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[www.terwillegar.org](http://www.terwillegar.org)

Issue 49 November 2013

**Next submission deadline:**

**January 10, 2014**

**Next issue: February 10**

TCL is sponsoring its annual HOLIDAY LIGHTS CONTEST.  
Nominate your neighbour today! See page 4 for more details.  
Or visit our website at [www.terwillegar.org](http://www.terwillegar.org)

# This Christmas, what do you get the person who has everything?



By Monte Weber, Treasurer Terwillegar Community League

How about a donation in their name to the South Terwillegar Spray Park and Playground? Donations over \$250 will get their name included on a plaque at the park!!!! What a wonderful and enduring way to show support for our community!

The South Terwillegar Spray Park began construction in September 2013 and is slated to open next summer. Next to the Spray Park, we also want to build a playground for children of all ages, complete with shade structure, picnic tables and benches. This will be a wonderful addition to our community - not to mention THE best summer destination on the south side of Edmonton!

Imagine how nice it will be to walk over to the park with your kids to cool off on a hot summer day and visit with your friends and neighbours. If this sounds good to you, please donate now!!

We are hopeful that with the help from our wonderful community we will be able to raise enough money to fund this entire project and have construction completed in the spring so it can open next summer.

We can't do it without you!! Donations over \$20 will receive a tax receipt. Donate before December 31 and get a tax receipt for 2013. Please see page 2 for a copy of the donation form, and please feel free to contact us if you have any questions at [treasurer@terwillegar.org](mailto:treasurer@terwillegar.org) or 780-231-6114.

Also, keep your eyes open for our door to door canvassers over the next couple months!

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# Community President's Message

By James Richardson, President Terwillegar Community League

Hello all!

This will be my final message as President of the Terwillegar Community League. I previously served in the Vice President Role, and in the President role this past year. Over the past two years I have had the opportunity to help make some amazing things happen in our community that contribute to our quality of life and making it a better place to call home. The League and its volunteers (great community members like you!) have worked hard on a number of successful initiatives and events – you might not even realize just how many things have been brought to you by the Terwillegar Community League!

In the summer of 2013 the League brought you an amazing Canada Day celebration that was fun for all ages; a popular Green Shack program at both Magrath and Tomlinson Park; and the beloved Toonie Carnival in August. I know a great number of families and community members took in these events and really enjoyed themselves. This past year the League piloted a block party barbeque initiative that had some good take-up and enabled neighbours to get to know one another right on their own street. Look for these and maybe other events next summer too!

Moving into the fall we held the Halloween fireworks which are always a big hit with kids and adults alike. I have taken my family to Tomlinson Park for the fireworks for the last three years and we have fully enjoyed it each time. Livening up the community in December is the Christmas lights competition. This year will probably breed even more friendly competition than last year with some great displays adding to our community Christmas cheer.

But wait! There is more! The Terwillegar Community League has also been hard at work developing fantastic amenities in our neighbourhood. The Magrath playground was completed early in 2013 and we have broken ground on the South Terwillegar Spray Park and Playground this fall with a 2014 completion date. The community gardens and the Terwillegar Playground (by the two schools) are also brought to you by the League and its hard working volunteers. Coming in the next year or so will be the MacTaggart Playground and maybe a community hall down the road!

These are just the high profile events and initiatives that are brought to you for your enjoyment and to build a stronger sense of community where we all live. That is the main role of your community league and it is powered by passion and volunteers! If you want to be part of making these great things happen I encourage you to regularly watch our website: [www.terwillegar.org](http://www.terwillegar.org) and get in contact with our volunteer coordinator: [volunteercoordinator@terwillegar.org](mailto:volunteercoordinator@terwillegar.org) to get involved – opportunities abound! Bring your skills and passion, meet some new people and learn something new, that's what volunteering is all about. Dive in! You will be glad that you did.

Following our November 27, 2013 Annual General Meeting, the Terwillegar Community League will have a new President and some new energy to dive in to the next year of building a strong community. I have gained some new friends and some fascinating experience in my time with the League board. I will continue to volunteer in other capacities and I look forward to meeting more of my neighbours along the way while watching the Terwillegar Community League continue to thrive over the next year and beyond!

Kind Regards,

James P. Richardson

**Get Involved!**  
Join the Terwillegar Community League today!

## Terwillegar Community Parks Donation Form

**Yes!** I would like to support the development of Terwillegar Community Parks!

Included is my cheque for:

- \$100
- \$250 (family name at Park)
- \$2,000 (plaque on bench or similar)
- \$4,000 (plaque on picnic table or similar)
- Other \$ \_\_\_\_\_

If donating \$250 or more, how would you like your name to appear at the park? Example: John Smith OR The Smith Family  _____  You may be contacted by phone for further details.  Which Park would you like your name at? <input type="checkbox"/> South Terwillegar Park <input type="checkbox"/> Mactaggart Park
---

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ Postal Code \_\_\_\_\_

e-mail address \_\_\_\_\_  check if you would like to receive updates by e-mail

check if you would like to volunteer for the Terwillegar Parks Committee

**Send your cheque and this form to:** Terwillegar Community League • 5970 Mullen Way PO Box 36508 McTaggart PO, Edmonton, AB T6R 0T4

Please make your cheque payable to "The City of Edmonton", with a note of "Terwillegar Community League Parkland Development Donation"

All donations of \$20 or more will receive a tax deductible receipt from the City of Edmonton in February of each year.

*The Terwillegar Community League (TCL) is incorporated in Alberta as a not for profit organization and is requesting donations to the City of Edmonton to support the construction of the parks in the TCL area. Donations are held in trust by the City of Edmonton for use by the League for park construction. Donation receipts will be issued by the City of Edmonton. This campaign is estimated to raise \$40,000 and will cost approximately \$200. Our address is 5970 Mullen Way, PO Box 36508 Mc Taggart PO, Edmonton, AB, T6R 0T4. If you have any questions, please contact our Treasurer, Monte Weber, at 780-231-6114 or by e-mail at [treasurer@terwillegar.org](mailto:treasurer@terwillegar.org).*

# Community

## The bright light on the way to school



Photos: Jenn Gilliard

By Jenn Gilliard

How do your kids get to school? Bus? Car? Walk? Many children walk to and from Monsignor William Irwin (MWI) school and have to cross a busy Towne Centre Blvd. For those who need to cross, it is definitely nice to see a new set of amber flashing lights.

The lights were installed at the beginning of September 2013 at the corner of Towne Centre Blvd / Taylor Green and Tompkins Way. Prior to this, the intersection did have a crosswalk but was uncontrolled by lights. Some parents had written letters to the city about safety concerns crossing the street and they are pleased the city has taken their safety concerns seriously and provided the amber flashers.

Susan Wuite walks her 2 children to school and says, "the lights bring greater awareness to the intersection; however, both children and parents need to realize that just pressing the walk button doesn't mean cars will automatically stop. Please ensure you're making eye contact with drivers, before stepping out into the street, and be conscious of approaching vehicles."

While parents often accompany their children across the street, this is not always the case. Emma McNally who also uses the crosswalk, would like to remind drivers and parents of their shared responsibility in ensuring everyone gets across the road safely. "Drivers need to remember that the vast majority of pedestrians using the crosswalk are elementary aged children, often unaccompanied. They need to take extreme caution and be aware of the deadly consequences of their speed and/or lack of attention to their surroundings. Also, as a crosswalk pedestrian, I've been aware of cars turning into the road before I've even made it to the mid point in the road. This practice is extremely dangerous, especially where children's unpredictable behavior is concerned."

According to MWI administration there are over 600 students attending the school and over 300 either drive or walk to school. Some parents who drive have to park on the other side of Towne Centre Blvd and walk their children across due to the number of cars on Taylor Green. Ongoing communication has taken place since as far back as November 2011 regarding traffic issues. "We recommend a crosswalk at Terwillegar Way," says Monique Gibeau Vice Principal, MWI.

As a community we need to make sure our children are making their way to school safely. This is a reminder to all, to be watchful of your surroundings, and keep our children, the brightest lights in our life safe by watching for the "bright flashing lights!"

**THANK YOU!!**  
**Terwillegar Community**  
**League Board would**  
**like to thank you for**  
**your support this**  
**year. We are looking**  
**forward to 2014!**

## Random Acts of Kindness

Need some inspiration?

The Random Acts of Kindness website offers all kinds of ideas, stories and resources about how to practice kindness at home, at work and in your community. Why not take a few minutes to relax and read or watch a video:

[www.randomactsofkindness.org](http://www.randomactsofkindness.org)



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# Community

## Halloween was spooktacular



Terwillegar loves Halloween! We hope you had a chance to take a drive or a walk around the community before the big day, to truly appreciate the spirit of Halloween that haunts Terwillegar each year.

Halloween night brought out all the ghosts and ghouls. Excited children and families trick or treated filling their bags with goodies as they made their way towards Tomlinson Common Park for the big finale.

The community was once again blown away by a fabulous fireworks display put on by the Terwillegar Community League. Thank you to the many volunteers who assisted to make the night a success. Your commitment to the community is so greatly appreciated.

Watch the TCL Facebook page and Website [www.terwillegar.org](http://www.terwillegar.org) for upcoming Community Events

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**TCL Holiday Lights Contest**

My favourite part of winter is the holiday season. We all get to enjoy spending time with our neighbours as we shovel the snow off our sidewalks, dangling with one foot on a ladder as we reach out to put the last decoration on the tree, burning tongues on hot chocolate/gingerbread lattes, and of course, the lights that warm up our communities showing our holiday spirits.

As part of the most wonderful time of the year, the Terwillegar Community League wants to recognize the families in our community that contribute a little extra festive cheer through their exceptionally merry Holiday Lights displays.

Friends, neighbours and proud decorators are asked to nominate a home in your community for the contest. Go to [www.terwillegar.org](http://www.terwillegar.org) and follow the link to the Holiday Lights contest. Nominate your neighbor by providing a picture of the home, the address, the home owner's name (if available), and your (nominator's) contact information. The last day for nominations is **December 18<sup>th</sup>** and prizes will be awarded over the holiday season.

# Spiritual

## Never too late to say "thanks"



By Ken McDonald, Pastor Terwillegar Community Church

Canadian Thanksgiving usually catches me off balance. The holiday comes so quickly after the fall launch that I typically don't feel ready for the celebration. The good thing is that by the time some of my American family are celebrating their Thanksgiving holiday, I am finally in step.

Researchers have proven what most parents probably knew instinctively: gratitude doesn't come naturally. In her book entitled "The Gift of Thanks", Margaret Visser cites a study which observed how parents teach their children to say "hi," "thanks," and good-bye." The children in the study spontaneously said "hi" 27 percent of the time, "good-bye" 25 percent of the time, and "thanks" 7 percent of the time. Parents had to prompt their children to say "hi" 28 percent of the time, "good-bye" 33 percent of the time, and "thanks" 51 percent of the time.

Based on this research Visser concludes that learning to be thankful involves a steep learning curve. She writes, "In our culture thanksgiving is believed to be, for most children, the very last of basic social graces they acquire ... Children have to be 'brought up' to say they are grateful. The verb is passive: they are brought up, they do not bring themselves."

Visser also notes that, although we have to grow into the practice of thanksgiving, once we finally learn to be grateful, we seldom forget it: "Such phrases [like 'thank you'] become so ingrained in us that they last when almost everything else has been forgotten. In states of aphasia, or in people suffering from Alzheimer's disease, these little phrases often survive the shipwreck of other memories."

Clearly, these are some of the best words to survive when everything else seems to disappear. It's important for this word [thanks] to survive in our families and in our community. When we are grateful we are generous and supportive.

I love the story of the immigrant shopkeeper whose adult son came to see him one day complaining, "Dad, I don't understand how you run this store. You keep your accounts payable in a cigar box. Your accounts receivable are on a spindle. All your cash is in the register. You never know what your profits are." "Son, let me tell you something," answered his dad. "When I arrived in this land all I owned was the pants I was wearing. Now your sister is an art teacher. Your brother is a doctor. You are a CPA. Your mother and I own a house and a car and this little store. Add that all up and subtract the pants and there is your profit."

Dad was careful to have the right perspective, the right heart and gratefulness for how well he had done in a new land. Did he have the latest software accounting package? No, no...but was he grateful for what he had? No spirit of entitlement but a sense of gratitude for all his good fortune.

