

Terwillegar COMMUNITY LEAGUE Tribune

terwillegarcommunityleague

terwillegarcommunityleague

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Issue 104

www.terwillegar.org

February 2025

Terwillegar Community League Update



Kathleen Mountford

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

November was a busy month for the Community League with the Winter Craft sale. Thanks to everyone who came out to the sale: both vendors and customers! You made the sale a great success and the Community League enjoyed hosting it again. Everyone was happy to see a great turnout by local vendors which I hope to see again this year. The sale is scheduled for November 2025 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.

The December Holiday Spectacular event with Santa was a great success. The Community League had the annual indoor snowball fight, treats, cookie decorating and crafts for families to enjoy. There was lots of good feedback for our stations at this event which was nice to hear.

Continued on page 5

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Across

- 1 Compassion (4)
- 3 Slaughterhouse (8)
- 9 Die down (7)
- 10 Fracture (5)
- 11 Small edible crustacean (5)
- 12 Root vegetable (6)
- 14 Observe (6)
- 16 Clergyman (6)
- 19 Preliminary drawing (6)
- 21 Large book size (5)
- 24 Embellish (5)
- 25 Abridge (anag.) (7)
- 26 Incidentally (2,3,3)
- 27 Nautical unit of speed (4)

Down

- 1 Put off, defer (8)
- 2 Shin bone (5)
- 4 Whitening chemical (6)
- 5 Rome's river (5)
- 6 Burdensome (7)
- 7 Gardening tool (4)
- 8 Alfresco meal (6)
- 13 Blameless (8)
- 15 Extract (4,3)
- 17 Fully informed (2,4)
- 18 Morbid fear (6)
- 20 Metric weight (5)
- 22 Gain knowledge (5)
- 23 Raiment (4)

What's Next

Next Submission Deadline:

Fri. Mar.21st

Next Issue:

Week of Apr.7th



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

Dear Residents of Edmonton Riverbend,

With the new year now upon us, I wanted to share a few updates on the situation in Ottawa and on our community events.

Prime Minister Justin Trudeau’s resignation, coupled with the prorogation of Parliament until March 24, leaves Canada in a period of political uncertainty. Parliament’s prorogation effectively shuts down debate and committee work at a time when Canadians face pressing issues such as affordability, healthcare challenges, and economic uncertainty. By pausing legislative activity, the Liberals are prioritizing internal party politics over the needs of Canadians.

The Liberal Party's board of directors met on January 9 to discuss the rules and timeline for the leadership election, confirming that a new leader will be chosen on March 9. However, even with a new leader, questions remain about whether the Liberals can address the divisions within their party and govern effectively in a minority setting.

It is critical that the government returns to Parliament in March with a renewed focus on addressing the issues that directly impact Canadians’ daily lives. The next few months will reveal whether the Liberals can rise to the occasion or if it’s time for Canadians to consider a new direction. Stability and strong leadership are what our country needs more than ever.



MP Jeneroux photo courtesy of MP Office

I’d also like to share an update on our 2024 MP Youth Leadership Awards. After carefully reviewing over 100 impressive candidates, five outstanding young students from grade 7 to 12 were chosen by my office for their exceptional leadership, dedication, and contributions to our community. Their achievements reflect the values of resilience, innovation, and social impact that define the spirit of youth leadership. Our 2025 MP Youth Leadership will be open for nominations soon this spring and we are looking forward to receiving more nominations that highlight the exceptional leadership and contributions of young individuals in our community.

Our 2025 MP Youth Leadership will be open for nominations soon this spring

My colleagues and I are committed to advocating for Canadians to the best of our ability. A key part of this process is hearing directly from you. As always, please don't hesitate to reach out to my office with your thoughts and concerns.

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Youth Leadership Award

Councillor Update



Tim Cartmell
Ward pihêsiwin Councillor

Dear Neighbours,

On these chilly February days, I hope you're staying warm and finding bright moments in the new year. While the festive season is behind us, City Council is already hard at work tackling the challenges ahead in 2025. Despite the financial pressures we face as a city, I remain hopeful that this year will bring positive changes in how we manage our municipal finances.

As we begin 2025, I want to share important information about recent City budget decisions. This past December, Council approved property tax increases of 6.1% for 2025 and 6.8% for 2026. I voted against these increases, and here's why.

The real impact on Edmonton homeowners will be substantially higher than these numbers suggest. When we factor in rising property values, the average single family home owner will face an increase substantially higher than the 6.1% being reported. From 2023 to 2025, the cumulative property tax increase will reach 21.3%. This means the City's property tax revenue will grow by \$500 million in just three years.

While the 2025 increase was reduced from 8.1% to 6.1%, this was accomplished by borrowing from future years – leaving a financial burden for the next Council. This approach isn't sustainable, which is why I've pushed for fundamental reforms in how we manage your money.

Looking ahead, I'm cautiously optimistic about three key initiatives Council has approved: establishing an Infrastructure Committee that includes private sector experts, pausing major project spending, and introducing Zero Based Budgeting for a comprehensive review of City finances.

For 2025, my priorities include:

- Implementing these new oversight mechanisms effectively
- Reviewing the Neighborhood Renewal program's scope and spending
- Finding departmental efficiencies without compromising essential services
- Ensuring every tax dollar is justified through Zero Based Budgeting

These reforms will take time to implement, but they represent an important shift in how we manage City finances. I remain committed to fixing our budget process once and for all.

As always, I want to hear from you. Your input matters to me - it's what keeps me grounded and helps me fight for what our community needs. Drop me a line at tim.cartmell@edmonton.ca or call 780-496-8130. I want to hear your thoughts on these changes and what matters most to you.



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Terwillegar Community Update

continued from page 1

The Community League had the annual general meeting at the end of January and welcomed a new board. With the appointment of the new board this will be my last article as a Terwillegar board representative. There have been many exciting years of volunteering for me. I loved seeing all the kids enjoying the events that we have put on. I wish the new board well in the transition.

There are still some vacancies for the board support roles so feel free to reach out to the new 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 all the prior board members for all the support over the years.

With the changing of the board there is a gap for the rink committee as well. The rink will not proceed unless a new committee is formed

so please reach out to the Vice President email if you are interested in supporting the rink project.

The board anticipates that 2024 will be another busy year for the Community League. Family Day will be the first large event of the year. The event will include pizza and a movie at the Terwillegar Community Church.

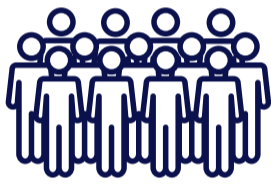
The Community League has another I'm Too Big for It Sale scheduled for on April 12th. Watch the website to see when registration goes up for this event. This event is currently under review by the new board.

I hope everyone has had a great start to the year!

