

Deadline for next issue: August 18th

Delivery: Week of September 4th

# Terwillegar

COMMUNITY LEAGUE

# Tribune

Issue 96

[www.terwillegar.org](http://www.terwillegar.org)

June 2023



## Summer Community League Programming

Kathleen Mountford  
TCL Vice President

The Terwillegar Community League started the summer out with our first movie night of the season with Shazam! Fury of the Gods. We will be hosting a couple of more movie nights on July 15 and August 26 if you are interested in seeing a movie at South Terwillegar Park. We still need to determine the movies for those dates but we are taking suggestions.

Our two larger events are proceeding due to a strong Board commitment to the events. These events include Canada Day and our Summer Carnival. We will still need many volunteers for both of these events so please check our website or social media for the sign-up forms.

Canada Day will be hosted at South Terwillegar Park this year. We encourage you to come out and see the bouncy castles, food trucks, face painters, balloon twisters, Canada Day swag and watermelons. The Summer Carnival is our summer fundraising event. Similar to Canada Day we have bouncy castles, food trucks, face painters and balloon twisters. For this event we also have our carnival games, prizes and the petting zoo. We do charge a \$5 admission for this event so please bring some cash with you to this event.

We hope to see you out at some of these events over the summer!

CANADA DAY  
AT SOUTH TERWILLEGAR PARK  
JULY 1<sup>ST</sup>, 11:00 – 3:00  
VOLUNTEERS NEEDED

[VICEPRESIDENT@TERWILLEGAR.ORG](mailto:VICEPRESIDENT@TERWILLEGAR.ORG)

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JOUR DU CANADA  
AU PARC SOUTH TERWILLEGAR  
LER JUILLET 1<sup>ST</sup>, 11:00 – 3:00  
BÉNÉVOLES RECHERCHÉS

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### ACROSS

- 1) Attendance counter
- 6) Kind of metabolism
- 11) Moll's leg
- 14) Dog tag datum
- 15) "All kidding \_\_\_\_"
- 16) "\_\_\_\_ to Billie Joe"
- 17) Messed up a tail
- 19) "Terrible twos" cries
- 20) Absolute
- 21) Directs, as a vehicle
- 23) Karate blow
- 26) Concrete section
- 28) Less chancy
- 29) Bucharest bill
- 30) "Spy vs. Spy" magazine
- 32) Chuck
- 33) The max.
- 34) One in a congregation
- 38) Showing a lot of feeling
- 40) Crowd disperser
- 43) Seers
- 45) Cumberbund kin
- 46) Something to fall back on?
- 48) Ornamental flower, for short
- 49) "\_\_\_\_ the ramparts ..."
- 50) Odd-numbered page
- 52) Astronaut's insignia
- 55) Annexes
- 56) In installments
- 58) Rubbernecker
- 60) Flowery chain
- 61) It leaves one classless?
- 66) Conceit
- 67) Squirrel away
- 68) Skater, before hitting the ice
- 69) 100th of a yen
- 70) Anxious
- 71) A lot

### SOMEPLACE ELSE

By Judith W. Walker

|    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 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 |    |    |    |    |    | 68 |    |    |    |    |
| 69 |    |    |    | 70 |    |    |    |    |    | 71 |    |    |    |    |

### DOWN

- 1) Costa del \_\_\_\_
- 2) A quarter of eight
- 3) Election winners
- 4) Subside, as rainfall
- 5) Former attachment to "while"
- 6) Breakfast item
- 7) Hindu retreats
- 8) Be in session
- 9) Tumults
- 10) Some boxing punches
- 11) Not coming back
- 12) More than likes
- 13) Gentlemen (Abbr.)
- 18) "Really, \_\_\_\_ nothing"
- 22) Cafeteria customer
- 23) Part of the crossword
- 24) Bridge site
- 25) Not playing
- 27) Thai money
- 31) Losing proposition?
- 34) Humor
- 35) Egg
- 36) Any "Seinfeld," now
- 37) Speaker systems, for short
- 39) \_\_\_\_-frutti
- 41) Horizontal at night
- 42) Formal-sounding letter opener
- 44) Printer components
- 46) Working class members
- 47) Go back on a promise
- 51) Cornhusker State metropolis
- 53) "Grease" player
- 54) Appropriate
- 55) "He's \_\_\_\_ nowhere man" (Beatles lyric)
- 57) Black, in poetry
- 59) Congers
- 62) Created a lap
- 63) Diamonds, to a gangster
- 64) Take after a tailor
- 65) Title bestowed in church?

## What's Next

Next Submission  
Deadline:  
August 18

Next Issue:  
Week of Sept. 4th

Tribune Contact  
Information  
editor@terwillegar.org

Editorial Team:  
Karin & Casey 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 Update



Kristin Heimbecker  
SWEFM Market Manager

You are invited to celebrate Indigenous Peoples Day with SWEFM on June 21st! On this market day, in honor of the first peoples of this land, we have invited some incredibly talented Indigenous Artisans to join us alongside your regular market favourites.

whose stories, languages, and cultures continue to influence our community today.

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

This market is a celebration of the creativity, talent, and diversity of Indigenous Artisans. You will have the opportunity to browse through a wide selection of traditional and contemporary art, including jewelry, textiles, and traditional foods.



In addition to Artisans, we will also offer a chance to experience traditional singers, drummers and dancers. These performances showcase the vibrancy and strength of Indigenous culture, and are a testament to the resilience and perseverance of Indigenous peoples in the face of adversity.

In the spirit of truth and reconciliation, we ask that you mark June 21st in your calendar as a \*must visit\* market date as it's not just an opportunity to witness beautiful art and enjoy lively performances, but also a chance to support indigenous artists and artisans. By purchasing their work, you are helping to ensure that these traditions and skills are passed down to future generations.

If you are looking for a unique and enriching cultural experience, then we encourage you to attend! You will be inspired by the beauty and creativity of Indigenous art, and will leave with a deeper appreciation for the rich and diverse talent of Indigenous peoples



## 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



Hello from City Hall! City Council has some important conversations ahead of Summer.

In early July, City Council is scheduled to discuss the Edmonton Police Service Funding Formula.

The first EPS funding formula was approved in June 2018. Prior to that, police funding debates often included some amount of hyperbole and emotion. Adoption of the funding formula allowed the EPS to develop long term operating and investment plans, and served to eliminate annual funding debates. It was clear to all that Council expected EPS to work within the bounds of the formula.

In 2021, Council suspended the funding formula and reduced the projected 2022 EPS budget by \$11M. In 2022, Council again reduced the projected 2023 EPS budget by \$10M (although the 2023 budget was \$1M higher than 2022). Subsequent motions by Council added approximately \$10M back into the EPS budget for 2023.

*The City of Edmonton is truly a summer City with all the wonderful events happening*

It is this constant change in budgets and the accompanying debates the funding formula sought to eliminate. The question currently before Council is if a funding formula should be reinstated, and if so, what criteria should be considered.

