



What's Inside

2 Holiday Party	14 Holiday Sale
5 Snow Angels	15 Helping Hands
6 TRAC Update	16 SWESA
9 SWEFM	22 Family Activities
12 Kids Zone	24 Classifieds

www.terwillegar.org

Issue 70 February 2018

Next submission deadline:

March 2, 2018

Next issue: April 2, 2018

A Year in Review

By Monte Weber
President, Terwillegar
Community League

As I think back to the month of December, I'm amazed that we all made it through it. With all the rushing around to prepare for the holidays, the Terwillegar Community League (TCL or league) also decided to host three events in December to top it all off.

We started the month out with our Annual General Meeting (AGM) where we presented an overview of all the great things we accomplished in 2017. One of the more notable accomplishments in 2017 was the completion of the Nellie Carlson playground (see photos on page 8). Now all the kids at that school have a great place to enjoy their recess. (Please keep an eye out for more information on the grand opening celebration in the spring once the weather

is a little more pleasant.)

Also at the AGM, all the directors for the board were appointed and we have another strong team this year to get some great things done in the community. After the AGM we hosted our first ever Holiday Craft Sale, which was packed with amazing vendors, and gave everyone an opportunity to pick up some great gifts for the holidays. I know my family was there for an hour going through each table and picking up a number of one of a kind presents.

The league then put together the 2nd Annual Holiday Event (photos on page 4) on the following weekend. The event was a lot fun and was packed with too many activities to actually mention them all here (indoor snowball fight! gingerbread house contest!) but I think my family enjoyed Mr. and Mrs. Claus the best!

To top it off they even gave out presents to the lucky kids who visited with them.

While December was very busy, there wasn't much time for a break as we spent January getting into planning for 2018. It may seem like a long way off, plans are already in motion for the Too Big For It Sale (April 21), Canada Day (July 1), Summer Carnival (Aug 11) and at least 10 more events. We have a couple ideas for new events this year, but if you have any ideas for something you would like to see in the community, please let us know by emailing me at president@terwillegar.org!

Last but certainly not least, I want to take this opportunity to say thank you to all of last year's board members and volunteers for all their hard work. You may not know this but all TCL board members and the people you see helping out at our events

are volunteers so please take a minute to say thank you to them when you see them out and about. Without help from people in our community we couldn't put on the great events we do.

That is all I have for now, and I look forward to another year of being part of the community league and seeing all the great things we can put together for 2018!

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Community

TCL Family Day

February 19th

DINNER and

MOVIE - fun begins
around 5 PM!

Festivities will move inside the TCC Church to enjoy some food and fun with our neighbours. Coco is the featured movie for the evening. While the kids settle to watch a movie and play, adults can mingle with neighbours and board members.



OUTDOOR
ACTIVITIES will start
at 3 PM in the park
behind the Terwillegar
Community Church

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



Good things happen when you give where you live!

By Darlene Reid
Secretary, Terwillegar
Community League

Even a little time and effort can make a big difference in our community and this year we would love to see more of our friends and neighbors become active in our Community League. So yes, we are asking for your time. And no, there aren't any frequent flyer points for yet another guilt trip. On the contrary, there are 3 fantastic reasons why YOU could benefit from donating even a little time to our neighborhood!

But first, let's take a step back and appreciate some of the things that make Terwillegar a great place to live:

We are large (one of the largest community leagues in Edmonton!) and diverse, allowing people from all kinds of backgrounds to come together and learn and grow. We have access to fantastic amenities: trails, green spaces, sledding hills, playgrounds, a spraypark, schools, the Rec

Centre and great access to ETS. We have thriving local businesses: from bakeries to hair salons, coffee houses to pizza places – all within walking distance. There are amazing events: from family fun days, like the Carnival, to fireworks and movie nights, there are wonderful events to celebrate special days throughout the year.

When you sit back and think about it, there are plenty of reasons to love living in Terwillegar. But the more a community has to offer, the more work there is to support those initiatives. This is where we need your help. Whether you want to take on a project or a position, or just donate some time to help with an event, all contributions are welcomed and appreciated.

Now, I know we are all busy and already have enough to think about and I promised no guilt trips. So here is the pitch, 3 great reasons to help the Terwillegar Community League:

A good thing can become better! Already, the Community

is looking at things like a skate park and basketball courts. How about an outdoor rink and a community hall? What about improving on the activities we already have? Have your say!! The more people contribute their thoughts and their time, the better the result becomes. Imagine an even more beautiful and involved community, with more popular amenities and activities for families (at low or no cost!) throughout the year. We can make great things happen here. Get to know your neighbors! Volunteering your time is a great way to meet new friends and build new relationships within the community. This could be great for you personally, and it may be great for your family too! You already have one great thing in common – you live in the same place! Plus, you can find out more about what is going on in your community. It just feels good. I know this is a cliché, but it really does. And that's not even the point of volunteering.

Becoming an active part of the

community league has been such a positive and fun experience I want to recommend it to all of my neighbours. Contact us to find out about opportunities, upcoming meetings and how you can help out. We would love to hear from you and you can make a huge difference when you give – even a little bit of time – where you live!

If you're interested in volunteering please contact us via email - secretary@terwillegar.org.



