

Terwillegar Community League News

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

Shade coming for Tomlinson Park users

by Karey Steil
Program Aide

Terwillegar Community League is building a 24 x 34 foot shade structure at Tomlinson Park to provide much needed shade and

additional seating.

The structure will be similar to what currently exists at Ramsay Park and will include at least two picnic tables, two park benches and a bike rack.

Construction will start next spring and hopefully be completed by summer 2009.

Donations needed

Terwillegar Community League is looking for anyone who has connections in the construction industry to donate materials or labour for the construction of our 24 x 34 foot shade structure.

We are specifically looking for:

1. Concrete
2. Concrete installation (pilings and pad)
3. General labor to assemble the structure

Please contact ksteil@telus.net for more information.

Terwillegar Community League thanks everyone in advance for donations.



Christmas Lights Contest

Calling all Grizwalds! Here's your chance to light up the winter nights and win a \$100 gift certificate for your efforts. Judges will be touring our neighborhood the week of Dec. 21 between 7 and 9 p.m.

(Above) This park cover, located at Ramsay Park, is similar to the one which will be built in Tomlinson Park starting the spring of 2009.

(Right) A young resident waits for her share of the loot at the Terwillegar Towne gazebo on Halloween night.



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Residents initiate neighbourhood watch

by Vern Gorman

Dear neighbours and friends,

As Terwillegar Towne residents for eight years, our family has experienced how great our community is. We want to keep it great for our families and children to enjoy.

Recently, we have had some incidents within our community that has affected all of us in one way or another. It is now time to consider what options we have to address those concerns.

We believe the Neighbourhood Watch Program (NWP) is a good place to start. My wife and I have volunteered to act in the capacity of Zone Leader for the NWP.

The NWP is in partnership with many crime prevention associations, along with the Edmonton Police Services. It is a program that is easy to start, but it takes community involvement to make it effective.

There will be more information in the next newsletter. Your involvement will be clearly outlined as we become more informed regarding the NWP process.

Keep in mind it will take community effort to make it work!

Thank you for your attention,
Vern Gorman & Enza Fata

Playground incident sparks plea for neighbourhood watch

By Priya Nelson
Fundraising

A child was playing at Tomlinson Park on Nov. 1. At about 11:45 a.m., she used the toy telescope. She tilted it towards herself and a liquid substance, later deemed to be motor oil, came out. She was taken to the Stollery Children's Hospital, and was treated and released that same afternoon.

The Edmonton Police Services and the Edmonton Fire Department arrived on scene to investigate. The fire department's Hazardous Waste Team sprayed down the park and deemed it safe for our children to play in.

If anyone knows or has seen anything suspicious in the area, please contact the police as we would like to keep our community a safe place for our children.

As our community grows, we feel that a neighbourhood watch program is needed and helpful to our residents. We have volunteers who are willing to organize and be zone leaders for our area. Please support this new program.

Like to be heard?

Have something to say?

WRITE A LETTER TO THE EDITOR!

editor@terwillegar.org

Neighbours spook up the streets for Halloween

by Shauna Duval
Program Director

What a great night to bring out the ghouls and goblins in our neighbourhood. We couldn't have asked for better weather. Who knew we could have a Halloween without snowdrifts and snowpants!

It was wonderful to look around our community and see many homeowners getting into the spirit of Halloween by spooking up their homes and getting into costume. Shrieks of laughter and excitement from trick-or-treaters could be heard all over the neighbourhood.

This year's Halloween event at Gazebo Park in Terwillegar Towne was a great success. Trick-or-treaters were already out in full swing by 6 p.m. In fact, it took virtually no time to run out of hot chocolate and goodie bags.

Many thanks to Idona and Travis Esser for volunteering their time to hand out goodies. Without our volunteers, we wouldn't have events running like this one!



(Above) A South Terwillegar neighbour on Shaske Drive created a graveyard just for Halloween. He was one of the few recipients of our thanks (see below).



(Far left) The Halloween event at Gazebo Park wouldn't happen without volunteers like these residents.

(Immediate left) A family enjoys the hot chocolate and goodies available at Gazebo Park Halloween night.

Thanks go out for community spirit

The best decorated houses were chosen to each receive a \$50 gift certificate as a thank-you for their spooktacular decorations for Halloween. A sample of these amazing houses can be seen below and to the right.

Thanks again from all of us on the Terwillegar Community League board!

(Clockwise from right) Home in Terwillegar Towne, home in Terwillegar Towne, home in South Terwillegar.



Finding Great Neighbours, One Family at a Time!



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



4768 Terwillegar Common

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#15 4731 Terwillegar Common

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4567 Turner Square

2 storey home, 3 + 1 bedrooms, 2.5 bathrooms, finished basement, hardwood flooring, gas fireplace, lots of upgrades, rear deck, landscaped yard and a 2 car garage!! \$372,900



5420 Thibault Wynd

2 storey home, 1647 sqft, 3 bedrooms, 2.5 bathrooms, hardwood & tile flooring, gas fireplace, main floor den, large rear deck, fenced & landscaped & 2 car garage! \$429,900



5324 Terwillegar Boulevard

2 storey home, 1955 sqft, 3+1 bedrooms, 2.5 bathrooms, main floor den, loft, hardwood flooring, gas fireplace, rear deck, fenced, landscaped & 2 car garage! \$469,900



1924 Towne Centre Boulevard

2 storey home, 2190 sqft, 3 bedrooms, 2.5 bathrooms, finished walkout basement, main floor den & dining room, lots of upgrades, landscaped & 2 car garage! \$479,900

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6006 Stinson Road

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6175 Stinson Way

Brand new 2 story home! 3 bedrooms, 2.5 bathrooms, large bonus room, 2295 sqft, pie lot, walk out basement, backs onto the lake, lots of features & a 2 car garage! \$559,888



4304 McClung Crescent

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



351 Magrath Boulevard

Brand new! 2 storey home. 2432 sqft, 3 bedrooms, 2.5 bathrooms, bonus room, built to the new ICON 2008 specs and built green gold. Perry Built Homes. \$712,000



2466 Martell Crescent

Brand new! 2 storey home. Perry Built Homes. Fully finished walk out basement, 3 + 1 bedrooms, 3.5 bathrooms, 2319 sqft, bonus room & more features. Triple garage! \$828,000



Brand new condos!

New condos located on South Terwillegar Drive. Lots of units to choose from. 2 bedrooms, 2 bathrooms, vaulted ceilings, ensuite bathrooms & more features!

View Info & Interior Photos at www.rondickson.com

This year I have teamed up with the Second Chance Animal Rescue Society (SCARS) to help raise awareness and hope for those animals who are in need of a second chance in life. I will be donating a portion of each sale directly towards this organization. By listing or purchasing a home through me you are helping in supporting SCARS. SCARS is a volunteer-run, not-for-profit organization that provides veterinary care and foster homes for animals in need until a permanent home can be found. SCARS relies solely on money raised through memberships, donations, sponsorships and other fundraising efforts, therefore every dollar counts. In the past 5 years SCARS has found homes for more than 1600 animals and with your help they will continue to give animals this second chance! For more information on this organization or to start the search for a new addition to your family, go to www.scarscare.org today! Thank you for our support!



