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Terwillegar

COMMUNITY LEAGUE

Tribune

www.terwillegar.org

Issue 80 Feb 2020

Next submission deadline:

March 20, 2020

Next issue: April 6, 2020

President's Message

Kathleen Mountford
TCL President

Upcoming Events & Volunteer Roles

The Terwillegar Community League has many great events coming up in 2020. In March, we will hold one of our semi-annual "Too Big for It" sales. With lots of clothes and kids toys to choose from, it is sure to be a full sale. We will be looking for some summer movie night suggestions on Facebook for our movies in the park. The Community Garage Sale Day, Canada Day and Summer Carnival are our major events planned for the summer.

With our many events, we are always looking for volunteers. Check out our @tclevents Facebook page to see all our upcoming events. Each event will have a note with the board member to contact if you would like to volunteer for a single event. If a board role may be of more interest to you, please reach out to tclpresident@terwillegar.org and we can find some additional ways for you to help out. If you have some suggestions for future events, please email the president to add some new ideas to our event list.

We thank everyone in the community who has helped at prior events and attended many of our events in the past. We hope to see more of you out in 2020.

TERWILLEGAR COMMUNITY LEAGUE IS HOSTING ANOTHER

FAMILY DAY

FEBRUARY 17, 2020

OUTDOOR ACTIVITIES @ 3PM
INDOOR FOOD + MOVIE @ 5PM

TERWILLEGAR COMMUNITY CHURCH + PARK BEHIND CHURCH
1751 TOWNE CENTRE BLVD



OUTDOOR ACTIVITIES WILL BE LIMITED OR CANCELLED IF THE TEMPERATURE IS BELOW -15C



www.terwillegar.org

group: terwillegar community league
event page: tclevents

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Edmonton - Riverbend

An Update From Your Member of Parliament

*Matt Jeneroux
MP Edmonton - Riverbend*

We're a few months into the new minority parliament, and things are really starting to get moving. This spring, I have a Private Members' Bill coming up for debate in the House of Commons.

In late 2019, I was fortunate to draw a high number in the lottery system that determines the Order of Precedence for the introduction of Private Members' Bills. This means I will have the opportunity introduce a bill for debate in the House of Commons in the spring. I put out the call for ideas and suggestions for the bill and am grateful for the high volume of suggestions I received. Thank you to everyone who put ideas forward; we truly have some thoughtful and innovative people in our community. I will be making regular updates about the bill on my Facebook page (Matt Jeneroux) and on my website, www.mattjeneroux.ca.

Nominations are now open for our 2020 MP Youth Leadership Award. This award is an opportunity to recognize students in Edmonton Riverbend who have shown outstanding leadership in their school or community. There are two categories for this award: students in Grades 7-9 and

those in Grades 10-12. This year's deadline for nominations is March 30. To nominate an outstanding young person, please email my office at Matt.Jeneroux.C1@parl.gc.ca.

As always, if you have any comments or require assistance with a federal matter, please contact my Edmonton constituency office at 780-495-4351 or Matt.Jeneroux.C1@parl.gc.ca. We would be pleased to assist you.



TERWILLEGAR COMMUNITY LEAGUE IS HOSTING ANOTHER

I'M TOO BIG FOR IT SALE

MARCH 14TH, 10AM TO 1PM

SEE TERWILLEGAR.ORG FOR DETAILS AND SIGN-UP INFORMATION



TERWILLEGAR COMMUNITY CHURCH - 1751 TOWNE CENTRE BLVD



www.terwillegar.org

group: terwillegar community league
event page: tclevents



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Community

Community League Wellness Program

By becoming a member of your community league, you have demonstrated your commitment to your community. To honour your commitment and support your families' health and well-being, the Edmonton Federation of Community Leagues has teamed up with the City of Edmonton to create an exciting new program. Fitness

The Community League Wellness Program provides current community league members with admission incentives to enjoy the City's world-class sports and recreation facilities.

All current members of an Edmonton community league with a valid membership card are eligible to participate in the Community League Wellness Program.

How the Program Works

Present your valid Edmonton community league membership card at any one of the City of Edmonton's sports and fitness facilities and choose from the following Community League Wellness Products:

- Annual Membership - 20% discount on Adult, Family, Child, and Youth/Senior Annual Memberships
- Multi Admission Pass* - 15% discount on our already discounted multi admission pass (5+ visits)
- Continuous Monthly Membership - 20% discount off an on-going monthly membership using our convenient Pre-Authorized Debit Program.

Community league members who purchase one of the options will be issued a photo access card to be swiped at each admission.

Why Choose the City of Edmonton?

Attractive admission discounts, convenient locations across the City, and professional staff combined with our world-class facilities, equipment, and programs are why many Edmontonians choose the City of Edmonton as their fitness provider.



Facilities and Amenities:

- Swimming pools
- Whirlpools
- Fitness studios
- Cardio areas
- Weight rooms
- Racquetball, squash, and tennis courts
- Indoor running tracks
- Gymnasiums
- Cafeterias
- Pro shops

For more information on participating facilities and rates please visit www.edmonton.ca/activities_parks_recreation/community-league-wellness-program.aspx

STAY CONNECTED!

Call 211	Information and referrals to community and government supports
Call 311	Information on City of Edmonton programs and services
Call 411	Directory assistance
Call 511	Alberta road conditions
Call 811	Health Link to speak with registered nurse
Call 911	Emergency services: police, fire & ambulance

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As a library cardholder, you'll save annually an average of

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* Value of EPL's materials, services and programs offered to Edmontonians is approximately \$584 per cardholder.

