

Terwillegar Tribune

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

Vehicle-related crime on the rise in Terwillegar

By Michelle Dumanski
MacTaggart Mains resident

You don't have to travel far out of your community these days to see the Edmonton Police Service (EPS) cruiser and sign adorning our residential areas. The public awareness campaign currently underway by EPS is easy to spot, and it's often in places that you would not expect to see it.

Within our neighbourhood, the need for the reminder is becoming more and more prevalent. So the next natural question is "what can I do to help safeguard my home and my neighbourhood."

One way to start is to take the advice that our community EPS officers are suggesting.

"Don't be an easy target — lock your doors," said Sgt. Rob Hickey of the EPS.

Vehicle crime has increased lately in our area. Much of this can be avoided by double-checking and taking a few extra seconds each time you leave your vehicle to be sure that loose items (ipods, GPS, sunglasses, loose change) are out of sight.

Hickey said that much of this type of thievery is crime of opportunity. "People need to use common sense to avoid becoming a victim of these types of crime."

In the past week, two individuals have been arrested related to the recent vehicle crimes in the Terwilliger area.

However, Hickey added, "These two individuals may be off the street, but there are always others out there. If you see a crime in progress, call 911; if you see something suspicious, call the non-emergency line 780-423-4567."

It is also a good idea to remove your garage door opener from your vehicle and to park in your garage if you have access to one.

Community crimes are not limited to vehicles. Although this may be a frequent crime within our neighbourhoods, there are other dangers to be aware of. One step toward keeping your family safe is to take the time to talk with and educate your children of stranger dangers. Become familiar with your neighbours and starting or participating in a Neighbourhood Watch association are all ways to help make the community a safe place. (See neighbourhood watch application form on page 8.)



This sign can be seen on Towne Centre Boulevard as residents enter Terwillegar Towne from 23 Ave.

There are many useful resources available to help you start this conversation at home. Avoiding talking to strangers, no matter what the age, is a good place to start with your children. Make sure they know who to go to for help if you are not with them, and have a secret password that only your family knows. This is a good way to be sure that your child can tell the difference between a friend and a stranger.

The EPS has developed a website for the public to view and keep track of crimes with the community. Simply visit the crimemap website: crimemapping.edmontonpolice.ca to view your neighbourhood and see what, if any, crimes have been reported. Do your part to help reduce crime in your area by noticing little details and be sure to report things that don't seem right.

Check out our
new name!

Previously Terwillegar Community
League News

Call Ron Dickson & Associates Today For A
No Cost, No Obligation
Market Evaluation of Your Home
Direct, 780-918-2635

Living and Working in Our Community



RE/MAX Accord
2852 Calgary Trail
Edmonton, AB T6J 0V7
Office: 801-1160
Fax: 801-1048

Community Garden booking plots for 2010

by Tammy Peters

Community Garden Volunteer

"Where did fall go?" — a question many gardeners are asking themselves this season. With a late heat wave quickly followed by an early snow and cold snap, many of our gardeners at the community garden appear to have been caught with their harvest still in the ground! I, too, found myself digging up potatoes from under a thin layer of snow. What a sight — gardening in winter boots, mitts and a toque! Only in Canada!

The Terwillegar Community Garden has had a successful first year with 52 plots planted by 42 members (and their families and friends) and approximately 100 square metres seeded for Edmonton's Food Bank. The food bank plot was planted, worked, watered and harvested by dedicated and enthusiastic volunteers. It successfully produced 144 kilograms of produce for the Food Bank.

With support from the Terwillegar Community League, the Edmonton

Community Garden Network, the City of Edmonton and the community at large, we constructed our plots and pathways, secured a water supply and have a storage shed — all on a fenced and maintained site. In the future, we will continue to work towards securing a long-term land use agreement for our site and look towards improvements that can be made to our current site. Also, we will focus on how we can grow our community towards achieving our vision and mission.

We are eagerly awaiting our second season and are currently accepting names for our plot wait-list. We anticipate opening up a few more plots for new members and will fill any plots vacated by departing members. Contact garden@terwillegar.org for more information and watch the garden's page at www.terwillegar.org for information about our annual general meeting and membership night. We also welcome anyone interested in volunteering with the community garden without the demands and responsibilities of having their own plots. With our community and members working together, we will continue to grow!

Casino to bring park funds

by Priya Nelson

TCL Fundraising

The Terwillegar Community League had its casino on Sept. 16 and 17 at the Palace Casino in West Edmonton Mall. I would really like to extend a huge thank-you to Joanne Knox for all the time and energy she put in organizing the volunteers and the casino on behalf of the league. I would also like to say we greatly appreciate the few volunteers that came out to support such a huge fundraising event.

We did have a difficult time filling all of the positions and unfortunately had to look outside of this community to fulfill some of the roles. The money raised from this casino is being put towards new parks in South Terwillegar, Magrath and on the site next to the two new schools in our community.

We have applied for another casino, as these dollars can be put towards items such as parks. There is a huge need for parks in all of the areas. We are hoping that with the promise of funding for our future parks, we will have no problems finding volunteers for our next casino. Please look for articles in the paper for updates on parks in your area as well as for the dates for our next casino.

RINK SAFETY AND ETIQUETTE

As winter is quickly approaching, many of us are anxiously awaiting the freezing of our favourite skating rink — the storm water pond north 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 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.

Seasons Greetings

from the staff of
TRÉS XHIC salon and spa

Working Woman's Special

Spa Manicure
Spa Pedicure
& Spa Facial
for
\$165

Mens Cuts \$20

Eyebrows & Lip threading \$16

Cut, Color & Highlights available

Gift Certificates Available

2333 Rabbit Hill Road 780-438-9442

League AGM leaves vacant board positions

by Terri Saunders
Newsletter Editor

This year's Annual General Meeting (AGM) came with its biggest attendance ever! Over 65 people came on Tuesday, Oct. 20 to learn about what's happening in the community. They were also able to meet the Terwillegar Community League board, dignitaries and even the principals to the two new schools being built in our community.

The evening started off with a volunteer appreciation dinner in the basement of the Holy Trinity Riverbend Church. The board provided a buffet meal, door prizes, and mug or water bottle with the Terwillegar Community League logo to take home.

Residents were then presented with updates from each of the board members. Past president, Steve Simala, began by explaining what the Terwillegar Community League governs and displaying a map which shows the four major communities which comprise the league (Terwillegar Towne, Magrath, South Terwillegar and MacTaggart). Simala also announced that although he's fully enjoyed his time with the Terwillegar Community League, his volunteering is now taking him in a different direction. The role of President remains vacant.

After a brief overview, we then heard about the league's financial status, the success of our past fundraising events, and our membership status. Not surprisingly, most memberships are family memberships! A motion was then passed, approving the increase of memberships by two dollars for the 2010/2011 year.

Our Communications Director, Tamara Stecyk, presented our new logo and discussed the improvement of our communication through Facebook and the newsletter. She also announced the change of the newsletter name from "Terwillegar Community League News" to "Terwillegar Tribune." The newsletter Editor, Terri Saunders then discussed the changes to the newsletter in the past year, as well as changes for the future, such as incorporating colour.

We were then shown the success of last year's events and of the Community Garden, and encouraged to join the Neighbourhood Watch program. An update on issues discussed at the Terwillegar Riverbend

Advisory Council (TRAC) meetings was also given.

Our Community Recreation Coordinator, Shelley Kwong, discussed the process of getting parks built in our community. Simala also announced that casino dollars would be put towards the building of parks and that the dollars would be split between the four neighbourhoods. A call for area representatives was made to help move the park initiatives forward.

Councillor Bryan Anderson then discussed some of the traffic issues in the area and encouraged residents to form an organized traffic committee. He also discussed crime in the area and the fact that residents should call in every suspicious incident to Edmonton Police Services as this information is used to allocate manpower.

Edmonton Public Schools Trustee Catherine Rigby then said a few words regarding public school initiatives, followed by an introduction to our two new principals, Greg Kushnir for the public school, and Reny Clericuzio for the Catholic school. The principals each discussed their plans and visions for the new schools.

There were many opportunities to sign up as volunteers. On behalf of the board, we hope you consider contributing to your community league this next year. The opportunity to be president is still available, as are many others, such as casino coordinator, area reps for the newsletter and volunteering for various events. Please contact the league to see how you can contribute!



Volunteers were appreciated prior to the meeting with an annual volunteer dinner.

Residents watch fireworks fly on Halloween

by Shawna Duval
Past TCL Program Director

If you opened your door Halloween night, you would have heard the shrieks and cries of "trick or treat" coming from children excitedly collecting candy.

What an exciting night for them, as they went door to door taking in the well-decorated homes and lit pumpkins. There were also a few screams of terror as homeowners got into the Halloween spirit, dressing as corpses on front porches or lawns. Treats bags disappeared quickly from the Terwillegar Gazebo, as our volunteer, Jayne Holmes, hurried to keep up with demand.

At 8 p.m. our first fireworks display started! Around 150 people gathered around Tomlinson Common park to watch the display, but it could be seen from over a good part of the Terwillegar neighbourhood. Many thanks to Aerial Fireworks for a fantastic show, and thank you to our volunteers: Sherry, Brandon, Brendon, Dan and David.



Clockwise from top left: Emerson Lyons ready for candy; trekies unite; Shayne joins in on the fun; a resident leaves creepy decorations to delight all.



Christmas Lights Contest

Win a \$100 gift certificate for lighting up our winter nights. Judges will be touring our neighborhood the week of Dec. 21 between 7 and 8 p.m.

EDMONTON



It's Snow Wonder! Tomlinson Park (Tomlinson Common)



Attention all children: Come out and enjoy a variety of outdoor activities!

Try new and exciting winter adventures.



Dates: November 11, December 22 & 29

When: 1-4pm

Who: Children ages 6-12

Cost: Absolutely **Free!!**

Come out and enjoy a variety of winter activities such as snow painting, fort building and snow shoeing!



For more information about this event please call our Information line at 311. If the WEATHER is -20C or colder with the Windchill, the event will be cancelled!!



In Partnership with Terwillegar
Community League &

THE CITY OF
Edmonton

COMMUNITY
SERVICES

Official high-school opening a huge success

by Terri Saunders
Newsletter Editor

Lillian Osborne High School opened its doors to the public Thursday, Oct. 22 for its official opening. This was the first high school built in the last 25 years, and the celebration certainly reflected the excitement over such an event.

Students adorned in matching t-shirts welcomed every guest over and over again as they entered the crowded gymnasium. Dual screens showed pictures of students and the school while attendees waited for the festivities to start.

Lillian Osbourne was named after Edmonton's first female teacher, who came here to teach in 1889. Though she passed in 1929, even she came to the event — she was brought to life by a student who posed as Lillian Osbourne herself and even cut the ribbon.

Dignitaries from all areas were present, and many individuals were acknowledged for their contributions to the high school's successful



Students were placed around the school as tour guides. These girls showcased the science lab.

start. Principal Janet Hancock even broke into tears while listing them, as the combined efforts were so great.

The students played a big part in the celebrations. They publicly performed their new school song for the first time, danced, and did a display of their cheer team's talents. The entire event was very upbeat. They even had everybody up and clapping — even dancing — and tears were brought to more faces than that of just the principal.

The celebration ended in song, with students setting off “rockets” of confetti streamers. Guests were then encouraged to stay for cake and coffee and to tour the school. Students were placed around the school to act as tour guides and introduce the unique features of the classrooms.