Second Chance Animal Rescue Society
www.scarscare.org

Box 3045, Athabasca Alberta T9S 2B9

Construction update on Southwest Rec Centre

by Monique St. Louis
City of Edmonton Community Services

The Southwest Recreation Centre project is well into the construction phase. Construction crews have been busy preparing the site for the facility.

The pile installation is now approximately 15 per cent complete. Site preparation and underground utility service work to install the storm, drainage and sanitary systems has commenced. Work on the concrete foundation walls and structures have also begun. About half of the trade packages have been tendered and awarded.

The project team will now focus on the remaining design issues, including finalizing the aquatic centre requirements, incorporation of infrastructure for fixtures, furniture and equipment lists, and integration issues with the arena complex.

For more information on the project, please go to www.edmonton.ca/scrc.

Arena complex

The schematic design stage is now complete, and the project is proceeding into design development/detailed design.

The updated costing report for both the recreation centre and the arena complex is expected from Stuart Olson Construction by Oct. 10.

Leger site development:

There are roadway and multi-use sidewalk closures at 23 Ave. and Leger Rd.

The scope of work includes construction of a new westbound turn-off and bus lane at 23 Ave. and Leger Rd.

This lane will serve a dual purpose:

- 1) to allow vehicles to safely enter the Leger site, and
- 2) to allow transit bus access to the new Leger transit depot.

Although there will be minimal impact to vehicular traffic at 23 Ave., relocation of existing street lighting, utilities and the existing multi-use sidewalk will require complete closure to pedestrian traffic. Signage will be erected to advise pedestrians of a detour route around the closure.

A new multi-use walkway will be installed as part of the project. Construction of the new intersection at Leger Rd. and 23 Ave. will be included in this project and will include new traffic signals and a dedicated bus signal.

Construction of the multi-use walkway along the west side of the Leger Park site may begin in October. This new walkway will connect 23 Ave. to the AltaLink multi-use trail and footbridge.

Leger transit depot

Construction of the Leger Transit Centre is going very well. The project is approximately 30 per cent complete. The contractor, Balon Construction, is concentrating their efforts on completing the major site work before winter arrives, and will then concentrate on completing the building over the winter. Currently, the project is on schedule for completion by April 1, 2009, and is on budget.



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Volunteers needed for 10K fun run



by Sherri Jaillet

TRAC Community Advocate

Whew! September came and went all too quickly. I always find September to be a busy month with the kids going back to school, all the registrations for the many activities they enjoy, and the overwhelming traffic we endure in our area.

Our last TRAC meeting was Sept. 22. One topic of discussion was the traffic and construction we are encountering everywhere we turn in the southwest. Much of this should have been completed by the end of October in time for the snow. (Please see Donna Finucane's

transportation report below for details.)

A large portion of our meeting was discussing security. Superintendent Nigel Stevens from Edmonton Police Services was in attendance and answered many questions and responded to many comments. Much to our surprise, given our experience, he reported that the crime in Riverbend/Terwillegar is relatively low compared to other areas of the city. He repeated a message he has given at TRAC meetings before. "It is extremely important to report **all** criminal incidents and suspicious activity. No crime is too small. If you don't report the incidents, you can be certain the person or persons will not be apprehended."

There are two fundraisers planned for 2009. The first one is the TRAC luncheon on Sunday, March 15 at the Shaw Conference Centre. Tickets will go on sale in January. The luncheon will feature a fashion show for all ages, wine tasting, a silent auction and great conversation. Maureen Persaud is chairing this event and

would love to have some volunteers to help her out. Should you be interested, please contact her at mlmpersaud@hotmail.com.

Dave Rumbold has tirelessly chaired the TRAC 10K fun run for the last three years. In 2009, he has graciously agreed to chair the TRAC Run again, but he has requested some assistance to ensure the event will be another success. Dave will require some extra hands for prizes, set up, tear down, advertising and sponsorship. Please consider joining Dave for this event. He can be reached at (780) 433-5941 or via e-mail at rumbold@shaw.ca.

The Southwest Community Recreation Centre is under construction as we eagerly anticipate and linger over each bulldozer and hole being dug each day. The arena portion is under design, and hopefully will be approved by city council in December.

Our next TRAC meeting will be Nov. 24 at 7 p.m. at Snow Valley. Please consider attending. We'd love to see you.

Anthony Henday to access Rabbit Hill Rd this fall

by Donna Finucane

TRAC Transportation Chairperson

Construction continues in the southwest for transit and road projects.

23 Ave. at Smith Crossing

Graham Construction is in the process of completing construction at 23 Ave. and 119 St. Watch for lane closures as landscaping along 23 Ave. is completed.

Anthony Henday Drive

The province is working with developers to complete the on/off ramps at 142 St. (Rabbit Hill Rd.) at Anthony Henday Dr. This fall, drivers will be able to turn right on and off of the east-bound side of Anthony Henday, accessing the portion of 142 St. south of Anthony Henday Dr. The province expects the "right-on and right-off" ramps on the north

side to be opened in the spring. Work will then begin on the full interchange.

Transit Garage

The city is proceeding with the construction of a transit complex with bus barns in southwest Edmonton. The location is at the corner of 156 St. and Ellerslie Rd.

LRT

The Light Rail Transit (LRT) between the Health Sciences Station at the University of Alberta and the South Campus Station at 61 Ave. and 114 St. is to be complete by the end of 2008 and open April 26, 2009. The LRT from South Campus Station to Century Park Station (23 Ave. and 111 St.) is to be complete by the end of 2009 and open April 25, 2010. Expect delays and detours as construction crews work on 111 St.

Whitemud Drive Phase 1

Whitemud Drive is being widened from two through lanes to three through lanes in each direction. Phase 1 is the section of between 53 Ave. and 149 St. This phase includes the Quesnell Bridge which is being rehabilitated, as well as widened, with a separate lane for transit. Traffic will be reduced to one lane in each direction from 7 p.m. to 7 a.m. daily. There may also be some single lane closures from 9 a.m. to 3 p.m.

Fox Drive (Campbell Bridge)

Fox Dr. was reduced to one lane westbound and two lanes eastbound for the rehabilitation of Campbell Bridge. The barriers are expected to be removed on Nov. 30.

If you have any transportation questions or comments, you may e-mail me at finucane@shaw.ca.

Catholic elementary honours legend

by Terri Saunders

Newsletter Editor

Thursday, Sept. 18 was a beautiful day for the site blessing ceremony of the new Monsignor William Irwin Catholic Elementary School, a K-6 school to be built east of Taylor Green and Tomkins Way by September 2010. Superintendent Joan Carr even made the comment that "God is really watching for us this week."

