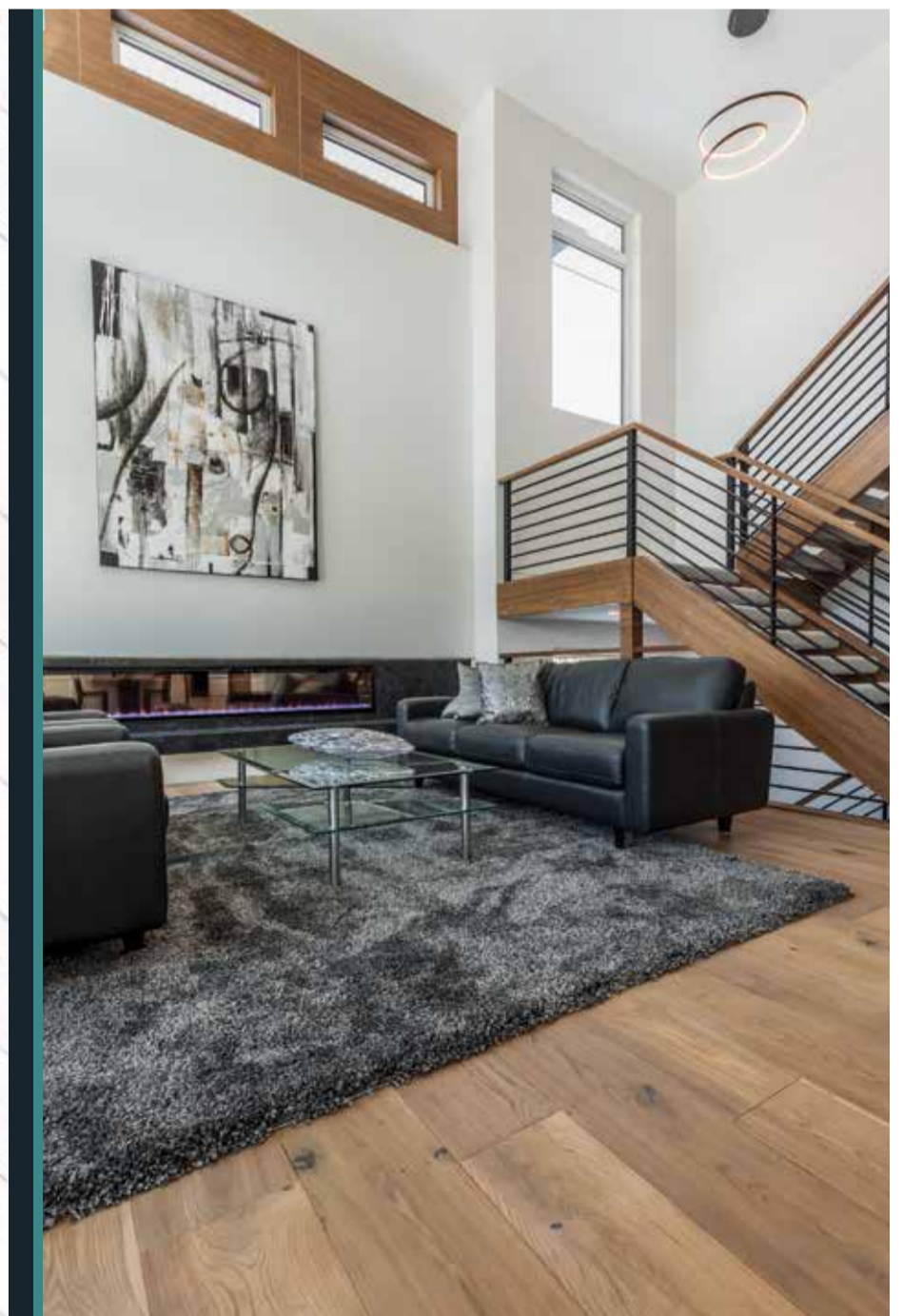
I look forward to serving in the education of your children next year. Please feel free to get in touch anytime by emailing me at julie.kusiek@epsb.ca or by calling 780-429-8087.

HOMES BY Managen

**Looking to build?
Or
Update your dream home?**

Committed to providing excellent customer service with over 35 years' experience, we are Edmonton's premier custom home builder, renovator, and infill specialist.

For more information please contact Troy Beattie
E:Troy@managen.com PH: 780.430.7176 Ext 7
www.managen.com - @managenyeg





Colleen Crozier
SWESA Member

It's Not About The Coffee



Definition: Coffee shop – a café serving coffee and light refreshments

In the small town where I lived for many years, there was a coffee shop popularly known as “The Senate”. Of course, that was not its legal name. Inside the gas station coffee shop, a group of grey-haired men would gather daily to comment on and solve the problems of the planet. Among their favourite topics were taxes, politics, the weather, and the latest news. They shared town gossip. They could be relied on for opinions on any topic, and word was that it sometimes got a little loud in the Senate.

