

# Terwillegar COMMUNITY LEAGUE Tribune

🌐 [terwillegarcommunityleague](http://terwillegarcommunityleague.org)

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Deadline For Next Issue: Oct. 31, 2025

Delivery: Week Of Nov. 17, 2025

Issue 107

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

September 2025

## Terwillegar Community League Update

Terwillegar

Terwillegar Community League

As we reflect on the incredible Canada Day event at the Terwillegar Community League, we are filled with immense gratitude and pride. The success of this event is a testament to the dedication, hard work, and enthusiasm of each and every one of you.

To our vendors, your participation brought a vibrant and diverse array of products and services that truly enriched the experience for all attendees. Your commitment to quality and customer service did not go unnoticed, and we are deeply appreciative of your contributions.

To our volunteers, your tireless efforts behind the scenes ensured that everything ran smoothly. Managing activities and assisting guests, your willingness to give your time and energy is what made this event possible. Your spirit of community and teamwork is truly inspiring.

To our public attendees and community members, your presence and participation brought life and joy to our celebration. Your enthusiasm and support are what make our community events so special. Seeing families, friends, and neighbors come together to celebrate Canada Day is a reminder of the strong bonds that unite us.

Together, we created a memorable celebration that brought joy and unity to our community. It is through your support that we can continue to host such wonderful events and foster a sense of

## 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.



Terwillegar Community Church  
Saturday, Sept 27, 10am-1pm  
[www.terwillegar.org](http://www.terwillegar.org)

belonging among our members.

Thank you once again for your incredible contributions and making more unforgettable memories together.

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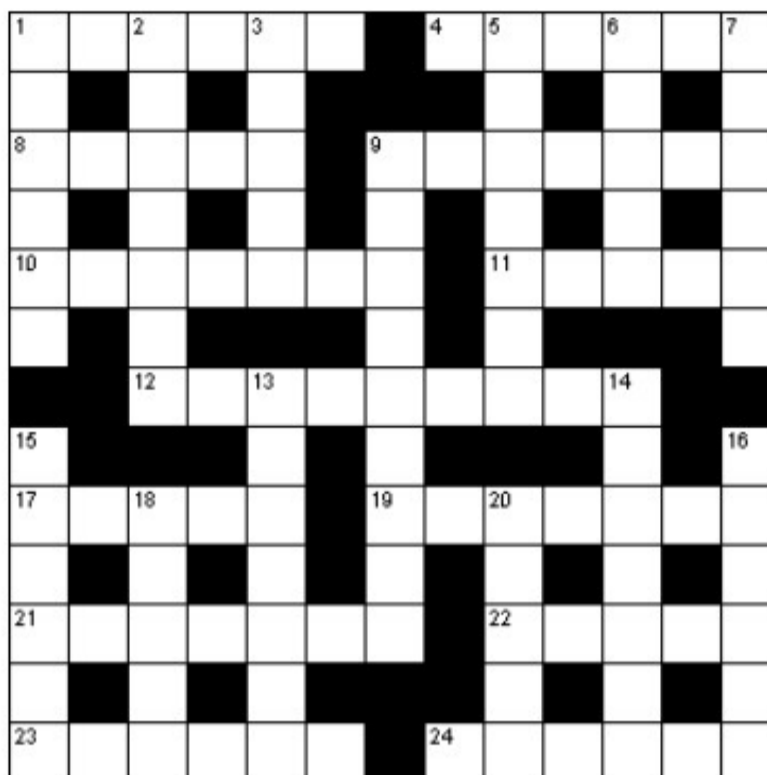
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**Across**

- 1 Coarse printed cotton cloth (6)
- 4 Nervous, tense (2,4)
- 8 Tedium (5)
- 9 Stop for a time (7)
- 10 Capable of being dissolved (7)
- 11 Come in (5)
- 12 Country of Central America (9)
- 17 More mature (5)
- 19 Conflagration (7)
- 21 Advantage (7)
- 22 First appearance (5)
- 23 At a leisurely pace (6)
- 24 Vanquished (6)