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

Community

Some Holiday Event Photos

By Terwillegar Community League



Terwillegar Drive Concept Planning Study

Public Service Announcement

The City is preparing to convert Terwillegar Drive into a freeway between Whitemud Drive and Anthony Henday Drive.

When Terwillegar Drive was designed and built in the 1980s, the intent was for a free-flow freeway (no traffic signals) configuration in the long term. The current study will build upon previous studies and consider the City's growth and changes in the overall transportation network.

On January 24, the City held an open house to engage with residents, businesses, communities and other stakeholders during the initial steps of the concept study. Attendance was high with over 480 interested citizens taking this opportunity to view the draft freeway design

options and share their input.

GOALS

In keeping with the City's Transportation Master Plan, the ultimate goals of the final concept plan are to provide for the efficient, safe movement of all users, locally and regionally, including transit, as well as to alleviate congestion.

The City is conducting a survey to help develop the Terwillegar Drive Concept Plan Update. This survey is your opportunity to provide feedback on:

draft concept plan options for Terwillegar Drive freeway, north section draft concept plan options for Terwillegar Drive freeway, south section potential solutions being evaluated for the central segment of the freeway

The survey will remain open until February 7, 2018.

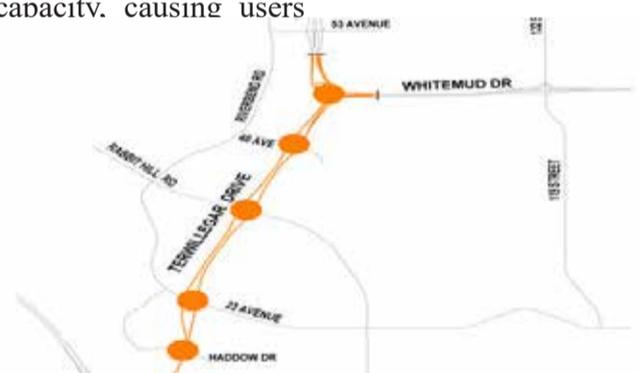
BACKGROUND

Terwillegar Drive is a key north-south route that has exceeded its transportation capacity. It is also an important connector to 170 Street, which will become a future freeway from 41 Avenue to Leduc.

Terwillegar Drive was originally envisioned in the 1980s as a free-flowing road to accommodate travel demands within southwest Edmonton. The travel demand already exceeds capacity, causing users

to experience delays, collisions and emit more greenhouse gases. The City's Transportation Master Plan and Transportation Systems Bylaw 15101 both support the freeway conversion.

The ultimate freeway conversion goals are to accommodate all users locally and regionally, safely and efficiently, and to alleviate corridor congestion.



Give the Gift of a Second Language




Welcoming children 3-5 years old. Class is taught in both English and German. NO previous knowledge of German needed. Subsidy is available for eligible families.

OPEN HOUSES

FEB.15 at 6-8 pm: Rio Terrace School, 7608-154 St.
FEB.22 at 5:30-7:30 pm: German Club, 8310 Roper Rd.
MAR.15 at 5:30-7:30 pm: Forest Heights School, 10304-81 St.

DKKplayschool.org [DieKleineKinderschule](https://www.facebook.com/DieKleineKinderschule)

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.



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

Spare Time Routine:
TV ⇌ Electronic Devices ⇌ Computer Games ⇌ back to TV

Time to develop new interest in 2018!

We offer art classes for ages 2.5 to 10. Inquire us for our introductory offer.

www.wackyartstudio.com

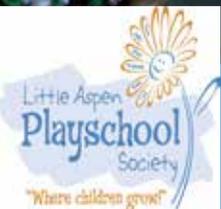


Open House - Thurs. Feb 15, 7:00-9:00 pm

The Little Aspen Playschool Society has been running in the southwest community of Aspen Gardens for over 25 years. It is a play-oriented program with 3hr classes and no parent duty days. (12015 - 39 A Ave)



Online Registration
6:00 am Tues. February 20 - 23
littleaspenplayschool.com 




Swing 'n' Skate Sundays at City Hall

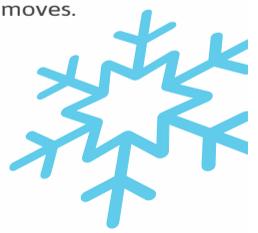
Every Sunday in February / 1 - 4pm
City Hall, City Room & Plaza, www.edmontonarts.ca

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 February
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



Community

Terwillegar Riverbend Advisory Council (TRAC) Update

By Karin Scott
TRAC Community Office

The Terwillegar Riverbend Advisory Council had their last meeting on Wednesday, January 17th with a special presentation by the Terwillegar Drive Concept Plan team.

Community league memberships for all 8 community leagues in Area H are available at the TRAC Community Office which is conveniently located in the Terwillegar Community Recreation Centre. The office hours are:

- Tuesdays & Wednesdays: 9:00 am – 3:00 pm
- Thursdays: 4:00 – 9:00 pm
- 1st Saturday of the Month: 10:00 am – 2:00 pm

Please note: Cash or Cheque are the accepted method of payment.

Membership applications and cheques made payable to the applicable community league may also be dropped off in the mailbox beside the TRAC Office. Your membership card and skate tags (if requested) will be mailed out the next business day.