While this morning coffee group was not an exclusive club, visitors were carefully scrutinized as they entered, and chairs were scraped aside to make space for newcomers. After a couple of sessions among them, newbies would find a chair saved for them, and they knew they had become regulars.

I wonder if they even drank coffee. They must have. It would have been served in thick white crockery mugs with a green line around the top. But was it really about the coffee?

Seniors, do you remember the coffee shop in your little town, or in your neighbourhood? They were everywhere, a gathering place for the community, a homey place where you would feel welcome and included. It definitely was not about the coffee.

Thankfully, the “coffee shop” concept is alive and well at SouthWest Edmonton Seniors Association. You’ll find a warm welcome at Café SWESA’s three locations. You’ll meet all kinds of interesting people. You’ll hear lots of opinions. You’ll share information. You’ll laugh a lot, you’ll commiserate a lot, and you’ll feel at home.

Also, there is coffee. No thick, white mugs, but really good coffee. And treats. And it’s free.

To find out about Café SWESA times and locations, check page 10 of our Program Guide at <http://swesa.ca/program-guide/>. You’ll find

Café SWESA Coffee & Chat, Café SWESA and Monthly Birthday Parties, Café SWESA and Spouse & Partner Support, Café SWESA and Scrabble Social, and Café SWESA and Book Club.

If you don’t use the Internet, give us a call. We’ll be happy to talk about Café SWESA. Or drop in to our administration office for the details.

Join us...and you’ll find out it’s really not about the coffee.

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



We're saving a chair for you at SWESA Coffee & Chat.



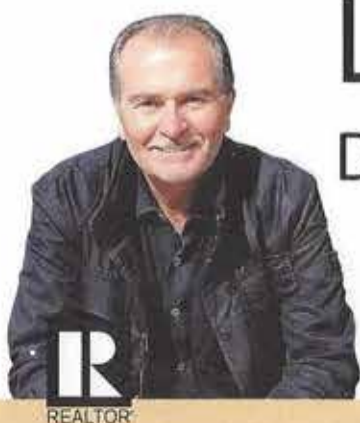
You're invited! Come join us at SWESA Coffee & Chat.

Pizza Palace & Donair
1709 Towne Centre Blvd NW T6R 3N9
Tel: 780-761-0360, www.thepizzapalace.ca

All day adice

- UNLIMITED TOPPINGS, EVERYTHING MADE FRESH IN-HOUSE
- HUGE SELECTIONS CANADIAN & ITALIAN PIZZAS
- HUGE COLLECTIONS OF INDIAN STYLE PIZZAS
- PASTA SPECIALTIES
- DONAIR & SHAWARMAS
- POUTINE & SPECIALITY POUTINES
- CATERING (BIRTHDAY, MARRIAGE, BUSINESSES)

