

# Terwillegar COMMUNITY LEAGUE Tribune

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Delivery: Week Of Apr.13, 2026

Issue 109

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

February 2026

## Community Update

Terwillegar

Terwillegar Community League

We hope everyone had a wonderful holiday season and a great start to the new year! December was a busy and exciting month for the Community League, highlighted by our Winter Craft Sale. A huge thank-you to everyone who attended—both our talented vendors and all the shoppers who came out to support them. We're already looking forward to welcoming you back when the sale returns in November 2026, with vendor registration opening in the fall.

December also brought some festive fun around the neighbourhood as the Community League cruised the community to admire holiday light displays. Thank you to everyone who decorated their homes—you truly helped brighten the streets and made evening walks and drives extra cheerful.

Another seasonal highlight was our December Holiday Spectacular with Santa, which was a fantastic success. Families enjoyed our annual indoor snowball fight, along with treats, cookie decorating, and crafts.

In January, we wrapped up the season by hosting our Annual General Meeting, where we were pleased to welcome three new board members. We're excited to have them join us and look forward to another great year ahead in 2026.

Terwillegar  
COMMUNITY LEAGUE

# FAMILY DAY

FEB 16 5-7 PM

Join us for pizza & a movie!

Terwillegar Community Church  
1751 Towne Centre Blvd

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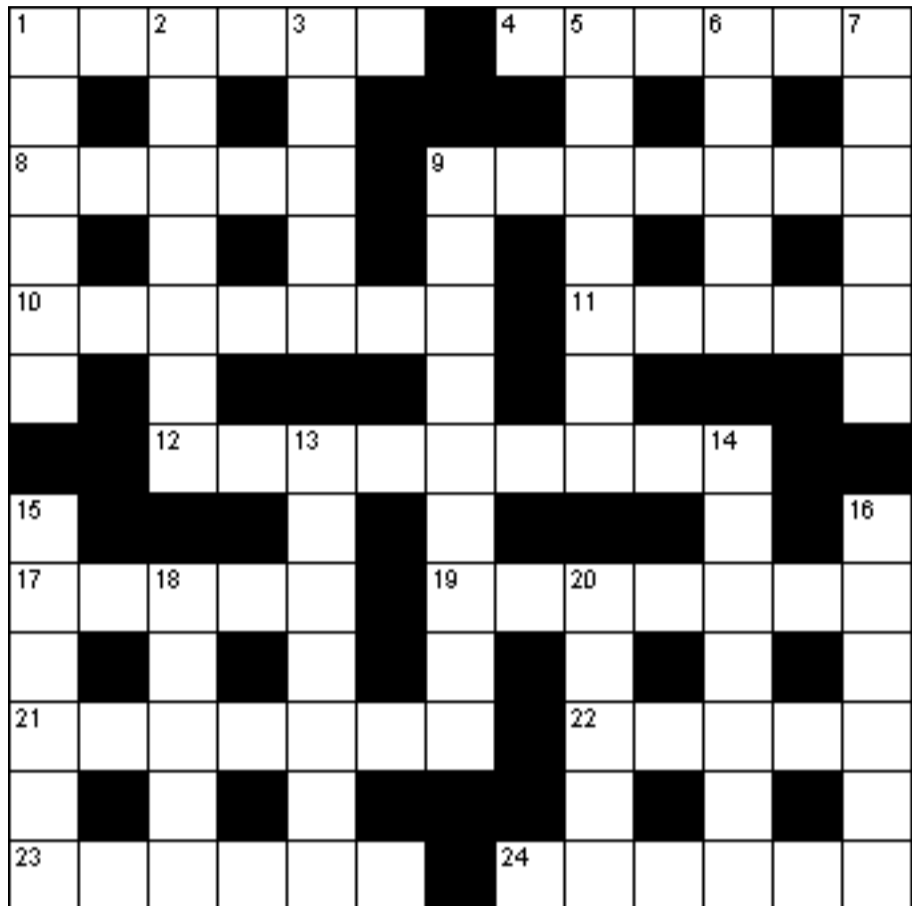
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### Across

- 1 Thinly scattered (6)
- 4 Each one (6)
- 8 Precise (5)
- 9 Side by side (7)
- 10 News (7)
- 11 Sheep noise (5)
- 12 Remiss (9)
- 17 Reside (5)
- 19 Circus performer (7)
- 21 Draw back (7)
- 22 Hit (5)
- 23 Scarcity (6)
- 24 Card game for four players (6)

### Down

- 1 Afternoon rest (6)
- 2 Forsake (7)
- 3 Lucifer (5)
- 5 Short moral story (7)
- 6 Wipe out (5)
- 7 Extensive landed property (6)
- 9 Attacker (9)
- 13 Chivalrous, dashing (7)
- 14 Size of popular newspaper (7)
- 15 Revered (6)
- 16 A sculptor's work (6)
- 18 Minor actor in crowd scenes (5)
- 20 Happen again (5)

## What's Next

### Next Submission Deadline:

Fri. March 20

**Next Issue: Delivery**  
Week of April 13



## Free Access!

With a Terwillegar Community League membership, you get access to the Booster Juice Recreation Center in Terwillegar every Saturday, from 5-7 PM

- Fitness Area
- Aquatic Center
- Open Gymnasium
- Indoor Children's Playground (1)



Saturday's from 5-7pm

Membership card is required

**Memberships are available online**  
[www.terwillegar.org](http://www.terwillegar.org)

# When Is The Right Time To Buy Real Estate



*Sally Munro*

## Should You Wait for Interest Rates to Come Down or Does It Even Matter?

One of the most common questions buyers ask is: “Should I wait until interest rates come down before buying?”

It is a fair question and an important one but focusing solely on interest rates can be misleading. The truth is the right time to buy real estate is less about timing the market and more about timing your life, finances, and long-term goals.

Let us break it down.

### Interest Rates Matter but They Are Only One Piece of the Puzzle

There is no question that interest rates affect borrowing costs. Lower rates mean lower monthly payments; higher rates reduce purchasing power. Naturally, buyers want the best rate possible.

However waiting for rates to drop often comes with trade offs:

- Home prices may rise as more buyers flood back into the market
  - Competition increases leading to multiple offers and fewer conditions
  - Inventory tightens, reducing choice and negotiation power
- Historically, when rates fall, demand rises and sellers respond accordingly.