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

3 Cakes, 2 Dinners And An Invitation



*Marni Mrazik
Director of Community Life at Terwillegar
Community Church*

My family starts each new year by celebrating the birth of my eldest daughter, and there are some birthday traditions we have cultivated over the years. We go out for dinner on the actual birthdate at the restaurant of the birthday girl's choosing. Then, when everyone can make it, we have a second dinner, which we consider to be the real celebration, at our home with extended family sitting around the table, eating, laughing and celebrating. Once this dinner is done, the dessert comes out...3 cakes, how is one to choose? At first, it was always Angel Food cake, and the only time we eat it is on birthdays, but then my mom started bringing puffed wheat cake to snack on while the real cake was being cut and served. Finally, the "favorite" cake was added to the celebration, either chocolate cheesecake or Costco Black Tuxedo cake. For sure it's too much cake for one night, but who doesn't like a buffet?

My family has come to expect good food and good fun at every birthday celebration, and every birthday brings us together to celebrate. Food is a part of most celebrations, but it's also a part of our everyday ordinary lives. After all, we have to eat to live and whether we are sitting down for a birthday buffet, eating dinner with our families or having friends over for supper, meals slow things down and are a wonderful way to build relationships.

It is while sitting down at the table that we encounter community. It is at the table where the highs and lows of our day can be shared, the quirks of our personalities can be seen, the shoulders of those we care about or want to get to know are beside us, and where we can be seen and known. If we are invited to the table, we are accepted.

I think that's why Jesus spent so much time around tables when he lived on this earth. If you read the Gospel written by Luke in the bible, you will see that Jesus is either going to a meal, at a meal, or coming from a meal, and when Jesus isn't eating, he references banquets, feasts and food often in his teachings and parables. Eating and drinking were a sign of his friendship. "In the ministry of Jesus, meals were enacted grace, community, and mission," writes Tim Chester. Meals represent welcome and Jesus welcomes all of us.



photo from canada247.info



**Terwillegar
Community Preschool**
Provincially Licensed



Online Registration for
September Opens



February 24
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



It makes me think, "Is that how I view meals? Am I using my table to build community and extend welcome beyond just my family?" I hope so, but I want to be even more intentional this year in opening my table to others. How about you? Are there folks to whom you could extend an invitation to dinner? When we eat together, we don't encounter theoretical community, we encounter real people. Could you be a catalyst to increase community right where you live?

At Terwillegar Community Church, every Sunday after the final prayer and blessing of the 11 a.m. service, the tables get rolled out, and the food gets served as all are invited to share brunch together. We believe deeply in the value of community. Each week we experience the power of sharing a meal together in the building up of friendships and the experience of knowing and being known by others. We don't serve three cakes, but there is so much to choose from, and you are invited!

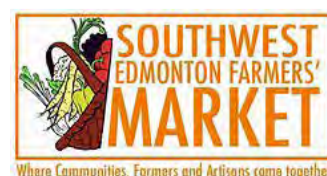
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Opening Day: Wednesday, May 14!
Wednesdays: 3:30 - 7:30 pm Parking Lot E
Booster Juice Rec Centre in Terwillegar
May 14 - October 8, 2025



Report From The Legislature



Rakhi Pancholi
MLA Edmonton - Whitemud

Hello 2025! As we welcome the new year, I want to thank all of you for your continued engagement in our community and your advocacy for the issues that matter most.

One issue that remains at the top of my mind is the state of public education in Alberta. Recently, education support staff with Edmonton Public Schools took to the picket lines to demand fair wages and better funding for classrooms. EAs are key to our classrooms. They ensure that students, especially those with complex needs, get the support they require to learn in an inclusive environment. These workers have not seen a meaningful raise in over a decade and like many Albertans are struggling to keep up with the rising cost of living.

But it's important to keep focused on how we got to this point in our province. Alberta has the lowest per-student education funding in the country. And the government's current education funding model means that more than 4000 EPSB students are not funded at all. It's clear that properly funding our children's education is not a priority.

It was particularly shocking to hear the government try to blame underfunded school boards and shockingly underpaid education workers for the situation when the UCP had just voted to give themselves a taxpayer-funded pay increase, living allowance increase, and an increase to their own budget.

As I knocked on doors in the constituency and spoke to many of you at winter community events, I heard again that cost of living stresses remain a top concern for many of you. One cost which remains much higher for Albertans than other Canadians is auto insurance. This has been the case since the cap on car insurance premiums was removed by the UCP in 2019.

So it was surprising to see the government announce in the fall that their new auto insurance model will include a minimum 15% increase in premiums over 2 years. So if you're a man paying \$3000 per year to insure your F-150, in two years, you will pay \$500 more a year. It sounds like the government is listening more to the interests of insurance companies over average Albertans.

But it doesn't have to be this way. Albertans deserve a government that invests in schools, builds attainable housing, and listens to Albertans instead of special interests. We've seen what's possible when we work together for meaningful change, and I'm committed as always to bringing your voices to the Legislature.

I will also be hosting an in-person town hall on Thursday, March 13th at Brookview Community League at 7:00 p.m. to discuss your concerns and questions. Please join me for a great conversation!

And if you cannot make it on March 13, as always, I encourage you to share your thoughts and ideas with me at Edmonton.Whitemud@assembly.ab.ca. Your stories, experiences, and advocacy inspire me every day to keep building a future that works for everyone.

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Rakhi Pancholi
MLA FOR EDMONTON-WHITEMUD

THURS MAR 13 | 7PM
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Easy Detoxification 101



Elizabeth Cayen
Certified Holistic Nutritional Consultant

The ability of the body to properly detoxify is a vital component of optimal health. Detoxification occurs on a daily basis and is something the body does naturally. However, in the last 50 years or so, thousands of new chemicals have been introduced into our environment. Many of these chemicals haven't sustained proper testing and were grandfathered into our current systems of control. And though our exposure to these toxins at low levels is deemed safe, they can build up and create a burden on our bodies. These chemicals, along with our fast-paced world of too much busyness, poor sleep, too much caffeine, poor eating habits, and not enough relaxation time put a burden on the body's natural detox processes.

Now more than ever we need to put concentrated effort into improving and supporting our bodies' detox abilities. As well as avoiding the worst of the toxic offenders whenever possible, the way we interact with our environment through the food we eat, the products we use on our skin and for household cleaning, and our stress management techniques can all play a huge role in how our bodies can combat the negative effects of a toxic burden.

Here are a few easy tips to help improve your detoxification:

1. Drink lots of clean, filtered water. Though we are blessed to have safe, clean drinking water right from the tap in the City, there are still small residues of medications and environmental toxins in our water. If your water isn't filtered, YOU become the filter.
2. Eat 'clean' - check out the Environmental Working Group's Dirty Dozen and Clean Fifteen. They test to see what produce is most

sprayed with herbicides, insecticides, and/or pesticides. Though based on produce in the United States, following this list in Canada is always a good idea (especially when purchasing produce from the States). Try to choose certified organic foods for the dirty dozen if possible. At the very least, make sure you always wash your fruits and vegetables before consuming them.

