

Terwillegar

COMMUNITY LEAGUE

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www.terwillegar.org

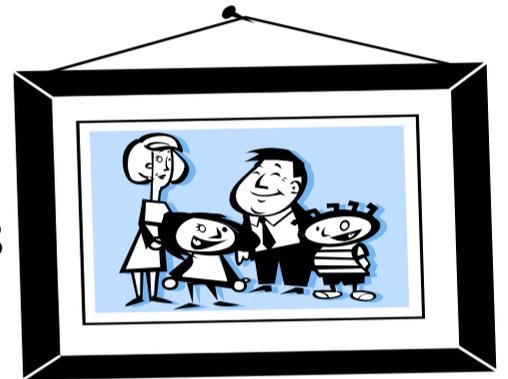
Issue 69 November 2017

Next submission deadline:
January 5, 2018

Next issue: February 12, 2018

TCL Family Day

February 19, 2018



OUTDOOR ACTIVITIES:

Starting at 3 PM in the park behind the Terwillegar Community Church

Outdoor activities will be limited or cancelled if the temp is below -15°.



DINNER and MOVIE

begins around 5 PM

We'll move the festivities inside the TCC Church to enjoy some food and fun with our neighbours. TCL will be serving up some food, drinks and movie snacks.

While the kids settle to watch a movie and play, adults can mingle with neighbours and board members.



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Community

Second Annual Holiday Celebration

By Marc Lachance
Vice President,
Terwillegar Community League

Date: December 16, 2017

Time: 5PM - 8PM

Location: Terwillegar
Community Church,
1751 Towne Centre Blvd

The Terwillegar Community League started a new tradition started in Terwillegar last year; a festive gathering of the community with a visit from a right jolly old elf. Santa and Mrs. Clause will be dropping by to enjoy some holiday cheer, and of course discuss stockings with some engaged youngsters. There will be music and treats and trimmings galore, a letters to Santa station and even an indoor 'snowball' fight.

Most embarrassing holiday sweater contest: Wear your worst and you might come in first!

Gingerbread House Competition and Raffle: Build your best Gingerbread House and let the people decide. Top three will get great prizes! The houses will then be raffled off to as a fundraiser for the

Guess the number of ornaments: TCL will have a decorated tree up, and the person who guesses the amount of ornaments on the tree (or closest to) will be able to take home some extra holiday cheer.

Please join us for our last event of 2017 during the magic of the holidays.



Happy Holidays from
Terwillegar Community
League



Public Service Announcement



Emergency
Medical
Services



Cold Weather Safety

Emergency Medical Services (EMS) paramedics respond to a number of cold weather related emergencies every winter. However, by taking appropriate measures to dress properly, anticipate sudden weather changes and preparing to be out in the cold, may reduce your risk of sustaining a cold weather illness/injury. It's also advised you store an emergency kit in your vehicle at all times containing extra clothing, blankets and other road-side supplies.

Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen skin;
- It commonly affects the ears, nose, cheeks, fingers and toes;
- The skin may look red and possibly feel numb to the touch;
- When treated promptly, frostnip usually heals without complication;
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin to skin contact (i.e. hand covering tips of ears).

Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze;
- Affected skin may look white & waxy and will feel hard to the touch;
- Move to a warm environment immediately and place the affected area in warm, *not hot*, water, until fully re-warmed;
- Call 9-1-1, or seek further medical attention as required.

Hypothermia

- Hypothermia is abnormally low body temperature, less than 34°C (as compared to normal body temperature of about 37°C);
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C);
- Left untreated, severe hypothermia may progress to unconsciousness or death;
- Early recognition and prompt medical attention is key. Call 9-1-1. Don't forget to protect yourself from the factors that originally lead to the patient's situation;
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets, or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.

www.albertahealthservices.ca

Visit www.terwillegar.org or join our Facebook page - Terwillegar Community League for updates

Community

Grand Opening Party Supports TCL

By Fiona Ko
Fundraising,
Terwillegar Community League

What does it take to build better community facilities? Old bottles and clean cars!

On Saturday, September 23, the community stepped past the Heday to the Grand Opening Party that celebrated the official opening of the Windermere

Registry, Clean Car Wash Windermere, and Green Bottle Depot. Though a bit chilly for a Saturday afternoon in September, hundreds from the community came out to celebrate and check out the jumpy things, video game truck, face painting, and a feast of a barbecue.

The Green Bottle Depot hosted a bottle drive and all car wash proceeds that day went to the

Terwillegar Community league. Thank you to everyone who came out to support by dropping off bottles, getting their car washed, and getting to know your neighbours. Together, we raised over \$3,000 for the community!

The Terwillegar Community League would like to extend our deepest gratitude to Clean Car Wash Windermere

and Green Bottle Depot for their generous donation.

Congratulations on a successful grand opening, and we wish you the best of luck with your businesses!



Have something to say?
WRITE A LETTER TO THE EDITOR!
Letters can be submitted to editor@terwillegar.org

Community

Winter Sidewalk Maintenance

Public Service Announcement
Dealing with snow is a big part of being an Edmontonian.

Failure to maintain your walks could result in a \$100 fine and cleanup costs. Warnings are a courtesy and will not always be issued.

What is my role?

Community Standards Bylaw 14600 requires homeowners and tenants to clear snow and ice from every walk and driveway on or beside their property. Don't forget about any other properties you own, including derelict and vacant buildings - they have sidewalks that need to be shovelled too.

My neighbours haven't been shovelling their walk. What can I do?

If you have a concern about a neighbour's uncleared walk

discuss the concern directly with your neighbour. Be a Snow Angel by offering to help them keep it clear if needed.

Do you need help shovelling? Please contact the South West Edmonton Seniors Association (780-860-2931) for the following postal codes: T6G, T6H, T6J, T6R, T6W

Tips:

-Applying sand to your sidewalks improves traction for pedestrians but is only a temporary measure - clearing right to the sidewalk is always best.

-Free sand is available at the City's roadway maintenance yards and participating community leagues or for purchase at your local hardware store.

-Sidewalk and driveway snow should be shovelled onto the yard, not the street.

-Consider helping a neighbour. Many citizens need help due to mobility or health issues and might not always ask for help. Property owners are also responsible for clearing snow from every walk and driveway on or beside any

vacant properties they own.

Keeping our sidewalks free of snow and ice is critical in keeping Edmontonians moving safely and enjoying winter.



WINTER 2017/18 EVENTS 13

New Year's Eve Downtown

Saturday, Dec 31, 2017

Location TBA, www.edmonton.ca/newyears eve

Celebrate New Year's Eve downtown! Check website for time, location and details.