### You Can Refinance a Rate You Cannot Rewind a Purchase Price

One key principle seasoned buyers understand is this: Interest rates are temporary. Purchase price is permanent. If you buy a well-priced property today in a less competitive market, you may secure:

- Better value
- Stronger negotiating terms
- Conditions that protect you

If and when rates come down, you can refinance. If you wait and prices increase, you cannot go back and buy yesterday's value.

### What Should Determine Your Decision to Buy?

Rather than trying to predict interest rate movements, smart buyers focus on five fundamentals:

#### 1. Your Financial Stability

- Do you have steady income?
- Is your down payment secure?
- Can you comfortably afford the payments today not just hypothetically in the future?

Buying should enhance your life, not stretch it.

#### 2. Your Time Horizon

Real estate rewards patience.

- Buying for the long term (5+ years) reduces the impact of short term market fluctuations
  - Short term buyers are more exposed to volatility
- The longer you hold, the less today's rate matters.

#### 3. Your Lifestyle Needs

Are you buying because:

- Your family is growing?
- You need stability or space?
- You want to stop renting?

Life does not always wait for “perfect” market conditions.

#### 4. Local Market Conditions

National headlines do not buy or sell homes local markets do. Inventory, demand, pricing trends, and neighbourhood dynamics matter far more than broad forecasts.

#### 5. Opportunity Cost of Waiting

While you wait:

- Rents may increase
- Equity growth is delayed
- You remain exposed to future competition

Sometimes the cost of waiting is greater than the cost of acting.

### The Bottom Line

Trying to time the market perfectly is a strategy that rarely works even for professionals.

The best time to buy real estate is when it aligns with your financial readiness, lifestyle goals, and long term plans not when interest rates hit an arbitrary number.

Markets move. Rates change.

Owning the right property, bought wisely, remains one of the most powerful wealth building and lifestyle decisions you can make.

Consult a local professional realtor and your banker to guide you in the right direction. It is always a good time to start. Ownership is power and a great long term strategy. It is never too late!

## Contribute to the Tribune

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

Help make your paper reflect what's happening, get to know the people in your community and stay connected with the local news that's important to you!

# Parent Volunteers Are The Heart Of TRSA Soccer Programs



Mike Lupien

A popular sentiment in the sports world is that behind every player who believes in themselves is a coach who believed in them first. One could easily include parents in the conversation.

You might be thinking, “I’m not a professional coach, how much can I offer to teach my kids and their friends?” The truth is, there are many opportunities in your community to contribute to youth development in the sports they enjoy.

Take community soccer for example. The Terwillegar Riverbend Soccer Association (TRSA) has plenty of resources, tools and supports for team officials like coaches, assistants and team managers.

TRSA has one of the largest community soccer programs in the city, serving the communities of Riverbend, Terwillegar, Hodgson, Oak Hills, The Ridge, Brookview, Ogilvie Ridge, and Greater Windermere. It has programs for U4 to U19 soccer players at all skill levels.

Last year, TRSA had more than 1,500 players on 111 teams during the outdoor season and currently has nearly 600 players on 38 teams playing in the 2025-26 indoor season.

The demand can outweigh the number of available coaches at certain age groups. Without coaches players are moved to teams in other southwest communities, or in the worst case, there isn’t a team at all.

“Coaching and managing starts with parents taking a role on their child’s team,” says Carl Tan, TRSA president. “They get involved to enjoy the sport with their kids and to see them succeed. Previous experience is useful, but many parents will learn along with their players as they progress through the development phase and into more competitive soccer.”

That was Eunice Wong’s experience. She volunteered as a team manager on her son’s team for several years and took on the coaching role for her younger son’s team last year.

“I volunteered because there was a risk we could lose the team, and I had the experience as a manager and the confidence to lead,” said



Joanna Manchur volunteers as a coach for daughter Emily’s soccer team, and an assistant on son Lucas’s team.



Eunice Wong is a coach for a U15 Boys soccer team, and just one of several parent volunteers who help the players and the team thrive.

Eunice. She is quick to point out her success comes from parents who take on roles like assistant coach, team manager or equipment manager.

“Knowing you’re not the only one coaching is important. I work with the parents to get help, and there are resources available from TRSA, other coaches, and online.”

Joanna Manchur coaches to give back to the sport, and for the joy she receives from seeing her players develop. She leads her daughter’s U11 team and is an assistant coach for her son’s U13 team.

She counts herself lucky as a young player to have had two female coaches who were attending the University of Alberta running her team. She was inspired to do the same during her university years initially as an assistant coach and then head coach. “I stayed with those girls as their coach until they aged out, and it was a thrill for me when two of my players decided to stay involved with TRSA coaching a younger girls team together.”

After learning about the high rate of children dropping out of sports in their teens, girls in particular, Joanna is focused on keeping players interested in soccer well past age 12 so they will stay active in the future.

“As a coach, it’s rewarding to see growth and development in players as they progress. They gain confidence, self-esteem, and teamwork skills that they show on and off the field,” says Joanna.

Confident players give it their all when they know they are backed by a team of parent volunteers who believe in them.

Parents can indicate their volunteer interest during the player registration process. For more information about the TRSA soccer program, visit [TRSA.ca](http://TRSA.ca).

**Congratulations to the following Terwillegar Community League members. Each winner received a \$100 Safeway gift card in our weekly December draws!**

Fiona & Yong  
Kate & Scott  
Jennifer  
Wayne & Jing  
Heather

# TRAC Update



Karin Shott

## TRAC Ski Night at Snow Valley

On Saturday, February 7, the Terwillegar Riverbend Advisory Council hosted their 6th Annual Ski & Snowboarding Night at Snow Valley. With great weather, a lively atmosphere, and plenty of time on the slopes, it was a wonderful evening of outdoor fun enjoyed by all!

## TRSA Outdoor Soccer

If you have someone interested in playing outdoor soccer, please check [www.trsa.ca](http://www.trsa.ca) for more information. Registration is from February 2nd to 28th. A current community league membership is required to play community soccer. Not sure if your membership is current? Email the TRAC Office at [yegtrac@gmail.com](mailto:yegtrac@gmail.com) to check if it's still valid. All community league memberships expire August 31st.

## Save the \$5 Admin.Fee

Purchase your community league membership via the TRAC Community Office which is located in the Booster Juice Recreation Centre in Terwillegar (Terwillegar Rec Centre). If you wish to purchase or renew your membership in person, the office is open Mondays & Tuesdays 10 am – 2pm, Thursdays 4 – 8 pm, and the 1st and 3rd Saturday of the month 12 – 4 pm. Payment options include by cheque, cash, e-transfer or debit. If you have any questions or concerns, please contact the office at [yegtrac@gmail.com](mailto:yegtrac@gmail.com) or by phone 780-439-9394.