It's easy to lament what we don't have but yet how awesome to declare the many ways in which we have been blessed. Let's remind ourselves of how blessed we are to live in our community. I met a family recently who said they never dreamed of living in this community but now by a series of decisions, they are new Terwillegar residents and they are loving it. Let's remind ourselves of the amazing people that live in our community and how much better our lives are because of the people just down the street!

If you missed the prompt of Canadian Thanksgiving, catch the second one in just a short time and be reminded of the goodness of God in your life.

Upcoming  
**Events**

Mark Your Calendars

**Terwillegar  
Community  
Church**

**\* Winter Delight - Sleigh Rides**

• Saturday, November 23 from 4-6pm

**\* Christmas Services - December**

• @ 10am. Hot Brunch to follow.

**\* Christmas Eve Service**

• @ 5pm



spots still available in preschool for Jan. 2014 - register online @ [www.tcchurch.ca](http://www.tcchurch.ca)

## Southminster-Steinhauer church welcomes you

By Trish Young, Southminster-Steinhauer Church

Would you like to find some different ways to celebrate the Christmas season? Southminster-Steinhauer United Church has some suggestions. If Christmas is a sad and difficult time for you, maybe you'd like to join us for our Blue Christmas, a quiet reflective service, on Wednesday, December 18th at 7.30pm.

If you like the old seasonal celebrations, the Winter Solstice celebration reflects on the longest night of the year and anticipates the growing new year light, on Saturday, December 21st at 7pm. This is followed by a chance to walk our indoor labyrinth.

On Christmas Eve, we start at 4pm with a celebration for young children with crafts, stories and songs. At 7pm, a celebration for families with all the favourite Christmas carols. Then at 11pm, candlelight, carols and celebrating the first Christmas story.

We're at 10740-19 Ave and we'd love to welcome you!

# Community

## WeCan food basket comes to Terwillegar

By Reverend Nick Trussell, Holy Trinity Riverbend Church

The Wecan food basket society makes your grocery dollars more fruitful (and vegetable). By making a large purchase directly from a grocery supplier (TGP, The Grocery People) Wecan makes sure every low cost fruit and veggie, or meat order gets the best fresh produce and frozen meat possible. Wecan is a non-profit, running their office with just the \$5 membership fee and through other donations and sponsorships. That means every dollar for every basket goes right into your fridge or freezer. It's not a food bank (because you're purchasing your groceries with your money) it's more like a huge run to Costco (only cheaper!). Anyone who needs to stretch their food budget is welcome to take part, singles, seniors, growing families, anyone. There is no commitment or expectation. One month a member could order nothing and the next month a bunch of both types of baskets.

Monthly buying meetings of the Wecan board are held to determine the contents of the food order, taking into consideration the "best buys", membership preference, and seasonal choices. So for most of us each basket is a surprise until pick up day and also includes a comparison shopping list of its contents and suggested recipes using the basket.

Holy Trinity at 1428 – 156 Street NW in Terwillegar Towne is the first depot in our part of the city. Orders can be placed anytime the first Friday of the month (9am-4pm or call for other times) and orders picked up the third Friday (10-12 and 4-6 or other times by appointment). Baskets of fruit and veggies are \$10 and baskets with three cuts of frozen meat are \$15. If you'd like a few extra fresh foods on hand or to help extend your grocery dollars then give it a try. More info, including a sample of basket contents and the monthly newsletter can be found at [www.wecanfood.com](http://www.wecanfood.com)

## Make some room this Christmas

By Reverend Nick Trussell, Holy Trinity Riverbend Church

My two brother's and I shared a bed room and at Christmas the head count in our room would often swell to include a visiting cousin or three. Every possible space in the house would be converted to hold holiday guests. It was a delight to have generations crammed together to celebrate Christmas to share that joy together. It didn't seem to matter that the dining table was too small or that the hide-a-bed wasn't a perfect night's sleep. Even the stress and arguments that were inevitably part of the close quarters package couldn't seem to out shine the gift of being family together.

It was a scenario something like this that Jesus was born into. Travelling family was gathered together in close quarters of a back water town called Bethlehem. The gathering probably didn't happen with the expectation of joy to share, or with a vision of happy family moments. Being brought together by political decree doesn't tend to engender those feelings. The familiar line from the Gospel according to Luke tells us Mary "gave birth to her firstborn son and wrapped him in bands of cloth, and laid him in a manger, because there was no place for them in the inn." (Luke 2:7) The last word in the sentence however, would really best be translated as "guest room". Luke uses the same word for where Jesus' last supper would take place. Bethlehem was actually far too small to have a place for travelers to hire a room and Mary and Joseph were traveling to Joseph's home town, so staying with family would seem to be the best arrangement. Of course everyone else was coming home too! The house was full, there was no room for the expecting mother in the guest room so they had to do their best with the manger out back.

That may be a situation you can relate too. The happy last minute phone call (or knock at the door) from a family member who can make it after all. With all the beds full and all the turkey accounted for what do you do? You make room and make due and make a welcome because it is good news that they are with you.

That's the challenge of Christmas; can we make room in our homes, in our families, in our full calendars, for God among us? Will we rejoice in the good news that Jesus has come to visit? We may not have much to share and may feel overwhelmed already with the demands of holidays but can we make Christ part of the celebration? We may find that making room for God brings a joy, peace, hope and love to the gathering we had not expected. May your Christmas gift this year come wrapped in bands of cloth. May God's life beginning growing in you and your household wherever you have room, and may it change everything! Blessings.

### Brookview Community Preschool

Space still available in the  
3-year old program

Morning & afternoon classes

Contact:  
Jennifer Plambeck, Registrar  
[info@brookviewpreschool.com](mailto:info@brookviewpreschool.com)

Please check our website  
[www.brookviewpreschool.com](http://www.brookviewpreschool.com)  
for the registration form,  
policy and further details



Brookview Community Centre, 280 Bulyea Road

### Holy Trinity Riverbend

Your Neighbourhood Church

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Family Worship Dec. 24th 4pm

### Sunday Worship

10am Family Friendly Worship

11:30am in Cantonese

### Carol Sing & Christmas Craft

Dec. 8th 2pm Sing Carols & hear the Christmas story as  
we make & bless ornaments for your home.

### Christmas Eve Celebration 4pm

4pm Family friendly celebration and worship of God  
with us in Jesus. Everyone is welcome!

### Christmas Day 10am & 11:30am

10am Family Friendly Worship

11:30am in Cantonese

# Community

## A harvest of life renewal

By Paul Norton, Children's Ministry Leader at Life Renewal Chinese Baptist Church

Harvest time is here and it has finally happened! A Mandarin speaking church, as ripe and as ready as all our fresh year end produce, awaits your enjoyment. Our small hearty group of diverse individuals have been working hard to bring you meaningful programs and Mandarin speaking community activities. What was once our hope and plan has now become a reality. Life Renewal Chinese Baptist Church is now ready and conveniently located right in Terwillegar Towne (1751 Towne Centre Blvd NW).

Don't let our name fool you though. We cater to the English speaking community as well. Most of our services are conducted in Mandarin, but there are many who speak English among us. It is our expectant hope for the future that we may offer you programs and activities that will be helpful and relevant; foster and strengthen relationships; and refresh your life.

We already have a few programs available, and more to come! Among those we currently have are an adult ESL class (taught by a native English speaker), children's ministries, and socials. Please, allow me to detail a couple key services we offer as a Chinese church.

Sunday services begin at 2:30 pm led by Pastor Evan Yang. Services are held in Terwillegar Community Church. This facility is only 1 year old and offers a very comfortable setting for the growth and connection of our Mandarin community. Shortly after service, beginning at 4 pm, there is an adult's bible study for learning about the basic foundations of the Christian faith.

Also, Saturday evenings we often offer a movie night, or may host a visiting lecturer to help strengthen the family and individual. Such activities along with lectures include workshops and training seminars which are offered both in Mandarin and English. Examples of topics covered range from parenting and marriage to anger, depression, and problem solving skills. Invited professionals and experts come to speak specifically at these events for our benefit and life renewal. You may attend these sessions for yourself or to better advise a friend you care about. These may be specially scheduled events but generally take place during our Saturday Bible Study time each week at 7 pm.

About once a month we invite you to bring some food from home and enjoy a community pot luck with us. This is also on Saturday starting earlier so we may enjoy community and good food before the Saturday night event. There are so many wonderful opportunities to share and become involved.

Of all our hopes for the year end the hope of adding more quality people to our numbers is among those hopes that rate high in our hearts. You're the produce of our harvest, but so much more valuable than a squash. Let us gather at Life Renewal Chinese Baptist Church and enjoy the bounty of new friends and smiling faces. We look forward to serving you and along side you in the exciting days ahead. Happy harvest celebrations! And, may you find plenty as you celebrate with friends and family this harvest season.

生命更新浸信教会

Life Renewal Chinese Baptist Church

1751 Towne Centre Blvd NW,  
Edmonton, AB, T6R 3N9

www.LRCBC.ca

Telephone: (780) 433-4124

Email: evan@lrcbc.ca

### What IS Neighbourhood Watch?

It's a program aimed at reducing crime in the community. Becoming a member is fun and easy! All you have to do is:

- Be a little social.
- Get to know your neighbours and introduce them to the Neighbourhood Watch Program.
- Encourage residents to watch out for each other to reduce crime in your community.
- Use your eyes and ears to become active citizens for the police. Report no matter what!
- Receive ENW materials and support on how to report suspicious activity in your neighbourhood.
- Receive the many safety tips to reduce opportunity for crime to occur.

It's people helping people to prevent crime!

Terwillegar Community League would like your support to start a Neighbourhood Watch program. A coordinator is needed. If you don't think that the Coordinator position is right for you, then become a member. Be the eyes and ears of our community. Report all questionable activity to police.

The emergency number for reporting a crime in progress is 9-1-1.  
The phone number for non-emergency complaint calls is 780-423-4567.

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# Local Politics

## Supportive Housing in Terwillegar



*Message from Honourable Dave Hancock, MLA Edmonton Whitemud*

Bishop Jane Alexander of the Anglican Diocese told media that the diocese and the Holy Trinity Riverbend Anglican Church in Terwillegar will not be moving forward with the Jasper Place Health and Wellness Centre supportive housing proposal. The Bishop indicated the Diocese's continued support of the 10 Year Plan to End Homelessness and that they will be looking for new proposals.

I commend the Bishop and the Holy Trinity Riverbend Anglican Church for their commitment to the 10 Year Plan to End Homelessness and for the Diocese and church's commitment to finding a proposal that will be successful for formerly homeless Albertans and the community of Terwillegar. I am fully supportive of the Bishop's efforts and look forward to working with her, Minister of Municipal Affairs Doug Griffiths, Member of

Parliament James Rajotte, Mayor Don Iveson, Councillor Bryan Anderson, and Homeward Trust on finding the right supportive housing proposal for Terwillegar.

As I have said throughout this process, I fully support appropriate supportive housing in communities across Edmonton – including Terwillegar. Morally, ethically, and as responsible stewards of public funds, we have an obligation to end homelessness in our communities. All Albertans, including those living in suburban Edmonton communities, must play a role in ending homelessness. I am pleased to see that Terwillegar residents have also expressed their commitment to being part of the solution to ending homelessness in Edmonton. The Redford government remains committed to investing in families and communities. Edmonton and Alberta are national leaders in ending homelessness and the 10 Year Plan to End Homelessness is a priority for Premier Redford. The plan has successfully housed and supported over 7,700 formerly homeless Albertans

Edmonton Whitemud Constituency Office  
#203, 596 Riverbend Square  
Edmonton, AB T6R 2E3\b  
Phone: (780) 413-5970  
Fax: (780) 413-5971  
Email: [Edmonton.whitemud@assembly.ab.ca](mailto:Edmonton.whitemud@assembly.ab.ca)

Legislature Office  
224 Legislature Building  
Edmonton, AB T5K 2B6  
Phone: (780) 643-6210  
Fax: (780) 643-6214  
Email: [dave.hancock@gov.ab.ca](mailto:dave.hancock@gov.ab.ca)

## New schools coming for south side

The signs at Heritage Valley and Terwillegar Heights school sites were recently unveiled. Both sites are located in southwest Edmonton. Once built, Heritage Valley will have the capacity for 600 Kindergarten to Grade 6 students, while Terwillegar Heights will have the capacity for 900 Kindergarten to Grade 9 students.



