

Terwillegar

COMMUNITY LEAGUE

Tribune

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

Deadline For Next Issue: October 30, 2026

Delivery: Week Of November 16, 2026

Issue 112

www.terwillegar.org

September 2026

Summer Success And Fall Fun: What's Happening In Terwillegar



Terwillegar Community League

What an incredibly action-packed and memorable summer it has been for the League! From record-breaking attendance numbers to exciting announcements about future park development plans, our neighbourhood has been positively buzzing with energy and enthusiasm all season long. Every event brought the community closer together and showcased the vibrant spirit of our residents.

Canada Day & Soccer Celebration Hits High Note

Our marquee summer event truly outdid itself by bringing out over 1,400 enthusiastic neighbors to celebrate Canada Day together in a fun and festive atmosphere! Families and kids enjoyed a wide array of free entertainment options, including inflatable bouncers, challenging obstacle courses, an inflatable soccer challenge complete with exciting prizes, talented face painters, creative balloon twisters, shimmering glitter tattoos, and fantastic live demonstrations from **Little Kickers** and the **Terwillegar Riverbend Soccer Association** (a huge thank you to both groups for participating and making the day so special!).

Attendees stayed cool and refreshed with free slices of juicy watermelon and delicious Canada Day cake, alongside mouthwatering food options from a variety of popular local food trucks. This massive community celebration was made possible thanks to the dedication of more than 25 hardworking volunteers

Continued on page 3



I'm Too Big For It Sale

Free admission to over 40 tables of gently-used clothes, toys, books, and everything else kid-related.

Table rentals are available.



Terwillegar Community Church
September 26, 10am-1pm

www.terwillegar.org

Next-level SERVICE. Next-level FEELS.

Buying or selling a home is both exciting and stressful. We get it, and we'll make sure you feel good every step of the way. We'll also bring you a cheque when you buy with us and save you thousands with our flat-rate commission when you sell.



MORE
REAL ESTATE

The unique boutique brokerage

Cash-back buying • Flat-rate selling • Next-level service

780-266-1300  morerealty.ca



Contents & Crossword

What's Inside	
3	Community Update <i>(continued from front page)</i>
4	MP Update <i>Matt Jeneroux</i>
5	Petting Zoo at TCL's Paws, Pucks & Community Event
6	Relational Souls <i>Marni Mrazik</i>
7	MLA Update <i>Rakhi Pancholi</i>
8	Southwest Edmonton Farmers' Market <i>swefm.ca</i>
9	Why Won't My Teen Start Their Homework? <i>Sara Borchellini</i>
10	School Trustee Update <i>Julie Kusiek - Ward F</i>
11	Ward pihêsiwin Update <i>Mike Elliott</i>
12	Kid's Zone <i>Editors</i>
13	Canada Day Photos <i>terwillegar.org</i>
16	Fall Gardening Tasks <i>provenwinners.com</i>
17	All About Low Blood Pressure <i>albertahealthservices.ca</i>
18	Community League Membership Has It's Benefits <i>edmonton.ca</i>
19	Back To School Safety <i>albertahealthservices.ca</i>
21	School and Headaches <i>albertahealthservices.ca</i>
22	Classified Ads
23	Crossword Solution <i>Editors</i>

1		2			3	4		5		6		7
				8								
9								10				
11												
												13
14		15						16	17			
							18					
	19			20				21		22		
23												
24												
26									27			

Across

- 1 Potter's material (4)
- 3 Sheath for a sword (8)
- 9 Arabian Nights hero (3,4)
- 10 Holiest city of Islam (5)
- 11 Larceny (5)
- 12 Shake with cold (6)
- 14 Fired (6)
- 16 Small (6)
- 19 Material for violin strings (6)
- 21 Seedhead of a dandelion (5)
- 24 Vine fruit (5)
- 25 Yerevan is the capital of this country (7)
- 26 Climbing plant with fragrant flowers (5,3)
- 27 Tool for cutting and shaping wood (4)

Down

- 1 Castigate (8)
- 2 Wonderland girl (5)
- 4 Unrefined (6)
- 5 Walt Disney deer (5)
- 6 Very old (7)
- 7 Momentous date in World War II (1-3)
- 8 Farm livestock (6)
- 13 Item of jewellery (8)
- 15 Readily perceived pretence (7)
- 17 Earnings (6)
- 18 Relaxed (2,4)
- 20 Invited person (5)
- 22 Possessed (5)
- 23 Eras (4)

What's Next

Next Submission
Deadline:
Oct. 30, 2026

Next Issue:
Delivery
Week of Nov.16, 2026



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

who generously gave 9 hours of their day to set up, run, and clean up after the festivities. A heartfelt special thank you goes out to the Terwillegar Community Church, which provided an incredible 90% of our volunteer team!

Paws, Pucks, and Community Spirit

We wrapped up the summer season on a high note with our popular Paws, Pucks, and Park event, celebrating our beloved local dog park and the vibrant, inclusive space it provides for both neighbors and their four-legged friends to come together. Families and pet owners stopped by to enjoy a petting zoo, face painting, and creative balloon twisting activities.

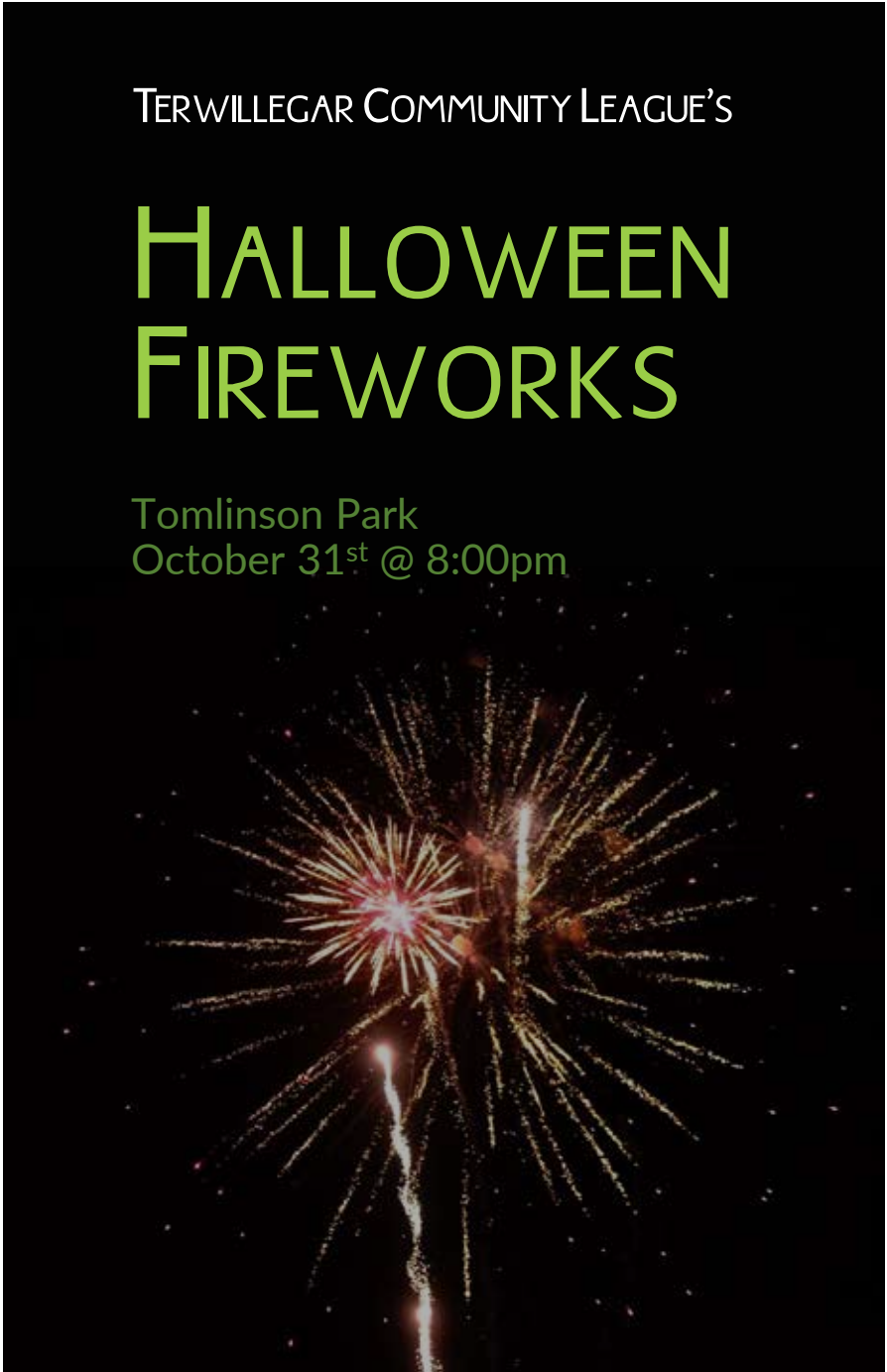
Event-goers were also treated to an exclusive first look at the exciting proposed vision for our new outdoor rinks, which are targeted for construction in spring 2027. We extend our sincere gratitude to **Save-On-Foods** and **A&W** on 23rd Avenue for their generous sponsorship and ongoing support that made this event possible.