## Neighbourhood Response

If you see someone who is experiencing a psychosis or mental health crisis, or someone threatening or attempting suicide.

- 780-342-7777 — Community Urgent Services and Stabilization Team (24 hours)
- 1-877-303-2642 — Mental Health Helpline (24 hours)
- 780-482-HELP (4357) — Distress line (24 hours)
- 211 press 1 — Community information and referral

Take action. Call 911 if you or someone else is in danger.

## Southwest Edmonton Farmers' Market

This year's market will run from Wednesday, May 13th to Wednesday, October 7th in Lot E at the Booster Juice Recreation Centre, 3:30 – 7:30 pm. For more information please check [www.swefm.ca](http://www.swefm.ca)

## Save the Date

The 21st annual TRAC Community Run/Walk is planned for Sunday, May 31, 2026. Stay tuned for more information.



# A Call for Conservative Candidates!

- Are you passionate about Alberta Politics?
- Do you possess a strong track record of leadership and a savvy worldview?
- Would you like to make a direct impact by representing your fellow constituents as a Member of the Legislative Assembly for the Edmonton-Whitemud?

The United Conservative Party (Edmonton-Whitemud Constituency Association) is actively seeking expressions of interest from potential candidates to run in the next provincial election (scheduled for fall of 2027). While an official nomination contest has yet to be announced, we welcome the opportunity to meet with those who are interested in running as a part of a preliminary process leading up to the next nomination contest.

To learn more, please email Sheila Phimester, President of the Edmonton-Whitemud Constituency Association, at [edmonton-whitemud@unitedconservative.ca](mailto:edmonton-whitemud@unitedconservative.ca).



# Is There Anything I Can Do?



*Marni Mrazik*  
*Director of Community Life at Terwillegar Community Church*

In the September issue of the Tribune, I mentioned a trip to El Salvador where I was leading a team in November to help build a road in a remote village. Well, we did indeed go and we did build a road, and the experience was beyond fantastic!

We joined with the community in the small hamlet and worked together to get the job done. Even though we didn't speak Spanish, we were able to communicate thanks to our translators, Google translate and the international language of pointing and hand gestures. What was remarkable was how the community came together. Men, women and children showed up. There were seniors and elementary aged children working side by side. Those with shovels or other tools brought them to share.

Working together was a joy, but of course with hard work comes a few moments to rest, especially when we were offered a delicious, just made, still hot empanada de leche. Imagine a soft, fluffy, donut like exterior, filled with a warm flowing custard filling. I'd love to have one right now! These were brought, freshly made, by one of the mothers in the community, to share with the team on one of the work days.



*photo from canada247.info*

On another day, bread, freshly made in the wood burning oven was brought out to share. Is there anything better than just baked bread, still hot out of the oven with a little butter on it? I remember this bread often because the pastor of that community is also the baker. It makes me smile to think that the one who daily delivers the baked bread that sustains life physically is also the one who delivers "the bread of life" who sustains us spiritually. That is Jesus, the one who doesn't satisfy our hunger pains, but satisfies our needs for forgiveness, meaning, and hope. Jesus teaches that community is built on love, service and belonging and true neighborly love calls us to action.

Everything about my experience in El Salvador reminded me of the beauty of community and neighbourly love. The coming together of a diverse team from Edmonton joining with a diverse team from El Salvador, the sharing of tools, and the gifts of good food. We all worked on a very large project there, and it got me thinking of how beautiful it would be to have the same experience here. Our community league does a lot to help make our neighbourhoods great places to live, could more of us show up to volunteer to help make these events great?

What about on a smaller scale? Are there tools or equipment we have that we could share with our neighbours? Are there projects

that could be done together, or some help we could offer? Can we share good food together more often by having our neighbours in for a meal or a coffee? When we bake bread, can we make two loaves and share one? Can we look past what might divide us and instead look for what unites us?

Good and healthy community in action is a gift, and it is beautiful. We at Terwillegar Community Church desire to be good neighbours. We want to ask, "What does it look like to love our community and engage?" And then we want to act. We want to welcome you anytime and if you find there's a need that you think we could play a part in meeting, please let us know. And I hope all of us have eyes to see needs around us and then ask ourselves, "Is there anything I can do?"



**Terwillegar Community Preschool**  
*Provincially Licensed*

*Registration Opens*  
**February 23**  
*at 9:00 am*  
*Ages 3-4!*

*Details and registration online*  
**www.tchurch.ca/preschool**

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**1751 Towne Centre Blvd NW**

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# Renewed Resolve For The Year Ahead



*Rakhi Pancholi*  
MLA Edmonton - Whitemud

Happy New Year! I hope you enjoyed a joyous holiday season with friends and family. For me, it was a time to recharge, to spread some holiday cheer in our city and to welcome a second rescue dog into our family. Never a dull moment!

2025 was a busy year and I am proud of the work we did in the constituency office and as your Official Opposition. In the community, I knocked on doors all summer and fall, attended community league events, met you at the Farmers' Market and kicked off our monthly coffee chats, which have seen wonderful engagement.

I proudly stood with teachers, students and parents during one of the most challenging times our province has seen in decades — the teachers' strike and then the unprecedented decision of the government to override Albertans' fundamental rights and freedoms four times in one legislative sitting. This has mobilized Albertans in remarkable ways and started a movement.

In the Legislature, I continued to serve as your voice and as the Deputy Leader of the Official Opposition. The bills and motions the Official Opposition put forward focused on the issues that matter to Albertans:

- Bill 201 proposed gradually increasing the minimum wage and then indexing it to inflation and protecting workers' tips.
- Bill 202 proposed limits to the gifts MLAs can receive and expanded the definition of "conflict of interest" to address recent government corruption allegations.
- Bill 203 proposed strengthening Alberta's electricity grid reliability by integrating energy storage and smarter use of existing resources.
- Bill 204 proposed whistleblower protection for healthcare workers who report wrongdoing or misuse of public funds.
- Motion 501 (which I introduced) called on MLAs to denounce Alberta separatism and express support for national unity.
- Motion 504 called on MLAs to support a cap on auto insurance rate increases, indexing increases to inflation.
- Motion 505 called on MLAs to support an inquiry into the practice of "shrinkflation," where manufacturers reduce the size, quality or quantity of a product without reducing the price.

