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www.terwillegar.org

Issue 77 June 2019

**Next submission deadline:
August 9, 2019**

Next issue: August 26 2019

Summer Events

*Kathleen Mountford
TCL President*

This summer we have many events happening. The Community Wide Garage Sale, on June 15th, will be one of the first major events of the summer. We are still taking locations down for this event, so feel free to sign up, just note that the deadline for our print advertising has passed. The next will be Canada Day.

On July 1st, come out to Tomlinson Park from 11:00 am – 3:00 pm for some fun. We will have games for kids, food trucks, watermelon and other activities in the park that day. The bike parade will happen near the end of the event. We will have Canada Day swag available and encourage people to dress up in red and white to showcase their Canada Day pride.

The other major event is the Summer Carnival on August 10th. This is one of our major fundraising events for the year, so be sure to have cash on hand. There will be the petting zoo, carnival games, bouncy castles, and other activities in South Terwillegar Park from 11:00 am – 3:00 pm. Come check out this fun event as we work toward creating additional park amenities.

We will also have our summer movie nights in the park, watch our Facebook page for updates on the movies we will be playing. The movies are always at South Terwillegar Park. We look forward to seeing some friendly faces and hopefully seeing some new people out for our events this summer.

CANADA DAY
AT TOMLINSON PARK
July 1st, 11 - 3pm

FOOD TRUCKS PARADE
SWAG WATERMELON GAMES

Terwillegar
COMMUNITY LEAGUE

www.terwillegar.org
group: terwillegar community league
event page: tclevents

The poster for Canada Day at Tomlinson Park features a large red maple leaf in the center. Inside the leaf, there are icons for a food truck, a bicycle, a watermelon slice, and a soccer ball. Below the leaf, the Terwillegar Community League logo is displayed. At the bottom, there is a Facebook icon and text for the group and event page.

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The advertisement for Darlene Reid Real Estate features a portrait of Darlene Reid on the left. To her right is the Realty Executives logo. The main text includes her name, "REAL ESTATE", her website, and her phone number. A large diagonal banner on the right side of the ad reads "FREE No-Obligation Market Evaluations".

Community

TRAC Update - April 2019

Karin Shott

The Terwillegar Riverbend Advisory Council (TRAC) had their Annual General Meeting on Wednesday, April 24th at Lillian Osborne High School with close to 30 people in attendance. Light refreshments, which included pizza from Panago Pizza and fresh fruits & vegetables, were enjoyed after the meeting.

The 2019 TRAC Community Spirit Awards were presented to Roman Przybyla from Panago Riverbend, and to Sheri & Emily Hendsbee with the Southwest Edmonton Farmers' Market – Sprouts Program in recognition of all they've done for the community.

Roman Przybyla has been involved with TRAC since his mom, Julia Necheff, attended TRAC meetings in the early days of TRAC's development. In early 2017 Roman purchased the local Panago franchise located on the southwest corner of Rabbit Hill Road and 23 Avenue. He immediately became involved in the community and started providing pizza at many community events, including EFCL's Great Neighbour Race, the TRAC Community Run/Walk, and for many of the other Community Leagues in Area H. Roman is a business owner in the greater Riverbend/Terwillegar area who understands what "community is"!

The dynamic mother/daughter duo of Sheri & Emily Hendsbee are the master minds of the Southwest Edmonton Farmers' Market - Sprouts Program. Sprouts is a children's program designed to empower them to make healthy food and lifestyle choices. The program was started in 2013 with 100 children and grew to 400 by the end of the season. In 2018 the program had a membership of over 1,500 children. Sheri spends her winters working with nutritionists to develop recipes like "One Eyed Monster Rolls" that are given each week to the families in the programs. Emily pounds the pavement to secure sponsorship for this ever-growing popular program. She is also at the Market every Wednesday from May to October.



Photo courtesy Rob Agostinis
Nancy Wendt presented the 2019 Community Spirit Award to Roman Przybyla (Panago Riverbend) on behalf of TRAC.
Photo courtesy Rob Agostinis

Following the business of the meeting, a slate of TRAC Ambassadors was accepted for each of the neighbourhoods from the 8 TRAC community leagues.

Bulyea Heights: Peter Farnden; Hodgson: Eleni Shaver; Ogilvie Ridge: vacant; Falconer Heights: Loretta Bieneck; Haddow: John Edmiston; Henderson Estates: Peter Kunkel; Brander Gardens: Vanessa Desa; Brookside: vacant; Ramsay Heights: Nancy Wendt; Rhatigan Ridge: Dave Rumbold; MacTaggart: vacant; Magrath: Felicia Truong; South Terwillegar: Ryan Barber; Terwillegar Gardens: Sue Trigg; Terwillegar Towne: Monte Weber; Carter Crest: Rob Agostinis;

Leger: vacant; Windermere: Annie Allers; Seniors: vacant; Brander Gardens ROCKS: Vanessa Desa; Southwest Edmonton Farmers' Market: Deborah Forst

The 2019-2020 Elected Executive Board as voted by the Ambassadors:

President: Monte Weber
Vice President: vacant
Treasurer: Nancy Wendt
Secretary: Annie Allers
Community Advocate: Sue Trigg

With the new TRAC Alerts Messaging System, you can receive e-mails regarding important crime alerts, traffic announcements and other community wide announcements & updates. These announcements apply to those living in the Terwillegar, Riverbend, and Windermere communities. Please go to www.tracspirit.ca to sign up and receive these important messages.

It's almost time to renew your community league membership. Community league memberships will all be expiring August 31st. Stop by the TRAC Community Office, which is conveniently located in the Terwillegar Community Recreation Centre, to purchase your membership in person and save the \$5 admin fee charged when purchasing online or from your local Servus Credit Union branch. Office hours can be found at www.tracspirit.ca.



Sue Trigg presented the 2019 Community Spirit Awards to Sheri & Emily Hendsbee (SWEFM- Sprouts Program) on behalf of TRAC.

Edmonton Riverbend

An Update From Your Member of Parliament

Matt Jeneroux

June is here, and with summer just around the corner I wanted to update you on a few things happening in our community and from Parliament.

After meeting with many Edmontonians and experts across the country, I recently tabled my second Private Members' Motion in this Parliament. My motion proposes to change the existing open access publication policy to allow Canadians more access to publicly-funded research. Currently, the Social Sciences and Humanities Research Council (SSHRC), Canadian Institutes of Health Research (CIHR) and the National Sciences and Engineering Research Council (NSERC) must provide their research to the public at no cost and free of most copyright restrictions. However, the federal government also supports research with funding for non-governmental organizations, which are not subject to the same rules. My motion proposes to expand the Tri-Agency Open Access Policy on publications to apply to all research funded by federal research grants. If you're interested, I've put up some more detailed information for the motion on my website at www.mattjeneroux.ca/research-pmm.

Once again, I'm hosting our annual Father's Day event with the Mental Health Commission of Canada: Father's Day on the Hill. Our continued aim is to help stamp out the stigma around men's mental health, with a focus on young men and fathers.



If you'd like more information about our Father's Day on the Hill event, please visit www.mattjeneroux.ca/fathers-day.

This summer I'm looking forward to hosting our annual K-Days barbecue. Every year, we hold our barbecue during K-Days to raise awareness of the event but also to chat with many in our community about issues that matter most to our area. I invite you and your family to the Safeway parking lot in Riverbend Square on Saturday, July 20 from 11 a.m. to 1 p.m. Save the date and for more details, please visit my website at www.mattjeneroux.ca/kdays-community-barbecue.

As always, if you have any comments or require assistance with a federal matter, please contact my Edmonton office at (780) 495-4351 or matt.jeneroux.c1@parl.gc.ca. We would be pleased to assist you.

EDMONTON

311

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- takes only minutes
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To download the app

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SOUTHWEST FREE DROP-IN

SUMMER GREEN SHACK



Each day of the week you will get active and experience a variety of crafts, games, sports, and free play!

Neighbourhood Recreation would like to acknowledge that our programs respectfully take place on Treaty 6 Territory, and Metis Nation Region 4.

