

Deadline for next issue: June 2nd

Delivery: Week of June 19th

Terwillegar

COMMUNITY LEAGUE

Tribune

Issue 95

www.terwillegar.org

Apr 2023

The Terwillegar Community League Needs Your Help!

Some of the people within the community may have seen our Facebook post or email out to the community. The following is an updated version of the communication sent out.

With multiple Board positions vacant, we will be reducing the scope of activities that the Community League commits to each year. The Terwillegar Community League is a volunteer-run organization. We host multiple events throughout the year with the help of City of Edmonton funding, memberships, and fundraising. Every event needs volunteers in order to run and it has become increasingly challenging to find people willing to help out, both on the Board and at the event-level. In addition to individual events, the Community League also works to build and advance community assets such as playgrounds and rinks, again, entirely on a volunteer basis.

The following events that were planned for 2023 will be cancelled as the Board does not have the capacity to support them:

- Summer Carnival
- Holiday Craft Sale

In addition to these events being cancelled, we will review our ability to host the Canada Day event based on the uptake in adult volunteers to help us support this event. The same applies to the fall "I'm Too Big for It Sale", although the spring sale in April will move ahead. The Halloween Fireworks are also under review by the Board due to limited volunteers in 2022. If you see us requesting support for individual events, please consider supporting us so that we don't have to cancel more events!

Community Rink Committee

The Board is also looking for support to help build a rink at South Terwillegar Park. A Rink Building Committee will be formed for this purpose. Our ability to advance the project is dependent on support for the committee and work will otherwise remain postponed if we are unable to secure commitments from new volunteers to move this forward. The committee will be responsible for all dealing with the rink, including collaborating with City planners and further fundraising efforts required to have this built. The Community League has funds ready to initialize the project, but we need your help to get the planning process moving and construction underway.

Programs Committee

The Terwillegar Community League is looking at creating a programs committee to take some of the strain off running so many programs for the Programs director. This committee would also have the Programs Aide in attendance. We are looking for individuals in the community to help support this committee so that we can more easily run our events going forward.

Board Positions

To ensure that our remaining Board members are not unduly burdened, we are requesting that residents consider a seat at the Board table. This is a great opportunity to gain Board experience and become directly involved in community planning and events. If you have experience in event planning, graphic design, administration, operations, or social media, we may have a role for you, even if you are not able to commit to a Board position. Having a board position

continued on page 16

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ACROSS

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

DOWN

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

LET THE GAMES BEGIN!

By Elizabeth C. Gorski

1	2	3	4			5	6	7	8		9	10	11	
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What's Next

Next Submission
Deadline:
June 2nd

Next Issue:
Week of June 19th

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



SWEFM Sprouts Sponsorship Program



Karin Shott
SWEFM Sprouts Coordinator

Overview
The mission of the Southwest Edmonton Farmers’ Market (SWEFM) is to create a gathering place for the residents of southwest Edmonton, thereby creating a strong vibrant community and thriving local economy. In addition to providing a place to shop for locally-grown and skilfully crafted food and hand-made goods, it provides a compelling, irresistible and welcoming space, offering quality events and entertainment, and relevant and engaging programming. To accomplish this, and to ensure the success of our vendors, we provide a favourable business environment, reasonable vendor fees, essential marketing services and beneficial promotional support.

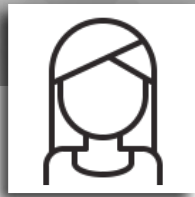
Sprouts is a children’s nutrition program operated by SWEFM staff and volunteers. The program is free to all children between the ages of 4 and 12 and its’ purpose is to encourage young children to lead a healthy lifestyle by introducing them to nutritional food choices and educating them about where their food comes from. The program strives to counteract many of the barriers to healthy eating and living often experienced by children.

Sprouts began in 2013 and is funded solely through sponsorship funding from community-minded businesses and community leagues.

Sponsorship is essential for the continued success of Sprouts. The funds received pay for the administration of the program and the activities. Your donation to the Sprouts program provides each child with a reusable shopping bag and tokens that can be used each week to purchase healthy foods provided by market vendors and a weekly kid-friendly recipe card. Sprouts then reimburses these vendors for each token they receive. Fun and exciting activities are also planned for the children such as spin the wheel, scavenger hunts etc.

We are very grateful for the sponsorships received as the Sprouts Program would not be possible without it.

Please contact the Sprouts Coordinator at: swefm.sprouts@gmail.com for more information on the sponsorship levels or for any questions.



SWEFM Update



Christie Anderson
Interim SWEFM Market Manager

The 13th season of the SWEFM opens for the 2023 season on May 17th & will run every Wednesday until Oct. 4th at the Terwillegar Community Rec Center. We are going to make this season a summer to remember, and there are many ways you can help make this happen:

- **BECOME A VENDOR:**
We accept Vendor Applications throughout the season. Try to apply before the market begins for the season to be able to attend as many markets as possible.
- **Volunteer on the Steering Committee:**
We have several volunteer committee positions coming available. 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, & successful entity, we would love to hear from you.
- **Become a Market Day Volunteer:**
We have shifts from 3:30-6pm and 6-8pm, with flexibility with scheduling. This is a great opportunity to get fresh air & enjoy our summer, meet people, eat good food, and get work experience with a well-known community organization. We can write reference letters for our volunteers if needed when they are applying for employment. Students are welcome, and priority will be given to volunteers who can work 3+ shifts over the season.
- **BUSKERS, ARTISTS, & ENTERTAINERS:**
If you are a local musician, magician, face painter, henna artist, etc... please reach out to us if you are interested in attending the market as an entertainer! Contact us at any time, but the earlier the better.
- **Apply as a Community Tent Group:**
Every week, we host a non-profit organization in our Community Tent so they can connect with our attendees about their invaluable work & services.
- **Become a Young Vendor:**
We invite young entrepreneurs between the age of 13 and 17 years old to apply. If you have a unique product that you make, bake or

grow and would like the opportunity to experience what being a vendor at our farmers’ market is like we encourage you to contact us. There is NO COST to the Young Vendors; we provide the stall, tent, a table, & chairs for you to set up your “business” in.

Information on all of the above opportunities can be found at www.swefm.ca , or, email the Market Manager for more info at: swefm.manager@gmail.com

Be sure to stay tuned for more announcements by following us on our social media pages!

The Southwest Edmonton Farmers’ Market is located at the Terwillegar Community Recreation Centre parking lot E, and will run every Wednesday from May 17th – Oct. 4th, rain or shine.

