

Terwillegar

COMMUNITY LEAGUE

Tribune

 [terwillegarcommunityleague](https://www.terwillegarcommunityleague.org)
 [terwillegarcommunityleague](https://www.facebook.com/terwillegarcommunityleague)

Deadline For Next Issue: Aug. 16
Delivery: Week Of Sept. 2

Issue 101

www.terwillegar.org

May 2024

Terwillegar Community League Update



Kathleen Mountford
TCL Vice President

The Terwillegar Community League is gearing up for summer with many events and volunteer opportunities available.

We started spring with the "I'm Too Big for It Sale" that took place on April 13th at the Community Church. We had over 45 tables of kids' items on display. The attendance was lower than at past events, but shoppers did arrive pretty consistently throughout the event. Please consider showing up to support the tables at this event in the future as this event is a fundraiser for the community and we make a small profit on the table sales.

We were planning a new event, the Silent Auction event. Unfortunately, due to limited ticket sales, we had to cancel this event. We will still be doing an online auction though so please consider supporting it for us to raise some funds for our community rink project.

Summer event planning is now underway. We plan to host Canada Day at Tomlinson Park. The fun includes bouncy castles, face painters, balloon twisters and more. We will be looking for event volunteers 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 but are still a great opportunity to get out and meet your neighbours.
(continued on page 5)



**ATTENTION
COMMUNITY
MEMBERS!**

ONLINE SILENT AUCTION

We are having an Online Silent Auction that is open NOW and runs until June 8th, 2024, to raise funds for our new community skating rink and multipurpose courts!

CONTACT
 fundraising@terwillegar.org

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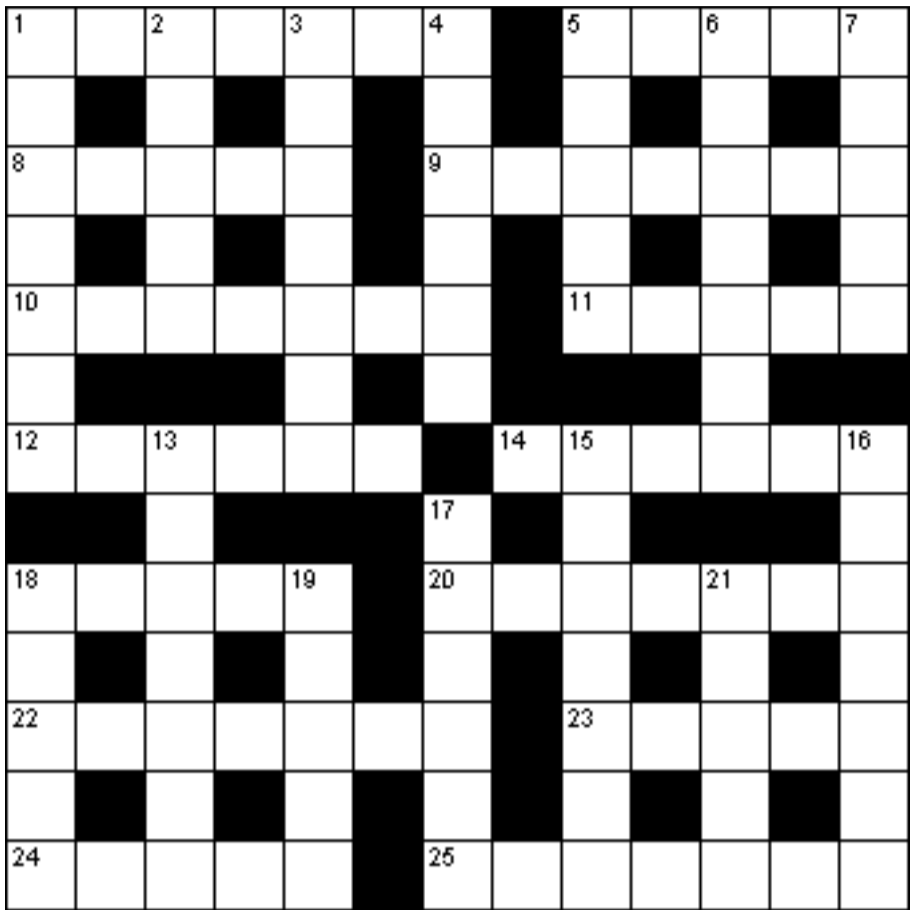
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- 8 Horrifying, sensational (5)
- 9 Exult, make merry (7)
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- 11 Rule (5)
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- 14 One who attends to horses (6)
- 18 Capital of Western Australia (5)
- 20 Disrobe (7)
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- 23 Short-legged breed of dog (5)
- 24 Fittingly (5)
- 25 Borne (7)

Down

- 1 Permitted (7)
- 2 Trimmed, peeled (5)
- 3 Et cetera (3,2,2)
- 4 I've found it! (6)
- 5 Military rank (5)
- 6 First (7)
- 7 Back of a boat (5)
- 13 New England state (7)
- 15 Beguiled (7)
- 16 Discern (anag) (7)
- 17 Embrace (6)
- 18 Penne, rigatoni, etc (5)
- 19 Contented (5)
- 21 Mistake (5)

What's Next

Next Submission

Deadline:
Aug. 16th

Next Issue:
Week of Sept. 2nd



Free Access!

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

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



Saturday's from 5-7pm

Memberships are available online
www.terwillegar.org

Member of Parliament Update



Matt Jeneroux
MP Edmonton - Riverbend

As we enter May, much of the House of Commons' focus will continue to be on Budget 2024. Despite this, Parliamentarians continue to be active on a variety of matters and I wanted to highlight two of my recent initiatives.

An area I'm pleased to see further progress on is in the area of Mental Health. My Private Member's Motion has now officially been tabled as Motion 116. As mentioned in my last letter, every Canadian should have access to mental health resources during times of crisis, and I believe this motion is a commonsense solution to ensure that support is readily available to those in need. You can read more about it on my website at mattjeneroux.ca. Further to my advocacy efforts, I was also pleased to have recently concluded a trip to Washington D.C. where along with a few colleagues, I was able to sit down with the bi-partisan Congressional Men's Health Caucus. The work they've done on raising awareness for men to take care of their health is remarkable and I look forward to furthering cross-border collaboration and knowledge sharing. Lastly, I was happy to have recently spoken in Banff on the topic of mental health awareness and how the business community can be more involved in supporting local mental health initiatives. When it comes to mental health, supporting those in our local community is everything. Mental Health affects many people and I'm so pleased to continue to see progress.

I recently had the fortune of touring the Chalk River Nuclear Lab, the largest science and technology laboratory in Canada. The research they do in nuclear energy is quite impressive and lends its support to sustainable alternative energy. As conversations around affordable energy supply and Canada's role in exporting surplus energy continue to be had both here in Edmonton and around the province, it was quite useful to see the practical implementation for industry and how it can benefit consumers. Affordable electricity continues to be top of mind for many in our community and I look forward to seeing how these initiatives relieve this concern.

As always, should you have any questions on these or any other federal matters, please do not hesitate to contact my office at matt.jeneroux@parl.gc.ca.



MP Jeneroux photo courtesy of MP Office

TERWILLEGAR COMMUNITY LEAGUE'S

SUMMER BBQs



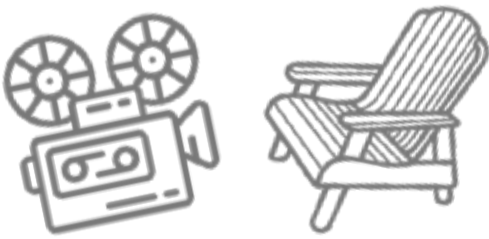
Get at least seven of your neighbours together for a BBQ this summer! We will provide \$200 for your event. Registration now available.

www.terwillegar.org

TERWILLEGAR COMMUNITY LEAGUE
PRESENTS

SUMMER MOVIE NIGHTS 2024

COMING TO A SCREEN NEAR YOU THIS SUMMER



SHOWTIME

June 15th - July 13th - September 21st

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 OR IF AIR QUALITY IS POOR.