This program is targeted for children aged 6-12, but all children accompanied by an adult are welcome to attend.

For more information, please visit: edmonton.ca/Greeshacks or call 311



GET IN TOUCH WITH US

@GreenShacks

Greeshacks@edmonton.ca

AM SITES 10:00AM-1:30PM		PM SITES 2:30PM-6:00PM	
Ambleside	MacEwan	Allard	Queen Alexandra
Blackmud Creek	MacTaggart	Aspen Gardens	Ritchie
Blue Quill Estates	Magrath	Brander Gardens	Rutherford
Brookside	Malmo Plains	Haddow	South Terwillegar
Callaghan	McKernan	Hazeldean	Steinhauer
Chappelle Area	Parkallen	Keheewin	Terwillegar Towne
Duggan	Ramsay Heights	Leger	Twin Brooks
Empire Park	Royal Gardens	Lendrum Place	Windermere
Glenriding Area	Skyrattler	Pleasantview	
Greenfield	Sweet Grass		
Hodgson			
EXTENDED HOURS 10:00AM-6:00PM			
Ermineskin			
Blue Quill			



Community

The 2019 Market Season Is Upon Us!

By Christie Anderson, Market Manager

The Southwest Edmonton Farmers' Market opened to a big crowd on May 15th. We hope that many members of our surrounding communities will make a trip to the market a part of their weekly summer routine. Not only is the market a great place to shop for a huge variety of almost entirely local products, but it is a wonderful venue to catch up with friends and not-for-profit community organizations. This season we will be having more vendors, more tents, more buskers, and more activities. It's going to be a wonderful summer!

As well as the many fantastic returning vendors, we have some new gems joining us. Our bread vendors are Loaf Story & Dandee Bakery. The Stony Plain Pie Shoppe & King of Tarts have unbelievably delicious looking sweet & savoury pies, and Moonshine Donuts will be back, after being away for several years. Meuwly's, who has a storefront on 124th Street, is bringing their artisanal, best-in-Edmonton Charcuterie, sausages, and preserves to the market beginning in June. Mobu Kombucha is attending this year, and so are several breweries & distilleries, plus a vineyard and a meadery. These are just a small sampling of all the goodness we have lined up for our customers (last year we topped out at over 100 vendors and are on track to have just as many for you this year)!

Our Young Vendors' Program is now in its second year. This program allows youth aged 13 to 17 years old to sell items they have made or grown. We already have a great list of young vendors who will be attending, and they are adding some very cool things to our market mix. Let's support these budding entrepreneurs by engaging with them at their stall, or perhaps by purchasing their products.

Don't forget to bring your kids aged 4-12 to the Sprouts tent for their weekly healthy recipe & free \$2 fruit & veg token, or to check out the Community Tent, which has a very diverse schedule of community groups this summer (including Dogs with Wings, The Edmonton Food Bank, the Greater Windermere Community League, Metro Continuing Education, the Valley Zoo Development Society, and the SW Edmonton Seniors Association, to name a few). On top of our regular programming, we will be having bouncy castle days, a corn fest, Bee Day, and a Seniors' Day. There truly is something for everyone at SWEFM. See you there!!!

The SWEFM runs every Wednesday from May 15th to Oct. 9th, from 4-7:30pm in the Terwillegar Rec Center Parking lot.



Community

Bicycling

Lisa Courtney

From the 15th century until today, bicycling has been viewed as an inexpensive form of travel. In some countries, it is the only method of travel (other than walking). Bicycling embodies the freedom to go anywhere, to see the world, and to go where the will leads. Over the years bicycles have evolved from the early designs constructed of wood and iron, to the modern versions constructed of titanium, aluminum and carbon fiber. The older generations may remember versions of bicycles without springs or padding, resulting in a rather uncomfortable riding experience. Today bicycles are available in a variety of constructions, with narrow or fat tires, narrow or wide seats, available padding and assorted visual embellishments.

In Canada, the warm weather brings out groups of road warriors cycling as fast as their legs will carry them. The warmer weather seems to encourage some adults to begin to bicycle to and from work. Instead of driving to the store, some of us will bicycle, to enjoy the solitude. Many parents will buy their small children of three or four their first tricycle, and teach them how to pedal hoping they will not crash. The children will of course get frustrated with the effort, resulting in a parent carrying the offending cycle home. Summer fun, yearlong commuters, environmentalists, most of us are or have been cyclists.

There is another thing that we all should be envisioning though, the rules that come along with our cycling freedom. When a teenager first feels the need to learn how to drive, they are given a manual to study. By this time though they are already familiar with the general rules that they will need to follow in order to drive a car. Green means Go, Red

means Stop, and Yellow means be prepared to stop. One car at a time, and stay in your own lane. Even young children know that sidewalks and crosswalks are for Pedestrians. Did you know though that a person riding a bicycle is considered to be a vehicle? Once your feet leave the ground, and you are riding, you are a vehicle. Vehicles are supposed to stop for red lights, and stop signs. Vehicles are supposed to stop for Pedestrians, and go single file. Vehicles are not supposed to be on the sidewalk. As cyclists, we seem to have forgotten these rules. There are a couple of concessions for young riders. After all no one wants to see a four-year-old riding a tricycle on the street (at least I don't). So the city has allowed for certain riders to be riding safely. Fifty centimeters (19.75 inches for those of us who are metrically challenged), is the magic number. If someone is riding a bicycle over fifty centimeters, they are prohibited from riding on the sidewalk. Unless you are riding on a bicycle lane or path. Just as there are fines for driving a car recklessly, there are also fines for riding a bicycle recklessly. Did you know that operating a bicycle on a sidewalk could earn you a ticket of at least \$100? So could failure of a cyclist to yield to a pedestrian on a shared-use sidewalk or path, and operating a bicycle in a careless manner, and failure of a cyclist to yield to a pedestrian in a crosswalk. The police will and do write tickets for these offences. In 2013 265 charges were laid with regards to riding a bicycle improperly. As bicycle riders we are all responsible for knowing the rules of the road, and obeying them.

Here is another thought, if you are too drunk or high to drive, you are too drunk or high to ride a bicycle.

Arguments can be made that the roads are in

terrible condition, with potholes and cracks, or cars that will not make room for cyclists. This is where we all need to develop a long lost habit of respecting each other. Oftentimes I witness people who have forgotten that driving is a privilege, and not a right, which is a discussion for another article. I have also witnessed cyclists who seem to believe that they do not have to follow any rules when bicycling. We seem to have lost our respect for others, for property, and for ourselves. Perhaps to make our world a better place, we could all start with respect.

The City of Edmonton has more information for all bicycle enthusiasts, and those just learning, on their website at www.edmonton.ca/cycling including maps of where to ride, how to prepare for seasonal conditions, minimum equipment that every bicycle should have, and the general rules that everyone should follow.

The Alberta Safety Council offers a course called "Pedal Pushers". This two-day program teaches kids of multiple ages the "basic fundamentals of cycling and the traffic skills necessary for safe riding", and has been running for several decades. Their website is www.safetycouncil.ab.ca.

Respecting each other on the roadways of Edmonton is a responsibility for all of us (pedestrians, bicyclists, and drivers alike). The warm weather is too short not to be outdoors. Bicycling can be a way to bond with friends and family as an eco friendly form of exercise, and travel. It can also be a way to escape the sensory overload of the 21st century pressures. Just leave the headphones and cell phones at home.



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Monday to Friday
8:00 am to 7:00 pm

Saturday 9:00 am to 5:00 pm
Sunday* 12:00 pm to 4:00 pm
*Closed Second Sunday

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Community

There's Room at the Table

*Marni Mrazik
Director of Community Life
Terwillegar Community Church*

One of the things I love about summer is to go on picnics. I love loading up the basket with yummy food and heading to the park and finding a picnic table. It doesn't even matter where the table is; it could be at Hawrelek Park, Tomlinson Common Park or even by the lake in Terwillegar Towne. Of course just being outside after a long winter feels like a great gift, but the real reason I love picnics is because they bring family and friends together. The joy found in sharing time and space can't be measured! And now I can head to a picnic table anytime, easily and quickly.