Group Hot Chocolate Wagon Rides

Tuesday evenings in January

Fort Edmonton Park, www.fortedmontonpark.ca

Explore the Park at night from a horse-drawn wagon. Warm your fingers around steaming mugs of hot chocolate. Watch website for booking details. #fortedmontonpark

Swing 'n' Skate Sundays at City Hall

Every Sunday in January / 1 – 4pm

City Hall, City Room & Plaza, www.edmontonarts.ca

Get jiving at City Hall! Local bands bring live swing, jazz and big band music; Sugar Swing Dance Club brings the moves. Free skate rentals. #swingNskate

Sunday Brunch at Fort Edmonton Park

Every Sunday in January

Fort Edmonton Park, www.fortedmontonpark.ca

Enjoy brunch at Johnson's Café, then take your daily constitutional through the park. Watch website for tickets and details. #fortedmontonpark

WINTER 2017/18 EVENTS 17

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Community

Terwillegar Riverbend Advisory Council (TRAC) Update

By Karin Scott
TRAC Community Office

Thanks to everyone who renewed their Community League membership, or purchased a new Community League membership! This small fee helps provide much needed funds to help bring residents together and improve the community and quality of life for the residents of the community.

Did you know that Community Leagues have been a part of Edmonton since 1917, and that there are now 157 Leagues and they are all still run by volunteers. For the history of the Edmonton Federation of Community Leagues please check the link below:
<http://efcl.org/about-us/history/>

With your community league membership, you will get a reduced rate to City of Edmonton recreational facilities through the Community League Wellness Program. You will also be able to enjoy the

2-hour free community swim/facility access at the Terwillegar Community Recreation Centre. Community league members of Greater Windermere, Hodgson, and Terwillegar have access every Saturday from 5-7 PM. Community league members of Brookview, Oak Hills, Riverbend and The Ridge have access every Sunday from 5-7 PM.

There are so many other benefits of having a community league membership such as access to community sports, free outdoor skating at any community boarded rink, neighbourhood safety & crime watch programs, a say in your community, free community events, and much more!

“The best way to create the type of community you want to live in, is to get active and get engaged with your neighbours and with your league. When we all work together, we create safer, healthier and more enjoyable neighbourhoods – ones we are proud to call ours.”
–Edmonton Federation of Community Leagues

Community league memberships & skate tags are available in person at the TRAC Community Office, which is located in the Terwillegar Recreation Centre. Office hours are:
• Tuesdays: 9 am – 3 pm
• Wednesdays: 9 am -3 pm
• Thursdays: 4 – 9 pm
• 1st Saturday of the Month: 10 am – 2 pm
• Phone number: 780-439-9394
• www.tracspirit.ca

Community league memberships are also available online at www.efcl.org

TRAC Community Run – 2018
Although the TRAC Community Run is not until the end of May, the committee is looking for more members to make the 2018 TRAC Community Run even better than it was this past year. Please contact the TRAC Community Office at tracmail@tracspirit.ca if this is something that you might be interested in being a part of.

TRAC Alerts Messaging System:
If you haven't subscribed

to this unique messaging system, please consider doing so. This messaging system sends out community news, traffic notices pertaining to our neighbourhoods, and crime alerts to the residents of our area. To subscribe please go to www.tracspirit.ca

TRAC Meetings:

Everyone is welcome to attend any of the TRAC Meetings, as they are open to all! The meeting dates for the year ahead are:

- Wednesday, November 15, 2017
- Wednesday, January 17, 2018
- Wednesday, March 21, 2018
- Wednesday, April 25th, 2018 (AGM)
- Wednesday, June 13, 2018

All meetings are held at the Lillian Osborne High School Library beginning at 7:00 pm.



Annual General Meeting

When: December 7, 2017

7:00 p.m.

Where: Terwillegar Community Church

1751 Towne Center Blvd., Terwillegar Towne

Membership Required to Vote

A Message from Councillor Cartmell

By Councillor Tim Cartmell



Terwillegar Riverbend Advisory Council (TRAC), and have held local leadership roles with the Riverbend Community League, the TRAC Transportation Committee and the Lillian Osborne Community Theatre initiative, amongst others.

Professionally, I have been an engineer for almost three decades, and have had the opportunity to own and operate my own company. I am excited to bring the perspective of a small business owner to the hallways at City Hall.

As a community volunteer and resident of Ward 9, I have seen Southwest Edmonton grow, and have seen the challenges that come with that growth. I have seen our ward grow from one community league to 10.

The primary focus of my campaign was building better communities, and that will continue to be my focus on City Council. While this means different things to different neighborhoods in our Ward, I heard one primary theme during

my campaign - people want their time back. Our communities should be thoughtfully planned out to have the amenities we need right where we live.

During the municipal race, I knocked on tens of thousands of doors, and heard again and again the need for thoughtful planning for our neighbourhoods. Residents want to be informed - ahead of time - when changes are being contemplated. And they feel it is the responsibility of the City to keep them informed, or at the very least, provide more and better opportunities for them to inform themselves.

When Ward 9 residents go to work each morning, they want solutions for the gridlock that envelops our community, snaking from Terwillegar Drive, Rabbit Hill Road, and the Henday each morning. After a busy day at work and in between racing to hockey practice and dance class, they want to spend their remaining time at home, not in congestion. We need to work towards solutions to our fragile transportation

network, in a balanced way that enhances all channels of our system - roads, transit and active transportation options..

And when it comes time to pay property taxes each year, Ward 9 residents deserve to know that each tax dollar is respected, and goes to the services actually needed to make life better.

My commitment to you as a Ward 9 resident is to always respectfully listen to your comments and concerns about municipal issues.

Community engagement will be a key focus of mine over the next four years, and I welcome you to get in contact with my office by email at tim.cartmell@edmonton.ca, or by phone at 780-496-8130.

For those of you who haven't had a chance to meet me, I'm Tim Cartmell, your Ward 9 Councillor. I am humbled and honoured to have been chosen as the Ward 9 representative for City Council.

My wife Cathy and I have been lucky to have raised our three wonderful kids in southwest Edmonton.