3. Exercise - find an exercise that you enjoy, preferably one that will get your heart pumping! Your lymphatic system (the garbage retrieval network in your body) relies on muscle movement for the lymphatic fluid to make its way through the body, scavenging those things that just shouldn't be there.
4. Avoid toxins in your body care products and household cleaners. Do your research so you can identify and eliminate those ingredients you can't pronounce, or better yet make your own!
5. Avoid subjecting yourself to constant negativity, whether that is staying away from toxic relationships or limiting your consumption of the negativity in the world media likes to show us. Our minds are SUPER powerful and can dictate how a lot of body processes work.
6. Prioritize sleep. I've mentioned this in a previous article, but sleep is a massively important step for repairing and restoring body tissues and processes. Keep consistent bedtimes, avoid blue light (phones, tablets, computers, tvs) at least ½ an hour before bed, and keep your room dark and cool.

The body has infinite wisdom and knows what it needs to do to ensure it's survival. Unfortunately, the world we're living in pushes our body's innate abilities to the limit. Think of what you want your health for. These simple tips can go a long way towards supporting your detoxification processes, allowing you to be proactive in achieving and keeping your health for all the things you want to do in your life.

Check us out on Facebook!

Search: "Terwillegar Community League" under groups

City of Edmonton Free Family Drop-In Programs

Bring your family out this Winter to one of our Free Drop-In outdoor programs!

Family Adventure Club- North

Where: North East River Valley Park, Forest Amphitheatre

When: Saturdays from 1:30-4:30 p.m.

February 15 (Snowshoes, Fire Building)

March 15 (Snowshoes, Orienteering)

Play Rangers

Where: Whitemud Park (13909 Fox Drive)

When: Every Saturday from 1:30-4:30 p.m.

Play Rangers focuses on children and family participation, with planned special outdoor recreational activities that can be enjoyed by all. Children (ages 6-12) are welcome to attend on their own.

February Theme: Kick sledding, Hot Chocolate, Snow Shoe, Snow Fort and Warming Fire

March Theme: Snow Shoes, Fire Building, Hot Chocolate, Warming Fire

Heart Month Reducing The Salt In Your Diet

February is Heart Month, a time when you may want to think about taking care of your heart.

Reducing salt in your diet is one way to improve your heart health. Eating too much salt (sodium) may cause high blood pressure. If you lower your blood pressure, you may lower your risk of heart attack, heart failure and stroke.

The top sources of sodium in our diets include ready-made bread, crackers and muffins, as well as takeout pizza and lasagna, and processed meats such as deli meat and sausages. Cheese, soups and condiments such as soy sauce and ketchup are also very high in salt. If you reduce the amount of processed, fast food, take-out food and restaurant meals you eat, you may reduce the sodium in your diet.

Another way to lower sodium is to prepare food at home. When cooking at home, you can use little or no salt. Try flavouring your food with garlic, onions, herbs, spices, lemon juice and vinegar instead of salt.

February is Heart Month!



albertahealthservices.ca

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



Recipe: Baked Blueberry & Banana Oatmeal

Canada *Canada's Food Guide*

This naturally sweet dish is perfectly paired with Greek yogurt. Get creative! Use other fresh or frozen fruits like strawberries, raspberries or mangoes.

Ingredients

- 2 ripe bananas, mashed (about 250 ml/1 cup)
- 250 ml (1 cup) skim milk or unsweetened fortified plant-based beverage
- 2 eggs
- 5 ml (1 tsp) vanilla
- 20 ml (1½ Tbsp) vegetable oil
- 375 ml (1½ cups) rolled oats
- 5 ml (1 tsp) cinnamon
- 2 ml (½ tsp) baking powder
- 250 ml (1 cup) fresh or frozen blueberries

Tips

-Once cooked, sprinkle a handful of unsalted slivered almonds or pecans on top for an extra crunch!

-Want more flavour? Add 5 ml (1 tsp) of nutmeg powder at step 3. You can also add a dollop of low fat plain Greek yogurt on top of your piece when ready to serve.

-Refrigerate leftovers for up to 3 days. Heat 20-30 seconds in the microwave before serving.



10 ingredients or less | Freezer-friendly | Kid-friendly | Vegetarian

This naturally sweet dish is perfectly paired with Greek yogurt. Get creative! Use other fresh or frozen fruits like strawberries, raspberries or mangoes.

Prep time 5 min

Cook time 30 min

Servings 6

Directions

1. Preheat the oven to 375 degrees and lightly spray a 20x20 cm (8x8-inch) square baking dish.
2. In a medium bowl, mix together mashed banana, milk, eggs, vanilla, and vegetable oil.
3. In the same bowl, mix together oats, cinnamon, and baking powder. Fold in blueberries.
4. Add batter into lightly sprayed baking dish and bake for 30 minutes or until edges are golden brown. Let cool before serving.
5. Enjoy!

Reading, Writing, Arithmetic... Digital Citizenship!



Ward F Trustee
Julie Kusiek

With online polarization, bullying and misinformation it's no wonder that preparing students for the future extends beyond the traditional reading, writing and arithmetic. While the perspectives on citizenship you and I may have grown up with haven't gone away, what citizenship looks like behind a screen is a continually evolving space. Media Smarts defines digital citizenship as "the ability to navigate our digital environments in a way that's safe and responsible and to actively and respectfully engage in these spaces."

Edmonton Public Schools teaches digital citizenship at every grade level and has Responsible Use of Technology agreements for all students. The teaching emphasizes that we can support each other in growing a digital culture that respects and protects self, others and property within Edmonton Public Schools and beyond. Parents and guardians are important partners in this teaching.

In May 2023, the Board of Trustees held a Parent Appreciation Night with a presentation for parents on digital citizenship. The evening included tips for parents and guardians on how to have conversations with their children about online apps, social media and digital citizenship. There is even a game you can try at home around the dinner table to get the conversation flowing. Find the presentation slides on SchoolZone or here.

Want further resources to support your child? Families can find several additional resources in SchoolZone. Just log into your parent account then navigate to "Resources", "Parent and Student Resources."

Here, you can find a Family Tip Sheet on Digital Citizenship and another posting with links to six additional resources for students and parents. These resources align with the standards for the International Society for Technology in Education.

Wishing you and the children in your life a safe and enjoyable online experience.

If you have questions or comments about this or anything else about public education, please don't hesitate to get in touch with me via email at trustee.julie.kusiek@epsb.ca or by calling 780-429-8087.



Board Chair
Edmonton Public Schools

Trustee | Ward F
Julie Kusiek

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Call: (825) 865 5255
www.terwillegarmassage.com

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Good Riddance



Colleen Crozier
SWESA Member

Remember that old phrase, “good riddance to bad rubbish”? We used to use it as a farewell to all troublesome or irritating things in life. Rapid changes in technology have given us a wealth of new products, and we waved goodbye to those they replaced with a resounding, “good riddance!”. Here are a few:

Rooftop TV antennae

In the 1950’s here in Edmonton, TV arrived. Soon, families who could afford the luxury learned that they needed a rooftop antenna to capture the “waves” that would bring the signal in to the TV set. They sprouted like mushrooms, bristling metal sticks and prongs, literally shouting from the rooftops that a TV was within. Later, motorized versions would allow the antenna to rotate to capture signals from other stations. Then, “rabbit ears” could sit on the TV set itself as long as the home was not too far from the broadcast centre. Good riddance!