Ahead of the conversation in July, I am requesting your feedback. I encourage you to visit my website at [timcartmell.ca](http://timcartmell.ca) in the coming weeks to complete a survey regarding the Edmonton Police Service Funding Formula. Your feedback is greatly appreciated ahead of the important conversation at Council.

As we are on the topic of safe communities, I understand that everyone should feel secure and confident to walk down our City streets, ride public transit or when visiting attractions around the City. This matter continues to be top of mind for myself. City Council continues to receive regular updates on the work that is being done to make our streets and communities safer.

However, public spaces are safer when they are energized with people and events. This summer we will see many exciting events happening within our City. The City of Edmonton is truly a summer City with all the wonderful events happening. I encourage you to check out all the exciting events happening by visiting <https://exploreedmonton.com/event-calendar>. If you see me at one of the events, be sure to say hello!

I wish you a wonderful summer. If you have any municipal questions or concerns please feel free to contact my office at [tim.cartmell@edmonton.ca](mailto:tim.cartmell@edmonton.ca) or by calling 780-496-8130. In addition, stay up to date on City matters by signing up for my newsletter: <https://www.timcartmell.ca/updates>.



CONNECT WITH

**Tim Cartmell**

Your Ward pihêsiwin Councillor

PLEASE VISIT MY WEBSITE  
[WWW.TIMCARTMELL.CA](http://WWW.TIMCARTMELL.CA)  
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# Update from Parliament



Matt Jeneroux  
MP Edmonton - Riverbend

Summertime is just around the corner, and the end of June will conclude what has been another important session in the House of Commons. Summarizing the past session, debate has focused on a variety of matters. Focusing in on three major topics which have dominated this past session include investigations around election interference in Canada, the Federal Budget, and addressing Canada’s Opioid Crisis.

Beginning with perhaps the biggest topic of the session: Much of the focus over the past few months has been dedicated to exploring the depths to which Beijing has been working to influence political discussion in Canada. Concerns have specifically been raised over the extent to which various MPs and their families have been targeted by the Chinese Communist Party. In light of the government claiming not to know about the full extent of this interference, the Liberals appointed former Governor General, David Johnston, as a special rapporteur. My colleagues and I have been dismayed however, as unlike what a full public inquiry would allow, little appears to have been done to fully expose possible influence and the potential repercussions it may have had. Rather, the report recommended against bringing the public into the fold. The fact that any interference has taken this long to partially investigate demonstrates an inability of the government to uphold its basic responsibility to protect Canadians. An open and independent public inquiry is the only way to credibly investigate election interference in our democracy.

Another focus of this session has been the 2023 Federal Budget. Currently, it is in the process of being voted on in the Senate. Many concerns we have raised include, further increases in deficit spending for unnecessary projects, a lack of focus on affordability measures, and continuing to expand programs such as the Carbon Tax. As the budget continues to be rolled out, we will continue to advocate

for bringing home better results for Canadians.

Lastly, a major topic of discussion over the past few months has been the Opioid Crisis in Canada. Over the past eight years under the Liberal government, overdoses in Canada have increased by some 300%. Furthermore, due to government policy increasing access to opioids, prices of dangerous drugs have dropped by between 70-95%, making them even more accessible. This leads to an increase in a variety of social welfare concerns, especially among the most vulnerable. Rather than focusing on handing out drugs to our vulnerable neighbours, my colleagues and I continue to press the Government on funding meaningful and compassionate addiction, treatment, and recovery programs.

As we rise for the Summer, my colleagues and I will continue to stay on top of these issues. 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](mailto: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

## UROSPOT is changing the lives of women and men.

*"Two coffees before a long car ride and I didn't have to go to the bathroom for hours!"*  
– Sophie, 52

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

### NOW OPEN IN THE SHOPPES OF TERWILLEGAR GARDENS

Women and men have normalized bladder leaks, frequency, and urgency as part of aging. It's simply not the case. These issues are common, but not normal, and are often a sign of dysfunction in your pelvic floor. You deserve to have that problem solved.

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.



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[edmonton@urospot.com](mailto:edmonton@urospot.com)  
14263 - 23 Avenue, Edmonton, AB





I recently discovered that I like brussel spouts. My entire life I had called them little cabbages and refused to eat them. I thought they had a funny smell. I never looked at them when shopping, never bought them, never cooked them, and certainly never ate them but now I'm disappointed when I can't find them in the grocery store. I'm glad I stopped blocking them from my menu because now they're one of my favorite vegetables. I have learned that blocking diminishes the opportunity for delight, and not only in the area of cuisine, but in many areas of life.

Last month I read a book called, "Stranger God," written by Richard Beck. In it he writes about the number one rule of improv comedy, which is, "Yes and." In a nutshell, this rule is saying that when your improv partner comes to you with an "offer," for example, "Quick, hide! They're coming!" You are to accept the premise and add to it, perhaps with, "Oh no, I knew they'd find us." This is how the adventure continues and builds. The alternative is a response such as, "There's nobody there." This is called blocking; it rejects the premise and leads to the end of the story. Hmm, that sounds rather discouraging.

Without knowing it, I moved from the posture of blocking to "yes, and" when I decided to try the brussels sprouts my friend had made and now my palate has another reason to smile. In the case of the book, the author goes on to invite his readers to apply this same rule in the arena of hospitality, which he argues begins by "widening the circle of our affections, the circumference of our care, the arena of our compassion, and the territory of our kindness." As the Director of Community Life at Terwillegar Community Church and as a member of Terwillegar Towne who values community deeply, I started thinking about how closely related community and hospitality are. Beck's definition of hospitality reaches far

deeper than "being friendly and welcoming to guests and visitors." (Cambridge Dictionary) The book discusses why this is difficult and offers ideas about how to form habits that move us toward each other, which is at the heart of hospitality and far too much to write about here, but think about Beck's definition. What would it look like for us to widen the circle of our affection? Are there people who we have excluded from the territory of our kindness? What can we do to enlarge the circumference of our care? One way is to respond to all those we meet with, "yes, and." Instead of blocking with a preconceived notion or judgment, we can create opportunity for graciousness, and understanding when we receive those around us with a will to embrace, and thus begin the adventure of community. It is the hope of Terwillegar Community Church to be a catalyst to community both inside and outside of the church walls. We just finished hosting the Spring Carnival at Tomlinson Common Park and in addition to just wanting to have fun with our neighbours we want to create opportunity for connection and relationship. I think Beck's language of "habits that move us toward each other," is beautiful. I think we can practice by being patient in line whether waiting for a turn in the jumpy castle or at the check out line at Safeway. We practice by smiling at one another. We practice by taking a moment to check in with a neighbour. We practice by sitting beside someone we don't know at a block party and starting a conversation. We practice by laying aside preconceived notions to find the person.

Hospitality is something we care about. We want our neighbours and neighbourhood to be within the circumference of our care. God loves you beyond comprehension and our prayer is that the church would be an expression of His love and that means delighting in and with you, our neighbours. You are always welcome and if you need a great brussels sprouts recipe, be sure to contact me.



