

Deadline for next issue: November 11th

Delivery: Week of November 28th



Community Update

Kathleen Mountford
TCL President

Thanks to everyone who came to our Summer Carnival and Canada Day Events. We had record numbers at both events and we hope everyone had fun! If you ever see us calling for volunteers for these events in the future, please consider lending a hand. The more volunteers we have, the more we can do, such as having additional carnival games or other activities within our events.

We have also seen a record number at our Movie Nights this summer at South Terwillegar Park. Sonic the Hedgehog 2 was our last movie of the summer so we hope everyone enjoyed all three movies that we showed.

This fall, we have our Community Casino on September 8 and 9th at the Starlight Casino at West Edmonton Mall. Volunteering for a Casino is the biggest way to help raise funds for our community. If you have never volunteered before you can easily learn your role the same day and receive a free lunch or dinner as a part of your shift. If you have not already signed up, please consider doing so!

Our “I’m Too Big for It Sale” is back on September 24. If you would like a table, please see Terwillegar.org to register. If you like shopping, and want to attend, admission is free and tables will have a variety of baby, kids clothes, lots of toys and other household items to choose from. Please remember cash as most vendors only accept cash.

Later this fall, we plan to have the Halloween Fireworks and then we will host the Holiday Craft Sale and Holiday Extravaganza events. As always, we need volunteers to support our events so please contact tclpresident@terwillegar.org for any volunteer opportunities. I hope everyone has a great fall!

TERWILLEGAR COMMUNITY LEAGUE'S

LAST CALL FOR VOLUNTEERS

Casino Fundraiser Event

Starlight Casino @ WEM | September 8 & 9

Multiple Shifts Available!

If you are able to volunteer, please email tclpresident@terwillegar.org and help us raise funds to improve the community!

Visit terwillegar.org for details!

A portrait of Darlene Reid, a woman with short blonde hair, smiling.

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FreeDailyCrosswords.com

ACROSS

1) Stitch up anew

6) Rye fungus

11) Santa ____, Calif.

14) Coffee emanation

15) Wife of Abraham

16) Cupid's mo.

17) Initial use of nuclear weapons

19) "O death, where is ____ sting?"

20) Football support

21) Bird call

22) Lecherous looks

24) Burn a bit, as a burger

25) It's white and fleecy

26) Acted the umpire, in a way

31) Audibly

32) A poker stake

33) Flight on a shuttle

36) Like a recluse

37) Cocoon occupants

39) Gentleman of the road

40) Drumstick, initially

41) At ____ (military order)

42) Breakfast staple

43) Some forms of protest

47) Sprinkle

49) Sandbox toy

50) Doughboy's ally

51) Wet bars?

53) "Crikey!"

56) "____ Father, who art ..."

57) Camel competitor

60) Wrath

61) Erupt, as tempers

62) Gain computer access

63) Drug that might cause flashbacks

64) Valuable stringed instrument, for short

65) Ivory partner

DOWN

1) Huck Finn's boat

2) Famous canal

3) Mad as a hornet

4) Letters on an ambulance

5) Observed

6) Fruity-smelling chemical compounds

7) Filet mignon order, sometimes

8) What cleats increase

9) Furniture wood

10) Similar stuff

11) Earthquake follow-up

12) Indira Gandhi's father

13) Bottomless gulf

18) A herring relative

23) Before, romantically

24) Whodunit board game

25) Provide as a footnote

26) Refuse to raise

27) Cosmetic additive

28) Not buzz-cut

29) Come to the point?

30) Some strands in a cell

34) Bassoon's smaller kin

35) Soprano Lily

37) It gets flipped

38) "____ it or lose it"

39) Icy pellets

41) Inundates

42) React angrily

44) It often starts with "www"

45) Incapable of littering

46) Military "lights out" song

47) Overpamper

48) Comes down in buckets

51) Surgery aftermath, sometimes

52) Creole pod

53) Computer acronym for sloppy work

54) Cut from the same cloth

55) Opposite of admit

58) Farthest or highest (Abbr.)

59) Apt first name for a thief?

NO ROOM TO SPARE?

By David M. George

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What's Next

Next Submission
Deadline:
November 11, 2022

Next Issue:
November 28, 2022

Tribune Contact
Information
editor@terwillegar.org

Editorial Team:
Karin, Casey
and Shannen Shott

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2

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3

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4

If you're driving in the centre lane, move to the right side of the road.

5

Safely come to a complete stop and wait for the emergency vehicle to pass.

6

Shoulder check for more emergency vehicles or other drivers before you continue driving.

7

Be considerate of other drivers as you re-enter the traffic flow.

8

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Report From The Legislature

Rakhi Pancholi
MLA Edmonton - Whitemud



Another beautiful Edmonton summer is winding down and back to school is upon us!


With so many signature events back on like Taste of Edmonton, Heritage Days, Folk Fest, and the Fringe, I hope you all enjoyed some time with family and friends in our city this summer. Some highlights for me included regularly attending the Southwest Edmonton Farmers’ Market, the huge turnouts for the Canada Day celebration at Tomlinson Park and the Summer Carnival in support of South Terwillegar Park, the TRAC Run, and the incredible showing of families in our community for Lemonade Stand Day in support of the Stollery Children’s Foundation. I was also delighted to provide a letter that was put inside Fort Edmonton Park’s time capsule that will be opened in 2072!

You may have seen me in your neighbourhood, as I also spent lots of time in the riding, knocking on your doors to hear what is top of mind for you and your families.

What we need to do most critically is rebuild relationships with health care workers

There’s no doubt that rising inflation and cost of living continue to be a key concern, not only for households, but also for businesses. I believe we need to be realistic about what levers a provincial government can move to address global inflation, but we can begin by reinstating caps on fees for things like utilities, school fees, post-secondary tuition, and car insurance. We also must reindex personal income taxes to inflation, a measure that was in place until the current government quietly deindexed it three years ago. Reindexing AISH, seniors’ benefits, and the Alberta Child and Family Benefit is also important to help those on fixed incomes.

I’m hearing your concerns with the ongoing struggle in our






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RAKHI PANCHOLI

MLA for Edmonton - Whitemud

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healthcare system loud and clear. The impact of long ambulance wait-times or outages, incredibly long surgical wait times, and lack of access to primary care are affecting many of you directly. Private surgical facilities are not the answer. What we need to do most critically is rebuild relationships with health care workers. If we want to ensure Albertans can access the care they need when and where they need it, we need to be more open to allowing other health care professionals to play new roles in the system and we need to make it easier for people to gain recognition for the training and experience they already have.

Lastly, given the time of year, it’s not surprising that many of you are concerned about our education system. We continue to struggle with too few schools in southwest Edmonton, which means growing class sizes. The new funding model introduced last year means less funding for our larger classes and fewer supports, like EAs in classrooms. This affects all students, especially those with diverse learning needs. Investing in our education system is more important than ever.

As we try to attract more people and investment to Alberta, we must keep in mind that business certainty, diversity, a culture of innovation, and a strong quality of life for people of all backgrounds is the story we should be telling about our beautiful province. That’s the story I am proud to tell.

As always, if you want to connect with me, please don’t hesitate to email me at Edmonton.whitemud@assembly.ab.ca or call (780) 413-5970.