Community

The Southwest Edmonton Farmers' Market Needs you!

Christie Anderson
Market Manager

The 2020 outdoor farmers' market season is just over three months away, and we on the SWEFM team are super excited to get rolling with the 10th season of our fabulous community market. We have a ton of special events and theme days for you this year, including Seniors' Day, kids & family days, a Corn-fest, Bee Day, and monthly "Artisan Alley" days where we will have additional crafters & non-food vendors set up in a special row. The request for more crafts, art, and handmade products was heard loud and clear, and we hope that you will come out to support & enjoy the creativity of our wonderful artisans. The calendar for all events will be posted in early May, so stay tuned!

If you are looking to start your own small business (and you make, bake, or grow your own products), consider joining our market

full-time or part-time this season! We are accepting Vendor Applications up until March 31st for our main market schedule. Although we do accept applications on a wait-list basis all season, we highly encourage all potential vendors to apply by the cut-off date, as many categories fill up very quickly. We have an online application process, making applying simple. And, please refer your favourite vendors from other markets and events to us. We are always happy to expand our lineup. More information & the application form & Terms & Conditions can be found at: www.swefm.ca/become-a-vendor



We are pleased to be hosting year three of our Young Vendors' program. This no-cost program allows young entrepreneurs aged 13-17 to have a chance to sell their self-made products at the SWEFM. Depending on demand, would-be Young Vendors can book one or several dates throughout the regular season. Check www.swefm.ca and click on the "Young Vendors" tab for all the details!

The Southwest Edmonton Farmers' Market is located outdoors at the Terwillegar Recreation Centre, and will run from 4-7:30pm every Wednesday from May 13th – Oct. 7th, rain or shine. See you in a few months!



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*Offers cannot be combined

Community TRAC Update

Karin Shott
TRAC Community Office

It's hard to think about the outdoor soccer season already, but the TRSA 2020 Outdoor Soccer registration events will be this month! The dates are Feb. 8th at Nellie Carlson School, Feb. 15th at Dr. Margaret-Ann Armour School & Feb. 22nd at Riverbend Community Hall. More information can be found at www.trsa.ca

As a community league membership is required to register, please consider purchasing or renewing your membership prior to the registration/payment sessions. There are a number of ways to purchase your membership, but purchasing from the TRAC Community Office is one way, as well as online through www.efcl.org

The hours for the TRAC Community Office, which is located in the Terwillegar



Community Recreation Centre are Tuesdays & Wednesdays: 9 am – 3 pm, Thursdays: 4 – 9pm, and the 1st Saturday of the Month: 10 am – 2 pm.

When purchasing your community league membership at the TRAC Office, you can pick up your skate tags at the same time.

Did you know?

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

Leagues accomplish this through organizing various recreational, educational and sport programming, hosting community events, developing amenities such as water parks, community halls, tennis courts, skating rinks, and by being the voice of the community when it comes to civic engagement with the City of Edmonton.

Separate funding raising activities and grant applications must be undertaken to support capital projects like park development or hall construction.

Become a member, learn more about your community league and get involved. The best way to create the type of community you want to live in is to get active and get engaged with your neighbours and with your league!

Mark your calendars for the TRAC Community Run. This will be the 15th year for the event and it will be held on Sunday, May 24th at Mother Margaret Mary School.

If you haven't yet purchased a bottle of the latest community wine "The Ridge Vines", please stop by Vines Wine Merchants to pick one up. This wine is a lovely Malbec from Bodega Sottano. Five dollars from each bottle sold goes back to the Terwillegar Riverbend Advisory Council to support programming and operations of the area council.

TRAC's next meetings are scheduled for Wed. March 18th, Wed. April 22 (AGM), and Wed. June 10th. All will be held at Lillian Osborne High School, beginning at 7:00 pm. Everyone is welcome to attend!

The Ridge Vines
Argentina Malbec

TRAC Terwillegar Riverbend Advisory Council

\$25.99/bottle
\$5.00 proceed to
Terwillegar Riverbend Advisory Council

WINDERMERE REGISTRY

Hours of Operation

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

How About Going Snow Tubing?

Tubing at Sunridge
from sunridgeskiarea.com/tubing.aspx



Snow tubing is the best thing to happen to winter and Sunridge has the only Snow Tubing Park around. With a dedicated tubing lift (so you don't have to walk up the hill), three groomed chutes down one of our main hills, and special tubes provided by us, you won't find a better outdoor winter activity.

Tubing tickets are for specific two-hour time periods only and a limited number of tickets are available for each two-hour period. The two-hour time periods are; from 12:00 pm until 2:00 pm or 2:00 pm until 4:00 pm on weekends and holidays, and from 6:00 pm until 8:00 pm on Friday evening.

You can buy your tube tickets online to guarantee space for you or for your group. If you don't wish to buy your tickets online, you may of course stop by the ski area to buy your tickets but keep in mind

that tubing often sells out and we can't guarantee a spot for you if you don't buy your tickets in advance.

You can also rent the tube park for two hours for a private tubing party for your group. The tube park is available for rent on Monday through Thursday between 6:00 pm and 8:00 pm, and on the weekends between 10:00 am and 12:00 pm. The cost is \$600 for the two hours. Just call us at 780-449-6555 for more information.