I've been a hockey coach, President of our Area Council, the

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Terwillegar COMMUNITY LEAGUE

holiday SALE
2017

CALL FOR VENDORS

Applications due December 1, 2017

DECEMBER 9TH
SATURDAY 10^{AM}-4^{PM} TERWILLEGAR COMMUNITY CHURCH

Community



holiday SALE

2 0 1 7

DECEMBER 9TH
SATURDAY
10^{AM}-4^{PM}

TERWILLEGAR
COMMUNITY
CHURCH

\$2 ADMISSION FOR TCL MEMBERS
\$3 FOR NON-MEMBERS



www.terwillegar.org



group: [terwillegar community league](#)
event page: [tclevents](#)

Community

Southwest Edmonton Farmers' Market (SWEFM) - Another Season Comes To A Close

By Christie Anderson,
SWEFM Market Manager

Our wonderful market is done for another season, and we have so much thanks to give! The SWEFM would like to express enormous gratitude to the customers who support our wonderful market. This year we had the biggest year ever, with over 70 tents set up on some market days, and an average of 1500+ people attending each market (on our busiest day, we had 2400 people attend!).

We had a great mix of returning and new vendors this year, which made for a vibrant and fun market mix every week. By shopping at your local market, you are supporting hard-working, local people, and stopping local dollars from bleeding out of the community (and city) to big corporations.

Our Sprouts program (children's nutrition program) was yet again an enormous success, with more than 1300+ children signing up this year. This program is run by the amazing Emily Hendsbee, with a ton of help from her family and local university students. These wonderful ladies run the Sprouts tent at the market and write the recipes that are handed out to the kids weekly (did you know that over the winter these recipes are created in their kitchens, and tested and tweaked until the flavour is just right?!).

Have you ever considered how fortunate we are to have a fantastic market like the



Where Communities, Farmers and Artisans Come Together

SWEFM in our backyard? How great is it to be able to walk or cycle from many of our homes to the neighborhood market, whether it be to shop for our groceries, visit with community members, or to enjoy a food truck meal together as a family as a treat on a warm summer's day?

While winter may seem like it lasts forever at times (making it seem like the next market season is ages away), the planning for the next season's market continues all through the winter with the SWEFM Steering Committee. This dedicated volunteer group meets monthly and plots and plans how to make the market even bigger, more fun, and more successful year after year. A lot of time and heart is put into running the SWEFM, and this is done nearly entirely on volunteer hours. On the topic of volunteers, we'd also like to give a shout-out to the weekly market volunteers. 12-15 hours of volunteer time is needed per market, and these dedicated volunteers (often local high school students) set up your tables and chairs, put

up our signs, keep the trash barrels empty, and help set up our signature "carrots" around the market trees.

Lastly, we owe a ton of gratitude to our 2017 sponsors. These generous and big-hearted organizations make contributions to the SWEFM that allow us to keep the market running, particularly the Sprouts program (on our busiest Sprouts day, we handed out \$638 worth of tokens that kids aged 4-12 could spend on produce and plants around the market).

So, goodbye loyal market visitors, vendors, & volunteers; we are signing off for 2017.

Before we go, we'd like to let you know that our 2018 Vendor Application Form will be posted by mid-October on our website: www.swefm.ca. If you are a local grower, crafter, brewer, baker, artisan, or producer, consider becoming a vendor at our market next season! And, if you operate or work for a not-for-profit organization, contact us if you're interested in having your group participate in our Community Tent program (see the "Community" tab on our website for more information).

**SEE YOU
IN 2018.**

Looking for a LOW-KEY way to volunteer?

Your community newspaper is looking for:

For only a *few* hours every *few* months you can be in the know, network in your community, or practice your hobby.

**No prior experience required
JUST ENTHUSIASM!**

Please contact editor@terwillegar.org

Community

Holiday Lights Contest

By Monte Weber
President, Terwillegar
Community League

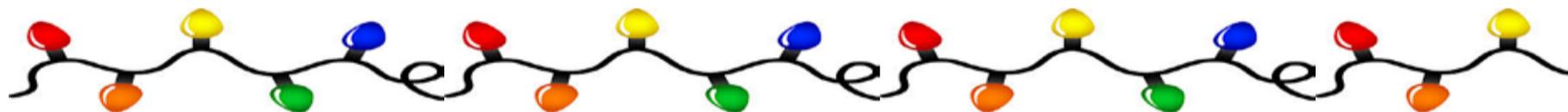
nominate often. Below are just a few of the photos that were taken during last year's contest.

The Terwillegar Community League is once again encouraging residents to let us know about the great houses in their neighbourhood with a shout out on our community Facebook page. Feel free to nominate more than once - the more the merrier!

Make sure you stop by to enjoy the gazebo in Terwillegar Towne this year as TCL and the TTHOA are again going to light it up for the winter season!

Some community elves will again be driving through the community the week before Christmas to pick some of the best decorated houses. As always, there will be prizes given out by Santa's helpers so make sure you keep your lights on for all to enjoy the holiday spirit.

Winners will be announced in the February issue of the Tribune so nominate early &



And the
Winners
are...

Ages 2-4

1st Place: Simonna O
Runner Up: Caitlin P

Ages 5-7

1st Place: Kingston I
Runner Up: Jack M

Ages 8-11

1st Place: Keira G
Runner Up: Megan H

Thank you to everyone who participated.

CHRISTMAS
at
Terwillegar Community Church

Blue Christmas: Tuesday, Nov. 28 @ 7:00 pm

A service to honor those who have lost loved ones
"Grief shared is grief diminished"

Join us for a time to feel the pain of loss, the joy of memory
and the hope of tomorrow

Christmas Eve Services, December 24
Enjoy Christmas Eve by candlelight at either
10:00 a.m. or 4:00 p.m.

