

Deadline for next issue: January 26

Delivery: Week of February 12

Terwillegar

COMMUNITY LEAGUE

Tribune

Issue 98

www.terwillegar.org

November 2023



Kathleen Mountford
TCL Vice President

TCL Update



It is getting colder in the community and I want to wish everyone an early Happy Holidays!

The “I’m Too Big for It Sale” happened in September. Thank you to all the shoppers who came out to support the tables at the event. We had some great vendors who were very appreciative of us hosting this event. This is a smaller fundraiser for us, but it does help us to raise funds for other programs. It is also a good opportunity to sell some of your old items or pick up some good deals. We plan to hold the next “I’m Too Big for It Sale” in the spring.

The Halloween Fireworks were a hit as usual! We had lots of people come out to enjoy the event. We also ran a Halloween Decorating contest and found some pretty unique houses! Thanks to everyone who decorated for Halloween; it is always extra fun to walk around the neighbourhood with all the houses decorated. Also, a big shout out to the houses around Tomlinson Park who go all out for Halloween, your houses get lots of kids and it is great that you support such a fun Halloween for them!

The Community League Holiday Craft sale is on November 18th. Admission is free to this event. We had a high number of local vendors for this event which is great to see.

We will have a winter 50/50 raffle on Rafflebox this year. The money from the raffle goes to support the community. Please consider purchasing a ticket to help support our future community assets at South Terwillegar Park.

Our Holiday Extravaganza event will take place on December 16th.

Expect cookie decorating, indoor snowball fight, crafts, draws, live colouring contest and an indoor scavenger hunt. We do need some additional volunteers for this event so please email vicepresident@terwillegar.org if you are interested.

We will be doing our Holiday Lights contest again. I know with the cold it isn’t always fun to decorate for the Holidays, but it makes a difference to Light Up the Community!

In January we will be hosting our Annual General Meeting for the Community League. The Terwillegar Riverbend Advisory Council secured a partnership with Snow Valley for a ski night in February. We will also be hosting our Family Day Pizza Night & Movie Night at the Terwillegar Community Church on February 19. If you want updates on these items, please follow @tclevents page on Facebook or visit our website at terwillegar.org.

We hope everyone has a great Holiday Season and a Happy New Year!



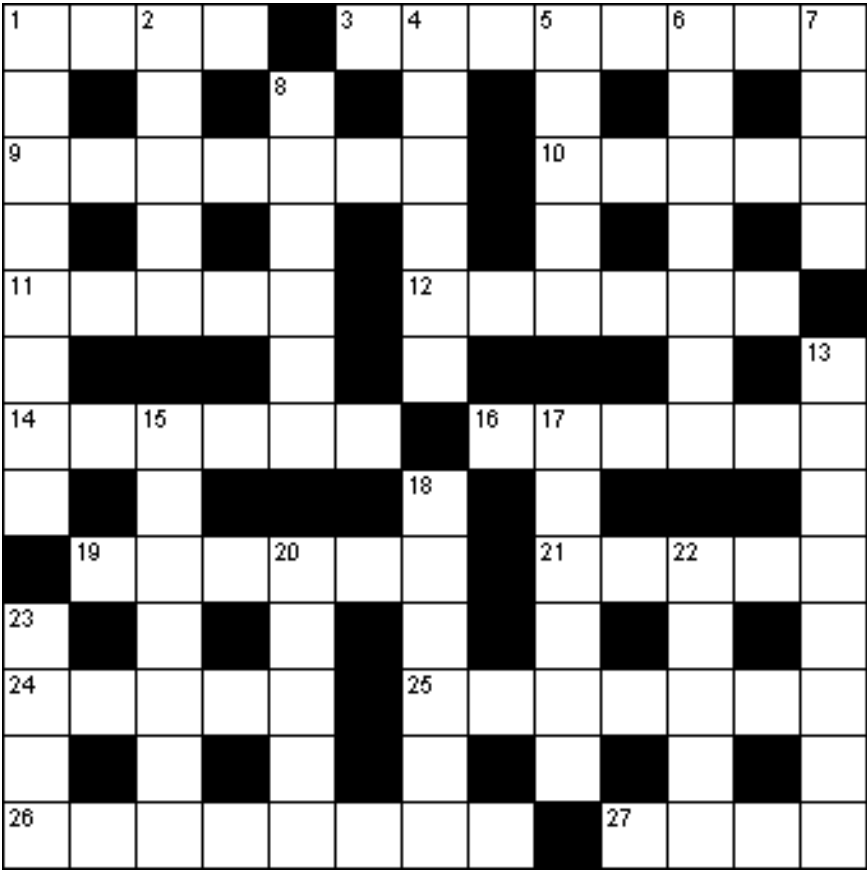
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SIMPLY DAILY PUZZLES



Across

- 1 Mark as correct (4)
- 3 Barely adequate (8)
- 9 Ruled (7)
- 10 Growing old (5)
- 11 Ernie (anag.) - girl's name (5)
- 12 Cotton fabric (6)
- 14 Breathe in (6)
- 16 Loud piercing cry (6)
- 19 Threefold (6)
- 21 Italian sauce (5)
- 24 Incorrect (5)
- 25 In attendance (7)
- 26 Emphasised (8)
- 27 Object of worship (4)

Down

- 1 Marvellous (8)
- 2 Felony (5)
- 4 Kidnap (6)
- 5 Shoulder-wrap (5)
- 6 Type of light soft roll (7)
- 7 Poultry products (4)
- 8 Ailing (6)
- 13 Deathless (8)
- 15 Haven (7)
- 17 Imitated (6)
- 18 Folk (6)
- 20 Young attendants (5)
- 22 Horse for riding (5)
- 23 Nocturnal birds (4)

What's Next

Next Submission
Deadline:
January 26th

Next Issue:
Week of February 12th

A Note from the
Editorial Team:

We would like to thank our
loyal editorial contributors and
advertisersfor your continued
support. Your contributions
help to make our
community a better place!
Wishing you all a very happy
and healthy holiday season!

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

Memberships are available online
www.terwillegar.org



MP Update



Matt Jeneroux
MP Edmonton - Riverbend

Fall is well underway, and as your Member of Parliament I wanted to provide you with an update from the House of Commons.

Over the course of this session, a variety of issues have been debated and I wanted to highlight three of these matters which have come up and which I expect to see further debate on.

The first issue concerns a report from the Competition Bureau released on October 19, which states that Canada continues to decline in competitiveness. The report stressed that over the past eight years of the current government, monopolies are not just more prevalent in Canada, but fewer small businesses are entering the market to compete, and Canadians are dealing with higher prices as a result. Whether it has been the Rogers-Shaw merger, or a potential merger between RBC and HSBC, Canadians are being left with fewer choices, and less competitors in the market. Over the coming months, I imagine this issue will receive much more debate. If you have any thoughts on this matter, please consider sharing them with our Office.

A second issue that's been debated a lot already this session is the further expansion of MAiD to persons with mental illness. This expansion comes after the government caucus voted down a Bill supported by the disability community and the heads of psychiatry at every Canadian medical school to stop the expansion of MAiD to persons where mental illness is the only condition. There is great concern among experts that MAiD for mental illness cannot be implemented safely. Rather than this rushed measure, my colleagues and I support measures which work to treat mental illness and give people a decent life. We will continue to stand on the side of the most vulnerable and their loved ones as this debate continues in the coming weeks.