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Canada's Inflation Crisis



Matt Jeneroux
MP Edmonton - Riverbend

Dear Residents,

As your Member of Parliament, I wanted to keep you updated on what's been happening since Parliament rose for this summer period and what can be expected as we return for the Fall Session beginning in September.

A big focus of the discussions in Parliament and at committees are the continued rising costs of many everyday essentials from groceries to gas and the impact it has on everyone. With a recent rise in inflation upwards of 8.5 per cent, many Canadians are struggling just to make ends meet, never mind finding money for extra activities and interests. Wages have, in effect, been diminished, while goods are costing more and more. As we move into the Fall sitting of the House of Commons, we are continuing to push for policies that seriously help Canadian families.

Also of note, beginning September 10, Canada's Conservatives will have a new leader of our party. This will come with renewed discussions on what we should start bringing forward as a future election platform. As always, I will bring forward as many thoughts and ideas from our community to make sure they are well represented in our plans as we move into year 2 of this minority parliament.

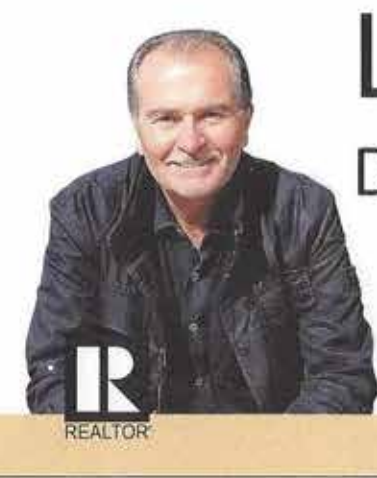
As there is no planned election date, the coalition agreement between the NDP-Liberal parties have allowed little criticism in Parliament on issues such as government interference with the RCMP, yet more ethics scandals, failures on healthcare, housing, and of course the many economic failures. As these issues continue to strain confidence in this government, the NDP will be left with a tough choice as they continue to defend the Liberals. Should this agreement fail, and while the possibility of a fall election remains unlikely, it does not remain impossible. So, we will continue to prepare for the next election to ensure we are presenting strong ideas and solutions that are here to help and assist Canadian families in a time where many need it most.



House of Commons during the 44th Parliamentary Session
Photo courtesy of MP Office


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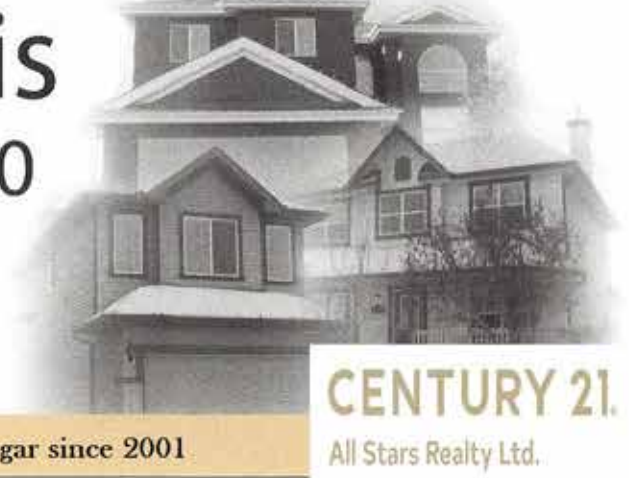
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Tim Cartmell
Councillor Ward pihêsiwin

Welcome to Fall 2022! I hope everyone had some time to rest and relax over the summer. Fall is a special time, the end of warm weather and long sunny days and changing colors, combined with the excitement and anticipation of a new school year - and a new Council season!

City Council did have a brief summer break in July, before returning to work in earnest in August. Recently Council made decisions regarding the proposed Prairie Sky Gondola and a new resource facility in Chinatown, and we heard of yet another disappointing delay in the SE Valley LRT project. Please see my blogs at timcartmell.ca/blog for more information on these matters.

From a budget perspective, I expect to hear that better performance will require additional dollars. But I am not at all confident that the current level of funding for me, and I intend to challenge the status quo in this area.

pandemic.

Most of the feedback I get relate to City operations and service levels. Things like snow plowing and grass cutting, crosswalks and traffic lights, speed bumps and sidewalk repairs. I have become rather frustrated over the last year with the performance of our operations group over the past year. From a budget perspective, I expect to hear that better performance will require additional dollars. But I am not at all confident that the current level of funding is being used effectively. This will be a point of emphasis for me, and I intend to challenge the status quo in this area.

There are a number of other issues that we need to address this fall, and some are not immediately obvious. We need to make improvements to our trash collection approach. City Administration is in the process of completely revamping our growth management plan and our zoning bylaw. And we will talk about how to manage street parking. All of this needs to be discussed in the context of attracting and retaining new investment in our city, that will bring employment opportunities with them.


I invite you to join my virtual townhall on September 14th from 6:30 pm - 8:00 pm. We will discuss these topics and answer any questions. To receive the link to the townhall please contact my office at tim.cartmell@edmonton.ca and my staff will be happy to assist you.

These are just a few of the discussions Council will have in the next few months. As always I welcome your input and feedback on these or any other City related matters.

If you have any questions, please let me know.

We are also looking forward with anticipation to the fall. We have a lot to talk about, culminating in the 2023-2026 Operating and Capital budgets.

I know I have talked a lot about the budget process before. This will be our most challenging discussion in a generation. We have considerable challenges in front of us, including significant inflationary pressures and ongoing impacts from the Covid



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SWEFM Update



Becca Firlotte
SWEFM Market Manager

The Southwest Edmonton Farmer’s Market (SWEFM) celebrates its 11th season in 2022! We’re back in Lot E alongside 23rd Avenue at the Terwillegar Rec Centre. We run every Wednesday from 4-7:30pm until October 5th. We have 45+ vendors every week that include fruits, vegetables, food trucks, meat, local artisans, and more!



Photo courtesy riverbendgardens.ca

SWEFM is a program of the non-profit Terwillegar-Riverbend Advisory Council, and values local businesses, community involvement and collaboration, sustainability, respect, and quality. Join us all summer long until October 5th to take in the sights, sounds, and tastes of our amazing community market. For our younger market goers we have our amazing SPROUTS program. Kids ages 4-12 can come to the SPROUTS tent every week and receive a wooden token worth \$2 to spend at the market with our fruit and vegetable vendors. This program is designed to introduce kids to healthy eating and how to make those choices now. Empowering them to take hold of their food choices now will set them up for a lifetime of good choices! They’ll also receive weekly recipes to help them learn to cook healthy too. The program is free and open to families in all communities!



Photo courtesy Jenna Evanchuck

We could not operate the market every week without our amazing SWEFM Volunteers! We’re always on the lookout for new volunteers and would love to have you join us. We begin setup at 1:30pm in Lot E and run throughout the market until we clean up at 8pm! Join us for an hour or four and make some new friends in the process. We also give out certificates and volunteer references to everyone as a thank you. This year we’ve had a new face at the market, mine! I’m the new market manager and I’m so thrilled to be in the position. I’m here to answer any and all questions you may have and I make sure our vendors are well taken care of and have everything they need to come back week after week!

Come say hello at the information tent on Wednesdays, I’d love to meet you!

