

Terwillegar COMMUNITY LEAGUE Tribune

 [terwillegarcommunityleague](http://terwillegarcommunityleague.com)

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

Deadline For Next Issue: May 29, 2026

Delivery: Week Of June 15, 2026

Issue 110

www.terwillegar.org

April 2026

Community Update



Terwillegar Community League

We kicked off the year with our Family Day Event at Terwillegar Community Church, and what a start it was! We saw record attendance once again, with families coming out in full force to enjoy free pizza and a showing of Smurfs. A big shout out to Famoso Terwillegar for helping make it all happen with their generous support, over 90 half-priced pizzas!

As the weather finally began to cooperate (even if just a little!), we were also able to reopen the South Terwillegar dog park once the ice cleared from the entrances, great news for our four-legged residents and their humans.

Now we're looking ahead and gearing up for a fun-filled summer. Mark your calendars for our first outdoor movie night on June 20, and get ready for the return of our always-popular summer BBQ block party (visit our website for all the details).

Thank you to everyone in the community for your continued support—and here's hoping spring fully decides to show up soon!

TERWILLEGAR COMMUNITY LEAGUE
PRESENTS

MOVIE NIGHT Saturday, June 20

COMING TO A SCREEN NEAR YOU THIS SUMMER



MOVIE TO BE ANNOUNCED CLOSER TO THE DATE
ON FACEBOOK & OUR WEBSITE.

MOVIE TO BE SCREENED AT SOUTH TERWILLEGAR
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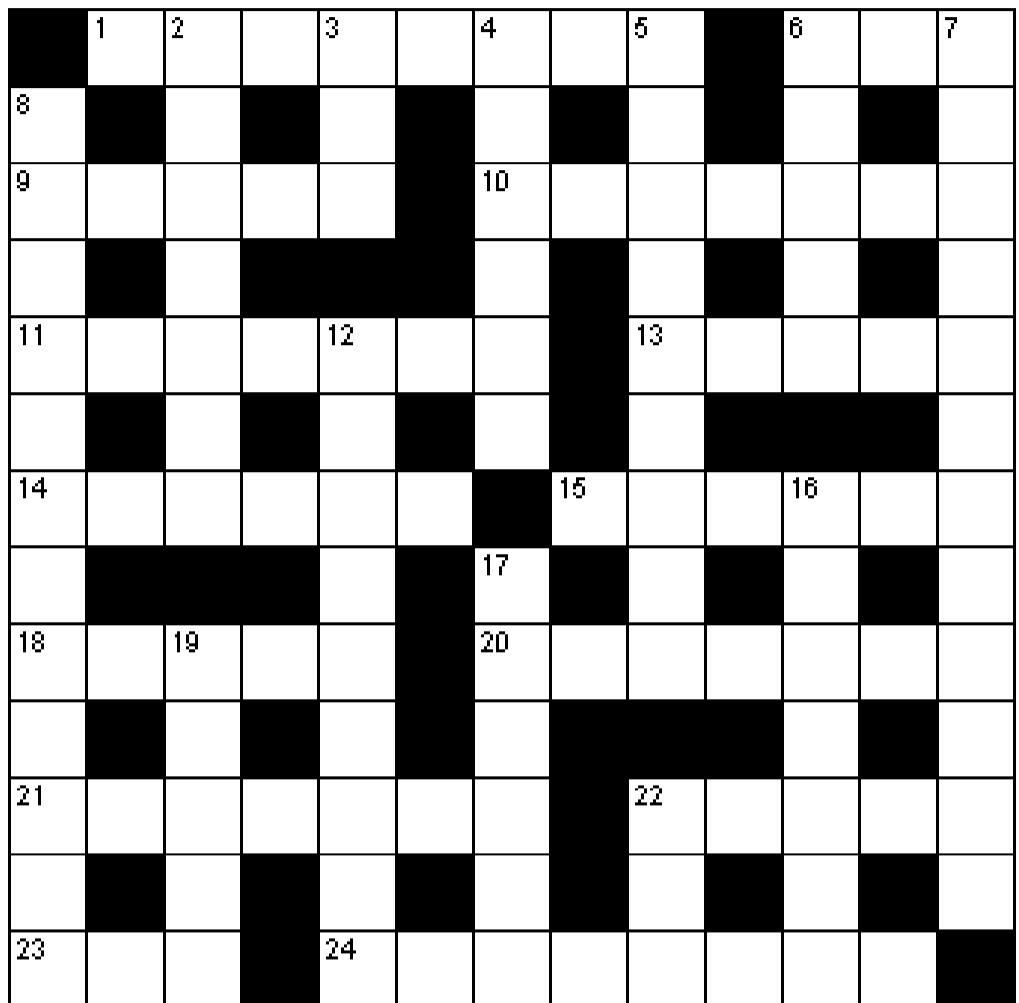
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Across

- 1 Needed (8)
- 6 Crazy (3)
- 9 Big (5)
- 10 Furthermore (7)
- 11 Australian wilderness (7)
- 13 Annoyed (5)
- 14 Empty space (6)
- 15 Shortness of sight (6)
- 18 Injure with hot liquid (5)
- 20 Formerly, a British soldier (7)
- 21 Heighten (7)
- 22 Strap (5)
- 23 Male child (3)
- 24 Stretched (8)

Down

- 2 Haphazard (7)
- 3 Function (3)
- 4 Reproach (6)
- 5 Wrecked (9)
- 6 Pattern (5)
- 7 Handicap (12)
- 8 Veins and arteries (5,7)
- 12 Plentiful supply (9)
- 16 Raise to a higher grade (7)
- 17 Passionate (6)
- 19 Drained of colour (5)
- 22 Heavy weight (3)

What's Next

Next Submission Deadline:

Fri. May 29

Next Issue: Delivery

Week of June 15



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 (12 and under)



Saturday's from 5-7 PM

Membership card is required

Memberships are available online
www.terwillegar.org

Nutrition To Help Manage Blood Pressure



albertahealthservices.ca

May 17 is World Hypertension Awareness Day, a day to learn about how we can manage blood pressure for better heart health. Hypertension means there is too much pressure in your blood vessels. Over time, this can damage them and can increase your risk of heart attack and stroke.

Managing high blood pressure may include changing what you eat, managing your body weight, being physically active, limiting alcohol, engaging in relaxation practices, reducing or stopping tobacco use, and can include medication. Your healthcare provider can support you.

This article will focus on which food and nutrition choices may help manage your blood pressure. It includes what to eat more of and what to cut back on.



What to consume more of

Vegetables and Fruits: Vegetables and fruits are packed with fibre and nutrients that can help lower blood pressure. People who eat many vegetables and fruit are at lower risk for developing high blood pressure. Fresh, frozen or canned varieties can all help lower your risk. At meals, try to fill half your plate with vegetables and fruits. Ideas to get more: have a piece of fruit at breakfast or add

extra vegetables to wraps, sandwiches, and leftovers at lunch.

Whole grains: Whole grain foods include all parts of the grain and have important nutrients like fibre, vitamins, and minerals. They include bulgar, buckwheat, oats, cornmeal, wild, or brown rice. If choosing a bread or a cereal, look for “whole” or “100% whole grain” on the package. For example, whole grain, or whole rye.

Beans, peas, and lentils: Replace meat with beans, peas, or lentils at some meals. Add kidney beans, chickpeas, and lentils to soups, casseroles, salads, and pasta sauce. Try roasted chickpeas or lentils as a crunchy snack.

Foods with calcium: Try to have at least 2 servings daily of calcium-rich foods like milk, yogurt, fortified plant-based beverages such as soy, oat, or almond, and salmon or sardines canned with bones.

What to eat or drink less of

Refined grains: Refined grains are different than whole grains. Refined grains have parts of the grain removed when they are being processed, so they have less fibre and sometimes fewer vitamins. Examples of refined grains include white bread, cakes, and other foods made with white flour.

Added sugar: Added sugar means sugar, syrup, or honey added to food and drinks. It’s recommended to limit sugary drinks.

Added salt, packaged or processed food: Salt contains a mineral called sodium. Your body needs small amounts of sodium to work properly. Most Canadians eat almost 2 times the sodium they need. The top sources of sodium in the Canadian diet include soup, cheese, breakfast cereals, salty snacks (like chips and pretzels), baked goods like bread and crackers, and processed meals like deli meats and sausages, and condiments and dips such as ketchup, soy sauce, and BBQ sauce.

Caffeine: Caffeine is found in coffee and coffee-based drinks, tea, colas, and energy drinks. Limit caffeine to no more than 400 mg a day. This is equal to 2-3 cups (8 ounces each) or 500-750 mL of coffee.

There are many foods that can affect blood pressure. When you start with small changes, eating what you eat or drink seems more manageable—your heart will thank you for it.

You can find more tips on managing blood pressure by visiting ahs.ca/nutritionhandouts and searching “Nutrition and Lifestyle Choices to Manage Blood Pressure”.



