

Terwillegar

COMMUNITY LEAGUE

Tribune

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

Deadline For Next Issue: Jan.24, 2025

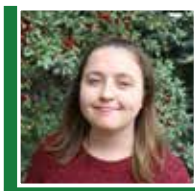
Delivery: Week Of Feb. 10, 2025

Issue 103

www.terwillegar.org

November 2024

Terwillegar Community League Update



Kathleen Mountford

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

The "I'm Too Big for It Sale" happened in September. Thank you to all the shoppers who came out to support the tables at the event. We had some great vendors who were very appreciative of us hosting the event. This is a small fundraiser for us, but it contributes towards our other programs. It is also a good opportunity to sell some of your old items or pick up some good deals. We plan to hold the next sale in the spring.

The Halloween Fireworks were a hit as usual! We had lots of people come out to enjoy the event. Given limited Board availability, we were not able to run a Halloween Decorating contest this year. If you want to see the Halloween decorating contest return next year, please consider helping out the community league. Thanks to everyone who decorated for Halloween; it is always extra fun to walk around the neighbourhood with all the houses decorated. We'd like to give a big shout out to the houses around Tomlinson Park who go all out for Halloween. We know that your houses get a lot of kids and it is great that you support such a fun Halloween for them!

The Community League "Holiday Craft Sale" is on November 30th. Admission is free to this event. We have a high number of local vendors for this event so plan to come out to shop and support

Continued on page 5



Terwillegar
COMMUNITY LEAGUE

WINTER CRAFT Sale

SATURDAY, NOV. 30 | 10AM-3PM
TERWILLEGAR COMMUNITY CHURCH

Free admission to all shoppers.



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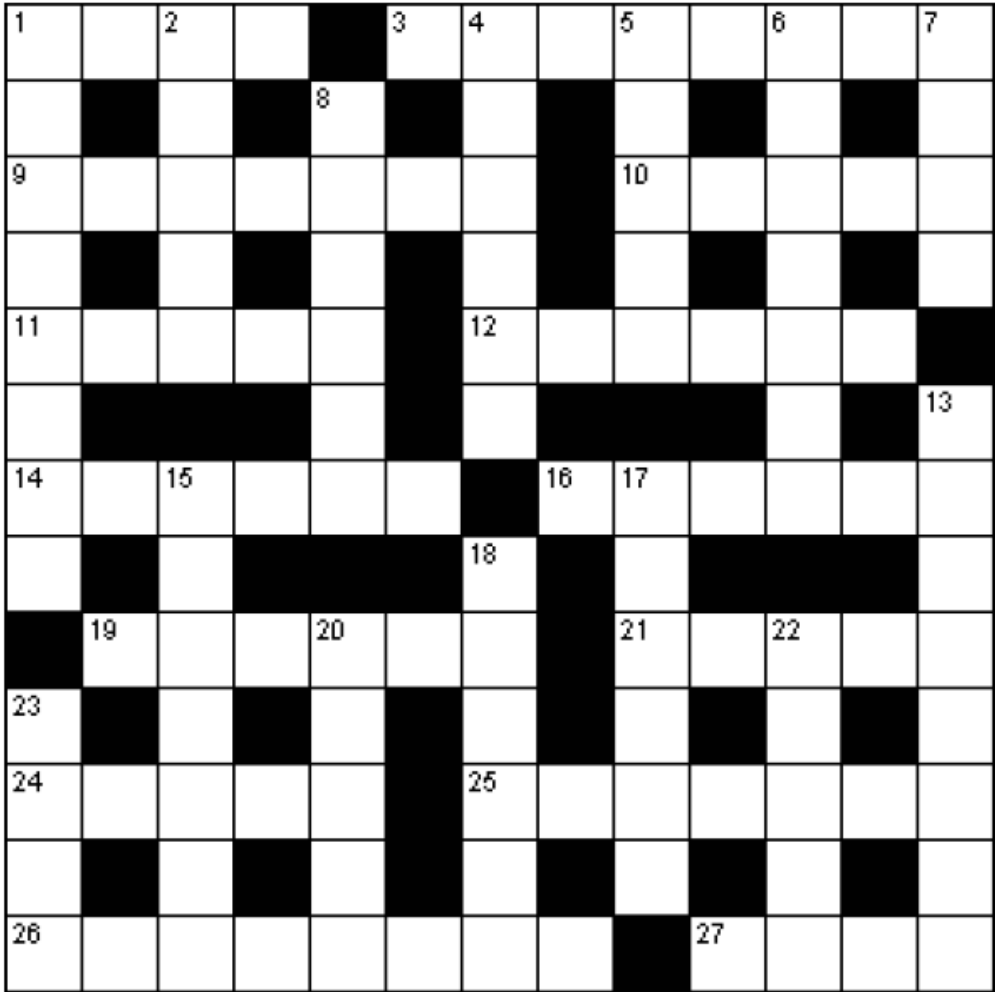
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What's Next

Next Submission Deadline:

Fri. Jan. 24th

Next Issue:

Week of Feb. 10th



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 the fall session, it has already been a busy and tumultuous start. Although Parliament has only been back for about two months, numerous important topics deserve attention.

One of the most pressing issues is the stability of current federal government. As of the time of writing, significant events have unfolded: the New Democratic Party has withdrawn from its supply and confidence agreement with the government, two motions of non-confidence have been introduced, and the leader of the Bloc Québécois has issued an ultimatum—stating that the Bloc will support a motion of non-confidence unless the government votes in favour of specific bills.

While the focus remains on the government’s stability, the cost-of-living crisis continues to impact Canada significantly. A recent report by the Parliamentary Budget Officer (PBO) confirms that Albertans are negatively affected by the carbon tax, despite the rebates offered. Moreover, the PBO predicts that the government will fail to meet its fiscal commitment to keep the deficit under \$40 billion, estimating that it will reach \$46.8 billion deficit for the 2023-24 fiscal year. This growing deficit drives up fuel prices, contributing to rising inflation and overall living expenses. My colleagues and I are committed to prioritizing this issue as we move through the session.



MP Jeneroux photo courtesy of MP Office

I am also honoured to serve as co-chair of the Canada-ASEAN Inter-Parliamentary Group. The Asia-Pacific region plays a crucial role in Canada’s trade, with bilateral trade valued at \$40.7 billion. ASEAN’s ten member countries—soon to be eleven—boast a combined GDP exceeding \$3-trillion dollars, making it vital to strengthen our ties with these nations. This was my focus during a recent meeting in Montreal with our ASEAN trading partners. In light of the global instability concerning supply chains and security, it is imperative to maintain and enhance these relationships to position Canada as a key player in the region.

As the Fall session progresses, I look forward to providing more updates from the House of Commons and my work as your MP. If you have any questions on these or any other federal matters, please do not hesitate to reach out to my office at Matt.Jeneroux.C1@parl.gc.ca.

2024
Holiday Lights
Contest

The best lights in the neighbourhood
will receive a prize.

Watch Facebook for details!

Send nominations to:
treasurer@terwillegar.org.

Terwillegar
COMMUNITY LEAGUE



please join us for a

HOLIDAY Spectacular

Terwillegar Community Church
1751 Towne Centre Blvd NW

SAT. DEC. 14



1 - 4 PM

Cookie decorating, free Santa
photos, crafts, outdoor sleigh rides
& more!