Looking Ahead: Fall & Winter Lineup

The excitement and community spirit don't end with summer! Be sure to mark your calendars and keep an eye on our community channels and newsletters for these upcoming events:

- **Too Big for It Sale:** September 26
- **Halloween Fireworks Display:** October 31 at 8:00 PM
- **Winter Craft Sale:** November 21
- **Holiday Event:** December 12

Thank you to everyone who came out to connect, volunteer, and celebrate with us this summer. Here's to an amazing and wonderful fall season ahead in Terwillegar!



TERWILLEGAR COMMUNITY LEAGUE’S

HALLOWEEN FIREWORKS

Tomlinson Park
October 31st @ 8:00pm

DID YOU KNOW?

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

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.



46 64 FITNESS

Website: www.4664fitness.com
Email:4664fitness@gmail.com
Phone Ruth at 780.919.3313



Get fit on your terms - **Online Personal Training**
Convenient and Affordable for busy adults 46 to 64!

Follow Us:    

Growing Our Economy And Building More Homes



Matt Jeneroux, MP
Edmonton, Riverbend

Dear residents of Edmonton Riverbend,

As summer draws to a close, I'm pleased to share some important developments over the past month that will help support Alberta's economic growth while addressing the infrastructure and housing needs of our growing communities.

On July 29, the federal government and the Government of Alberta announced a new partnership under the Canada Housing Infrastructure Fund, committing more than \$510 million in federal funding over the next eight years for local infrastructure needed to support Alberta's goal of providing affordable housing for an additional 25,000 households by 2031.



photo courtesy of MP Jeneroux's office

This builds on direct local investments, including the July 22 federal announcement of \$30 million for 70 new townhomes in southwest Edmonton. Built on a surplus school site in partnership with the City of Edmonton and HomeEd, the Ogilvie Ridge project demonstrates what can be achieved when governments and community partners work together to turn available land into much-needed housing. Construction is underway, with completion expected in Winter 2028.

Together, these investments address two sides of the housing challenge: providing the infrastructure needed to support new development while increasing the supply of homes. By investing

in water, wastewater and other essential infrastructure, as well as supporting projects like the new Edmonton townhomes, we are helping our growing communities prepare for the future.

Turning to Alberta's economy, on July 29, Canada took another important step toward strengthening its position as a global energy supplier. The Ksi Lisims LNG project in northern British Columbia signed a long-term agreement of up to 20 years with German energy company Uniper, under which Uniper will purchase two million tonnes of LNG annually, with deliveries expected to begin in 2032. The agreement is the first major long-term LNG supply agreement between Canada and Germany.

For Alberta and the broader Western Canadian economy, expanding access to international energy markets creates new opportunities for our energy sector and strengthens Canada's position as a reliable supplier to global partners.

These developments reflect an important part of the path forward for Alberta: growing our economy while making the investments needed to support the communities where people live and work. By expanding access to international markets and investing in the infrastructure and housing our communities need, we can create jobs, strengthen our economy and build for the future.

Going forward, I welcome your feedback and will continue to bring your priorities to Ottawa, stand up for Alberta, and work to ensure that our communities benefit from federal investments and the economic opportunities ahead.

Check us out on Facebook!



Search: "Terwillegar Community League"
under groups

Active Physio Works Magrath

- Now offering:
- Vestibular rehabilitation
 - Pelvic health
 - Shockwave therapy



Call us or book online
587-686-6447
activephysioworks.com



Lee Bourgeois
Direct: 780.909.1600



GONE
Another home SOLD by Lee

What's your home worth?

Not intended to solicit properties already listed for sale or individuals bound to an agency contract.

CENTURY 21
All Stars Realty Ltd.

Petting Zoo At TCL's Paws, Pucks And Community Spirit Event

terwillegar.org



Riccardo's Carpet Cleaning Ltd

Bringing Life Back to Your Carpets and Upholstery

Experience the ultimate in carpet and upholstery care with Riccardo's! Our professional team ensures a deep clean, banishing stains and odors, revitalizing your home. Using top-tier equipment and eco-friendly products, we guarantee a fresh and vibrant look for your carpets and upholstery

Call today or visit our website for a free quote and rediscover the beauty beneath your feet with Riccardo's Carpet Cleaning!

Seasonal cleaning is here, book your appointment with time

Special offer 10% off seniors and veterans discount

Phone number 825-777-6072
www.riccardoscarpetcleaning.ca
Find Us in Google or Facebook



Relational Souls



Marni Mrazik
Director of Community Life at Terwillegar Community Church

The other day when I got home from running a few errands, I saw one of my neighbors mowing the lawn of another neighbour of ours. My first thought was, “I should ask her to cut my grass...it’s getting long!” Well, not really, but it did make me think I should grab my lawn mower and get to work. However, that’s not the point, the point is that she was cutting the lawn because our neighbours were out of town and she was showing kindness and care by doing the work and helping them out.

Similarly, a couple of weeks ago, I was out of town and had a package delivered so I texted another neighbour and asked if she would grab it off my porch for me, which she did and then the following week she was out of town and asked me to roll her trash can to the alley. Then I received a text asking if I wanted to come pick cherries from the trees of another neighbour because they had enough to share. I missed that opportunity but really appreciated the invitation. Other times we chat, grab a coffee, go for a walk, or share time in other ways.

These are some of the small, thoughtful acts that occur frequently on my block. I continue to be so thankful for my neighbours and the friendliness and care that is shared. I appreciate knowing I can knock on a door and borrow an egg, or send a text to grab a package, or have someone check on my basement in a downpour. These are all signs of a caring community, but community rarely just happens. It takes intentionality to slow down and get to know the folks around us. It takes effort and a willingness to stop and chat and ask for help or give help to another, but I think the effort is always worth it. The effort doesn’t need to be grand. Being on the look out to smile and say hello, or wave while driving by, or chat while going on a walk all lay a foundation to further grow in community.

As the Director of Community Life, at Terwillegar Community Church, I think a lot about community, both within and outside the walls of the church. Community is something that is of high value to us, but not only to us, but to God also. This fall, we will begin a teaching series on the practice of community. On that subject, John Mark Comer says, “Both ancient Scripture and modern science argue that we are primarily relational beings. Not just brains or bodies, but what the Christian psychologists Plass and Cofield call “relational souls” We were created to be in relationship. God himself is a kind of relationship, Father, Son and Holy Spirit and we were created in his image to live in relationship with Him and with others.

Of course, we have opportunity for relationships in many spheres, but those in closest proximity to us, our neighbours, can add to the richness of our relational lives and help grow our relational souls if we would take the time to get to know them. As the summer season ends and we enter the fall and our rhythms change, and perhaps our lives become more routine, is there something in that routine that leaves space to grow the community around you? Could you ask a neighbour to join you on a walk, or over for coffee, or dinner? Is there something you could be intentional about with the goal of getting to know your neighbours just a little bit more?