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## Terwillegar Community Church

# Sunday Worship Service

Join us in person or online  
Sunday mornings at 10 AM

For more information, visit [tcchurch.ca](http://tcchurch.ca)

1751 Towne Centre Blvd





## Terwillegar Community Preschool

There's still time to register

[www.tcchurch.ca/preschool](http://www.tcchurch.ca/preschool)





Rakhi Pancholi  
MLA Edmonton - Whitemud

# Report From The Legislature



I want to thank the people of Edmonton-Whitemud for electing me to serve as your representative for four more years. It has been the greatest honour of my life to serve as your MLA and I am grateful for the confidence you have shown in me.

I will continue to support the great work of our community leagues in building and maintaining the recreational infrastructure that makes southwest Edmonton such a great place to raise a family and build a life.

I will continue to work with small business owners in our communities, to promote what you have to offer to people in South Edmonton and across the city, and to ensure you have every opportunity to grow and thrive.

*Most of all, I will continue to speak for the families of Edmonton-Whitemud*

Most of all, I will continue to speak for the families of Edmonton-Whitemud.

I will be a voice for parents who are struggling to make ends meet in the face of rising grocery prices, high electricity and car insurance rates and the continued lack of support for affordable before-school and after-school child care.

I will be a voice for seniors who deserve a secure retirement and to see their pensions protected in law.

I will be a voice for health care reform that makes it easier for everyone who needs care to get it when and where they need it.

I will be a voice for parents who want a K-12 curriculum that equips children for the future and for young people who want affordable quality post-secondary education.

I will be a voice for creating opportunities for young Albertans by diversifying our economy.

I will also be a voice for people who are rightly proud of how hard they have worked to support their loved ones and now worry about how to navigate economic change.

I will be a voice for fiscal responsibility, where your government focuses on things that matter to you like health care, education

and infrastructure instead of spending billions to pay oil and gas companies to do cleanup work that they are already legally required to do.

I will be a voice for protecting our parks, and for protecting the mountains that make our province the envy of the world.

Most of all, I will listen. I will be out in the community, meeting you at community league summer events, on your doorsteps. at the Southwest Edmonton Farmers’ Market or Stollery Lemonade Stand Day. Please say hello when you see me, and please feel free to reach out to me if you have any thoughts or concerns. I can be reached at [Edmonton.whitemud@assembly.ab.ca](mailto:Edmonton.whitemud@assembly.ab.ca)



**BUILDING ALBERTA'S FUTURE**

**RAKHI PANCHOLI**

MLA for Edmonton - Whitemud

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When wildfire smoke enters a community, it can cause problems for the people who live there. Smoke contains small particles, which are a big health risk. These particles can get in your eyes, breathing (respiratory) system, and bloodstream. They can cause:

- burning eyes
- a runny nose
- coughing
- trouble breathing or illnesses such as bronchitis.

**If smoke is a problem where I live, what can I do to lower my health risk?**

Stay inside as much as possible and keep all windows and doors closed. Here’s what else you can do to keep your indoor air clean:

- Close fresh air intakes from furnaces, fireplaces, or stoves.
- If you have air conditioning, turn it on and set it to recirculate. Keep it running to help filter the air and keep your family cool. (Just remember that some air conditioning systems don’t filter the air or improve indoor air quality.)
- If you have room air cleaners with high-efficiency particulate air (HEPA) filters, turn them on. Don’t use air cleaners that may produce ozone. For portable air cleaners, follow all the manufacturer’s instructions for changing the filter, where to place the device, and the size of room it’s meant to be used in.
- Use humidifiers, which may remove some of the smoke. The humid air can also help keep your nose and mouth moist.
- Don’t use wood stoves, gas stoves, or candles because they make the indoor air quality worse. If you can, prepare foods that you don’t have to cook. Cooking (especially frying and broiling) can affect the air quality in your home.
- Don’t use spray air fresheners or electric fragrance dispensers because they can affect air quality.
- Don’t vacuum because it stirs up particles that are already inside your home.
- Don’t let anyone smoke, vape, or use e-cigarettes in your home.

**What can I do if it’s too warm inside my home?**

When you keep doors and windows closed to keep smoke out and you don’t have air conditioning, your house may get very warm. If you need to cool down, you could visit a place that is more air-tight with cooler filtered air. Examples include a shopping mall, library, community centre or movie theatre.

If you can’t leave your home, watch for signs of heat-related illness such as heat exhaustion or heatstroke. Turn on the furnace fan or standalone fans to move air around in your home. If the air quality gets better, you can air out your home by opening doors and windows.

Smoke can also be harmful to pets. Try to keep your pets inside as

much as possible and make sure they have lots of water. If your pet has trouble breathing, contact your vet.

**How can I stay aware of what’s going on in my community**

When wildfire smoke is in your community, regularly check for air quality updates on local media (TV, radio or online). If you have neighbours, friends, or relatives who live alone, check on them to make sure they’re OK.



Alberta wildfire photo from cbc.ca

**What if I need to leave my home?**

- If you are in your vehicle, and the air quality is poor, keep the windows closed.
- Put the air system on recirculate so smoky air doesn’t get inside.
- When driving through an area with low or no smoke, switch the circulation system to let outside air into your vehicle.
- If you’re in the wildfire area, be ready to evacuate. Follow all public service announcements.
- Create an emergency kit and have it ready by the door.

**Can I still be active when there’s wildfire smoke in the air?**

- Pay attention to the local air quality health index (AQHI). Adjust your activities according to the AQHI messages.
- Move outdoor activities indoors and keep your indoor air as clean as possible. Reschedule or cancel outdoor events (such as sports) if smoke levels are too high. Don’t do any heavy activity or exercise outside. Heavy activity and exercise can make you breathe 10 to 20 times more than you do while you’re resting. Stop or slow down if what you’re doing makes you cough or feel tired.
- Drink lots of water to stay hydrated. This will keep your nose and mouth moist, which makes it easier to breathe. This is important when you’re inside and outside.
- When there is a lot of haze in the air, don’t let your children play outside for a long time.
- If you have heart or lung problems, the smoke can make it worse. If you have chest tightness, chest pain, shortness of breath, or another health emergency, call 911 or go to the nearest emergency department right away.
- For 24/7 nurse advice and general health information, call Health Link at 811.

</



**The Community After Incident Response (CAIR) is a project initiated by the City of Edmonton's Community Safety Initiatives.**

CAIR partners with various agencies to provide support that is tailored to communities' impacted by traumatic events. . This support includes providing a safe space for the impacted community to discuss what occurred, the traumatic impact, and provide access to mental health resources to heal. Communities can be defined by geographical area, as well as cultural and sociopolitical communities.

## QUESTIONS?

**EMAIL**  
**CommunitySafety@edmonton.ca**

**VISIT US ONLINE AT**  
**edmonton.ca/NET**

**If you are someone you know  
needs mental health supports,  
to get started call 2-1-1**

**Do you feel your community would benefit from CAIR?**

Please complete our intake form  
by scanning the QR code.