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Bloom Literacy Centre is an all-encompassing literacy centre dedicated to supporting every part of a child’s literacy development: oral language, reading, and writing. At Bloom, the team is comprised of highly trained literacy specialists who work with both neurodivergent and neurotypical children, using evidence-based instruction tailored to meet each child’s unique needs. We pride ourselves on providing highly individualized instruction, where strengths are honored and learning differences are never viewed as deficits.

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- ✓ Research-based, structured literacy approach
- ✓ Support for learning disabilities and other learning differences



Key Takeaways From The Trade Mission To India, Australia, and Japan



*Matt Jeneroux, MP
Edmonton Riverbend*

Dear residents of Edmonton Riverbend,

Recently, I had the privilege of joining Prime Minister Carney on a significant trade mission to India, Australia, and Japan. The goal of the trip was to strengthen Canada’s economic and security partnerships while opening new opportunities for Canadian businesses and workers.

Our first stop was India, the world’s fastest-growing major economy. Prime Minister Carney and Indian Prime Minister Modi reaffirmed the strong relationship between our countries. We signed five new agreements, including ones aimed at doubling trade to \$70 billion by 2030, as part of a new Comprehensive Economic Partnership Agreement. We also advanced energy cooperation, including a \$2.6-billion uranium deal with Saskatoon-based Cameco and new initiatives in clean energy projects like solar, wind, and hydropower. In the tech sector, we expanded cooperation on artificial intelligence, quantum computing, and aerospace. There were also new initiatives in education, including partnerships between Canadian and Indian universities, scholarship programs, and exchanges to strengthen people-to-people ties.

From India, we traveled to Australia, where Prime Minister Carney met with Prime Minister Anthony Albanese. This was the first bilateral visit by a Canadian Prime Minister to Australia in nearly two decades. Our discussions focused on critical minerals, clean energy, defense, and artificial intelligence. Australia joined the Critical Minerals Production Alliance, and we launched a new Clean

Energy Partnership to strengthen supply chains and promote clean energy technologies. We also signed an agreement on AI safety to foster research cooperation between our countries. Additionally, Australian investment firm IFM announced plans to invest up to \$10 billion in Canada, further strengthening our economic ties.

Finally, we visited Japan, where Prime Minister Carney met with Prime Minister Takaichi Sanae to launch a Comprehensive Strategic Partnership between our countries. This agreement will expand cooperation in defense, trade, energy, and technology. Canada and Japan agreed to enhance defense collaboration through joint training, cybersecurity efforts, and new initiatives in the North Pacific. Both countries are committed to increasing trade and investment in areas such as clean energy, critical minerals, and emerging technologies like artificial intelligence and semiconductors. This partnership will also support Japan’s decarbonization efforts, particularly in the automotive sector.

This mission to India, Australia, and Japan is part of Canada’s broader strategy to diversify trade, attract global investment, and strengthen our economy. By deepening our relationships with these dynamic economies, we are creating new opportunities for Canadian businesses and workers. These partnerships will position Canada as a global leader in energy, technology, and innovation.

As the global geopolitical landscape changes rapidly, it’s becoming increasingly important for us to unite as a country and advocate for our place on the world stage. With these shifting dynamics, it’s essential that our community remains represented and that the long-term benefits of these partnerships for Canadians are secured. Going forward, I welcome your feedback as we continue working toward strengthening Canada’s global leadership and economic prosperity.



Riverbend Location

Crestwood Fine Wines & Spirits
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TERWILLEGAR COMMUNITY LEAGUE’S

SUMMER BBQs



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

www.terwillegar.org

TRAC Update



Karin Shott
yegtrac.ca

SAVE THE DATE: May 31, 2026

The 2026 TRAC Community Run/Walk – in partnership with CRYSTAL GLASS, REMAX, RUNNING ROOM, & TD WEALTH (Amy Tsang) will take place on Sunday, May 31st at Mother Margaret Mary School (2010 Leger Road NW) @ 9:00 AM.

Register at: www.runningroom.com by April 30th to take advantage of the early bird registration fee. After that date the registration fee increases. To guarantee your preferred shirt size, register by May 9th.

A special thank you to Anuj J. for designing this year's TRAC Community Run/Walk poster.

This annual event would not be possible without the support of our community. If you are interested in sponsoring or volunteering, please contact the TRAC Community Office at: yegtrac@gmail.com or call: 780-439-9394.

We hope to see you there!

Community League Memberships

Community league memberships are available through the TRAC Community Office, either in person during office hours or by sending an email to the office to arrange for an e-transfer payment.

TRAC COMMUNITY RUN/WALK 2026
10K, 5K, 3K & 1K KIDS FUN RUN

MAY 31 • EDMONTON

SPONSORED BY:

MAY 31, 2026 • 9:00 AM
Mother Margaret Mary School
Register at: runningroom.com

TRAC
Terwillegar Riverbend Advisory Council

Save the date!

Big Bin & Eco Station Events.

Dates	Location	Address
May 9 & 10	Northlands	<u>Wayne Gretzky Drive & 119 Avenue NW</u>
May 23 & 24	Commonwealth	<u>11100 Stadium Road NW</u>
May 30 & 31	Mill Woods Town Centre	<u>2331 66 Street NW</u>
June 6 & 7	Callingwood	<u>17740 69 Avenue NW</u>
June 13 & 14	Terwillegar	<u>2051 Leger Road NW</u>
August 29 & 30	Commonwealth	<u>11100 Stadium Road NW</u>
September 12 & 13	Ellerslie	<u>2415 101 Street SW</u>
September 19 & 20	Castle Downs	<u>11520 153 Avenue NW</u>

Eco Station Free Weekends

May 16 & 17	August 1 & 2
June 27 & 28	September 26 & 27

Check us out on Facebook!

Search: "Terwillegar Community League" under groups

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The Gift Of Paska



Marni Mrazik
Director of Community Life at Terwillegar Community Church

I am writing these thoughts as I anticipate Easter. For my entire life, from childhood until this day, I have celebrated Easter Sunday by going to church to worship my risen Lord and Savior, Jesus Christ. This is followed by feasting with family and friends. One of the delicacies around the table when I was growing up was an Eastern European sweet bread called “Paska.” My dad’s family is from Romania, and my grandmother would bake beautiful bread for us to share.

Paska has, in recent years, come to be an invitation to community in my family

Paska has been said to be “edible theology” as the way it’s made and decorated is filled with rich symbolism. For example, it often rises high and is baked tall, symbolizing Christ’s rising from the dead and victory over death. The braided dough decorating the bread symbolizes unity and often the Trinity and flowers represent springtime and renewal.

But beyond the deliciousness of the bread itself, and the symbolism it holds, Paska has, in recent years, come to be an invitation to community in my family. After my grandmother passed away, Paska was missing from our Easter dinner table. Then the year my daughter was in grade 3, one of the moms from the class guided the students in making their own loaves of Paska after preparing the dough for them. I volunteered to help and the afternoon was filled with fun, creativity, and delicious bread. And thus started the return of Paska to our table.

Ever since that year, it has become a tradition in my family to bake this yummy bread and when we sit around the table shaping the Paska and adding the decorations, we often invite friends to join us. Everything is better in the company of others! And every year as I prepare the dough, I am thankful once again for the gift of time and talent this mom shared with the class, as it is a gift that continues to be enjoyed by my family and extends to others and has done so for years.

This creates opportunity to pause and consider what gifts, talents, even tools we have to share with one another. Just the other day my neighbours were sharing a heated cord to melt through the ice out front and make a channel to drain the water that had collected after all the melting. They were outside working together to get rid of the pool of water from between their houses and make the conditions safer for everyone on the sidewalk. If it works, I too have been invited to use the cord.

We live in a self-sufficient society and often don’t even feel the “need” for our neighbours, but I believe our neighbours are gifts and our days are better when lived in community with a willingness to share what we have, be it a cord, a recipe, a conversation, or a smile. We may never know the impact of our willingness to give of ourselves. The mom from grade 3 will never know what the gift of her time and recipe has meant to my family.

It is our desire at Terwillegar Community Church to share the deep love of Christ with our neighbours, not only on Sundays as we worship together and then share brunch around the tables, but also throughout the week as various groups meet whether it’s our youth, single moms, young adults, newcomers to Canada, seniors and more. You are always invited to share in what we are doing at the church and away from the church when we go to the park to share time, hot dogs, and fun with the community. We all have something to share. And so, I invite you to pause as well. What do you have to share; how can you be part of creating community?



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Examining Alberta's 2026 Budget Deficit



Rakhi Pancholi
MLA Edmonton - Whitemud

The UCP government recently introduced the 2026 provincial budget, and it's possible your jaw dropped. They are projecting a \$9.4 billion deficit this year and a \$137 billion debt by 2028. That is more than double the debt Alberta had when they became the government in 2019. This breaks their own fiscal framework law, passed only two years ago.

The Premier is blaming this budget on lower oil prices, immigration and population growth. Let's look at the facts behind these assertions.