When the Tubing Park is busy, we normally have more people than tubes. When this is the case, the tubers coming up off the tube lift must hand their tubes to the first person in line and then go to the back of the line to wait for another tube. We find that this system is safer than providing each person with their own tube since even if you have your own tube, you would still be waiting in line to go down the chutes. If you have any questions in this regards, please stop by the office.

For safety, you must be at least 7 years old and at least 4 ft tall to go tubing. We check everyone to make sure you are old enough and tall enough to go tubing.

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. volunteercordinator@terwillegar.org

Snow Valley

snowvalley.ca

Triple Down Terrain Park Competition Series March 2020

A fun freestyle competition for all ages! Rabbit Hill Snow Resort (Jan), Sunridge Ski Area (Feb) and Snow Valley Ski Club (Mar) host this series to encourage riders to try different parks, each with unique features. Prizes, judges, and a ton of fun! See snowvalley.ca and websites of participating hills for full details.

Family Winter Festival

Saturday, Mar 7, 2020 / 10am - 3pm
Rabbit Hill Snow Resort, rabbithill.com
Celebrate winter with fun activities for the whole family! Help raise money for the Juvenile Diabetes Research Foundation. Bake sale, BBQ, silent auction, and more.

Terrasse a sucre / Sugar Shack Patio

Mar 13 - 14, 20 - 22 & 27 - 28, 2020 / 6 - 9pm
Café Bicyclette, cafebicyclette.ca
Café Bicyclette continues the late winter fun with its Sugar Shack

experience on the patio! A five-course, maple-infused gastronomic experience awaits you. #cafebicyclette

One-Day Spring Break Camps at Snow Valley

Mar 23 - 27, 2020 (weather permitting)
Snow Valley Ski Club, snowvalley.ca See website for exact times and schedule. Plus we'll have theme days and activities for all ages throughout the week!

Final Day of the Season at Snow Valley

Mar 27, 2020 (weather permitting) Snow Valley Ski Club, snowvalley.ca
Join us for the last day of skiing and snowboarding for the 2019/20 season!

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Community

Find Or Choose A School

epsb.ca/schools/findaschool and ecsd.net/Pages/default.aspx

It's that time of year when families are thinking about school registration.

Choice is the foundation of our District's approach to education. Open boundaries allow families to consider their options to determine their preferred school.

DESIGNATED SCHOOLS

Every home address in Edmonton has a designated public school. Your designated school isn't always the one closest to your home. Use our Find a School tool to search for your designated elementary, junior high and high school.

CHOOSING A SCHOOL

Students are guaranteed entry to their designated school if they pre-enrol before April 15. Students may also choose to attend any other District school, as long as:

- the school has space
 - the student meets any entrance requirements of that school
- Find lists of schools or search the Find a School tool.

FACTORS TO CONSIDER

Choosing the right school depends on what is most important for your family. Ultimately, the school you choose should be one where your child feels happy, confident and excited to learn. Some considerations might include:

- your child's strengths and interests
- the school's academic focus or programming
- the school's atmosphere or culture
- location and bus service
- child care

RESEARCH YOUR OPTIONS

To find the right fit for your family, learn more about our schools and the programs they offer by:

- talking with friends, family or neighbours
- visiting school websites
- attending open house events
- making an appointment to meet the principal or tour the school

REGISTER FOR SCHOOL

Each spring, parents tell us what school they'd like their child to attend next year. Learn about registering for school.

Please visit [www. https://epsb.ca/schools/findaschool/](https://epsb.ca/schools/findaschool/) or [https:// www.ecsd.net/Pages/default.aspx](https://www.ecsd.net/Pages/default.aspx) for more information.

311 Hours Are Changing

The hours for the City of Edmonton's 311 service are being reduced from 24 to 12 hours a day starting February 2, 2020. The new hours are from 7 a.m to 7 p.m., seven days a week (closed statutory holidays). Support for essential public safety and urgent bylaw calls will continue to be available after hours. Examples of these calls include downed trees, sinkholes, animal attacks, parking in an



emergency lane, etc. People who call in will be prompted to call a dedicated number for after hours inquiries.

311 has received over 20 million inquiries since 2009 and answers roughly 5,000 calls a day. 311 is an easy to remember phone number that citizens can call to inquire about many different City programs and services, from what time their garbage pickup is to how to register for swimming lessons.

The changes to 311 hours are part of Council's effort to deal with reduced revenues and to keep citizen's tax increases down. There will be no targeted layoffs as a result of these changes. Savings will be realized through natural attrition and through scheduling efficiencies. The compressed schedule will result in a slight increase to wait times.

Residents can access information on city programs and services using edmonton.ca and report concerns using the 311 App.

Community

What To Do When A Product Is Recalled

*"Recalls and Safety Alerts
from healthycanadians.gc.ca*

When a product is recalled, it means our surveillance tools are working: you and your family are being protected from potential hazards. Still, you can help too. If you hear a product has been recalled, follow these steps to help keep you and your family safe.

1. See our recall notices and make sure your product is the one affected. Recall notices are posted in four product categories:

- consumer products
- food products
- health products
- vehicles and children's car seats

2. Follow the manufacturer's instructions, as explained in the notice.

3. If instructions aren't included in the notice, or if you have more questions, contact the manufacturer by phone or visit their website.

4. Don't give the recalled product to someone else. If it is unsafe for you and your family, it is unsafe for others too.