*MLA for Edmonton South-West Matt Jeneroux, Board Chair Sarah Hoffman, and Superintendent Darrel Robertson pictured at the Heritage Valley School site.*

*Minister Dave Hancock, Board Chair Sarah Hoffman, Trustee-elect Nathan Ip, and Superintendent Darrel Robertson at Terwillegar Heights School site*



# Thank you...

*Thank you very much for all the support you gave me on October 21st. I am committed to giving you answers to your questions, providing you with the information you request, and effectively dealing with any problems you have.*

*Gratefully yours, Bryan Anderson*

*Contact me at 780.496.8130 or [bryan.anderson@edmonton.ca](mailto:bryan.anderson@edmonton.ca)*

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

# Winter hiking in MacTaggart Sanctuary



Photos of MacTaggart Sanctuary by Sherri Hendsbee

By Sherri Hendsbee

Though many will complain about the frigid temperatures of winter in our northern city, there's really no place like it when it comes to reveling in the great outdoors! We have an unbelievable number of sunshine-filled days, dry snows that don't bog down your boots, and a lack of snow depth that makes for very easy winter hiking.

We are very lucky to live in Terwillegar, for there are many nature trails available to hike that are virtually in our backyard, making up the MacTaggart/Whitemud Creek trail system:

At Smith Crossing at the base of the hill on 23 Ave, between 119 street and Rabbit Hill Road, lies the main parking lot for MacTaggart Sanctuary and it's fabulous Beaver Loop Trail.

From the midpoint on the Beaver Loop Trail branches off the Creek View Trail that follows the meandering path of the Whitemud Creek, high in its wooded hillside along the eastern edge of the Larch Park and McGrath neighborhoods.

Very close to the southern end of that trail lies the Beaver Flats Trail which takes you down to the surface of the Whitemud Creek. There you can cross over and explore the trails that are on the Twinbrooks' side of the creek, double back along the creek surface to the blue bridge at the MacTaggart Sanctuary trailhead, or head south along the creek surface toward the Henday bridge.

People hike the MacTaggart Sanctuary trails all winter long. But what is unique about hiking in the wintertime there is that you can hike on top of the ice of the creek bed itself. Letting you access secluded spots that you can't reach from spring through fall, it is well worth making a trip down there in the winter and accessing its hidden gems. Nestled down in a deeply cut ravine, the creek twists and turns its way through the sanctuary and beyond. There you can scramble up and down beaver dams, see animal life like deer and coyotes and the great big pileated woodpeckers with their huge bodies and brilliant scarlet caps, and feel as though you are far removed from the Big City.

One word of caution: because the creek is fed by underground springs in places, you need to be careful to stay on the walking path and away from any open water. Generally, the creek is very shallow,

often never more than a foot or two deep, and sometimes only an inch or two, but there are a few exceptions. When hiking there my general rule is: hike on the trail made by people who have gone before you, and only venture off where you see the tracks of deer. If they were able to stay on top of the ice without breaking through, then there is a good chance you will too. (That, and the deer know what they're doing!)

Generally speaking the Whitemud Creek carves out a very deeply cut, narrow and sheltered ravine, so the cold air gets trapped down there and the creek bed ice remains safe for longer than you think it should. That being said, of course, you should always exercise extreme caution when walking on ice over moving water.

Here are a few other winter hiking tips:

You can hike in runners in the winter. Unless the snow really accumulates, I have found that for most of the past 15 winters I hiked in wool socks and my running shoes with spikes, not winter boots, throughout the winter season. As long as your feet stay dry and you keep moving, you'll be warm. You'll be lighter and swifter on your feet this way, making the exercising far more enjoyable.

Dig out the sunglasses. With the brilliant winter sunshine that we get here in Edmonton reflecting off the ice and snow crystal surfaces, hiking on the creek is a spectacular way to get outdoors in the winter. So don't put away your sunglasses for the season! You'll definitely need them there!

Dress in layers. You'll be surprised how protected the creek bed is from the winds that may rush above-ground in the flats of the surrounding neighbourhoods. Dressing in layers allows you to get to a comfortable temperature and adapt to the conditions so that you don't overheat, sweat, and get wet. There's nothing like getting wet when exercising to bring on the chills about 20 minutes after you've stopped.

Wear snow spikes. These are a little like crampons, but not as drastic. You can buy metal spikes that can easily be worn on the bottom of your running shoes or your winter boots and this helps tremendously on the hilly slopes of the MacTaggart land trails and when negotiating the areas of open ice down on the creek bed surface. Shell out a little extra for the high quality pointed spikes rather than the ones with bars, coils or studs. Not only do they work better on the creek bed ice and wooded trails, they also last much longer than the other versions. These come on stretchy rubber fittings that easily give and remain flexible in extreme cold conditions, allowing you to slip them on easily at the trailhead. And they can adapt to multiple shoe sizes, allowing you to buy one pair that can fit over your runners and your winter boots as well.

Go far & explore. Winter provides a tremendous opportunity to walk all the way to the bridge under the Henday. It is a fabulous nature corridor bridge well-worth seeing. With an open skylight to let light in, and a fabulous bike path suspended in mid-air that gracefully arcs from one side to the other, it is really neat structure to behold.

Stay off the ski tracks. If you see cross country ski tracks on the creek bed, try not to walk on them. This will make those trails far more enjoyable for those who like to glide and slip seamlessly through the winter wonderland of the creek bed surface on their skis. The creek is easily wide enough to accommodate two sets of tracks.

MacTaggart Sanctuary and the Whitemud Creek are incredible hidden gems that we can explore year-round, virtually in our backyard. When the snow flies and the temperatures plummet, put on your spikes, snow shoes or cross country skis and head out to the trails. You will have a fabulous time.

**WHERE ARE THEY NOW?**

RCNS is celebrating 20 years of serving our community and we want to hear from our ALUMNII!

Email us a picture of your graduate and tell us WHERE THEY ARE NOW!

Email pictures to [20YearAnniversary@rcnschool.com](mailto:20YearAnniversary@rcnschool.com). Pictures will be posted to our website.

Watch [www.rcnschool.com](http://www.rcnschool.com) for details on an upcoming 20th Year Anniversary Family Fun Event!



By Karin Shott, TRAC

Good News! The pool at the Terwillegar Community Recreation Centre re-opened right on schedule! The community swim & access to the TCRC has resumed Sundays from 5:00 – 7:00 p.m. Stop by and enjoy the fantastic facilities right in our own backyard. Remember, with your community league membership you will receive a 10% discount for a yearly, monthly or 10+ passes to the rec centre.

The City of Edmonton offers free public skating at the indoor arenas. Check out the City of Edmonton website to find out where free public skating is being offered.

The TRAC Christmas Meeting was held Wednesday, November 20, 2013, but due to the deadline of submissions for the paper, we are unable to provide any details of the meeting at this time. Check out the next issue for more information.

### TRAC Strategic Planning Workshop

The TRAC Strategic Planning Workshop, (5 Year Plan Going Forward) was held on Saturday, November 2, 2013. The venue was Snow Valley, and was attended by 15 members of TRAC. It was a very productive meeting with the focus on the next 5 – 7 years, on how to better engage & support communities and looking forward to the next goal, as well as revising the Mission & Vision Statements of TRAC. A follow-up meeting will be taking place Saturday, December 7, 2013.

### SWEFM

The Southwest Edmonton Farmers' Market wrapped up their third outdoor season at the beginning of October. It was a terrific season & they are already looking forward to 2014. To ensure that they continue to improve and offer a great experience to people attending the market, they are conducting a brief survey to get feedback from people who attended this year. Please take a moment to answer a few questions about the Southwest Edmonton Farmers' Market. Your feedback will help the market grow and be responsive to the needs of our community.

It is important to the Southwest Edmonton Farmers' Market's Steering Committee to build a market that is a valuable and meaningful part of our community.

The survey will take about 5-10 minutes to complete. Please follow the link below: <https://www.surveymonkey.com/s/SWEFM2013>

### Brander Gardens ROCKS

Catherine Ripley has nominated Brander Gardens ROCKS for an Edmonton Public Schools District "Team" Award. The team includes members from Brander Gardens Community, Riverbend Community League, TRAC, Edmonton Public Library, the Riverbend United Church, Peanut Butter and Jam, Riverbend Junior High School, City of Edmonton, United Way, Region 6 Children's Services, TRSA and ASSIST.

Here are some of the words that Catherine

wrote. "ROCKS stands for 'Reaches Out to Community Kids' and that is exactly what an ever-expanding collaborative group of community partners (based in Brander Gardens) have been doing since 2009. The work done by this group of partners, and by the children, youth and families in the Capital Region Housing complex in Brander Gardens themselves, has enriched and expanded opportunities for all. This bodes well not only for these children but also for our society. The children and youth have been (and are being) given many "out of school" chances to spread their leadership wings, build their athletic, artistic and academic skills, and learn what it is to work together as a community to achieve goals and dreams."

Other exciting news includes, new staffing for Brander Gardens ROCKS. Risa Ganpatt is the new children and youth facilitator. Her social work background and experience with after school clubs makes her a perfect fit for a BG ROCKS. Another new addition to the after school club and music school is Reckie Lloyd. He shares his expertise in many areas of athletics, art and music (especially African drumming). The youth really appreciate the new staff.



The great BG Rocks support staff: Madhusha, Sharon, Risa and Reckie (left to right)

### Wine

With the holiday season quickly approaching, consider purchasing a bottle of the first community wine – Terwillegar Malbec. It can be purchased from Vines Wine Merchants. A great wine for yourself or as a gift!

### TRAC Seniors

The Seniors' Lounge, (55+), in partnership with TRAC, South West Edmonton Seniors Association (SWESA), and the City of Edmonton, opened the week of November 4, 2013 in the Terwillegar Community Recreation Centre. It is open Mondays & Wednesday, 12:00 – 4:00 p.m. in Multi-Purpose Room #7 which is located just past the TRAC Community Office.

Stop by for "Coffee, Chat'N Cards"!

### TRAC 10K, 5K, 3K Run/Walk

The organizers of the TRAC 10K are looking for enthusiastic committee members! If you think you would like to get involved, please contact the TRAC Office at 780-439-9394 or email: [tracmail@tracspirit.ca](mailto:tracmail@tracspirit.ca). The run is scheduled for: Sunday, June 1, 2014.

### Edmonton Youth Talent Show

The organizing committee of the Edmonton Youth Talent Show have already

Catch the Spirit! [www.tracspirit.ca](http://www.tracspirit.ca)

met in early November for preliminary plans for next years show. Mark your calendars for this fantastic event: Saturday, April 26, 2014.

### TRAC Community Office

Thank you to all who have purchased Community League memberships already! The office has memberships available for the following Community Leagues: Brookview, Hodgson, Ogilvie, Riverbend, Oak Hills, Greater Windermere and The Ridge communities. Please stop by and purchase your membership & support your community. A community league membership year runs from September 1 to August 31 of the following year.

### Oil King Tickets!

The Edmonton Oil Kings would like to extend a special offer to all Terwillegar/Riverbend Community League Members! \$16/ticket (Retail value \$25.75) for premium lower bowl or corner seat to the following games:

- Friday, December 6 vs Portland Winterhawks at 7:00 p.m. (Teddy Bear Toss Night)
- Sunday, December 8 vs Medicine Hat Tigers at 4:00 p.m. (Sing for Santa)
- Sunday, December 15 vs Saskatoon Blades at 4:00 p.m. (Sing for Santa)
- Tuesday, December 31 vs Brandon Wheat Kings at 6:00 p.m. (New Year's Eve Fireworks right after the game!)
- Friday, January 3 vs Moose Jaw Warriors at 7:00 p.m.
- Saturday, January 4 vs Seattle Thunderbirds at 7:00 p.m.
- Saturday, January 25 vs Calgary Hitmen at 7:00 p.m.
- Friday, January 31 vs Tri-City Americans at 7:00 p.m.

There are 3 convenient ways to purchase your seats:

1. Email: [tziegler@edmontonoilers.com](mailto:tziegler@edmontonoilers.com) (number of tickets/name/address/credit card information including exp./phone number)
2. Phone: Travis Ziegler – (780)409-2475
3. In person: Telus field: 10233-96 Avenue NW

In most instances you will receive a lower bowl site or corner seat. Please feel free to specify what row area you prefer & Travis will be as accommodating as possible. Any tickets purchased at least a week prior to each respective game will be mailed out.

**Upcoming TRAC Meetings (held at Lillian Osborne High School). Mark your calendars for:**

Wednesday, January 22, 2014; 7:00 p.m.

Wednesday, March 19, 2014; 7:00 p.m.

**Wednesday, April 23, 2014; AGM**

EYTS: Saturday, April 26, 2014

TRAC 10K: Sunday, June 1, 2014

Everyone is welcome to attend!