May-August Hours: 3:30pm-7:30pm / Sept/Oct. Hours: 3:30pm-7pm

www.swefm.ca
Facebook: [@swefm.ca](https://www.facebook.com/swefm.ca)
Twitter: [SWEFM_YEG](https://twitter.com/SWEFM_YEG)
IG: [swefm](https://www.instagram.com/swefm)

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 Spring Everyone! We are all looking forward to warmer weather and longer days. Following are a few updates for you.

Snow Clearing
It was another challenging year for the City’s snow clearing crews, despite a winter with relatively low snow accumulation. Warm weather in January caused early melting of the snow pack. While addressing those conditions crews created large windrows on residential roads, repeating the errors of the 2021-22 winter season. Council will review this winter’s plowing program in June.

Rainbow Valley bridges and the Brookside-Brookview pedestrian bridge.

While costs for the overall project were split more or less evenly between the City and the Province, specific funding arrangements put Phase 2 with the City and Phase 3 with the Province. City Council recently approved \$40M of increased funding for Phase 2, and I am very thankful for the support of my Council colleagues on this.

Crews will continue to widen TWD south to Anthony Henday Drive with most of the work wrapping up this summer.

I hope to see you on April 17th at the open house!

It was another challenging year for the City's snow clearing crews, despite a winter with relatively low .

We need to continue to find ways to improve our snow clearing efforts, and I welcome your comments while they are still top of mind ahead of that June meeting.

Naturalization
City Administration will continue engagement on the naturalization of select open spaces, including many stormwater retention ponds in ward pihêsiwin. Please watch my social media channels and website for engagement sessions. Naturalization is an important component of the City Plan and Edmonton’s goal to significantly expand our tree canopy, but it will mean considerable change and transition in some locations from manicured lawn spaces to more natural landscapes. The coming engagement sessions are your opportunity to provide your input into these changes.

Terwillegar Drive
Work continues on the Terwillegar Drive project, with construction of Phase 1 continuing this spring and construction of Phase 2 starting this year.

City Administration is hosting a Stage 2 open house on April 17th from 4:30 pm - 7:30 pm at St. Thomas More Catholic Church (210 Haddow Close NW).

City Staff will be available to answer any questions you may have. The bulk of the engagement session concerns Stage 2 consisting of the changes coming to the Whitemud / Terwillegar interchange, the

CONNECT WITH

Tim Cartmell

Your Ward pihêsiwin Councillor

PLEASE VISIT MY WEBSITE
WWW.TIMCARTMELL.CA

CONTACT MY OFFICE
TIM.CARTMELL@EDMONTON.CA
(780) 496-8130





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Jarredlusk@gmail.com



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

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Haddow
Henderson Estates
Falconer Heights
Brookside
Bulyea Heights
Ogilvie Ridge

Terwillegar South
Mactaggart
Rhatigan Ridge
Ramsay Heights
Brander Gardens
Carter Crest
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TERWILLEGAR COMMUNITY LEAGUE'S

SUMMER BBQs



Get at least seven of your neighbours together for a BBQ this summer! We will provide \$150 for your event. Registration information coming soon.

www.terwillegar.org

CANADA DAY AT SOUTH TERWILLEGAR PARK

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VICEPRESIDENT@TERWILLEGAR.ORG



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So, last month I was at one of my daughter’s college basketball games waiting for the game to start when a young woman came up to me and started asking how I and my husband were doing and saying how nice it was to see me. In that moment, I didn’t recognize her. I’m not sure what you do in those situations, but I smiled, answered her questions like I knew exactly who she was, and then asked her a few back before we parted ways. Then I took a photo of the team warming up on the court and discretely made sure she was in it so I could ask my husband if he recognized her when I returned from the game. As I was looking at the photo, just before showing it to my husband, I had an “a ha” moment. After looking at the image for a moment, I knew exactly who she was and then remembered her from my daughter’s years of community and high school basketball, it just took that moment of recognition for me to recall the myriad of past experiences with her. It was funny that I didn’t recognize her, but I suppose after a few years of time passing and her maturing and being out of town where I would never expect to see her, I just didn’t know who she was in those moments of meeting.



photo from canada247.info

As Easter has just passed, I am reminded of a similar encounter where an “a ha” moment was preceded by a lack of recognition. In the gospel of Luke, chapter 24, we are told that just days after Jesus was crucified, two of his disciples were walking from Jerusalem to a village called Emmaus. In their troubled state, they were walking and discussing the events of the past few days when Jesus joins them. At this point, not believing Jesus had been resurrected, they don’t recognize Jesus even though they had known, spent time and followed him. Jesus continues to walk with them and explains how the Old Testament stories and prophecies point to the Christ and that he had to suffer the way he did. Still the two on the road to Emmaus do not recognize Jesus. When they arrived at their destination, they urged Jesus to stay with them and so he did. In verses 30-31, Luke tells us, “When (Jesus) was at the table with them, he took bread, gave thanks, broke it and began to give it to them. Then their eyes were opened and they recognized him, and he disappeared from their sight.”

Now that would have been an “a ha” moment!! In reading this encounter, I am struck that Jesus chose to wait to reveal himself to these disciples until he was sitting at the dinner table with them, but it makes me smile. As someone who loves to cook and be in the kitchen and share meals with friends, family and neighbours, the

dinner table feels like a place of intimacy and friendship. A place to share the joys and trials of the day, a place to rest and laugh, a place where relationships are strengthened. This encounter challenges me to a greater intentionality in opening up my table more often and to more people. It challenges me to slow down and create more time and space to invite people to my table; to hear more stories and create stronger connections. How great would it be if our tables were places where real community and care were encountered? Wouldn’t that be another reason to smile?

At Terwillegar Community Church, we believe deeply in community and connecting with others. It’s a big reason why we have a hot brunch after our Sunday service each week. It gives folks an opportunity to relax around a table and take time to get to know one another.

Our prayer is that if you choose to join us on a Sunday morning, you will encounter Jesus through the service and through the community of people who call TCC home.

We meet at 10:00 am and you are always invited! We also love to meet our neighbours out and about in the community.

It’s so exciting to be able to announce that we will once again, after 4 years, be hosting the spring carnival at Tomlinson Common Park on June 3, and as always, I hope to see you there!



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Terwillegar Community Preschool
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www.tcchurch.ca/preschool

Join us in person or online
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Rakhi Pancholi
MLA Edmonton - Whitemud

Report From The Legislature



It's been a busy winter of community events, knocking on doors, school visits, and meetings with residents, business owners and community leaders. I'm always impressed by how much our community comes together in difficult times, including when Brookside Hall was recently vandalized again. Hats off to the incredible work of Riverbend Community League to respond to that situation and the outpouring of support from the community. I will always support our community leagues that work so hard to support active living and community connection.

And I value the quality of conversations I have with the people of Edmonton-Whitemud about the issues that concern you.

