

Terwillegar COMMUNITY LEAGUE Tribune

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

Deadline For Next Issue: Aug.15, 2025

Delivery: Week Of Sept.1, 2025

Issue 106

www.terwillegar.org

June 2025

Terwillegar Community League Update



Terwillegar Community League

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

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.

The Summer Movie Nights will be hosted at South Terwillegar Park throughout the summer.

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.

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, please reach out to treasurer@terwillegar.org.

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



July 1st, 11am-3pm

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Presented by the Terwillegar Community League & Sponsored by:



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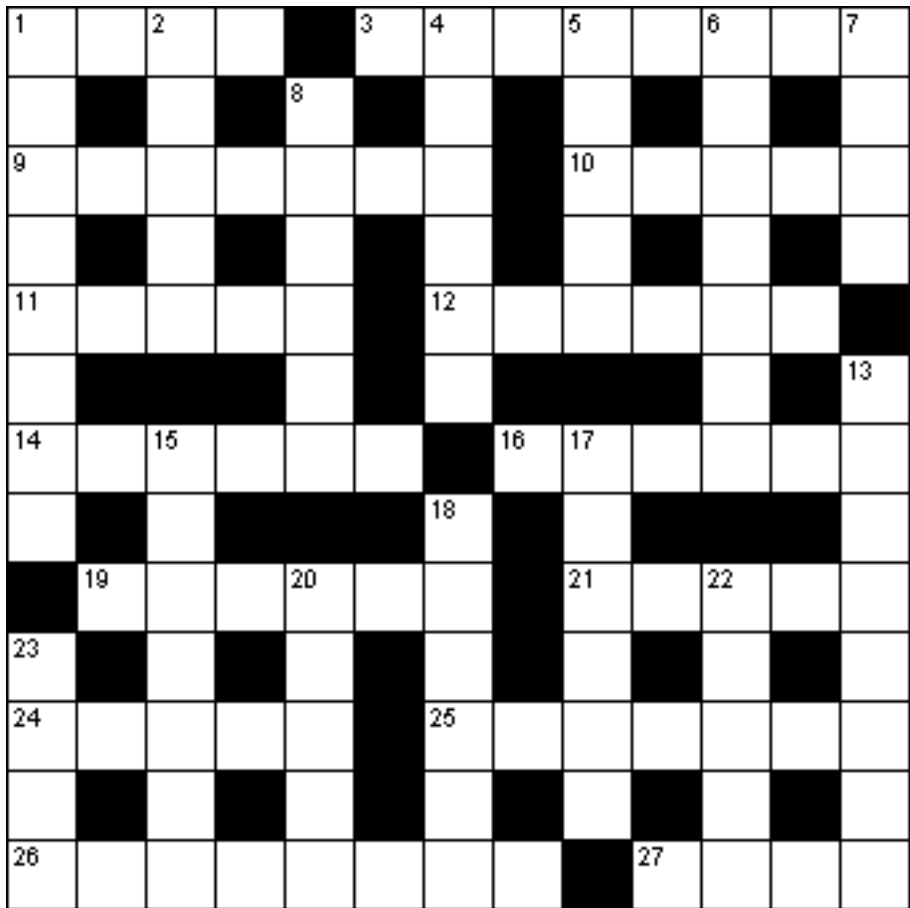
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- 3 On the wagon (8)
- 9 Harshly loud (7)
- 10 Uncovered (5)
- 11 Chaplain (5)
- 12 With pleasure (6)
- 14 Contemplate (6)
- 16 Sherlock Holmes's assistant (6)
- 19 Reddish brown (6)
- 21 Treasure container? (5)
- 24 Curt, abrupt (5)
- 25 Lamp (7)
- 26 Contrite (8)
- 27 Ancient string instrument with curved arms (4)

Down

- 1 Sailors' dance (8)
- 2 Discovered (5)
- 4 Naval flag (6)
- 5 Shin bone (5)
- 6 Excitement (7)
- 7 Traditional board game (4)
- 8 Cartoon spinach eater (6)
- 13 Example (8)
- 15 Uncharged atomic particle (7)
- 17 Stance (anag) (6)
- 18 Soviet dictator (6)
- 20 Slumbered (5)
- 22 Adversary (5)
- 23 Cease (4)

What's Next

Next Submission Deadline:

Fri. Aug.15th

Next Issue: Delivery

Week of Sept.1st



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

Dear Residents of Edmonton Riverbend,

. Thank you for once again placing your trust in me to represent our community in Parliament. It is an honour to be re-elected, and I am committed to working hard every day to serve our community.

It was overwhelming to obtain over 50% of the vote in the community, an increase from 45% in 2021. I'm looking forward to getting back to Ottawa to continue advocating for our community, and I am hopeful for better collaboration and an enhanced approach to our province and city.

While door-knocking, many in our community have stressed the need for the new government to focus on issues that matter most for Albertans, including:

- Reducing taxes to help families and small businesses
- Building more affordable homes and lowering housing costs
- Ensuring safer streets through stronger laws and enforcement
- Strengthening Canada’s economy and protecting our energy sector while maintaining environmental responsibility
- Breaking down interprovincial trade barriers that hold our economy back

I look forward to working with many of you in the weeks and years ahead as we continue to show that Edmonton Riverbend is the best community in the country to live in.





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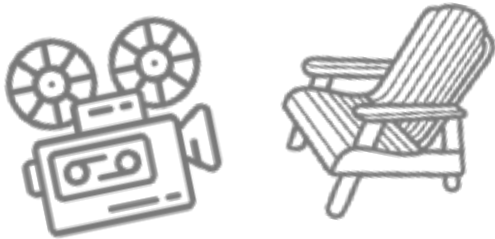
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way, over 70,000 men have been tested in 175 communities across Alberta to date. In addition to PSA testing, the clinical team also offers mental wellness checks, screening for depression and suicide risk.