Councillor Update



Tim Cartmell
Councillor Ward pihêsiwin

On Tuesday, April 23rd, City Council approved an increase in property taxes which is going to be really hard to swallow.

And I mean that. There are many that simply cannot afford another increase in their household expenses. Property taxes do not discriminate, there is no test to determine who can afford them and who cannot.

Here are the numbers. City taxes will go up 8.9%, education property taxes will go up 2.7%, the average total tax bill will go up 7.3%.

Voting against this increase was not a realistic option. Defeating this increase would have moved us back to November. But it would have resulted in a deficit budget, which is not permitted under provincial law.

In the meantime, I moved a motion that might see some tax levy relief. That motion asked City Administration to consider a reduction in annual capital spending. Stretch what we intend to spend in the next three years over five or six years instead. And really think about what we need to do versus what we have to do.

This budgeting process clearly shows why we need to take the time to build a completely new budget. Taking a budget and corporate structure from 20 years ago and tweaking it here and there with the expectation that we will get meaningful results is folly.

What we need to do is tear this budget down to the studs and rebuild it for the City of today.

Call it Zero based Budgeting, call it Priority Based budgeting, call it whatever you want. But the time has come for a black sheet and a budget built from the ground up. A budget built with the input of our front line staff and our union partners.

I have been saying it for years. Before you can change the budget, you have to change the structure that drives it.

Time is up. We need to fix this.

Hello SUMMER

YOU'RE INVITED TO MY IN-PERSON AND VIRTUAL TOWNHALL

Tim Cartmell

MONDAY, JUNE 17TH
6:30 - 8:00PM

Multi-Purpose Room #4
Terwillegar Rec Centre
2051 Leger Rd NW,
Edmonton, AB T6R 0R9
Online Facebook and Zoom

Lastly, I invite you to join me for an in-person/virtual townhall on Monday, June 17th from 6:30 pm - 8:00 pm at the Terwillegar Community Recreation Centre (2051 Leger Rd NW): Multi Purpose Room #4. Details on how to join virtually will be shared via my social media channels. To receive more information about this event, sign up for updates from my office at timcartmell.ca/updates. Please note, you are not required to RSVP to the meeting on June 17th.

As always, please feel free to contact me at 780-496-8130 or at tim.cartmell@edmonton.ca with any of your city related concerns. I look forward to seeing you on Monday June 17th for the townhall!

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Terwillegar Community League Update

(continued)

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 is now open for the Community Wide Garage sale and we already have over 35 homes registered for people to shop at.

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 needs to be a Community League member for the BBQ event to receive a \$200 grocery gift card. Registration will be available soon. The Board made a decision to increase the funds available due to the rising cost of groceries.

We will be holding the Summer Carnival at South Terwillegar Park. This fundraiser supports the Rink Project, so we charge for tickets to help raise funds. If you are interested in sponsoring this event or donating an item to our Online Auction, please reach out to

fundraising@terwillegar.org.

Our largest fundraiser of the next 18 months takes place this July on the 27th and 28th – the Community Casino. Funds from the Casino will be used for our Rink Project. The Casino fundraiser raises about \$1,000 per shift so it is the highest dollar-impact donation of time that you can make to the community if you choose to volunteer.

As an update, the Rink Project Plan has been with the city for over five months, and we are still waiting for them to review it and assign a Project Manager. More news on our project will be posted in future papers.

Thanks to the community for your continuous support and we hope everyone has a great summer!

Managing Seasonal Allergies



albertahealthservices.ca

Allergies occur when your immune system overreacts in response to certain substances, mistaking harmless elements as harmful germs or viruses. Numerous triggers can cause this to happen such as pollens, medicine, food, dust, animal dander, and mould.



health. Your healthcare provider might recommend tests to pinpoint the exact cause of your allergies. Once you identify your triggers, you can take steps to avoid them, which will help prevent allergy symptoms and potential health complications.

In some cases, immunotherapy could be beneficial. This treatment involves injections or pills containing small amounts of specific allergens. Over time, your body becomes desensitized to these allergens, resulting in reduced or prevented allergic reactions.

Preventing Seasonal Allergies

You can reduce your exposure to pollen and other allergens that cause seasonal allergies by:

- Keeping your house and car windows closed.
- Checking the Air Quality Health Index before you go outside.
- Limiting the time you spend outside when pollen counts are high (during midday and afternoon).
- Wearing a pollen mask or dust mask if you need to mow the lawn.
- Limiting your mowing tasks if you can.
- Rinsing your eyes with cool water or saline eyedrops to remove clinging pollen after you come indoors.
- Taking a shower and changing your clothes after you work or play outside.

If your allergy symptoms occur seasonally, it's likely due to an allergy to specific pollens from trees, grasses, or weeds.

Allergies can range from mild to severe, and some over-the-counter allergy medications may alleviate certain symptoms. Remember to carefully read and follow the instructions on medication labels.

Effectively managing your allergies is key to maintaining good

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Celebrate!



Marni Mrazik
Director of Community Life at Terwillegar
Community Church

Have you ever been to the Edmonton Heritage Festival? It is the world’s largest three-day multiculturalism celebration according to the event website. It showcases a diversity of cuisine, entertainment, interpretive materials, and crafts worldwide. But, even if it’s not the biggest, it is incredible and it was the inspiration for the Terwillegar Community Church Heritage Festival. Last month, I was standing on the platform of the church, on a Saturday evening, marvelling at the sight before me. There were over 500 people from the church family celebrating the heritage and culture of 25 of the nations represented by folks who call Terwillegar Community Church home. The tables were decorated with items and artifacts, information and pictures from each culture, the outfits were bright, the food was delicious, the entertainment fantastic and it was truly a celebration! It really did feel like a tiny taste of heaven on earth as we read in the biblical book of Revelation, “After this I looked, and there before me was a great multitude that no one could count, from every nation, tribe, people and language, standing before the throne and before the Lamb.” (Revelation 7:9a)

The Heritage Festival truly was a grand celebration, and the smile on my face from that night continues til this day, but I don’t think all celebrations need to be grand nor do I think there always needs to be a grand reason to celebrate. It seems like a worthwhile endeavor to me to intentionally celebrate all the good things we experience in life, to acknowledge them with a smile, a thank you, maybe a moment of reflection and yes, sometimes even a festival. When spring arrives, I celebrate the end of the winter season with an inconspicuous, internal “hurray!”, but I’m thinking that next year I should have a party to acknowledge the new season and the promises it brings. It seems like a good reason for which to gather friends and family! Who doesn’t love a good party?

As I’ve been walking my pup and running into more neighbours and folks out and about; as there are more children playing outside, and more flowers blooming as the trees regain their leaves, I feel the cheer inside me want to break loose. We really do live in a beautiful neighbourhood and if your neighbours are anything like mine, then the saying, “A good neighbour is a found treasure,” will ring true to you. And so, it also seems to me that a thriving community is cause for celebrating and may I say, a good reason for a block party. Once again, who doesn’t love a good party?