All in all, the grand opening of the Lillian Osbourne High School was a huge success and reflected the enthusiasm and innovation of the entire school. What a way to start!

Anglicans in T-Towne reach out to community

by Arthur Dyck

The building that is now home to Holy Trinity Riverbend (HTR) Church been in existence for some nine years, but finding it is a challenge. Nestled on the west edge of Terwillegar Towne on four acres (1.6 hectares) just north of Anthony Henday Dr., it's a hard place to get to.

This is complicated by the fact that the city signs giving directions to the church aren't entirely helpful when approaching Terwillegar Towne from the west on 23 Ave. And if you're relying on your GPS to find 1428-156 St., you'll probably wind up on the south side of Anthony Henday with your GPS urgently requesting you to “Make a U-turn as soon as possible.”

Even Google Maps places us somewhere in the middle of Terwillegar Towne unless you're using the satellite view. All of this is due to the fact that, while HTR used to be on a main thoroughfare, access to 156 St. from Terwillegar Blvd. no longer exists.

So when the Anglican Diocese of Edmonton decided to start a new English church in a building that had hosted a Cantonese congregation for nine years, it felt like there was already one strike against a successful church plant: its location.

Nonetheless, the diocese sent five people into the church to begin the plant: the existing rector of the parish; a retired priest and her husband; a soon-to-be-ordained deacon; and a former pastor, now layperson.

Services started immediately, even while it was being determined what the new congregation would look like. The vision for the church quickly solidified, with the consensus being that the church was being called to be a neighbourhood-minded church; that is, its ministry was to work in and with the community in meeting the needs of the community in a Christ-like manner.

The church also wanted to retain some of its Anglican traditions. Although the services were to be informal, the desire was for people to experience the presence of God through the liturgy of the Word and the celebration of the Eucharist.

But how do you determine how you can work together with the community?

On Sept. 3, Holy Trinity Riverbend held what was called a “community conversation” entitled Church and Community: Serving One Another.

About 40 people met, including residents, municipal leaders, clergy from other churches in the neighbourhood, and representatives of community organizations from Terwillegar Towne and Riverbend.

Three questions were addressed: What makes Terwillegar Towne a great community? What would make it better? How can you and HTR contribute?

After an hour of lively discussion, it became evident that there were several ways in which Holy Trinity Riverbend could contribute to the community. As a new community with few public spaces, Terwillegar Towne has a great need for space, indoor and outdoor, that the community and community organizations could use.

Second, while there is a definite sense of community and pride in the community, there is a need for space to host events that would foster community spirit. Third, there are social services needed in Terwillegar

Towne that HTR could help provide, for example, in the area of translation and social services.

The response to the community discussion was gratifying, to say the least. Important networking occurred among the various organizations, churches and residents in Terwillegar Towne and Riverbend.

HTR came away with some ideas on how they can serve the community. Obviously, the fact that Holy Trinity Riverbend has a building with good facilities and land that might be used for a community garden stands the church in good stead.

The general feeling among the participants was that the discussions that were begun at this meeting need to be continued. Several groups have plans to approach HTR to use its facilities.

For more information about future discussions, visit www.htrchurch.ca. Arthur Dyck is a member of the church planting team at Holy Trinity Riverbend.

Originally printed in *The Edmonton Journal* on October 3, 2009.

Arthur Dyck (right) helps out at the community conversation barbeque.



Interested in improving your photography?

On **Tuesday, Nov. 17**, Images Alberta Camera Club of Edmonton will be visiting the Riverbend Library to give you tips and hints for taking better pictures. Their presentation will include examples of local, travel, still-life, black and white, and portrait photography. The program starts at 7 **p.m.** but come early! This program fills up quickly!

Municipal officials give a southside tour

by Tamara Stecyk
Communications Director

An opportunity to tour your neighbourhood on a city bus with municipal officials doesn't come often. When I received an invitation from Ward 5 Councillors Bryan Anderson and Don Iveson to join them for dinner and a tour at the end of September, I eagerly agreed.

About 40 community league representatives, City of Edmonton administrators, Anderson, Iveson and school trustees Marilyn Bergstra and Catherine Ripley met at the Derrick Golf and Winter Club on 119 St.

We climbed on board a chartered Edmonton Transit bus for an extensive two hour tour, which headed towards the Terwillegar area.

I learned that Magrath has the highest elevation point in the city and 23 Ave. will eventually have a sidewalk on one side of the street and a path on the other.

Our first and only stop was the Southwest Community Recreation Centre, set to open in fall 2010. We donned hardhats and were given a personal tour of the facility, which is under construction, by Stuart Olson superintendent Doug Hager. The City of Edmonton has invested \$156 million in the centre and it will serve an area of 80,000 people.

Seeing the swimming pools, the running track and the view of the city made an impression that this will be a wonderful facility to meet your neighbours, while at the same time exercising your body.

The arenas are also under construction, and once completed, they will be open year-round to accommodate ball hockey, field hockey and other activities.

After the recreation centre tour, the bus travelled along Terwillegar Dr. towards Windermere. We were told that Terwillegar Dr. will eventually be

expanded to Leduc and be an alternative to Highway 2. There is no timeline for this project and it's subject to funding availability.

Once the development of the five Windermere neighbourhoods are complete, between 80,000 and 100,000 people will live in this area.

Ellerslie Rd. has seen much development. A new eco centre has opened and the Centennial transit garage is being built for 250 buses.

The bus tour also took us along Gateway Boulevard, 111 St. and through the area where the University of Alberta plans to build its south campus. Emily Ball, the south campus representative, discussed the university's timeline for this project.

The evening ended with a light supper at the Derrick Club and Bob Boutilier, the city transportation manager, as the guest speaker. Boutilier envisions Edmontonians having an intergrated transportation system that puts people first and not cars.

If you do have any questions about the Ward 5 tour, feel free to ask on the Terwillegar Community League's Facebook group or e-mail me at communications@terwillegar.org.



Attendees took a city bus to tour the southside area.

New residents welcome to join the club!

by Claire Schneider
South Terwillegar resident

Welcome! If you are new to the city or perhaps just haven't had the time or resources to make any connections, you may want to start with the Edmonton Newcomers Club.

The club was established in 1968 and welcomes women who are new to the city or have lived in the city for less than two years. Members meet monthly and enjoy a topic which is related to the season or to getting to know Edmonton. Spouses and children are not left out!

Club members, along with their families, also enjoy book clubs, moms and tots activities, coffee dates and much more. The club's website is easy to navigate and includes an events calendar, useful links, activities coordinated by members and a blog spot.

Check out what the Edmonton Newcomers Club can offer you at www.edmontonnewcomersclub.com.

The Welcome Wagon is another good place to start if you are new to the community. The friendly staff of the Welcome Wagon can familiarize you with all that "need to know" neighbourhood information such as public transit, garbage and recycling services, nearby recreation centres, public libraries and the list goes on.

The services of the Welcome Wagon are not limited to new community members. They also offer services for brides-to-be, expectant parents and 50-plus community residents. Check them out! www.welcomewagon.ca.



DON'T LEAVE THIS SCHOOL YEAR TO CHANCE!

Follow these 5 tips from Oxford Learning for better habits for the entire school year!

Get informed.

Develop regular communication with the teacher.

Know what to expect.

Know important dates in advance to be prepared and to avoid last-minute scrambles.

Use a family calendar.

Manage school, family, and activities with a daily reminder.

Break bad habits.

While the school year is still new, avoid slipping into old routines.

Get Help.

Make professional tutoring the one new habit that makes the entire school year great.



Better Grades. Higher Confidence. Call Today.
Riverbend 780.433.0078 | oxfordlearning.com

Schools to remain open regardless of H1N1

by Claire Schneider
South Terwillegar resident

As we move into winter, the flu season moves in as well. Maintaining the health of ourselves and our families is important, and by being proactive, we can lessen the impact of the influenza virus and, ideally, avoid it altogether.

According to Alberta Health Services, new strains of seasonal influenza develop every year. In 2009, the H1N1 virus continues to circulate in Alberta.

Close-by centres providing immunization clinics on behalf of Alberta Health Services include Bonnie Doon Shopping Centre, Millbourne Mall and Rutherford Health Centre. Detailed immunization information is available on the Alberta Health Services website at www.albertahealthservices.ca along with other valuable health updates.

The Edmonton Public School Board and Alberta Education continue to provide flu season resources and timely updates on H1N1 in community schools. Many schools are tolerating only a clear, runny nose in children and otherwise cautioning parents to keep ill children at home. At this time, the Public Health Agency

of Canada is not recommending the closure of schools even if a confirmed case of H1N1 is identified.

Below are some facts about influenza and some simple steps that we can follow to aid in prevention.

Quick Facts:

- Influenza is an infection of the nose, throat and lungs, and is caused by a virus.
- An influenza infection lowers the body's ability to fight other infections and can lead to pneumonia or bronchitis. Influenza can also make other health conditions worse (lung, kidney and heart disease, diabetes and cancer).
- Influenza spreads rapidly among people through moisture droplets that can travel up to six feet.
- The virus can live on hard surfaces (door knobs, telephones, computer keyboards, light switches etc.) for up to two days.
- People can develop influenza up to four days after being affected. They are contagious from the day *before* they have the first symptom until at least five days *after* the symptoms start.

Symptoms of influenza can include:

- Sudden fever

- Headache
- Dry cough
- Extreme weakness and exhaustion
- Chills
- Loss of appetite
- Sore throat

Protect Yourself!

- **Get a flu shot.** Alberta Health Services is now offering immunizations against influenza.
- **Wash your hands.** Next to immunization, the single most important way to prevent influenza is frequent hand washing.
- **Use hand sanitizer** if hands are not visibly dirty or soap and water are not readily available.
- **Cover your cough.** Cover your nose and mouth with a tissue when sneezing or coughing and properly dispose of tissues afterwards.
- **Stay at home** and rest if you are feeling ill.
- **Contact your doctor** if you have a cough and fever or if other symptoms persist.

For more information or for brochures on the topic, visit www.albertahealthservices.ca or call 780-408-LINK (5465).

Program available for new southside moms

New moms need all the support they can get! Alberta Health Services offers a wonderful program called the New Moms Network, which has been a fantastic program for many new moms throughout the city, especially south Edmonton moms. The programs that were run out of the Twin Brooks and Rutherford Health Centres were constantly full, leaving many moms without the opportunity to get involved in the nurse-led six week program. At the end of the six weeks, the group of 15 or so moms would continue getting together for weekly play dates.

Carol McBee heard about the program through a few of her friends, and when she received a leaflet at the hospital the day after having her first daughter, she called immediately (from the hospital!) to try and get a spot. Luckily, there had been a cancellation, and she secured the last spot in the program. Those six weeks were priceless. Not only did Carol get practice with the new (and very confusing) car seat and with packing the diaper bag for an outing with a newborn, but she also met great new friends that were all going through similar trials and tribulations of motherhood. One year later, the moms still get together for play dates, lunches, dinners and drinks.

After recommending the program to so many other new moms, Carol began to hear feedback that the sessions were constantly full, and that Riverbend moms were actually attending the program at other Health Centres, such as the Bonnie Doon Health Centre. This entirely defeats the purpose of meeting local new moms! After calling the operations manager for the two southside health centres, Carol learned that the program was unfortunately being suspended due to H1N1 until sometime in the New Year. This program was just too beneficial not to continue!