For more information go to tchurch.ca
1751 Town Centre Blvd, Terwillegar Towne



Community

Candy Cane Lane Opens December 8

Public Service Announcement

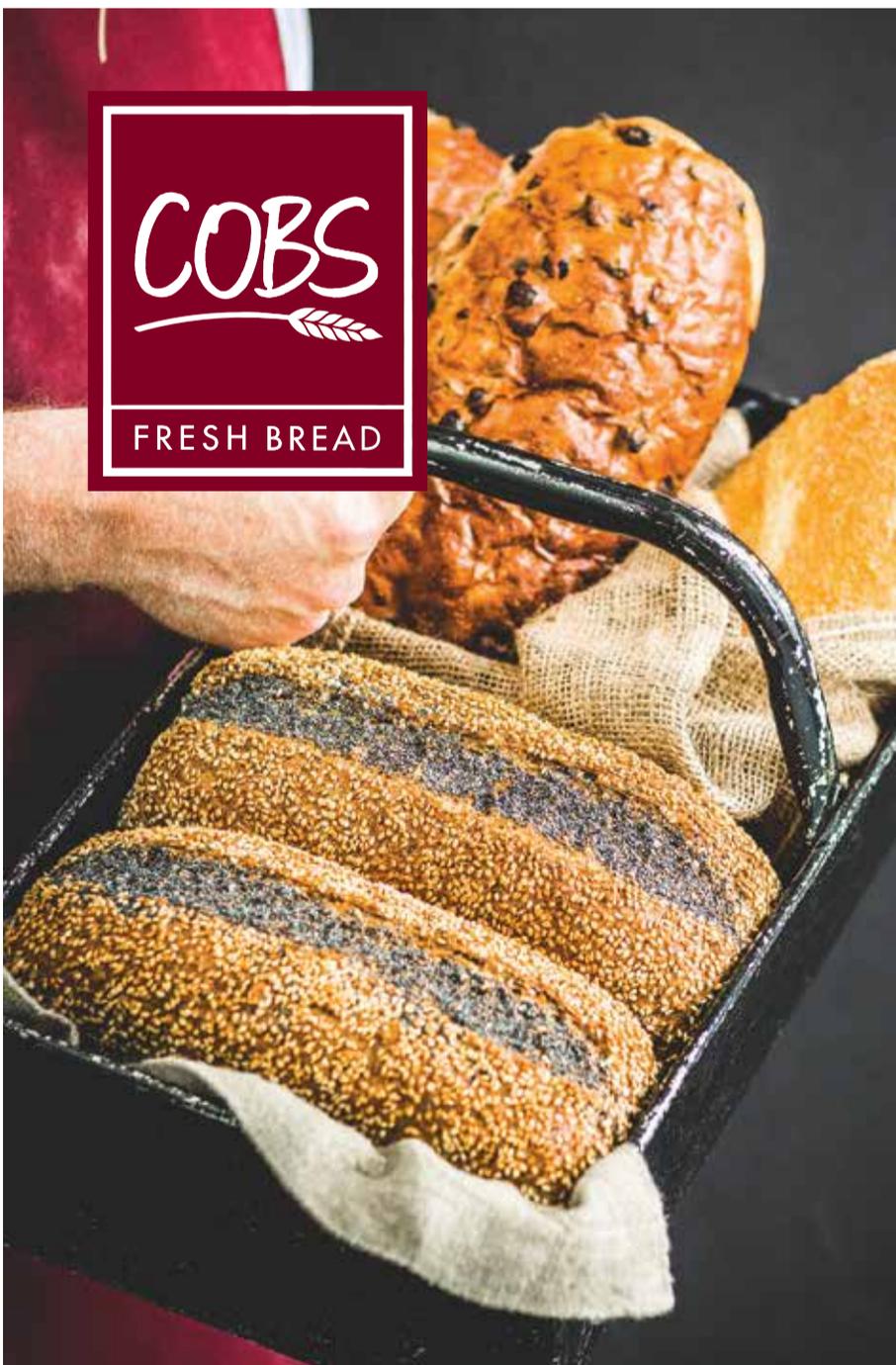
Candy Cane Lane has been a Christmas tradition in Edmonton for over 49 years. The land lights up each evening at nightfall, this year from December 8th until January 2.

Candy Cane Lane spans 148th Street between 92nd & 100th Avenues. It is an entirely resident and volunteer run initiative.

Dress cozy, plan a walk through with the whole family or book a sleigh ride - a full sleigh will hold 22 passengers. Each passenger is \$17.00 except for infants under 24 months sitting on a lap are free. The sleigh rides are 45-60 minutes in length and leave from, return to, St. Andrew's United Church located at 9915 148 Street. Passengers are asked to arrive 15 minutes prior to your scheduled departure time.

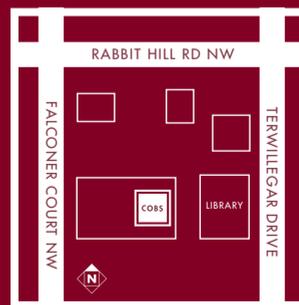
Over the last two decades,

more than 360,000 kilograms of food have been donated along the lane in support of Edmonton's Food Bank. With an average of 25,000 kilograms of food being donated per year from those admiring the beautiful residential displays, it was a critical event for Edmonton's Food Bank and a holiday tradition for many in Edmonton. and don't forget a donation to Edmonton's Food Bank.



WE'VE RENOVATED! NOW OPEN

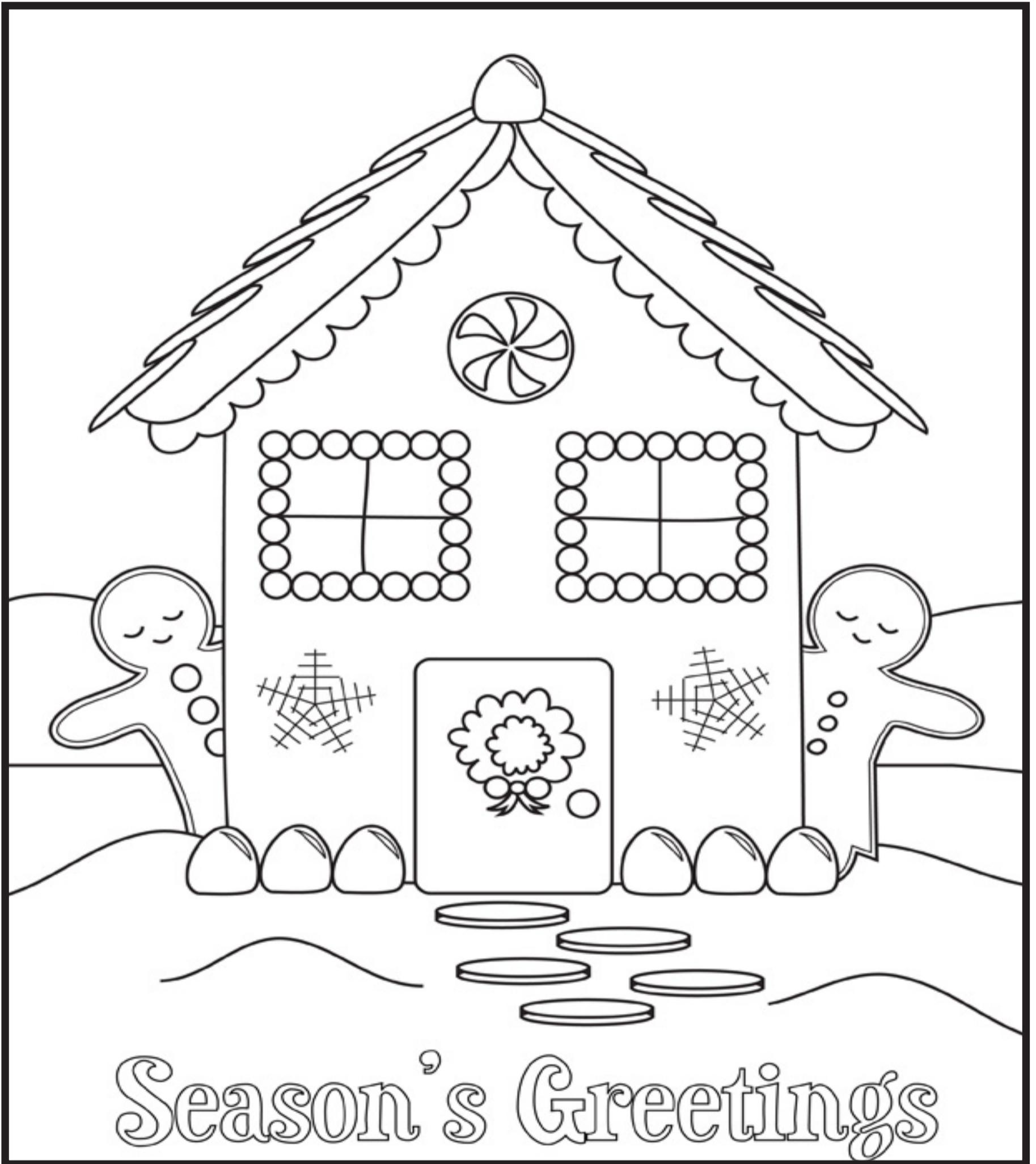
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Kids Zone - Coloring Contest