But what about some of the smaller things we experience throughout our days; perhaps a cup of coffee while reading a book is the chance to celebrate a few moments away from the tyranny of the urgent. Maybe watching a daughter or son play soccer, complete a painting,



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- 🍿 Indulge in popcorn and cotton candy
- 💡 Express yourself with a glitter tattoo
- 🐰 Snuggle a baby bunny or goat at the petting zoo
- 🏰 Jump in a bouncy castle or race the obstacle course

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or perform in a concert is a chance to celebrate the opportunities they have and accomplishments they achieve. A hug could not only be the mark of a celebration, but a reason to celebrate itself as evidence of a meaningful relationship. Celebrating gives us reason to rejoice and reminds us to appreciate what we have.

I try to remind myself each morning of what Psalm 118: 24 says, “This is the day that the LORD has made; let us rejoice and be glad in it.” Whether it’s nations, neighbours or novels, I hope you find something to celebrate each day.

And on a final note, Terwillegar Community Church invites you to celebrate this community with us at the annual Spring Carnival on Saturday, June 8, from 2:00 – 4:00 at Tomlinson Common Park. Hope to see you there!

DID YOU KNOW?

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Contact Us Today!

SWEFM Market Hours

Wednesdays, Lot E at the Terwillegar Rec Centre

May 15 - October 9: 3:30 PM - 7:30 PM



Report From The Legislature



Rakhi Pancholi
MLA Edmonton - Whitemud

Spring is here and with it comes the possibility of fresh starts and optimism for the months ahead!

I want to begin by expressing my sincere gratitude to those of you who offered your support to me as I put my name forward in the Alberta NDP leadership race. While I have chosen to put my endorsement behind another candidate, I am very proud of the vision for Alberta that my campaign put forward grounded in hope and opportunity. It reflected what I heard from many of you in the last few years and I will continue to lead with that vision in mind.

Back in the Legislature, it has been disappointing to see the focus of the government continues to be on telling a very small story about Alberta – one focused on political posturing rather than delivering on the priorities of Albertans. One example is Bill 18, which requires provincial approval before municipalities, post-secondary institutions and other designated provincial entities can enter into agreements or receive funding from the federal government.

In an ideal world, all levels of government would be partners in building critical infrastructure and affordable housing. But in recent years, the provincial government has failed to support the critical infrastructure and housing our cities need. If the federal government is willing to provide funding for a project and the provincial government is not, our elected municipal leaders should have the right to proceed. Bill 18 prevents our elected municipal leaders from doing their job and mires decisions in red tape.

Bill 18 also requires provincial approval before post-secondary institutions can access federal funding for academic research. Today, those grants decisions are made free from political interference by independent bodies. Despite a lack of evidence of any bias in how these grants are awarded, the Premier wants the right to hand-pick what research is done in Alberta. This is a threat to academic freedom at post-secondary institutions and a risk to future economic growth.

Some of the most incredible research-driven discoveries were made right here at the University of Alberta, like the development of quantum canola, the first oilsands separation process, and the world’s first anti-viral treatment for hepatitis B. Political interference in research funding will drive away researchers and stifle this kind of innovation. With Bill 18, we risk losing the next big Albertan discovery.

Bill 20 is another egregious example of the UCP government undermining local democracy and decision-making. It allows the province to overrule municipal bylaws, as well as dismiss any councilor or mayor and these decisions would be made by Cabinet, behind closed doors. It also introduces municipal political parties in Edmonton and Calgary, something which the vast majority of Albertans oppose. Bill 20 has been widely condemned by municipalities and Albertans province-wide.

As well, after working closely for months with families and seniors from Devonshire Village who have been waiting for up to 3 years for the return of their life savings from unregulated life leases with Christenson Developments, I was disappointed that the government’s proposed life lease legislation (Bill 12), failed to include any protections for these families to get their money back. This is despite multiple meetings I had with the Minister and detailed recommendations I made for the proposed legislation.

The Official Opposition proposed amendments to Bill 12 that would have satisfied the needs of both current and future life leaseholders, but the government refused to listen. Now that the legislation has passed, I will focus on proposing regulations that will make the bill as strong as possible.

As always, please continue to contact Edmonton.whitemud@assembly.ab.ca with your thoughts. I look forward to reconnecting with many of you in person this summer at community events.



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Our Community, Your Voice





Rakhi Pancholi

MLA, EDMONTON-WHITEMUD





(780) 413-5970 203 - 596 Riverbend Square
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Volunteer Update



Kathleen Mountford
TCL Vice President

The Terwillegar Community League has a busy summer ahead with many events that we will require volunteers for.

First up is our **Canada Day** event. For this event, we’re seeking volunteers for tent setup, tent take down, bouncy castle supervision, water melon slicers, line watchers, and more.

Canada Day will be followed by our **Community Casino** which has over thirty shifts open. This is the largest donation of time that you can make as a community member. The funds from our casino go right back into community projects such as the community rink or a future permanent dog park.

Our next volunteer event is the **Summer Carnival**, which requires many of the same volunteers as Canada Day. This includes tent setup, tent take down, bouncy castle supervision, carnival game runner, line watchers, and more.

Sign up forms for our community events and Casino are now available online and we encourage you to sign up or contact the vice president. If you are not able to volunteer for the events above but wish to be added to our volunteer list, please reach out to the vice president as well.

In addition to our event volunteers, we have longer-term roles that still need to be filled. The roles available include: Volunteer Coordinator, Programs Aide, Fundraising Aide and Community Sign Support. All support roles are non-voting board positions but are important to help keep the Community League successful. A brief overview of the roles is as follows:



Saturday, August 17, 11am-3pm at 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 Marijke Debruijn at fundraising@terwillegar.org.

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.

Programs Aide

This role assists the Programs Director with planning and running of events. You could run smaller events without the Programs Director (with Board approval). The Program Aide may also attend monthly meetings.

Fundraising Aide

Assists the Fundraising Director with setting up new fundraising events. Helps out at fundraising events such as the I’m Too Big for It Sale. Could run smaller fundraisers independently (with Board approval). Can attend board meetings. This role is very important for this summer as we gear up for the Summer Carnival.

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. EFCL Representative

The Edmonton Federation of Community Leagues (EFCL) community is looking for an individual from Southwest Edmonton to join the **EFCL board and represent our area**. The board member of EFCL provides direction to EFCL staff which support all the community leagues in Edmonton. This person would be responsible for going to monthly meetings for Terwillegar Riverbend Advisor Council, Southwest Area Council, and attending the EFCL board meetings. This person could also join some of the Community League board meetings as needed.

We encourage you to reach out if you are interested in one of these roles. Please contact vicepresident@terwillegar.org for more information. Thanks everyone!

Check us out on Facebook!



Search: “Terwillegar Community League” under groups

Seasons Change...and So Do We



Elizabeth Cayen
Certified Holistic Nutritional Consultant

I love spring. There’s a sense of freshness and revitalisation in the air. A feeling of letting go of the dark, heaviness of winter days and welcoming in the light and lightness of a new season. Many people would love to forgo winter and the cold, snowy days entirely; they’d prefer to spend the majority of their time within the warmth of summer. Some prefer the winter and the coziness of sweaters and being inside, disliking the heat and bugs of summer. Regardless of preferences, the seasons will change. We can either fight against it or embrace the fact that something new is on its way.

While we know seasonal changes are inevitable, we don’t typically contemplate that changes within us are too. We are being continually shaped and altered by our environments, our experiences, our interactions, and our thoughts about ourselves and the world we live in. Just like each new season brings something a little different than the one before – each day of snowfall is not the same year after year, and the butterflies you see this summer will not be the exact same butterflies you’ll see next summer – every day and stage in our lives also brings something different from before.

Each season gives us an opportunity to look at what we own and decide if we want or need to take that into the next season, to pack or put it away, or to let it go completely from our lives. There is continuous evolution in the way we live our lives based on the seasons. And, like the seasons, there is continuous evolution in us too. We renew, we retreat, we adjust to the ‘weather’ in our lives.

