

Terwillegar COMMUNITY LEAGUE Tribune

 [terwillegarcommunityleague](https://www.terwillegarcommunityleague.org)
 [terwillegarcommunityleague](https://www.facebook.com/terwillegarcommunityleague)

Deadline For Next Issue: March 22

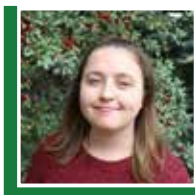
Delivery: Week Of April 8

Issue 99

www.terwillegar.org

February 2024

Terwillegar Community League Update



Kathleen Mountford
TCL Vice President

Happy New Year to all Terwillegar residents! We hope that everyone had a great holiday season and first month of the year.

November was a busy month for us with our annual Winter Craft sale. Thanks to everyone who came out to our sale both vendors and customers! You made our sale a great success and we enjoyed hosting it again. Everyone was happy to see a great turnout by local vendors which we hope to see again this year. We will be hosting this sale again in 2024 with registration opening in the fall.

The Community League was busy driving around looking at the best holiday lights in the community in December. Thanks to everyone that decorated their homes, it was nice to see the streets a bit brighter for evening walks or drives around the neighbourhood.

Our December Holiday event with Santa was a great success. We added Sleigh Rides to the event this year and many families enjoyed rides around the park. Indoors we had our annual snow ball fight, treats, cookie decorating and crafts for families to enjoy. We had lots of good feedback for our stations at this event so we will bring it back again next year with this event in December.

We had our annual general meeting at the end of January and welcomed some new board members. We still have vacancies for our board support roles to fill so feel free to reach out to vicepresident@terwillegar.org if your interested in volunteering long term or to be added to our events volunteer list. Thank you to everyone who

attended the AGM and to our board for the ongoing support of all our events.

We also have received the feedback on our South Terwillegar Park Survey. Thanks to everyone who filled out this survey we needed a wide range of participation on this so that we could give the city the information they need. We had submitted some documents to the city and are waiting on feedback to move ahead with our project at South Terwillegar Park.

We anticipate that 2024 will be another busy year for the Community League. Family Day is our first large event of the year. The event will include pizza and a movie at the Terwillegar Community Church. The event will be free, and we can't wait to see you there!

The Community League will be hosting another I'm Too Big for It Sale on April 13th. Watch our website to see when registration goes up for this event. Tables are available for \$45 and admission to customers is free so come out and get some good deals on new kid's items!

We hope everyone has a great start to the year!



Photo Credit: Levent Noyan Cetin

Next-level SERVICE. Next-level FEELS.

Buying or selling a home is both exciting and stressful. We get it, and we'll make sure you feel good every step of the way. We'll also bring you a cheque when you buy with us and save you thousands with our flat-rate commission when you sell.



MORE
REAL ESTATE

The unique boutique brokerage

Cash-back buying • Flat-rate selling • Next-level service

780-266-1300  [morerealty.ca](https://www.morerealty.ca)



Contents & Crossword

Whats Inside

- 3

MP Update
Matt Jeneroux
- 4

Councillor Update
Tim Cartmell
- 5

SWEFM
Kristin Heimbecker
- 6

Watching Children
Marni Mrazik, TCC
- 7

MLA Update
Rakhi Pancholi
- 9

1000 Days Of Yoga
Elizabeth Cayen
- 10

School Trustee Update (Ward F)
Julie Kusiek
- 11

SWESA
Colleen Crozier
- 12

Kid Zone
Editors
- 15

Traffic Changes To Whitemud
edmonton.ca
- 16

Volunteer Roles
Kathleen Mountford
- 17

Embracing A New Era...
Komal Kaur
- 18

Navigating Mortgage Renewals
Sally Munro
- 19

Safeguarding Your Home...
Michael Elliott
- 20

TCL Christmas Photos
- 21

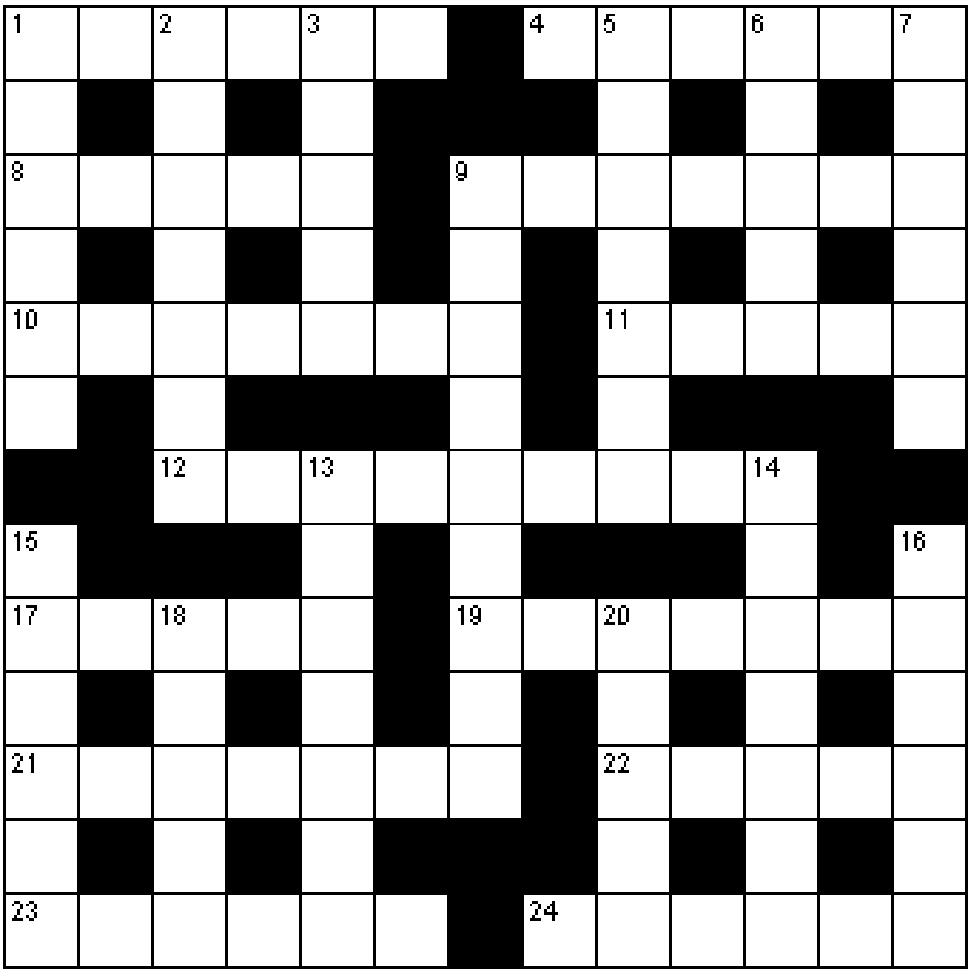
Holiday Lights Photos
- 22

AHS Public Service Announcements
albertahealthservices.ca
22.