If you have any questions about SPROUTS or volunteering please email me at swefm.manager@gmail.com. I can’t wait to see you all enjoying our amazing community here in the southwest!



Photo courtesy riverbendgardens.ca



Photo courtesy Jenna Evanchuck

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Summer Events



August 13th Summer Carnival



Petting Zoo



August 20th Movie Night: Sonic 2



Benefits of Volunteering



TRAC Community Office



With such busy lives, many of us feel it's hard to find extra time to volunteer, but the benefits of doing so can actually be very rewarding!

Volunteering connects you to others

Volunteering provides a connection to your community and helps make it a better place. You can make new friends, boost your social skills and increase your network.

Volunteering is good for your mind and body

Volunteering provides many benefits to both your mental and physical health by increasing your self-confidence, keeping you in social contact, & providing you with a sense of purpose. When you help others, you feel happier.

Volunteering can advance your career

Volunteering can provide an opportunity to gain new skills or practice workplace skills like working as a team, honing communication and organizational skills, or meeting new people in a field you are interested in.

Volunteering brings fun and fulfillment to your life

Volunteering can provide a change from your regular daily routine and give you a boost in your day to day activities.

How to find the right volunteer opportunity

There are many volunteer opportunities available. Try to find something you will enjoy and are able to do. Some points to consider:

- Would you like to work from home?
- Are you interested in working with people or animals?
- Would you like to work together in a team, or do you prefer to work alone?
- Would you like a more visible role, or would you prefer a supporting role behind the scenes?
- How much time do you have available?
- Any special skills to share?
- What interests do you have?

An important factor in volunteering is that it should be rewarding and enjoyable and not feel like it's a chore to be added onto your already long to-do list. Your donation is your valuable time, so volunteering should provide you with joy and happiness!

Volunteer opportunities available at TRAC and supporting communities.

Contact the TRAC Community Office at yegTRAC@gmail.com if you have any questions or would like to volunteer for your community.



September is the busiest time of year for transit riders. With many people returning to school and work, riders are encouraged to plan their trips in advance. On Sunday, September 4, Edmonton Transit Service (ETS) fall service changes will be in effect. Some of the adjustments riders will see include the return of school special routes and trips, increased frequency on many regular bus routes, the start of transit service at the new Davies Transit Centre and a high frequency express service between Mill Woods and downtown.

Route 73

On September 4, ETS will launch Route 73, which will replace Route 510X and provide high frequency express service between Mill Woods and downtown. This bus route will be realigned from 86 Street to 75 Street to connect to the brand new Davies Transit Centre. Route 73 will not travel on Connors Road, but will provide service on 98 Avenue instead. Between midnight and 3 a.m., when Route 73 does not operate, Route 511 will provide service between Mill Woods Transit Centre and downtown Edmonton.

Davies Transit Centre

The City is excited to provide transit service at the brand new transit centre on September 4. Once the building is open to the public, Davies Transit Centre will replace Millgate Transit Centre, which closes permanently at the end of service on September 3.

At Davies Transit Centre, riders can expect ample waiting areas, improved security and public washrooms which will lead to a better transit experience. At opening, there will be 900 Park and Ride spots available with more to open in the future.

Changes that start September 4, 2022, include:

Routes 6, 501, 502, 503, 504, 505 and 506 redirected to Davies Transit Centre.
School Special Routes 632, 653, and 656 will also move to Davies Transit Centre. Route 507 will not experience a route change besides no longer looping into the decommissioned Millgate Transit Centre.

Route 73 buses will stop at Davies Transit Centre enroute to either Mill Woods or downtown Edmonton.

Please note when trip planning for a route that serves Davies Transit Centre, riders will need to select a date after September 3.

On Demand Transit Service Update

On September 4, On Demand Transit will be available between

Blackburne and Westview Village neighbourhoods. With the closing of Millgate Transit Centre, there are also new On Demand Transit hubs for Weir Industrial Zone/Roper Industrial Zone (Davies Transit Centre) and Cloverdale (future Strathearn LRT stop).

Currently, Blackburne residents only received transit service during weekday peak hours on Route 713, which is now being removed from Blackburne. With On Demand Transit, they will have access to transit seven days a week. On Demand Transit buses from this neighbourhood will travel to Century Park Transit Centre or Leger Transit Centre.

For Westview Village residents, On Demand service was added to help provide a link to Lewis Farms Transit Centre. On Demand Transit buses can also connect Westview Village residents to Westmount Transit Centre.

On Demand Transit will also provide service between Laurier Heights/Edmonton Valley Zoo and South Campus or West Edmonton Mall Transit Centres starting September 6.

Other fall bus service changes

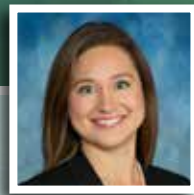
ETS remains committed to monitoring and adjusting service based on data, public feedback and ridership needs. Changes include:

- Route 106: Route diverted to Northgate Transit Centre
 - Route 106 (Dunvegan) buses will use Bus Stop #7002 (Bay B) at Northgate Transit Centre
 - Route 106 (Northgate) buses will use Bus Stop #7011 (Bay H) at Northgate Transit Centre
- Route 526: New route providing hourly service on weekends between Mill Woods Transit Centre and the future Millbourne/Woodvale LRT station, serving several community, religious and cultural assemblies and a farmers market.
- Students in the southwest will be served by three new school special routes: Route 657 (Leger / Strathcona) and two routes (bus Routes 665 and 667) that will serve Dr. Anne Anderson High School.
- Route 721: Buses will travel on Ellerslie Road instead of travelling through the MacEwan neighbourhood.
- Route 921: Buses will travel to Jasper Place Transit Centre instead of Lewis Farms Transit Centre.
- Regular Capital/Metro Line LRT service also resumes in early September, unless otherwise indicated due to special events (i.e. Edmonton Elks games) or track work/maintenance.

These are the people in our neighbourhood:


Residents’ Association: Responsible for the maintenance of specific plots of designated land. It is also responsible for the regulation of neighbourhood architecture. (Do you have a mailbox on your property? Two bushes and a tree?) Annual fees are required and residents are contacted directly if payment has been missed. Different areas have different residents’ associations. Please ensure you are contacting the correct association.

Community League: Responsible for the personality factor and all the extras. This includes all of those fun events you get to attend, our website (www.terwillegar.org), the Terwillegar Tribune, neighbourhood watch, and more. Membership fees are optional (but well worth it!). The Terwillegar Community League is a single organization for all of Terwillegar. E-mail memberships@terwillegar.org to join. Or check out our website www.terwillegar.org.



Ward F Trustee
Julie Kusiek

School Trustee Update




Wow! Summer sure has zoomed by. I hope you were also able to find time to relax and recharge with friends, family or neighbours. Our family was able to get out camping and gardening. Sour cherries, zucchini, peas, string beans, chard, and borscht/Ukrainian beet soup are all in the freezer. We also made good use of the dehydrator for yummy kale chips!

Fall has always been my favourite season. You can just feel change in the air, and the anticipation and excitement of a new school year. September begins the first full academic year that I will be serving as Trustee with Edmonton Public School Board and I feel that same sense of expectation and hope I did as a student.