We at Terwillegar Community Church ask that question often. One of the ways we try to create opportunities to get to know our neighbours and create community is through sharing brunch at the end of our 11AM service from September until June. And another way is coming up on September 11 with the Friday at the Park event at Tomlinson Common Park from 5:30 -7:30 PM. We hope you’ll come out and enjoy a hot dog dinner and some fun at the park. And as always, you are invited to join us on Sundays. We resume our two-service schedule on September 13 with a 9AM and a 11Am service and you are always welcome to join us!



photo from canada247.info



Terwillegar Community Church invites you to

FRIDAY AT THE PARK

FREE BBQ!



JUMPY THING, FOOD, GLITTER TATTOOS

Tomlinson Common Park

September 11 from 5:30 -7:30 pm



GIRL GET 'ER DONE

By Cheryl

- INTERIOR WALL PAINTING
- WALLPAPER ACCENT WALLS
- WOODEN ACCENT WALLS
- FLOORING & MORE

Text Only To:
780-690-6282

Find me on Facebook





Starting September 13

2 SERVICE TIMES

Join us for church at

9:00 a.m. OR 11:00 a.m.

1751 Towne Centre Blvd NW

www.tcchurch.ca

October 19, 2026 Is Referendum Day - What You Need To Know About The 10 Questions



Rakhi Pancholi
MLA Edmonton - Whitemud

On October 19, 2026, Albertans will vote in a referendum on ten separate questions. While most people are aware that one question is about whether Alberta should remain in Canada, many Albertans are not aware there are nine other questions to vote on.

It is important to note that none of these ten referendum questions came directly from Albertans through a citizen-initiative petition. Every single question has come from the UCP government, written by the Premier.

The questions can be grouped into three categories:

1. Immigration

Referendum questions 1 to 5 relate to whether Alberta should deny or charge for health care and education to individuals living here under temporary work and study permits. Individuals who pay provincial taxes, have children, and were encouraged to come here. Several sectors of our economy (tourism, agriculture, energy, hospitality) rely on them.

These questions are designed to place blame on newcomers for the provincial government's irresponsible choices and inadequate funding for public services. Because many temporary residents are people of colour, the questions also risk fueling racism in our province. This is not hypothetical. It is something many people experience daily.

I will be voting “NO” to all these questions. A society that denies any child education or withholds health care from those in need is poorer and weaker for doing so.

2. Constitutional

Referendum questions 6 to 9 focus on long-standing constitutional grievances held by the UCP. They propose changes to the way judges are appointed and the application of provincial law, as well as demanding that federal funding should be provided to provinces with no conditions, and the abolishment of the Senate.

I will be voting "NO" because none of the issues can be changed by Alberta alone through a referendum. They require constitutional amendments and support from other provinces and the federal government. Like the equalization referendum held by the UCP in 2021, these questions are distractions that keep Albertans angry, without solving any problems.

3. Separatism

Referendum question 10 is the separatism question. Unlike the other nine questions (or any referendum in history), this is not a "yes" or "no" question. Albertans will choose between two options:
Option 1: Alberta should remain in Canada.

Option 2: Alberta should start the legal process to hold a binding referendum on whether Alberta should separate from Canada.

Along with the vast majority of Albertans, I strongly support Option 1, and you can find my rationale in past newsletters, articles, social media posts, legislative debates, and press conferences.

The precise wording of each of the UCP's referendum questions can be found at elections.ab.ca. Please read them carefully, as many

of them are written in confusing and misleading ways, intended to produce the outcome the UCP government supports.

There will be a separate ballot for each question, which must be hand-counted because the UCP government banned electronic tabulators last year. This means the potential for extremely long lines on voting day. I strongly encourage everyone to request a special ballot and vote by mail. Special ballots can be requested before October 9, 2026 from Elections Alberta at specialballot.elections.ab.ca/.

The most important thing is that everyone who is eligible to vote gets out to vote. We cannot risk the future of our province within our country because of low voter turnout. Please tell your friends, family, neighbours, faith and cultural community members to get out and vote!

I'll be hosting two referendum information sessions for community members. Please join me or share with friends and family:

Monday, September 21 from 6:30 – 7:30 at the Oak Hills Community Hub

Saturday, October 3 from 11:30 – 12:30 in Room 4 at Booster Juice Rec Centre in Terwillegar.

Our Community, Your Voice

Join me for an information session on the October 19 referendum

Monday, September 21, 6:30-7:30 p.m.
Oak Hills Community Hub (2008 Leger Road NW)

Saturday, October 3, 11:30 a.m.-12:30 p.m.
Rm 4, Booster Juice Recreation Centre (2051 Leger Rd NW)

Rakhi Pancholi

MLA, EDMONTON WHITEMUD

(780) 413-5970

#203 - 596 Riverbend Square

Edmonton.Whitemud@assembly.ab.ca

Southwest Edmonton Farmers' Market



Lisa Jodoin
Market Manager

Let’s talk about the summer so far! Even though Mother Nature is having her issues this summer with all the rain she has been sending us, the SWEFM team and our vendors keep our spirits high. We want to thank our community for your continued support for our little market every Wednesday, no matter the weather.

From spring through early fall, the Southwest Edmonton Farmers’ Market brings a lively mix of local food, handmade goods and community spirit to Terwillegar. Our market is more than a place to buy groceries. It is a community gathering place for neighbours to say hello to one another and catch up on local topics of interest. We are an Alberta Farmers’ Market Association approved market, which means we adhere to qualifying standards of excellence and work within all of our Provincial regulations. Each week we are proud to present local farmers, bakers, makers and artisans for our customers.



One of our market’s biggest strengths is its community focus. SWEFM is a program of the non-profit Terwillegar-Riverbend Advisory Council and is organized with the help of community volunteers. Our Community Tent gives local charities, non-profit organizations and community groups an opportunity to connect directly with residents.

Our Sprouts program is once again extremely popular this season! The program encourages children to learn about healthy food and local agriculture. Our Young Vendors Program has been such a great success again this season! This program gives entrepreneurs between the ages of 10 and 17 an opportunity to showcase products they make, bake or grow. Both of these programs help introduce our younger community members to both healthy eating and entrepreneurship.

We are located in Parking Lot E at the Booster Juice Recreation Centre at 2051 Leger Road NW and runs every Wednesday between May 13 to September 30th, from 3:30 to 7:30 pm and our last market of the season will be October 7th from 3:30 to 7:00 pm.

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



TERWILLEGAR COMMUNITY LEAGUE
PRESENTS

FALL MOVIE NIGHT SEPTEMBER 12 MINIONS AND MONSTERS

AT SOUTH TERWILLEGAR PARK

Film will begin at sunset.
Bring your own seating and bug repellent.
Please dress for the weather.

SHOW WILL NOT PROCEED IF IT RAINS OR IF AIR QUALITY IS POOR.



Sponsored By:



Harvester Level



Cultivator Level



Gardener Level



Royal Bank
Magrath



OAK HILLS
Community League
Building Community in Carter Crest & Leger



Seed Sower Level



Planter Level



With Thanks to Our Participating
Fruit & Vegetable Vendors for Supporting the Sprouts Program

Why Won't My Teen Start Their Homework?



Sara Borchellini
B.Ed, MACP

As school starts up again, you or your teen may be reflecting on last year and the struggles to complete homework. After a much-needed break, many teens return to school feeling motivated and thinking, “This is my year.” But without meaningful changes, old routines and habits may resurface. Understanding executive functioning can help explain why making those changes is sometimes harder than expected.

Executive functions are skills that we, as adults, use every day without even realizing it, and they typically don’t finish developing until we are in our 20s. Remembering appointments and deadlines, planning and prioritizing tasks, time management, emotional regulation, attentional control, and task initiation are just a few examples.

As both a teacher and therapist, I have seen how executive functioning skills impact teens in the classroom and beyond. Many teens are capable, intelligent, and motivated, but they may need support developing the skills that help them turn their intentions into action.

Task initiation is exactly what it sounds like—the ability to start a task. This can be difficult for children and teens because, while they often know what needs to be done, getting started is the hardest part. They may need to switch from a preferred activity (an after-school snack, scrolling on their phone, playing video games) to a non-preferred homework task. They may not know where to start, or they may feel uneasy about how it will go. This can feel overwhelming and lead to frustration, conflict, or refusal.