In April I wrote about a book I had read called, *The Turquoise Table* in which the author, Kristin Schell, described how the simple act of placing a turquoise table on her front lawn and making time to sit there was a catalyst to connecting with the people around her. Even without packing a basket, I can now go to my table and look to connect with my neighbours around me. The other day, I got a text from my daughter who sent a picture of her and a friend eating at it. What joy! Tables are inviting. Besides the promise of food, they seem to say, "Come and sit awhile. Enjoy some time visiting." I hope the stain on the benches of my table gets rubbed off from so much use this summer.

There are a few other new tables around Terwillegar Towne too. My friend who introduced me to the book has a turquoise table outside of her house and Terwillegar Community Church has two new big picnic tables too. As a matter of fact, they were just built by some of the men of the church. When you grab a slurpee or an ice cream, you can just cross the street to enjoy them. As you are walking by, feel free to sit down and relax for a few moments. Sip a coffee, read the paper, chat with a neighbor...these tables are for you to enjoy.

Terwillegar Community Church has a long history with tables that is tied to its belief in the importance of community. We were created to be in relationship, ultimately with

God, but also with each other. When the church first began, brunch was served with the vision that eating around the tables would create opportunities to build community. The tables still come out each Sunday and brunch is served and people get connected.

Creating opportunities for people to connect both within the walls of the church and in the community is a joy. We believe it's worth the effort to build our sense of community in Terwillegar Towne and engage with those

around us. That's why we are happy to invite the community to carnivals and Fridays at the Park and Winter Delights. We want you to come and invite your friends and family to spend time together. But more than that, we want you to be inspired to spend time with those around you. We want you to consider how you can connect more with your neighbours and in doing so create a greater sense of belonging. And we also want you to know, that at Terwillegar Community Church, there is always room at the table!



Community Garage Sale Day – June 15th

1930 Tanner Wynd 10:00am – 3:00pm	1754 Tomlinson Common 10:00am – 3:00pm	1717 Turvey Bend 9:00am – 3:00pm
1663 Tomlinson Common 10:00am – 3:00pm	4530 Turner Square NW 10:00am – 3:00pm	4530 Turner Sq 10:00am – 3:00pm
5474 Thibault Wynd 10:00am – 3:00pm	5416 Thibault Wynd 10:00am – 5:00pm	5879 Sutter Pl NW 10:00am – 3:00pm
6004 South Terwillegar Blvd 10:00am – 3:00pm	5938 South Terwillegar Blvd 10:00am – 3:00pm	6205 Southesk Landing 10:00am – 3:00pm
7629 Schmid Crescent NW 10:00am – 3:00pm	8465 Sloane Crescent NW 9:00am – 3:00pm	8122 Shaske Crescent NW 10:00am – 3:00pm
#83, 1623 Towne Centre Blvd 10:00am – 3:00pm	2911 Tredger Green 10:00am – 5:00pm	1837 Towne Centre Blvd 10:00am – 3:00pm
1850 Towne Centre Blvd 10:00am – 3:00pm	1872 Towne Centre Blvd 10:00am – 3:00pm	1875 Towne Centre Blvd 1:00pm – 8:00pm
2338 Taylor Close NW 9:00am – 4:00pm	6509 Mann Lane NW 10:00am – 3:00pm	3042 MacNeil Way NW 10:00am – 3:00pm

www.terwillegar.org
[group: terwillegar community league](#)

Looking for a way to help out the Tribune?

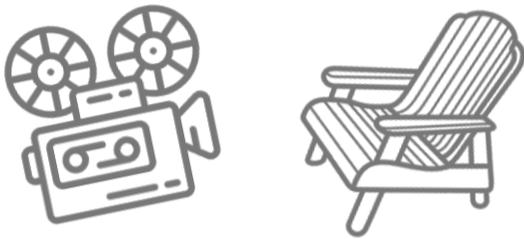
Your community newspaper is looking for:
Volunteers to help deliver the paper to local schools and businesses around the community

Please contact editor@terwillegar.org

TERWILLEGAR COMMUNITY LEAGUE PRESENTS

TWILIGHT OUTDOOR MOVIES

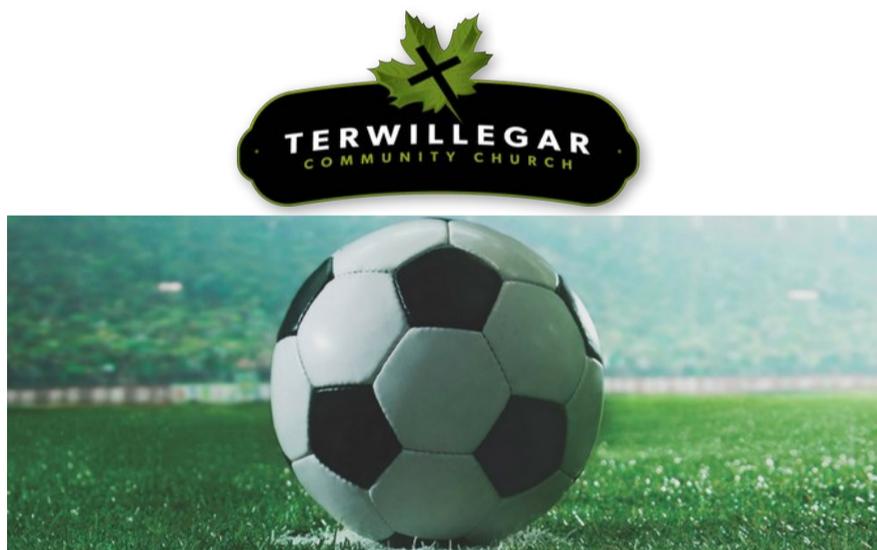
COMING TO A SCREEN NEAR YOU SUMMER 2019



SHOWTIMES

Saturday: July 13th, August 17th, September 7th

MOVIES TO BE ANNOUNCED CLOSER TO THE SHOW DATES ON FACEBOOK. ALL MOVIES TO BE SCREENED AT SOUTH TERWILLEGAR SPRAY PARK. FILMS BEGIN AT SUNSET. BRING YOUR OWN SEATING AND BUG REPELLANT. PLEASE DRESS FOR THE WEATHER.



Soccer Camp 2019

in partnership with Athletes in Action

Registration now open

July 29—August 2

9:00 am—3:00 pm

Ages 6 - 12 (Grade 1 must be completed)

\$130 (\$160 after June 30)

at Tomlinson Common Park

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



1751 Towne Centre. Blvd.

TERWILLEGAR COMMUNITY LEAGUE IS HOSTING AN EVENT AT THE WEST EDMONTON MALL WORLD WATERPARK

NOVEMBER 3, 2019 (9:00AM - 11:00AM)

*ENTER BY 10:30AM AND STAY THE WHOLE DAY! (OPEN TO PUBLIC AT 11AM)

TICKETS WILL BE ON SALE AT:

- 1. THE TERWILLEGAR COMMUNITY CHURCH 9:00AM - 12:00PM, 1:00PM - 3:00PM, M-F
2. TCL EVENTS (GARAGE SALE, CANADA DAY, SUMMER CARNIVAL)
3. TRAC OFFICE 9:00AM - 3:00PM, T/W; 4:00PM - 9:00PM, THUR; & 10:00AM - 2:00PM, FIRST SATURDAY OF THE MONTH

TICKET PRICE: \$15/EACH

*PLEASE NOTE THAT ANYONE 2 YEARS AND OLDER REQUIRES A TICKET



www.terwillegar.org

group: terwillegar community league event page: tclevents



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Initiation - Peewee Ages 4 - 12

Online Registration: Starting June 1st

In-Person Registration: Dates starting in June See our website for time and location

SouthwestKC Hockey Online

www.southwestkc.ca

Community

What Types of Recreational Activities are of Interest to You and Your Family?



Basia Braaksma
Executive Director TTHOA

We have been researching amenities that pique the interests of our Terwillegar Towne residents and neighbouring communities. Being a winter city, it's no surprise that hockey and recreational skating are popular choices. The Terwillegar Community League is currently in the process of planning & developing a highly sought after outdoor rink in South Terwillegar park.

