

Deadline for next issue: November 3rd

Delivery: Week of November 20th

# Terwillegar

COMMUNITY LEAGUE

# Tribune

Issue 97

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

September 2023



## Community League Programming

Kathleen Mountford  
TCL Vice President

Thanks to everyone who came to our Summer Carnival and Canada Day Events. 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 had some good movie nights over the summer. Our second movie was The Super Mario Bros. Movie which was well attended. We have our last movie night on Community League Day at South Terwillegar Park on September 16.

Our "I'm Too Big for It Sale" is back on September 23. If you would like a table, please see [Terwillegar.org](http://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 Winter Craft Sale and Holiday Extravaganza events. As always, we need volunteers to support our events so please contact [vicepresident@terwillegar.org](mailto:vicepresident@terwillegar.org) for any volunteer opportunities.

I hope everyone has a great fall!

## Terwillegar

COMMUNITY LEAGUE

# 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.



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for details!

Terwillegar Community Church  
Sept. 23, 10am-1pm

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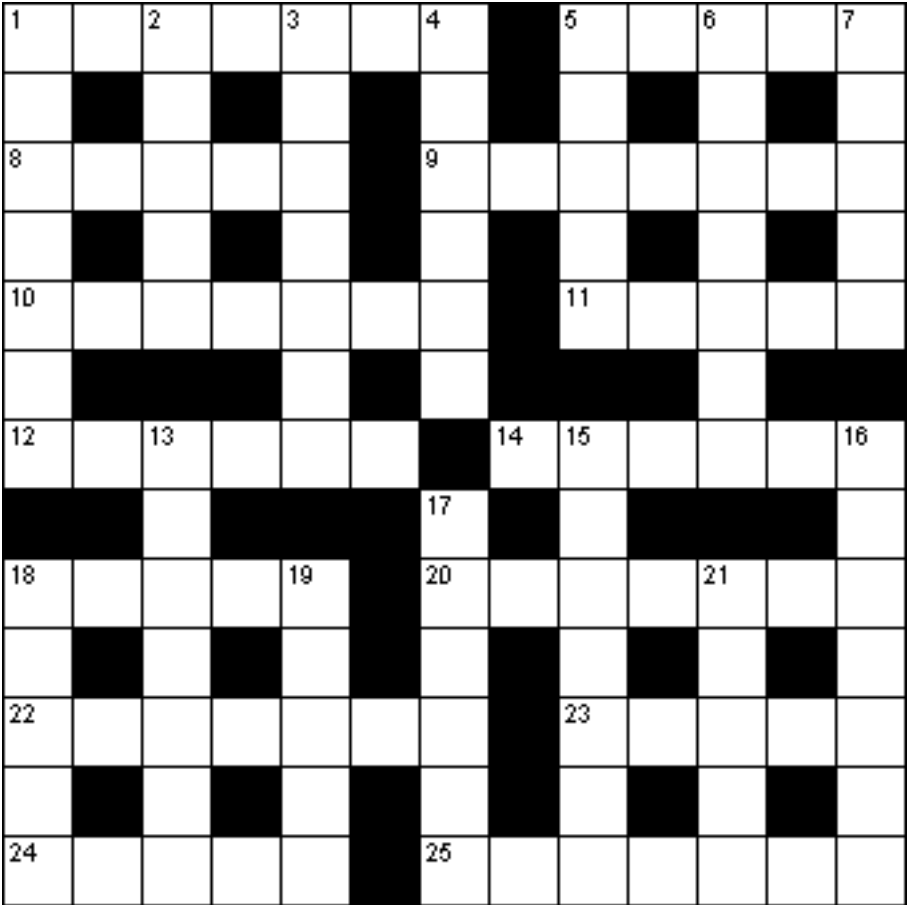
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SIMPLY DAILY PUZZLES



Across

- 1 The wife or widow of a duke (7)
- 5 Nutmeg or cinnamon, say (5)
- 8 Aroma (5)
- 9 Savoury pear-shaped fruit (7)
- 10 Foes (7)
- 11 Loud (5)
- 12 Whole (6)
- 14 Spectres (6)
- 18 Asian country (5)
- 20 Adoration (7)
- 22 Someone else (7)
- 23 Entertain (5)
- 24 Portents (5)
- 25 Sorrow (7)

Down

- 1 Bishop's district (7)
- 2 Not far off (5)
- 3 Sooner (7)
- 4 Thinly scattered (6)
- 5 Displayed (5)
- 6 Letters in sloping type (7)
- 7 Hard dark wood (5)
- 13 Immature toad or frog (7)
- 15 Oldest university in the USA (7)
- 16 Royal Engineers (7)
- 17 Fencers' weapons (6)
- 18 US state between Oregon and Wyoming (5)
- 19 Greenfly (5)
- 21 Residential building (5)

What's Next

- Next Submission  
Deadline:  
November 3rd
- Next Issue:  
Week of November 20th
- Tribune Contact  
Information  
editor@terwillegar.org
- Editorial Team:  
Karin & Casey Shott

Free Access!

With a Terwillegar Community League membership, you get access to the Terwillegar Community Recreation Centre's

- Fitness Area
- Aquatic Center
- Open Gymnasium
- Indoor Children's Playground (12 and under)



Saturday's from 5-7pm

Membership card is required

Please Note:  
The Terwillegar Community Recreation Centre's Aquatic Centre is scheduled to be closed September 5 - October 26, 2023 for maintenance. The rest of the facility remains open.





Emergency Medical Services (EMS) would like to remind parents and caregivers of precautions they can take to prevent accidental childhood poisonings around the home. Ingesting prescription or over-the-counter (OTC) medications is a significant cause of accidental childhood poisonings. Other causes include ingesting or contact with household items such as dishwasher or laundry tablets, mouthwash, or chemicals such as paints, solvents, or cleaning products.

**Medication Storage**

- Place all medications in locked containers and store in an area inaccessible to children;
- For easy identification, store all medications in their original packaging; do not mix multiple medications in a single bottle;
- Install child locks on all cabinets, or drawers where medications are stored.