Alberta has doubled its oil production, and the provincial government has benefited over the last four years from near-record highs in resource revenue. In fact, they are bringing in over six times the resource revenue as Alberta had under Premier Rachel Notley. The UCP government appears to be the only government capable of wasting a boom in Alberta, during the boom.

That is more than double the debt Alberta had when they became the government in 2019

While it's true Alberta experienced high levels of immigration over the past few years, the Premier has said she's unable to provide any numbers to support her allegations that newcomers are to blame for increased costs to our education or health care system.

In fact, the UCP's own Budget 2026 documents note that population growth increased the amount of personal income taxes Alberta collected (because temporary foreign workers pay taxes), which kept the deficit from being even higher.

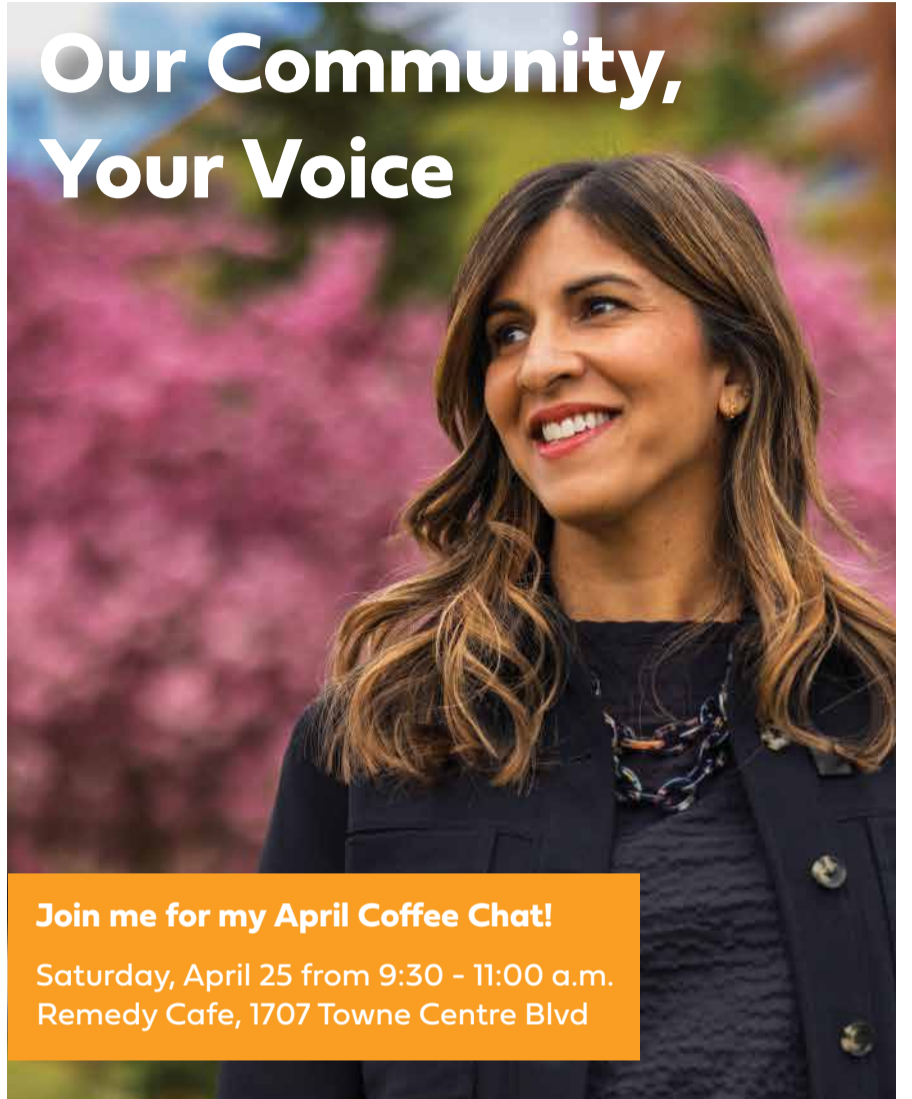
So, if this government is collecting so much in revenue, why is there such a large deficit? One reason is that under the UCP, government spending has increased by 41 percent since 2019, and the pace of that increase has doubled under Premier Danielle Smith. This is very clearly not a "small government" government.

The provincial government has also made Alberta's fortunes more dependent on non-renewable resource revenue than ever before. A \$1 drop in the price of a barrel of oil now costs our province \$750 million in revenue. Instead of diversifying our economy, the UCP government has made it more vulnerable to the volatility of global oil prices by tanking renewable energy investment in Alberta.

And then there is all the waste. Turkish Tylenol, over-inflated private surgical contracts to their friends, disastrous privatization then reversal on lab services, hundreds of millions in payouts to coal companies because of UCP flip-flopping on coal mining, costly referendums and damage to investment because of their support for the separatism agenda. It goes on and on.

But while the spending is so high, not one concrete measure has been brought in by the provincial government in the last few years to address Albertans' number one concern — cost of living. Schools haven't been built, classrooms are more crowded, there is a crisis in our health care system and no new hospitals have been built.

Our Community, Your Voice



Join me for my April Coffee Chat!

Saturday, April 25 from 9:30 - 11:00 a.m.
Remedy Cafe, 1707 Towne Centre Blvd

Rakhi Pancholi

MLA, EDMONTON WHITEMUD

(780) 413-5970

#203 - 596 Riverbend Square

Edmonton.Whitemud@assembly.ab.ca

Even worse, the South Edmonton hospital was cancelled. It begs the question — how has the UCP government spent so much, but delivered so little?

This is what my colleagues in the Official Opposition and I will continue to ask over the coming weeks. I also encourage you to review my last article in which I described some of the things we have proposed to make life better for all Albertans.

As always, please don't hesitate to reach out to my office if you have questions or comments. Edmonton.Whitemud@assembly.ab.ca.

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The Return Of The Snow Goose Festival



edmontonrivervalley.org

The Snow Goose Festival returns to Tofield this April, inviting nature enthusiasts to witness the breathtaking spectacle of thousands of waterfowl descending upon Beaverhill Lake. This premier birdwatching event celebrates the spring migration with guided bus tours and naturalist-led hikes that offer a front-row seat to the massive "white waves" of geese filling the Alberta sky. It is a rare opportunity for families and photographers to experience the raw energy of one of North America's most significant migratory flyways.



Beyond the stunning views, the festival provides an educational deep dive into the delicate balance

of wetland conservation and the importance of preserving these critical staging grounds. Attendees can engage with experts to learn about the environmental factors that sustain such a diverse range of species during their exhausting journey north. By fostering this connection to the land, the event highlights the essential role that local communities play in protecting the natural rhythms of the wild.

The weekend is more than just a wildlife viewing opportunity; it is a community-wide celebration featuring a trade show, banquets, and activities that highlight the charm of the Tofield region. Visitors can enjoy a full itinerary of outdoor exploration while supporting the conservation efforts that keep this annual tradition alive for future generations. As the geese continue their ancient trek, the festival stands as a vibrant tribute to the enduring beauty of the Alberta landscape.

Support Your Community!

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

The Clever But Elusive Red Fox



edmontonrivervalley.org

While the larger coyotes often dominate the open trails, the Red Fox is a more secretive resident of the North Saskatchewan River Valley. Generally shy and nervous by disposition, foxes prefer "edge" habitats where the dense forest of the ravines meets open clearings. Throughout the coldest months, they take shelter in thickets and heavy bush, relying on their acute hearing to hunt for mice moving deep beneath the snow crust.

As winter begins to break in March, the focus shifts toward the next generation. This is a pivotal month for Edmonton's foxes, as it marks the arrival of their first litters. Vixens seek out dry, south-facing dens—often repurposed burrows on steep streambanks or hidden spots beneath fallen logs—to give birth to an average of five pups. During these early weeks, the male fox is a dedicated provider, hunting the river valley's rodents to bring food back to the vixen while she keeps the pups warm against the lingering spring chill.



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Elm Tree Pruning Ban In Effect

April 1 To September 30


edmonton.ca

The City of Edmonton reminds residents that elm tree pruning is banned from April 1 to September 30 to help prevent the spread of Dutch elm disease (DED). Bark beetles that can transmit the disease are active during this time and can be attracted to the scent of fresh tree cuts, increasing the risk of infection in healthy trees.

The elm tree pruning ban is a provincewide regulation established by the Government of Alberta.

Elm trees account for 22 per cent of Edmonton's open space and boulevard tree inventory, making Dutch elm disease a significant threat to the health and resilience of the urban forest.

Since the disease was first detected in Edmonton in August 2024, seven trees have tested positive. The City of Edmonton continues to work closely with provincial partners and the Canadian Food Inspection Agency to implement best practices and reporting.

Dutch elm disease is a contagious fungal infection that poses a significant risk to surrounding elm trees. Enhanced monitoring and tree assessments are underway within protocol zones.