On August 6th from 4-7pm, look for the MAN VAN® at the Southwest Edmonton Farmers' Market and take the opportunity to get checked. The process takes just 15 minutes, and it could save your life. For more information on finding a clinic in your local area, head to getchecked.ca


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Protecting Your Bike From Theft



Michael Elliott
Staff Sergeant, Southwest Division
Edmonton Police Service

As summer is here, more of us like to use our bikes to move around our community and on our trails for transportation or exercise. Unfortunately, a select few individuals like to take advantage of and steal bikes from local schools, community leagues, playgrounds and even your own backyard.

Questions arise about what I can do to help protect my bike from theft. A small portion of elementary and high schools have bike cages so students can lock their bikes inside the cage. This is an excellent method to help deter people. Not all schools and playgrounds have these options.

The following are ideas which can be beneficial to protect your bike. One of the first things I recommend is taking photos of your bike. Make sure it includes the make and model of your bike and also take a photo of the serial number. I would also register your bike on the following link called bike index, located at <https://bikeindex.org/> This system is an excellent way for the police to help track your bike if stolen. Log in to create an account, enter your serial numbers and photos.

I also recommend investing in a high-quality bike lock. There are numerous to purchase however many are easy to break or cut. Investing in a high-quality bike lock works in two aspects. The first is deterrence. Seeing a high-quality lock will deter a person from trying to steal it. Secondly, a high-quality lock will be exceedingly difficult to cut or saw. Thieves do not like to spend a significant period of time trying to break a lock as it provides a higher likelihood of being caught.

If you do have to lock your bike in a public area, I recommend securing it in a location of high visibility and if possible, in your line of sight. An example would be if you can observe your bike from the school window, or the office of the staff or principal. If you are visiting a playground or coffee shop, secure again, in a location of high visibility. Removing the front wheel and locking it to the frame is also beneficial as this makes it difficult to ride away.

Another recommendation is investing in tracking items such as air tag. Hide the air tag as best as you can on your bike, potentially in your seat or inside the frame. If a thief is successful in stealing your bike, you can provide this information to the police who can help track down your stolen bike.

- To summarize:
- Take photos and note your bike’s serial number.
 - Use a high-quality lock.
 - Park in visible areas.
 - Use a tracker like an Air Tag.
 - Register on Bike Index.

I hope these ideas help as losing your bike is stressful and frustrating. For further information visit: <https://www.edmontonpolice.ca/CrimePrevention/HomePropertySafety/ProtectYourProperty/BikeSafety>

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.

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Parks, Picnics And Play



Marni Mrazik
Director of Community Life at Terwillegar
Community Church

When was the last time you went to a park to have a picnic and enjoy some good old-fashioned food and play? I just finished doing all of these things at our church picnic. Each spring, Terwillegar Community Church has a rhythm of celebrating our church community by going to Laurier Park and enjoying time together in the beauty of the river valley. We have all the requisite picnic food for lunch and then the fun really begins...the games! Running races, potato sack races, 3-legged races and every child’s favorite, a visit from the Candy Man. The joy on the faces of the children when they cross the finish line or find a piece of candy in the grass is infectious. You can’t help but smile when you see their glee.

I have always loved a good picnic, and as I was reflecting on all that happened during the day I thought about the many hands that served to make the picnic possible, I remembered all the folks sitting around the park talking, laughing and enjoying each other’s company and recalled even out littlest walkers in the races, yes even one and a half year olds can race. Then I thought of the greatest picnic of all time. We read about it in the bible in Matthew 14. Jesus was actually looking for a little time alone, but word got out about his location and the crowds followed him, and when Jesus saw the people, verse 14 says, “he had compassion on them and healed their sick.” It became late, people were hungry and instead of sending them away, Jesus had them sit down. A boy had given up his lunch and Jesus gave thanks for it, broke it and his disciples gave it out to be shared by the crowd. We read that everyone was satisfied and there were 12 baskets of leftovers. What is remarkable is “the number of men who ate was about 5,000. Women and children also ate.” (verse 21) Can you picture the scene in your imagination? Now that’s a picnic! This miracle points to the nature of God’s Kingdom — where needs are met, all are welcome, and God’s generosity overflows.

I don’t expect I’ll ever go to a picnic like that, but I do think a picnic is a great place to enjoy beautiful spaces and extend a welcome to neighbours, friends and family to share not only food, but time together in community having fun, playing games and maybe even hearing about a need to be met.

We are blessed in Terwillegar Towne, for many reasons, but among them is the easy access to beautiful spaces right outside our front doors. We have parks, picnic tables and green spaces throughout our neighbourhood. Many of us have probably packed a lunch, supper, or even a little snack to eat in one of these places. But a picnic can be so much more than just eating outside. A picnic can create the opportunity to slow down, share stories, play games and build friendships. What if we were a little more intentional in using a picnic to connect with our neighbours in a world that often feels



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disconnected? Nothing fancy is required, just a little food, a patch of grass (or a picnic table) and an open heart. A little kindness, a little time together, and a little food can go a long way.

While the Terwillegar Community Church family enjoys our church picnic at Laurier Park in the spring, we enjoy our community picnic at Tomlinson Common Park in the fall season as a way to bless the neighbourhood with food and fun. However, we extend an invitation to join us for worship and brunch (after the 11 a.m. service) each week. Our prayer is that Terwillegar Community Church will be a place where God’s kingdom is experienced, where needs are met, all are welcome, and the generosity of God is experienced as it was at that epic picnic where Jesus fed over 5000 people. We’d love to see you!