**Safety tips**

- Child-resistant medication bottles are not child proof. They can still be opened by a child;
- Take extra precaution with medicines designed to appeal to children such as chewable vitamins or flavored cough and cold syrups;
- Promptly dispose of any medications or toxic household products no longer in use.

**Prevention**

- Store household products, cleaning supplies, and cosmetics in locked cabinets or drawers;
- Install child latches on cabinets children might also access by climbing on counters or chairs;
- Label all plants in and around your home and garden;
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even small amounts of these can cause serious illness if ingested;
- Poisoning information can be obtained by calling the Poison and Drug Information Service (PADIS) at: 1-800-332-1414;
- In case of a poisoning emergency, call 9-1-1;
- Provide the name of the product ingested and, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival.

Looking for writing experience?  
Message the editor and tell your story in the Tribune!

Help make your paper reflect whats happening, get to know the people in your community and stay connected with the local news thats important to you!



SUMMER CARNIVAL  
THANK YOU  
TO ALL OUR CARNIVAL VOLUNTEERS!

We couldn't have done it without the help of the following amazing people\*:

Ali Jacobs	Karin Shott	Robin Mountford
Ami Ota	Kathleen Mountford	Sacha heppelle
Anandita Shah	Keira Weber	Sagar Lunawat
Chandni Krishnan	Lily Batalenka	Samuel John
Christin Barber	Mahwish Omar	Sara Osman
Dennis Moore	Manami Shinoda	Sean Jin
Ethan Merkel	Monte Weber	Shane Neigel
Erri Takase	Nishka Dabral	Sky Barber
Gabriela Otálora	Reet	Thomas Hartman
Gauri Shah	Reid Barber	Tiffany Zheng
Heather Maitner	Robert Chen	Valeria Otalora
Jyothi John		Will Maitner

\*Plus any names we may have missed!



## New Market Hours

Wednesdays, Lot E at the Terwillegar Rec Centre

May 17 - August 30: 3:30 PM - 7:30 PM  
September 6- October 4: 3:30 PM - 7:00 PM



## Annual General Meeting Notice

South Edmonton Arts & Theatre Society (SEATS) AGM

7 pm, Thursday, September 14th  
Maclab Theatre - Lillian Osborne High School  
www.osbornetheatre.com





Tim Cartmell  
Councillor Ward pihêsiwin

## Councillor Update



Happy Fall Everyone!

On August 23, Council approved a new police service funding formula. Going forward, the budget for the coming year will take the current year’s budget and add increases based on population growth for labour costs and inflation for other operating costs. The police budget is capped at 30% of the Civic Services budget.

I supported this funding formula, as I firmly believe it will result in an improved relationship between City Council and the Police Commission and Service.

Earlier this summer I conducted a survey (you can see the results at [www.timcartmell.ca](http://www.timcartmell.ca)) which clearly indicated that safety and security, particularly in our core neighborhoods and on our LRT system, remain key concerns of Edmonton residents.

race and gender to see that the Police Commission is doing its level best to ensure the Police Service continues to evolve.

The funding formula removes the distraction that constant conversation about money created and allows the conversation to shift to new approaches to “social policing.” More partnerships like HELP teams and the HSOC. More effort on co-dispatch, to get the right response to the call for service more quickly. Stable partnerships - and stable funding.

If you have any municipal questions or concerns please feel free to contact my office at [tim.cartmell@edmonton.ca](mailto:tim.cartmell@edmonton.ca) or by calling 780-496-8130

*Over the past few years, EPS has stated that constant changes in police budgets have left them in a reactionary mode, not a strategic one.*

While a funding formula will always be imperfect, it is better than ad hoc changes that are frankly impossible to react to year over year. That doesn’t mean that police budgets can continue to grow unbounded. EPS will need to be more strategic in how they will spend tax dollars.

Over the past few years, EPS has stated that constant changes in police budgets have left them in a reactionary mode, not a strategic one. I think there is some truth in that - but I think they have leaned on that excuse a little too much.

EPS has work to do. There have been more than a few instances where the actions of individual police officers have been found wanting. That shouldn’t mean that the entire force is condemned. It should mean that discipline processes are let to properly play out. One need only look at the latest EPS recruiting classes to see the range and depth of knowledge, the range in ages and the diversity of

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# Update from Parliament

*Matt Jeneroux*  
*MP Edmonton - Riverbend*



With Fall quickly approaching, MPs are returning to Ottawa and preparing for the start of the fall session in the House of Commons.

As we return to vote, debate, and discuss there will be a few major issues which I'm sure will receive our focus. I've included some of those here:

Beginning with Bill C-18: Over the past while, many Canadians have noticed their ability to access and share online news stories has been restricted by major online platforms. This is unfortunately a direct consequence of the government's Bill C-18, which would require large tech companies to now pay news publishers whenever a link to their news article is posted.

Conservatives believe that we need to find a solution where Canadians can continue to freely access news content online, in addition to fairly compensating Canadian news outlets. We offered amendments to the Bill that would fix these issues, but they were voted down by the Liberals and NDP. Now, Canadians are suffering the consequences. As the effects of this legislation continue to be felt, for both independent media and Canadians, my colleagues and I will continue to push for solutions that address these problems the government created.

In other news, Canada's Environment Minister recently laid out the governments draft Clean Electricity Regulations, meant to ensure a net-zero grid by 2035. Unfortunately, what this draft shows is a lack of concern for the increase in costs Canadians will pay as a result. A memo from the Minister's own department confirmed that this plan will significantly 'increase the costs' of utility bills that Canadians pay every month. Some estimates suggest the cost of the plan could be as high as \$1.7 trillion. Instead of policies which punish

Canadians, my colleagues and I will continue to push the government to cut inflationary taxes and red tape so that we can create cheap and clean electricity. Especially at a time of record-high electricity costs, Canada's Conservatives believe technology, not taxes, will reduce emissions without burdening Canadians with out-of-control utility bills.

Finally, in continuing conversations from the last session, another major point of discussion will be on the rising crime rates in our cities, a consequence of failing policies over the past eight years of this government. According to Statistics Canada, in Edmonton alone violent crime is up 27% and violent firearm offenses are up 97%. Nationally, murders are up 43% and gang-related homicides are up 108%. Canadians deserve to feel safe in their cities and my colleagues and I will continue to push the government to act on these increases in crime to bring home safe cities.