Back to School Coloring Contest

Name: _____	<p>All entries must be received by January 10. Please note: one entry per child. The contest is open to residents of the following areas: Terwillegar, Magrath, South Terwillegar, and MacTaggart.</p> <p>Age categories are: 2-4; 5-7; and 8-11. Prizes awarded to first place & runner up of \$25.00 & \$10.00 gift certificates for Toys R Us</p> <p>Entries should be mailed to: Terwillegar Community League PO Box 36508 RPO MacTaggart Edmonton, AB T6R 0T4</p>
Age: _____	
Address: _____	
Phone: _____	
Email _____	

Kids Zone - Holiday Word Search

T F N C I I O S M K O X W H C
 X L C A G H O T B E X C V A G
 U F J N N C T N F H L H R P G
 F A A D I S C E P K S O S S N
 Y M S Y D T K M F T L C N A I
 U I I C D H X A D S S O O P T
 F L Q A E G H N M N W L W F A
 J Y Z N L I M R N A J A M J K
 M M Q E S L N O N W Z T A Q S
 G E N S H U N G E M E E N Q T
 D C P H D A E R B R E G N I G
 Y D I P J L Z H O L I D A Y S
 S N O W F L A K E S M A B G F
 F M S T F I G R T P A B L N A
 B U M A R S H M E L L O W S C

CANDYCANES

SKATING

HOLIDAYS

MARSHMELLOWS

GIFTS

SNOWFLAKES

CAROLS

SLEDDING

HOTCHOCOLATE

ORNAMENTS

GINGERBREAD

SNOWMAN

FAMILY

SNOWANGEL

LIGHTS



Community Heroes

By Monte Weber
President, Terwillegar
Community League

sales going towards the purchase of two portable cardiology respiratory machines.

and marketing campaign: grandparents, aunts, uncles, friends and neighbours received kid-inspired telemarketing calls, tweets, Facebook posts, and flyers with the hope of selling as much lemonade as possible.

drove through the community to find all of the stands & donate to each one. We can't wait to see how many more Junior Lemon Squeezers sign up for next year's event. Congratulations to each and every one of you. You are an inspiration and a great example of everyday community heroes.

August 27th marked Simply Supper's 4th Annual Lemonade Stand Day in support of the Stollery Children's Hospital Foundation. Their goal - to have 200 lemonade stands set up across the city with proceeds from the

Junior Lemon Squeezers across our community jumped at the opportunity to get involved. Signs were created, tables were decorated and our little, but strong, entrepreneurs put together a fierce sales

It simply doesn't get any better than watching kids help kids. Terwillegar Community League



Kai, Jin, and Kianna



Zane & Breslin



Neil & Luke



Mason & Amber



Ethan, Jack, Owen, Caden & Alex



Madeline, Ava, Bridget, & Maelynn, James & Margot

Community Heroes



Fatema, Sarah & Nova



Caiden & Caleb



Brynn & Heath



Aeryn, Andreanna & Aleena

This summer, Michael and Kyle Lotzgeselle decided to set up a charity lemonade stand to help support three charities - the Edmonton Humane Society, the Stollery Children's Hospital, and the Cancer Research Association. The two boys recruited the help of their neighbors, and together they raised over \$300.

They set up three separate cups each labeled with the three charities so people would have a choice of which charity they could donate to. The boys soon realized they were also doing a "social experiment", with the conclusion that most kids chose to donate to the Humane Society, and older people choosing to donate their money to Cancer research. Their ultimate goal was to raise \$100 for each charity, and indeed they achieved success!



Magrath Park lemonade stand was hosted by: Serena Cheriyan, Rylan Ronquillo, Rayna Ronquillo, Marissa Cheriyan. They even had two friends help that day (Madison and Asha) raising over \$4010 for the Stollery Children's Hospital Foundation.



Seniors

News for 55+

SWESA stands for SouthWest Edmonton Seniors Association. SWESA was formed to reflect the needs of people 55 and older in southwest Edmonton. Their goal is to provide social, cultural, and recreational programs and services that enhance your enjoyment of life.

www.swedmontseniors.ca

By Carol Vaage

SouthWest Seniors Association (SWESA) Offering Peace of Mind and Convenience to Southwest Seniors

October is a great time to enjoy the changing of seasons and to prepare for winter. For those who are 55+, we invite you to join SWESA to develop social connections with the dynamic and friendly folk who love to come together for coffee, exercise, paint, or make music. We keep learning about new things with our Toonie Talks that offer a wide variety of topics, including Global Terrorism, Medicinal Marijuana, Wills and Estates, to name a few. From January to September this year, 4849 participants had registered for various programs, which shows strong support for our diverse program selections. Come and join in!

SWESA has a unique organizational structure. It has an administrative office and meeting centre in Yellowbird East Community Centre, as well as forming linkages and partnerships with independent community organizations such as neighbourhood seniors' organizations, recreation centres, and community leagues. This model optimizes the use of the local community resource base and demonstrates organizational flexibility to best meet the evolving needs of older adults in southwest Edmonton. This year we are offering programs in four locations: Yellowbird East Community Centre, Terwillegar Community Recreation Centre, Twin Brooks Community League, and William Lutsky YMCA.

