

# Terwillegar Community League News

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

## October date set for league AGM

by Terri Saunders  
Newsletter Editor

Every fall, residents of Terwillegar join to hear community updates, meet a few neighbours, and perhaps even meet a councillor or two. In other words, they join with the common vision of improving our community.

This annual general meeting (AGM) gives us an opportunity to support the programs and events we like, voice concerns, and contribute to our community so that our rapidly growing neighbourhood can continue to be fun, friendly, and vibrant.

In 2008, the AGM brought together over 50 residents. We reviewed topics like our community garden, newly created traffic safety and development committees, and changes by Edmonton Transit. We also had an update on various local projects, presented by Councillor Don Iveson.

This year, our AGM has been scheduled for **Tuesday, October 20**. Top issues currently on the community league's agenda are park development, general city issues as presented by our councillors, and our new public and Catholic schools. Please watch your mailbox for further information.

There will also be a number of volunteer opportunities available, including the roles of program director, treasurer, secretary, and president. If you would like to learn about some of these positions prior to the AGM, please contact [president@terwillegar.org](mailto:president@terwillegar.org). Our volunteers are very important to us and we always find little ways to thank them. Without them, we wouldn't have a league.

All residents of Terwillegar Community, including those of Terwillegar Towne, Terwillegar Greens, Terwillegar Gardens, South Terwillegar, Sandalwood, Magrath, MacTaggart, and their subsidiaries, are encouraged to attend. Please consider joining us so that we can work together and keep this community working for us all.



Magician entertains both young and old at this year's end of summer barbeque.

Want to register  
the kids?

Check out pages 5!

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- Skating
- Basketball
- Girl Guides

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# Terwillegar Towne garden wins first place

by Claire Schneider

South Terwillegar resident

This summer has been a frenzy of landscaping for everyone it seems, and the yards in Terwillegar community are in full bloom. One garden in particular, located at 2053 Tanner Wynd, is especially striking. The home owners, Grant Sorachan and Richard Spencer, placed first in the recent Edmonton Front Yards in Bloom event, announced Aug. 6 at a City Hall ceremony.

Sponsored by the Edmonton Horticultural Society, Canada Post, and the City of Edmonton, the concept behind the 'in Bloom' awards is to recognize attractive gardens which contribute to a beautiful city. Gardens are nominated for the friendly contest by Canada Post letter carriers and members of the public, and then voted on by a team of volunteer judges. This year, 1,016 nominations were considered (300 of which were nominated by Canada Post carriers) — the most since the contest began in 1999. The contest has evolved over the years; community partnerships now play an important role and three prizes in a new category were awarded. The Edible Front Yard prizes went to homes in Canora, Klarvatten and Rundle Heights. "Local gardeners put in a lot of work to make our city beautiful," said Rodney Al, Communities in Bloom Coordinator. "This is a way to really show our appreciation and say 'thanks' to our neighbours."

Gardening is a passion for Sorachan and Spencer, and their beautiful yard is home to well over one hundred perennials and annuals as well as many plants, trees and shrubs. The yard also incorporates angels, wheelbarrows

and bird houses constructed from old barn wood, giving the garden a rustic appearance. Over the past five years, Sorachan and Spencer have displayed their home and garden for the Alberta Ballet Home and Garden Tour, received two nominations for the 'in Bloom' awards and have been awarded the Grand Challenge honour through the Edmonton Horticultural Society.

The picturesque yard gives inspiration to those who feel they don't have the space to create an attractive landscape. According to Sorachan and Spencer, spare time, days off and weekends are spent perusing their favourite nurseries, tending to the garden and providing lots of TLC. Definitely time well spent!



Grant Sorachan and Richard Spencer, first-place winners of the Front Yards in Bloom event.



Above: Leger area projects complete in time for the Lillian Osborne High School opening. See page 9 for details.

## New look for Terwillegar Community League

by Tamara Stecyk

TCL Communications Director

Summer has been quiet for the Terwillegar Community League. Residents have been finding each other on our Facebook group, which has grown to 121 members. Facebook has initiated discussions about playgrounds, walking groups and other recreational activities.

The TCL has also been considering a new name and a new look for our newsletter. We hope to have these changes occur in the near future. In the meantime, please let us know what you want to see in the newsletter and how you want it to look.

Feel free to contact me at [communications@terwillegar.org](mailto:communications@terwillegar.org). Thank you for supporting the league.

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# Volunteers still needed for casino night

by Terri Saunders  
Newsletter Editor

One of my first experiences volunteering for the Terwillegar Community League was for a casino night. I had been living here about a year and had met a few neighbours, but never really got the opportunity to spend some real time with them.

I chose a late night to ensure my husband's work schedule wouldn't interfere. When the day came, I prepared myself for an evening on the job. What a surprise! This 'job' turned into a pleasant evening, spending most of my time getting to know some neighbours over

complimentary nachos and (non-alcoholic) beverages. I was also lucky enough to be teamed up with some residents in 'the know.' I learned more about my neighbourhood in a few hours than I had in a whole year!

I thought: if this is volunteer work, give me more! From there, I learned of the need for the paper, and am now the editor of our newsletter. Needless to say, I've since learned a whole lot more about this great neighbourhood.

So if you're looking to volunteer, our casino is a great place to start. It's a fun evening with a commitment of only a few hours, and it provides our community league with resources to help

support some fabulous projects. The last casino alone brought in \$75,000!

Our new park shade at Tomlinson Common Park is but one example of the benefit of casino funds. It has already become a central location for events, and a beautiful place to enjoy the shade throughout the summer months.

This year, our casino is on Sept. 16 and 17 at the Palace Casino in West Edmonton Mall. We are still looking for a few more volunteers, so please consider a small commitment to your community. Contact Joanne Knox at [jkknox@shaw.ca](mailto:jkknox@shaw.ca) or (780) 426-4009 and make that connection!

# Shade structure a welcome summer site

by Karey Steil  
TCL Program Aide

The shade structure at Tomlinson Common Park was completed June 15 and has been enjoyed ever since. The long overdue reprieve from the sun is providing park goers with great additional seating and perfect picnic spots.

The picnic benches were moved from their original location because they provided an easy access to the roof. One bench was moved to the toddler area of the playground where there was no previous seating.

The project was funded primarily by a \$30,000 City of Edmonton grant and a \$54,000 provincial grant with Terwillegar Community League paying the remainder. The project came in under budget, totalling approximately \$95,000.

For any comments or questions, please contact [ksteil@telus.net](mailto:ksteil@telus.net).



Residents enjoy the new shade structure at Tomlinson Common Park during the July 10 "Friday at the Park" event. See page 14 for more about the event.

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**Membership Drive**

**Sunday, Sept. 20**  
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# Community garden yields plenty for residents

by Tammy Peters  
Community Garden volunteer

Where has the summer gone? In the blink of an eye, fall is approaching and that means time to harvest the gardens that have been toiled over for the summer months, short as the season may have seemed.

With delays in getting the go-ahead for the Terwillegar Community Garden to start this year plus the oddly cold spring, it seemed questionable that we would have a harvest to look forward to; but with the hard work of the garden members, the dedication of many of them to volunteer for additional responsibilities, the support of the Terwillegar Community League and the Edmonton Community Garden Network, and the generosity of several community members, we have successfully arrived at a bountiful harvest.

A heartfelt thank you to each of the following:

- To the Terwillegar Community Garden members for their sweat equity in completing the construction of the garden, and their continued patience with and enthusiasm for the program and for the Edmonton's Food Bank Garden. Special thanks to Jocelyn and Axel Manning Fox, Catherine and Patrick Chan, Steve Verrill and Bill Luchak for their tireless efforts to get and keep the garden operational.
- To Mark Kornell with the Terwillegar Corners development for his personal donation towards seed for the Food Bank plot and his perseverance to secure the donation of the garden shed to the Community Garden.
- To Tony Oxlade and Dave McElroy of Bird-Graham Construction and their crew for the transporting of the garden shed and for assisting with the leveling of our soil.
- To Gary Chan with the City of Edmonton, for donating supplies and handouts as a gift for our members, and for securing the clean-up of the area surrounding the garden.
- To the Terwillegar Community League and Edmonton Community Garden Network for supporting the Terwillegar Community Garden Program.
- To John Helder and Shelley Kwong with the City of Edmonton for all their hours spent rallying on our behalf.

The Terwillegar Community Garden currently has 42 members

occupying 52 10 foot by 10 foot plots. The equivalent to approximately eight plots was allocated as a Food Bank garden. This season, the gardens have been home to broccoli, squashes, pumpkins, cantaloupe, potatoes, turnips, carrots, beets, peas, cabbage, corn, lettuce, tomatoes and peppers — just to name a few!

For more information about the Terwillegar Community Garden Program and possible volunteer opportunities, contact us at [garden@terwillegar.org](mailto:garden@terwillegar.org).



Catherine Chan, a community garden member, stands among the rows and rows of vegetables grown over the summer.

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# Terwillegar keeps summer cool and colourful

by *Shawna Duval*  
*TCL Program Director*

There were some fun activities planned for this summer to keep everyone busy.

A small crowd of highly skilled water-squirting warriors showed up for the water fight to kick off summer this year on June 27. After the water ran out, families enjoyed freezies to cool off, compliments of Terwillegar Community League.

Flags were flying, balloons were bouncing in the wind and there was red and white everywhere. On a day like this, it could only be Canada Day! And what a beautiful day it was to celebrate Canada.