Outdoor Soccer Registration/Payment sessions will be held Saturday, February 10th, 17th, & 24th, 2018. For more information, please check www.trsa.ca. A current Community League membership is required to play soccer. Check your membership card to see if it is still valid. All community league memberships expire August 31st.

Fees collected from membership sales provide much needed funds for community leagues to accomplish their mandate of improving the community and the quality of life for all residents. “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

“The TRAC Messaging System is a part of a network of email groups in the Terwillegar/Riverbend/Windermere area

that reaches over 1600 residents, announcing community events and bringing crime alerts and updates to the attention of all of us! This significantly improves our awareness and our sense of community and with the help of Sgt. Larry Langley of the EPS, we are able to utilize this network to reduce crime and bring justice to those that choose to do harm to our area”.

It’s easy to sign up – just go to www.tracspirit.ca, click on “To become a TRAC VIP Member and receive important e-mails from TRAC, click here”. If you are legitimate, you will be registered and receive a confirmation email.

The date has been set for the 2018 TRAC Community Run! Mark your calendars for Sunday, May 27th, 2018. We are always in need of volunteers to make this annual community event such a successful event. Please contact the TRAC Community Office at tracmail@tracspirit.ca or by calling 780-439-9394 if you are interested in being part of the event or would like more information.

Mark Your Calendar For These Upcoming Events:

- Wednesday, March 21st, 2018: TRAC Meeting
- Wednesday, April 25th, 2018: TRAC AGM
- Sunday, May 27th, 2018: 13th Annual TRAC Community Run
- Wednesday, June 13th, 2018: TRAC Meeting

Save the Date!



INFINITE
fitness



13th Annual TRAC Community Run

Sunday, May 27, 2018

www.tracspirit.ca

Community



I'm Too Big For It Sale

Terwillegar Community League's Semi Annual Sale

When: Saturday, April 21st 10:00 a.m. - 1:00 p.m.

**Where: Terwillegar Community Church
1751 Towne Centre Boulevard**

Vendor Tables are now available!

Additional information and vendor application available at www.terwillegar.org

NOW OPEN

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HONG PARK



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TAE KWON DO IS INCLUDED

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Bliss YogaSpa

Bliss is your neighbourhood retreat featuring yoga & spa.
Join us for these upcoming workshops:

Valentine's Day Partner Yoga & Connection with Sheena

Saturday, February 10 From: 12:00 pm - 2:00 pm or
From: 7:00 pm - 9:30 pm
\$45/person

In this fun and connective two hour workshop, you and your partner will learn and explore yoga postures designed for two people to practice together, as well as adjustments and touch that will help to release muscular tension and balance the nervous system.

Our daytime session is \$45/person and our evening Date Night continues in the yoga lounge with wine and hors d'oeuvres. The evening of love, connection, wining and unwinding is \$55/person.

Prenatal Partner Workshop: Preparing for Birth Together

Sunday, February 24 From: 2:00 pm - 4:00 pm
Expectant couples will practice movement and breathing techniques that can enhance comfort and confidence in pregnancy, and that will also help prepare mom for labour and delivery. You will learn poses to strengthen, open and relax your body, as well as gentle massage and pain coping techniques.

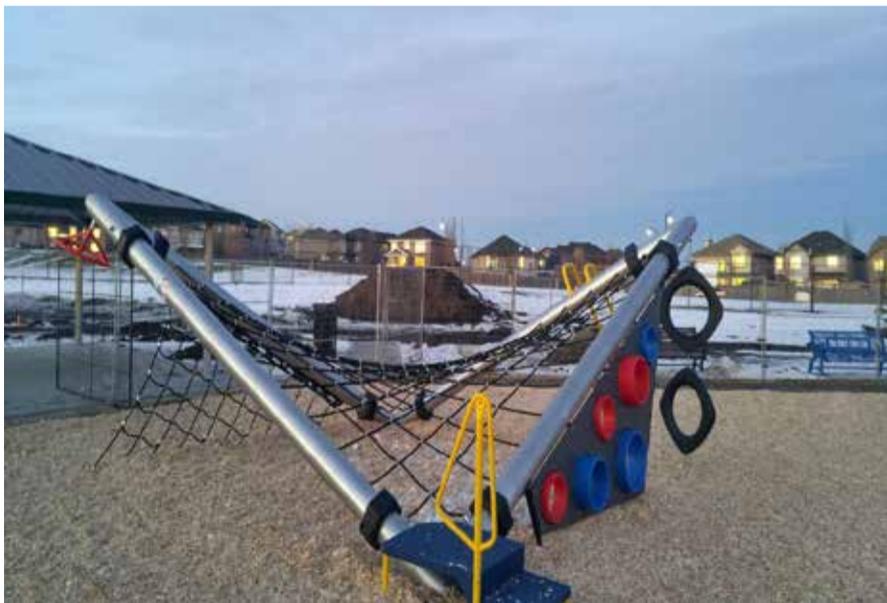
This workshop is recommended anytime during either the second and third trimesters of pregnancy. Prior yoga experience is not necessary and beginners to yoga are welcome. This workshop is \$65/couple.

Call or register online

5954 Mullen Way • 780-432-1535 • blissyogaspa.com

Community

Nellie Carlson School Playground



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

Community Schools Open House Information

Public Service Announcement

It's that time of year when families are thinking about school registration for their little ones.