Top Producer, Top Results www.LeeBourgeois.com

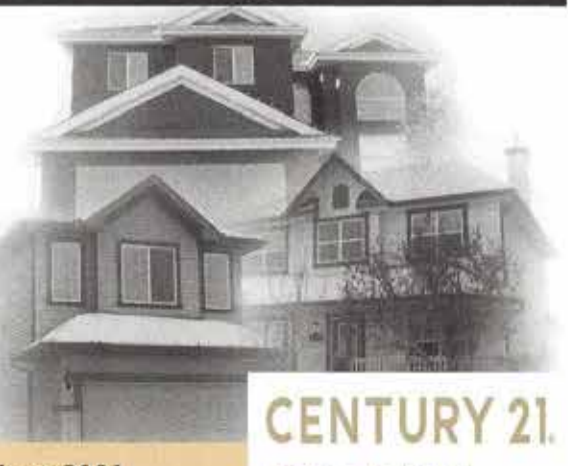


Lee Bourgeois

Direct: 780.909.1600

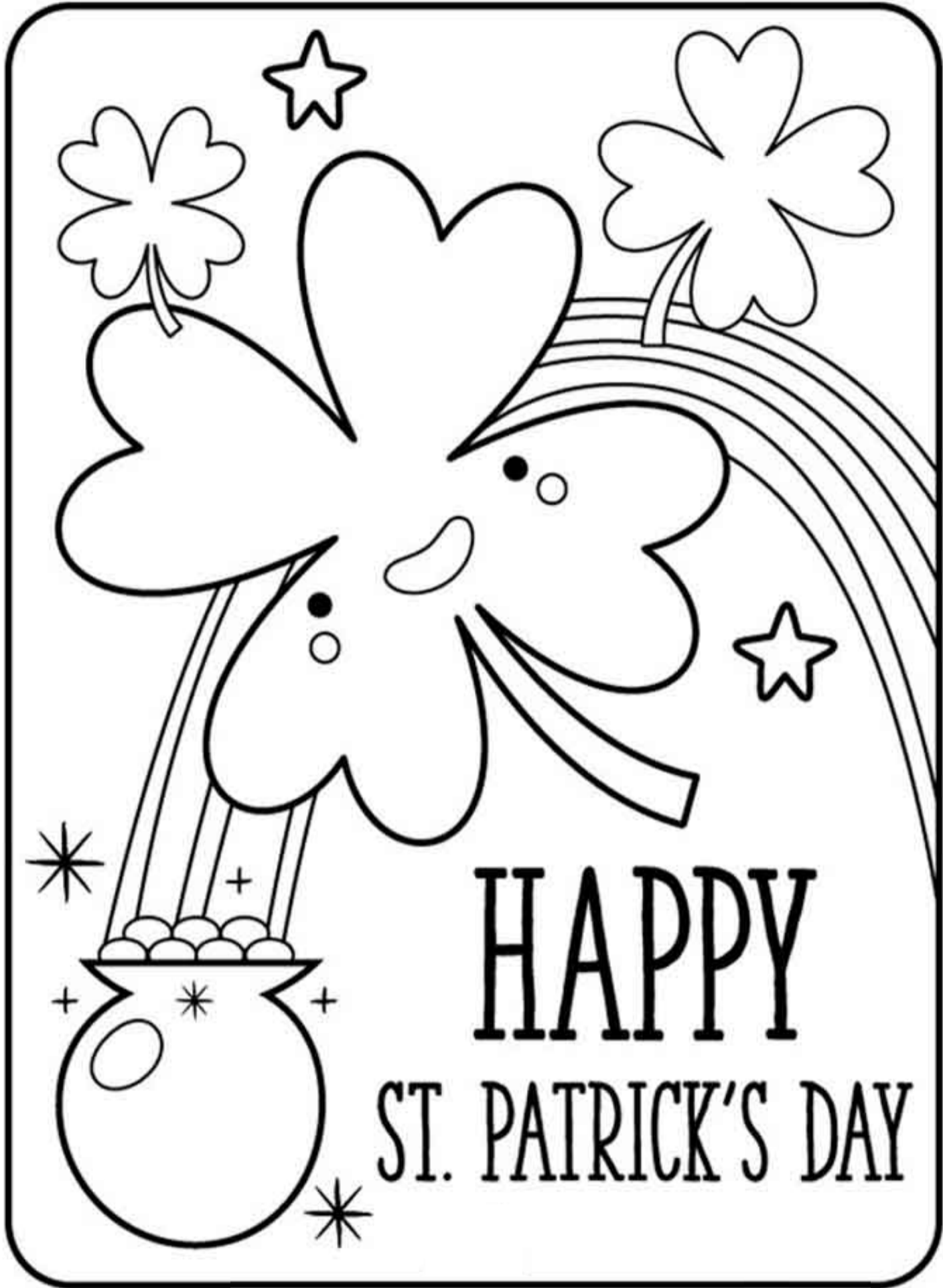


Serving Terwillegar Towne & South Terwillegar since 2001



CENTURY 21.
All Stars Realty Ltd.

Kid's Zone - Colouring Contest



St. Patrick's Colouring Contest

Name: _____

Age: _____

Address: _____

Phone: _____

Email: _____

All entries must be received by March 24. 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.

Entries should be mailed to:

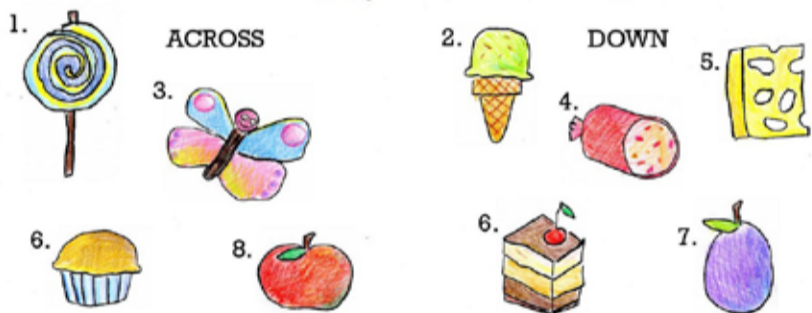
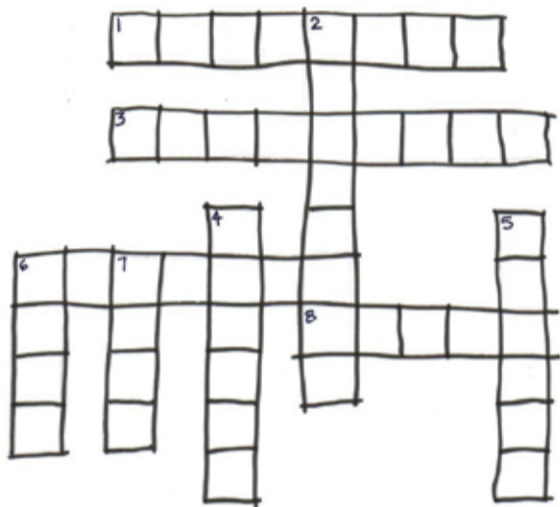
Terwillegar Community League
PO Box 36508 , MacTaggart RPO
Edmonton, AB T6R 0T4

Kid's Zone - Fun & Games

Does February like
March?