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Report From The Legislature



Rakhi Pancholi
MLA Edmonton - Whitemud

Summer is always a busy time in our community! As the school year winds down, many families will be wrapping up activities, making plans for the break, and attending events and celebrations in the community and across the city.

There is no better antidote to feelings of disconnection than to get out and volunteer

It has me reflecting on the incredible contributions that volunteers make in our community every single day. The past few months and the months ahead make it obvious how strong the commitment to volunteering is here.

- In May, Brookview Community League held the ground-breaking for their new rink project which, thanks to volunteers, will bring so much fun to families in the area for years to come! The Terwillegar-Riverbend Advisory Council (TRAC) held their 20th Annual Community Run to an incredible turnout of families, runners, and amateur runners (me included!). This was only made possible by the hard work of TRAC volunteers.
- In June, after years of dedicated work from volunteers, Oak Hills Community League celebrated the grand opening of their new community hub which will be an amazing new space for people to gather.
- The dedicated volunteers of Riverbend ROCKS serve the incredible families in Brander Gardens by providing programming for kids, supports to residents, and community dinners which I love to attend every summer!
- The Southwest Edmonton Seniors Association (SWESA) and their volunteers have done unbelievable work this past year to find new ways to support seniors in our community to connect and be active.
- The biggest Canada Day celebration in our community will be put on by the small, but mighty, volunteers of Terwillegar Community League. And I know The Ridge will host their Fall Festival in September and keep an eye out for a possible Riverbend Community League’s Pets in the Park that month too!

None of these ways for neighbours, families, and friends to connect in our community would happen without the hard work and dedication of volunteers. Many of you also volunteer on school councils, in your church or mosque or gurdwara, in cultural associations, for organizations that hold festivals, support those in need, or make our city and province safer or more vibrant.

And sometimes volunteering is informal – simply seeing a need and doing something about it.

There is no better antidote to feelings of disconnection than to get out and volunteer. As a lifelong volunteer myself, I know how much purpose, joy, and satisfaction it brings. It’s why I was proud to introduce the Commitment to Community Scholarship

Our Community,
Your Voice



Rakhi Pancholi

MLA, EDMONTON-WHITEMUD





(780) 413-5970 203 - 596 Riverbend Square

Edmonton.Whitemud@assembly.ab.ca

this year – to recognize two graduating high school students in our community who have demonstrated community involvement through volunteer service. These young people understand that making our communities a better place is a responsibility we all share.

It's never too late to start volunteering – find something you care about and get involved! Thank you to all the volunteers in our community for giving your time, your skills, and your heart to making our world a little brighter and a lot better.

As always, don't hesitate to reach out to me any time at Edmonton. Whitemud@assembly.ab.ca or (780) 413-5970.



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Stroke Prevention And You



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It is important to learn the signs of stroke, not only to protect yourself but your loved ones around you. But first, let’s start with the basics. What is a stroke?

A stroke is damage to the brain that occurs when a blood vessel in the brain bursts or is blocked by a blood clot. Without blood and the oxygen it carries, part of the brain starts to die. The part of the body controlled by the damaged area of the brain can't work properly. Brain damage can start within minutes of a stroke, so it is important to act quickly because timely treatment can help limit the damage and increase the chance of a full recovery.

Causes and symptoms of stroke

There are two types of stroke which have different causes:

An ischemic (say "iss-KEE-mick") stroke is caused by a blood clot that blocks blood flow to the brain. A blood clot can form in an artery that supplies blood to the brain. Or a blood clot can form in another part of the body (often the heart) and travel through the bloodstream to the brain. Ischemic strokes are the most common type of stroke.

A hemorrhagic (say "heh-muh-RAW-jick") stroke is caused by bleeding in or around the brain. It happens when an artery in the brain leaks or bursts. Hemorrhagic strokes are less common than ischemic strokes.

Symptoms can happen suddenly, so knowing what to look for can ensure you or your loved one is treated quickly. The best way to remember stroke symptoms is by using the acronym FAST.

- Face – is it drooping?
- Arms – can you raise both?
- Speech – is it slurred or jumbled?
- Time – to call 9-1-1 right away

Other stroke symptoms include loss of balance or trouble walking, trouble seeing out of one or both eyes, sudden confusion, sudden trouble understanding simple statements, fainting, a seizure, and a sudden, severe headache.

When you know what stroke symptoms are, you will know when it's important to call for medical help. Quick treatment can limit

damage from a stroke, and it may save your life or someone else's life.

Stroke Prevention

Managing health problems such as atrial fibrilization, diabetes, high blood pressure, and high cholesterol can minimize the risk of stroke but there are other ways to prevent.

Some examples include:

- Maintaining a heart-healthy lifestyle, including healthy eating and regular physical activity. Include heart-healthy foods like vegetables, fruits, nuts, beans, lean meat, fish, and whole grains. Limit sodium and sugar.
- Ensure you incorporate at least 2.5 hours of moderate to vigorous exercise a week. Walking is an easy, low-impact option but other activities can include running, swimming, cycling, or playing tennis or team sports. For more information, see Fitness and Exercise.
- Don't smoke. If you need help quitting, talk to your doctor about stop-smoking programs and medicines. These can increase your chances of quitting for good.
- Limit alcohol intake
- Stay at a healthy weight
- Limit and manage stress
- If you are diabetic, it is important to control your diabetes. To learn more about how to manage your diabetes, see Diabetes.

If you think you may have a problem with alcohol or drug use, talk to your doctor. If you use hormone therapy for menopause or hormonal birth control, talk with your doctor. Ask if these are right for you. They may raise the risk of stroke in some people. Decide with your doctor whether you will also take medicines to help lower your risk. For example, you and your doctor may decide you will take a medicine that prevents blood clots.