Many of you have shared with me your growing concern over the state of our public health care system. Some of you have lost your family doctor or waited for months to see specialists or you're stuck on long surgical waiting lists. I've heard about your long waits in emergency rooms because you couldn't get the care you needed outside of a hospital. And we've all heard the stories about 17 hour wait times at the Stollery Children's Hospital and the growing wait times for an ambulance.

Your stories have been difficult to hear. But it's why action to support public healthcare is a top priority for me.

I am very proud that my Alberta NDP colleagues and I have introduced a major commitment to rebuild and strengthen family healthcare in Alberta through the creation of Family Health Teams. Our goal is for one million more Albertans to be able to see their family doctor and a Family Health Team within a day or two, close to home.

Family Health Teams can include multiple family doctors as well as Nurse Practitioners, Registered and Licensed Practical Nurses, mental health therapists, pharmacists, social workers, dietitians, physiotherapists, midwives, speech language therapists, and others.

When you walk into a Family Health Clinic you will have immediate access to a range of primary care professionals who can help you respond to a problem, manage a chronic condition and generally support you in maintaining good physical and mental health.

This means less waiting, less running around to referrals, and less repeating of your story to one new person after another. Your concerns can be addressed in one location.

I value the quality of conversations I have with the people of Edmonton-Whitemud about the issues that concern you.

Our plan calls for a transition fund to immediately begin hiring 1,500 non-physician team members into existing clinics, while work proceeds to open 10 Family Health Clinics across the province. This goes hand-in-hand with a plan to launch the largest healthcare recruitment campaign Alberta has ever seen. It will help us offer healthcare professionals stable and rewarding workplaces where they can focus more on caring for patients and less on paperwork and administration.

Finally, better primary care will take the pressure off of our hospitals and ambulances.

This is a critical first step to supporting better access to healthcare for all Albertans. To learn more about this plan, visit AlbertasFuture.ca or reach out to me at Edmonton.whitemud@assembly.ab.ca.

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RAKHI PANCHOLI

MLA for Edmonton - Whitemud

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Edmonton.Whitemud@assembly.ab.ca



Update from Parliament



Matt Jeneroux
MP Edmonton - Riverbend

I wanted to provide you with an update on what has been happening in Parliament since I last wrote, and what can be expected as we move into the next few months.

Most recently, at the time of writing this letter, the United States President Joe Biden has visited Ottawa. During his time here there was a lot of discussion on foreign election interference in Canadian elections, supporting common national defence interests, and investments in NORAD. Of important note, we expressed our party’s position that America must end the softwood lumber tariffs that hurt both the Canadian and American economies. This would be done through exempting Canada from "Buy America" rules that drive up costs and drive down wages.

I have also been hearing a lot about the continued major shortage of doctors, nurses, and other healthcare professionals across Canada. One of the reasons for this has been the restrictions placed on healthcare professional coming to Canada. We have recently announced that we would create a Blue Seal National Professional Testing Standard to more quickly license professionals, like doctors and nurses. The goal is to make sure that anyone who has passed the common national test for their profession would get a Blue Seal certificate allowing them to work in any province or territory that chooses to join the Blue Seal Standard. Ultimately, our goal is to ensure those that are qualified are able to start working without facing hurdles, help fill the shortages in our medical system, and continue to maintain the professionalism that Canadian’s expect from their healthcare providers.

While the story continues to develop, another major focus over the last month has been on discussions of foreign interference in the past two Canadian Federal Elections. We are continuing to press the government to launch a fully independent public inquiry into these matters, which at the time of writing this letter, they have refused to do. A fully independent public inquiry is the only way to credibly investigate foreign interference in our democracy and to uncover what and when the government knew.



MP Jeneroux photo courtesy of MP Office

Lastly, in turning locally, I wanted to speak to the great work of the Terwillegar Community League. In my time as your Member of Parliament, I have been truly amazed at the amazing work that has contributed to a better quality of life in our Terwillegar area. However, we desperately need more volunteers to put on some of the great events that we’ve all been able to enjoy over the years. If you are interested in supporting these activities, I highly encourage you to check out terwillegar.org or email volunteercoordinator@terwillegar.org for more information.

Safeway Giftcard Give Away

THE WINNERS

Congratulations to :

KIRSTY ROSS

CHRISTINA & MARK AMMANN

BONNIE & CHRIS CHIU

LYNN PORTER

JULIE & JEFF FENDALL

JENNIFER TAYLOR

BHAVINI & MITESH MEHTA

SHELIA JENSEN

Congratulations to our community league members who won a \$50 Safeway gift card. Over the last 4 weekends a draw was done and 2 TCL members were selected each weekend as the lucky winners

DID YOU KNOW?

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About Bike Index and EPS

The Edmonton Police Service (EPS) collects 25-30 bicycles each week and only 24% of these are returned to owners. To change this statistic, the EPS has partnered with Bike Index in attempt to deter bike theft from the moment you purchase your bicycle. And if your bicycle is ever lost or stolen, we can return it to you A.S.A.P.

Bike Index is a web-based platform where you can register your bike with a smartphone or desktop computer. It's is a free, universal, open-source, non-profit bicycle registry. With over 800 partner organizations, almost a quarter of a million registrations, and over \$8 million in stolen bicycle recoveries, they take the guesswork out of registration. As soon as you purchase your bike, or the moment you read this pamphlet, you can go to bikeindex.org and register your bike, in about two minutes, and your registration is completely free - forever.

If your bike is ever lost/stolen, head to your Bike Index account and mark it 'stolen' to let the community know. If anyone sees it, they can contact you immediately.

It's a bike registry that gives everyone the ability to register and recover their bicycles.

Simple.
Efficient.
Effective.

How to Register Your Bike with Bike Index

- 1 Create an account at BikeIndex.org. You'll need to provide your bike's details including serial number, make, model, and colour. You can add more details like aftermarket parts too – the more details the better. Don't forget a photo!
- 2 Get your free unique sticker from an EPS front counter or participating Edmonton bike shop. Place your sticker on the seat tube of your bicycle (the bar that extends from the saddle, down to the bottom bracket).



- 3 Scan the sticker's QR code with your smartphone camera or QR reader app and open the link.
- 4 Link your bike by searching your bike description, email address, or bike's serial number and click 'Link It' when your bike is listed.

After you register, click 'update your profile' to add your phone number! Only law enforcement will be able to see it.

If you include your phone number, any EPS officer who finds your bike can contact you immediately to notify you of your bike's whereabouts. This will allow an easier transition for us to return your bike to you.

Why should I get a sticker?

You don't need a sticker, but it is:

- a unique identifier so anyone with a smart phone can instantly be taken to your Bike Index registry page to contact you if they believe it's stolen
- another deterrent for potential bike thieves as it shows your bike is watched for by the entire community
- made of strong material to weather any storm and is extremely difficult to take off
- And it's free!