Terwillegar
COMMUNITY LEAGUE

www.terwillegar.org
Group: Terwillegar Community League
Event Page: TCLevents

Councillor Update



Tim Cartmell
Ward pihêsiwin Councillor

Hello Neighbours,

I hope you're enjoying the beautiful fall colors in our ward! As your City Councillor, I always look forward to these updates – they're my opportunity to share what's happening at City Hall and, more importantly, to invite you into the conversation about our community's future.

Important Budget Update

Last week, the City released its fall budget adjustment reports, and I want to be upfront with you about what this means for our community. The proposed property tax increase for 2025 is 8.1 percent – significantly higher than what many households can manage in these challenging times.

While some of these pressures come from inflation and population growth, I believe we need to look deeper at how we're managing taxpayer dollars. Yes, we're facing real challenges – including a projected \$34 million deficit this year – but my focus remains on finding efficiencies before asking you to pay more.

Administration is proposing \$8.5 million in ongoing savings, but I think we can do more. As your Councillor, I'm committed to scrutinizing every dollar in our budget during the upcoming deliberations. We need to focus on core services, challenge unnecessary spending, and ensure your tax dollars are delivering real value for our community.

Budget deliberations will take place from December 2 to 5, and this leads me to an important invitation...

Let's Talk: November Town Hall

I invite you to join me on Wednesday, November 27, from 6:30 PM to 8:00 PM at the Terwillegar Community Recreation Centre (Multi-purpose Room #4). We'll focus on the upcoming City Budget, but I'm eager to hear your thoughts on any city issue that matters to you.

Ways to Join:

- In Person: Just drop in! No registration required
- Virtually: Join via Zoom by emailing our office in advance of the meeting, and the Zoom link will be provided
- More details will also be available on our Facebook Event Page in the coming weeks

Have a specific topic you'd like me to address? Send me an email at tim.cartmell@edmonton.ca before the event. There will also be plenty of time for questions during our discussion.

Bring your neighbours, bring your questions, and bring your ideas. These conversations help shape our community's future, and I'm looking forward to hearing from you!

Moving Forward Together

Our conversations – whether at community events, through email, or at town halls – shape my work on Council. Your insights help me better represent our ward's needs and priorities.

Should you have questions or comments regarding any municipal concerns, please feel free to contact my office by dialing 780-496-8130 or emailing tim.cartmell@edmonton.ca.

Tim Cartmell

Your Ward pihêsiwin Councillor

LET'S TALK BUDGET!

You're Invited to my Budget In-Person & Virtual Townhall

IN-PERSON

6:30 - 8:00PM

WEDNESDAY, NOVEMBER 27TH

TERWILLEGAR COMMUNITY RECREATION CENTRE
MULTI-PURPOSE ROOM #4

ALSO STREAMING ON FACEBOOK & ZOOM

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Terwillegar Community Update

continued from page 1

Our craft sale puts any proceeds from the sale right back into the Terwillegar community so supporting our vendors is important for our future ability to host this event.

We will have a winter raffle this year. The money from the raffle goes to support the community. Please consider purchasing a ticket to help support our future community assets. Tickets will be available for cash purchase at the Winter Craft Sale and Holiday event.

The “Holiday Extravaganza” event will take place on December 14th. Expect cookie decorating, indoor snowball fight, crafts, draws, live colouring contest, outdoor sleigh rides and a indoor scavenger hunt. We do need some additional volunteers for this event. Please email vicepresident@terwillegar.org if you are interested.

We will be doing the “Holiday Lights” contest again. I know with the cold it isn’t always fun to decorate for the holidays, but it makes a difference to Light Up the Community!

Here some additional upcoming events as well:

- In January we will be hosting our Annual General Meeting for the Community League.
- The Terwillegar Riverbend Advisory Council secured a partnership with Snow Valley for a ski night in February.
- We will also be hosting our Family Day Pizza Night & Movie Night at the Terwillegar Community Church on February 17th.
- If you want updates on these items, please follow [@tclevents](#) page on Facebook or visit our website at terwillegar.org.

We hope everyone has a great Holiday Season and a Happy New Year!

Check us out on Facebook!



Search: “Terwillegar Community League” under groups

Hear for the
Holidays

YOU'RE INVITED TO OUR OPEN HOUSE!

December 2nd & 3rd | 9:00 a.m. - 4:00 p.m.

'TIS THE SEASON
TO CELEBRATE
THE JOY OF SOUND.

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- **Free** hearing assessment
- **Free** consultation

SPACE IS LIMITED, RSVP TODAY!

Terwillegar Community League

2025

Annual
General
Meeting

January, 2025 | 7-8pm
Date To be Determined

www.terwillegar.org
Group: Terwillegar Community League
Event Page: TCLevents

The logo for Hearing Care Doctors features a stylized blue ear icon with a white sound wave inside, next to the text "HEARING CARE DOCTORS" in a bold, blue, sans-serif font.

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Thankful for the Little Things



Marni Mrazik
Director of Community Life at Terwillegar
Community Church

While my family and I were travelling to various countries about 12 years ago, one of our visits was to an orphanage where all the children were around the age of 4. At one point, we had them sit in a circle so we could play some games and do some crafts; specifically, put stickers on paper. I'm not sure why it is, but in my experience, all kids, everywhere like to place stickers on paper. Anyway, I was handing out pieces of plain, blank photocopy paper when one precious child, Junior, looked up at me and in all sincerity said, "Thank you, God bless you." It was all I could do not to cry right there on the spot. That thank you, for something that was seemingly so insignificant, was one of the most powerful lessons on gratitude I have ever experienced, and it has stayed with me since that time.

I try to live my life looking for things for which to be grateful and this community is one such thing.

Last month, we celebrated Thanksgiving, and I try to live my life looking for things for which to be grateful and this community is one such thing. I am thankful for my neighbours who I know I can count on to grab a package off my porch when I'm not home, to shovel snow when I'm gone, lend me an egg when I'm out, spend time with over coffee and so much more. I am thankful for the beautiful walking trails we have and the hello's and smiles I get to share with others as I'm walking my dog. I'm thankful for a big park where we can share a laugh or two. I'm thankful for the café where I meet many folks each week; and I'm thankful for the Terwillegar Tribune where Karin and team work so tirelessly to publish an informative, imaginative and interesting paper in which I'm given the opportunity to share a few words. I am also filled with so much gratitude for Terwillegar Community Church, where I get to both work and worship and I'm thankful that next month we get to celebrate Christmas. This community will be filled with many lights and much splendor as we remember the birth of Jesus Christ who is Lord; born in a stable, in the midst of hay, animals and all that barns hold, in his humility, I bet that when he was a child, he too would have been thankful for a piece of paper. And it is Jesus who I am most grateful to and most grateful for as he is "Emmanuel, God with Us." To quote Max Lucado, "Jesus took on your face in the hope that you would see his," and it is at Christmas we remember when the infinite became an infant.



TERWILLEGAR
COMMUNITY
CHURCH



As we look toward Christmas, much is going on at Terwillegar Community Church. In November, we will be hosting Winter Delight once again with hot chocolate, cookies, bon fires and sleigh rides on November 23, from 4:00 – 6:00 at Tomlinson Common Park. We are also hosting a Blue Christmas event on Thursday, November 12, from 7:00 – 8:00 pm at the church to create space to honor the memory of lost loved ones. Our Christmas Eve services will be on December 24, at 3pm and 5pm. You are invited to all that goes on at Terwillegar Community Church.

For more information about these events or to check out what else is going on, visit tcchurch.ca.

As this is the last issue of 2024, let me once again say, "Thank you for making our community great! We hope to see you soon."

DID YOU KNOW?

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

Contact Us Today!

SWEFM

Thanks to everyone who came out to the Southwest Edmonton Farmers' Market this year!