The event drew a crowd of about 40 people, not including the addition of 40 children that comprised the St. Mary Elementary School choir. Boris Raydo, assistant superintendent for educational planning and administrative services, was master of ceremonies. Prior to dignitary remarks, Raydo took the time to address the children directly, and explain who the speakers were and what they were responsible for in regards to the school, as a number of these children have siblings that will likely attend the school.

Dignitaries, who included Dr. Chris Leung, Superintendent Joan Carr, Catholic School Trustee Marilyn Bergstra, Councillor Bryan Anderson, MLA Dave Hancock, and Minister of Infrastructure Jack Hayden, spoke of the wonderful man, affectionately called "Father Bill," after whom the new school has been named. As Anderson said, Irwin was an "exceptional man" who was responsible for the foundation of Edmonton Catholic Social Services in 1961. He was a "priest, administrator, and a social worker" (Leung) who "went to international borders to help those in need"



Dignitaries really dig in at the site blessing ceremony. (Left to right): Dr. Chris Leung, Jack Hayden, Dave Hancock, Marilyn Bergstra, and Joan Carr.

(Bergstra). There is a "huge debt of gratitude towards Irwin" (Anderson).

Hancock mentioned that the school will include features such as more natural light than conventional schools, a use of 35 to 40 per cent less energy than other schools, and air that is far superior to the average school. The core school will also have the ability to have modulars as it expands.

Archbishop Joseph MacNeil provided the invitation to prayer and blessing of the site, while Father Sylvain Casavant presided over the intercessions. The event closed on a musical note with a song from the choir.

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Market looks good for buying real estate

by John Su
CEO of Imperial Investment Realty

Is Edmonton’s Real Estate market up or down?

This is the million-dollar question on the mind of every homeowner, real-estate investor, renter, soon-to-be homeowner, realtor and anyone else who is remotely interested in real estate.

The simplest answer to this depends on what criteria you are using. As one whose expertise lies in real estate of rental properties but also includes land development, RRSPs and cash investments, I will answer this question based on two perspectives: total number of sales and price increase.

Sales are actually up 63 per cent, from 1,042 single-family homes sold in September 2007 to 1,729 single-family homes sold in September 2008. From this perspective, the market is up.

In 2007, the market was slowing down as early as May and was considered a buyer’s market, where the ratio of sold listings to new listings was 26 per cent.

In 2008, the ratio of sold listings to new was 55 per cent, which would be considered a balanced market. (To give you a perspective, a seller’s market is considered to have a ratio of sold listings to new as 60 per cent or greater.) Total listings are down from 9,500 to approximately 5,700 — more evidence that the market is now balancing out.

If we analyze the market based on price, from September 2007 to September 2008 the average price of a single-family home fell by 9.3 per cent or \$37,000. From this perspective, the market is down.

In considering where the market is now, it really depends on how you analyze it. However, the more important issue is where the market is *heading*. In my professional opinion, I believe the market trend will begin to rise next spring as the typical cycle starts with spring movers. As we now have less new construction starts

and more balanced listings, this increasing demand should cause property values to rise.

Alberta has the highest rate of creating full-time high-quality jobs in Canada and it also has the lowest unemployment rate. Unfortunately, Alberta’s economy has one problem: lack of manpower.

This high demand for labour has caused weekly income to rise in 2007 by 4.6 per cent or \$893.76, according to Stats Canada. Comparatively, the Canadian average increase in weekly wages was 3.7 per cent.

With these higher wages, Alberta has been attracting more people into the province, causing population growth.

Did you know, acoding to StatsCanada, Alberta grew by approximately 47,000 people, which is equivalent to the City of Red Deer?

This does not take into consideration that the Alberta government also approved 91,000 foreign worker visas.

With this many people moving here, there’s a general need for homes to live in or rentals to rent. It’s easy to figure out what this will do to the demand for rental properties or to values on real estate. Then consider the fact that renters typically rent for two years, and then buy.

Regardless of all the numbers and statistics for what’s happening now, I like to note what our economic prosperity for the next 10 years looks like for Alberta: \$250+ billion worth of projects, \$8.5 billion surplus with anticipation for additional \$2.5 billion, and lastly the fact that the world needs oil and we have it.

So who does this current market affect the most? This current market affects those people who speculated and bought pre-construction units that are not selling (and who are now stuck with huge mortgage payments).

It affects people selling their homes now, and people who are scared to buy because the market has not bottomed out.

This market affects both buyers and sellers

and it really all boils down to perspective. Is this the beginning of the end or is it a buying opportunity that hasn’t existed for a very long time?

In my opinion, it is the perfect buying time. Yes, it is a spectacular time to invest, and I know I will hear the most common misconception that what is happening now is comparable to what happened to Alberta during the 1980s boom — especially from those who lived through it and watched families lose their homes.

Here are the fundamental differences between the 1980s and now that say today is a different story:

- We have low interest rates. In 1980 it was at 16+ per cent.
- Alberta now has very diverse economy — unlike the 1980s.
- Alberta had no reserve fund in 1980. Now, it has billions of dollars in reserve.
- Alberta had political problems in 1980.
- There was a surplus of ‘cheap,’ conventionally drilled oil in the world in 1980.
- The National Energy Program was introduced in the 1980s. (This program placed a tax on the energy sector, crushing the industry, and so will not be introduced again. In its place, the Canadian government receives royalties from the oil sands — currently 42 per cent.)

The choice is yours. Whatever belief you have and decide to take action on is something that you need to be comfortable with.

So to sum up where our Edmonton Real Estate market is? It really depends on your perspective.

For further questions, please e-mail me at info@imperialinvestmentrealty.com or call (780) 477-9115.

Free consultations promote healthy urban lakes



by Philip Penner
Conservation Director for Federation of Alberta Naturalists

Urban Lake Living — Healthy Communities, Healthy Lakes is an exciting Edmonton initiative which provides residents of urban lake communities with information and resources on how to keep their urban lakes healthy.

Water quality and pollution are growing concerns and this program aims to prevent pollution at the source: our homes and our activities around the yard. Through various program tools, including workshop-in-a-box, shoreline challenges, and homesite consultations, the Federation of Alberta Naturalists (FAN) empowers residents to make simple changes on their property.

Resources and tailored advice on environmentally-friendly practices are available through the Homesite Consultation program. Advisors meet with residents for voluntary homesite consultations which include recommendations based on individual homeowner priorities, interests and resources.

These free homesite consultations emphasize how simple changes to how we manage and landscape our properties can help improve the health of our urban lake and community.

The consultations focus on the relationship between a homeowner’s property and stormwater runoff reaching his/her urban lake. By ensuring that residents have the knowledge and tools necessary to understand their effect on their community, they are more equipped to lessen their “ecological footprint.”