After contacting numerous other moms that had been through the program, Carol took the strengths and weaknesses of the program and created a new program called Mommy Connections. This new six week program begins Jan. 7 at the Riverbend United Church and will highlight many Riverbend business and services, including several that are mom-owned and managed! Session topics will include post-natal fitness, nutrition, city programs, baby dental concerns, baby proofing and safety, returning to work and childcare and meal planning; plus fun classes and groups for mommy and baby such as *Peanut Butter & Jam*, *Modern Mama*, *Salsa Babies* and more!

Local businesses are showing their support by participating in creating great swag bags with discounts, coupons and offers to help new moms! To mitigate the program filling up too quickly, 60 moms can be registered at one time, and then at the end of the course, the moms will be broken down into four smaller groups by neighbourhood for their future meet-ups. The program was created by a new mom, for new moms and will continue on with a new six week session in March, 2010.

For more information visit www.mommyconnections.ca

Fun for Kids at the Library!

Do you like crafts, games, and stories?

Come to one of the Riverbend Library's "Silly Saturdays!" Starting at 2:15 p.m. on Saturday, Nov. 21 and Saturday, Dec. 12, the library will have an afternoon of children's fun!

Visit www.epl.ca for more information on programs and events at the Riverbend Library!



The three and four year olds are back to school! Miss Michelle and Miss Laurel did an excellent job of getting their classroom set up for this year. They bought a bunch of new toys that everyone is excited to play with. September was spent getting to know all the new faces and establishing the playschool routine. For some the process was easy, while for others it was more difficult, but everyone got through it so now it's time to get down to business! Learning through play is the philosophy of our playschool and our teachers love to play! They are fun, caring and patient with a little dose of goofiness. This year there will be a lot of great memories created at playschool for both you and your child!

SUCCESS

I tried to teach my child from books
He gave me only puzzled looks
I tried to teach my child with words
They passed him by unheard
Despairingly, I turned aside
How, shall I teach this child, I cried
Into my hand he put the key
Come, he said and Play with Me

258 Rhatigan Road East
780-988-0704

riverbendplayschool.org

What to do when you see criminal activity

(Developed by The City of Edmonton in consultation with the Edmonton Police Service)

- **Always contact police** when you see trouble occurring.
- **Call 911** if it's an emergency or crime is in progress.
- **780-423-4567** when a crime is not in progress.
- **Be as detailed as possible** when explaining the incident. Provide the five Ws – who, what, when, where and why.
- **Don't be afraid to:**
 - **Ask** the **name** of the person you are speaking with and write it down.
 - **Ask** if they are **sending a car**. If not, ask why not.
 - **Ask to speak to a supervisor** if you feel a car should be sent out.
 - **Indicate** whether you wish to remain **anonymous**. Explain why.
 - **Say** if you would like to be informed of the **outcome** of police attendance.
 - **If you are in contact** with the attending police officer, **record** the name and file number.
 - **Keep a diary of incidents in a book.**
- **Date and time** of the incident
- **Location**
- **Description** of persons involved
- **Name and address** of suspects if known
- A complete **description of events**
- (five Ws – Who, what, when, where and why)
- **Who you contacted** to report the incident and **what they said.**
- **Name of police officer**, if one came out, and if you know the
- **File number**

Please record the following:

Crime and incidences have increased in our community.

Let's do something about it!

Show your care and let's make our neighbourhood a

Neighbourhood Watch Community.

Become a member.

It's free!

Neighbourhood Watch Member Application



The Edmonton Neighbourhood Watch Program would like to give you this special invitation to join the program so you can help prevent crime in your community.

Application Date: _____ Community: _____
(Year/Month/Day)

Address: _____ Postal Code: _____

Residence phone number: _____ Email: _____

Applicant : Male Female

Will volunteer to assist :

Name: _____
(Surname/First/Middle)

Bingo

Age: 18-25 26-35 36-45
 46-55 56-65 66-75
 75+

Casino

Mall Displays

Alternate contact number: _____

Other: _____
(please specify i.e. Zone Leader)

All applicants for membership with the Edmonton Neighbourhood Watch Program Society are required to undergo a Police Information Check. Membership may be withheld if the applicant does not live in the City of Edmonton or has been charged with a criminal offence.

The personal information on this form will be collected, used, and disclosed as authorized by the Freedom of Information and Protection of Privacy (FOIPP) Act and shall not be used for any other purpose without the written consent of the applicant.

Signature: _____

Please mail your completed application to:

Office Use Only
Date received: _____
PIC received: _____
Date entered: _____

Edmonton Neighbourhood Watch
9620 103A Avenue NW
Edmonton, AB T5H 0H7
Phone (780) 421-3428
Fax (780) 421-2341
E-mail: watch@tera-byte.com
Web: www.watch.edmonton.ab.ca

HOOT MacTaggart Mains-Home Owners Organized Together

Have you been BOO'd?

Check out all the fun for next Halloween, and if you delivered a Boo, IT'S TIME TO TELL.

Black cats and Witches, pumpkins and bats...
 traveling 'round in the night.
 It's your doorbell they ring,
 leaving treats that they bring,
 then running to hide out of sight.
 Now the spooks have all gone
 and the fun has been had.
 Next year you can join –
 make your own friends feel glad.
 It's a secret to keep until Halloween's here.
 Then tell your friend BOO, and let out a cheer.



For more ideas on how to get in on the BOO activity, try googling "Halloween BOO" or visit BOO-grams.com.

Finding the work/play balance

Anonymous resident of MacTaggart

Have you ever looked at someone you know and wondered: "How do they do it?"

Many times we sit and reflect on the day that has passed and look at which moments we were able to make the most of, and of course there are always some that we feel we could have done better.

Finding the time to do all of the "work" and still taking time to play is a balancing act that many of us are facing each day. So how do "they" do it? The key to finding balance is to set out goals. Set goals for the day, and for the week ahead.

Try making a daily list. You will gain

momentum each time you cross off an item from your list of things to do. There is no greater feeling than to see your plan in action. Make your goal attainable. List jobs that you can accomplish, and don't take on more than you can manage in a day. Also, remember to be practical and flexible. There is always room for unexpected interruptions.

Most importantly, remember to include some of those "play moments" into your day. Make time for yourself. You will feel less guilt about that time if it is a part of your daily plan. Next time you feel "unbalanced," try to remind yourself that somewhere, there is someone else looking at you and wondering, "How do they do it?"

Create a Christmas craft tradition

Here is an easy family activity that children as young as two can join in on.

This recipe has been adapted from a cookbook for home-made food and crafts for children titled "Feed Me I'm Yours" by Vicki Lansky. The dough can be mixed by hand, and since it is so forgiving, everyone can have a turn.

Roll out your dough and let your children create their own Christmas tree ornaments that they can decorate and be proud of for years to come. Add beads and sparkles to the finished pieces to give each one its own unique look.

The only rule to follow with this one is to have fun. Even though these smell and look good enough to eat...they are just for looking at.

CHRISTMAS DOUGH ORNAMENTS

4 cups Flour 1 cup Salt
 1 tsp Alum 1 ½ cup Water
 Cinnamon (paint, markers)

Mix the first 5 ingredients in a large bowl. If dough is too dry, work in an additional tsp of water.

Roll out to 1/8 thickness on lightly floured surface. Cut with cookie cutters dipped in flour. Make a hole on top with the end of a plastic straw.

Bake ornaments at 250° on an ungreased baking sheet for 30 min., then flip and continue baking for 1 ½ hours.

Cool completely, then paint. Clear nail polish or shellac can also be used to make your ornament shiny. Dough can also be coloured with food coloring by dividing dough into smaller parts and then kneading 1-2 drops of colour into each part.

This recipe will yield approximately 5 dozen 2 ½ inch ornaments.

We need you

Looking for committee members to help organize a Winter Festival at the MacTaggart Mains Pond. Contact the hooteditor@gmail.com to sign up or for more details.

Your neighbourhood

Check your speed! Remember the kids in our community. Let's keep them safe.

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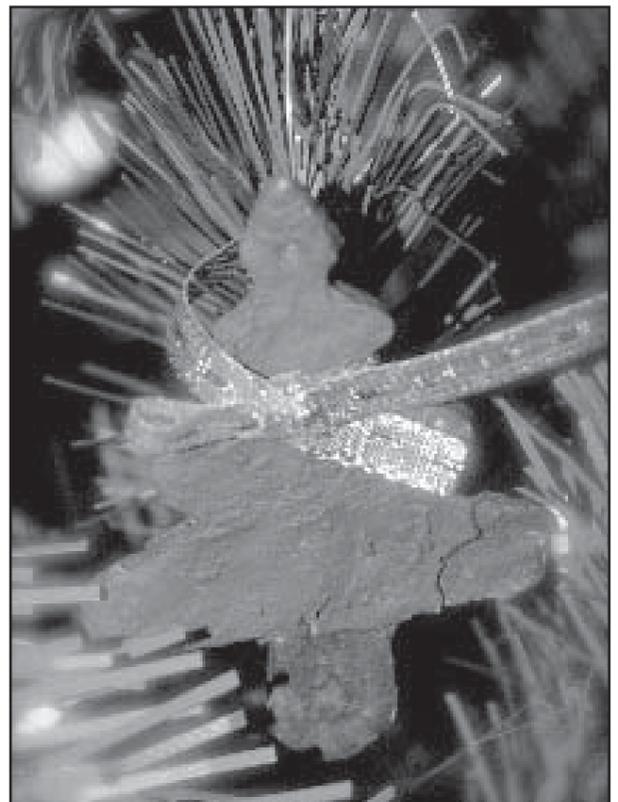
Do you have some good news to share? A helpful tip for your community? Send in your ideas to hooteditor@gmail.com.

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This is YOUR paper!

Contact editor@terwillegar.org



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Check out www.efcl.org and choose "Activities" to learn about deals on Oilers and Oil Kings tickets!

EDMONTON FEDERATION OF COMMUNITY LEAGUES

Park and ride expected for Century Park

by *Tim Cartmell*
TRAC Transportation Chairperson

The following is an update of major transportation projects concerning and surrounding the Terwillegar–Riverbend communities.

Quesnell Bridge

The City of Edmonton reports that progress continues on the Quesnell Bridge and approach roadways. The 2009 construction program will continue throughout November in order to complete the northbound traffic lanes and the ramp from Fox Dr. to Whitemud Dr. northbound. It is anticipated that the ramp will re-open to traffic at the end of November, and traffic will be shifted onto the northbound lanes of the bridge. Construction will continue through the winter, and the shift of southbound traffic to allow deck rehabilitation on the west half of the bridge will occur during the winter to allow for project completion by fall 2010.

Construction also continues on Fox Dr. The retaining wall immediately west of 122 St. and associated road work will not be completed in time to shift traffic back onto the eastbound lanes of Fox Dr. The current operation of two lanes eastbound and one lane westbound will continue over the winter.

South LRT

Progress on the South LRT project continues with the installation of power supply cables and controls systems. Testing of the new tracks will begin in the new year, with opening of the extension scheduled for April 25, 2010. Along with the new station at Century Park, a park and ride facility will be constructed for 1,200 vehicles. This facility will remain in place for a minimum of five years.

Other LRT projects include:

- North LRT — Construction is underway of a new line from Churchill Square to Grant MacEwan College. This line will then run to Kingsway Mall and NAIT, and ultimately through northwest Edmonton to St. Albert. The route to NAIT has been finalized.
- West and Southeast LRT — General alignments of these two routes have been picked, and will be forwarded to city council for approval in November.