No but April May

The Very Hungry Caterpillar Crossword Puzzle



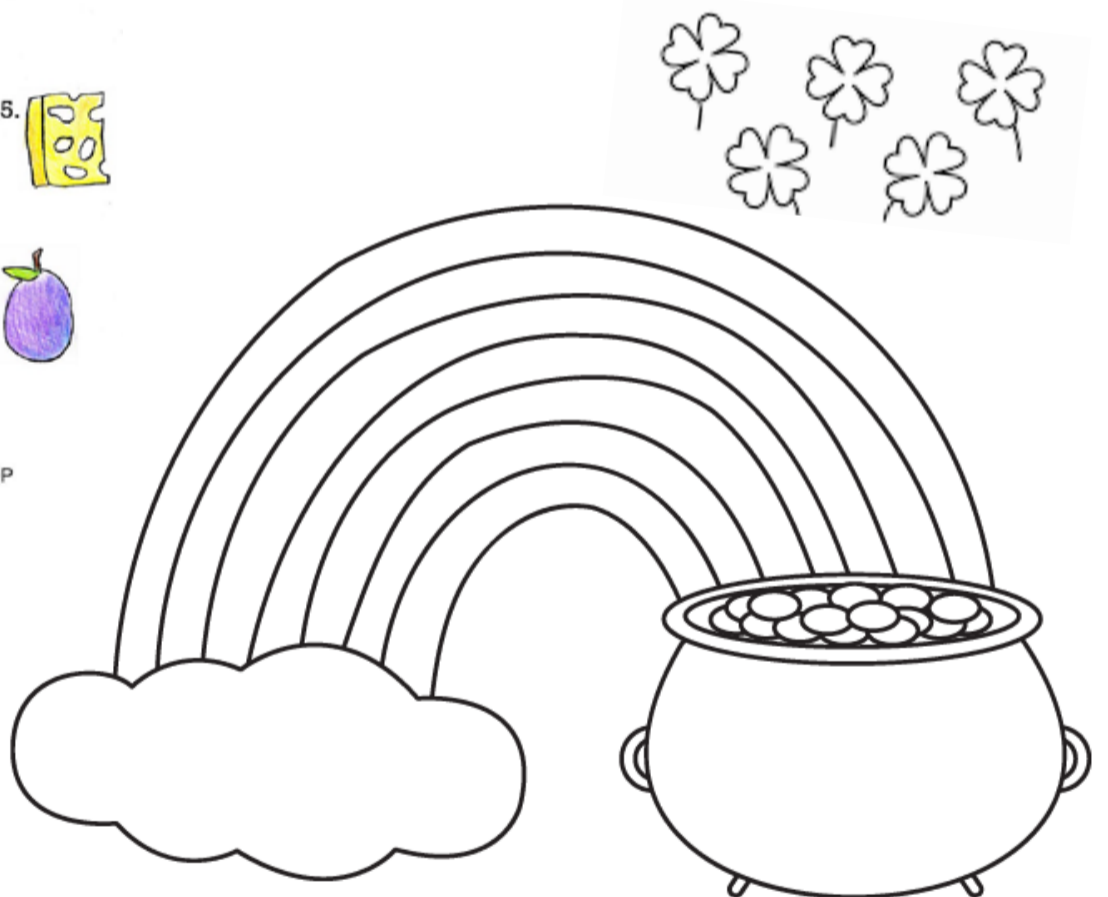
WORD BANK
Cross these words off after you've used them.

- | | | |
|-----------|-----------|----------|
| APPLE | CHEESE | LOLLIPOP |
| BUTTERFLY | CUPCAKE | PLUM |
| CAKE | ICE CREAM | SALAMI |

St Patrick's Day Word Search!



- | | | | |
|-------------|------------|----------|-----------|
| Coins | Green | Limerick | Rainbow |
| Corned Beef | Harp | Luck | Seventeen |
| Fiddle | Ireland | March | Shamrock |
| Gold | Leprechaun | Mischief | Snake |



Winter Colouring Contest Winners!

Ages: 2-4

1st Place: Adela O.
Runner Up: Lincoln F

Ages: 5-7

1st Place: Amelia T.
Runner Up: Adam C.

