

Terwillegar Community League News

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

Numbers jump to 150 for ski night

by Priya Nelson
TCL Fundraising

What a wonderful way to spend a Sunday evening!

Over 150 community league members and residents attended the Ski and Snowboard night held at Snow Valley on Sunday, Feb. 15.

It was a chilly night, but everyone was bundled up and ready for some fun. Doors opened at 6:30 p.m. to many eager faces. They picked up their lift tickets, rentals and signed up for lessons.

Lifts opened at 7 p.m., and the hill was alive with laughter, chatter and good fun. We are so fortunate to live in a community with great people. Everywhere I looked, people were talking, laughing and helping each other out.

It was nice to see people introducing themselves to their neighbours and getting to know each other. What a great feeling to be sitting on the quad chair lift and talking to everyone around you!

There were people there that had never skied before, some that have been skiing for years, and every ability in-between. There were even kids as young as two coming down the bunny hill.

People enjoyed hot chocolate and snacks in the chalet while they warmed up, and then it was back out on the hill. We closed the hill down at 10 p.m. with a few people still wanting to get one last run in.

I want to send a sincere thank-you to Anne Smith and Joanne Knox for volunteering to help with lift tickets and raffle ballots. A huge thanks to the staff at Snow Valley — rentals were handed out quickly and lessons ran smoothly.

One last dose of gratitude goes to Starbucks Coffee (on 23 Ave. and Rabbit Hill Rd.), Home Depot (Windermere location) and Snow Valley for their generous donations of door prizes.

We had so much fun, learned a few new skills and got to know some new faces that we are doing it again next year!



Want Family Day pics?
Check out page 5!

Clockwise from top right: Mother and son ski team, boy gliding on his own, girl finding her footing, young girl loses a ski, father and daughter take the hill together.

Photos contributed by Tasha Lyons



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Dates set for community's next casino

by Joanne Knox

The Terwillegar Community League has just received the dates for our second casino. Our fundraising efforts will be Sept. 16 and 17, 2009 at the Palace Casino in West Edmonton Mall.

This is a fantastic opportunity for the league to raise a great deal of funds in a very short period of time. The casino we worked in February of 2008 brought in over \$75,000 for the league. Some of these funds are being used to build a shade structure at Tomlinson Common Park — look for construction to start as soon as the ground thaws. (See page 3.)

For those who have ever volunteered for a casino before, I am sure you will agree with me when I say that it is quite an enjoyable experience. For me, it was a very social atmosphere, and I enjoyed meeting new neighbours and spending time with old friends.

Please consider volunteering some of your time for the biggest fundraiser that the league has. We are in need of over 40 volunteers to cover both day and night shifts for each of the two days.

If you are interested and available for a shift, please contact Joanne Knox at jkknox@shaw.ca or (780) 426-4009 as soon as possible.

Community garden gets its start

by Steve Johnson

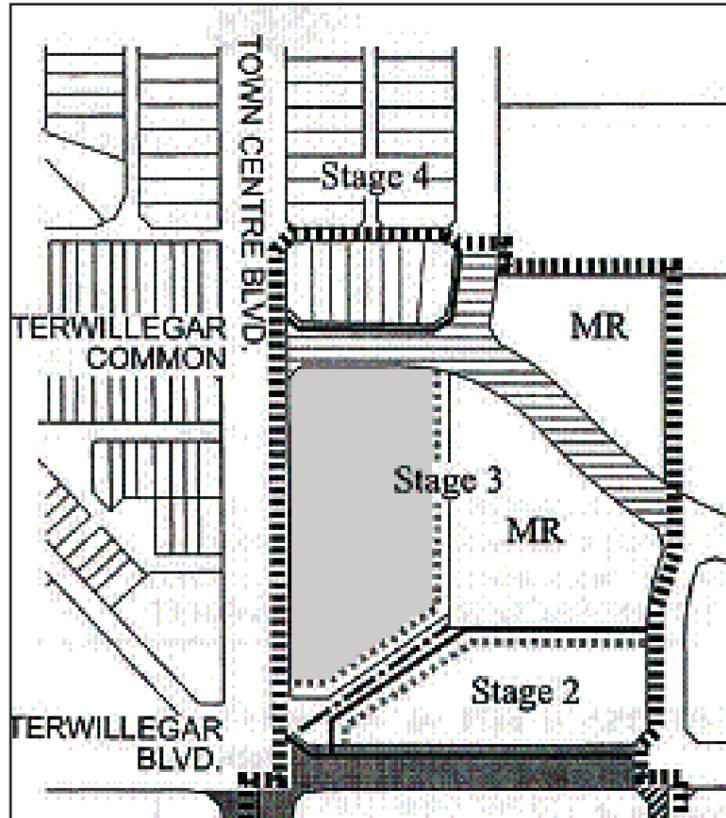
After three years of planning, residents in the area will be able to access a community garden in Tegler Park.

Tegler Park is south of the Edmonton Public and Catholic elementary schools currently under construction and east of the Mac's store on Town Centre Blvd. The area is represented by the shaded Stage three in the diagram to the right.

The temporary garden will be developed this spring. It will be temporary, as we still have to create an approved layout, and the city has not planned to grade the site for another three years.

The community garden network is now looking for volunteers and residents interested in obtaining a plot.

Please e-mail Steve Johnson at juliesteve@shaw.ca or Amanda Urbanowski at aurbanowski@shaw.ca with your interest in volunteering or obtaining a plot.



The lightly shaded area in the diagram above indicates where the community garden will be located.

Spring Break Out March 30 - April 3

Join us for our action packed Spring Break Day Camp, Amazing Adventures! Enjoy outdoor and indoor activities including arts and crafts, games, drama, sports and a new adventure theme everyday!

Early drop-off at 8 a.m. and late pick-up by 5 p.m. is available.

Location: Ottewell Community Hall,
5920-93A Ave.
(Registration code: 316611)

**Location: Yellowbird East
Community Hall,** 10704-19 Ave.
(Registration code 316612)

Who: Children ages 6 - 12 years old

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In Person: Any City of Edmonton
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Park shade construction to start this spring

by Karey Steil

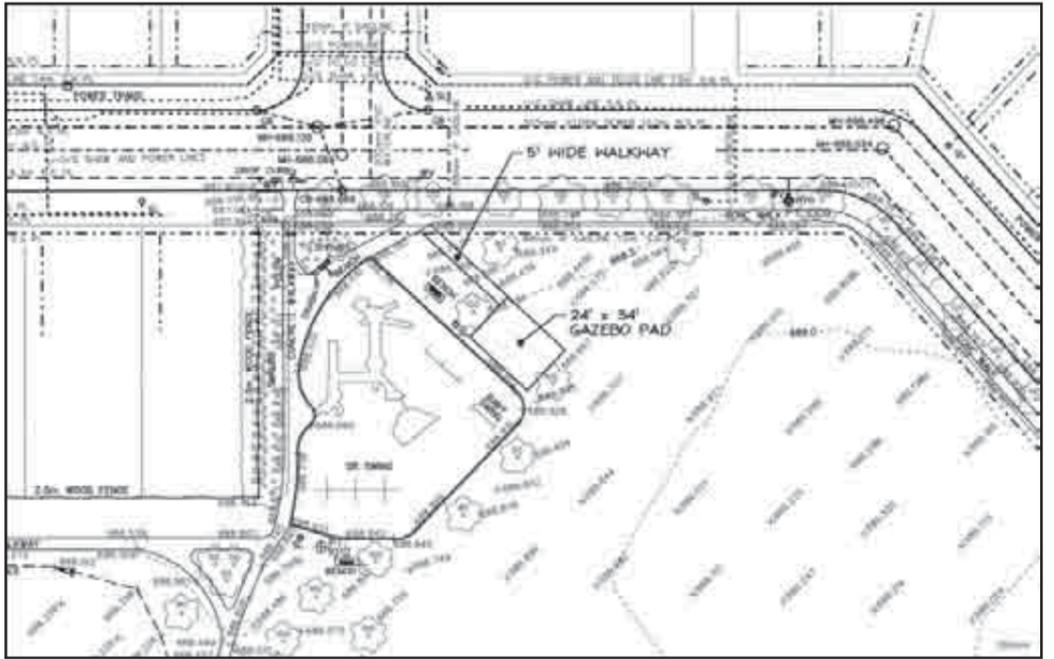
The shade structure at Tomlinson Park is on schedule. Construction, provided by Red Oak Construction, will start as soon as the ground thaws as we are the company's first project of the new season.

The structure should be completed by the beginning of June, and the picnic tables will be installed three weeks after completion to allow for the concrete to cure.

The project will provide three additional picnic tables, three new benches, a bike rack, a garbage can, a paved sidewalk connecting the current walkway to the structure and, most importantly, 24 foot by 34 foot area of shade.

The structure will have black posts, and the roof will be "cool jade green," which will match the lighter green equipment in the playground.

Safety during construction will be a huge priority, so please obey all marked signs and boundaries. If there are any questions, comments or concerns, please contact ksteil@telus.net.



The above diagram indicates where the park shade (here named "gazebo pad") will be built in relation to the Terwillegar Common playground area.

Local girl wins title of Miss Teen Edmonton

by Mary Chan

President, Chan International Productions

A Terwillegar Towne resident was crowned Miss Teen Edmonton 2009 at West Edmonton Mall on Sunday, Feb. 15. Chantel Hupka, a Grade 8 student at Riverbend Junior High School, competed in the personal interview, personality and public speaking, on-camera, evening gown, and final impromptu question competitions, beating out 35 other contestants.