Anthony Henday Projects

Northwest project – This work consists of the construction of approximately 22 km of new four- and six-lane highway along the west and north boundaries of the City of Edmonton. The project joins with

the existing southwest portion of the ring road at Yellowhead Trail, extends north to St. Albert Trail, and then continues east to Manning Dr. in the city’s northeast. Eight interchanges including two high-speed ‘systems’ interchanges at Yellowhead Trail and Manning Dr. will be constructed, as well as four grade separations and flyovers. When complete, the project will include 29 bridge structures. This project (the AHDNW project) will be completed by the fall 2011.

Stony Plain Rd./100 Ave. interchange — This project includes the construction of seven new bridges and approximately five kilometres of new six-lane divided roadway. Construction began in spring 2009 and will be completed by the fall of 2011.

Callingwood and Lessard interchanges — these interchanges were recently tendered and awarded to Alberco Construction. Construction commenced in September 2009 and will be completed by the fall of 2011.

23 Ave. - Calgary Trail Interchange

Traffic on 23 Ave. will continue to be limited to the north overpass through the winter. Construction will diminish but will continue on the south bridge structures. During this time, traffic on Calgary Trail will be able to travel south, but turns cannot be made from 23 Ave. to the south. Further information on the construction schedule will be available in the new year. The interchange is expected to be fully functional by the end of 2010.

Pedestrian traffic reviewed for crosswalk

Transportation conducted a pedestrian crosswalk at 23 Ave. and Tegler/Leger Gate on Sept. 30 during the a.m. and p.m. peak time periods (two hours each period). Information gathered during the count indicated that there was sufficient activity to consider this location as a candidate for the installation of a marked crosswalk on the west side of Tegler/Leger Gate. This location will be

given some priority and installed this year, weather permitting. Transportation will be reviewing pedestrian crossing protection at all new schools opening next year, but any decisions about upgrading beyond marked crosswalks will need to await school opening and an assessment of pedestrian and traffic patterns around the school.

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Wake up to good plumbing

EPS planning a greater local presence



Terwillegar Riverbend Advisory Council

by Rob Agostinis
TRAC President

The Terwillegar Riverbend Advisory Council (TRAC) had its regular meeting in October. We had 25 people come out to listen to our updates and new ventures. Citizens from the Terwillegar/Riverbend area are certainly taking a great interest in developing their community.

Southwest Community Recreation Centre

The Southwest Community Recreation Centre (SCRC) is taking shape very quickly. I was invited on a Ward 5 Tour with Councillors Anderson and Iveson (see page six), which gave a history of the area and provided insight on all the development underway. Those in attendance were also given a private tour of the Southwest Community Recreation Centre. Wow! This building is huge. A multipurpose room in the facility has a beautiful view of the downtown core and will be a great place for our community meetings. Next to the room is office space suitable for TRAC and all of the community leagues.

The fitness area is immense. There are different areas for workouts, the flexihall is enormous and the aquatic centre will have a wave pool, meandering river, water slide, giant Jacuzzi and a small side pool for toddlers. Next to the centre, the four arenas are taking shape. The change rooms are spacious to accommodate skaters and their gear – especially those extra size hockey bags!

Operations

The City of Edmonton is working with proponents to determine whether the facility will be operated by the city or a private entity. Negotiations, with an emphasis on the arena and commercial retail, are underway, and recommendations will be made in a report to council in November.

The name of the entire recreation centre will also be known very soon. The City of Edmonton and TRAC have submitted names to a naming

committee.

TRAC met with community services regarding the \$65,000 in trust for the centre. TRAC initially focused on extra seating between arenas three and four, but this will now be funded by the city as construction costs have come down. TRAC has partnered with a local diving group to combine dollars for a Community Facility Enhancement Program (CFEP) matching grant to help fund and complete the diving area (diving boards and diving platforms).

Lillian Osborne High School

TRAC also welcomes the new Lillian Osborne High School. The official grand opening was a grand event attended by over 1,000 people and dignitaries. TRAC feels privileged to have participated in the design of this architectural beauty.

Security

Certain Terwillegar/Riverbend areas have seen a significant increase in theft from vehicles, break and enters, and theft of vehicles, particularly in the Ramsay, Rhatigan, Terwillegar Towne and South Terwillegar areas. This is causing concern for Edmonton Police Services, and the division is planning on a greater police presence.

The southwest division held a town hall meeting on Sept. 29, and Chief Mike Boyd addressed the group, speaking of committing to more criminal investigators, enhanced policy and more state-of-the-art focus on crime and traffic so that people

feel safe again.

The new police station will be across from the Currents of Windermere and construction will start next year to open in 2012. This will be the southwest division headquarters, which covers an area from Whyte Ave. to the west end along the Anthony Henday.

Transportation

The Leger Transit Centre has no “kiss and ride” provision to drop off children, and the planned drop off in the loop is too far away to be of use. TRAC would like to explore this issue and look for possible solutions.

The Whitemud Freeway is being widened with an additional lane westbound at 53 Ave. This has been tacked onto the Quesnell project and will be completed in 2010. Rabbit Hill Rd. is scheduled for widening in 2011.

A big thank you to Donna Finucane, our outgoing TRAC Transportation Chairperson. Our new Chairperson is Tim Cartmell. Please see page 10 for his transportation update.

Meetings

Our next meeting will be on Wednesday, Nov. 18 at 7 p.m. at the Lillian Osborne High School. We will have a private tour of the school by Principal Janet Hancock. Everyone welcome!

On Monday, Dec. 7 at 7 p.m. at the Brookview Community Centre, we will be having our Christmas Party! Again, everyone welcome! Check us out at www.tracspirit.ca



Clockwise from top left: plenty of windows will give the SCRC plenty of light and a beautiful view; an aerial shot of the SCRC, Lillian Osborne High School and the drop off loop; the meandering river in the SCRC pool area.

Drop off loop open for high school students

by Jacquie Dalziel

City of Edmonton Community Services

Construction on the Southwest Community Recreation Centre (SCRC) takes shape as final touches are applied to the Leger District Park Site.

Leger District Park Site

- Tree planting on Leger Road and the sports fields adjacent to Lillian Osborne High School is complete.
- The sidewalk from the west end of the Leger Transit Centre to the Lillian Osborne High School will be constructed this fall.
- Construction of the sports fields in the northwest corner of the site has begun and should continue for several weeks.

Recreation Centre Complex

- The recreation complex foundation walls, grade beams and slabs are 95 per cent complete. Structural steel installation is over 90 per cent complete. Roof deck is being installed over the structural framing.
- Masonry work has begun, with exterior steel stud work at 15 per cent completion.
- The leisure/wave pool floor has been poured. Work on building mechanical, electrical and pool system rough-ins continues.

- Site work for the parking areas is underway. The drop off loop is now open for access to Lillian Osborne High School. The concrete walkway from the recreation centre to the Leger Transit Centre has been poured.
- The recreation complex is scheduled to open in the fall of 2010.

Arena Complex

- The development permit and structural foundation permit approvals have been received. Application has been made for the building permit.
- Foundation work is 60 per cent complete, with floor slabs between rink one and rink two at 80 per cent completion. Elevator shaft formwork continues. Structural steel framing is scheduled to begin in mid-November.
- The arena complex is also scheduled to open in the fall of 2010.

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.

Visit www.edmonton.ca/scrc for the latest construction photos.

EPSB growing outstanding public schools



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

It's an exciting time for Terwillegar residents: a new public high school opened this September, and a new K-9 public school will open next fall. For the eight years my family lived in Terwillegar Towne, my children bussed to school (mainly yellow school bus). Next fall, if children choose to attend either Lillian

Osborne High or Esther Starkman, most will be able to walk. Fantastic! It is great to see Edmonton Public Schools taking another major step forward in its long-pursued quest to build new schools in growth areas, renew existing schools that are sustainable and transform the way we manage our school space so that all students can access a quality facility close to where they live.

On Oct. 22, Lillian Osborne hosted its official opening ceremonies. The ceremony vibrated with student energy, talent and enthusiasm, and I was proud to be involved. The launch of Lillian Osborne, the goals of which include personalized learning, outstanding teaching and learning, and 1,000 mentors for 1,000 students, arrived after much conversation, thought, and planning by many, many people, including students, planners, teachers, parents, community members and of course, the principal, Janet Hancock.

Greg Kushnir, principal of Esther Starkman Public School, is now set to deepen relationships he has already started to build and continue conversations he has been having since his appointment as principal last May. He has been answering questions by e-mail and phone, and he has also posted the answers to the most commonly asked questions on the school's website: <http://estherstarkman.epsb.ca>. Check it out.

On **Wednesday, Nov. 25, 7 p.m.**, at **Lillian Osborne High School**, Kushnir is inviting all prospective parents to an information meeting. Find out about his teaching philosophy, the challenges and current status of the school, programs, school culture, etc. Ask questions. Provide your best thinking back to him. I encourage you to attend! Help grow an outstanding public K-9 school for your community.

And while you have your calendars out, please also consider attending a community meeting hosted by me on Thursday, Jan. 14. (See ad below.) Building strong families, improving communication and providing innovative citizenship education to youth were the three themes highlighted by participants last May as the best way to realize the future we want in 2030. So let's dig deeper. What is already being done in these areas? What else could we be doing? Who should be doing it? What thoughts do you have? Read the "Let's Talk the Future!" report published on my website, <http://catherineripley.ca> (under Ward Work), and then join the conversation. Please RSVP by Jan. 8.



Lillian Osbourne's gymnasium was packed for the school's grand opening.

AN INVITATION FOR YOU!
Please join me to carry on the forward-looking conversation begun last May about how we can attain the Schools and Communities we want in 2030.

LET'S DIG DEEPER!
into
Strengthening Families ... Improving Communication ...
Enhancing Innovative Citizenship Education

Thursday, January 14, 7 - 9 pm
Greenfield School
3735 - 114 Street

ALL are welcome! I look forward to seeing you!
Catherine Ripley, Ward H Trustee for Edmonton Public Schools
RSVP 780-887-1002 or Catherine.Ripley@epsb.ca by Friday, January 8.
For more detail on the May 2009 "Let's Talk the Future!" conversation, please visit <http://catherineripley.ca> and look under Ward Work.

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Drug costs to be reduced for all Albertans



by *Dave Hancock*
 MLA Edmonton Whitemud

Did you know that 37 million prescriptions are filled in Alberta each year, accounting for \$2.3 billion dollars in spending by Albertans? In order to improve Albertans' health and reduce prescription

drugs costs, the Government of Alberta recently announced changes to drug coverage. These changes will save about \$100 million per year, while speeding access to new drugs and enabling pharmacists to better meet the needs of their patients.

Drugs come in two varieties: generic, which are cheaper because they are manufactured by several companies, and brand-name, which are more expensive because they are still under patent. Generally, the price of a generic drug is 75 per cent of the price of the equivalent brand

name drug.

Effective immediately, the price for new generic drugs will be reduced to 45 per cent of the brand price. Alberta Health and Wellness is currently in negotiations with pharmaceutical companies to reduce the price of existing generic drugs. All Albertans should benefit from these reduced drug costs, whether they have government-sponsored drug coverage, employer-sponsored drug coverage, a private plan or no drug coverage.

In addition, government will be negotiating product listing agreements with the manufacturers of brand-name drugs. Prices for brand-name drugs cannot be negotiated with manufacturers as these prices are set internationally and regulated federally. Product listing agreements can help to reduce drug costs through considerations like high-volume rebates, quicker access to new and innovative drugs, or funding for research.