These consultations inform residents about the positive actions they

can make to reduce the problems associated with stormwater runoff. Together with residents, the homesite consultants assess properties with regards to runoff. They ask questions such as “Can water from my property really affect our urban lake?” and “How can I help to reduce runoff of chemicals into the lake?”

Residents receive a report of recommended actions which are tailored to their priorities, interests, and resources. The information and suggestions offered as part of the consultation will help residents make their property more environmentally friendly.

To book a homesite consultation or for more information, please call (780) 427-8124, or e-mail me at philipp@fanweb.ca. You can also learn more about FAN and urban lake living at www.fanweb.ca.

Through individual and community cumulative actions, we can work together to help improve the health of our urban lake community.

**Know of a good story
about your community?**

Feel free to let us know!
Terwillegar Community League
needs your voice!
editor@terwillegar.org

Trustee quizzes residents on school support



by Catherine Ripley
Edmonton Public
Schools, Ward H trustee

What actions are you taking to support children and public education in your neighbourhood?

Take this three-minute quiz to find out. The quiz is based on input gathered from a community meeting that I held last March. We wanted to find out how parents and community members thought they could best support the

board of trustees' three priorities that they set for the district for next three years. About 40 people contributed many ideas, and from those, I have created the quiz below. (See "Ward Work" at catherineripley.ca for the full list of ideas.)

The three priorities are:

- 1) ensuring every student is successful in their program of studies, with an emphasis on literacy and numeracy,
- 2) instilling in each student the attributes of citizenship and good character within a learning environment that promotes health, well-being and positive relationships, and

3) providing a collaborative, healthy and innovative workplace that recognizes individual contributions and supports opportunities for growth and professional development.

In addition to excellent teaching, I firmly believe it takes everyone in a child's life supporting him or her in positive ways so he or she can succeed at school and in life. Even if you don't have children, I bet you are already doing some of these things to support children's success at school. How about adding one more? Thank you! If you have other ideas, I'd be delighted to hear them. You can contact me at (780) 887-1002 or Catherine.ripley@epsb.ca.

"It Takes a Village" Self Quiz

- Do I speak regularly about the value of getting a good education to the children with whom I am in contact?
- Do I read regularly in front of the children I know?
- Do I model courtesy and respect, even when I don't agree or things aren't going my way?
- Do I speak positively about neighbours, co-workers, and the people I know?
- Do I model honesty and integrity?
- Do I live a healthy lifestyle that includes exercise, eating breakfast, good nutrition, getting lots of sleep and having fun?
- Do I converse with children respectfully and intelligently?
- Do I value and talk about the lessons learned when I make a mistake?
- Do I volunteer at my local school to read with, or to, kids or to play math games?
- Do I ask my local school if it needs any help (financial or otherwise) to provide "extras" that are beyond the mandate of the education system (e.g., hot breakfast, school supplies for needy families, extra-curricular activities for students, etc.)?
- Do I give teachers and the school staff I know a pat on the back for their hard work and dedication?
- Do I support teachers and try to assist them, rather than criticize?
- Do I participate in local charity events alongside the kids who live on my block?
- Do I provide opportunities for children to volunteer with my community organization or to visit my place of work to learn about future career possibilities?
- Do I fundraise or donate to events that support children in less advantaged neighbourhoods?
- Do I help with organizing community events that bring together all ages for recreation and fun (e.g., block parties, community suppers, picnics, etc.)?
- Do I vote for a trustee who understands the value of literacy, numeracy, and student success?
- Do I write to my MLA to let him or her know how much I value a strong public education system and that I support the resource allocation that is needed to support our children's education?
- Do I take the time to let my trustee know what is working and what is not working in the local schools in my neighbourhood?

Dr. Darcy Allen Dietz,
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Edmonton cleaning up streets yearly



by Bryan Anderson
Edmonton City Councilor, Ward 5

Edmonton streets and neighbourhoods keep looking better — thanks to Capital City Clean Up, a city program that started three years ago. Although it's fairly new, the program gets better every year, attracting more participants through innovative means.

In recent weeks, the city acknowledged citizens' and businesses' efforts at various wrap-up public ceremonies at city hall. I would like to add my thanks to everyone — especially in Ward 5 — who has taken part in Capital City Clean Up.

It has been a great 2008 campaign. Participation was up again, due to the efforts of individuals and organizations that take pride in a clean city. For example, 856 block captains signed up this year city-wide, up from 762 last year. They led 5,136 team members and spent almost 13,000 hours collecting almost 14,000 garbage bags. In Ward 5 alone, 129 residential block captains led 774 team members, spending almost 2,000 hours to collect over 2,000 bags.

There's also a new feature to Capital City Clean Up: the city's graffiti program. Through this program, the city started working with businesses and citizens to help reduce graffiti as of this last spring.

Capital City Clean Up is a four-pronged program:

- One means is public education — working with Edmonton schools and students to reduce litter in their areas.
- Another way is through services like more street cleaning and popular summer big bin events.
- A third aspect of Capital City Clean Up is enforcement. Program officials work closely with bylaw officers to respond to litter complaints.
- The fourth component, and perhaps the most visible, centers around adopting blocks, where block captains and their teams keep thousands of city blocks, in residential areas, around businesses and throughout hundreds of kilometers of parkland, neat and tidy.

To become part of this city-wide movement, there are three simple things you can do year-round: carry your garbage until you find a waste receptacle, pick up litter if you spot some, and teach children not to litter by setting a good example.

For more information, visit edmonton.ca/capitalcitycleanup. As always, I am interested in hearing from constituents at bryan.anderson@edmonton.ca or (780) 496-8130.

MLA sees many recreation opportunities in Terwillegar



by Dave Hancock
MLA Edmonton Whitemud

With 2008 drawing to a close, I'm sure that many of you are looking forward to a well-deserved holiday and to relaxing with family and friends.

A great way to relax is to go for a walk. One of the most attractive characteristics of Terwillegar is the many nearby areas to explore and enjoy on foot. Numerous parks, walking paths and, of course,

ravines are great places to stretch our legs and take in some fresh air.

Of course, many of us enjoy relaxing by participating in team sports and other recreational activities. Thanks in part to funding from the Government of Alberta, residents of Terwillegar will soon be able to enjoy two more recreation centres in which to have fun and stay healthy.

The Southwest Community Recreation Centre is a long, sought-after facility that is now under construction. I'm pleased that the government was able to contribute \$10 million to support this project. When it opens in early 2010, we will all have access to several pools, a fitness centre, space for community events and programs, and an indoor playground and child care area.

Recently, government also contributed \$10 million towards the construction of the GO Community Centre. Located at the University of Alberta's south campus, the centre will include nine basketball courts, eight volleyball courts, a gymnastics centre, a fitness centre, and an indoor playground. The centre will also be designed to support wheelchair sports, and may even be the new home of Canada's wheelchair basketball team.


With the opening of these facilities, Terwillegar residents will have great options for physical activities and community events. I look forward to seeing many happy and healthy people using these centres.