With much happening in Ottawa, if you have any comments about what's happening in federal politics, I'd be more than happy to discuss. Please contact my office at [Matt.Jeneroux.C1@parl.gc.ca](mailto:Matt.Jeneroux.C1@parl.gc.ca). We would be pleased to assist you on these or any other federal matters.



*MP Jeneroux photo courtesy of MP Office*

# UROSPOT is changing the lives of women and men.

*"Two coffees before a long car ride and I didn't have to go to the bathroom for hours!"*  
– Sophie, 52

*"I feel like I'm 25 again."*  
– George, 63

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The care team consists of Nurses and Pelvic Floor Physiotherapists who come together to help restore your freedom and confidence. A key part of the care model is a medical chair, approved by Health Canada. As you sit comfortably, the chair uses waves of energy to re-boot the connection between your brain, bladder and pelvic floor, but it also does 11,000 contractions of the pelvic floor muscles (you know these as Kegels) to help strengthen and restore the muscles. You can even use physiotherapy benefits towards the cost of treatment.

If bladder leaks, urgency, night waking to pee, frequent trips to the bathroom or pelvic organ prolapse are impacting your life, help is now here.



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When I was a young adult, we would have “Come As You Are” parties. Someone would call to invite you over right at that moment. If you were able, you would head over regardless of what you were wearing or doing; regardless of whether you had combed your hair or showered yet (so the breakfast meet ups were especially interesting) with the intent to share a little time together, and perhaps take a moment to laugh at the fuzzy slippers in the morning or the raggedy sweatpants at night. These silly memories always result in a smile! No one cared about clothing or appearance, just friendship and fun.

It has been a lot of years since I’ve hosted or attended such a party, but I’ve been thinking how those impromptu gatherings with no time to fuss over preparation and expectation resulted in good times and stronger friendships. I’ve wondered how such an invite may be received in our culture of curated social media, comparison and concern about what others may think. What happens when we think we don’t have the time to get ourselves and our homes ready for a visit? How have these cares impacted our willingness to engage in community?

I love spontaneous visits and I’m inspired by some great neighbours I have who always, yes, always, invite me in for a chat when I stop by for various reasons; the take your shoes off and sit down for a while type of visit. We catch up and I leave looking forward to the next time we can connect again. The spontaneity of our time together reminds me of the Come As You Are parties of long ago. Neither of us prepared, we just enjoyed the gift of time together.

“Come as you are.” These words are at the heart of Terwillegar Community Church’s invitation to join us on Sundays, during the week and at our community events. There are folks who think they have to “clean up their lives” before God will accept them or before

they can attend a church, but that’s not the case. Whoever you are and wherever you find yourself in life, you can know God because of Jesus’ sacrifice on the cross. If you are curious or have questions about what it means to follow Jesus, about what his life, death and resurrection means to us, then I invite you to come as you are, slippers, raggedy sweats, pain and all to journey with us as we seek to know God more together in community.

And speaking of coming as you are into community, Terwillegar Community Church invites you to attend our next event which is “Friday at the Park” on September 15 from 5:30 – 7:30pm at Tomlinson Common Park. Come for a free BBQ, games and fun! And to my friends and neighbours, I hope you knock on my door whenever you have a few free moments and I’ll do my best not to worry if my hair and my house are neat and invite you to stay awhile! Just come as you are for the moments you have.



photo from canada247.info



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Terwillegar Community Church invites you to

# Friday at the Park

Friday, September 15

## Free BBQ

Food Jumpy Castle Games Glitter Tattoos

5:30 - 7:30 pm

### Tomlinson Common Park

## Sunday Worship Service

### 10:00 a.m.

Join us in person or online

tcchurch.ca





1751 Towne Centre Blvd NW





# Report From The Legislature



*Rakhi Pancholi*  
MLA Edmonton - Whitemud

It's hard to believe but another busy Edmonton summer has come to a close! For my family, it was a time to rest after a busy spring but also to get out and enjoy all that our city and community has to offer – from the Southwest Edmonton Farmers' Market, community dinners with Riverbend Rocks, Canada Day, Calgary Stampede, K-Days and Stollery Lemonade Stand Day.

It is also the start of a new school year for many of the families in our riding. As a parent of elementary-aged kids, as your MLA and as the new Opposition Critic for Education, strengthening public education and finding solutions to the growing challenges we are facing are top priorities for me.

Larger class sizes with fewer supports in the classroom is a challenge facing far too many schools across the province, including here in our community. While the needs in classrooms are becoming more complex, teachers are managing more students with far fewer educational assistants (EAs) to support students who need it. This affects students with disabilities or learning needs the most, but it also impacts the quality of learning that all students in the classroom receive.

There are a number of things that must happen to address this.

First, the education funding model introduced two years ago calculates funding for school boards based on past student enrollment numbers, not current ones. This means growing school boards - like Edmonton Public - do not receive funding for every student that walks through the door of their schools, a growing problem as student enrollment increases with more and more families moving to Alberta from across the country and the world. This funding model must change so that every student is funded properly.

Second, the province must actively train, recruit and retain more teachers and EAs. During the election, the current government committed to hiring 650 teachers and 1375 EAs. They seem to be stepping back from that commitment, but students cannot afford further delays. Key to attracting more education staff is demonstrating that they are valued and respected.


Third, growing communities across the province are in desperate need of new schools and southwest Edmonton is a clear of example of this. Lillian Osborne High School and Riverbend Junior High are well over capacity and many of our elementary schools are also seeing ballooning class sizes. Only one new elementary school was approved for construction in the government's Budget 2023. This is not enough and I will continue to advocate for more schools to be built.

Lastly, providing the right support to children with disabilities or

developmental delays when they are early learners is critical for their success later in life. In 2019, the UCP government made devastating changes to Program Unit Funding (PUF) for three and four-year-olds in the program and cut it entirely for children in kindergarten. Earlier this summer, Calgary-Beddington MLA Amanda Chapman and I called on the government to restore funding to PUF and increase it so that kids can get the support they needed.