Additional top favourites include a basketball court and tennis facility. A large population of our residents have outgrown a traditional playground setting thus we would like to

explore amenities that would cater to the 8+ age group. A multi-use facility option incorporating basketball/tennis/ball hockey and operating as a snowbank style rink during the winter season is currently being considered.

Perhaps you prefer something a bit more unconventional? Parkour is a training discipline using movement that developed from military obstacle course training. There are no age limits - participants set their own learning curves. With the popularity of American Ninja Warrior, parkour has really taken off, hosting facilities & classes dedicated specifically to the sport. A cleverly designed course could naturally be paired

with a skate park and provide a wonderful locale for our youth.

We invite you to try our outdoor adult fitness area located in Towne Centre Blvd Park. Did you know that training outdoors in the natural light invigorates and provides energy for the mind and body? It's a great way to get your daily Vitamin D & vary your regular training environment.

If you haven't already taken our survey, please visit www.terwillegartowne.org and click on the survey link. Help us shape the future of Terwillegar Towne & area. We would love to hear your suggestions, please feel free to email us: basia@terwillegartowne.org.



Urban Farm: Barn Doors are Open!

The Edmonton Valley Zoo's newest exhibit is now open. The Urban Farm invites all you city slickers to come on down and experience a modern day farm, complete with chickens, goats, sheep, pigs and more! Get Closer to our barnyard critters in the contact yard or try your hand at milking our life-sized model cow. Keep your eye on the incubation room where you can watch baby chicks hatch,



and check out the displays about our Alberta poultry, dairy, and beef industries. For a behind-the-scenes look at the Urban Farm, check out the Edmonton Valley Zoo's new blog!

Edmonton Valley Zoo
13315 Buena Vista Road

The Edmonton Valley Zoo welcomes guests 364 days a year. Hours are dependent on the time

of year, so please visit www.valleyzoo.ca or call 311 for more information.

Hours:
Everyday 9am-5pm
Tuesday 9am-8pm

Admission:
(Summer, May 10 - October)
Child (Ages 2-12) \$10
Youth (Ages 13-17) \$12.50
Adult (Ages 18-64) \$15

Community

Community League Membership Benefits



A new benefit of having a Terwillegar Community League membership is free access to the Edmonton Tool Library! Starting January 2019, Terwillegar Community League has purchased a community membership to the Edmonton Tool Library. Terwillegar members who show their Terwillegar Community League membership card can rent tools without paying the annual Tool Library membership fee! Visit Edmontontoolibrary.ca for location, hours and inventory.



Acclaimed! offers community league members a 10% discount on furnace and duct cleaning services (with the exception of the \$19.95 Material and Waste Handling Fee, which is not discounted). Must mention discount at time of booking and CL membership card must be shown to the technician at the time of the cleaning. Discount cannot be combined with any other offers or discounts.



Reduced rates to City of Edmonton recreational facilities through the Community League Wellness Program which offers the following discounts:

Annual Membership - 20% discount on Adult, Family, Child, and Youth/Senior Annual Memberships.

Multi Admission Pass* - 15% discount on already discounted multi admission pass (5+ visits) *Applies to new purchases only.

Continuous Monthly Membership - 20% discount on an on-going monthly membership.



Show your Community League membership card, mention Edmonton Federation of Community Leagues (code 057EFCL) and receive wholesale pricing at any Cloverdale Paint location.



House of Wheels is Alberta's largest indoor skatepark for scootering, skateboarding, BMXing, etc. They are dedicated to ensuring anyone can find and enjoy the world of action sports in a fun and supervised indoor site. Perfect for our city's long, cold winters. Located on 88th street, just off the Whitemud.

Show your Community League membership card for a 10% discount on pass prices. Check houseofwheels.ca or [Facebook.com/houseofwheelsab](https://www.facebook.com/houseofwheelsab) for extended holiday hours for December 2018.



Orbis Sports has a number of offers available. Click, book or call for more information.



Promo code: EFCL18
Receive up to a 35% discount when you purchase urban poles through our annual membership supplies order.

Urban poles can be rented from the EFCL office starting at \$30 per pair plus a damage deposit. For more information on rentals, visit the League Walking page.



The University of Alberta's Academic Ancillary Services, Learning Services supports Edmonton community leagues.

Software application training at the Technology Training Centre

Receive a 25% discount off Microsoft and Adobe courses. Learn to use MS Excel, create great designs in Adobe Indesign, or learn to work smarter with Outlook or Google Apps. The Technology Training Centre has amazing instructors to help you learn to be more efficient in all your computer work. See our course listings at ualberta.ca/technology-training. When you register select Edmonton Community League Member as the registration type. The discount will be applied. You will be asked to show a valid community league membership when you attend the training.

Email training@ualberta.ca or call 780-492-1397 to learn more about the training options available or to discuss group training.

Poster and Banner printing at Campus Design and Print Solutions

We are offering community league members a 10% discount on the large format printing. Services include:

- Research and advertising Posters
- Retail Displays Banners
- Flex Faces & Building Wraps
- Decals, Window Graphics & Wall Murals
- Vehicle Decals & Vehicle Wraps
- Outdoor Advertising
- Trade Show Displays
- Print & Cut Adhesive Vinyl
- Dry Mounting and Lamination

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On the Edge - Parenting in the Digital Age: The Impact of Technology on Our Kids (Adults)

Tuesday, June 18, 2019 (7:00-8:30 pm)

At this event, Dr. Jason Daniels will discuss how digital media is part of everyday life for kids these days. They use it at home and school, with many children preferring to spend their free time 'plugged in.' But how much is too much when it comes to kids and technology? Learn more about the positive and negative impacts digital media can have on childhood development and practical solutions for managing how your kids use technology.

Jason S. Daniels, PhD is the Associate Director, Evaluation and Research Services, Faculty of Extension, University of Alberta and a member of the University of Alberta Speakers' Bureau.

Jason has a background in research in cognitive development and has extensive experience doing research and evaluations related to a broad range of topics including, the effective use of technology in education, the impact of media use on child development, student engagement, and examining human development. In addition to these, Jason also provides related consulting for many diverse groups both on and off campus. In addition to his work conducting research and consulting, Jason is also a university instructor teaching courses on psychology, research methods, and statistics.



On the Edge is a speaker series featuring cutting edge research presented by scholars and researchers from Edmonton's academic community. This presentation is presented with the University of Alberta's Speakers Bureau.

Fastforward into Summer! (Children)

Saturday, June 22, 2019 (2:30-3:30 pm)

Join us at the library for some good old fashioned fun and excitement as we kick off our summer activities here at EPL. Visit www.epl.ca for the full schedule of fun, free family activities!

Tell a Story, Change the World - Teen Writing Series (Teens)

Tuesday, July 16, 2019 (2:00 pm – 3:30 pm)

Whether you're writing an essay, short story, or tackling a novel, writing always comes down to one thing: story. Each week, award-winning local Edmonton Author Natasha Deen will tackle a different aspect of the story-telling structure. Learn how the elements of story show up in writing and your life, and how knowing about plot, character, and description can not only make you a better story-teller, but help you find your happy ending. This is a 5 week drop-in series free for all teens to attend.