Holiday lunch and Metis Crossing photos
courtesy of SWESA

Party line telephones

When telephones became available and affordable, every household wanted one. In the city most families could have a private line; in rural areas, however, costs were prohibitive unless users shared. Each household had a crank-operated phone, used to create its unique ring code. When a call came in for one household, its ring would be heard in all of them. Theoretically, only that family would answer the call; in reality, “rubbernecking” was rampant as the neighbours listened in on calls. Good riddance!

Iceboxes

A precursor to the refrigerator, iceboxes were marvellous for keeping perishables fresh for city dwellers. They consisted of an insulated box (about the size of today’s small fridge) with three doors at the front: open the largest one and find shelving to hold food in need of cold storage, open the smaller to reveal a metal-lined cavity that held a huge block of ice. The “iceman” would come a couple of times a week, wearing a big black rubber apron, using giant tongs to carry the blocks over his shoulder into the house. But ice melts, and lest water leak all over the floor, it was collected in a pan behind door #3. Good riddance!

Low-speed dental drills

They were noisy. They were slow. They consisted of belt-driven segments of sci-fi engineering that scared the daylight out of children and adults alike. Enough said. Good riddance!

Let it be said all of the above targets, and many more, were welcomed and rejoiced over when they first came in. Some people, where economics and infrastructure require it, still welcome and enjoy them. It is only when we look back that they pale in comparison to what we enjoy now.

If you’d like to welcome and enjoy some great experiences, why not join South West Edmonton Seniors Association? Our winter programs are just starting, and you will find a warm welcome there.

Come join us at South West Edmonton Seniors Association (SWESA). You’ll connect with kindred spirits, participate in fun activities, and find opportunities to share your talents. We are better together. SWESA is housed in the William Lutzky YMCA. Now, there are some words to live by!

South West Edmonton Seniors Association

1975-111 St. NW

Edmonton, AB

587-987-3200

email: info@swesa.ca

www.swesa.ca



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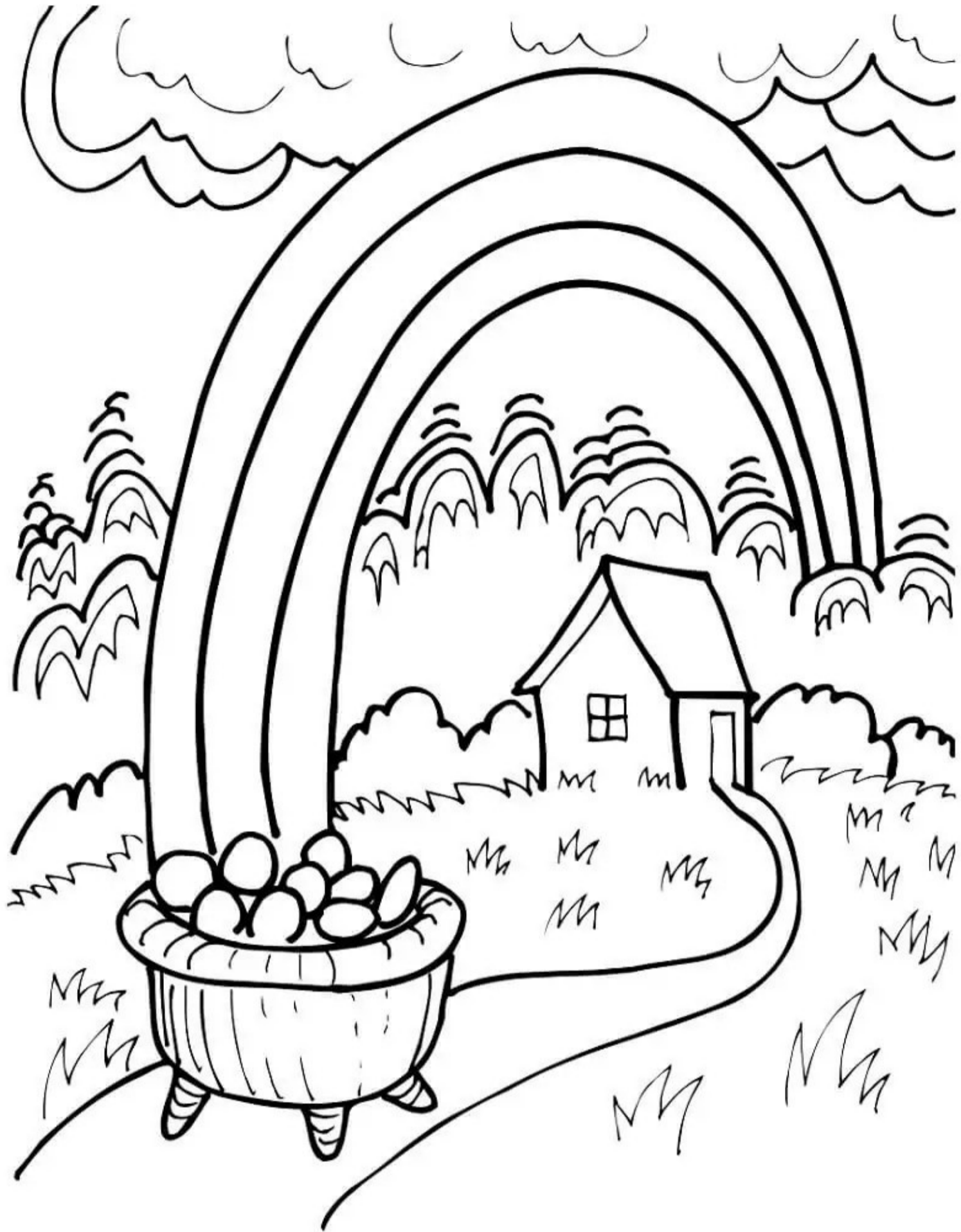
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Kid's Zone - Colouring Contest



Pot Of Gold Colouring Contest

First Name: _____

Last Name or Initial: _____

Age: _____

Address: _____

Phone: _____

Email: _____

All entries must be received by March 21/25. One entry per child. The contest is open to residents of the following areas: Terwillegar, Magrath, South Terwillegar, and MacTaggart.