We had another fantastic turnout again this year. Kids of all ages met at Tomlinson Park to decorate their bikes, wagons and strollers with posters and streamers for the parade. Temporary tattoos and Canada flag pins were everywhere, covering both the young and old with maple leaves.

Brennan McDonald kicked off the parade by singing O' Canada in the park and then led the many paraders through Terwillegar Towne.

Many thanks to the City of Edmonton for

supplying participants with bike bells, reflectors and cycling tatoos. Of course, our events would be nothing without our volunteers. Thanks to Lyse, Leo, Andrea, Dina, Jayne and especially to Tammy Peters and Brennan for coordinating the Canada Day festivities again this year.

We then finished off the summer on August 19 with our end of summer barbeque. Burgers and hot dogs were the fare, while a magician, balloon artist and Jumpy Thing entertained all. Thanks again to all the volunteers who made this event happen.



*Clockwise, from top left: baby enjoying Canada Day celebrations, young boy soaking his victims at the community water fight, magician taking a turn on a bicycle for end of summer entertainment, face painting fun at the barbeque, young bike-decorators on Canada Day, a young Canada Day enthusiast.*

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Storytellers situated throughout the Park will share fictional and true tales that will lead your imagination into a land of delight, enchantment and learning.

**For more information check out [fortedmontonpark.ca](http://fortedmontonpark.ca) or call 311.**

# Indoor soccer registration available online

Registration for the 2009-2010 indoor soccer season with the Terwillegar Riverbend Soccer Association (TRSA) is available online now at the TRSA website, www.TRSA.ca. If you don't have access to the Internet, don't worry. You can also register in person at one of the onsite sessions for an extra charge.

Once you have completed the online registration form, your next step is to attend one of the in-person, on-site registration sessions. Bring your 2009-2010 community league membership number, **two** blank cheques, and **both** copies of your registration form to one of the sessions listed below. Community league memberships are required prior to registering and will be available from the community league representatives at the on-site sessions.

**In person, on-site registration dates are:**

**Wednesday, Sept. 9, 6:30 p.m. — 8:30 p.m.**      **Saturday, Sept. 12, 10 a.m. — 2 p.m.**

at Riverbend Community Centre, 258 Rhatigan Road East attached to Earl Buxton School).

**Please register on time.** Sept. 15 is the last day for on time registration!

Anyone wishing to register after Sept. 15 will be charged an additional \$35 late fee. Registrations will not be accepted after Oct. 7.

**Important things you should know:**

- Signups for all volunteer positions are online.
- All families must provide a volunteer deposit cheque for \$75 at registration.
- SWEMSA is charging an extra \$10 per player for paper registration. Register online first, and bring in both copies of your form to avoid this extra charge.
- The second copy of your registration form will be stamped and signed as your 2009 income tax receipt.
- All refunds are subject to a \$35 handling fee.
- No refunds will be given after Sept. 25.

2009/2010 Indoor Soccer Game Times (Tentative) & Fees			
Division	Game Times	Years	Fees
U6	Sat. a.m.	04/05	\$205
U8	Sat. a.m.	02/03	\$205
U10	Sat. a.m./aft.	00/01	\$225
U12	Sat. aft./eve.	98/99	\$245
U14	Sun. a.m.	96/97	\$245
U16	Sun. a.m./aft.	94/95	\$255
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Sting U10 & Tier 3	Mon.-Thurs. eve.	—	\$360
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Girl Guides offers fun, active programming for girls aged 5 to 17. Registration will be held on:  
 Wednesday, September 9, from 6:30 p.m. – 8:30 p.m.  
 and  
 Saturday, September 12, from 10:00 a.m. – 2:00 p.m.  
 at  
 Riverbend Community Hall, 258 Rhatigan Road East.

We are also looking for volunteers to work with the units. Training is provided. Please contact Christina @ 780-430-7985 if you have questions about registration or if you are interested in becoming a leader and would like to know what is involved.




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 SATURDAY SEPTEMBER 12<sup>th</sup> - 10 a.m. – 2 p.m.

Register at the **RIVERBEND COMMUNITY LEAGUE** building  
 Located at 258 Rhatigan Road East

**ADDITIONAL INFORMATION & REGISTRATION PACKAGES CAN BE FOUND ON OUR WEBSITE:**

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

# HOOT MacTaggart Mains-Home Owners Organized Together

## First annual block party a success

by Michelle Dumanski  
MacTaggart Mains resident

The question of "Which community do you live in" should be rephrased as: "Which community do you belong to." Given the turn out for our first block party on Aug. 22, I would have to guess that the 100 plus people in attendance would be proud to answer MacTaggart Mains.

The event was filled with fun for the family, great food, and most importantly, the chance to meet and visit with all the wonderful new neighbours in our brand new community. The children filled their time with good old-fashioned play, face painting, crafts and a talented balloon artist named Choo Choo the clown (sponsored by Simply Supper)



Many attended the MacTaggart Mains block party.  
-Photo courtesy of simply light photography.

whose presence and energy sealed the deal for these youngsters. The turn out and excitement felt by all has already created a buzz for events that should come next. One thing's for sure: this block party will definitely be an annual event.

Thanks to all the organizers that did their part in contacting the families, photocopying and delivering invitations and reminders, and setting up the activities. A special thanks to all the businesses that made contributions to the event with door prizes or items for each family.

*Donations and Contributions made by: Laugh and Learn, Simply Supper, Elegant Expressions, Dairy Queen, Shoppers Drug Mart, Magrath Second Cup, Famoso Pizzeria, Cameo Lingerie, Movie Gallery, M&M Meat Shop, Simple Light Photograph, Worth Your Buck, and Save On Foods.*

### Check it out!

With such a great turn-out, we're already looking for ideas and committee members for next year's block party. E-mail [hooteditor@gmail.com](mailto:hooteditor@gmail.com) for information.

Take a look at all the progress with the landscaping. Thanks to everyone for their effort and patience. You can easily spot community pride developing. Keep up the great effort!

Live in MacTaggart? Send in your suggestions, pictures or stories to [hooteditor@gmail.com](mailto:hooteditor@gmail.com)

Be on the look out this Halloween for some BOO-tiful fun coming your way...

### What is MacTaggart Mains?

MacTaggart Mains is a new development just south of 23 Ave. on Rabbit Hill Rd. The community is nestled in between the Citadel and the MacTaggart Uplands. Walking paths that surround the community gently wind alongside the MacTaggart Sanctuary and the Whitemud ravine, providing a quiet area to walk, bike, a find the peace and serenity one seeks.

During the summer you can often spot birds and other small wildlife from the path, and breathe in the fragrant wild roses that bloom along the sides. All along the way, it is easy to forget that you are just moments away from your busy life. Imagine how these same paths will look with autumn's rich colors!

Want to see YOUR neighbourhood featured?  
[editor@terwillegar.org](mailto:editor@terwillegar.org)

## Geese families entertain at local pond

by Michelle Dumanski  
MacTaggart Mains resident

If I were to ask my children what their favourite moments were from this summer, high on the list would be visiting the geese at the MacTaggart Mains pond. On any day, you can walk down and see the two families that spend their summer there.

The busy life at the pond is always interesting, as the bird families can be spotted, each in their own place and on a constant quest for food both above and below the water. I was amazed to see

that even after the goslings grew to adult size, they would still be looking to their parents for food. With all the excitement from the goslings and the honks and hiss noises the parents would use to communicate, the second family of geese would often get curious and saunter down the hillside, looking for their share in what the others had found.

I will look back fondly at these little moments. Now, as we watch, the geese are preparing for their long flight down south, learning formations and practicing their daily rituals.

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# Changes to ease Terwillegar Drive traffic

by Donna Finucane  
TRAC Transportation Chairperson

Current and future changes to Terwillegar area roads hope to ease traffic issues.

### Bulyea Rd./40 Ave. and Terwillegar Dr.

The City of Edmonton acknowledges that the intersection of Bulyea Rd., 40 Ave., and Terwillegar Dr. is at, or beyond, capacity in the morning peak period. While the ultimate solution is phase two of the Whitemud/Terwillegar Facility, this will not be in the capital budget plan until after 2018.

Also of concern is the congestion westbound on Whitemud from 122 St. to 53 Ave. because the expansion to three lanes in each direction was also in the phase two stage.

In the meantime, the city transportation planners have come up with some band-aid solutions. They plan to add a westbound lane on the Whitemud from 122 St. as far as 53 Ave. The current widening of Quesnell Bridge includes the addition of a lane in each direction to 53 Ave. This will result in three contiguous lanes westbound on the Whitemud.

Next year, construction will begin on the addition of a northbound lane on Terwillegar Dr. north of 40 Ave. Please see the diagram for the scope of the project. Approaching the 40 Ave. intersection, the northbound left turn lane will be converted to a through and left lane. Once past the intersection, the leftmost lane will merge before the ramp to the Whitemud northbound.