Lastly, at the time of writing this letter, concerns have emerged over allegations of corruption within Sustainable Development Technology Canada (SDTC), an organization, which according to CBC, “is at the heart of Ottawa's efforts to foster a technological transition toward a greener economy.” The fund has been accused of giving grants to organizations with ties to their senior management, as well as making payments inconsistent with the requirements of their agreement with the government. Disclosure documents have gone missing or were filled out after the fact when the probe asked for them. A report into SDTC said the conflict-of-interest policy was “inconsistently applied”. As more comes to light, I suspect we will be hearing a lot more about this in the next few months.



SWEFM - Sprouts Program



Karin Shott
SWEFM Sprouts Coordinator

The Southwest Edmonton Farmers’ Market was very happy to continue with the Sprouts Program this year. Thanks to the support of TRAC, the community members, local business, community leagues, and our families in Southwest Edmonton – we appreciate you all!

This summer’s weather did not slow down our dedicated ‘sprouts’ and their families, as they showed up rain or shine, with over 975 children (ages 4-12), joining the program.

Huge thanks to the Sprout’s volunteer nutritional students from the UofA - Megan Lange, Boshra Mandour & Cindy Kwok for their enthusiasm for the program! They worked together to create fun activities for the ‘sprouts’ which included many scavenger hunts, a spinning wheel activity, guessing game, coloring contest & more.

Without the financial banking of our generous sponsors, the Sprouts Program would not be possible. Thank you to each of them for helping build a strong community!

(Sprouts Community Engagement Ambassador)

- Oak Hills Community League
- (Sprouts Healthy Eating Advocate)
- Terwillegar Community League
- SWAC (Southwest Area Council)

(Sprouts Recipe Sponsor)

- The Ridge Community League
- Hodgson Community League
- Innovation Physical Therapy – Riverbend
- Royal Bank (RBC) Magrath
- TD Bank (Riverbend & Windermere)
- Alan Gee & Associates

(Sprouts Enthusiast)

- Riverbend Community League
- Terwillegar Community Church

(Sprouts Supporter)

- Brookview Community League

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- Zip Recruiter



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Tim Cartmell
Councillor Ward pihêsiwin

Councillor Update



As 2023 comes to an end, there is much to reflect on.

As I write this, City Council is in the process of Budget Deliberations. You may have heard at the end of October, City Administration was proposing a 7.09% property tax increase for 2024.

When this proposed tax increase was released at the end of October, I wrote a number of blogs to share my thoughts on this matter. Please visit timcartmell.ca/blog to review these pieces and my thoughts about where we ended up.

I welcome you to share your comments with me regarding this outcome by attending my Open House in early December.

I would like to invite you to attend my Christmas Open House on Sunday, December 10th at the Ridge Community League Centre (2111 Haddow Dr NW, T6R 0W6) from 2:00 pm - 4:00 pm. Please note, you are not required to RSVP to attend this event.

This will be a great opportunity for us to connect and discuss the outcome of the 2024 Budget as well as other important topics such as the Zoning Bylaw Renewal, transit safety and other important topics.

Should you be unable to attend the Open House on December 10th, please feel free to share your comments or questions with me by contacting my office at tim.cartmell@edmonton.ca or by calling 780-496-8130.

HOLIDAY MARKET

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11AM - 6PM

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Tim Cartmell

Your Ward pihêsiwin Councillor

YOU'RE INVITED TO A CHRISTMAS OPEN HOUSE!

Sunday, December 10, 2023
2:00 - 4:00PM

THE RIDGE COMMUNITY LEAGUE CENTRE
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EDMONTON, AB T6R 0W6

PLEASE VISIT MY WEBSITE
WWW.TIMCARTMELL.CA
CONTACT MY OFFICE
TIM.CARTMELL@EDMONTON.CA
(780) 496-8130

Jarred Lusk
780-699-1078
Jarredlusk@gmail.com

Jordan Seitz
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HOLIDAY *Spectacular*

Terwillegar Community Church
1751 Towne Centre Blvd NW

SAT. DEC. 16  1 - 4 PM

Cookie decorating, free Santa
photos, crafts & more!



www.terwillegar.org
Group: Terwillegar Community League
Event Page: TCLevents



2023 *Holiday Lights Contest*

The best lights in the neighbourhood
will receive a prize.

Watch Facebook for details!

Send nominations to:
tclpresident@terwillegar.org.



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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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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14263 - 23 Avenue, Edmonton, AB



Creating the Conditions for Community



Marni Mrazik
Director of Community Life at Terwillegar Community Church

My daughter plays basketball on the Augustana University basketball team out in Camrose. (Go Vikes!!) I am currently on a venture to build community between the families of the athletes.

Imagine my shock when I recently read the statement, “You can’t build community,” on a blog post. What?? Of course, you can build community. It’s something I love and value and strive to do everyday!” But then the author went on to add, “we can create the conditions in which communities can thrive and flourish. We can nurture them, but we cannot build them.” Hmmm, well that’s an interesting thought.

It got me thinking, and maybe it’s just semantics, (creating community vs. creating conditions for community), but perhaps he’s right. To keep it simple, I consider community a group of people who share something in common, care about what they have in common, and care about one another and interact regularly.

So, as I consider what I’m trying to build with the basketball team parents, I see that we all have something in common. We all have a daughter who is an athlete on the team, and we care about what we have in common, the daughters whom we love. Those are factors that none of us controlled, they are what brought us together, but unless we decide to care about and interact with one another, there will be no community, just a bunch of parents cheering on their own in the stands, and that isn’t community.

For any community to be built, whether a community of team parents or a community of crocheters, kick boxers or Terwillegar Towners, each of us must decide to care and to engage. As I take a moment to reflect, I see that what I like to do is create environments for potential community to grow, I plan events and invite others to participate, but it’s the up to the invited individual to respond. And when they do... something beautiful happens and the community is maintained and strengthened and dare I say, built. My experience has been that it’s not even the commonality that is the most important factor, it’s the engagement and interaction that bring life and joy. It’s the response to the invitation. Just a few days ago, I had lunch with a group of people, none of whom had much in common. Our ages were different, our countries of origin were different, our first languages were different. We had less in common than most groups, but what we did share was the desire to get to know one another and grow in friendship and so we engage and spend time together and the community is strengthened.

I’m just wondering if there are any opportunities for community waiting for your response and engagement. Here in Terwillegar Towne, we all have something in common with our neighbours, that is, we live on the same street, but that commonality doesn’t create community, it’s just proximity. Have you ever thought about what it



photo from canada247.info

would take to create conditions for community to thrive? What can you do? Take the first step: invite a neighbour over for dinner, go out for coffee with someone new on your block, chat with the person who lives next door...ask to borrow an egg if you need an excuse. Or perhaps, there’s an invitation you’ve received and now you just need to say, “yes.”

At Terwillegar Community Church, we are constantly talking and praying about community and how we can be a part of creating, encouraging, and growing communities that thrive and flourish. It is our heart that everyone who calls our church home would know others and be known by others and live in authentic community. There are many invitations to join in including church services, events, groups, and more. As a matter of fact, you are all invited to our Winter Delight event on November 25 at Tomlinson Common Park. You could ask a neighbour you don’t know well to join you in some fun and festivity, who knows, you could just be nurturing an opportunity for community!



