

# Terwillegar News

Community League

Serving the Communities of Terwillegar Towne, Terwillegar Greens, Terwillegar Gardens, South Terwillegar, Sandalwood, Magrath and MacTaggart

## Sleighs full of fun to come Family Day



Above: Terwillegar-area residents take a trip around Tomlinson Park at the 2008 Family Day extravaganza.

by Shauna Duval  
TCL Program Director

Family Day is fast approaching, and we have another fun event in store for our community. This annual event is a great opportunity to spend time with your family. Why not spend it outdoors?

The fun starts at 10:30 a.m. and runs until 1:30 p.m. You can look forward to horse-drawn sleigh rides, hot dogs and hot chocolate, and more!

You can also get in on a little skating, tobogganing, and visiting with your neighbours in the great outdoors. All this for the family price of \$0!

The Family Day celebration is open to anyone in the Terwillegar area and will be held at the south end of Tomlinson Park in Terwillegar Towne. So bundle up Feb. 16 and bring a friend. Please note, however, that with our unpredictable weather, the event will be cancelled if the combined temperature and windchill is -20 degrees.

If you and your family would consider sharing an hour of your time on this day, we are still in need of volunteers to make this event a go. Please get in touch with Shauna Duval at [programs@terwillegar.org](mailto:programs@terwillegar.org).

See you there!



Above: Two local children enjoy sledding the slopes surrounding the skating pond on Family Day in 2008.

### **Let's Hit the Powder!**

DON'T miss our annual Snow Valley Ski and Snowboard night.  
See page 3 for details.

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# Shopping mecca begins opening doors

by Jodie Pugh

Known as the "little city in the suburbs," a new shopping development officially named the Currents of Windermere has made definite progress in getting its stores open to the public.

Home Depot was the first to go up, opening its eighth store in Edmonton on Dec. 18, 2008 with refreshments, demos, and specials for all. Residents now have convenient access to all those garage, and basement-finishing materials, and with this well-staffed store, you're never short of friendly help.

The new Wal-Mart Supercentre opened Jan. 21, 2009, with a fully-staffed group waiting to meet consumers' day-to-day needs. The opening was well attended by new staff, upper management, community group representatives, and a specialized Wal-Mart opening team that was in Edmonton to assist with the opening of the store.

Toward the end of the opening event, Wal-Mart presented several local charities with donation cheques from the Wal-Mart employee donation program. Ten-thousand dollars in total was donated to the Children's Miracle Network, the Red Cross, the Cross Cancer Institute, the Children's Wish Foundation, the Edmonton Humane Society and the Breakfast for Learning program.

The new store includes a fully stocked grocery area, including a fresh bakery, as well as deli, produce, and meat sections along with the usual dry goods that Wal-Mart is known for. Local residents can now avoid the much noted traffic that can exist during busy times of the day.

Canadian Tire is due to open this summer. Other future big box stores will include Best Buy and Future Shop — opening dates currently unknown. Newly opened is the HSBC Bank,

which will also be joined by five other banks over the next while. Toronto Dominion, Alberta Treasury Branches, Royal Bank of Canada, CIBC, and Scotiabank will all be opening their doors to local residents.

Tim Hortons is also hiring for their new Currents of Windermere location and will be opened shortly.

This greatly anticipated shopping district, located south of Anthony Henday Dr. on Terwillegar Dr., is due to be complete in the summer of 2010. While the outer box store perimeter will be opening their stores over the spring and summer of 2009, the smaller boutique stores are not expected to be open until the next summer. Christmas shopping in 2010 will merely take one stop at this amazing new area.

Unfortunately, all the entertainment gurus will also have to wait for the 45,000 square foot Cineplex Odeon Theatre and entertainment complex to open in 2010 as well. Expected are 12 movie theatres with four being VIP or adult-only theatres with seat-side service.

As well, the cinema is expecting to attach six bowling lanes that will be family-focused during the day and adult-centered at night. This giant entertainment centre is also to be connected to a

licensed lounge. An adult-friendly escape will be just minutes away from our homes!

We will excitedly await the future developments of this area. Not only will there be access to the big well-known commercial-style stores, but the plans for independent, boutique-style shopping will further the allure of this area. With the plans to be pedestrian-friendly, complete with sheltered walkways, heaters and underground parking just minutes from our doorsteps, Terwillegar area residents are sure to enjoy the Currents of Windermere!



(Above): Home Depot provided demos on their grand-opening day.



(Above): Wal-Mart's Currents of Windermere location opened its doors Jan. 21.

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# Snow Valley event welcomes early-birds

by Priya Nelson

TCL Fundraising Director

It's back for another year!

Terwillegar Community League would like to invite you and your family down to Snow Valley ski hill on Sunday, Feb. 15 for our second annual ski and snowboard night.

We've rented out the entire hill for our use from 6:30 p.m. to 10 p.m. Lifts open at 7 p.m., and we'll have use of all the runs for skiing, snowboarding, or both! A concession will also be open to purchase snacks such as chips, chocolate bars, hot chocolate, coffee, tea, and pop.

You can register on our website at [www.terwillegar.org](http://www.terwillegar.org). The early-bird cost is \$20 per person for all community league members. Included in the price is your lift ticket, rentals (either ski or snowboard), and a group lesson if you would like one. Register on or before Jan. 31 to get this great price. As of Feb. 1 the price is \$25 per person.

When you register, we will require the following information: name, age (adult or age of child), whether you require rentals, height, weight, and shoe size. Payment can be made via Paypal. Check out our website for complete information.

When the big day arrives, just take the 122 St. exit south off of Whitemud Dr. and follow the signs to Snow Valley.

This is a great opportunity to learn a new winter sport, refresh old skills or just get some practice runs in with the kids. It promises to be a great

event, so bring your friends and neighbours along. Last year, 120 people attended the ski night.

We hope to see you and your family out on the hill!

If you have any questions, please contact Priya at [fundraising@terwillegar.org](mailto:fundraising@terwillegar.org).



Above: Residents take to the hills at the 2008 Snow Valley event.

# Residents awarded for Christmas cheer

by Shauna Duval

TCL Programs Director

The Terwillegar Community League was happy to present each of four families with a \$50 Home Depot gift certificate, compliments of Mike Cooper, manager of the new Windermere Home Depot and a local resident. The families were chosen for providing exceptional lighting displays in their neighbourhood, and contributing to the festive season.

Terwillegar Community League board members drove around the communities looking at all the amazing displays, trying to decide who

would win our Light-It-Up Contest. There were many beautiful houses but we had to narrow it down. Thank you to everyone who took the time to light up our neighbourhoods for this holiday season.

We had two winners from Terwillegar Towne, one from Terwillegar Gardens and one from South Terwillegar. Congratulations to David Szlanda, Shaun Jordan, Larry and Heather Mackiewich, and Amie, Walter and Jordan Tauber. We appreciate the time and effort you took to light up our winter nights!



Various Terwillegar Community residents were given a gift certificate for decorating their homes.

(Clockwise from top right):  
Winning homes in Terwillegar Towne, Terwillegar Towne, Terwillegar Gardens, South Terwillegar.



# Finding Great Neighbours,

## One Family at a Time!

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**7414 Singer Landing**  
Gorgeous 2 storey home offering 2130 sqft, dark hardwood flooring, 3 bedrooms + a bonus room, 2.5 bathrooms, a gas fireplace and lots of upgrades!! \$449,900



**6006 Stinson Road**  
Lake view! Brand new 2 storey with 2079 sqft, 3 bedrooms + a bonus room, 2.5 bathrooms, hardwood flooring, a gas fireplace and lots more!! \$459,900



**3035 MacNeil Way**  
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# Finding Great Neighbours,

## One Family at a Time!

 Serving the residents of Terwillegar Towne, Greens & Gardens, Magrath and South Terwillegar



4304 McClung Crescent

Brand new! All furniture included! 2 storey, 2214 sqft, 3 bedrooms, 2.5 bathrooms, bonus room, corner lot, hardwood, lots more features & a 2 car garage! \$699,900



4371 McClung Crescent

Brand new! Perry Built Homes. The Avalon floorplan. 2211 sqft, 3 bedrooms, 2.5 bathrooms. Built to the new ICON 2008 specs and built green gold! \$599,000



3571 McLay Crescent

Brand new! Perry Built Homes. The Monte Carlo . 2431 sqft, finished basement with wet bar, built to the new ICON 2008 specs & built green gold. Lots of upgrades! \$739,000



Brand new condos!