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

My best wishes to everyone for safe and happy holidays!

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AGM reviews this past year's success



*by Steve Simala
President*
Your Terwillegar Community League board is excited to begin a new year! Our information session and annual general meeting was held on Oct. 21, and more than 50 residents met to make some decisions and receive some information.

Here are some community league highlights:

- We are in good financial shape.
- We have great volunteers (who we celebrated with a catered meal prior to the meeting).
- We are working on a project to improve Tomlinson Park through the addition of a shade structure, and possibly some pathway lighting.
- We are working on some permanent community league signage.
- We have a large membership base, and are pleased that we don't need to increase the amount we charge for a community league membership.
- We have a community garden in the works, and are hoping to plant in spring 2009.
- We created a Traffic Safety Committee to investigate and work with city traffic officials to improve the safety and flow of traffic in our neighbourhood.
- We created a Development Committee to get to work on identifying and starting the process of creating new public spaces (such as play parks) in South Terwillegar, Magrath and MacTaggart.
- We elected a new Board of Directors for 2008-09. (Including two new people!)

We also heard a number of informative presentations:

A **City of Edmonton transportation representative** explained the traffic structure plan and the belief that the completion of the Rabbit Hill Rd./Anthony Henday Dr. interchange will significantly change the current traffic patterns. (The complete interchange is scheduled to be done in 2010). He also updated us on the Quesnell Bridge project, which impacts many of us. Basically, he advised to avoid the bridge for the next two years! It will be ugly, but complete it will be much improved. Traffic heading to the university or downtown is encouraged to use public transit from the Leger station on 23 Ave. Vehicular traffic is encouraged to use the Anthony Henday to go west. Smith Crossing (23 Ave.) and 119 St. will both be completed with four lanes very soon to facilitate eastbound and northbound traffic.

Councilor Don Iveson attended and talked about the Leger Transit Centre (currently under construction), the Southwest Community Recreation Centre (which is on target and on budget), the decision to add lights at 23 Ave. and Towne Center Blvd., and city council budget process, to name only a few topics. We also touched on school development, park development (and redevelopment), and more.

We had updates to our board:

I would like to say a huge thanks to Teresa Krefting, our program director for the past two years. She has stepped aside and will be greatly missed! We are excited to welcome Shauna Duval in her place.

We have a new communications director, Tamara Stecyk (previously our newsletter editor), and we have hired Terri Saunders as our new editor (we welcome her to this first issue!). Last year's secretary, Glen Pearson, is moving over to the position of community advocate, and we welcome Corey Froese as our new secretary.

Aside from the vacant webmaster position, the other positions remain with the same people as last year. (Please see page 20 for a complete listing.) This is a very fine group of people, generously giving of their time to help make our communities the very best.

A word about our fire victims:

Our hearts, thoughts and prayers are with the families whose homes were lost or damaged in the fire on Oct. 14 and with the firefighters who were injured when one of the roofs collapsed. I have been in touch with most of the people involved, expressing our support and willingness to help. Terwillegar Community Church was also quick to offer help, and we will continue to look for ways how we can help. I am aware of the church receiving some funds, and have also heard that a trust fund was created through Alberta Treasury Branch (Whitemud Crossing Branch).

As you see, there is a lot going on! In order to accomplish our goals, we need some additional help. Watch the newsletter for specific projects and ways that you can get involved to help make our little corner of the city a great place to live.



(Top) Volunteers dug in at the Volunteer Appreciation Dinner held just prior to the AGM on Oct. 21.



(Bottom) Residents were able to explore all the facts at various information booths during the annual general meeting.

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Pastor reflects on Terwillegar Towne fire



by Pastor Ken MacDonald
Terwillegar Community Church

When my phone rings early in the morning, I typically brace myself for the news that is about to be shared. A concerned resident of Terwillegar Towne said: “I thought you would want to know that there is a major fire in the Towne.” Major fire, indeed! This was a monstrous fire that roared through a number of homes and garages, spurred on by winds gusting up to 50 km an hour.

I talked to one of the homeowners who only had time to grab one thing on her way out: her telephone! Everything else was consumed. I can’t quite imagine the shock and trauma of seeing everything you own go up in flames. Yet, I noticed thankfulness and hope as two key ingredients of this homeowner’s response. One of her first reactions was “These things are only *things*, but what is most valuable has been preserved — life itself.” Tragic circumstances remind us of these values that we carry deep in our hearts but may not express.

Community is always at its best when we are responding to people who are going through devastating times. It’s gratifying to hear the offers of assistance being genuinely extended for people who have suffered loss. Neighbours, family and friends were quickly on the scene. There were offers of accommodation, food, clothing, cash and furniture extended immediately. Terwillegar Towne demonstrated an amazing spirit of caring. This is truly when community is at its best.

I have a friend who has a little quote tagged to the end of each e-mail

that he sends. It reads: “You always make clear what you mean by what you do.” We communicate cheers and bouquets for Terwillegar Towne residents as they rallied to the side of those adversely affected in recent days. It reminds me of the words of Jesus himself: “love your neighbour as yourself.”

Community is at its best when we are supporting and protecting one another. Community is at its best when we respond sacrificially to the needs of our friends and family. Community is at its best when we allow the tough times of life to draw us into a tighter-knit community. The hardships in our community have brought out the best in our community. We are all enriched because of that selfless support.




(Above) The fire on Tomkins Place left only a single wall standing on this home.



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Terwillegar Community Church

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430-8389
www.tcchurch.ca

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Hot Brunch every Sunday
Immediately following service



Winter Delight
November 22 from 4-6pm
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Sleigh rides, cookies,
hot chocolate, bonfires! Everyone is invited!

Recycling is easiest way to go green

by Steve Johnson

Many of us grew up with Sesame Street and likely recall the famous Kermit the Frog scene where he sings his song: ‘It ain’t easy being green.’ Well, times have changed. It’s time we disagree with Kermit and start on the green path.

There are many reasons for us to start the journey. For example, there’s concern with the changes to our planet, resources are being used up, our health is being impacted, our food is found to be diminishing in nutrition, there are thoughts about what we’re leaving our children, and we may actually save money. There is at least one reason for you to start on the green path. You just have to decide to take the first step.

My journey began years ago when I moved to Edmonton for university and was excited to find a recycling program. That was back in the late 1980s when the city was testing the blue box program and had developed recycle depots. So, my roommates would tolerate the stacks of milk cartons, glass, and tins in the basement until I walked them over to the Southgate recycle depot.

Since then, the city has developed an integrated waste-management facility. The facility has a landfill that is closing likely in 2009, a

co-composter and a yard-waste composter, electronics, construction and demolition, metal and white goods recycling, and hazardous-waste ecostations. It is also in the process of developing a waste-transfer station to move some waste out to other landfills and a gasifier which will produce energy from a component of our waste.