The competition was produced by Chan International Productions, and some of the prizes included beautiful Miss Teen Edmonton stationery, a laptop, personalized towels and fashions. There was also a \$3,000 scholarship from Chan International Model and Talent, and entrance to the Faces West International Model and Talent Convention in November, 2009. This convention will be seen by over 30 international scouts and agents from Paris, Milan, New York, Los Angeles, Osaka, Germany, and more.

Chantel is an amazing role model for teens. She is confident, positive, honest, sincere and friendly to everyone. She has a heart of gold and would love to participate in as many fundraisers and charity events as she can to teach teens to believe in themselves and be all that they can be.

Chantel will be working along with Chan International on various issues including the importance of education, peer pressure, drug and alcohol awareness, and bullying.

Chan International is proud to represent Chantel Hupka as Edmonton's Teen Ambassador. We absolutely love her!



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• **Can't wait to hit** •

• **the playground?** •

• Terwillegar Community League is thrilled to add three extra weeks of programming to our summer Green Shack program. We are also excited to have the same leaders, Chantal and Kimberlee, return for another fun-filled summer.

• Chantal will start May 4 and Kimberlee will start June 1. You can look forward to another great summer of themes and games as well as a few new things. Summer hours will be posted at the playground.

• *Karey Steil* •

• • • • •

Lillian Osbourne's first principal creates vision

by Joanne McMillan

Next September, as she stands at the threshold of Edmonton's newest high school, and welcomes its first Grade 10 students, Janet Hancock believes she will be opening the doors, both literally and figuratively, to Edmonton's next generation of business and community leaders.

In January, Hancock began her tenure as the first principal of Lillian Osborne High School, located in the Leger neighbourhood. (For Terwillegar residents, this will be the "neighbourhood" public high school.) Her first priority is to create a vision around three key guiding principles:

- ✓ Providing students with individualized education — getting to know each and every student.
- ✓ Providing high quality teaching and learning opportunities — by exciting and engaging students in learning.
- ✓ Providing opportunities for community leadership — 1,000 mentors for 1,000 students.

While construction of the school is being completed over the next several months, Hancock will invite community stakeholders, including parents, students, community agencies and business leaders to participate in the development of various aspects of the school's programming.

Her plans include holding series of open meetings in the community and visiting Riverbend Junior High School to talk to students and enlist their ideas about a school mascot, school colours and sports teams. She will also write an interactive blog that will encourage feedback and ideas supporting programming and learning at Lillian Osborne High School.

While it is too early to determine some things, Hancock is very excited to talk about what she knows right now. The high school's maximum capacity of 1,000 students has many benefits, she says, such as getting to know each and every student, providing an individual career focus for every student, and offering a safe school environment. An International Baccalaureate (IB) program will ensure a strong academic focus, and she hopes that every student will participate in at least one IB course at the school.

Admitting her passion for the fine arts, she is delighted that excellent space in the school has been dedicated to drama, music and arts programming. (She also shares that she "would love to have a dance program" at the school.) Course options also include woodworking and graphic arts supported with a fully-equipped woodworking shop and a graphic arts classroom.

Hancock underscores that Lillian Osborne will be a "school for the 21st century," with state-of-the-art technology for instruction and learning. Every classroom will be equipped with a SMART® Board, wireless communication and hallway plug-ins for students to recharge their computers. She envisions that some day each and every student will use laptops at the school. "Even for those who can't afford it, we'll find a way," she says.

For many students, athletics is a huge part of the high school experience, and future students will have a say on which teams will be fielded at Lillian Osborne next year. Mrs. Hancock expects a number of junior teams in a variety of sports will be ready to compete next fall, and confirms that football equipment is on order and that the football field should be game-day ready in September.

Recognizing that high school is a place for students to develop leadership skills, Hancock hopes all students will be involved in leadership activities. "Student leadership is critical to set the tone and establish the school's culture," she says.

An emphasis of community service and global citizenship will be tied into the curriculum, with a "nice space" dedicated for student union activities.

As an educator and administrator since 1979, Hancock brings a wealth of experience to Lillian Osborne. She has been a teacher at two of Edmonton's largest high schools: Strathcona and Jasper Place, plus an assistant principal at a third: Harry Ainlay. She has worked as a consultant for the district and has been a program manager for the senior high school English program for Alberta Education. She was also principal at Dan Knott Junior High in Mill Woods for the last six years. She hopes to draw upon those past relationships to build a strong team of experienced high school, child-centered teachers.

It's clear that Hancock is excited and passionate about the future of Edmonton's newest high school, which will be open for registration to all students living in the Riverbend/Terwillegar area. It is also clear that she is counting on the involvement of the entire community to build a nurturing, learning environment. Edmonton Public Schools registration for the 2009-10 season is now underway until the end of April.

Visit <http://lillianosborne.epsb.ca> for updates and information.



The Lillian Osbourne High School is set to be completed by September 2009.

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Residents brave the cold for Family Day



Above: A young family gives the parachute a whirl at the Terwillegar Towne Family Day Event this year.

by Shawna Duval
TCL Program Director

Family Day was a huge success this year. Those that braved the cold took part in skating and sledding by the pond in Terwillegar Towne. MP Stables was also on hand to give kids of all ages a ride on a horse-drawn sleigh.

Those who stopped to chat or to take a break from the activities could find fire pits to heat the outside and hot chocolate to warm the inside.

On behalf of Terwillegar Community League, I would like to thank our sponsors: M&M Meat Shops Riverbend Square, Hammer4Hire Contracting

Inc., Walmart Canada, and Gomme Sales Agency for making this event a success.

If you joined us for the event, hopefully you stopped to chat with the representatives from the Edmonton Public and Edmonton Catholic school boards who were there to share information regarding the new schools set to open in the coming years.

Representatives from Terwillegar Community Gardens and Neighbourhood Watch were also available to share new information.

Once again, this event would have never been possible without the volunteers who braved the cold. Thank you to Colleen, Rene, Scott, Rob, Trevor, Greg, Doug and Tanis, Karen, Kimberley, Judith, Brendon, John and Brent. We appreciate you sharing your day with us!

If you didn't try to thaw out the ketchup or squeeze frozen mustard out of packets, you didn't get to experience enough of Family Day this year! Join us again next year for more family-oriented fun!

Clockwise from top left: sledding was abundant on Family Day, hot chocolate was available to all, volunteer trying to warm up the ketchup, sleigh returns with a load of residents, Kelsey Stannard and her girls warming up by the fire.



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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 today! Thank you for your support!

www.scarscare.org



Council looking for improved transportation



Terwillegar Riverbend Advisory Council

by Sherri Jaillet

TRAC Community Advocate

As I write this on March 8, spring is getting closer, and I hope the blustery winter weather will soon come to an end. Our last TRAC meeting was on Jan. 26, and our next one is on March 23. Over the winter, our time has been focused on the TRAC Spring Event that will place next Sunday, March 15. With a delicious lunch, fashion show, and silent auction planned, it promises to be a great event for all.

May 24: TRAC Fun Run

How are your New Year's resolutions coming along? Were you one of those people who said, "I am going to be more active, get involved or set a personal best?" If so, do I have an event for you! Participating in the TRAC Fun Run on Sunday, May 24 could help you achieve all three resolutions in one fell swoop! The run, now in its fourth year, is a great community event, and this year, the proceeds will support the redevelopment of Brander Garden's playground. Come out and support your community!

New Youth Coordinator for TRAC

TRAC welcomes a new face! Shaun Shahall is our new Youth Coordinator.

Crime statistics down

On Jan. 26, the agenda was jam-packed. Early in the meeting, we were pleased to hear from Superintendent Nigel Stevens that reported crime in eight indicator areas was down by 16

per cent in our area of the city. "We are really, really pleased with our results," Stevens stated. "Any crime is too much crime, but we have worked really hard, and this is a good news story."

Councillors Bryan Anderson and Don Iveson were also in attendance, as were school trustees Marilyn Bergstra and Catherine Ripley, the latter two giving updates on what is happening in their respective districts at the end of the meeting.

Lobbying for improved transportation

As usual, we were also pleased to receive an update from Donna Finucane, TRAC Transportation Chair, and we discussed the tremendous congestion at the 40 Ave./Bulyea Rd. and Terwillegar Dr. intersection. The transportation committee will be asking for some tweaking of that area to relieve the congestion and improve the flow of traffic and safety for pedestrians. For full details on the April opening of the South Campus LRT Station and Leger Transit Centre and how this will affect residents, please read Donna's article on page 9.

Southwest Community Recreation Centre

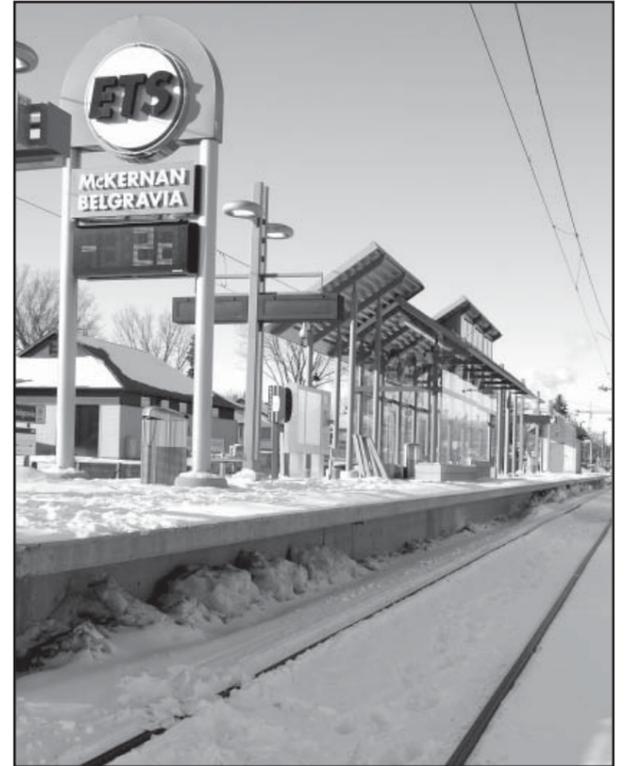
Rhonda Flores, Supervisor, Recreation Facility Development for the Southwest Community Recreation Centre, and the board began a discussion centered around fundraising for the unfunded components. Possibilities could include raising funds for an outdoor children's space (\$500,000), the five metre dive tower (\$182,000), and/or the seating between the third and fourth arena (\$1.2 million). On March 23, we will continue this agenda item and receive a further update. Should you have any ideas or suggestions, please plan to attend our annual general meeting, or e-mail our president Rob Agostinis at whitemudhills@tracspirit.ca.