Included in the fall lineup of new courses are pickleball, line dancing,

"I'm so glad I live in a world where there are Octobers." L.M. Montgomery, Anne of Green Gables

floor curling, tai chi and Essentrics. We also have our favorite fitness programs, like yoga and non-contact boxing, which continue to draw our members. Not only are we enhancing our focus on health with new classes for the body, but also the mind (Boosting Memory) and the spirit (Navigating the Rivers).

Our fine arts programs include visual arts (stitching, art group with painters and artists of all levels), music (guitar lessons, drumming circles), and a new workshop for us to organize our photos!

Cards and games, such as bridge, mahjong and canasta, continue to keep the mind sharp while providing friendships and an opportunity to meet new people.

For many older adults who live alone, sometimes cooking a hot meal can seem like a lot of effort to impress only yourself. Food and social interaction are deeply entwined in the human subconscious. At SWESA, we offer cooking classes or demonstrations to help inspire members to learn something new and bring excitement to preparing a meal at home. We also offer monthly themed luncheons where members can come together for a hot meal with games, music, guest speakers, prizes and 50/50 draws. Recently, we had the pleasure to welcome some volunteers from the Ital-Canadian Seniors Association to facilitate a gnocchi-making workshop at our Yellowbird East Community Centre. Our members were happy to meet new friends, learn some new techniques and share a delicious meal. Our monthly lunches include fun and good food.

Please check the website to find our next luncheon date.

We also have field trips including the one coming up: Cariboo Magi. This is a live performance at the Rosebud Theatre. The bus leaves from Yellowbird East Community Centre on November 29 at 7:30 a.m. and returns at 8 p.m. The performance is hailed as a yuletide laughfest that's not to be missed. A bedraggled troupe of star-struck players travel to the Cariboo region of British Columbia. Rehearsing Hamlet, The Last of the Mohicans, A Christmas Carol and The Gospel of Luke on their way, they travel by camel through deep snow and the wilds of the gold rush to fill a desperately needed performance contract. They arrive on Christmas Eve, just in time to walk onto the stage to perform. The result is the most sublime, divine and hilariously entertaining rendering of the Christmas story ever told. Cost: Member \$95; Non-member \$120. Registration is required by November 10.

Need help with snow shovelling? SWESA acts as a Seniors Home Supports hub, with Barb Newell coordinating the services for our community – including snow removal, yard work, housekeeping and minor repairs. The Seniors Home Supports Coordinator for our district is Barbara Newell.

Contact her at Hs@swedmontseniors.ca or 780-860-2931

Locations:

SWESA Seniors Centre
Yellowbird East Community
Centre (YECC), 10710-19
Avenue.

SWESA Seniors Lounge
Terwillegar Community
Recreation Ctr (TCRC),
2051 Leger Rd
587-987-3200

For more info email:
edmontonseniors@gmail.com
or visit the website:
www.edmontonseniors.ca



Gnocchi Making Workshop
Photo Credit: Jennifer Hanrahan



SouthWest Edmonton Seniors Association 2017 Board
of Directors Photo Courtesy of SWESA media



First day of Floor Curling at the William Lutsky YMCA
(SWESA Partnership) Photo Credit: Tammy Goodwin

EDMONTON

Public Skating Guidelines

The City of Edmonton is committed to creating safe, healthy, vibrant spaces. In promoting shared positive experiences we ask all participants to observe the principles of safety, respect and courtesy.

- There will be no on-ice staff available at single pad arenas and before 4pm on weekdays at multi-pad arenas. On-site staff are available during these times, if assistance is needed.
- Age restrictions may apply; please see Public Skate Schedule for details.
- Children ages 8 and under must be accompanied on ice and actively supervised by a responsible person aged 13+.
- Helmets are strongly recommended for all skaters.
- Sledge skating is permitted.
- Use of cell phones and/or headphones while on the ice is not permitted.
- Carrying an infant on the ice, regardless of helmet or safety attire, is not permitted due to the risk of injury to both the child and guardian.
- Skaters should skate at a safe speed. Faster skaters are expected to skate on the outside, with slower skaters on the inside of the rink.
- Skaters should not loiter along the arena boards or in areas that may block the traffic flow.
- Skaters are expected to rest at centre ice. Skaters should not sit on the boards.
- Figure skating is not permitted, except during specified figure skate times.
- Formal or organized coaching is not permitted.
- Those displaying unsafe or inappropriate behaviour on or off the ice will be asked to leave.
- Skating aids are available for public use, however, skaters may bring their own commercially made skating aid product as long as it is in good working order.
- The following items are not permitted during Public Skate, unless specified on the schedule:
 - Sticks, pucks and rings of any kind, including hockey & Ringette sticks
 - Food or beverage, with the exception of sealed water bottles.
 - Toboggans, Sleighs or Wagons
 - Child Car Seats, Baby Carriers or Strollers
 - Blankets, Stuffed Animals or Toys
 - Homemade skate aids
 - Shoes

Thank you for your cooperation. Enjoy your skate!



Revised: November 2015

Have an article idea?

Feel free to let us know!

editor@terwillegar.org

◆ Area Reps:

Help us cover news more local to your neighbourhood: Magrath, South Terwillegar, Terwillegar Gardens or Terwillegar Towne.

◆ Writers:

Provide informative articles on assignment basis, or present us with your own ideas!

◆ Photographers:

Do what you love, show us your talent and see it in print!

Community

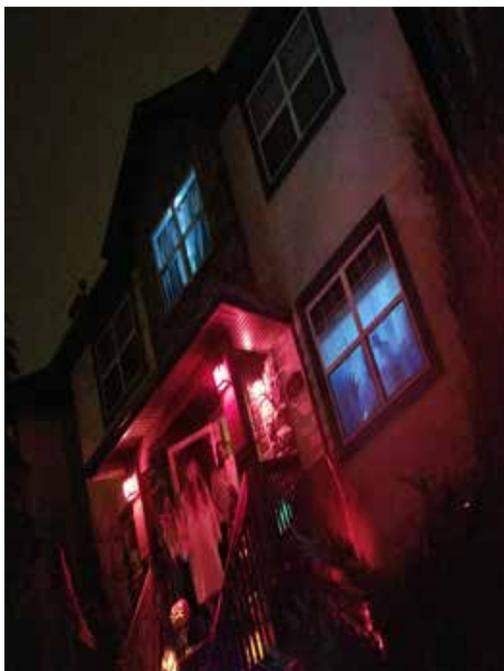
Another Spooktacular Halloween!