There isn’t one quick fix for task initiation. Not every strategy will work for every teen, but finding even one or two that help means you are further ahead than you were yesterday.

Ideas to try:

Body doubling – Complete your own task nearby while your teen works (laundry, emails, cooking dinner). Having someone else working on a non-preferred task can make it easier to get started.

Mini steps – Break larger tasks into smaller, achievable steps. Instead of “write an English essay,” try: open Google Classroom, read the instructions, start a document, create an outline, and write the introduction. Starting with one small step can build momentum.

Temptation bundling – Pair homework with something enjoyable. Maybe your teen listens to music while working, enjoys a favourite snack, follows her skincare routine, or uses another small reward that makes starting feel easier.

Environmental changes – Consider whether the homework environment supports success. A bedroom may seem ideal, but if it also includes gaming distractions, another location may work better. Some teens benefit from quiet check-ins rather than constant reminders.

Try the 10-minute rule – For teens who struggle to start, knowing they only need to work for 10 minutes can make the task feel less overwhelming. Often, once they overcome the hurdle of beginning, continuing feels much easier. But please give them the opportunity to stop after the 10 minutes so they know they have an ‘out’.



Task initiation is only one of many executive functioning skills. As teens’ brains continue to develop, these skills become more automatic. Executive functioning can be even more challenging for teens experiencing ADHD, anxiety, or other stressors. Understanding these skills can help parents recognize that struggles often stem from skill gaps—not a lack of effort—and find ways to provide support.

Remember, raising a child is a marathon, not a sprint. Progress often happens through small moments, small skills, and small successes. Each time your teen practices a new strategy, takes a small step forward, or learns what works for their brain, they are building skills that support their growing independence.



Professional touch, perfect results

Our Services:

- Residential
- Commercial
- Post-Construction
- Move in/ Move out
- Others

15% OFF

YOUR FIRST SERVICE

Text or call us!

780 399 7926

info@dustanddone.ca Dust & Done
dustanddone.ca @dustanddoneca

Edmonton & Surrounding Areas



LICENSED & INSURED BUSINESS



DID YOU KNOW?

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

Reflecting On Learning And Looking Ahead



Ward F Trustee
Julie Kusiek

This is one of my favourite times of year. It’s time to reflect on the beautiful summer we’ve had (yes, in spite of all of this year’s rain... my garden is so so happy!) and think about the upcoming year ahead.

In July, I attended the Canadian School Boards Association (CSBA) annual conference. It was my first time attending this conference and I was so impressed. The sessions were top notch. Here are a few professional learning highlights I’m reflecting on as I head to the board table this September

Reconciliation & Indigenous Education

- Learned from Jody Wilson Raybould and Brad Baker about moving beyond performative actions toward real wellbeing and building champions for Truth and Reconciliation.
 - Explored Indigenous Education Responsibility Frameworks and literacy strategies from other divisions that align with our work at EPSB.
 - Reflected on Susan Aglukark’s journey of healing and discovery.
- ### Governance & Leadership
- Gained practical tools for Board-Superintendent relations and navigating the risk landscape to enhance governance-level oversight.
 - Connected with trustees and school leaders across Canada to better understand the national public education context and local

It is my view that having an Albertan at the helm of the Canadian conversation is important

- board autonomy.
- Was inspired by Rick Hansen’s infectious enthusiasm for building more inclusive school communities.

Lastly, it is also worth noting that at the CSBA Annual General Meeting, the President of Alberta School Boards Association, Shali Baziuk, was selected to be Chair of the CSBA. Given significant changes to Ontario’s school boards, combined with the changes happening in Alberta’s education landscape due to increased charter and private school education and erosion of local school board autonomy, it is my view that having an Albertan at the helm of the Canadian conversation is important.

Wishing everyone a great start to the school year. Public education is a community good. Whether you are a student, a parent of a student or a community member without students in school, please don’t hesitate to get in touch with me. You can email me at trustee.julie.kusiek@epsb.ca or call 780-429-8087. Have a great day!



Edmonton Public Schools
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 

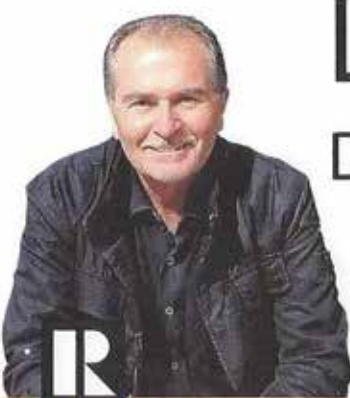
Neighbourhood Response

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.

Top Producer, Top Results

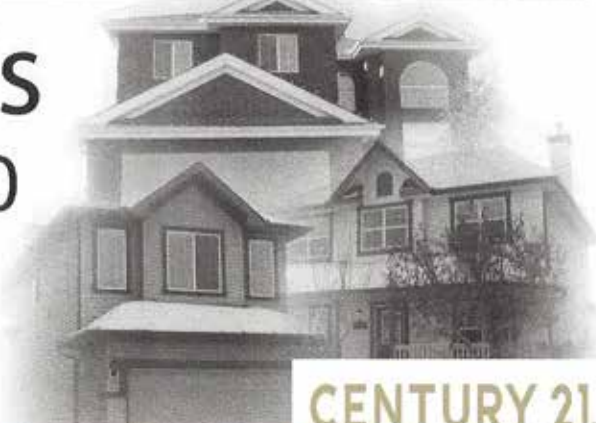


Lee Bourgeois
Direct: 780.909.1600



GONE
Another home SOLD by Lee

Serving Terwillegar Towne & South Terwillegar since 2001



CENTURY 21.
All Stars Realty Ltd.

www.LeeBourgeois.com

Ward pihêsiwin: Fall Updates And Traffic Safety



Ward pihêsiwin Councillor
Mike Elliott

Hello Ward pihêsiwin residents,

I hope you all had a wonderful summer! As summer comes to a close, my office is beginning to gear up for a busy Fall, with a number of important Council issues coming down the pipes. I would like to take this opportunity to share an update with you regarding some important issues taking place in the Ward.

Back to School Safety

As students head back to school this week, I would like to remind everyone to please be mindful of pedestrian safety around schools and playgrounds. Please slow down, be patient, and pay extra attention at crosswalks and intersections.

I appreciate the many residents who have reached out to my office with requests for traffic safety measures at various locations throughout the Ward. My office is in close contact with the Safe Mobility team, and we regularly share locations and concerns with them for consideration as they plan traffic safety improvements.

Traffic Safety Measure Requests

The Safe Mobility Team has created the Safe Streets Map (this can be found on the City's website by searching "Safe Streets Map"), which will show all of the traffic safety measures coming to the City in 2026. I would like to encourage residents to view this so that you can be aware of what changes will be coming to your neighbourhood. Please note that speed bump locations for 2026 have already been determined, however, the City is starting to compile data on which locations will receive a speed bump in 2027, pending Council's decisions at the 4-year Budget Deliberations this Fall.

The City will implement speed bumps based on a number of different factors, including:

- Public inquiries
- The roadway was identified as a high-speed, high traffic volume, high vulnerable road user volume, such as playground zone or high crash area
- Other areas that were identified originally through the Street Labs program
- Some were identified through previous assessments for other safety measures

If the City receives a high number of inquiries for a specific location, it is more likely that traffic calming measures will be implemented. The best way for the City to track this data is through 311. You can contact 311 in the following ways:

- Submitting an online request by clicking [here](#)
- Dialing 311 (outside of Edmonton - 780-442-5311)
- Download the 311 App and submit your request there

Please be mindful of pedestrian safety around schools and playgrounds

EPS Enforcement

The Edmonton Police Service is best positioned to address speeding and other poor driving behaviours in the area. City Administration strongly recommends residents submit concerns directly to the EPS Traffic Section using their Online Traffic Concern Form. This data is vital for the strategic deployment of enforcement resources. Please note that Councillors do not have the authority to direct officers to specific areas. I am still advocating for the return of dedicated traffic enforcement officers to our EPS Southwest Branch location, which will better serve the needs of the community in a timely fashion.