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14 DEC 2023

7:00 PM - 8:00 PM

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Report From The Legislature



Rakhi Pancholi
MLA Edmonton - Whitemud

Over the last several weeks, I have heard from many constituents about the UCP’s proposal to pull Alberta out of the Canada Pension Plan (CPP) and replace it with an Alberta Pension Plan (APP). Almost everyone who has called or written to me is strongly opposed to this scheme.

The CPP has proven itself to be a reliable and stable plan for Canadians. It delivers a high rate of return to support the many current and former Alberta residents who have been contributing to the CPP throughout their working lives, even if they have at times lived in different parts of Canada.

Whether you are retired, nearing retirement, or just beginning your career, you are entitled to retirement security, not the uncertainty that the UCP’s proposal would cause.

The information that is the basis of the UCP’s plan to withdraw from the CPP has been widely disputed by many experts and is drawing significant concern from other provinces and federal parties. The UCP has claimed that Alberta can take \$334 billion from CPP - 53% of the assets of the fund. If British Columbia, Alberta, and Ontario each withdrew from the CPP, 128% of assets would need to be paid out. This is simply not a realistic proposal.

The government has also tried to claim that Albertans would pay lower contributions under an APP. But Quebec created its own provincial pension plan decades ago and today, Quebecers pay higher contribution rates than CPP.

This is your pension. It does not belong to the provincial government. You are entitled to a factual debate, not one characterized by misleading advertising paid for with your tax dollars.

You are also entitled to a straightforward survey question which asks for your opinion on whether Alberta should remain in the CPP or not. The government’s survey fails to ask the most important question: Should Alberta leave the CPP or not?

That is why the Official Opposition has launched our own survey on AlbertasFuture.ca that does ask that question. As of this writing, more than 30,000 Albertans have filled out our survey with more than 90% opposed. My Opposition colleagues and I will continue working to represent the view of a clear majority of Albertans—this reckless idea needs to be abandoned.

I have also heard from many constituents concerned about the status of their “life leases” with Christenson Group of Companies at Devonshire Mews in the constituency. Dozens of these residents and their families have been shocked to find out that, contrary to what they were promised, the life savings that they loaned to Christenson will not be paid back in a timely fashion. Indeed, some have been

waiting more than 2 years. This money belongs to these seniors and their families.

I have been meeting regularly with these residents and have reached out to both the Christenson Group of Companies and to the Minister of Service Alberta to share my constituents’ concerns. Alberta currently has no legislation which specifically governs life leases and this clearly needs to change. I also believe that we need a remedy that protects the families who have already been impacted. I will continue advocating for a solution that protects both current and future life lease holders.

As always, please reach out to me at edmonton.whitemud@assembly.ab.ca or 780-413-5970 to share your thoughts.

Our Community, Your Voice



Rakhi Pancholi

MLA, EDMONTON-WHITEMUD





(780) 413-5970 203 - 596 Riverbend Square

Edmonton.Whitemud@assembly.ab.ca

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Displaced Residents Of Closing Assisted Living Facilities Find New Home

Sacha Cooper
Canterbury Foundation



Residents of the Ashbourne seniors community were left in shock in early September when they were called to a meeting and informed the assisted living facility was being put up for sale. Residents were given just 3 months to move out.

Sally Drew, 97 years old, had only been living at the Ashbourne for 3 months when she was given her eviction notice.

“Oh it made me feel bad, I was sick about it,” says Sally. “A lot of us were.”

Sally Drew’s daughter Linda says, “Her suite had only been fully set up for about a month, so it was a real shock.”

Sally’s experience, in particular, highlights the emotional and logistical challenges faced by many displaced residents. After spending 22 years at the Churchill residence in downtown Edmonton, she made the difficult decision to move to the Ashbourne for additional care. The move was hard on both Sally and her daughters, so having to move again so quickly was a daunting task.

The sudden closing of the Ashbourne hit very close to home and sent shock waves through the Canterbury Foundation. Director of Business & Community Development, Sacha Cooper, recognized their unique position to help displaced residents due to a recent expansion of 53 new living spaces at the Continuing Care site.

“Here at Canterbury we don’t just care for our residents, we live with them. They’re like family. We couldn’t imagine them displaced. It broke our hearts. We know how difficult change and disruption can be for seniors, so we immediately reached out to the Ashbourne and our in-house social worker has been working tirelessly to help find the right accommodations for their residents”, says Cooper.

Sally and her daughter Linda toured various places before choosing Canterbury. Linda’s familiarity with Canterbury’s reputation for quality nursing care and the range of care options made it an appealing choice.

“At the other places we toured – mom would say - hard no, hard no. Here at Canterbury when we toured, it was a hard yes,” says Linda.

“I love the levels of care from independent living all the way to end-of-life care. Mom said I don’t want to move ever again and if her needs change, I know now at Canterbury she can progress through the levels of care and will never have to move again.”

The well-maintained buildings, not-for-profit status, long-standing presence of 50 years in the community and delicious food further solidified their decision.

For Sally, the natural surroundings at Canterbury, with the beautiful trees and outdoor courtyards, made all the difference for her.

“When I stepped over the threshold of Canterbury, I just knew. I saw those trees from my suite. I have a tree on each corner, a fountain and a pond to look at, and that was really the deciding factor. I didn’t even want to see any other suite. When I saw that I thought, this is it!”

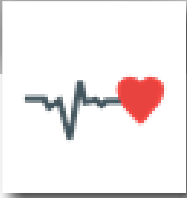
Sally has now been a part of the Canterbury community for just a few weeks but has already settled right in. She’s finally home.





Elizabeth Cayen
Certified Holistic Nutritional Consultant

Barriers To Decluttering



I've been on a journey to live a more minimalist life for several years now. As my life changes and evolves, items that might have served me in the past may not be used at all now – so why would I hang on to them? While I've come a long way from when I started minimizing my possessions, there is still plenty for me to do. Sometimes I look around and think, "How can I possibly still have this much stuff?"

Whether you're contemplating minimalism, you've already started decluttering, or you're well on your way to letting go of items in your home you no longer need, use, or that bring you any value, here are a few things to keep in mind. These can help get you through moments when you feel as though no matter how hard you try, you just can't seem to get to where you want to be in your decluttering journey.

1. Not defining your why. For me, this is THE most important place to start. If you're serious about reducing the number of items in your home, the best way to lose motivation and momentum is to not have a clear reason why you want to do this. If not done mindfully, you'll run the risk of regretting, resenting the process, and giving it up altogether.
2. Not getting those decluttered items out of your house. When we visually see the impact, decluttering can be exciting! But if the items that are leaving sit for ages in a box slated for donation/selling/gifting, not only is this box now taking up space but you're quite likely to look at those items, second guess your decisions, and return them to the room. Since you already defined your 'why', be confident you've made the decision consciously to let something go and be sure to get it out of your house as soon as possible.

3. Getting stuck on the difficult tasks. The easiest place to start our minimizing is unique for each of us; it could be the kitchen, the closet, the office, or the garage. Regardless of the space, things like paperwork and sentimental items can stop us all in our tracks. It is totally okay to leave those for much later – tackle the easy stuff first. Build your decluttering muscle strength; the other stuff will still be there when you're ready to come back to it and decisions can be made then.
4. Not spending mindfully. We are surrounded by temptation – new things make us feel good! If we aren't careful though, we could spend a bunch of time decluttering only to turn around and see clutter is still there – it's just that the old stuff has now been replaced with new stuff. A lot of minimalists talk about '1 in, 1 out'. While a good guideline, be careful you don't use this as an excuse to get something new and continue accumulating items. You'd be surprised that often there's no need to replace what you let go of at all.