All of these were voted down by the Government or delayed, but we will not stop putting forward thoughtful proposals to improve life for all Albertans.

2026 looks like it will be a challenging year for our province. The Government has set the stage for referenda on unpopular issues like separation from Canada and leaving the Canada Pension Plan. The volatility of the global oil and gas market, ongoing trade challenges with the US and the strong likelihood of a large deficit budget means more impact on the lives of Albertans.

Like you, I remain deeply concerned about the ongoing worsening of Alberta's healthcare system — an issue highlighted by the death of Edmonton father, Prashant Sreekumar, in the emergency department while waiting for care.

## Our Community, Your Voice

Sign up for my monthly e-newsletter!

Email "add me" to  
Edmonton.Whitemud@assembly.ab.ca

## Rakhi Pancholi

MLA, EDMONTON WHITEMUD

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Edmonton.Whitemud@assembly.ab.ca

This only strengthens my resolve to represent our community with diligence, integrity and optimism.

Finally, I want to offer my congratulations to our new City Councillor for Ward pihêsiwin, Mike Elliot, and my deepest thanks to our outgoing city councillor, Tim Cartmell, for his years of service to our community. I also offer my sincere appreciation to our MP for Edmonton-Riverbend, Matt Jeneroux, on his years of public service.

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# Volunteer Opportunities At The Green & Gold Community Garden



If you love gardening (or want to learn more about gardening), the Green & Gold Community Garden is always looking for new volunteers interested in being part of a vibrant, land-based, learning community that is passionate about growing food in the service of others. The Garden is situated on the University of Alberta farm on the University South Campus. We welcome folks of all ages and abilities – no gardening experience is necessary! All funds raised by selling produce at our weekly garden markets go to Tubahumurize, an organization that supports socioeconomically marginalized women and children in Rwanda. We also have connections with many local organizations that support our efforts to grow food using sustainable and regenerative, organic gardening methods.



An anecdote from a volunteer from 2024:

I never would have believed I could find a place in the heart of the city where I could get my hands in the soil and have it feel like I am in the countryside! This is one special garden - children running free, people laughing and socializing, learning new ways to grow vegetables, berry and flower picking, a great workout - the list is



endless. What a welcoming space. I just keep pinching myself that this is real and not simply a dream.

If you are interested in volunteering with us, please join us for our volunteer orientation on Saturday April 25th, 12:30 to 2:00 pm

The orientation will be held at the Green & Gold Community Garden (on 118th St, just south of 60th Ave). Everyone is welcome - this includes families with children. To attend the orientation, simply send an email to [gkgarden@ualberta.ca](mailto:gkgarden@ualberta.ca) and indicate you plan to attend. If you cannot make it out on April 25th, you can join us on a different volunteer shift and we will provide you with a tour of the garden to get you started.

For additional information about the garden or to join our produce email list, please visit our website <https://www.greengoldgarden.com/volunteer/> or email us at [gkgarden@ualberta.ca](mailto:gkgarden@ualberta.ca)

## Senior Matinee Hour

Stay active and make your afternoons even more interesting with Senior Matinee Hour!



Seniors can get access to all City of Edmonton fitness centres, swimming pools and gymnasiums for a daily admission fee of just \$3.50/person from 11:30am to 1pm.

### Terms and Conditions

- Must be aged 65+
- The pass is valid for entry between 11:30am-1pm
- Can be purchased daily at any City of Edmonton recreation or leisure centre
- Excludes leader-led programming
- Cannot be purchased in conjunction with any other discounts
- ID may be required

For more information, visit your nearest recreation centre or email [myaccount@edmonton.ca](mailto:myaccount@edmonton.ca).

## Support Your Community!

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



### 46 64 FITNESS

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Email: [4664fitness@gmail.com](mailto:4664fitness@gmail.com)  
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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



# Recognizing The Incredible People Making Edmonton Public Schools An Excellent Place To Learn.



Ward F Trustee  
Julie Kusiek

Has a staff member or volunteer at your child's school made a lasting impact? If so, you might want to nominate them for the Division Recognition Awards.

Each year, the Division recognizes the individual for their outstanding professional and volunteer services. We also honour teams for their contributions through collaboration. The Division Recognition Awards evening is an event I look forward to attending each year. While there have been many challenges in public education over recent months and years for me, the Division Recognition Awards inspires hope and confidence in Edmonton Public Schools because it showcases just how dedicated, resilient and powerful leadership



Division recognition reception, photo courtesy of epsb.ca



Edmonton Public School  
Board of Trustees

Trustee | Ward F  
**Julie Kusiek**

PHONE  
780-429-8087

EMAIL  
trustee.julie.kusiek@epsb.ca

Sign up for my Ward F Newsletter  
<https://linktr.ee/JulieKusiek>

is within the Division - leadership that is demonstrated from across all staff groups and includes volunteers who donate their time and talents to making our school communities stronger.

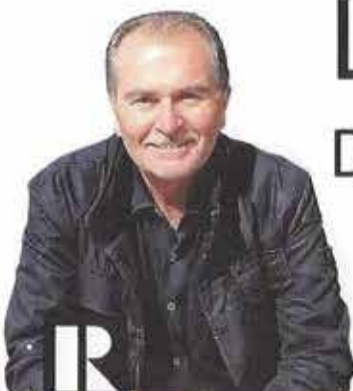
I invite you to view photos from the event and learn about the 43 individuals and 248 team members acknowledged this year for all they did in the 2024-2025 school year (<https://www.epsb.ca/ourdistrict/recognition/>). Award recipients include several individuals and teams from within Ward F, too.

You'll also find a number of teams recognized that provide centralized support to schools, including the Autism Support, Non-Violent Crisis Intervention, Speech Language Pathologist, Student Information and more.

It's my belief that when students succeed within a strong public education system, our communities also grow stronger. To everyone who works or volunteers to support public education, thank you. There's a lot to be proud of at Edmonton Public Schools, and people are at the heart of ensuring we continue to work together as a community in support of student success.