Thank you for taking the time to read my letter, and please do not hesitate to reach out to my office at mike.elliott@edmonton.ca or 780 496 8130 if you have any questions or concerns to share with me.

One World Montessori



One World Montessori Preschool
offering full or part-time
authentic Montessori curriculum.

Registration open for the 2026–27 school year:

- For ages 3 to 6 years old
- Hours are Monday to Friday from 8:30 a.m. to 4:30 p.m.
- Located at the Whitemud Creek Community Centre
- Highly accredited, experienced Montessori teachers

Beautifully located near a fountain, outdoor nature and park!



Follow us on Instagram at:
[oneworldmontessoriyeg](#)

780-435-0073 | montessoriedmonton.com

NOW HIRING

- Competitive Wages
- Medical Benefits
- Free / Discounted Meals



Apply Today

petrocanadajobs@gmail.com



Kid's Zone - Colouring Contest



Fall Colouring Contest

First Name: _____

Last Name or Initial: _____

Age: _____

Address: _____

Phone: _____

Email: _____

All entries must be received by October 30, 2026. One entry per child.

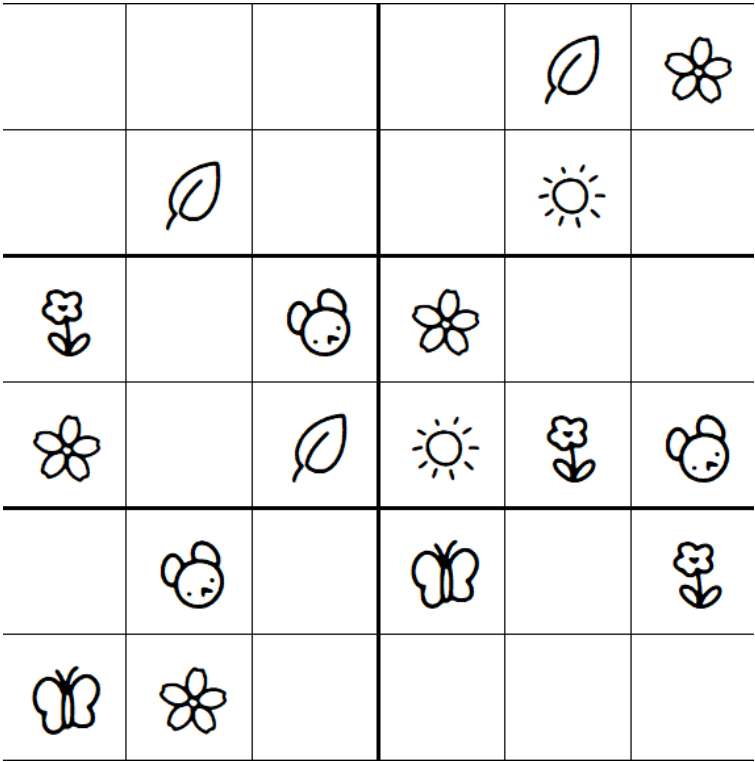
The contest is open to residents of the following areas:
Terwillegar, Magrath, South Terwillegar, and MacTaggart.

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)

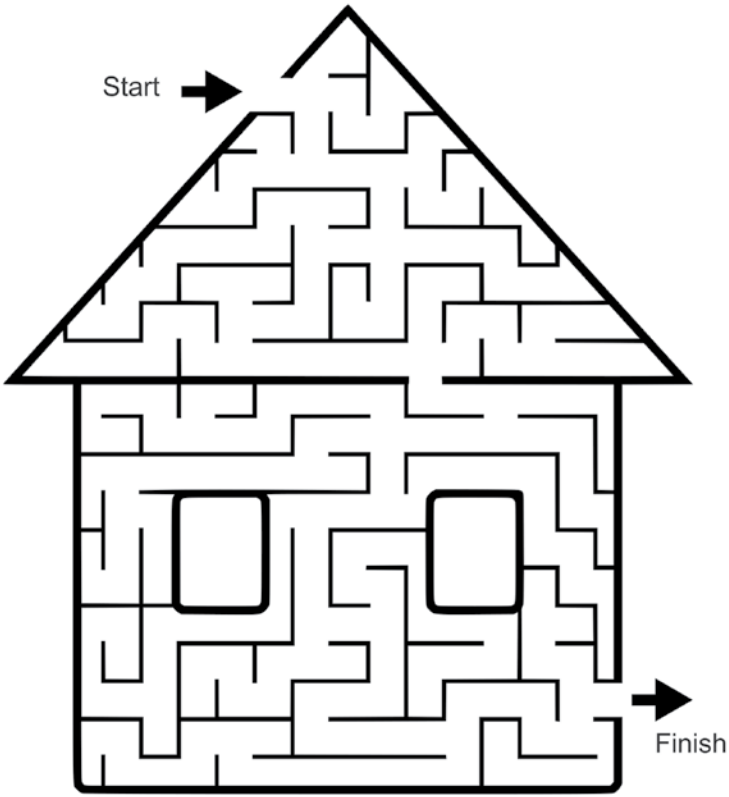
Kid's Zone - Fun & Games

What's a snake's favorite subject?
Hiss-tory.



MAZE CHALLENGE!

Begin at the arrow marked "Start" and find your way through the maze to the arrow labeled "Finish" without crossing any lines.



Body Parts



Word list:
ARM
EAR
EYE
GUM
HIP
JAW
LEG
LIP
RIB
TOE



What did one eye say to the other eye?
Between us, something smells.



Summer Colouring Contest Winners!

Ages: 3-5

1st Place: Eleanore H.
Runner Up: Ayantika K.

Ages: 6-8

1st Place: Jax D.
Runner Up: Breanne W.

Ages: 9-11

1st Place: Jiya D.
Runner Up: Jayda M.

Honourable Mentions:

Stella B.
Karen Y.
Nivaan S.
Kherlen O.



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

Prizes awarded to first place (\$25 Walmart gift certificate)
& runner up (\$15 Walmart gift certificate) in each category
Honourable mentions will receive a \$10 Walmart gift certificate.



DID YOU KNOW?

Advertising with a minimum 1/8 size ad ALSO qualifies you to post to the Tribune Facebook page once a week between relevent publication dates!

SiWesa

SouthWest Edmonton Seniors Association

1975 - 111 Street NW
Edmonton, AB T6J 7C6
Inside William Lutsky Family YMCA

CHATTY CUPPA

Seniors Coffee / Tea: \$2
Baking Assorted: \$3 - \$5

CAFE HOURS
Tuesday & Thursday
10 am - 12 pm
Where conversations bloom and connections grow

Everyone Welcome
cash only

BECOME A MEMBER!

Join! Now

\$55

\$55 MEMBERSHIP PROMOTION
Sept. 2026 - Dec. 2027

Yelo'd

ICE CREAM + BAKE SHOPPE

2327 Rabbit Hill Road

Small batch ice cream made right here in Edmonton.
Proudly family owned.

Follow us on Instagram @yelod_icecream

WEISS-JOHNSON

HEATING, AIR CONDITIONING & PLUMBING SERVICES

OUR FAMILY HELPING YOUR FAMILY SINCE 1977
780-463-3096 • WEISS-JOHNSON.COM

PROUDLY SERVING THE
TERWILLEGAR
COMMUNITY!

LET US BE YOUR BEST QUOTE!

FURNACE REPLACEMENTS

FURNACE SERVICE & REPAIR

GARAGE HEATERS

AIR CONDITIONERS / HEAT PUMPS

DUCT CLEANING

HUMIDIFIERS

HOT WATER TANKS

TANKLESS WATER HEATERS

WATER SOFTENERS

POLY B REPLACEMENT

PLUMBING REPAIR & RENOVATIONS

BOILER SERVICE & REPAIR

TCL Canada Day



10 Fall Gardening Tasks To Make Your Garden Sing Next Spring



It’s not time to hang up your rake until the last gardening tasks of the season are complete. Here are ten essential fall tasks to finish before the snow flies to ensure your garden will shine next spring.