New condo's located on South Terwillegar Drive. Lots of units to choose from. Underground parking. Vaulted ceilings and lots more features! By Park Place Communities.

# Lots For Sale

2 Luxury Lots for sale by Perry Built Homes. Build your dream home in Magrath or MacTaggart! Both are walk out lots, suitable for bungalows only. Unbelievable value! 755 Massey Way and 2449 Martell Crescent.



1924 Towne Centre Blvd.

Fully Finished 2 storey home! 2190 sqft, fully finished walk out basement, hardwood flooring, 3 bedrooms + a loft, 2.5 bathrooms & tons of great upgrades! \$449,900

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Last year we had teamed up with the Second Chance Animal Rescue Society (SCARS) to help raise awareness and hope for animals and had raised just over \$10,000!! This year we are at it again and will be donating a portion of each sale directly towards this organization. By listing or purchasing a home through us you are helping in supporting SCARS.

SCARS is a volunteer-run, not-for-profit organization that provides veterinary care and foster homes for animals in need until a permanent home can be found. SCARS relies solely on money raised through memberships, donations, sponsorships and other fundraising efforts, therefore every dollar counts. In the past 5 years SCARS has found homes for more than 1600 animals and with your help they will continue to give animals this second chance! For more information on this organization or to start the search for a new addition to your family, go to [www.scarscare.org](http://www.scarscare.org) today! Thank you for your support!

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# Recession brings financial opportunity

by John Su  
CEO of ImperialInvestmentRealty

In today's financial pandemonium, many people are scared and hugging onto their money tightly. Multi-national companies are claiming bankruptcy and the U.S financial crisis seemed like the catalyst for the global slow-down. A famous quote by Warren Buffet, "Be scared when others are greedy. Be greedy when others are scared" is easier said than done.

Even seasoned investors are shaking in their boots right now. The million-dollar question is: should I invest or not? In the following paragraphs I'm going to identify the single belief that is stopping investors cold from investing and what every investor must know in order to continue growing their wealth.

The fear-driven belief is that it's the end of the world! Most people lost anywhere from 30 to 70 per cent of their entire investment portfolio.

The worst is yet to come, and people are heading to the hills with their investments. All the headlines are sprayed doom and gloom, layoffs, bankruptcies, falling oil prices and the bottomless stock market.

People must understand that these headlines are designed to get an emotional reaction, but first and foremost they are designed to sell papers! People who actually read to the end of the article will see a statement mentioning that Canada should be okay throughout this financial turmoil.

The big "R" word (recession) has many investors frozen in their tracks. Many people, when asked: "Do you know what the actual definition of recession means?" generally respond with a financial condition of the economy. What recession really refers to is the growth of the economy.

If an economy's gross domestic product (GDP) growth is zero per cent or less for two consecutive quarters, then the economy is in recession. A third quarter +0.1 GDP growth would pull us out of this so-called disaster. A recession is not as terrible as the stigma society attaches to the word, but it does have a profound effect on investors.

Everyone is reacting emotionally to all this information and linking it to past history, but there are fundamental differences that exist now

that didn't before.

What everyone must understand is that this is a cycle and that there are peaks and valleys. Things will recover and the people who are paralyzed will miss the ride up when things pick up. There is unprecedented action from the government to stimulate the economy by injecting trillions of dollars into the global economy.

In the depression of the '30s, the banks hoarded the money supply and stopped lending. The flow of the money supply stopped and as a result depression set in. The banks are still lending to keep the money supply flowing but they are doing so more conservatively.

This is a great move by the banks to tighten up regulations but keep on with business as usual.

Oilsands projects are cancelled or delayed and that is actually a good thing for Alberta. Our economy was performing at an unsustainable rate as a result of \$140 a barrel for oil. Now, with the slow down, it is performing at a more optimal pace. The projects that were delayed will eventually continue in several years, extending the "Alberta boom."

The fact of the matter is that Alberta has oil, the world needs oil and Alberta is one of the most stable sources of oil in the world. Alberta is so well-positioned that it's still the second-best place to invest your money right now. The global market shrunk simultaneously with Alberta still on top. The above mentioned facts are what people should base their investment decisions on and not on the emotions of fear.

Many people are feeling the bumps and bruises of this financial crisis. What people must realize is that it's not about creating wealth right now but more about making back the wealth that was lost.

There are many investors out there that lost a large portion of their portfolio and are remaining in that low return investment, waiting for it to bounce back to a decent value before reinvesting it. If you take this prior statement for face value, it makes sense, right? Unfortunately, this is completely backward thinking.

If that investment, called mutual fund, was doing on average two per cent a year for the last five years, but in the last four months dropped 30 per cent, how long would it take, in a struggling

economy, to recoup the loss, when in a booming economy it only did two per cent per year? Investors need to understand that reinvesting is not taking a loss but redirecting to a better opportunity and rebuilding their assets at a faster rate. The definition of a great investment is an investment that will make you the most profit in the shortest period of time.

We're recommending to our clients products that are short-term, have a fixed return or are good Alberta-based investments that have a longer investment term such as five years plus. Investing in fixed returns, an investor knows exactly what his profit will be from the start.

But a caveat on this statement: do some due diligence on the company that you are investing with. Ask the tough questions, like: What is their track record? Can I get references? What are their reasons for selecting the projects they are invested in? A company can promise 100 per cent a year, but paying that to the investor would be another story. For longer investment terms, there are great Alberta-based real-estate investments that have a three to five year term. The longer time frame gives an opportunity for the economy to recover and for the investment to grow in value.

In this time of financial turmoil, education and information are vital when it comes to making investments or having someone invest your money. As a result of my passion to educate and inform our clients, we will be sending them the first CD recording about how the financial industry is built to benefit itself the most and not the investor.

If you would also like a copy of this CD, or for a free portfolio consultation, please e-mail me at [info@imperialinvestmentrealty.com](mailto:info@imperialinvestmentrealty.com) or call me at 1-866-200-1306.

## Know of a good story about your community?

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# Community advocate makes plea for patience



by Sherri Jaillet  
TRAC Community Advocate

Happy New Year! Since the last issue of the Terwillegar Community League News, we had a TRAC meeting at the end of November. This meeting provided our group some Christmas cheer and time to reminisce over our 2008 agenda items and prepare a focus for 2009.

In December, we were pleased to hear that city council gave the go-ahead for four arenas at the Southwest Community Recreation Centre (SWRC) in Terwillegar. Many residents

and groups were in support of the plan, as well as TRAC, who spearheaded the initiative. Congratulations to everyone for all their time and effort in support of the complex.

The first annual TRAC luncheon is March 15, 2009 at the Shaw Conference Centre. The proceeds of this fundraising event will go to priorities in our area.

May 24 will be the fourth annual TRAC Fun Run. The Brander Gardens Community League will be providing volunteers for this event, and the proceeds of this year's run will be donated to the construction of their new playground.

The traffic is exasperating many residents these days and the inclement weather we endured for the months of December and January added to that frustration. It will be extremely imperative to prepare yourself for the closures and detours that are quickly approaching for the construction

and widening of the Quenell Bridge beginning in March 2009. Please be patient and considerate on your commute, and remember that these are your neighbours trying to merge into traffic with you every morning. For more details, please read Donna Finucane's article below.

At our next TRAC meeting on Jan. 26, 2009 we will be discussing initiatives for 2009. One priority is fundraising for the enhancements and additional elements for the SWRC by striving to advance our partnership alongside with the city. A second focus will be to work closely with the community leagues, residents and the Edmonton Police Service to address security issues and improve safety in our area.

Should you have any input for these topics or wish to get involved, please attend one of our meetings. The following meeting is scheduled in March 2009. I hope to see you there.