Terwillegar Park Plan update

Terwillegar Park is a current topic of discussion. TRAC is advocating a position that development of this land be done to maximize its use and enjoyment by as many residents as possible. In his role as our TRAC representative on the Terwillegar Park Advisory Council, Tom Greenwood-Madsen updated us on the final plan that was to be presented to council in late January. He planned to speak to the plan on our behalf.

April 22: TRAC AGM

The TRAC AGM will be Wednesday, April 22 at 7 p.m. at Snow Valley Ski Club. I hope to see you there. Everyone is welcome!



South Campus LRT will officially open April 25.

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Bus changes to come with Leger centre

by Donna Finucane

Chairperson, TRAC Transportation Committee

Many changes over the next few months will affect the way Terwillegar residents travel.

Fox Drive/Quesnell Bridge

On March 1, Fox Dr. was closed to westbound traffic (except for transit and emergency vehicles) for the reconstruction of Quesnell Bridge and will not reopen until Dec. 1. If you normally commute home by car along Fox Dr., here are some ideas for alternate routes:

- For those living in north Riverbend, travel south on 122 St. to Whitemud Dr., and then travel westbound to 53 Ave.
- For those living in the Terwillegar and Ridge communities, travel south on 122 St. all the way to 23 Ave. westbound.
- For those living in Bulyea Heights and close to 40 Ave., use 111 St. as your entrance point to Whitemud Dr. so you have enough time to make the necessary merges to exit safely at Terwillegar Dr.

I had hoped that there would be additional buses in the Terwillegar/Riverbend area to offset the effects of the Fox Dr. closure, but I am sorry to report that there is a shortage of available buses during peak times. Eight buses were added to west-end routes, however, because of the need to maintain their frequencies. Please note, too, that another side-effect for Riverbend residents is that all westbound buses are being detoured south to the 53 Ave. overpass. Here, they loop to reverse direction and travel back across the bridge towards 149 St. and beyond.

South Campus LRT/Transit Station

Despite the 10 month temporary congestion and headache due to the Quesnell Bridge work, there is some good news for commuters on the horizon. The South Campus LRT/Transit

Station, located at the southwest corner of Belgravia Rd. and 114 St. (access from Belgravia Rd.) will officially open on Saturday, April 25, 2009, complete with a community fair event featuring official ceremonies, refreshments, activities and a free ride on the LRT. If you wish to partake in the fun, please note that the South Campus Station does not have vehicle access. Instead, you will need to park at the Jubilee Auditorium and take a free shuttle bus to South Campus Station. After the opening ceremony, you can then take the LRT back up to the Health Sciences or HUB Mall stops and walk to your car.

South Campus LRT Station will provide quick and easy access to University of Alberta, downtown and points north. As a result, after April 25, all existing university-bound buses will travel to South Campus Transit Centre, at which point you will transfer to the LRT.

Those buses traveling to South Campus Transit Centre will also take advantage of new bus lanes on Fox Dr. and Belgravia Rd., improving service speed and reliability.

Routing Changes

The Leger Transit Centre on 23 Ave., east of Terwillegar Dr., is slated to open at the

same time as the South Campus LRT Station, and major transit changes in the Terwillegar/Riverbend neighbourhoods will occur at that time.

Input from the neighbourhood transit open houses last October has been incorporated into the planning for the service changes, and the restructuring of the routes will provide passengers in our growing southwest sector with faster service and more reliable schedules.

The centre will also be used by students from nearby Lillian Osborne High School as well as the future recreation centre and Catholic high school.

You'll find brief descriptions of the revised transit routes in Terwillegar/Riverbend below.

ETS will also be providing bus service and special trips designed to accommodate the travel patterns of junior and senior high school students.

For more information:

Further details of the new bus routes and schedules are available on the ETS website www.takeETS.com.

I would like to thank Ken Koropeski of Edmonton Transit for his assistance in putting this article together.



Many transit changes will occur in the Terwillegar area with the opening of Leger Transit Centre.

A handy guide for upcoming bus route changes

Route 30 – Serving the neighbourhoods of Haddow (north), Henderson Estates, Rhatigan Ridge and Ramsay Heights.

The bus will travel from Century Park/Heritage Transit Centre to Leger Transit Centre and then to South Campus.

Route 31 – Serving the neighbourhoods of Leger (south), Hodgson, Ogilvie Ridge and Carter Crest. This route will operate between Leger Transit Centre and Southgate Transit Centre

Route 32 – Serving Brander Gardens and Brookside.

Similar to the current Route 32, this revised route will operate during the weekday peaks between Southgate Transit Centre and South Campus.

Route 33 – Serving Brander Gardens.

This route will remain unchanged during all time periods except weekday peaks.

Route 34 – Serving the neighbourhoods of Leger (north) and Bulyea Heights including the Burton Road loop.

This route will operate between Leger Transit Centre and Southgate Transit Centre. It will operate similar to the current Route 30 on the east side of Riverbend.

Route 35 – Serving the neighbourhoods of Terwillegar Towne and South Terwillegar as well as parts of MacTaggart, Magrath and Terwillegar

Gardens.

This route will operate between Leger Transit Centre and Century Park Transit Centre.

Route 36 – Serving the neighbourhoods of Terwillegar Towne, Haddow, Falconer Heights, Riverbend Square, Bulyea Heights and Ramsay Heights.

This route will operate between Century Park Transit Centre, Leger Transit Centre and South Campus.

Route 37 – Serving the neighbourhoods of Terwillegar Gardens, South Terwillegar, MacTaggart and Magrath.

This route will operate between Leger Transit Centre and Century Park (Heritage) Transit Centre.

Route 38 – Serving the neighbourhoods of Ramsay Heights, Rhatigan Ridge (including Promontory Point), and Riverbend Square as well as parts of Carter Crest and Leger.

This weekday peak hour route will operate between Southgate Transit Centre and Leger Transit Centre.

Route 338 – Serving the neighbourhoods of Brookside, Ramsay Heights, Rhatigan Ridge (including Promontory Point), and Riverbend Square as well as parts of Carter Crest and Leger. This route will operate between Brookside and Leger Transit Centre.

Edmonton Transit will operate four routes in the Terwillegar/Riverbend area, designed to provide basic transit service in time periods with low passenger demand. These routes will operate every 60 minutes during weekday late nights, Saturday early mornings and nights and Sundays.

Route 330 – Serving the neighbourhoods of Haddow (north), Henderson Estates, Rhatigan Ridge, Ramsay Heights and Brookside (drop-off only).

This route will operate between Leger Transit Centre and South Campus as a modified Route 30.

Route 334 – serving Hodgson and Leger (north). This route will operate between Century Park and Leger Transit Centre as a modified Route 34.

Route 336 – Serving the neighbourhoods of Terwillegar Towne, Haddow, Falconer Heights, Carter Crest and Bulyea Heights.

This route will operate between Leger Transit Centre and Southgate Transit Centre as a combination of Routes 34 and 36.

Route 337 – Serving the neighbourhoods of Magrath, MacTaggart, South Terwillegar and Terwillegar Gardens.

This route will operate between Century Park and Leger Transit Centre as a combination of Routes 35 and 37.

MLA says AB prepared for current economy



by *Dave Hancock*
MLA Edmonton
Whitemud

With the Government of Alberta's budget for 2009 due to come out on April 7, and with so much public discussion about government stimulus

spending occurring in recent weeks, many people are focused on what these plans will mean for their household, their business and their community.

These are important discussions to have — not only because of the impact that these plans will have on our lives and livelihoods, but because of the impact they will have on our society. In the short term, we can look forward to the benefits

of sustained employment and new infrastructure like roads, bridges and recreation facilities. In the long term, we will enjoy a more prosperous society because of the foundations we lay now.

However, I believe it is important not to lose sight of what we already have. Alberta is well prepared to weather the current economic storm better than almost any other jurisdiction. Yet our greatest assets are not tangible ones that can be measured in dollars and points of GDP.

Our greatest assets are those found in our communities, like the connections formed in neighbourhoods through community leagues, the contributions of citizens to their schools and the dedication of service clubs.

Edmonton has a deserved reputation as a volunteering city. Now is an opportune moment to burnish that reputation by taking at least a few

moments from every day to help out a stranger or care for a friend. These contributions cannot be measured, but they are often the efforts that make the biggest difference and which we remember the most.

In Edmonton-Whitemud, there are many ways to get involved and give back. I hope you will consider offering your talents to make our city a better place to be, no matter what the economy may do.

Should you have any questions or concerns about community involvement 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!

ICLEI event lets Edmonton show its green side



by *Don Iveson*
Edmonton City Councillor, Ward 5

In June of this year elected officials and senior administrators from several hundred cities around the world will meet in Edmonton for the ICLEI Local Governments for Sustainability World Congress.

The ICLEI Local Governments for Sustainability group has over 1,000 member cities collectively amounting to more than 400 million people.