This will truly be an amazing year for students and for Edmonton Public Schools. We look forward to welcoming students back into the classroom! We have upgraded ventilation systems in schools via MERV 13 filters plus stand alone HEPA units. We continue to offer excellent regular programming and over 30 alternative programs. Our staff are professionals to their core and are being supported in the challenge of implementing new K-3 mathematics and language arts curricula, and K-6 wellness curriculum. The board continues to advocate to the province for more new school construction, so we can keep up with growing student enrolment. Your children will receive an excellent education with Edmonton Public Schools.




Thinking about this year and beyond, I am proud of the direction approved by the Board of Trustees in June with our 2022-2026 strategic plan. This strategic plan will guide our work for the next four years. Our new mission reads: “Our commitment to high-quality public education serves the community and empowers each student to live a life of dignity, fulfillment, empathy and possibility.” I especially love the focus on public education and its connection



Edmonton Public Schools

Trustee | Ward F
Julie Kusiek

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trustee.julie.kusiek@epsb.ca

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to community. Major priorities center on maintaining outstanding learning environments for all students, continuing action towards anti-racism and reconciliation, and enhancing student and staff well-being and mental health. You can read more here: <https://www.epsb.ca/media/epsb/ourdistrict/boardoftrustees/boardmeetings/2021-22/june212022/03-2022-2026StrategicPlan.pdf>. Thank you to everyone who provided your feedback on these priorities last year through the Division Feedback Survey.

Finally, please keep in touch. You can reach me by email at trustee.julie.kusiek@epsb.ca or by phone at 780-429-8087. I also publish a regular newsletter and host Ward F events, with brief highlights to keep community members informed. All are welcome! Please sign up via my website at www.juliekusiek.ca.

TERWILLEGAR COMMUNITY LEAGUE'S

I'M TOO BIG FOR IT SALE

Free admission to over 40 tables of gently-used clothes, toys, books, and everything else kid-related. Table rentals are available. Email treasurer@terwillegar.org for details.




Terwillegar Community Church
10am – 1pm, Sept.24th

TERWILLEGAR COMMUNITY LEAGUE'S

HALLOWEEN FIREWORKS

October 31st @ 8:00pm





The other day while driving with my husband down to Olds, we were listening to a podcast by Dr. Andrew Huberman. He’s a Professor of Neurobiology and Ophthalmology at Stanford University of School Medicine. This particular podcast was focusing on the science of gratitude and effective gratitude practices, about which much could be said, however, it was his commentary about story that especially caught my attention, “Story telling is built into the brain. Neural gratitude circuits light up when we hear stories about people receiving help. In the lab, heartbeats of people listening to stories of receiving gratitude synchronize. Even when the listeners are listening from different places at different times, their hearts beat in the same rhythm. So powerful is story to humans.” (Episode 47, Huberman Lab).

People relate to stories better than they relate to data. I don’t know about you, but I’d rather hear about someone’s experience and personal journey than look at charts in a power point presentation. I am more captivated by a story and more likely to connect with its message and that person than if it was just a presentation of facts. I love to sit down with folks and take the time to hear about their day, their lives, the way they see the world, the context from which they came and now find themselves in. Stories are an entry point to understanding a different experience of the world and are a way to capture our attention, to learn, to strengthen or challenge our opinions and values. “Stories are the way we understand and make sense of the world we find ourselves in,” (Clare Patey, Director of the Empathy Museum)

Stories carry more power than lectures to create personal connections and inspire change both personally and globally. And taking the time to listen to someone else’s story and asking questions in an attempt

to understand their life’s trek is honoring and humbling at the same time. I count it a blessing and an honor to be trusted with the story of another because telling our stories requires vulnerability. To sit with another and share our triumphs and failures, joys and the sorrows, fulfilled hopes and broken dreams all require trust and vulnerability and to be trusted with the story of another is a gift to be cherished; as is the opportunity to tell our stories. And interestingly enough, some of our stories even have the power to change our brain and body’s neural circuitry and increase our well-being.

So what do you think? Are you up for sharing your story and listening to the stories of others? There are places for you at Terwillegar Community Church to do just that. If you check out our website at tcchurch.ca, you will find that we have spaces and places for adults, youth and children. And we have specific groups for single moms, and English language learners. Or maybe you are interested in learning more about the story of Jesus. Jesus always took time to listen to the stories of the people he encountered and he connected with them often in the form of telling stories that were both challenging and encouraging. In September we are starting an Alpha group which is an opportunity to meet new people, discover more about what it means to follow Jesus and share your thoughts and stories in a friendly environment.

I think we could all contribute to strengthening our community by taking the time to share our stories with one another. Do you have a moment to sit awhile?



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A few things happening at



Terwillegar Community Church



A group for single moms
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An opportunity for English language learners to speak with native English speakers
Tuesdays 9:30 - 11 am currently on zoom

English Language Learners
Conversation Cafe

Free to attend



An opportunity to explore the Christian faith

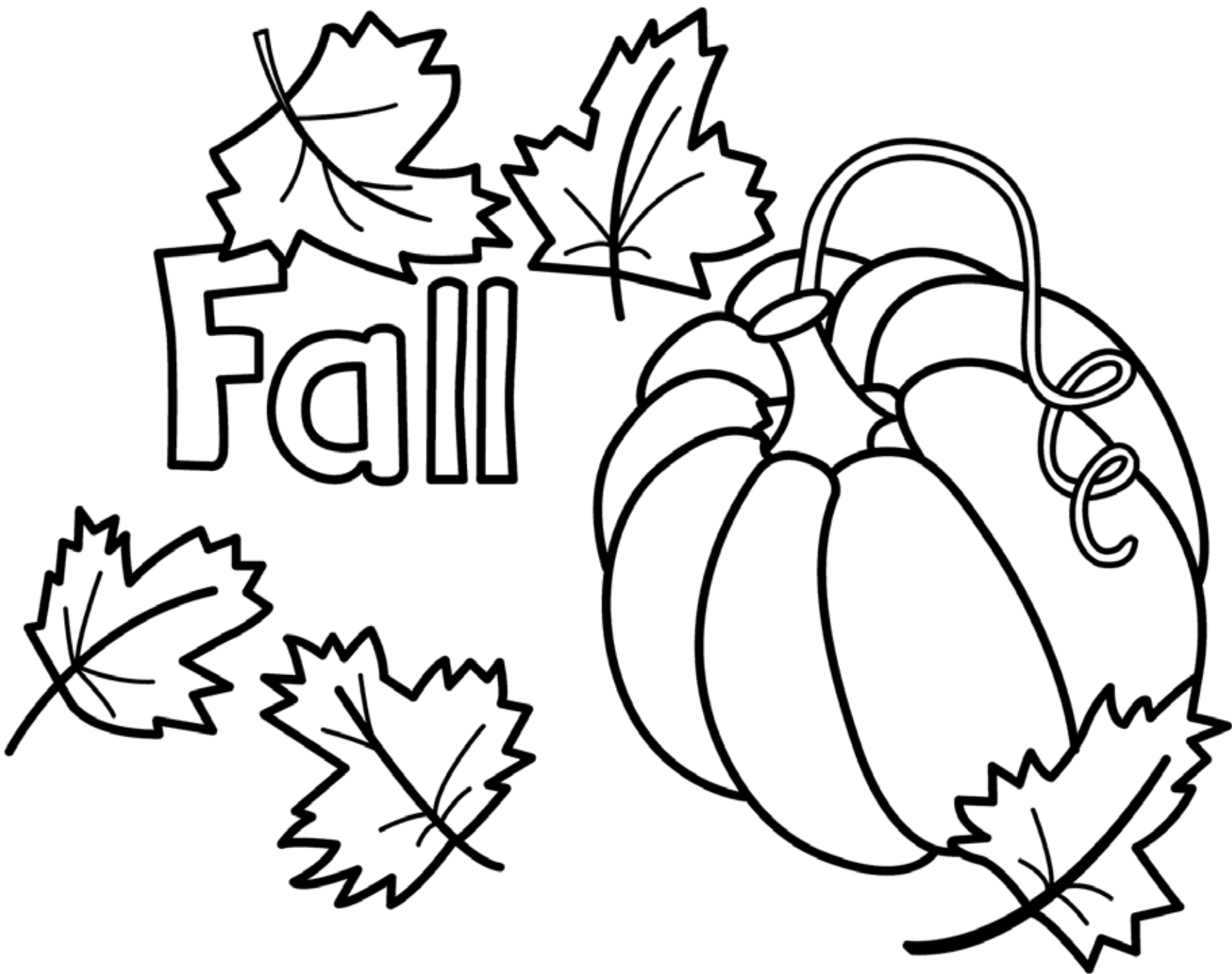
Interest Night: Thursday Sept. 15
Dinner at 6:30