## Prepare for mayhem as Fox Drive closes in March

by Donna Finucane  
TRAC Transportation Chairperson

The City insists that they must close Fox Dr. to all westbound traffic starting March 2009 until the end of construction season in October or November.

Construction on the Quesnell Bridge widening and rehabilitation will start on the east side of Quesnell Bridge in March 2009, requiring the ramp from Fox Dr. onto Whitemud Dr. westbound to be closed to traffic. Rehabilitation will occur on the south side of Campbell Bridge on Fox Dr. simultaneously. Therefore, only transit vehicles will be allowed access on Fox Dr. westbound.

Brice Stephenson, the City of Edmonton's Transportation Construction Manager, says that "the worst period will be in March and April when University is still in session and students are facing their final exams." The same traffic load will occur in September and October and we can expect

severe congestion on all alternate routes. Improving bus routes and access to additional buses is being reviewed.

The city will also research possible temporary park and ride sites in the Terwillegar/Riverbend area. People should also consider travelling in off-peak times.

City transportation engineers expect traffic heading to the west end to disperse, using routes such as Groat Rd. and 107 Ave. They are advising commuters travelling from downtown and the University of Alberta to the Terwillegar and Riverbend areas to use 122 St.

Then those residents living in north Riverbend would take Whitemud Dr. west and exit at 53 Ave. Those living in south Riverbend and Terwillegar should take 122 St. to 23 Ave. westbound. Brookview residents and others living close to 40 Ave. are advised to enter Whitemud Dr. off of 109 St. by Southgate Mall so that they have enough time to make the necessary merges to exit safely at Terwillegar Dr.

The city's transportation department has assured us that this is the worst that it will get during phase 1 of the Whitemud/Terwillegar rehabilitation. Phase 2 consists of redesigning the Whitemud/Terwillegar interchange and putting in an interchange at 40 Ave. This phase is yet unfunded until 2012. Your transportation committee has been working hard to make sure that this project proceeds and that the dangerous left accesses are removed at Whitemud Dr. and Terwillegar Dr. entrance and exits.



This ramp, from Fox Dr. onto Whitemud Dr. westbound (here indicated north), will be closed to traffic from March until October or November.



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# City approves arena for SW rec centre

by Jacquie Dalziel

City of Edmonton Community Services

Construction on the Southwest Community Recreation Centre (SCRC), and Leger transit depot continues at full speed.

## Recreation centre

The SCRC project is well into the construction phase. Excellent weather enabled site preparation, and underground utility service work to install the storm, drainage and sanitary systems, to continue late into the fall but is now on hold until the spring.

Work on the concrete foundation walls and structure continues and is well advanced. Erection of the steel super-structure is expected to begin in January.

Visit [www.edmonton.ca/scrc](http://www.edmonton.ca/scrc) for the latest construction photos.

The project team continues to focus on some remaining design issues, including the incorporation of infrastructure for fixtures, furniture and equipment (FF&E), audio requirements and integration issues with the arena complex.

The recreation complex is scheduled to open in the fall of 2010.

## Arena complex

In December, city council approved a financing plan for the arena complex, as part of the city's 2009-2012 capital plan, which will allow the four-pad ice rink option to proceed.

The schematic design stage is complete and the project is proceeding into design development/detailed design. (See design plans for the first floor below.) Final Edmonton Design Committee (EDC) approval was received at the 'walk-on' session on Dec. 22. The development permit



Above: The SCRC begins to take shape as the foundation walls for the pool basin are formed.

application has been submitted. The first reading of the arena borrowing bylaw will go before city council on Jan. 21.

It is anticipated that pile foundations can begin by the end of February.

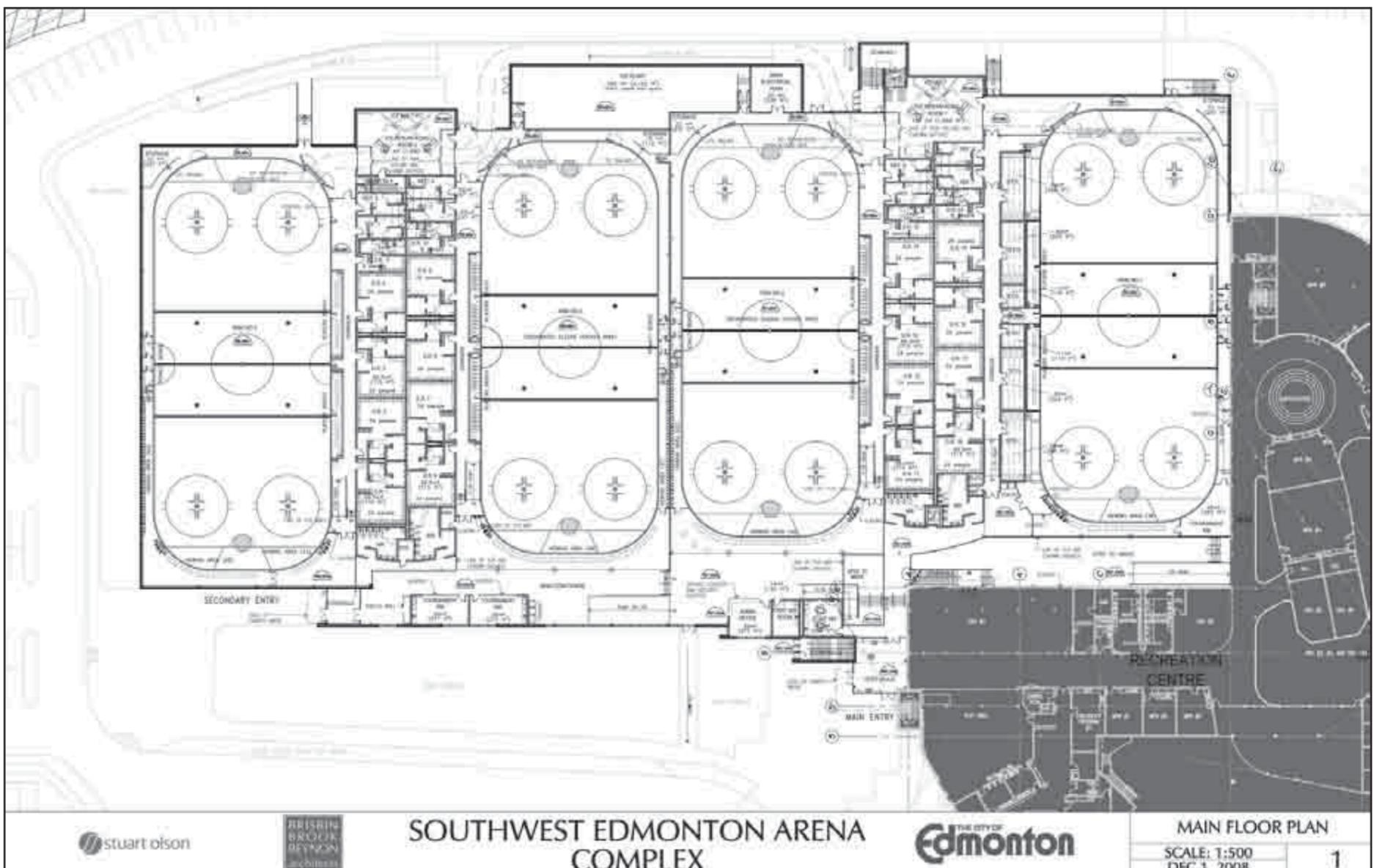
## Leger transit depot

Construction is moving along ahead of schedule. The contractor is presently working on the interior finishes, tile, mechanical and electrical work within the enclosed building structure. Landscaping deficiencies will be addressed at the end of May.

The depot will open for service in April 2009. Any questions or concerns about the construction taking place on the Leger District Park Site should be directed to Rhonda Flores, Community Services, at (780) 944-5642.



Above: Construction takes place on the lower mechanical room elevator shaft.



Above: Plans for the first of two floors show the four arenas approved for the Southwest Community Recreation Centre.