At this time, TRAC would like thank all of the supporters, the partnerships, sponsors and community leagues for their support & contributions in the past year and wish you all a joyous holiday season and Happy New Year!

# Seniors

# News for 55+

## Seniors Connection

By Kathy Trepanier, SWESA Communications Committee

"It's fine to have social media that connects us with old friends, but we need tools that help us discover new people as well."

Ethan Zuckerman

Despite the best efforts of next-gen family members to get me on facebook and into the twitter universe, I'm happily stuck in the tried and true ways of keeping up with friends through phone calls and cups of coffee. In addition to the comfort of old friends, I love the challenge of meeting new acquaintances. And the larger my circle of people grows, the more interesting and colorful my life becomes.

I've met a lot of new people through SWESA, the organization for 55+ people living in SouthWest Edmonton. The SWESA Board is having a busy but happy fall. After months of hard work, they were pleased to receive a grant that is enabling them to start some programs, find space where seniors can gather and begin a formal needs assessment.

### SWESA HOME AND PHONE NUMBER

SWESA now has a home. Space has been leased at Yellowbird East Community Centre (10710 19 ave), a location that is fairly central for SWESA members. The parking is free, the access is easy and there are now a few rooms that can be used for programs and social gatherings. SWESA also has a phone number: 587-987-3200.

### COFFEE, CHAT 'N CARDS - Weekly events

SWESA has opened two new seniors lounges for people to drop in, have coffee, chat with other southsiders or play a friendly game of cards.

1. SWESA's centre (Yellowbird Community East Centre) **Tuesdays and Thursdays**, from 9:00 am to 12:00 noon
2. And SWESA's satellite site (Terwillegger Community Recreation Centre) (**the regular date** was not set by press time but it is on SWESA's website) from 12:00 noon to 4:00 pm

### Driving and Beyond - November 21

SWESA, AMA and ETS are hosting this well known information session at Yellowbird East Community Centre on Nov 21. It helps people develop a transportation plan for the time when one can no longer drive. Space is limited so register early by calling 587-987-3200 or dropping by the Coffee, Chat n' Cards sessions to register in person. Fee is \$5.00 which includes lunch.

8:30 am Registration

9:00 Program starts

### SPECIAL SWESA MEETING - November 27

At this meeting, the SWESA Board will share details on all the new developments and special guests will be confirmed shortly. It will be a meeting not to be missed. Everyone is welcome to attend - SWESA members and interested others. The agenda and materials will be sent to SWESA members.

Wednesday, November 27

6:30 Registration & refreshments

7:00 Meeting

Yellowbird Community East Centre, 10710 19 ave

### SWESA Needs Assessment

SWESA is working with Banister Research to conduct a formal needs assessment to confirm the programs and services seniors want to see developed through SWESA. If you are selected to be surveyed or invited to a focus group, SWESA hopes you will respond to help them complete this work. The needs assessment will anchor the next steps in developing programs and planning for a more permanent gathering place. More information will be posted on the SWESA website.

### SWESA VOLUNTEERING

With all these developments, you can see why SWESA wants to grow their volunteer team. Volunteers have been helping to host various events such as the Coffee, Chat n' Cards. It's a great way to spend a few hours and meet new people. If you are interested in volunteering, please call or email SWESA.

**Edmonton Public Library** - If one of your winter resolutions is to get better with that gizmo or gadget, camera or computer, check out the wonderful support you can get from the Library. <http://www.epl.ca/about-epl/branches-and-hours> or call Riverbend 780-944-5311

**Pickleball** - By the time this column goes to print, the 55+ Pickleball Group will have moved indoors at the Terwillegger Recreational Centre. Belated congratulations to all the players and volunteers for their first ever Alberta 55 Plus Marigold Zone 6 Pickleball Playoffs! Eighteen teams played for the chance to play at the provincial playoffs. New players are also welcome. For more information, contact Glenn Kissick [gjkissick@gmail.com](mailto:gjkissick@gmail.com) or phone 780-587-5198.

**Swimming** - Swimming is a great way to exercise at all ages. With your community league membership you have access to free swim time on Sundays from 5:00-7:00 at the Terwillegger Community Recreation Centre, located on 2051 Leger Road. Space is limited so access is based on first come, first served.



Mayor Don Iveson with SWESA Volunteers Harry Nichiporuk and Kathy Trepanier at Oak Hills "Party on the Hill." Photo by: Dr. Rob Agostinis

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.swedmontonseniors.ca](http://www.swedmontonseniors.ca)

## Attention Women Over 40 With Children

You can slim down and tighten flabby muscles FAST – completely free of brutal exercise and pain!

# **SURPRISE: 47 year old mother of 3 reveals the secret “Missing Link” she uses to HUMILIATE Edmonton’s top personal trainers... Her female fitness clients are 55% stronger, more toned, and pain-free in weeks!**

*(All without spending hours in the gym or taking crazy supplements).*

■ By Carolyn Box, Riverbend

### **An open letter to all my fellow mothers:**

If you hate working out - Here's the truth: we all have at one time or another.

Who likes spending days or weeks working out, quitting, then falling into worse shape than before? Nobody does!

Look, we have all started to workout and then quit. If this has happened to you, I want to tell you right now that...

### **Quitting has NOTHING to do with being lazy. In fact, it is the opposite.**

If you are exercising hard, not getting the results you want, then quitting in frustration - that's not lazy, THAT's SMART!

**Who in their right mind** would keep doing something that is not getting them the results they want? Not me!

But that's what happens all the time at those "**sweatshops**" where they use pseudo "science" to convince you just need to sweat more, do more reps, work harder.

They tell you working out to loud music on the latest and greatest cardio machine, or surviving their exotic endurance program, will get you the results you want.

Maybe you love the music. You're excited at first. It even helps a little. But then the pain sets in.

Sure, the hottest new machine or workout program might make you feel stronger for a month or two (if you last that long). But in the end, it will likely cause you more (and even permanent) body pain. That's not crazy talk, but what some medical researchers are discovering.

And that's why I want to give you an opportunity to learn about a program that can give you the results you want without torture or bodily harm. It's really easy...



*Carolyn Box, after having 3 girls and letting her body go.*



### **Discover the “Missing Link” you need!**

Here is what you need to know: When you add the “Missing Link” to your workout...

### **You make sure that every move you make strengthens your body and protects you from injury!**

I want you to get the results you deserve. So I'm going to share the “Missing Link” with you that many of Edmonton's TOP trainers have not figured out.

It drives them CRAZY when they see the results I get with people just like you. I'm talking **55% stronger** and **great muscle tone**, all **completely pain free** in **under 3 months**.

### **You can get your young body back**

I'm confident I can do the same for you, especially if you're over 40 and have children. No need to lose muscle, damage your muscles, or take drugs for muscle aches and pains.

My clients don't lose muscle...they gain tight slimming muscles, while at the same time they stop waking up with stiff backs, painful shoulders, and pains in muscles they didn't know they had.

All of these pains can be GONE in a matter of weeks, while you look and feel great. You just need to apply the secret “Missing Link.”

**Call me at 587-487-6050 any time of the day or night**, and listen to my free recorded message to learn what you need to know to get the results you want TODAY. And make sure you have a pen and paper ready, because I can promise you that you'll want to write down what you hear. Call by Thursday, for a spectacular offer that'll help you get the results you want even faster! **Call now!**

Your new Fitness Friend,

Carolyn Box

*Carolyn Box, now at 47, used the “Missing Link” to add slimming muscles and pain free body.*

# Eight tips to release the pressure of seasonal stress

By Faith Grant, Rejuvenation Health Services

Our lives are busy enough, but then come the holidays. The shopping and crowds. The back-to-back diet-busting parties. The interminable chats with the in-laws. We understand how easy it is to feel not so wonderful at this most wonderful time of the year. Here are eight ideas on how you can release the pressure of holiday season stress.

## 1. Make a plan.

Plan commitments ahead of time – menus, shopping, and errands, for instance. Make a list. Schedule time for yourself and block off time in your calendar for regular exercise. Sticking to some sort of routine will help you get through the season. If possible, look after things early on – or as soon as possible.

## 2. Stick to a budget.

Financial stress can add another layer of complexity to the holidays. Prepare a budget well ahead of the holiday season and stick to it. You'll feel better for it when January rolls around and the credit card bills start coming in.

## 3. Take care of yourself and your family.

The additional stress of the holidays can take a toll on how we feel – mentally and physically. Take care of yourself by eating healthy meals, getting enough sleep, exercising, and working some 'me' time into your daily routine.

## 4. Fit in exercise.

It may be the last thing you feel like doing when you're stressed out, but going for a run or hitting the gym can actually make you feel better. Research has found that workouts can boost your mood for up to 12 hours

## 5. Learn to say "No."

Be realistic about how many projects you can take on, how many celebrations you can attend, and how much time you can commit to holiday preparations. Don't burden yourself with added stress by trying to create the 'perfect' holiday.

## 6. Keep your sense of humour.

The most cherished memories in many families are the holiday seasons that didn't quite go as planned. If Uncle Walton sings off key, the cat knocks over the Christmas tree, or the dog unwraps the presents under the tree overnight, those are the fun memories that stand the test of time. As long as your holidays don't resemble National Lampoon's Christmas Vacation, you're having a normal fun-filled holiday season.

## 7. Relax and let it unfold.

If the turkey doesn't quite turn out as planned or the decorations won't quite stand up to Martha Stewart's standards, keep in mind that the point of the whole effort is much more like Charlie Brown's Christmas. Health and happiness are much more important holiday sentiments than perfection. Focus your energy on enjoying the people in your life.

## 8. Ask for help.

Surround yourself with a support team, if you can. Ask for help from your kids, spouse – maybe even friends who can lend a hand. Be specific, so that your loved ones know exactly what they can do to help.

*Faith Grant is a licensed physiotherapist and owner of Rejuvenation Health Services, two full-service work and sports injury, rehabilitation and wellness clinics in Edmonton located in Terwillegar Recreation Centre and at Stony Plain Road and 160<sup>th</sup> Street NW.*



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# Health/Wellness

## What should you look for in a personal trainer?

By Heather Layton NSCA - CPT, Co-Active Coach; Personal trainer & Life Coach  
Liv.it personal fitness and lifestyle /Livitfit.ca. Magrath Blvd, S.W Edmonton

Firstly, Personality. Go sample some different trainers and have a list of questions for them. You are investing in your trainer so your trainer needs to show they will be invested in you. I once had a client ask me what MY goals were for MY CLIENTS.

Here are some other questions you may want to ask:

What made them choose to be a personal trainer and what is their vision for the future? If this isn't a heart felt answer or if the future holds something other than being a health and wellness professional this could be a sign they will not be entirely focused on you.

What area of fitness in particular is this trainer passionate about? If they love teaching group classes and really getting their clients to push the limits, this may not be a good fit if you are looking to improve your posture and imbalances, or if you like to go at your own pace.

How often does this trainer assess nutrition? Some trainers are not comfortable asking their clients about nutrition, not good. You may not need a full blown meal plan but just a little guidance. As nutrition can be 90% of your success it is a key element and should not be avoided

When was the last conference, training or research this trainer completed? If its been a while (3-6 months) this can be a sign of lack of interest or passion in their chosen field. Which again doesn't look good for you.

What happens when you are struggling with your goals? You want your trainer to be able to provide you with options that will help you push through your set backs.

Secondly, Education. There are different levels of education for fitness professionals, ranging from 3 months to 4 years. As long as they have accreditation for a certified personal trainer, they have the knowledge of how to train clients based on their goals and how to teach exercises properly.

You don't need to hire the first personal trainer you meet unless of course they tick all the boxes and you feel good about them. In the end you want a trainer that cares. A trainer that cares about your safety, goals, results, and most importantly YOU.

What does having a personal trainer look like to you? Form your vision and combine it with the questions above and you will find a great match.