They also have educational programs such as the waste hotline and the master composter program, and they support the Grade 4 curriculum on waste in our world. We have a world-class system that we all are paying for whether we use it or not.

During my walks around the neighbourhood, I see many items in the garbage that could be recycled. Research shows that up to 70 per cent of what we throw away can be recycled. The city does send out notices on what can be recycled and also has the information at www.edmonton.ca/for_residents/garbage_recycling/what-can-i-recycle.aspx. The basic categories are paper, cardboard, glass, metals and plastics.

From my experience, a recycler can produce up to two blue bags of recyclables for every one white kitchen bag. Making an effort to recycle is a very easy first step towards saving the planet’s resources. It’s time to take this step if you haven’t already.

Home energy tips can save you money

by Mike Cooper
Manager of Windermere Home Depot

The cooler weather is upon us and our energy consumption is on the rise. Here are some small home-improvement projects you can do yourself to save energy and money.

- 1) Change your incandescent bulbs to CFLs (compact fluorescent lamps). This will result in a 75 to 80 per cent savings in your lighting energy cost.
- 2) Installing a timer is one of the easiest ways to cut down on outdoor lighting costs. By programming your timer to run your lights only a few hours nightly, you’ll be able to easily reduce your energy bills.
- 3) It’s that time again to change your furnace filter. Every three months is necessary to improve the air quality of your home and improve the efficiency of your furnace.
- 4) Install new weather stripping. The average size home has 30 to 40 per cent of total heat loss around windows, doors and other small cracks. Together, they can add up to a hole the size of a basketball. Sealing up those spaces where cold air creeps in and warm air slips out can save you up to 20 per cent on your heating and cooling bills.
- 5) Install a dimmer. Dimmer switches are a great way to control and reduce the wattage output of your lights. Dimming your lights will save you money and increase your energy efficiency of your home.

- 6) The quickest way to going green is by installing a programmable thermostat. This can save the average household about \$180 a year.
- 7) Installing an **Energy Star** ceiling fan with lights is about 50 per cent more efficient than conventional fan/light units. This can save you more than \$15 per year on your utility bills.
- 8) Here’s a good reason to buy new appliances. Choose **Energy Star** qualified appliances and save up to \$80 a year in energy costs.
- 9) Thinking about new doors and windows? Update these and you can save up to 30 per cent of heat loss in your home. Installing **Energy Star** qualified windows and doors will not only improve the value of your home, but they’ll also save you money on your energy bills, not to mention keep your home at a more comfortable temperature for all to enjoy.
- 10) Go for the higher R value. Properly insulate your home for more comfort and reduced energy costs. Adding more insulation to your home with a higher R value (a material’s R value is the measure of its resistance to heat flow) will cut energy costs by as much as 20 to 50 per cent. This energy-saving initiative quickly offsets the cost of the insulation and reduces greenhouse gases.

Above are just some simple things you can do to help reduce your carbon footprint and put some money back in your jeans. All of the products and ideas listed can be found at your local neighbourhood hardware store.

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Email:

Children's Names:

Y/M/D

M/F

Date:

Membership Type:

Senior: ☐ Single: ☐ Other: ☐

Adult: ☐ Family: ☐

Member inteerested in participating in activities?

Yes ☐ No ☐ (See Over)

Member willing to volunteer?

Yes ☐ No ☐ (See Over)

Fee Paid:

Donation:

Total Paid:

of Skate Tags:

Cash: ☐ Cheque: ☐ Cheque#:

Terwillegar
Community League

Volunteer Interests

Activity Interests

Comments

Edmonton Federation of
Community Leagues

Coming events

Dec. 21:

Christmas Lights Contest
\$100 gift certificate to winner
Judging 7-9 p.m.

Feb. 15:

Snow Valley Ski night
Location: Snow Valley Ski Hill

Feb. 16:

Family Day Celebration
Location: Tomlinson Park

Many winter ‘green shack’ activities are also put on by the City of Edmonton. Please watch for details.

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

Free swim time

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



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

MEMBERSHIP FEES: FAMILY, \$40,
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Winter options abound for mom and baby



by *Connie Peters*

The cold and snowy months are coming. What does this mean for you and your baby?

Are you going to hole up in your home all winter long, waiting for spring? No way!

There are plenty of fun activities that are worth leaving the house for around the Terwillegar area. Bundle your baby in one more layer than yourself and head out the door!

The Peanut Butter & Jam playgroup has been a parent-cooperative community program for over 10 years. You sign up to attend once a week for \$12 per month (0 to one-year-old baby) and you also contribute in some way for circle time, cleaning or some other parent task.

The group meets at the Riverbend Community League Hall in Brookside on Monday afternoons. Visit www.peanutbutterandjam.ca for more information or to register. (They also have space for the age one to pre-K group as well!)

J'Adore Dance offers Salsa Babies and Salsa Tots classes at Riverbend Dance Academy. Their classes offer music and movement for both mom and baby. In Salsa Babies, babies aged six weeks and up are worn in a carrier for the duration of the class so mom can learn hot

Latin moves while whittling away those post-pregnancy pounds!

Salsa Tots is for mom and a tot up to age five who can move and boogy on his or her own and dance with mom. Classes are six weeks for \$75. Visit www.jadoredance.com for more information or to register.

Octii Nurture Studios offers a unique class to help get your body moving and spend some one-on-one with your munchkin at the same time.

Mommy-licious helps moms with toning and core-strengthening while still engaging baby, and ends each class with a little bit of baby massage.

The class is geared toward pre-crawling babies. Classes are held at Balanced Fitness and run eight weeks for \$99. Visit www.octii.com for more information or to register.

An alternative to classes is to stay connected while still staying home. Visit www.meetup.com and www.facebook.com, and search for groups in your area. For example, there are Hip Mama and Moms In Edmonton groups that plan regular get-togethers and also offer online discussions to keep you connected and engaged with other moms.

Connie Peters is a Riverbend mother of two and one more on the way. She is the founder of www.modernmama.ca and believes that connecting with other moms is the cure for mommy-brain.

Relationship Matters with Dr. Gordon Neufeld

Join us for a

Parents as Partners event
Monday, November 24 at 7 p.m.




Dr. Gordon Neufeld will explain why a healthy parent-child relationship is crucial to a child's development and learning. The event is at:

J. Percy Page School,
2707 Mill Woods Road.

Register at: <http://partners.e-psb.ca>
or call (780) 429-8040.



(Above) Roses were handed out at the Oct. 4 grand opening of Shopper's Drug Mart at Market at Magrath on 23 Ave. and Rabbit Hill Rd.



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REMEDY

Relieve stress by signing to your baby

by Jenny McConnell
Tiny Hands Talk

Baby sign language is a collection of signs to assist parents or caregivers, and educators in facilitating early communication with their pre-verbal babies.

It is also a wonderful tool used to help motivate children with their learning of literacy and mathematics. Baby sign language exposes your child to gestures or the vocabulary of a second language, such as American Sign Language (ASL).