5. Don't throw out the product without guidance. Some products (like batteries and drugs) must be disposed of in a special way. Follow the manufacturer's instructions.

6. Stay informed with real-time recalls:

- Consumer and health products – add the recalls widget, download the recalls and safety alerts mobile application, or follow us on Twitter.
- Food products – subscribe to RSS feeds or email notifications, download the recalls and safety alerts mobile application, or follow us on Twitter.

Recent food recalls and alerts

Vitapom brand Orchard Iced Tea
recalled due to mould
2020-01-20 | Food

VG Meats brand All Beef Sausages (Hot) made by Four Brothers
recalled due to pieces of bone
2020-01-17 | Food

Good to Go brand Snack bars
recalled due to mould
2020-01-15 | Food

A&W brand, Recipe brand and Delicia brand Margarine
recalled due to pieces of plastic
2020-01-14 | Food

Viande Richelieu Meat brand horse meat
recalled due to presence of clenbuterol
2020-01-14 | Food

Alkanater brand Tahina
recalled due to Salmonella
2020-01-14 | Food

Scarpone's Italian Store brand frozen Ground Veal
recalled due to E. coli O157:H7
2020-01-13 | Food

PC brand Maple Apple Seasoned Pork Loin Roast
recalled due to undeclared mustard
2020-01-06 | Food

Ourhome brand Spicy Jjamppongs
recalled due to undeclared oyster and squid
2020-01-02 | Food

Hyosung and Hansung brand fish products
recalled due to undeclared egg
2020-01-02 | Food

Recent consumer products recalls

Imports Dragon recalls Winnie the Pooh plush toy
recalled due to potential choking hazard
2020-01-21 | Consumer Products

Thompson's WaterSeal Waterproofing Wood Protector
recalled due to potential leakage and fire hazard
2020-01-14 | Consumer Products

Toy Story 4 Backpack in specially-marked Pull-Ups Plus training pants
recalled for inspection for potential inclusion of finishing scissors
2020-01-14 | Consumer Products

Bily Retractable Safety Gate
recalled due to chemical hazard
2020-01-13 | Consumer Products

Joe Fresh Toddler Girls' Winter Hat
recalled due to choking hazard
2020-01-10 | Consumer Products

Janod Looping Bead Maze
recalled due to a choking hazard
2020-01-08 | Consumer Products

Mugshare 16oz Bamboo Fiber Cup
recalled due to burn hazard
2020-01-07 | Consumer Products

Fujitsu LIFEBOOK E744
recalled due to fire hazard
2020-01-06 | Consumer Products

Royal Oak Charcoal Lighter Premium Odorless Fluid
recalled due to lack of bilingual labelling and hazard information
2019-12-31 | Consumer Products

Yardworks, Yard Machines and Troy-Bilt Snow Throwers [recall originally posted by MTD in 2006]
recalled due to risk of injury
2019-12-30 | Consumer Products

Want to know more?

When a product is recalled, or an advisory or alert is issued, it means our surveillance tools are working. Recalls and safety alerts are sent out when we have important information to share—meaning you can feel more secure when choosing and using products.

Community

Mindfulness and Stress

Rachel Hallett

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

In a world of go go go, so often we eat while on the go. Often this involves grabbing something quick from a drive thru or kiosk. Not even really taking time to notice or observe what we are eating and how it makes us feel.

Being on the go constantly makes it hard to take a moment to slow down to eat, let alone enjoy your food which adds to the stress our bodies are dealing with. Compounding this is the lack of nutrition in the food leaving us feeling exhausted and craving easy calorie foods (sugar or high fat or salt pick me up anyone?)

We will talk more about how to bring this mindfulness into eating next issue. For now we will focus on what happens when we do not take time to slow down.

This state of being busy and hurried constantly increases the amount of cortisol our body creates.

Cortisol in itself is an important hormone. Having too much of it can create havoc in the body.

“Because most bodily cells have cortisol receptors, it affects many different functions in the body. Cortisol can help control blood sugar levels, regulate metabolism, help reduce inflammation, and assist with memory formulation. It has a controlling effect on salt and water balance and helps control blood pressure.”

Symptoms of high cortisol from the article <https://www.medicalnewstoday.com/articles/322335.php#why-is-higher-cortisol-an-issue>:

- high blood pressure
- a flushed face
- muscle weakness
- increased thirst
- urinating more frequently
- changes in mood, such as feeling irritable or low
- rapid weight gain in the face and abdomen
- osteoporosis
- bruises or purple stretch marks appearing on the skin
- decreased sex drive

How Can Mindfulness Help?

The simple act of breathing mindfully helps to transition us from a stress to relaxation. You can start by placing a hand on your stomach and just feel the belly button expand on your inhale to push into your hand and observe how the pressure decreases on the exhale. Sometimes it can take a while to learn how to take these deep belly breaths.

Take the time to notice the sensations you feel along the way. Frustration, calming, the temperature on your skin, the noises you hear. Once you start to observe and notice these feelings you can transfer this mindfulness to other areas of your life.

Over time you will be able to mindfully slow yourself down pretty much anywhere. This will bring you awareness in the moment to process what you are doing and how it feels, which will allow you to gradually start to approach your life with mindfulness instead of just doing.

Canada's food guide

Healthy eating recommendations



Healthy eating is more than the foods you eat. It is also about where, when, why and how you eat.