Come see what it's all about!

For information on these and other events visit

tcchurch.ca

Kid's Zone - Colouring Contest



Autumn Colouring Contest

Name: _____

Age: _____

Address: _____

Phone: _____

Email: _____

All entries must be received by November 1st. One entry per child. The contest is open to residents of the following areas: Terwillegar, Magrath, South Terwillegar, and MacTaggart.

Age categories are: 2-4; 5-7; and 8-11.

Prizes awarded to first place & runner up in each category are \$25 & \$10 gift certificates for Toys "R" Us

Entries should be mailed to:
Terwillegar Community League
PO Box 36508 , MacTaggart RPO, Edmonton, AB T6R 0T4

Kid's Zone - Fun & Games

Autumn Crossword Puzzle



How much does a roof cost?

Nothing, it's on the house!

What did the baby corn say to the mama corn?

Where's Popcorn?!

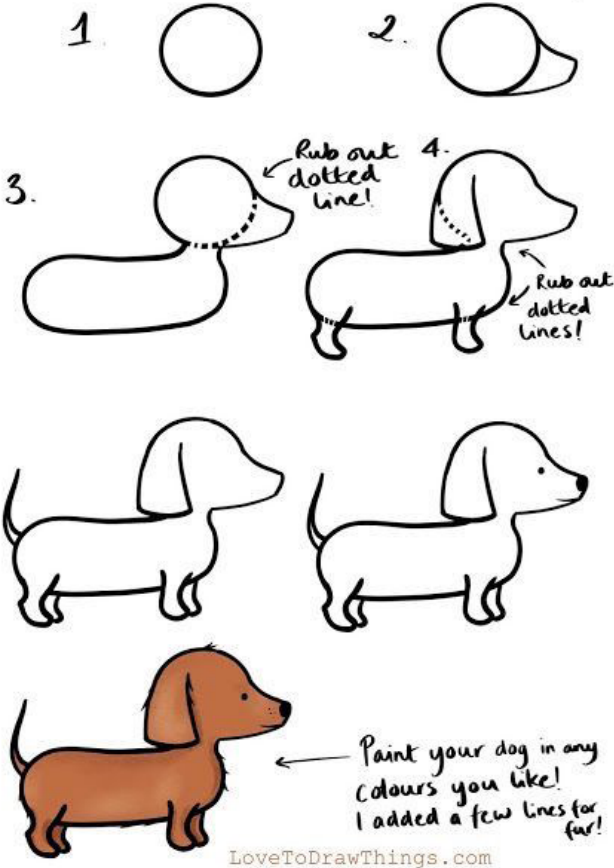
Across

- 5. An orange vegetable used to carve Jack O' Lanterns.
- 7. A garden tool used to capture fallen leaves from the yard.
- 9. The ninth month of the year, when autumn begins.
- 10. A vegetable that grows inside a green husk with yellow kernels inside.

Down

- 1. The seed produced by oak trees.
- 2. A small, usually brown mammal with a long, fuzzy tail that lives in trees.
- 3. A type of fruit that can be red or green and is baked in pies.
- 4. The gathering of crops at the end of the growing season.
- 6. A dummy used to scare away birds and other animals from eating a farm's crops.
- 8. The flat, usually green parts of a plant that grow from a stem or branch.

How to draw a cute dachshund in 6 steps



Summer Colouring Contest Winners!

Ages: 2-4

1st Place: Jay

Runner Up: Max

Ages: 5-7

1st Place: Kaylie

Runner Up: Isabella

Ages: 8-11

1st Place: Oriana

Runner Up: Zoey



Winter Is Coming... Are YOU Ready?

Elizabeth Cayen
Certified Holistic Nutritional Consultant



As I am typing this, it is around mid August and already 24 degrees at mid-day. The current forecast is promising many warm and sunny days ahead, and winter feels a long, long time off. Time can go by awfully quickly though – especially when we’d prefer it to move slowly! In the past at about this time of year I would get caught in a trap of already feeling a sense of dread contemplating snow, ice and the dark, cold days of winter. This year I’ve decided to change that mindset and choose a way of thinking and being that will help me continue to enjoy every moment of the summer that’s left, while also looking forward to fall and preparing myself for my least favourite season (winter).

1. I’m taking my unworn summer clothes out for a victory lap. I first heard of this idea from Courtney Carver, blogger and author, who focuses on living simply to enjoy what matters most. The victory lap is an opportunity for you to take those items you’re unsure of keeping – it may even be something sentimental – out for one last wear. This reminds me to be grateful for having had the piece of clothing in my wardrobe, but reinforcing why I’m not wearing it (it does NOT make me feel fabulous or doesn’t match anything else in my closet), and I can then easily let it go.

2. I’m getting outside every day. Venturing out into the biting cold with ‘jack frost nipping at my nose’ is typically NOT my idea of a good time. Instead, I’m making sure I get outside each day to allow myself the more gentle experience of gradual changes in temperature. Movement and fresh air are both great immune boosters too!

3. I’m soaking up the rays of sun, whether they’re rising or setting. There’s no denying that the daylight hours are getting shorter. Because I’m an ‘early-to-bed, early-to-rise’ type of person, I usually miss sunsets completely in the height of summer and am typically

not up quite early enough to enjoy the sunrises! So I’m finding advantages to the decreasing daylight hours by stopping to admire and enjoy nature’s beautiful paintings in the sky.

4. I’m finding even more ways to let go of stuff. Every season offers opportunities to let go of more clutter in your home, especially when it comes to seasonal items. We’re typically indoors more in the cooler months, so it’s worth looking around and determining how you want the space you’ll be spending so much time in to work for you. Clearing excess clutter frees up both physical and mental space, leaving rooms that are calming as opposed to chaotic. You can reduce de-cluttering overwhelm by setting goals of mini de-clutters at least once each season.