Ages: 8-11

1st Place: Isla M.
Runner Up: Reid R.

Winter Contest Honourable Mentions

Thanks to everyone for their submissions and making it so difficult to choose the winners!

- Olivia
- Noah
- Victoria P.
- Halid S.
- Emily
- Kaylie

Prizes awarded to first place & runner up in each category are \$25 & \$10 gift certificates for Toys "R" Us
Honourable mentions will receive a \$10 Toys "R" Us gift certificates.
Prizes will be mailed out the coming week!



Snooze Your Way To Better Health



Elizabeth Cayen
Certified Holistic Nutritional Consultant

When was the last time you felt truly rested when you woke up? Perhaps on the weekend, when you've been able to sleep in and wake when your body wants to? Perhaps not even then? Do you remember a night when you didn't wake up at least once, didn't have any difficulty drifting off, and when you woke feeling completely rejuvenated? You may have answered no to any or all of these questions – and you're not alone.

A study by the Centers for Disease Control and Prevention (CDC) in 2013 stated an estimated 50 to 70 million Americans suffer from sleep disorders or deprivation, and a news report in 2016 reported that Canada was found to be the third most sleep-deprived country. Besides feeling tired, poor sleep has also been associated with increased risks of heart disease, stroke, diabetes, obesity, and depression.

Sleep is a vital component of optimal health. It is the time when your body repairs and regenerates. If you're having trouble with sleep, good sleep hygiene practices are important. The following tips can help you to improve your slumber and positively impact your overall health.



Create a bedtime routine – and stick to it. This means getting to bed at approximately the same time each evening and rising at the same time in the morning. Prepare yourself for rest by practicing meditation or deep breathing exercises or take a bath to relax the body.

Keep your room cool. Our body temperature naturally goes down a little when we sleep; a cool room helps get you to sleep faster and enables you to have a deeper sleep. Studies show the optimal sleeping temperature is between 15 to 19 degrees Celsius.

Keep your room dark. A tiny gland in your brain (the pineal gland) produces a hormone that helps you sleep called melatonin. The gland produces this hormone when it gets dark – a throwback action from ancestral times when we slept and rose with the sun. In order for the pineal gland to properly activate this hormone, complete darkness is required. Get blackout curtains, cover your alarm clock, or wear an eye mask.

Avoid electronics for at least half an hour before bed. The blue light

emitted from our tech stops that pineal gland activation and helps to keep you awake. Turn those devices off and relax with dimmed or candle light to signal your brain to get ready for sleep. Apps for your devices to warm the colours in the evening and blue-light diffusing glasses can help, but eliminating at source (and also eliminated the extra brain stimulation) is the best way to go if you're really struggling to find that restful sleep.

Eat enough protein during the day. Tryptophan, an essential amino acid you can only get from your food, is a precursor to our friend melatonin. Foods high in tryptophan – besides turkey – are eggs, lentils, beans, spinach, and tofu.

Herbal teas and essential oils may also help send you off to slumber land by relaxing your nervous system. Chamomile tea is my go-to to promote relaxation. Oils such as lavender - either a few drops on your pillow or in a diffuser - can also be very effective at promoting sleep.

There may be other factors that could be affecting your sleep. If these tips don't help, it may be worthwhile consulting a health care practitioner who can help you identify other potential barriers to getting good rest. I believe looking for the root cause is essential for getting long-lasting results. We all need and deserve good rest!

Buying or Selling Your Home?




Thomas Hartman
REALTOR®
587-899-5929
www.hartmanhomes.ca

Each office is independently owned & operated



Riccardo's Carpet Cleaning Ltd



Do your carpets have stains or soil?
Did your pet make a mess?
Do your couches have stains?
Does your hardwood floor or deck look old?
Do your tile and grout look dirty?

Feel free to check up our website, send us a message, email or give us a call if you are interested or need more information:
780-710 9470
sales@riccardoscarpetcleaning.ca
www.riccardoscarpetcleaning.ca
Facebook and Google
Fully insured and trusted small business in the Edmonton

VEHICLE DETAILING AVAILABLE!

EXPRESS \$49.95 (45 MINUTES)

BASIC \$99.95 (4 HOURS)

DELUXE \$249.95 (6-8 HOURS)

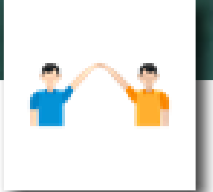
Clean Car Wash
Detailing Service

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



cybertip.ca

Safer Internet Day



#SID2023

On Safer Internet Day 2023, the 20th year of this campaign, the Canadian Centre for Child Protection (C3P) is calling on governments to pass regulations requiring industry to protect children online as they do offline. Technology companies cannot continue to operate platforms that lack age verification and allow unknown adults to access children in unsupervised spaces. We cannot continue to offload this responsibility solely on the shoulders of parents. Until governments hold technology companies accountable and demand protections that keep unknown adults from intersecting with children in unsupervised online spaces, parents are the front line of defence against this threat.