**Down**

- 1 Mark made by folding (6)
- 2 Wool fat (7)
- 3 Ascend (5)
- 5 Savings (4,3)
- 6 Resided (5)
- 7 Bear, tolerate (6)
- 9 Chewing gum flavour (9)
- 13 Cautious (7)
- 14 Circus performer (7)
- 15 Back-handers (6)
- 16 Putrid (6)
- 18 Traditional seasonal entertainment
- 20 Very sweet confection (5)

## What's Next

**Next Submission Deadline:**

Fri. Oct.31st

**Next Issue: Delivery**  
Week of Nov.17th

## Free Access!

With a Terwillegar Community League membership, you get access to the Booster Juice Recreation Center in Terwillegar every Saturday, from 5-7 PM

- Fitness Area
- Aquatic Center (closed for maintenance Aug.25-Nov.14)
- Open Gymnasium
- Indoor Children's Playground (12 and under)



**Memberships are available online**  
[www.terwillegar.org](http://www.terwillegar.org)

# Member of Parliament Update



*Matt Jeneroux  
MP Edmonton - Riverbend*

Dear Residents of Edmonton Riverbend,

My recent community survey asked you what issues you believe Parliament should prioritize.

60% of respondents identified inflation and the cost of living as the top concern of our community.

*We must create conditions that support youth employment, provide opportunities for skill-building, and ensure access to affordable education*

As we enter the back-to-school season, Canadian families are feeling the financial strain more than ever. Rising costs for education, school supplies, and even school lunches are making it increasingly difficult for parents to make ends meet.

The situation is especially dire for young Canadians. In July alone, 34,000 youth aged 15 to 24 lost their jobs, pushing the youth

unemployment rate to 14.6%. For students returning to school, the rate is even higher at 17.5%. Most job losses occurred in the private sector, disproportionately affecting young workers.

These numbers represent the lowest youth employment rate in over 25 years, creating a ripple effect that impacts students' ability to save for education and gain valuable work experience. When students earn less, they often rely on their parents to bridge the gap—but parents are also struggling as prices continue to rise faster than their wages.

According to Sun Youth, the cost of school supplies has increased by 17% since last year—on top of soaring grocery bills, rent, and other essentials. If we want our youth to succeed, we must create conditions that support youth employment, provide opportunities for skill-building, and ensure access to affordable education.

The federal government has several services and benefits for youth listed at [www.canada.ca/en/services/youth.html](http://www.canada.ca/en/services/youth.html). On this website, you can find out more about employment, training, exchange programs, volunteering, youth health issues, student aid and education planning.

Canadians deserve a real plan—one that unleashes our economic potential, restores affordability, creates jobs, and secures a better future for the next generation. This fall, Parliament must make this its top priority.

I welcome your feedback as we continue working toward real solutions.

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Locals near Thibault Way have been enjoying the visiting pelicans seen here in a storm water pond  
Photos courtesy of Steve Simala Grant



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We offer full service for your interior and exterior house painting needs. Photos below show before and after examples of the company owners' kitchen in South Terwillegar. A simple change in colour transforms the area giving it a brighter, more spacious appearance.

As members of this incredible neighbourhood, our priority is to offer colour enhancement that meets the style and dreams of your family.

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# Oak Hills Community Hub




## A GRAND GRAND OPENING! OHCL COMMUNICATIONS

On June 7, 2025, over 250 people came out to the Grand Opening and Block Party of the **Oak Hills Community Hub**. It's the first time in Edmonton Federation of Community Leagues (EFCL) history that the Oak Hills Community League (OHCL) has collaborated with the Terwillegar Riverbend Soccer Association (TRSA) to plan and build Phase 1 of this community building. It's a place where people can assemble and engage, a place to foster neighbourhood connections through recreation and sport, social events, common interest groups and advocacy.