I will continue to champion a strong public education system that provides every child with opportunities for success and inclusion. I can't think of anything more important than that.

As always, feel free to write to me at [edmonton.whitemud@assembly.ab.ca](mailto:edmonton.whitemud@assembly.ab.ca) to share your thoughts.






## BUILDING ALBERTA'S FUTURE

# RAKHI PANCHOLI



### MLA for Edmonton - Whitemud

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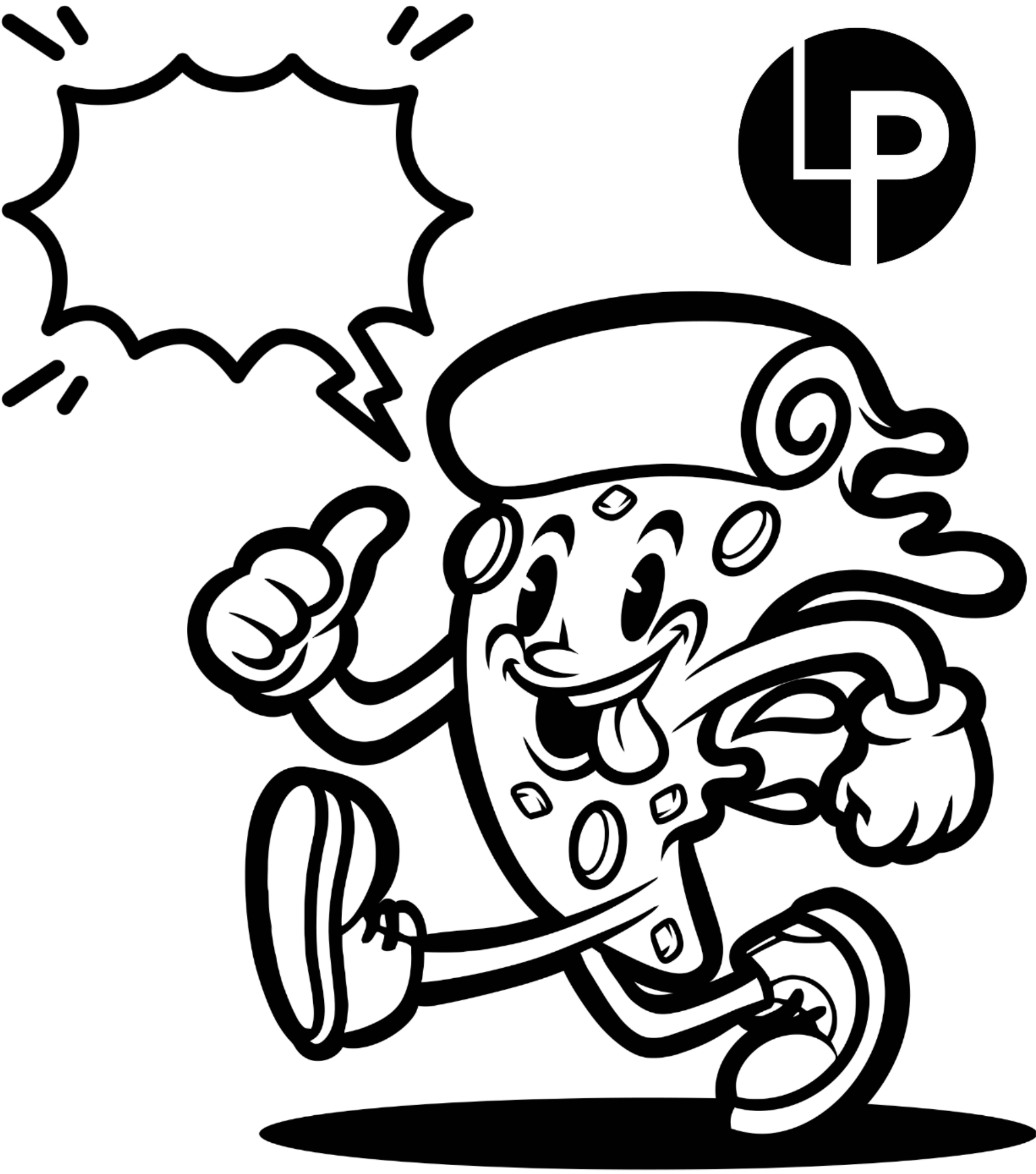






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**Name:** **Circle Age Group: 3-6Y or 7-12Y**

**Parents Name/Phone Number:**





# THANK YOU

## TO ALL OUR CANADA DAY VOLUNTEERS!

*We couldn't have done it without the help of the following amazing people:*

Adian Nieminen	Kavya Krishnan
Allison Kaminsky	Keira Weber
Alyssa Chow	Khadija Hamidoon
Andrea Larsen	Lily Batalenka
Blain Ginther	Mahwish Omar
Brittany Primeau	Marijke De Bruin
Chandni Krishnan	Max Jia
Darlene Reid	Miia Nieminen
Everett Lin	Monte Weber
Fatma Uzumcu	Nicole Ongara
Greta Hermosillo	Nishka Dabral
Vergara	Robert
Isaac Chow	Sacha Heppelle
Jackson Reid	Sagar Lunawat
James	Sarvin Shafaati
Jason Lee	Shane Neigel
Jeff Nordstrom	Sophia Ma
Jennifer Smith	Tara Dahl
Kailey Hartman	Thomas Hartman
Karin Shott	Tiffany Zheng
Kathleen Mountford	Virginia Paschali



TERWILLEGAR COMMUNITY LEAGUE'S

# HALLOWEEN FIREWORKS

Tomlinson Park  
October 31<sup>st</sup> @ 8:00pm



TERWILLEGAR COMMUNITY LEAGUE  
PRESENTS

# SUMMER MOVIE NIGHTS 2023

COMING TO A SCREEN NEAR YOU THIS SUMMER



# SHOWTIME

September 16th

MOVIES TO BE ANNOUNCED CLOSER TO THE SHOW DATES ON FACEBOOK. ALL MOVIES TO BE SCREENED AT SOUTH TERWILLEGAR SPRAY PARK. FILMS BEGIN AT SUNSET. BRING YOUR OWN SEATING AND BUG REPELLANT. PLEASE DRESS FOR THE WEATHER. SHOW WILL NOT PROCEED IF IT RAINS TO PREVENT EQUIPMENT DAMAGE.