How to report a stolen bike

If your bike goes missing, mark it as lost or stolen on BikeIndex.org to notify the entire Bike Index community. Don't forget to report stolen bicycles to police at edmontonpolice.ca/ReportACrimeOnline.

The Bike Index community will be notified once you've marked your bike missing and any Bike Index user can message you on Bike Index if they've found it.

Did you find your bike for sale online?

Many stolen bicycles can be found for sale online. If you find your bike being sold online:

- 1 Take screenshots of the ad – ensure the ad # and any seller contact information is recorded
- 2 Have your proof of ownership ready (your Bike Index account should have all the necessary details like serial #, Bike Index sticker number, photos, etc.)
- 3 Contact police immediately at 780-423-4567 or come to a police station.

NEVER contact the suspect or arrange to meet the suspect yourself. For your safety and proper investigative measures, please let police officers take care of this.

How NOT to buy a stolen bike

- 1 Check the Serial #. The seller must be able to give you a serial # - ensure it has not been filed off or tampered with. Then search a serial # on BikeIndex.org to make sure it's not stolen.
- 2 Check the Bike. Make sure the bike matches the ad, does not have mismatched parts, and does not have scratches or dents that would indicate a lock was forced open or cut off.
- 3 Check the Ad. If the price is too good, they use a stock photo, lack key detailed information, terrible grammar and spelling, overly anonymous sellers, and if they sell a lot of bikes or their story just doesn't add up, it's time to look elsewhere.
- 4 Check the Seller. If they sell a lot of underpriced bikes, you can't find any contact information or sales history, if they have no knowledge of the bicycle they're selling, and if they won't meet at a safe, public location, find a new bike to buy!

Trust your gut. If it seems too good to be true, it probably is.

Bicycle registration shouldn't be confusing. Nor should you have to go somewhere to do it. And it definitely shouldn't cost you money.

Pick up your bike registration sticker at any EPS front counter or at participating locations. See edmontonpolice.ca/BikeIndex for the complete list of locations.

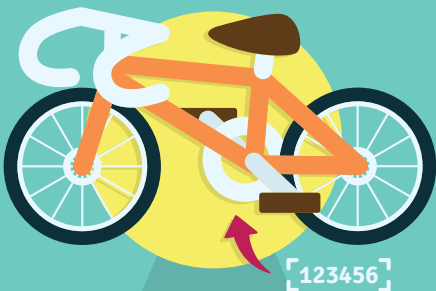


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Learn more at
www.edmontonpolice.ca/BikeIndex
or www.BikeIndex.org

Keep your bike safe!

Register it with EPS and Bike Index.



Stop bike theft:
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Report it.



New Student Registration Begins February 1

Ward F Trustee
Julie Kusiek



This article is going to be jam-packed with news about three initiatives regarding Edmonton Public Schools (EPSB). This information is relevant whether you have kids in school or not. Questions or feedback? Email me at trustee.julie.kusiek@epsb.ca.

Understand EPSB's Budget

First off - As a Board of Trustees, we all want to do an excellent job for kids and for our communities. In last year's board self-evaluation, we identified the need to do more when it comes to communicating the budget process for EPSB. This includes more clear information on when and how feedback from parents, students, schools, and constituents is incorporated into the budget process. I invite you to look at this infographic, and to email me if you have any questions. (We are, of course, happy to hear from you any time in the year!)

If there is only on board report you read, I highly recommend it be the 10-Year Facilities Plan.

We Need More New Schools

Second - If there is only one board report you read (or at least the executive summary), I would highly recommend it be the 10-Year Facilities Plan. The plan focuses on two key issues - the lack of available new space for our growing student enrolment and increasing deferred maintenance of our existing buildings. Edmonton Public Schools requires predictable, sustainable, adequate funding. Just look at our enrolment growth over the past 35 years in the chart below and remember that we have only received one new school in the last three budget announcements. I invite you to add your voice to advocacy calls for more new schools so we can keep doing an excellent job of delivering high quality public education for our kids and communities.