# CAIR

Edmonton

## Community After Incident Response

## SECONDARY TRAUMA

Each one of us will experience incidents differently.

We can all be significantly impacted by an incident or trauma even when we are not present at the time or place of an incident. Each one of us will experience incidents differently.

Often times, a person may be affected by hearing about an incident or supporting someone who has experienced a trauma. This is called 'secondary trauma' or 'secondary traumatic stress'.

Secondary traumatic stress occurs when we have heard about an incident or when we are supporting someone directly affected by a traumatic incident, and we begin to experience some distress ourselves about the incident. The closer we are in belonging to a community or to helping a community that has been directly affected by a traumatic incident, the more likely it is that we may experience secondary trauma.

**Common symptoms may include:**



Repetitive thoughts about the incident, dreams or flashbacks to the incident



Avoidance of anything that may remind them of the trauma.  
Overall these may lead to:

- difficult sleeping
- difficulty concentrating,
- changes in appetite, or
- difficulty managing feelings leading to potential increases in anxiety, anger, guilt, etc.



For some people, there may also be an increase in negative coping behaviours.





### Collaboration With The Province Is Key To Success In Public Education

Ward F Trustee  
Julie Kusiek



As many of you are aware, Trustees with the Edmonton Public School Board put together advocacy materials to support conversations around public education in the recent provincial election. The focus areas were:

- Choice within public education at Edmonton Public Schools
- Funding, including the need to address gaps in the current funding formula
- Infrastructure, including new school construction and rising deferred maintenance
- Mental health supports for students

Thank you, to all parents and community members who viewed these documents, spoke with candidates and who considered these issues in support of public education as you went to the ballot box.

Under section 33(1) of Education Act, School Boards are a partner in education with the Province. This section of the Education Act further details the responsibilities of a board in this partnership. A few paraphrased examples of these responsibilities include:

- Deliver appropriate programming to meet the needs of all students and enable their success
- Provide a continuum of supports and services to students consistent with the principles of inclusive education
- Collaborate with municipalities, other boards and community-based service organizations to address student needs and effective use of public resources
- Collaborate with post-secondary institutions for smooth transition for students
- Provide a welcoming, caring, respectful and safe learning environment that respects diversity and fosters a sense of belonging

(You can read the full section or Act here: <https://open.alberta.ca/publications/e00p3>)

It will be my job as one Trustee, and our collective job as a Board to build a strong, collaborative relationship with individual MLAs elected to the legislature, cabinet ministers and the premier. It also means fostering respectful dialogue with the province and all MLAs - be they opposition or government MLAs. We are in this together, as partners, as per the Education Act. I believe our board's advocacy points during the election are key items to find collaborative solutions, in partnership with the Province, to carry out shared responsibilities.

In my mind, this means working together to figure out a sustainable, adequate, predictable funding model for growing school divisions like Edmonton Public Schools - a solution that works for us, for the



Edmonton Public Schools

Trustee | Ward F  
Julie Kusiek

780-429-8087

   @JulieKusiek

[trustee.julie.kusiek@epsb.ca](mailto:trustee.julie.kusiek@epsb.ca)

Sign up for Ward F Newsletter & Events  
[www.juliekusiek.ca](http://www.juliekusiek.ca)

*As a board, we are working through other exciting opportunities and potential solutions, which we will need to partner with the Province to make a reality*

kids that we serve, and also works for the government. We also need to accelerate new school construction so that every one of the 4,500 additional new students enrolled in our division this year and the 5,000 plus we expect next year can feel confident we will have the schools, programming and classes available to meet their needs and support their success.

As a board, we are working through other exciting opportunities and potential solutions, which we will need to partner with the Province to make a reality. With that, I encourage you to also think about what collaboration and positive relationship building looks like in public education. Please get in touch anytime. You can email me at [trustee.julie.kusiek@epsb.ca](mailto:trustee.julie.kusiek@epsb.ca).



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Colleen Crozier

SWESA Member

I'll Be Ba-a-a-a-c-c-k-k-k





Now, there’s a phrase that has been around for a while. In the first “Terminator” movie, ‘way back in 1984, actor Arnold Schwarzenegger makes this promise, and keeps it. We heard the phrase over again in each sequel, and it is in popular use.

We seniors have witnessed many other things “come back,” having lived long enough to see the cycle more than once. For example, a 1947 film captured hearts and gave us the assurance that, “Yes, Virginia, there is a Santa Claus.” When “The Miracle on 34th Street” was remade in 1994, it captured the hearts of another generation,

were the ones with permanent-pleat skirts. The style didn’t really last a long time, except on the tennis court. But now they are back!

Macramé: Was there a home in North America in the 1970’s which did not have at least one potted plant in a macramé hanger? Unlikely. The art of knotting cordage to create decorative and/or useful articles is said to have originated with the Babylonians in the 18th century BC. Whether you call it beautiful or not, its popularity has risen and fallen, and is back up again.

Paper straws: How frustrated we were when our straws got soggy in our drinks back in the day! We embraced plastic ones wholeheartedly, delighted with their ability to survive long soaks in our beverage glasses. We did crafts with them, and used the big ones to perfect our spit-ball aims. We had no idea how harmful to the environment they would become. And now that we know, we welcome the paper straws back (but still complain about the soggyiness)!

You can add to the list bell-bottom pants, paper shopping bags, box-shaped cars, and many others. What can YOU add to this list?

Some of us seniors greet newly-introduced objects and ideas with comments such as, “Well, isn’t that new and wonderful?”, or, conversely, “There’s nothing new under the sun. We used to have those when we were kids.” Regardless of our attitude to “new” things, those we really hold dear are timeless, like caring relationships, the satisfaction of a job well done, kindness and safety.



At South West Edmonton Seniors Association, that’s what we focus on. Come join us. Former members, you’ll be welcomed with, “They’re b-a-a-a-a-c-c-c-k-k-k-k!

South West Edmonton Seniors Association

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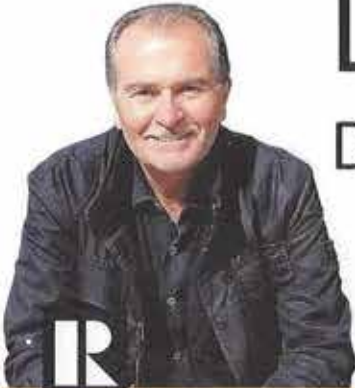
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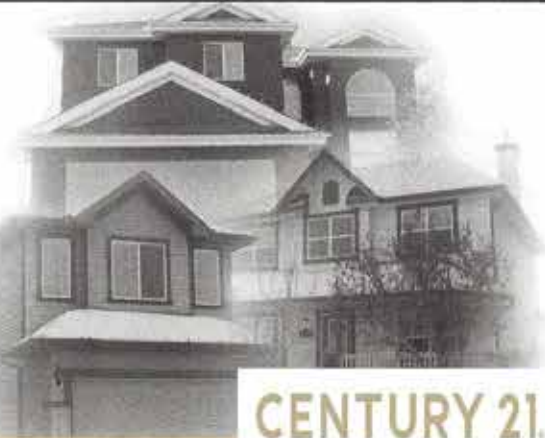