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Kids Zone - Coloring Contest



Summer Coloring Contest

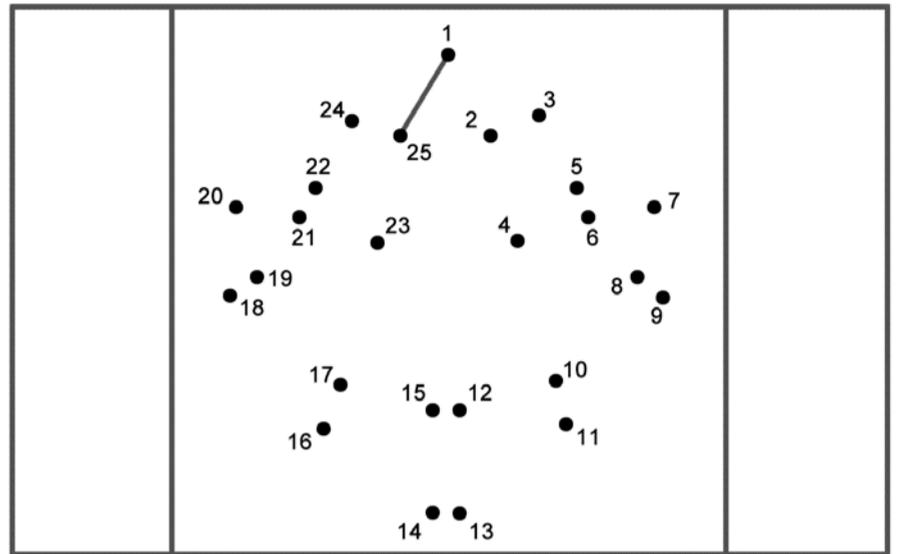
Name: _____	All entries must be received by July 31st. Please note: one entry per child. The contest is open to residents of the following areas: Terwillegar, Magrath, South Terwillegar, and MacTaggart.
Age: _____	
Address: _____ _____	Age categories are: 2-4; 5-7; and 8-11. Prizes awarded to first place & runner up of \$25.00 & \$10.00 gift certificates for Toys R Us
Phone: _____	Entries should be mailed to: Terwillegar Community League PO Box 36508
Email _____	RPO MacTaggart Edmonton, AB T6R 0T4

Kids Zone - Word Search

Canada Day Word Search

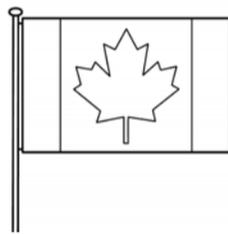
Instructions: Try to find all of the hidden Canada Day words in the word search puzzle below. (Words can be spelled forwards, backwards, diagonally, up, or down.)

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

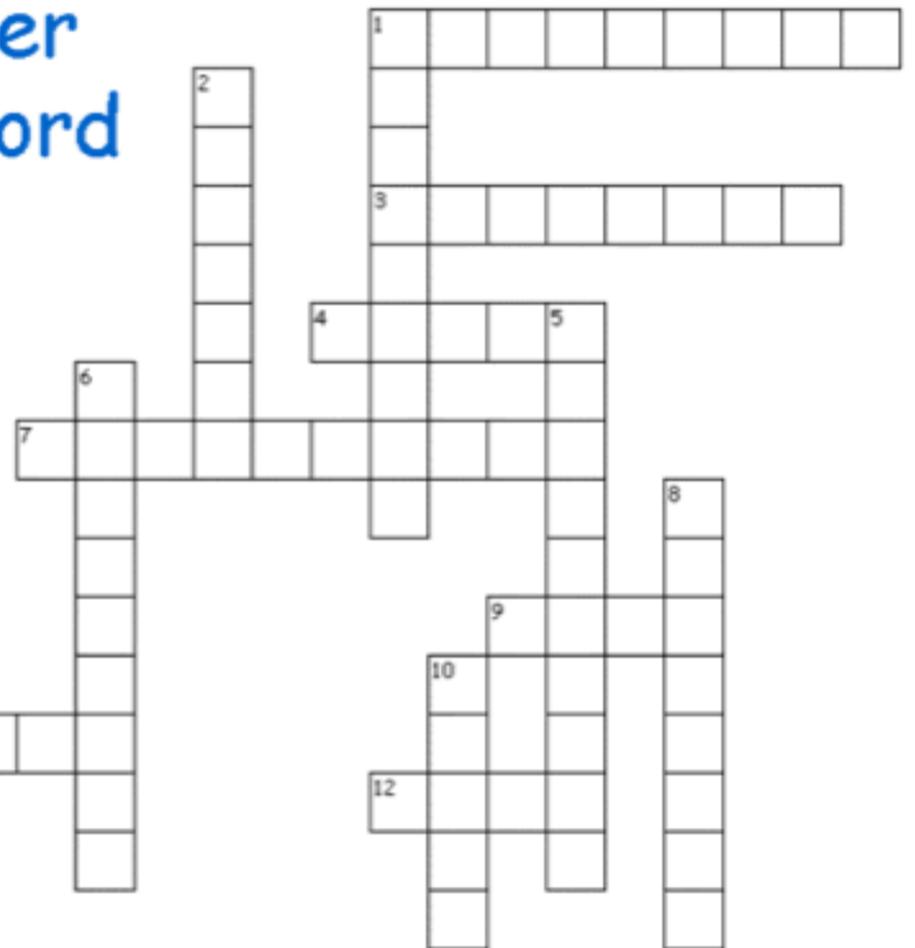


Word List

CANADA	NATION
GAME	PICNIC
HISTORY	RED
HOLIDAY	WHITE



Summer Crossword

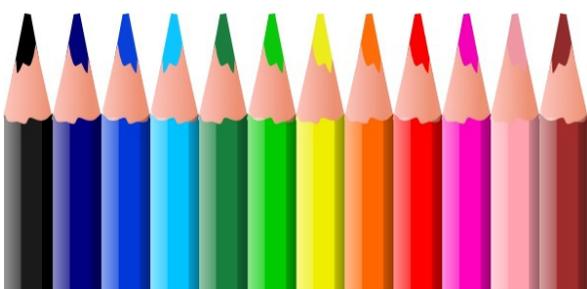
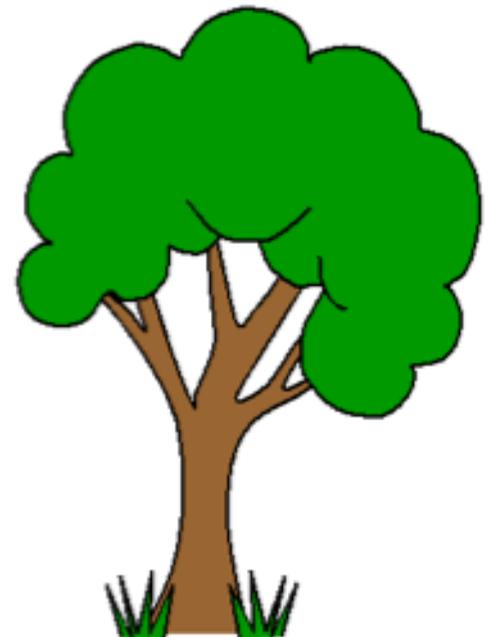


Across

- From caterpillar to _____.
- dad's grill
- A gardener's worst enemy.
- pink juicy fruit
- In the summer, the weather is _____.
- I have a rod and reel. Let's go _____.
- A long walk.

Down

- Insect with yellow and black stripes.
- Healthy summertime transportation.
- Protective eyewear.
- A patty and a bun. Yum!
- Favorite drink of young salespeople.
- Playground toy you swoosh down.



Easter Colouring Contest Winners!

Ages 2-4

1st Place: Sila M.
Runner Up: Ryan B.

Ages 5-7

1st Place: Taariq I.
Runner Up: Siena S.

Ages 8-11

1st Place: Seth S.
Runner Up: Katie R.

Thank you to everyone who participated.

Community

Focus On Your Water Intake This Summer

Michelle Mackay Patel, ND
www.michellempnd.com

Finally, the weather is turning warm here in Edmonton, and bringing us all outdoors. With the heat comes sweating from even the littlest amount of exertion, and with sweating can come dehydration... something we want to avoid. Water consumption needs to be top of mind especially on those hot days. Water makes up the majority of your total body weight and is your body's main chemical component as all systems depend on water. It is such a vital life source and provides so many health benefits including: Flushing out waste products, Maintaining muscle tone and the ability for muscles to perform contraction, Aids the body in metabolic functions such as respiration, digestion, body temperature and tissue nourishment, Alleviates fluid retention, and provides more youthful skin by filling out the cells

Not receiving enough water can lead to dehydration whereby the body does not have enough water to carry out its normal functions. Symptoms of dehydration can include: Fatigue or weakness, Headache, Muscle cramps, Nausea, Decreased

sweating, Dark coloured urine, Dry mucous membranes, Weak pulse

How much Water?