What residents can do:

Containing the spread of Dutch elm disease is a community effort. Residents can help stop the spread in three ways:

Do not bring firewood into Edmonton from another jurisdiction.

Beetles that carry Dutch elm disease are most often introduced through firewood, so remember to always "burn it where you buy it."

Possessing or storing elm wood in Edmonton is prohibited under provincial and municipal regulations.

Eliminate bark beetle habitat.

- Provincial and municipal regulations require elm tree owners to prune dead and dying branches from October through March



Bark beetle photo from alberta.ca

- If you notice dead elm branches during the summer, plan to remove them once the pruning ban is lifted in October.
- All elm wood must be disposed of immediately at the Edmonton Waste Management Centre and must not be stored under any circumstances.
- Do not combine elm wood with food scraps, yard waste or other collected waste.

If you see signs of Dutch elm disease, call 311. Signs include:

- Brown staining in the sapwood, visible when the bark is removed from infected twigs.
- Wilting, drooping and/or curling leaves on one or more branches from late June to mid-July, followed by browning leaves that typically remain attached to the branch.
- Trees infected later in the summer will show leaves drooping and turning yellow before dropping prematurely. These late-season infections are often confused with normal seasonal changes.

Residents are encouraged to remain vigilant for signs of late infection in August and September.

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.

Current And Future Planning For New And Modernized Schools



Ward F Trustee
Julie Kusiek

Public education remains the preferred choice for most families in Edmonton. This is why the need for new schools and modernization of existing schools continues to be so important.

New School Announcements

Earlier in March, the province announced four new schools for Edmonton Public Schools. We are thrilled to receive design funding for a K-9 school in Aster and a K-9 in Stillwater. The province also announced planning funding for a new K-9 in River's Edge and a K-6 in Crystallina Nera. Those schools are on top of what has already been announced for our Division, which includes construction funding for seven schools, including two schools in Glenriding Heights (K-6 and 7-12).

We also have design funding for an addition to Dr. Anne Anderson School and a K-6 in Hawksridge. Planning is also underway for two new high schools and another elementary school with funding from previous provincial announcements.

What's Next?

This brings the total number of school projects underway for Edmonton Public Schools to 17. Just a few years ago we only had one school underway. I'm proud of the advocacy work of the Board of Trustees over the past number of years that has helped bring about this change. Public schools are for everyone, and this belief continues to drive my work. I strongly believe in the value of public education for each and every child, and for the cumulative impact strong public education has in building thriving communities and empowering students to reach for their dreams.

While families will continue to feel the space crunch for a little while longer, I am optimistic that this will begin to ease as these new schools begin to open, provided the province continues to invest in new and modernized schools for Edmonton Public Schools. Every new school and modernization/replacement announcement is welcome.

You can learn more about the long-term capital and infrastructure planning of EPSB by viewing the 10 Year Facilities Plan, available at <https://epsb.ca/ourdistrict/results/capitalplanning/>. In April, the Board of Trustees will also discuss and approve which capital requests will move forward to the province for consideration in the next provincial budget cycle.

Questions or comments? Email me at trustee.julie.kusiek@epsb.ca.



Edmonton Public School Board of Trustees

Trustee | Ward F
Julie Kusiek

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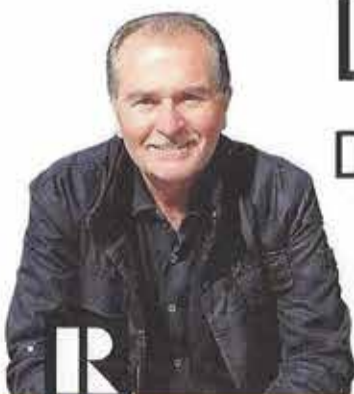
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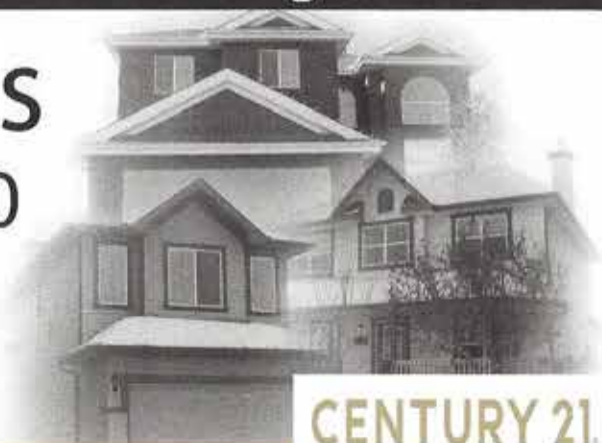
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What's Happening In Ward pihêsiwin



Ward pihêsiwin Councillor
Mike Elliott

I hope you are enjoying the sunshine, and the warmer weather that comes along with it! I would like to share an update with you on two important items that I feel you should know.

Single-Use Item Discussion

I have heard from many of you regarding your concerns with affordability and the rising cost of living. **I would like to provide an update on my advocacy efforts to have the 25-cent bag fee reviewed.**

In early March, Utility Committee discussed the Waste Reduction Roadmap 2026-2030. This roadmap advances the City's goal to reduce residential waste per person by 20% from 2019 levels by 2044. Following the first roadmap approved in 2021, Edmonton achieved a 10% reduction per person by 2025. Looking ahead, the 2030 goal is to further reduce waste generation to 14%.

Part of the Waste Reduction Roadmap is the Single-Use Item Reduction Bylaw (20117). While parts of the current Bylaw are effective, I believe there are areas for improvement.

As your voice at the Council table, I brought forward the following Motion at Utility Committee:

1. That Utility Committee recommend to City Council:
That Administration prepare amendments to Revised Charter Bylaw 20117 - Single-Use Reduction Bylaw to remove the requirement to charge a minimum fee for new shopping bags for businesses categorized as a Restaurant or Food Service.
2. That Administration provide a report on the Waste Revitalization Study and return to committee in Second Quarter 2026

My objective remains ensuring that the public has a formal channel to communicate their concerns directly to City Council. Specifically, the above Motion I brought forward was an opportunity to have this channel available to the public. Because this involves a bylaw change, a public hearing would be required, providing a vital opportunity for residents to share their feedback directly with council members.

However, Utility Committee did not support this Motion at this time and it is delayed until further information is available.

Councillor Salvador brought forward the following Motion, which was carried by Committee. I was opposed to the following as I wanted this conversation to occur more immediately.

That Administration return to Utility Committee with a report on the completed Waste Characterization Study, including recommendations, impacts and implications of potential amendments to Revised Charter Bylaw 20117 - Single-Use Item Reduction Bylaw, informed by the results of the study.

While the outcome was not a definitive win or loss, the conversation remains open. The report will return to the Committee with additional information regarding potential changes. My key takeaway from this week is that I successfully initiated a dialogue on the impacts of this bylaw.

I will continue to be transparent as future conversations occur at Council. The next discussion is expected to take place in approximately six months.

Terwillegar Drive Open House

If you have any questions or concerns with the Terwillegar Drive Expansion Project, I would like to encourage you to come to the open house on April 16 at Joan Carr Elementary School (1140 Keswick Dr SW) from 4:30-7:30pm. This open house will be a great opportunity to connect directly with the team that is overseeing this project and ask any questions you may have. I will also be attending and I look forward to connecting with you.

Thank you for reading, and please do not hesitate to reach out to my office at mike.elliott@edmonton.ca or 780 496 8130 should you have any questions or concerns you wish to share with me.