1. Do an honest evaluation of your garden. What worked this year? What wouldn’t you repeat next year? Do yourself a favor and start a list now that you can use when you shop. Fall is also a good time of year to evaluate:

- Which plants should be moved to a better spot in the garden
- Where you need more privacy or screening for less-than-ideal views
- Where you could use more plants with fall color/interest

2. Remove annuals from containers and landscapes. It was a great run, but by the time fall rolls around, it’s time for the annuals to go and store your pots away for winter. It can be tough to do since long bloomers can still look great in the fall, but once frost hits you’ll wish you had pulled them sooner. Healthy annuals can be composted; any diseased plants should be disposed of.

3. Fall is for planting! Still-warm soil and relatively cool air temperatures promote healthy root growth in plants that return each year. Take advantage of end of season sales on trees and shrubs at local nurseries, and divide or move perennials around the garden in fall. Ideally, give the roots at least six weeks to settle into their new home before the ground freezes. Read more about fall planting in this article.



4. Plant spring blooming bulbs. Fall is the best time to plant spring flowering bulbs like tulips, daffodils, crocuses, and a wide variety of others you’ll find at your local garden center this time of year. Pair them with perennials like Shadowland® hostas and ‘Cat’s Meow’ catmint so the bulbs’ foliage will be hidden by the time it goes dormant.

If squirrels, voles or chipmunks are a problem in your garden, spray the bulbs with an animal repellent before you plant them or cover them with a layer of chicken wire to prevent animals from digging them back up.

5. Cut select perennials back. Once your perennials have gone dormant, it’s a good idea to clean at least some of their foliage out of garden beds. We typically cut them right down to the ground. This is especially important around plants like hostas that have received slug damage during the growing season. Slugs lay their eggs in the dormant foliage, and removing it in fall will cut down on slug issues the following year. Fall is not the best time to prune shrubs. You’ll find more information about that topic here.

DO NOT cut these perennials back in fall:

- Evergreen or semi-evergreen perennials like pinks (Dianthus), coral bells (Heuchera), foamy bells (Heucherella), foamflower (Tiarella), creeping phlox (Phlox subulata), bugleweed (Ajuga) and red hot poker (Kniphofia)
- Perennials with woody stems like rose mallow (Hibiscus), Russian sage (Perovskia), lavender (Lavandula), butterfly bush (Buddleia)
- Perennials with winter interest like False Indigo (Baptisia), coneflowers (Echinacea), Prairie Winds® ornamental grasses, Rock ‘n

Grow autumn stonecrop (Sedum), ornamental onion (Allium), Lenten roses (Helleborus)

6. Dispose of diseased foliage. While most of the plants you cut back in fall can go in your compost pile, you’ll want to avoid putting any plants with diseased foliage there. That’s because most compost piles don’t heat up enough to kill diseases, and you don’t want to risk spreading them back into your garden next year. Gather as much of the diseased foliage as you can, bag and seal it, then dispose of it in the trash.



7. Bring the outdoors in. Fall is the perfect time to gather cut branches and dried flowers from the garden to use in your indoor decorating projects. Hydrangea flowers, berried branches, ornamental grass plumes, and plants with seed pods can all be brought indoors this time of year. Find all kinds of how-to projects for every season here.

8. Continue to water the garden. While it might look like your plants are going to sleep, their roots are still actively growing in fall. Evergreen perennials, shrubs and trees, as well as anything you’ve recently planted, will need to be watered until the ground starts to freeze. If you live in an area that receives abundant rain in fall, you might not need to provide much supplemental water. But if rainfall is less reliable, water deeply at least once per week. Learn more about fall watering in this article.



9. Rake, shred, and mulch with leaves. Nature delivers natural mulch at our feet every fall when deciduous trees drop their leaves. Finely textured leaves from willow trees or honey locusts will easily degrade on their own and don’t need to be raked. But broad leaves from maple, sycamore, oak trees and the like become matted down and take a long time to decompose on their own, potentially smothering your grass and perennials. These kinds of leaves should be raked out of garden beds and mowed on the lawn. It may seem counterintuitive, but it's a good idea to spread the shredded leaves back onto your garden beds as mulch in late fall as the ground begins to freeze. Doing so will keep weeds at bay, insulate your plants over the winter months, and enrich the soil as the leaves break down.

10. Protect sensitive and newly planted perennials and shrubs. If you’re pushing the hardiness zone on a few of your plants, heaping a pile of shredded leaves or evergreen boughs on top of them once they are dormant may help them make it through the winter. This same technique works for plants with cold sensitive buds like some Hydrangea macrophylla cultivars.

Additionally, it’s a good idea to mulch newly planted perennials and shrubs that aren’t well- rooted in yet to prevent the rootball from heaving out of the ground during the freeze/thaw cycles of winter. Mulch helps to keep the soil at a more consistent temperature.

Bonus Task #11: Start dreaming about next year’s garden! It’s never too early to start planning for spring. Hope springs eternal in the garden.

All About Low Blood Pressure



Blood pressure is a measure of how hard blood pushes against the walls of your arteries as it moves through your body. Low blood pressure means that your blood pressure is lower than normal. It's also called hypotension.

In healthy adults, low blood pressure may not cause problems or symptoms. In fact, it may be normal for you. But if your blood pressure drops suddenly or causes symptoms like dizziness or fainting, it is too low.

In general, low blood pressure symptoms happen when blood pressure is less than 90/60

The causes of low blood pressure.

Often people learn that they have low blood pressure when their doctor checks it. Or you may find that you have low blood pressure when you check it at home. To check for the causes of your low blood pressure, your doctor will ask about your past health, your symptoms, and the medicines you take. You will have a



physical exam, and other tests may be done. Your doctor may check for another health problem that could be causing your low blood pressure.

Some causes of low blood pressure include:

- Getting up quickly after you sit or lie down. This can cause a quick drop in blood pressure called orthostatic hypotension.
- Standing for a long time.
- Not drinking enough fluids (dehydration).
- Medicines. Examples are high blood pressure medicine or other heart medicines.
- Health problems. Examples are thyroid disease, severe infection, and neuropathy.
- Trauma. Examples are major bleeding and bad burns.

Symptoms of low blood pressure.

Many people with low blood pressure don't have any symptoms. Symptoms to watch for include:

- Feeling dizzy, light-headed, or faint.
- Feeling sick to your stomach or vomiting.
- Feeling more thirsty than usual.
- Having blurry vision.
- Feeling weak.
- Being confused.
- Being tired.
- Having cold, clammy skin.
- Breathing very fast.
- Having a fast heartbeat.

If you have symptoms of low blood pressure, especially dizziness or fainting, call your doctor. Watch for symptoms of low blood pressure. Tell your doctor when the symptoms happen so they can be treated.

Prevention and treatment

Treatment depends on your symptoms and what's causing the low blood pressure. Your doctor may have you:

- Get fluid through an intravenous (I.V.) line. This helps with dehydration.
- Change or stop medicines that lower your blood pressure.
- Take medicine to treat the problem that is causing low blood pressure. For example, you may need antibiotics to treat infection or medicines to stop vomiting or diarrhea.

Your doctor may suggest that you try some ways to prevent symptoms. To reduce dizziness, you might try standing up more slowly, drinking more water, or limiting alcohol. Other ways could include:

- Add more salt to your diet.
- Drink more water.
- Drink little or no alcohol.
- Wear compression stockings.

Be sure to talk with your doctor before you add more salt to your diet. If you feel dizzy or light-headed, sit down or lie down for a few minutes. Or you can sit down and put your head between your knees. This will help your blood pressure go back to normal and help your symptoms go away. If your doctor prescribes medicine to help prevent a low blood pressure problem, take it exactly as prescribed.



Don't know how to fix your home?

Let us help!

Get a \$10 coffee card when you book any free on-site quotation.

Our clients are like friends and sometimes we show up with coffee!

CONTACT THE EXPERIENCED PROFESSIONALS AT

HOME & OFFICE

ANDYMAN

S E R V I C E S

Give us your list; we'll get it done

www.HOHS.ca | 780.940.2127



Community League Membership Has Its Benefits



We’re all about community at the City of Edmonton Recreation Centres with many of our facilities right in your neighbourhood! Our Community League Wellness Program offers discounted memberships and admissions so communities can connect through health and wellness.