This event represents an unprecedented opportunity for Edmonton to showcase our leadership in waste management, water and wastewater management, and urban biodiversity.

Some of the formal business will include planning for the upcoming UN Climate Change talks in Copenhagen, where municipalities from around the world are working to claim a place at the table to discuss how to address

the challenges of climate change.

In the simplest terms, more than half the world's population lives in cities, and more than three quarters of the greenhouse gas emissions comes from cities. Up to now, national and state/provincial governments have been negotiating the post-Kyoto framework, but clearly cities have to play a leading role in implementing any realistic strategy to reduce emissions.

Citizens interested in volunteering during the conference are welcome to do so and I encourage them to contact my office: don.iveson@edmonton.ca or (780) 496-8132.

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Councillor recommends planning for traffic



by Bryan Anderson
Edmonton City Councillor, Ward 5

Edmonton's character has always been defined by the North Saskatchewan River. We are a city built around bridges, and one of our most historic is in need of a facelift. The city is about to initiate a major overhaul of the Quesnell Bridge, and we are doing our best to mitigate traffic problems expected as a result.

The Quesnell Bridge, which connects Whitemud Dr. across the North Saskatchewan, is Edmonton's busiest bridge, serving 120,000 vehicles daily. Ten thousand motorists drive

across the bridge during peak periods. It hasn't had major repairs since it was built in 1967, and the ever-increasing demand is taking its toll.

Reconstruction will reinforce retaining walls and widen the bridge to improve traffic flow. Two lanes are being added, as well as auxiliary lanes and broadened shoulders, for a total of three lanes in each direction plus an auxiliary lane and shoulder on either side. The Fox Dr. overpass is being rebuilt and widened, as are on/off ramps at Fox Dr. and 149 St. Total cost is budgeted at \$181 million.

When the work is done, the Quesnell Bridge will be a modern six-lane corridor with improved access to attractions such as Fort Edmonton Park and the river valley trails, and a service life extension of 50 years. But the job won't be complete until November 2010.

Short-term impacts will vary. In March, westbound Fox Dr. will be closed completely west of Belgravia Rd. until December 2009, except for use by transit and emergency vehicles. The Fox Dr. ramp onto Whitemud Dr. will also close.

Pedestrians and cyclists will be prohibited on the bridge during construction. The city will provide shuttle services, with details to be announced in the spring.

This ambitious project requires Edmontonians, especially Ward Five residents, to plan ahead to avoid traffic jams. The city is providing up-to-date information about the project, traffic delays and suggested alternative routes. Please visit the city website at www.edmonton.ca/transportation/quesnell-bridge-and-whitemud-d.aspx for more details.

Most importantly, the Quesnell Bridge project will require patience from us all. I apologize for the inconvenience, and hope Edmontonians will understand that the work needs to be done and extend their goodwill.

If you have any questions or concerns about the Quesnell Bridge project please contact me at (780) 496-8130 or at bryan.anderson@edmonton.ca.



Above: Work progresses on the Quesnell Bridge widening.

Student preparation essential to economy



by Marilyn Bergstra
Ward 5 Catholic school trustee

It's hard to escape the media commentary on recent economic events. While Canada seems to be weathering the storm better than many countries and Alberta is faring better than its provincial counterparts, we are never the less feeling the impact.

But we must not lose sight that preparing students to contribute to a strong, viable and skilled workforce is essential to our economic sustainability. Investment in Alberta students does and will continue to have a profound effect on our economic strength and global competitiveness long into the future.

The current situation is that reduced economic activity translates to reduced government revenues, which will naturally place pressure on government spending. For those of us involved with education, we owe it to ourselves to ensure that all of our tax dollars are spent as efficiently and as productively as possible.

This brings us to the reality of educational budgets. Trustees must always be prepared to plan for more efficient spending. As education delivery costs meet with spending limitations, support for school programs, infrastructure, resources and staffing can be at risk with outcomes that have the potential to alter student success. In our efforts to continually improve student success and maintain essential programs, resources and staff, fiscal prudence and innovative budget allocations will have to be sought out.

As the province embarks on its own budget process, it is anticipated that funding to Edmonton Catholic Schools will again exceed \$300 million. As your elected representative to the board of trustees, I have made an effort to speak to as many of you as possible so that I can stay connected with your issues.

At this time, I would like to invite you, the Edmonton Catholic school supporters, to participate in our budget process by submitting feedback that you feel requires consideration prior to the final approval of our 2009-10 budget. Accountability to the public demands that all of you have the opportunity to provide input, and for this reason I look forward to hearing from you.

Please forward any suggestions, comments or concerns to bergstram@ecsd.net.

The Riverbend Ragg-Times **EDITOR REQUIRED**

The Riverbend Ragg-Times, a lively community newspaper serving Brookview, The Ridge, and Riverbend Community Leagues, requires an Editor for the 2009-10 season (7 issues).

Working on a contract basis and using his or her own equipment, the new editor will plan the content, prepare one major feature on a community event or person or project for each edition, solicit material, edit volunteer contributions, design ads as required (approximately ¼ of ads), lay out the entire paper (on average 24-28 pages), submit the paper to printer and webmaster 7 - 10 days after the issue deadline, and liaise with advertising manager, printer, distributor, Riverbend Community League executive, and an editorial committee. The advertising sales are handled independently. Past issues can be perused online at www.riverbendonline.ca.

REQUIREMENTS

- 1) Superb time management and organizational skills.
- 2) Excellent writing and editing skills.
- 3) Proven experience in desktop publishing.
- 4) Hardware and software capability to handle large files (e.g. 25 MB), work in colour, create pdfs, crop and edit photos.
- 5) Respectful and courteous communication skills.
- 6) Familiarity with the Brookview, The Ridge, and Riverbend neighbourhoods and the work of community leagues.

DEADLINE FOR APPLICATION: APRIL 14, 2009
A resume including names of 3 references and an expression of interest may be emailed to riverbendcl@interbaun.com. Please quote fees for editorial services for a newspaper of 24, 28, and 32 pages in length.

EDITOR REQUIRED **The Riverbend Ragg-Times**

EPSB adopts vision of success for all students



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

Public schools are tasked with a crucial societal undertaking — the education of any child who walks through their doors, regardless of race, culture, gender, faith, ability or economic status. For the most part, they accomplish that task admirably — but not always. One barrier for some students and parents is their feeling that because they don't "fit the box," they are not welcomed and their needs are not met appropriately. Currently there two important initiatives focusing attention on how to better "walk the talk" in welcoming, valuing and serving each student successfully.

The first is the work of the Edmonton Public School Board's Multicultural Task Force, which is responding to a very real change in our classrooms. Over the last five years the number of immigrant and refugee students in the district has tripled to about 9,000 students, and a constant theme in our regular trustee budget and results meetings with schools is the desire to access more support for these students and their teachers. The question is how, and thus, since December, the task force has been seeking understanding and ideas from students, staff, families, community members and community partners (such as the Mennonite Centre, multicultural brokers, etc.). The findings of this research, along with some recommendations for action and policy, will be coming to the board in late spring. Stay tuned!

The second initiative involves looking at how we welcome, value and serve

our "special needs" children, also a significant proportion of our school population. There is both a provincial layer and a district layer to this initiative.

The provincial layer is a project called "Setting the Direction for Special Needs Education," and it has now entered phase two. In the fall, phase one gathered initial input from about 3,500 people, and from that, the steering committee has now proposed a vision, mission, set of principles and five "building blocks" of action. From reading the phase two discussion guide, it is my personal opinion that this has expanded past a discussion of how to better serve special needs children. It is about how to welcome, value and serve ALL kids well. Read the proposed vision — "One inclusive education system where each student is successful." Do you agree with me? If the province adopts this vision, it will obviously touch each and every child, so everyone's input is needed. Be sure to give your two cents at www.education.alberta.ca by filling out the online survey.

In addition, as Edmontonians, I ask you to read and react to the board's submission to the province's phase two proposals. You can find our thinking online at www.epsb.ca. Are we in sync with your thoughts on these issues? By telling us, you will help us with our ongoing (and parallel) review of programming and options provided for special needs children.

The findings and recommendations from this review will also be coming to the board late this spring. Again, stay tuned as the board discusses and decides how to lead the district forward in more successfully welcoming, valuing and serving each and every child — no ifs, ands or buts!

If you have any questions or concerns, you can reach me at (780) 887-1002 or at Catherine.Ripley@epsb.ca.

Immigrant Women's Student Award

As part of our efforts to increase the education level of those women who have immigrated to Canada, the Faculty of Extension, at the University of Alberta, is offering a student award. This award will provide opportunities to six women per year to participate in programs offered by the Faculty of Extension. (The programs include: Human Resource Certificate, Management Development Certificate, Supervisory Development Citation, General Interest Business Seminars, and more.)

Our goal is to increase learning opportunities in professional development to immigrant women so they can play a significant role in the workplace and community at large.

If you have questions about the award, or are interested in the business programs offered by the Faculty of Extension at the University of Alberta, please visit our website at www.extension.ualberta.ca/business (please click on "Immigrant Women Award").

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TFSA's bring a new way to save money

by Craig MacKinnon, B.Mgt
Wealth Advisor, Scotia McLeod

In the 2008 budget, the Government of Canada announced the Tax Free Saving Account (TFSA). Effective Jan. 1, 2009 the TFSA gives Canadians a new option for saving their hard-earned money. In the current economic environment, the flexibility of the TFSA and the tax-free status of the investment income are appealing to many investors. As with all new programs, there are usually questions. Here are a few answers.

How does the Tax Free Savings Account work?