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

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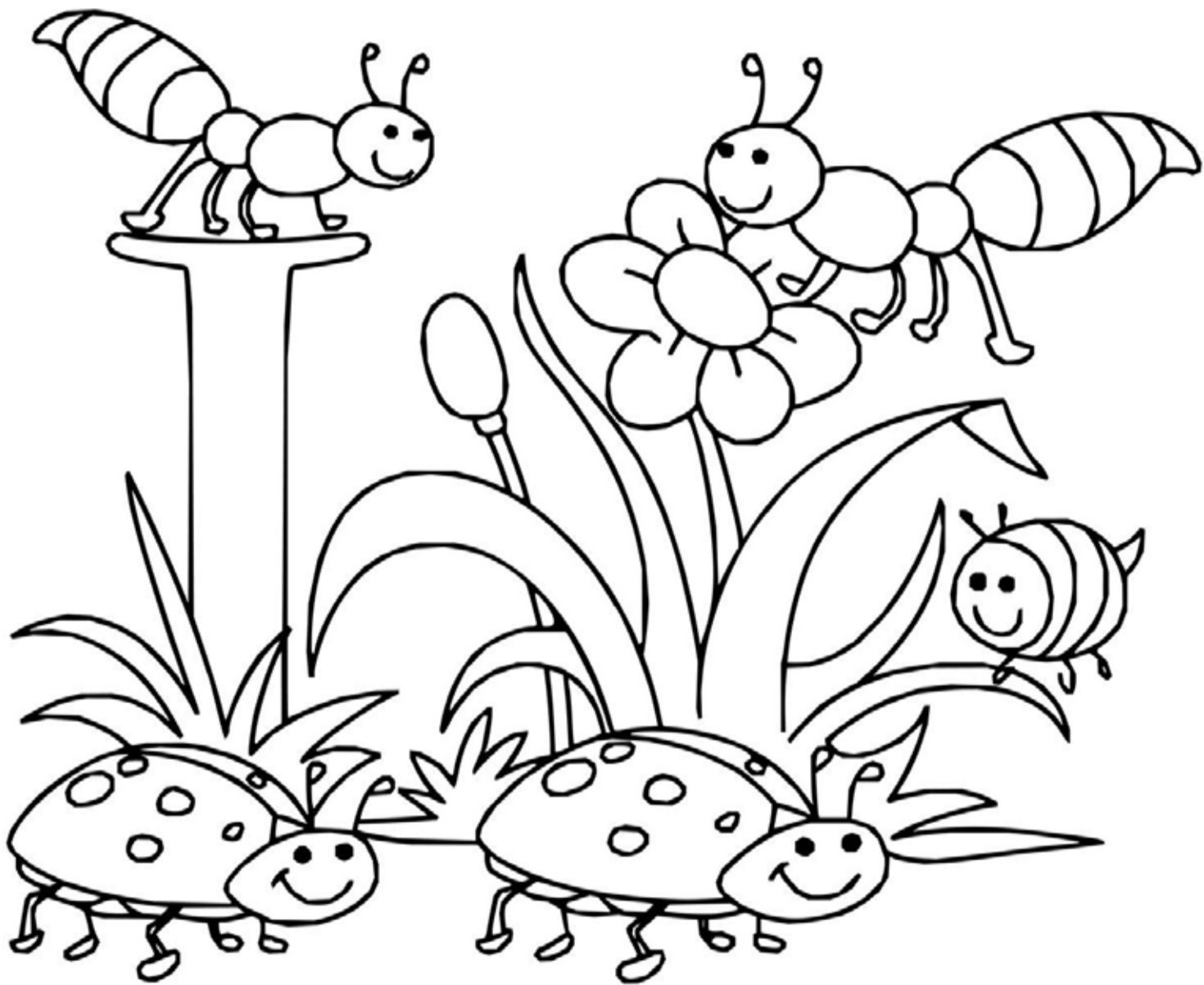


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Kid's Zone - Colouring Contest

SPRING



Spring Colouring Contest

First Name: _____

Last Name or Initial:

Age: _____

Address: _____

Phone: _____

Email: _____

All entries must be received by May 29, 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

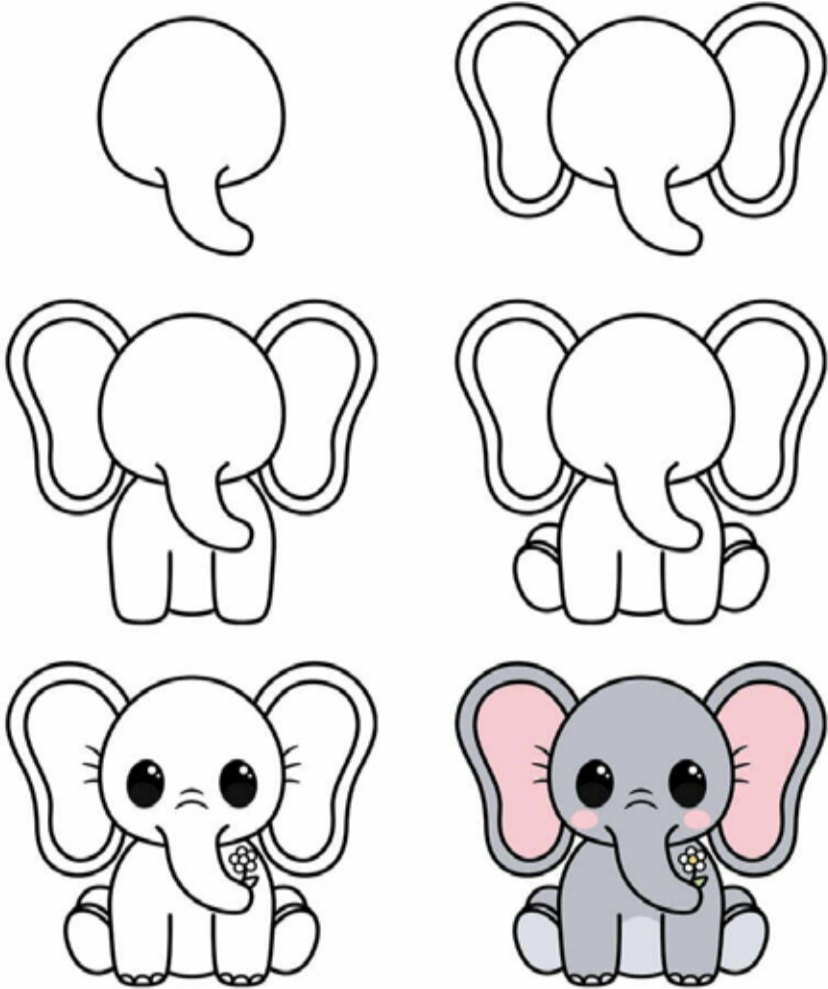
OR

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

Kid's Zone - Fun & Games

Why do bees have sticky hair?
Because they use a honeycomb.

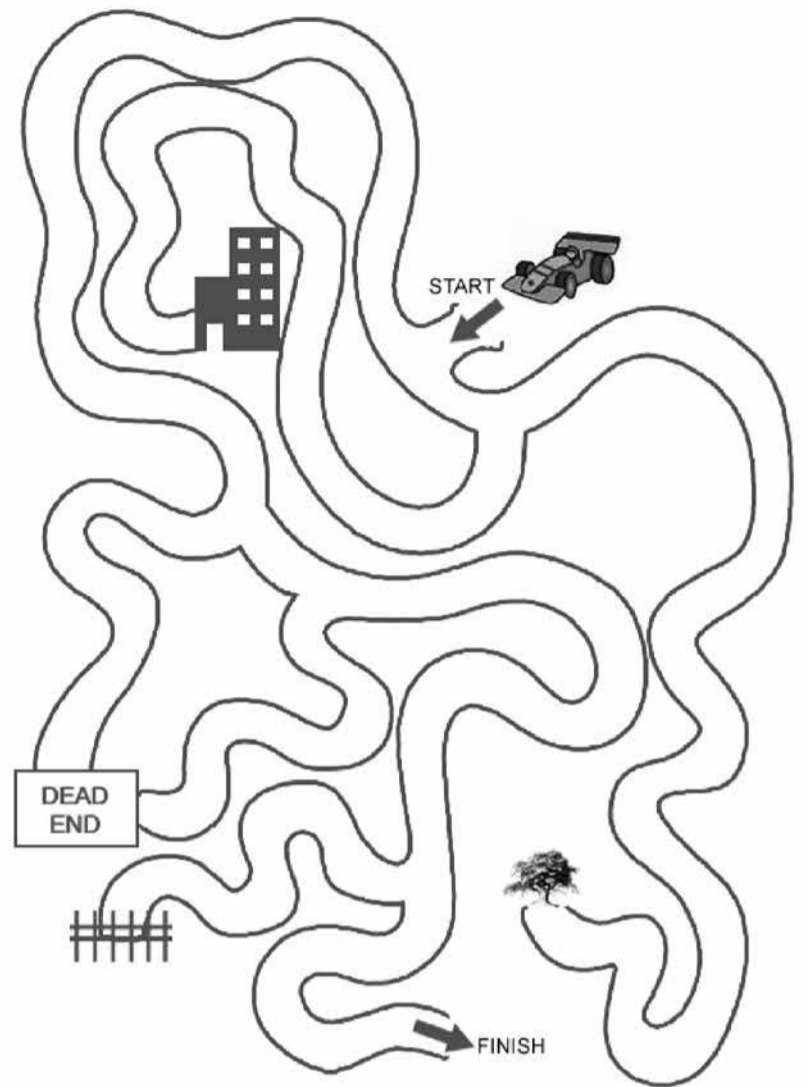
How to Draw an Elephant



Colormadehappy.com

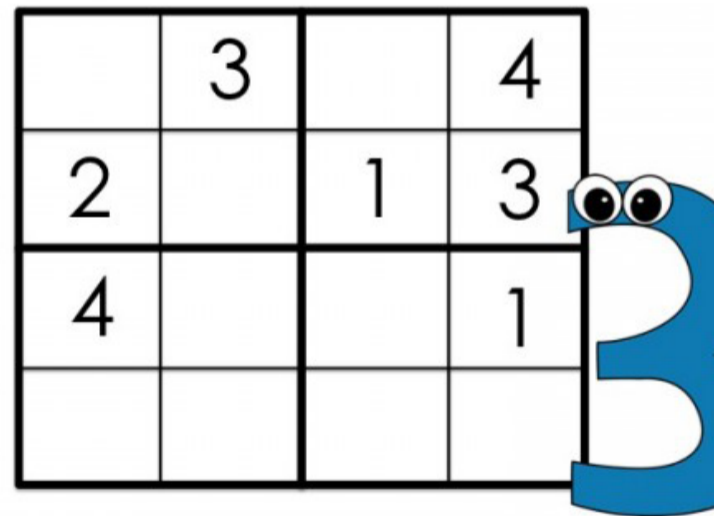
What kind of bow can't be tied?
A rainbow!