- Be mindful of your eating habits**
 - Take time to eat
 - Notice when you are hungry and when you are full
- Cook more often**
 - Plan what you eat
 - Involve others in planning and preparing meals
- Enjoy your food**
 - Culture and food traditions can be a part of healthy eating
- Eat meals with others**

Make it a habit to eat a variety of healthy foods each day.

Eat plenty of vegetables and fruits, whole grain foods and protein foods. Choose protein foods that come from plants more often.

- Choose foods with healthy fats instead of saturated fat

Limit highly processed foods. If you choose these foods, eat them less often and in small amounts.

- Prepare meals and snacks using ingredients that have little to no added sodium, sugars or saturated fat
- Choose healthier menu options when eating out

Make water your drink of choice

- Replace sugary drinks with water

Use food labels

Be aware that food marketing can influence your choices

Canada's food guide

Eat well. Live well.

Eat a variety of healthy foods each day



- Have plenty of vegetables and fruits
- Eat protein foods
- Make water your drink of choice
- Choose whole grain foods

Discover your food guide at
Canada.ca/FoodGuide

Canada's food guide

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Greetings from the Riverbend Branch of Edmonton

Ben Ehlers

Community Librarian, Riverbend Library

ben.ehlers@epl.ca (780) 496-6560

With any luck the worst of the winter weather is behind us—but just in case you are still looking for something indoors, we have a great lineup of classes and activities!



Sounds Like Fun: Getting Ready to Read

Wednesdays 1:30 pm – 2:15 pm

Children, ages 4 – 5

Your little ones might be too big for Baby Lap Time, but our programming is growing up, too!

Come for stories, songs, movement and a variety of fun activities designed for your active preschooler. Adults will also actively participate and learn ideas to help their child get ready to read.



School's Out

Thursdays 3:00 pm – 4:00pm

Children, ages 6 – 12

When school is out, the library is in! Complete challenges, play games, or learn something new! Whether we are building cardboard towers, or learning how to program robots, there is always something new to explore.



DISCOVER: A Post-Secondary Prep Program

Thursdays, 4:30pm – 6:30pm

DISCOVER is a post-secondary prep program that prepares students for life after high school! We focus on building skills that

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will lead students to post-secondary success and helping students discover their optimal academic path. Free weekly sessions are run by university students and recent alumni who have invaluable experience in post-secondary education and a broad variety of career fields and will guide students to unlock their full potential!

Seniors' Drop-In Program

Tuesdays, 10:30am – 11:30am

Join us on Tuesday mornings as we continue our popular community drop-in program and focus on a variety of topics. Recently we have explored making bread, river valley coyotes, Chinese paper cutting, and the slow food movement. Come by and visit for a taste of what's next.

We have also finalized our Spring Break program plans! For more details (as well as information on our other programs, including drop-in coding classes, more speakers from the University of Alberta, and more), please visit www.epl.ca.



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

To find a list of days and times that classes run or for more information please visit www.tcchurch.ca

Registration

for the 2020-21 school year opens online on

Monday, February 24 at 9:00 a.m.

New at Terwillegar Community Church

English Language Learners

Conversation Café

An opportunity for English language learners to practice speaking English with native English speakers

Tuesdays from 9:30—10:45 am

By the fireplace at Terwillegar Community Church

Drop in, no registration and no fee required.

1751 Towne Centre. Blvd.
www.tcchurch.ca



Kids Zone - Coloring Contest



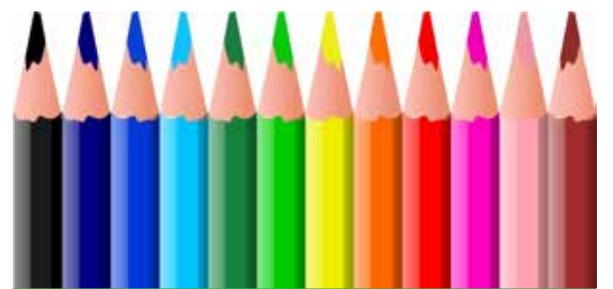
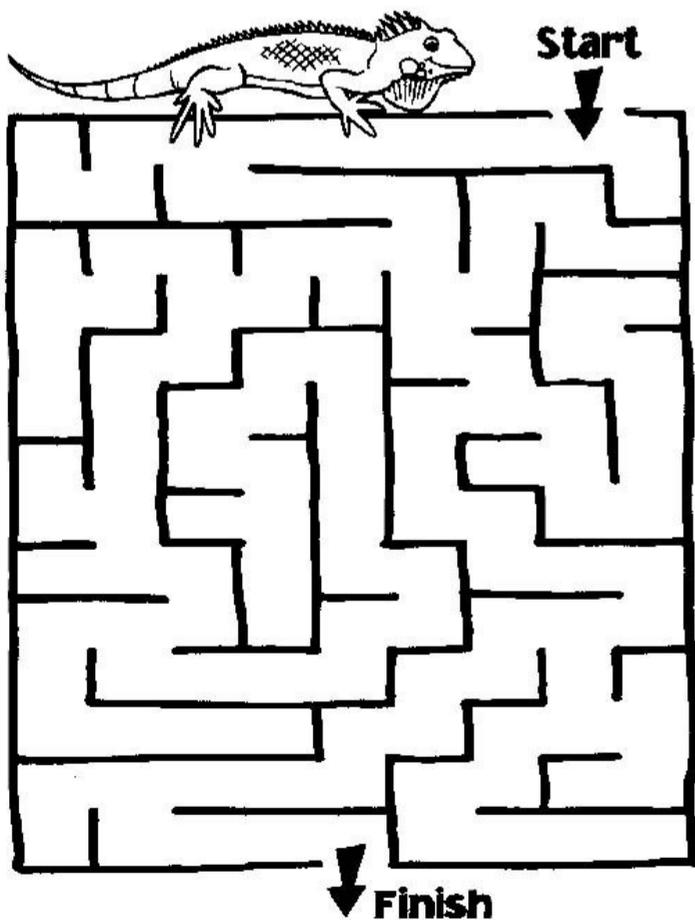
Valentines Coloring Contest