Any individual (other than a trust) who is a resident in Canada and 18 years of age or older is able to make annual contributions of up to \$5,000 each year. Although contributions will not be deductible for income tax purposes, all forms of investment income earned in a TFSA will not be taxed. Not only that, but neither income earned within a TFSA, nor withdrawals from it, will affect eligibility for federal income-tested benefits and credits (for example old age security benefits and the guaranteed income supplement).

Contributions to a spouse's or common-law partner's TFSA will be allowed, and TFSA assets will be transferable to the TFSA of a spouse or common-law partner upon death. Qualified investments include all arm's-length Registered Retirement Savings Plan (RRSP) qualified investments.

Why should you open a TFSA?

The TFSA will provide a flexible savings vehicle for Canadians. Since not everyone is able to save each year, individuals who are unable to contribute \$5,000 in a year will be able to carry forward unused contribution room to future years. This makes the TFSA suitable for Canadians of all ages and income levels.

Full flexibility to withdraw and re-contribute

In recognition of the fact that most people have savings objectives that

differ at various stages of life (for example when purchasing a car, home or cottage), the full amount of any withdrawal may be re-contributed to a TFSA in the future to ensure that there is no loss in a person's total savings room.

It should be noted, however, that re-contributions made in the same taxation year might be considered excess contributions. For example, if you contribute \$5,000 in April, withdraw \$2,000 in August, and re-contribute the \$2,000 in September, you would be considered to have contributed \$7,000 that tax year. Excess contributions are subject to a tax of one per cent per month, for each month that the excess remains in the plan. Re-contributions made in a future tax year are not subject to this penalty.

It is a well-known fact that couples will plan their savings strategy and address their financial future on a joint basis. To address this, individuals are allowed to contribute to the TFSA of their spouse or common-law partner (subject to the spouse or partner's available contribution room).

Saving in a TFSA to meet unforeseen needs

Canadians will benefit by being able to use the TFSA to start saving early for a range of needs they may have in the future. Many Canadians may prefer to use a TFSA to save for pre-retirement needs given the absence of tax consequences on withdrawals and the ability to avoid the use of RRSP room for non-retirement savings needs.

A Savings Account for Post-Retirement Needs

The TFSA will also provide seniors with a savings vehicle to meet any ongoing savings needs — something to which they have only limited access once they are over the age of 71 and are required to begin drawing down their retirement savings. Based on current savings patterns, seniors are expected to receive one-half of the total benefits provided by the TFSA.

No Impact on Income-Tested Benefits

Tax Free Savings Accounts will not affect your eligibility for federal income-tested benefits, such as the Canada Child Tax Benefit and the Guaranteed Income Supplement.

Hopefully I've cleared up a few questions regarding this new savings option, and perhaps even opened a few doors in your financial future. For more information, feel free to contact me at craig_mackinnon@scotiamcleod.com or (780) 420-2298, or go to www.cra-arc.gc.ca/gncy/bdgt/2008/txfr-eng.html.

Expert sees mortgage rates dropping further

by Shawn Money
Mortgage Expert

Well, it is only February and already something unusual has happened. This time it is good. Mortgage rates have fallen — a lot! Who would have thought that people would *not* be crawling all over a 3.90 per cent fixed term rate? But, it is understandable — considering where prime is.

Prime is at never before levels — 2.5 per cent — and it may drop even further. I set up most of the people I dealt with last year with discounted variable mortgages with the plan that once long term rates slid below five per cent, we would lock in. Of course prime was around six per cent when we were doing this.

If I was paying five per cent in my variable mortgage, then it would be an easy decision, but with clients now paying approximately two per cent, it is more problematic in making this decision. Who wants to give up super cheap money?

It may be that rates will stay low as long as oil is low. As soon as we start running low on supply, then prices will rise and the inflationary cycle will repeat, which will cause the Bank of Canada to start to raise prime to curb inflation. When will this happen? The expert opinions vary on what oil will be worth a year from now. They say somewhere between \$30 and \$130 per barrel. If we averaged their estimates, it would give us \$80 per barrel. This would cause most of our oil sands projects to go ahead.

Likely, the oil price will be higher than it is now because oil production does not stay level. The fields naturally lose pressure. Every year, Alberta produces less conventional oil for that very reason. Globally, we are losing seven to nine per cent per annum, and with most exploration on hold, it won't take long for demand to start to gain on production.

After all, how much less are you driving? How much less food are you eating — food cultivated using tractors and transported with trucks which burn diesel fuel? Increase of consumption has slowed, yes, but nobody said that global consumption is dropping year over year like the exploration has. It will balance out in the next 18 months.

So when there begin to be signs of recovery, then it will be time to lock in while the rates are low. All these government stimulus packages have been created by printing more money. Most experts believe that this will lead to inflation and therefore higher rates.

This portion of history will be looked back on as a time of great opportunity. Take advantage of it!

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Car Loan @ 6.50%	\$ 15,000.00	\$ 450.00
Dept. Store @ 28%	\$ 3,500.00	\$ 125.00
Home Renovations - LOC	\$ 20,000.00	\$ 200.00
TOTAL:	\$ 221,000.00	\$ 2,118.79
CONSOLIDATE WITH:		New payment = \$ 961.21
New Mortgage @ 3.90%	\$ 221,000.00	
MONTHLY SAVINGS:	▶▶▶▶▶▶▶▶▶▶	\$1,157.58

Rates used is 3.90%, 3 yr term, .33 yr amortization, APR of 4.00% including \$1,000 for legal costs. *Rates subject to change without notice. O.A.C.

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Creating stillness within your busy life

by Danny Freedman
founder of Evolution Coaching

Many of the thought leaders, teachers and inspirational speakers in the world today talk about meditating as the way toward inner peace. The idea sounds good, but who has time to meditate for hours everyday? And even if you did, how do you learn?

When most people dream up a vision of their future, it is filled with peace, happiness and a sense of contentment. Yet, what we learn to do, and are often rewarded for, is being busy. We train ourselves to knock off to-do lists and then make new ones. We learn to multi-task so that we can accomplish more things in less time.

Most of the time, these techniques allow us to accomplish more but don't necessarily bring us any closer to the inner peace or happiness

that we are really looking for. In fact, it seems like the more we accomplish and get done, the more comes on to our plate. We create a habit out of being busy. A lot of people have gotten so used to the idea of being busy, that it is actually uncomfortable to be still.

We create the world we want to live in through our thoughts and actions. If we continue to build our path with always being busy and searching for something more, then that is what will fill our future. If we want peace, happiness and a sense of contentment, then it makes sense to start building that into our lives now.

One simple way to create stillness in your life is to focus on your breath. Wherever you are and wherever you go, you can always come back to your breath. Spiritual teacher, Tich Nat Han, recommends that you breathe three times before

you do anything.

So the question remains: what do you want to create in your future? Challenge yourself today to spend five minutes in stillness. Make it your job to have no job, or as world-renowned meditation expert Jon Kabat-Zinn says in his book *Wherever You Go, There You Are*: "Think of yourself as an eternal witness, as timeless. Just watch this moment, without trying to change it at all. What is happening? What do you feel? What do you see? What do you hear?" Take five minutes, breathe and experience the world around you with the eyes of a witness. Start to build the future you want today.

"If in our daily life we can smile, if we can be peaceful and happy, not only we, but everyone will profit from it. This is the most basic kind of peace work." Tich Nat Han

Grow yourself a healthier household

by Steve Johnson

I recall watching my grandparents gardening. For them, it was life. They had lived in a small village in northern Italy during and after the war, and their garden provided most of the food they needed. The tradition continued when they immigrated to Canada. On the other hand, my parents were part of the baby boomer generation that forgot how to garden. They may not have had the time for it and all they had to do was go to the nearest grocer. So I was fortunate to watch my grandparents but never took any time to learn how to garden. Now, as an adult, I've changed and learned how gardening is another way of saving the planet.

When you're buying produce from the grocer, check where it's from. Most of what we buy has come from places further then many of us travel for holidays. This produce may have been sprayed with pesticides, required energy intensive fertilizer, undergone significant processing, and used extensive fuel to reach Edmonton. This all means a lot of energy was used

to grow and ship our produce. I took a course from the Urban Gardener last spring and learned that produce today also has less nutrient value then it did 50 years ago. So now we are buying poorer quality produce that has a high environmental footprint. This we can see in the cost of produce as it increases when fuel costs rise.

I put in a garden six years ago. I have roughly 50 square metres of growing space that I plant. Some sections are planted in the fall and the rest in late April or early May with seed or started plants from the farmers' market. I'm finding we start eating produce in June, starting with strawberries and lettuce, then to peas, beans, beets, carrots, parsnip, cucumbers, turnips, tomatoes and potatoes as the season progresses.

We have most of it finished off in late November. Some root crops (eg. carrots, potatoes) and squash can keep well into spring with proper storage. Essentially, a family can eat produce from the garden for six months, while skilled gardeners and canners likely can extend the life of their produce beyond this.

By planting a vegetable garden, you can save money on produce, eat a variety of more nutritious and tastier vegetables, have fun with your kids, improve your health and reduce the environmental footprint of your family. I also find health benefits of playing in the soil and pride when I can watch the vegetables grow. My baby boomer parents now also garden, as they prefer the taste of their vegetables. So plant a garden and save the planet!

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Master Composter/Recycler Program
City of Edmonton, Waste Management Branch

Once a year, the Waste Management Branch hosts the Master Composter/Recycler Program. Over a three week course schedule (Tuesday/Thursday evenings and Saturdays) volunteers will learn about environmental stewardship in Edmonton including history of waste management in Edmonton, home composting, household hazardous waste, vermicomposting and residential recycling.