Daily water intake is dependent on the person as well as the circumstances e.g. temperature, activity level, humidity. To determine the water requirement at an average temperature and humidity divide the body weight (lbs) in half, and the number that results is the amount of fluid ounces required per day.

Example: an individual weighing 150lbs requires 75 fluid ounces (2.2 L) or approximately 9, 8-ounce glasses of water daily.

Remember that if you are exercising, gardening or doing any activity that causes you to sweat that you need to increase this amount.

How to Increase Your H₂O:

There are many creative ways to make sure you are consuming your required daily intake of water including: Replacing soda, tea and coffee with a glass of water,

Carrying water with you; If you always have water around you will drink it when you are thirsty, If you don't like to drink plain water, add lemon or lime, berries, melon, or mint leaves, Eat fruits and vegetables high in water such as watermelon and celery, Keep a glass next to you when you will be sitting for a long time i.e. at work, Buy a water bottle that is the size of your daily water intake goal this way you can easily see how much water you are consuming throughout the day, Set a timer that beeps at the beginning of each hour, to remind you to drink a glass of water.

If you are going from drinking no water a day to 8 glasses a day this can be a little overwhelming and could result in frustration and failure. If this is such a drastic change for you, try to increase your water by one glass a week until your required amount is reached.

Good luck! And remember that so much can be improved just by committing to your daily intake needs of H₂O!



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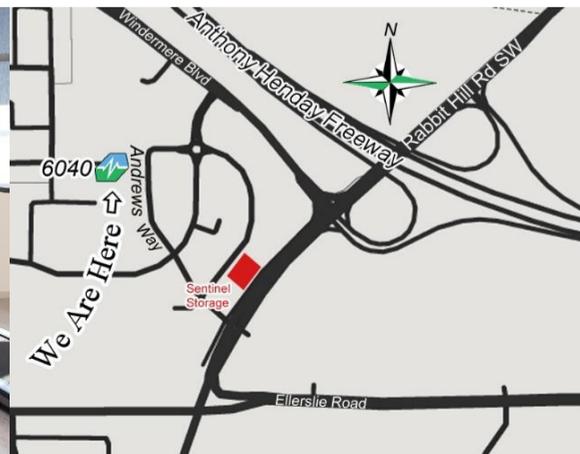
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Community

What's in Food?

Rachel Hallett, AFLCA/YMCA Group Fitness Instructor, Pre and Post Natal Fitness Consultant, 200 hr Yoga Teacher and Food Nutrition Manager

The diet industry is a multimillion dollar one. It seems like every so often there is another fad diet that gains momentum and it seems every other person is having success with it. I wanted to write this article to explain what food is and help you to navigate all the information out there.

Food has 3 main components

Macro Nutrients

You may have heard the term Macro. What is a Macro? All food can be broken down into 4 types of energy: Protein, Carbohydrate, Fat and Alcohol

Protein has 4 kcal/gm. It is made up of amino acids. Animal protein (Eggs, Milk, Fish, Chicken, Beef etc.) is complete as it has the 8 essential amino acids needed for us to build muscle. Plant protein (grains, nuts and legumes) can be combined to provide complete protein (for example beans on toast).

Carbohydrates have 4 kcal/gm. This category seems to get the worst press! The primary function of carbohydrate is to provide our body with energy. Our body is designed to break down carbohydrates quickly. They are a preferred source of energy. They also provide the much needed glycogen that our nervous system and brain requires to function. If it is not available it will break down protein to get it.

Carbohydrates can be found in starchy foods such as potatoes, sweet potatoes, grains, breads and in beans and legumes and in fruits and vegetables and in dairy products such as yogurt and milk. In addition to providing us with energy they also provide us with many of our essential vitamins and minerals.

Fat has 9 kcal/gm. In addition to being a dense energy source it provides satiety (to feel full), adds flavor to food and helps us to absorb some of our essential vitamins A D E and K which are fat soluble. There are a few types of fat and we want to try to get a combination of fish oil and plant oils and limit animal fat that is high in saturated fat.

Alcohol has 7 kcal/gm and is basically fermented sugar.

The above Macros combine to provide us with the energy we need for our day. The recommendation is to have ½ your plate in veggies and fruit. ¼ grains or starch and the last ¼ in protein. <https://food-guide.canada.ca/en/>

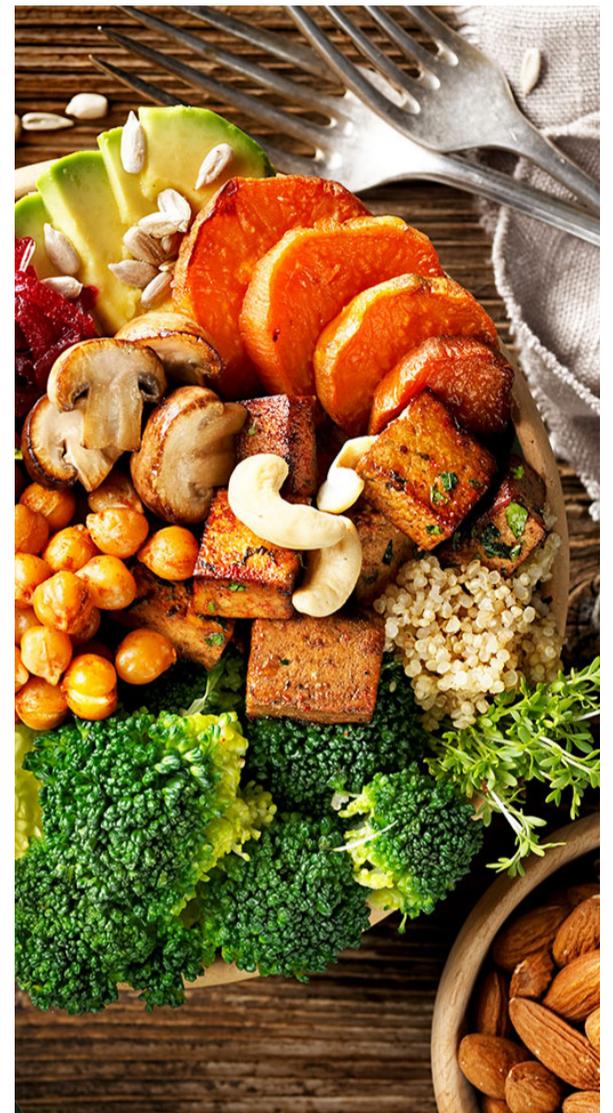
Micro Nutrients

These are the vitamins and minerals in foods. The more colorful fruits and vegetables are the more vitamins and minerals they have. There are also vitamins and minerals in dairy products, meat, legumes, seeds and nuts. Try to eat a variety of foods close or in their original natural state as some vitamins and minerals are removed when food is processed.

If you know you do not eat a variety of food you may need to take vitamins and minerals. A Registered Dietitian can review your eating habits and make suggestions to ensure you are getting enough vitamins and minerals from a variety of sources.

Phytonutrients

Phytonutrients are small particles in food that combine with other particles in food to provide a unique combination that you get by eating that particular food. So whenever possible, try to eat food in its natural state or close to. An example of processing food from natural would be a whole apple to sliced packaged apple slices to apple sauce to apple juice.



The absorption of vitamins and minerals is better when you eat the food versus taking a vitamin or supplement because of phytonutrients.

Nutrition is a relatively new science. We are constantly learning which is why sometimes you will see conflicting information. Phytonutrients and their role in us absorbing nutrients are still being discovered.

I hope the above article helps to explain what is in food and why we need a variety of different sources to meet our body's requirements both for energy and for staying healthy.

Rated 5 stars!

★ ★ ★ ★ ★

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Seniors

News for 55+

News from SouthWest Edmonton Seniors

By Carol Vaage

Marty Chan, a well-known Edmonton author, stated that it's not the years; it's the mileage. He was referring to his own journey of growing older and is a premise that is very relatable to those of us who are 55 or over. Mileage usually refers to vehicles, but in the same way, our bodies can keep running strong with good maintenance.