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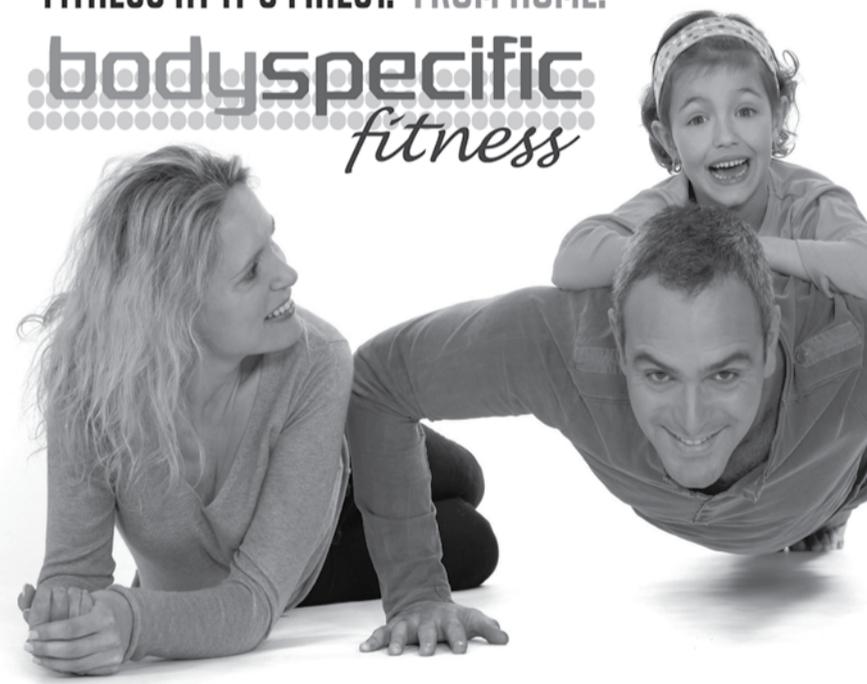
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# Health/Wellness

## Your top moves for the holiday season



Jessica Zapata demonstrating the Traditional Deadlift. Photo by: Infinite Fitness



By Jessica Zapata

If you're busy January to November, that feeling seems to triple once December rolls around. Rather than taking the month off of your fitness regime try these 5 moves you can do anywhere, guaranteeing you will feel fit and healthy before New Years!

### Traditional Deadlift

Let's call this the Turkey Pickup! Grab something a little bit heavy, let's say 15-30 pounds depending on you and place it on the floor just in front of you. Stand with your feet slightly wider than shoulder distance, toes pointing straight ahead. Bend your knees, allowing your shoulders to come over your toes BUT keep your heels on the floor. Keeping your back as upright as possible, pick up the weight in front of you and straighten your knees all the way up.

Repeat the same motion on the way down and place the weight back on the floor.

Repeat total movement 8-12 times with good form.

### Plank with Row

Start in a plank position on your hands and toes (or knees if preferred), keeping your body in a straight line from your shoulders, ribs, hips, knees and ankles.

Lift one hand of the floor and pull your elbow to the ceiling, drawing your hand to your hip. No rocking or swaying in your low back or hips. Bring the hand back to the floor, keeping your body still and switch sides.

Repeat 8-12 times per side with good form.

### Pushups with a Side Plank Twist

Get ready to work those arms and abs! Start in a pushup position, from your knees or toes. Complete one full pushup. Rotate your body to the side to end in a side plank position. Hold for 3 seconds then return to the pushup position. Complete another pushup and then rotate to the other side for 3 seconds.

Repeat 8-16 times with good form.

### Dead Bug

This exercise is great for targeting the abdominals without flexing the spine or compromising your neck. Lie on your back with your knees bent and feet lifted off the ground (tabletop position) and your arms reaching straight up to the ceiling. Think about initiating the movement from your core and extend one arm of head and your opposite leg towards the wall (above the floor, as low as you can go without letting your ribcage lift away from the floor).

Repeat to the other side.

Repeat 8-12 times per side.

### Burpees

Jump for Joy the Holiday season is here!! Start standing. Jump up in the air, raising your arms overhead. As you land the jump, crouch down, bringing your hands to the floor. Jump your feet out to a plank position, keeping your hands on the ground. Jump your feet back to the crouch position, and jump right back up in the air, bringing your arms overhead.

Repeat 8-16 times or challenge yourself and go for 1 to 2 minutes non-stop!

Staying on top of your fitness doesn't need to be complicated and can be done virtually anywhere. Put aside as little as 10 minutes a day and feel less stressed and energized almost immediately. If you have any questions, don't hesitate to contact us.

Jessica is the co-owner of Infinite Fitness, a Personal Trainer focused on providing quality fitness training and reformer Pilates classes.



Jessica Zapata demonstrating Pushups with a side plank twist Photo by: Infinite Fitness



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Remember to take time for yourself.  
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Enjoy the holiday season!

# Food & Beverages

## Cozy up with a good drink



By Stephen Richmond, Whisky Guy at Vines Wine Merchants

As we cozy up in our comfy chairs, as the temperature dips, and gaze fondly out the window looking at the white stuff gently falling, our thoughts, somewhat inevitably turn to all things whisky. Well, at least my thoughts do, and I know I'm not the only one out there!

For those of us who are endeavoring to find a whisky to purchase for friends and relatives for the Christmas period and beyond, what better way than to invest in a gift pack consisting of a number of different whiskies to satisfy that curiosity?

Whether you've been naughty or nice, here are a couple of suggestions to satisfy that hard to buy for loved one on Christmas morning.

Remember, there's no such thing as a whisky you don't like. There's just some you like more than others.

**Bowmore Gift Pack** – consisting of 1 x 200ml of each of 12, 15 and 18 year old whiskies. \$75.99. On a recent, all too short visit to Islay, at the spectacularly located distillery of Bowmore, I noticed a quotation writ large on the wall behind their tasting bar. "If you can't find a Bowmore to fall in love with, you may have to consider very seriously that you're wasting your money drinking whisky at all". These smoky drams contain just the right amount of peat to warm the cockles of anyone's heart.

**Classic Malt Selection** consisting of 1 x 200ml of 10 year old Talisker, 12 year old Caol Ila and 14 year old Clynelish. \$79.99. Talisker, from the Isle of Skye, a perfect night cap with the smokiness and peatiness in gentle harmony. Back to Islay for Caol Ila, seaweed/iodine, lightly medicinal, smoky, salty, sweet with a dry peppery finish and to complete the trio, way up in the north to Clynelish for a hint of earthy peat from this highly regarded distillery.

**Glenfarclas Mini Pack** consisting of 1 x 50ml of 15 year old, 21 year old and 25 year old. \$49.99. For those of you who are regular visitors to Vines you'll be familiar with Glenfarclas's George Grant, who has hosted a number of tastings over the years. His family, since 1805, has distilled and matured these beautiful whiskies as an independent distillery in the heart of Speyside.

Finally, a reminder, for all interested in the wonderful world that is whisky, of the not to be missed, Edmonton Whisky Festival at the Delta Edmonton South on Wed. January 15. Tickets are \$85, and are now available online. <http://edmontonwhiskyfestival.ca/>

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# Food & Beverages

## The raw versus pasteurized cheese debate



*By Kris Armitage, Manager, Everything Cheese*

Raw milk cheeses have been produced all over the world for thousands of years. You have probably seen a lot of talk about raw milk in the news recently. It seems that there are more questions than answers to be found. What does “raw” even mean? Is raw milk dangerous? Is it something to be feared, avoided or even banned? Is pasteurization the only way to safely produce cheese? Hopefully we can answer some of these questions for you and alleviate any fears you may have.

Raw milk is just that; uncooked, unprocessed milk straight from the cow, or sheep, or goat. Most North Americans never see milk in its unadulterated form. The jugs you buy at the grocery store have been pasteurized and homogenized. Pasteurization refers to the process of controlled heating (cooking) of the milk. The process was invented in France by Louis Pasteur in the mid 19th century and was used originally to extend the shelf life of wine. Sadly, it also dilutes flavour and reduces nutritional values.

In the early 20th century, with the onset of industrialization and urbanization of North America, government officials were faced with new epidemics. Many dairies began to pop up in large urban centres such as New York and Chicago, and their sanitary practices left a great deal to be desired. Infections such as Tuberculosis and Typhoid were being spread by these new inner city milk producers. Most cities did not have the means to monitor and enforce the rigorous cleaning practices needed for healthy dairies and instead turned to a sure-fire short cut, heat treatment. By 1917, nearly all milk was mandated to be pasteurized.

Most food processing innovations have one thing in common; the desire to prolong the life of a product. Cheese is one of the first known “processed” foods. While the true origin of cheese predates written history it is assumed that storing milk in sacks made of animal stomachs unwittingly introducing rennet, this in turn curdled and thickened the milk,

essential for making cheese. Over time the procedure was refined and perfected, making the numerous and wonderful varieties of cheese that are available today. With proper animal husbandry practices and high levels of cleanliness, raw milk can be transformed into a stable, safe and nutritious food.

Today the regulations surrounding raw milk products are extremely strenuous. Just like its pasteurized version, raw milk undergoes testing and inspections by the proper authorities. When compared to other edible products, dairy is found to be extremely safe, both in its raw and pasteurized forms.

For centuries France has been the world’s cheese leader. Not only is it the country that gave us pasteurization it also continues to produce some of the world’s finest raw milk cheese. With everything we eat it is important to be informed as there is a risk to everything that passes our lips. When treated correctly raw milk cheese is a delicious and nutritious food that has been enjoyed for centuries. It is safer today than it has ever been so go ahead and try some!

## Ring in the new year.. in your comfort zone and outside of your time zone

*By Patricia Bullock, President Whish Enterprises Ltd.*

Ready or not, here come the holidays. You may already be making plans for other parties, guests and celebrations but have you given any thought to New Year’s Eve? The way you ring in the New Year probably has a lot to do with your age and lifestyle. If you are looking for a family-friendly celebration this year we have a fun suggestion.

Time shift your New Years! Consider hosting a party that rings in 2014 with a New York, London or Paris theme (just to name a few options) and ring in the new year at a more civilized time so the kids can go to bed at an appropriate hour. You can stream the countdown to 2014 from your featured city right on your computer, so there is literally no need to wait until midnight to bring out the noisemakers and crack open a bottle of bubbly. As a bonus, if the young ones have already had their fun, you can send them off to bed with dreams of a fresh new year and still enjoy an adult celebration in your own time zone.

The decorations for this type of “destination” party can be quite simple and many of the iconic foods are easy to make and very kid friendly. For a London party you could serve fish and chips, trifle and shortbread cookies. New York is famous for its street food like pizza and hot dogs or you could get a little more gourmet by choosing Paris and offering crepes, cheeses and frites. You’re really only limited by your own creativity when it comes to recreating the feel of your exotic New Year’s “destination.”

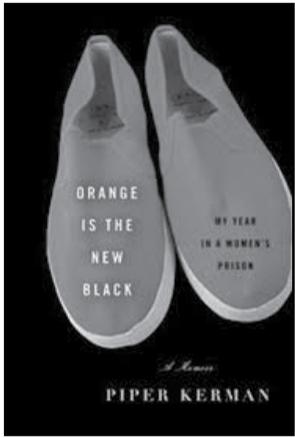
This is a great solution for little ones, older folks, or anyone who wants or needs to be somewhere else at midnight. There’s no need to try to find a babysitter, or to brave the crowds, cold and exorbitant prices associated with New Year’s Eve parties.

No matter where or when you decide to ring in 2014, we wish you all the best for a happy, healthy and fun New Year.



# Book Review

## Orange is the New Black: My Year in a Woman's Prison, by Piper Kerman



By Danielle Gordon

The beginning of this true story sees Piper Kerman sentenced to spend a year in a woman's prison, trying to prepare herself, and not sure what to expect. Her crime? Drug Trafficking. A mistake she made five years ago. The product of a bad relationship that she ended and thought she moved on from. She has a career, a fiancé, a supportive, loving family, and a past that has come back to haunt her.

The story takes Piper from those beginning fears through her journey into, and 13 months later out of, a woman's prison. If you've seen the Netflix show, which is very loosely based on the book, you may be expecting drama, tragedy, and corruption. With the book you'll see a few of those things, but what you'll really get is a story about women forming families, sticking together, and getting through what is likely not the best time of their lives. After seeing the Netflix version of the story I needed to find out how much was true and how much was just entertainment so I picked up the book and started to read. I can't say which I liked better because the two are very different in what they're trying to achieve. The TV show is trying to achieve good ratings, and I look forward to

seeing what happens in season two. The book tries to portray a true account of a year in a women's prison. It looks into what is good and what needs to change

The book is the true story from Piper's point of view. The Netflix show is sensationalized entertainment. Both very different, and both interesting in their own way.

I would recommend this book for adults and older, mature teens. The writing is light and easy to read. I found it entertaining and interesting, funny in some parts and sad in others.

**Terwillegar is FULL of avid readers.  
So let's hear one of your reviews!  
Contact [editor@terwillegar.org](mailto:editor@terwillegar.org)**

Terwillegar Community League is seeking volunteers for various events- over the winter. Email us at [volunteercoordinator@terwillegar.org](mailto:volunteercoordinator@terwillegar.org) for opportunities.