Open house and registration information for community schools below, NOTE: This information has been taken from each school's website. We encourage families to confirm details by visiting the school's website directly.

Monsignor William Irwin School:

To register your child in one of our kindergarten programs (French Immersion or English language), documents must be filled out and brought to the school office during business hours or brought

to the KINDERGARTEN OPEN HOUSE on Thursday, February 15th, 2018 (6:30 PM): www.ecsd.net

Esther Starkman Public School:

Registration and Open House February 1 - Registration for new students opens March 12 - Pre-enrolment for current students opens March 21 - Kindergarten Open House 6:00pm-7:00pm March 22 - Grades 1-9 Open House 6:30pm-8:00pm April 16 - Pre-enrolment closes

For the 2018-2019 year, Esther Starkman will have all grades, from Kindergarten to 9. For information on pre-enrolment please follow this link: <http://www.epsb.ca/schools/register/>

Nellie Carlson School

At the time of printing, no registration information was available on the school's website. Please check their website for specific registration and open house details. nelliecarlson.epsb.ca



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Location : 1731 Towne Centre Blvd



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

Community

Winners of Holiday Lights Contest

By Monte Weber
 President, Terwillegar
 Community League

On December 22nd, two cars filled with volunteers headed out into the community to pick eight houses that had a little something extra in the decoration department this holiday season.

After a couple hours of combing through the neighborhoods, eight winners were chosen. Each winning house received a \$25 Cineplex gift card.

Thank you to everyone who made the neighborhood a little more festive and thank you to all the people who gave suggestions on Facebook for some houses to check out.



And the
Winners
 are...

Ages 2-4

1st Place: Alina R
 Runner Up: Dominik H

Ages 5-7

1st Place: Everett P
 Runner Up: Nico C

Ages 8-11

1st Place: Lisa C
 Runner Up: Hannah H

Thank you to everyone who participated.



Terwillegar Community Preschool (TCP) offers provincially licensed preschool programs for 3 & 4 year olds. TCP operates at Terwillegar Community Church.

To find a list of days and times that classes run or for more information please visit:

www.tcchurch.ca

Registration for the 2018-19 school year opens online on **Monday, February 26 at 9:00 a.m.**

Also at Terwillegar Community Church



Single moms joining other single moms. Weeks alternate between cooking take-home meals and connecting through other activities and guest speakers.

Tuesday nights until May 8, 5:30-8:00 pm
 Dinner and childcare are provided. There is no cost to join this group.

For more information or to register, visit www.tcchurch.ca

Community

Terwillegar Towne Homeowners Association welcomes you to 2018!

By Klaus Hoffmeier, Director
Terwillegar Towne Homeowners
Association

Created in 1997, the Terwillegar Towne Homeowners Association (TTHOA) is a private, not-for-profit, association operated for the long-term benefit of its homeowners, representing approximately 2,300 residential and commercial properties. We are self managed, and governed by a volunteer Board of Directors, elected by fellow homeowners at the Annual General Meeting. Membership is automatic and mandatory for owners of all properties within the areas designated "Terwillegar Towne Lands" (visit our website at <https://terwillegartowne.org>). The purchase of your home/property becomes a contract with the TTHOA whereby you agree to obey all its rules and pay an annual membership fee.

The TTHOA owns various lands

and amenities, maintenance and development of which is paid for through membership fees. Restrictive covenants and Encumbrances are registered on all lot titles within these boundaries, and are legally defined to "run with the land". If an owner sells the encumbered land/ home, he ceases to be a member of the association and the new owner becomes a member. With all homeowners following the rules and regulations, there will never be a nuisance neighbor, and property values, based partly on neighborhood condition, will remain positive and stable.

First appearing in mid 19th century United States, a Homeowners Association is a corporation formed by a real estate developer for the purpose of marketing, and selling lots and homes in a residential subdivision. Purchasers are attracted to HOA's by the features



and amenities that significantly exceed the specifications of those that a municipality would provide within their standard template. Association boards are composed initially of developer-appointed members, then of a mix of appointees and of homeowners elected at the Annual General Meeting to maintain the common areas and enforce the governing documents. The mix changes to solely homeowners as the percentage of land/home ownership shifts away from the developer.

TTHOA's volunteer Board of Directors meet regularly, most months of the year. If you have a matter to bring to our attention, you are encouraged to email the "Executive Director" at ed@terwillegartowne.org. Not sure if you're a Homeowner Member-check the map on page 19 of the Terwillegar Towne Brochure, which can be found on the TTHOA website.

RRSP or TFSA Which One is Best For You?

Choosing the right registered savings plan, or combination of plans, depends on your financial situation and goals.

Both RRSPs and TFSAs are tax-efficient ways to save for your retirement and other goals. But, there are some important differences:

Tax Deductibility – RRSP contributions are tax deductible and can help lower your taxable income for the year in which you make the contribution.¹ TFSA contributions on the other hand, are not tax-deductible but any amount contributed, as well as any investment returns earned, is generally tax-free.