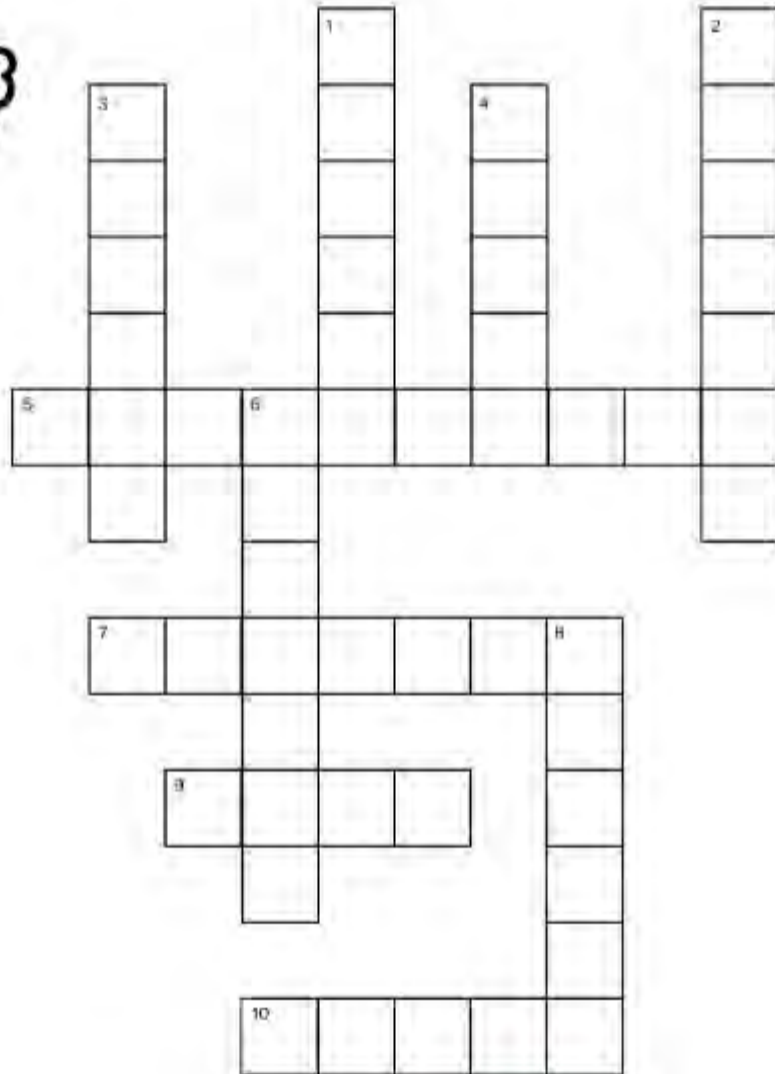
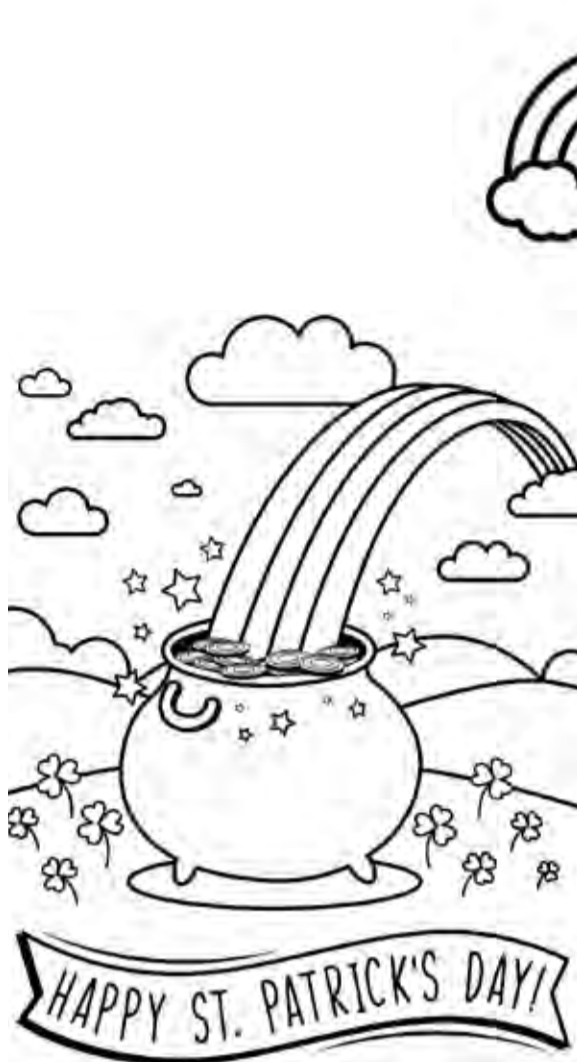
Age categories are: 3-5; 6-8; and 9-11.

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



DOWN:

1. The Irish flag is green, white and _____.
2. St. Patrick's Day originated in this country.
3. A four leaf _____ will bring you good luck.
4. The month St. Patrick's Day is celebrated in.
6. This appears in the sky after it rains.
8. The capital of Ireland.

ACROSS:

5. This bearded man wears a green suit and hat.
7. If you do not wear green on St. Patrick's Day you might get _____.
9. At the end of a rainbow, you might find a pot _____.
10. The color usually worn on St. Patrick's Day.



What dance
move do
leprechauns pull
at a party?

The shamrock
shake.



<p>Winter Colouring Contest Winners!</p> <p>Ages: 3-5 1st Place: Eva & Ella Runner Up: Elyanna D..</p> <p>Ages: 6-8 1st Place: Lincoln F. Runner Up: Gaby F.</p> <p>Ages: 9-11 1st Place: Brielle L. Runner Up: Audrey Y.</p>

<p>Honourable Mentions:</p> <p>Breanne W. Karen Y. Haily T.</p>

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

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

Capital Gains Tax & Housing Incentives: Impact on Canadians



Sally Munro

There are so many misconceptions and opinions of the housing incentives that the Provincial and Federal governments are implementing to meet the growing needs for housing in Canada.

The Canadian government has introduced significant changes to real estate taxation and housing incentives to address the national housing affordability crisis. These measures target investors, landlords, and homeowners, while also encouraging the construction of more rental housing.

Here's a breakdown of what's changing and how it might affect you.

Capital Gains Tax Changes: What's New?

The federal government has raised the capital gains inclusion rate, increasing the amount of profit from certain property sales that is subject to taxation.

Key Details:

1. Increased Inclusion Rate:

- The inclusion rate has risen from 50% to 66%, meaning more of your profit from the sale of investment properties will now be taxed.
- For example, if you earn \$100,000 in profit from selling a rental property, \$66,000 (instead of \$50,000) will now be added to your taxable income.

2. Threshold for Individuals:

- This new rate only applies to individuals earning more than \$250,000 annually in capital gains.

3. Exemptions for Primary Residences:

- The Principal Residence Exemption remains intact. If you sell the home where you live, you will not pay any capital gains tax.

Who Is Affected by This Change?

1. Real Estate Investors and Landlords:

- If you own multiple properties, selling them will now be less profitable due to the increased taxable portion of your gains.
- This is expected to discourage speculative real estate investment, which drives up housing prices.

2. Corporations and Trusts:

- The increased inclusion rate applies to all capital gains earned by these entities, impacting large-scale property owners and developers.

3. Homeowners Selling Primary Residences:

- If you're only selling your main home, these changes do not affect you.

Housing Incentives: What's Being Offered?

To balance the tax changes, the government has introduced several measures aimed at making housing more affordable and increasing supply.

1. GST Rebate on Rental Housing Construction

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.

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edmonton@urospot.com
14263 - 23 Avenue, Edmonton, AB

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14127 23rd Avenue NW, Unit 200, Edmonton

hearingcaredoctors.ca

The federal government has removed the 5% Goods and Services Tax (GST) on new rental housing construction, effective September 2023.