Classified Ads
- 23

Crossword Solution
Editors
- 23

Community Contact Information



Across

- 1 Large birds of prey (6)
- 4 Sauntered (6)
- 8 Mushrooms and toadstools (5)
- 9 No longer existing (7)
- 10 Satchel (anag.) (7)
- 11 Dig (5)
- 12 Pyrotechnics (9)
- 17 One who looks after horses (5)
- 19 Enfold, surround (7)
- 21 Copy (7)
- 22 Academy award (5)
- 23 Happenings (6)
- 24 Wax light (6)

Down

- 1 Obliterate (6)
- 2 Tolkien character (7)
- 3 Chosen few (5)
- 5 Bullfighter (7)
- 6 Ivan --, tennis player (5)
- 7 Responsibilities (6)
- 9 In another place (9)
- 13 Unchecked in growth or prevalence (7)
- 14 Consoled (7)
- 15 Set alight (6)
- 16 Thinly scattered (6)
- 18 Oily fruit (5)
- 20 Stringed instrument (5)

What's Next

**Next Submission
Deadline:**
March 22nd

Next Issue:
Week of April 8th





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

Memberships are available online
www.terwillegar.org

Member of Parliament 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

Rather than this rushed measure, my colleagues and I support measures which work to treat mental illness and give people a decent life.

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.

Neighbourhood Response

You see someone who is experiencing a psychosis or mental health crisis.

You see someone threatening or attempting suicide.

- 780-342-7777 — Community Urgent Services and Stabilization Team (24 hours)
- 1-877-303-2642 — Mental Health Helpline (24 hours)
- 780-482-HELP (4357) — Distress line (24 hours)
- 211 press 1 — Community information and referral

Take action. Call 911 if you or someone else is in danger.

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!

WE COME TO YOU – HOME, OFFICE, COFFEE SHOP OR VIRTUALLY!

I HAVE BEEN
DOING TAX
RETURNS
SINCE 1985

Personal Tax Returns • Corporate Tax Returns
GST Returns • Preparation of T4s/T5s



Donald B.
Verbeke, CPA, CA, CFP
PROFESSIONAL CORPORATION



Terwillegar Gardens, Edmonton • don@verbeke.ca
Cell: 780.945.6190 • www.verbeke.ca

Check us out on Facebook!



Search:
“Terwillegar Community League” under groups

Councillor Update



Tim Cartmell
Councillor Ward pihêsiwin

As of this writing, the ward pihêsiwin team is working through the after-effects of the shooting at City Hall. This awful event has had an effect on the ordinary operations of City Hall and the Council calendar. I encourage you to watch my social media channels for more immediate update information or contact my office at 780-426-8130 or tim.cartmell@edmonton.ca.

In mid-January, the City of Edmonton sent property value assessment notices to property owners. If your property maintained or increased in value, your property taxes will increase from last year. I strongly encourage you to review these notices, and compare your assessment to others at edmonton.ca/assessment or contact 311 to connect with an assessor.

If you disagree with your 2024 property value assessment, now is the time to file a formal complaint with the Assessment Review Board. You have until March 25th 2024 at 11:59 pm to file this complaint. Note that there is a fee to file a complaint. Please visit <https://edmontontribunals.ca/assessment-review-board/filing-complaint> for more information.

City Council agreed on a property tax levy increase of 6.6% for 2024. However, the final tax rate will be set at the beginning of April and there are several serious and impactful conversations that will take place before then. It is my goal to have some public conversations about our budget and the final tax increase, and I again encourage you to refer to social media for those opportunities. It will be too late to challenge your tax bill in May or June. If you want to challenge your tax bill, you need to do that by March 25th.

Between mid-December and early January, encampments became an urgent concern in Edmonton. In response, the Province of Alberta announced on January 17 the establishment of a Navigation Centre, where anyone can enter and seek immediate health care, employment and health services and shelter and housing support. As of this writing, EPS has indicated that 60-70% of encampment occupants are finding many of the supports they need at this centre.

Mayor Sohi put forward a motion on January 17 to create a task force, consisting of all levels of government and other stakeholders, to identify potential housing solutions. The motion also directed City Administration to provide a list of quick actions. More about this important topic can be found by visiting timcartmell.ca/blog

As always, if you have any municipal questions or concerns to share with me, please feel free to contact my office at tim.cartmell@edmonton.ca or by calling 780-496-8130.

ROAD TEST

OPEN 7 DAYS A WEEK

HOURS OF OPERATION

MONDAY TO FRIDAY
8:00AM TO 7:00PM

SATURDAY
9:00AM TO 5:00PM

SUNDAY
12:00PM TO 4:00PM

*Closed second Sunday

WINDERMERE
REGISTRY

SKIP THE LINE, RENEW ONLINE!

3489 Allan Drive SW

780-422-0938

2024
OUTDOOR SOCCER
REGISTRATION

Girls & Boys
U4 - U19

For more information visit:
trsa.ca

To register you will need:

✓ Completed Registration

✓ Proof of player age

✓ Proof of residency (address)

✓ Community League Membership

✓ Volunteer Deposit

✓ Program Fee Payment

Serving Terwillegar, Riverbend & Greater Windermere

ALBERTA SOCCER ASSOCIATION

www.trsa.ca

YEGPro

Looking to list this Spring?

Scan our QR code for your FREE home evaluation today!

Jarred Lusk

780-699-1078

Jarredlusk@gmail.com

Jordan Seitz

780-203-2198

Jordan.c.seitz@gmail.com

Southwest Edmonton Farmers' Market (SWEFM) Update



Kristin Heimbecker
SWEFM Market Manager

The Southwest Edmonton Farmers’ Market is a non-profit Alberta Approved Farmers’ Market that’s been a fixture in this community since 2011. You’ll find us every Wednesday afternoon in the parking lot of the Terwillegar Community Rec Centre from May 15th until Thanksgiving weekend (October 9th).

Why Support The Market?

The Southwest Edmonton Farmers’ Market is not just about local commerce; SWEFM was started and is still organized by community volunteers who are passionate about creating a welcoming gathering place that promotes sustainable, healthy living and fosters a sense of belonging.

We look to partner with like-minded neighbours, businesses, and organizations that value local food, sustainability and a healthy, connected community. Community Partners provide much needed support that helps pay for rising operational expenses, keeping vendor fees low, and supports us to continue to provide opportunities for community connection.

Here are just some of the ways that your support can help:

- Young Vendor Program - Aims to inspire entrepreneurship in young people by providing them with a free platform to showcase and sell their products at our market. By investing in the future of local youth, you can play a vital role in shaping a brighter, more entrepreneurial community.

- Sprouts for Kids - Designed to empower children to choose healthy foods and lifestyles. Each week kids aged 4-12 receive a wooden token worth \$2 to spend at our fruit and vegetable vendors and receive a kid-friendly recipe made with seasonal ingredients to learn valuable cooking skills and bring that produce into the kitchen. Last year over \$10,000 of local produce was provided to local kids!
- Community Tent - Supports local non-profits, charities, and community groups by providing a dedicated platform to share their mission and initiatives. Help us foster community engagement and awareness about important local causes.
- Support Economic Growth - Many vendors at SWEFM are small scale businesses who face numerous challenges in the competitive food industry and rely on local markets as a primary source of income. We need your help to keep up with rising operational costs so we can ensure accessibility.
- Community Events - We pride ourselves on thoughtfully planned events that celebrate cultural diversity and facilitate social connections which foster a stronger, more connected, and resilient community.

We value your support and recognize our Community Partners in many ways including social media, signage, and in-person attendance depending on your level of investment! Partnering with the Southwest Edmonton Farmers’ Market demonstrates your commitment to community, local agriculture and the building of a sustainable local food system.

To learn more about our Community Partners Program visit www.swefm.ca or email our Market Manager at manager.swefm@gmail.com to get involved!