Edmonton Public Schools

Trustee | Ward F

Julie Kusiek

780-429-8087

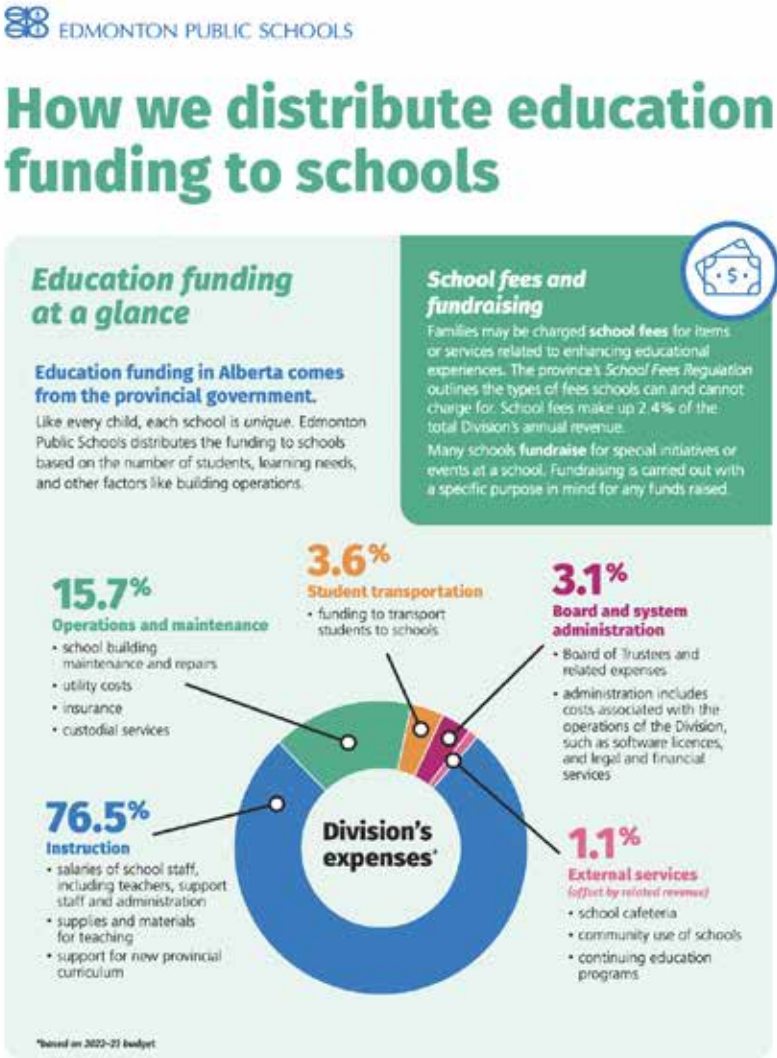
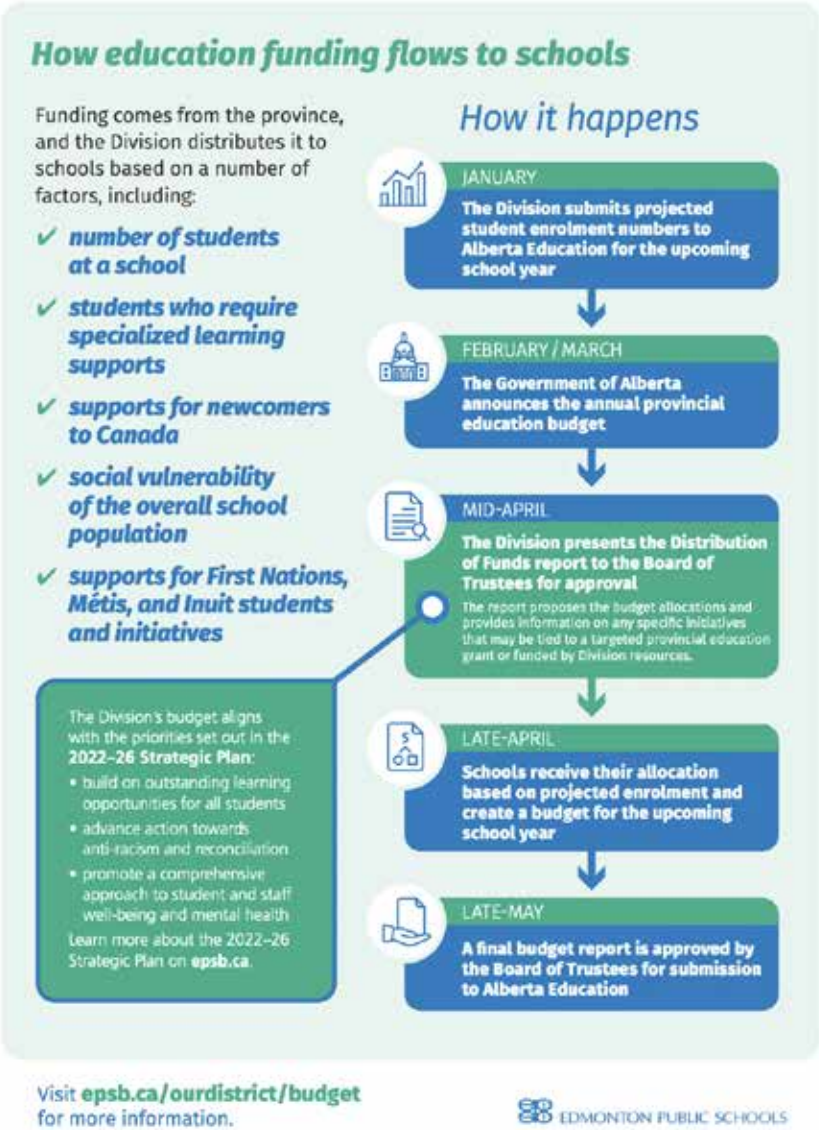
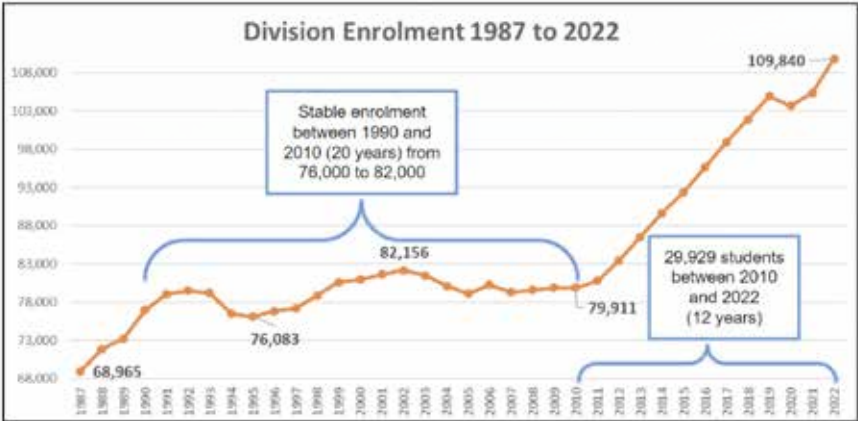
[Twitter](#) [Instagram](#) [Facebook](#) @JulieKusiek

trustee.julie.kusiek@epsb.ca

Sign up for Ward F Newsletter & Events
www.juliekusiek.ca

Questions for Candidates

Third - Edmonton Public School Board Trustees want to make public education a TOP election priority this spring for all parties. We have created a set of questions that residents can ask political candidates. Alongside the questions are a few quick facts to help you stay informed. I invite you to view those documents on my website, at www.juliekusiek.ca.





Colleen Crozier
SWESA Member

Oh, The Games We Play



Seniors Connection News for those 55+

Life's filled with quotes about games. "It was all fun and games until Mom found out." "Life is like a game of chess. I don't understand chess." "I wonder if THAT'S in the game plan!" "Ooooooh, now, that's a game changer." "You've got to stay ahead of the game." "Uh, oh... game over." "Put on your game face."

The word, "game" makes most of us think of something light-hearted, amusing, or playful. We view games as something we reserve for when we have taken care of more serious things like work, child-raising, and important duties. Many seniors have been raised on "no playing until the work is done", and take a dim view of anyone who gets it out of order.

Others take the word "game" very seriously. Just consider what it means to a professional hockey, football, baseball or soccer player. Or to a pro golfer. Or to a fan who pays a small fortune for season tickets to his favourite game. Nothing light-hearted, amusing, or playful here.

At Southwest Seniors Association, we love games. Our members get together regularly to play card games such as Canasta, Bridge, Arizona 10 and Cribbage. They play American mahjong and Scrabble. They welcome new players, even the ones who have never played the games before! The groups keep their activities light-hearted, amusing and playful, just as games should be. The members

love to teach and encourage each other. At the door, they never ask, "Did you get all your work done before you came here?"

All of our games are included in our economically-priced Activity Pass. You can play as many games as you like, as many times as you like. Easy. One other thing: if members would like SWESA to set up other games, we can do that. Just let our Program Co-ordinator know, and she'll do the rest.

Before the end of April, SWESA will publish its newest program guide. In it, you will find what you need to know about activities planned for May through August this year. You'll find information about fitness classes, Café SWESA, FYI talks, art, music and dance classes, excursions, and much more. We invite you to look for the program guide on our website, or drop in to our office in the Blue Quill Community Centre to pick one up.