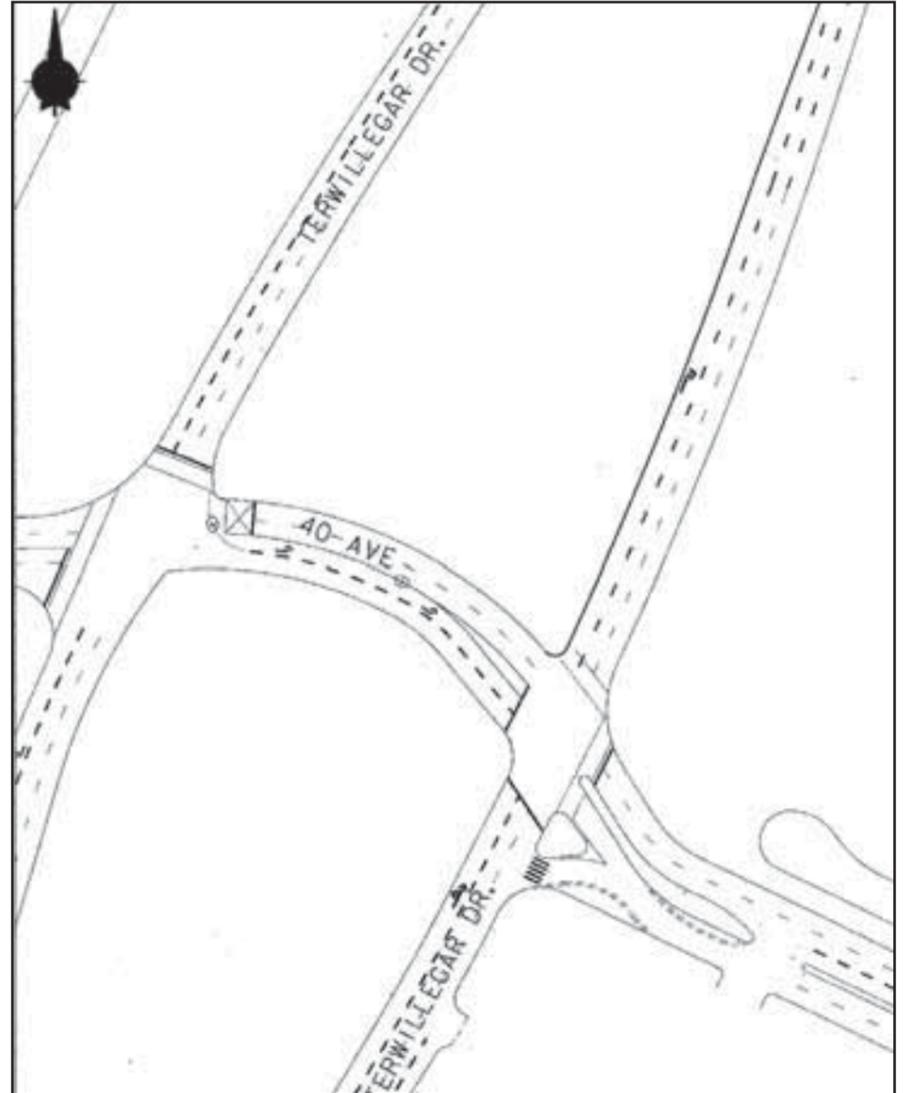
City planners believe that this new lane will increase the number of vehicles allowed through the intersection and, in turn, relieve some of the congestion in the a.m. peak period.

### 142 St. and Anthony Henday

The ramps at Rabbit Hill Rd. and the Anthony Henday westbound opened

Aug. 24. This allows drivers to exit right onto Rabbit Hill Rd. from Anthony Henday westbound, and exit right onto Anthony Henday westbound from Rabbit Hill Rd.

As always, if you have thoughts or ideas to share with the TRAC Transportation Committee, please contact me at [finucane@shaw.ca](mailto:finucane@shaw.ca).



Terwillegar Dr. will be increased to three lanes north of 40 Ave. Construction is to begin next year.

**Have something to say?**  
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[editor@terwillegar.org](mailto:editor@terwillegar.org)

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# TRAC AGM to address local crime activity



Terwillegar Riverbend Advisory Council

by Dave Rumbold

As our summer vacations wind down and fall approaches, TRAC looks forward to continued progress on the Southwest Community Recreation Centre (SCRC), along with the other long-term neighbourhood infrastructure and transportation projects planned for our shared neighbourhoods.

## Meeting Update

The fall TRAC meeting will be held at 7 p.m., Thursday, October 1 at the new Brookview Community Centre, immediately south of George Luck School at 280 Bulyea Road. Agenda will include transportation, security, advocacy, power line issues, fundraising and updates on the Southwest Community Recreation Centre. Come on out and get up to speed on happenings in your neighbourhood. Your voice is important.

## Southwest Community Recreation Centre

Construction on the Rec Centre portion of the SCRC is proceeding on schedule. See the article below by Jacquie Dalziel for detailed information.

## Power Lines

Watch for more public open houses to get information on plans for the two power lines that cross our district. The existing 1202L power line (beside Anthony Henday) is to be upgraded from 240 kV to 500 kV. The 904L power line structures (immediately north of Riverside, Leger and Hodgson subdivisions) will be rebuilt, but capacity will stay at 240 kV. Go to [www.albertaelectricityfuture.com](http://www.albertaelectricityfuture.com) for more info.

## Security

The updated Edmonton Police Service website is now running. The neighbourhood crime-mapping function has been added and citizens can view criminal activity levels in individual neighbourhoods. This is worth a look — check out [www.edmontonpolice.ca](http://www.edmontonpolice.ca). A special thanks goes out to Southwest District Police Superintendent Nigel Stevens for his regular attendance and input at our meetings.

## Fundraising

TRAC has raised about \$65,000 to date for the SWRC, but this money has not been earmarked for anything specific in the new building. TRAC is waiting for further news from City of Edmonton Community Services with respect to funding for seating in arenas three and four in the Southwest Community Recreation Centre. As tenders close, we will find out if there is a need for further fundraising. TRAC is working with the Edmonton Arena Users Group on this issue. In other news, the TRAC 10K and TRAC Spring Luncheon fundraisers will be held again next year.

## Website

Check out [www.tracspirit.ca](http://www.tracspirit.ca) for updated articles and community links.

Our condolences go out to Rob Agostinis and his family on the untimely passing of his father, Orlando Agostinis on August 13, 2009.

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

# Leger projects complete for school opening

by Jacquie Dalziel

City of Edmonton Community Services

As Leger area projects complete in time for the Lillian Osborne High School opening, construction on the Southwest Community Recreation Centre continues as scheduled.

## Leger District Park Site

- Construction of the westbound turning lane at 23 Ave. is now complete.
- Parks has finished landscaping the new sports fields between the Leger Transit Centre and the Lillian Osborne High School.
- Re-grading and landscaping of one soccer field at the Archbishop McNeil School site is in progress.
- Leger Road construction is complete and is open for public use as of mid-August. Sidewalk construction and landscaping will soon be completed.

## Recreation Centre Complex

- Construction of the recreation centre continues on schedule. Concrete foundation walls, grade beams and slabs are 75 per cent complete. Structural steel installation continues and is 45 per cent complete. Roof deck is being installed over the structural framing. Masonry work continues in the flexi-hall area. The 53 metre pool deck has been poured. Work on the building mechanical, electrical and swimming pool system rough-ins is progressing well. The second floor concrete pour has begun. Site work for the south drop-

off loop and parking areas is underway and curb work will begin shortly.

- The deadline for submitting proposals for the Request for Proposal (RFP) for the Operation of the Southwest Community Centre 4-Pad Arenas was extended to July 30, 2009. Administration will evaluate all compliant proposals and submit a recommendation to city council by the beginning of October.
- The Recreation Complex is scheduled to open in the fall of 2010.
- Visit [www.edmonton.ca/scrc](http://www.edmonton.ca/scrc) for the latest construction photos.

## Arena Complex

- Foundation work has begun and structural steel has been ordered. Expected arrival of the structural steel is September, 2009. In the meantime, concrete foundation and structural floor slab preparation work has begun.
- The Arena Complex is also scheduled to open in the fall of 2010.

## Leger Transit Centre

- Details of the new bus routes and schedules are available on the ETS website at [www.takeETS.com](http://www.takeETS.com).
- Landscaping around the Leger Transit Centre is nearing completion.

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.



The Southwest Community Recreation Centre takes shape.

Clockwise from left:

second floor fitness area;

south entrance;

main floor change rooms.

# Steps made for insurance and immunization



by Dave Hancock  
MLA Edmonton Whitemud

While big announcements by government often grab headlines, many smaller initiatives can make a big difference, yet sometimes go unnoticed. Indeed, much of the work of government takes place without any public face but is essential to building Alberta's high quality of life. Two such decisions have recently been made.

While we all hope that we will never need to make an insurance claim, especially for an injury, it's essential that we're covered should the need arise. This insurance must also be affordable.

You may have heard that, effective Nov. 1, basic automobile insurance premiums will decline by five per cent, or about \$30 per person.

This reduction is possible because of a recent court ruling that upheld Alberta's Minor Injury Regulation, which capped the amount an individual can claim for minor soft-tissue injuries. Since this and other reforms were introduced in 2004, rates for basic auto insurance have decreased by 18 per cent.

Another Alberta government initiative coming into effect this fall is the availability of a free seasonal influenza vaccine for all Albertans six months and older. Beginning in October, immunizations will be available through public health clinics, and some physician offices and pharmacists.

While the H1N1 virus is no longer on the front pages of newspapers, it remains a serious public health concern. That is why the province is working on a plan to immunize Albertans against H1N1 influenza sometime this fall.

For more information on Alberta's influenza immunization program and other vaccines included in the province's routine immunization program, please visit [www.health.alberta.ca/health-info/immunization.html](http://www.health.alberta.ca/health-info/immunization.html). You can also contact Health Link Alberta at [www.healthlinkalberta.ca](http://www.healthlinkalberta.ca) or toll-free at 1-866-408-LINK (5465).