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Register For Lemonade Stand Day



simplysupper.ca

Sunday, August 24th is Lemonade Stand Day

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

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

To participate this year, register your stand starting June 16th, 2025. Registration is required to be an official participant of the event and to guarantee a Lemonade Stand Day kit for your group.

With the creation of this program, our goal was to scatter lemonade stands all over the city in support of the Simply Supper's commitment to local charities and our youth and create a program that allowed kids in our community to give back in a fun way.



Check us out on Facebook!

Search: "Terwillegar Community League" under groups



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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 and want more information please contact treasurer@terwillegar.org and vicepresident@terwillegar.org.

Advocacy And Celebration Go Hand In Hand



Ward F Trustee
Julie Kusiek

It is my very strong belief that public education is a public good. A high quality education, available to every single child no matter their family wealth, connections, health, abilities or circumstances is good for our collective well being. When we support every child’s unique pathway to success in K-12 and ultimately their transition to a life of dignity and fulfillment after high school we strengthen our community. Unfortunately, we are seeing doubt seeded and outright attacks on public education or the Boards tasked with delivering public education.

After almost two decades of leading a variety of community advocacy initiatives, I can say with certainty that one of the most powerful forms of advocacy is positive advocacy. Fighting for, not against. That is what the Edmonton Public Schools Board of Trustees is doing. We are advocating for public education as the BEST kind of education for students, their families and our wider community wellbeing. It’s an investment of the community for the community - and it’s worth making.

I invite you to raise your voice and join us - here’s how.

1. Celebrate. We grow the seeds that we water, and I believe now more than ever we need to water the seeds of gratitude for public education. Amplify the heartwarming and inspirational moments you or your child experience in public education. I have extreme gratitude for the opportunities that public education provided to me in my life’s journey.

2. Raise your voice towards what we want to see public education grow into - whether that be better funding, more schools, or other important topics. The Board of Trustees has launched a social media campaign, “Tips from Your Trustee.” We dive into a number of topics, outline who is responsible for what and provide tips on making your voice heard. You can find this on my instagram, Facebook and LinkedIn accounts @juliekusiek.

Our Board continues to communicate regularly with the Province to help build understanding of the needs of our school division, and to highlight the excellent work being done that we can build on with provincial support.

Speaking of excellent work - a shoutout to the 19 student nominees recognized for the 2025 Michael A. Strembitsky Award of Excellence at the May 27 Board meeting. An extra special shoutout to Lillian



Board Chair
Edmonton Public Schools

Trustee | Ward F

Julie Kusiek

PHONE
780-429-8087

EMAIL
trustee.julie.kusiek@epsb.ca

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<https://forms.gle/3liZPNdEHA8PBaMm9>

Osbornes’s Brielle Huang who received the gold medallion. Way to go!

So, as we head into the final days of school and off to summer break, I encourage you to reflect on the positives and to make your gratitude known. As a strong collective voice that promotes public education, we can protect it by ensuring we never lose sight of its value to ourselves or our community. Citizen voice matters and together we can reinforce the value of public education to provincial decision makers. As always, feel free to reach out to me at 780-429-8087 or trustee.julie.kusiek@epsb.ca.



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Invasive Plant Of The Month: Hawkweeds



Sydney and Jenna
Invasive Plant Outreach



Meadow hawkweed, orange hawkweed.
Photos from Invasive Plant Outreach

There are many different species of hawkweed that have been introduced to North America from Europe. In the aster family and among the most invasive of plants, hawkweeds reproduce through seeds, stolons (aboveground stems) and rhizomes (belowground stems), allowing them to easily take over an area by forming dense mats of plants. There are three prohibited noxious hawkweeds in Alberta: orange hawkweed (*Pilosella aurantiaca*), meadow hawkweed (*Pilosella caespitosa*) and mouse-ear hawkweed (*Pilosella officinarum*).

In addition to these three invasive species, Alberta is home to

native hawkweed species that can be difficult to differentiate. One tip to distinguish between the two is the amount and location of leaves on a hawkweed plant. Native hawkweeds can be identified by leaves growing up the stems, as opposed to many basal (ground-level) leaves seen on invasive hawkweeds. White-flowered, western, houndstongue, Scouler’s and alpine hawkweed are native to Alberta. Taking a picture and consulting iNaturalist, or contacting the Invasive Plant Outreach team via 311, can help confirm the species you have found. Identifying hawkweed can be tricky, but with some practice and these resources, you’ll be an expert in no time!

Grow Me Instead:

If you remove invasive hawkweed from your property, replace it with a native aster! Alberta is home to many native aster species, but common ones in Edmonton are the smooth blue, white prairie, showy and fringed asters.

When flowering has finished in the fall, the aster pollen is beneficial to many insects. It’s an important food source for butterflies, moths, bees and birds if left to go to seed



A smooth blue aster.
Photo from Mary Ellen (Mel) Harte, Bugwood.org

These are the people in our neighbourhood:

Residents’ Association: Responsible for the maintenance of specific plots of designated land. It is also responsible for the regulation of neighbourhood architecture. (Do you have a mailbox on your property? Two bushes and a tree?) Annual fees are required and residents are contacted directly if payment has been missed. Different areas have different residents’ associations. Please ensure you are contacting the correct association.

Community League: Responsible for the personality factor and all the extras. This includes all of those fun events you get to attend, our website (www.terwillegar.org), the Terwillegar Tribune, neighbourhood watch, and more. Membership fees are optional (but well worth it!). The Terwillegar Community League is a single organization for all of Terwillegar. E-mail memberships@terwillegar.org to join. Or check out our website www.terwillegar.org.

Fees for one organization do not cover fees required for the other.
Please ensure your fees are up-to-date.