The market is now closed for the season.



Report From The Legislature



Rakhi Pancholi
MLA Edmonton - Whitemud

Health care. Cost of living. Housing. Education. Public safety. No matter where you are in the province, these are Albertans’ top priorities. This is certainly what I’ve heard from many of you as I have knocked on your doors, met you at community events, and read your emails.

So it would be fair for Albertans to expect these to be the priorities of their provincial government. However, as I write this, the Legislature is back in session, and none of these priorities are reflected in the government’s first pieces of legislation or announcements.

From amendments to the Bill of Rights on vaccines, property rights and firearms to legislation that targets vulnerable youth and prevents parents from exercising their rights to make choices that are best for their children, the government appears focused instead on picking fights, wasting money and speaking to the concerns of their own party’s members instead of the issues important to Albertans.

I often get the chance to visit other parts of our beautiful province to meet with Albertans from different communities, backgrounds and experiences. It has shown me that we are not nearly as far apart or as divided as some would like us to think. These conversations have shown me that Albertans from big urban centres, mid-size cities, small towns and rural communities share so many of the same values. We all want to be able to provide for our families, find prosperity for ourselves and neighbours, ensure the best

educational opportunities for our kids, have access to excellent health care in our communities, and protect the land, water and air for generations to come.

More than ever, I feel this is important to guide me in my work as your representative.

I believe that stable, competent, and reasonable government is what every Albertan wants and deserves. Listen to the priorities of the people and deliver real action to make things better. Bring people from different communities and backgrounds together to show how much we have in common, not what makes us different. Where there is misunderstanding, open up lines of communication and create space for forgiveness and connection.

More than ever, I feel this is important to guide me in my work as your representative. I also hope it is how we all choose to engage with each other more often. I welcome your ideas on how we can do this together.

Lastly, I want to thank all of the schools in our community for welcoming me so warmly again for Read-In Week this year. I read to over 1000 students and it is absolutely one of the best parts of my job!

As always, I welcome your feedback. Please feel free to write to me at Edmonton.whitemud@assembly.ab.ca

Terwillegar
COMMUNITY LEAGUE

FAMILY
DAY

FEB
17

5-7
PM

Join us for pizza & a movie!

Terwillegar Community Church
1751 Towne Centre Blvd

Our Community,
Your Voice



Rakhi
Pancholi

MLA, EDMONTON-WHITEMUD



(780) 413-5970 203 - 596 Riverbend Square

Edmonton.Whitemud@assembly.ab.ca

Volunteer Update



Kathleen Mountford

Over the summer, we had had two board members and their families (who supported our volunteering needs) leave the community. Given these changes, we are once again asking the community to step up to assist in making sure the Terwillegar Community League can remain operational.

We need new volunteers to commit to attending at least 75% of board meetings and participate in eight hours of volunteering per year outside of the meetings. Additionally, if your role comes with a board email, we need volunteers to be checking their inboxes every couple of days.

The Terwillegar Community League is also seeking volunteer support for the events this upcoming winter.

We will require volunteers for is the TCL Holiday event on December 14th. Mark your calendars to consider supporting cookie decorating, colouring contest, and more.

After the Holiday event, please mark your calendars for the Family Day event, where we need a few hands to help hand out pizza to community members. This will take place on February 17th.

Alongside the event volunteers, we have longer-term roles that still need to be filled. The roles available include: Memberships Director, Volunteer Coordinator, Programs Aide, and Fundraising Aide. All support roles are non-voting board positions but play a critical role in the success of the Community League.

A brief overview of the roles is as follows:

Membership Director

Supports members in getting their memberships. Can run member specific events. Can support programing events. Required to attend board meetings and meet the minimum eight hours of volunteering at events per year.

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 can run smaller events without the Programs Director (with Board approval). The Program Aide may also attend monthly Board 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.

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!

Respect For Community Assets And Volunteers

It is with great disappointment that we have to bring this to the attention of the community.

The Terwillegar Community League has faced multiple incidents of vandalism of our assets in the community. During the summer we spend over a thousand dollars on tipping and graffiti to our porta potties in the community parks. If this continues in 2025, we may no longer be able to maintain a porta potty at certain location such as Tomlison Park. Additionally, the unplanned and unnecessary costs we incur to keep this program running takes away from other programs.

The community league has also had issues with people vandalizing the off-leash park area, including removal of the bag dispenser from the park. Reasonable daily usage of the bags was exceeded on several occasions. The bags are intended for emergency-use only, but we ran out of bags every day. Despite bag usage greatly exceeding the number of park users, there were still users that didn’t clean up after there dogs. In these instances, a volunteer had to do so for them so that the park could remain operational as per City standards.

Unfortunately, our volunteers have also received a lot of negative comments from event participants over the past year. At our recent Halloween Fireworks, some of the participants walked across the area that is taped off for safety purposes and then volunteers had to put up with verbal abuse from these individuals. These measures are in-place not only for participants’ safety but are also mandated. The city and fire marshals may not support this event in the future

if people continue to disregard the direction of the volunteers at the event.

Given these items above, we ask that the limited number of community members involved in these situations to reconsider how they interact with volunteers and community guidelines. Our volunteers put in many hours to ensure that events and community-managed assets are available throughout the year. Verbal abuse, disrespect, and failure to follow basic, common-sense guidelines puts our ability to operate events and shared assets at-risk.

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5 Things To Declutter Before 2025



Elizabeth Cayen
Certified Holistic Nutritional Consultant

Time seems to move much more quickly this time of year, and 2025 will soon be upon us. Now it a perfect time to declutter! It’s an opportunity for us to leave some things behind in 2024 and have a fresh start to the new year. While I strongly support decluttering physical items that you do not need, I want to invite you to consider letting go of five non-physical items now to set yourself up for a more joyful new year.

1. Doom scrolling. The shock of checking your phone for one second and suddenly an hour has gone by is common. As is often the case, and particularly with all that goes on in the world, you may end up scrolling to get as much information about something horrible as you can. We live in an age where news events can be available to us immediately, and the more horrible the event the more we see about it. Question whether you need to know every little detail about something that you have no control over. Instead of absorbing all the negative energy, choose to use your energy on things that you can control. There’s no shame in not engaging.
2. Perfectionism. As a recovering perfectionist myself, I know how much stress we can put on ourselves to get things done exactly right. Perfectionism can actually impede your ability to get what you have to offer out into the world. Good enough really IS good enough. Let go of the need to do things perfectly, cut yourself some slack, and relax into the knowledge that you are always doing your best – and your best is always perfect.
3. Complaining. Whether you need to gain perspective about what you have in relation to what others have, or you just need to practice

the courage to take action regarding whatever you’re complaining about, getting stuck in this negative space is completely unhelpful. Unless you see a ‘problem’ and use it as a catalyst to make changes, complaining just keeps you stuck in a spiral of negative energy. Most issues we complain about are related to how we think about them, so let go of complaining and instead re-focus your mind to all the great things in the world.

4. Comparing. That we get to be alive in the world, in this moment, is a bit of a miracle! You are completely unique and the world would not be the same without you in it. Remember this, and release the need to compare yourself to others. What we often compare ourselves to is likely a carefully constructed, beautifully marketed, and pristinely curated image that doesn’t actually exist for 99.99% of the population (allowing for the possibility of a small percentage that may, just, have it all. I have yet to see it myself, though.) You being you is the most beautiful, authentic thing you can do in the world. Leave the comparing behind and start 2025 knowing your worth.
5. Other’s people’s expectations. Now is the best time to start practicing your ‘being you’ muscle in preparation for the new year. It’s human nature to have certain expectations about the people in our life, but sometimes trying to meet other’s expectations prevent us from being who we really are. If you find you’ve been stuck in a certain role and you want to break free, perhaps this is the perfect time to start gently turning away from expectations of you that are not yours.