Basic preventative measures like insurance and immunizations are just some examples of the things government does to ensure Albertans can all lead safe, healthy lives. But you have a vital role to play as well.

As students return to school this fall, take extra caution on roadways, and

slow down in school and playground zones. Make sure your family takes advantage of the free seasonal influenza vaccine and the H1N1 influenza vaccine when they are available.

Should you have any questions or concerns about auto insurance premiums, immunization programs or any other issue, I am always pleased to hear from constituents.

I can be reached by e-mail at [edmonton.whitemud@assembly.ab.ca](mailto:edmonton.whitemud@assembly.ab.ca), and our constituency office's phone number is (780) 413-5970.

I wish all the students in Edmonton Whitemud a safe and happy start to the new school year, and I look forward to hearing from you!

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Time: 7:00 pm – 9:00 pm  
Location: Ellerslie Rugby Club  
11004 Ellerslie Rd SW

Hosted by:

**Honourable Dave Hancock**  
**MLA Edmonton Whitemud**  
**Minister of Education**

**Fred Horne**  
**MLA Edmonton Rutherford**

For details, call 780-413-5970 or visit  
[www.inspiringeducation.alberta.ca](http://www.inspiringeducation.alberta.ca)



# Officials look to ease immigrant transition



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

On July 16, the Southwest Elected Officials group (MP James Rajotte, Councillors Bryan Anderson and Don Iveson, Trustees Marilyn Bergstra and Catherine Ripley, and MLAs Dave Hancock and Fred Horne) met to share information and continue our ongoing discussion on how we can work collaboratively on our

constituents' behalf.

Horne's main concern was the spate of arson-related fires in the Duggan area over the last year, including alley fires, the costly fires at St. Augustine and Rideau Park Schools, plus the devastating fire at Lifestyle Options on 106 St. in the spring.

Anderson remarked that Edmonton Police Services Superintendent Nigel Stevens is constantly reminding community members to phone in any suspicious activities. By doing so, crime and disorder activities can be better tracked and then tackled by police.

Out of this comment rose a commitment by all of us to encourage you — the community — to follow through on this advice so that together, the police and the community can resolve these issues in our neighbourhoods.

So, if you see something suspicious and urgent, please call 911. If you see something suspicious but consider it a non-emergency, please call (780) 423-4567. Thank you!

Other topics of conversation included an update by Rajotte on several federal infrastructure funds: the Infrastructure Stimulus Fund, the Knowledge Infrastructure Fund, and the Recreation Infrastructure Fund. Through these funds have flowed resources for the LRT and southwest interchange, grants to the University of Alberta, Grant MacEwan and NAIT, and funding for several recreation projects.

Anderson and Iveson distributed materials on the City Centre Airport and Capital Power decisions, and the Edmonton Taskforce on Community



Clockwise from left: James Rajotte, Fred Horne, Don Iveson, Dave Hancock, Bryan Anderson, Marilyn Bergstra, Catherine Ripley

Safety ([www.edmonton.ca/safetytaskforce](http://www.edmonton.ca/safetytaskforce)); and then mainly focused their comments on the future plans for the LRT.

The city's long-term vision is to provide LRT to all quadrants of the city, ultimately building and operating over 128 km of transit line. The city cannot achieve this vision on its own, but the councillors showed that through an investment of \$100M by the city, province and federal government over the next 20 years, almost 60 per cent of the final LRT network could be accomplished.

Hancock, Bergstra and Ripley all spoke about the needs of the immigrant and refugee families in Edmonton.

Bergstra pointed to work being done in Finland to successfully integrate students with little or no English into the education system while Ripley pointed to the new Multicultural Education Policy passed in June by the Board of Edmonton Public Schools, and some developmental work underway on a year-round Transition Centre for those students with limited English and minimum understanding of Canada and the Canadian education system.

Ripley also spoke about a Southwest Community Mapping Meeting held in June, which showed the dearth of social services for children, families, seniors

and immigrants in the southwest, especially south of 23 Ave. ([www.mapsalbertacapitalregion.ca/L-SWEdmonton.html](http://www.mapsalbertacapitalregion.ca/L-SWEdmonton.html)).

This situation is something this group will continue to discuss in the future, and if you have thoughts about how to ameliorate or fast-track the provision of services into these ever-expanding neighbourhoods, please contact one or all of us.

MP James Rajotte: (780) 495-4351, [rajotj1@parl.gc.ca](mailto:rajotj1@parl.gc.ca)

MLA Dave Hancock: (780) 413-5970, [edmonton.whitemud@assembly.ab.ca](mailto:edmonton.whitemud@assembly.ab.ca)

MLA Fred Horne: (780) 414-1311, [edmonton.rutherford@assembly.ab.ca](mailto:edmonton.rutherford@assembly.ab.ca)

Councillor Bryan Anderson: (780) 496-8130, [bryan.anderson@edmonton.ca](mailto:bryan.anderson@edmonton.ca)

Councillor Don Iveson: (780) 496-8132, [don.iveson@edmonton.ca](mailto:don.iveson@edmonton.ca)

ECS Trustee Marilyn Bergstra: (780) 438-2662, [bergstram@ecsd.net](mailto:bergstram@ecsd.net)

EPSB Trustee Catherine Ripley: (780) 887-1002, [Catherine.Ripley@epsb.ca](mailto:Catherine.Ripley@epsb.ca)

## Edmonton city council hears from citizens



by Bryan Anderson  
Edmonton City Councillor, Ward 5

The 2009 Citizen Panel appeared before council at our meeting July 22 and presented their report on budget priorities for 2010-2011. The 49 members of the panel included men and women of different backgrounds, ages, incomes and experience. As a councillor, hearing from citizens is part of my job, and I consider your opinions carefully when making decisions that affect Ward 5 and the city as a whole.

The members of the panel brought forward four recommendations in their report. They suggest that their input should be considered by council during the upcoming budget process. These recommendations are:

1. Continue to increase the density of our city through long-term planning.
2. Ensure that our transportation system emphasizes the convenience of users and the uniqueness of Edmonton's climate.
3. Use environmental and economic sustainability as the basis for policy decisions aimed at livability.
4. Use proactive and preventive methods to reduce crime and increase safety, such as early intervention and gender-specific safety initiatives.

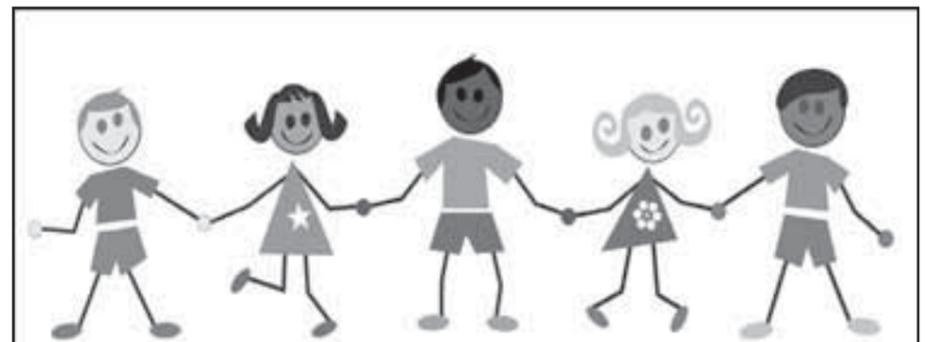
The panel goes on to suggest that "a change in thinking should be achieved through both incentives and disincentives, created by the public and private sectors." The report indicates that these should be implemented to improve our transportation system in particular. An example given is making alternative transportation modes more accessible and convenient to citizens while increasing parking fees for those who choose to drive their cars.

The report points out that increasing neighbourhood density will make it easier for a segment of our larger population to use our transit system. It also recognizes that citizens should be able to use a variety of modes of transportation, including walking, biking, driving, car pooling and public

transit, with easy access to each and opportunities to transition between them.

You can find a copy of the report and more information about the Citizen Panel online at [www.edmonton.ca/citizenpanel](http://www.edmonton.ca/citizenpanel).

I invite you to share your reactions to the statements of the panel, as well as any recommendations you may have, by e-mailing me at [bryan.anderson@edmonton.ca](mailto:bryan.anderson@edmonton.ca).



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# Four ways to invest in a changing market

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

Every investor dreams of buying low and selling high. Yet through the different market cycles, many investors do just the opposite: They tend to buy when the market is near its peak and sell when the markets are struggling.

This kind of emotion-based investing can be harmful to your long-term goals since it ignores fundamental valuation in favour of following market momentum. Stocks tend to be overvalued when the markets make new highs, and undervalued when they reach their lows.

Here are some sound investment principles to keep in mind in today's fast-changing markets:

### Don't try to pick tops and bottoms

Market movements are too unpredictable to catch the highest or lowest price. It's far better to

invest in solid value opportunities.

### Average your costs

Dollar-cost averaging through regular investing helps to minimize the effects of market volatility on your portfolio over time. Market lows are the best times to lower your average cost.



### Don't check your portfolio daily

It's tempting to want to over-manage your portfolio in turbulent markets. This can cause you to overreact to short-term price movements and make impulsive decisions.

### Invest with a long-term horizon

This helps avoid focusing on short-term market movements. Identifying sustainable trends is a better strategy for reliable gains.

Being disciplined in volatile times is key. You can help ensure that your portfolio stays on track by focusing on value and long-term opportunities in the context of your investment objectives and risk tolerance.