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Kid's Zone - Colouring Contest



Summer Colouring Contest

First Name: _____

Last Name or Initial: _____

Age: _____

Address: _____

Phone: _____

Email: _____

All entries must be received by Aug 15/25. 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

It belongs to you, but your friends use it more often.
What is it?

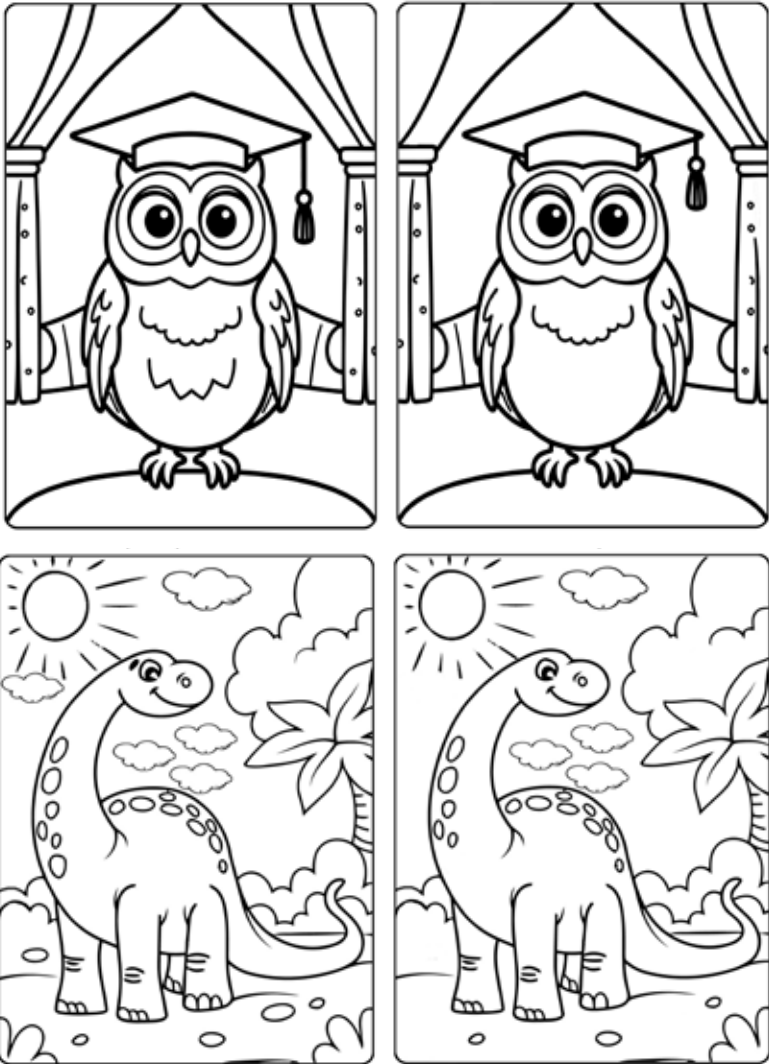
Your name!

What has legs, but doesn't walk?

A table!

SPOT THE DIFFERENCE

Can you spot the 8 differences between these two pictures?



What can you hear, but not see or touch, even though you control it?

Your voice!

	3			6	1
6	1	5			2
		1	4	3	
5	4	3	2		
		6	1		4
1			6	5	

Spring Colouring Contest Winners!

Ages: 6-8

1st Place: Akein J.
Runner Up: Olivia G.

Ages: 3-5

1st Place: Louis D.
Runner Up: Maaz A.

Ages: 9-11

1st Place: Ariha S.
Runner Up: Olivia S.

Honourable Mentions:

Jack M.
Atticus O.
Jaxon S.
Kinsley S.
Gaby F.

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

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

The People Have Spoken, And They Chose The Magpie!



Migratory Bird Day. <https://www.ctvnews.ca/edmonton/article/love-it-or-hate-it-magpies-crowned-edmontons-city-bird/>



You don't have to look far to find Edmonton's new city bird. Bird Friendly Edmonton announced on Saturday that the black-billed magpie won top spot out of six year-round resident birds who entered the ring in October.

Nick Carter, with Nature Alberta, said more than 40,000 votes were cast in two rounds of voting. "The magpie got almost 40 per cent of the votes out of the six candidate species," he added. "People in Edmonton have definitely spoken and it seems like the magpie has really become embraced."

According to the Canadian Encyclopedia, the magpie belongs to the crow family. Of the 20 magpie species known worldwide, only the black-billed magpie lives in Canada. The iridescent and intelligent bird beat out downy woodpeckers, red-breasted nuthatches, boreal chickadees, the blue jay and northern saw-whet owls.

In 2022, Edmonton became the eighth Canadian city to earn a Bird Friendly City certification from Nature Canada. The black-billed magpie will now represent the city's ongoing commitment to making itself a safer place for birds.

"We are hoping to have the decision officially recognized by the City of Edmonton," Carter said. "The magpie gets, I think, hopefully a little bit more respect in the community." The announcement was made at Big Lake in Lois Hole Centennial Provincial Park on World

UROSPOT is changing the lives of women and men.

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

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

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

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



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

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



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

Summer Food Safety



albertahealthservices.ca

Summer is finally upon us in Alberta! Whether you are staying close to home, camping, or attending festivals, take steps to keep food safe.

Much like applying sunscreen to protect your skin from the sun, understanding and using proper food safety measures can protect yourself, family, and friends.

Food poisoning or foodborne illness is a major cause of illness in Canada. In Canada, one in eight people get sick each year from eating contaminated food. This is nearly four million people each year.

Food poisoning is caused by eating foods that have harmful germs in them. Symptoms are usually mild, but severe illness, hospitalization and even death can happen because of these germs.