Become a Community Partner

- Support Small Business
- Encourage Healthy Habits
- Build a Stronger Community



Over 23,000 Market Visitors Each Season



OUR IMPACT



Supporting Over 100 Small Businesses

+20 Non-Profits Supported Under the Community Tent Each Year



Over \$10K of Local Produce Provided to Kids



+13K Followers Across All Platforms

1000's of Pounds of Food Donated to Local Charities



13K

Everything's better when we're together.



Keeping Watch Over Children



Marni Mrazik
Director of Community Life at Terwillegar
Community Church

I just returned from 3 days away at Camp Caroline, just outside of Caroline, AB. And let me say, if you haven't been there, it is beautiful, not just because of its location in the foothills of the Rocky Mountains which can be seen on a clear day, but because it offers a space to retreat from the hustle and bustle of the city and enjoy time and space with others where no agenda, no next thing and no other places to be are calling.



photo from canada247.info

Now, just because I was away from the hustle and bustle of the city does not mean that there was no hustling and bustling to be had. I was at Camp Caroline with my colleagues from Terwillegar Community Church as well as other churches from around Alberta and we were all invited to bring our families along and many had young children. And when there are young children around, there is, by default, hustling and bustling, and what a joy to observe how they spent their days. Since my children are far from being preschool and elementary age, I had the delightful opportunity to watch since I had no one to chase.

In the safe setting of the camp buildings, all connected by indoor hallways, I'm sure most parents at times had only a vague idea of where their children were at. They were busy running, never walking, only running, from the dining hall to the gymnasium, to the meeting room, to their own rooms, back to their parents to ask to go swimming or sledding or where to find one of their friends that seemed to have been misplaced. They were constantly on the go, and never alone. The older children would look out for the younger children, they would invite the others to join them in whatever the next adventure was. They would sit together and eat together, play together and share what they had, be it snacks, games or ideas. The joy they expressed was genuine and pure and watching the children daily brought more smiles to my face than I can recount.

This group of children was a beautiful picture of a healthy, flourishing community where all were invited to participate in whatever was happening, where there were no barriers to join, where resources were shared and everyone kept an eye out for one another; where if one fell, the others came to help her get up. Can you imagine what it would look like if that's how we all lived our lives? Living with an eye for the other, for the need to be filled, for the lonely to be invited, for the outsider to be included; living where your absence is considered a loss and is noticed because you are known?

I think this is a snapshot into the kind of loving community to which Jesus calls us. When Jesus called his followers to live in community, I believe it is because He is a relational God who loves us, and it is in community that we find love as it can only exist in relationship. Jesus first invites us to love Him and then to love others, and we do that in community. Hebrews 10:24 exhorts us to, "consider how to stir up one another to love and good works." So the question is, how do we do this? I observed children doing this naturally these

past few days. I believe that God guides and helps me in this as I ask for His direction. I believe we can all make a difference and remembering that small acts of love and kindness are important.

At the retreat, I was getting my boots on at the main entrance to go for a walk on a sunny, warm, winter afternoon. As I was preparing to go out, one of the children I've been talking about walked by and said, "Hi Marni." To be honest, I didn't think she really knew my name. In that moment, I thought, "Wow! She knows my name." It may seem dramatic, but the act of just saying hello to me, using my name when I didn't think she knew it, was one of the greatest moments I experienced at that retreat. It cost her nothing, she continued on her way not even realizing the gift she had given to me and I went for my walk.

It's a good reminder that seemingly small things do make a difference. It got me thinking, what are some small things I could do to strengthen the community around me. What are some things you could do? I like the phrase, "Start where you're at." If knocking on a neighbour's door that you don't know to make an invitation to come over for coffee seems too big, start with a smile and a wave, or an introduction as you're both shovelling snow. I think the important thing is to start; to do something, and as we all do something to contribute to our community, perhaps our community will look just like that of the children running around at Camp Caroline.

We at Terwillegar Community Church love and strive to live in community and would like to remind you that you are always welcome to join our community. It is our desire to help our community and its residents thrive. We have many opportunities weekly to connect and annual events that all are invited to attend so keep your eye open for our annual spring carnival and check out tcchurch.ca for more information.



Terwillegar
Community Preschool
Provincially Licensed





Registration Opens
February 26
at 9:00 am

Ages 3-4!

**Details and registration online**
www.tcchurch.ca/preschool

Located in Terwillegar Community Church
1751 Towne Centre Blvd NW





Report From The Legislature



Rakhi Pancholi
MLA Edmonton - Whitemud

If there is one issue that continues to be top of mind for so many Albertans right now, it's healthcare. I continue to hear from constituents about long wait times for critical diagnostic and surgical procedures, as well as long waits in emergency rooms. Many of you would prefer to avoid emergency rooms altogether if you could, but the wait time to see your regular physician has grown too long or you don't have a family doctor at all.

And recent health care data shows that wait times in Alberta are worse than they were a year ago.

This is not acceptable to me, and it's not acceptable to Albertans.

Those who work in healthcare and understand the system challenges we are facing have been clear about the solutions and immediate actions required.

Incentives to retain and attract doctors, nurses, and all health care workers are key to rebuilding a weakened, burnt out, and demoralized work force. We must value the hardworking Albertans who care for us every day.

Moving to an integrated team-based approach in primary care would mean that you and your family would have easy access to a number of health care providers – for example, a nurse, pharmacist, mental health support worker, or a physician – who can quickly provide the care you need right in your community. This is the Family Health Teams approach that the Alberta NDP proposed in the recent election.

And as our health care system and providers are once again pushed to the brink by the predictable surge in respiratory illnesses that is happening right now, public health must be a priority. It is deeply disappointing to see that public health measures and campaigns around influenza immunizations that have historically been uncontroversial and effective are now politicized by the current provincial government. Public health measures keep Albertans healthy and out of emergency rooms.

Lastly, we continue to be short more than 500 hospital beds in Edmonton based on our growing population. For almost five years, there has been no progress on the promised South Edmonton hospital. We cannot afford this inaction any longer.

The people of South Edmonton deserve emergency care services closer to home. We need to get on with the job of building the South Edmonton Hospital.

For those of you without a family doctor or who are waiting for a much-needed surgery or have spent hours in an emergency room, I don't believe firing people, making more cuts to health care, or making organizational changes is the answer. But those are the only answers the current government is offering.

I believe we need to invest in health care, not starve it. Build it up, not tear it down. Strengthen it, not weaken it. I will continue to advocate for these kinds of solutions.

Lastly, I hope you will join me and my colleagues for a Lunar New Year's celebration on February 15, 2024 at Esther Starkman School. I will also be co-hosting a townhall on pensions and the Canada Pension Plan on February 6, 2024 with MLAs Rhiannon Hoyle and Jodi Calahoo Stonehouse at Blue Quill Community League and look forward to seeing many of you there.

Our Community, Your Voice





Rakhi Pancholi

MLA, EDMONTON-WHITEMUD





(780) 413-5970 203 - 596 Riverbend Square

Edmonton.Whitemud@assembly.ab.ca

PLANNING TO SELL OR BUY A HOME?

CONTACT JANINE TODAY!

JANINE GARRANT
ASSOCIATE/REALTOR®

587-920-4228
janine.garrant@sellingterwillegar.ca
www.sellingterwillegar.ca
Your local market REALTOR®!