This course offers in-class instruction as well as several field trips to various city facilities. After finishing the course, graduates complete 35 hours of volunteer activity promoting the four R's: reduce, reuse, recycle and recover. Graduates become important resources in their communities as they broaden awareness about the importance of composting and recycling. Examples of volunteer activities include:

- Helping with Reuse Fairs and the Reuse Centre.
- Helping friends and neighbours with composting problems.
- Public education display booths.
- Assisting with programs and maintenance at the City Compost Education Centres.
- Assisting at various demonstration gardens.
- Public and school presentations.

There are many other opportunities for volunteers to contribute, and volunteers are able to choose the opportunities that interest them the most.

If you are interested in learning more about recycling and composting and sharing your knowledge with others, then apply to become a Master Composter/Recycler Volunteer!

Course Dates: April 14-May 2, 2009; Tuesday and Thursday evenings plus all day Saturdays.

COST: FREE

To apply to become a Master Composter Recycler Volunteer contact us at (780) 496-5991 or karen.lewis-caron@edmonton.ca, or visit www.edmonton.ca/waste.

Application deadline is March 13, 2009.

Pastor sees 'hope' as key word of the day



by Ken MacDonald
 Pastor of Terwillegar Community Church

In a year where bad news is the dominant theme, there is a word that brings energy and life. It is the word "hope." When the phone rang the other day, and a family was feeling very lonely and very sad, it was the word "hope" that was desperately needed. Their little girl had suddenly stopped breathing, and despite all the heroic efforts by fire and rescue,

paramedics and other concerned individuals, life could not be restored. As we held that little month-old in our arms at the funeral home, it was the *hope* that we would see this precious little one again that rallied our spirits and encouraged our hearts.

Easter is nearly here. Easter is a celebration of hope as we are reminded of the marvellous truth of the resurrection of Jesus Christ. When all our externals look bleaker than usual, we have an overpowering hope that rises up in our hearts because of the meaning of Easter.

Ty Cobb was one of the greatest baseball players who ever lived. He played in 3,033 games — more than any other major league player. He

scored more runs, made more hits (until Pete Rose came along), stole more bases and finished with a higher lifetime batting average than any other major leaguer. But the Cobb record that baseball historians probably talked about most was the 96 bases he stole in 1915, a record finally broken by Lou Brock.

On July 17, 1961, a pastor came to visit Ty Cobb and told him how much God loved him and that death was not the end. Cobb had been in the hospital for some time and was very, very sick. Cobb looked up from his deathbed and said, "You're not telling me that a whole life-time of sin can suddenly be wiped out, are you?" The pastor said, "No, Mr. Cobb, I'm not telling you that you can erase a lifetime of sin, but I am telling you that the death and resurrection of Jesus can. Easter means hope and Jesus Christ can bring you hope even at this hour of life."

Ty Cobb embraced that hope with eagerness.

As the pastor was leaving his hospital room, Cobb said, "Now tell all of my friends that I am sorry I did this in the bottom of the ninth. I should have done it in the top of the first."

Happy Easter to all! Easter is good news in tough times!

Harp Therapy Musical Healing

When: Tuesday, April 21, 2009 at 7 p.m.
Where: Riverbend Library

Bev Ross is a certified practitioner of Harp Therapy who uses a small harp as a bedside instrument in hospitals and care facilities. Bev plays her harp with the intention of supporting the patient's goal of healing and comfort. Join us on Tuesday, April 21 to learn more about this innovative therapy!

Jackie Hildreth
 Assistant Manager, Riverbend Library

Who's a good neighbour?
 Do you know of someone worthy of mention?
 Let us know!!
 editor@terwillegar.org

Riverbend Lutheran Church


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www.riverbendlutheran.com
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 Good Friday Service 10am
 Easter Sunday 8:30am & 10am
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Meeting at G.H. Luck School. Services at 9:30 and 11:5 AM Childcare provided

The River Community Church



ISSUES THAT DIVIDE



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Fertilizing year-round key to a healthy lawn

by Mike Cooper

Manager of Windermere Home Depot

It's that time of year again when we all need to begin thinking about getting our lawns ready for summer. (And for all you new homeowners, a chance to have a lawn this year!)

Creating a beautiful lawn is relatively easy. However, it does require a few simple steps that, if done right, will give you more time to enjoy the outdoors during our short summer. The following will explain these steps and show you the path to a creating or maintaining a healthy lawn.

Fertilization of the lawn is an annual process that is completed in four steps over the course of a year. Each step targets the phase of the lawn it is currently in to provide nutrients and prevent infestation of insects and environmental damage.

Fertilizer Types

There are three types of fertilizers:

Starter

- This is applied near the seed to meet the demands of newly seeded lawns and ensure nutrients are readily available until the plant's root system develops.
- Nitrogen (N) and phosphorus (P) are the key nutrient components.

Regular Lawn

- This standard fertilizer can be used year-round to provide consistent nutrients to the lawn.
- Many varieties help lawns become greener in a day.

Weed and Feed (All natural should be your first choice)

- This contains a special formula to kill weeds but not the grass.
- The formula should not be used on newly seeded lawn.

The Basics of Fertilizing

Fertilizer:

- provides nutrients that lawns and plants need.
- has three numbers on each bag representing the percentage of Nitrogen, Phosphorus and Potassium.
- comes in liquid and granular form.
- can be applied using a spreader or hose.
- promotes new leaf growth, aids in the recovery of foot traffic, and replaces nutrients lost when clippings are removed.
- has certain all-natural varieties which can help eliminate weeds or insects, while also providing essential nutrients to lawns.

Understanding N-P-K

The hyphenated numbers on the front label of any package of fertilizer stand for the major nutrients plants need: nitrogen (N), phosphorus (P), and potassium (K). These numbers are always given in the same order and represent the percentage of each in the bag by weight.

- Nitrogen (N) is the main nutrient that helps foliage grow. The higher the number, the more nitrogen the fertilizer provides.
- Phosphorus (P) promotes root development which strengthens plants and also promotes flower growth.
- Potassium (K) improves the overall health of plants. Most soils have some potassium, making this number generally smaller. Fertilizers meant for fall contain extra potassium to help prepare plants for cold weather.

The easiest way to remember what this all means, is by remembering the phrase "up, down and all around." The first number (N) indicates growth (up), the second (P) indicates root growth (down), and the third (K) is all around lawn care (all around).

Timing of Applications

Healthy lawn care is a year-round process, with upwards of four applications of fertilizer throughout the year (early spring, late spring, summer and fall). The following describes the timing of each application.

Early Spring (February – April)

Pre-emergent Spring fertilizing strengthens root growth. In areas where crabgrass is prevalent, a fertilizer/crabgrass pre-emergent is recommended. This should be done before the snow disappears, spread right over the snow so it melts into your lawn for a quicker, greener lawn.

Late spring (April – June)

General fertilizer, or combination safe weed and feed (chemical free), helps lawns re-energize for the growing season. Combination weed and

feed varieties are also useful to control weeds. Make sure to check out the new chemical-free options that are safer for your children, pets and the environment.

Summer (June – August)

Summer fertilizer applications help strengthen grass that has been dealing with heavy foot traffic and summer weather. Warm season areas should especially be fertilized during this time, as they have a longer growing season. If insects are persistent, this is the time to use a fertilizer with insect control.

Fall (September – November)

Winterizing helps repair damage and prepare the lawn for winter, as well as kick-starting the lawn for the spring. A must for all-around lawn care.

Three Tips for Lawn Maintenance

1: Keep your lawn healthy.

The best, safest and longest-lasting weed control is to keep your lawn healthy so that weeds can't get a foothold. Prepare the soil to suit your region and grass type. Mow the lawn grass higher than normal. Fertilize and water regularly. Remember to aerate if the soil is compacted.

Mow as high as practical during the summer months (typically 2 ½ to three inches) for the particular grass species present in your lawn. A shorter lawn requires more water and has a higher risk of burning in the summer sun.

2: Pull the weeds.

Mowing eliminates a wide variety of weeds, but in general, try to leave the grass as long as possible. The extra shade longer grass provides inhibits the germination of some weed seeds.

Removing plants by pulling or digging is an efficient means of control in small lawns or when only a few weeds are present. Perennial weeds may also be controlled in time by continually removing the top-growth of the weed, which depletes food reserves in the root system.

3: Use natural, chemical-free weed controls.

Before you apply any weed control, be sure you know what kind of weed you are treating. Weeds can be annual (one-season life span), perennial (lives for many seasons), or bi-annual (life span of two seasons).

To control them effectively, you must also be able to identify the weeds. Visit your local home improvement and garden centre for expert advice on weeds common in your area and effective control methods. Many home improvement centres no longer carry chemical herbicides, however, they do offer many safe and effective alternatives.

Also remember that timing is everything when it comes to controlling weeds. Weed control needs to be applied at the beginning of the growing season and while the lawn is cool and wet to ensure best results.

So there you have it — a few easy steps to make sure that your lawn is ready for the busy summer ahead. As always, remember that everything we do outside interacts with our environment, and harsh chemicals can wash away into our rivers and lakes. So make sure to explore the many chemical-free options now available at your local garden centre.

Happy mowing and see you soon!

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#3 2305 Rabbit Hill Rd. / Edmonton

Introducing the fermented grape



William Bincoletto
Resident sommelier of Vines Wine Merchants

As a professional sommelier, I have frequently felt that wine is unfortunately still too often considered an intimidating beverage. One usually has this image of the wine connoisseur lifting up the glass to look at the complex layers of colours, sniffing for hidden aromas and bouquets and then swishing the wine on the palate often making funny faces and noises — usually

Uncorked

followed by extravagant sounds of ooohs and aahs with a final statement: “Yes, the 1961 Chateau Haut Brion — a grand Vintage! From the vineyard just behind the Chateau I believe!”