Though Alberta pharmacists already have the

broadest scope of practice anywhere in Canada, government is also encouraging pharmacists to spend more time advising patients and other health professionals about effective prescription drug use. A new payment model will be introduced to reimburse pharmacies for providing this new service. For Albertans, this change means that pharmacists will be more accessible to them and will help them get the best results from their prescription drugs. For pharmacists, this change means better use of their professional knowledge, training and skills.

Together, these measures will help to ensure that Albertans receive better health care and save money on their medication costs.

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

City makes creating playgrounds easier



by *Bryan Anderson*
 Edmonton City Councillor, Ward 5

As a retired teacher and coach, I've seen the difference playgrounds can make in a community. Offering quality public space to play offers a social environment for young people and encourages them to lead active and healthy lifestyles.

That's why I'm pleased to shed some light on the recently revamped Neighbourhood Park

Development Program. Since 1983, this program has

helped fund community park development and redevelopment. It's part of our Great Neighbourhoods strategy that aims to work with residents, community leaders and businesses to build and improve on the strengths and needs of each neighbourhood.

The new and improved program is called "Great Spaces, Fun Places." The City of Edmonton has more than doubled its funding, offering between \$15,000 and \$250,000 in matching funds to non-profit groups. Approximately 23 groups are expected to receive an average of \$115,000 each from the 2009 budget of \$2.6 million. This will be matched with an estimated \$3.9 million in funding from those groups and the provincial government. The city estimates it will give out \$5 million in support over the next two years.

The program was revised after extensive community consultation. Citizens said they wanted more resources, flexibility, and funding. The city has responded by streamlining the process and providing a cash infusion. There's now a single point of entry to the application process, and that's the community recreation coordinator. When the request comes in, they'll share it with a whole team of professionals at once instead of passing it from one person to the next. The community NPDP workbook is now available in draft form and will be updated in 2010 to incorporate more feedback.

The new program will improve the process for new applications that get underway now for construction next year. Groups should start planning

in advance for the application deadline of October 1, 2010 to be eligible for funding starting in January of 2011.

There have been a few questions about eligibility. Community league buildings and facilities are usually located on leased land, so daycare or playschool play areas attached to them may not meet the requirements. However, local playgrounds and park space are on public land, and these are the spaces this funding is designed to cover.

The City of Edmonton is committed to providing the services and support people need to make our communities better. Together, we can help create the spaces that make Edmonton a great place to live.

For more information on program details and downloadable copies of the workbook and forms, go to edmonton.ca and search for "NPDP." You can also contact the people listed below. As always, feel free to share your thoughts or questions with me at bryan.anderson@edmonton.ca or 780-496-8130.

Park Development Project Contacts

MacTaggart — Shanon Gartner, shanon.gartner@telus.net

MacGrath — Jennifer Ocloo, ekocloo@yahoo.com

South Terwillegar — Misty Johnson, SouthTPlayground@gmail.com

Terwillegar Town East (school site) — Tammy Peters, TSNA@shaw.ca



Tomlinson Common playground is currently one of only two playgrounds which service the 5,500 homes in the Terwillegar area.

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Wednesday 7:00-8:15pm
Jan 20 - Mar 24 **10 weeks / \$135**
Thursday 6:30-7:45pm
Jan 21 - Mar 25 **10 weeks / \$135**
Saturday 10:45am-12:00pm
Jan 30 - Mar 27 **8 weeks / \$110**

Fit Hop

Fun, Fit, Beats!

Tuesday 7:45-8:45pm
Jan 19 - Mar 23
10 weeks / \$135

Naughty Hottie

Feeling a Little Naughty?

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Thursday 8:00-9:00pm
Jan 21 - Mar 25 **10 weeks / \$135**

Children's Dance Fitness Programs (un-parented)

Salsa Kids

Sing, Dance, Smile, Fiesta Style!

Thursday 4:00-4:45pm
Jan 21 - Mar 25 **Ages 6-10**
10 weeks / \$140 (includes CD)

Fit Hop Kidz

Fun, Fit, Beats- For KIDZ!

Tuesday 4:00-4:45pm
Jan 19 - Mar 23 **Ages 7-10**
10 weeks / \$125

Parent and Child Dance Programs (parented)

Salsa Tots

From Goo Ga Ga to Cha Cha Cha!

Monday 10:00-10:45am **Ages 1-5**
Jan 18 - Mar 22 **9 weeks / \$135**
Tuesday 9:45-10:30am **Ages 1-5**
Jan 19 - Mar 23 **10 weeks / \$150**
Wednesday 2:00-2:45pm **Ages 1-5**
Jan 20 - Mar 24 **10 weeks / \$150**
Saturday 9:45-10:30am **Ages 1-5**
Jan 30 - Mar 27 **8 weeks / \$120**
All prices per family.
Add \$15 materials fee
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Salsa Babies

Latin Beat for Tiny Feet!

Monday 11:00-11:45am
Jan 18 - Mar 22 **9 weeks / \$113**
Tuesday 10:45-11:30am
Jan 19 - Mar 23 **10 weeks / \$125**
Thursday 1:00-1:45pm
Jan 21 - Mar 25 **10 weeks / \$125**
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Fridays - 10:00am

**FITMOM AND
BABY YOGA**
Mondays - 1:00pm

**FITMOM AND
BABY AQUAFIT**
Thursdays - 10:00am

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780-863-5123 fitmomfitness.com

Being proactive leads to healthy finances



by Craig MacKinnon, B.Mgt
Wealth Advisor,
ScotiaMcLeod Edmonton

Reviewing a financial plan on a regular basis is a very important part of any investment strategy.

While a well-designed plan can help you achieve the long-term returns you need and see you through changing markets, it's necessary to make periodic adjustments as market conditions warrant, or as your personal circumstances change.

This is especially important in today's climate, as economic conditions are changing quite rapidly. As a result, you may have more questions about your investments and how they affect different parts of your financial plan.

Bridging the gap

A decline in your portfolio may have set back your progress toward achieving major financial goals. While in some cases it may be necessary to revise your time horizon, it may be possible to bridge the gap in other ways. For instance,

it could be worth considering boosting your savings by making short-term lifestyle changes. If you are near retirement age, you may consider an alternative strategy, such as negotiating a phased-in retirement with your employer or taking on a consulting role.

Some investors may have experienced a reduction in income as a result of reduced investment returns. Redeploying some of your assets into high-yielding dividend stocks, income trusts or fixed-income investments can produce new sources of income, while still retaining some growth potential.

Tax-efficient investing

Paying less tax on your investment earnings is another important strategy in today's more challenging climate. You should ensure that your overall portfolio is managed from a tax perspective, including making full use of recent initiatives such as the Tax-Free Savings Account (TFSA). Another strategy to increase your family's after-tax income is to lend money to a lower-income spouse. The prescribed rate for family loans is at a historical low and creates an

attractive income-splitting opportunity.

Addressing a portfolio imbalance

Sudden market movements can quickly cause an imbalance in your portfolio, increasing your risk. In today's markets, rebalancing your portfolio can present opportunities to increase your potential long-term gains by acquiring core equity holdings at historically low prices.

Revisiting estate issues

The sweeping revaluation of assets in recent months may have changed the value of property you have bequeathed to your heirs. It is an optimal time to carry out a review of your estate plan and identify ways to rebalance your bequests to equalize their values.

While it's important not to overreact to short-term changes in the markets and economy, taking a fresh look at your financial plan is a prudent decision whenever significant changes occur.

This publication is intended as a general source of information and should not be considered as personal investment, tax or pension advice. We are not tax advisors and we recommend that individuals consult with their professional tax advisor before taking any action based upon the information found in this publication.

Energy-sucking electronics increase costs

by Steve Johnson

Did you know vampires surround us? Every house has at least a few of them. Of course not the kind that suck our blood, but the kind that suck away our money, which is close enough. And just like the famed vampire, we allowed each of these ones into our homes.

So what type of vampire is this you ask? It is called an energy vampire. Some of our household electronics draw power even when we have them turned off.

I took a power meter to check my electrical devices this past year. What I found was that my shredder, computer, monitor, printer, TV, VCR, central vacuum, microwave, DVD, and stereo all draw power when off. Essentially anything that had blinking lights/clocks or the 'black box' on the electrical cord drew power. Then there were a few surprises like the TV, central vacuum, and shredder. The total turned off power draw for my house was roughly 65 watts, which, using a \$0.14 electrical rate, is roughly \$80 per year.

That may not seem like much, but let's put this into the cost for the city. If every house has similar energy vampires, and there are roughly 500,000 homes in Edmonton, the energy draw is 284,700,000 kilowatts, which leads to additional cost to the public for power of \$39,858,000. Then there is the environmental cost of having to burn more coal to produce the power to run the vampires, which leads to more carbon dioxide emissions, greenhouse gas production and other related 'global warming' costs.

To reduce this power draw all you need to remember is to unplug the electronics when not in use, or use a power bar and remember to turn it off when you are done with your energy vampire. This is a much easier solution than using a cross or garlic.



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City of Edmonton Community Services

Christmas a time for renewing your faith



by Arthur Dyck
Planting team member,
Holy Trinity Riverbend
Church

I'm sorry to regale you with an article about Christmas in the middle of November, but I have to tell you, I am really excited about Christmas this year!

It's not that I'm not excited about Christmas every year, but this year seems different. I think it's due to a number of reasons.

First of all, in the last few years I have made some transitions. I have moved from an Anabaptist tradition — and I expect that may not mean anything to some of you — to not being involved in a church at all, to now working within the context of a new Anglican church called Holy Trinity Riverbend in Terwillegar Towne. That's a long journey that took several years and that journey has spanned a considerable distance in terms of my own faith journey.

What this has done has heightened my awareness of the meaning of Christmas and that period of preparation before Christmas called

Advent.

You see, where I came from, Advent was never a big thing. So it started the four Sundays before Christmas, and we had this Advent wreath at church and there was always a spiel before each candle was lit, but I have to confess that I really didn't pay that much attention to it all.

But part of looking forward to Christmas this year also includes looking forward to Advent. For Christians, Advent should be a time of preparation.

As the Jews look forward to and prepare for the coming of their Messiah, in Advent, we are also reminded that we constantly need to prepare for the return of the Messiah and to celebrate the fact that Jesus has come. The fact that he has come is supposed to have an impact on our lives. For me it's now a time of renewal. It's a time of recommitment.

Advent and Christmas also remind me of the mystery that is a part of the Christian faith. Why would God send his son to live as a human? Why would Jesus choose to take upon himself the sin and pain of the world? Why would he, through his resurrection, offer us eternal life with God?

I must confess, I don't know the answers to these questions, and I guess that's what makes

it a mystery. I think there must be some love involved. So then Christmas also becomes a time of faith. This is a time when we decide whether we are going to accept God's greatest gift, or not.

So here is another reason why I am looking forward to the coming season: my faith has become much more real to me as my faith journey has progressed.

Being involved at Holy Trinity Riverbend, I have seen people's faith in God change their lives. People get excited as they learn more about God and the gifts he has given, and continues to give. That encourages me to live out my faith in a more authentic way. And if you're looking for a season to start doing that yourself, it starts in just a few weeks.

So that's it: I'm looking forward to Christmas! I'm looking forward to the parties and the celebrations. I'm looking forward to the family time.

But most of all, I'm looking forward to the celebrations that we'll be having at church, singing the Advent and Christmas carols, and remembering the birth of the greatest gift of all.