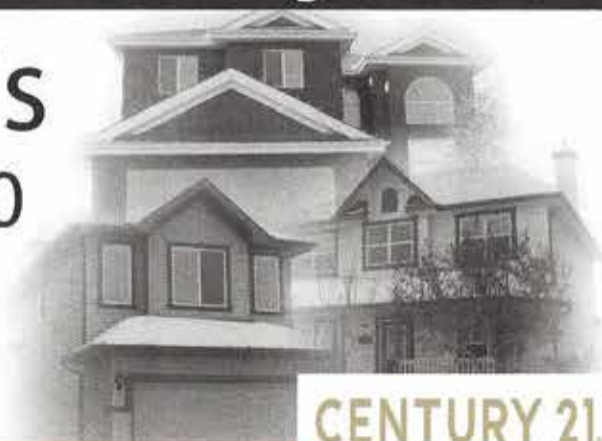
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# Ward pihêsiwin Councillor - Winter Challenges, Property Assessments & What's Ahead



Ward pihêsiwin Councillor  
Mike Elliott

This year has had a difficult start with residential snow removal. I want to assure you that I have heard your concerns clearly. As this is the first major snowfall during my term as City Councillor, it is evident that our policies must change to include better contingencies for significant weather events.

A discussion is scheduled for August, where Council will review data from the previous winter season alongside the scheduled Snow and Ice Policy Review. Please be assured that I intend to question Administration closely regarding the data presented on our residential snow removal efforts.

Additionally, City Council will begin four-year budget discussions this November and December. Improving service levels for neighborhood snow removal will be a top priority for me during this budget cycle.

### Property Tax Assessment Mailout & Deadline to Appeal

In December 2025 Council approved a property tax increase of 6.9% for 2026. This covers the portion of taxes for City Operations. The amount of tax required for education taxes is set by the Province in its Spring budget. For 2026, final tax assessments are expected to be set in April.

Following extensive deliberation, I voted against the proposed budget and the associated tax increase of 6.9% as my ultimate goal was to reduce the proposed tax increase.

The City of Edmonton mailed property assessment notices on January 12th. I encourage you to verify its accuracy by taking the following steps:

1. **Review** the details on your assessment notice.
2. **Check** what makes up your property's assessment value **and compare** it with similar properties in your neighbourhood using the tools on [edmonton.ca/assessment](http://edmonton.ca/assessment).
3. **Contact** the City for one-on-one support by calling 311(780-442-5311, if outside Edmonton). An assessor can answer most assessment-related questions with no formal complaint fees required.

If you disagree with your property's assessment, you have until 4:30 pm on March 23, 2026, to file a formal complaint with the Assessment Review Board. You can file online at [arb.edmonton.ca](http://arb.edmonton.ca).

ca, in person or by mail to Clerk of the Assessment Review Board, Main Floor, Churchill Building, 10019 103 Avenue NW, Edmonton, AB TSJ 0G9. Your actual tax notice will be mailed to you in May, but it will be too late to challenge your tax bill in May.

### Looking Ahead in 2026

With my first three months on Council complete, I am looking forward to what 2026 will bring as I continue to represent Ward pihêsiwin. This year, I am excited to continue holding regular community meetings throughout the Ward. I encourage you to follow my social media channels and subscribe to my newsletter for ongoing updates.

*Check us out on Facebook!*



Search: "Terwillegar Community League" under groups

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# Kid's Zone - Colouring Contest



## March Colouring Contest

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

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

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

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

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

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

All entries must be received by March 20, 2026. 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.

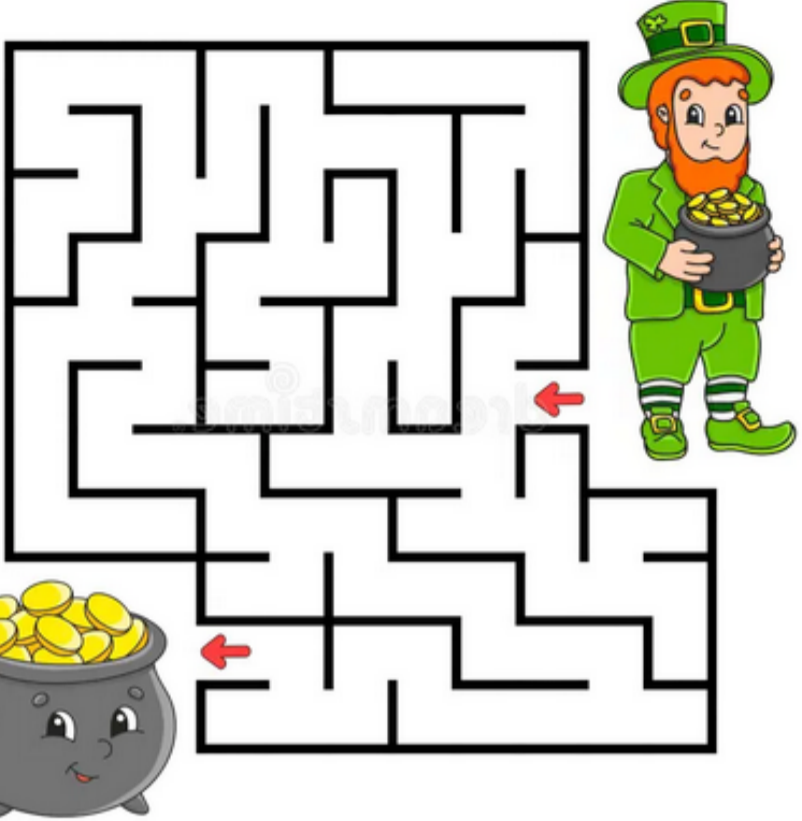
Entries should be mailed to:  
Terwillegar Community League  
PO Box 36508 , MacTaggart RPO  
Edmonton, AB T6R 0T4

OR

Dropped off at the TRAC Office (by Multi-Purpose Room #6)  
inside the Terwillegar Rec Centre.

# Kid's Zone - Fun & Games

Why are spiders so smart?  
 They can find everything on the web!



## SUDOKU

2			3			4		
	3		6					7
		9			7	1		8
		4		7	2			
	2	5		8	1	9		
1		3			6			5
				2		4		
4		6	8				7	
5			9			3		

Answer Key

2	5	9	6	8	7	1	3	4
8	3	1	6	4	9	2	5	7
6	4	9	2	5	7	1	3	8
2	5	7	5	7	2	8	1	3
6	8	9	3	8	1	9	6	4
1	4	3	4	9	6	7	2	5
7	9	7	2	9	4	9	6	8
2	7	6	1	8	1	8	2	1
1	8	3	4	9	6	7	2	5



Can February March?  
 Nope. But April May.