Enjoy the decluttering now for a great 2025!

Recipe: Creamy Clam Chowder

Canada's Food Guide

Recipe developed by Emily Richards, P.H. Ec. for Health Canada and the Heart and Stroke Foundation.

Ingredients

- 10 mL (2 tsp) vegetable oil
- 1 package (227 g) mushrooms, chopped
- 1 small onion, diced
- 3 cloves garlic, minced
- 2 stalks celery, diced
- 30 mL (2 tbsp) chopped fresh parsley or 15 mL (1 tbsp) dried parsley
- 15 mL (1 tbsp) chopped fresh tarragon or 5 mL (1 tsp) dried tarragon
- 45 mL (3 tbsp) all purpose flour
- 500 mL (2 cups) skim milk
- 250 mL (1 cup) lower sodium vegetable or fish broth
- 1 can (142 g) baby clams, drained and rinsed
- 250 mL (1 cup) corn kernels



30 minutes or less

Freezer-friendly

This east coast favourite makes for a delicious starter. Or pair it with a salad for a satisfying lunch. The mushrooms give this soul-warming soup a hearty texture.

Prep time 15 min

Cook time 15 min

Servings 4

Directions

1. In a soup pot, heat oil over medium heat and cook mushrooms, onion, garlic, celery, parsley and tarragon for about 8 minutes or until liquid starts to evaporate. Stir in flour until well coated.
2. Pour in milk and broth; bring to a gentle boil. Stir in clams and corn and simmer gently for about 5 minutes or until thickened and bubbling slight.
3. Enjoy!

Edmonton Public Schools: Leading the Way in Sustainability



Ward F Trustee
Julie Kusiek

Budgets have been tighter and tighter in public education, so finding ways to save on energy costs (both for the environment and our bottom line) is important. In addition, Priority 1, Goal 3 of the Division Strategic Plan is to “promote competencies to empower students to meet the needs of a changing society, workforce and climate.”

One of the ways the Board is both investing in this goal and keeping an eye on its progress is by setting emissions reduction targets, dedicating a small amount of surplus dollars for environmental sustainability initiatives, and by requesting an annual report from Administration on progress to date.

A bit of background:

In 2021, the Board of Trustees approved a motion supporting the Division’s membership in the City’s Corporate Climate Leader Program and in 2023, approved a recommendation to set emissions reduction targets of 5% by 2025, and 45% by 2035. In October, the Board received an update from Administration (full report here). Did you know...

...EPSB reduced our carbon emissions in 2023 compared to 2022 despite increased student enrolment and utilization of space?

...the Division gained \$50,000 in rebates from electronics resales and re-invested the savings into classroom technology?

..that two schools in our solar strategy will generate as much energy as the electrical consumption of 52 Alberta homes?

...that from April to June last year, the Division diverted over 25 tonnes of its organic waste from the landfill? That’s about 465 household 120-litre garbage bins.

...Edmonton Public Schools received a Gold certification status with the Instep Carbon and Sustainability Programme for emissions reductions achieved in 2023? And we're on track to achieve our goal of five per cent emissions reductions by 2025?

Student engagement is an important part of this environmental strategy. Students have been engaged through the Student Senate, classroom resources, the EcoSchools program, the Division’s environmental data dashboard, and have had their projects featured

in the media.

I’m excited to think about where this work will go. Our world is indeed changing and Edmonton Public Schools is working to provide opportunities for students to engage with change, explore projects and perhaps even inspire future passions and career opportunities for their lives after graduation.

Questions or comments? Get in touch by emailing me at trustee.julie.kusiek@epsb.ca. Want more regular updates? Sign up for my newsletter at www.juliekusiek.ca.

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Words to Live By



Colleen Crozier
SWESA Member

Here are just a few, from among the thousands in the English language. Can you remember when you first heard them? Have they become your words to live by?

- Murphy’s Law: if something can go wrong, it will.
- Houston, we have a problem.
- Don’t throw that away...as soon as you do, you’ll need it.
- It’s not rocket science.
- No pain, no gain.
- Wrap your head around it.
- A perfect storm.
- Don’t give up your day job. (So perfect we seniors even use it in our retirement.)
- It ain’t over ‘til the fat lady sings. (Careful now, this just might offend!)
- Once in a blue moon.
- The best thing since sliced bread.
- Just Google it.

Come join us at South West Edmonton Seniors Association (SWESA). You’ll connect with kindred spirits, participate in fun activities, and find opportunities to share your talents. We are better together. SWESA is housed in the William Lutzky YMCA. Now, there are some words to live by!

South West Edmonton Seniors Association
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Edmonton, AB
587-987-3200
email: info@swesa.ca
www.swesa.ca

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Kid's Zone - Colouring Contest



Winter Colouring Contest

First Name: _____

Last Name or Initial:

Age: _____

Address: _____

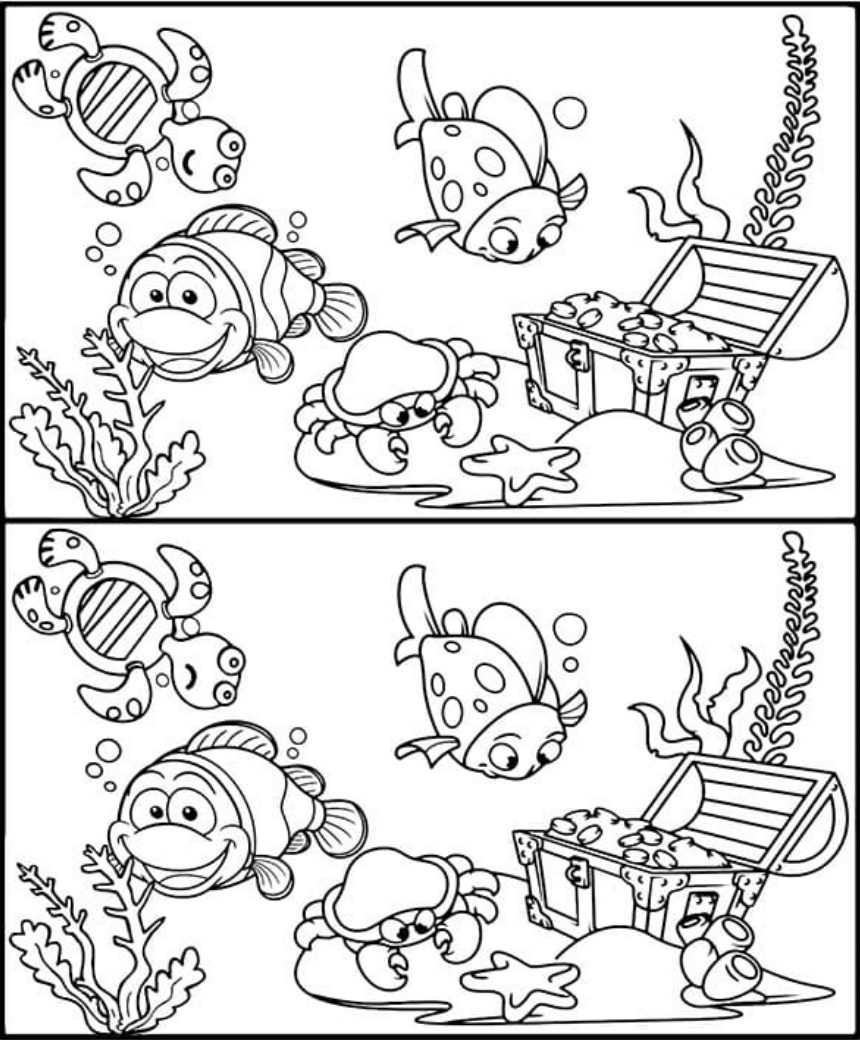
Phone: _____

Email: _____

All entries must be received by January 24/25. One entry per child.
The contest is open to residents of the following areas:
Terwillegar, Magrath, South Terwillegar, and MacTaggart.