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# Kids & Parenting

## Keep your family busy, and yourself sane over the Christmas break

By Danielle Gordon

The winter break is a great time to reconnect with family and check off some items from your bucket list. It can also be cold, long, and hard to fill the time with things other than video games and television specials. A great way to beat the holiday boredom blues is to do a little pre-planning and find some fun family activities to fill your days that will make memories your loved ones will treasure.

There are many free family activities over the holidays. Candy Cane Lane is a beautiful way to get into the holiday spirit with its many decorations and lights. The Legislature is also a very pretty place to go for a walk, or go skating at one of Edmonton's many outdoor rinks. Emily Murphy Park is home to an amazing number of birds who, if you're patient and bring bird seed will eat right out of your hand.

The following is a few ideas of activities to do over the winter break. Some are free and some are pricey but all are sure to make memories and traditions that will last years to come.

### **The Royal Alberta Museum**

The Royal Alberta Museum is a fun place for all ages. Rocks, dinosaurs, bugs, birds, history, and special events are a few things you'll appreciate learning about and enjoying with your family and friends.

*Pattern Wizardry: Saturday, November 9, 2013 - Sunday, March 9, 2014.* Discover how pattern organizes and enriches your life through activities, hands-on interactions with objects and multimedia installations.

### **TELUS World of Science Edmonton**

From space to the contents of your saliva, there's always something new to see at the Science Center. Go see the exhibits, watch an Imax or a show at the Star Theatre and have a great afternoon.

*Harry Potter: The Exhibition: Saturday, November 23, 2013 - Sunday, March 9, 2014.* Experience firsthand the amazing craftsmanship of costumes and props displayed in settings inspired by the films' sets. To purchase tickets call 780-451-3344, online or in person at the Box Office.

*The Light Before Christmas: November 23 to December 20, 2013 (Sat & Sun).* This full-dome show tells the story of Katie and Makean who find themselves as characters in The Night Before Christmas poem.

### **Alberta Legislature**

The Legislature offers great tours of the building and grounds, or a beautiful walk through lighted trees. It's pretty year round and makes a special effort at Christmas time.

*Celebrate the Season: Sunday, December 1, 2013 - Tuesday, December 31, 2013.* Most noon hours and evenings listen to choir performances in the rotunda. In the evening sip free hot chocolate served to visitors in the Legislature rotunda.

### **Citadel Theatre**

If you're interested in seeing a performance the Citadel is a great place to start. Have a look at their website for a full listing of performances.

*A Christmas Carol 2013: Saturday, November 30, 2013 - Monday, December 23, 2013.* With an unforgettable story, rich characters, and dazzling special effects, A Christmas Carol is exceptional family entertainment.

### **Fort Edmonton Park**

Fort Edmonton Park is a beautiful place to celebrate the holidays with family and friends. Visit Christmas past and enjoy the season the way your ancestors did.

*Christmas Reflections: Wednesday, December 4, 2013 - Monday, December 23, 2013.* View Christmas displays and twinkling lights as you make your way through the park. Tickets required.

*Velveteen Rabbit: Friday, December 6, 2013 - Tuesday, December 24, 2013.* Watch the story of Willow and her father as they dive into her favourite book, The Velveteen Rabbit. This family show is not to be missed by children and adults alike!

### **Candy Cane Lane**

Christmas in Edmonton is not complete without a walk down Candy Cane Lane. Please bring a donation for the Edmonton Food Bank. Located on 148 St between 100 Ave to 92 Ave from Friday, December 6, 2013 - Thursday, January 2, 2014

*Candy Cane Lane Sleigh Rides:* Sleigh rides are 45-60 minutes and will operate at 6:30, 7:30 and 8:30 p.m. on the following dates:

Friday, Dec. 6, Saturday, Dec. 7, Sunday Dec. 8

Friday Dec. 13, Saturday Dec. 14 and Sunday Dec. 15

Friday Dec. 20 and Saturday Dec. 21 and Sunday Dec. 22

On Dec. 21 we will have a 5:30 run!

All rides leave from, and return to, St. Andrew's United Church, 9915 148 St.

<https://booknow.appointment-plus.com/vme447s/10>

### **Northern Alberta Jubilee Auditorium**

Another place to go to see great performances. See their website for a full listing.

*The Singing Christmas Tree: Thursday, December 19, 2013 - Sunday, December 22, 2013.* Gather with your family this year and join in the wonder of Edmonton's 35-foot Singing Christmas Tree. More information at [www.jubileeauditorium.com](http://www.jubileeauditorium.com)

### **Old Strathcona Farmers' Market**

Fresh from the farm to your family. Over 130 of Edmonton's finest food producers, artisans and growers bringing you a slice of rural life.

*Located at 10310 83 Ave on Saturdays, 8:00 AM - 3:00 PM*

### **Muttart Conservatory**

Escape the cold and wander the many plants and displays at the Muttart Conservatory.

*New Years at the Muttart: Tuesday, December 31, 2013 10:00 AM - 2:00 PM.* Welcome in 2014 early at the Muttart Conservatory! The Mad Hatter is throwing a family friendly tea party celebration for the New Year and everyone is invited! Join Alice and the March Hare for a morning of celebration and merriment to help say goodbye to 2013. Stop in for a cup of tea set up in the feature Pyramid, some treats and a craft! Come dressed up and take in one of the hourly New Year countdowns to usher in the New Year.

### **New Year's Eve Downtown**

Ring in the New Year in downtown Edmonton! Free Admission. See [www.eventsedmonton.ca](http://www.eventsedmonton.ca) for more information. Located at Sir Winston Churchill Square on Tuesday, December 31, 2013 6:00 PM - 11:59 PM



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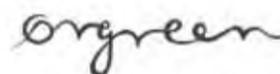
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# Kids & Parenting

## Come dance with me

By Danielle Gordon

Here is something fun to do with your children on one of our cold and wintery days. Your kids will love it!

One, two, three  
Come and dance with me  
Four, five, six  
Stomp your feet like bricks  
Seven, eight, nine  
Move into a line

A, b, c  
Buzz like you're a bee  
L, m, n, o, p  
Come and follow me  
X, y, zed  
Arms above your head

Nine, eight, seven  
Reach up to heaven  
Six, five, four  
Fall down to the floor  
Three, two, one  
Move and have some fun!

Activities  
This is a fun poem that you can add your own lines to. Keep it silly and have fun!

If you don't feel the creative juices flowing with this activity, just turn on some music and enjoy having a dance party with your family! Think of the fun you will have being active together.



Have fun dancing and being silly with your family and friends.  
In the photo: Thomas, Riley, Sarah and Kaity

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# SWEFM celebrates a successful year

By Patricia Mickelson

The Southwest Edmonton Farmer's Market (SWEFM) has come to a close for its third season. And an adventurous summer it was! Thank you to all of our sponsors, vendors, volunteers, and customers for making this such a successful year.

Early on in the season, it seemed that Mother Nature was determined to challenge our vendors and customers with inclement weather. We faced several wet Wednesday evenings, wacky winds, and thunderstorm watches; we were even forced to cancel one market due to a tornado watch!

But, as we all persevered, the sun started to shine on our market days and we were suddenly spending market evenings searching out refreshing cold beverages, hats, and shade. What a beautiful environment for a fruitful shopping trip and gathering with friends and neighbors. It was evident that the children in our community were making the most of their summer vacations too. We witnessed line-ups for inflatable slide rides and custom balloon souvenirs. There was always an assortment of elaborately painted faces scattered throughout the market aisle, and kids of all ages engaged in a weekly craft. And nothing beats the smile on a child's face that a fresh treat can create. Those options were endless all season long.

The farmers' market provided a circus for the senses. Fresh flowers, fruits and vegetables, as well as sparkling jewelry, made for a kaleidoscope of colours. Ears were a buzz with crackling kettle corn, musical buskers, and soulful giggles. The bouquet of smells ran the gamut from aromatic flowers to ripe tomatoes to sizzling sausages to home baked bread. But nothing could compare to the palette of flavours. We had sweet, savoury, salty and sour in a gallery of ways. I think everyone that visited the market was able to stumble across a new taste craving.

Community spirit flourished as tens of thousands of residents flowed through the Southwest Edmonton Farmers' Market in 2013. Our annual recipe competition featured many entries and was tightly contested. We gave away dozens of prizes throughout the season as a result of contests and raffles. Our volunteer corps numbered over a dozen, and including the Executive Board Members for SWEFM, ranged in age from high school students to senior citizens. It was encouraging to see how people of varying ages and walks of life joined and teamed together around a common interest – fresh, local food and crafts – to roll out such a successful endeavor each week. As a volunteer, I learned about organic farming, the politics of running a farmer's market and simply was introduced to vegetables that I never knew existed. And what better atmosphere in which to learn and share – amongst friends and neighbours.

Our third last market was Fall Harvest Festival. We were the citywide collection site for the Edmonton Food Bank's Plant A Row, Grow A Row initiative, and we collected over **600** pounds of fresh fruit and vegetables, as well as non-perishable donations for the food bank. This was an accumulation of foods lovingly harvested from citizens' gardens as well as thoughtful purchases from market vendors. Either way, it allows low-income families and patrons of local shelters and soup kitchens to benefit from the same flavourful, aromatic, and healthy meals that we regularly enjoy. What a display of support for our fellow Edmontonians!

We could tell that we were nearing the end of our market season, as we were spectators of watercolour painting-like sunsets prior to closing hour for the last few market days of the season. It was satisfying to realize all that we accomplished in our 21 market weeks, but sad to see it pass for another year. You can keep the market-spirit alive by continuing to support year-round markets in our city, and our website remains open as a resource for recipes and vendor information.

On behalf of the Southwest Edmonton Farmers' Market Board Members and Manager, thank you for your patronage and we are excited to serve you again in 2014!



## Terwillegar Towne and the proposed housing facility

By Stephanie Williston, Secretary- Terwillegar Towne Home Owners Association

The past few months have been challenging for Terwillegar Towne as a whole. The housing facility proposed by Jasper Place Health and Wellness placed a great deal of stress on our community as we all worked to learn details of the project and how it might impact our neighbourhood. With strong opinions on both sides of the issue and media reports on a regular basis, we've all had to ask ourselves personal questions regarding homelessness, safety, and service to our community.

As the TTHOA board, we strived to gather information, and then gain direction from our members as to how the majority of residents would like to see the board move forward on the issue. As you may be aware, this culminated in a Special General Meeting where six motions were discussed and ultimately passed.

The most controversial of these motions was the approval to amend the 2013 budget to allocate a maximum of \$35,000 in order to oppose the current proposed project. This money could be spent in various ways, including compensating staff for extra hours dedicated to the issue or hiring a lawyer, if deemed necessary.

Having these funds allocated was an important step in ensuring our association was open and accountable to the membership. However, it does not mean that the TTHOA is looking to immediately hire a lawyer and spend the \$35,000 as quickly as possible. Outside assistance may be hired once the board decides that it is the only available option left to us. In the meantime, staff costs to track and stay involved with this issue have been significant and will be covered by this allocation.

Lastly, the board is hopeful that, in the long run, dealing with this issue will be positive for our community. This has inspired many members to learn and become more involved with the issue of homelessness in our city. The honest conversations that have taken place expressing people's concerns, hopes and fears may feel raw at the moment, but hopefully can bring our community together as time passes.

How to best support the homeless is not a simple issue for a community to struggle through. As a board we are keenly aware that the voices behind both sides of the issue are driven by an immense passion for their community. We are also confident that this same passion will make a project successful in our community, should a more appropriate proposal be put forward in the future. Regardless of the outcome with this proposed facility, we encourage all of you to maintain this enthusiasm for your community.

Do you have something you would like to write about?  
Submit your article to the Editor at [editor@terwillegar.org](mailto:editor@terwillegar.org)

# Support a senior in your community



By Fiona Ko

Have you ever driven down Rabbit Hill Road and noticed the large blue buildings and thought to yourself “that looks like a nice place.” Indeed, it is. The Devonshire Care Centre is a fully accredited long-term care facility. The majority of the residents are senior citizens experiencing the cumulative effects of old age, but there are also individuals who are physically disabled and require assistance to maintain a higher quality of life. Regardless of the resident’s conditions, the centre aims to provide a welcoming atmosphere, where the staff fosters a sense of family and community in order to recreate an environment that most closely resembles a sense of home and belonging.