I hope that you will come to help me, and a lot of other people, celebrate.

Anglican church offers 'Living 101' lectures

by Jon Connell

Holy Trinity Riverbend Church

The Community Conversation that Holy Trinity Riverbend (HTR) hosted at the beginning of September was useful for many reasons.

First, it was a great opportunity for those who are in 'professional' community positions to meet with people who live in the neighbourhood.

Second, it was enlightening for the members of HTR to hear just what was important to our community.

Third, what a great way to meet more neighbours than just those who live next door to you! Many people stayed on after the formal meeting was over, chatting and making plans to meet up.

Attendees were asked to answer three questions at the meeting: 'What's great about Terwillegar?' 'What would make it even better?' And 'What might you/HTR do to help make it better?' There were many great ideas that came forth — one of them is **Living 101**.

Living 101 is a series of free lectures that HTR is hosting. They will take place on the second Saturday of each month until June and start with a free

dinner at 5:30 p.m. (donations to Edmonton's Food Bank are welcome). The first lecture on Saturday, Nov. 14 was called 'Keeping it Safe.' It was led by members of Edmonton's Police and Fire services who let homeowners know about how we all can make our homes and neighbourhood safer.

The exception to the second-Saturday rule is December's get-together. Instead of a lecture, HTR will be hosting a Carol-singing event. One of the benefits of having an organ and grand piano in the Church is that 300 people can easily get together and sing their favourite carols. And a professional singing voice is not a necessity! Terwillegar residents and their friends from far and wide are invited to come along at 5:30 p.m. on Sunday, Dec. 13 and bring their favourite Christmas-time goodies. Children are especially welcome!

Upcoming topics include financial therapy, parenting in the 21st century, gardening for people without green thumbs, and home renos for the armchair carpenter. It's an exciting and informative line-up and we hope you'll join us!

For more details on the events listed above, and for a list of next year's lectures, check out www.htrchurch.ca. Here, you can also register and get a map of how to get to HTR.



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Brainstorming at the Holy Trinity Riverbend Community Conversation event, which led to the creation of their "Living 101" program.

TCC hopes to provide childcare services



by Ken MacDonald
Pastor of Terwillegar Community Church

Terwillegar Community Church (TCC) is excited about its future in the Terwillegar Towne area. We are grateful to both Carma Developers and Footprint Developments for making a piece of land available right across from the Mac's Store on Towne Centre Blvd. Footprints Development and Terwillegar Community Church are purchasing 2.45 acres of land. Terwillegar Community Church will utilize

1.8 acres as a site for the construction of a new Centre of Worship and Community Centre.

The new building will be located right next to the land designated for the community league and nearby to the two schools that are under construction. We look forward to being part of our community in ways that will contribute to the enhancement of not only Terwillegar Towne, but South Terwillegar, Terwillegar Greens and Gardens, Magrath, Sandalwood and MacTaggart Ridge. It's exciting to meet people who are moving in from all over Canada.

We are energized at the thought of offering some very vital community services such as preschool, and before and after school care. The church will be very close to the schools and perhaps can serve as a resource to the teachers and students located just half a block away. We are excited to see how we can partner with the Terwillegar Community League to carry forth some of the vital community programs that are happening from week to week.

One of the pressing needs of many of our communities in southwest Edmonton is "space." We always need "space" to host a meeting, celebrate an anniversary, care for our children, or celebrate community happenings. We look forward to sharing some of that space with this vibrant community.

In the meantime, TCC is meeting every Sunday (10 a.m.) at the Taylor College and Seminary Campus just down 23 Ave. and Saddleback Rd. – four minutes away! We are also gearing up for a great time with our annual "Winter Delight." Once again, we look forward to those sleigh rides in the park, hot chocolate and bon fires! Be sure to join us on Saturday, Nov. 28 from 4 to 6 p.m.



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| Dec. 24, 5:00 p.m. | Angels in PJ's Children's Service |
| Dec. 24, 7:00 p.m. | Christmas Eve Service |
| Dec. 27, 10:00 a.m. | Carols and Lessons |

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Preparing for the designer pregnancy



by *Connie Peters*

www.modernmamamusings.ca

In honour of Pregnancy Awareness Month, I thought I'd do an informal poll about women's pregnancy 'must have items' (on Facebook).

I received many, many responses and have to agree with most — if not all — of them, and their underlying theme: indulgence. You must indulge when you're letting your body grow beyond your wildest imagination, you're crying about the empty sugar jar and you can't fit into your designer denim anymore. So what's a (pregnant) girl to do? Get a few must-haves and don't beat yourself up over the burger and chocolate cravings, because they WILL come, and when they do — there's no sense in fighting it.

So, on to the 'must-have' list:

Good body cream. It gets itchy — that stretching belly. Whether or not you believe the claims that a well-hydrated belly will keep stretch marks away, a good body cream is imperative. The best stuff? Lalabee Organic Shea and Cocoa Belly Butter from www.naturalurbanmamas.com.

A body pillow. Whether it's a pile of pillows, or one good body-length pillow, get it early — you'll love it, and you need your rest!

The Belly Bandit. I don't think enough of us know about this must-have! I know I didn't, until two months AFTER I delivered and I SO wish I had known about it. It's a stretchy band you wear around your belly for a specific period (45 days) after you deliver that helps tighten everything up and shrink you down. Genius. Get it at our local Amy Lou Boutique.

Great maternity clothes (and stretchy pants, of course). This one is actually kind of fun. You

get to buy yourself a new wardrobe — a stretchy one! (Elastic waists, ahhhhh.) Amy Lou carries the new line by Project Runway winner Christian Siriano, the designer who created the 'Fierce Mamas' line. Don't overlook a really great pair of jeans too. A well fitting pair will take you from day to night in style and comfort. A good pair of jeans is really a girl's best friend. For daytime or at home, a nice pair of yoga pants does the trick.

There are so many unknowns, fears, changes, hormones and other *stuff* to deal with during pregnancy. You should indulge on the fun things. A few more basics that I think are pretty imperative to modern motherhood: A nursing cover or light blanket so you can feel confident nursing anywhere, a good sling or carrier and naps when you can steal 'em.

Connie Peters is a modern mama to three girls in Riverbend. Visit www.pregnancyawarenessmonth.ca.

Christmas a time to splurge on fine wine



by *William Bincoletto*

Principal Sommelier of Vines Wine Merchants

Welcome back, wine friends, to Uncorked where we chat, discuss and discover how delicious wine really is.

It's that time of year again!

Christmas is the ultimate foodie holiday, but wine lovers also look forward to the event with great anticipation. Now's the time to push the boat out and splurge on some special bottles to treat family, friends — and yourself!

While there are bargains galore, remember, before you part with your cash and commit to buying a case of Chateau Cheapo simply because it's on offer, to stop, take a deep breath, buy a single bottle, take it home and try it. If you like it, you can buy more. If you don't, you won't be stuck with it.

While it's sensible to have a good supply of decent, serviceable wine for the party season, do your guests and yourself the favour of buying some good stuff too. Have a few impressive bottles on hand to serve for Christmas. After all, if you can't splurge on the good stuff at this time of year, when can you?

Party wines — If you'll be having a large number of guests coming and going, or if you have a party or two planned, it makes sense to have a ready supply of decent, everyday-drinking wine around that tastes good but that won't break the bank. For the sort of wine that people will be sipping with canapés or on its own, versatility is the key.

Food wines — The Christmas dinner is the perfect time to splurge on the good stuff. 'Good' doesn't necessarily mean 'expensive,' but spending a few extra dollars tends to make a huge difference to the quality. Choose wines that will go with the kind of food you're serving.

So as the Christmas song by Mel Tomé goes: *"Altho' it's been said many times, many ways; 'Merry Christmas to you.'"*



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Quick tips for managing parental stress

by Kristine Aanderson
Registered Provisional Psychologist,
Aanderson Animal Assisted Counselling.com

Are you dreading the stress of the coming season? Is the thought of hockey practices, Christmas shopping and extra hours at work giving you headaches already? There are some basic ways to help deal with these stresses.

Change the things you can

To help lower your stress, there are some things that you can do today.

1. **Make lists.** Organize and prioritize. Write down and take a look at your 'to do' list. Then break it down into two lists: "things that must get done" (take the kids to school) and "things that I would like to get done" (wash the walls). At the end of the day, if all of the 'musts' are done, then consider it a success. If you get some time to do some 'likes', then consider it a bonus.
2. **Ask for help.** There is no shame in paying for or asking for help. Paying a house cleaner to come every two weeks, having someone babysit the kids while you run errands or going to a meal preparation store can be worth their weight in gold in

terms of constructive family time you can get back.

When asking for help, be very specific with your needs and expectations, as this means that people will be more likely to be helpful. "Can you take the kids to the park on Thursday night from 5 to 8 p.m. so I can run errands?" rather than, "Can you help with the kids sometime?"

3. **Have the courage to say 'no.'** There is a myth that it is possible to do everything. It simply is not true — there are only so many hours in the day. When you are asked to take on extra hours at work or bake cupcakes for the Scout group, realize that saying 'yes' means that the time will need to be taken away from something else. Carefully consider what you are willing to give up in your life in order to say 'yes,' and if it's not worth it, have the courage to politely say 'no.'

Accept the things you can't

Sometimes you cannot change the things that are causing stress. In those cases, you can use strategies to make the best of the situation.

1. **Be realistic about what you can accomplish.** If you are doing your best — that

is okay. Don't blame yourself. There is no such thing as a perfect parent, so don't expect yourself to be perfect. Your kids don't want a perfect parent — they want YOU.

2. **Re-consider your personal definition of success.** What do you see when you think of a successful parent? Is it a clean house? Lots of money in the bank? Long hours at work? Or a happy family? An honest, realistic definition of a successful parent can give you a framework to evaluate yourself and to adjust your priorities accordingly.

3. **Be present in the moment when you are doing things.** Focus on the 'here and now' rather than trying to do mental multi-tasking (making a grocery list during yoga class), as this means that you aren't doing either thing to the best of your abilities. Yoga time is yoga time, work time is work time, and home time is family time. Take time to mentally stop and enjoy each thing that you are doing when you are doing it.

These tips may help you be able to take a new look at the stressful things in your life, help you avoid the dread and start enjoying the season ahead.

Reducing sugar helps avoid colds and flus

by Dr. Christina Bjorndal
Naturopathic Doctor, Natural Terrain Naturopathic Clinic

After Halloween and Thanksgiving, do you find that you can't get through the day without a sugary snack? You may be one of many people who are "addicted" to sugar. Signs of sugar addiction include irritability, frequent colds/flus, headaches, mood swings and insomnia.

Sugar addiction is, in part, a by-product of sugar's purity — the body is not suited to accommodate this level of refinement. Simple sugars — found in white table sugar, corn syrup, fructose, honey, white flour or any other super-refined carbohydrate — are refined to the point that digestion is practically superfluous.

When you consume simple sugars, they are passed quickly into the bloodstream. Blood sugar levels skyrocket, and you experience a lift in energy. But that feeling of increased energy and mental alertness is temporary. As most of us can confirm, sugar highs lead to sugar crashes. And when that buzz wears off, the body cries out for more sugar. This dangerous blood-sugar rollercoaster ride sets people up for future health problems, such as obesity, type two diabetes and cardiovascular problems. Simply providing the body with more sugar does not address the root

problem.