My eldest niece is due to graduate from high school this June, and I just celebrated what is commonly called a ‘milestone’ birthday (isn’t every birthday a milestone?) When faced with these sorts of life events, we’re provided with an excellent opportunity to reflect on who we were and who we are. While I still recognize the girl I was when I was graduating within me, I am mostly an entirely different person – and I will never be 18 again. Like the summer lovers who dread those crisp fall mornings, we can choose to face these events with regret over what has gone or with curiosity for what is to come next.

Being alive means we are constantly changing and evolving, growing and expanding. Life shapes us, and our task becomes to recognize what we need to go forward and what we need to let go of, what becomes a burden as we make our way into the next stage or season. As Albert Einstein said, “You cannot solve a problem with the same mind that created it”. It would be uncomfortable to keep wearing our warm boots and coats in the height of summer just because we prefer winter. And we cannot renew into the next season of our lives by holding on to what we once were in an effort to keep things the same, because we are not the same.

With the change in season, let us embrace this chance to review our current lives and consider what we want to take with us into our next ‘seasons’. What no longer serves a purpose for you in your life? What do you want to let go of in order to welcome in something new? Who do you want to be? As we welcome in spring, let’s choose to reflect on where we are and where we’d like to go, embracing this opportunity to renew again.

Front Yards In Bloom



www.edmonton.ca

This year marks the 25th year of Front Yards in Bloom, a cherished tradition for gardeners, yard enthusiasts and community members. The program is a collaborative effort by the City of Edmonton and our partners to help cultivate Edmonton’s community spirit and enhance the city’s beauty.

Since 1999, Front Yards in Bloom has played an important role in bringing communities together and we encourage Edmontonians to get outside this year, onto their balconies and into their communities to participate by submitting nominations and voting for finalists.

A Front Yard in Bloom is a yard that showcases the best of nature, along with some human ingenuity! There have been so many beautiful gardens submitted over the years in each category, and the efforts of the gardeners are impressive.

Award Categories

Everyone can nominate their neighbours, family and friend’s yards in 6 categories: general yards, edible yards, natural yards, tiny yards, balconies in bloom and the public space category.

At the end of the summer, the top 3 gardeners from each category will be awarded at the annual Edmonton in Bloom Awards ceremony.



General Yard



Edible Yard



Natural Yard



Tiny Yard



Balconies



Public Space

The Funding Gap: Students Enrolled vs Students We Get Funded For

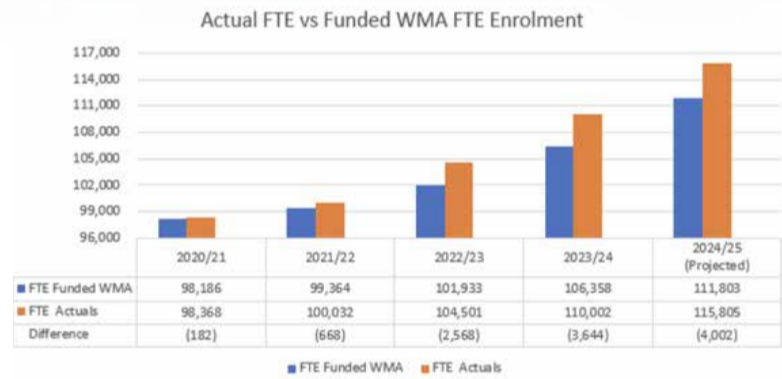


Ward F Trustee
Julie Kusiek

You may have heard that education funding in the province continues to increase. In fact, the total budgeted Alberta Education revenue to Edmonton Public Schools based on the 2024-2025 budget is the largest amount the Division has ever received at \$1.23 billion. This is 4.4 per cent more than we anticipate receiving for the current year (2023-2024).

However, when you factor in the weighted moving average (WMA) funding formula (implemented in 2020), record enrolment growth and inflation, schools are seeing a funding cut for next year. Because the WMA bases funding on enrolment over three years, it does not keep pace with our rapid growth. Next year we anticipate 4,002 students will be unfunded. This is more than total enrolment at some school divisions in the province. It would be ridiculous to expect these divisions to operate with zero funding. It is equally ridiculous for Edmonton Public Schools to have to absorb such a funding gap year after year. The problem of a funding gap is something I am hearing from other growing school divisions in the province as well, and is not unique to Edmonton Public Schools.

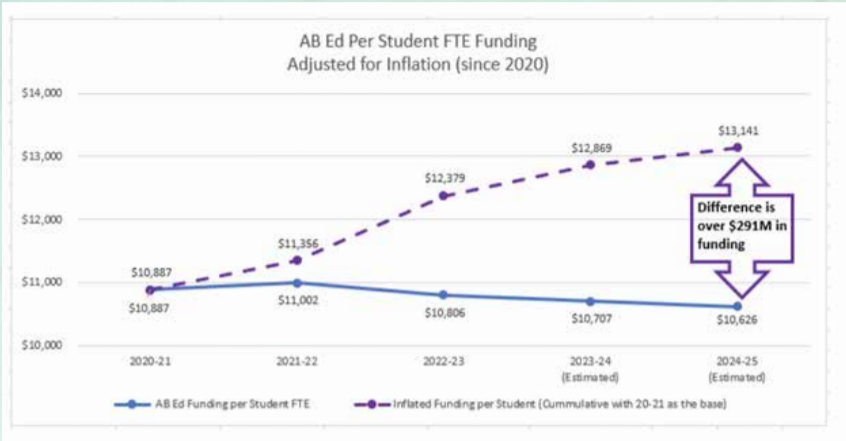
In the graph below you can see that the gap between funded full-time equivalent (FTE) enrolment and actual enrolment continues to widen. This means more unfunded students each year.



In terms of dollar value, this represents a gap of about \$31 million dollars for the upcoming school year. (That’s enough to fund over 300 teachers.)

Finally, add in inflation, and the gap widens to an estimated \$291

Our Board continues to raise awareness of this gap with the government and continues to put our best thinking forward in a



collaborative manner towards alternative solutions. I am appreciative of the opportunity to have these necessary conversations with government.

The Board of Trustees continues to be tireless in our advocacy to close the funding gap. Our students, our communities and our collective future deserve no less and we are ready to do our part to continue providing a thriving, world-class public education system. You can read further details about the information shared above at <https://www.epsb.ca/media/epsb/ourdistrict/boardoftrustees/boardmeetings/2023-24/may142024/08-GapsinFundingEnrolment-InfationRFI021.pdf>. If you have questions, email me at trustee.julie.kusiek@epsb.ca.



Board Chair
Edmonton Public Schools

Trustee | Ward F
Julie Kusiek

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@JulieKusiek

trustee.julie.kusiek@epsb.ca

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Are You Any Good At Retirement?



Colleen Crozier
SWESA Member

learning from others, researching, and pondering as we near the day. Our ideas change over time as reality sets in, and circumstances alter.

A major contributor to our being “good” at retirement is our ability to choose meaningful activities. We can live the dream of what we envisioned for ourselves, or modify the plans due to changing health or resources, or happily jump into something completely new. No matter how it goes, we seek a sense of satisfaction that will allow us to say, “Yes, I’m really good at being retired!”

South West Edmonton Seniors Association would love to be part of your retirement. Learning, socializing, having fun, and giving back are built into all our programs. Come, join us! We’re in our new location within the William Lutzky Y.

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Edmonton, AB
587-987-3200
email: info@swesa.ca
www.swesa.ca

There’s a question! If you’re asked if you are good at cooking, or playing golf, or sticking to a budget, or speaking a language, the answers come easily. You either are, or you aren’t. But when it comes to retirement, how can there be a clear answer?