The day began with a great musical production from the **Lillian Osborne Drum Line and Pep Band**.



The days program was emceed by **Rob Agostinis** and included the speeches by: President - Oak Hills Community League - **Brian Boswell**, President - Terwillegar Riverbend Soccer Association - **Greg Loveday**, Deputy Minister of Arts, Culture and Status of Women - **Kim Capstick**, on behalf of Minister Tanya Fir, representing the City of Edmonton, Councillor, Ward Pihesiwin - **Tim Cartmell**, EFCL Executive Director - **Laura Cunningham-Shepley** and MLA Edmonton Whitemud - **Rakhi Pancholi**.



After the speeches was the Cutting of the Ribbon and Kicking of Soccer Balls by the dignitaries into the hands of young kids lined up at the front.



We then had the cutting of the most spectacular cake (A replica of our Community Hub) and serving of cupcakes.

The final part of the program was the amazing Melisizwe Brothers, who played several songs. Check them online.

There were tours of the new building, lots of food and beverages, bouncing in an adult friendly bouncy castle and lots of community engagement.

A great big thank you to **Rob Agostinis, Archana Chaudhary, the OHCL Board, the TRSA Board, volunteers, videographer, photographer, stakeholders (above)** and our **amazing sponsors (below)**, for planning and hosting an outstanding grand event. More of the event; the names, the photos, the videos are online at [www.oakhillsonline.ca](http://www.oakhillsonline.ca)




A GREAT BIG THANK YOU TO OUR VENDORS, SPONSORS, FRIENDS, SUPPORTERS, VOLUNTEERS AND BOARD MEMBERS IN MAKING THIS **EVENT AND COMMUNITY HUB HAPPEN!**



<https://www.oakhillsonline.ca/community-hub>

### RENTALS

For more rental information, documents, rental FAQs, pricing scan this QR code.



# Doing Our Part



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

Lately I've been thinking about and have experienced the truth of the comment, "Our community advances when we all do our part."

I just got home from setting up for a concert that we are having to support a trip to El Salvador. In November, I will be taking a team to a small hamlet in one of the least populated areas in the region. It is often overlooked when it comes to much needed infrastructure repairs and so we will be involved in repairing approximately 300 feet of deteriorated road which supplies the only access into the hamlet.

When we arrive, we will join the residents and work with them. They have done much to identify the need, activate the community, and contribute to resourcing the project and I know it will be a time of hard work, but also of encouraging one another and doing our part to get the job done.

The idea for a concert was offered by a musician who is not going to El Salvador but was willing to sacrifice his time and use his talent to support the trip. To organize and run any event, a team is always required to complete the many tasks that need to be accomplished before, during and after it's over, and I am so thankful for the folks who join me in doing their part to get the job done.

Both building a road and having a concert require a lot of different tasks and talents whether it's strength to lift heavy bags of cement, endurance to pick and place rocks, ability to play the violin or piano, a voice to sing, hands to set up tables and chairs, and the list goes on and on. No one can do all the things required, but everyone can do something.

Similarly, when it comes to advancing or strengthening our community, or your block or your relationship with the neighbour next door, we all have a part. Sometimes it's easy to think that there's nothing we can do or what we have to offer is insignificant, but it never is, it always matters.

I'm reminded of what it says in 1 Peter 4:10, "Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms." This is a message to followers of Jesus reminding us that our diverse gifts are meant to be used in a variety of ways to serve others. I think it's a good message to everyone, everywhere at all times. When we use our time, talents, and abilities to serve others; when we do our part, our communities and our world become a better and stronger place. Maybe it's helping a neighbour build a fence, or volunteering for a community carnival, or offering a smile to someone walking by. There is always something we can contribute to strengthen our community.