Get involved to help create a safer internet EVERY day:

1. LEARN MORE about online luring and how to get help at cybertip.ca/online-harms/luring.

2. HELP US REACH YOUTH, PARENTS, and EDUCATORS on social media by sharing C3P's tweets, posts and photos.

3. REPORT concerns about online sexual violence to Cybertip.ca. For media inquiries, please contact:

Communications, Canadian Centre for Child Protection (C3P)
Office: (204) 945-8074
Email: communications@protectchildren.ca

February 7th was the official Safer Internet Day, but vigilance online is always necessary!

Holiday Craft Sale



THANK YOU

TO ALL OF THE CRAFT SALE VENDORS WHO DONATED GIFT BASKETS!

- Crafty Chicken
- A Little Chalk on the Table
- Life with Littles Co.
- MEAG Fil-Treasure Co.
- Amy Leenheer Art
- Kinder Kreations
- SweetLegs Edmonton with Jenn
- Dapper Crafts
- PBnJ Crafts
- Junk to Love
- Bare Bliss
- Rosalie Creative
- Shantz Woodworking
- Epicure with Sandy
- Independent Scentsy Consultant
- TigBitty Goodies
- Canvas Artistry
- YEG New Lease on Life
- Mariette Meier, Mary Kay Cosmetics
- Wildwood Home Décor
- Wildly imagined arts
- Dragonfly Creations
- Alila Intl
- Oilthread Creative
- Amway Representative - Bhavna Desai








A Message From Your Director Of Fundrasing

Justin Matthews
Director of Fundraising



After many long nights at the drawing board, I have concluded that our community league needs more member engagement. While we all enjoy community firework displays, West Edmonton Mall trips, Snow Valley Ski nights, garage sales, outdoor movie shows, summer carnivals and etc., when it comes to fulfilling its role of civic engagement, the community league needs your help.

Have you ever thought to yourself, what would make things better in the place you live, work, play, and/or go to school? Do you have any questions or concerns about your community? Or, is everything perfect and should remain the same just the way it is until the end of time?

Well, if you have any ideas, I would love to hear them. Please contact me at fundraising@terwillegar.org or 587-460-5309 and give me your thoughts. That's all for now; have a great season.

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.

Contact Us Today!

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

All ages!

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!

 **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

HOME & OFFICE
ANDYMAN
s e r v i c e s

Give us your list; we'll get it done

www.HOHS.ca | 780.940.2127 

TERWILLEGAR COMMUNITY LEAGUE IS HOSTING ANOTHER

FAMILY DAY

FEBRUARY 20, 2023

FREE PIZZA + MOVIE

TERWILLEGAR COMMUNITY CHURCH @5PM

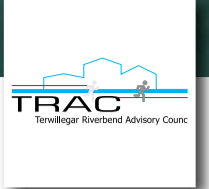


www.terwillegar.org
group: terwillegar community league
event page: tclevents



*Karin Shott
TRAC Community Office*

TRAC Update - January 2023



The Terwillegar Riverbend Advisory Council has been especially busy the past few months!

At our last board meeting on November 22nd, 2022 – 3 members of the TRAC Board were presented with a Queen’s Elizabeth II Platinum Jubilee Award by MLA Rakhi Pancholi. Congratulations to Monte Weber (TRAC President & Treasurer of TCL), Sue Trigg (TRAC Community Advocate & member of TCL and lifetime member of RCL) & Ryan Barber (TRAC board member and former EFCL President) for countless hours of their time to make our communities a better place to live! Thank you!

A WEM Waterpark event was held on Sunday, November 27th. Those in attendance enjoyed exclusive access from 9:00 am – 11:00 am and were able to stay all day if they arrived by 10:30 am.

A Snow Valley Ski Night was held on Saturday, December 17th. Exclusive access to the hill was part of the package as well as free rental, lift ticket and beginner lesson if needed.

Another Snow Valley Ski Night is planned for Saturday, February 11th. We are looking forward to another great ski/snowboarding event! Check www.yegtrac.ca for details.

The TRAC Community Office hours have been updated for 2023. New hours are: Mondays: 10 am – 2 pm; Tuesdays: 10 am – 2 pm; Thursdays: 4 – 8 pm; 1st & 3rd Saturday of the month: 12 noon – 4 pm.



*Monte Weber, MLA Pancholi, Sue Trigg, Ryan Barber
Photo courtesy Deborah Forst*

Acceptable methods of payment include cash, cheque (payable to TRAC), debit or e-transfer.