The primary definition of retirement is “the act of retiring or of leaving one’s job, career, or occupation permanently, usually because of age.” That moment in time is reserved for those who had a job, a career, or an occupation. That exclude all those who didn’t, and it’s only a moment in time. Were you any good at it? Did you leave proudly, sporting your long-service award watch? Or did you exit reluctantly because you had reached mandatory retirement age? Were you good at this definition of retirement?

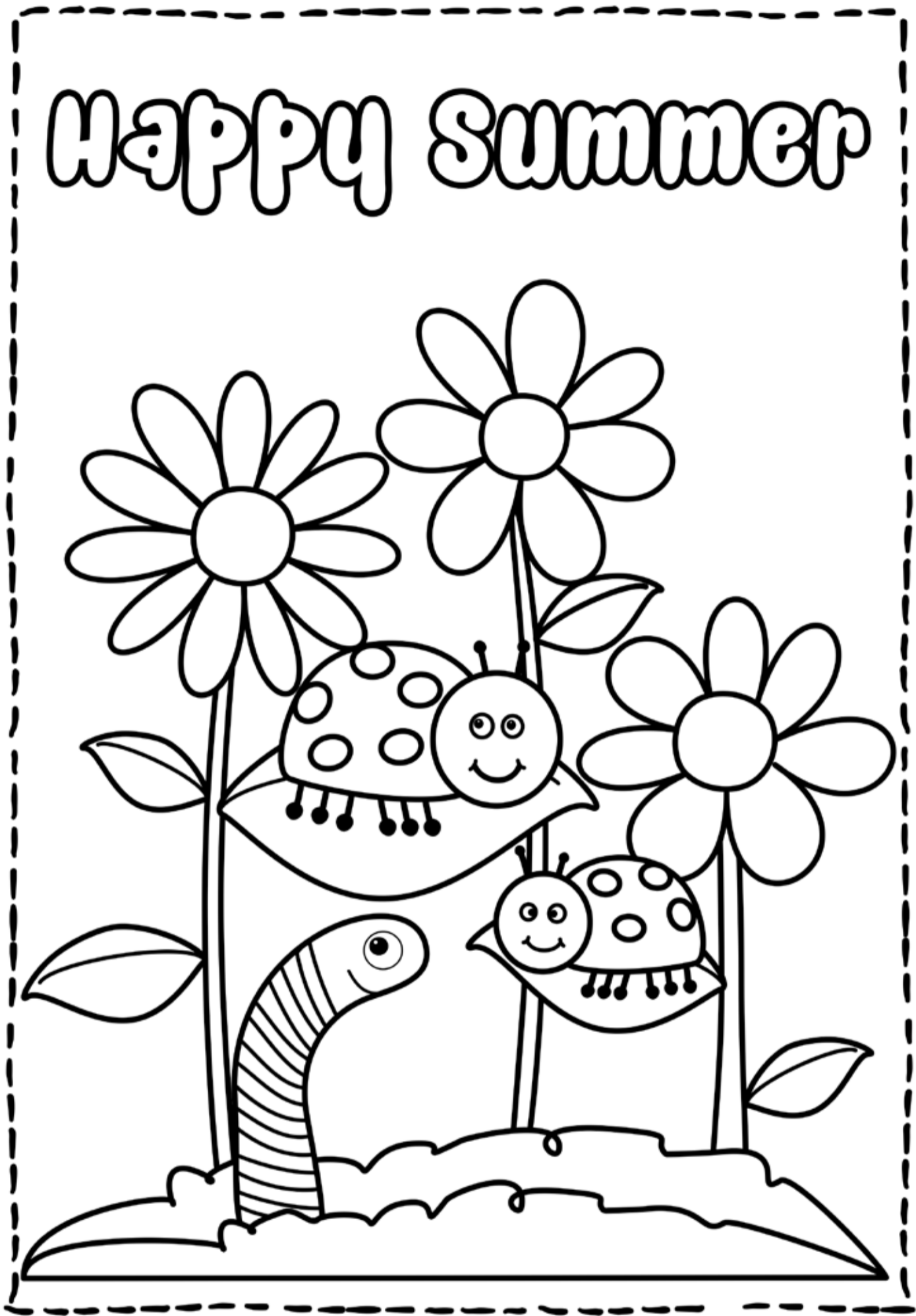
There’s a second definition: “the portion of a person’s life during which a person is retired.” That’s more than a moment in time. This is when we, not a job, determine how we spend our time and resources. A common expression among retirees is, “You need a reason to get out of bed in the morning.” and the answer is no longer “to go to work.”

Whether we are “good” at retirement or not is entirely in our own perception. We come to retirement like we do any other project: with or without training, preparation, resources, vision and plans. Some of Canada’s largest employers provide mandatory “retirement preparation” classes. Most of us prepare on our own, watching and



SWESA members (good at retirement!) and Norquest College ESL students at a special "Coffee and Chat".

Kid's Zone - Colouring Contest



Summer Colouring Contest

First Name: _____

Last Name or Initial: _____

Age: _____

Address: _____

Phone: _____

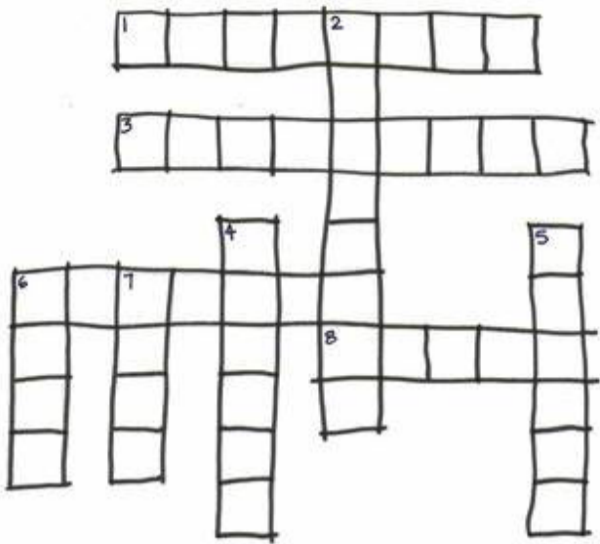
Email: _____

All entries must be received by August 16. 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
OR
Dropped off at the TRAC Office (by Multi-Purpose Room #6)
inside the Terwillegar Rec Centre.

Kid's Zone - Fun & Games


The Very Hungry Caterpillar Crossword Puzzle





What has legs but
doesn't walk?
A table!


What has to be
broken before it's
used?
An egg!





1. 


2. 


3. 

4. 

5. 

6. 

7. 

8. 

ACROSS

DOWN

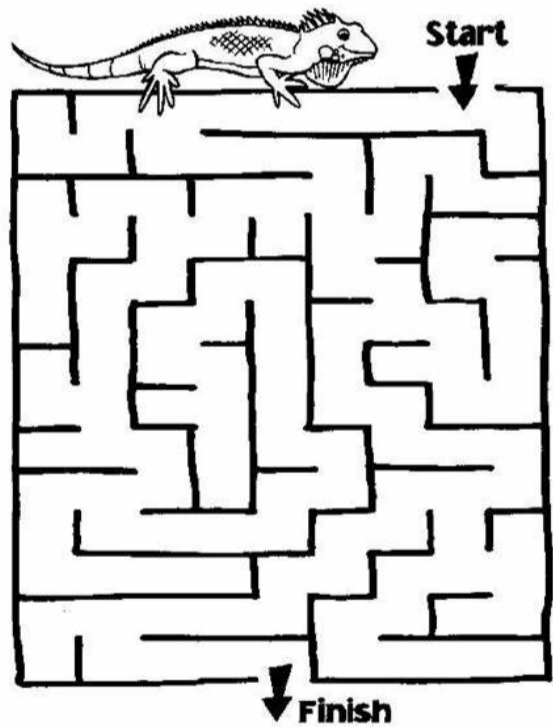
WORD BANK

Cross these words off after you've used them.