Invites you to

## "Friday at the Park"



Come and enjoy some food and fun  
with family and friends on

**Friday, September 5**

**Tomlinson Common Park**

**5:30-7:30 p.m.**



Free BBQ

Jumpy Castle

Glitter Tattoos



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The heart of Terwillegar Community Church is to do just that; to use what we have been given to serve our community and make it a better place. We want TCC to be an invitational place where people find friendship and belonging and a safe space to ask questions and find answers about God and having a relationship with Him. And on September 5, we will be at Tomlinson Common Park for our annual 'Friday at the Park' event. Come on out and enjoy a hotdog and some fun.

So how about you? What is it you can do to make our neighbourhood a better place? Is there someone on your street you could help? Or someone you could invite over for a visit? Or someone to encourage? What is your part in advancing our community?

### DID YOU KNOW?

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Wednesdays: 3:30 - 7:30 pm Parking Lot E  
Booster Juice Rec Centre in Terwillegar  
3:30 - 7:00 pm October 1 & 8, 2025



# Report From The Legislature



*Rakhi Pancholi*  
MLA Edmonton - Whitemud

Another beautiful Edmonton summer is drawing to a close! I hope you've had the chance to enjoy our gorgeous river valley and our great festivals, explore our province, or simply take time with friends or family to relax and recharge

This summer, I had important and insightful conversations with many of you when I knocked on your doors or saw you at the Farmer's Market or community events. I also travelled to other parts of our province to talk to other Albertans in their communities about their priorities and aspirations for our province.

Here's what I saw and heard.

Families are feeling the squeeze of rising costs, and our economy is facing real uncertainty because of massive instability in our trading and economic relationship with the US. That uncertainty has increased significantly because of Danielle Smith's separatist agenda. Whether it's threatening to pull out of the CPP, replace the RCMP, or lower the bar for a referendum on separation, the UCP's reckless choices endanger jobs, investment, and the public services Albertans rely on every day.

But I also saw a lot of Canadian flags and pride in our province and country. Alberta's New Democrats believe that unity, not division, is the path forward to a stronger, more stable future. That's why we launched our Better Together campaign this summer. We are hosting town halls across the province and hearing directly from Albertans about what a strong future for Canada looks like. Because we believe we're better when we work together.

You can find out more at [BetterTogetherSummer.ca](http://BetterTogetherSummer.ca).

One of the reasons that this Better Together campaign is so important to me is that it encourages Albertans to talk to each other face-to-face and see the common values that we share.

Perhaps one of the most significant challenges facing democratic nations right now is that people are not operating from the same set of understood facts. The erosion of strong, independent journalism and the proliferation of social media and alternative media sources – along with the siloing and echo chamber effect they create – mean that we no longer seem to have shared understandings of key facts and events. Misinformation and disinformation spreads quickly. It also means we are mistrustful of and disconnected from those who aren't in our same circle of information.

This is a profound challenge that we are all struggling to manage. I don't have all the answers, but what seems like the most fundamental response is that we need to talk to our neighbours, friends, colleagues, family and those who may seem different than us more. Face to face. We are not as different as politics and social media would have us believe.

We all want safety, security, prosperity and fairness for ourselves, our families and our neighbours. Let's get back to talking to each other about that. Let's find solutions to our problems, not scapegoats. We truly are better together.

As always, please reach out to me anytime at [edmonton.whitemud@assembly.ab.ca](mailto:edmonton.whitemud@assembly.ab.ca) or (780) 413-5970.

## Our Community, Your Voice



# Rakhi Pancholi

MLA, EDMONTON-WHITEMUD



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# Finding Balance With Social Media & News



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Social media and news can help you stay connected. But all that information can also be overwhelming. It can disrupt your day. And it's easy to form habits you didn't mean to.

Be sure to stay safe while using social media. Be careful with the information you share and who you share it with when you're online. If someone is harassing or threatening you, unfriend or remove them from your friends list, block them, and report them to the site administrator. Learn about how to use the privacy settings on social media and keep your security software up to date.