Baby sign language is easy to use with no prior signing knowledge or experience. You are probably already exposing your child to some proper signs, without even realizing it.

Why should I sign to my baby?

Babies who sign tend to be happier and less frustrated. This makes sense as they are able to communicate their wants and needs. According to Dr. Marilyn Daniels, author of “Dancing with Words: Signing for Hearing Children’s Literacy,” “Sign language empowers them by providing them with the tools to express their wants and needs with specific hand movements and gestures so parents and caregivers can understand and respond appropriately.”

Sign language facilitates verbal language development. Studies have discovered that speaking and signing with infants actually improves their expressive and receptive language skills. Dr. Acredolo, Goodwyn and Brown mention in their paper, “Impact of symbolic gesturing on early language development,” “that just as crawling motivates children to walk, so too does signing motivate children to talk.”

Signing and speaking increases whole brain development. Dr. Daniels states, that “babies’ eyes develop very early and when information is taken in with the eyes the right brain is being used.

All languages are stored in the left brain, so when babies are exposed to sign and speech, both the right and left brain are being used.”

How do I use sign language with my child?

Using sign language is very simple. You just talk normally with your child but sign the words you want your baby to learn. The basics are words like ‘milk,’ ‘done,’ ‘more’ and ‘food.’

When you feel more confident, you can build on this by offering other frequently used words. Later, when you are feeling more confident you can start to sign more than one word in a sentence. For example, “Are you done eating your food?”

The key is consistency. Try to remember to sign every time you say the word that you want your baby to learn. Also, reinforce that sign with an object, such as a bottle of milk. When you say and sign a word in a sentence, repeat just the word again with the sign. That way, you are isolating the word with the sign and reinforcing it for your baby.

You can also reinforce signs if your baby does a sign by ‘accident.’ You can encourage them with words of praise, repeating the word they ‘accidentally’ signed, signing it and then showing them the object.

Signing does not come naturally to us, so don’t worry if you forget to sign your chosen word or words every now and then. Also, our hands can often be full, so just do what you can, when you can, and have fun.

When should I start signing to my baby?

I recommend that you start signing to your baby around two months onwards. Babies’ eyes develop very early and hand coordination begins around four months.

I also advocate signing right through to seven years old and therefore say: it is never too late to start signing with your child.

Around 16 months, your baby is developing some speech but may get frustrated with words he or she is unable to pronounce. Signing words can help relieve some of that frustration for both you and your child.

Around 20 months, sign language is useful with words like ‘patience,’ ‘wait’ and emotions that your child may feel.

These abstract ideas become more concrete with sign language. Signing can also offer a form of distraction when they want something immediately.

Sign language is a great educational tool. Around 22 months they learn their colors and around 32 months onwards they begin learning their numbers and letters. Since sign language is so visual and kinesthetic, children are more likely to remember what it is you are teaching them.

When will my baby start signing back?

Babies as young as six months can begin signing their first word. My child signed his first word at 11 months. Usually, the signing will come very slowly, and then pick up speed. However, every child is different and develops at different stages.

Keep it light and fun. Singing songs or reading children’s books in sign language is an easy way of introducing signs. Regardless of the approach, it is important not to stress about it as your child may pick up on this stress.

Sign language workshops

Whenever possible, attend sign language workshops. Learning face to face can diminish any ambiguity that books may cause. It also brings to life the beautiful language and is far more enjoyable when using it to interact with others.

Tiny Hands Talk offers sign language workshops. Our consultants teach relevant vocabulary, well- known children’s books and songs. If you are interested in workshops please contact: jenny@tinyhandstalk.ca.

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Last year community residents, clients and Infinite Fitness raised over 300 pounds of Food in our inaugural Sweat For The Starved Fundraiser.

This year we are looking to raise over **500 pounds** and to do so we need **YOU!**

From December 1st to 15th we will be running our “Sweat For The Starved” Circuit. Bring in a Food Bank Donation and work with a certified Personal Trainer for **FREE!**

Choose from a beginner or intermediate workout guaranteed to take less than 30 minutes. Challenge your family and friends to compete for the best time.

BONUS CHALLENGE – Looking to lose weight in 2009?

Choose how much weight you want to lose this coming year and make that your Food Bank Donation (ie. Want to lose 10 pounds? Donate 10 pounds of Food!!)

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(above Shoppers Drug Mart)

Holidays are a good time to stay fit

By Kendra Compton
Balanced Fitness

Keeping up with your workout routine amidst the hustle and bustle of the holiday season can be challenging. We all get caught up in the holiday festivities of endless Christmas parties and social events.

However, the holidays do not have to mean unnecessary weight gain or a complete halt in your workout routine. Here are a few helpful and simple ways to stay in shape and still enjoy the holidays.

Set realistic holiday goals

It's easy to lose sight of why you began your fitness and nutrition program in the first place.

So you need to set realistic and measurable health and fitness goals for yourself, and then keep your eye on the prize. Weight loss may not be a realistic goal at this time of year, but certainly you can focus on weight maintenance.

Tape a list of your goals on your fridge or somewhere that you will be reminded on a daily basis of what you want to accomplish.

In addition, create a "why card." Why did you set these goals in the first place? What do you want to accomplish or how do you want to feel?

Keep your "why card" with you for those times when temptation will be the highest.

Schedule time for exercise

As the holiday season approaches, many people find it difficult to continue their regular exercise routine. It's easy to get lost in your endless "to do" list, and forego your regular workouts.

However, continuing with your regular workouts will help raise energy levels, re-focus, lower your stress and help you tackle all the extra chores at this time of year. So add exercise to your "to do" list and give it the same importance as the other errands on your list.

Quality over quantity

Fitting in *some* exercise is better than none. If you don't have time for your full workout, then just hit the gym for 20 or 30 minutes. It will help you stay active, and it will be a great stress reliever.

Doing interval or circuit training will allow you to get a great workout in as little as 30 minutes. If you can fit it in, increasing your resistance training will boost your metabolism and add lean muscle mass, keeping your calorie-burning furnace running!

Maximize your time

While you are out shopping or running around, exercise wherever you can.

Park further away from the mall, take the stairs or do a couple of extra laps around the mall. Just keep moving.

Use your lunch break and walk to a nearby shopping centre to do some

holiday shopping. All these simple day-to-day activities equal more exercise.

Incorporate fun and family

Focus on fitness with family or friends over the holidays. Spend time together skating, skiing, snowshoeing or tobogganing. It's a great way to add fun and exercise into your holidays, and great modeling for your kids. If you are visiting with family or friends, suggest a walk before dinner or even between dinner and dessert.

I hope these tips will help you find a balance between staying fit and enjoying all the fun that comes with the holiday season. Stay active, even if it is not your normal routine, and you will maintain or progress — even during this time of year. Begin 2009 feeling great. Happy holidays!

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.

Looking for a LOW-KEY way to volunteer?