It sounds cliché, but this really is a journey. As much as I'd love to be able to sit in my home in all the peace, serenity, and openness I've created, I also feel that it needs to happen slowly and in stages.

Look around your home and think: from where you are in your life today, what items do you want to take with you into your future? Don't let decluttering barriers stop your progress in getting there. Enjoy the calm that comes from clearing out the excess.




Terwillegar Community League

2024

Annual General Meeting

January, 2024 | 7-8pm
Date To be Determined

www.terwillegar.org
Group: Terwillegar Community League
Event Page: TCLevents



TRAC Update

Karin Shott
TRAC Community Office

The Terwillegar Riverbend Advisory Council will again be hosting a ski/snowboard night at Snow Valley on Saturday, February 10th, 2024. Attendance is open to anyone from SW Edmonton and you will get to enjoy an evening of exclusive access (only 200 tickets are available) to the ski hill. Please check www.yegtrac.ca for updates.


A reminder that community league memberships are available at the TRAC Community Office, which is located inside the Terwillegar Community Recreation Centre. Please contact the office at yegTRAC@gmail.com if you have any questions. Acceptable methods of payment are cash, cheque (payable to TRAC), e-transfer or debit.

The current office hours are: Mondays & Tuesdays 10 am -2 pm, Thursdays 4- 8 pm, and the 1st and 3rd Saturday of the month 12 noon – 4 pm.


Heading to the local community skating rink this winter?

With a current 2023-2024 community league membership - skate tags are available for pick-up at the TRAC Office, or they may also be mailed out. Please contact the office if you would like to have them mailed out.

The community rinks are maintained by the respective community league and wouldn't be possible without the support of your membership fee! Thank you to everyone who continues to support their community league!



New Board Chair at Edmonton Public Schools



Ward F Trustee
Julie Kusiek

It's an incredible honour to be chosen by colleagues to serve as Board Chair. I look forward to carrying on the role of telling the story of Edmonton Public Schools, advocating for students, and working with staff, families, students and government to make it happen. By moving to the role of Chair, that vacated the position of Vice Chair. Trustee Jan Sawyer has now moved into the role of Vice Chair and former Board Chair Trisha Estabrooks will continue to serve on the Board as Trustee for Ward D. While these are some changes, here's what's not changing - our Board's commitment to enhancing pathways to success for each and every student. I'd also like to thank Trustee Estabrooks for her dedication and fierce advocacy for public education and students at Edmonton Public Schools; and I am looking forward to continuing to work alongside her and all Trustee colleagues.

School Safety

Thank you to parents, community members and education partners who made time to participate in our social innovation labs and engagement sessions about school safety. Together, we tackled the question of “how can we create school communities that feel safe to everyone?” I look forward to reading the listening report that will come out of these sessions. There will also be a survey which you can watch for at www.epsb.ca or in my regular newsletter (sign up at www.juliekusiek.ca). From there, the Board of Trustees will get to actions. What ideas will begin to sprout? What will pathways to safety look like? I'm not sure yet, but what I am sure of is that creating school communities that feel safe for everyone is the work of everyone - and that our Board is committed to walking that journey alongside the community.

Throne Speech

What else is on my mind? The Throne Speech. Here are four key highlights mentioned in the Throne Speech that I will be keeping an eye on ahead of Budget 2024. These are also some of the many issues I'll be actively working to support, alongside our Board, in terms of building a strong, collaborative working relationship with the government of Alberta and all elected MLAs.

- New schools - Edmonton Public Schools increased enrolment by more than 5,500. That's enough to fill five new K-9 schools this September alone.
- Supporting an increase in the number of classrooms, teachers, educational assistants and school support staff.
- Enhancing Career Pathways and dual credit programming - see what Edmonton Public Schools is already doing regarding Career Pathways and dual credit programming at www.epsb.ca.
- Integrating mental health supports in schools - This has been a strong point of advocacy for our Board and a welcome component of supporting student success.

As Board Chair and representative for Ward F, I look forward to promoting Edmonton Public Schools and working in partnership to support pathways to student success and fulfilling our commitment to high-quality public education that serves the community and empowers each student to live a life of dignity and fulfillment.

Questions? Comments? Please get in touch by emailing me at trustee.julie.kusiek@epsb.ca or by phone at 780-429-8087.



Edmonton Public Schools

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The More We Get Together

Colleen Crozier

SWESA Member



Many of you will remember a Canadian singer-song writer by the name of Raffi. Starting in the 1970's, his songs entertained children and adults alike. They were toe-tappin' masterpieces of joy, rhythm, giggles and fun. One of his most memorable, "The More We Get Together", tells of the happiness we feel when we gather...and that more getting together brings more happiness as we enlarge our circles of friends.

That song, with its simple words and catchy tune, expresses the human condition so well. We do love to gather. Families and friends congregate to celebrate life's big events like graduations, weddings and funerals. We assemble in our religious houses of worship. We join with family to celebrate birthdays. In our desire to get together, we may travel long distances, incur heavy expenses, and wear ourselves out, but we say, "It's worth it!"

Most seniors are just as keen on gatherings as they ever were. There are a few differences for us, though. Some of us aren't as well off financially as we once were, making it a little dicier to participate. Some of us have family in far-off places, making get-togethers more challenging. Some of us have lost loved ones, and gatherings may not be as joyful for a time. We hope that our families and friends will understand that we can't do as much as we used to, but that our need for fellowship and connection remains very strong, as is our desire to pitch in.

We have entered the busiest "gathering" time of the year, with Christmas, Hanukkah, Kwanzaa, Diwali and other festivals on the calendar. We've come to call it "the holiday season", as it is a time



when so many religious and secular get-togethers and holidays are our focus. We look forward to this time every year.

SWESA's Christmas Luncheon will be a joyful get-together on December 18 at noon. You are invited to join us for turkey dinner at the Pioneers Cabin on Scona Road. Tickets are \$30.00. SWESA members can order them online or from our office. Non-members are also welcome, and can purchase their tickets at the office. Get your tickets soon, as spaces are limited.

It's been almost fifty years since Raffi wrote "The More We Get Together". You can watch him on You Tube, and sing along, getting happier by the minute. All of us at SWESA send our best wishes to you and yours for this special season, and hope that your get-togethers are joyful ones.