# WE ARE LOOKING FOR FEEDBACK ON WHAT YOU WANT TO SEE AT SOUTH TERWILLEGAR PARK.

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Survey here or  
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**Terwillegar.org**



SCAN ME





### Anticipation & Excitement of a New School Year Ahead!

Ward F Trustee  
Julie Kusiek



Wow! Summer sure has zoomed by. I hope you were able to find time to relax and recharge with friends, family or neighbours. Our family was able to get out for a couple of quick camping trips and then focus on a home landscaping project. It's been busy!

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. This will truly be an amazing year for students and for Edmonton Public Schools. We look forward to welcoming over 114,000 students into the classroom!

Thinking about this year and beyond, I am proud of the direction our 2022-2026 strategic plan sets out. Our 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 to serving the 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/ourdistrict/results/strategicplan/>

Throughout the year, the Board receives strategic plan update reports which are available at [epsb.ca](https://www.epsb.ca). These reports highlight specific work underway in support of the strategic plan. Reports last year included updates on literacy and numeracy, anti-racism and equity, and mental health. Reports on other actions related to the strategic plan will be coming this year, too. Questions and conversations with families, school councils, constituents and the wider community help me to be prepared to review these reports in a thorough way, so thank you for keeping in touch!

You can reach me by email at [trustee.julie.kusiek@epsb.ca](mailto: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](http://www.juliekusiek.ca).



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# I Could Have Danced All Night!



Colleen Crozier  
SWESA Member

There she was, after the ball, Eliza Doolittle remembering the beautiful gowns, the tuxedos, and military uniforms, the stirring music, the glittering lights, and...the heady feelings of gliding around the ballroom in the arms of one partner after another as she triumphantly passed for a mysterious aristocrat in the 1964 Lerner and Lowe film version of “My Fair Lady”.

It is telling that the author of “Pygmalion”, George Bernard Shaw, chose a fancy dress ball to be the testing ground for Professor Higgins’ cockney pupil. After all the voice coaching and instruction in manners, Shaw put her where her self-mastery and Prof. Higgins’ genius would be most evident – at a dance.

Dancing is one of the most elemental of all human activities, a full-body response to hearing music, a form of expression that needs no words. Dance exists in almost all cultures, having done so since time immemorial. It goes along with celebrations, story-telling, and courting, set to music. Toe-tappin’ music. Whether we are dancing ourselves or watching others, we can all experience the sensations, the artistry, the passion, and the pleasure that dance brings to our lives.

Dancing appeals to all ages. From today’s toddler rockin’ it with the Wii, to the four-year-old thrilled to step up onto the shoes of her adult partner and join in. From the ‘tween who is relieved to know that he does not have to hold hands to dance with a girl (who just moments ago had “cooties”), to the young people, whose attraction for one another is plainly evident on the dance floor. From the married couple whose years together have refined their moves, to

the seniors, those who can still “cut a rug”, and those fondly reliving memories.

Given half a chance, would we all “dance all night”? Would we let the music give us wings? Would we all want to move like Fred Astaire and Ginger Rogers, Patrick Swayze, Karen Kane, Chubby Checker, Michael Jackson or Paula Abdul? Or would we simply get onto the dance floor and let the music run through us and move right along with it?

SWESA’s holding its first annual Dine and Dance fundraiser September 21 at the Pioneers Cabin. After a fine meal by A Cappella Catering, you’ll dance to your favourite hits with DJ Diamond. Tickets are available on our website or at our office. We hope you will come, have a delightful evening dining, dancing, and supporting SWESA. We think you’ll go home happy, singing, “I could have danced all night!”