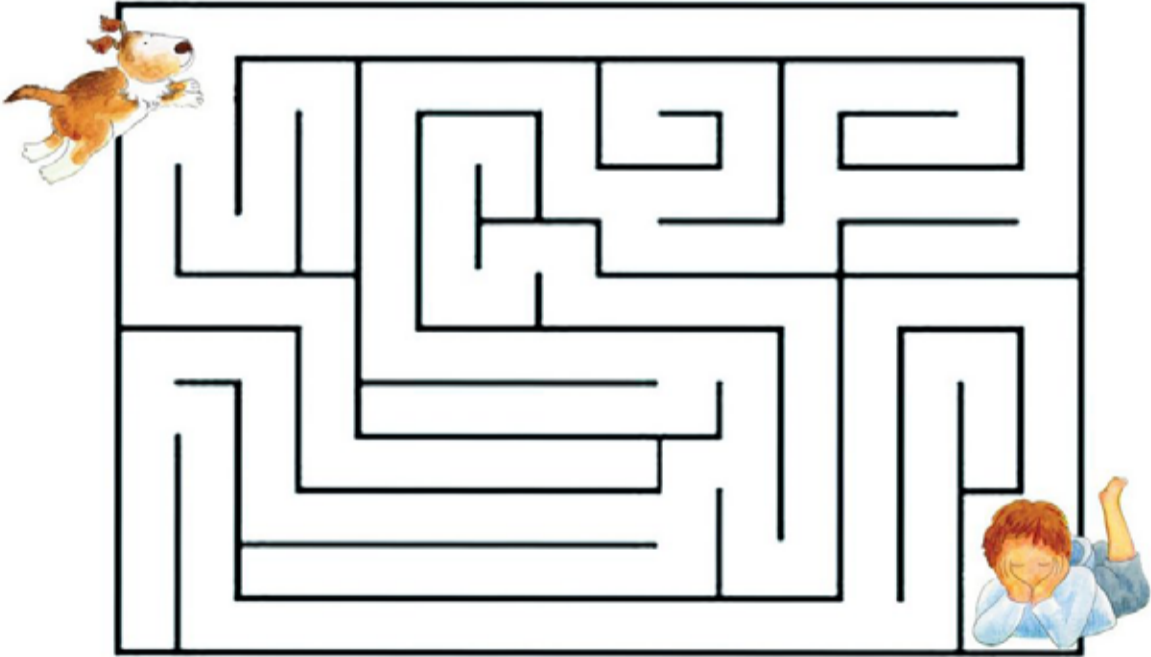
APPLE
BUTTERFLY
CAKE
CHEESE
CUPCAKE
ICE CREAM
LOLLIPOP
PLUM
SALAMI

Knock knock! Who's
there? Batter.
Batter Who?
Batter late than never.

Help Lizzy through the maze!



Help the puppy find his boy!



Bug Colouring Contest Winners!

Ages: 6-8
1st Place: Olivia G.
Runner Up: Victoria B.

Ages: 3-5
1st Place: Gaby F.
Runner Up: Jasper B.

Ages: 9-11
1st Place: Jayda M.
Runner Up: Jiya D.

Honourable Mentions

Grace M.
Joslynn T.

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 recieve a \$10 Toys "R" Us gift certificates.
Prizes will be mailed out the coming week!

Fire Station Open Houses



www.edmonton.ca

Each year, Edmontonians have an opportunity to meet firefighters and fire prevention officers in their community, check out the fire trucks and learn important fire safety information during Fire Station Open Houses.

Open Houses are free to the public and run from: Noon-4pm.



2024 Open House Schedule

Fire Station Open Houses take place annually from June to September.

Date	Station	Address
Jun 1	Station 3 - University	11226 76 Avenue
Jun 15	Station 13 - Rainbow Valley	4035 119 Street
Jul 6	Station 17 - Castle Downs	15505 Castle Downs Road
Jul 20	Station 19 - Callingwood	6210 178 Street
Aug 10	Station 11 - Capilano	6110 98 Avenue
Aug 24	Station 10 - Lauderdale	12735 101 Street
Sept 7	Station 4 - Jasper Place	10949 156 Street
Sept 21	Station 24 - Terwillegar	131 Haddow Close



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Watch terwillegar.org for details!



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City of Edmonton Outdoor Pools Ready to Open With a Splash!



www.edmonton.ca

Just in time for the May long weekend, Edmontonians can enjoy outdoor swimming when Queen Elizabeth Outdoor Pool opens Saturday, May 18, weather and air quality permitting.

Outdoor pools

Fred Broadstock is scheduled to open on Saturday, May 25. Wihkwêntôwin Outdoor Pool, meaning ‘circle of friends,’ (formerly Oliver) and Borden Natural Swimming Pool, are scheduled to open in June. Wihkwêntôwin Outdoor Pool is celebrating its 100 year anniversary in 2024. The occasion will be celebrated with special festivities, and details will be announced closer to the date. Mill Creek Outdoor Pool is scheduled to open summer 2024, after four years of rehabilitation work. The re-opening event details will be announced closer to opening day.

Timed reservation entries will be available seven days in advance of each pool’s opening date, starting Saturday, May 11 for Queen Elizabeth outdoor pool.

Although reservations are not required, patrons can guarantee access to public swim at the time of their choosing by reserving a time on [movelearnplay.ca](#)

Reservations are encouraged to avoid lines during public swims and enhance the overall experience.

Reservations are not available for lane swimming. Swim start times and schedules are also available to view on MoveLearnPlay. There will be four timed entry opportunities at each site during the day. Drop-in access will be dependent on the site capacity minus the timed entry opportunities.

2024 admission prices apply. Outdoor Pools can be accessed at the Value level admission, but do not include any instructor-led activities. Benefit Plus level memberships include outdoor pool programs. Children under two can access outdoor pools for free. Admission to outdoor pools is included with all City of Edmonton Recreation Centre memberships, including the Summer Child and Youth Passes.

The Summer Child and Youth Passes are available for purchase between June 11- August 31, 2024. It is \$25 per month for children aged 2-12 and \$35 per month for youth aged 13-17.

City Hall Fountain

Celebrate the arrival of summer and the opening of the City Hall Fountain. The fountain opens starting Saturday, May 18, from 10 a.m. to 9 p.m., seven days a week, weather permitting. Splash Day is scheduled on Saturday, May 25, from 11 a.m. to 2 p.m. More details will be announced closer to the event date.

Changes to operating hours or inclement weather closures

Operating hours are subject to change, and pools or City Hall Fountain may close due to air quality or inclement or extreme weather including heavy rain or lightning. Outdoor pools may also be impacted by bookings. Check Facility Notifications for the latest status. The status is updated daily at 10 a.m. and 2 p.m. Outdoor pool closures are determined by temperature (below 18 °C) and City Fountain (below 12°C).

The City of Edmonton follows best practices with respect to aquatic safety and is committed to providing a safe and fun experience for everyone who uses aquatic facilities. Visit the Recreation Facility Safety Guidelines webpage for more information on how to stay safe in and around the water.

Edmonton is providing inclusive opportunities for outdoor recreation and fun with water. Through five outdoor pools, City Hall Fountain and 73 spray parks, Edmonton is providing great opportunities to gather and create communities.

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Overcoming FOMO in Real Estate: 5 Key Strategies to Make Confident Decisions



Sally Munro
Century 21 Masters

In today's fast-paced world, the fear of missing out (FOMO) has permeated many aspects of our lives, including the realm of real estate. FOMO can be a particularly potent force when it comes to buying or investing in property, as the pressure to act quickly can lead to hasty decisions with long-term consequences. Understanding what FOMO is, why it occurs, and how to overcome it is crucial for making informed and confident real estate choices. Here, we delve into the phenomenon of FOMO in real estate and provide five top considerations for overcoming it.