South West Edmonton Seniors Association

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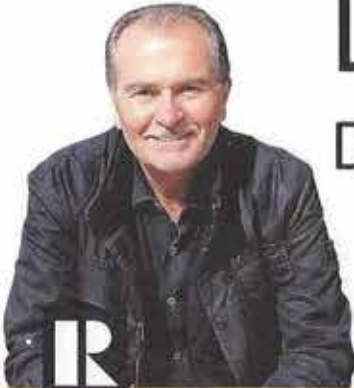
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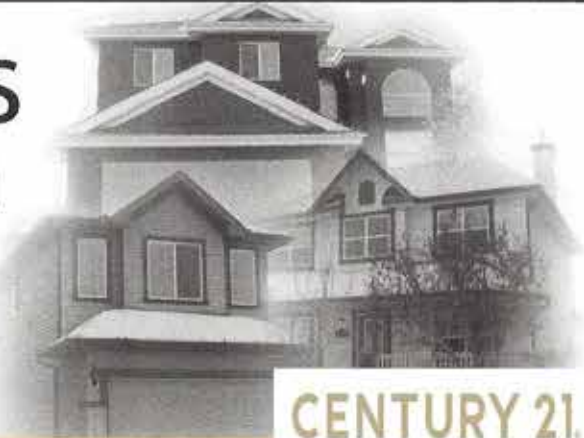
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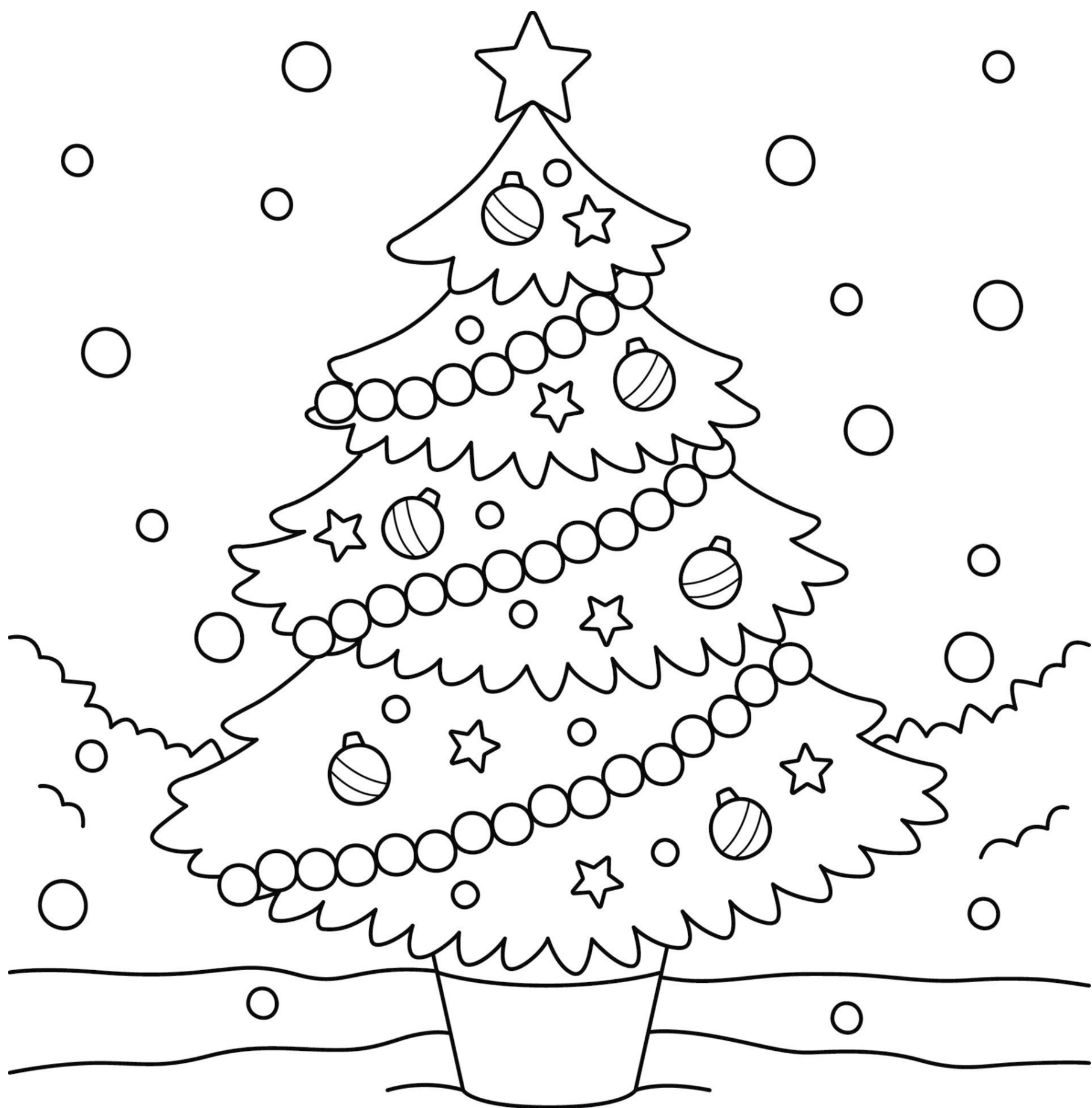


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Kid's Zone - Colouring Contest



Winter Colouring Contest

First Name: _____

Last Name or Initial:

Age: _____

Address: _____

Phone: _____

Email: _____

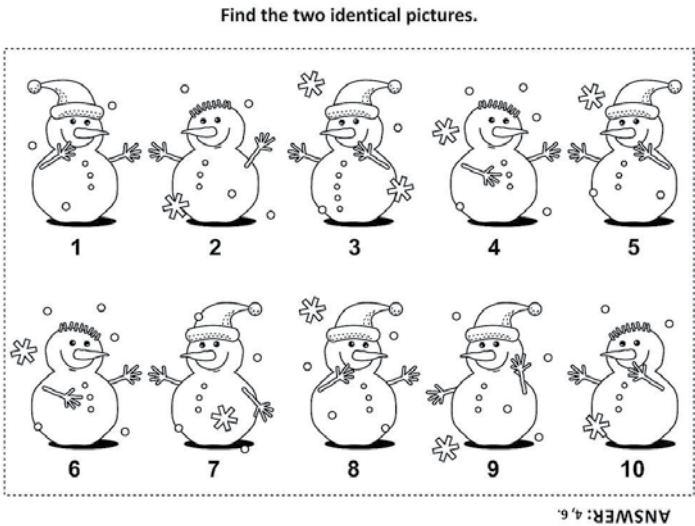
All entries must be received by Jan.26. One entry per child.
The contest is open to residents of the following areas:
Terwillegar, Magrath, South Terwillegar, and MacTaggart.

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
OR
Dropped off at the TRAC Office (by Multi-Purpose Room #6)
inside the Terwillegar Rec Centre.

Kid's Zone - Fun & Games



What did the hat say
to the scarf?
You hang around while
I go on ahead.



What kind of ball
doesn't bounce?
A snowball.

Fall Colouring
Contest Winners!

Ages: 6-8
1st Place: Leo W.
Runner Up: Jaxon S.

Ages: 3-5
1st Place: Karen Y.
Runner Up: Madden F.

Ages: 9-11
1st Place: Jiya D.
Runner Up: Leon G.

Honourable Mentions

Ann N.
Kate H.
Callan H.
Lily Y.
Isaiah S.
Lily H.
Ada L.
Avery 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 recieve a \$10 Toys "R" Us gift certificates.
Prizes will be mailed out the coming week!

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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: Volunteer Coordinator and Community Sign Support.

A brief overview of the roles is as follows:

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.

Community Sign Support

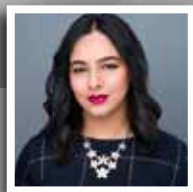
The Community League has five outdoor signs in the community

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

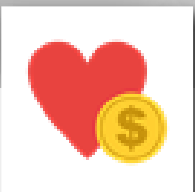
We will also continue to take people onto our programs committee. This committee is responsible for planning all future events. If your interested in helping to plan or run future events, please contact us to join the committee.

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 for more information. Thanks everyone!