Speed the race car to the finish line!



Sudoku - Numbers

Every row, column and mini-grid must contain the numbers 1,2,3,4



March Colouring Contest Winners!

Ages: 3-5

1st Place: Charlie K.
Runner Up: Stella B.

Ages: 6-8

1st Place: Katelyn D.
Runner Up: Aadhya D.

Ages: 9-11

1st Place: Kaylie B.
Runner Up: Jiya D.

Honourable Mentions:

Isabella N.
Ariha S.



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!

Leaning Into The Bright Side Of Life



Sue Paulson
www.swesa.ca

With the low light levels of winter and the February snowstorms we had, it's no surprise that we moan and sigh, "Isn't it spring yet?" Added to that, weather-related aches and pains, the news around the world, the state of the economy, and prices at the grocery store can add to a "blue" mood.

But it's March! We've made it through the toughest stuff winter had to throw at us and spring is in the air! Time to regain our zest for life and find ways to kick up our heels, like the foals in the pasture.



It's also a great time for spring cleaning both in your physical and psychological space. First, a thorough purge of whatever you're not using at home can add to your sense of well-being. Useful stuff that you don't want can then be passed along to others. Here at SWESA, we love donations of current, gently used books and puzzles that members can borrow.

The Find store or the Re-Use centers are great places to take household items and small, working appliances. Beware though, when browsing in the store after dropping off your donations, you might be tempted to take home more than you gave away. (I'm speaking from experience here!)

Now for a psychological house cleaning. Start with a shift away from the grumbling and complaining about what's wrong with us or the world and focus instead on making a gratitude list of all the good things occurring. What good things have happened recently that you're most grateful for? For me, it was a dear friend who blessed a member of our family with a brand-new recliner, simply because he needed one. That extreme kindness brought tears to my eyes.



Random and deliberate acts of kindness are all around us. Whether it's having the door held for us or getting help with packages, it all helps to lift our mood and bring smiles to our faces.

Speaking of smiles, did you know that even a fake smile sends endorphins and feel-good hormones throughout the body. Laughter is not only infectious it helps us feel great.

So, smile and laugh your way into the bright sunshine. Plus, if you become a SWESA member, there will be even more things to be joyful about, especially with the new calendar of events and activities slated for spring.



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How NOT to buy a stolen bike

- 1 Check the Serial #. The seller must be able to give you a serial # - ensure it has not been filed off or tampered with. Then search a serial # on BikeIndex.org to make sure it's not stolen.
- 2 Check the Bike. Make sure the bike matches the ad, does not have mismatched parts, and does not have scratches or dents that would indicate a lock was forced open or cut off.
- 3 Check the Ad. If the price is too good, they use a stock photo, lack key detailed information, terrible grammar and spelling, overly anonymous sellers, and if they sell a lot of bikes or their story just doesn't add up, it's time to look elsewhere.
- 4 Check the Seller. If they sell a lot of underpriced bikes, you can't find any contact information or sales history, if they have no knowledge of the bicycle they're selling, and if they won't meet at a safe, public location, find a new bike to buy!

Trust your gut. If it seems too good to be true, it probably is.

Bicycle registration shouldn't be confusing. Nor should you have to go somewhere to do it. And it definitely shouldn't cost you money.

Pick up your bike registration sticker at any EPS front counter or at participating locations. See edmontonpolice.ca/BikeIndex for the complete list of locations.

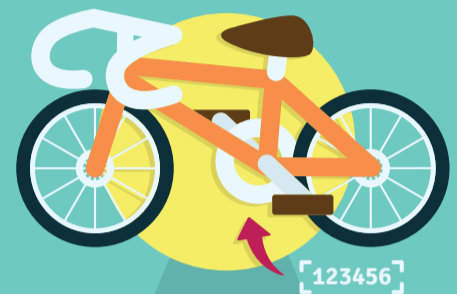


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edmontonpolice.ca/crimeprevention

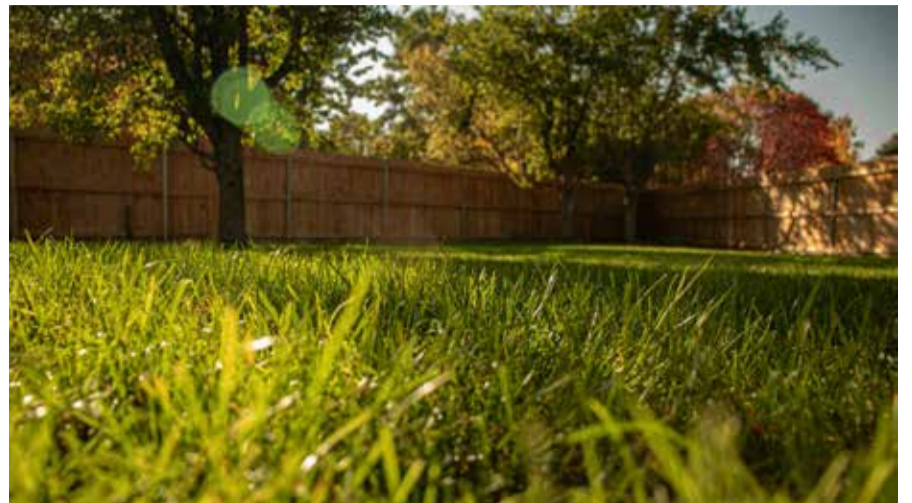
Your home is your most valuable asset - protect it!

When at Home

- When in your house, garage or yard always keep your doors locked.
- Keep garage and house window coverings closed at night so others cannot see inside.
- Make note of your most valuable possessions: take photos of these items and track serial numbers where applicable.

In Your Yard

- Trim trees and bushes that could conceal burglars, specifically around windows and doors.
- Keep your yard maintained to give the house a lived-in appearance: keep grass cut, rake leaves, and remove dead branches and debris.
- Install motion sensitive exterior lights to brighten dark areas around doors, windows, and vehicles.
- Put away and secure tools, ladders, bicycles and any other outdoor valuables.



When on Vacation

- Have mail and other deliveries picked up; stop delivery of newspapers and flyers.
- Remember to have the grass cut, the leaves raked, or the snow removed.
- Use timers on lamps in rooms where the light can be seen from outside.
- Have a neighbour check the inside and outside of your home every few days.
- If you have an assigned parking space or driveway, ask a neighbour to park their car in your space.
- Set televisions or radios to play to give the impression that people are home.
- Don't announce your vacation on your voicemail or via your social media accounts.

In Your Community

- Get to know your neighbours and your neighbourhood. If you feel comfortable, share contact information with your neighbours.
- Be aware of strangers and suspicious vehicles, and look out for neighbours and their property.
- Leave keys and emergency phone numbers with a trusted neighbour.
- Keep up appearances — a well-tended neighborhood is less attractive to criminals and vandals.
- Get involved in crime prevention programs.



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Edmonton & Surrounding Areas



Greetings From The Riverbend Branch Of The Edmonton Public Library!



Emily Paulsen

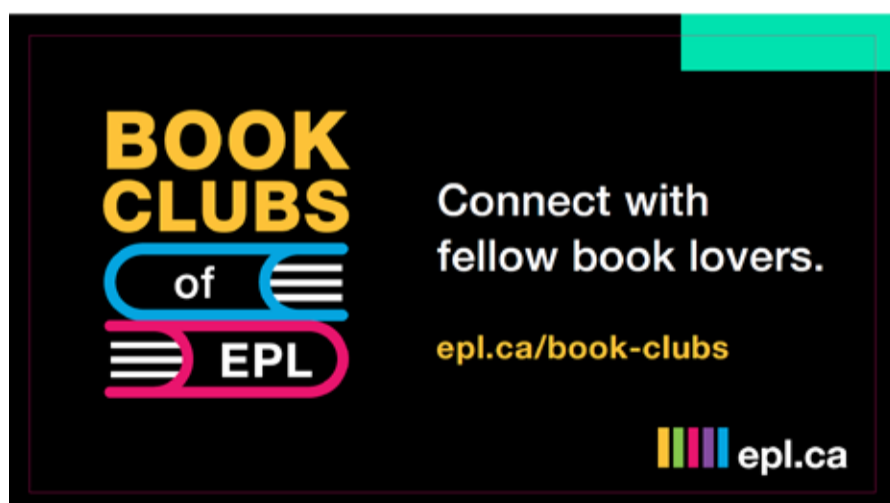
The Riverbend Branch of Edmonton Public Library continues to be a vibrant hub for learning, creativity, and connection in our neighbourhood. Whether you're a long-time library user or haven't visited in a while, there are plenty of new and ongoing opportunities to explore.