# Trustee seeks the wisdom of the community



by Catherine Ripley  
Vice-Chair and  
Ward H Trustee,  
Edmonton Public Schools

In 2004, a friend gave me a book called *The Wisdom of Crowds* by James Surowiecki. We had had many

conversations before, during, and after my 2004 trustee campaign about the importance — and challenge — of trustees connecting with community members of all ages and stages (aka the crowd) to capture their “wisdom” on improving public education. Today, our conversation still continues, and the challenge remains.

In an interview, Surowiecki summed up the four key qualities that make a crowd smart: “It needs to be diverse, so that people are bringing different pieces of information to the table. It needs to be decentralized, so that no one at the top is dictating the crowd’s answer. It needs a way of summarizing people’s opinions into

one collective verdict. And the people in the crowd need to be independent, so that they pay attention mostly to their own information, and not worrying about what everyone around them thinks.” ([www.randomhouse.com/features/wisdomofcrowds/Q&A.html](http://www.randomhouse.com/features/wisdomofcrowds/Q&A.html))

Given that one of the board’s goals during the 2007-2010 term is to develop a public engagement policy or process, so that we will better understand when and how to invite the public into the work of growing a superb school district, I am asking for your wisdom.

- Would you like to be involved in the work of public education and contribute your time and ideas? If yes, how?
- If you’d like to be involved and are not, what is preventing you?
- How do you currently find out about what’s happening in our schools? How would like to find out?
- What would you like to know about? What would you like to contribute ideas on?

Please let me know. You can reach me at (780) 887-1002 or at [Catherine.Ripley@epsb.ca](mailto:Catherine.Ripley@epsb.ca). Also, watch for me in coffee shops around the ward during the winter months. Please don’t be shy — come up, say hello, and let me know what you think.

Finally, in advance of most board meetings, I circulate an *Insights* e-mail that proactively lets people know what decisions are upcoming so that people may offer their advice and opinions as they wish. I would welcome your participation on this e-mail list.

Surowiecki also states that “together all of us know more than any one of us does.” That speaks to the value of nine elected trustees setting the direction for our public schools on behalf of the community. Together, the nine of us know more than any one of us!

It also speaks to the value of you contributing your thoughts and ideas to trustees so that the board may be better informed and make better decisions.

Please don’t delay. Join my *Insights* e-mail list or contact me today. I look forward to hearing from you.

# Councillor recognizes community league volunteers



by Don Iveson  
Edmonton City Councillor; Ward 5

Late last year, I had the pleasure of attending an Edmonton Federation of Community Leagues function honouring league volunteers and recognizing outstanding projects from within each league. I took in an inspiring array of initiatives, ranging from building renovations to graffiti patrols, and was reminded that the strength of our

city still resides in our volunteers.

People frequently expect the city to solve problems in our community, and there is no doubt that government plays a role, but government is at its best coordinating the work of committed volunteers.

Capital City Cleanup is one growing example of successful citizen mobilization to improve our city. Our office of traffic safety is also working on pilot projects in a number of neighbourhoods with tremendous volunteer support.

I attended the Terwillegar Community League AGM in the fall and was impressed with the strong turnout, as well as the care and dedication of the league executive. It’s sometimes a struggle to get a league established early on, often without a league building, but your community is well on its way.

There is always work to be done, however. Whether it’s providing recreational opportunities that mean so much to neighbourhood children, or advocating for fairness in planning, neighbourhoods that thrive are the ones with strong leagues supported by active citizens.

So think about volunteering if you’re not already.

If you have any questions or concerns please feel free to contact me at [don.iveson@edmonton.ca](mailto:don.iveson@edmonton.ca) or (780) 496-8132.

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(Located in Terwillegar Towne)

# MLA sees growth for Alberta in coming months



by Dave Hancock  
MLA Edmonton  
Whitemud

Alberta is fortunate to be better positioned to weather the current fragile economic situation than other areas of the country and the world. While most

other areas of the world are expecting to be in recession, Alberta is still generally expected to see growth in the coming months, though at a reduced rate than in previous years.

Our economy is fundamentally strong because we are debt free, have some of the lowest taxes in the country, and our investment climate is still attractive. We also have existing large-scale, long-term investments in the heritage savings trust fund.

Budgeting will not be easy. Albertans can be certain that their provincial government will not go back into debt, and there are no plans to raise taxes.

There is \$7.7 billion set aside in the sustainability fund to cushion government

service delivery from unexpected declines in revenue. In a technical deficit scenario, our expenses would be higher than our revenues, but we can draw on the sustainability fund to make up the difference.

The provincial government will need to carefully control any increase in spending to make sure it is manageable not only this year but into the future. Albertans can expect that while we do have a strong position, it will not be business as usual, and we will have to take steps to bring expenditures in line with provincial gross domestic product and non royalty income grown.

In addition, while other provinces are looking to increased infrastructure spending to bolster their economies during this downturn, Alberta already has a substantial infrastructure program. Alberta's per capita spending on infrastructure is about three times the per capita average of other provinces.

Over \$7 billion is set aside in the capital account to fund currently announced projects to develop and maintain Alberta's infrastructure.

Albertans continue to enjoy a substantial tax advantage compared to other provinces. If

Albertans and Alberta businesses were in any other province, they would pay between \$3,000 and \$5,000 more per person — a total tax savings of between \$10 and \$18 billion!

Alberta has the lowest personal taxes and general corporate tax rate, as well as the second lowest small business tax rate among provinces. Alberta businesses do not pay capital taxes or payroll taxes as they would in other provinces. The recent elimination of health care premiums and the absence of a provincial sales tax also continue to benefit everyone in Alberta.

As we look to future budgets, we are well aware of the importance of sustainable and stable investment in services and infrastructure. Albertans can continue to count on their government's prudent fiscal management to ensure we continue to have the services Albertans need.

Should you have any questions or concerns about Alberta's fiscal situation, or any other issue, I am always pleased to hear from constituents. I can be reached by e-mail at edmonton.whitemud@assembly.ab.ca, and our constituency office's phone number is (780) 413-5970. I look forward to hearing from you!

## Councillor gives a break-down on property taxes



by Brian Anderson  
Edmonton City Councillor; Ward 5

Individual citizens are really only concerned about how much more they pay for city services. However, when a headline in the Journal reads "Council raises property taxes 7.3 per cent for 2009," the citizen assumes that property taxes (PT) are going up 7.3 per cent and utility fee increases are on top of that.

I'm going to give you a brief explanation of the 2009 property tax adjustments:

- In 2008, waste collection management was funded by a monthly fee (\$15.19) and property taxes (\$28 million).
- The interim 2009 property tax increase is 7.3 per cent.
- The \$14 million residential portion of PTs previously used for waste management is being removed from the residential PT base (equal to 3.7 per cent).
- A \$14 million non-residential portion (industrial/commercial) of the PT base is being used to provide a rebate to residential property owners for 2009 only (equal to 3.7 per cent on average).
- The average house (assessed at \$400,000) will see their PTs remain relatively neutral when compared to 2008. For example:
  - +7.3 per cent increase
  - 3.7 per cent PT reduction
  - 3.7 per cent waste management rebate
  - = -0.1 per cent reduction

Utilities under council's control will increase for 2009:

- a) New waste management utility  
\$182 (2008) to \$319 (2009) = \$137
- b) Sanitary sewer utility  
\$278 (2008) to \$300 (2009) = \$22
- c) Land drainage utility  
\$61 (2008) to \$66 (2009) = \$5

The total is approximately \$160 for PTs and utilities.

As you can see, the 2009 impact on a household is almost exclusively due to utility increases. Non-residential property owners will not receive the \$14 million PT reduction or the \$14 million rebate and will pay 7.3 per cent more in PTs, but they will not pay into the waste management utility (they have always hired private contractors to deal with their solid waste). Non-residential property owners will also pay the increased sanitary and land drainage fees.

In a 2007 (most recently available) comparison of the 24 largest Canadian cities, Edmonton ranks third lowest in municipal property taxes paid. Only

Calgary and Medicine Hat are lower. Calgary collects revenue from non-residential properties at a significantly higher rate than Edmonton, which allows them to keep residential PTs lower.

When you add all utility charges (telephone, power, water, sewer, land drainage and garbage) to property tax, Edmonton is the sixth highest, with London Ontario, Hamilton, Grande Prairie, Ottawa and Toronto being higher.