SWESA sponsored a Live Active Health Exposition on May 11th, which hosted many health and fitness displays and speakers. Thank you to those who volunteered their time and energy to sponsor such a great event in our neighbourhood!

See photos and Thank You to Our Sponsors below.



Seniors' Week, the first week of June, is always a time to celebrate and lucky for us, there are so many functions that we could participate in! By joining in, we are keeping ourselves engaged, and socially active, which helps us maintain health. Now that the weather is being more cooperative, we look

forward to getting outside in our gardens, for walks, enjoying time outdoors. When we think about 'our mileage' it will be important to think about how summer may challenge us physically. Dehydration and heat-stroke are more common with older adults so drinking water or electrolyte enhanced sports drinks are important. Caffeine and alcohol may increase dehydration. Light coloured clothing and hats keep us cooler. Some of our medications may affect our sensitivity to sunlight or heat. Early mornings and cooler evenings are the best times for us to fit in our exercise, avoiding the hottest time of the day. If we are outdoors during the day, let's bring our

water bottles and make sure to take breaks! Of course, many events take place in cooler locations that have air conditioning. SWESA is offering a new set of courses and classes from May through August, as well as fun social events. Please check our website for our latest program guide. We do have some great things happening this summer. Our motto is to be very welcoming to all who join us! We hope to see you soon! <http://swedmontonseniors.ca/>



Thank You To Our Sponsors



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

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

Reduced Speed Limits: The Good and the Bad

Tim Cartmell, P. Eng.
City Councillor - Ward 9

On May 14, 2019 City Council spent the day talking about speed limits and traffic. Administration was asked to draft bylaw to reduce speed limits on residential roads. These changes – if approved – will only change the speed limit on the road in front of your home. The main roads - bus routes, arterials, collectors - will remain the same as they are now. In most of Ward 9 and the rest of Edmonton's suburban neighbourhoods, that means 40kph on residential roads, and no other changes.

For me, it was one of those good news / bad news days.

This motion will lead to a Public Hearing and then a vote in January 2020. That means we have effectively entered into an 8-month engagement period. That's the good news – everyone can tell Council

what they think, and Council can finally vote on speed limit changes.

The bad news is, I don't think that reduced speed limits will have the effect so many are looking for.

Some say lower speed limits will reduce pedestrian collisions and the resulting injuries. But we heard from Administration that the 2/3 of pedestrian collisions happen on those main roads.

Others say that lower speed limits will see more active streets – more children at play, more neighbors talking to neighbors, more people walking. I think there are many other influences that affect how much activity we see on our neighborhood streets. Assuming reduced speed limits will significantly change behaviors is an oversimplification.

There are many factors that influence rates of travel. The

experience of the driver. Their familiarity with their surroundings. The driver's assessment of risks – are there cars parked along the road? How close are the curbs and the lamp posts to the travel lane? Is there a lot of traffic? Is it icy? Dark? Raining?

A prudent driver that sees many risks will slow down. That means most people on that relatively narrow residential street are not driving more than 40 kph anyway. So what do we solve with lower limits?

A driver that is travelling down that familiar, wide collector road that they have travelled hundreds of times is often inclined to travel a little faster. Perhaps too fast. Perhaps at an unsafe speed. But a new speed limit sign becomes part of the familiar scenery. It will do little to alter that driver's risk assessment, and slow that vehicle down.

That is why I have continuously spoken in favor of improved crosswalks. This is where vehicles and pedestrians and bicycles conflict. I prefer to invest in infrastructure- signal lights, speed bumps, curb extensions- that make those interactions safer. A lower speed limit might reduce the



severity of a vehicle pedestrian collision, but better crosswalk infrastructure will eliminate the collision completely.

I do not support speed limit reductions that adversely affect our main arterial roadways, and unduly limit the movements of commuters, service providers and commercial vehicles.

I do not support these bylaw changes if the cost to implement them is excessive, or if the number of signs being added is silly.

Most importantly, I want to share the views of Ward 9 residents with Council. We have 8 months to decide if we want lower speed limits. Let me know where you stand.

And then let's vote on this, and move on to dealing with other issues that will make Edmonton a vibrant and attractive place to live and work in.



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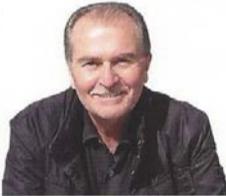


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Community

Proud to Represent Edmonton-Whitemud

Rakhi Pancholi
MLA

On April 16, 2019 the voters of Edmonton-Whitemud elected me to represent them in the Alberta Legislature. This is an incredible honour and responsibility which I take very seriously. I am looking forward to being a strong voice for you in the Legislature over the next four years. I'd like to begin by thanking you for your incredibly warm welcome during the campaign and since the election. I have had the pleasure of meeting many of you at the doors and at various events, and we have shared some wonderfully engaging conversations. The 30th Legislature recently began its Summer Session and I am already hard at work holding the government to account and ensuring the interests of all Albertans are represented.

For those of you who may not know much about me personally, allow me to introduce myself. I grew up in southwest Edmonton (I remember when 23rd Avenue was a dirt road!) and I am raising my young family here as well. I am a proud graduate of the University of Alberta and completed my law degree at the University of Toronto.

After some work and studies abroad, I practiced law for the past 13 years here in Edmonton with my focus mainly on labour/employment and education law. I have an incredible partner who is a Vice Principal with Edmonton Public Schools. Together we share two young children, as well as two dogs.

In addition to representing the constituents of Edmonton-Whitemud, I am honoured to have been named the official Critic for Children's Services by Rachel Notley, the Leader of the Official Opposition. This includes issues such as adoption, child intervention, child care, guardianship, and foster care. As a mother of two small children, these issues are close to my heart and I am passionate about advocating for all Alberta children – particularly our most vulnerable.

As we approach the summer months, Edmonton Whitemud will be bustling with activity, festivals and events. The Southwest West Edmonton Farmer's Market is always a popular venue and one of my favorites to attend. I had a great time recently attending the SWESA Live Active Expo and the 14th Annual TRAC Run. From outdoor movies



to community league carnivals to high school graduations, there is never a dull moment in our beautiful constituency.

Our constituency office is now open and we are pleased that we are staying in the same location in Riverbend Square as the previous MLA, Dr. Bob Turner. You can call the office at (780) 413-5970, email me at Edmonton.Whitemud@assembly.ab.ca or find us on social media. Please don't hesitate to reach out to me as my role is to serve you, the constituents of Edmonton-Whitemud. I look forward to the busy and fun summer months ahead!

Summer BBQ

Kathleen Mountford
TCL President

After a long winter inside, summer is a great time to go outside and see your neighbours. In order to help facilitate this the Terwillegar Community League will be partnering with the Magrath Save on Foods to help neighbours host a barbeque.

To sign up go to the TCL website (www.terwillegar.org). The online signup requires that you have a date picked out, the address



for where the barbeque will be hosted, and your contact and member information. A signup form that includes at least seven other households in the neighbourhood,

is needed to host the event. Remember that if you are hosting your event in a public place, you will need a permit from the city. The barbeque assistance will be given out on a first come first served basis so please pick out a date and sign up early.

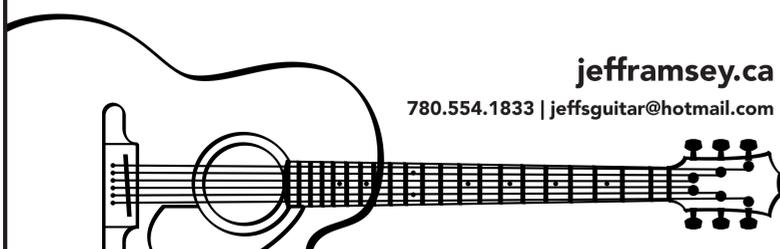
After filling out all the information needed, you just need to head over to the Magrath Save on Foods and pickup the food and your ready to go! Having been to one of the events myself, I can say this is a great way to get out and meet some neighbours.