The Edmonton Federation of Community Leagues has teamed up with the City of Edmonton to create this program to honour your community commitment and support health and well-being. All current members of an Edmonton Community League with a valid membership card are eligible to participate in the Community League Wellness Program.

HOW THE PROGRAM WORKS

Present your valid Edmonton Community League membership card, showing expiry date (payment receipts will not be accepted) at any City of Edmonton Recreation Centre and receive the following discounts:

- 20% off annual memberships*
- 20% off continuous monthly memberships using our convenient Pre-Authorized Debit Program*
- 15% off multi admission (5+) passes. Community League members that purchase these passes will be issued a photo access card which is to be swiped at each admission

*Members will be asked to verify their eligibility for the discounted membership on an annual basis. Failure to do so may result in a suspension of the discounted membership rate until valid documentation is presented.

More information at edmonton.ca/Wellness or membershipprograms@edmonton.ca



a child's story

TERWILLEGAR DAYCARE & OUT OF SCHOOL CARE

Enroll Now

No wait list



Ages newborn to 12 years



Daycare Program



Out of school care program



Pre-school half day program

Flight Framework Curriculum
Learning through play
Montessori Environment

Call now to book your spot!

WAIVED
HOLDING SPOT FEE &
REGISTRATION FEE

FIRST MONTH
FREE!



WhatsApp
7809537785



Phone
7807054744



Email
terwillegardaycare@gmail.com



Website
www.achildsstory.ca



1715 Towne Centre Blvd. NW, Edmonton, AB T6R 0T7

TYPE OF PASS / MEMBERSHIP	Regular Single Admission	Wellness Program Discount Multi (5+ passes)	Regular Continuous Monthly Membership	Wellness Program Continuous Monthly Membership	Regular Annual Membership	Wellness Program Discount Annual Membership
VALUE						
CHILD	\$6.50	\$4.00	\$34.00	\$27.00	\$358.00	\$286.00
YOUTH/SENIOR	\$8.25	\$6.00	\$43.00	\$34.00	\$455.00	\$364.00
ADULT	\$9.75	\$7.00	\$48.00	\$38.00	\$530.00	\$424.00
HOUSEHOLD*	\$26.50	\$20.00	\$136.00	\$108.00	\$1,432.00	\$1,145.00
BENEFITS PLUS						
CHILD	\$8.50	\$6.00	\$49.00	\$39.00	\$498.00	\$398.00
YOUTH/SENIOR	\$10.50	\$8.00	\$60.00	\$48.00	\$625.00	\$500.00
ADULT	\$13.25	\$10.00	\$74.00	\$59.00	\$793.00	\$634.00
HOUSEHOLD*	\$36.50	\$27.00	\$206.00	\$164.00	\$2,134.00	\$1,707.00

*Household includes all members of the same household related by birth, legal status or marriage up to a maximum of seven people.

Please note that multiple discounts cannot be combined. One discount per membership (individual or household).

Back To School Safety



Alberta Health Services EMS would like to remind parents and students of safety tips as the school year begins again this fall. Pedestrians and motorists both have a key role to play – road safety is a shared responsibility.

Motorists

- Distracted driving carries a \$300 fine and three demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving;
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner;
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.



Around school buses

- Flashing amber lights mean a bus is slowing down to stop – motorists should do likewise;
- No matter which direction you are coming from, STOP when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you;
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions;
- Make eye contact with all drivers before crossing the street, and keep distractions to a minimum;
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop;
- Stay within the crosswalk lines;
- Obey pedestrian lights at intersections. Cross the street only when you see the ‘walk’ sign and only when all vehicles have come to a complete stop;
- If you are with young children or pets, hold your child’s hand firmly and keep a solid grip on leashes when crossing;
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.



Beavers Under Blackmud Creek Bridge



Garth Paul Ukrainetz
Poet of the Blackmud Creek

You can see them in the evening
Checking out their little dam
Patching up the leaky spots
With mud and grass in hand
Wishin’ Edmonton construction crews
Could work like these guys can
The beavers under Blackmud Creek Bridge

Always busy doing something
Through the water swiftly sail
Beavers leading by example
With hard work it’s hard to fail
Be aware, and when in danger
Dive down deep and slap your tail
Like beavers under Blackmud Creek Bridge

And if you listen close
They’re humming happily
As they’re working in the evening
Chewing down the aspen trees
So if you get the chance
Let’s sing in harmony
On the Blackmud with the beavers
You and me



Nadia's Day Home

A Safe, Happy & Caring Home Away From Home

Spots Available Starting Right Away!

- ✓ Registered with Child Development Day Homes Agency for the past 13 years
- ✓ Lots of experience
- ✓ Educational activities every single day
- ✓ Subsidies available
- ✓ Grants available

You pay only **\$326** for full-time!

Nurturing Little Minds for a Brighter Tomorrow

Located on Shaske Drive

Call for more information: **780-232-6436**



Riverbend Location

Crestwood Fine Wines & Spirits
Riverbend, 2331 Rabbit Hill Rd NW
(780)-455-0500 || info@crestwoodfinewines.com

We have a well-curated selection of wines & spirits hand picked by our staff! Come ask us for that perfect bottle to pair with dinner, gift ideas, or a nice casual wine for your next BBQ!

tastings every month. sampling on weekends

BUY 6 WINES GET 10% OFF

BUY A CASE OF 12 GET 15% OFF



Proudly locally owned, all staff WSET/ISG certified



Get Your Home Fall 2026 Ready!

As the weather starts to defrost so does our creativity! Trust in **The Repaint Specialists Inc** to revamp your space into something refreshing. We offer **great prices** for even better craftsmanship!

Book Your Free Online Quote



Always stay connected with us on:

- Instagram / Facebook: @therepaintspecialists
- Email: therepaintspecialists@shaw.ca
- Website: www.repaintspecialists.com
- Office: (780) 448-5996

Serving Edmonton & Surrounding Areas
Located in Terwillegar



SPORTS EQUIPMENT COLLECTION

IN SUPPORT OF :



SPORTCENTRAL
Changing lives through sport

TEXT ME BY OCTOBER 10TH, 2026,
TO ORGANIZE THE PICK UP OF YOUR DONATION.

DONATIONS TO BE PICKED UP ON OCTOBER 17TH & 18TH, 2026.



SPENCER MOTTUS
REALTOR[®]
780-686-9606
SPENCER@AOFTEAM.COM



SCAN FOR MORE INFORMATION:



School And Headaches



Headaches and sleep issues often go hand in hand, with one condition leading to the other or vice versa. Individuals with headaches are two to eight times more likely to have sleep disorders compared to those without headaches. This connection is especially common in people with chronic headaches, occurring 15 or more days per month, compared to those with episodic headaches, which occur 14 days or less per month.

Research indicates that similar brain regions control both sleep and pain, and that inadequate or excessive sleep can trigger headaches, particularly migraines. Sleep can potentially alleviate a headache attack, while poor sleep may exacerbate an episodic headache into a chronic pattern.

Migraines and cluster headaches often occur during rapid eye movement (REM) sleep and can lead to lower levels of melatonin. Conditions such as sleep apnea and depression are common in individuals who wake up with headaches or migraines and suffer from sleep problems.

Common Sleep Problems for People with Headaches

There are several common sleep problems among people with headaches. Those include:

Insomnia – The most common sleep issue for people with headaches is insomnia. Insomnia occurs when an individual has a difficult time falling asleep and/or staying asleep, waking up too early and not being able to get back to sleep, or not feeling refreshed when waking up.



Obstructive Sleep Apnea (OSA) – The second most common sleep issue for people with headaches is OSA which is when a person stops breathing for short periods while they sleep. This happens because their airway doesn't stay open like it is supposed to. OSA is more common in men than women. You may have OSA if:

- you snore
- you feel very tired during the day
- someone has noticed that you seem to stop breathing during the night

Some risk factors for OSA are:

- obesity
- long-term use of alcohol, sedatives, muscle relaxants, or medicine with codeine or morphine

When OSA is diagnosed and treated, both OSA and headaches can get better. OSA is usually diagnosed with an overnight sleep study. Many people with sleep apnea must use a continuous positive airway pressure (CPAP) machine at night. The CPAP machine helps keep the airway open. If you think you may have sleep apnea, talk to your doctor, who may refer you to a sleep specialist.