But what is wine? How can anybody understand its simplicity and complexity? How can anyone understand the difference between a patio wine made for quaffing and a great wine full of expressions and definitions?

Well, welcome to “Uncorked,” the new wine column where we will chat about interesting and fascinating facts that will help you choose the right style of wine for the right food, for the right occasion, and even for the right mood. We want to make everyone feel that wine can be approached without fear of intimidation — without that snobbism usually associated with the expert, but with friendliness, openness and the adventure of discovery.

Let’s start with asking the basic question: What is wine? Simply put, wine is fermented grape juice — made from grapes that can be fermented into wine.

So all wines are the same? Not at all. There are many different styles of wines — from whites to reds, from still to sparkling, from fortified to dessert, from light bodied to full bodied, from unoaked to overly oaked and from easy to drink to age-worthy wines.

Can one understand the difference? Well, there are certain factors of influence that the winery, winemaker and their team need to take into account:

- First, the grape that they choose. Is it popular or totally unknown?
- Second, where to plant their vineyard, which means what type of soil.
- Third, what climate does their grape need to flourish well? Every region or sub-region will have different climatic conditions.
- Fourth, who is growing the grapes and making the wine? Or rather, the reputation of the winery.

These four factors may make all the difference between that jug wine that makes you shudder or that delicious beverage that brings a smile to your taste buds.

So next time you pick up a bottle, think quality and ask your retailer what he or she recommends. Better yet, visit your local wine merchant to get the right advice.

Below are three delicious, yet affordable, recommendations. If you have any questions or need any advice about wines, please feel free contact me at (780) 434-9444 or vrinc@telus.net.



2006 Marquis Philips Shiraz \$25.95*
from South Australia. An excellent Shiraz that has both delicious fruit and a wonderful balance of oak, spice and tannins. Shiraz is Australia’s best known red grape, as well as its most important, and has found wonderful favour in consumers’ palates.

*Prices indicated are the current cost at Vines Wine Merchants.



2008 Kim Crawford Sauvignon Blanc \$26.95*
from the famous Marlborough region of New Zealand. While this grape is grown all around the world, it certainly has found its grand expression in New Zealand. It has now become the benchmark for every Sauvignon Blanc producer in the world – full of lime/lemon/citrus flavours with passion fruit and gooseberry tones. Kim Crawford continues to maintain the highest quality standards, as well as supplying Alberta with the right quantities.



2007 Seghesio Sonoma Zinfandel \$33.95*
from Sonoma in California. Wine Spectator, one of the world’s most read wine publications, rates over 15,000 wines every year, and in their Top 100 edition (December 2008), it gave the number ten spot to this incredible wine. Zinfandel is so much more than a blush wine. It offers a wide range of flavours that can match well from the ordinary burger to the fancy pepper steak.

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Spring back into fitness this season



by Kendra Compton
Balanced Fitness

If you started January with the best of intentions but have fallen off your fitness journey, or have just reduced your activity over

the winter months, then now is the perfect time to spring back into fitness. Perhaps you want to get in shape for a summer wedding, upcoming graduation, to keep up with the kids this summer, or just to get ready for long summer days at the beach. If so, now is the perfect time to start moving and these simple tips will help keep you going strong until the summer.

1. Don't over do it.

Fitness doesn't happen overnight. If you are just getting back into the swing of things and back into a regular fitness/exercise program, then increase your training slowly. Give yourself time to ramp up, and don't expect to start where you left off. Even a little bit to start is better than nothing at all. Do enough to keep yourself motivated and to enjoy the benefits of exercise, but without pushing so hard that you injure yourself or wear yourself out and then lose your

motivation. Cut yourself some slack.

2. Try it for 21 days.

Develop an exercise or fitness program and give yourself 21 days of whole-hearted commitment. It takes about 21 days to form a habit, so if you stay committed for a full 21 days it is more likely that you will stick with it. Anyone can do something for 21 days.

3. Schedule time for your workout program.

If you are like most people, finding time for exercise can be difficult. So make it a priority, and block out a daily time period for it in your schedule. Make your time for exercise an appointment just like you would with a doctor or dentist.

4. Enlist a workout partner

Find a friend or a few people with the same fitness level to start working out with. This will help keep you accountable to your program and make things more fun. Working out with others can also be motivating and help you improve. If you don't have anyone to join you, then sign up for a group fitness class that is appropriate for your current fitness level. By joining a class, you make the commitment to be there and you will be lead by a fitness professional who can ensure you do things properly and safely while you have fun exercising with others.

5. Choose a fitness program that you enjoy and stick with it.

Pick two things you enjoy and can do to become more active, or pick a couple of activities you have always wanted to try. You will be much more likely to find the time and stick to your program if it is something you like or are interested in.

Here are a few more tips to keep in mind when springing back into fitness:

- Workout at a time of day when you have the most energy.
- Even if you don't feel like working out, get out your workout clothes and go. The first five minutes will be the hardest, but you will feel better afterward.
- Take advantage of the warmer weather, and try doing some outdoor activities.
- If you need direction or motivation, get a trainer to help you — even for just a couple of sessions, or join a running club.
- Set realistic goals that are achievable, but challenging enough to keep you on track.

Enjoy your fitness journey and remember to have fun. Be patient with yourself and give yourself time to make your exercise program a part of your daily life. Just remember not to give up. Get back into action!

Nutrition labels a wealth of information

by Nicole Tull, BHK
Nutritionist

Nutrition labels can be confusing — especially if you're not sure what they're telling you. Here's a few tips on what they say.

When looking at any nutrition label, you'll find that the first item listed in the Nutrition Facts is the serving size. This is the amount of food that the subsequent label information is based on. Be sure to compare the listed serving size with the amount actually being eaten — it is often smaller than a realistic serving size.

The following items are listed on the left side of the label with their amounts listed in grams or micrograms: calories, fat (saturated and trans), cholesterol, sodium, carbohydrate (fibre, sugars), protein and then vitamins.

On the right side of the label is the Percent Daily Value for each item. This percent is based on an average diet of 2,000 calories and allows for a quick reference only. In reality, an average adult should consume 1,800 to 2,000 calories per day — the number varies depending on height, weight and activity level.

Fat content is listed as a total fat, and then broken down into saturated and trans fat. Both saturated and trans fats should be eaten in limited

amounts. The total fat listed, minus the saturated and trans fat, is the amount of unsaturated fat in the food.

Nutrition Facts	
Per 1/2 cup (125 mL)	
Amount	% Daily Value
Calories 70	
Fat 0.5 g	1 %
Saturated Fat 0 g	0 %
+ Trans Fat 0 g	
Cholesterol 0 mg	
Sodium 250 mg	10 %
Carbohydrate 13 g	4 %
Fibre 2 g	8 %
Sugars 6 g	
Protein 2 g	
Vitamin A 1 %	Vitamin C 2 %
Calcium 0 %	Iron 4 %

Carbohydrate content is listed and broken down into fibre and sugars. The recommended amount of fibre per day is 25 grams. Refined sugar intake should be limited, however. To consider your intake, remember that for white sugar, each four grams of sugar is equal to only one teaspoon.

Sometimes there will be an asterisk beside the sugar amount with an explanation that a set number of grams is a naturally occurring sugar, often in items containing fruit. These sugars are not refined sugar.

The ingredient list is always listed with the nutrition facts and is listed by weight with the first item on the list having the largest weight.

Nutrition labels are a wealth of information — as long as you know how to read them. Keep these tips in mind next time you're making a food choice.

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TACODELMAR

#3 2305 Rabbit Hill Rd. / Edmonton

School plays hockey for children's hospital

by Bryan Keller

Director of St. Francis Xavier Hockey Academy

Last December, St. Francis Xavier High School held its ninth annual "Chix With Stix" charity floor hockey game to support the Stollery Children's Hospital Foundation.

Once again, the St. Francis Xavier teachers took on the hockey academy's female class in a fun, spirited game that witnessed the teachers winning 15 to 10. The high-scoring affair was well played, but in the end, the students could not keep up to the teachers as religion teacher Sandra Esposito was named Most Valuable Player with her two-goal performance for the teacher's squad.

The big winner was our charity of choice — The Stollery Foundation, as \$3,344.59 was raised! Two fundraisers helped raise money with the first event being a pizza party frisbee toss.

Classes donated money to earn frisbees for their class to toss for the chance to win the pizza party. Mr. Carabine's chemistry class took home that honour. The second event was the iPod Touch shoot out.

Tickets were sold to all students. Three names

were then drawn and a team of teachers took part in a breakaway shoot out on behalf of each of the three students.

The teacher team of Pat Rolheiser and Don Darwish were the winners on behalf of St.

Francis Xavier student Ryan Stephens.

All in all, this event was another huge success as we raised some money for our charity, everyone had fun and our school spirit was second to none.



Students and teachers competed in a floor hockey game to help support the Stollery Children's Hospital.

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 unless 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 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.

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Field Hockey Alberta comes to Edmonton

by Stefanie Sloboda

Program Administrator for Field Hockey Alberta

Have you ever considered playing field hockey? "What is it," you ask? It's a fast, exciting game that combines the fitness of soccer and the finesse of ice hockey – two common sports many people already play.

Field hockey is a team sport in which players attempt to score goals by hitting, pushing or flicking the ball into the opposing team's goal. It is a game with 11 players per side – one played on a grass or turf pitch 100 yards by 60 yards and with a ball which has a 23 centimetre circumference (similar to a baseball).

The rules are very similar to the rules of soccer, except that players must use sticks instead of their feet to play the ball. The 11 players on a team are made up of a goalkeeper, defenders, midfielders and attackers.