If you have any further questions, please contact me at my office at (780) 496-8130 or by email at bryan.anderson@edmonton.ca.

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# Community events bring valuable rewards



by Steve Simala  
TCL President

I recognized the envelope. It was from the City of Edmonton, tax division, and I knew it held my annual home appraisal.

"Honey," I called to my wife, "this is either good news or bad news, depending on how we choose to look at it."

The bad news is that my house has, according to the city, dropped substantially in value. The good news is that since property tax is calculated against that appraisal, my tax will be lower than it would be if my house was valued more highly. Since we are not in a position where we need to sell, we chose to look at it as good news.

But it has got me thinking about how the current economic situation in our world does impact us as individuals, some much more than others. Most of those circumstances are far, far

beyond our control, often producing anxiety and fear.

I've come to discover that whenever I can choose to find some good in a situation, I end up better off. It is a discipline that I have to work at continually, but one that gives me hope and perspective instead of anxiety and fear.

I believe a big part of that comes from how our culture seems to equate personal worth with material possessions — the old "the one with the most toys wins" mentality.

I was in a shopping mall over Christmas and heard a song playing over the intercom: "It's Christmas and I want a million things / It's Christmas time so don't stop spending." Really, those were the exact lyrics.

And yet, two years ago I spent a couple weeks volunteering in the poorest country in South America, Bolivia, with a group of children in extreme poverty (they actually lived in a prison with their parents, because there is nowhere else

to go). The thing that shocked me most was that these kids, with absolutely nothing, have more joy in their lives than I do in mine.

Not long after I came back, I found a website that put this in even more perspective: check out "storyofstuff.com."

Let's be a community that lives differently. A community that invests ourselves in our families and friends — that looks for good, even in the middle of hard times. One that loves to laugh, and that especially values people who are undervalued in society.

We have a couple of great events in the next little while that can facilitate this: our Family Day celebration and our ski night. (See pages 1 and 3 for details.)

The reason the league organizes these is simple — to create opportunities to come together as a community and enjoy each other and play together.

Hope to see you there.

## Terwillegar Community League joins Facebook

by Tamara Stecyk  
TCL Communications Director

The Terwillegar Community League (TCL) is committed to keeping its members up-to-date with current events and news from the board of directors.

The league's website, [www.terwillegar.org](http://www.terwillegar.org), is currently being overhauled and will be updated as soon as possible. If you have any suggestions of what you would like to see on the website, please let one of the board members know.

At the board meeting in January, it was agreed to start a Facebook group for the TCL. Communications director Tamara Stecyk is the administrator, and it's easy to sign up if you are a Facebook user. Photos, stories, events and discussions are welcome. The board is dedicated to communicate important issues to the community, so any feedback is greatly appreciated.

If you also believe that the TCL should be on other social media websites such as Twitter or MySpace, please let us know by contacting Tamara at [communications@terwillegar.org](mailto:communications@terwillegar.org).

### Edmonton Oil Kings

Join us at Rexall Place for a king size night out!

#### EFCL Hockey Nights

Saturday, Jan. 31 vs. Regina @ 7 p.m.  
Spiderman Appearance

Sunday, March 8 vs. Lethbridge @ 5 p.m.  
Kids Carnival

**Tickets only: \$15**  
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1. Contact the following for Promo Code:  
John Sutherland, Oil Kings: (780) 409-2474 OR  
Valerie Pachal, EFCL: (780) 437-2913
2. Log on to [www.oilkings.ca](http://www.oilkings.ca)
3. Under Ticket information, click on Super Groups
4. Click on Edmonton Federation of Community Leagues
5. Enter the Promo Code and Build a personal account
6. Select the game(s) of choice and purchase seats

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### In your community . . .

*These are the people in our neighbourhood:*

**Residents' Association:** Responsible for the maintenance of this fine place, including our beautiful trees and parks. It is also responsible for the regulation of neighbourhood architecture. (Do you have a mailbox? Two bushes and a tree?) Annual fees are required and residents are contacted directly if payment has been missed.

**Community League:** Responsible for the personality factor and all the extras. This includes all of those fun events you get to attend, our website ([www.terwillegar.org](http://www.terwillegar.org)), the Terwillegar Community League News, neighbourhood watch, and more. Membership fees are optional (but well worth it!).  
E-mail [memberships@terwillegar.org](mailto:memberships@terwillegar.org) to join.

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

Who's a good neighbour?  
Do you know of someone  
worthy of mention?

Let us know!!

[editor@terwillegar.org](mailto:editor@terwillegar.org)

# Pastor reflects on St. Valentine's message



*Ken MacDonald is Pastor of Terwillegar Community Church*

Every February, across the country, candy, flowers, and gifts are exchanged between loved ones, all in the name of St. Valentine. Who is this mysterious saint and why do we celebrate this holiday? The history of Valentine's Day and its patron saint is shrouded in mystery.

But we do know that February has long been a month of romance. St. Valentine's Day, as we know it today, contains vestiges of both Christian and ancient Roman tradition. So, who was Saint Valentine and how did he become associated with this ancient rite?

According to one legend, Valentine actually sent the first 'valentine' greeting himself. While in prison, it is believed that Valentine fell

in love with a young girl who may have been his jailor's daughter. According to legend, she visited him during his confinement. Before his death, it is alleged that he wrote her a letter, which he signed 'From your Valentine,' an expression that is still in use today.

The history is a little murky to be honest, but the stories certainly emphasize his appeal as a sympathetic, heroic, and, most importantly, romantic figure. It's no surprise that by the Middle Ages, Valentine was one of the most popular saints in England and France.

While some believe that Valentine's Day is celebrated in the middle of February to commemorate the anniversary of Valentine's death or burial, which probably occurred around 270 A.D., others claim that the Christian church may have decided to celebrate Valentine's feast day as a way to bring a Christian perspective to the Roman festivals.

Regardless, we now have a tradition that we love to celebrate each year. It's one of those special days on the calendar when we get a chance to say "I love you" to someone special in our lives — whether by card, phone call or a beautiful candlelit dinner.

None of us really knows what's ahead in 2009, but we all know the tremendous value of "love." The song that was popular decades ago is still relevant today:

What the world needs now is love, sweet love.  
It's the only thing that there's just too little of.  
What the world needs now is love, sweet love.  
No, not just for some, but for everyone.

If you boil life down, it's not all that complicated. We all basically need that precious commodity called "love." How do you heal a broken relationship? Love! How do you resolve a conflict? Love! What is the primary need of all of our hearts? Love!

Centuries ago, Jesus clarified what was most significant for us during our stay on planet earth. Here it is from Matthew 22:37ff: Jesus said,

*"Love the Lord your God with all your passion and prayer and intelligence.' This is the most important, the first on any list. But there is a second to set alongside it: 'Love others as well as you love yourself.' These two commands are pegs; everything in God's Law and the Prophets hangs from them."*  
(Message)

## Letter to the editor

I'm not sure who cleans off and checks the skating rink, or if there is more than one person, but my family would like to say: Thank you so much. We truly enjoy it. You do a wonderful job, and whenever we come down with shovels to do our part, it is already done.

That is true community spirit!

Thanks again,  
The LaFrance family

### Riverbend Lutheran Church



Riverbend Rd & Rhatigan Rd E.

[www.riverbendlutheran.com](http://www.riverbendlutheran.com)

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Education Hour 8:45am

Rev. Cliff Haberstock, Pastor

Kathy Cornish Dir. of Youth & Parish Services

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Each Wednesday at 10 a.m.

Guest on February 25

Ruth Clarence: "How to Stretch

Your Dollars in Tough Times."

**Terwillegar Community Church**

1428-156 Street

780-430-8389

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

# Free programs available at Riverbend Library

by Jackie Hildreth

Assistant Manager, Riverbend Public Library

- Parents:** Our pre-school programs for your children begin again in early February. Go to [www.epl.ca](http://www.epl.ca) for exact pre-registration dates and program details. Riverbend Public Library offers fantastic children's programs at no cost!
- Spring break at the library:** Do you love soft, furry puppets? Do you love puppet shows? There will be lots of fun programs during spring break for you! Check it out at [www.epl.ca](http://www.epl.ca).
- Teens rock at the library:** Teens will be making fun, safe explosions at Riverbend Public Library on Friday, April 3 at 2 p.m. as part of their spring break programming.