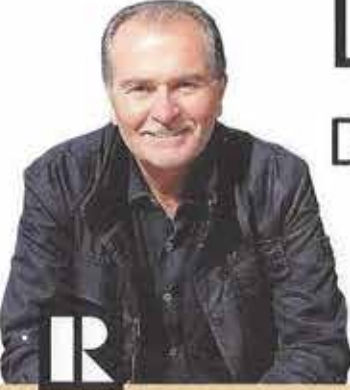
South West Edmonton Seniors Association  
11304-25 Ave. SW (Blue Quill Community Centre building)  
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587-987-3200  
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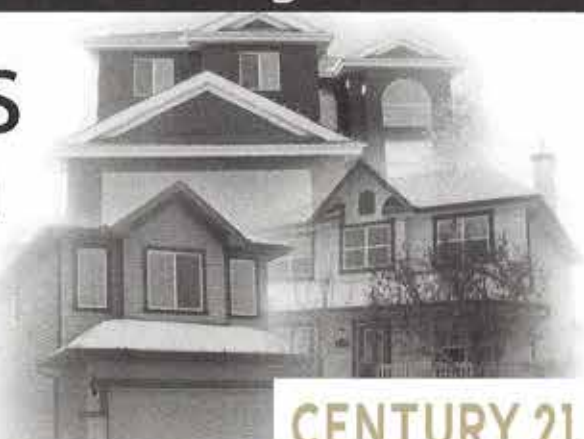
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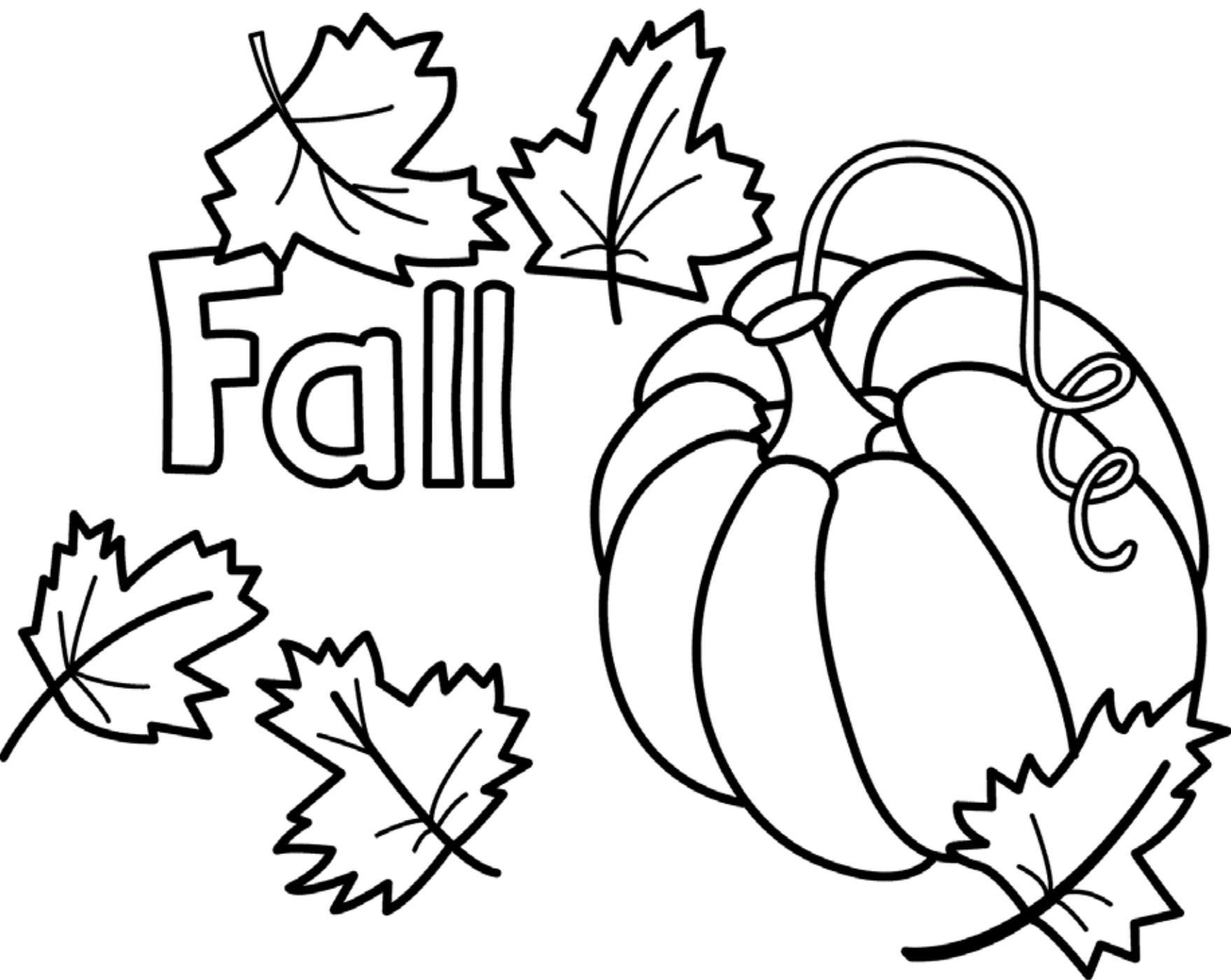
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Kid's Zone - Colouring Contest



Fall Colouring Contest

First Name: \_\_\_\_\_

Last Name or Initial:  
\_\_\_\_\_

Age: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

All entries must be received by Nov. 3. One entry per child.  
The contest is open to residents of the following areas:  
Terwillegar, Magrath, South Terwillegar, and MacTaggart.

Age categories are: 3-5; 6-8; and 9-11.  
Entries should be mailed to:

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



Kid's Zone - Fun & Games

How do you mend a broken pumpkin?  
With a pumpkin patch!

What's the best thing to put into a pumpkin pie?  
Your teeth!

Why do birds fly south in the Fall?  
Because it's too far to walk.



	7			2			4	6
	6					8	9	
2			8			7	1	5
	8	4		9	7			
7	1						5	9
			1	3		4	8	
6	9	7			2			8
	5	8					6	
4	3			8			7	

Spring Colouring Contest Winners!

Ages: 6-8

1st Place: Nathaniel W.  
Runner Up: Adam C.

Ages: 3-5

1st Place: Lincoln F.  
Runner Up: Scarlett K.

Ages: 9-11

1st Place: Hanna C.  
Runner Up: Flynn P.

Honourable Mentions

Talia P.  
Victoria P.  
Sophia R.  
Benjamin W.  
Brynn M.

Thanks to everyone for their submissions and making it so difficult to choose the winners!

Prizes awarded to first place & runner up in each category are \$25 & \$10 gift certificates for Toys "R" Us  
Honourable mentions will receive a \$10 Toys "R" Us gift certificates.  
Prizes will be mailed out the coming week!





# Health Starts in the Belly



Elizabeth Cayen  
Certified Holistic Nutritional Consultant

You’ve heard the expression “you are what you eat”. Though no one is actually walking around as broccoli, nevertheless this expression is true in that the nutrients in what we eat are used to build our cells, tissues, and organs and drive all our body processes. We need micro (vitamins and minerals) and macro (proteins, fats, and carbohydrates) nutrients in order for our bodies to function optimally.

Missing some of these vital components is like trying to run a car with faulty spark plugs. Perhaps the brake pads are worn down, or there’s a leak in the oil tank. Perhaps the car’s running out of fuel or the air filter is clogged. If these things aren’t corrected and the proper parts available, eventually the engine will stop. Now, consider missing important nutrients required for your heart to keep beating, your muscles to keep contracting, or your liver to keep detoxifying. The result is ill health – the ‘engine’ may still be running, but it is not running well.

You may think simply eating extra vegetables or reducing your sugar intake or snacking will ‘fix’ the faulty systems. You might choose to stop eating junk food for a period of time to get back on track. While these are definitely beneficial, if your digestion isn’t working it is like adding more oil to an engine while ignoring the fact there’s a large hole in the oil tank.