**Winter Colouring Contest Winners!**

**Ages: 3-5**  
 1st Place: Ella N.  
 Runner Up: Ellie H.

**Ages: 6-8**  
 1st Place: Kinsley S.  
 Runner Up: Alex D.

**Ages: 9-11**  
 1st Place: Victoria P.  
 Runner Up: Jayda M.

**Honourable Mentions:**

Benjamin W.  
 Eva X.  
 Elyanna D.  
 Callan H.

*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 & \$15 gift certificates for Walmart. Honourable mentions will receive a \$10 Walmart gift certificates. Prizes will be mailed out the coming week!

# What Will You Intend For 2026?



Sue Paulson  
www.swesa.ca



If you've ever played with numerology, you know that adding up the digits of the year 2026 turns into a number one. A number one in numerology relates to new beginnings. So not only are we starting a new year, but we're starting a whole nine-year cycle of newness.

For some, 2025 was a roller coaster where the highs were not high enough and the lows were below rock bottom. Financial challenges, health issues, and shifting family dynamics were all too common, especially in the seniors' community. Phew! Glad that's over!



Personally, even though it was a pretty good year for me, I'm sure I spent far too much time on mindless tv and things that didn't really matter. I hope that 2026 will be better – for all of us.



If you, too, would like more of what you want this next year, then how can we make this happen? Forget those new year's resolutions that rarely work. Focus instead on setting intentions. An intention is a mindset that charts a course that will flex as

situations change. (A resolution, in contrast is a rigidly fixed focus on some goal or result i.e. – lose 10 lb, run 3 miles a day)

I intend 2026 to be a year filled with curiosity, learning, and joy. Anything that's fun and/or enriching is what I want. At 75, I've had my share of doing what I "should" do. Now it's time to shift more into what I really want.

So, on January 5, I sprang into action online to inspect SWESA's 1st quarter program line-up. The seats go fast, so I didn't waste any time choosing my favorites.

Floor curling on Thursdays in January, morphs into watercolor classes on Tuesday in February and a Spanish & Salsa class once floor curling is over. What a great start to my year! Of course it's not just the learning that comes from each, but also the people I'll meet in class, and the fun we'll have learning together.

Maybe in the second quarter of the year, I'll give the Bridge club or the Book club a whirl. Moving from adult to elder in our "golden" years provides so many wonderful choices. I, for one, am not going to miss out. Care to join me? (SWESA welcomes new members at a very affordable \$40/year.)



Support Your Community!

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

## Terwillegar Counseling Centre

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# Southwest Edmonton Farmers' Market



Lisa Jodoin  
SWEFM Market Manager

Welcome to the New Year!

SWEFM has been part of the community landscape since 2011 and runs 22 Wednesdays from May through to early October. We are excited to get the 2026 market season started. While the snow and cold are still with us, behind the scenes our intrepid vendors are starting to get into the full swing of things to start the 2026 market season. Produce vendors have started sprouting those little seedlings in their greenhouses so when our market opens up in May, our customers will have the start of a bountiful summer! Our bakers have spent the winter perfecting their recipes to provide our customers with fresh baked products. Other vendors have preserved last year's fruit crop into yummy jams and jellies, while some have pickled last year's vegetables into delicious side dishes for your table for this season. We can't wait to see what our amazing vendors have to offer us this season!

Our vendor applications for 2026 are open now. Make your way over to SWEFM.ca and take a look at what you can expect from being a vendor at the Southwest Edmonton Farmers Market. We are proud to be a member of the Alberta Farmers Market Association (AFMA) which is an Alberta wide organization supporting markets and vendors. Pop by [albertafarmersmarket.com](http://albertafarmersmarket.com) to see how AFMA supports all aspects of Farmers Markets across our Province.

Our Sprouts Program is a staple of our market and will continue

into 2026. If you or your company would like to be part of this amazing program, please contact Karin at the TRAC Community Office at [yegtrac@gmail.com](mailto:yegtrac@gmail.com) for information about how to become a sponsor.

Once again, we are happy to have our Young Vendors Program return for another season. This program encourages young entrepreneurs between the ages of 10 and 17 to experience the market from a vendor's point of view. Each young vendor is given a space at no charge to sell their handmade product during our market. By investing in the future of local youth, we can all play a vital role in shaping a brighter, more entrepreneurial community. Young vendors can apply at [swefm.ca](http://swefm.ca)

Our Community Tent will once again play host to local non-profit organizations wanting to touch base with the community. Visit our website and click on the Community Tent link to apply.

As a non-profit organization, we are always happy to welcome volunteers to help us during the summer. If you have some time to spare this summer, please see our volunteer information at [swefm.ca](http://swefm.ca).

Please follow us on Facebook and Instagram to continue to get updates as we get closer to opening day.

We would like to send out a sincere thank you to our entire community for your continued support of SWEFM and our vendors.



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**SWEFM**

May 13 - October 7, 2026  
Wednesdays: 3:30 - 7:30 pm Parking Lot E  
Booster Juice Rec Centre in Terwillegar  
3:30 - 7:00 pm October 7

  
Where Communities, Farmers and Artisans come together

# Greetings From The Riverbend Branch Of The Edmonton Public Library!

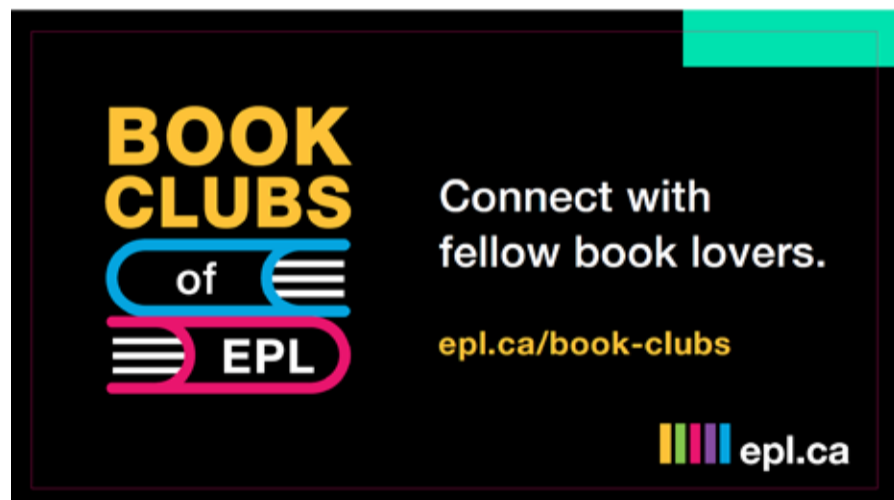


Emily Paulsen

The Riverbend Branch of Edmonton Public Library continues to be a vibrant hub for learning, creativity, and connection in our neighbourhood. Whether you're a long-time library user or haven't visited in a while, there are plenty of new and ongoing opportunities to explore.