United By Love, But Separated Financially - Marriage

Komal Kaur



Marriage is the single biggest financial decision you ever make. Not your wedding! Not buying a house!! Your Marriage.

I chose this topic to talk about because it's alarming for me to see how many people get into marriage without achieving full frontal financial nudity. I mean it is important to know ins and outs of your future spouse's finances and involve in complete disclosure of financial goals and money beliefs no matter how you plan to handle your marriage but it's important to get on the same team as soon as to-be-married couple.

LOVE is a powerful opiate, when entering marriage, overlooking different financial views is DANGEROUS.

When sharing life and finances with your partner, honesty and open communication is vital to a successful union. However, Financial Infidelity is more common than you may think. According to CNBC, 3 in 10 couples have experienced financial infidelity in past 12 months alone that's 43% of adults admit to it.

"Financial Infidelity occurs when couples with combined finances lie to each other about money." Concealing any financial information from your partner, including hiding evidence of making any purchases, is a lie.

How confident are you that your marriage will adapt to the changes in life and finances that come during or after retirement?

I have seen conversations about things like, "Where are we going to travel?" But they don't really get into the details of living day-to-day life. Failing to communicate how to handle a major life transition like retirement can test even the most solid relationships. Even a positive change like freedom of time or spending time together without kids puts stress on a relationship.

The 2022 edition of the Annual Horizons Retirement Survey shows:

- In 2012, 73% were greatly confident their marriage would adapt to retirement. 26% were somewhat confident and 1% were not confident at all.
- In 2022, only 49% are greatly confident, 45% are somewhat confident and 6% are not confident at all.

Romance is similar to a business partnership as soon as you cohabitate. Here are some of the steps how you can be confident in your marriage.

Step 1: Managing finances means managing emotions and feelings: Partners have to ask themselves and talk to each other about what they want from the relationship and how pre-relationship or post-relationship obligations will be handled.

If you have children from previous relationships can often present the issues. In late-life cohabitation or marriage, duties of care should be clear. The main question to ask is whether the primary financial responsibility is to your partner or to your adult children.

Creating a will and a trust can work the same as a pre- or post-nuptial. Remember that relationships with stepchildren take time; issues associated with stepfamily can take five to seven years for families to reach equilibrium. But the financial obligations and priorities should be made clear from the beginning.

Step 2: As your feelings are processed, construct a Budget: I'm not a fan of budgets and neither inheritance and favor more inter-vivo transfers instead - giving while you're living. However, incorporating kids into the monthly budget and savings decisions makes obligations transparent for everyone.

Step 3: Address long term care risk: About 20% of people over the age of 85 need long term care. The risk of caring for a partner with physical or mental weakness is increasing as longevity of human race is increasing. Insurance is usually the answer to tail risk as private long-term care in Canada is too costly. Being each other's financial and health care power of attorney helps protect both partners when one becomes incapacitated.

So, whether you do it on your own, just the two of you, or turn to someone else for help, learn now, stress less later. After all, marriage is a coming together of two people, and taking time to learn about their finances and planning will help pay for their dreams for their future.

Thank you for reading.



Community League Memberships Has Perks



Jeff Nordstrom
Membership Director

Terwillegar Community League members have access to some fantastic benefits.


- Community League members save 20% on Adult, Household, Child and Youth/Senior Annual Memberships at all City of Edmonton rec centres
- If you are not looking for an annual membership, TCL members save 15% on multi admission passes (5+ visits) which can be used any time within the next 2 years
- Free admission to Community League Family swim night from 5-7 pm at the Terwillegar Recreation centre
- Skate tags to other Community League rinks guaranteeing that you are allowed on the ice
- Planning a family or work event? TCL members save 25% on hall rentals with the Brookview Community League

Don't miss our Member Ski Night at Snow Valley this winter, visit our website to see what additional member benefits www.terwillegar.org/membership.php


Membership Benefits

With the purchase of your Community League membership you're supporting your local neighbourhood. Plus! you get various perks, deals and discounts at many local businesses.

League member exclusive: Save up to 10% on home and auto insurance, and everything in between, with NFP
We're working to save League members money. That's why the EFCL has partnered with NFP to bring League members exclusive new insurance offerings, including up to 10% savings and best-in-class customer service. More here: <https://www.nfp.ca/gha> Not a member of your League and want to find more ways to save? Find and join your Community League here: <https://efcl.org/league-search/>




Community League Wellness Program
Reduced rates to City of Edmonton recreational facilities through the Community League Wellness Program which offers the following discounts:
Annual Membership – 20% discount on Adult, Family, Child, and Youth/Senior Annual Memberships.
Multi Admission Pass* – 15% discount on already discounted multi admission pass (5+ visits) *Applies to new purchases only.
Continuous Monthly Membership – 20% discount on an on-going monthly membership.




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



Orbis Sports offers Community League Discount
Orbis Sports has a number of offers available. Click, book or call for more information. Promo code: EFCL23

The University of Alberta's Academic Ancillary Services, Learning Services supports Edmonton community leagues. We are offering community league members the following discounts:

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See our course listings at ualberta.ca/technology-training. When you register select Edmonton Community League Member as the registration type. The discount will be applied. You will be asked to show a valid community league membership when you attend the training.
Email training@ualberta.ca or call 780492-1397 to learn more about the training options available or to discuss group training.

U of A crested clothing, and branded promotions from the U of A Bookstore
Visit the U of A Bookstore and show your community league membership to receive a 10% discount on clothing and giftware, or visit our website and let us ship the product right to your door. Add the code EFCL10 to the special offers codes during checkout and receive your discount.

Contact the Bookstore special orders for preferred pricing to community league members on promotional products, sportswear, gift, awards and corporate apparel.

Email special.orders@ualberta.ca or phone 780.492.3260 to access all of our promotional product lines or visit our website at ualberta.brandedpromotions.com

Support your community!

Terwillegar Community League memberships are available online at www.terwillegar.org

A New Way To Provide Family Medicine

River Stone Nurse Practitioner Clinic

In response to requests from clients and the overall critical need for Medical Care in Alberta, our new Nurse Practitioner Clinic provides all the needs of a Primary Health Care Clinic: prescriptions, diagnostics, blood work, imaging appointments, referrals to specialists, health monitoring and disease prevention, disease management, and much more! We also provide virtual care and 24/7 phone support. And so, for people without a doctor, or unable to access care in a timely manner, our Nurse Practitioner Clinic is providing a critical source of Family Medical Care for people in our community. Patients who prefer to have a female Primary Medical Care provider will love Carla, our lead Nurse Practitioner.

The River Stone Nurse Practitioner Clinic opened in June in the Magrath Building as River Stone's second clinic in the building. Owned locally by a family of three women, River Stone has been providing wellness services in the community for over eight years now.

Our Nurse Practitioners and Licensed Practical Nurses work independently and to full scope of practice. Nurse Practitioners assess, diagnose, treat, order and interpret laboratory and diagnostic tests and imaging, prescribe medications, make referrals to specialists and manage overall care. We have a multidisciplinary collaborative team able to work with patients on many aspects of disease prevention or mitigation.

Licensed Practical Nurses are involved in the implementation of care. Kayla, our LPN, also provides additional care, such as foot and neuropathy care.