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Kid's Zone - Colouring Contest



Summer Colouring Contest

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

Last Name or Initial: \_\_\_\_\_

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

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

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

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

All entries must be received by August 18. 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

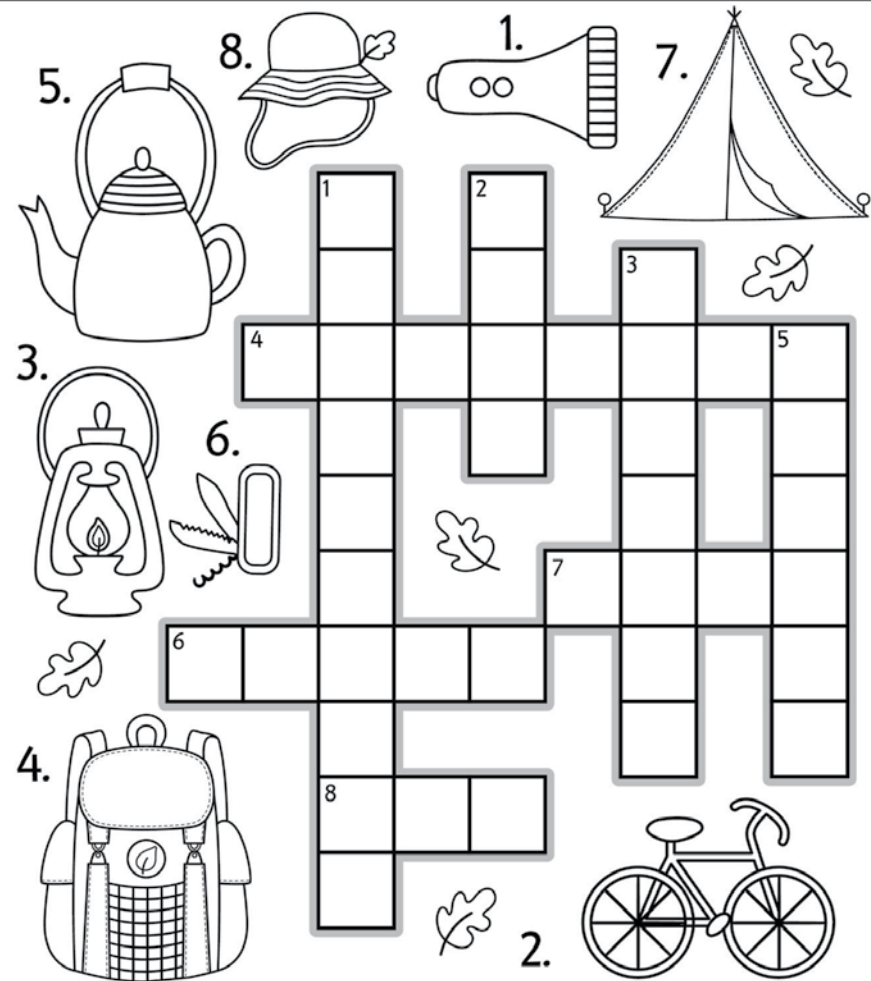


Kid's Zone - Fun & Games



CAMPING

crossword puzzle



What kind of  
candy do you get  
at the airport?  
  
Plane chocolate!



When do you go at  
red and stop at green?



When you're eating  
a watermelon!!!

What kind of tree  
fits in your hand?  
  
A palm tree!

ANSWER: 1.Flashlight 2.Bike 3.Lantern 4.Backpack 5.Kettle 6.Knife 7.Tent 8.Hat

Spring Colouring  
Contest Winners!

Ages: 6-8

1st Place: Katie & Grace  
Runner Up: Kaylie B

Ages: 3-5

1st Place: Breanne W.  
Runner Up: Ann N.

Ages: 9-11

1st Place: Lily H  
Runner Up: Drew Y

Honourable Mentions

Nina A  
Hanna X  
Leon G

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!





# Don't Throw It Away - Meal Plan!



Elizabeth Cayen  
Certified Holistic Nutritional Consultant

Everyone’s talking about it: the price of groceries has been going up. According to Canada’s Food Price Report for 2023, a family of four will spend \$16,288.41 on food this year, or \$1,357.37 a month - an increase from \$1,065.60 in 2022! The fact is that food in Canada has been getting expensive.

According to a 2021 report from the UN Food Waste Index, Canadian households produce 79 kilograms of food waste per year, with fruits and vegetables accounting for 45% of the waste. Considering how expensive groceries are, this is just like throwing your money straight into the garbage. A simple action we can take to combat this is to meal plan.

*However, when I started the process I was surprised at how easy it is to maintain and to enjoy!*

Meal planning involves planning all the meals you’ll eat for the week, including snacks. I have to be honest - before I tried meal planning years ago, I was extremely reluctant. I’ve never been great at being super structured in my activities, and I value spontaneity and the sense of freedom when I can just ‘eat whatever I feel like.’ However, when I started the process I was surprised at how easy it is to maintain and to enjoy! The freedom actually comes from spending less time trying to figure out what to make, less time shopping and cooking, and definitely less food getting thrown out because it has gone past it’s best, languishing in our fridges.

Depending on your schedule the plan you make can be as simple or as involved as you like. I like to print off a blank month calendar and use the squares for my breakfast, lunch, dinner and snacks for the week. You may want to plan the full 7 days or only plan weekdays, giving you more flexibility on the weekends, though I would recommend you start with the full week until you get a hang of it. Take advantage of the weekends to do your prep work (wash and cut all the fruits and veggies you’ll need for your meals and snacks).

Purposefully plan to have leftovers when you make the meal. This will enable you to have the same meal for that night’s dinner and for lunch the next day, cutting down on the number of meals you actually have to plan for and make too. Once you have your meal plan in place then you go shopping ONLY for the groceries you will need for that plan. Being intentional with your grocery purchases allows you to greatly reduce – or even eliminate – throwing any food away just because it didn’t end up getting used.

Get the whole family involved! Letting everyone have input into the meal plan ensures they get to have what they like too. I like to use weekends to make large meals and freeze them. These then get incorporated into the plan, and if you are able to make enough (and have the freezer space), you can even have meals ready for a few weeks. Choose out of your already favourite meals, or get creative and try a new recipe or two each week. You’ll eat more vegetables and fruit, because you already know before buying them what you’ll use them for.

Though we always intend to use what we’re buying, we’re busy and may run out of time to figure out what to do with what we have. Eventually the food goes into the garbage. Instead of throwing away the food (and your money), meal plan instead. We can all have a role in reducing Canada’s food waste and keep our money in our wallets.



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# Happy Summer From The EPL Crew!

Rianne Rayment  
Community Librarian, Riverbend Branch



Summer Starts at EPL engages children in reading, learning and creating at EPL in order to prevent a slide in student learning over the summer months. At all EPL branches, children will have opportunities – all FREE – to track their summer reading, make their own buttons, play games and participate in fun events in which they explore concepts in science, technology, engineering and art.