*Each office independently owned and operated.





- ✓ Free Property Evaluations
- ✓ Professional
- ✓ Knowledgeable
- ✓ Honesty & Integrity
- ✓ Excellent Communication
- ✓ Very Responsive
- ✓ 20+ Years Contract Negotiations

Southwest Edmonton Farmers' Market Sprouts Program



We hope to see you at our market this season, and we look forward to meeting our community members and their families! Visit our website www.swefm.ca, or follow us on Facebook, Instagram, and Twitter for more information

This program is only possible with the help of our very generous sponsors. To help sponsor the program, please contact the Sprouts Coordinator at swefm.sprouts@gmail.com



The Southwest Edmonton Farmers' Market is pleased to announce that the much loved 'Sprouts Program' is continuing for the 2024 season! (May 15 – October 9, 2024).

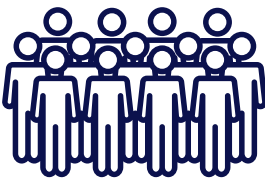
This is a free children's nutrition program for children ages 4-12 which gives children the opportunity to purchase fruits and vegetables with a token worth \$2.

The purpose of the Sprouts program is to introduce kids to nutritional food choices, empower children to make their own healthy eating choices, educate them about where their food comes from, and encourage them to lead a healthy lifestyle.

Community Leagues



What's a League?



A League is a group of people that come together at the neighbourhood level to make their community a better place.
A League is not-for-profit and led by a board made up of volunteers from the neighbourhood.

Community Leagues are unique to Edmonton



They're similar to community centres and neighbourhood associations, but over their **100-year history** Leagues have developed into their own unique model of local, neighbourhood-level governance.

Each neighbourhood in Edmonton can form a Community League and will receive funding from the City to operate.

Parkland (Municipal Reserve Land) is set aside in every neighbourhood for the League.



Many Leagues build halls

Leagues are non-partisan

They are funded in part by the City, but are their own unique and independent organizations under the Societies Act

They are open to anyone who lives in the neighbourhood

Every neighbourhood in Edmonton has access to a League. You can look yours up: <https://efcl.org/league-search/>

What do Leagues do?

They build local amenities or "community assets" for the neighbourhood

- Parks
- Community halls
- Community gardens
- Basketball courts and tennis courts

They provide local recreation and programming

- Skating rinks
- Soccer programs
- Senior drop-ins
- Yoga

They bring people together in the neighbourhood

- BBQs
- Garage sales
- Coffee drop-ins
- Movie nights

They provide people with a platform to have their voice heard at City Hall

- Leagues will bring issues to Council that affect their neighbourhoods
- Leagues are consulted about developments in the neighbourhood and engage in community consultation

Typical League boards are made up of:

- | | |
|------------------------|------------------|
| Treasurer | Civics Director |
| President | Program Director |
| Secretary | Sports Directors |
| Social Events Director | Rink Directors |

and many more...

What are benefits of membership?

- Discounts at City facilities
- Free skating at outdoor rinks all over the city
- Discounts on League programming and classes
- Having a voice in issues that affect your neighbourhood
- Connecting with your neighbours

1000 Days Of Yoga



Elizabeth Cayen
Certified Holistic Nutritional Consultant

By the time this edition hits the mailboxes of Terwillegar residents, I'll have completed 1000 consecutive days of at-home yoga classes. While I am nowhere near being an expert and there are certain poses that I may never achieve, I've had some unexpected benefits beyond just moving my body and improving my flexibility.

I've always aspired to be good at various sports, but I was just never really good at...anything. The beauty of yoga is that it is completely non-competitive and there's really no such thing as 'being bad at it'. Yoga teaches you to listen to your body and recognize when something is too much, when you have to hold back a bit. It also teaches you grace – sometimes you can hold a pose for a long time and feel the strength in that, and sometimes you fall. It's all okay! Just the act of practicing makes you 'good at it'.

Two things that surprised me the most when I embarked on my daily yoga journey was the value I found in keeping the commitment and promise to myself to show up every day. The other was how helpful it was during a period of great grief in my life. Showing up everyday on my mat, even for a quick five-minute class, reminded me that I am important to myself. And when my heart was hurting, the opportunity to breath and move alongside the pain was exactly the soothing that I needed. Yoga has an amazing way of assisting you to let go, to slow down, to just be; even if only for a little while.

You don't have to be flexible to do yoga (I'm most certainly not!), and no fancy gym membership or equipment is needed (though a mat is helpful). Yoga allows you to show up just as you are. It's a great way to keep your muscles strong and supple, something that is easy to lose in our often-sedentary lifestyles. Yoga is a full body experience. And because yoga teaches patience and how to be gentle with yourself, instead of feeling annoyed and angry that you're 'failing' at it, you can recognize that just trying is good enough.

Another fabulous thing about starting an at-home yoga practice is that there are many, many yoga classes available online for free – there really is something for everyone. An at-home yoga class also allows you to move at your own pace and not feel awkward standing next to a long-time yogi who's able to turn their body into a pretzel. A few of my favourites online classes are Yoga with Adriene, Yoga with Joelle, and Yoga with Kassandra. All offer the type of yoga I'm most interested in, and classes can be as little as 5 minutes if you're pressed for time.

Some people may complain that yoga is too slow, but I encourage everyone to try it and stick with it for a while. Perhaps slowing down is exactly what they need, and it can be surprising how much easier poses become with consistent practice. For me, yoga feels like a rinse – I can wring out the day, a bad mood, a stiff body from sitting all day. I'm really looking forward to my next 1000 days, knowing there'll be good and bad days, but overall the rewards are huge. I may not be able to do the fanciest of balancing poses, and I may never be able to touch my toes while seated with my legs out in front of me, but I'll keep committing to my mat everyday.

TRAC Update



Karin Shott
TRAC Community Office

Need a community league membership?
Save the \$5 EFCL admin fee by purchasing your community league membership through the TRAC Community Office which is located inside the Terwillegar Recreation Centre. If you wish to purchase or renew your membership in person, the office is open Mondays & Tuesdays 10 am – 2pm, Thursdays 4 – 8 pm, and the 1st and 3rd Saturday of the month 12 – 4 pm. Payment options include by cheque, cash, e-transfer or debit. Memberships are also available by mail or by sending an e-transfer. If you have any questions or concerns, please contact the office at yegtrac@gmail.com or by phone @ 780-439-9394.

Outdoor Soccer:

If you have someone interested in playing outdoor soccer, please check www.trsa.ca for more information. A current community league membership is required to play soccer. Check your membership card to see if it is still valid. All community league memberships expire August 31st.

Save the Date:

The 19th annual TRAC Community Run/Walk is planned for Sunday, May 26th. Stay tuned for more information.

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.

Scan QR Code for details!

Terwillegar Community Church

April 13, 10am-1pm

Edmonton Public Schools Honor Community Heroes In 2024 Recognition Awards



Ward F Trustee
Julie Kusiek

Here’s to a great start to 2024! On January 11, the Division held its Recognition Awards event. What a celebration! Individuals, staff and volunteers were recognized, including those connected with several Ward F Schools (take a peak at the program at <https://epsb.ca/ourdistrict/recognition/#recipients> to see them all).

Edmonton Public Schools is able to provide the high quality public education it does because of our community. It’s a community that includes outstanding staff and volunteers. A community that is dedicated to the true spirit of public education. The passion, talents and unwavering commitment of these individuals and groups has a profound and lasting impact on students, families and colleagues.