5. I’m nourishing myself from the inside, out. Warming teas, steaming soups, and hearty stews – these are some of my favourite things for the cooler months of the year. Added bonus: many of the things that make foods and teas so tasty are also good for your health too. Try adding ginger, garlic, and turmeric to your sautés and soups, and make yourself a tea using lemon, ginger, turmeric, and a little bit of honey to warm you right the way through.

Instead of dreading the upcoming cooler seasons, I’m choosing to enjoy the changes instead. After all, winter can be truly beautiful, and the fall leaf colours are magical. By simply shifting my perception and truly welcoming the changes, I’m feeling ready for winter – are you?



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Veg samosa
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Start Your Photo Fitness Workout This Month

Carmen Carvajal



Summer outings and parties are now over and your smartphone or DSLR may be bursting with crazy water fun shots, mountain views and festival scenes. But will you take time to sort through another season of wonderful memories before the next holiday season arrives?

It’s easy to go back to the same routine, and trust that your camera memory card, Google photos, iCloud, or external drive will hold your precious memories for a little longer while you get some free time to organize them. The thing is the longer you procrastinate, the bigger the digital mess gets, the more vulnerable your photos become, and the harder it is to find the photos you need for your projects.



We take photos because we want to remember people, places, and events that contribute to our life story. As time passes, the value of our photos increases, not only because they help our brains retrieve fading memories, but also because they become part of the legacy that will connect us with future generations.

Here are a few tips for you to manage your photos and videos:

1. Be intentional when you take photos. Before pressing the shutter, ask yourself what you want the outcome to be. This will help you take better photos and reduce the junk.
2. Use the Favorites feature to select your best shots and delete the bad ones as soon as you finish each photo shoot. With the Search function in Apple Photos and your Android Photo Gallery you can

also find and get rid of selfies, and images of documents, signs, and pets, which contribute to photo overload.

3. Block time off in your calendar, at least monthly, for photo organizing. Use this time to import your smartphone and/or DSLR’s photos and videos into a central photo archive on an external drive or your computer. Eliminate duplicates using applications like Photo Sweeper for Mac or Duplicate Cleaner Pro for Windows.
4. Create year and month folders, theme folders (i.e., events, travel, sports), or a mix of both for storing your images and videos.
5. Batch rename your photos and videos with the dates they were taken, and names of the main subject/group and event, i.e. (20220830_Mary_Banff Trip). This will help you find what you need quickly.
6. Tagging or adding keywords to your digital photos and videos makes it easier to find them. This feature is available in Windows and Mac systems, or you can use programs like Adobe Bridge or Lightroom.
7. Follow the ‘3-2-1’ backup strategy to protect your photos from catastrophic events or system failures. THREE copies, TWO different media types (computer or external drive) with ONE offsite (cloud, office, relative’s home).
8. If you use a cloud platform to back up your photos, ensure that you are really backing them up and not simply syncing them.
9. Read the terms and conditions of cloud platforms’ services before trusting them with your photos, and share your passwords with a loved one in case of an emergency.
10. Good visual memories help lift our spirits in difficult times. Get your best shots out of your electronic devices and the cloud and into your life. Use them to create photo books, slide shows, wall displays, and gifts you can share with your loved ones.

For more photo organizing tips, register in Save your Photos Month. This free, online event takes place each September, and this year will feature over 30 mini-classes, tutorials and live discussions with photo organizing experts from Canada and around the world. To register, visit www.Save your Photos.org.

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EPL Events



Sarah Foy
Community Librarian, Riverbend Branch

Summer has been a blast at the Riverbend branch!

Over 1200 neighbourhood children participated in our Summer Starts at EPL campaign, and have collectively logged close to 9000 hrs of reading. We tested velocity and engineering concepts in I am Speed, laughed and played in Parachute Parties, and made night lights while learning about Indigenous Constellations.

Starting in September, you can expect many more weekly offerings of our very popular Sing Sign Laugh and Learn class for age 0-3 and caregivers. We will be also launching Sounds Like Fun: Getting Ready to Read- for 4 and 5 year olds and caregivers.

We are also excited to offer LEGO at the Library on Thursday afternoons and Discovery Club, a STEAM (Science, Technology, Engineering, Art and Math) based class for 6-8 yr olds on Saturday afternoons.

Stay tuned for the return of our very popular Senior’s Drop in program, Reading Buddies (which pairs area teens with new readers), and even a Teen Book Club. Check out all our classes and events at epl.ca.



Parachute Party Riverbend July 2022
Photo coutesy of Ryan Whitefield

Finally, we want to extend an invitation to our whole community to our Explore EPL Open House on Saturday Sept 24th. Join us for refreshments and fun, and a chance to explore our amazing services and resources for learning and creating! See you soon!



Waste Collection Safety Tips



edmonton.ca

Keep your waste collectors safe by following tips to properly sort and set out carts and bags.

Used personal protective equipment (PPE), which includes face masks and gloves, cannot be recycled. Safely dispose of used PPE in a black bag with other landfill waste and make sure it’s securely tied off. This will help protect our crews when they are collecting and processing your waste.

Curbside Collection Tips

- Keep it light. Yard waste and recycling bags should weigh less than 20 kg (44 lb). Tie branches into small bundles no more than 1.2 meters (4 feet) in length.
- Ensure your carts aren’t overfilled in order to prevent waste from falling out and potentially creating hazards. Use the WasteWise app to properly sort your waste.



- Make your waste accessible. Place blue bags and yard waste as close to the street or alley as possible; avoid placing blue bags on top of or behind dirt piles, or within 1 meter of carts.
- Box and label sharps before placing in your garbage cart, including glass, nails and metal scraps. Needles should be taken to an Eco Station.



- If you have front street collection, park your vehicle off the street on collection day, if possible. If you are unable to move your car off the street, ensure it is at least 1 meter away from any cart on the street.
- Clean up fallen fruit from your yard, keep your collection area tidy and ensure garbage and food scraps carts are completely closed to avoid attracting wasps.
- Periodically wash out your carts and store them in a cool, dry place to prevent attracting wasps and other pests.
- Remove wasp nests from your collection area. Consider placing an artificial wasp nest in the area to discourage wasps from building a nest there.
- Avoid placing carts under power lines, trees or beside houses. Ensure your carts have 3 meters (10 feet) of clear space above them and 1 meter of space around them in all directions.
- Trim branches near your collection area, but be mindful of when it's safe to do so. It is illegal to prune elm trees from April 1-September 30. Learn more at edmonton.ca/dutchelm.
- Be sure to set out your carts and blue bags by 7am on your collection day.



Carrying Backpacks Safely

albertahealthservices.ca



Backpacks are handy for carrying books, school supplies — and lots of other things. But if they're not used right, they can strain muscles and even cause back pain. Backpack safety is important for everyone, but it's especially important for children, who can be hurt by regularly carrying too much weight or by not wearing their backpacks properly.



Experts say a child shouldn't carry more than 15- to 20-per-cent of their weight on their back. Don't guess — use your washroom scale to weigh the loaded pack. It is also important to make sure your child can stand up straight while wearing a backpack. If they must lean forward to wear it comfortably, the pack is too heavy. To assist in proper weight distribution throughout the backpack, pack the heaviest items closest to the back.