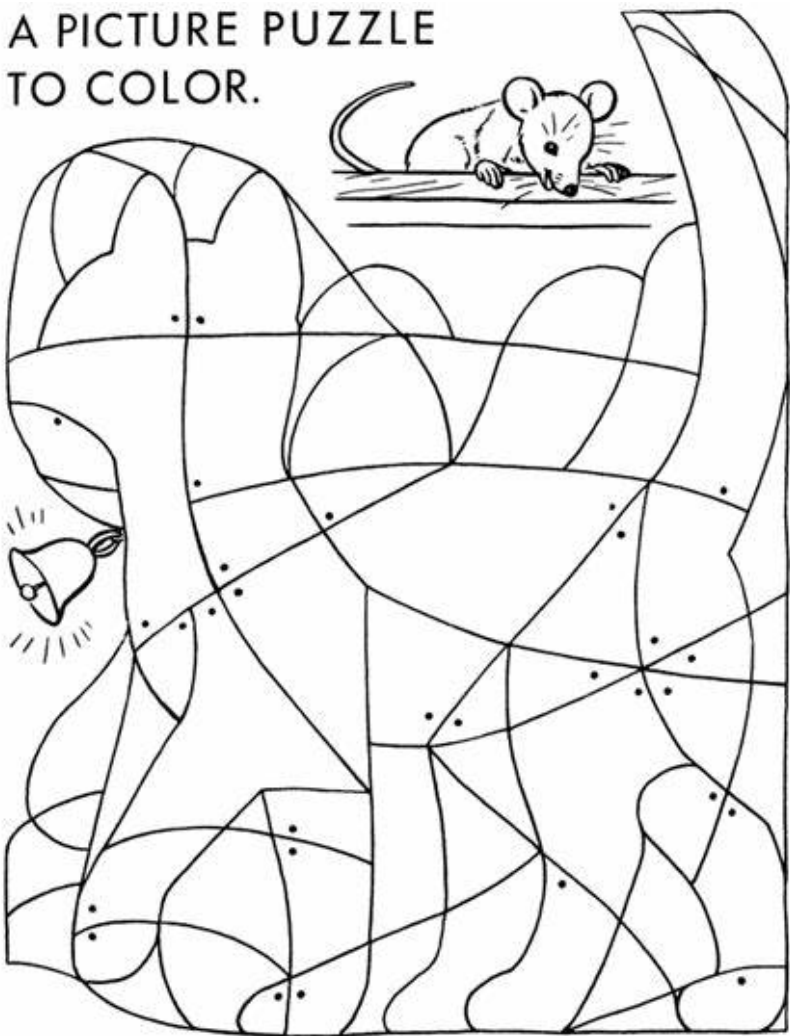
Age categories are;; 3-5; 6-8; and 9-11.
Entries should be mailed to:
Terwillegar Community League
PO Box 36508 , MacTaggart RPO
Edmonton, AB T6R 0T4
OR
Dropped off at the TRAC Office (by Multi-Purpose Room #6)
inside the Terwillegar Rec Centre.

Kid's Zone - Fun & Games



Find 9 differences between pictures

Which one is faster: hot or cold?
Hot. You can catch a cold.



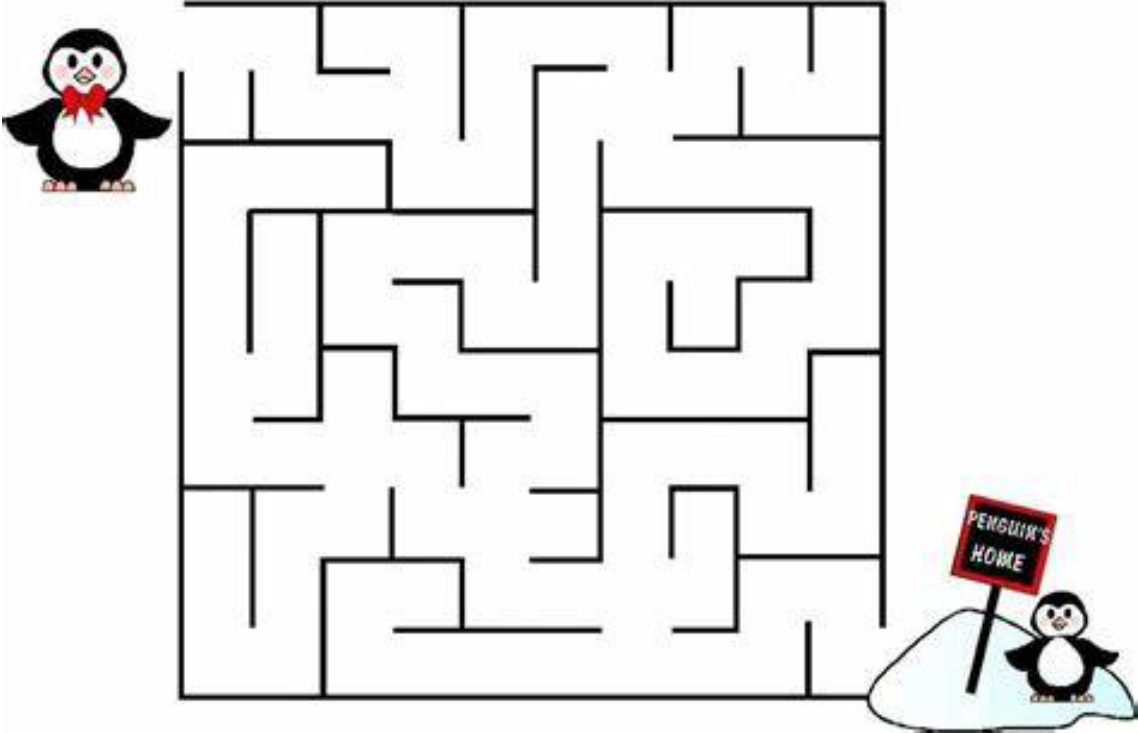
A PICTURE PUZZLE TO COLOR.

Color the dot pieces blue.

Where do snowmen love to dance?
At a snowball.

Penguin's Home

Help your penguin friend find his home.



What does Jeff Bezos do before he goes to sleep?
He puts his PJ-Amazon!



Fall Colouring Contest Winners!

Ages: 3-5
1st Place: Madden F.
Runner Up: Jay D.

Ages: 6-8
1st Place: Akein J.
Runner Up: Benjamin W.

Ages: 9-11
1st Place: Victoria P.
Runner Up: Katrina R.

Honourable Mentions:

Aadhya D.
Joslynn T.
Jada B.
Jiya D.

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!

Lifelong Learning: Wendy Davis’s 30-Year Journey with ELLA



*Katherine Kerr
ELLA Marketing Committee*

The love of learning recognizes no age barriers. Just ask Wendy Davis, who has enjoyed a wide range of courses for 30 years with the Edmonton Lifelong Learners Association (ELLA).