Contribution Room – RRSP contribution room depends on earned income, while TFSA contribution room does not. The TFSA contribution limit is \$5,500 in 2018 for Canadians aged 18 and older.²

Withdrawals – While both RRSPs and TFSAs allow you to carry forward unused contribution room, if you withdraw funds from your RRSP, you will lose the contribution room forever. With TFSAs, any withdrawals will be added back to your unused contribution room in the following year.

Maximum Age – While RRSPs must be converted to income in the year that you turn 71, TFSAs can continue indefinitely to house new deposits and grow your savings, tax-free.

RRSPs and TFSAs each have their merits, but to maximize their effectiveness, your personal circumstances and goals must be considered.

► I can review your options and help you make the decision that's right for you.



Miranda O'Brien
Scotiabank Investment Specialist
780-289-1975
miranda.obrien@scotiabank.com



¹ Everyone's tax situation is different. Speak to a qualified tax advisor to discuss your personal situation. Your allowable RRSP contribution room is reported on your Notice of Assessment from CRA.

² If you have never contributed to a TFSA, \$57,500 is the limit for an individual in 2018. Contact the Canada Revenue Agency (CRA) to confirm the amount of contribution room available to you.

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Kids Zone - Coloring Contest



Valentine's Day Coloring Contest

Name: _____	All entries must be received by March 10. Please note: one entry per child. The contest is open to residents of the following areas: Terwillegar, Magrath, South Terwillegar, and MacTaggart.
Age: _____	
Address: _____ _____	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
Phone: _____	Entries should be mailed to: Terwillegar Community League PO Box 36508
Email _____	RPO MacTaggart Edmonton, AB T6R 0T4

Kids Zone

Valentine's Word Search

VALENTINE

HEART

KISS

HUG

LOVE

RED

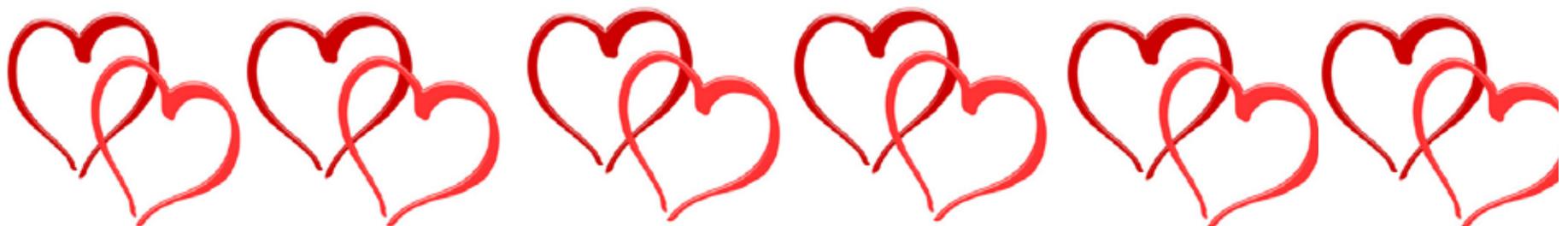
CANDY

CARD

CUPID

FLOWERS

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



Community

Holiday Sale highlights Handmade Items

By Fiona Ko
Fundraising, Terwillegar
Community League

To all the residents of Terwillegar who love local handmade items, but don't want to travel too far, thank you for coming out to our first Terwillegar Community League Holiday Sale!

On Saturday, December 9, 2017, hundreds of Terwillegar residents visited the Terwillegar Community League Holiday Sale at Terwillegar Community Church. Holiday music played throughout as shoppers enjoyed the wide selection of knits, jewellery, arts, and crafts. It was a very special day for small and new businesses sharing their craft, and I am floored by the amount of talent we have in Terwillegar, as well as everywhere else in Edmonton.

On top of all the goodies, we started the day with a visit from a very special fairy tale princess, who made every child feel like royalty. We finished off the day with a grumpy visitor who ironically put us all in a perfect holiday spirit by bringing laughs to everyone. Thank you Terwillegar for coming together and making this event a success!

Here is a complete list of vendors that attended the sale :

- 31 Gifts
- ABC Crafting
- ALO Wellness
- Beni Online Shop
- Book folding by Vic
- Buried Treasure Coffee

- ButterflyCastle
- CJ's Bits 'n' Bobs by Jessica
- Curvy Tabby
- Dr. Christina Bjorndal
- Exactly / Different
- FabFavorites
- FireMonkeyStudio
- Gifts by Janelle
- HundrVidr Clothing
- Jewellery by Chau
- Jewels De Oro
- JW Iron & Wood Design
- Knitted Gifts by Adam
- LAZ Apparel
- LipSense
- Little & Lady Designs
- Little Miss (Bows & Bands)
- Lovely Mess Shop
- Mary Kay
- Mother Song Designs
- MyearthheART
- Nonnie de Beer Art
- Norwex
- Onnaluna Photography
- Oxford Learning Edmonton
- Windermere
- Pampered Chef
- Perfect Sense
- Pretty U by Payal
- Rebel Path
- Ruby Tuesday Pet Design
- Stella and Dot
- Toques by Peggy
- Tracy Rollo Creations
- Travel by Sandy
- Wellness SOULutions by Erin
- Kathan
- Whimsical Entertainment
- Wreaths by Jody
- Vibrant Designs
- Young Living



Check us out on Facebook!

SEARCH:
"TERWILLEGAR COMMUNITY LEAGUE" UNDER GROUPS



Have a contest idea?