What is FOMO?

FOMO, or the fear of missing out, is a psychological phenomenon characterized by anxiety or insecurity about missing out on rewarding experiences that others may be having. In the context of real estate, FOMO manifests as the fear of missing out on a desirable property or investment opportunity due to the pressure of competition or time constraints.

Why Does FOMO Occur in Real Estate?

FOMO in real estate is fueled by various factors, including:

1. **Market Hype**: Media coverage, social media, and word-of-mouth can create a sense of urgency and excitement around certain properties or markets, triggering FOMO.

2. **Limited Supply**: Scarcity of desirable properties or competitive markets can intensify the fear of missing out on a great deal.

3. **Peer Influence**: Seeing others succeed in real estate ventures can lead to a fear of being left behind or making the wrong decision.

How to Overcome FOMO in Real Estate:

1. **Define Your Criteria**: Before starting your property search, clearly outline your needs, priorities, and budget. Having a set of criteria helps you focus on what truly matters to you and reduces the allure of properties that may not align with your goals.

2. **Research Thoroughly**: Take the time to research the local real estate market, property values, and trends. Understanding the market dynamics can help you make informed decisions based on facts rather than emotions.

3. **Consult with Professionals**: Seek guidance from real estate agents, financial advisors, or property experts. Their insights can provide valuable perspectives and help you navigate complex real estate transactions with confidence.

4. **Avoid Impulsive Decisions**: Practice patience and resist the urge to act hastily out of fear. Remember that there will always be other opportunities in the real estate market, and rushing into a decision can lead to regrets later on.

5. **Stay Calm and Trust Your Instincts**: Trust yourself to make the right choice based on your research and instincts. Taking a step back, evaluating your options objectively, and listening to your intuition can help you overcome FOMO and make a sound real estate decision.

By understanding the nature of FOMO, being well-informed, and following a strategic approach, you can overcome the fear of missing out in real estate and make confident choices that align with your goals and values. Remember, in the world of real estate, patience and diligence often lead to the most rewarding outcomes.

Navigating Multiple Offers in Real Estate: 5 Strategies to Avoid Overpaying

In a competitive real estate market, multiple offers on a property can create a sense of urgency and pressure for buyers, often leading to the risk of overpaying in the heat of the moment. To navigate this situation successfully and secure a property at a fair price, it's essential to approach the process strategically and with a clear understanding of your financial limits and priorities. Here are five key strategies to help you avoid overpaying when facing multiple offers in real estate:

1. Establish a Realistic Budget and Stick to It

Before entering the bidding process, determine your maximum budget based on your financial situation, pre-approval amount, and the true value of the property. Factor in additional costs such as closing expenses, repairs, and future maintenance to avoid stretching your finances beyond what is sustainable. Stick to your budget and resist the temptation to exceed it in the heat of a bidding war.

2. Conduct Thorough Market Research

Knowledge is power in real estate negotiations. Research comparable properties in the area to understand the market value of the home you're interested in. Consider recent sales prices,



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property features, location advantages, and market trends to assess whether the asking price aligns with the property's worth. Armed with this information, you can make informed decisions and avoid overpaying based on emotions or competitive pressure.

3. Work with a Skilled Real Estate Agent

A knowledgeable and experienced real estate agent can be a valuable asset when navigating multiple offers and negotiating a purchase price. Your agent can provide insights into the local market, guide you through the bidding process, and help you craft a competitive yet reasonable offer. Trust their expertise to advocate for your best interests and prevent you from overpaying in a competitive situation. Compete to win without overpaying means you understand the value market and area. By not following the simple rules of competition you will inadvertently drive the value up of other properties in the area. Experienced agents are very valuable. Remember to ask your agent any question . Every question is a good question.

4. Set Clear Purchase Terms and Contingencies & Conditions

When submitting an offer in a multiple-offer scenario, outline clear purchase terms, contingencies, and conditions that protect your interests as a buyer. Consider including contingencies for home inspection results, financing approval, appraisal value, and potential repairs. These contingencies can provide you with an exit strategy if the property does not meet your expectations or if the price exceeds its true value.

5. Stay Calm and Avoid Emotional Decision-Making

In the midst of a bidding war, it's crucial to maintain a level head and avoid making impulsive decisions based on emotions or fear of

missing out (FOMO). Take your time to assess the situation, review your financial parameters, and consider the long-term implications of the purchase. Remember that there are always other properties on the market, and it's better to walk away from a deal than to overpay and regret your decision later.

By following these strategies and approaching multiple offers in real estate with a clear plan and informed decision-making, you can increase your chances of securing a property at a fair price without overpaying in a competitive market. Remember that patience, research, and strategic thinking are key to making a successful real estate purchase in a competitive environment.



July 1st, Noon-4pm

CANADA DAY
AT TOMLINSON PARK

Volunteers Needed

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vicepresident@terwillegar.org

Presented by the Terwillegar Community League & Sponsored by:

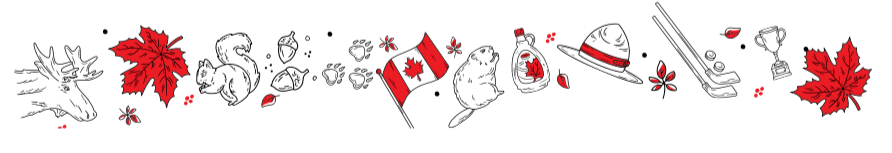


Ler Juillet 1st, midi-4pm

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AU PARC TOMLINSON

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overnight option)

ELBOW RIVER I & II
Calgary
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ages 15-19
(overnight or daycamp)

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Royal LePage Noralta Real Estate

Home Safety & Security



Michael Elliott
EPS Staff Sergeant, Southwest Division

The safety and security of your home has always been of concern. Have you ever thought of the exterior of your home and how your environment may play a factor? Many police agencies, including the Edmonton Police Service, offer training and will conduct assessments of your property via Crime Prevention Through Environmental Design, known as CPTED.

CPTED is based on “the proper design and effective use of the build environment can lead to a reduction in the incidence and fear of crime and an improvement in the quality of life.”

Have you ever taken an in-depth look at your property from a daytime and a nighttime view or looked at your landscaping or fence? Does it obscure the view of your property from other properties? Are there areas around your doors or windows where a person could hide or are there areas of contrast or cast a shadow where people can loiter and avoid detection? These are elements which CPTED can assist.

The following are options and recommendations which may help increase the safety and security of your home:

Ensure trees and bushes around your property are not overgrown as criminals can use them as cover. Keep your bushes and shrubs under two feet and all trees should be cleared up to six feet. This will eliminate areas to hide.

Ensure doors and windows are unobstructed so criminals can be easily seen and installing and maintaining sufficient lighting/motion

- lights to ensure your area is properly illuminated.
- If there are blind spots around the corners of your house, consider installing lights and mirrors so it provides sightlines to see.
 - Install fencing with a secure lockable gate to clearly define your property and prevent easy access to the back of your home.
 - Install solid-core doors on all exterior doors with deadbolt locks.
 - Secure all sheds and outbuildings, making sure they are visible from the home.
 - Do not leave spare keys under your door mats or mailbox.
 - Consider installing a home security system which includes a camera and doorbell video.
 - Maintain positive relationships with your neighbours so you can watch out for one another. This also may include a neighbourhood watch, email group, or Facebook group to pass along concerns, etc.
- The aforementioned are examples which may help your home. For additional information on CPTED or if you are interested in CPTED training, the Edmonton Police Service offers a three-day basic course and a four-day advanced course which includes both classroom and field components.