Pack wearers should use both shoulder straps. It may seem easier or more comfortable to sling the pack over just one shoulder. However it can lead to back or shoulder pain. Use the waist belt as much as possible and ensure the straps are tightened so the pack fits snugly.

To further reduce the risk of injury, teach your child to pick up a heavy backpack correctly. Never bend down from the waist to pick up or set down a heavy pack. Always squat down, bending at the knee and keeping the back straight. If needed, children can put one knee on the floor and the other knee in front of them while they lift the pack and swing it around to their back.

You can also talk to your child about using his or her locker, if one is available, to keep from carrying everything around all day.

When looking for a backpack ahead of the school year, keep these things in mind to encourage a pain-free experience for your children:

- **Lightweight.** Leather backpacks may look nice, but other materials, like canvas or nylon, weigh less.
- **Wide, padded shoulder straps.** A loaded pack will dig into shoulders if the straps are too skinny.
- **Waist belt.** This is an important feature. It takes some weight off of the back and transfers it to the hips.
- **Handy compartments.** The more, the better. They help distribute the weight evenly. They also make packs easier to organize.
- **Padded back.** This keeps sharp edges from digging into the back.
- **Wheels.** These are nice if you or your child needs to carry a lot.

But check with your child's school to make sure they're allowed. Remember that these packs will still have to be carried up stairs. And they can get messy when pulled through mud or snow.

Lastly, it is important to encourage your children to inform you if they experience any pain or soreness. If your child is having back pain or neck soreness, talk to your doctor.



New Info To Be Added To Food Labels

albertahealthservices.ca



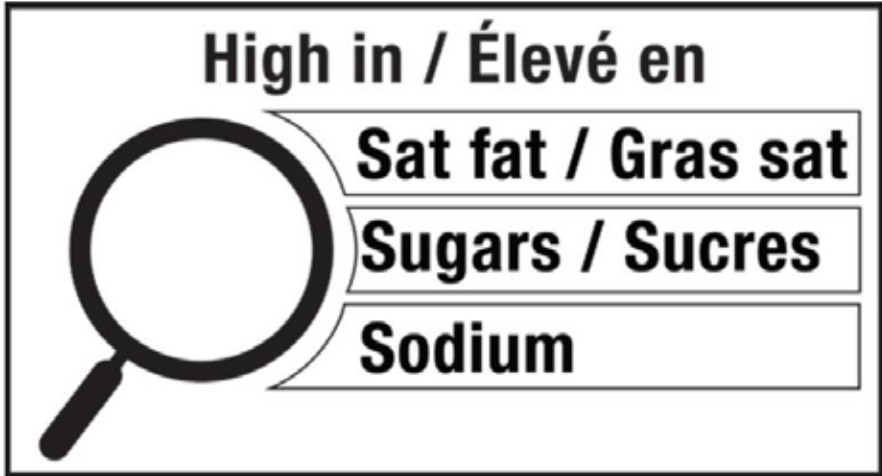
Sugar is a carbohydrate and is found naturally in fruits, vegetables, and dairy products. Sugar is also added to food and drinks to improve taste, texture or shelf life.

Too much sugar, however, can lead to dental cavities in children, and may lead to people eating more calories than we need. To help you make lower sugar choices, look for a new front-of-package symbol that will appear on some packaged foods in Canada. Food companies have until 2026 to put a front-of-package label that will tell you if a food is high in sugar, sodium (salt), or saturated fat.

The new nutrition label will look like a black-and-white symbol of a magnifying glass and will be beside any ingredient the food is high in. This symbol can help you when you are grocery shopping, so you can choose foods that are low in sugar. Regular pop, candies, chocolates, frozen desserts, and baked goods add the most sugar to Canadians' diets.

To lower the amount of sugar in your diet:

- Choose water to drink instead of regular pop, juice, or other sweetened drinks.
- Try baking at home and lower the amount of sugar in your recipes.
- Choose snacks such as fruit, yogurt, or nuts more often than candies, chocolates, frozen desserts or baked goods.
- Choose plain milk or plain yogurt instead of flavoured ones. You can mix in fruit, unsweetened granola, or nut butter to plain yogurt to give it extra flavor.
- Limit the amount of prepackaged foods with the “high in sugar” label.





Summer Time, And The Living Is... Maybe Not So Easy

Colleen Crozier
SWESA Member



Remember that old melody about how blissful summer could be? George Gershwin wrote it in 1934 with children in mind. Fish were jumpin', the cotton was high, there was a rich Daddy, and a good lookin' Mom. What more could a child ask of summer?

As we grew older, we continued to love summer: the long break from school, trips to the beach or swimming pool, playing outside during the long, warm evenings, licking dripping ice cream cones.



Members of the SWESA walking group are all smiles in the beautiful river valley.
Photo Courtesy of Eleanor Cowan

And then, many of us became the fathers and mothers. We still looked forward to summer. Now we organized the special summer activities that became such a hit with our children. We provided protection for our precious youngsters, all the while working to provide for our families. We also developed adult summer pastimes like golf, boating, fishing, and long hikes.

And now, for some of us as seniors, summer might be less than perfect. We can still golf, and have more time to do it, but can we walk an 18-hole course? How about 9 holes? Thank goodness for carts.

What if the temperature hits 85°F, oh, sorry, 30°C? Science tells us that many seniors do not tolerate high temperatures well, due to

chronic illnesses and some medications that interfere with body temperature regulation. We could have told them that!

And for those of us with walkers, how do we get from the car to the beach in all that glorious deep sand? How do we handle the loss of our lifelong fishing buddy?

We at SWESA understand about these life changes. We can't alter the circumstances, but we can be sympathetic, and make sure our programming is accessible and fun for all seniors. Not just in the summer, but all year long.

This year we are celebrating our 10th anniversary! Dignitaries joined us at our Anniversary party in June. A bus trip, a cultural exchange and an outdoor summer party attracted lots of seniors. Upcoming special events include an ageism workshop, activities to mark the National Day of Truth and Reconciliation, and a Health and Wellness Fair. Details are on our Facebook page and website, or why not drop in to our office in the Blue Quill Community Centre to find out more?

Donations through our fall Annual Appeal help ensure we can provide affordable programming. Already we've had 3 major donors step up to give the campaign an early start. Will you consider supporting this seniors activity centre by making a donation now? Details are on our website.

Check out our new Program Guide under the "Programs" tab on our website (or come see it at our office). There are fitness classes, art and choir, card games, coffee 'n' chat, knitting and book clubs, information sessions, our popular monthly luncheons, and more. Subscribe to our Weekly Bulletin (from our website). We're sure you will find something of interest to enjoy.

By the way, the song also proclaims, "You're gonna rise up singing." And "There ain't nothing gonna harm you." Well said, Mr. Gershwin, well said.

SWESA Office
Blue Quill Community Centre
11304-25 Ave. NW
587 987 3200
www.swesa.ca



Board Members Bob Turner and Catherine Hammond, MLA Richard Freehan, MLA Rakhi Pancholi, City Councillors Jennifer Rice and Michael Janz, Board Member Josie Richardson and Lynn Masters and Minister Josephine Pon. Photo Courtesy of SWESA



SEATS AGM




SEATS (South Edmonton Arts & Theatre Society)

Officially named the Maclab Theatre at Lillian Osborne, the two-story facility with 300 retractable theatre style seats, a stage, theatre style lighting and curtains. It is accessible through a vestibule/ gathering area with access directly from the parking lot. It is adjacent to a music room which serves as a “green room” for performances.