### Tips to consume social media and news in a healthy way

- Know your goal. If you want to use social media to stay up-to-date on community events, log off after you have the info you need. If you're trying to stay caught up on the day's events, do you need to keep an eye on the headlines all day? Maybe a check-in once a day is enough.
- Notice how it makes you feel. Does seeing what friends are sharing make you happy? Or does it make you feel down? Does the daily news stress you out? When you know how news and social media affect you, you can decide if you need to make some changes to how you use them.
- Don't compare your everyday life to someone else's online life. People usually post about the shiny parts of their lives instead of daily struggles or disappointments. So even if what you're seeing is a true story, remember that it won't be the whole story. Add to your life and learning with real-world experience.
- Change notification settings. That way you can find information you want when you're ready for it, instead of letting it find you.
- Unfollow and hide feeds as needed. If accounts you follow or friends you have post things that stress you out, get rid of them. If you don't want to "unfriend" someone, just change your settings so that you don't see what they post anymore. They'll never know.
- Follow the feel-good stuff. The news can be heavy. Try to find balance by focusing on things that make you feel happy. Try following social media accounts that are focused on your interests or on things that make you laugh. And sign up for "good news" mailers. Most major news outlets offer them, or something like it.

To help you find balance try tracking how much time you spend on social media or reading news.

- Set a time to step away. Make time to disconnect from news and social media. Close your apps and turn off the TV. Read a book, get outside, work on a puzzle, or call a friend. It doesn't matter what you choose to do. Just make sure it's something that feels supportive and worth your time.

## Senior Matinee Hour

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- ID may be required

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# 10 Fall Gardening Tasks To Make Your Garden Sing Next Spring



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It's not time to hang up your rake until the last gardening tasks of the season are complete. Here are ten essential fall tasks to finish before the snow flies to ensure your garden will shine next spring.



1. Do an honest evaluation of your garden. What worked this year? What wouldn't you repeat next year? Do yourself a favor and start a list now that you can use when you shop next spring. Fall is also a good time of year to evaluate:

- Which plants should be moved to a better spot in the garden
- Where you need more privacy or screening
- Where you could use more plants with fall color/interest

2. Remove annuals from containers and landscapes. It was a great run, but by the time fall rolls around, it's time for the annuals to go and store your pots away for winter. It can be tough to do since long bloomers like Supertunia Vista® Bubblegum® and Salvia Rockin'® Playin' the Blues® can still look great in the fall, but once frost hits you'll wish you had pulled them sooner. Healthy annuals can be composted; any diseased plants should be disposed of.

3. Fall is for planting! Still-warm soil and relatively cool air temperatures promote healthy root growth in plants that return each year. Take advantage of end of season sales on trees and shrubs at local nurseries, and divide or move perennials around the garden in fall. Ideally, give the roots at least six weeks to settle into their new home before the ground freezes. Read more about fall planting in this article.



4. Plant spring blooming bulbs. Fall is the best time to plant spring flowering bulbs like tulips, daffodils, crocuses, and a wide variety of others you'll find at your local garden center this time of year. Pair them with perennials like Shadowland® hostas and 'Cat's Meow' catmint so the bulbs' foliage will be hidden by the time it goes dormant.

If squirrels, voles or chipmunks are a problem in your garden, spray the bulbs with an animal repellent before you plant them or cover them with a layer of chicken wire to prevent animals from digging them back up.

5. Cut select perennials back. Once your perennials have gone dormant, it's a good idea to clean at least some of their foliage out of garden beds. We typically cut them right down to the ground. This is especially important around plants like hostas that have received slug damage during the growing season. Slugs lay their eggs in the dormant foliage, and removing it in fall will cut down on slug issues the following year. Fall is not the best time to prune shrubs. You'll find more information about that topic here.