Wendy, who turns 96 this year, comes out each spring to take ELLA’s non-credit classes at the University of Alberta. ELLA also offers online courses in winter.

“I have many senior friends who invariably gripe about the vagaries of aging. I love ELLA as our discussions are inspired by the content of our classes – be it bugs or glaciers or politics - which I find stimulating and invigorating,” says Wendy.

A class Wendy took early in her ELLA experience inspired her to write a memoir about her childhood in India.

“Eunice Scarfe was the teacher. Eunice recommended that we keep our little group going when ELLA was over. We did... That is how my book on my girlhood in India, Dal and Rice, was written, and eventually published by McGill-Queens University Press, thanks to then writer-in-residence, Tim Bowling,” says Wendy.

Born in London, England in 1928, Wendy spent her childhood from infancy to five in India before returning to England for school. She returned to India as a 10-year old, spending five years of the Second World War there with her parents.

In 1945 Wendy returned to the UK and eventually trained as an occupational therapist.

“I worked at the Royal Infirmary in Edinburgh where I met two Calgarian physiotherapists who suggested that I return with them (to Canada) and apply to the U of A to teach in rehab medicine. I was offered a position as a teaching assistant and moved to Edmonton in 1974,” she says.

She wrote a book, Aids Make You Able, for stroke patients and their families. “It served to help individuals regain and maintain as much independence as possible.”

When Wendy retired at 65, she sought out volunteer opportunities. That was when ELLA, and memoir writing, came into her life.

“I would like to encourage others to write their life stories. Remember: it is easier to recall what you did at age 10 than what you had for dinner last night. Writing your life may seem overwhelming at the start, but I suggest you simply begin with three lines every night,” she says.

“That practice, and the encouragement of colleagues I met at ELLA, were instrumental in my becoming a published creative writer at age 80.”

“ELLA is an exceptional organization – I know of nothing like it. I have friends who have retired away from Alberta, and who now make a point of visiting their adult children in Edmonton during the three weeks ELLA is offered (in the spring), so that they may partake in the wonderful programming while catching up with family.”

Participants can also enjoy ELLA’s wide variety of courses remotely. Registration for the Online Winter Session begins December 5, with classes starting Jan. 13. For course information, and more details, visit my-ella.com.



Photo courtesy of ELLA

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EDMONTON

lifelong learners

ASSOCIATION

To register scan the code or visit my-ella.com



Sprouts Program Thrives at Southwest Edmonton Farmers' Market



Karin Shott

Sprouts Coordinator

The Terwillegar Riverbend Advisory Council was very happy to continue with the SWEFM-Sprouts Program again this year. Thanks to the support of TRAC, the community members, local business, community leagues, and our families in Southwest Edmonton – we appreciate you all!

This summer’s weather did not slow down our dedicated ‘sprouts’ and their families, as they showed up rain or shine, with over 950 children (ages 4-12), joining the program.

Huge thanks to the Sprout’s volunteer nutritional student from the UofA - Boshra Mandour for her enthusiasm for the program! She created many fun activities for the ‘sprouts’. Thanks also to Martina Kunkel for helping at the registration/check-in table!

Without the financial banking of our generous sponsors, the Sprouts Program would not be possible. Thanks also to the families who helped sponsor the Young Vendor Program which allowed us to have an extra tent for these budding entrepreneurs.

Thank you to each and every one of them for helping build a strong community!

(Cultivator Level) \$2500

- Terwillegar Community League

(Gardener Level) \$1000

- The Ridge Community League
- Riverbend Community League
- Royal Bank (RBC) Magrath
- Southwest Area Council (SWAC)

(Signage Sponsor) \$750

- Allan Gee & Associates

(Seeds Sower Level) \$500

- Eguren Dentistry
- Innovation Physical Therapy – Riverbend
- Terwillegar Towne Home Owners Association
- Greater Windermere Community League

(Sprouts Supporter) \$250

- Brookview Community League



Young Vendor Supporters

- Lupien Family
- Pfeiffer Family
- Stratton Family

Wishing you all a good winter and we'll look forward to next year's SWEFM season beginning~mid May 2025!





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Acclaimed! offers community league members a 10% discount on furnace and duct cleaning services (with the exception of the \$19.95 Material and Waste Handling Fee, which is not discounted). Must mention discount at time of booking and CL membership card must be shown to the technician at the time of the cleaning.



Arum Lily Flower Shop

Show your community league membership card to receive 10% discount from in-store fresh flower purchases. Does not apply to other promotions or deals.

Yardly - SAVE 10% on Snow Removal & Lawn Mowing



Enjoy the best-looking yard on the block, by only lifting a finger. Yardly offers easy and reliable yard care services through their website. Members SAVE 10% on snow removal and lawn care services by using promo code EFCL on the Yardly website.

Cloverdale Paint

Show your Community League membership card, mention Edmonton Federation of Community Leagues (code 057EFCL) and receive wholesale pricing at any Cloverdale Paint location. Find your closest Cloverdale Paint store.



Wellness Program

Reduced rates to City of Edmonton recreational facilities through the Community League Wellness Program which offers the following discounts:
Annual Membership - 20% discount on Adult, Family, Child, and Youth/Senior Annual Memberships.
Multi Admission Pass* - 15% discount on already discounted multi admission pass (5+ visits) *Applies to new purchases only.

Urban Poling



Receive up to a 35% discount when you purchase urban poles through our annual membership supplies order.

Urban poles can be rented from the EFCL office starting at \$30 per pair plus a damage deposit. For more information on rentals, visit the League Walking page.

The University of Alberta's Academic Ancillary Services, Learning Services supports Edmonton community leagues. We are offering community league members discounts, check online or email more information!



Free Skating at Any Outdoor Community League Rink

Find the closest outdoor community league rink to you by clicking Find a Facility/League, go to Facility Amenities and select Rink. You can view a map or list of all outdoor league skating rinks in Edmonton! Skate tags are available when you purchase your membership

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training@ualberta.ca

Poster and Banner printing at Campus Design and Print Solutions
print@ualberta.ca

U of A clothing, and branded promotions from the U of A Bookstore
special.orders@ualberta.ca

Orbis Sports offers Community League Discount

Orbis Sports has a number of offers available. Click, book or call for more information. Promo code: EFCL18



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The Path to Financial Freedom Begins with Commitment-Renting vs Ownership



Sally Munro
Century 21 Masters

Owning a home may seem like a distant dream for many, but do not despair until you have explored all your options. It is never too late to start planning for your future.

Consider the benefits of homeownership—even if you begin with a condo. With the average price of a single-family home in Edmonton exceeding \$500,000, condos offer a more accessible option, averaging just over \$200,000.

Homeownership is a powerful step toward financial independence. While it may not suit every stage of life, the long-term benefits far outweigh the limitations of renting. Here is why:

Key Benefits of Homeownership

1. Building Equity

- What It Means: Every mortgage payment increases your ownership stake in your home.
- Why It Matters: Unlike rent, which is a recurring expense with no return, equity acts as a forced savings plan. As home values rise, so does your net worth.

2. Long-Term Appreciation

- What It Means: Real estate historically appreciates over time, especially in stable markets like Edmonton.
- Why It Matters: Your home can become a valuable asset, providing financial security and potential gains upon selling.

3. Fixed Housing Costs

- What It Means: A fixed-rate mortgage ensures your payments remain stable over time.
- Why It Matters: This stability protects you from rising rents, helping you better plan your financial future.