In order to keep your ‘engine’ running smoothly, good digestion is vitally important. Here are ways to optimize it:

1. The most important first stage of digestion is called the ‘cephalic phase’. Involving your senses – smell, sight, touch, hearing, and taste – it can account for 20 - 30% of production of the stomach juices required for proper digestion. Commonly activated while you prepare a meal, even if you don’t cook you can still benefit by treating your mealtime as a sacred event. Eliminate distractions and take time to smell, admire, and taste your food.
2. Digestion cannot happen if you’re tense, angry or feeling rushed as these emotions trigger your sympathetic (fight/flight/freeze) nervous system. The body doesn’t need to digest food when it thinks it’s danger! The parasympathetic (rest and digest) nervous system is activated when you are relaxed. Take time over your meal and try to keep any conversation lighthearted.

3. Chew - your stomach does not have teeth! Breaking apart the fibrous matrix of your food into small parts makes the next processes in digestion more effortless.
  4. Sip water while eating - no guzzling! Stomach acid works like a fire to further break down the food in your stomach. Drinking a lot before, during, and even immediately after is like putting a sprinkler on that fire, reducing the chance of food being properly broken down.
  5. The small intestine, where the majority of absorption of nutrients will take place, only allows the smallest of particles to get through into the blood stream. If food doesn’t get broken down into its individual small parts, those nutrients can’t pass through into the blood stream for use in the body.
  6. All body processes are very nutrient dependent. If digestion is impaired, assimilation of nutrients is impaired too, affecting our body’s ability to build tissues and feed cells the fuels they need to function properly.
  7. The last stage of digestion is elimination. Make sure you drink plenty of water throughout the day and that your diet is full of fibre and healthy fats to help keep everything moving through efficiently.
- Good digestion is a gateway to good health. These tips can help keep your ‘engine’ running smoothly.



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# Volunteer Roles Update

*Kathleen Mountford*  
TCL Vice-President



We still have some Board support roles still available if you are interested in an ongoing role with the Terwillegar Community League. The roles available include: Fundraising Aide, Volunteer Coordinator, Programs Aide and Community Sign Support.

A brief overview of the roles is as follows:

**Fundraising Aide**

Assists the Fundraising Director with setting up fundraising events. Helps at fundraising events such as the I’m Too Big for It Sale. Could run smaller fundraisers independently.

**Volunteer Coordinator**

This role supports the Board by creating a list of volunteers to contact for events. They work with the Programs Director and Fundraising Director to provide volunteers for events including the casino fundraiser. They can come up with ideas for volunteer benefits such as a volunteer appreciation night and awards. This person can also attend board meetings.

**Programs Aide**

Assists program director with planning and running of events.

Could run smaller events without the program’s director (with board approval). The Program Aide may also attend monthly meetings

**Community Sign Support**

The Community League has five outdoor signs in the community that need to be changed every month or two. We need someone to help with this role. Total time to change all the signs is approximately five hours per change and it is outdoors; however, sign prep can be done inside. You will also need a space to store the signs and letters.

**Programs Committee**

We will also continue to take people onto our programs committee. This committee is responsible for planning all future events. If your interested in helping to plan or run future events, please contact us to join the committee.

We encourage you to reach out if you are interested in one of these roles. We are also always looking for event volunteers as well so please reach out if you are interested in being added to our volunteer list. Please contact [vicepresident@terwillegar.org](mailto:vicepresident@terwillegar.org) for more information.

Thanks everyone!



# Tips For Safe Driving In School Zones

*ama.ab.ca*  
AMA Staff



**1. Slow down in school zones**

The speed limit in school zones across alberta is 30 km/h. In calgary and edmonton, school zones are playground zones, every day of the week from 7:30 a.M. To 9 p.M. Hours vary for different towns and cities according to municipal bylaws, but it’s important to remain watchful at all times. Since some schools are staggering the arrival and departure schedules of their students, there will be more sustained activity in a school zone than normal.

**2. Wait for kids to walk and fully cross**

Small children are easily distracted and not the fastest pedestrians. Be patient. Many are walking to school for the first time on their own and just learning to pay attention while crossing by themselves. If your children will be walking to school, consider pre-planning a walk route with them to give you peace of mind. Or help gather a small group of close friends to walk together while remaining physically distanced.

**3. Point, pause, proceed at crosswalks**

School patrollers help our children cross safely, but they aren’t always there to remind drivers to slow down. Make sure to stop when you see a child use the point, pause, proceed method—and make eye contact with pedestrians. If you’re in the car with your children, explain what you’re doing and why—it sets a good example for them!

**4. Pay extra attention to drop-off and pickup zones**

Make sure you’re familiar with your school’s drop-off and pickup zones—and where they are in relation to the designated entrance/ exit doors for students. The morning rush and after-school pickups are the busiest times—and they could be even longer this year, as some schools adopt staggered drop-off and pickup schedules. We all have more on our minds these days and with children wearing masks, they’ll have reduced vision, so make sure to scan between parked cars, avoid bus zones, don’t stop near crosswalks or let passengers out in the middle of the road. Help reinforce the safety message by leaving a few minutes early and taking your time.

**5. Avoid school bus zones**

Trying to park a school bus full of excited children is hard enough at the best of times. Buses have big blind spots and poor maneuverability, which is why we put the bus loading zones as close to the school as possible. Parking in the bus zone, even for a few moments, just adds to the congestion. When passing buses on foot, stay at least five steps back from the bus and stay extra alert for pedestrians when driving by.

**6. Avoid using school parking lots**

Poor visibility and cramped spaces make parking lots dangerous for drivers and pedestrians. Even if there are visitor spots available, play it safe and park a block away to cut down on congestion. Encourage your kids to walk around parking lots, rather than cutting through. Please respect “no parking” signs.

**7. Walk with your kids**

Better yet, consider parking farther away from the school and walking with your children. There are benefits to this beyond safety, including health and wellness and time to connect before and after school, while also enjoying the outdoors.

**8. Drive (and walk) distraction-free**

By now we all know that being distracted behind the wheel can net you a pretty hefty fine. But did you know that around one out of every three collisions is due to driver distraction? Set a great example by staying focused, keeping your hands on the wheel and your eyes on the road. If you’re walking, teach your kids to put the phone away, avoid headphones, and always be aware of their surroundings, especially around moving vehicles.