Name: _____	All entries must be received by Mar.27. Please note: one entry per child. The contest is open to residents of the following areas:
Age: _____	Terwillegar, Magrath, South Terwillegar, and MacTaggart.
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 Entries should be mailed to: Terwillegar Community League PO Box 36508 RPO MacTaggart Edmonton, AB T6R 0T4

Kids Zone - Maze



Help Lizzy through the maze!



Holiday Colouring Contest Winners!

Ages 2-4

1st Place: Charlie T.
Runner Up: Greyson W.

Ages 5-7

1st Place: Yufan G.
Runner Up: Alexis P.

Ages 8-11

1st Place: Cordelia V.
Runner Up: Michael M.

Thank you to everyone
who participated.

Community Councillor Update

Tim Cartmell
Councillor Ward 9

January was very challenging in Edmonton.

For so many of us, the news of the crash of Flight 752 in Iran brought feelings of shock, grief and anger. The impact of this tremendous loss will forever be felt by families and communities here and around the world.

At the same time, Edmonton was been experiencing a depth of winter that is as cold and extreme as it gets. LRT rails cracked, buses were late, our cars stalled, and our water and power utilities have been tested.

No one would have blamed us for feeling low, vulnerable, isolated and angry.

And yet, we have been resilient.



The vigil at the Saville Centre for the lives lost in Iran was remarkable. An entire community grieving together, lamenting the incredible loss of family, friends, classmates, colleagues. The whole City holding those most directly affected firmly in its embrace, leaning on each other for support.

At the same time our city came together to make sure that our most vulnerable with nowhere to go received shelter and care from the cold. From city buses providing transport to the Commonwealth Recreation

Centre for those seeking respite from the cold; to countless staff and volunteers from community organizations and neighbourhoods around the city putting in extra time to get basic essentials to those in need; to neighbours offering support to one another when pipes burst or cars stalled or childcare challenges came up.

The people of this city rallied together, like we always do when we are challenged.

This is the Edmonton that I love. Not the darkness that comes with loss or the cold that settles on us every winter.

But the spirit of community. In the most challenging moments, we come together. We take care of each other.

This is what pushes away the cold and dark, and brings the warmth and light to our home.

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Volunteers to help deliver the paper to local schools and businesses around the community

Please contact editor@terwillegar.org

Seniors

News for 55+

News From SouthWest Edmonton Seniors Association

By Carol Vaage

These cold months tend to nudge us into a bit of hibernating or cocooning. We have time to read, relax, think. This time space we have from being retired gives us a different perspective from those still actively raising children or aspiring to reach new career goals. We remember our own youthful days, of feeling invincible, of trying to get ahead. If you're like me, perhaps you wish you'd had more time then. The moments we had flashed by so quickly, and our advice to the next generation is to enjoy the present moment. Your youth, your health, your energy.

We have time to invest in what we choose now but perhaps are limited by health concerns or lack of opportunity. What we have learned about enjoying the present moment applies every day to us, not just to the next generations. We have the chance to make new memories, of living a life with what really matters.

SWESA is striving to offer opportunities for seniors to do just that. We have a new winter program that is rich with learning, social activities, creative and fitness programs.

One of our newest programs is called the Art Hive and is being facilitated by Marie Muggeridge, an art therapist. It starts Feb



Photos courtesy of Barry Headrick



"Sometimes you will never know the value of a moment until it becomes a memory."

-Dr. Seuss

6th, on Thursday mornings from 10 - noon, at the Blue Quill site (11304 - 25 Ave). An Art Hive is a community-centered space where art making is the main form of connection. Anyone interested in making art or connecting with others is welcome whether they have artistic ability or not.

The making during the Art Hive is very flexible and fluid and encourages art projects in the community others. Participants can bring a project they are already working on, for example some knitting, or be inspired by the available art materials, or do the simple project that is being instructed by the facilitator and take a creative spin on it. Some of the projects might be painting, collage, mixed media or a drawing technique which are accessible to all abilities. The Art Hive would welcome materials like old calendars, magazines,

"Time has a wonderful way of showing us what really matters."

-Margaret Peters



yogurt tubs, yarn, fabric scraps, scrap-booking paper, paints of all kinds, corks, beads, buttons, shoe boxes, and cereal boxes. All materials are welcome, and the Art Hive facilitator will re-donate excess materials to other community programs.

Geri Actors is offering the Senior Actor program through storytelling, theatre games, improvisation and laughter. This will be held on Fridays from 4 - 6 pm. Dance, yoga, Essentrics, Golden Gloves, Zumba and now tai chi are all being offered as part of the fitness lineup. There are so many Toonie Talks and Field Trips planned with such a variety of topics to interest most everyone. You are welcome to drop in for a coffee and see what's going on, or to join in one of the classes that are being offered, or come to a talk, or join in on a field trip.