I invite you to read more about this year’s recipients. These stories - both those in the spotlight and the quiet, behind-the-scenes narratives - showcase the incredible collective strength of Edmonton Public Schools. May these stories continue to motivate, inspire and energize others in their everyday work, volunteering and life. I extend my sincere thanks to everyone who works and volunteers to support the promise of public education: an education that inspires each and every student to believe in themselves, and to live a life of dignity, fulfillment, empathy and possibility.



Board Chair
Edmonton Public Schools

Trustee | Ward F
Julie Kusiek

780-429-8087

@JulieKusiek

trustee.julie.kusiek@epsb.ca

Support Your Community!

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

ATTENTION COMMUNITY BUSINESSES!

DINNER & SILENT AUCTION

We are having a Dinner and Dance Silent Auction event May 4th, 2024, to raise funds for our new community skating rink /multipurpose courts!

DONATE
ITEMS FOR
THE SILENT
AUCTION

SPONSOR
BRONZE,
SILVER & GOLD
LEVELS

CONTACT

fundraising@terwillegar.org

TERWILLEGAR PHARMACY

Always there to care

1717 Towne Centre Blvd.
T6R0T8
Mon-Fri: 9 am - 7 pm
Sat & Sun: 10 am - 3 pm

Prescribing Pharmacists on Duty

- Ran out of your Meds and need refills?
- Have muscle pain and need fast relief ?
- Have Acne, Atopic dermatitis or any other skin concern?
- Want to lose weight?
- Want to Quit smoking?

We Can Help

Flu shots
age 5 & up
Pain free

Free Delivery
780 989 0600

Services you can count on

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

Transfer your prescriptions and get the care you deserve

"A Change Is As Good As A Rest" ...And Other Myths For Seniors



Colleen Crozier
SWESA Member

Myth #3
You're only as old as you feel.
Not true. You are as old as you are.

Myth #4
Ignorance is bliss.
Now, where did that come from? Can we even imagine what it would be like to be so ill-informed? Lack of knowledge complicates our lives, and can be dangerous. We owe it to ourselves to seek out the best information possible. Google to the rescue!

South West Edmonton Seniors Association has just made a major change. For sure there was no rest as we packed up, moved and got settled in our new location. We'd outgrown our Blue Quill space, and have a new home in the William Lutzky YMCA. That building is senior friendly, has ample parking, and is on a bus route. We opened there February 1, 2024.

We welcome all seniors aged 55 and over to join SWESA. Check out the winter/spring program guide on our website, or contact the office for a paper copy. Now, there's a change that just might be better than a rest!

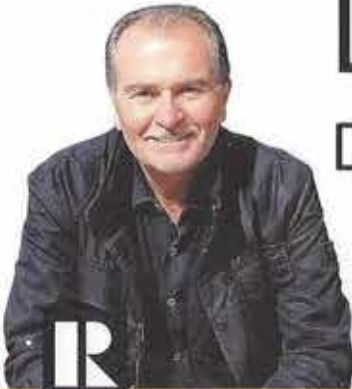
South West Edmonton Seniors Association
1975-111 St. NW
Edmonton, AB
587-987-3200
email: info@swesa.ca
www.swesa.ca



Executive Director, Alariss Schmid welcomes SWESA members to our new location at the William Lutzky Family YMCA

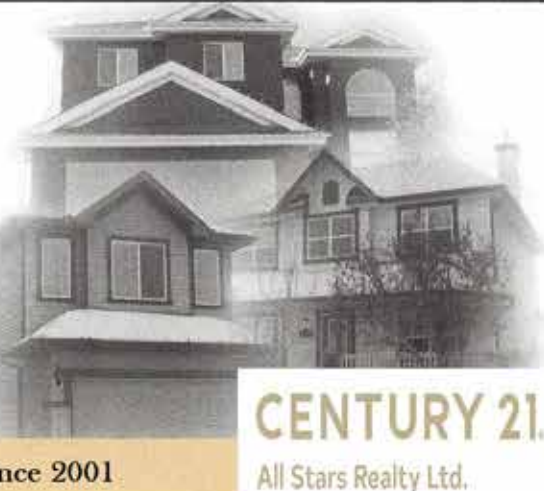

Top Producer, Top Results

www.LeeBourgeois.com



Lee Bourgeois

Direct: 780.909.1600



Serving Terwillegar Towne & South Terwillegar since 2001

CENTURY 21.
All Stars Realty Ltd.

Kid's Zone - Colouring Contest



St. Paddy's Day Colouring Contest

First Name: _____

Last Name or Initial:

Age: _____

Address: _____

Phone: _____

Email: _____

All entries must be received by March 22. 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 do you call a bear with no teeth?

A gummy bear!



What does a bee use to brush its hair?

A honeycomb!



What do you call cheese thats isn't yours?

Nacho Cheese!

SPOT THE DIFFERENCE

Can you spot the 8 differences between these two pictures?



Fill in the grids so that each column, row, and box each contains each of the numbers from 1 to 4

1			4
	4	3	
	2	1	
3			2



4			1
1		3	
	4		3
3			2

1		4	2
4			
			4
2	4		3

		3	
	1		2
1		2	
	3		



Winter Colouring Contest Winners!

Ages: 6-8
1st Place: Ava H.
Runner Up: Tealya W.

Ages: 3-5
1st Place: Quinn M.
Runner Up: Jayden T.

Ages: 9-11
1st Place: Victoria P.
Runner Up: Leon G.

Honourable Mentions

Aadhya D.
Jiya D.
Lily H.
Kinsley S.
Anayah A.
Olivia G.

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!

40 Qualified Field Technologists Needed For 2024 Summer Program



www.abmi.ca

Alberta Biodiversity Monitoring Institute (ABMI) is seeking up to 40 qualified summer Field Technologists to survey terrestrial and aquatic biodiversity indicators. Field work is done in shifts of up to 10 days, in groups of two throughout Alberta: sometimes up to 500 m from a partner and often in bear country.

This position is part of a large scale, broad-based monitoring program that informs on the state of biodiversity across the province of Alberta through field data collection (forest stand, soil, ecosites, wildlife monitoring, vascular plant identification, wetland assessments, ground validation) in all regions of the province.



Data collection is physically demanding with uncooperative weather, wildlife encounters, difficult terrain, and persistent insects. All technical training and certifications are provided. Deadline to apply is February 29, 2024.

YOUTH IN ACTION

This program is designed to introduce youth to the basics of fitness & weight training. Upon program completion, youth ages 12-15 are able to use City fitness centres.

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



Register online at www.myrecguide.ca or phone 311

edmonton.ca/findyourfit



DID YOU KNOW?

Advertising with a minimum 1/8 size ad (\$98 black & white) ALSO qualifies you to post to the Tribune Facebook page once a week between relevent publication dates!

TOWNE CHEF
INDIAN FUSION

Special

FAMILY MEAL DEAL

Only
\$34.99

ORDER Now

- 1 Veg curry
- 1 Meat curry
- 3 Naan Bread

- 3 Aloo tikki
- 1 Mango Lassi

Call Us: +1 587-499-2225

Visit us: 5233 Terwilliger Blvd NW

Website: www.townechef.ca

Edmonton, AB, Canada



SCAN ME

What is My Home Worth?