Some of the underlying causes for sugar cravings include: low endorphin levels, hypoglycemia, endocrine imbalances, candida overgrowth and nutritional deficiencies. In addition, sugar negatively impacts our immune systems and our moods. In the wake of flu season and the hysteria surrounding H1N1, it is advisable to decrease your consumption of sugar as it compromises the functioning of our immune systems.

Also, with the winter months looming, many people are susceptible to Seasonal Affective Disorder or SAD — a lower mood or depressive state that results in the winter as a result of declining levels of sunlight and Vitamin D. Incidentally, Vitamin D has anti-viral properties, so it is an important player in the optimal functioning of our immune systems as well.

Sugar cravings are often a misguided attempt by the body to increase serotonin levels in the system in order to elevate mood, albeit temporarily. The good news is that there are many other foods that increase serotonin levels without setting you up for negative long-term health consequences like sugar does.

Withdrawing gradually from sugar is recommended as withdrawal can lead to restlessness, nervousness, headaches and depression. A first step to get off the blood-sugar rollercoaster is to increase the amount of complex carbohydrates (vegetables, whole grains and legumes) and protein in your diet. These take longer to digest and lead to a steady increase in blood sugar levels that decline gradually over time.

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Outdoor workouts still an option in winter

by Kendra Compton
Balanced Fitness Studio President and
Personal Trainer

Are you ditching your workouts because it's cold outside, and you would rather stay inside with a hot cup of tea and a good book?

Even with the best of intentions, it's easy to think of reasons to skip a workout or two, and this is especially true in the winter when the thought of heading out on a cold, dark day can send you retreating back indoors to the warmth.

But there are so many great outdoor activities in the winter, like snow-shoeing, skiing, skating or trail hiking. There is no need to wait until spring to keep up your outdoor walking or running routines. With a little bit of planning you can comfortably enjoy the great outdoors and the challenges of winter exercise. So don't use the cold weather as an excuse to abandon your workout routine.

Tips to enjoy outdoor winter workouts

Outdoor winter fitness tip #1: Wear the right clothing

Wearing proper clothing is essential to your comfort and safety when exercising outdoors. It is crucial to keep both your core and your extremities warm.

Your first layer should start with a thin, synthetic material like polypropylene which will draw sweat away from your body. The



second layer should really be an insulating layer, preferably a fleece, which will not only keep you warm, but will allow water vapor to pass through. The outer layer should be waterproof, windproof and breathable to protect you from the winter elements.

Be sure to cover up your extremities, paying particular attention to your head, fingers, toes and ears. In addition, wear reflective clothing if working out in the dark.

Outdoor fitness tip #2: Consider all weather factors

When preparing to go outside, take into account all the factors that will affect your core body temperature. Factors such as the real temperature, wind chill, wind speed and precipitation will make things feel colder than the temperature on the thermostat.

Outdoor fitness tip #3: Gear up with proper footwear

First, make sure to wear boots or shoes that fit properly and will keep the snow and moisture from getting your feet wet and cold. For runners or walkers, roadways and trails can be slippery, so be sure to slip some spikes over your sneakers.

On days with newly-fallen snow or soft powder, consider mixing it up, and go snow-shoeing or cross-country skiing instead.

Outdoor fitness tip #4: Warm up and cool down

A proper warm-up and cool down routine to prevent injuries is important at any time of the year, but it is especially critical in the winter. Cold weather constricts muscles, so allow yourself a few extra minutes in your warm-up, and take some extra time at the end to stretch out all the muscle groups used in your workout. Hold each stretch for at least 30 seconds.

Outdoor fitness tip #5: Listen to your body

Tune in to your own body with each workout. Conditions that are too cold vary from person to person, and for some, outdoor winter workouts may not be right at all. If you have any special medical conditions, talk to your doctor before heading outdoors to exercise.

So embrace our winter months, and have a great time staying active all winter long!

All invited to join Edmonton Christmas bird count

by John Chapman

Now that we have experienced the first blast of cold weather, we are all very aware of the approaching winter. It's the time when we notice that the bird life is changing in the river valley and in our backyards. Those of us with bird feeders are beginning to top them up in anticipation of the visitors that will amuse and entertain us through the winter. This is the time to maintain the feeders so that the birds know where to come and will be guaranteed a reliable food supply for the winter.

There are both resident and regular winter visitors to watch. Although most will normally survive even the coldest spell, a little extra from the feeder will ensure survival for some species. There are always a few species that get left behind from their return to warmer climes. These might include robins, juncos, various sparrows and some years, even warblers.

The annual Christmas bird count has been monitoring the number and species of birds for over 100 years. Edmonton has been involved for most of this time and our records go back to the early 1900s. This year the count will take place on Sunday, Dec. 20. A group of interested birders will be "bush beating" around our neighbourhood as part of the Edmonton count. More importantly, perhaps, are the many of you that will be watching from the comfort of your living rooms and kitchens. These are, of course, the feeder watchers.

Why don't you join us? We welcome anyone with an interest to join us, even if you don't have a great knowledge. We are particularly interested to have more feeder watchers in our area. On the Friday evening prior to the count (Dec. 19), there will be an information and education session to help you. The Edmonton Birds of Christmas event will take place at the Royal Alberta Museum at 7 p.m. The featured speaker will be Gerald Romanchuck, a local talented bird photographer. All are welcome, and it's free.

If you are interested or need further information, I am the Zone Captain for this area. Please call me at 780-436-6598, or e-mail me at johncchapman@shaw.ca.

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Letters to the Editor

Bottle drive thwarted by crime

Dear editor,

A number of weeks ago we received a flyer at our door indicating that a girls' soccer group intended to conduct a bottle drive. Persons interested in participating in the bottle drive were asked to leave their bags of bottles at their curb.

The afternoon of the bottle drive, several neighbours mentioned that the bags of bottles set out for the bottle drive had been taken and the girls doing the pick-ups noted that an unrelated person was picking up the bottles ahead of the group. At our home, we keep a bag of bottles on the front porch, designated for a charitable group that picks up quarterly. This bag had also been taken.

Crime is going on in our neighbourhood, right in front of us. It's happening at night and during the day, unfortunately carried out by people who feel like our neighbourhood can afford to lose something like a bag of bottles. In this instance, the loss is felt by the girls whose fundraising efforts were thwarted by this individual.

Shame on them for stealing from this group of girls working hard to earn their money. The Neighbourhood Watch group is just starting to develop in our neighbourhood, and with crime increasing, now is the time to start looking out for problems before things get out of hand.

Consider putting in your Neighbourhood Watch application and looking out for your neighbours. It's worth your time.

Resident's association clarifies its designated land

In response to the Letter to the Editor printed in September's Terwillegar Community League News, I note that a lot of the Terwillegar Towne residents believe that the Terwillegar Towne Resident's Association (TTRA) is responsible for ALL the maintenance of parks and other areas. This is incorrect. Please refer to a map below which highlights its areas of responsibility. You can also find this map in colour on the TTRA's website (www.terwillegartowne.org). Note that it does not include Tomlinson Common Park or the Gazebo Park.

It is great to hear that neighbours in the "concerned member of Terwillegar Towne" block have banded together to attack the weed issue and helped make their neighbourhood a more beautiful community.

Drought is the main cause of the condition of all grass areas this year. Watering only the flowers on 23 Ave. entrance and on Haddow Dr. cost the TTRA over \$3,500. It would not be financially feasible to water all of the grass areas of the TTRA's properties. In 2008, the TTRA spent over

\$110,000 for landscape maintenance alone.

Weed barrier only avoids weeds from below. It inhibits the ability to turn over the mulch into the soil which adds nutrients to the soil. Even with weed barrier, weeding still has to be done for those seeds transported through the air. The TTRA has no weed barrier — only mulch on its properties. Specifications by the City of Edmonton and all of the nursery trades associations do not recommend the use of weed barrier under wood mulches. To compensate they increase the depth of the mulch.

At the TTRA's June AGM, a number of landscape maintenance issues were raised such as: clarity regarding areas under the TTRA's responsibility, scope of work for the TTRA's landscape maintenance contractor, and process regarding dead/dying shrubs, trees, weeds, etc.

A landscape audit of all the areas under the TTRA's responsibility was conducted in June. Following this, a meeting was held with the current landscape maintenance contractor, and a walk-through was conducted in July with several landscape maintenance contractors. (Last year over half of the TTRA's budget was spent on landscape maintenance.) The TTRA Landscape Maintenance Committee drafted a specific scope of work and requested a fixed monthly rate to be able to budget more wisely. As a result, a new landscape maintenance contractor has been hired as of Sept. 1, 2009. The new landscape contractor, Delta Valley Landscaping, was hired because of its all-encompassing services including pruning, spraying, watering, weeding, etc.

Unless the trees or shrubs referred to are specifically on TTRA property, trees on the boulevard in front of a Terwillegar Towne residence are the responsibility of the City of Edmonton. The city is responsible for pruning, watering and replacement of trees; however, residents are responsible for garbage pick-up and mowing the grassy area on the boulevard in front of his/her residence. You can visit the city's website at www.edmonton.ca, or phone 311, to find the appropriate contact regarding any concern with the trees.

TTRA LANDSCAPE MAINTENANCE COMMITTEE

Editorial note: The Terwillegar Community League has printed in error that the TTRA is "responsible for the maintenance of this fine place, including our beautiful trees and parks," giving the impression that ALL additional land was TTRA land. Our apologies to the TTRA for any grief this has caused.