The next basic course will be held on October 8-10, 2024, while the advanced CPTED course will be on November 19-21, 2024. The training will be held at the EPS Southwest Branch, 1351 Windermere Way. For further information regarding CPTED please contact at CPTED@edmontonpolice.ca Additional resource for CPTED reports and inspections please contact wildroseCPTED@gmail.com

The EPS website for Crime Prevention through Environmental Design is <https://www.edmontonpolice.ca/CrimePrevention/CommunitySafety/CPTED>

Hydration And You



albertahealthservices.ca

Water keeps every part of your body working properly. It helps your body flush waste and stay at the right temperature. It can help prevent kidney stones and constipation.

You lose water throughout the day, through your breath, sweat, urine, and bowel movements. If you live somewhere hot, you could lose even more fluid.

It is important to replace this lost fluid to stay healthy. If you don't get enough water, you could become dehydrated. If you get very dehydrated, your body no longer has enough fluid to get blood to your organs which can be very dangerous.

What is the right amount of water to drink each day?

All liquids help you stay hydrated, but water is usually the best choice. A common recommendation is to drink six to eight glasses of water of day (250-mL or 8 fl oz). Some adults may need more depending on your overall health, how much you exercise, and how hot or dry the climate is.

Most people get enough fluid through the beverages they normally drink each day. You also get water through food. Some fruits and

- vegetables contain a lot of water, such as watermelon and lettuce. Did you know? Experts say it is not true that beverages containing caffeine – coffee, tea, and cola drinks – are dehydrating. Healthy individuals who consume moderate amounts of caffeine do not lose more fluid than people who don't have any caffeine. A moderate amount of caffeine is about 200- to 300-mg per day which is about two to four cups (250-ml or 8 fl oz) of coffee.
- If you are feeling well, you urinate every few hours during the day, and are not feeling thirsty often, you are likely drinking enough water.
- People with certain health problems, especially heart and kidney problems, need to speak with a doctor about how much water to drink.
- Ways to consume more water during the day**
- If you struggle with consuming water or remembering to drink enough throughout your day, these suggestions may help:
- Drink a glass of water when you get up in the morning, before drinking coffee or tea
 - Keep a cup or water bottle by your desk at work. Take several sips of water each hour. If you don't have a desk job, carry a container of water with you and take sips throughout the day
 - Take a sip whenever you pass a drinking fountain
 - Mix it up! Add sugarless flavouring to your water or a slice of lemon/lime. Alternate with sparkling water.



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- | | | |
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| 7133 South Terwillegar Dr | 5565 Stevens Crescent | 6708 Speaker Pl |
| 2460 Tegler Green | 1879 Tomlinson Way | 2323 Taylor Close |
| 8112 Shaske Drive | 1683 Tompkins Wynd | 1804 Towne Centre Blvd |
| 6160 Stinson Way | 1908 Tomlinson Way | 6719 Speaker Pl |
| 5576 Stevens Cres | 8137 Shaske Dr | 5464 Thibault Wynd |
| 7304 Singer Way NW | 7056 South Terwillegar Dr | 5464 Thibault Wynd |
| 5576 Stevens Cres | 8137 Shaske Dr | 5464 Thibault Wynd |
| 5930 South Terwillegar Blvd | 1837 Towne Centre Blvd | 1128 156 St NW - Unit 25 |
| 8431 Sloane Cres | 5594 Stevens Cres | 5429 Thibault Wynd |
| 8472 Sloane Cre | 6741 Speaker Pl | 6835 Speaker Vista #20 |
| 5115 Terwillegar Blvd | 1810 Tanner Wynd | 1835 Towne Centre Blvd |

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hopecity.ca/blockparty



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To Roam or Not to Roam?



Caelen Campbell

Spring has finally sprung and with the nicer weather this is the question many cat owners are asking as they listen to Fluffy sitting at the door meowing to go out. Here are some things to consider before giving in to that persistent and plaintive cry.

You may think that your Fluffy is the most adorable thing on 4 legs but chances are many of your neighbours don't share that viewpoint and are not waiting to welcome your cat into their yards with open arms. The truth is, many consider your beloved pet to be a total nuisance. After all, who wants to put up with someone else's cat spraying urine on doorways, shrubs and other surfaces? Using sandboxes, gardens and flower beds as litter boxes? Scratching the bark on tree trunks? Not to mention terrorizing and driving off, birds, squirrels, rabbits and other small wildlife. And according to Edmonton's Animal Control bylaw it is a violation for your cat to be in anyone else's yard unless that property owner has given you their consent.

But frankly cats are much more than just a nuisance. Many people aren't aware that cats are the second leading cause of the decline of bird populations. Our birds are already under threat by a host of issues. Keeping cats indoors would go a long way to addressing this major conservation problem. Unfortunately bells and fabric collars are not 100% effective in preventing cats from preying upon birds. Especially when it comes to baby birds and fledglings who are helpless against the claws and teeth of a cat.

Cats are genetically programmed to hunt and even well fed pet cats view the outdoors as their personal hunting grounds. Many cats will be triggered to stalk and attack virtually anything smaller than themselves that moves. Cats are not native to our area and so when they take out birds and small animals they are actually negatively impacting native predators who rely on these creatures for their

survival. Roaming cats have been called eco-disruptors as their hunting negatively impacts the food chain. Some have even shared that cats create "landscapes of fear", terrorizing and driving away birds and small animals from a particular area where they roam.

Roaming cats are more likely to contract illnesses and pick up parasites which they can then pass on to other animals and even to humans. One of the most alarming of these is a parasite called toxoplasma gondii. Cats are the primary host of this organism. Some humans that become infected with this parasite develop serious illness as a result. Fetuses, young children and adults with compromised immune systems are most at risk. Those infected can suffer eye and brain damage soon after exposure or many years afterwards as the parasite can remain dormant in the body for decades. Some studies are finding that toxoplasmosis is more prevalent in people with mental health issues and central nervous system disorders. Indoor cats are unlikely to become infected with this parasite.

Some owners feel that allowing their cat to roam is better for the health of their pet. Actually nothing could be further from the truth. Roaming cats have significantly shorter lifespans because of all the threats they face including: being hit by a car, being attacked by coyotes and other animals, ingesting poisoned rodents or other toxins, contracting diseases and parasites that they can pass on to their owners and others. One prominent animal welfare organization has gone as far as to say that allowing your cat to roam freely and unsupervised is a form of animal cruelty.

So you may have gathered by this point that the answer to the question first posed here.."To roam or not to roam"? is a resounding "No, don't do it". Keep Fluffy safe inside, or outside on a leash or in a yard enclosure such as a catio. It's better for cats, it's better for birds, wildlife and the environment, and it's better for people too.

Support your community!

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

Terwillegar 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!*

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



Board Contacts

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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

Crossword Solution

1	A	P	2	P	E	3	A	S	4	E		5	M	A	6	I	D	7	S
	L			A			N			U			A			N			T
8	L	U	R	I	D				9	R	E	J	O	I	C	E			
	O		E		S				E			O			T				R
10	W	E	D	L	O	C	K					11	R	E	I	G	N		
	E						O			A						A			
12	D	I	13	V	I	N	E			14	O	15	S	T	L	E	16	R	
				E					17	C			E					E	
18	P	E	R	T	H				20	U	N	D	R	21	E	S	S		
	A			M			A			D			U		R			C	
22	S	T	O	P	P	E	D					23	C	O	R	G	I		
	T			N		P				L			E		O			N	
24	A	P	T	L	Y				25	E	N	D	U	R	E	D			



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ML# E 4386046

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