And, of course, there's a whole section on, you guessed it... games!

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

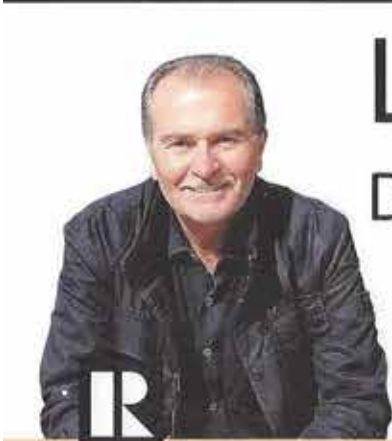


Who knew Bridge could be fun and friendly?



15-2, 15-4 ... ready to deal the perfect hand of Cribbage

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GONE

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Kid's Zone - Colouring Contest



Spring Colouring Contest

First Name: _____

Last Name or Initial: _____

Age: _____

Address: _____

Phone: _____

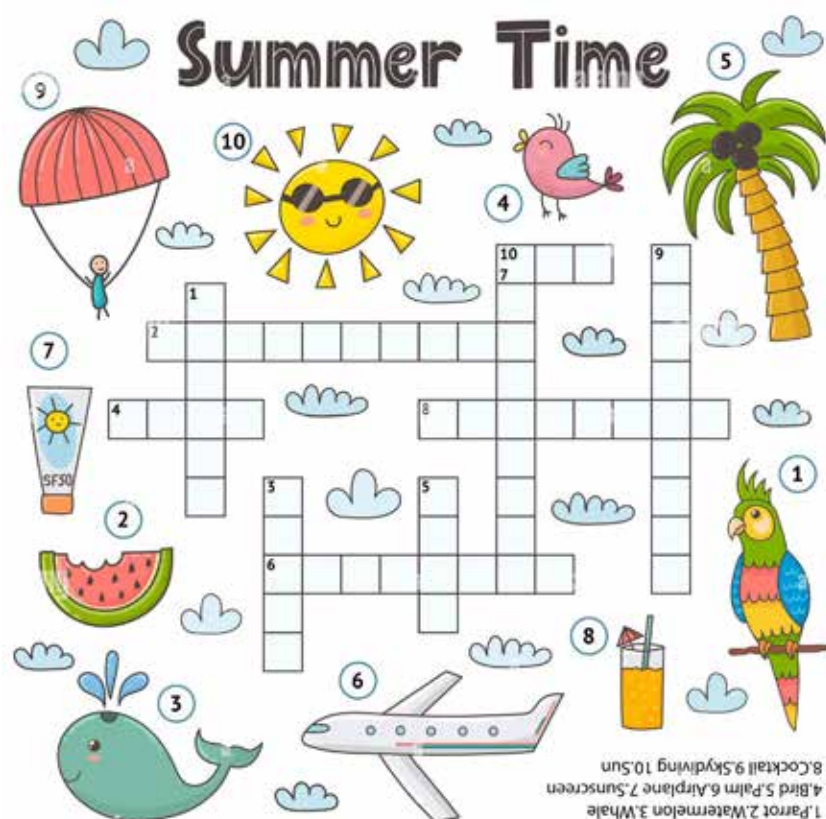
Email: _____

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

Age categories are: 3-5; 6-8; and 9-11.
Entries should be mailed to:

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

Kid's Zone - Fun & Games



Which month of the year is the shortest?

May. It only has three letters!



FARM



k	g	e	l	v	p	i	g
x	o	j	b	a	r	n	u
h	a	y	g	q	s	f	c
m	t	p	f	y	h	d	o
d	u	c	k	i	e	l	w
o	z	a	r	h	e	n	j
g	f	t	s	m	p	y	t



barn



cat



COW



dog



duck



goat



hay



hen



pig



sheep

St. Patrick's Colouring Contest Winners!

Ages: 2-4

1st Place: Ava

Runner Up: Jasper

Ages: 5-7

1st Place: Peel Family

Runner Up: Lily Y..

Ages: 8-11

1st Place: Naiya

Runner Up: Jayda M.

Honourable Mentions

Ellie

Layla

Jiya D.

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

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!



Where's YOUR Attention?



Elizabeth Cayen
Certified Holistic Nutritional Consultant

We live in a fast paced world. Information about any topic is available 24/7. We sleep with our phones beside us so we don't miss a text and can check our social media feeds as soon as we wake up. Being busy seems to be something to brag about and actively work towards. Even our daily commutes are filled with large, bright, flashing billboards calling for our notice. Most of the time our attention is on so many things at once, we don't realize it's actually on nothing at all. The frequent distractions in our lives take us away from putting our focus on the most important thing of all – the here and now.

The constant stimulation we face these days activates the stress response in our bodies – our fight, flight, or freeze response – and most of the time, we aren't even aware it's happening. We've become so used to the ache in our neck or shoulders, the difficulty sleeping, the dependence on caffeine to keep us going. All this busyness removes our capacity to just be still. It helps us ignore what is really going on in our internal world emotionally, mentally, or physically.

Besides the impact on our health and wellbeing, another loser in this game is our ability to enjoy and appreciate what is right in front of us. We take things for granted and so don't put the thought into them they deserve. To savour life – whether that's focusing on the nuances of flavours in a great meal, enjoying a good conversation with a friend, or taking a walk in nature without your phone and instead noticing what's going on around you – this is where the magic is. When we don't consciously turn our attention to the present, we miss out on all those tiny, beautiful moments that really make up a meaningful life. The quality of relationships to others, and to ourselves, can suffer. The only time you're truly alive is in the present moment. Yesterday only exists in our memories and tomorrow is just something we haven't experienced yet.

It may not feel like it, but we do have a choice with how we spend this present moment. Of necessity we may have to do something that requires us to take our minds to another time and place; however, an easy way to interrupt mindlessly rushing though life can be as simple as taking three full, deep breaths. Deep breathing also helps to calm your nervous system (we have a tendency to breath quite shallowly), taking you out of that fight, flight, or freeze state. And in that little bit of time you spend filling your lungs with oxygen, take the opportunity to look around and find a way to put your attention on something beautiful. Notice the clouds in the sky, the enthusiasm of a dog going for a walk, the sound of a child's laughter, the kindness in your colleague's smile. You'll see that there is beauty everywhere, as long as you choose to put your attention on it.

Consider what you may be missing in order to allow mindless distractions to take all your notice. The reality is that we do have a lot of demands, responsibilities, and pulls on our attention, but life is quite simply made up of moments. Take the time to stop and look around for a bit. Remembering most of the little precious moments because I was able to bring my awareness to them is worth every little bit of effort I take to engage in the here and now.