Craft and Chat

Create and have fun with other crafters. A different project/medium is provided by staff each week, or feel free to bring a project that you are working on. This class is intended to provide a space for multiple generations to connect. Bring your parents and your kids and join us for an exploration of expression.

Wednesdays 7-8:30pm



Vocabulary Club: English Conversation Class

Are you (or someone you know) learning English? In this class, you'll discover everyday English words and how to use them. You'll practice using these words in conversations and other activities. We'll mainly focus on building your vocabulary, improving your speaking skills, and doing some simple reading.

Tuesdays 3:30-4:30

Dungeons and Dragons for Kids

Calling all adventurers! Always wanted to play Dungeons and Dragons but not sure where to start? We've got your back. Sharpen

your swords, spark your magic, and prepare to do battle with monsters in order to save the realm with the roll of your dice.

This three week campaign is designed for beginners who want to learn simplified Dungeons and Dragons. No experience or materials are required. Please register on epl.ca.

This event is for kids ages 9-12.

Wednesday, May 6, 13, 20 4:30-6pm



PD Day Programming! Beyond the Book

Calling EPSB students on PD Day! Come and help design a neighbourhood and use robots to explore the community creation. This is part of the Family Reads: Beyond the Book program! Learn more about Family Reads by visiting epl.ca/family-reads.

Wednesday May 27 4:30-5:30

Staff Picks!

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

"I just read Code Name Sapphire by Pam Jenoff. Pam Jenoff is one of my favorite authors (along with Heather Morris). I really enjoy her writing style, and her approach to historical fiction from a female point of view. Her work is always intriguing and interesting. Great book!" - Sheri



"I just finished My Friends by Fredrik Backman. LOVED IT! So much to say about friendships, accepting differences, recognizing soul mates, and the creative spirit." - Lisa

"I'm currently reading Red Rising which is dystopian science fiction. It is something that I would not normally read and I'm finding it very brutal and bloody; however, it is fast moving and the concept is very interesting. I am determined to finish it!" - Lenka



Vanessa Desa - A High Energy Change-Maker!



Dave Rumbold

Raised in a family of active community volunteers, it isn't surprising that Riverbend resident Vanessa Desa has never stopped contributing herself. A true grassroots community activist in the best way possible, she is best known locally for her involvement and leadership with the Riverbend Reaching Out to Community and Kids (Riverbend ROCKS) initiative, but there is so much more.

Riverbend ROCKS exists to build community and to support the residents in the Civiada Brander Gardens Housing Complex on Riverbend Road. Originally established in 2010 as Brander Gardens ROCKS, Vanessa has been deeply involved since day one with this local success story and her contribution cannot be overstated. Christine Ens, Riverbend ROCKS Board Chair says "Vanessa is truly the beating heart and soul of Riverbend ROCKS — from the first community meeting around the kitchen table in 2010 to the current year-round program with 3 full time staff, Vanessa has steered the program to be collaborative, diverse and rich in well developed partnerships. Her commitment, dedication and energy know no bounds!" Vice-Chair Sheryl Bowhay adds "Vanessa's empathy, compassion and commitment to community building is centred in her belief that each of us contribute to and create community each and every day."



Riverbend volunteer Vanessa Desa has dedicated decades to supporting newcomers, strengthening community and creating opportunities for others

Vanessa originally moved to Canada to complete High School in Toronto and then carried on obtaining a BA in Psychology at Guelph University. While a student, she found time to work at the Guelph Women's Shelter, eventually serving as Executive Director when she graduated. This established a pattern of community participation which has never ended.

Moving to Edmonton with her Engineer husband in the early 1980s, Vanessa initially worked as a Director at McMann Youth Services. She transitioned to a career with the Federal Government

as a Director on programs that supported equity, multiculturalism and inclusivity, and she was also active with the Public Service Commission.

Vanessa has also consulted for many years in the areas of her expertise. A neighbourhood resident since the late 1980s, Vanessa and her husband also owned and ran a successful frame shop. Vanessa stepped back from the workforce for a time to raise two daughters but kept active through volunteer leadership roles at their Childcare Society and School Council. As established professionals now, her daughters carry on the family example of community service.

Helping new Canadians has always been important to Vanessa and she is proud of her work at the Immigrant Access Fund (now Windmill Microloans). Active at the organization for 10 years, Vanessa was on the Alberta Board and served as the first National Chair. This unique organization transforms lives by providing small loans to immigrants enabling them to upgrade their education and credentials so they can obtain Canadian certifications. The ability to get a Canadian designation and the career opportunities that become attainable is transformative.

Vanessa has served on a real variety of local Committees and Boards that are involved with work supporting those in need. This includes Committee work with the Edmonton Community Foundation; Board involvement with Edmonton Women's Shelters; the Edmonton Immigrant and Refugee Scholarship Committee; Leadership of the Strategic Alliance for the Advancement of Immigrant and Refugee Children and Youth; involvement with the Coalition of Municipalities Against Racism and Discrimination; the Edmonton Refugee Transportation Loan Committee; the Sing for Life Society music program for inmates, among others.

Vanessa believes that simple day to day actions can improve things for everyone and that children need to belong to a village, which we build together. The very definition of a collaborative leader, Vanessa has been recognized with the Edmonton YWCA Women of Distinction Advocacy Award (2009); the 2012 Volunteer of the Year by Riverbend Community League; the Terwillegar Riverbend Advisory Council (TRAC) Community Spirit Award (2017) and a Queen Elizabeth II Platinum Jubilee Medal in 2022.

Vanessa is a dynamic person who has contributed decades of her life to improving the lived experience of new Canadians and marginalized groups in our society. Her impact has helped many in our neighborhood as well as in our city. Her work may not always be highly visible, but she has helped more people than anyone else I know. Thank you for all that you do Vanessa!

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 3:30 - 7:00 pm October 7

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Rethinking Education In An AI Era



*Yogi S.
South Terwillegar Resident*

The education system we rely on today was built for a world that no longer exists. Its foundations were laid during the Industrial Revolution, when nations needed disciplined workers and efficient bureaucrats to manage expanding empires. The British model, in particular, emphasized uniformity, punctuality, and mastery of reading, writing, and arithmetic. Schools became factories of learning, designed to produce clerks, administrators, and laborers who could fit neatly into a rapidly industrializing society.

That system succeeded in its original mission. For more than a century, it shaped global schooling norms: age-segregated classrooms, standardized curricula, fixed schedules, and a 12-year pipeline leading to higher education. But the world that demanded such a structure has transformed dramatically, and the pace of change is accelerating.

The arrival of personal computers in the 1990s marked the first major disruption to traditional education. Suddenly, information was no longer scarce or difficult to access. Students could learn independently, explore topics beyond textbooks, and develop digital skills that the old system was never designed to teach. Even then, schools largely kept their industrial-era structure, adding computers as accessories rather than rethinking the model itself.

Today, artificial intelligence represents a far deeper shift. AI can personalize learning, automate routine tasks, and provide instant feedback. It can teach at the pace of each student, adapt to their interests, and offer explanations in countless formats. This fundamentally challenges the idea that learning must happen in a physical classroom, at a fixed time, with one teacher instructing many students in the same way.

Several forces are converging to make the current system unsustainable:

Students can master foundational skills far faster with adaptive tools, reducing the need for 12 years of standardized schooling. Virtual classrooms, simulations, and interactive platforms can deliver richer experiences than many in-person lectures. Automation and abundance will reduce demand for traditional roles, the very roles the system was built to supply. A world of rapid change requires emotional resilience, self-awareness, and inner stability, not just academic achievement.

These pressures suggest that the future of education will look radically different from the past.

A forward-looking education system may include several transformative changes:

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Facebook page once a week between relevant
publication dates!

With AI accelerating learning, the traditional 12-year model could compress into a few highly focused years. Children could explore subjects they are naturally drawn to much earlier, rather than following a rigid, one-size-fits-all curriculum. Governments may need to reconsider long-term investments in massive school infrastructure. Community learning centers used only, when necessary, could replace full-time physical attendance. Digital platforms will become the primary mode of instruction, with in-person sessions reserved for collaboration, creativity, and social development.

This shift could save significant public resources while offering more flexible, personalized education.

As AI takes over procedural and repetitive tasks, society will face new challenges. Abundance may reduce traditional employment, and rapid change can strain mental well-being. Education must therefore expand beyond academics to include:

- emotional intelligence
- mental health literacy
- mindfulness and inner peace
- community building
- creativity and purpose-driven learning

These skills will be essential for navigating a world where knowledge is abundant but meaning must be cultivated.