DO NOT cut these perennials back in fall:

- Evergreen or semi-evergreen perennials like pinks (Dianthus), coral bells (Heuchera), foamy bells (Heucherella), foamflower (Tiarella), creeping phlox (Phlox subulata), bugleweed (Ajuga) and red hot poker (Kniphofia)
- Perennials with woody stems like rose mallow (Hibiscus), Russian sage (Perovskia), lavender (Lavandula), butterfly bush (Buddleia)
- Perennials with winter interest like False Indigo (Baptisia), coneflowers (Echinacea), Prairie Winds® ornamental grasses, Rock 'n Grow autumn stonecrop (Sedum), ornamental onion (Allium), Lenten roses (Helleborus)

6. Dispose of diseased foliage. While most of the plants you cut back in fall can go in your compost pile, you'll want to avoid putting any plants with diseased foliage there. That's because most compost piles don't heat up enough to kill diseases, and you don't want to risk spreading them back into your garden next year. Gather as much of the diseased foliage as you can, bag and seal it, then dispose of it in the trash.

7. Bring the outdoors in. Fall is the perfect time to gather cut branches and dried flowers from the garden to use in your indoor decorating projects. Hydrangea flowers, berried branches, ornamental grass plumes, and plants with seed pods can all be brought indoors this time of year. Find all kinds of how-to projects for every season here.



8. Continue to water the garden. While it might look like your plants are going to sleep, their roots are still actively growing in fall. Evergreen perennials, shrubs and trees, as well as anything you've recently planted, will need to be watered until the ground starts to freeze. If you live in an area that receives abundant rain in fall, you might not need to provide much supplemental water. But if rainfall is less reliable, water deeply at least once per week. Learn more about fall watering in this article.

9. Rake, shred, and mulch with leaves. Nature delivers natural mulch at our feet every fall when deciduous trees drop their leaves. Finely textured leaves from willow trees or honey locusts will easily degrade on their own and don't need to be raked. But broad leaves from maple, sycamore, oak trees and the like become matted down and take a long time to decompose on their own, potentially smothering your grass and perennials. These kinds of leaves should be raked out of garden beds and mowed on the lawn.

It may seem counterintuitive, but it's a good idea to spread the shredded leaves back onto your garden beds as mulch in late fall as the ground begins to freeze. Doing so will keep weeds at bay, insulate your plants over the winter months, and enrich the soil as the leaves break down.



10. Protect sensitive and newly planted perennials and shrubs. If you're pushing the hardiness zone on a few of your plants, heaping a pile of shredded leaves or evergreen boughs on top of them once they are dormant may help them make it through the winter.

Additionally, it's a good idea to mulch newly planted perennials and shrubs that aren't well-rooted in yet to prevent the rootball from heaving out of the ground during the freeze/thaw cycles of winter. Mulch helps to keep the soil at a more consistent temperature.

Bonus Task #11: Start dreaming about next year's garden! It's never too early to start planning for spring. Hope springs eternal in the garden.

# Board Appoints New Superintendent of Schools



Ward F Trustee  
Julie Kusiek

I hope your family has had a wonderful summer and are eager to go back to school! This is one of my favourite times of year.

While the Board of Trustees normally doesn't meet over the summer, I have an exciting update to share with you. In July the Board of Trustees announced the appointment of Ron Thompson as Superintendent of Schools, effective September 1, 2025.

Ron is a deeply respected and experienced educator who embodies the very best of Edmonton Public Schools. Ron is known for his calm demeanour and genuine caring approach to leadership, always addressing challenges with empathy, thoughtful consideration and curiosity. To Ron, students and their success are at the heart of every decision he makes.

Superintendent Thompson has dedicated an impressive 25 years to the Division in a variety of roles. His journey with Edmonton Public Schools has provided him with invaluable insights and a profound understanding of the community we serve, having spent time as a teacher, assistant principal, principal, and most recently, as assistant superintendent of schools. This extensive background, coupled with his academic achievements—a Bachelor of Arts, a Bachelor of Education, and a Master of Education—makes him well-prepared to lead us forward.