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

# Recession recovery unlikely in the near future



by Shawn Money  
Mortgage Expert

The announcement that the recession is over by the bank of Canada seems to be wishful thinking. I believe they are trying to put our best foot forward internationally, which may have some merit, and we certainly are not drowning in federal debt like our southern neighbours. However, the truth is that we will

lose more jobs in the next year, so I doubt that anyone will feel that it has recovered. Wages will have little upward pressure since unemployment is fairly high.

The other point that will make wage increases near impossible is that USA employment stats are near 10 per cent. That's not counting all the people who ran out of UI benefits. They don't count them. Nice to be forgotten! With those millions out of work included, it brings the total to about 15 per cent or one out of every six people that are looking for a

job. That is close to the great depression stats. Most of those Americans who are tradespeople would be more than happy to work in our oil field construction jobs. So I don't see any shortage of labour in the near future.

That will keep wages down and the job market very competitive. The oil fields' robust activity had set the stage for wage increases in other industries, but now that pressure will be much more subdued since many projects were delayed and nationally, corporate profits are down.

I don't doubt that we will eventually recover here in Alberta, but it won't be at the frenzied pace that we saw in 2006 - 2007. So don't hold your breath expecting it to come back just because our government has wishful thinking.

This then leaves me to believe that we won't see rates taking off much in the next year. The government knows that it is still a very fragile economy, and cheap money is one of the things that is helping the consumer shave some of its costs. If the consumer is not confident, then it will be likely a slow recovery.

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# Summer Friday brings families together

Norb Janke

Associate Pastor, Terwillegar Community Church

On Friday, July 10 Terwillegar Community Church hosted the first of two "Friday at the Park" events at Tomlinson Common playground. This event, complete with hot dogs, water, watermelon, bouncy house and balloon animals, is another annual event the church provides to help build the community of Terwillegar Towne. It's billed as an opportunity to "come meet your neighbours."

With over 250 people enjoying the great weather, along with children and parents waiting patiently in line for a balloon animal, the event certainly lived up to its billing. It's no surprise all 320 hot dogs, almost 300 bottles of water, and all the balloons were gone by the end of the evening.

The Terwillegar Community church also hosts the Spring Carnival in May and the Winter Delight, which is scheduled for Nov. 28. Mark it on your calendars and plan to enjoy a sleigh ride with your family and neighbours. Delighting in winter...shudder the thought!

*Clockwise from top right: Kids crowd the popular balloon lady; a young attendee enjoys the fare; bikes and wagons park outside as kids enjoy the bouncy house; just some of the volunteers who helped make the event a huge success.*



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# Local church building a home of its own



by Ken MacDonald  
Pastor of Terwillegar Community Church

One of the questions that I often ask myself is this: "How can a Church be an integral part of a community?" After all, years ago, the church was the social centre of the community. How things have changed!

In the minds of the architects of this community called Terwillegar Towne (and surrounding communities) is the concept of a neighbourhood that is vitally connected. Terwillegar Towne has done an excellent job of focusing itself to provide support and relational resources to the growing number of people who live among us.

In all of my years as serving as a pastor, I have never been as excited about the church being vitally connected to the community as I am these days. I love being part of this community and I am confident that I express that sentiment on behalf of a whole congregation.

Our greatest joy is the sense of feeling connected to our community. We admit that we are still trying to figure out how to do that as meaningfully as possible. We continue to learn and grow, but we desire to be builders and encouragers in our community.

There are some changes happening at Terwillegar Community Church. We are relocating to a new "interim" home effective Sept. 6. We have been meeting each Sunday (lease arrangement) at Holy Trinity Anglican Church (1428-156 St.), but we are needing to move for a couple of reasons: 1. Our congregation is outgrowing the facility, and 2. Holy Trinity is expanding their usage by their decision to begin a new church initiative: "Holy Trinity Riverbend Neighbourhood Church."

We are truly grateful for six years of serving together with Holy Trinity! Terwillegar Community Church is relocating (interim) to Taylor College and Seminary Campus on 23 Ave. and 115 St. (four minutes east of Terwillegar Towne). Our worship time will be 10 a.m. each Sunday followed by a hot brunch. See [www.tcchurch.ca](http://www.tcchurch.ca) for more information.

Although we are doing a move just down the road a few minutes, we are absolutely committed to Terwillegar Towne and surrounding communities. We have not left our community; our plans are to purchase property and construct a building in this community in the very near future.

We are excited about the future of our congregation — especially in our role as being a vital part of this community.

We hope you were able to be part of the barbeque on Aug. 28 and we look forward to "Winter Delight" which is the traditional horses and sleigh ride in our neighbourhood.

We celebrate our community and give thanks for the privilege to connect with one another.

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**Sunday, September 13<sup>th</sup>**  
Retirement Celebration for Pastor Haberstock  
Worship at 2:00pm, fellowship BBQ to follow  
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**Terwillegar Community Church** a Place for you

Terwillegar Community Church is concluding it's time at Holy Trinity Riverbend Anglican Church. We are thankful for our six years at this location.

We look forward to purchasing property in the Terwillegar Towne area in the near future and establishing a church in this area. Until this becomes a reality, we will be meeting at:

**Taylor College  
23rd Ave. and 115 St.**  
(Follow the signs)

**Every Sunday  
10:00 a.m.  
Beginning September 6.**  
Check the website for details.

[www.tcchurch.ca](http://www.tcchurch.ca)  
780-430-8389

# Think pink for a ready-to-drink wine



Uncorked

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.

One question I am often asked is: How

long can a wine last?

Every wine has what I call a "life cycle". That life cycle can be a short one or a very long one, depending on how it is made.

A few years ago a serious wine magazine reported that close to 98 per cent of all the wines in the world are actually consumed within one year after bottling. We are in a society where we want things to be ready NOW. And that is what

makes New World wines rather fun and easy to enjoy because the majority are made for the NOW!

There are always exceptions, and for you collectors out there, there are still many great choices to be made. The 2005 Bordeaux that are still on the market is a prime example. A great majority will not be ready for another five years, and for some of them, you will need to be patient for at least 10 years. Your serious wine retailer will know what and how to recommend.

But others are made for the NOW! As in the case of rosé wines, I still like to think that summer is not over yet, so why not think pink!

While too many of us still think White Zinfandel when we talk pink, let me tell you about the real rosé. Lightly rosé in colour, dry fresh strawberry aromas and crisp, clean and bright flavours, rosé wines are created everywhere for whatever occasion or dish. They are so versatile from light snacks, to salads, to grilled fish and light white meats, that it has become a staple in my house.

Below are three great labels to remember.

If you have questions or need advice, please feel free to contact me at (780) 434-9444 or vrinc@telus.net. Until next time, remember: wine is cool!

## Symphony 101 at the Library

Have you ever wondered what the difference between a Symphony and a Concerto is? Or why everything in Symphony programs is in Italian? Or why the audience at the symphony doesn't applaud at every break in the music?

Help is on the way! Come to the Riverbend Library to join D.T. Baker from the Edmonton Symphony Orchestra for a lively, informative, and interactive introduction to the symphony.

7 p.m.

Tuesday, September 29

Registration begins September 8.



2008 Artazuri Rosé  
Navarra, Spain — \$21.95\*

This ultra-delicious rosé made from grenache grape from the region of Navarra, Spain is absolutely "fabuloso." Lively, fragrant with just the right richness yet remaining light bodied, this has all the right stuff for drinking on its own or served with a duck, raspberry salad.



2008 La Vieille Ferme  
Côtes du Ventoux, France — \$14.95\*

The bargain of French Rosés, La Vieille Ferme is just perfect for those warm afternoons. I have served this ultra chilled and it just as wonderful, so you don't need to pick the proper time — anytime goes!



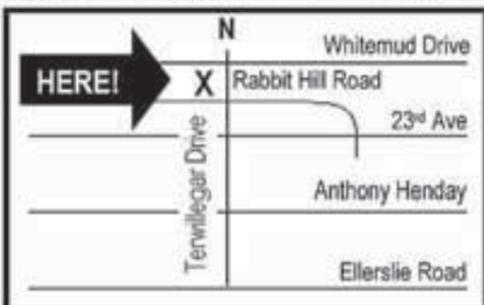
2008 Montes Cherub Rosé de Syrah  
Colchagua Valley, Chile — \$22.95\*

Our most intense of the three, this is certainly a rare treat indeed. It's not common to see syrah as a rosé (there's just too much demand for the red style), so when we spotted this one, our taste buds started to water. Rather full-bodied for a rosé, this one expresses rather exquisitely those delicious and succulent ripe BC cherries. Terrific with pork loin in a cherry confit.

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

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# Warm up your fall with a backyard fire pit

by Claire Schneider

South Terwillegar resident

September brings the onset of shorter days and cooler nights. Relaxing around a backyard fire sounds nice, doesn't it? Backyard fire pits can be most enjoyable, as long as we are aware of the regulations and exercise caution.

As listed on the City of Edmonton website, below are important points to remember when constructing and enjoying your fire pit.

Within Edmonton city limits, fire pits must:

- Be at least three metres (10 feet) from buildings, property lines and anything else that could catch fire.

- Be less than 0.6 metres (two feet) high.
- Be less than one metre (three feet) wide
- Have enclosed sides made from bricks, concrete or heavy-gauge metal.
- Have a mesh screen on top to stop sparks (spark-arrestor) with openings smaller than 1.25 centimetres (1/2 inch).