. Get started with a free library card! Signing up is easy, just come by the branch with a piece of ID that shows your Edmonton address. With a card, you can access everything from bestselling novels and children's picture books to eBooks, audiobooks, and online learning tools.



For adults who love to read and chat about books, the Riverbend Branch is launching a new Bring Your Own! Book Club. Instead of everyone reading the same title, each month features a shared theme, and participants bring a book of their choice that fits it. It's a relaxed, welcoming way to discover new reads and hear what others are enjoying without the pressure to finish a specific book.

Dates: February 26, March 26, and April 23 from 7-8pm. For themes and to register, call 780-944-5311 or go online at epl.ca

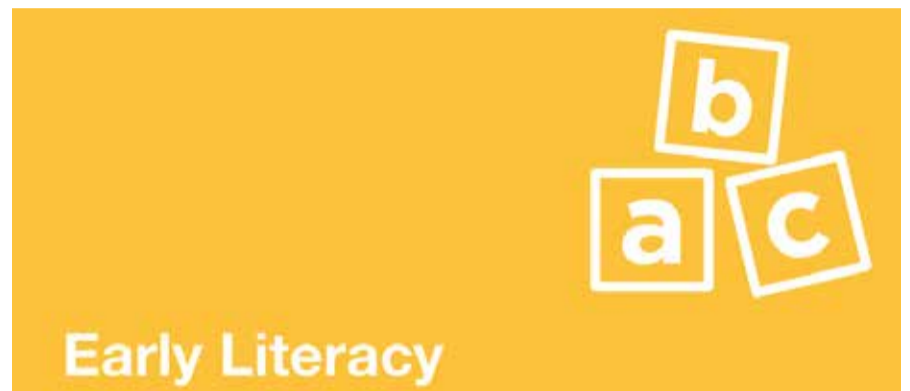
We have lots of engaging early literacy classes every day at Riverbend! Preschool Read and Rhyme is a class for 4 and 5-year-olds that helps little ones build early literacy skills through stories, songs, and rhymes.

Dates: Saturdays 2:30-3pm.

Together We Grow is a class for 0-3 year-olds and their caregivers that is hosted at MacTaggart Place Retirement Residence (5149 Mullen Rd). Young families join the older adults in the residence for a fun-filled program of intergenerational songs, rhymes and stories.

Dates: Mondays 10:30-11:30am running now until April 20th.

To register for these classes, call 780-944-5311 or go online at epl.ca



The Riverbend Branch is also excited to announce a new piece of creative technology available to the public: a Cricut cutting machine. Perfect for crafting, card-making, vinyl projects, and more, the Cricut can be booked by customers who complete a certification. Once certified, users can turn their creative ideas into polished projects.



Staff Picks!

Here some of what the Riverbend team has been enjoying lately:

"I really enjoyed One Hundred Nights of Hero! it's a quirky, fairy tale-esque graphic novel that takes its cue from the one thousand and one nights, it's all about storytelling and female relationships." -Nancy

"I loved What You Are Looking for Is in the Library. This feel-good novel highlights different folks from various backgrounds all finding what they need at their community library. It also features a mysterious librarian who is able to connect library patrons with the information they need to make changes in their lives, so this one hits close to home." -Renee

"I have recently put the album The Carpenter by the Avett Brothers back into my playlist. The Avett Brothers are a folk/rock group from North Carolina. I love their vocal harmonies and the acoustic driven arrangements that use guitar, banjo, double bass and cello. The album's lovely opening song, 'The Once and Future Carpenter,' is a '70s folk-rock stunner that's built around the notion that 'If I live the life I'm given I won't be scared to die.'" -Dorthea

# Remembering John Sexsmith (1961 - 2025)



*Dave Rumbold*

Long time Riverbend-Terwillegar resident and community builder John Sexsmith passed away on October 17, 2025, at the age of 63. John is survived by his wife of 25 years, his son, mother, his large extended family and his two beloved St. Bernards.

John was a well-known figure in Edmonton media for 35 years. He worked as a Sports Reporter and Anchor at ITV/Global Edmonton for 26 years and at 630 CHED and K-97 before that. He also served as the PA announcer for the Edmonton Elks (then known as the Eskimos) for several years. A natural storyteller, he was known for his sense of humour and positive attitude, his enjoyment of wordplay and his love of sports of all kinds. He coached local hockey for years and greatly enjoyed seeing young people, including his son, enjoy the game and reach their potential. Until his last days, he was actively coaching local South Side Athletic Club (SSAC) hockey players, golfing, gardening and readying for a cruise while working

Locally, John was always quick to show up and help in the community in ways seen and unseen. I recall reaching out for his assistance with the TRAC 10K Community Run 20 years ago and he simply said "What can I do to help?". Active with Brookview Community League for years, John was an integral part of the recent Brookview Rink Project team.

John valiantly fought different forms of cancer for the last 13 years with grace and good humour. While fighting this battle, he found time to actively give back as a passionate advocate for the Alberta Cancer Exercise Program and as also as a Legacy Officer with the Alberta Cancer Society. His focus was on helping others, and he shared that he felt a deep calling in performing this service.

Long term friend and broadcasting icon Tim Spelliscy says "John loved all sports but especially the activities that weren't well known or competitions that weren't high profile. He also liked to get behind the scenes and tell stories about athletes and their families. He really knew how to connect with viewers, which is an incredible talent. He was a natural."

Local sports and media leader Dave Jamieson shares "John had a profound effect on me personally but also on the community at large. John was proud of living in Riverbend and wanted future generations to enjoy the Brookview Rink the way he and his family had enjoyed community amenities for so many years."

The Brookview Community League Rink Committee recalls that "Everything is Beautiful" by Ray Stevens was a song that played in John's mind every time he passed by the rink. It became his catch phrase. As a member of the Rink Committee, John reached out to his vast local network and secured the scoreboard for the new rink through his persistence!

Thank you for your contributions to our community John – you are missed!

In John's memory, donations can be made to the Alberta Cancer Exercise (ACE) program, the Alberta Cancer Foundation or Second Chance Animal Rescue Society.

Thank you to Kyle Fodchuk, Dave Jamieson, Glenn Kubish and Tim Spelliscy for their assistance with this article.