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Terwillegar Community Recreation Center

Text - **Susan Hawke** – 780-819-8835

E-mail – townemom@shaw.ca

Facebook – Messenger

Community

TRAC Community Run

Photos Courtesy of Gary Trigg





TRAC Community Run – Karin Shott

The 14th annual TRAC Community Run was held on Sunday, May 26th, 2019. We couldn't have asked for a better day! The sun was shining, there was a slight breeze, and an enthusiastic group of participants and volunteers alike. Big thanks to Jessica Zapata for an amazing job with the warm-up and M/C duties, and to Rakhi Pancholi and Tim Cartmell for helping out as well. Events like this could not be possible without the support of all of our sponsors. We hope to see everyone again next year!

Thanks to our sponsors!



Coming Events

Events:

EYTS Customer Satisfaction Survey – ongoing through to Thursday, October 31, 2019

(The survey takes 5- 15 minutes to complete. Survey asks approximately 50 questions. In addition to transit specific, some basic demographic questions are asked such as age category, house hold income by category level and postal code.) www.edmonton.ca

June 15, 2019

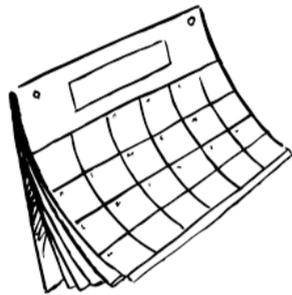
- Community Garage Sale

Check locations on page 6 or www.terwillegar.org

July 1, 2019

- Canada Day

Tomlinson Park (11:00 am – 3:00 pm)



Upcoming Outdoor Movie Nights @ South Terwillegar Spray Park

- Saturday, July 13
- Saturday, August 17
- Saturday, September 7

Movies to be announced on Facebook, closer to the show dates

August 10, 2019

- Summer Carnival

South Terwillegar Park (11:00 am – 3:00 pm)

September 7 & 8, 2019

- Big Bin Event at Terwillegar Recreation Centre

September 21, 2019

- Fall Too Big For It Sale

October 31, 2019

- Halloween Fireworks

November 3, 2019 (WEM Waterpark) * limited # of tickets available

9:00 am – 11:00 am

*enter by 10:30 am and stay the whole day! (open to public at 11:00 am)

*Tickets available for sale (cash only) at:

- Terwillegar Community Church (M-F, 9 am – 12:00; 1-3 pm)
- TRAC Community Office (located in Terwillegar Recreation Centre). Check www.tracspirit.ca for office hours
- TCL events

November 23, 2019

- Holiday Sale

December 14, 2019

- Holiday Event

Free access to Outdoor Pools

- Borden Natural Swimming Pool (7615 Borden Park Rd.)
- Fred Broadstock Outdoor Pool (15720 – 105 Avenue)
- Mill Creek Outdoor Pool (9555 – 84 Avenue)
- Oliver Outdoor Pool (10315 – 119 Street)
- Queen Elizabeth Outdoor Pool & Kinsmen Spray Park (9170 Walterdale Hill)

FITNESS CENTRE ORIENTATION

An introductory session designed to acquaint adults & youth ages 16+ with the fitness centre equipment & answer basic fitness questions.

- ✓ Program available at several City Recreation Centres
- ✓ Program available year-round. Registration required.



Register online at www.myrecguide.ca or phone 311

edmonton.ca/findyourfit



Membership and Admission Benefits

	Single Admission	Multi-Admission	Monthly Pass	Continuous Monthly Membership	Annual Membership
Suspensions available ¹					✓
Accommodations granted during planned and unexpected major amenity shutdowns				✓	✓
1 day Early program registration				✓	✓
10% Registered program discount				✓	✓
10% Annual Attraction membership discount				✓	✓
Free Youth in Action registered program ²				✓	✓
Free Fitness Centre Orientation registered program ⁶				✓	✓
Bring a Friend for Free Events				✓	✓
Free Swim Assessment				✓	✓
Complimentary Kids Den ³				✓	✓
Personal Training discount				✓	✓
Free Shiny Hockey ⁴				✓	✓
Wellness Conference Free Admission			✓	✓	✓
Access to all amenities in the facility (e.g. fitness centre, gymnasium, pool, indoor playground, field house)	✓	✓	✓	✓	✓
Access to instructor-led drop-in programs ⁵	✓	✓	✓	✓	✓

¹ Annual members are entitled to two (2) 30-day membership suspensions during each membership year.

² Youth and Family memberships only. Effective 01/01/2018.

³ At locations with Kids Den service. Child or Family membership only.

⁴ All Facility category only. Effective 01/01/2018.

⁵ Facility Plus and All Facility categories only.

⁶ Adult memberships only

Terwillegar Classifieds

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Sat & Sun: 10 am - 3 pm

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- Have Acne, Atopic dermatitis or any other skin concern?
- Want to lose weight?
- Want to Quit smoking?

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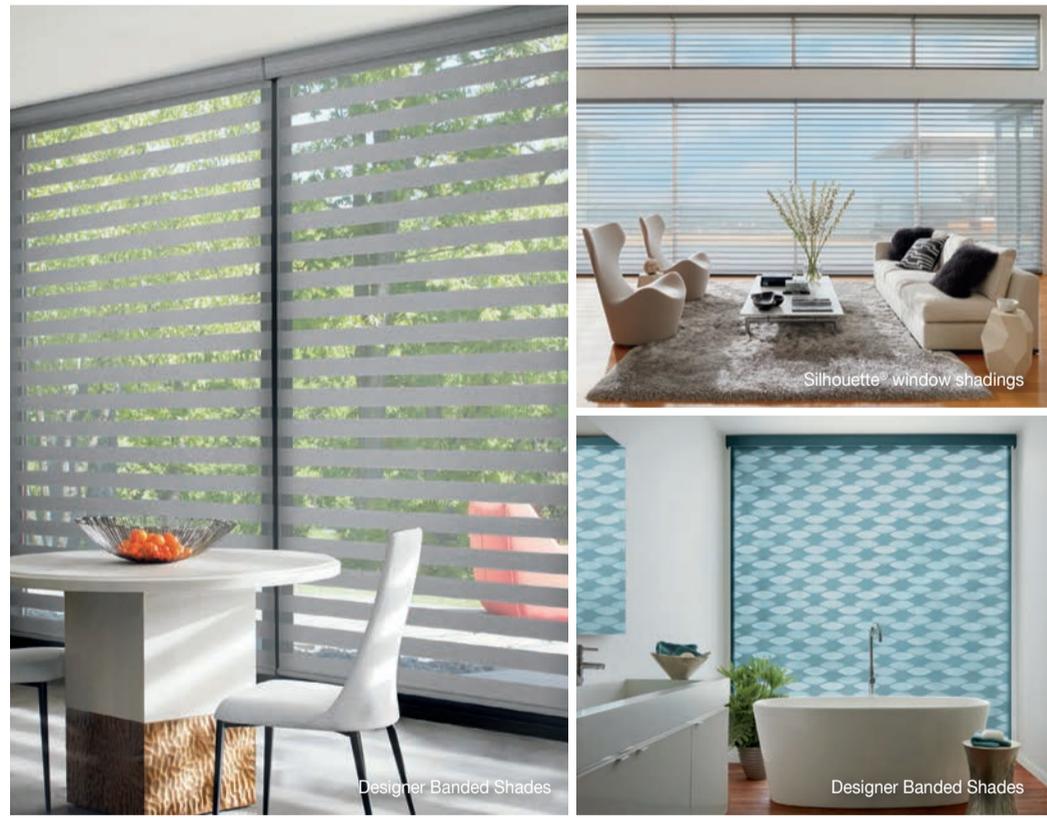
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- Free delivery and pick up of prescriptions
- Free blood pressure monitoring
- Free blister packing
- Diabetic & asthma educators
- Compounding services
- Free administration of injections
- Prescription renewal
- Travel immunizations

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Are you interested in: Meeting New People? Helping plan resources in our community? Strengthening our Community Spirit?
Join our Community League! We will help you find a role that interests you. volunteercoordinator@terwillegar.org



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