The idea of a community theatre was presented on June 12, 2014, at a Lillian Osborne school council meeting. The community raised \$1.7 million to convert a shell into the theatre.

Prior to the Covid-19 pandemic we were set to open the theatre to the community. We are now ready to open the doors to community groups to rent the theatre for a wide variety of events such as school



Annual General Meeting Notice

South Edmonton Arts & Theatre Society (SEATS) AGM

7 pm, Thursday, September 15th

Lillian Osborne High School

www.osbornetheatre.com

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Maclab Theatre
Photo Courtesy of lillianosborne.epsb.ca

performances, productions and recitals, art exhibits, meetings, corporate events, receptions, indoor markets, movie nights, community festivals, graduation ceremonies and talent shows.

Our current members are made up of some of the original fundraising committee members and members of the general community. The theatre is run by three groups: Lillian Osborne High School, the Edmonton Public School Board and SEATS.

SEATS is the community side of the group and has an enthusiastic group of people from diverse backgrounds to govern it.

For more information, please contact Sue Trigg at smtrigg@shaw.ca



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Saturday’s from 5-7pm

Please bring your membership card;
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Win up to
\$10,000!

AGLC #605418.
License held by the Edmonton Federation of Community Leagues. Tickets sold only in Alberta. Draw held on September 19, 2022. Please play responsibly. efcl.org



PLAY TO BUILD YOUR COMMUNITY

50/50

efcl.org/50-50

Ticket sales end September 18, 2022.
Draw on September 19, 2022
(After Community League Day September 17).

Leagues are the winners!
Leagues that sell the most or winning tickets are eligible for \$2,250 in prizes.

All remaining proceeds will support the EFCL recreational equipment rental program, which offers low-cost rentals to non-profit organizations.








Edmonton Public Library is
Fine Free!

Crossword Solution

NO ROOM TO SPARE?

By David M. George

1	R	E	S	E	W		6	E	R	G	O	T		11	A	N	A
14	A	R	O	M	A		15	S	A	R	A	H		16	F	E	B
17	F	I	R	S	T	18	S	T	R	I	K	E		19	T	H	Y
20	T	E	E		21	C	H	E	E	P		22	L	E	E	R	S
				24	C	H	A	R			25	C	I	R	R	U	S
26	C	A	L	L	E	D	S	T	R	I	K	E	S				
31	A	L	O	U	D			32	A	N	T	E		33	H	O	P
36	L	O	N	E		37	P	U	P	A	E		39	H	O	B	O
40	L	E	G		41	E	A	S	E			42	B	A	C	O	N
			43	H	U	N	G	E	R	S	T	R	I	K	E	S	
47	S	P	A	R	G	E			49	P	A	I	L				
50	P	O	I	L	U		51	S	O	A	P	S		53	G	A	D
56	O	U	R		57	L	U	C	K	Y	S	T	R	I	K	E	
60	I	R	E		61	F	L	A	R	E		62	L	O	G	I	N
63	L	S	D		64	S	T	R	A	D		65	E	B	O	N	Y



**Constables
Corner**

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Back to School Safety Tips

**REMEMBER: “Safety is as simple as ABC...
ALWAYS BE CAREFUL”**

Parents and caregivers are the most important role models for road safety behaviour, and children will model your behaviour—good and bad. Show our children how to behave safely and lead by example.

- Please adhere to your school rules and follow any instructions given by the school patrol teams.
- Always set a good example when crossing the road. This shows your child the correct procedure which protects them when you are not there.
- If crossing the road always use the school crossing or designated crossing point.
- Drive slowly in school zones and crossing areas.
- Follow all rules of the road and obey all signs.
- Plan your pick up and drop off times.
- Ensure children get in and out on the sidewalk side of the vehicle
- Park Safely—away from yellow lines, school bus zones, intersections and driveways.
- Be aware of other road users, such as buses, cyclists and pedestrians
- Use a Kiss and Drive/Drop off Zone if available at your school.

Community Contact Information

Join The TCL

Adult 1: _____ Date: _____
Adult 2: _____
Address: _____
Postal Code: _____ Phone Number: _____
Email: _____
Childrens Name & Age: _____

Membership Type:
\$35.00 ☐ Adult Single ☐ Adult Couple
\$35.00 ☐ Senior Single or Couple (65+)
\$45.00 ☐ Family
May we send you news by email?
☐ Yes ☐ No
Are you willing to volunteer?
☐ Yes ☐ No
Fee Paid: _____ **Donation:** _____
☐ Cash ☐ Cheque # _____
(Cheque payable to Terwillegar Community League)

Total Paid: _____ **# of Skate Tags required:** ____

Mail completed form, along with payment to:

Terwillegar Community League
Terwillegar Riverbend Advisory Council
#5, 2051 Leger Road NW
Edmonton, AB T6R 0R9

*Please make sure the boxes are checked for email news,
and if you are able to volunteer. Thanks!*

You CAN make a difference by helping
out in this dynamic community of ours!



Board Contacts

President:
Kathleen Mountford, tclpresident@terwillegar.org

Vice-President:
Vacant, vicepresident@terwillegar.org

Treasurer:
Monte Weber, treasurer@terwillegar.org

Secretary:
Darlene Reid, secretary@terwillegar.org

Community Advocate:
Sue Trigg, advocate@terwillegar.org

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Programs:
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Other Contacts

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Neighbourhood Watch:
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Magrath Rep:
Vacant, dalm@terwillegar.org

South Terwillegar Rep:
Ryan Barber, dalst@terwillegar.org

Terwillegar Gardens Rep:
Sue Trigg, daltg@terwillegar.org

Terwillegar Towne Rep:
Monte Weber, treasurer@terwillegar.org

DID YOU KNOW?

Advertising with a minimum 1/8th ad (\$98 black and white) *ALSO* qualifies you to post to the Tribune Facebook page once a week, between relevent publication dates.



Check the media kit by scanning the QR code with
your phone camera, or by following the link online
https://www.terwillegar.org/terwillegar_tribune.php

Happy Fall!

Back To School!

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AVAILABLE



Ravine in Windermere \$2,498,000
Nestled on 1.247 acres. 4265 sq ft plus 2011sq ft finished basement. Must See! ML# E4300485

AVAILABLE



Brander Gardens \$2,150,000
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AVAILABLE



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Custom built 4676 sq ft above grade (6878 total sq ft). 6 bedrooms with ensuite baths. ML# E4299050

AVAILABLE



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Rare find 39th floor BRAND NEW condo. 2 bed+den & 2.5 baths + 2 u/g stalls. 2216sf ML# E4291355

AVAILABLE



Donsdale \$1,450,000
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AVAILABLE



3 River Lots in Donsdale
Starting at \$1,350,000
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AVAILABLE



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Valleyview facing the ravine! 2724 sq ft 2 storey split. 4 bed, 4 bath. Great location! ML# E4305373

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AVAILABLE



Bulyea Heights \$925,000
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AVAILABLE



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AVAILABLE



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