Terwillegar Community League would love to hear it.

Email: president@terwillegar.org or editor@terwillegar.org

Community

Helping Hands Project Partners with Operation Friendship for Day of Giving!

By Stephanie Gillis-Paulgaard
Helping Hands Project

The Helping Hands Project started four years ago. Work travel had become a regular occurrence and a large pile of travel size soap, shampoo and conditioner where starting to gather in the pantry.

We soon realized that by adding in a few other basics we could create individual care packages to give out to those less fortunate during the holidays. The first year we managed to pull together about 25 care packages and it has grown every year since.

This year we decided to partner with Operation Friendship Seniors Society. I was introduced to the Society several years ago as a volunteer through the United Way Days of Caring program. It is a non-profit society that provides community-based preventative social services to the seniors of Edmonton's inner city.

At the heart of Operation Friendship Seniors Society is the McCauley Senior's

Drop-In Centre. where seniors find a safe gathering place to socialize, develop friendships, volunteer, and become part of the community. The Drop-In also provides free meals, seven days a week.

This was by far our biggest year to date. Donations started to pour in after a callout on Facebook. Friends, and friends of friends were donating razors, chocolates, socks, toothbrushes, toothpaste and the list goes on. The generosity of so many was overwhelming. We wanted to share the experience with as many as possible so we planned a 'packing party' and invited friends to join us for the afternoon. Our basement floor was covered with supplies and all of the elves worked really hard - we managed to build over 300 packages!



The packages were delivered, door to door by some of our very excited elves. After the special deliveries were complete, we spent time in the drop-in center preparing bagged lunches, handing out boxed chocolates and serving dinner to all of the patrons. It was a very memorable experience!

Thank you to everyone you donated to our little project, to the volunteers who came and helped build the care

packages, to our local Pango for donating pizza to feed all of the volunteers and to Save on Foods for donating all of the bags used for the care packages. Know that you made a difference !

For more information on how you can get involved with Operation Friendship Seniors Society, contact Jimmy their Community Relations Supervisor at (780) 408-2958 or via email at jimnym@ofss.org



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

A friend of mine asked, "When does one become a senior citizen?" It was such a great question and it led me to do a thorough research. The bottom line answer is "When YOU choose to!"

Several factors are involved. First of all, our Canadian government does not have an official age delineation of what age an individual becomes a senior. However, Old Age Pension only begins at age 65, whereas Canada Pension Plan can start as early as age 60. Guaranteed Income Supplement which is based on income starts at age 65. Alberta Blue Cross starts at age 65.

The norm for retirement age used to be 65, but now people are retiring at age 55 or earlier, or choosing to stay employed until their 80s. Many associations, like SWESA, respond to this variety by allowing memberships for those who are 55+.

Another interesting thought is that if you look at the range of seniors, from age 50 to 100+, we are looking at a very long time span. That's five decades, three or more generations. It is impossible to have a one-size fits all cookie-cutter option for programs. We need to look for something that will appeal to younger seniors, middle seniors, and the elder seniors. What might be appealing to one group, may not be for another group. The options of programs offered by SWESA is open to any age and inclusive, no matter the senior's age, health, mobility, or diversity.

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

Businesses offer discounts to customers who are 50, 55, 60, or 65, and sometimes just because you look like a senior, but we can choose to enjoy the savings, or boycott them. Our culture has been focused on the attractiveness of youth, which puts seniors in a marginalized segment based on our appearances. Now, why are wrinkles not as appealing as the fresh bloom of the young? Or why is grey/white hair not seen to be stylish, rather than purple tips and mohawks? Why is our more cautious pace not appreciated or valued for the proactive care we take for safety compared to seemingly reckless speed of the young? Perhaps if everyone chose the senior-sized meals at restaurants, would there be less obesity or waste?

Playing bridge, mahjong, or cribbage for three hours with others demands a high degree of concentration, but also provides social interaction, challenge, and fun. Some seniors go to university for three weeks in the spring to attend the Edmonton Lifelong Learners Association offerings of almost 50 courses that are academically rigorous. Being a senior gives you choices, and how you choose to engage in life after your work career is your option. This is called the third age of learning, the area defined as the period of life after active retirement. Some choose creative arts, some choose lifelong hobbies to develop, others catch up on reading, or challenge themselves in a myriad of ways.

Being a senior, according to gerontologists, involves

chronological age, biological factors, psychological aspects, social engagement, and developmental issues. We are a challenge, and to view us is to see complicated.

Pew Research Center found that younger people defined being "old" as younger ages, like 55 or 60. However, seniors described feeling 15 years younger inside in spite of their chronological age, and selected a much higher age for defining "old", like 80 or 85.

The Canada National Framework on Aging states that Canada is a place for all ages, to promote the well-being and contributions of older people in all aspects of life with the five core values of dignity, independence, participation, fairness and security.

Canada is a good place for seniors, and so is Edmonton, because of its Age Friendly mandate. Edmonton helps seniors to be involved in the community, and provides access to seniors' centres, support groups and services.

SWESA is the newest of Edmonton's Senior Districts, and as such, we are the only ones who do not have a building of our own. To adapt to these unusual circumstances, we have developed a "Community Partnership" model to bring programs to the different neighborhoods within our geographic boundaries. We welcome your ideas and requests as we move forward.