Did you know that you can't always tell if food has gone bad by look, smell, or taste? Germs are small and not easily detected. This article offers food safety tips along with ideas to ensure the safety of your food during your summer activities.



Food safety tips!

- When grocery shopping, buy cold or frozen food at the end of your shopping trip.
- Check the expiry dates on packages.
- Wash your reuseable grocery bags often.
- Wash your hands before and after handling food.
- Store foods safely. Refrigerate raw meat, fish, poultry as soon as possible or within two hours. Make sure your fridge is set to 4°C(40°F) or lower, for freezer -18°C(0°F)
- Thaw meats in the fridge, under cold running water or in the microwave. Germs can grow at room temperature. Cook foods soon after thawing.
- Use a clean meat or food thermometer to make sure foods are cooked to a safe temperature.
- Use separate cutting boards for ready-to-eat foods (vegetables and fruits) and another for raw meat.
- Use different plates and cooking utensils for raw and cooked foods.
- Serve hot foods hot and cold foods cold.
- Chill leftovers as quickly as possible, using a shallow container to cool the food down quicker.

Grilling at home

- Marinate foods in the fridge not on the counter or outdoors.
- Do not use sauce that was used to marinate raw meat or poultry on cooked food.
- Cook ground meat thoroughly. Ground beef can turn brown before dangerous germs are killed. Use a food thermometer to take the temperature in the thickest part of the meat. Cook until the

- thermometer reads at least 71°C (160°F).
- Cook meat like roasts and steaks to 63°C (145°F) on the inside.
 - Cook ground meat to 71°C (160°F) on the inside.
 - Flip meat at least twice to cook it evenly.

Picnics and camping

- When packing foods in a cooler, pack foods that you are likely to use last on the bottom. Pack plenty of ice or freezer packs to ensure a constant cold temperature.
- Fill a cooler to capacity. A full cooler maintains its temperature better than one that is partially filled. Keep the cooler out of direct sunlight and avoid opening it too often.
- Bring a food thermometer for your meat and poultry to ensure your meat has reached a safe internal temperature when cooking.
- Don't let food sit out for more than two hours.

Snacks for outdoor events/festivals

- Bring disposable wipes or hand sanitizer with you to use before and after handling food if you aren't near a handwash station. Handwashing is the preferred method for washing hands.
- Take only the amount you think you will need so you don't have leftovers.
- Consider taking foods and snacks that do not need to be refrigerated like fresh or canned fruit, trail mix, crackers, or granola bars.

Remember: if in doubt, throw it out

For more information, check out the Food Safety page on Canada.ca.

Using these tips can help you and your loved ones enjoy your summer activities and stay safe.

Hi, I'm Mike Elliott.
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Mike Elliott
For City Council Ward pihêsiwin



June At The Southwest Edmonton Farmers' Market



Lisa Jodoin
SWEFM Market Manager

Welcome to the month of June at the SWEFM! Whether you're a seasoned market-goer or a first-time visitor, this month offers a delightful array of fresh produce, artisanal goods, and community spirit.

We are located in the South parking lot of the Booster Juice Recreation Centre every Wednesday between 3:30pm to 7:30pm. Our market hours change to 3:30pm to 7:00pm in October.

At our markets, you'll find vendors offering a diverse range of products, from fresh fruit and produce, and meats to baked goods and unique crafts. It's a perfect spot to support local businesses and enjoy the flavours of Alberta.

Did you know we have a Young Vendors Program? This is a program the SWEFM is very proud to have started a few years ago and showcases young vendors between the ages of 13 to 17 and their products. This program is free to these young vendors and gives them the opportunity to experience the farmers market and get to know their community. Make sure you stop by and support these young entrepreneurs! You'll find them located right next to our SWEFM information tents.

Don't forget that the first Wednesday of each month is our Artisan Alley Showcase! This is our opportunity to highlight vendors who have something unique and exciting to offer our customers.

And as always, come down to taste all the amazing flavours our food trucks have to offer.

Whether you're looking to stock up on fresh ingredients or enjoy a leisurely afternoon exploring local crafts, June is the perfect time to visit the SWEFM farmers market. Support local vendors, savour seasonal delights, and connect with your community.



Child & Youth Shinny this Summer Break



MoveLearnPlay.edmonton.ca

Join us for Child and Youth Shinny during the Summer Break! Child and Youth Shinny will be running at Clareview Arena, The Meadows Arena and Terwillegar Arena for July and August.

Mondays at Clareview Arena
Ages 6-8: 1:00 pm - 2:00 pm, Ages 9-12: 2:15 pm-3:15 pm and Ages 13-17: 3:30 pm- 4:30 pm

Wednesdays at Terwillegar Arena
Ages 6-8: 2:00 pm -3:00 pm, Ages 9-12: 3:15 pm-4:15 pm and Ages 13-17: 4:30 pm-5:30 pm

Thursdays at The Meadows Arena
Ages 6-8: 10:15 am - 11:15 am, Ages 9-12: 11:30 am-12:30 pm and Ages 13-17: 12:45 pm-1:45 pm

Fridays at Clareview Arena
Ages 6-8: 1:00 pm - 2:00 pm, Ages 9-12: 2:15 pm-3:15 pm and Ages 13-17: 3:30 pm- 4:30 pm

For information and to register for your spot, check out MoveLearnPlay.edmonton.ca

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Staying Hydrated In The Summer



Common beliefs and misconceptions about drinks

Does adding a pinch of salt to water make it more hydrating?