Looking Ahead

The transformation of education is not a distant possibility—it is already underway. Planning for this shift is critical. Governments, educators, and communities must rethink what learning means, how it happens, and what young people truly need to thrive

Glory For My Cat



*Garth Paul Ukrainetz
Poet of the Blackmud Creek*



Fireside with the morning
Darkness fades away
Quietness and coffee
Drink to start the day

Just below horizon
The sun appearing soon
Sleepy blue the twilight
Glowing orange piercing through

A peaceful calm confusion
Clouds and sunlight swirl the sky
Still fills me full of wonder
Often brings a tear to eye

And purring through me loudly
Always faithful on my lap
No attention to the window
I'm the glory for my cat

10 Detox Steps



Dr. Michael Mason-Wood, ND
naturalterrain.com

Detoxification is the process of either clearing toxins from the body, neutralizing or transforming them, and therefore clearing excess mucus and congestion. Toxins accumulate as a result of poor digestion, colon sluggishness and dysfunction, reduced liver function, and poor elimination through the kidneys, respiratory tract, and skin.

Detoxification involves dietary and lifestyle changes that reduce the intake of toxins while improving elimination. The avoidance of chemicals from food or other sources, including refined food, sugar, caffeine, alcohol, tobacco, and drugs, helps minimize the toxin load. Drinking extra water and increasing fiber by including more fruits and vegetables in the diet are also essential steps.

10 Steps Towards Detoxifying Your Body

1. **Deep Breathing** – Your lungs are an important organ of detox, so deep breaths are a wonderful way to begin the process. Practice it while driving, sitting at your desk, in line at the grocery store and in the bath. A great side effect is better mood and improved memory!

2. **Saunas** – We store a lot of toxins in our fat, and one of the only ways to get them out is through sweating. If doing saunas, make sure you do four rotations of 15 minutes in the sauna separated by 2 minutes in a cool shower or pool for a total of 1 hour.



3. **Castor Oil Packs** – Castor oil helps to stimulate the liver and get rid of toxins in the gut, along with improving skin quality and sleep.

4. **Exercise** – Sluggish muscles and excess fat can store and create toxins from inactivity. When you exercise, the extra blood pumping helps to wash away the waste products and make your body healthier.

5. **Drink Water** – Water is necessary for diluting and bringing waste to the kidneys to be filtered out as urine. If you don't drink water, the toxins stay in your body and lead to fatigue, muscle pain and irritability.

6. **Lemon Juice** – First thing in the morning, take the juice of one organic lemon and add it to some warm water to make a nice drink. This helps to clear away the mucus in your gut that has accumulated while you sleep and helps to kick start your liver for a good day of filtering. Leave peels out of water (ie tea) – this is extremely important if you use “regular” lemons -the chemicals on the peel end up in your tea or water – and you drink them – this is not what we want! Squeeze the juice and set the peel in the compost bucket!



7. **Dry Skin Brushing** – With a dry, natural bristle, soft brush prior to bathing, starting at the feet and hands, working your

way up, always stroking towards the heart. This can be done every day, year round. This helps to clear toxins from the skin (the largest detoxifying organ of the body!).

8. **Eat Organic Foods** – If you decrease the amounts of pesticides, heavy metals and pollutants that are going into your body, you will have less to worry about removing. It's just that simple.

9. **Fresh Air** – High levels of contaminants from the off-gassing of our houses can lead to higher levels of toxicity in our bodies. Try to open your windows as much as possible, and get outside for at least 20 minutes each day. As an added benefit, you will be getting vitamin D from the sun (if you leave your sunglasses off) which helps with mood and energy.

10. **Natural Products** – So many of the chemicals we are exposed to are applied by our own hand. Try to use organic, natural cosmetics, soaps and cleaning supplies. In this way you will be helping the environment to detoxify as well as yourself. Check out your products on the Environmental Working Group's Skin Deep database to see if they pass the safety test.

Get help from a Naturopathic doctor as health food stores do not know your individual characteristics and needs as well as have the ability to analyze your blood work. Naturopathic doctor will customize a program for your body with the goal towards more vibrant health and fewer unpleasant side effects. Never attempt a detox without consulting your practitioner, especially if you suffer from any medical condition, are pregnant or nursing, or are in poor health.

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Lifelong Learning Thrives At ELLA



my-ella.com

Audra Jones could hardly wait to be old enough to go to school. The school in this case was ELLA, the Edmonton Lifelong Learners Association, which offers a huge variety of courses both in-person and online for students over 50.

Jones first heard of ELLA from members of her book club. "They kept talking about all of the exciting courses they were taking. I was quite jealous because I wasn't yet of an age that I was eligible to take the courses, nor was I retired so I didn't have the time to enjoy them.

"I was really looking forward to retirement and being old enough to go to ELLA." The civil engineer could finally attend the courses when she retired, taking classes from photography to meteorology, archaeology to forensic anthropology. Now 59, Jones is a four-year veteran of the program.

ELLA was created by a determined group of lifelong learners 25 years ago. Since then the association has presented in-person classes every spring at the University of Alberta and online courses in winter.

This year ELLA celebrates its quarter-century anniversary with a variety of events during the spring course session from April 27 to May 15.

Registrants can choose from more than 30 courses, which run from Monday to Friday during the day. One evening course will be offered on Understanding Wine.

ELLA participants learn from instructors who are nationally and internationally renowned in their field. There are no precursor requirements, no exams, no homework. But there is plenty of inspiration, mind-sharpening knowledge and the camaraderie of fellow lovers of learning. There are a surprising number of current ELLA members who have attended courses since the beginning of the organization, or close to it, returning each year because there is always more to learn and friends to reconnect with.

Jan McGregor first came to ELLA in 2007. She jumped into courses in disciplines she knew little about. And she also quickly jumped into volunteering and ELLA board work. McGregor says courses she has taken changed her world view and opened new doors. Her professional background was as a biologist, but there has been lots to explore beyond that discipline.



Jan McGregor

A course in Islam was eye-opening, she says. Classes in improv theatre and creative writing led her to gain confidence in public speaking and expressing herself. And a course called Beyond the Barn Door, which explored the research happening at the U of A farm, led to a position as the public representative on the Animal Use and Care Committee. That committee reviews animal research at the university, ensuring the animal subjects are well treated and the research merits the involvement of live animals.



Audra Jones

McGregor stresses it's great to jump into courses with unfamiliar topics. "They're so well taught. The instructors are just amazing. They're so willing to talk if you want to stay afterwards...They'll explain things and give you extra resources."

Information on joining ELLA and how to register for classes is available at my-ella.com.

EXPAND YOUR WORLD

ELLA EDMONTON lifelong learners ASSOCIATION 25 2001-2026

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Window & Balcony Safety



albertahealthservices.ca

With the return of warmer weather, Emergency Health Services (EHS) – Alberta would like to remind parents and caregivers of an often-overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be mitigated by following safety measures. Take the time to assess potential window and balcony hazards in your home before a preventable fall occurs.

Windows and screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them.
- Keep drapery cords out of childrens' reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard.
- Remember, screens are not safety devices. They are designed to keep bugs out, not children in.

Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing.

- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony, or deck.

Further prevention tips

- Toddlers & preschoolers are at highest risk of falling from a window, or balcony, but it may happen at any age.
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies.
- Install safety devices which limit the distance in which a window can open to a maximum of 10cm (4 inches).
- Ensure the safety device can be released quickly, so the window can be used for escape in case of emergency.
- Consider purchasing a portable air conditioner, which will enable windows to stay closed & secure.

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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.

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Adult 1: _____ Date: _____
 Adult 2: _____
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 Email: _____
 Childrens Name & Age: _____

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 \$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:

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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!



Board Contacts

President: Monte Weber
 president@terwillegar.org

Vice-President: VACANT
 vicepresident@terwillegar.org

Treasurer: VACANT
 treasurer@terwillegar.org

Secretary: Jeff Nordstrom
 secretary@terwillegar.org

Community Advocate: VACANT
 advocate@terwillegar.org

Membership Director: Emily Hsung
 memberships@terwillegar.org

Programs Director: Kory Koziak
 programs@terwillegar.org

Communications Director: Heather Maitner
 communications@terwillegar.org

Fundraising Director: Liliya Morozora
 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:
Vacant

TRAC Ambassador - Terwillegar Gardens:
Sue Trigg

TRAC Ambassador - Terwillegar Towne:
Monte Weber

Crossword Solution

	1	R	2	E	Q	3	U	I	4	R	E	5	D		6	M	A	7	D
8	B		R		S				E		E				O			I	
9	L	A	R	G	E				10	B	E	S	I	D	E	S			
	O		A						U		T				E			A	
11	O	U	T	B	12	A	C	K						13	R	I	L	E	D
	D		I		B			E						O					V
14	V	A	C	U	U	M			15	M	Y	O	16	P	I	A			
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18	S	C	19	A	L	D			20	R	E	D	C	O	A	T			
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	L		E		C				N				O		T				E
23	S	O	N						24	E	X	T	E	N	D	E	D		



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