*By Monte Weber
President, Terwillegar
Community League*

break to enjoy the show. A big thank you to the volunteers who helped out that evening.

Our community streets were filled once again with ghouls and goblins this year. While Mother Nature couldn't really decide what to do, it didn't dampen the spirits.

Terwillegar Community League sponsored the annual fireworks display as Tomlinson Park filled with trick-or-treaters taking a



Community

Is it (House) Hunting Season Yet?

*By Darlene Reid,
Realty Executives Vision,
Associate Broker/Owner*

In Edmonton, our lives are really affected by the seasons. Fall means school (and REALLY happy parents). Winter means cursing the weather while being secretly proud that we can handle it. Hockey season means cheering your team on. The upcoming holiday season means enjoying time with family and friends. And of course you can't forget to season your turkey! But what about the housing market – is there a “season” when it makes sense to buy or sell?

Most years, the housing market follows a similar pattern. January and February tend to be slower, the market picks up from March – June, there's a small lull in the summer, a small

bump again in September and October, and then a slowdown in November and December. This year's numbers highlight this pattern. In January there were 738 residential properties sold, with 2185 properties being listed. Compare that to June, when there were 1867 sold and 3427 listed.

Prices tend to fluctuate from season to season as well. Looking at 2017 again, the average price of a single family home was \$416,859 in January, and by June had risen to \$453,735. Price fluctuations tend to net out if you are selling and buying however, so this may not be the most helpful factor when deciding on making a move. For example, you may want to sell in the spring because prices tend to be higher but the price of the home you want to purchase will

likely be seasonally higher as well.

Seasonal weather and the school year are big reasons for this yearly cycle. Moving in the middle of a blizzard doesn't land on many people's bucket lists, and most people prefer not to disrupt their kids in the middle of the school year. More people shop and buy in the spring so they can take possession and move in the summer. Then, when our (oh so short) summer finally hits people would rather head to the lake and have some fun! Reality hits again in the fall and those still in the market want to make something happen before the flurries fly.

If you have no choice and need to sell or buy then the season won't really matter. If you only want to buy then the lower prices in

the winter may be enticing, but there are fewer properties to choose from. If you only want to sell then the increased activity in the spring makes sense, but you tend to be up against a lot more competition. Generally speaking however, spring is the best season for the housing market, so if you're planning a move you have some time to get ready.

Whatever you choose to do, there's no denying that these next few months aren't the best season for the housing market. Instead, focus on getting ready for the holiday season by decorating, doing your shopping and getting psychologically prepared for family gatherings. But whatever you do, don't forget to season your turkey!

We would love to hear what is going on in the community.
editor@terwillegar.org

TAEGEUK TAEKWONDO in Terwillegar

Call : (780) 756-0321

E-mail : tmqsksk@hotmail.com

Location : 1731 Towne Centre Blvd



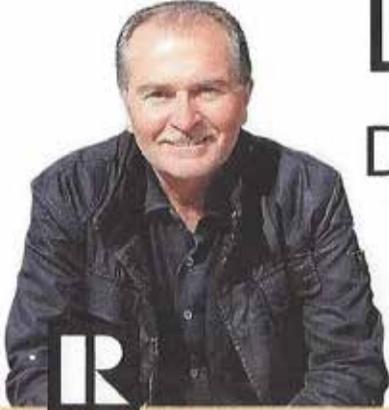
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 - Family Club
- Mom's Class
 - Demo Team Class
 - Home Schooling
 - Private Class
 - Self-Defence Class

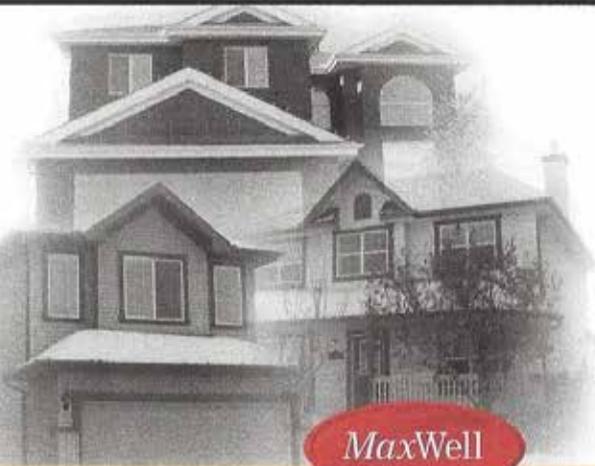
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Interested in trying your hand at writing?

Are you an artist and want to share your creations with the community?

The Terwillegar Tribune is circulated to 8000+ homes as well as local businesses in the area & we are always looking for local content to feature. Contact the Editor by email at editor@terwillegar.org to learn more about how you can get involved with your community paper.

Check us out on Facebook!

SEARCH:
"TERWILLEGAR COMMUNITY LEAGUE" UNDER GROUPS



TERWILLEGAR COMMUNITY RECREATION CENTRE

Facility Hours: Daily 5:30 am to 10:30 pm
Aquatic Centre: Mon-Sat 5:30 am to 10:00 pm, Sunday 5:30 am - 9:00 pm
Fitness Centre (including Track area): Daily 5:30 am - 10:30 pm
Flexi-Hall Drop In: Monday to Sunday 5:30 am - 10:30 pm

AMENITIES

AQUATIC CENTRE

- Pool with 50 meter lane
- Eight lane pool with one and three meter diving boards and a five meter diving platform
- Leisure wave pool with a lazy river and spray features
- Whirlpool for 30 people
- Waterslide
- Tot pool with ramp access
- Steam room for 18 people

FITNESS CENTRE

- State of the art exercise equipment
- Two program studios
- Indoor walking/jogging track (206 meters)

REALTY EXECUTIVES FLEXI-HALL

- Three full size gymnasiums with a variety of set-ups possible for all kinds of sports
- Drop in open gym

PLAYFUL CHILDRENS WING

- Indoor playground
- Child-minding room
- Three children's program rooms

ARENA

- Four NHL-size sheets of ice with 20 dressing rooms
- Room for up to 710 spectators in rink 1, and 200-260 spectators in rink 2,3 and 4
- Three tournament rooms

PROGRAMS

- Registered programs
- Drop in programs & drop in dedicated sports times
- Professional fitness services

RENTALS & BOOKINGS

- You can book individual meeting rooms for your important presentations and multi purpose rooms for that special celebration. Call 780-442-7259