It is also important to burn the proper fuels.

The only substances that can be burned in an outdoor fire pit or fire place are:

- Clean (non-treated), dry wood
- Charcoal
- Natural gas

Many residents have fire pits, and many are

considering them as a part of the backyard décor. There are numerous options when it comes to building a fire pit nowadays, including the traditional stacking of brick, stone or rock, portable pits made from cast iron or steel culverts and the new trend — easy to stack ROX landscape blocks (concrete blocks that look like natural stone).

If your fire pit does not meet specifications, you will need to have an inspection done and a permit issued. Fire Rescue Services can be contacted at (780) 496-3628. Questions can be directed to the City of Edmonton, Information and Support Services, at 311.

# Easy fall planting brings a colourful spring

by Mike Cooper

Manager, Windermere Home Depot

In the fall, cooler temperatures make it easier for plants to become established. The soil is still warm from summer, encouraging strong root growth. This root growth continues throughout winter even when temperatures drop, and helps plants become established.

## Planting basics

**Choosing the right time** — Different plants are better planted at different times of year. Many plants, such as annuals, cannot be planted in the fall.

**Perennials and shrubs:** Plant in spring, summer or fall, as long as the weather won't be too cold (staying above freezing for a few days).

**Roses:** In our climate, most roses should be planted in the spring.

**Bulbs:** Plant spring-blooming bulbs, like tulips and daffodils, in the fall.

**Trees:** Plant trees in the fall. Trees should be planted when the weather is mild or below 25 degrees Celsius and preferably calm and overcast.

**Lawns:** Whether laying sod or planting your lawn from seed, starting in early fall will give your grass a chance to establish this year and jump start its growth next spring.

**Preparing the soil** — Whether you're planting only one shrub or 50 annuals, it's important to prepare the soil. Work a few spadefuls of a soil amendment, such as compost, into the area you'll be planting. For annuals, work a slow-release fertilizer into the ground.

**Putting the plants in the ground** — Before planting, make sure your plants are well-watered and not wilting. If they're looking droopy, water them first and wait a day for them to recover. To plant, remove gently from the pot. If the roots are wrapped or knotted, loosen them with your fingers. Position so the soil level is the same as it was in the pot. Pinch or trim off any flowers. They're taking energy that would otherwise help establish the plant's root system for bigger, better, and more flowers later on.

**Watering** — Water the plant well. If it's a shrub or a rose, let water barely

trickle at the base for a half hour or more. For annuals and perennials, soak the soil a foot down. Water plants well for the first two weeks, checking them daily for soil moisture and wilting. Once established, they'll need less water.

## Planting fall bulbs

Buy bulbs when they're first available for the best selection. Choose full, firm bulbs that appear unwithered and without any mold or brown discoloration.

**When to plant** — Plant spring-blooming bulbs in September through November, usually up to four weeks after the frost date.

**How to plant** — Plant bulbs as soon as possible after purchasing. (First chill the bulbs in the crisper drawer for the time specified for that species.) Provide excellent drainage. Loosen the soil several inches deeper than the bulbs, and work in a little compost or specialty fertilizer. Cluster bulbs in groups of 15 to 20, or 30 or more for small bulbs. Plant at the depth listed, measuring from the bottom of the bulb and including any mulch.

## Planting a lawn

**Sod versus seed** — Sod has a number of advantages. You can sod almost anytime and where seed may be hard to establish. Plus, it's fast and a can be walked on in as little as three weeks. However, it costs considerably more than seed, and extra preparation is necessary.

**Soil preparation** — Regardless of the method you choose, you'll need to improve the soil. First, rake away debris and kill small weeds with hoeing or tilling. If using an herbicide, wait a week or two before planting. Spread two to three inches of soil amendments. Till in with a power tiller. Smooth the soil with a ground rake.

**Laying sod** — A few days before the sod is delivered, water the area, then allow the surface to dry. Lay the sod on the day it arrives. Unroll gently and position, butting ends and sides tightly. Stagger rolls, the way bricks are. Water the sod well. Let it soak down through and a few inches into the soil. Water daily for a week or two until the sod establishes, then water weekly.

**Starting a Lawn from Seed** — Choose the seed type that's right for your conditions. After preparing the soil, roll it with a lawn roller. Sprinkle seed evenly, using a broadcast spreader. Ensure good contact between seed and soil by lightly raking the entire area.

After planting, keep foot traffic off. Also keep the soil moist, lightly watering three or four times daily until the grass is established. Heavy play or traffic should be kept off for another two to four weeks.

## Planting a Tree

Planting a tree is easy; however, there are ways to ensure that it will take off faster, with less stress and have fewer problems in the future.

**Tips for Planting Trees** — Position trees so that when they're fully grown, they won't brush houses or power lines. Plant when the weather is mild, calm and overcast to avoid drying out and stressing transplants. Dig a hole that's one and a half to two times wider than, and only slightly deeper than, the tree's container. Add several spadefuls of compost to the planting hole. If the roots are tangled, loosen them with your fingers or a cultivator claw. Use a starter fertilizer to stimulate strong root growth. Avoid planting too high as this dries the tree out.

So there you have it! With these easy steps for planting this fall, you're sure to have a greener grass, blooming bulbs and flowering trees next spring.

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# Buckling up children is more than a snap



by *Connie Peters*

Summer is all but over and it's time to get back to school. This means a lot more time spent in the car, driving to and from school, extra-curricular activities, birthday parties and playdates. With all this

travelling, and especially with our harsh winters and unpredictable driving conditions, car-seat safety for children is extremely important.

Everyone knows you can't leave the maternity ward without an infant 'bucket' car seat. That tends to be about where the awareness about car seats ends. I think a lot of people assume you just leave your baby in there until they're a year old and then you buy some other seat and let them forward face until they're 40 pounds and voila! Ready for a seatbelt and the front seat! **Wrong.**

It is now the recommendation of Transport

Canada for an infant to rear-face while traveling in a vehicle for as long as possible, well into their second year. Read the manual for your car seat – it will guide you on the maximum height and weight restrictions for rear and forward facing with your particular seat. Head and neck injuries are prevalent in accidents occurring with toddlers who forward face too soon.

Alberta is one of several provinces who have not yet made it law, but in Quebec, Ontario, Nova Scotia, British Columbia and Newfoundland it is illegal to have a child under nine-years-old, 4'9" or 80 pounds ride in a vehicle without a booster seat. Almost half of the Canadian children under the age of 10 who die in car accidents are four- to eight-year-olds wearing seat belts, but not in booster seats. It is evident that we need to spread the word to fellow parents until it does become law. Seat belts are not designed to do their job with children under 80 pounds, OR 4'9" tall OR nine-years-old, unless they're in a booster seat.

Something equally bothersome is seeing young children riding in the front passenger seat. Transport Canada and your vehicle manufacturer recommend children 12 years of age and younger sit in the rear seats. This is due to crash and air-bag safety. Read your vehicle manual and visit Transport Canada's website at [www.tc.gc.ca/roadsafety/safedrivers/childsafety](http://www.tc.gc.ca/roadsafety/safedrivers/childsafety) or Alberta sites at [www.capitalhealth.ca/kidsafe](http://www.capitalhealth.ca/kidsafe) and [www.health-in-action.org/boosterseats](http://www.health-in-action.org/boosterseats).

Oh, and with fall temperatures upon us, remember not to bundle your child too heavily under their five-point harness car seat straps. The extra padding can compress in a crash causing the straps to become too loose. Instead, keep extra blankets and coverings in the vehicle so that snowsuits can come off before buckling up.

*Connie Peters has three bundles to buckle up in her minivan each day. For local information and events for moms, visit her blog at [www.modernmamamusings.ca](http://www.modernmamamusings.ca).*

# Sign language benefits hearing children

by *Jenny McConnell*  
*Tiny Hands Talk*

I have been an elementary school teacher for 10 years, but only four years ago I discovered a wonderful way to captivate children's interest with their learning. I always knew that children are visual learners and enjoy being active participants in their learning process. I knew that children love to see pictures in books, use actions with songs and see objects that are being discussed. What I didn't know, was that sign language while speaking was not only used with hearing children in schools, but that using sign language while teaching children language, literacy and mathematics was a well researched area with ground breaking results. In fact, there is over 10 years of research dedicated to the advantages and outcomes of exposing all children to speech and sign language. Benefits like: whole brain development, higher IQ, better spelling and mathematic scores, and enhanced verbal language skills. Just to name a few.

I was excited by the research, but it was when I applied it with the children that I taught that really got me motivated to continue pursuing a career dedicated to educating the community about sign language. One word that describes why children like sign language so much is that it's FUN! Kids love learning it and they love using it, especially in songs and books. They truly are captivated, and while it is a fantastic tool to use with pre-verbal babies, older children enjoy the fact that they can communicate to each other in a secret code, and they find that learning to spell words becomes a fun and motivating game. It wasn't just my Grade 1 students practising spelling words in sign language in the playground either. My grade-four students did the same.

During the early years of the educational process, one of the most important skills, if not the most important children are required to learn, is reading. In order for children to become a skilled reader, they first must understand the alphabet, letters and sounds that letters make. American

Sign Language has shown to be beneficial in helping children in the first years of elementary school to learn and remember many of the skills necessary to become great readers. This is because when reading and signing to a baby or toddler, the child will frequently be more involved with the activity. Also, most infants are visual learners and associate books as fun. When signing with him/her it becomes captivating and like a game. Lastly, an early introduction to sign language through books establishes the joy of reading in a child's life.