**9. Set a respectful example**

When cyclists, drivers and pedestrians share the responsibility and look out for each other, everyone stays safe. We’ve all heard the expression “do as i say, not as i do,” but let’s walk the talk in school zones. From obeying speed limits and no parking zones, to hopping off our bikes at crosswalks, and making eye contact with drivers, setting a good example teaches our children be safety leaders.



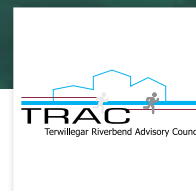
Canada Day Photos







## Outdoor Community Skating Rinks



## Looking ahead to accessing a community skating rink?

For anyone who has purchased their 2023-2024 community league membership, please contact the TRAC Community Office to arrange for pick-up or mail-out of your skate tags.

Email: [yegtrac@gmail.com](mailto:yegtrac@gmail.com) or phone: 780-439-9394.

The skate tags will give you access to any outdoor community skating rink and are an easy visual to the rink attendant that you are a community league member.

The community league rinks are maintained by the respective community league and wouldn't be possible without the support of your membership fee!

Thanks to everyone who supports their community league!



# What is My Home Worth?

# Thomas Hartman

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# Summer Carnival Photos





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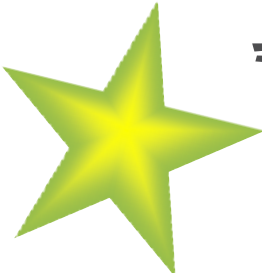
## Supporters












A special thank you to all  
the volunteers who  
helped out!









# Riders Will Soon Have More Travel Options On Terwillegar Drive

edmonton.ca



Edmonton Transit Service (ETS) is pleased to introduce Route 31, a new bus route that will provide weekday express service between the University of Alberta and Leger Transit Centre in Southwest Edmonton. The approximately 35-minute route, that launches September 5, will be efficient and convenient for riders as it uses a dedicated bus lane—the result of the ongoing Terwillegar Drive Expansion project.

*Investing in transit infrastructure, like this new bus lane, is an important step in transforming our transit network*

“The City Plan envisions a city where Edmontonians of all ages, abilities and backgrounds can easily meet their daily needs within a short walk, bike, roll or transit trip,” said Mayor Sohi. “Investing in transit infrastructure, like this new bus lane, is an important step in transforming our transit network to meet future population growth and give people more choice in how they move around.”

“We’re pleased to be offering riders more direct routes and flexible transit options,” said Carrie Hotton-MacDonald, Branch Manager of ETS. “Transit continues to play a pivotal role in connecting people to each other and the places they need to go —safely, conveniently and reliably.”

Route 31 is a part of ETS’ fall seasonal service changes. It will initially operate on weekdays, excluding statutory holidays. Additional time periods may be considered as part of future service adjustments.

This route is part of long-term service planning as Edmonton’s transit system expands and prepares to meet future population growth. The dedicated bus lane was built as part of the Terwillegar Drive Expansion project.

Through the City’s Mass Transit Planning for the 1.25 million population horizon, Route 31 will eventually evolve into an important future bus-rapid transit route that runs from Ambleside to University via Terwillegar Drive, with dedicated lanes and transit priority measures that help buses move faster.

As more people move to Edmonton and more riders choose transit, building and investing in a transit system provides an essential service Edmontonians need and want for years to come.

### Terwillegar Drive Expansion

The Terwillegar Drive Expansion will increase capacity and provide all users with a safe and efficient route along Terwillegar Drive - a key north-south route connecting Edmontonians across the city. The expansion includes new road lanes, and transit and active transportation upgrades, including a dedicated bus lane, new shared pathways and new pedestrian/cyclist bridges.

Construction of Stage One began in 2021 and will be completed in the fall of 2023. The budget for Stage One is approximately \$56.2 million. Construction of Stage Two is currently underway. The overall project is funded by the City of Edmonton and the Government of Alberta.

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# 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 TRAC)

**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:**  
Darlene Reid, tclpresident@terwillegar.org

**Vice-President:**  
Kathleen Mountford, vicepresident@terwillegar.org

**Treasurer:**  
treasurer@terwillegar.org

**Secretary:**  
Monte Weber, secretary@terwillegar.org

**Community Advocate:**  
Sue Trigg, advocate@terwillegar.org

**Membership Director:**  
Jeffery Nordstrom, memberships@terwillegar.org

**Program Director:**  
Sagar Lunawat, programs@terwillegar.org

**Communications Director:**  
Jennifer Smith, communications@terwillegar.org

**Fundraising Director:**  
Heather Maitner, fundraising@terwillegar.org

### Other Contacts

**Community Garden:**  
Amanda Hunt, garden@terwillegar.org

**Editor:**  
Karin Shott, editor@terwillegar.org

**Neighbourhood Watch:**  
watch@terwillegar.org

**Webmaster:**  
Alison Cairns, webmaster@terwillegar.org

### Other Positions

**TRAC Ambassador - MacTaggart:**  
Vacant

**TRAC Ambassador - Magrath:**  
Vacant

**TRAC Ambassador - South Terwillegar:**  
Ryan Barber

**TRAC Ambassador - Terwillegar Gardens:**  
Sue Trigg

**TRAC Ambassador - Terwillegar Towne:**  
Monte Weber

## Crossword Solution

1	D	U	2	C	H	3	E	S	4	S		5	S	P	6	I	C	7	E
	I			L			A			P			H			T			B
8	O	D	O	U	R				9	A	V	O	C	A	D	O			
	C			S			L			R			W			L			N
10	E	N	E	M	I	E	S					11	N	O	I	S	Y		
	S					E		E								C			
12	E	N	13	T	I	R	E			14	G	15	H	O	S	T	16	S	
				A					17	S			A						A
18	I	N	D	I	19	A			20	W	O	R	S	21	H	I	P		
	D			P		P				O			V		O				P
22	A	N	O	T	H	E	R					23	A	M	U	S	E		
	H			L		I				D			R		S				R
24	O	M	E	N	S				25	S	A	D	N	E	S	S			



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