4. Tax Advantages

- What It Means: In Canada, the principal residence exemption allows tax-free capital gains on your primary home.
- Why It Matters: This advantage helps grow wealth without tax penalties.

5. Forced Savings

- What It Means: Regular mortgage payments build equity, effectively saving money for your future.
- Why It Matters: This disciplined approach benefits those who might otherwise struggle to save.

6. Stability and Security

- What It Means: Homeownership frees you from the unpredictability of rent increases and landlord decisions.
- Why It Matters: Stability in housing allows you to focus on long-term goals.

7. Potential for Income

- What It Means: Homeowners can generate rental income by leasing out a portion of their property.
- Why It Matters: Passive income can accelerate financial freedom.

8. Leverage Opportunity

- What It Means: A small down payment allows control of a larger asset.
- Why It Matters: Real estate’s leverage amplifies returns when property values appreciate.

9. Retirement Asset

- What It Means: Owning a home outright eliminates one of the largest retirement expenses—housing.
- Why It Matters: You can downsize or unlock equity to fund your retirement.

10. Pride of Ownership

- What It Means: Ownership offers control over your living space and a sense of accomplishment.
- Why It Matters: The emotional and psychological benefits of homeownership are invaluable.

Conclusion

Investing in a home/condo is a practical step toward financial independence, especially in Edmonton’s dynamic market. While renting may feel more affordable initially, the long-term benefits of ownership—such as equity building, stability, and tax advantages—make it a smarter choice.

Start your journey today. Consult with a banker, broker, or real estate professional to explore:

- Mortgage pre-approval options
- Strategies to improve your credit score
- Down payment solutions

The path to financial freedom is within reach. Take the first step—your future self will thank you.

Terwillegar Towne



Garth Paul Ukrainetz
Poet of the Blackmud Creek

As the world goes ‘round in Terwillegar Towne
As the people sleep and dream
As the morning sun awakes the day
As the coffee meets the cream

As the lunches packed for school and work
As the shoes and boots are tied
As the cars and bikes set forth on way
As the buses fill inside

As the city works and plays and such
As the hours and freeways flow
As the daylight fades in Edmonton
As the crowds return for home

As the evening sunset turns to stars
As the sleepy crawl to bed
As the world goes ‘round in Terwillegar Towne
As the days roll straight ahead



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Auto Theft



Michael Elliott

Staff Sergeant, Southwest Division

Edmonton Police Service

As we move into the frosty season, the snow and cold weather is upon us. Many of us, including myself, do not like the idea of jumping into a cold vehicle. When I drive into work in the early hours, I often see vehicles in open parkades and driveways idling as we like to warm our vehicles.

Unfortunately, there are a select few individuals who seek to take advantage of running vehicles and either try and steal your car and your valuables. Questions often arise asking what can I do to stop or persuade people from committing a crime and causing you undue stress from reporting that crime and contacting your insurance provider?

If you do have to start your vehicle, I encourage you to move away from the old method of starting your car with one set of keys and locking the doors with another set. Doors and windows can often be manipulated for access and it can be stolen in short order.

If you have access to a garage, park in inside as that will be a primary deterrent from a vehicle being stolen. If your vehicle is outside on a driveway or the street, try to park in a well lit area and in sight lines from your residence.

The majority of new vehicles have engine start options on an app. If you do not have this option, consider installing a remote two way starter which will inform you when your vehicle is running and inform you the doors are secure. This option is also beneficial as vehicles cannot be driven away without a key or key fob.

Other options are to install steering wheel locks or brake locks. These are excellent deterrents as they are visible from the outside and are time consuming if a suspect attempts to remove it.

The final option I will provide is to hide a GPS tracking device in your vehicle such as an air tag. IF a criminal is successful in gaining access to your vehicle and drive it away, it can be tracked. It is an excellent tool for police to locate your stolen vehicle hopefully make an arrest and return your vehicle.

As always, please do not keep valuables in your vehicle, especially in plain sight. Stay warm this winter, drive within your limits especially during the days with icy, snow covered roads. For more information on auto theft safety, please go to the following link: <https://www.edmontonpolice.ca/TrafficVehicles/AutoTheft/TheftOfAuto>

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Protecting Your Bones For A Healthier Future



November is Osteoporosis Month in Canada, a great time to focus on bone health. Osteoporosis is a disease that affects over 2.3 million Canadians. At least one in three women and one in five men will suffer from a broken bone caused by osteoporosis during their lifetime.

Understanding and knowing how to prevent and manage osteoporosis can help you reduce your risk of fractures (breaking bones).

What is osteoporosis?

Osteoporosis is a disease where bones become brittle and weak. This makes them more likely to break, even from minor events. The most common places for osteoporosis-related fractures to occur include the wrist, shoulder, spine and hip. This can lead to a reduction in mobility and quality of life. Osteoporosis is often called the “silent thief” because bone loss happens gradually, often without noticeable symptoms until a fracture occurs.

The causes of osteoporosis.

Human bones are constantly being broken down and rebuilding themselves. As we age, we start to lose more bone than we make. In osteoporosis, bone loss occurs more rapidly than normal, leading to a loss of bone quantity (or mass) and strength. While there is no single cause identified, the following can increase the risk of osteoporosis:

- Older age
- Gender
- Genetics
- Early menopause
- Use of certain medications
- Having a medical condition such as thyroid conditions, hormone disorders, rheumatoid arthritis, celiac disease, conditions that affect the absorption of foods, chronic liver or lung disease
- Low body weight
- Consuming three or more alcoholic drinks each day
- Using commercial tobacco products
- Having an inactive lifestyle

How is osteoporosis diagnosed?

Your doctor will look at several factors, including the risk factors listed above, as well as any changes in your height and whether you have broken a bone in the past, to help determine if you are at risk of developing osteoporosis. They may also ask you to have a test, called a bone mineral density test, to determine how thick or thin your bones are.

Preventing and managing osteoporosis.

You can start taking steps to improve your bone health today. Talk to your doctor about your fracture risk and if medication might be warranted to reduce your risk of breaking a bone. Taking care of our bone health is important for everyone, whether we have osteoporosis or not. Below are examples of things we can do to protect our bones.

- Move more and sit less. Do exercises you enjoy while following Canada's 24 Hour Movement guidelines. This would include: 1) Moderate to vigorous physical activity which accumulates up to

150 minutes per week 2) Strength training twice per week 3) several hours of light activity per day including standing and stretching. Doing so can have a positive impact on functional abilities and fall prevention.

- Eat a variety of healthy foods everyday including vegetables and fruits, whole grains and protein rich foods. These foods will help give you the energy and protein your body needs to support function and health. Protein helps to build and repair bones. Include protein foods at every meal. Some examples of protein foods are beans, lentils, tofu, eggs, yogurt, fish, poultry and meat.

- Get enough calcium. Ensure you are consuming enough calcium. Good sources of calcium include dairy products like milk, hard cheeses and yogurt as well as fortified foods like soy milk. Spread your calcium-containing in foods intake throughout the day for better absorption.

- Take a Vitamin D supplement. Vitamin D can be obtained from sunlight and foods like fatty fish and fortified dairy products, however most Canadians require supplementation.

- Limit caffeine. More than 400 mg of caffeine in a day may be linked to higher rates of bone loss. Each 8 oz (250 mL) cup of coffee can have up to 150 mg of caffeine.

- Reduce sodium. Too much sodium prevents calcium absorption. Keep intake to below 2,300 mg sodium a day which is roughly 1 tsp (5 mL) of salt. Most sodium we eat comes from processed, pre-packaged and restaurant foods and added salt from cooking or the table. Check the nutrition facts table to see how much sodium a food contains. A per cent Daily Value of 5 per cent or less is a little sodium, while 15 per cent or more is a lot. Aim for 5 per cent or less where possible.