October 20th  
Trustee Elections - Edmonton Public Schools



Let's Connect  
juliekusiek.ca



There's more to do for students and public education - I'm ready for it!  
Show your Support  
Lawn Sign | Donate | Volunteer | Vote

Ron is a passionate advocate for public education and a strong relationship builder. These are qualities that are essential as we continue to foster a collaborative and supportive environment for students, staff, and families. It is clear that he will continue to live out and uphold the values of Edmonton Public Schools.

It is with joy that I welcome all 125,000 new and returning students to Edmonton Public Schools this September. Please also join me in extending a warm congratulations to Ron on his appointment as Superintendent of Schools!

As always, please feel free to get in touch anytime by emailing me at trustee.julie.kusiek@epsb.ca.

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- 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

# Hi, I'm Mike Elliott. I'm running for City Council in Ward pihêsiwin.

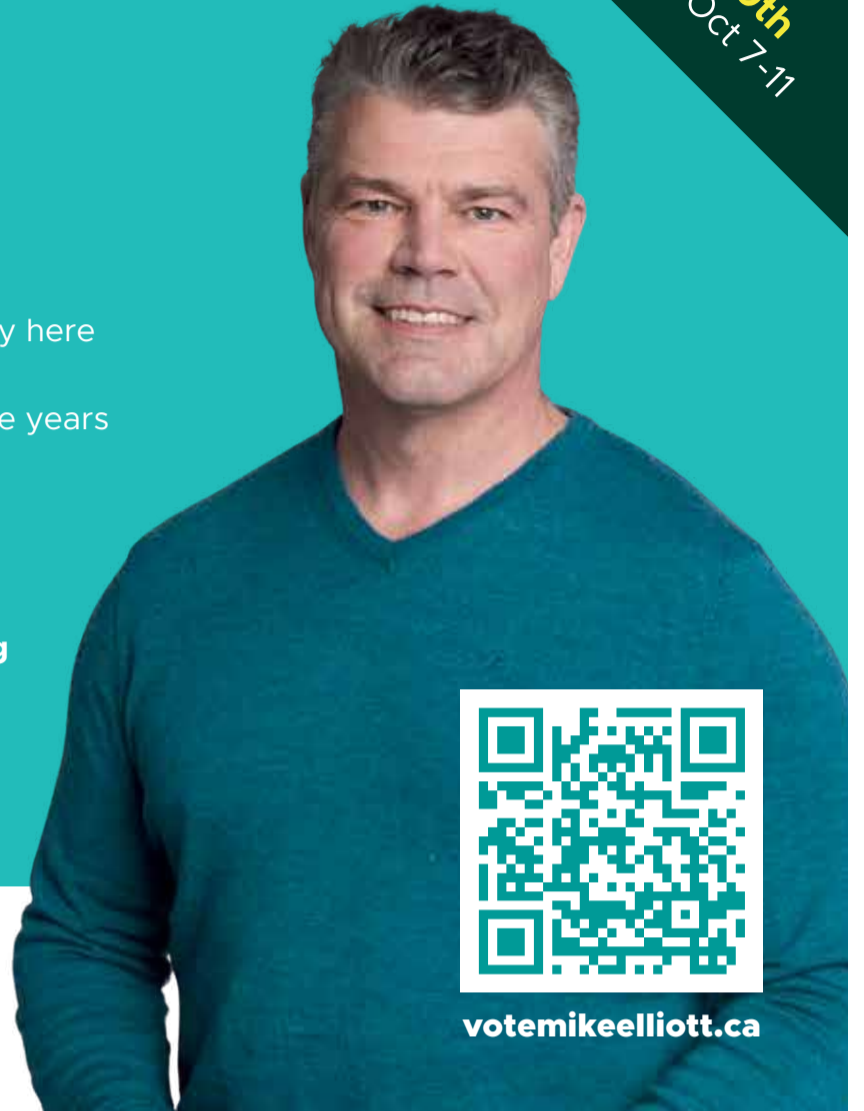
Vote on Oct 20th  
Advanced Polls Oct 7-11