Email: yegTRAC@gmail.com
Phone: 780-439-9394
Website: www.yegtrac.ca

Support Your Community!

Terwillegar Community League memberships are available online at www.terwillegar.org



Reducing The Salt In Your Diet

albertahealthservices.ca



February is Heart Month, a time when you may want to think about taking care of your heart.

Reducing salt in your diet is one way to improve your heart health. Eating too much salt (sodium) may cause high blood pressure. If you lower your blood pressure, you may lower your risk of heart attack, heart failure and stroke.

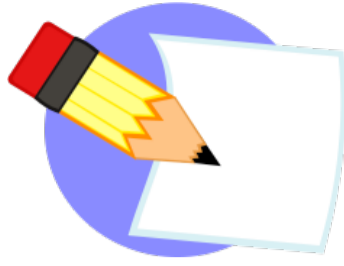
The top sources of sodium in our diets include ready-made bread, crackers and muffins, as well as takeout pizza and lasagna, and processed meats such as deli meat and sausages. Cheese, soups and condiments such as soy sauce and ketchup are also very high in salt. If you reduce the amount of processed, fast food, take-out food and restaurant meals you eat, you may reduce the sodium in your diet. Another way to lower sodium is to prepare food at home. When cooking at home, you can use little or no salt. Try flavouring your food with garlic, onions, herbs, spices, lemon juice and vinegar instead of salt.

Do you need some tips on cooking with less sodium? The AHS South Health Campus

Wellness Kitchen in Calgary will host Low Sodium Tasty Tips and Tricks, a free online cooking demonstration. A registered dietitian will lead the two-part series, which will include information on reading labels, lower sodium substitutions and preparing healthy lower-sodium foods that still taste great. Anyone in Alberta is welcome to sign up.



Holiday Spectacular Colouring Contest



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?

We Can Help

Flu shots
age 5 & up
Pain free

Free Delivery
780 989 0600

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




ACTIVE PHYSIOWORKS
ACTIVEPHYSIOWORKS.COM

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

TOWNE CHEF INDIAN FUSION

Sponsored

FAMILY MEAL DEAL **Only \$34.99**

- 1 Veg curry
- 1 Meat curry
- 3 Naan Bread
- 3 Aloo tikki
- 1 Mango Lassi

ORDER Now



Call Us: +1 587-499-2225 **Visit us: 5233 Terwilliger Blvd NW**
Website: www.townechef.ca **Edmonton, AB, Canada**

Holiday Spectacular



Holiday Spirit



Behold!

***These are some of
the houses chosen
to be given a \$25
Panago gift card
for their spectacular
decorations!***

Thank you!

Holiday Spirit



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

Elk Island Only Completely Fenced National Park In Canada.

North Saskatchewan River Valley Conservation Society

Public interest in conserving rapidly dwindling elk populations lead to the establishment of an elk reserve in 1906. This evolved into Elk Island National Park. The “Island” in Elk Island’s name may have originated as a reference to the picturesque islands dotting Astotin Lake.

The park is situated in the Beaver Hills, an area, as the name suggests, abundant in beaver at the turn of the 19th century. What made the Beaver Hills unique was the aspen thickets which surrounded the prairie and provided forage and protection for the wintering herds of bison and year-round population of elk, moose, and deer.

Wildlife in the park includes coyote, rabbit, moose, elk, mule deer, hundreds of plain and wood bison, and at least 230 species of birds. Trumpeter swans have been re-introduced to the park. Elk Island has one of the highest concentrations of big game animals in the world.

Twenty-three bison were transported from Wood Buffalo National Park to Elk Island in 1965. When disease was detected in the herd, after infected cows produced calves, the cows were destroyed and



the calves bottle fed. The wood bison in Elk Island today have descended from these bottle-fed babies.

Edmonton Public Library is
Fine Free!