- Lamplighters — Light the Way for Seniors in Need:** This adult program will focus on seniors and how we can recognize changes in seniors. It will be of keen interest to anyone caring for seniors, either professionally or personally. The program is on Wednesday, Jan. 25 at 7 p.m. (note the change of date from the website).
- Antiques Roadshow:** You won't want to miss this entertaining and informative afternoon! You may bring one small item (no furniture) to be appraised by Mr. Arthur Clausen, a well known Edmontonian antiques appraiser and auctioneer. There is no cost, and coffee and tea will be served, but come early to get a chair! It happens on Saturday, March 7 at 1 p.m.

## Neighbourhood watch begins with a vision

by Vern and Enza Gorman

Neighbourhood Watch zone leaders

The new Neighbourhood Watch program within our community will require a unified interest in becoming aware of the program and what tools are available to assist in our development as a community watching out for each other.

It is our plan to provide the information required to educate our community through articles in the Terwillegar Community League News.

In the near future, we will request volunteers from each development within our community league in order to put in place a contact person close to the residents. Developments include Terwillegar Towne, Terwillegar Greens, Terwillegar Gardens, South Terwillegar, Sandalwood, Magrath, Citadel at Magrath, MacTaggart, Uplands of MacTaggart, and MacTaggart Mains. Those individuals will help to support inquiries and report concerns to the zone leaders.

To start, here is a little bit about the Neighbourhood Watch program:

### Introduction:

The Edmonton Neighbourhood Watch Program Society is an organization whose volunteer members practice passive crime prevention techniques in every neighbourhood as a service to Edmonton residents. It operates as a registered charity under the auspices of the Edmonton Police Service and with the assistance of the community league movement. It is built on the premise of the "block watch," where neighbours watch out for each other.

### Vision

Propelled by the vision statement, 'working together to prevent crime,' the Edmonton Neighbourhood Watch Program Society strives to reduce criminal activity through the combined preventative efforts of volunteers in each community and the Edmonton Police Service.

### Mission Statement

To improve the quality of life within all Edmonton communities through the fostering of an educational and cooperative crime-prevention program at the neighbourhood level by working to encourage awareness and participation.

Should you observe any behaviour that you feel merits reporting, please contact the e-mail below and we will reply as soon as possible. If it's of an urgent nature, contact 911.

If you have any questions about the program, or if you would like to indicate an interest in being involved, please contact the zone leaders at [watch@terwillegar.org](mailto:watch@terwillegar.org).

From our family to yours, we wish you a very safe and happy 2009!

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# JOIN THE LEAGUE

Name #1: \_\_\_\_\_ Date: \_\_\_\_\_

Name #2: \_\_\_\_\_

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

Postal Code: \_\_\_\_\_

Res. Ph.: \_\_\_\_\_ Bus Ph.: \_\_\_\_\_

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

Children's Names: \_\_\_\_\_ Y/M/D \_\_\_\_\_ M/F \_\_\_\_\_

**Terwillegar  
Community League**

**Membership Type:**  
 Senior:  Single:  Other:   
 Adult:  Family:

Member interested in participating in activities?  
 Yes  No  (See Over)

Member willing to volunteer?  
 Yes  No  (See Over)

Fee Paid: \_\_\_\_\_  
 Donation: \_\_\_\_\_  
 Total Paid: \_\_\_\_\_  
 # of Skate Tags: \_\_\_\_\_  
 Cash:  Cheque:  Cheque#: \_\_\_\_\_

---

Volunteer Interests	Comments
Activity Interests	



## Coming events

**Feb. 7-21:** Soccer  
 Registration  
**Location:** Riverbend  
 Community Hall  
 See article on page 19 for details.

**Feb. 15:** Snow Valley  
 Ski night  
**Location:** Snow Valley  
 Ski Hill  
 6:30 p.m. —  
 10 p.m.

**Feb. 16:** Family Day  
 Celebration  
**Location:** Tomlinson Park  
 10:30 a.m. —  
 1:30 p.m.

*If you know of any upcoming events and would like to list them in the newsletter, please contact:*

*[editor@terwillegar.org](mailto:editor@terwillegar.org)*

## Free swim time

Don't forget that with a community league membership, you get free swim time at the Confederation Leisure Centre at 11204 43 Avenue on Sundays from 4 to 7 p.m.



Please bring your membership card; admission may be declined without presenting your card.

MEMBERSHIP FEES: FAMILY, \$40,  
 SENIOR/SINGLE/ADULT, \$30

MEMBERSHIPS EXPIRE ANNUALLY ON AUG. 31.

SEND MEMBERSHIP FORMS TO:  
**TERWILLEGAR COMMUNITY LEAGUE**  
**BOX 84031, TOWNE CENTER RPO**  
**T6R 3A0**

PLEASE MAKE CHEQUES PAYABLE TO:  
**TERWILLEGAR COMMUNITY LEAGUE**

# Worm your way to a greener planet

by Steve Johnson

Worms are interesting. Who knew that something that I used for fishing bait as a kid and that can provide such entertainment for watching robins in the yard could also have a beneficial use in our homes? That is, if you can get your significant other to allow worms in the house.

Now, why are worms beneficial in your house? If you have never heard of vermi-composting, then this is your introduction to a fun way to save the planet. By using this technique, you can reduce the amount of organics you throw out, produce a great additive to improve your garden and house plants, recycle nutrients, show your kids a fun way to manage your waste, and, if you are a fisherman, have a ready supply of worms for fishing. Also, your kids will be learning about this at school in Grade 4, so it could be a nice way for you to appear smart.

All you need to get started is a worm bin, bedding material, worms, and the willingness to try.

For the bin, I recommend a plastic or Rubbermaid tote ranging between 40 and 70 cm in all dimensions. That way, it is small enough to move around easily if you plan to move it in and out of the house depending on your spouse's current level of tolerance. My bin is currently at my office. The lid should have a few small holes drilled in and covered with nylon or some other fine mesh to prevent flies from getting in.

The bedding material is the critical element, as it needs to meet all the worms housing needs. The easiest material to use is shredded newspaper as we have no shortage in the city. I use the Edmonton Sun as I know they

use vegetable-based inks. I like running the newspaper in a longitudinal shredder. Do not use a cross cut shredder as the newspaper will compact too easily. Then, just apply some water so the bedding material has the consistency of a wrung out sponge. The final ingredient is worms.

Now, the typical worm you find in your backyard won't do. There are only a few species of worms that work, and you can order them in from Earth's General Store at [www.earthsgeneralstore.ca](http://www.earthsgeneralstore.ca), or talk to one of the City of Edmonton master composters who may have extra worms when they split their bins (when they harvest the vermin-compost — otherwise called worm castings). I'd order at least a half pound of worms to start. Then, all you have to do is add vegetable scraps under the bedding, and let the worms do the work.

As humans, worms have foods they like and don't like. This you will learn over time, but the basic menu is vegetable and non-citrus fruit scraps, bread, tea bags and coffee grinds. My only other recommendation is to freeze or bake the scraps before adding it to the bin to ensure those pesky fruit flies or their eggs aren't viable.

There are many books that can assist you with vermi-composting that you can order in or find at the library. I have 'The Worm Book' by Loren Nancarrow and Janet Hogan Taylor. The City of Edmonton also has a nice overview of the subject on their webpage at [www.edmonton.ca/for\\_residents/garbage\\_recycling/worm-composting.aspx](http://www.edmonton.ca/for_residents/garbage_recycling/worm-composting.aspx).

Happy composting!