Please check our website for our latest Winter Program Guide. We have so many great weekly programs

as well as exciting speakers at our Toonie Talks. Our motto is to be very welcoming to all who join us! We hope to see you soon!
<http://swedmontseniors.ca/>

Don't forget that we have a dynamic Home Supports Program operated by Barbara Newell coordinating the services for our community, including snow removal, yard work, housekeeping and minor repairs.

Contact her by email at: Hs@swedmontseniors.ca or phone at 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

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!

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!

Community

Is it (House) Hunting Season Yet?

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

On Valentine's Day, spare a thought for your shingle friends. They are our first line of defense against the elements and they literally keep the water off our backs; the humble shingle is a critical component of your home's building envelope. Considering how important they are and how costly the damage can be if they fail, it is a good idea to check on them throughout the year. In fact, you may want to put a reminder in your calendar and make a date with those shingles.

Shingles vary in quality and typically last anywhere from 20 – 40 years. However, even an expensive 30 or 40 year shingle may wear a lot faster depending on their exposure, the severity of the weather and the quality of the installation. As many homes in the Terwillegar area are nearing 20 years of age, it's a good time for a refresher on some of the things to look for:

- **Lifting.** The most obvious problem is when shingles start to curl. Not in the "grab a broom and hurry hard" kind of way either. When the edges or the middle of the shingles start to lift, then that's a sign of weathering to the point where leaks may be imminent.

- **Gaps or Cracking.** These are often the result of wind damage, so always remember to take a look after a period

of strong winds. If only a few shingles are missing or cracked, then they can be replaced (although colour-matching may be difficult). If it is spread over a large area, you may need a new roof.

- **Granules in the Gutter.** Asphalt shingles will have little granules covering them – these are to help keep the sun off the asphalt and help it last longer. It is common to find them in the gutter on a new roof, but if your roof is more than several years old and you see a bunch of granules in the gutter then it could mean they will start to deteriorate far more quickly in the sun.

- **Sunlight in the attic.** This is pretty obvious, but it's worth poking your head up into the attic to see if sunlight is coming through anywhere. If sun can get in, then so can rain and snow. Also check for water stains and monitor them after rainfalls; if the stains grow or change, it could indicate an ongoing leak.

And always remember to take precautions – the last thing you want is for your date to end in an accident. Most problem signs are visible from the ground but if you want a closer look, make sure you know how to safely use a ladder. If there are problem signs, contact a couple of roofing companies for closer inspections and cost estimates.

Lastly, even if you are thinking of selling your home you should know that a worn-out roof can have a huge impact on a

potential buyer's first impression of your home. For many buyers, a poor-quality roof suggests "fixer upper" and that will taint their impression of the whole home. On the plus side, getting a decent new roof does not have to be too expensive, and it is one of the key improvements you

can do where you can get your money back.

Regardless of whether you love your home or really want out, pick a sunny day and check out the hot shingles in your area.

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



YOUNG PEOPLE (15-24)
ARE MORE LIKELY TO
EXPERIENCE MENTAL ILLNESS
AND/OR SUBSTANCE USE DISORDERS
THAN ANY OTHER AGE GROUP.

Community

How to Avoid the Couch Potato Syndrome

By DarleeAnn Mathieson, RMT

After the excitement of the holidays when your busy festive schedule dies down, it's natural to want to curl up on the couch & hibernate. Mother Nature with this cold dark weather has given us the perfect excuse. It's tempting not to take her up on it.

However, you know being a couch potato isn't going to do anything for your waistline, your fitness levels or your sense of well being. Keeping active on a daily basis is important for your overall health. So, if you want to be in fit and look good when that white stuff melts and the warm weather arrives you'll have to do something about it.

Here are a few tips to get off the couch whatever the temperature is outside.

1. Get Fit At Home – Purchase

an exercise DVD or watch an exercise program on tv. This is one of the easiest ways to exercise if you don't like the idea of going out in the cold. Set a time to do your fitness routine regularly, or get a family member to join you to make it more fun.

2. Embrace the Season & Your Favorite Winter Sport – Yes it is cold out there, but sunny days & the crunching snow is calling you. Time to dust off the downhill or cross country skis or lace up the skates. You will be warm in no time, not to mention how much fun you'll have.

3. Buy a Gym or Recreation Centre Membership – Hopefully we have less than four months of winter left and a membership can provide you with a variety of different activities like badminton, basketball or fitness centre options or land based classes such as yoga or pilates. Grab a friend and do it

together to keep motivated.

4. Bundle Up and Go for a Walk – As long as it's not cool cold, there is no reason you can't dress warmly and go for a nice walk. Did you know our river valley is beautiful in the winter? Plan a walk every weekend with a friend or family member. Walking is a great way to socialize

5. Reward Your Healthy Commitment – Go get a

therapeutic or sports massage to keep your muscles loose and flexible & game ready for all your winter activities.

If you make an effort to stay fit in the winter months, it will be so much easier to keep it going during the spring and summer.

Besides, think of how good you will look in your summer clothes!