Crossword Solution

PRETTY PUNNY By Gia Kilroy

1	T	2	O	3	M	4	B	5	O	6	V	7	A	8	L	9	I	10	N	11	P	12	U	13	T
14	O	15	L	16	I	17	O	18	P	19	E	20	R	21	I	22	D	23	U	24	E	25	T	26	O
17	R	18	E	19	N	20	O	21	I	22	L	23	I	24	A	25	O	26	C	27	T	28	E	29	T
20	R	21	O	22	C	23	K	24	A	25	N	26	D	27	D	28	R	29	O	30	L	31	L		
	23	S	24	E	25	C	26	R	27	E	28	T	29	U	30	S	31	E	32	S	33	U	34	P	
		28	L	29	I	30	D	31	L	32	E	33	T	34	I	35	T	36	L	37	L				
32	L	33	O	34	C	35	U	36	S	37	M	38	E	39	R	40	G	41	E	42	O	43	N	44	O
38	D	39	R	40	U	41	B	42	T	43	H	44	E	45	46	47	48	49	50	51	52	53	54	55	56
41	O	42	C	43	T	44	O	45	A	46	S	47	I	48	S	49	G	50	51	52	53	54	55	56	57
44	P	45	A	46	I	47	R	48	W	49	A	50	S	51	R	52	R	53	S	54					
48	A	49	S	50	S	51	E	52	T	53	K	54	O	55	A	56	L	57	58	59	60	61	62	63	64
	53	D	54	R	55	E	A	56	R	57	A	58	D	59	M	60	I	61	62	63	64	65	66	67	68
57	I	58	N	59	D	60	I	61	E	62	B	63	E	64	R	65	M	66	G	67	I	68	B	69	E
62	D	63	A	64	Y	65	A	66	N	67	L	68	A	69	M	70	A	71	H	72	73	74	75	76	77
65	S	66	P	67	E	68	L	69	T	70	E	71	L	72	A	73	N	74	T	75	76	77	78	79	80

Winterscapes Return

The City of Edmonton’s Winterscapes photo contest has become a winter tradition recognizing Edmontonians who embrace the beauty of winter. Take advantage of this frosty season and transform your yard or outdoor space into a work of winter art. Use your imagination by using snow, ice, lights, ornaments and winter-themed scenery in your front yard or in a public space.

Participate by nominating an outdoor space you love, including your own, at edmonton.ca/winterscapes. The three categories are: Winter Art, Winter Garden or Winter Play. This year, every nominee will receive a snowman building kit prize (while supplies last) and there will be weekly prizes to one of Edmonton’s Winter Patios. A special award will be given to the Winterscapes judging panel’s favourite front yard.

Nominations are accepted until February 27. All submitted photos will be posted on the City of Edmonton’s Facebook page for public voting.



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 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 relevant 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



Board Contacts

President:

Monte Weber, tclpresident@terwillegar.org

Vice-President:

Kathleen Mountford, vicepresident@terwillegar.org

Treasurer:

Vacant, treasurer@terwillegar.org

Secretary:

Darlene Reid, secretary@terwillegar.org

Community Advocate:

Sue Trigg, advocate@terwillegar.org

Membership Director:

Vacant, memberships@terwillegar.org

Program Director:

Sager Lunawat, programs@terwillegar.org

Communications Director:

Heather Maitner, communications@terwillegar.org

Fundraising Director:

Justin Matthews, fundraising@terwillegar.org

Other Contacts

Community Garden:

Amanda Hunt, garden@terwillegar.org

Editor:

Karin Shott, editor@terwillegar.org

Neighbourhood Watch:

Kathleen Mountford, watch@terwillegar.org

Webmaster:

Alison Cairns, webmaster@terwillegar.org

Other Positions

Director at Large - MacTaggart:

Vacant

Director at Large - Magrath:

Vacant

Director at Large - South Terwillegar:

Ryan Barber

Director at Large - Terwillegar Gardens:

Sue Trigg

Director at Large - Terwillegar Towne:

Monte Weber

Love Is In The Air!

SALLY MUNRO

780.441.5457
SallyMunro.com

Licensed in Alberta and British Columbia • Top Producer in Edmonton and Canada • Meticulously managed real estate

Call Sally today! 780.441.5457



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 The Churchill Exchange \$998,000 New York Style Loft Penthouse elegant 2366 sq ft. 2 bed, 2 bath. Shared roof top deck. ML# E4321644	AVAILABLE Old Glenora \$849,900 Luxurious appointed half/duplex 2350 sq.ft finished space. 5 beds 5 baths. Central A/C. ML# E4320870
AVAILABLE Twin Brooks \$819,900 Backs onto Blackmud Creek ravine. 4+1 bedrooms 3.5 baths. Huge private lot. ML# E4315582	AVAILABLE Jagare Ridge \$639,900 Townhomes by Kimberley in trendy Jagare Ridge. No Condo Fees! 2Bed, 3Bath. ML# E4323160	AVAILABLE The Pearl \$499,900 Prestigious living in this 2 bed, 2 bath, 905 Sq ft open concept condo. 2 u/g stalls. ML# E4321220
AVAILABLE The Churchill Exchange \$449,900 New York Style 2 story loft. Sleek 2366 sq ft. 1 bed, 1.5 bath. Shared roof top deck. ML# E4322562	SOLD Cavanagh	SOLD Riverbend
SOLD Westwood 1/2 Duplex	SOLD The Banks Vacant Lot	SOLD Symphony Tower Penthouse
SOLD Winterridge Estates	SOLD Jasper Park	SOLD Laurier Heights

Follow me on:



Grand Centurion

CENTURY 21

Masters

SMARTER. BOLDER. FASTER.®

Visit SallyMunro.com
FOR MORE FINE HOMES & ESTATES