## Rink safety and etiquette

Throughout the winter many of us take advantage of our favourite skating rink — the storm water pond south of Tomlinson Park. This has become one of Terwillegar Towne's winter gems! For everyone's enjoyment, please remember the following:

1. The City Of Edmonton monitors the ice thickness — DO NOT skate until the City of Edmonton posts a sign indicating the ice is a safe thickness.
2. **Bring a shovel!** This rink is cleared by VOLUNTEERS. All help is greatly appreciated.
3. **Take your garbage.** Please do not leave any garbage or litter around the ice surface. The gentleman who snow blows the rink has had several objects plug his snow blower.
4. **Be patient.** Everyone is anxious to use the rink, but if it is not cleared, see point #2.
5. **Say Thank You.** This rink is exclusively maintained by residents who live around the lake. Terwillegar Community League has NO affiliation (other than our sincere appreciation) in the snow removal or flooding of this rink. Leave a thank you note, bring a shovel and take your garbage.

## Sand available for sidewalks

**Looking for a cheap and environmentally-friendly way to attack the ice on your sidewalks?**

The City of Edmonton transportation and streets department makes sand available to residents for icy sidewalks.

At your request, the city will supply and install a sandbox in your community. The sandbox will be filled throughout the winter season as required. To have a sandbox delivered to your community, please call Roadway Maintenance's 24-hour call centre at (780) 496-1700. The location of the sandbox will be mutually agreed upon and remain on site year-round.

City of Edmonton Community Services



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# Think outside the box of chocolates

by Kendra Compton  
Balanced Fitness

Valentine's Day is right around the corner, and now is the perfect time to put some extra thought into your gift-giving. Do you typically buy her a bouquet of flowers or a box of chocolates, or try to make that last-minute reservation at one of her favorite restaurants and hope you get in?

Well, this year think outside the box of chocolates. Truly think about things she would like and things that would also benefit her health and wellness. This year, show her how much you love her with some new ideas.

Here are a few thoughtful Valentine's Day gifts that go beyond dinner and chocolates. Please note: these ideas are also great for that special man in your life.

## Books, CDs or DVDs

Take some time to see what she already has in her bookshelf, music or movie collection. Purchase books written by authors you know she would enjoy and encourage her to take some downtime for herself.

Find relaxing music to help her de-stress and unwind at the end of a busy day. Or pick out some new movies that she would love but has not had a chance to watch with her hectic schedule.

## 24 hours of personal service

Here is a great opportunity to do all those chores around the house that you might be getting nagged about, or to give her a feeling for 24 hours that her every whim is being catered to. Perhaps wake her up with breakfast in bed and bring her the morning paper. Then, while she relaxes and focuses on herself for the day, clean the house from top to bottom, cook all the



meals and do all the driving to activities and events.

Allow her to escape all responsibilities for a day. It will be great for her health and mental well-being.

## Spa gift certificates

A facial, tranquility bath or massage is a great way to improve health and increase one's overall sense of well-being. So consider purchasing a mini spa package, or a 60-minute massage and pedicure for her. Give her a chance to unwind, relax and rejuvenate.

## Gym membership

Purchase a membership to her favorite gym, and provide her with a gift that will let her take time for herself, and for her health and fitness. Or use it as an opportunity to purchase a membership for the two of you, and spend more time together. Valentine's Day is a great time of year to purchase a gym membership as many fitness facilities offer great deals for gift-giving.

## Valentine's fitness baskets

This is a gift you can create yourself and show that you put even more thought and effort into this special day. Your Valentine's Day fitness

basket might include a couple of good fitness DVDs, resistance bands, a stability ball, some sessions with a personal trainer, and anything else she might enjoy.

## Gadgets or gizmos

Gadgets and gizmos aren't just for men anymore. What about a new camera for her to capture special moments in her life? Or an iPod or MP3 Player? Or if she is into exercising, go to your local fitness store and check out the latest gadgets they have to help her with her workouts. If she enjoys walking or running, she may like a new talking pedometer.

## Mind, body, and spirit gifts

Help her find more balance and wellness in her life this Valentine's Day with a gift that focuses on her mind, body and spirit. Purchase a six- or eight-week session of Yoga or Pilates classes. Along with it, buy her a new yoga mat for the class, or a gift certificate for a new workout outfit at one of her favorite fitness clothing stores.

## Personal or partner training sessions

Does she talk about getting into better shape, want to find more time for exercise, or wish she had her own personal trainer? This is the perfect opportunity and time of year to purchase some personal training sessions for her.

Or maybe she has a friend or family member she would love to spend more time with. Consider purchasing partner training sessions so they can have fun, support each other and work out together. It is always more fun with a friend!

If you are a traditionalist and these ideas are more than you are up for, then go ahead and throw in a shiny box of chocolates or a dinner for two. Or spice things up this year and make 2009 stand out as a great Valentine's gift-giving year.

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## "The 5 Keys To Transforming Your Body In Record Time!"

How to Reclaim Your Attractive, Healthy And Energetic Body.... Once and For All!

### ARE YOU....

Confused by all the conflicting fitness information you hear on a daily basis?

Trying to decide between low-fat, low-carbs, no carbs, high protein?

Trying to decide to lift weights, just do cardio, walk or run?

Are you tired of the constant cycle of losing and gaining weight?

Don't let 2009 be just another year that you "try" to lose weight and live a healthier life.



### STOP THE INSANITY!

Join Kendra Compton, Owner of Balanced Fitness, for a **1 hour crash course** on the **5 Keys to Permanent Weight Loss Success** and receive a... **Fitness and Nutrition Blueprint** for successfully reclaiming Your Attractive, Healthy and Energetic Body.

- Tuesday February 24th @ 7:00pm at the Riverbend Community Centre (Social Room), 258 Rhatigan Road East

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# Five tips simplify your New Year's resolution

by Nicole Tull, BKA  
Nutritionist

It's the new year, and that means it's time to make new year's resolutions. Often, our resolutions pertain to losing weight, eating better and getting in shape. It seems these resolutions have great intentions but are soon enough forgotten. So let me give you some tips on how to eat healthier in the upcoming year.

1. Avoid fad diets — Fad diets can work in the short term but are very difficult to maintain because they limit or eliminate certain foods or food groups. Limiting or eliminating food can lead to cravings and potential health risks.
2. Eat less processed foods — Often, these foods are low in nutritional value and are high in salt, fat or sugar.
3. Eat more fiber and whole grain items — Health Canada recommends consuming at least 20g of fiber per day. Fiber can be found in fresh or frozen vegetables, breads and cereals.
4. Limit refined sugar — High fructose corn syrup, white sugar, and glucose are a few names of refined sugars. These sugars are digested quickly and cause a spike in blood sugar.
5. Limit unhealthy fats — Saturated and trans-fats are known as the bad fats. They are responsible for artery clogging. Many food manufacturers are now labeling their items as trans-fat free, but be sure to check the saturated fat content.

It is difficult to make healthy choices all the time so moderation is the key. Canada's food guide is a great source of information to start making healthy food choices and can be downloaded at [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca).

## Looking for a LOW-KEY way to volunteer?

Your community newspaper is looking for:

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- **Ad Representatives:** Help us find the financial support to print all these great articles.
- **Cartoonists:** Think you can make your neighbours giggle? Show us your stuff!

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Please contact: [editor@terwillegar.org](mailto:editor@terwillegar.org)

# TRSA donation makes players shine

by Joanne MacMillan

A team of young men from the Northwest Territories went on to win gold in the Polar Cup Soccer Tournament (U16 tier 6 group) while wearing jerseys donated by the Terwillegar Riverbend Soccer Association (TRSA).

Charlane Gorsak, (TRSA Program Manager), recalls seeing the boys emerge from the dressing room on the first night of the tournament, wearing make-shift soccer jerseys comprised of black t-shirts with masking tape for numbers. "I just hoped there was some way I could round up a set of jerseys to donate to them so [the] boys could have some real soccer jerseys for their team," she says.

With some help from TRSA equipment director Brian Jones, Charlane hunted through a mountain of soccer bags to find just the right jerseys. "I was so pleased when the boys came out of the dressing room wearing the great red and white jerseys (fitting Canadian colours) that we had donated. I was hoping that they weren't superstitious about changing jerseys as their team was enjoying a record of two wins, no losses before changing shirts.