*John Sexsmith at the Brookview Rink opening*

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# UIAA Ice Climbing World Cup & YEG Ice Fest


[www.edmonton.ca](http://www.edmonton.ca)

Following a spectacular debut last year, the International Climbing and Mountaineering Association (UIAA) is bringing the adrenaline-fueled UIAA Ice Climbing World Cup & YEG Ice Fest back to Edmonton! Get ready for four days of non-stop action at the temporary climbing wall in Louise McKinney Riverfront Park, from Thursday, February 26 to Sunday, March 1.



Witness the breathtaking 2026 UIAA Ice Climbing World Cup, featuring the world's elite ice and dry tool climbers battling it out in two thrilling categories:

- **Speed Ice Climbing:** Experience pure gravity defiance as athletes, armed with specialized tools and crampons, race head-to-head up a 12–15 metre wall of ice in blazing fast times — often under 10 seconds!

- **Lead Ice Climbing:** Watch as competitors showcase strategy and endurance, navigating a complex, ever-changing route of ice, dry tool holds, hanging volumes, and wood, striving to reach the highest point before time runs out.

The excitement doesn't end with the competition! Be sure to join us on Sunday, March 1 as the YEG Ice Fest continues with thrilling activities for all ages. You can even test your own mettle and sign up for the opportunity to display your dry tool climbing skills on the wall! Don't miss a minute of the action—check the full event schedule to plan your ultimate weekend.

## A New Winter Tradition

Standing tall against the Edmonton skyline, the ice wall provides world-class athletes with a grueling challenge and spectators with riveting views. This event is a shining example of Edmonton's "can-do" spirit and our dedication to creative, year-round urban recreation.

This world-class event is made possible through strong partnerships. The Partnership and Event Strategy section secured the international competition in partnership with the UIAA and Offbeat Entertainment Events, while funding from Downtown Vibrancy supported building the climbing wall. This wall will live on in Edmonton for the community to enjoy when it is not hosting events.

## Climb YEG: For Everyone

You don't have to be a world-class athlete to experience the thrill of the climbing wall. Access to this activity will be available in Louise McKinney Riverfront Park until the end of July 2026, after which it will be relocated to its permanent home. Climb YEG is open to

the public for dry-tooling and ice climbing. Whether you're a total beginner or a seasoned pro, anyone (ages 12+) can book a "Try It" program to scale the wall.

We can't wait to welcome the world's best climbers back to Edmonton. Whether you are an avid climber or a curious spectator, we invite you to the park to experience the energy! Contact Climb YEG for more details about the event and the climbing wall. You can also follow @climb.yeg on Instagram for regular updates.

## Upcoming Events:

- February 6-16: Silver Skate Festival (Buena Vista Park)
- February 22: Lunar New Year Event (Various Locations)
- February 26 - March 1: UIAA Ice Climbing World Cup & YEG Ice Fest (Louise McKinney Park)

## Cupid and the Mighty Bow



*Garth Paul Ukrainetz  
Poet of the Blackmud Creek*

Cupid has a plan they say  
To change the world on Valentine's Day  
The opposite of nuclear war  
Where love bombs fall forevermore

Projectiles full of love's sweet glow  
These arrows need a Mighty Bow  
Creating new reality  
Great river flows thru Calgary

The arrows launch like missiles fly  
Around the world they'll fill the sky  
London, Moscow, Houston, Seoul  
From Mighty Bow they'll reach their goal

On city streets we'll look above  
The mountains shall bring peace and love  
Descending to all jaded land  
From Mighty Bow and angel's hand

Yes, all is fair in love and war  
A cherub stands on rivershore  
Lil' Cupid has a plan they say  
To change the world on Valentine's Day

# Christmas Lights Around The Neighbourhood



# Community Holiday Spectacular Photo Gallery



# Burns And Scalds



albertahealthservices.ca

Emergency Health Services (EHS) – Alberta routinely responds to emergencies involving children who have sustained burns or scalds. These incidents often occur inside the child’s own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces (stove, iron, etc.), or making contact with electrical outlets. Incidents such as these can be mitigated by taking preventative measures.

### Degrees of burn

- 1°: Affects the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable.
- 2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop.
- 3°: Severe: the deepest layers of skin and tissue are injured; may appear charred or leathery.

### First Aid for burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.

- Cover the burn with a sterile dressing, or at least clean material to protect from infection.
- Over the counter medications may be used for pain. Adhere to directions given on the label.
- Seek further medical attention, as required.

### Prevention of burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds.
- Consider placemats instead of tablecloths. Tablecloths can be pulled downward by a child causing hot drinks or food to spill onto them.
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached.
- Avoid picking up a child while holding any hot liquids.
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access, if not already built in.
- Try to keep children away from areas where appliances are in use (kettles, irons, hot stoves, etc.).

### Advertising & Editorial Disclaimer

This publication is a non-partisan community newspaper. All political advertisements are paid advertising and are published as such. Acceptance of a political advertisement does not imply endorsement by this newspaper or the Community League.

The publisher reserves the right, at its sole discretion, to refuse, edit, or remove any advertisement that is false, misleading, defamatory, or otherwise inconsistent with the values and purpose of the community. Advertisements that promote or oppose a specific political party, rather than an individual candidate, may be declined.

All advertisements must comply with applicable municipal, provincial, and federal laws, including election and advertising regulations in Alberta.

# 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  
 (cheque payable to "TRAC") 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



**Board Contacts**

**President: Monte Weber**  
 president@terwillegar.org

**Vice-President: VACANT**  
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**Other Positions**

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*Vacant*

**TRAC Ambassador - Magrath:**  
*Karen Stix*

**TRAC Ambassador - South Terwillegar:**  
*Vacant*

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

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

## Crossword Solution

1	S	P	A	R	S	E			4	A	P	I	E	C	E	
	I		B		A					A		R			S	
8	E	X	A	C	T			9	A	B	R	E	A	S	T	
	S		N		A				S		A		S		A	
10	T	I	D	I	N	G	S			11	B	L	E	A	T	
	A		O				A			L					E	
			12	N	E	13	G	L	I	G	E	N	14	T		
15	A			A				L					A		16	S
17	D	W	E	L	L			19	A	C	R	O	B	A	T	
	O		X		L			N			E		L		A	
21	R	E	T	R	A	C	T			22	C	L	O	U	T	
	E		R		N						U		I		U	
23	D	E	A	R	T	H				24	B	R	I	D	G	E



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