Membership Benefits

Membership Type	Membership Benefits (Perks only apply to those with a valid membership)
Single Admission	<ul style="list-style-type: none"> - All day access - Access to all drop in programs - Access to playground - An Adult with admission is able to take one Tot (0-23 months) into the Indoor Playground
Multi - Admissions (Minimum Purchase of 5 Maximum of 20)	<ul style="list-style-type: none"> - Reduced price per entry - 15% Corporate & Community League discount - Includes all single admission perks
Monthly Pass	<ul style="list-style-type: none"> - Unlimited access for one month - Child with membership receives access to Kids Den - Includes all single admission perks
Continuous Monthly Membership (Requires Void Cheque or Pre-Authorized Debit Agreement)	<ul style="list-style-type: none"> - Unlimited access for duration of membership - One day early registration for registered programs - 10% discount on registered programs - 10% discount on Personal & Group Training & Fitness Services - Child with membership gets free access to Kids Den - 10% discount on annual attractions membership - Complimentary swim assessment - 20% Corporate & Community League discount - Includes all single admission perks
Annual Membership	<ul style="list-style-type: none"> - Unlimited access for one year - Two suspensions, up to 30 days each, for vacation - 20% Corporate & Community League discount - Includes all continuous monthly perks - Includes all single admission perks

Coming Events

Weekly: Please contact organizer for details

Southwest Edmonton Seniors Association (SWESA)

Bridge, Every Thurs. 12:30-3:30 p.m. at Riverbend Community Centre

Terwillegar Playgroup:

Every Thurs., 9:30 - 11:30 a.m. at Holy Trinity Riverbend Church

Events:

November 28: Blue Christmas at TCC

December 7: TCL's Annual General Meeting

December 9: Holiday Sale at TCC

December 8-31: Candy Cane Lane

December 16: 2nd Annual Holiday Celebration

January 1: Resolution Run

February 19: Family Day Celebration

Interested parties are encouraged to visit the League's website at www.terwillegar.org regularly for the most up to date information.

Terwillegar Tribune 2018	
Submission Deadline	Released
January 5	February 12
March 2	April 9
May 4	June 11
July 27	August 27
October 19	November 26

Terwillegar Community League mailing address:
 PO Box 36508 MacTaggart RPO
 Edmonton, AB T6R 0T4

The Singing Christmas Tree Northern Alberta Jubilee Auditorium December 14-17

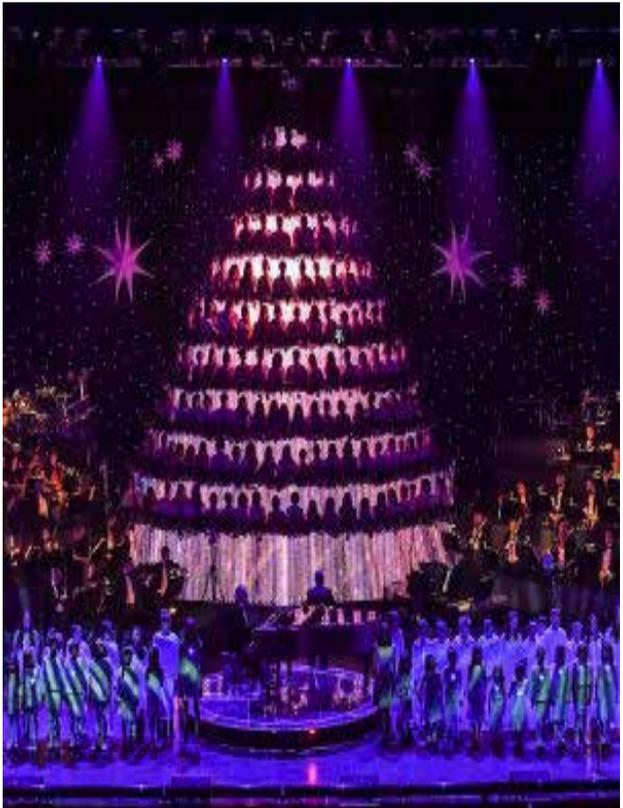
*Public Service
 Announcement*

Imagine a stage decorated with whimsy, a 35-foot singing Christmas tree, and an audience in wonder!

Imagine dancing Santas! Beautiful ballerinas! Amazing acrobats! Stupendous singers! Colourful costumes and breathtaking sets – coming together to make spirits bright!

Imagine a stage adorned with thousands of glimmering lights, filled with a choir of 150 talented singers, all accompanied by a live orchestra in

the Northern Alberta Foundation to help local Jubilee Auditorium charities, organizations and children in need. All net proceeds go through the Edmonton Singing Christmas Tree



Terwillegar Classifieds

How to contact the Terwillegar Community League



Great Tutors Available - 1 on 1 In Your Home
 All Subjects & Grade Levels
 Guaranteed Excellent Tuition
Contact Us For A FREE 1 Hour Consultation
 ph: 780.298.3710 email: phares@tutordoctor.com

Back to school?

Need help with editing essays, articles, research papers?
 Contact Janet at Ed-it Write: janet.kawchuk@gmail.com
 or
 Facebook: www.facebook.com/editwrite.ca
 ESL welcome. Tutoring available.

Are you interested in:

Meeting New People?
Helping plan resources in our community?
Strengthening our Community Spirit?
Join our Community League!

We will help you find a role that interests you.
volunteercoordinator@terwillegar.org

www.terwillegar.org

Board Contacts

- President — Monte Weber, president@terwillegar.org
- Vice-President — Marc Lachance, vicepresident@terwillegar.org
- Treasurer — Kathleen Mountford, treasurer@terwillegar.org
- Secretary — Darlene Reid, secretary@terwillegar.org
- Community Advocate — Sue Trigg, advocate@terwillegar.org
- Memberships - Ricardo Casanova, memberships@terwillegar.org
- Programs — vacant, programs@terwillegar.org
- Communications — Heather Maitner, communication@terwillegar.org
- Fundraising — Fiona Ko, fundraising@terwillegar.org

Other Contacts

- Community Garden — Amanda Hunt, garden@terwillegar.org
- Editor — Stephanie Gillis-Paulgaard, editor@terwillegar.org
- MacTaggart Rep - Christie Smith, advocate@terwillegar.org
- Magrath Rep - vacant, dalm@terwillegar.org
- Neighbourhood Watch - Annette Intenberg and Carolyn Cush-Nieminen, watch@terwillegar.org
- Programs Aide - vacant, programaide@terwillegar.org
- South Terwillegar Rep - Ryan Barber, dalst@terwillegar.org
- Terwillegar Gardens Rep - Sue Trigg, daltg@terwillegar.org
- Terwillegar Towne Rep - Monte Weber, president@terwillegar.org



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