The combined skillsets and team approach make our practitioners an invaluable resource in Family Medical Care. Being able to provide a complete Primary Medical Care solution to clients is important to the team and also provides them with a high level of satisfaction - "I love working to my full scope - being able to assist individuals to improve their health is so very rewarding" says Kayla, LPN. Carla, NP, also echoes this sentiment: "Being supported by River Stone's leadership team to provide comprehensive care to our clients allows me to do what I love most - fully care for our clients, see them flourish and achieve their health goals."

Patients come in first for a "Meet and Greet," and when the decision is made to roster with River Stone, a full health assessment is conducted. Patients may then call in anytime for phone support (24/7), in-person appointments, or virtual appointments. Virtual appointments are a valuable service for people who have mobility problems or who live out of town.



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Deborah Forst
ELLA Marketing & Communications

Where Are We Headed After The Pandemic? - New Online Course Takes A Hard Look



Dr. Anne Fanning is no stranger to the Edmonton Lifelong Learning Association (ELLA). She attended in-person courses when she first retired some 15-20 years ago, and has been a volunteer committee member, attendee, and course organizer ever since. With a background in infectious diseases, she became immersed in global health issues and her 2021 ELLA online course – Global Health in the Era of COVID - brought together experts to explore the frightening onset of this disease.



Dr. Anne Fanning

“One of the most interesting courses I have taken. The variety of presenters and topics was amazing.” “I would take another such course presented with Dr. Fanning’s guidance in a heartbeat! The course exceeded my expectations” claim the reviews by course participants.

Now she’s back, but this time she’s tackling even broader issues. **After the Pandemic: what have we learned to help us deal with the coming crises?** is one of nearly 20 courses offered as part of ELLA’s online winter session.

“I hope people are excited about having a discussion about important issues in the world” says Dr. Fanning. “We’re not going to solve anything. It’s not about solutions - it’s about considering the information.”

She has assembled quite a who’s who of the health and government world, including the WHO’s current Director General for COVID and Special Envoy, David Nabarro – discussing what went well and what didn’t globally; Madhukar Pai, the Director of McGill Global Health Centre - examining the massive impact the pandemic had on nearly all areas of global health; and the Hon. Anne McLellan and Hon. Lisa Raitt - looking at ways to kick start the economy as we emerge from the pandemic.

“Dr. Lorne Tyrrell knows more about virology than almost anyone, Dr. Lenora Saxinger is the most competent clinician in the area of infectious disease and best able to explain it, and in my opinion Dr. Verna Yiu is the best Alberta Health CEO that we’ve ever had” Dr. Fanning exclaims. “I’m absolutely thrilled with the speakers who have agreed to join me. This course is a tremendous opportunity to contemplate some big issues assisted by the reflections of experts.”

After the Pandemic is available to members of the Edmonton Lifelong Learners Association for a reasonable cost. Many other exciting courses are also offered in science, humanities, wellness, and fine arts. ELLA memberships are just \$25/year. All courses are listed at my-ella.com, and registration opens December 5 with classes underway from January 15 – March 8.

Dr. Fanning is a retired physician, Professor Emeritus at the University of Alberta, and member of the Order of Canada. She is concerned with pending issues of climate change and its consequences including global warming, and economic and migration challenges.



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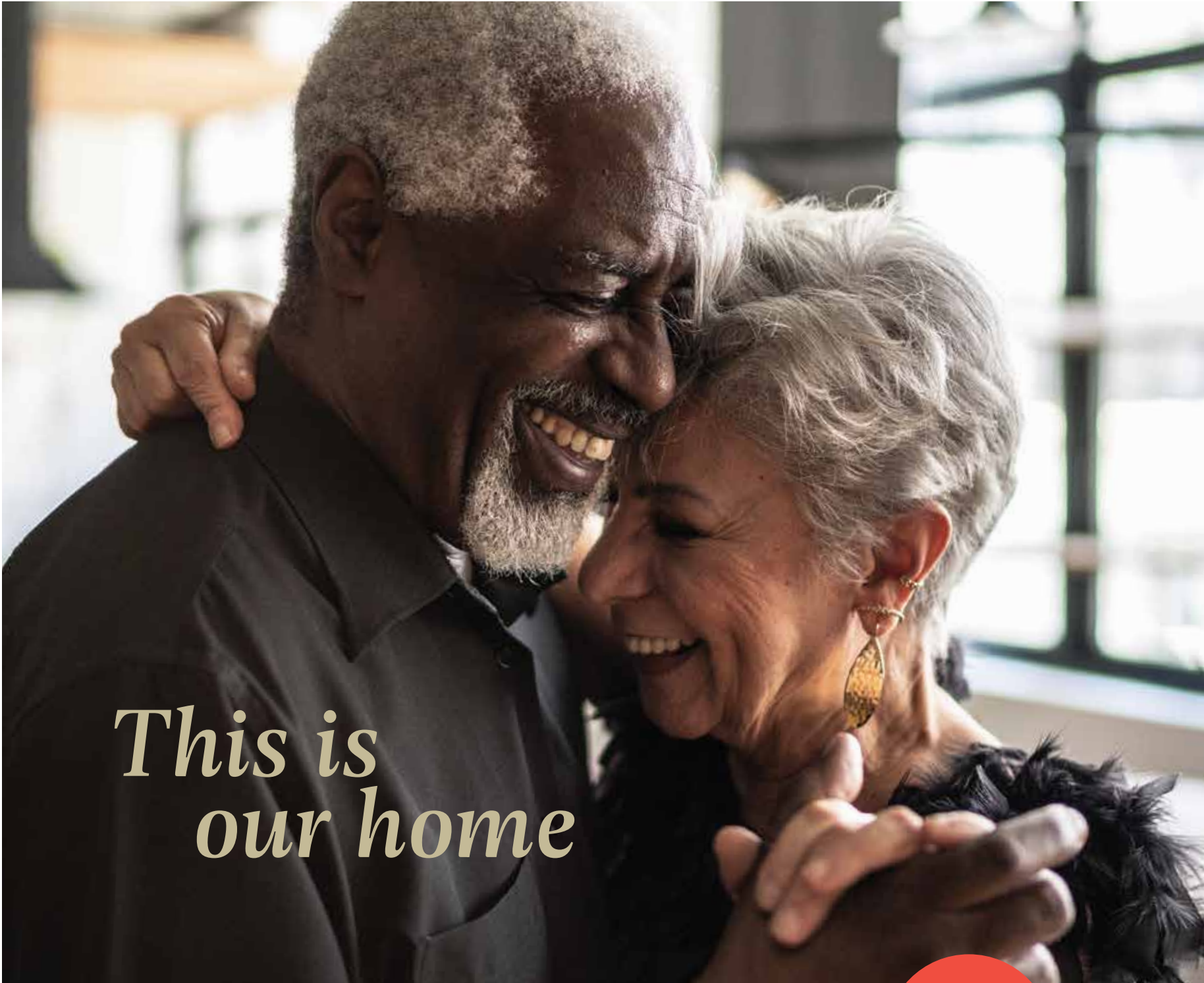
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- ✓ Canterbury can meet scheduled and unscheduled care needs due to our **24/7 on-site care team**, including a **Registered Nurse** and **pharmacy**
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Halloween





Kristin Heimbecker
SWEFM Market Manager

Another Market Season Has Come and Gone



Well folks, another market season has come and gone and we are left reflecting on the incredible community that makes the South West Edmonton Farmers’ Market so special. None of this would have been possible without the unwavering support and dedication of our vendors, sponsors, volunteers and of course the community members who show up week after week.