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The Terwillegar Community League Needs Your Help!

TCL Board

continued from page 1
is a great opportunity to meet some of your neighbours in the community. All board meetings are hosted either online or held at the Terwillegar Community Church.

All Board roles have the requirement to volunteer for at least 8 hours of events in addition to attending 10 regular board meetings a year (which are generally two hours in length).

The following positions are currently available:

Communications Director
The Communications director supports the board in all items related to communications. Including assisting with the community paper, social media promotion and advertising. The Communications director can assist with maintenance of the League’s website and media content.

Membership Director
Supports member administrator by providing membership numbers to Community League members. The membership director works with local businesses to get member discounts and runs member appreciation events such as Ski Night, Zoominscience ticket administration and any member only draws.

In addition to the voting roles on the board we are also looking for the following roles:

Program Aide
This individual and the Programs Director will work as a team to provide the various social activities we have in the Terwillegar Community. The Program Aide may also attend monthly meetings.

Fundraising Aide
This individual supports the Fundraising director and helps to organize fundraising events such as the I’m Too Big For It Sale. Assists the Fundraising Director with setting up new fundraising events. Applies for Grants that align with Community League objectives. Could run smaller fundraisers independently, with board approval.



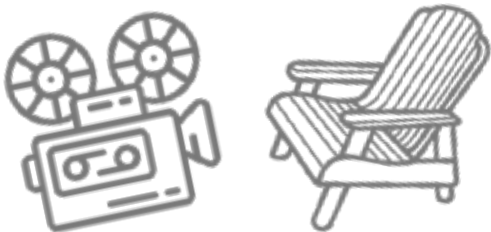
Community Sign Support
The Community League has five outdoor signs in the community that need to be changed every month or two. We need someone to help with this role. Total time to change all the signs is approximately five hours per change and it is outdoors; however sign prep can be done inside. You will also need a space to store the signs and letters.

We are always looking for event volunteers as well so please reach out if you are interested in being added to our volunteer list.

We need your help to move forward and enhance our community! Reach out to tclpresident@terwillegar.org to see how you can help us going forward.

TERWILLEGAR COMMUNITY LEAGUE
PRESENTS

SUMMER MOVIE NIGHTS 2023
COMING TO A SCREEN NEAR YOU THIS SUMMER



SHOWTIMES
Dates TBD for June, July, & August

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





TCL’s
COMMUNITY-WIDE
GARAGE SALE

DATE TO BE DETERMINED



Watch terwillegar.org for details!



Karin Shott
TRAC Community Office

TRAC Update



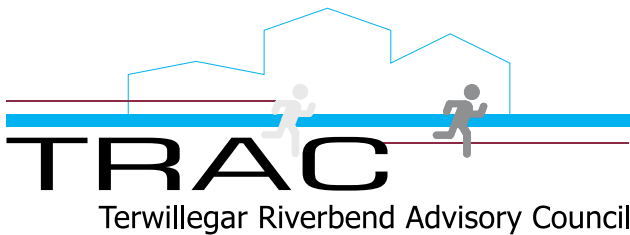
TRAC Community Office is located inside the Terwillegar Recreation Centre. The office hours are: Mondays & Tuesdays 10 AM – 2 PM; Thursdays 4-8 PM; 1st & 3rd Saturdays of the month 12 noon – 4 PM. To contact the office, please email: yegtrac@gmail.com or call: 780-439-9394.

“When you purchase a Community League membership, you help your Community League bring residents together, improve community amenities, and enhance the quality of life for you and your neighbours.” - www.efcl.org

TRAC Community Run/Walk - 2023

We are pleased to announce that this year’s TRAC Community Run/Walk will held on Sunday, May 28th at Mother Margaret Mary School (2021 Leger Road NW) @ 9:00 AM. We’re always in need of sponsorship and volunteers to make this event happen. Please contact the TRAC Community Office if you’re able to help or if you have any questions.

- Save the Date for these Upcoming TRAC Events:
- TRAC AGM: Wednesday, April 26, 2023 (LOHS Library @ 7:00 PM)
 - Southwest Edmonton Farmers’ Market Opening Day: Wed. May 17, 2023
 - TRAC Community Run/Walk – Sunday, May 28, 2023



Annual General Meeting

Wednesday, April 26, 2023

LOHS – Library @ 7:00 PM

Everyone is Welcome!

TRAC COMMUNITY

RUN/WALK

1K Kids Fun Run

18TH ANNUAL

3K, 5K, 10K Races

May 28th - 9:00am

Starts at Mother Margaret Mary Catholic High School

www.yegTRAC.ca

Register at www.runningroom.com

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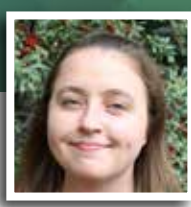




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Terwillegar Community Update

Kathleen Mountford
TCL Vice President



Happy Spring to the Terwillegar Community. We started the year out with our Family Day Event at the Terwillegar Community Church. We had record attendance at this event with many families showing up for the free pizza, sponsored by Panago Riverbend, and a movie. Thanks to everyone who stayed back to help clean up tables at the end of the event, it was a big help to the volunteers at the event.

Our summer planning is underway and the Board is reviewing its capacity to host the typical events. We plan to host Canada Day at South Terwillegar Park. We will be running this as our signature event and it will be the largest event of the year. We will be looking for event volunteers to help out so please contact vicepresident@terwillegar.org for further details.

Other summer plans include Summer Movie Nights and the Community Wide Garage Sale. These are smaller events for us but

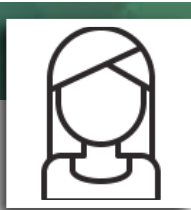
are still a great opportunity to get out and meet some neighbours. The Summer Movie Nights will be hosted at South Terwillegar Park throughout the summer. For the Community Wide Garage Sale, we encourage everyone to register your address to host a sale out of your garage. Registration details will follow in coming months.

We have our summer BBQ program continuing this summer. Get seven or more neighbours together to host a BBQ for your block. One of the people who attends does need to be a Community League member and then the BBQ will receive a \$150 grocery gift card. Registration will be up soon.

We hope everyone has a great spring!

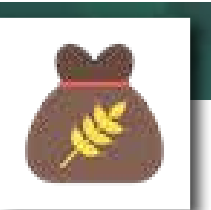
Support Your Community!

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



Fifteen Seasons Strong

Green & Gold Community Garden



The volunteer gardeners at the Green & Gold Community Garden, on the University of Alberta South Campus, are making plans for our fifteenth gardening season! The garden is an initiative of the University's School of Public Health and Faculty of Agricultural, Life and Environmental Sciences. The garden is totally volunteer run and we have benefitted from the generosity of many supporters through donations.