Spoiler alert! SWESA has been working behind the scenes to update our website, so expect to be surprised at a fresh new look one of these days!

A complete list of all our programs can be found on the website or stop in at the YECC site to pick up a print copy. We hope to see you soon! <http://swedmontonseniors.ca/>

Don't forget that we have a dynamic Home Supports Program operated by Barbara Newell coordinating the services for our community, including snow removal, yard work, housekeeping and minor repairs. Contact her at Hs@swedmontonseniors.ca or 780-860-2931

SWESA Seniors' Centre - Yellowbird East Community Centre (YECC), 10710-19 Avenue
SWESA Seniors' Lounge - Terwillegar Community Recreation Centre (TCRC), 2051 Leger Road
Telephone: 587-987-3200
swedmontonseniors@gmail.com



Personal Home Security Checklist

DOORS:

- Does door have 180° peephole?
- Are locks that can be opened from inside at least 40 inches from glass?
- Are entrance doors solid core?
- Do they have bolt locks?
- If hinge pins are outside, are they non-removable?
- Does door securely fit doorjamb.
- Is doorjamb tightly fastened?
- Does bolt extend sufficiently into strike plate?
- Have locks been re-keyed since you moved in?

WINDOWS:

- Have double hung windows been pinned?
- Do metal windows have auxiliary locks?
- Can windows left open for ventilation be secured?
- Do basement windows have auxiliary locks?
- Do curtains or drapes fully cover windows?
- Is window air conditioner secured from inside?

GARAGE:

- Does door close tightly?
- Does overhead door have a track padlock?
- Is padlock of high quality?
- Is hasp of high quality, installed without screws showing?
- Do you keep overhead doors closed and locked when not in use?
- Remove vehicle keys when garage is locked?
- Can garage light be turned on from inside?

EXTERIOR:

- Do you belong to a NEIGHBOURHOOD WATCH PROGRAM?
- Are shrubs cut below window level?
- Are tree limbs cut above window level?
- Is residence number visible from street and alley?
- Can mailbox be locked?
- Is front door well lit?
- Is back door well lit?
- Are bicycles, mowers, ladders kept inside?
- Have you engraved property and put up stickers?

VACATIONS:

- Do you stop deliveries?
- Do you set light timers?
- Is your yard taken care of?
- Do you arrange for handbills to be picked up?

ADDITIONAL

- Do you have an alarm system and know how to use it?
- If you have a gun, is it kept secured?
- Do you keep most of your cash in the bank?
- Do you keep a list of all valuable property, credit cards and serial numbers?
- Do you keep this list in a safe place? A safe deposit box?
- Do you avoid displaying valuables to strangers?
- Have you memorized the telephone number of your police?

edmontonpolice.ca

Have something would you like to write about?
Contact the Editor at editor@terwillegar.org

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Edmonton - Whitemud

An Update From Your MLA

Rakhi Pancholi

MLA Edmonton - Whitemud

I'm often asked what I think is the most important part of my job as an MLA. My job has a lot of different elements to it. At its core, it's about listening to and representing the people of Edmonton-Whitemud. It also includes casework for constituents, debating legislation and budgets in the Assembly, and meeting with members of the public to talk about their concerns.

But I believe the most important part of my job is to make informed decisions about what I think will make people's lives better and more affordable, what will make southwest Edmonton a better place in which to build lives and raise families, and what will contribute to a stronger future for Alberta.

With that in mind, I look at the Alberta government's decision to cut taxes for the biggest corporations by \$4.7 billion. Premier Kenney and the UCP promised that this tax cut would bring back lost jobs in the oil and gas sector. But it hasn't worked. There are fewer rigs operating and fewer people working. In fact, the Alberta economy has lost 50,000 jobs since the corporate tax cut. Instead of investing in Alberta or creating jobs, these large corporations have pocketed millions of dollars and are investing in other provinces and countries.

So the corporate handout hasn't created jobs. Meanwhile, the big cuts the Alberta government has made to make up for this lost revenue have increased costs to families in Edmonton-Whitemud by hundreds, if not thousands, of dollars a year.

- The amount of income you can earn tax-free will no longer be indexed to inflation, meaning that every Albertan is paying more in provincial income tax.
- Changes in school bus fees will cost parents hundreds of dollars a year.
- Removing the 5% cap on increases in auto insurance rates that was in place under the NDP means many are now paying a lot more for auto insurance.
- Removing the cap on electricity rates that was in place under the previous NDP government means that families are facing higher costs and less certainty when it comes to budgeting for the cost of utilities.

- 46,000 Albertans are being kicked off the Senior's Drug Plan, meaning some seniors will be playing hundreds or even thousands of dollars a month for prescription drugs.
- Childcare fees will go up to make up for cuts to all accredited childcare operators and the end of the \$25/day childcare program means affordable childcare is even more out of reach for families.
- Most households are facing property tax increases and/or higher user fees for City of Edmonton services thanks to provincial cuts in municipal funding.
- University tuition will increase by up to 7% a year for the next three years for a 21% total increase.
- Hundreds of you have written to me worried about the security of your retirement savings after the government moved to take control of pensions of public sector workers.