So whether you're considering teaching your child sign language as a baby or putting them in a program as a school-aged child, your child will gain a skill that will benefit for a lifetime.

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# Fall for a new fitness routine this September

by Kendra Compton

President and Personal Trainer, Balanced Fitness Studio

After a great summer of being outdoors and having a break from routine, you are ready to get back into your regular fitness schedule or start a fitness program. For many, especially moms with school-aged children, September is the start of the new year.

Well, fall is the perfect time to start working out again. You will establish good habits for the upcoming holiday season and winter months. Plus, with the crazy days ahead of balancing work, school and extra-curricular activities, you will feel more energized and sleep better.

Here are five ways to start making the most of the fall season:

## 1. Take advantage of the weather

Fall is a great time to continue to enjoy outdoor activities, like walking, running or cycling. The cooler temperatures will help keep your body temperature regulated and your exercise session safe. Should the snow fall early, try cross-country skiing or snowshoeing.

## 2. Try something new

Have you been itching to try something new, like ball room dancing or yoga? Fall is the perfect time to learn



something new. Classes at gyms, dance studios and recreation facilities get started again, and many offer new programs that have never been taught before. So check things out and see what intrigues you.

## 3. Follow the 30 day rule

It takes about 30 days to make a fitness habit and for your body to adapt to lifestyle changes. This is why it is so common for people to give up on their fitness programs within the first month. So stick with your program for 30 days and track your workouts. It will soon become a great habit.

## 4. Make sure you have the 3 Cs

Have all 3 Cs and you will have a successful fitness program:

*Commitment:* Yes, exercise takes commitment. Plan it into your weekly schedule just like everything else.

*Convenience:* Choose an activity or gym that is close to home, and a time that works easily for your schedule.

*Consistency:* Be consistent. Remember 10-20 minutes a day is better than not at all.

## 5. Make it fun and social

Exercise does not have to be done alone. Find a friend to workout with, or join a group fitness class. Working out with others will keep you motivated and accountable. Plus, you'll have a lot more fun!



## Get Your Eskimos Tickets For Community League Game Day October 9

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Registration Opens Saturday August 29th.  
Official Start Date: Saturday September 12th.

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

# City council threatens to close Scona Pool

by Karin Banasch-Vail  
Terwillegar area resident

Scona Pool was targeted to close as a cost savings measure by city council in April 2009, but thankfully, due to strong user group commitment, the city council has given Scona Pool another chance for survival.

The pool is home to many different user groups, including the Orca Synchro Club which my daughter and I both swim with. These groups would find it very difficult to continue with their aquatic sports should the pool close. In

particular, there are many things about the Orca Synchro Club that would be difficult to duplicate at another pool.

For example, the Orca Synchro Club is able to rent the entire pool so the only people there are the members and their families. When my daughter and son were younger, this was a nice comfort and safety feature that I appreciated as a parent. The club is also able to allow a parent swim lane at Scona Pool so parents are able to swim at the same time as their child is in the program. The pool also has a huge wall to ceiling

window that makes it very bright and cheerful.

While the facility may be older than other city pools, the pool itself is still in good condition and is still a great asset for the city and to clubs like Orca Synchro. At a time where both parents and children need to become more active and healthy, local clubs and a central pool like Scona Pool can contribute greatly to a healthier family.

Please help support your local club and Scona Pool to prevent any further threats of the pool's closure. For more information about the Orca Synchro Club, visit [www.orcasynchro.org](http://www.orcasynchro.org).

# Volunteers make soccer tournament a success

by Jane Calvert  
TRSA President

Each year, Terwillegar Riverbend Soccer Association (TRSA) hosts a weekend tournament for the U8 and U10 age groups. The tournament is combined with the year-end wrap-up event for the TRSA Toddler (U4) Soccer program. This year's event took place on the weekend of June 19-21. Over 750 players took part. Sixteen toddler teams celebrated their last game of the season Saturday morning. The U8 and U10 games began Friday evening and continued throughout the weekend until Sunday afternoon. The U8 squad was made up of 31 teams – both girls and mixed. The U10 age group consisted of 20 teams – both girls and mixed.

Officially known as the CSA Mini Soccer Festival presented by BMO, the tournament receives corporate sponsorship from various companies including Adidas, Sony, Telus, Egg Farmers of Canada, Kellogg's Frosted Flakes, Sport Chek, Trainer's Choice, Yahoo Canada, and the Government of Canada. It's always a fun, non-competitive event for the participants; however, this year, the tournament organizing committee tried out a new twist on the old format. In order to provide our younger teams with an idea of what may be ahead for them, the schedule was structured to run somewhat like a competitive tournament. Referees and field marshals were on hand for every game, and the final games were scheduled between teams that had demonstrated equal ability over the weekend. At the end, however, every team was a winner, and every child received a medallion.

The weather for the weekend was beautiful. Games took place throughout Riverbend and Terwillegar. The brand new Brookview Community League Building served as tournament headquarters. Located near George H. Luck School, the building was the perfect home for the event, and TRSA thanks the Brookview Community League for making it available.

George H. Luck School also played host with a barbecue and entertainment. An inflatable bouncy house, officially called the Jumpy Thing, delighted players and siblings alike. In addition, a face painter decorated the children's faces with her air brush artistry. A genuine old fashioned popcorn machine provided free popcorn to the crowds and lent a fairground atmosphere to the event.

Both the tournament and barbecue were the successful result of a true

group effort on the part of many TRSA volunteers. Paul Gantar was the tournament leader, planning and organizing the format and schedule. He dedicated countless hours to the tournament in addition to being a coach and the TRSA Mini-Soccer Director. Special thanks are due to Paul for his dedication and vision. Of course, all TRSA coaches deserve a huge round of thanks for their efforts during the tournament and for the entire season!

The tournament barbeque was organized by a team of volunteers led by Erin Newell-Lupien. Erin put her project management skills to great effect. She and her team planned the barbeque, recruited the volunteers, ensured everything went smoothly on the day, and even organized the entertainment. TRSA would like to thank them all for making the barbeque a huge success.

Hot dogs and hamburgers for the barbeque were provided by M&M Meats of Riverbend Square. They were delicious as always. Bottled water was supplied by Servus Credit Union and Artisan Homes. TRSA would like to thank these local businesses for their support. Of course, you can't have a barbecue without a barbecue. These were provided by PCL, another prominent Edmonton business.

Although Paul and Erin deserve special thanks, the tournament and barbeque were made possible by the contributions of over 100 TRSA volunteers who showed up to be field marshals, cashiers, burger flippers, food runners, bouncy house supervisors, and many other things. It takes a lot of people to run a tournament, but our volunteers were up to the task!

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# Soccer mom finds homes for closet jerseys

by Jane Calvert  
President, TRSA

Super soccer mom Shannon Hennessy knew there were a lot of extra soccer jerseys in the closets of Riverbend and Terwillegar homes. But until she decided to do something with them all, she had no idea just how many.

Shannon's two daughters have played soccer for several years, and so they had built up quite a collection of Terwillegar Riverbend Soccer Association (TRSA) jerseys themselves. Knowing how popular soccer is internationally, Shannon knew that there must be teams in need of jerseys somewhere. Her first step was to collect as many jerseys as she could.

She contacted Save-On-Foods, located at 14161 – 23 Ave., and was happy to learn that she could place a donation box there. Next, she asked TRSA program manager Charlane Gorsak to get the message out to the soccer families in Riverbend and Terwillegar. Charlane was happy to oblige and sent out a message to all TRSA families letting them know about the drop off box at Save-On-Foods. Soon the message had spread beyond Riverbend and Terwillegar to all of southwest Edmonton. Sting, the Southwest Edmonton Soccer Association's competitive team, donated several hundred more jerseys.

Shannon was hoping that she could get enough jerseys, about 200, for her parents to take to their home in Lake Chapala, near Guadalajara, Mexico. But she really had no idea of the number of jerseys she could expect to receive. And she certainly never expected that she would end up with over 1,400 jerseys!

That many jerseys take up a lot of room. There were still a lot left over after Shannon's parents, Wayne and Barb Garding, packed a load into

their car bound for Mexico. Luckily, another amazing soccer mom, Marita Eguren, had the same idea as Shannon. Marita was on her way to Peru and knew of a group, Rainbow of Help for Children, that could use the jerseys. Rainbow of Help is building a school for the children of Chinca Baja, a village two hours south of Lima. Besides taking plenty of jerseys to Peru, Marita was able to connect Shannon with another group in need. Home of Hope Rwanda is a group building homes in two small Rwandan villages, and they were happy to take 100 jerseys with them on their way to Africa.

Although she had found homes for hundreds of jerseys, Shannon still wasn't done. The next step was to contact Wally and Cindy Yakimets, who put her in touch with the West Edmonton Christian Assembly Mission Team. The assembly took 400 jerseys to Guatemala. In the end, Shannon ended up connecting with several more groups and was able to find places for all the jerseys. Many of the jerseys ended up in Africa, going to schools and orphanages.



Above: Mexican children enjoy TRSA soccer jerseys and balls donated last Christmas.

TRSA would like to thank Shannon Hennessy, Marita Eguren, Wayne and Barb Garding, Wally and Cindy Yakimets, Fred Greaves, Bill Hennessy, Eddie Hutzal, Save-On-Foods, Kellogg's Cereal, and everyone who dropped off jerseys and other soccer equipment.