Other breathing problems – Other breathing problems at night

such as snoring and upper airway resistance syndrome (UARS) have also been linked to headaches. With UARS, the airway narrows and the lungs and diaphragm have to work harder. If UARS isn't treated, it may turn into sleep apnea. Treatments for UARS include mouth splints, surgery, weight loss, and sleeping on the side instead of the back.

Managing your headache could affect your sleep

Headache researchers Ong and Park say other factors affect sleep according to the popular Biobehavioural Model. The model says that a person may already have issues (predisposing factors) like anxiety which, when combined with stress or daily hassles (precipitating factors), may cause short-term sleep problems. The person may then try to find short-term ways to cope (e.g., take naps, take sleep medicine at night, or use caffeine during the day). These ways of coping may become factors themselves (perpetuating factors), which can make sleep problems continue. This model may have special meaning for people with headaches. This is because some perpetuating factors are common ways to manage headaches, like:

- using caffeine to stop a headache
- napping during the day to sleep off a headache

If people aren't careful, regular use of these strategies might lead to chronic sleep and chronic headache problems. A better solution is to learn ways to manage stress and to use sleep hygiene strategies.

Visit Headache Management: Sleep Strategies or talk to your healthcare provider for more information on the correlation between headaches and sleep.

**TERWILLEGAR**
PHARMACY

1717 Towne Centre Blvd.
T6R 0T8
Mon - Fri: 9 am - 7 pm
Sat - Sun: 10 am - 3 pm

Walk-In Pharmacist Clinic - Now Open 7 Days A Week!
No Appointment Needed

Do you have muscle pain and need fast relief?
Have you run out of meds and need a refill?
What about acne, atopic dermatitis or any other skin concern? Want to lose weight?
Want to quit smoking?

Our Pharmacist can:

- ✓ Diagnose minor diseases and conditions
- ✓ Prescribe Medications
- ✓ Order lab work when needed



Services You Can Count On

- Free Delivery and pick up prescriptions
- Free blood pressure monitoring
- Free blister packing
- Diabetic & asthma educators
- Compounding services
- Free administration of injections
- Prescription renewal
- Travel immunizations

Flu shots
ages 5 & up
Pain Free

Free Delivery
(780) 989 0600

Visit us anytime - your health is our priority!

Two New Pedestrian Bridges Now Open In Southwest Edmonton



edmonton.ca

The City of Edmonton has opened two new pedestrian bridges as part of the Terwillegar Drive Expansion Stage Two project. The bridges provide safe, dedicated crossings for people walking, cycling and rolling in southwest Edmonton.

The Rainbow Valley Pedestrian Bridge opened on July 8, followed by the 142 Street Pedestrian Bridge on the afternoon of Saturday, July 18.



The 142 Street Pedestrian Bridge spans Whitemud Drive, connecting the Brookside and Brookview neighbourhoods to existing active transportation routes, including the shared pathway completed during Stage One of the Terwillegar

Drive Expansion. The bridge and surrounding area include integrated lighting, bike racks and landscaping to support a safe and comfortable experience for all users.

Located alongside the Rainbow Valley roadway bridge, the Rainbow Valley Pedestrian Bridge separates people walking, cycling and



rolling from vehicle traffic, providing a safer connection for those travelling through the corridor.

The new bridges are part of the Terwillegar Drive Expansion, which is improving how people move through southwest Edmonton by increasing roadway capacity, improving transit reliability and expanding active transportation connections. Stage two construction is expected to be complete by the end of 2026, with landscaping to follow in 2027.

The Terwillegar Drive Expansion is funded in partnership with the Government of Alberta.

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.

Contribute to the Tribune

Looking for writing experience? Message the editor and tell your story in the Tribune!
Help make your paper reflect whats happening, get to know the people in your community and stay connected with the local news thats important to you!

Terwillegar Classifieds

Piano Lessons From a Fun, Friendly Piano Teacher
With Over 30-Years Experience

All Ages and Levels Welcome!

FREE TRIAL LESSON – CONTACT MRS. LAI
AT 780-473-4880



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
out in this dynamic community of ours!

Crossword Solution

1	C	L	2	A	Y		3	S	4	C	A	5	B	B	6	A	R	7	D
	H		L		8	C		O				A		N				D	
9	A	L	I	B	A	B	A					10	M	E	C	C	A		
	S		C		T			R				B		I				Y	
11	T	H	E	F	T			12	S	H	I	V	E	R					
	I				L			E						N			13	N	
14	S	A	15	C	K	E	D			16	L	I	T	T	L	E			
	E		H					18	A			N						C	
		19	C	A	T	20	G	U	T			21	C	L	22	O	C	K	
23	A		R		U			E				O		W				L	
24	G	R	A	P	E			25	A	R	M	E	N	I	A				
	E		D		S			S			E			E				C	
26	S	W	E	E	T	P	E	A				27	A	D	Z	E			



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



Back to School!

It's Time to Sharpen Pencils and make a DEAL!

SALLY
MUNRO

780.441.5457
SallyMunro.com
Follow me on:



AVAILABLE



Windermere Ridge \$5,200,000
The Hendriks Estate, a rare gated estate in Keswick on the River. Over 7,200 sqft living.
ML# E4463017

AVAILABLE



Glenora \$3,950,000
Prestigious Old Glenora. Over 5,000sqft of living space with a Nanny Suite!
ML# E4478304

AVAILABLE



Glenora \$3,200,000
A rare find in Old Glenora with panoramic river and valley views. 7,567sqft. A must see!
ML#E4479566

AVAILABLE



West Point Estates \$2,850,000
Lakeside luxury on 2 Acres. Custom walk out bungalow. 4296 sq ft. 5 Bed, 5 bath.
ML# E4495451

AVAILABLE



Twin Brooks \$2,798,000
Brookhollow on the Ravine. 6 bed, 5 bath, 4 car garage. 11,245 Sq Ft of luxury Estate.
ML# E4480008

AVAILABLE



Windermere Ridge Estates \$2,199,000
Over 28,000 sq ft lot (.66 of an acre.) Backs onto North Saskatchewan River
ML# E4487731

AVAILABLE



Windsor Park \$1,980,000
Spectacular River Property! 7 bed, 8 bath. 5279 sqft of spacious living. Stunning river views
ML# E501779

AVAILABLE



The Sky Villa at The Pearl \$1,950,000
Furnished New York-style, 2-storey sub-penthouse. Breathtaking views. 3bed, 2 bath
ML# E4484667

AVAILABLE



Rural Parkland County \$1,890,000
On the North Sask. River. 4.87 acres. 5570 sqft, 4 Bed, 4 Bath. Indoor pool. Must See!
ML# E4479606

AVAILABLE



WinterRidge Estates \$1,750,000
4.1 acres backing onto environmental reserve. 5,900sqft of prestigious living space
ML# E4478263

Learn the
VALUE of
your Home!

Buying or Selling

Call Sally Today
For a Consultation
780.441.5457

AVAILABLE



Chappelle \$1,848,000
Custom Built estate on 2 acres. 4985 sq ft, 5 bed. Incredible investment opportunity.
ML#E4483474

AVAILABLE



West Block Glenora \$1,699,000
Sub Penthouse. Stunning views with over 2000 sqft of luxury living.
ML#E4488168

AVAILABLE



Campeltown Heights \$1,450,000
Country living within city limits! 3 bed bungalow on over 3 acres. A rare find!
ML#E4499878

AVAILABLE



Jasper Properties Penthouse \$850,000
1,705.75 sq ft of refined living space. 2 bed, 2 bath. Stunning views!
ML#E4489260

SOLD



Belgravia

SOLD



River Park Penthouse

SOLD



Larkspur

SOLD



Canyon Ridge Penthouse

CENTURY 21.
Masters

SMARTER. BOLDER. FASTER.®
Visit SallyMunro.com
FOR MORE FINE HOMES & ESTATES



Grand
Centurion