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Please contact editor@terwillegar.org

TRSA kicks off the indoor season

by Jane Calvert
President of TRSA

The indoor soccer season officially got underway on Saturday, Oct. 25. The indoor game is quite different from the outdoor one. Teams are smaller and the game is much faster. The boards add a dimension to the indoor game not found outdoors, as the ball bounces off them like a puck does in hockey; and, like hockey, the players watch the game from the bench.

About a third of the Terwillegar/Riverbend Soccer Association (TRSA) players who participate in outdoor soccer during the spring season carry on with the sport and join an indoor team for the winter season. For the 2008-09 indoor season, TRSA has 29 teams registered. Age groups range from six to 18.

This year, every one of those teams had an opportunity to practice at the South Soccer Centre before the official start of the season. TRSA rented three of the four available fields on Oct. 18. The turnout was great and every team showed up for the kickoff. The practice was especially helpful for players in the youngest age groups and any other players experiencing the indoor turf for the first time.

Thanks to Gary Kerr and Paul Gantar for organizing the event, and to all the coaches who were happy to give up a Saturday for their team.



(Above) TRSA participants charge onto the field for the official beginning of the TRSA indoor soccer season Oct. 25.

Meet your neighbour — Lori Westlund

by Terri Saunders
Newsletter Editor

Lori Westlund and her husband Barry moved into Sandalwood during its early stages two years ago. “It was kind of like a ghost town.” Like many others, they’ve experienced the joys of a new area: The muddy feet on their dogs, a lack of neighbours, and four kids for Halloween. However, things are looking up. Within the last six months, more people have moved to the area, and started landscaping their yards (less mud!).

The Westlunds decided to move to Sandalwood when they considered renovating their current home. They found they wanted enough changes that building would simply be easier. Once they found a builder that could adjust plans to their wishes, they looked for a lot on the south side and set up house.



(Above) Lori Westlund with her dogs Topaz and Miko.

Lori is a very active sort. She runs, walks, bikes, golfs, and more. She’s been involved in a number of marathons and has an interesting perspective: “Never run a marathon in your own city.” She even plans her vacations so that she can participate in these events. This way, she’s able to get a different experience every time — unlike running the same marathon on the home field.

Dogs are a central part to Lori’s life. In her opinion, “a house without a dog is not a house.” Lori’s always had pets — from dogs, to guinea pigs, to birds and fish, and feels it would be weird not to have a pet around. Currently, she has Miko (12), a Sheeba Enu, and Topaz (11), a Border Collie and Husky cross, otherwise described as big, white and black, and hairy. “When you come to my house, you’re not allowed to wear black!”

Miko and Topaz are walked three times a day, 365 days a year. Lori frequently takes them into the Terwillegar Towne area as there are nice walking paths and garbage cans (always important). Sometimes the dogs are trekked up to Terwillegar Park. Lori and Barry find that because of Miko and Topaz, they’re meeting a lot of new neighbours — at least of the shorter variety. They meet “all the kids because they always come over to see the dogs.”

So where can you find this active go-getter? Her favourite place in the area is the Second Cup. “Finally! I have a Second Cup!” Just don’t look for her there first thing in the morning – not her favourite time of day. Also a favourite? Original Joe’s. Say hi next time you see her around — if you can keep up!



(Above) Louis St. Laurent High School was packed for the 20th Annual SMASH Volleyball Tournament, held Oct. 31 to Nov. 1.

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

Let us know!!

editor@terwillegar.org



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In your community . . .

These are the people in our neighbourhood:

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

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

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

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BABY ITEMS FOR SALE - Ocean Wonders swing \$70, Graco high chair \$60, 4 pce Lambs & Ivy bedding (animals) \$50, reg & extra-wide baby gates \$10-\$20.

Terri (780) 488-4953

Classified ad - \$10 for 25 words or less!

Send to editor@terwillegar.org

Terwillegar park upgrades to be complete in spring

by Steve Londry

Director, Terwillegar Towne Residents' Association (TTRA)

Some of you may have noticed that one of Terwillegar Towne's parks was recently closed for construction. At the last TTRA annual meeting, Carma Developers LP (Terwillegar Towne's developer) presented the concept of redeveloping the park adjacent to Towne Centre Blvd. near 23 Ave.

Carma had surplus soil material from construction-site work in Terwillegar Towne which needed to be disposed of. The options were to truck the soil many kilometres away or to use the material locally.

They decided to hire a landscape architect to redesign the presently unnamed park, with improved toboggan runs, dog walking opportunities, and indigenous landscaping. After reviewing proposals with the TTRA board, work started in October 2008, and should be complete by spring 2009.

Upgrades to the park will include:

- New and steeper hills to encourage tobogganing.
- 147 trees and shrubs, all species native or recommended for our local climate.
- Eight different plant species to encourage biodiversity and the 'natural' park look.
- A gravel path in place of the existing wood mulch path.
- Pet stands to dispense pet-waste bags at both park entrances.
- Seeding of all new areas.

The park renovations will leave almost all of the existing trees untouched.

To celebrate the new park design, a sign is being developed and will be installed in 2009. As the park currently has no official name, the TTRA board is holding a contest to choose a name.

Entries must be received by December 12, 2008. Mail entries to:

"Park Name Contest"

5418 Thibault Wynd

Edmonton, AB, T6R 3J1

Or save a stamp by e-mailing your entry to terwillegarparkname@terwillegar.org

hotmail.com.

Please include your name, address, and phone number. All entries must be from current residents of Terwillegar, but multiple entries per household are encouraged!

The TTRA board members will select a winner within 30 days. Sorry, there is no prize, but if you're the lucky winner, you will get to officially open the park when complete, and your name will be published in the next Terwillegar Community League News. Most importantly, your great-great grandchildren will know your creativity!

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, Shauna Duval, programs@terwillegar.org

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

Editor, Terri Saunders, editor@terwillegar.org

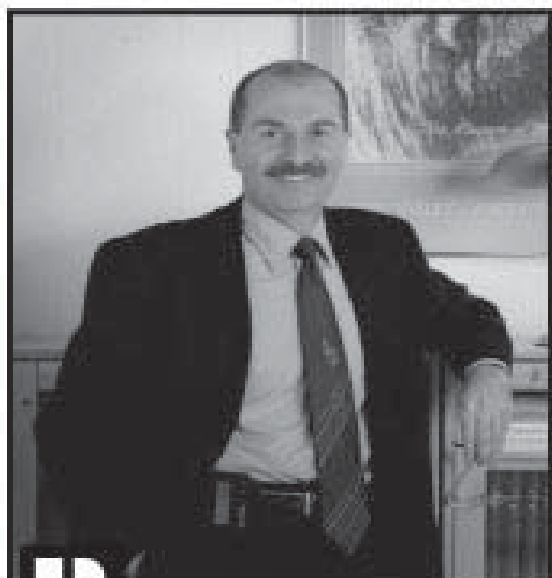
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