How This Helps:

- Reduces construction costs for developers.
- Encourages the building of purpose-built rental housing, such as apartment buildings, student housing, and senior residences.
- Applies to projects that begin construction after September 14, 2023.

Impact:

In provinces like Alberta, this could lead to a significant increase in rental housing supply, especially in cities like Edmonton and Calgary, where population growth is putting pressure on the rental market.

2. New Rules for Short-Term Rentals (Airbnb and Vrbo)

To encourage more long-term rentals, the government has implemented stricter rules for short-term rental properties.

What's Changing:

- Property owners in areas with short-term rental restrictions can no longer claim tax deductions on rental expenses for these properties.

How This Helps:

- Discourages converting properties into short-term rentals, freeing up homes for long-term renters.
- Aims to ease housing shortages in high-demand areas like Banff, Canmore, and urban centers across the country.

3. First-Time Homebuyer Incentives

While not a direct part of the tax reforms, the federal government continues to support first-time homebuyers through programs such as:

- First-Time Home Buyers' Tax Credit: Provides up to \$1,500 in tax relief.
- Home Buyers' Plan (HBP): Allows you to withdraw up to \$35,000 from your RRSP to buy your first home without immediate taxation.

Why These Changes Are Happening

Canada is facing a severe housing shortage, with high demand and limited supply driving prices up. These tax changes and incentives aim to:

- Discourage speculative investment in real estate, which inflates home prices.
- Increase rental housing supply by lowering construction costs.
- Support first-time homebuyers with targeted financial programs.

What This Means for Albertans

For Investors and Landlords:

The higher capital gains tax will make selling investment properties less profitable. At the same time, incentives like the GST rebate could make developing rental housing in Alberta's growing cities more appealing.

For Developers:

The removal of GST on new rental construction offers significant savings, particularly in fast-growing areas like Edmonton and Calgary. This could lead to more housing projects being initiated.

For Renters:

The combination of new rental housing incentives and short-term rental restrictions may lead to increased availability of long-term rentals, easing competition for housing.

For First-Time Buyers:

While the changes primarily target investors, first-time buyers will continue to benefit from existing federal programs designed to make homeownership more affordable.



Final Thoughts

These changes reflect the government's efforts to make housing more accessible for Canadians while addressing the affordability crisis. By discouraging speculative investment and promoting rental housing development, these measures aim to create a more stable and equitable real estate market.

Whether you're an investor, homeowner, or renter, understanding these changes is crucial to navigating Canada's evolving real estate landscape.

Everyone's personal investment portfolio is very different. Consulting with a real estate agent or tax professional can help you make informed decisions tailored to your situation. For seniors without an estate plan it's time to consult with you family and professionals on the most strategic ways to transition your real estate assets.

Sprouts Program Thrives at Southwest Edmonton Farmers' Market



*Karin Shott
Sprouts Coordinator*

The Southwest Edmonton Farmers' Market (SWEFM), is pleased to announce that the much loved 'Sprouts Program' is continuing for the 2025 season! (May 14 – October 8, 2025).

This is a free children's nutrition program for children ages 4-12 that 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.

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.

To help sponsor this program, please contact the Sprouts Coordinator at swefm.sprouts@gmail.com



Sprouts tote bag and token

Support your community!

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

Burns and Scalds



albertahealthservices.ca

Emergency Medical Services (EMS) 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, etc.), or making contact with electrical outlets. Incidents such as these can be avoided by taking preventative measures

Degrees of burn

- 1°: Affects 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 from 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 pulled downward by a child causing hot drinks or food to spill onto them;
- 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;
- Try to keep children away from areas where appliances are in use (kettles, irons, hot stoves, etc.).

Riverbend Branch Future Plans



EPL is working closely with the City of Edmonton to design a new and more spacious Riverbend Branch at the Bryan Anderson Athletic Grounds Park near the Terwillegar Community Recreation Centre and the Leger Transit Centre.



Riverbend Branch Schematic Designs

It will be a medium-sized branch twice the size of the current location. With the space between 15,000 sq. ft. and 18,000 sq. ft., it will feature:

- A larger program room
- A makerspace with the latest equipment
- A children's play space
- Enclosed spaces for quiet study
- Collaboration spaces for group work
- Plentiful soft seating for reading or visiting
- Collections to engage readers, listeners and viewers of all ages
- Lots of natural light
- Ample parking

The new Riverbend Branch will be located near the Lillian Osborne School, Archbishop Joseph MacNeil Catholic School, Mother Margaret Mary Catholic High School.



The new Riverbend Branch is not currently funded for construction.

Big Fun, No Price Tag: Free Activities For Families In Edmonton



At the Edmonton Public Library, we are passionate about providing our community with access to entertaining, educational, and free activities. We know that raising a family can be expensive, with estimates suggesting that it costs around \$300,000 to raise a child from birth to the age of 17! That's why we want to help you save some money and make the most of your family time.



Here are some awesome free activities to enjoy in Edmonton:

- Art Gallery of Alberta: Kids can visit for free anytime, and adults can enjoy free admission on the last Thursday of the month (4 p.m. – 7 p.m.) Or, show your EPL card for a discounted rate!
- Edmonton Opera: Youth under 18 can enjoy free performances during the 2024-25 season.

- Take a Kid to the Course: Get your kids active with a free round of golf for youth under 16, accompanied by an adult.

More Indoor and Outdoor Fun

Looking for more ideas? Try:

- UofA Observatory: Explore the stars and universe with a free visit
- Overture Tour: Go backstage at the Winspear Centre and learn about symphonies.
- Cineplex Community Day: Enjoy free movies and discounted concessions on Saturday, Sept. 14.

And Don't Forget About the Library! EPL offers a wide range of free activities and events for families including:

- Free tours and public art galleries
- Concerts and film showings
- Cooking classes and more!

Come Visit Us!

So, why not come explore all the great things you can do in Edmonton?

If you don't already have an EPL card, sign up today and start exploring all the amazing free activities and resources that we have to offer. A membership is free, easy, and a great way to make the most of your family time!

EPS Online Crime Reporting: What You Need to Know



*Michael Elliott
Staff Sergeant, Southwest Division
Edmonton Police Service*

No one enjoys coming home to discover someone damaged your vehicle, stole your property, or broke into your garage. These events can be traumatic and impactful on you both emotionally and physically. Questions arise to how I should report this incident to the police? There are several avenues one can take to report a crime. If it is emergency, where life, safety, or property is in immediate danger or there is a crime in progress, please call 911. If it is a non-emergency the number is 780 423 4567 or #377 from an Edmonton mobile number. However, did you know you have another option? EPS has an online reporting system.

The online reporting allows you to submit reports for certain crime types that meet specific criteria. Online Reporting is available if:

- it is not an emergency.
 - the incident occurred within the Edmonton City Limits.
 - you have a valid email address.
 - you are reporting on behalf of yourself or as an authorized representative of a business.
 - this is not a motor vehicle collision.
 - there are no known suspects.
 - there is no evidence that requires an officer to come to the scene.
- Officers can be contacted using the Online Reporting Help Line (780-391-6001) to discuss any possible evidence to determine if an incident can be reported online. Please note that this number is only available from 8 a.m. to 4 p.m. on non-stat-holiday weekdays.
- the theft or loss does not involve a firearm, licence plate, vehicle, passport, visa immigration document, citizen card, government issued funds, prescription drugs or drug prescriptions.
 - the theft did not occur in an underground parkade/garage.