I started volunteering at The Devonshire Care Centre when I was fifteen years old. I was in grade ten at Harry Ainlay Senior High taking Leadership

15, a class that focused on students acting as leaders and taking initiative in the community. Leadership students had to complete a mandatory twenty-five hours of volunteering, so I went to the Devonshire to complete my hours.

Prior to my time at the Devonshire, I had never done long-term volunteering with any organization, nor did I have experience working with seniors. I ended up enjoying volunteering so much that after my mandatory twenty-five hours, I continued volunteering through the summer, and onto my second year of university. From my volunteer shifts over the years, I learned a great deal about responsibility, compassion, and approaching life with a positive and open mind. To the residents, a simple act of kindness and the donation of an individual’s time could be life changing. Having seen these experiences first-hand has molded me into a mature young adult and benefited me in the long run.

There is no such thing as too many helping hands; the Devonshire Care Centre always welcomes new volunteers. The most urgent positions are: mealtime, one-on-one visits and recreation volunteers. No experience is necessary and the only requirement is that a parent or guardian must accompany volunteers under the age of twelve. Anything that volunteers bring into the experience is considered an asset, that is, knowledge of second languages, musical talents and other skills and abilities are welcomed whole-heartedly at the Devonshire Care Centre. In summary, if you have some spare time to share, discover the underestimated power of volunteerism and helping others.

To sign up or for more information, visit the Devonshire Care Centre at 1808 Rabbit Hill Road, email [dccvolunteer@parkplaceseniorsliving.com](mailto:dccvolunteer@parkplaceseniorsliving.com) or call 780-665-2277.

## Calling all hunger heroes!

By Edmontons Food Bank

Want to make new friends? Help those less fortunate? Learn new skills & get some exercise? Do you have a little extra time to come down and pitch in? We have now made it easier than ever!

Edmonton’s Food Bank is now open to volunteers on Tuesday, Wednesday and Thursday evenings until 8:00 pm. We have several interesting ways in which you can help:

**Sorting:** To sort donated food into appropriate categories ensuring items meet the guidelines of Edmonton’s Food Bank and Alberta Health Services.

**Generic Hampers:** To make starter kits of staple, non-perishable items that form the base of all hampers.

**Hamperline:** To prepare nutritionally balanced hampers for families using the generic hampers and adding other available and requested items.

**Warehouse:** Using pallet jacks and other warehouse equipment to prepare pallets of hampers for transport and reorganizing product in the warehouse.

We are open to volunteers Monday through Friday 8:30 am – 4:30 pm and until 8:00 pm on Tuesday, Wednesday and Thursday evenings. Get in touch with our Volunteer Coordinator, Judy, at 780.425.2133, or by email at [volunteer@edmontonsfoodbank.com](mailto:volunteer@edmontonsfoodbank.com) to join our team or get more information.

Or, if you would like to have a look behind the scenes first, we would love to meet you and show you around! Please call Special Events at 780.425.2133 for a tour.

Judy Yawney  
Volunteer Coordinator  
P: 780.425.2133

E. [volunteer@edmontonsfoodbank.com](mailto:volunteer@edmontonsfoodbank.com)

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### Little Aspen Playschool

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## Know of a good story?

Email us:

[editor@terwillegar.org](mailto:editor@terwillegar.org)

# It's time to test for radon!

Article courtesy of Lung Assosiation Alberta

Have you been thinking about testing your home for radon? As it happens, the ideal time to test for radon is between the months of October and April. The reason for this is that the windows and doors to your home generally remain closed due to cold weather. By keeping the doors and windows shut, radon builds up, which allows you to get a more accurate reading of the radon level in your home.

Radon is an invisible, odourless, and tasteless gas that is produced naturally in soil and rock as uranium breaks down. Due to its nature, radon can accumulate to high levels indoors and pose a serious health risk to you and your family. Long-term exposure to radon increases your risk of developing lung cancer and is the leading cause of lung cancer in non-smokers. For this reason, The Lung Association, Alberta and NWT is striving to raise awareness of the risk associated with radon exposure and wants to make test kits easily accessible.

The amount of radon in your home varies. The only way to know if you and your loved ones are at a higher risk for developing lung cancer, due to radon exposure, is to test your home. Testing is both easy and inexpensive. It requires placing a radon test kit in the lowest level of a home (such as a basement or main floor) where it will not be disturbed. Health Canada recommends long-term testing, lasting a minimum of three months. Once the testing period is over, the detector is collected and mailed to a laboratory for analysis and results.

If radon levels in the home are higher than the Health Canada guideline (200 becquerels per cubic metre or Bq/m<sup>3</sup>), it is recommended that you take appropriate measures to decrease the radon levels. Health Canada recommends reducing radon levels to as low as possible during remediation, as there is still a small risk from radon levels below the guideline.

To learn more about radon and radon testing please contact Amy Elefson at TLA (1-888-566-LUNG (5864) x 2252; aelefson@ab.lung.ca) or visit TLA's website at [www.ab.lung.ca/site/radon](http://www.ab.lung.ca/site/radon).



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**editor@terwillegar.org**

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## Christmas Wishes Keira Weber

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Decorations  
Love  
Snow

Elf  
Presents  
Stocking

Family  
Reindeer  
Tree

Lights  
Santa  
Turkey

# Christmas ideas for the hard to buy for

*By Danielle Gordon*

We all have people on our Christmas lists who are impossible to buy for. There are those that are easy – new grads, newlyweds, and new families all have long lists of things they need. It's the people who want for nothing and give everything who are difficult. Those who you wish you could find that one thing they love to show them how much you care, but ultimately end up buying them another gift certificate to the mall. Here are a few ideas that might work.

### **For the grandparent who overspend on your gift and ask for nothing in return:**

Grandparents can be extra tricky. They've had a lifetime to collect everything they need, they often have little room for storage, and when you ask them they say something like "seeing all of you is all I want". They often give an overwhelming number of gifts to others and all you want is to show how much you appreciate them. What should you do? You should give them exactly what they ask for - your time. Find a class about something they're interested in (geneology, photography, cooking, etc.) and take it together with them. Book an outing to the zoo or a museum. Take them out to dinner and a zombie movie if that's more their style. To wrap it up make a nice card with a proposed date, details of the outing, and if possible include the pre-purchased tickets.

### **For the family who has 2 of everything they need:**

Your nieces have about 40 Barbie Dolls each, your nephew has enough Lego to circle the earth twice, and their parents have every gadget known to man. Do you buy more plastic to add to the kids' piles? Do you give the adults more household junk that they can sell on the neighbourhood swap page after a suitable amount of time? If they're like the majority of families these days they don't need any more "stuff". If they're anything like my family they need suggestions for spending time together. Movie passes, a day at the rec center, or yearly family membership to the Muttart Conservatory are a few suggestions.

### **For the single who's overworked and has it all:**

What do you get your single brother or sister who works all the time and can afford to buy everything they need? If they work all the time they probably don't have any time to do things just for them. Try to find something that's a treat. A trip to a spa, a night at the theatre with a friend, a flying lesson, tickets to a wine tasting or a ride on the Edmonton Queen might be things they'll enjoy.

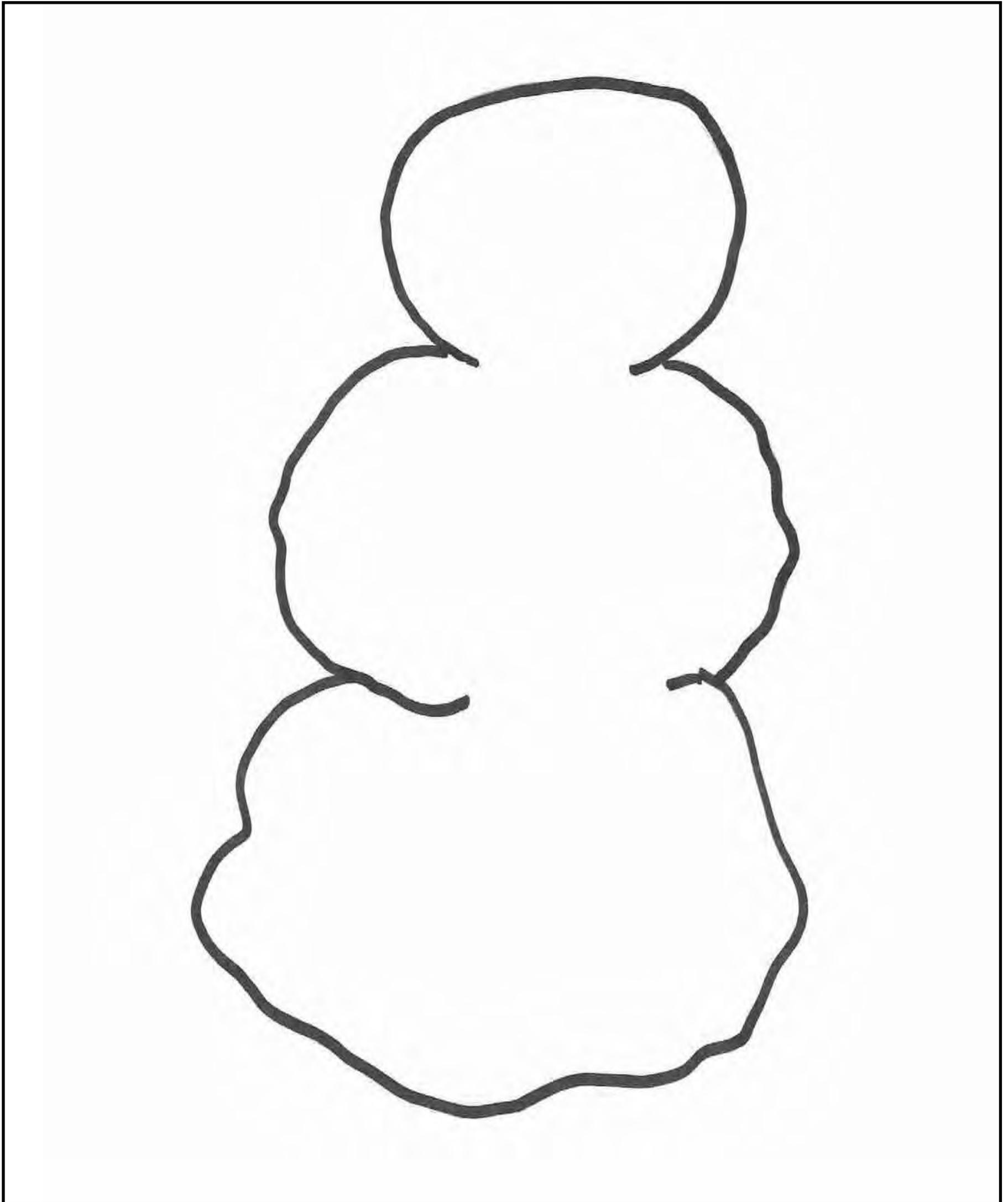
If all else fails and you absolutely cannot find the perfect gift for your hard to buy for loved one, stick with a gift certificate to their favourite store and make sure it comes with a hug and a genuine thank you for being in your life. In the end, showing you care is what matters the most.

## **Edmonton Police Service would like to remind you that thefts from vehicles are on the rise. Remember to:**

- Lock your vehicle.
- Remove all valuables including.
- Remove your garage door opener.
- Ensure your garage door is closed, especially in the overnight.