Our vendors are the heart and soul of our market. These farmers, makers, and bakers show up with passion, creativity, and commitment to providing the very best for their customers. They have made SWEFM the thriving and vibrant community hub that it is today!

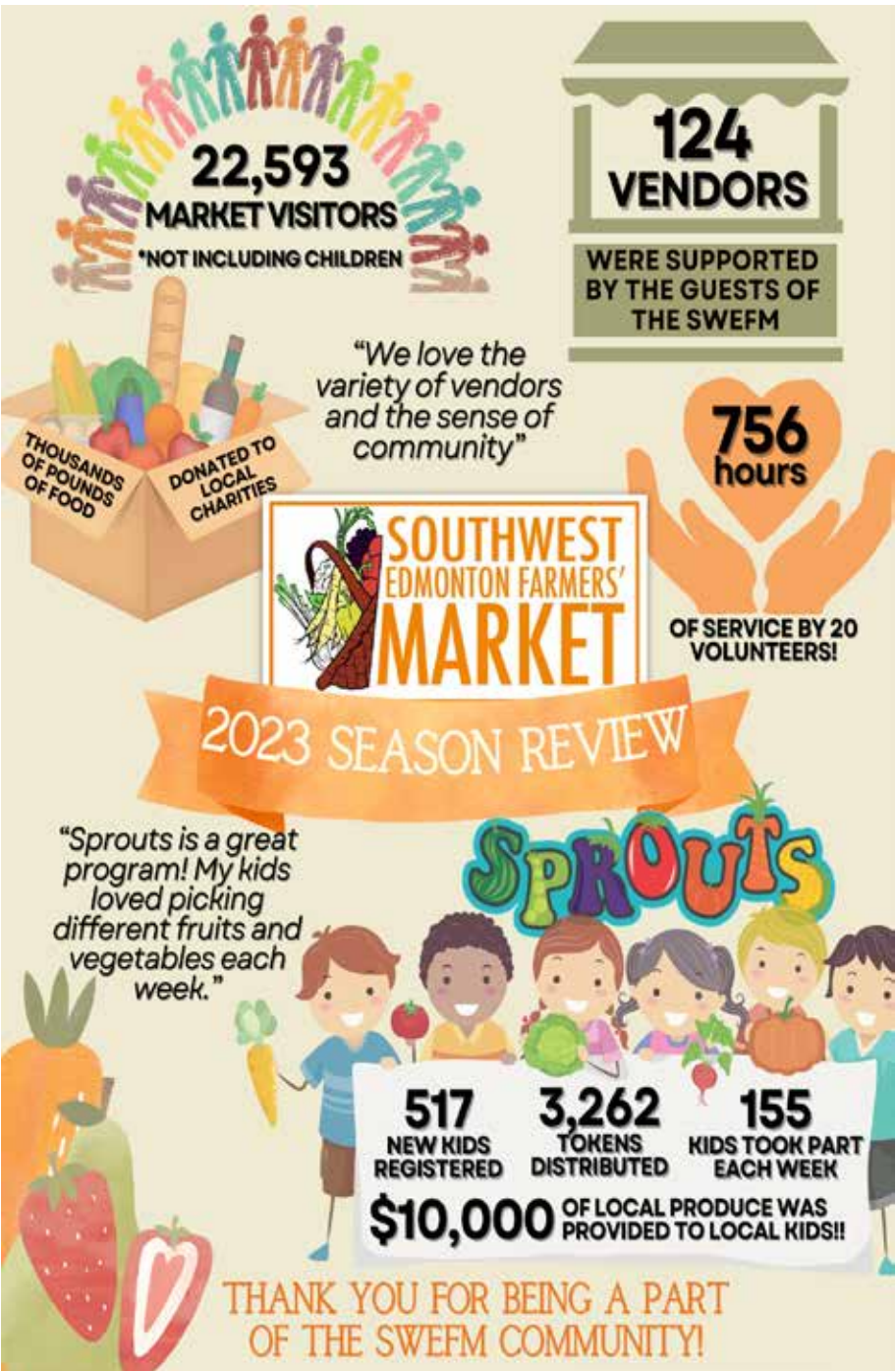
Through our Sprouts Kids Program we were able to distribute \$10,000 worth of fresh produce to local kids with the goal of empowering them to choose healthy foods. Sprouts is completely volunteer run and funded entirely by sponsorships and grants. Our sponsors are local businesses and community leagues that believe in the difference nutrition programming can make! We can’t thank them enough for their commitment to kids in our community.

We also need to thank our volunteers, truly the unsung heroes and the backbone of our market. Logging 756 hours of tireless efforts, rain or shine, helped ensure that each market was a seamless and enjoyable experience for all.

SWEFM is a program of the non-profit Terwillegar Riverbend Advisory Council, founded with the mission of engaging residents, facilitating opportunities, and leveraging resources in support of strong, vibrant and united communities! Thank you to the Terwillegar community for the unwavering support since we opened this little market in 2011. We are grateful to be in community with you.

SWEFM will reopen May 2024 with vendor applications starting December 1st! For all the updates, be sure to follow us on social media (@swefm) and visit our website - www.swefm.ca

-The SWEFM Team



EPL- Riverbend Branch

Fall and Winter at the Library
We’re looking forward to a great late fall and early winter at the Riverbend branch!

Our staff continue to be busy visiting schools to promote the Young Reader’s Choice Awards and get children excited about reading. We’re continuing our successful Teen Book Club (grades 7-12) on the first Wednesday of each month; in December they’ll be reading *At the End of Everything* by Marieke Nijkamp. We also run regular adult book clubs on the second and fourth Thursdays of every month and we’d love to see you there!

For English language learners, we’ve started a Vocabulary Club on Tuesday afternoons, ideal for people new to the language hoping to build their vocabularies.

Please visit epl.ca for more class and event information.

If you’ve been in the library recently, you may have noticed our display featuring plans for a new Riverbend building in a new location. If you missed the display in our branch, you can visit epl.ca/riverbend-branch-future-plans to view the plans so far.

Terwillegar Classifieds

THIS COULD BE YOUR AD.
WANT TO KNOW MORE?
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contact:
editor@terwillegar.org

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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 | T | I | C | K | | 3 | P | A | S | 5 | S | A | 6 | B | L | 7 | E |
| | E | | R | | 8 | U | | B | | | H | | R | | | G | |
| 9 | R | E | I | G | N | E | D | | | 10 | A | G | I | N | G | | |
| | R | | M | | W | | | U | | | W | | O | | | S | |
| 11 | I | R | E | N | E | | | 12 | C | A | L | I | C | O | | | |
| | F | | | | L | | | T | | | | | H | | | 13 | I |
| 14 | I | N | 15 | H | A | L | E | | | 16 | S | 17 | C | R | E | A | M |
| | C | | A | | | | | 18 | P | | O | | | | | | M |
| | | 19 | T | R | I | 20 | P | L | E | | 21 | P | E | 22 | S | T | O |
| 23 | O | | B | | A | | | O | | | I | | T | | | R | |
| 24 | W | R | O | N | G | | | 25 | P | R | E | S | E | N | T | | |
| | L | | U | | E | | | L | | D | | E | | | A | | |
| 26 | S | T | R | E | S | S | E | D | | | 27 | I | D | O | L | | |

Seasons Greetings

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