To report an online crime, please go to <https://www.edmontonpolice.ca/ContactEPS/OnlinePropertyCrime>

The site will provide you options on how to report:

- A Break and Enter (detached garage, shed, fenced compound)
Example: Detached garage door kicked in and tools, bikes, etc. may have been stolen.



- Damage to your property. Example: Rock thrown through a house window, smashed exterior light on house
- Damage to your vehicle. Example: Your tires are slashed, or someone keyed the exterior of your vehicle.
- Lost property: Example: Leaving personal items in a restaurant; lost wallet or purse.
- Theft from Vehicle under \$5000. Example: Stereo, auto accessories, vehicle parts stolen from a vehicle.
- Theft under \$5000. Example: Bike stolen out of your yard; cell phone stolen from a locker

February Snow



*Garth Paul Ukrainetz
Poet of the Blackmud Creek*

February snow can't miss your falling
Always sure to drift my way
Cling to pant legs, holding tightly
Begging me to come and play

Slide upon a long toboggan
Skate across a pond of ice
Downhill ski on powdered mountain
Friendly little snowball fight

February snow I know you're lonely
This time of year I feel it too
Maybe we should get together
Wintertime is over soon

Glide along the trails cross country
Snowshoe thru the meadows white
Snowmen build in brightest sunshine
Angels make on moonlit night



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Community League Membership Benefits

Acclaimed! Heating, Cooling, and Furnace Cleaning (Recommended Contractor)

Acclaimed! offers community league members a 10% discount on furnace and duct cleaning services (with the exception of the \$19.95 Material and Waste Handling Fee, which is not discounted). Must mention discount at time of booking and CL membership card must be shown to the technician at the time of the cleaning.



Yardly - SAVE 10% on Snow Removal & Lawn Mowing



Enjoy the best-looking yard on the block, by only lifting a finger. Yardly offers easy and reliable yard care services through their website. Members SAVE 10% on snow removal and lawn care services by using promo code EFCL on the Yardly website.



Arum Lily Flower Shop

Show your community league membership card to receive 10% discount from in-store fresh flower purchases. Does not apply to other promotions or deals.

Cloverdale Paint

Show your Community League membership card, mention Edmonton Federation of Community Leagues (code 057EFCL) and receive wholesale pricing at any Cloverdale Paint location. Find your closest Cloverdale Paint store.



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.

Urban Poling



Receive up to a 35% discount when you purchase urban poles through our annual membership supplies order.

Urban poles can be rented from the EFCL office starting at \$30 per pair plus a damage deposit. For more information on rentals, visit the League Walking page.

The University of Alberta's Academic Ancillary Services, Learning Services supports Edmonton community leagues. We are offering community league members discounts, check online or email more information!



Free Skating at Any Outdoor Community League Rink

Find the closest outdoor community league rink to you by clicking Find a Facility/League, go to Facility Amenities and select Rink. You can view a map or list of all outdoor league skating rinks in Edmonton! Skate tags are available when you purchase your membership

Software application training at the Technology Training Centre
training@ualberta.ca

Poster and Banner printing at Campus Design and Print Solutions
print@ualberta.ca

U of A clothing, and branded promotions from the U of A Bookstore
special.orders@ualberta.ca

Orbis Sports offers Community League Discount

Orbis Sports has a number of offers available. Click, book or call for more information. Promo code: EFCL18



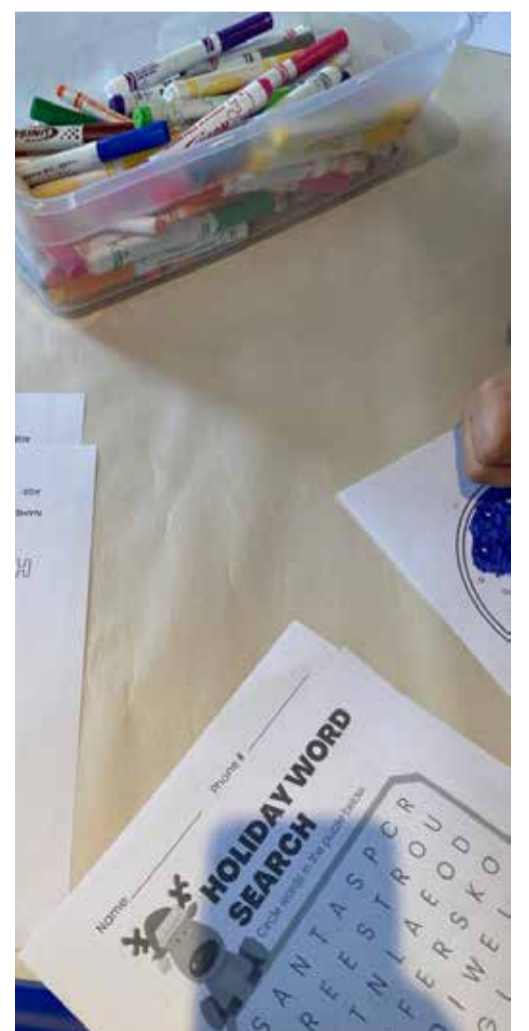
House of Wheels

House of Wheels is Alberta's largest indoor skatepark for scootering, skateboarding, BMXing, etc. They are dedicated to ensuring anyone can find and enjoy the world of action sports in a fun and supervised indoor site. Perfect for our city's long, cold winters. Located on 88th street, just off the Whitemud.

Show your Community League membership card for a 10% discount on pass prices. Check houseofwheels.ca or Facebook.com/houseofwheelsab



Holiday Spectacular



City Council Designates Three Buildings As Historic Resource In Edmonton


www.edmonton.ca

Many of Edmonton's homes, parks, buildings and infrastructure played an important role in the history and development of the city. In an effort to continue to honour the significance of these landmarks, three more buildings have been added to the City's list of historical resources:

South Side Market

This 100+ year-old institution in Old Strathcona has served as a farmers' market, offices and now restaurants, and is now designated a Municipal Historic Resource.

The South Side Market, built in 1923 at 83 Avenue and 104 Street, is a fine example of Edwardian-influenced architecture and is associated with John Martland, who served as Edmonton's City Architect from 1919 to 1944. Martland also designed other city buildings including major additions to the original Royal Alexandra Hospital, the Victoria Golf Course clubhouse, the No. 2 Firehall and the original Blatchford Hangar.



"Generations of Edmontonians know this building from its time as a health clinic to its days as the home of Packrat Louie restaurant," said Principal Heritage Planner David Johnston. "It has been repurposed many times since it was first built and it's wonderful to know that this Old Strathcona gem will be protected into the future."