A recent social media trend claimed that adding salt to water can hydrate better than plain water because it replaces electrolytes. It is true that electrolytes like sodium play an important role in maintaining fluid balance; however, adding salt (which contains sodium) to water is unnecessary for the general, healthy population. Most people get enough salt from the foods they eat. Adding extra salt to your water will not improve your hydration and for some people, it can harm their health. Drink tap or filtered water and eat a balanced diet to stay hydrated and maintain your electrolyte balance.



Do you need sports drinks after exercising?

You may lose more water and electrolytes if you exercise longer than one hour, or intensely, in hot and humid conditions. In this scenario, a sports drink (which contains water, sugar, and electrolytes like sodium and potassium) may help replace the water and sodium you lose in sweat. However, for most active people drinking water is enough for proper hydration.

Does coconut water hydrate better than water?

Coconut water is not more hydrating than water. Just like sports drinks, coconut water contains sodium, potassium, and sugar in various amounts depending on the brand. Aside from the additional flavour that coconut water offers, research suggests that there is little to no difference between drinking coconut water or plain water for hydration in healthy adults.

The bottom line?

Water works! Choose water most often to stay hydrated.

To learn more about hydration and healthy drink choices, search 'drinks' at [ahs.ca/nutritionhandouts](https://albertahealthservices.ca/nutritionhandouts).

Summer is here and so is the heat. Remember to drink water throughout the day. Staying hydrated is crucial for many functions in the body. Our bodies need fluids to digest food, cool down, and move nutrients and waste.

Most adults need nine to 12 cups of fluid daily; however, every person's needs depend on age, sex, body size, activity level, and health status. For example, a young adult may need more fluids if exercising intensely and in hot temperatures.

Did you know?

Older adults and children are more likely to become dehydrated? Older adults have a diminished thirst sensation, and young children may not always be attentive to their thirst signals when they are busy playing. Watch for signs of dehydration, which include dizziness, headaches, feeling tired, or having a dry mouth, lips, and tongue.



Be mindful of your hydration levels at all times. Drink beverages and eat foods with fluid content to help you stay hydrated. Here are some refreshing tips to beat the heat:

- Add flavour – Infuse your water with fruits and herbs like lemon, cucumber, or fresh berries with mint for a cool and citrusy twist.
- Enjoy variety – Besides water, choose unsweetened drinks like lower fat milk (1%, 2%, and skim), fortified plant-based soy or almond beverage, or iced herbal teas.
- Make fruit easy-to-go – Pack up fruit kabobs by threading strawberries, blueberries, raspberries, and grapes onto skewers. Serve with a yogurt dip.
- Prepare a tangy and sweet fruit salad – Combine chopped apples, oranges, and pears in a bowl. Add lime juice and spice it up with a hint of chili powder for a tangy flavour.
- Make a zesty cucumber smash salad – Smash cucumbers with a rolling pin until they form bite size pieces. Add rice vinegar, sesame oil, and a dash of soy sauce. Mix and enjoy.

For more recipe ideas, visit Food-guide.canada.ca/recipes or Cookspiration.com.

Support your community!

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

Dealing With Identity Theft Or Fraud



*Michael Elliott
Staff Sergeant, Southwest Division
Edmonton Police Service*

In this article I would like to discuss identity theft or fraud which can occur in numerous forms such as losing your wallet or purse or a person breaks into you home and steals your personal items. It may also involve a fraud over the phone or an email, which may appear very real, as you believe your identity or banking or credit card has been compromised. You believe the person or message is legitimate thus you provide your Social insurance Number, online passwords, banking information, etc. What do you do after you believe it is a fraud? A theft? Panic and anxiety may set in but there are steps you can take to protect and report your accounts and identity.

First, report the incident to your bank and credit card company as soon as possible. They will be able to lock your accounts to ensure you do not lose any funds or incur fraudulent charges. They will also provide you a new credit card or bank card. Second, if it involves a theft or crime, report the incident to the Edmonton Police, 780-423-4567 or #377 from your mobile phone. If your incident involved a scam or fraud, report it to the Canadian Anti-Fraud Centre (1-888-495-8501) Additionally, report any missing ID documents such as your driver’s licence, health cards or immigration documents.

Contact government agencies such as Canada Revenue Agency (1-800-959-8281) and inform them you may be a victim of identity

theft. If you are unsure how to replace your stolen or missing identity such as your passport or social insurance number, call 1-800-622-6232 to report and acquire a new one.

Begin to monitor your credit and finances and start subscribing to credit alerts, via an email or text, for any purchases on your credit card or debt cards. If a questionable purchase arises, you can immediately contact your bank or credit card company.

Finally, talk to your family, friends, colleagues, and neighbours as we have to be pro-active to help, and look after one another. Your circle of friends can also provide you support during a stressful time. If you would like more information on Frauds, prevention or online scams, please visit: Edmonton Police Services Fraud Prevention page

We Dream In June



*Garth Paul Ukrainetz
Poet of the Blackmud Creek*

The month of June can’t come too soon
The saying goes inside the staff rooms
Most teachers’ tanks are running empty
Low fuel within, they’re all teached out

Ignition sequence slowly starting
Young astronauts awaiting lift off
Dreaming, gazing out the windows
The students now in countdown mode

Long year it was for sharpened minds
10 months of grinding education
The pencils short, good patience shorter
Toss learning’s shavings to the wind

Yes, summer’s here, it’s time to fly
Fold lesson plans like paper airplanes
Let’s rocket launch to outer space
New frontiers bold beyond the schoolyard

Edmonton Public, Edmonton Catholic
Deep down it’s true we’re all the same
We dream in June of summer breezes
That blow the cares of school away

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Community League Membership Benefits

Acclaimed! Heating, Cooling, and Furnace Cleaning (Recommended Contractor)

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

Software application training at the Technology Training Centre
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



House of Wheels

House of Wheels is Alberta's largest indoor skatepark for scootering, skateboarding, BMXing, etc. They are dedicated to ensuring anyone can find and enjoy the world of action sports in a fun and supervised indoor site. Perfect for our city's long, cold winters. Located on 88th street, just off the Whitemud.