Meet our performers: Enjoy balloon twisting with Demmi Dupri, watch a magic show with Kent Wong or head to the circus with the Great Balanzo! West Edmonton Mall is back with a reptile meet-and-greet, take a yoga class and attend a pirate theatre performance, or listen to the musical stylings of Beth Portman and Zach Willier!

Check out our great classes: Bust out some moves at our Old MacDonald dance party, code a video game, learn embroidery or paint your own pet rock! Learn about extremely gross animals, make bubbles and craft your own musical instrument at the library.



Children can visit any library location on or after June 24th to pick up their registration package and begin reading for a chance to win exciting prizes.

Riverbend branch will be getting our summer excitement started on Saturday, June 24th.

Drop in between 10:00AM – 6:00PM for some good old-fashioned fun!

Visit <https://www.epl.ca/summer-starts/> for more details.



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SUMMER BBQs



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

[www.terwillegar.org](http://www.terwillegar.org)



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NOTICE

Lot 100 Block 165 Plan 0421742; 2351 Rabbit Hill Road, Edmonton, AB., T6R 3L6. Proposed installation of 24kW natural gas Combined Heat & Power micro-generation unit in accordance with Appendix A1- Participant involvement program (PIP) guidelines of AUC Rule 007. If you feel you may be affected by the proposed project, please provide your inputs by July 3, 2023 to: Mike Roppelt, GSS Energy Ltd. 2004 Sherwood Dr., Sherwood Park, AB., T8A 0Z1 or [mike@gssenergy.ca](mailto:mike@gssenergy.ca) 780.951.1458

CHP is Combined Heat & Power – The Other Green Energy.





Volunteer Roles Update



TCL Board

We have had good pickup in volunteering over the past few months. We have several Board support roles still available if you are interested in an ongoing role with the Terwillegar Community League. The roles available include: Fundraising Aide, Volunteer Coordinator and Communications aide.

A brief overview of the roles is as follows:

**Fundraising Aide**  
Assists the Fundraising Director with setting up fundraising events. Helps at fundraising events such as the I’m Too Big for It Sale. Could run smaller fundraisers independently.

**Volunteer Coordinator**  
This role supports the Board by creating a list of volunteers to contact for events. They work with the Programs Director and Fundraising Director to provide volunteers for events including the casino fundraiser. They can come up with ideas for volunteer benefits such as a volunteer appreciation night and awards. This person can also attend board meetings.

**Communications Aide**  
We have recently elected a new member to our Communications role. The Communications Aide will be responsible for assisting this person. The main areas where assistance would be needed is in social media support with items such as posting, and making event banners. This person could also assist in approving posts on social media for our members and answering questions over social media. Graphic design skills are an asset!

**Programs Committee**  
We will also continue to take people onto our programs committee. This committee is responsible for planning all future events. If your interested in helping to plan or run future events please contact us to join the committee.

While we do not elect individuals to Board roles over the summer, however we still encourage you to reach out if you are interested in one of these roles and we can work to get you started. Please contact [tclpresident@terwillegar.org](mailto:tclpresident@terwillegar.org) for more information. Thanks everyone!

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

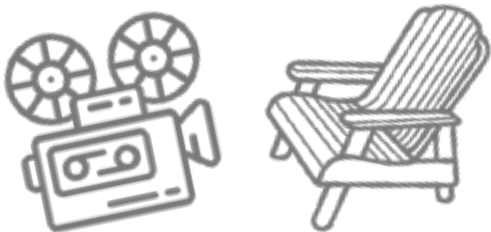
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SUMMER  
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Saturday, August 12, Noon-4pm  
South Terwillegar Park.

Fundraiser for the development of South Terwillegar Park (soccer fields, hockey rink, basketball courts, and more).

Three sponsorship tiers: \$250-\$499, \$500-\$999, \$1,000+, which gets you different levels of recognition on:  
1) Community posters for the event  
2) Signage at the event (+1k people in attendance)  
3) Facebook page posts (approx. 9k members)  
4) Terwillegar Tribune article (8.5k papers delivered)  
5) Emails to community members (2 K members)

Sponsorship over \$500 will allow you to set up a tent and attend the event. Gifts in kinds will be considered on a case-by case-basis.

If you are interested in sponsoring the event or being a part of it, please contact [fundraising@terwillegar.org](mailto:fundraising@terwillegar.org).

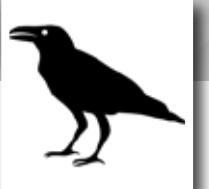






# How To Spot The Difference Between Crows And Ravens

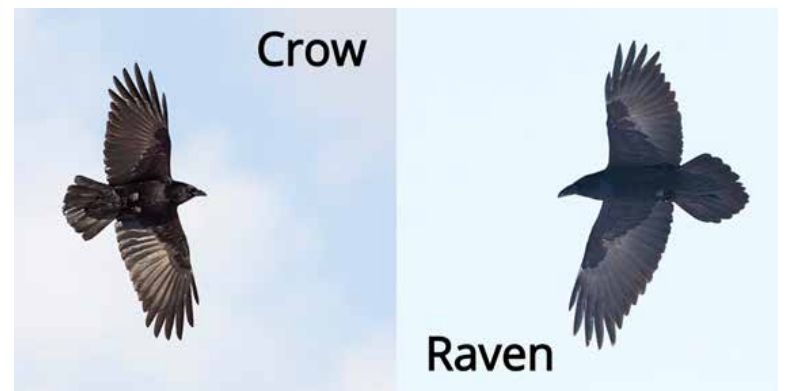
*North Saskatchewan River Valley Conservation Society*  
[www.ealt.ca/blog/fun-facts-raven-or-crow](http://www.ealt.ca/blog/fun-facts-raven-or-crow)



Ravens and crows are large black birds, both part of the Corvidae family. They have many similarities, so how can you tell these two birds apart?

The shape of their tail feathers is one indication. Crows have more rounded tails, while ravens have a more pointed tail. You can remember that by thinking that the crow has a C-shaped tail and C is for crow. Ravens have a V-shaped tail and there is a letter V in the word raven. Little memory tricks like these are helpful for remembering details about birds and other wildlife.

Ravens are generally larger than crows and have much larger and more curved beaks. Another way to tell the two apart without seeing them up close is by their sounds. The crow makes a caw sound, whereas the raven makes a deeper croaking sound.



In addition, ravens tend to move in pairs, whereas their crow counterparts travel in large flocks called murders, sometimes numbering into the thousands. Furthermore, ravens tend to glide more, whereas crows flap their wings a lot more when flying around.

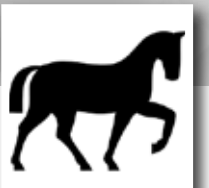
# Support your community!