The South Side Market has been municipally owned since its construction in 1923 and has received heritage designation in conjunction with its sale to the current restaurant operators. No rehabilitation funds are being provided as part of the designation but the building does qualify for future maintenance grants. The building has retained the majority of its material and contributes to the architectural theme and feeling of the surrounding Old Strathcona Provincial Historic Area.

McClory/Brennan Residences

Two special Glenora neighbourhood homes have also been designated as Municipal Historic Resources.

The McClory Residence

Built in 1927 for John Albert McClory and his wife Isabel, the McClory Residence was designed by noted local architects MacDonald and Magoon, who also designed the Salvation Army Citadel, the Armstrong Block and the Metals Limited Building.

The home's Georgian Revival style of architecture became one of the most prominent residential forms in the early twentieth century. The Georgian style featured boxy form, a symmetrical façade with balanced windows and prominent pedimented open entryway with a central front door.



The Brennan Residence

The Brennan Residence was constructed in 1921 and purchased by James Edmond Brennan, then a clerk at Devereaux Hardware, and his wife Ina. The couple lived in the home for 64 years. The house is one of the few homes in Glenora which faces Stony Plain Road.



The residence is an early and modest example of the Arts and Crafts style of architecture that became popular in the 1910s and 1920s. The home features this style through its brick and shingle exterior, front-gabled front projection and single and double assembly multi-light windows, which permit light to flood the interior.

"The McClory and Brennan residences are excellent examples of different types of architecture favoured around the early years of the 20th Century," said Johnston. "Both homes were well loved and cared for by their owners and fit perfectly into the garden suburb idea that was the vision for Glenora. The City's heritage team thanks the owners of both residences for taking the steps to preserve these homes for future generations of Edmontonians."

The owners of the McClory and Brennan residences are eligible to receive \$100,000 each from the City's Heritage Resources Reserve fund to match the amount they will spend to renovate and refurbish the homes.

While continuing to work on heritage designations, the City's heritage planning team is working on a new city-wide heritage initiative called the Heritage Places Strategy. The strategy, which will replace the existing Historic Resource Management Plan, will reflect a wider lens of Edmonton's history and address important issues like climate adaptation and how best to preserve heritage in a densifying city.

These buildings are the 188th, 189th and 190th properties to be designated as Municipal Historic Resources in Edmonton since 1985.

TRAC Update



Karin Shott
Office Administrator

Community Ski Night

TRAC is pleased to report that we had our annual Community Ski Night at Snow Valley on Saturday, February 8th, from 6-9 pm. There were a limited number of tickets available, and participants will be able to enjoy the evening at a great price point which included the lift ticket, rental and an introductory lesson (if needed) for skiing or snowboarding.

Save the \$5 Admin.Fee

Purchase your community league membership via the TRAC Community Office which is located inside the Booster Juice Recreation Centre in Terwillegar (Terwillegar Rec 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. 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. Not sure if your membership is current? Email the TRAC Office at yegtrac@gmail.com to check if it's still valid. All community league memberships expire August 31st.

Save the Date

The 20th annual TRAC Community Run/Walk is planned for Sunday, May 25th. Stay tuned for more information.

Fire Station Tours



edmonton.ca

Edmonton Fire Rescue Services (EFRS) hosts open houses and tours at many fire stations throughout the year.

Each year, Edmontonians can meet firefighters and fire prevention officers in their community, check out the fire trucks and learn important fire safety information during Fire Station Open Houses and tours.

Fire station tours occur throughout the year providing an opportunity to connect with citizens and educate them about fire safety concerns, services and equipment.

Small groups and families of up to 7 people can visit a station at any of the times below for a tour, and no formal booking is required. Groups of 8 or more will require a formal booking using the Application Form.

https://www.edmonton.ca/programs_services/fire_rescue/fire-station-tour-application-form

Children ages 3 and under are not permitted for group tours due to possible safety concerns in the event of an emergency call.

Tours are held Monday to Friday during the following time slots:

- 10-11:30am
- 1:30-3:30pm
- 7-8:30pm



Station tours typically take between 30-45 minutes.

Note: Fire stations are in service and may be called to an emergency during your tour. If a tour is cancelled because the station must respond to an emergency, your tour will be rescheduled.

Ride Along Bookings

Edmonton Fire Rescue Services proudly offers ride along experiences to adults who are interested in a career in firefighting. This is a free opportunity for civilians to spend a shift observing and interacting with our professional firefighters. By filling out this application, you will be applying to spend the day with one of our crews. Please see the screening question to find out if a ride along is right for you. Must be at least 18 years of age. If you submit your application, you will be contacted by email.

Request A Ride Along

https://www.edmonton.ca/programs_services/fire_rescue/ride-alongs-request-form

Terwillegar Classifieds



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!



Board Contacts

President:
 president@terwillegar.org

Vice-President:
 vicepresident@terwillegar.org

Treasurer:
 treasurer@terwillegar.org

Secretary:
 secretary@terwillegar.org

Community Advocate:
 advocate@terwillegar.org

Membership Director:
 memberships@terwillegar.org

Programs Director:
 programs@terwillegar.org

Communications Director:
 communications@terwillegar.org

Fundraising Director:
 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	P	I	2	T	Y		3	A	4	B	A	5	T	T	6	O	I	7	R
	O		I			8	P		L				I		N			A	
9	S	U	B	S	I	D	E					10	B	R	E	A	K		
	T		I		C				A				E		R			E	
11	P	R	A	W	N				12	C	A	R	R	O	T				
	O				I				H						U			13	I
14	N	O	15	T	I	C	E			16	P	17	A	R	S	O	N		
	E		A						18	P		U							N
		19	S	K	E	20	T	C	H			21	F	O	22	L	I	O	
23	G		E		O							A		E					C
24	A	D	O	R	N				25	B	R	I	G	A	D	E			
	R		U		N							I		T		R			N
26	B	Y	T	H	E	W	A	Y				27	K	N	O	T			



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Jagare Ridge



Patricia Heights



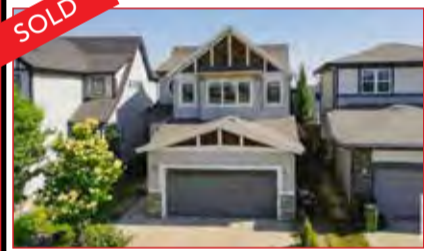
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Keswick



Ramsay Heights



Secord



Westbrook Estates



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\$10,998,000

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Brander Gardens



Brander Gardens



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Ravine in Windermere \$2,498,000

Estate on 1.247 acres. 4265 sqft + 2011sqft finished basement. 4 bed, 5 bath. Must See!!
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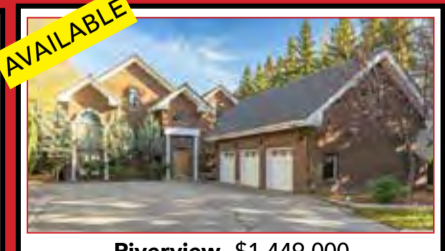
The Churchill Exchange \$474,800

New York Style Loft. 1,147sqft. 1 bed, 1 bath. Chique downtown living! Must See.
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