The vegetables, herbs and flowers are “spray-free” (no pesticides or artificial fertilizers are used). Anyone is welcome to ‘purchase’ their vegetables at the garden and all the money raised goes to the Tubahumurize Association, a non-profit organization in Rwanda that provides socially and economically marginalized women with vocational training, counselling, life-skills coaching, health care education, and opportunities for sustainable income generating activities. Most individuals who benefit from Tubahumurize are genocide survivors and many are widows or orphans, HIV infected, and survivors of physical and sexual violence. To date, the garden has raised over \$450,000 for the Tubahumurize project (includes donations and garden/craft

compaction, use of cover crops, alternative mulching, composting and weed management techniques, and succession planting. The amendments we have made to our soil in recent years has improved the production and quality of our produce, created habitat for bees, worms and and other beneficial insects, and reduced the human labour required to control unwanted weed production over more traditional gardening methods. This has freed up valuable time for our volunteers to learn about planting, managing crops, and focusing on community building activities in the garden.

We are now gearing up for the 2023 gardening season, and are looking for new volunteers to join us at the garden. Both novice & experienced gardeners are welcome. If you aren't interested in gardening, but would like to help in other ways (distributing produce, promoting the garden, donating seeds or garden tools) please contact us at:

E-mail: gggarden@ualberta.ca
Web site: www.greengoldgarden.com

If you would like to receive garden e-mails when produce from the garden is available this summer please send us an e-mail at the above address with a request to be added to the e-mail list.



Check Out Your Community Theatre



Dave Rumbold
South Edmonton Arts & Theatre Society (SEATS)

The Maclab Theatre at Lillian Osborne is up and running and we're looking to spread the word! The South Edmonton Arts & Theatre Society (SEATS) is your community-based Board and we've been busy sorting out all the operational details so neighborhood arts and cultural groups can rent the Maclab Theatre going forward.

We're holding an open house at the Maclab on Friday evening, April 28th, from 5 to 8 pm. Registration is required, please RSVP to maclabtheatre.lohs@gmail.com. We'll be showcasing this amazing facility with self guided tours, entertainment, and snacks. We'll also be unveiling our signature recognition of key donor Sandy Mactaggart and showcasing the new seating plaques honouring our major donors.

The Maclab Theatre has a dedicated lobby; 279 retractable seats; wheelchair access; a fully equipped control room; full lighting, sound and video capabilities and a large stage (32' wide, 22' deep, 13' wings) with an adjacent green room. Most evenings and weekends are available to rent. It's located on the southside of



Lillian Osborn High School with dedicated external access, plenty of adjacent parking and a transit centre nearby. Access is via Leger Road north from the 23rd Avenue intersection (address is 2019 Leger Road). Please check out more details at our website: maclabtheatreatlillianosborne.com

The Maclab stands ready to showcase dance and theatre groups; choirs; school celebrations; community and cultural group concerts and festivals; music recitals and so much more!

Please plan to drop by our open house beginning at 5 pm on Friday, April 28th – and please remember to register first at maclabtheatre.lohs@gmail.com. We look forward to meeting you!



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– Sophie, 52

"I feel like I'm 25 again."
– George, 63

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UROSPOT is a private and modern pelvic health and urology focused clinic, combining technology, education, and health coaching to help women and men say goodbye to bladder leaks, frequency, urgency, poor sexual functioning, prolapse and other pelvic floor issues. The best part is you remain fully clothed, and the treatment is 100% non-invasive. Nothing goes in your body, and no one is touching you.



The care team consists of Nurses and Pelvic Floor Physiotherapists who come together to help restore your freedom and confidence. A key part of the care model is a medical chair, approved by Health Canada. As you sit comfortably, the chair uses waves of energy to re-boot the connection between your brain, bladder and pelvic floor, but it also does 11,000 contractions of the pelvic floor muscles (you know these as Kegels) to help strengthen and restore the muscles. You can even use physiotherapy benefits towards the cost of treatment.

If bladder leaks, urgency, night waking to pee, frequent trips to the bathroom or pelvic organ prolapse are impacting your life, help is now here.



urospot.com | 780-409-7878
edmonton@urospot.com
14263 - 23 Avenue, Edmonton, AB

South Edmonton Arts and Theatre Society



INVITES
YOU TO AN



OPEN HOUSE
APRIL 28, 2023 - 5-8 PM

Refreshments and hors d'oeuvres will be served

RSVP to maclabtheatre.lohs@gmail.com
by April 24th, 2023

MACLAB Theatre at Lillian Osborne High School

maclabtheatreatlillianosborne.com
2019 Leger Road, Edmonton



What is My
Home Worth?

Thomas Hartman

587-899-5929 | www.TerwillegarTom.com



Recipe Corner



Black Bean And Corn Salad

Isn't it great when you can fit a healthy meal into one bowl? This salad is just that! Feel free to add different chopped vegetables that you prefer.

Ingredients

- 2 tomatoes, chopped finely
- 1 red bell pepper, diced
- 60 ml (¼ cup) cilantro, chopped
- 190 ml (¾ cup) cooked chicken, diced
- Dressing:
- 15 ml (1 tbsp) lime juice (about ½ lime)
- 15 ml (1 tbsp) olive oil
- 2 ml (½ tsp) ground cumin
- 2 ml (½ tsp) garlic powder
- Salt and pepper to taste

Directions

1. In a large salad bowl, combine black beans, corn, tomatoes, bell pepper, cilantro and cooked chicken.
2. In a small bowl, whisk dressing ingredients. Drizzle over top of salad and toss to coat.

Tips

- Have leftover cooked quinoa or brown rice? Add some to your salad.
- Your little chefs can help rinse the black beans and corn. Older kids can help measure and whisk the dressing ingredients.
- Switch it up! Try chickpeas, lentils, or kidney beans instead of black beans. Remove the chicken for a vegetarian option.
- Letting this salad sit in the dressing allows the beans to soak up the flavours. Make ahead and refrigerate for up to 3 days.
- Remember, a little salt goes a long way. Taste the food before adding any salt.

For recipes and more food guide resources visit :

Canada.ca/FoodGuide

Prep time	Cook time	Servings
10 min	0 min	6

Crossword Solution

LET THE GAMES BEGIN!

By Elizabeth C. Gorski

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

Classifieds

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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!*

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Board Contacts

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Vice-President:
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Treasurer:
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Neighbourhood Watch:
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Webmaster:
Alison Cairns, webmaster@terwillegar.org

Other Positions

TRAC Ambassador - MacTaggart:
Vacant

TRAC Ambassador - Magrath:
Vacant

TRAC Ambassador - South Terwillegar:
Ryan Barber

TRAC Ambassador - Terwillegar Gardens:
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