Thomas Hartman

587-899-5929 | www.TerwillegarTom.com



RE/MAX **River City**
Each Office Independently Owned and Operated.

Traffic Pattern Changes To Whitemud Drive at Rainbow Valley



The Terwillegar Drive Expansion Project will ensure this key north-south route continues connecting Edmontonians across the city now and into the future. Construction is underway to expand and upgrade Terwillegar Drive, which will alleviate congestion and provide all users with a safe and efficient route. Construction on Stage Two of the project continues into 2024.

Rainbow Valley Bridge westbound closure

Starting Friday, February 9, the westbound Rainbow Valley Bridge on Whitemud Drive will close. Two-way traffic will be redirected to the eastbound Rainbow Valley Bridge. Full lane and shoulder closures will be staged along the Whitemud Drive and Terwillegar Drive corridors. These significant traffic pattern changes are required to complete the necessary work to widen the bridge to four lanes plus shoulders.

Pedestrians, cyclists and other active modes will be required to follow a safe detour through Whitemud Creek Ravine.



New pedestrian bridge construction

As part of the Terwillegar Drive Stage Two Expansion, construction of a new pedestrian bridge adjacent to the Rainbow Valley Bridge will begin. This new bridge will improve safety and experience for all active modes of transportation, providing a dedicated pathway for pedestrians and cyclists, away from traffic.

Commuters are encouraged to plan ahead and allow additional travel time. The City understands construction can be disruptive, and thanks Edmontonians for their patience as this project is completed. Please drive with care.

VEHICLE DETAILING AVAILABLE!

EXPRESS

\$49.95

(45 MINUTES)

BASIC

\$99.95

(4 HOURS)

DELUXE

\$249.95

(6-8 HOURS)

Clean Car Wash

Detailing Service

TO BOOK AN APPOINTMENT
CALL 780 705 6612
OR EMAIL:
WINDERMERE@CLEANCARWASH.CA

3515 ALLAN DRIVE

Riccardo's Carpet Cleaning Ltd

Bringing Life Back to Your Carpets and Upholstery

Experience the ultimate in carpet and upholstery care with Riccardo's! Our professional team ensures a deep clean, banishing stains and odors, revitalizing your home. Using top-tier equipment and eco-friendly products, we guarantee a fresh and vibrant look for your carpets and upholstery

Call today or visit our website for a free quote and rediscover the beauty beneath your feet with Riccardo's Carpet Cleaning!

Special offer 10% off seniors and veterans discount

Phone number 825-777-6072
www.riccardoscarpetcleaning.ca

Chicken and Waffles

BC Benny

Check our menu here

SAVOUR THE CLASSICS OF WEEKEND BRUNCH.

Ricky's CAFÉ

14111 23 Ave NW, Edmonton
At Magrath business Centre
next to Save-on Foods
587.469.2804
www.rickysrestaurants.ca

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, Programs Aide, Fundraising Aide and Community Sign Support. All support roles are non-voting on the board but are still needed to help keep the Community League successful. 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.

Programs Aide

This role assists program director with planning and running of events. You could run smaller events without the programs director (with board approval). The Program Aide may also attend monthly meetings.

Fundraising Aide

Assists the Fundraising Director with setting up new fundraising events. Helps out at fundraising events such as the I’m Too Big for It Sale. Could run smaller fundraisers independently (with board approval). Can 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.

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!



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

NOW OPEN IN THE SHOPPES OF TERWILLEGAR GARDENS

Women and men have normalized bladder leaks, frequency, and urgency as part of aging. It’s simply not the case. These issues are common, but not normal, and are often a sign of dysfunction in your pelvic floor. You deserve to have that problem solved.

UROSPOT is a private and modern pelvic health and urology focused clinic, combining technology, education, and health coaching to help women and men say goodbye to bladder leaks, frequency, urgency, poor sexual functioning, prolapse and other pelvic floor issues. The best part is you remain fully clothed, and the treatment is 100% non-invasive. Nothing goes in your body, and no one is touching you.



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.



urospot.com | 780-409-7878
edmonton@urospot.com
14263 - 23 Avenue, Edmonton, AB

Embracing a New Era: No Mandatory Retirement Age In Canada



Komal Kaur
Bibek Private Wealth Management Inc.

The impact on Economy, Pension plans and the changing notion of retirement.

In a significant shift, mandatory retirement is now prohibited throughout Canada, with every province, except for New Brunswick, eliminating the age limit of 65. The removal of this restriction brings forth important considerations as Canada's labor force participation rate is projected to decrease from 65% to 61%, impacting per-capita income growth. Between 1981 and 2021, per-capita income saw an average growth of 1.4%, but the forecast for 2021 to 2045 anticipates a decrease to 0.9%, primarily attributed to reduced labor force participation.

The consequences of this decline are far-reaching, affecting health care spending per person and placing strain on government expenditures, particularly in programs like Old Age Security (OAS) and the Guaranteed Income Supplement (GIS). The combined cost of these programs exceeds \$50 billion annually, constituting about 2.4% of the GDP. Looking ahead to 2045, government spending on health care and elderly benefits is estimated to rise to 5.3% of GDP, equivalent to a substantial \$100 billion increase.

The crucial question now is how to avert this potential crisis? Can proactive steps in program spending reform or efforts to stimulate robust economic growth offset the adverse effects of an aging Canadian population?

The positive development, however, lies in the removal of mandatory retirement age. Nova Scotia, the latest jurisdiction to enforce a ban on mandatory retirement in 2009, exemplifies this trend.

Individuals are now protected beyond the age of 65 by Human Rights acts in Canada, ensuring that employers cannot use age as a basis for termination. Discrimination based on diminished capacity is also prohibited, requiring employers to demonstrate legitimate grounds for dismissal unrelated to age. This paradigm shift in employment practices aims to address the challenges posed by an aging workforce and sets the stage for a more inclusive and age-diverse Canadian workplace.

Employers in Canada can no longer cite age as a reason for forced retirement. However, the landscape of pension plans still allows distinctions based on age, presenting a nuanced challenge for individuals approaching their retirement years.

Pension plans, integral to securing financial stability in retirement, necessitate the selection of a termination age for premium calculations. This crucial decision varies for each individual, and as many people assess their anticipated retirement income requirements, they often encounter surprising figures. The need for personal savings and proactive investment has become increasingly apparent, given the growing number of individuals drawing upon funds supporting government and private pension programs.

Bankers, recognizing the financial prospects associated with retirement, actively promote the concept through advertisements like "WHAT ARE YOU DOING AFTER RETIREMENT?" and "YOU'RE 20, YOU SHOULD BE THINKING OF RETIREMENT." The peak season for these appeals occurs in February, leading up to the RRSP deadline, where individuals are warned about the imperative need for substantial savings – be it \$800,000, \$500,000, or \$1 million – by the age of 65. Retirement has become a lucrative business for banks, as they endeavor to convince people that

retirement is a desirable goal if affordable.

A notable shift in attitudes towards public pensions and the very notion of retirement has occurred, driven by increased life expectancy and earlier retirements. Ottawa has responded to this change by demanding higher contributions to the Canada Pension Plan (CPP) to ensure its sustainability. The upcoming years are expected to witness heightened calls for increased CPP contributions as more baby boomers exit the workforce. However, the practice of compulsory retirement, particularly impacting women, has endured. Many women, having chosen to stay home during their children's early years, enter the workforce in their late 30s or 40s, often facing significant pay disparities compared to men. The financial challenges are exacerbated as women, on average, live five years longer than their male counterparts.