Its official name is simply *hockey* and this is the common name for it in many countries. However, the name *field hockey* is used in countries where the word *hockey* is usually reserved for ice hockey or street hockey.

Field Hockey is played by more than 3 million people around the world, on all five continents, as both a leisure sport and at the highest competitive levels. It has several regular international tournaments for both men and women. These include the Olympic Games where our Canadian men just participated, the quadrennial Hockey World Cups, the annual Champions Trophies and World Cups for juniors. Currently, it is known as the second most team-played sport in the world.

Field hockey is an active, running game that requires skill and coordination, as well as cardio, respiratory and muscular endurance. Field hockey players have excellent hand-eye coordination and are able to think ahead. They also have overall muscle strength (especially in the legs) and superior speed. The sport builds self-esteem, camaraderie and develops problem-solving skills in a team setting. It's also a great game for young ice hockey players to play in the off season, as they develop balance, coordination, speed and are physically fit – leading them back into the ice hockey season.

In countries such as Canada, where winter prevents play outdoors, hockey is played indoors during the off-season. This alternative differs in a number of rules and respects. For example, indoor field hockey plays on a court surface with six players per side (similar to ice hockey) rather than 11 players per side (similar to Soccer).

In Canada, there are field hockey associations from nine different provinces that send 40 to 50 teams to compete in tournaments every year. The Alberta Field Hockey Association has expanded its sport and junior

programs into the city of Edmonton. This spring, 2009 will kick off its programs for girls and boys 5 to 15 years of age. Field Hockey Alberta is looking forward to the growth of the sport in the future by getting involved with different community leagues around the city and providing both spring and winter programs.

Try out the sport for free, or register for a spring program by visiting www.fieldhockey.ab.ca. You can also contact the Edmonton Field Hockey Alberta office for more information at (780) 760-2180.



A group of girls show off their medals after a field hockey tournament.

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(above Shoppers Drug Mart)

President recognizes Terwillegar talent



by Steve Simala
TCL President

I recently heard that we have a few local talents in our neighbourhood: Our own Chantel Hupka

has become the Miss Teen Edmonton 2009 (see page 3) and Kristen McGovern has made it to the Edmonton finals for the YTV Karaoke Star Junior competition (see page 24).

Though these are the headliners, we are a neighbourhood that's filled with talent. I see talent in the many volunteers that help make our annual events possible, like the recent Snow Valley Ski Night and the Family Day celebrations. I also see talent in the volunteers who help fund our projects by working at casinos. (See page 2 for our new dates!) And there's talent in the

volunteers who take on new initiatives — such as our upcoming community garden and the park shade that's going in at Tomlinson Common Park this spring.

It's talent that's building our neighbourhood in many ways — big and small. I'd like to invite all of you to show us your talent. Perhaps you'd like a playground closer to your home. Show us your talent for organization and we'll work on getting one built! The Terwillegar Community League board can support such projects if we have the people behind them. Perhaps you'd like your area of the neighbourhood represented more — either on the board or in the Terwillegar Community League News. Bring your ideas or show us your talent for writing. Or even just inform us of someone else's talent so we can broadcast it to the world.

Our neighbourhood is quickly growing and

we're working hard to build the support behind it. Let's work together and show everyone just how much talent we really do have.



Our Family Day event was made possible with the contributions from residents like Tanis and Doug, pictured here.

Neighbourhood Watch seeks members

by Vern Gorman and Enza Fata

Neighbourhood Watch Zone Leaders - Terwillegar Towne

In our past articles, an introduction was given to you on what the Edmonton Neighbourhood Watch (ENW) program is about, who your zone leaders are and what developments make our community. We hope you enjoyed them.

Now is the time to ask that everyone get involved by becoming a member of the program. Here's how it works:

Members and Block Captains

The basic structure of membership for the ENW Program is as follows: Member, Block Captain, and Zone Leader. Each member of the community is responsible for the successful operation of the program.

Member Responsibilities

- Observe and report suspicious activities to the proper authorities (i.e. police, fire, ambulance, etc.).
- Inform the Block Captain or Zone Leader if you are moving or if any of your application information changes (phone numbers especially).
- Welcome new neighbours, and encourage them to participate in the ENW program; introduce them to the Block Captain.
- Learn and practice home security methods.
- Use the engraving pen and appropriate stickers for Operation Identification.
- Follow and utilize home security information as distributed.
- Distribute relevant Neighbourhood Watch information to other members or the community.

- If moving, find out who the Zone Leader is in your new community and advise the Leader that you are an accredited member.
- If moving, remember to remove the "We are Neighbourhood Watch Members" stickers and the "Items have been marked for identification" stickers that you placed on your doors and windows.

Block Captains

A block is a group of apartments/condos within a housing complex, or another area within a community or neighbourhood. A block is considered to be your home, the homes on either side of yours, the three homes across the alley or back fence and the three across the street.

A Block Captain is the community member responsible for the successful operation of the program for one "block." This includes membership confidentiality, distribution of Neighbourhood Watch information, teaching home security to new members, and observing and reporting suspicious activities.

Block Captain Responsibilities

- Establish and maintain communication with members and the Zone Leader.
- Welcome new neighbours and encourage them to participate in the ENW program.
- Monitor the use of the engraving pen and appropriate stickers for Operation Identification.
- Provide home security information to block members.
- Support the Zone Leader by attending meetings and training sessions.
- Canvass the designated area to identify and recruit new members.

How do I become a member?

A membership application can be found at: <http://watch.edmonton.ab.ca>. If you have any questions you would like to direct to the Zone Leaders about the ENW program, please contact watch@terwillegar.org.

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), the Terwillegar Community League News, neighbourhood watch, and more. Membership fees are optional (but well worth it!). E-mail 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.



**Get in the Game
on March 28!**

Tickets only: \$10 per person
(Regularly \$34.50)

Tickets purchasers are entered to win tickets to another game viewed from the Rexall Suite!

For details, go to: www.efcl.org and chose activities, then Get in the Game Rush Lacrosse

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Name #1: _____	Date: _____
Name #2: _____	Membership Type:
Address: _____	Senior: <input type="checkbox"/> Single: <input type="checkbox"/> Other: <input type="checkbox"/>
Postal Code: _____	Adult: <input type="checkbox"/> Family: <input type="checkbox"/>
Res. Ph.: _____ Bus Ph.: _____	Member interested in participating in activities?
Email: _____	Yes <input type="checkbox"/> No <input type="checkbox"/> (See Over)
Children's Names: _____ Y/M/D _____ M/F _____	Member willing to volunteer?
_____	Yes <input type="checkbox"/> No <input type="checkbox"/> (See Over)
_____	Fee Paid: _____
_____	Donation: _____
_____	Total Paid: _____
Terwillegar Community League	# of Skate Tags: _____
	Cash: <input type="checkbox"/> Cheque: <input type="checkbox"/> Cheque#: _____

Volunteer Interests	Comments
Activity Interests	



Coming events

Weekend of April 24-26:
 Capital City
 Clean-up
 Details to come

May 4 - Aug. 20:
 Green Shack
 Program
Location: Tomlinson
 Common Park

Aug. 19: End of Summer
 BBQ
Location: Tomlinson
 Common Park

**Check
www.terwillegar.org
 for current information**

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

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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 Ave. on Sundays from 4 to 7 p.m.



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



Neighborhood Watch TIP
Park your vehicle in a sensible place, avoiding unlit areas at night.

Local teen makes cut for YTV contest

by Sheila McGovern
 Proud mother of Kristen McGovern

On Jan. 18, 15-year-old Kristen McGovern of Terwillegar joined several hundred hopefuls at the YTV Karaoke Star Junior auditions at West Edmonton Mall. Judges chose Kristen as one of the top five Edmontonians to proceed to the Edmonton finals.

On January 19, she was a part of a live taping of the Edmonton episode at Victoria Composite School with an audience of over 800 students from the school. There are auditions being held in eight Canadian cities as well as an online audition.

The Edmonton episode airs Monday, March 23 on CMT and YTV. Once the episode has aired, viewers will have six days to text or vote online for their favourite. The Edmonton finalist will be announced on the March 30 episode.

One contestant from each city and two from the online auditions, for a total of ten, will move on to the finals, to be held in Calgary in May. Here, one youngster will be crowned YTV's Karaoke Star Junior. Check local listings for times.



Kristen McGovern at the YTV Karaoke Star Junior auditions.

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PB&J "I've Outgrown It" sale – Saturday, May 2; 10 a.m. – 1 p.m. Riverbend Community League

*Classified ad - \$10 for 25 words or less!
 Send to editor@terwillegar.org*

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.

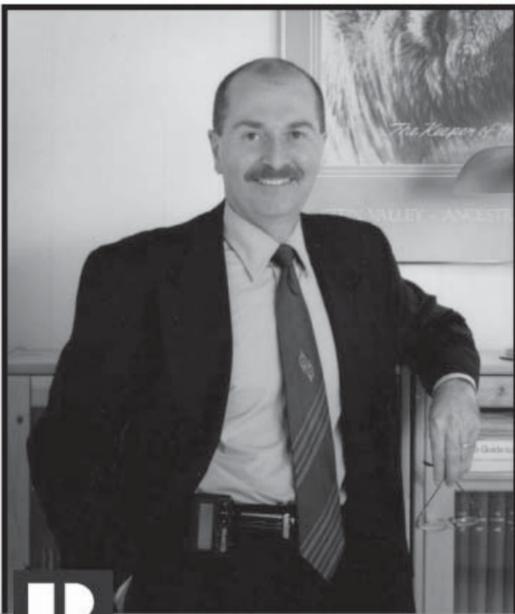
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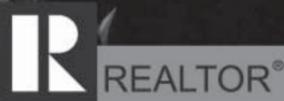
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