"When I delivered the jerseys to the coaches from Ft. Simpson at the west soccer center the next day, they were so appreciative and thanked me more than once." The team is made up of boys from many small communities in the NWT, and the first time they play together is when they come to Edmonton for the annual Polar Cup Soccer Tournament held over the Christmas break. The players are funded by bingos and other fundraising efforts by their communities.

"It was [a] spur of the moment gesture, and I

hope the boys went back to the NWT with lots of great memories of Edmonton."

This year's 2008 Polar Cup Soccer Tournament marked its 16-year anniversary. Three hundred and forty eight teams from all over Western Canada, the North West Territories, and Yukon

Territory competed in the 2007 tournament, hosted by the Edmonton Minor Soccer Association. As a result of its growing popularity and size, the Polar Cup Soccer Tournament has earned the title of 'The largest indoor soccer tournament in Canada.'

## Soccer Registration

Can't wait for the grassy season? TRSA's in-person registration dates for the outdoor soccer season are:

**Saturday, February 7, 10 a.m. — 2 p.m.**

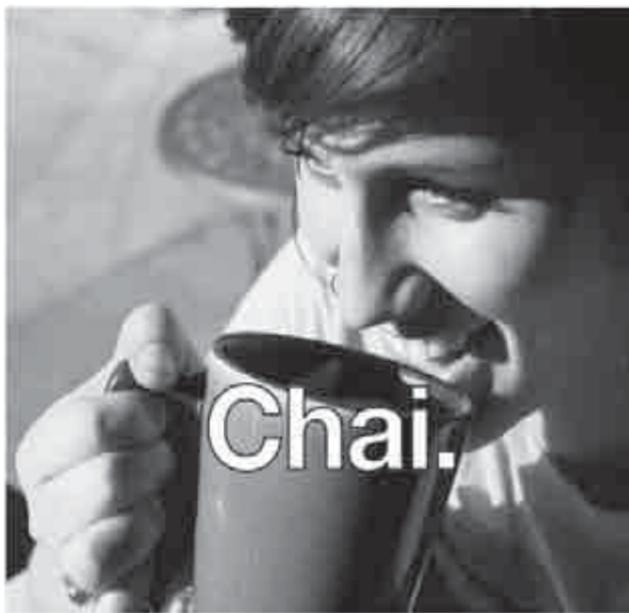
**Thursday, February 12, 6:30 — 8:30 p.m.**

**Saturday, February 21, 10 a.m. — 2 p.m.**

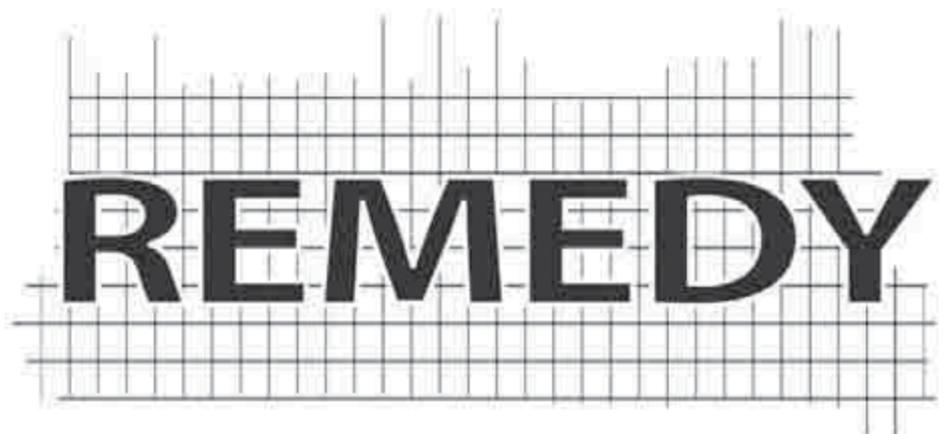
Registration is at the Riverbend Community Hall, 258 Rhatigan Road East. Advance online registration is available as of Jan. 26. See [www.trsa.ca](http://www.trsa.ca) for details.

*If you can spare a little time on these dates, community league volunteers are still needed.*

*Please contact [memberships@terwillegar.org](mailto:memberships@terwillegar.org).*



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## How to contact the league

**General league phone number: (780) 278-7714**

Most calls will go directly to voice mail, but will be returned by the appropriate board member as soon as possible.

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

### Board members:

President, Steve Simala-Grant, [president@terwillegar.org](mailto:president@terwillegar.org)

Vice-President, Richard Pangrass, [vicepresident@terwillegar.org](mailto:vicepresident@terwillegar.org)

Treasurer, Sherry Allan, [treasurer@terwillegar.org](mailto:treasurer@terwillegar.org)

Secretary, Corey Froese, [secretary@terwillegar.org](mailto:secretary@terwillegar.org)

Memberships, Kim LaFrance, [memberships@terwillegar.org](mailto:memberships@terwillegar.org)

Programs, Shauna Duval, [programs@terwillegar.org](mailto:programs@terwillegar.org)

Program Aide, Karey Steil, [prog\\_aide@terwillegar.org](mailto:prog_aide@terwillegar.org)

TRAC community advocate, Glen Pearson, [trac@terwillegar.org](mailto:trac@terwillegar.org)

Editor, Terri Saunders, [editor@terwillegar.org](mailto:editor@terwillegar.org)

Webmaster - vacant

Communications, Tamara Stecyk, [communications@terwillegar.org](mailto:communications@terwillegar.org)

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# Winter activities to warm the heart

*by Terri Saunders  
Newsletter Editor*

Get out, get out, wherever you are!

Many take advantage of the season to catch up on television re-runs, but winter offers many outdoor activities to get you on the go.

Consider **cross-country skiing** along the snow-filled walkways or in parks in your neighbourhood. Or check out city walking maps for alternate trails.

Have you ever been **snow-shoeing**? Rent a pair and try it out in the neighbourhood, or visit the John Janzen Nature Centre on Jan. 30 or Feb. 6 for their moonlight snowshoe and lantern tour. (Call 311 to register. See [www.edmonton.ca/johnjanzen](http://www.edmonton.ca/johnjanzen) and click on the Attractions Program Winter Guide 2009 for details.)

Slap on a pair of **skates** and visit the local rinks and ponds in the area. It's a great way to get to know your neighbours!

The Terwillegar area also has a few great places for tobogganing. Whether you join in the fun, or hang on to your hot chocolate on the sidelines, get out and have a look! Some **tobogganing hills** include:

- The ravine park along Towne Centre Blvd.
- Small slopes along the storm water pond south of Tomlinson Park
- The park in South Terwillegar along South Terwillegar Dr.
- Haddow park on Haddow Dr. (west of Terwillegar Dr.)
- Ramsay park on Riverbend Rd. and 43 Ave.

You can also check out [www.edmonton.ca](http://www.edmonton.ca) for more tobogganing areas around the city. Just search for tobogganing!

Whatever you do, get out and enjoy the weather. Before you know it, we'll be standing in puddles, and they're a little hard to navigate with skates on.



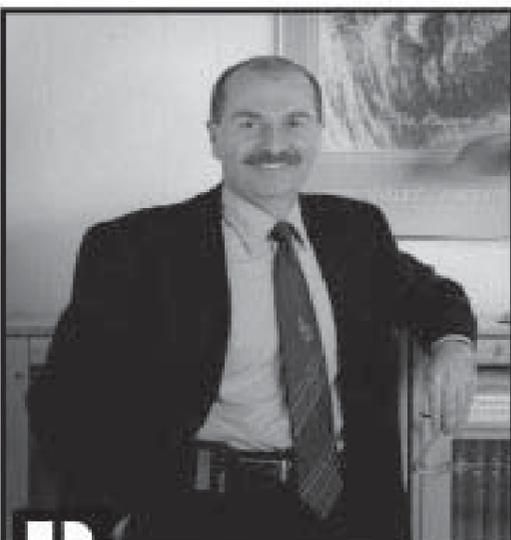
*Left: Jillian Babchuk snowshoeing at the John Janzen Nature Centre.*

*Right: Enza Fata and Shannon Gorman enjoy the skating area in South Terwillegar.*



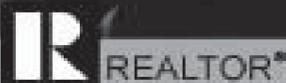
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