We are facing uncertain times because of the choices the government has made to prioritize corporate handouts over public services and affordability for Albertans. I will never stop fighting to make life more affordable for you and your family. As the government prepares to release another budget this Spring, it's more important than ever that your voice is heard. Please reach out to me to share your ideas, your stories and your thoughts on how we can work together to make your life better.



STANDING UP FOR you.

RAKHI PANCHOLI 
 MLA for Edmonton - Whitemud

203, 596 Riverbend Square
 780.413.5970
 Edmonton.Whitemud@assembly.ab.ca

Community

TCL Holiday Spectacular

*Kelly Tedrick
Programs Director*

On Saturday, December 14, TCL hosted their Holiday Extravaganza event. The event was held at the Terwillegar Community church and was well attended by lots of families in the neighbourhood. Kids (and parents) had the chance to decorate delicious sugar and gingerbread cookies. Thank you to Tim Cartmell for donating the cookies! Kids also had the chance to chat with Santa, who had his elf along to help him hand out presents. There were several crafts the kids enjoyed making; including decorating a bag for cookies, decorating ornaments and creating mason jar masterpieces. This year we had fabric snowballs, so the indoor snowball fight was never ending, and the little kids were not tempted to eat the “snowballs”. If crafts

and snowball fights didn't interest you, there were several other contests to keep families busy. There was a Holiday Scavenger Hunt and a chance to guess the number of candies in the jar; both games had a prize to be won. With so much to do during the event it was no surprise to see families taking time to relax and eat some of the delicious treats provided. Overall the Holiday Extravaganza was a wonderful party full of fun for all ages!

TCL Family Day Event is happening February 17th! Join us for some outside activities between 3-5pm and inside 5-7:30pm. Outside events include sleigh rides, roasting marshmallows, tug of war and a chance to try snowshoes. Join us inside the Terwillegar Community Church at 5pm for a pizza supper followed by a movie. We hope to see you all there!



Community Holiday Craft Sale



Photos courtesy of Fiona Ko

Fiona Ko
Fundraising Director

On Saturday, November 23, 2019 we had our third annual Terwillegar Holiday Sale at the Terwillegar Community Church. Once again, we were joined by over fifty local vendors and businesses who came out to showcase their craft and goods right here in our community. Over 500 people strolled through the sale and many left as happy shoppers. This year, Terwillegar saw a wide range of items, including custom-made jewellery, tediously-made decor, and thoughtful holiday gifts. Some vendors had handmade baby clothes, fine woodworking, and even Edmonton-focused prints and cards. A big thank you to the vendors that participated and made the event the success it was, the sale could not have happened without you and your talents. To those who donated items to our many raffle baskets, the community deeply thanks you for your kindness. Thank you also to all the volunteers who made set up the night before easier, and for the volunteers on the day of who helped keep the sale running smoothly. If you couldn't check out the sale this year, we hope to see you next year as we make this sale a tradition to support local businesses. If you are a vendor interested in participating, stay tuned and follow us on our social media outlets for updates on vendor applications! The Terwillegar Community League hopes everyone had a joyous holiday season, and stays warm during this chilly winter!

Thank You To All Of Our Craft Sale Raffle Sponsors!



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IRONLOG DESIGNS
SUN BUM COFFEE COMPANY

Some Coming Events

February 8: TRSA Outdoor Soccer Registration/Payment Session (see poster on page 7)

February 15: TRSA Outdoor Soccer Registration/Payment Session

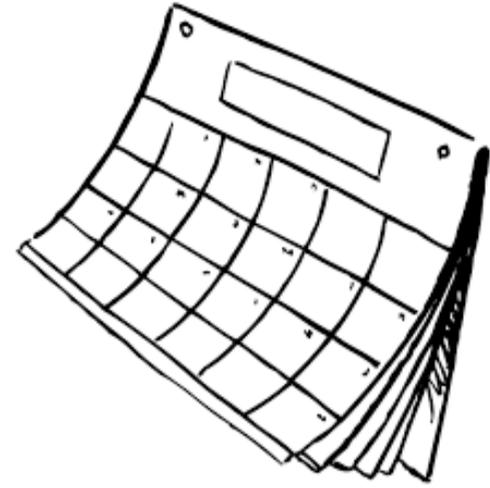
February 17: Family Day (see poster on front page)

February 22: TRSA Outdoor Soccer Registration/Payment Session

March 14: Too Big For It Sale (see poster on page 2)

May 24: TRAC Community Run

2020 Summer Movie Nights: TBD



June 13: Community Garage Sale

July 1: Canada Day

August TBD: Summer Carnival

Community League Membership Benefits

A new benefit of having a Terwillegar Community League membership is free access to the Edmonton Tool Library! multi admission pass (5+ visits) *Applies to new purchases only.

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 Edmontontoollibrary.ca for location, hours and inventory.



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.



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

New Terwillegar Community Recreation Centre Hours

Effective February 1, 2020.

Monday	5:30am-10:30pm
Tuesday	5:30am-10:30pm
Wednesday	5:30am-10:30pm
Thursday	5:30am-10:30pm
Friday	5:30am-10:30pm
Saturday	6am-10pm
Sunday	6am-10pm

Aquatic Centre closes at 9pm on Saturday and Sunday.

Holidays: 8am-8pm

(Holiday hours apply on Easter Sunday/Monday)



The Terwillegar Community Recreation Centre Aquatics Centre (including the hot tub and steam room) will be closed for maintenance starting March 30th to June 21st, 2020. Re-opening on June 22, 2020

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