The once-popular notion of "Freedom 55" has become a cliché, with Canadians adopting diverse stances on retirement. While some aspire to retire early at 55, 60, or 62, others lean towards working another decade or transitioning to part-time employment after 65. For some, retirement from a full-time job signifies the start of a second career. Aging Canadians express a desire to be more involved in their communities and pursue passions, rejecting the idea of idleness for three decades.

In conclusion, the evolving landscape of retirement in Canada demands a multifaceted approach. While the elimination of forced retirement is a step in the right direction, addressing challenges in pension plans, navigating banker-driven retirement narratives, and recognizing the diverse perspectives on retirement are essential. As Canadians redefine their paths in the later stages of life, a proactive and individualized approach to financial planning becomes crucial, fostering a retirement that aligns with personal aspirations and community engagement.

The Maclab Theatre at Lillian Osborne

Your Community Theatre and Arts Hub

*Perfect for plays, concerts, cultural
groups, community meetings
and so much more*

297 retractable seats, 32' x 22' stage with 17' wings, full lighting & sound facilities, lobby & green room

More details and rental information at:

maclabtheatreatlillianosborne.com

Navigating Mortgage Renewals In Canada: What You Need To Know



Sally Munro
Century 21 Masters

Canadian homeowners are still reeling from the shock of skyrocketing interest rates since 2022 with no imminent relief in sight. It has become a daily topic and the questions are always the same. Will the interest rates start to decrease in 2024? What term should I renew my mortgage? 1, 3 or 5?

With monthly mortgage payments soaring creating financial stress of many families, there are options available to you. Be proactive and get started to explore what the options are. If you are struggling to make the payments there are options as well. Do not suffer in silence, pick the phone, make the call.

According to CMHC \$675 Billion Dollars in mortgages are up for renewal in 2024 and 2025 in Canada. While many articles published implies rates will decline in 2024, the rates in my opinion will not see a sharp decline in the near future nor will we see 2% mortgage rates. We may see a nominal reduction 2024. The Bank of Canada held its rate at 5%.

The current five (5) year fixed term ranges from 4.94% to 5.8%. The one (1) year rate is 7.44% and the three (3) year rate ranges from 5.09% to 5.24. It is competitive with lenders at the moment.. Variable rate options are also available tied to Bank Prime but are also fixed terms with penalties.

As the end of your mortgage term approaches, it's important to start thinking about the next steps in your homeownership plan. Mortgage renewals are a significant milestone for Canadian homeowners. It presents an opportunity to reassess your financial situation, explore new options and secure favorable terms for the future.

Understanding Mortgage Renewals

In Canada, most mortgages have a term length of up to five years, after which they must be renewed or paid off in full. When your mortgage term is nearing its end, your lender will provide you with a mortgage renewal agreement, outlining the terms and conditions for the next term. It is important to carefully consider your options and not simply sign the renewal offer without exploring alternatives.

Assessing Your Financial Situation

Before entering into a mortgage renewal, take the time to assess your current financial situation and future goals. Consider factors such as changes in income, fluctuations in interest rates, and any upcoming major expenses. Understanding your financial situation will prepare you to negotiate favorable terms with your lender or seek out a new mortgage provider that aligns with your needs. However, remember you do not have to re-qualify for a renewal no matter what your financial position. You will need to requalify to change lender or port your mortgage to a new property. Appraisals are often not required or waived on switching lenders some may require an appraisal. If your mortgage is insured you do not have to pay the high ratio insurance fee again if the mortgage amount remains the same.

Exploring Your Options

When your mortgage is up for renewal, you have the opportunity to explore various options that may better suit your circumstances. This includes negotiating a lower interest rate, adjusting the length of your mortgage term, or even switching to a different type of

mortgage product. You may choose to work with a mortgage broker who can help you compare offers from multiple lenders to find the best fit for you. You may consider selling your home depending on your family and financial situation. If you have a fixed remaining term with a reasonable interest rate it may have value to your sale. Mortgages in Alberta are assumable with banks insisting the buyer qualify, this is worth exploring.

When reviewing a mortgage renewal agreement, carefully examine the terms and conditions outlined by your lender. Pay close attention to the interest rate, prepayment options, penalties for breaking the mortgage, and any fees associated with the renewal. Understanding these details is crucial in making an informed decision about whether to renew with your current lender or find a new one.

Timing Is Key

It is important to begin considering your mortgage renewal options 4 to 6 months before expiration of the term if possible. This allows you ample time to explore different lenders, negotiate terms, and make a well-informed decision without feeling rushed or pressured to sign. Starting the process early also provides you with the opportunity to lock in favorable rates before potential market changes occur.

Seeking Professional Advice

Navigating mortgage renewals can be complex, and seeking professional advice will provide valuable insights. Consulting with a mortgage broker, financial advisor, real estate lawyer or a realtor to ensure that you fully understand the implications of your renewal decision and to explore all available options to you will provide valuable knowledge and support.

Mortgage renewals in Canada present an important opportunity for homeowners to reassess their financial situation and secure favorable terms for the next phase of homeownership. By carefully assessing your options, understanding renewal terms, and seeking professional advice, you will make an informed decision that aligns with your long-term financial goals. Taking a proactive approach to your mortgage renewal can ultimately lead to a more secure and financially advantageous future in homeownership.

In conclusion, remember you are not alone, you need not fear the renewal process, view it as an opportunity. Ensure your discussions are in writing with your lender. All mortgages are not created equal. Every lender has different prepayment privileges, payout penalties, or hidden fees. A mortgage and a home equity line (HELOC) are very different products. Fixed terms and variable rate mortgage terms are very different. Ask questions, knowledge is power and remember to negotiate always.



Safeguarding Your Home During Winter Vacations



Michael Elliott
EPS Staff Sergeant, Southwest Division

As the winter is upon us, many people like to take a vacation to depart from the cold weather and darkness. This may be a few days, a week or even longer to head to a warm climate to relax in the sun and enjoy life.

While planning a vacation is exciting, we also need to be cognizant of the safety and security of your home. A vacant home can be a crime of opportunity however, there are several things you can do to ensure your property will be ok while you are out of town. The following are recommendations, but they can be of assistance.

Ask a family member or friend if they can house sit. If they cannot, ensure you inform a family member, friend, & trusted neighbour of your scheduled time away so they are aware of your departure and return. Ask them if they can physically check on your residence on a regular basis (I recommend every 48 hours) This purpose is twofold. One, to ensure all is safe and secure and two, the regular checks may be a requirement for your insurance or condo board if anything were to occur such as a water leakage, furnace issue, etc. (I would consult your insurance provider on this matter.)

Having people physically check your home will create an impression your house is not vacant which is a deterrent to anyone contemplating a crime on your residence.

Install outdoor lights with motion sensors. They will automatically

illuminate if anyone approaches your property and has the potential to deter anyone approaching.

If you can, install timers on various lights inside your home. Program your lights to turn on and off at random times throughout the evening and night. This will also create the impression there is a person residing inside.

Refrain from publishing on social media (Facebook, Instagram, etc.) of any plans of an upcoming vacation or time away. People do monitor open social media platforms and they may take note of your upcoming vacation and determine if they can take advantage of your property.