Remember to remove posters from mailboxes

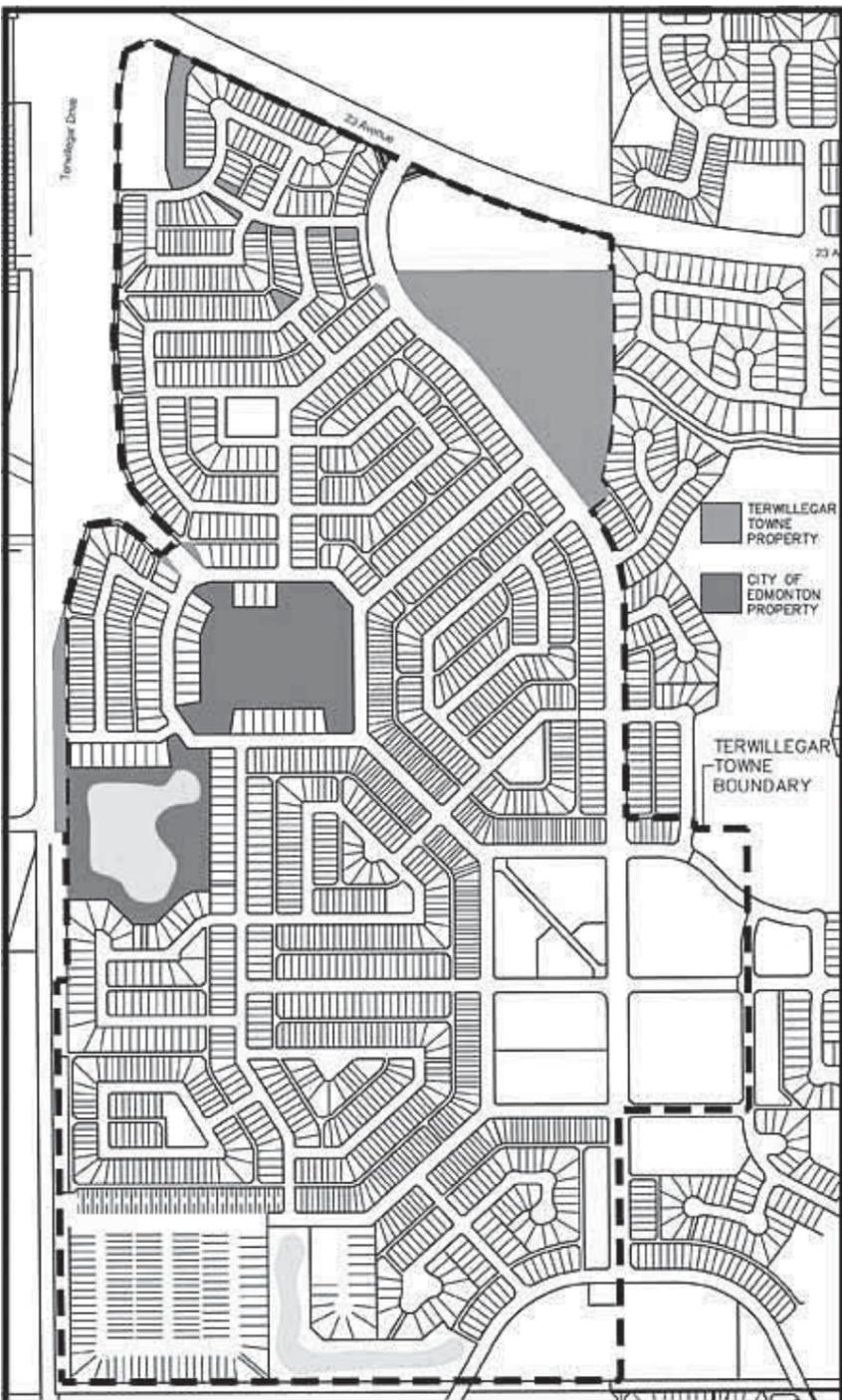
Dear Editor,

I was out walking my dog and was very disappointed by the look of our neighbourhood. I could not believe how many missing cats posters that are up everywhere.

I do not mind things posted on the mailboxes — I read them frequently. However, if the animal is found or if the poster has been up for awhile, I wish the person putting the posters up would remove them along with the tape. Also, if the event is over, or if the poster is not readable anymore due to the rain or snow, I ask that those involved please take the notice down.

Like I said, I don't mind that type of advertising. I just wish the people who put the notices up would then remove them and the tape to keep the neighbourhood neat and tidy.

Thank you



The land that the TTRA is responsible for is indicated by the light grey shaded areas (noted as Terwillegar Towne property) in the above map.

Terwillegar Towne residents elect new board

by Linda Wilde
TTRA Secretary

If you live in Terwillegar Towne, or in a designated portion of South Terwillegar adjacent to Terwillegar Towne, you are a member of the Terwillegar Towne Resident's Association (TTRA). Your association is governed by a volunteer board, and we thought you would like to know a little about us.

The directors are all your neighbours, elected by the membership each June at the AGM. If you would like to know a bit more, you'll find longer biographies on the TTRA website.

There are 10 positions on the TTRA Board. Here are the people currently serving:

President: Steve Simala Grant has lived in Terwillegar Towne for five years, and is well-known to many of you already. Having served on the board of the Terwillegar Community League for the past four years, the last two as its president, Steve is well-versed in the myriad issues that are important to our neighbourhood.

Vice-President: Rob Pederson is a veritable fountain of knowledge when it comes to Terwillegar Towne. Now in his fourth year with the TTRA, he knows our community inside and out. An avid gardener, Rob takes particular interest in the work undertaken to improve our

green spaces.

Treasurer: Catherine Williams moved into Terwillegar Towne when she got married, unaware that she would soon feel wedded to the community as well. The breadth of knowledge Catherine brings to her role includes board governance, event planning, budgets and hiring contractors.

Secretary: Linda Wilde and her husband rediscovered Terwillegar Towne two years ago during an afternoon of house-hunting, and had a new address in the area the next day! Linda has a broad spectrum of experience in both business and the non-profit sector, along with service on boards and event committees.

Directors At Large:

Celia Freitas was barely settled into her new home three years ago, before finding herself involved in her condo association. She soon joined the TTRA board, and is pleased to be serving for another term. Celia brings experience with planning, organization and committees to her volunteer role.

Lori McCurdy was very excited to move into her Terwillegar home three years ago and is now firmly rooted in the community. This year she got married, renovated her house and joined the

TTRA Board, where we will make good use of her knowledge in policy development, project management and communications.

Gilda Stalker has been a Terwillegar Towne resident for five years, and takes an active interest in the community her family calls home. Gilda takes on her role as a director with enthusiasm, provides a fresh perspective on the issues important to residents and has a willingness to do whatever hands-on work arises.

Andrew Tarnowski has lived in Terwillegar Towne for two years. Now retired after a career in agriculture sales and service, he invests time and energy to support his community. Having served on a condo association board, Andrew is well aware of the property management issues the board is working to address.

You noticed, didn't you? There are only eight names, which means you and your neighbour still have an opportunity to have a voice on the board. Or perhaps you prefer a short-term commitment. If you are interested in a particular issue, or have expertise to share, we gladly welcome your input!

To contact your directors, visit www.terwillegartowne.org and follow the links, or e-mail us at directors@terwillegartowne.org.

Joining your community league as easy as 1, 2 or 3

by Kim LaFrance
TCL Memberships

Hey everyone, did you know that there are now three different ways to purchase your 2009/2010 membership?

- 1) Online** — Just go to www.terwillegar.org and click on memberships. If you select payment by Visa or MasterCard, your new membership card will be mailed to you right away. If you select payment by cheque, you will need to wait until we receive your cheque, and then we will mail your card out.
- 2) By mail** — Membership forms can be found on the website under memberships, or in the Terwillegar Tribune. Mail in your completed membership form to:
Terwillegar Community League
Box 84031
RPO Towne Centre
Edmonton, AB T6R 3P4

- 3) In person** — Contact Kim LaFrance at 780-484-7683, and we can arrange a time that works best for you to come to my house. We hope having these options make it very convenient for you to purchase your new membership.

In your community . . .

These are the people in our neighbourhood:

Residents' Association: Responsible for the maintenance of specific plots of designated land. It is also responsible for the regulation of neighbourhood architecture. (Do you have a mailbox on your property? Two bushes and a tree?) Annual fees are required and residents are contacted directly if payment has been missed. Different areas have different residents' associations. Please ensure you are contacting the your organization.

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 Tribune, neighbourhood watch, and more. Membership fees are optional (but well worth it!). The Terwillegar Community League is a single organization for all of Terwillegar. 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.

Brookview Medical has moved to

Magrath Medical Clinic

#308 14127 - 23Ave.

located next to Save-On-Foods
above Shoppers Drug Mart

Drs Bobby Sreenivansan

Lynda Nguyen

Rod Kaasa

Don Rempel

and we

WELCOME

Dr Raymond Cheung *

for more information
or to book an appointment contact us at
780-430-8788

* Dr. Cheung is welcoming NEW patients to his practice

JOIN THE LEAGUE

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: _____
	# of Skate Tags: _____
	Cash: <input type="checkbox"/> Cheque: <input type="checkbox"/> Cheque#: _____

**Terwillegar
Community League**

Volunteer Interests	Comments
Activity Interests	



Coming events

- Nov. 11, Dec. 22 & Dec. 29:**
‘Snow Shack’
Location: Tomlinson Common Park
Time: 1 p.m. - 4 p.m.
- Nov. 28:** TC Church’s ‘Winter Delight’ sleigh ride
Location: Tomlinson Common Park
Time: 4 - 6 p.m.
- Dec. 21:** Holiday lights contest
3 decorated homes will be awarded a gift certificate from local businesses.
Judging: 7 - 8 p.m.
Prizes awarded at that time.
- Dec. 31:** The Ridge’s New Year’s Bash
Location: Haddow Park
Time: TBA
- Feb. 14:** Snow Valley Ski Night
Location: Snow Valley Ski Hill
- Feb. 15:** Family Day Event
Planning is underway.
- March 29 - April 2:**
Spring Break Camp
Details to follow.

Check www.terwillegar.org for current information

Membership Online

Now you can purchase your Community League Membership online!
Check www.terwillegar.org.

MEMBERSHIP FEES:

FAMILY, \$40,
SENIOR/SINGLE/ADULT, \$30

MEMBERSHIPS EXPIRE ANNUALLY
AUG. 31.

SEND MEMBERSHIP FORMS TO:
TERWILLEGAR COMMUNITY LEAGUE
BOX 84031, RPO TOWNE CENTER
T6R 3P4

PLEASE MAKE CHEQUES PAYABLE TO:
TERWILLEGAR COMMUNITY LEAGUE

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.

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

Board members:

President - Vacant

Vice-President, Richard Pangrass, vicepresident@terwillegar.org

Treasurer, Jason LaBonte, treasurer@terwillegar.org

Secretary, Lorrie Payne, secretary@terwillegar.org

Memberships, Kim LaFrance, memberships@terwillegar.org

Programs, Jon Connell, programs@terwillegar.org

Program Aide, Karey Steil, prog_aide@terwillegar.org

TRAC community advocate, Glen Pearson, trac@terwillegar.org

Editor, Terri Saunders, editor@terwillegar.org

Webmaster, Michael Madan, webmaster@terwillegar.org

Communications, Tamara Stecyk, communications@terwillegar.org

Fundraising, Priya Nelson, fundraising@terwillegar.org

Community Garden, Tammy Peters, garden@terwillegar.org

TERWILLEGAR CLASSIFIEDS

CAROLYN'S HOUSE CLEANING

Excellent housecleaning service. Mature, experienced workers. Insured. Regular or natural "green" cleaners available. Carolyn Fraser 780-922-1076

TUTORING SERVICES IN HOME

Great Tutors available in all subject areas Gr 1 - 12, University. Free, no obligation consultation. Ph. Peter @ 780-298-3710/ email phares@tutordoctor.com.

NEED AN ELECTRICIAN?

Call Rob @ 780-433-3837 for all your electrical needs.

CHRISTMAS GIFTS

Special Sale of Pashmina (Cashmere) Shawls and embroidered tunics from Pakistan. Now only \$25 in Riverbend. Many colours and designs available. Naheed 780-430-9823.

DRUM LESSONS!

Rock/latin/funk teacher available in Terwillegar Towne. Flexible schedule, reasonable rates starting at \$20/half hour. Call Axel: 780-240-1162.

Get out and get cold!

by Terri Saunders
Newsletter Editor

Don't forget to take advantage of the outdoors this snowy season! Here's a few ideas to warm you up:

Cross-country skiing — Ski along the snow-filled walkways or in parks in your neighbourhood. Or check out city walking maps for alternate trails.

Snowshoeing — Rent a pair of snowshoes and try it out in the neighbourhood, or search for snowshoeing at www.edmonton.ca for a list of parks good for the sport.

Skating — Slap on a pair of skates and visit the local rinks and ponds in the



Young resident enjoys local hill last winter.

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

area. It's a great way to get to know your neighbours!

Tobogganing — The Terwillegar area also has a few great places for tobogganing. Some local 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.
- Hadow park on Hadow Dr. (west of Terwillegar Dr.)
- Ramsay park on Riverbend Rd. and 43 Ave.

You can also check out www.edmonton.ca for more tobogganing areas around the city. Just search for tobogganing!

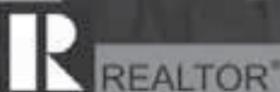
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