**If you are a victim of property theft, report it at 780-423-4567 or #377.**

# Coloring Contest



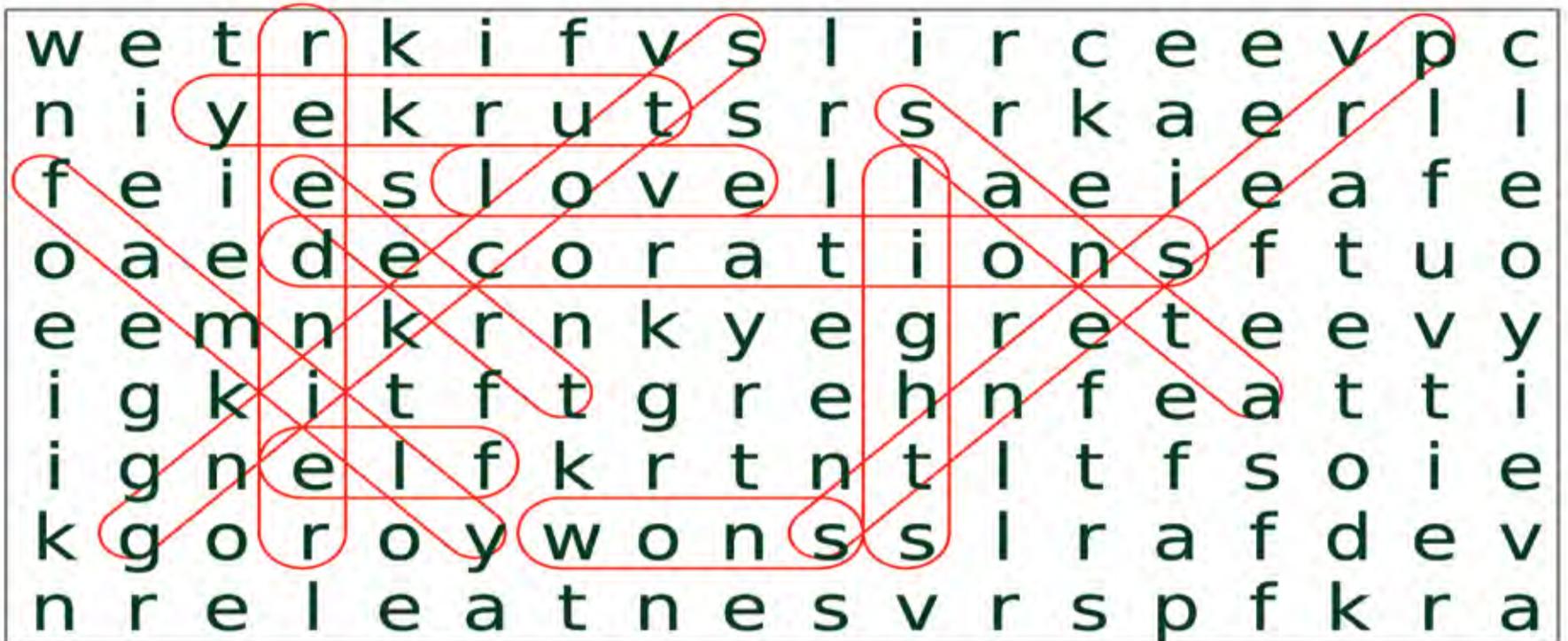
Be creative! Color and decorate this snowman and send it in to the Terwillegar Community League for your chance to win a prize. Please make sure you write your name, age, address and phone number on the back of your picture and mail it to:

Terwillegar Community League  
5970 Mullen Way  
PO Box 36508 McTaggart PO  
Edmonton, AB  
T6R 0T4

All entries must be postmarked by December 13. Only one entry per child. All entries will be judged on effort and creativity in the following categories: ages 2-4; 5-7; 8-11. Contest is open to all Terwillegar area residents. A copy of this coloring page can also be found on our website [www.terwillegar.org](http://www.terwillegar.org).

Thank you for all your entries! We look forward to seeing all of your artwork!  
Happy holidays!

### Christmas Wishes Keira Weber



Decorations  
Love  
Snow

Elf  
Presents  
Stocking

Family  
Reindeer  
Tree

Lights  
Santa  
Turkey

Visit [www.terwillegar.org](http://www.terwillegar.org) for updates on community events

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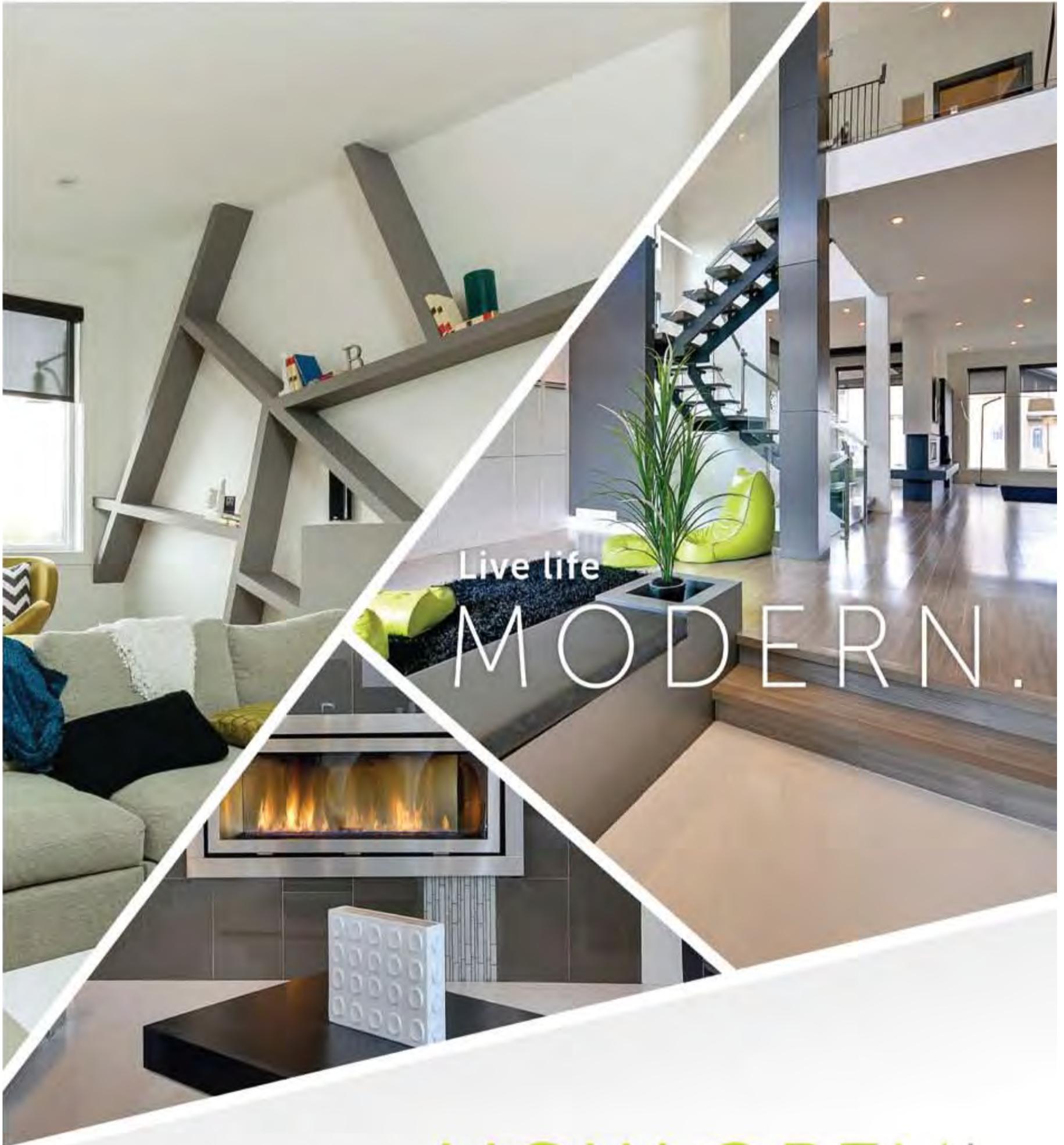
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# Coming Events

**Weekly:** Please contact organizer for details

**Southwest Edmonton Seniors Association (SWESA)**

**Pickleball**, Every Mon., Wed. and Fri. 1:00-3:30 p.m. at TCRC

**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:**

Nov 27: TCL AGM at Terwillegar Community Church

Nov 27: SWESA Special Meeting

Dec 13: Colouring contest submission deadline

Dec 18: Last day for TCL Christmas Light Contest nominations

Jan 10: Submission deadline Terwillegar Tribune

Jan 22: TRAC Meeting 7pm at Lillian Osborne

**Check [www.terwillegar.org](http://www.terwillegar.org) for current information**

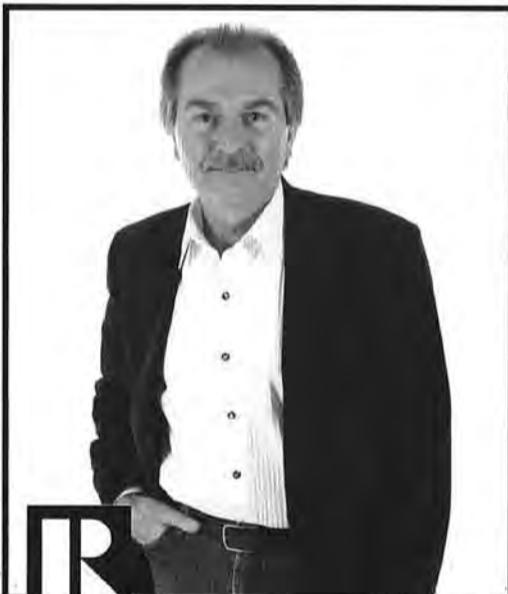
Terwillegar Tribune 2014	
Submission Deadline	Released
January 10	February 10
March 7	April 7
May 9	June 9
August 1	August 29
October 17	November 24

**Terwillegar Community League has a new mailing address:**

5970 Mullen Way PO Box 36508 McTaggart PO  
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Postal Code: _____	Adult: <input type="checkbox"/> Family: <input type="checkbox"/>
Res. Ph.: _____ Bus Ph.: _____	Member interested in participating in activities?
Email: _____	Yes <input type="checkbox"/> No <input type="checkbox"/> (See Over)
Children's Names: _____ Y/M/D _____ M/F _____	Member willing to volunteer?
_____	Yes <input type="checkbox"/> No <input type="checkbox"/> (See Over)
_____	Fee Paid: _____
_____	Donation: _____
	Total Paid: _____
	# of Skate Tags: _____
	Cash: <input type="checkbox"/> Cheque: <input type="checkbox"/> Cheque#: _____

**Terwillegar  
Community League**

**Terwillegar Community League memberships are  
also available online at [www.terwillegar.org](http://www.terwillegar.org)**

## Membership Fees:

Family, \$42,  
Senior/Single/adult, \$32

**Memberships expire annually  
Aug. 31.**



## Free Access!

With a Terwillegar Community League membership, you get access to the Terwillegar Community Recreation Centre's swimming pool, indoor playground or workout area.

**Terwillegar Community Recreation Centre has reopened!**

Please bring your membership card; admission may be declined otherwise.

## How to volunteer this Winter:

- Join Neighbourhood Watch and make your neighbourhood safer. TCL is seeking a Coordinator for this program.
- Write or take pictures for your community paper! Contact our editor at [editor@terwillegar.org](mailto:editor@terwillegar.org)
- Shovel snow for someone in your neighbourhood.
- Bake some extra cookies and take them to a local senior, your child's teacher or someone else you know who would love a special gift.
- Offer to watch a friend's children so they can complete their Christmas shopping. Maybe they will do the same for you!
- Go through your closets and donate your unused clothing to a local charity. Winter-wear is always needed.

**Contact our Volunteer Coordinator at [volunteercoordinator@terwillegar.org](mailto:volunteercoordinator@terwillegar.org) for more information on how you can help support your community!**

## How to contact the Terwillegar Community League

[www.terwillegar.org](http://www.terwillegar.org)

- President — James Richardson, [president@terwillegar.org](mailto:president@terwillegar.org)
- Vice-President — Joe Ahmad, [vicepresident@terwillegar.org](mailto:vicepresident@terwillegar.org)
- Treasurer — Monte Weber, [treasurer@terwillegar.org](mailto:treasurer@terwillegar.org)
- Secretary — vacant**
- Memberships — Jennifer Dalle Ore, [memberships@terwillegar.org](mailto:memberships@terwillegar.org)
- Programs — Marc Lachance, [programs@terwillegar.org](mailto:programs@terwillegar.org)
- Program Aide — vacant**
- Community Advocate — vacant**
- Community Advocate — Scott Riddell, [advocate@terwillegar.org](mailto:advocate@terwillegar.org)
- Editor — Mandy Jones, [editor@terwillegar.org](mailto:editor@terwillegar.org)
- Webmaster — Alison Cairns, [webmaster@terwillegar.org](mailto:webmaster@terwillegar.org)
- Communications — vacant**
- Fundraising — vacant**
- Fundraising Aide - vacant**
- Volunteer Coordinator - Scott Riddell, [volunteercoordinator@terwillegar.org](mailto:volunteercoordinator@terwillegar.org)
- Community Garden — Steve Johnson, [garden@terwillegar.org](mailto:garden@terwillegar.org)
- Neighbourhood Watch — vacant**
- Directors at Large:
  - Gurleen Bal-Sra (South Terwillegar)
  - Kelly Jeffrey (Mactaggart)
  - Michelle McWilliams (Magrath)

Thank you from the 2013 Terwillegar Community League Board.

## Terwillegar Classifieds

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**Southminster-Steinhauer United Church 10740-19Ave**

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

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