- Drink less alcohol. More than 2 drinks a day increases your risk of breaking a bone. Drinking less is better. One drink is 5 oz (142 mL) of wine, 12 oz (341 mL) beer, cider, cooler, or 1 ½ (43 mL) oz of spirits/distilled alcohol.

- Prevent falls. Falling is not a normal part of aging. Seek help from your primary healthcare provider if you have two or more falls per year. A fall is where there is an injury or if you experience a disturbance in balance or how you walk. A fall could be caused by such things as low blood pressure, vertigo, vision and hearing changes, medication changes, foot/nail care, worries about falling, seizure disorders or osteoarthritis.

- Stop smoking or reduce commercial tobacco use. Smoking increases your risk of developing osteoporosis. Older adults who smoke are 30 to 40 per cent more likely to break their hips than those who do not smoke. The good news is that fracture risk is reduced in those who give up smoking. Alberta Quits is a free, web-based smoking cessation program including online, texting, and counselling services and supports designed to help people who want to quit smoking or those using spit tobacco to find the support and tools they need. Find out more at AlbertaQuits.ca.

Learn more and take action!
Have a conversation with your doctor about your fracture risk. To learn more about eating well for your bones visit ahs.ca/nutritionhandouts, search Am I Eating Well for my Bones. For more information about exercise, visit osteoporosis.ca/too-fit-to-fracture.

Taking proactive steps for your bone health can help reduce your risk for osteoporosis related fractures. This November, consider adopting habits that support strong, healthy bones.

Halloween Fireworks





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5:00 pm, and 7:00 pm

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From Little Fighter to Unstoppable, the story of the Edmonton Bubble Boy



*Paola Andrea Fernandez de Soto AbdulRahin
Published Author, Board Member for ImmUnity
Canada and ADA SCID Advocate.*

On July 19 2024 Jakob, also known as Jakob Little Fighter or the Edmonton bubble boy, received a revolutionary treatment called Gene therapy or stem cell transplant in California at UCLA, treating a very rare genetic condition called ADA SCID to provided and extended lease to his life and future.

Everything started when Jakob was diagnosed 10 days after he was born with ADA SCID or Severe Combined Immunodeficiency, thanks to the implementation of the newborn screening in July 2019 in Alberta by Dr. Nicola Wright, a renowned researcher in the section of pediatric hematology/immunology from Calgary. This opportunity was created for infants to be identify for specific conditions that could potentially risk their survival and provided early intervention that could alter the course of the disease just like what it happened to Jakob.

Adenosine deaminase (ADA) deficiency is a disorder that affects the immune system, creating a complex impact in the development and function of the lymphocytes, in other words a bubble boy who might not survive his/her second birthday and whose life options are very limited, in a similar way to his time outside while sharing with others a regular life.

These children rely entirely on a very expensive medication called Enzyme Replacement Therapy, daily antibiotics and monthly IVIG or plasma infusions that provide the antibodies their little bodies cannot produce on their own. Without the possibility sometimes of a sibling match or an unrelated match, their final option is Gene Therapy only available in California at the moment and developed by Dr. Donald Kohn, a pediatric bone marrow transplant physician who has been focusing his career on developing blood stem cell gene therapies for genetic disorders and primary immunodeficiencies.

“Gene therapy treatments are all handcrafted for a specific individual, which boosts their cost. Most apply only to a relatively small number of persons. In the case of the bubble baby disease, only an estimated 50 to 100 children are born annually in the U.S. with ADA-SCID. The small number of potential customers makes it difficult for a company to make a profit, ” David Jensen said on Capitol Weekly - Bubble Boy treatments showing success in spite of funding challenges.

Jakob waited 5 years to be able to have this life opportunity, where his own stem cells were extracted (Apheresis process) and then combined in the lab with a vector (virus). When those cells were ready and transformed, Jakob received a very low dosage of chemotherapy to open space in his body, giving him the chance to finally received his stem cell transplant or fixed cells back in him.

This process would not only produce a functioning immune system but in the short amount of time post-transplant make a change in the entire family dynamics to the reality of saving millions of dollars into the Canadian Government and Alberta Health.

This dream, the inspirational story was possible thanks to the support of many, specially the Terwillegar community who helped us share our son´s voice and the plea of many other families that just like us, do not have access to treatments or gene therapies tailored to the conditions of their loved one. An important reminder on how working together, supporting our neighbours with small acts of kindness and creating awareness by spreading the message can offer possibilities, open conversations and interesting educational resources about rare conditions and invisible disabilities.

Jakob is the fifth patient treated in the current clinical trial and whose story is a powerful reminder of the necessity for increased access to life- saving gene therapies, the life changing impact for families and patients with other rare conditions, surrounded by the deeply appreciation to each one of you in the community, who have spare some of your time to help him get where he is now and the continued effort to keep helping others by creating awareness or by donating blood or plasma products to save the life of many other patients like him.



Photo courtesy of Baby Bee Photography

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!

Crossword Solution

1	H	O	P	E		3	S	P	A	C	I	O	U	7	S
	A		L		8	A		O		R		U			A
9	N	E	U	T	R	A	L			10	O	P	T	I	N
	D		T		T			I		S		I			E
11	S	L	O	T	H			12	C	O	S	I	N	E	
	O				U			E				G		13	U
14	M	E	M	O	R	Y		16	S	A	M	S	O	N	
	E		A				18	E		D					D
		19	A	R	M	20	A	D	A	21	D	O	W	S	E
23	I		T		B			S		I		R			R
24	C	A	I	R	O			26	I	N	C	R	O	W	D
	E		A		U			E		T		N			O
26	S	O	L	I	T	A	R	Y		27	A	G	O	G	



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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



Seasons Greetings

“It’s beginning to look a lot like Christmas!”

Thank you to our clients and business partners for their continued support and philanthropic efforts to improve the lives of countless people in our city. With love and gratitude from our family to your family we wish you a safe and happy holiday season..

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ML# E4401232

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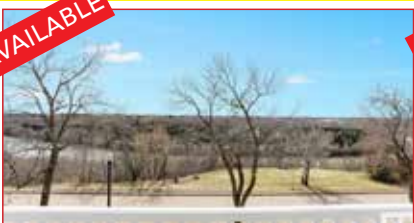
Windsor Park \$2,380,000
Spectacular River Property! 7 bed, 8 bath. 5279 sqft of spacious living. Stunning river views
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Rural Parkland County \$1,998,000
On the North Sask. River. 4.87 acres. 5570 sqft, 4 Bed, 4 Bath. Indoor pool. Must See!
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5139 sqft 2 storey Plantation Style home. 6 bed, 5 bath + loft! Stunning river views.
ML# E4386046

AVAILABLE



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1 min. walk to River Valley & Ramsay Park. Scandinavian style, approx 5000 sqft. 5 bed
ML# E4402480

AVAILABLE



Wedgewood Heights \$1,798,000
Over 6900 sqft of living space backing onto the ravine. 4 bed, 5 bath. Great location
ML# E4407968

AVAILABLE



Riverview \$1,449,000
Gated estate on 1.15 Acre lot. Over 3375 sqft on 2 levels. 4 bed 3 bath. A must see
ML#E4411911

AVAILABLE



Windermere \$1,350,000
Premier Upper Windermere. 6252 sq ft., 7 bed, 4.5 bath. Beautiful executive home
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AVAILABLE



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