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



## Horses Can Sleep Standing Up But Must Lay Down To Get REM Sleep

*North Saskatchewan River Valley Conservation Society*  
[www.livescience.com/animals/land-mammals/why-do-horses-sleep-standing-up](http://www.livescience.com/animals/land-mammals/why-do-horses-sleep-standing-up)



Horses slumber while standing to balance their need for sleep against the ever-looming threat of predators. They are big animals, and it takes time and energy for them to get off the ground. A standing horse is therefore much better able to run away when roused from sleep.

Horses have specialized anatomical features known as a stay apparatus that enable them to stay on their hooves while catching some z's. When a horse relaxes its leg muscles, the stay apparatus ligaments and tendons act as tension bands that stabilize the shoulder, knee and ankle joints in the legs. This enables the horse to remain standing without having to maintain much tension in their muscles.

Adult horses can get by on as little as 5 hours of sleep per day, and most of it while standing up. But an adequately rested horse requires at least 25 minutes of REM sleep per day, which can only happen while lying down. Because of this, horses must lie down every day.

Horses need to feel comfortable and safe before they are willing to lie down and sleep. In feral horse populations, if multiple horses lie



down to get REM sleep at the same time, there will always be at least one horse that remains standing, likely to watch for potential predators



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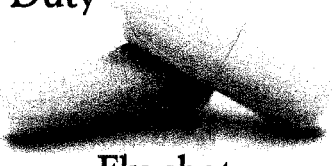


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Karin Shott, Sue Trigg  
TRAC

# TRAC Update



The TRAC Community Run/Walk was held Sunday, May 28th in partnership with The Running Room. We were thankful that the smoke from the wildfires had subsided as it was a beautiful morning for the community to come together for the event!

Huge thanks to Councillor Cartmell for emceeing the event and assisting with medal presentations, and to Stephanie King for leading the warm up. Thanks to Justin Ng, event coordinator from The Running Room, and Kyle LaFontaine from Results Canada for taking care of the timing. Remax provided the Festival Tents and a bouncy castle which was enjoyed by the younger crowd. Reckie Lloyd & band members with Sangea Academy provided the musical entertainment with some African drumming! The A&W Root Bear also was on site and had many photos taken with him.

We were very happy to have well over 100 children under the age of 12 participate in the run with a group of 75 children from the Start2Finish Running and Reading program. This program addresses the need for enhanced literacy and physical activity among children experiencing poverty/deprivation in their communities. The R&R Club uses physical activity to empower children to build a lasting cycle of health and success. It is based on research that shows exercise positively impacts children's cognitive and social skills and reduces the "stressors" they face.

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

**Platinum Level Sponsor:**

Miller Thomson LLP, Servus Credit Union, Brookview Dental, AMB Wealth Management Group of RBC Dominion Securities, Richardson Wealth, Better Player inc., & Booster Juice

**Silver Level Sponsors:**

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**Bronze Level Sponsors:**

Freson Bros., Save-on-Foods Magrath, Simply Supper & Brookview Montessori

The post nutrition station included coffee & hot chocolate courtesy 'Second Cup-TCRC', fresh fruit & juice courtesy 'Freson Bros. & Save-on-Foods Magrath, delicious baked goods courtesy 'COBS Bread-Riverbend' and tasty pizza provided by 'Panago Pizza-Riverbend/Terwillegar'!

New this year were veggie baskets for the children provided by S4Greenhouses, a Sprouts Vendor Participant at the Southwest Edmonton Farmers' Market. For more information on the Sprouts Program, please check [www.swefm.ca](http://www.swefm.ca)

Of course, an event such as this could not be possible without the help of our dedicated volunteers! Thanks to: Jonathon Balascak, Reid Barber, Ryan Barber, Sky Barber, Jim Bradshaw, Cathy Cartmell, Tim Cartmell, Matt Chapman, Tariq Chaudary, Elizabeth Emslie, April Fair, Alexander Farries, David Gummer, Katrin Head, Jamie Henderson, Sherri Hodgson, Megan Lange, Lesley & David Leeworthy, Don Lore, Blair Morling, Marc Raedschelders, Miep Raedschelders, Dr. Brian Ritchie, Debbie Rowley, Denis Rowley, Dave Rumbold, Jackie Stewart, Karin Shott, Sue Trigg, Gary Trigg, Blair & Eddie Trigg, Lucca van Manen, Monte Weber, Nancy Wendt, & students from Lillian Osborne High School – Fatima & Vitalia.

We hope everyone had a great time and we'll look forward to seeing you next year!



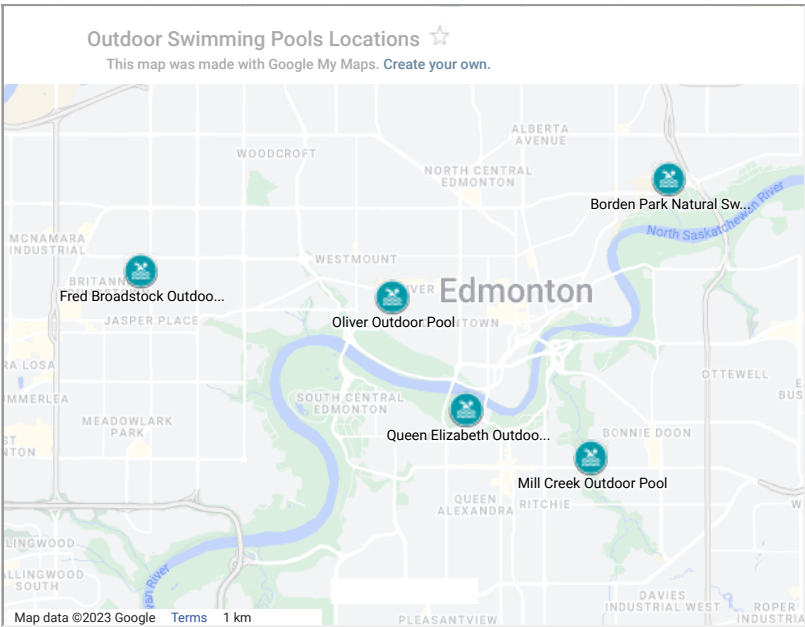
## Register Your Stand Sunday, August 27th is Lemonade Stand Day

Our Simply Supper Junior Lemonade Committee is tickled pink to invite you to participate in our 10th annual Lemonade Stand Day by hosting a lemony event in your community in support of the Stollery Children's Hospital Foundation.

Simply Supper and the Sponsors of Lemonade Stand Day will provide you with a kit which includes items to get your stand started - all you need is a little love, some smiles and a lot of fun!

**To participate this year, register your stand starting June 15th, 2023. Registration is required to be an official participant of the event and to guarantee a Lemonade Stand Day kit for your group.**

## Outdoor Swimming



Looking for a place to cool off during the hot summer months? Visit any of the City's outdoor swimming pools and have a whale of a time splashing, socializing with friends and family or simply relaxing for the day. The City manages a total of 5 outdoor swimming pool complexes including the newly refurbished and first of its kind in Canada, Borden Natural Swimming Pool.