Show your Community League membership card for a 10% discount on pass prices. Check houseofwheels.ca or Facebook.com/houseofwheelsab



TRAC Update



Karin Shott
Office Administrator

The 20th annual TRAC Community Run/Walk was held Sunday, May 25th in partnership with The Running Room and Crystal Glass. We couldn't have asked for better weather – the sun was shining as our community came together for an unforgettable morning!

Huge thanks to Councillor Cartmell for emceeding the event and MLA Pancholi for assisting with medal presentations, and to Orange Theory Riverbend for leading the warm up and cool-down. Special thanks to Justin Ng (event coordinator, The Running Room), and Sue Trigg (Race Director) and Karin Shott (TRAC Office Admin.) for organizing the event!

Remax provided the Festival Tents and a bouncy castle for the kids, while the A&W Root Bear presented medals to the 1K participants. Reckie Lloyd of Sangea Academy provided the musical entertainment with some African drumming!

Thank You to Our Amazing Sponsors! We couldn't have made the event happen without your incredible support.

Platinum Level Sponsor:

Miller Thomson LLP (Title Sponsor 10K), Booster Juice (Title Sponsor 5K), Omnia Dental (Title Sponsor 3K Family), Better Player Inc., (Title Sponsor of 3K Individual), AMB Wealth Management Group of RBC Dominion Securities (Title Sponsor of 1K Kids Fun Run), Brookview Dental (Title Sponsor of Nutrition Station), & Trans Mountain.

Gold Level Sponsor:

REP Physio (Title Sponsor of a Water Station), MacEwan University (Massage Therapy)

Silver Level Sponsors:

Panago Pizza-Terwillegar, PRI-MED Medical Products, COBS-Riverbend Square

Bronze Level Sponsors:

Freson Bros., The Medicine Shoppe-Haddow, Brookview Montessori, Second Cup-Booster Juice Rec Centre, A&W, Orange Theory-Riverbend Square, Supplement World-Terwillegar, Safeway-Riverbend Square, Save-On-Foods Magrath, Simply Supper-Terwillegar

Post-Race Treats & Goodies

The post nutrition station included coffee & hot chocolate courtesy 'Second Cup-TCRC', fresh fruit courtesy 'Freson Bros. & granola bars courtesy Save-on-Foods Magrath, delicious baked goods from 'COBS Bread-Riverbend', Supplement World-Terwillegar provided samples, Omnia Dental provided waters and delicious donuts and tasty pizza was provided by 'Panago Pizza-Riverbend/Terwillegar'!

MacEwan University massage students were on hand offering mini massages.

Special shout-out to S4 Greenhouses Ltd., a Sprouts vendor participant at the Southwest Edmonton Farmers' Market for providing veggie bags. For more information on the Sprouts Program, please check www.swefm.ca

Finally, a huge THANK YOU to all the incredible volunteers who helped make this event possible! Your time, enthusiasm and smiles kept everything running smoothly.

We hope everyone had a great time and we'll look forward to seeing you in 2026 for the next TRAC Community Run/Walk!



TRAC Run Pictures



Heat Related Illness



EMS would like to remind everyone to stay safe in the heat and sun this season. While children, elderly and individuals with varying underlying health conditions may be more susceptible to the effects of heat and sun, all should take basic prevention measures to avoid a heat related illness during periods of hot and humid weather. Text HEAT to 88111 to receive tips on heat safety.

Heat exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors);
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating;
- The patient is usually cold and damp to the touch and the skin may appear pale, or dusky gray.

Heat stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal;
- It occurs when the body is unable to cool itself naturally (e.g., perspiration). The body’s temperature will continue to rise to dangerous levels;
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.



First aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment;
- Remove excess, or tight-fitting clothing, and allow them to rest in a cool environment;
- If the patient is conscious and alert, provide suitable fluids such as: water, juice, or a sports drink;
- If you are concerned, seek medical attention.

Prevention

- Stay well-hydrated by drinking water;
- Be aware that excessive alcohol and caffeine consumption may promote dehydration;
- Wear a broad brimmed hat to keep the sun off your face and neck;
- Apply (and reapply) waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun’s UV rays peak between 11am-3pm, even on cloudy days.



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Community Contact Information

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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
(Form & Payment may also be dropped off at the
TRAC Community Office, located inside the
Booster Juice Rec Centre)

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	I	2	F	I		3	T	4	E	E	5	T	O	6	T	A	7	L
	O		O		8	P		N				I		H				U	
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26	P	E	N	I	T	E	N	T				27	L	Y	R	E			



Board Contacts

President: VACANT
president@terwillegar.org

Vice-President: Zaher Shmait
vicepresident@terwillegar.org

Treasurer: Monte Weber
treasurer@terwillegar.org

Secretary: Jeff Nordstrom
secretary@terwillegar.org

Community Advocate: Karen Stix
advocate@terwillegar.org

Membership Director: VACANT
memberships@terwillegar.org

Programs Director: VACANT
programs@terwillegar.org

Communications Director: VACANT
communications@terwillegar.org

Fundraising Director: Ravneet Kaur Brar
fundraising@terwillegar.org

Other Contacts

Community Garden:
Grace Subchuk, garden@terwillegar.org

Editor:
Karin Shott, editor@terwillegar.org

Webmaster:
Alison Cairns, webmaster@terwillegar.org

Other Positions

TRAC Ambassador - MacTaggart:
Vacant

TRAC Ambassador - Magrath:
Karen Stix

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

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