Start a Conversation About Mental Health

Public Service Announcement

Every year, an estimated 1.2 million Canadian children and youth are affected by mental illness. (Risk Analytica/ Mental Health Commission of Canada 2011 Impact Study)

70% of mental health problems and illnesses have their onset during childhood and teen years.

Government of Canada. (2006). The human face of mental health and mental illness in Canada Young people (aged 15-24) are more likely to experience mental illness and/

or substance use disorders than any other age group.

Waddell C, Offord DR, Shepherd CA, Hua JM, McEwan K. (2002). Child Psychiatric Epidemiology and Canadian Public Policy-Making: The State of the Science and the Art of the Possible. Can J Psychiatry, 47(9), 825-832

Suicide is the #1 cause of non-accidental death among youth.

For 90% of teens who die by suicide, there is an underlying mental health problem.

Arsenault-Lapierre G, Kim C, Turecki G. BMC

Psychiatry 2004, 4:37 doi: 10.1186/1471-244X-4-37

One in seven young Canadians have at some point in their life reported having suicidal thoughts.

Statistics Canada, 2012 Canadian Community Health Survey – Mental Health

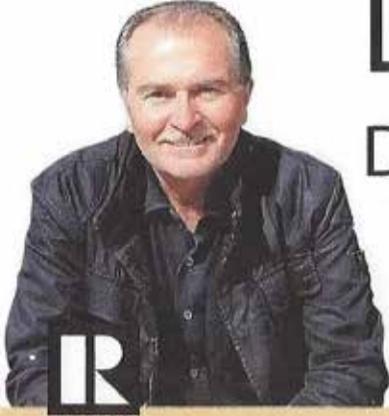
In a poll with young people contacting Kids Help Phone, half said they would turn to a friend if facing mental health problems, with mom a distant second at 30%. 20% would not share their pain with anyone.

For
Immediate
Support
call 211
or visit
eMentalHealth.ca

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**1.2 MILLION CANADIAN
CHILDREN + YOUTH ARE**

AFFECTED BY
**MENTAL
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R
REALTOR

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



February Winter Activities



FEB 9-12 2018 · HAWRELAK PARK · FREE WEEKEND SHUTTLE

[#silverskatefest](#) [@silverskate](#) [#silverskatefest](#)

SNOWSHOE RACES
10AM SATURDAY FEB 17, 2018
1KM FAMILY FUN SHOWSHOE RACE
5KM & 10KM SNOWSHOE RACES
PROUDLY PRESENTED BY SILVER SKATE FESTIVAL IN PARTNERSHIP WITH SNOWSHOE CANADA



WWW.SILVERSKATEFESTIVAL.ORG



FATBIKE FEST



THE DEADCOLD RUN

Membership Benefits

Membership Type	Membership Benefits <i>(Perks only apply to those with a valid membership)</i>
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 <i>(Minimum Purchase of 5 Maximum of 20)</i>	<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 <i>(Requires Void Cheque or Pre-Authorized Debit Agreement)</i>	<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:

February 9: #Empower - Lillian Osborne Highschool

February 19: TCL's Family Day Event

February 17: Silver Skate Horseshoe Race

February 18: The Deadcold Run

February 18: Fat Bike Fest

Run Until **February 28:** Ice Castles in Hawrelak Park

March 30: Video Games LIVE

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 5
March 2	April 2
May 4	June 4
July 27	August 27
October 19	November 26

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

Ice Castles in Hawrelak Park
 Until February 28th

*Public Service
 Announcement*

Ice Castles in Hawrelak Park (9330 Groat Road) will be running until February 28th!

Step into the ultimate winter wonderland when you visit the giant Ice Castles.

This enchanting acre-sized castle is crafted by hand using only icicles and water. Venture through the stunning, Narnia-like display and snap a selfie at some favorite photo spots including the throne room, in front of the waterfall and throughout the winding ice maze.

Monday-Thursday

Online- General Admission (12+): \$12.95 Child (4-11): \$9.95

Walkup (Standby)- General Admission (12+): \$17 Child (4-11): \$13

Friday-Sunday

Online- General Admission (12+): \$16.95 Child (4-11): \$11.95

Walkup (Standby)- General Admission (12+): \$20 Child (4-11): \$15

*Pricing on the Holidays is the same as weekend

pricing

**0-3 years old are free – not required to have a ticket

***Prepaid ticket holders receive priority entrance before Standby



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@tutordocor.com

Former English teacher will help edit essays, research papers, manuscripts, and more. ESL welcome. Tutoring available.
 Contact Janet at Ed-it Write: janet.kawchuk@gmail.com or Facebook: www.facebook.com/editwrite.ca
 780-964-1215

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
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 Fundraising — Fiona Ko, fundraising@terwillegar.org

Other Contacts
 Community Garden — Amanda Hunt, garden@terwillegar.org
 Editor — Stephanie Gillis-Paulgaard, editor@terwillegar.org
 MacTaggart Rep - vacant, advocate@terwillegar.org
 Magrath Rep - vacant, dalm@terwillegar.org
 Neighbourhood Watch - vacant, watch@terwillegar.org
 Programs Aide - vacant, programaide@terwillegar.org
 South Terwillegar Rep - vacant
 Terwillegar Gardens Rep - Sue Trigg, daltg@terwillegar.org
 Terwillegar Towne Rep - Monte Weber, president@terwillegar.org

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