Please do not have any mail packages delivered. Having boxes sit on your doorstep is an invitation for someone to take your items. Only order items when you are home and not while you plan to depart or while you are away.

Speaking of doorsteps, ensure you have a friend or company available to clear your drive when it snows. This is also important for your sidewalk to ensure you are compliant with city bylaws and your neighbours can walk freely.

If you can afford it, install a doorbell camera on the front and back door and / or subscribe to a security service. They can install motion sensors and cameras which are available to use, via an app on your cell. You can monitor your home, both internally and externally for true peace of mind.

I hope these recommendations do help you plan your time away so can relax and truly enjoy your well-deserved vacation!



Don't know how to fix your home?

Let us help!



Get a \$10 coffee card when you book any free on-site quotation.

Our clients are like friends and sometimes we show up with coffee!

CONTACT THE EXPERIENCED PROFESSIONALS AT

HOME & OFFICE ANDYMAN

services

Give us your list; we'll get it done

www.HOHS.ca | 780.940.2127 



FAMILY DAY



FEB 19

4:30-7 PM



Join us for pizza & a movie!

Terwillegar Community Church
1751 Towne Centre Blvd

TCL Christmas



Holiday Lights



After-School Youth Pass

Edmonton

www.edmonton.ca

Get access to all City of Edmonton fitness centres, pools, gyms and more! Valid for youth ages 8-17 on weekdays only. Must scan in or drop in between 1-5:30pm. Monthly memberships for the after-school youth pass are just \$20/month or drop-in for \$2/day.



- Can be purchased monthly between September 2023 and June 2024
- In order to avoid being double-charged, current continuous monthly and annual youth and child pass holders should cancel their pass before purchasing the After-School Youth Pass.
- Cannot be purchased in conjunction with any other discounts
- ID may be required
- Valid Monday-Friday, inclusive of all statutory holidays and school holidays
- Must scan in or drop in between 1-5:30 pm
- Youth between 12-15 years old must register and complete the Youth in Action course before using the fitness centre. This free course will introduce youth to the basics of fitness and weight training, fitness centre etiquette and safety. Register for select dates and recreation centres. Kids under 12 years of age cannot use the fitness centre.
- Weekday afternoon and evening public swim hours at leisure centres may be limited due to swimming lessons. Please consider visiting our larger recreation centres if you are looking for pool availabilities during that time.

For more information, visit your nearest recreation centre or email myaccount@edmonton.ca.

Terms and Conditions

- No holds, cancellations, or refunds on this membership offer
- Valid for youth ages 8-17
- The membership is valid for 30 days once activated

Alberta Health Services
Emergency Medical Services

February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common signs of a heart attack
(Any, or all, of these signs & symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation;
- Discomfort may move to the shoulders, arm, neck, or jaw;
- May include shortness of breath, sweating, or nausea / vomiting.
- Signs may vary person to person and can differ between men, women & the elderly.

Heart attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age / gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What to do when seconds count

- Call 9-1-1, immediately. Early treatment can greatly reduce heart damage and be the difference between life & death;
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous and perform an electrocardiogram (ECG);
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage;
- During transport, EMS can share information with the hospital so that definitive treatment can begin immediately upon arrival;
- Take a CPR / AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a cardiac event.

www.albertahealthservices.ca

Alberta Health Services
Emergency Medical Services

Burns and Scalds

Emergency Medical Services routinely respond to emergencies involving children who have sustained burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces (stove, iron), or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of burn

- **1°:** Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable;
- **2°:** Deeper and much more painful than 1°burns; broken skin or blisters commonly develop;
- **3°:** Severe: the deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection;
- Over the counter medications may be used for pain. Adhere to directions given on the label;
- Seek further medical attention, as required.

Prevention of burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds;
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child;
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached;
- Avoid picking up a child while holding any hot liquids;
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access, if not already built in;
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

www.albertahealthservices.ca

Terwillegar Classifieds

A close-up photograph of a person's hand strumming the strings of an acoustic guitar. The background is slightly blurred, focusing on the hand and the instrument.

THIS COULD BE YOUR AD.
WANT TO KNOW MORE?
www.terwillegar.org

contact:
editor@terwillegar.org

Piano Lessons From a Fun, Friendly Piano Teacher
With Over 30-Years Experience

All Ages and Levels Welcome!

FREE TRIAL LESSON – CONTACT MRS. LAI
AT 780-473-4880

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!

Crossword Solution

31 January 2024

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



Board Contacts

- President:**
Darlene Reid, president@terwillegar.org
- Vice-President:**
Kathleen Mountford, vicepresident@terwillegar.org
- Treasurer:**
Monte Weber, treasurer@terwillegar.org
- Secretary:**
Jeff Nordstrom, secretary@terwillegar.org
- Community Advocate:**
Sue Trigg, advocate@terwillegar.org
- Membership Director:**
Kailey Hartman, memberships@terwillegar.org
- Programs Director:**
Sagar Lunawat, programs@terwillegar.org
- Communications Director:**
Heather Maitner, communications@terwillegar.org
- Fundraising Director:**
Marijke De Bruin, 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

Happy Valentine

SALLY
MUNRO

Fall in Love..Let's Move!

780.441.5457
SallyMunro.com

Sally Munro Sells Homes..in Every Price Range!
Call today 780.441.5457



Follow me on:



Grand Centurion

CENTURY 21
Masters

AVAILABLE



Old Glenora \$3,498,000
Live the dream in Old Glenora! Stunning custom built 7,567sqft, 4bed, beautifully appointed.
ML# E4367507

AVAILABLE



Rural Parkland County \$2,198,000
On the North Sask. River. 4.87 7acres. 5,570 sq ft, 4 Bed, 4 Bath. Indoor pool. Must See!
ML# E4347834

AVAILABLE



Riverview Area \$1,699,000
Scott Arthur brick 4,900 sqft 2 storey with 1124 sqft guest house on 1 acre treed ravine lot.
ML# E4368605

AVAILABLE



Lots in Donsdale starting at \$1,500,000
Dream opportunity to own & build. 73 ft Frontage on Donsdale Drive. Fully serviced
ML# E4366445

AVAILABLE



Parkview \$995,000
2,303 sf 2 storey + 850 sf finished basement. 3 bedrms 3.1 baths. Architecturally designed
ML# E4367074

AVAILABLE



Jagare Ridge \$614,900
Townhomes by Kimberley in trendy Jagare Ridge. No Condo Fees! 2 Bed, 3 Bath.
ML# E4366793

AVAILABLE



EXCELSIOR in Ice District \$520,000
Beautiful split level. 1,024 sqft desirable corner SE unit. 1bed 1.5 bath. Must See!
ML# E4362710

AVAILABLE



The Pearl \$499,900
Prestigious living in this 2 bed, 2 bath, 905 sqft open concept condo. 2 u/g stalls.
ML# E4362469

AVAILABLE



The Churchhill Exchange \$499,900
New York Style Loft. 1,147sqft. 1 bed, 1 bath. Chique downtown living! Must See.
ML# E4368603

SOLD



Terwillegar Towne

SOLD



Haddow

SOLD



Miller

SOLD



Capilano

SOLD



Brookhollow

SOLD



South Terwillegar

SMARTER. BOLDER. FASTER.®

Visit SallyMunro.com
FOR MORE FINE HOMES & ESTATES