## Why doesn't TRSA re-use soccer jerseys?

TRSA buys new sets of soccer jerseys for each team every season. It may seem odd or wasteful, but in fact, there are many reasons why this is the best option for TRSA.

1. As Shannon can attest, jerseys take up a lot of room. TRSA had over 1,700 players registered for the 2009 outdoor season. The soccer association does not own any storage space; rather, it rents a small room from the Riverbend Community League in the Brookside Building. The storage room is used to hold the equipment bags, balls, keeper jerseys, poles, nets, tents, etc that are used year after year. There is no extra space for jerseys.
2. Getting all the jerseys back isn't as easy as you would think. If just one player fails to return their jersey, the whole team set is no good and needs to be replaced.
3. The manpower time and effort that would be required to sort, count and keep track of over 1,700 jerseys is currently beyond the means of TRSA, a volunteer organization.



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# TCL president taking on new challenges



by Steve Simala  
TCL President

This past weekend, I attended a leadership conference aptly named “The Leadership Summit,” which, simulcasted sessions from experts such as Tony Blair, Bono, and various experts in leadership from the corporate, not-for-profit, church, and

educational worlds. It is an annual highlight for me, and one of the messages I came away with this year was the incredible privilege it is to lead and to serve. I can attest to that as I look back on four years of being on the Terwillegar Community League Board. It has been an incredible privilege to work with a devoted, competent, enthusiastic, enjoyable group of people who care about our community and want to be part of making a positive difference.

I will not be allowing my name to stand for another term with the Terwillegar Community League (TCL), as I’ve shifted my community volunteer time to the Terwillegar Towne Resident’s Association (TTRA), a not-for-profit corporation responsible for managing the amenities

jointly owned by all the residents of T-Towne. This group is facing some challenges at the moment and I’ve committed to helping lead through those as the president of the TTRA, and so will hand off the leadership of the TCL to other fine leaders in our community. We are in good hands. The Terwillegar Community League Board is a very healthy group who work hard to make our communities some of the best in the city.

I leave with some fond memories and lasting friendships. I’m proud of our volunteers, and it has been a privilege to serve with each of them. I look forward to recognizing them in person at our upcoming AGM in October, and thanking them publicly. The next steps are exciting for us: in many ways I feel like we as a community are taking new steps of maturity, with the opening of new major roads, schools, recreational facilities and the establishment of our personality as a region. New parks are on the horizon, as are deepening programs, better cooperation with the city and other agencies that effect us, and a growing connection with one another. I look forward to seeing what is around the bend, and encourage each of you to spend some time giving back to the community in which you live.

# TTRA cleaning up the neighbourhood

by Catherine Williams  
TTRA Treasurer

If you live in Terwillegar Towne, here’s an update from the Terwillegar Towne Residents Association (TTRA). We held a annual general meeting in June and decided on:

- A new Board of Directors:  
President – Steve Simala Grant  
Vice-President – Rob Pedersen  
Secretary – Linda Wilde  
Treasurer – Catherine Williams  
Directors at Large – Celia Freitas, Carlin Gurjar, Ray Soliman, Gilda Stalker, Andrew Tarnowski
- Two sub-committees have been formed to address issues regarding landscape maintenance and communications. To date,

a landscape audit has been conducted, a new landscape maintenance scope of work and contract drafted, a new landscape maintenance contractor hired and a meeting held with City of Edmonton Southwest District Manager to discuss high usage of parks, etc.

- A few of the communication initiatives recommended are to incorporate permanent signage into the landscape at key points in T-Towne, implement ways to improve communications with residents, and develop methods of streamlining processes to ensure questions and/or concerns are answered in a timely manner.
- To be eco-friendly and reduce distribution

costs (i.e. photocopying and postage), the board plans to have minutes and other relevant information available online for your convenience.

- Full reports from both the Landscape Maintenance and Communications Sub-Committees will be available shortly on the TTRA website (below).

The plans are many — too many to count. The TTRA has only begun to tap its people power. There are simple things you as a resident might be able to contribute. Check out the *new and improved* website at [www.terwillegartowne.org](http://www.terwillegartowne.org) to discover what is going on in T-Towne.

Let us know what you think. Remember, it is a masterpiece in progress — your patience please!

## In your community . . .

These are the people in our neighbourhood:

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

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

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

## Letter to the editor

For the last two years, we have watched as it seems that Terwillegar Towne is slowly deteriorating in appearances. When we moved here five years ago, Terwillegar Towne was a beautiful place: the grass was green, the park areas taken care of . . . It seemed like the Terwillegar Towne Resident’s Association (TTRA) cared about how Terwillegar was being kept.

Recently, I had some family come to visit. The first comment they made when we drove into our community was: “What is going on with the grass areas? It doesn’t look very nice and I can’t imagine how people could sell their house with the neighbourhood looking this way.” This wasn’t the first time that I have been asked this question, and it makes me very sad to see the lack of care going into the neighbourhood.

As concerned members of this community, our block has taken initiative where it seems that the TTRA is lacking. We have picked weeds, tried to keep the grass growing in public grass areas, and in the winter, shoveled areas that were supposed to be maintained.

Last year, there were workers that came out and picked all of the weeds. This lasted for about two weeks. (The wrong caliber of weed paper was laid years ago.) Why not spend a little extra cash on the right type of weed barrier paper and avoid the issue? This year I saw some hired workers weeding again. It seems that weeding got to be too much this time in certain areas so they just whipper snipped it down instead!

Last year workers came by and lopped off branches on some of the trees. I am pretty sure these weren’t trained arborists, as my neighbour’s whole half of his tree went dead. This year, as expected, the trees being newly pruned started to send up suckers from the roots. I have yet to see any workers come by to cut off the suckers — some of the trees in the neighbourhood look more like big bushes.

The sea of yellow and fluffy white is just not what I had in mind when I moved into this lovely neighbourhood. I feel quite deceived by the promises of a beautiful place to live when all I see when I drive into my community is weeds! It is also a little tough for me to swallow when the community next to us does NOT pay a fee, and their community is better taken care of than ours.

It certainly seems that with the amount of people that live in this community a little money could be spent in actually taking care of it and making it into a proud place to live.

I love living here, and I will continue to live here — I live on a wonderful block full of great people. I know that the TTRA maybe cannot come by every week to mow and weed, but more than once a summer would be nice. In the meantime, we on our block will continue to do the best we can in picking up the slack.

Sincerely,

A concerned member of Terwillegar Towne

# JOIN THE LEAGUE

Name #1: _____	Date: _____
Name #2: _____	<b>Membership Type:</b>
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**

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Volunteer Interests	Comments
Activity Interests	



## Coming events

- Oct. 31:** Halloween Howl  
*Free treat bags and hot chocolate for the first 100 children*  
**Location:** Gazebo Park  
Terwillegar Towne  
*Fireworks to follow in Tomlinson Common Park*
- 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 TBA
- 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.*
- February:** Family Day Event  
planning is underway
- March 29 - April 2:**  
Spring Break Camp  
Details to follow.
- Check [www.terwillegar.org](http://www.terwillegar.org) for current information**

### Membership Online

Now you can purchase your Community League Membership online!  
Check [www.terwillegar.org](http://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.

# Green Shack brings summer fun

by Karey Steil  
TCL Program Aide

This year was a great success for Terwillegar Towne's Green Shack Program.

Chantal and Kim, our "green shack" park leaders, packed the summer with fantastic activities and games. Kids were often waiting for them to arrive at 9:30 a.m. and not leaving until 5:30 p.m.

Some of the favourite summer activities included: "Amazing Race" every Friday, re-painting the shack with a Hawaiian luau theme, and winning the Southside Playgrounds Sandcastle Competition with an underwater theme.

Our leaders and participants even captured a caterpillar and saw it cocoon and transform into a beautiful butterfly! Oh, and of course the cold treats on hot days were always welcome.

Terwillegar Community League gives a big thanks to Chantal and Kim and wishes them both all the best as they go back to University.

## TERWILLEGAR CLASSIFIEDS

**Tutoring by Certified Elementary School Teacher** - Warm, supportive environment offered for students Gr K-6. All subject areas. Terwillegar neighborhood, flexible times. shellyblizzardjones@hotmail.com, Shelly (780)761-6671.

### 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.

### RIVERBEND PEANUT BUTTER & JAM PLAYGROUP

**Fall Registration:** Parents and children (birth to 4 yrs). Form available at www.peanutbutterandjam.ca. Secure your spot today!

### 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, Steve Simala-Grant, president@terwillegar.org
- Vice-President, Richard Pangrass, vicepresident@terwillegar.org
- Treasurer, Sherry Allan, treasurer@terwillegar.org
- Secretary, Corey Froese, secretary@terwillegar.org
- Memberships, Kim LaFrance, memberships@terwillegar.org
- Programs, Shawna Duval, 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

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

## I'm Too Big For It Sale

### Got kid stuff?

Sell it at our spring sale!

Don't have the wares? Volunteers are always welcome.

**When:** Saturday, Sept. 9 from 10 a.m. - 1 p.m.  
**Where:** The Riverbend Community Hall,  
258 Rhatigan Road East

The event has always been a huge success,  
so e-mail early:

priyanelson@gmail.com or anniesmith@shaw.ca

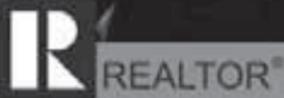
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