**Admission & Memberships**

Regular 2023 admission prices (/activities\_parks\_recreation/admission-memberships) apply. Outdoor Pools are Value type admission with the exception of Aquafit at Oliver and Swim Training at Queen Elizabeth, which are Benefit Plus programs. Children 12 years and younger can access outdoor pools for free.

Admission to these pools is included with all City of Edmonton Recreation Centre, including the Summer Youth Pass.

The Summer Youth Pass will be available for purchase between June 19 - August 31. It is \$35 for this monthly pass for Youth and Children aged 2-17 years of age.



# 2023 TRAC Community Run/Walk





2023 TRAC Community Run/Walk





SCAN ME

# What is My Home Worth?

## Thomas Hartman

587-899-5929 | [www.TerwillegarTom.com](http://www.TerwillegarTom.com)







June is Stroke Awareness Month in Canada.

Risk factors such as high blood pressure, diabetes, smoking, high cholesterol, physical inactivity, age, family history and more put you at a higher risk of experiencing a stroke.

What is a stroke?

A stroke occurs when a blood vessel in the brain bursts or is blocked. Without blood and the oxygen it carries, part of the brain starts to die. The part of the body controlled by the damaged area of the brain can't work properly.

Symptoms of a stroke happen quickly and brain damage can begin within minutes. Quick treatment can help limit damage to the brain and increase the chance of a full recovery.

The acronym FAST is a simple way to remember the main symptoms of stroke. FAST stands for:

- Face – Is it drooping?
- Arms – Can you raise both?
- Speech – Is it slurred or jumbled?
- Time – Call 911 immediately.

If you have any of these symptoms, even if they go away quickly, call 911 or other emergency services right away. A stroke can't be self-managed at home. To learn more [www.ahs.ca/heartandstroke](http://www.ahs.ca/heartandstroke)

How can I identify my risk for stroke?

Knowing your personal risk can help you act to lower your risk.

You and your healthcare provider can look at things that put you at risk for a heart attack and stroke. He or she might look at many things, such as:

- Your cholesterol levels.
- Your blood pressure.
- Your age.
- Your race.
- Whether you are male or female.
- Whether or not you smoke.

Learn about cardiovascular disease risk screening or visit the risk calculator tool.

How can you prevent a stroke?

You can make some lifestyle changes that can reduce your risk of stroke and improve your overall health. It's important to know that if you've had a stroke you are at risk of having another one.

You can work with your healthcare provider to help identify your risk and create a plan to help manage any health conditions.

- Treat any health problems you have
- Manage high blood pressure or high cholesterol by working with your doctor.
- Manage diabetes. Keep your blood sugar levels within a target range.
- If your doctor recommends taking aspirin or a blood thinner, take it.
- Take your medicine exactly as prescribed. Call your doctor if you think you are having a problem with your medicine.
- Get the influenza (flu) vaccine every year.
- Adopt a healthy lifestyle
- Don't smoke or allow others to smoke around you.
- Limit alcohol. Guidance can be found here: [Alcohol | Alberta Health Services](#)
- Stay at a healthy weight. Being overweight makes it more likely you will develop high blood pressure, heart problems, and diabetes. These conditions make a stroke more likely.
- Be active. Ask your doctor what type and level of activity is safe for you. If you are in a stroke rehab program, your rehab team can make an exercise program that is right for you.
- Eat heart-healthy foods. These include fruits, vegetables, high-fibre foods, fish, and foods that are low in sodium, saturated fat, and trans fat.

For more information on strokes, please speak with your family doctor or call Health Link at 811 to speak with a Registered nurse.

Crossword Solution

SOMEPLACE ELSE

By Judith W. Walker

|    |   |   |   |   |    |    |    |    |    |    |    |    |
|----|---|---|---|---|----|----|----|----|----|----|----|----|
| 1  | 2 | 3 | 4 | 5 | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 |
| S  | T | I | L | E |    | B  | A  | S  | A  | L  |    | G  |
| 14 | O | W | N | E | R  |    | 15 | A  | S  | I  | D  | E  |
| 17 | L | O | S | T |    | 18 | S  | I  | G  | H  | T  | O  |
|    |   |   |   |   | 20 | U  | T  | T  | E  | R  |    | 21 |
|    |   |   |   |   |    |    |    |    |    |    | 22 | S  |
| 23 | C | H | O | P |    | 26 | S  | L  | A  | B  |    | 28 |
| 29 | L | E | U |   |    |    | 30 | M  | A  | D  |    | 32 |
| 33 | U | L | T |   | 34 | W  | O  | R  | S  | H  | I  | P  |
| 38 | E | M | O | T | I  | V  | E  |    | 40 | T  | E  | A  |
|    |   |   |   |   | 43 | F  | U  | T  | U  | R  | I  | S  |
| 46 | P | R | A | T |    | 48 | M  | U  | M  |    |    | 49 |
| 50 | R | E | C | T | O  |    | 52 | N  | A  | S  | A  |    |
| 56 | O | N | T | I | M  | E  |    | 58 | G  | A  | P  | E  |
| 60 | L | E | I |   | 61 | A  | B  | S  | E  | N  | T  | E  |
| 66 | E | G | O |   | 67 | H  | O  | A  | R  | D  |    | 68 |
| 69 | S | E | N |   | 70 | A  | N  | T  | S  | Y  |    | 71 |
|    |   |   |   |   |    |    |    |    |    |    |    | S  |
|    |   |   |   |   |    |    |    |    |    |    |    | L  |
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|    |   |   |   |   |    |    |    |    |    |    |    | S  |

Classifieds

THIS COULD BE YOUR AD.

WANT TO KNOW MORE?

www.terwillegar.org

contact:

editor@terwillegar.org

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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!*

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

## DID YOU KNOW?

Advertising with a minimum 1/8th ad (\$98 black and white) *ALSO* qualifies you to post to the Tribune Facebook page once a week, between relevent publication dates.



Check the media kit by scanning the QR code with your phone camera, or by following the link online  
[https://www.terwillegar.org/terwillegar\\_tribune.php](https://www.terwillegar.org/terwillegar_tribune.php)



### Board Contacts

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**Vice-President:**  
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**Treasurer:**  
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**Secretary:**  
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**Community Advocate:**  
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**Program Director:**  
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**Communications Director:**  
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**Fundraising Director:**  
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### Other Contacts

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**Editor:**  
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**Neighbourhood Watch:**  
[watch@terwillegar.org](mailto:watch@terwillegar.org)

**Webmaster:**  
[webmaster@terwillegar.org](mailto:webmaster@terwillegar.org)

### Other Positions

**TRAC Ambassador - MacTaggart:**  
*Vacant*

**TRAC Ambassador - Magrath:**  
*Vacant*

**TRAC Ambassador - South Terwillegar:**  
*Ryan Barber*

**TRAC Ambassador - Terwillegar Gardens:**  
*Sue Trigg*

**TRAC Ambassador - Terwillegar Towne:**  
*Monte Weber*



# Hello Summer

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**In Your New Home!**

**Call Sally today! 780.441.5457**