### About me:

- I'm a long term resident of our Ward, raising my family here
- 21 year career in community law enforcement
- Extensive southwest community engagement over the years

### Together, we can:

- Keep our streets safe and our neighbourhoods strong
- Fight back against steep property tax increases
- Fix traffic bottlenecks with smarter road and infrastructure investments



votemikeelliott.ca

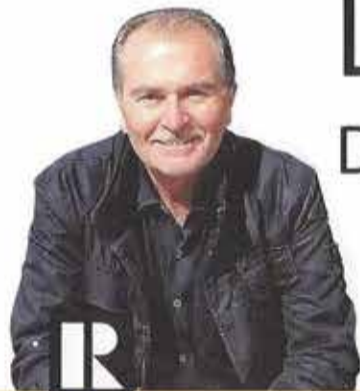


## Mike Elliott

For City Council Ward pihêsiwin

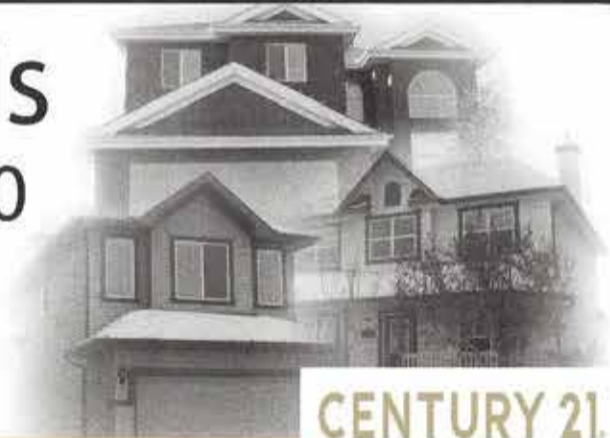
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# Kid's Zone - Colouring Contest



## Fall Colouring Contest

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

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

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

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

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

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

All entries must be received by Oct.31/25. 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

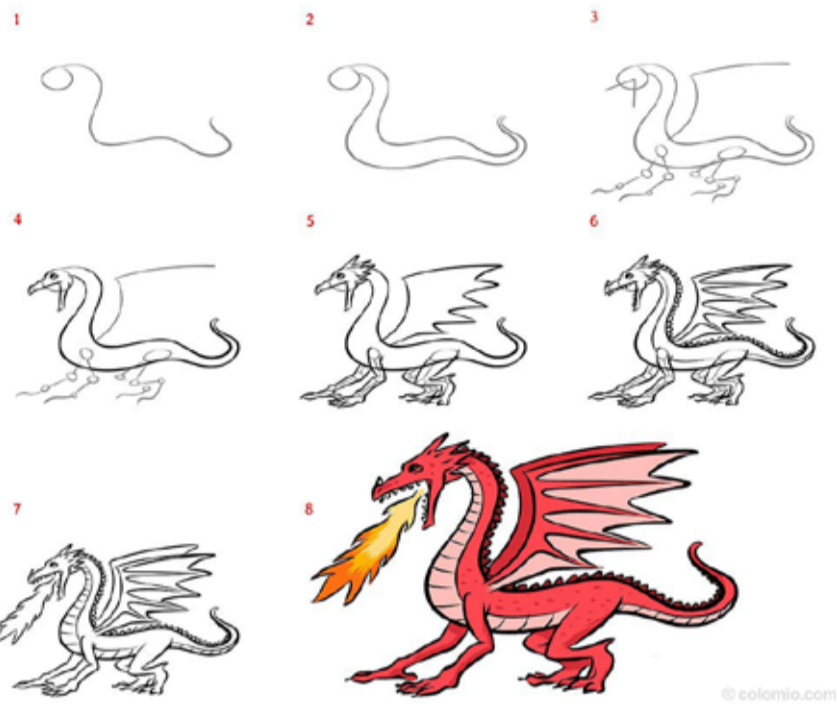
OR

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

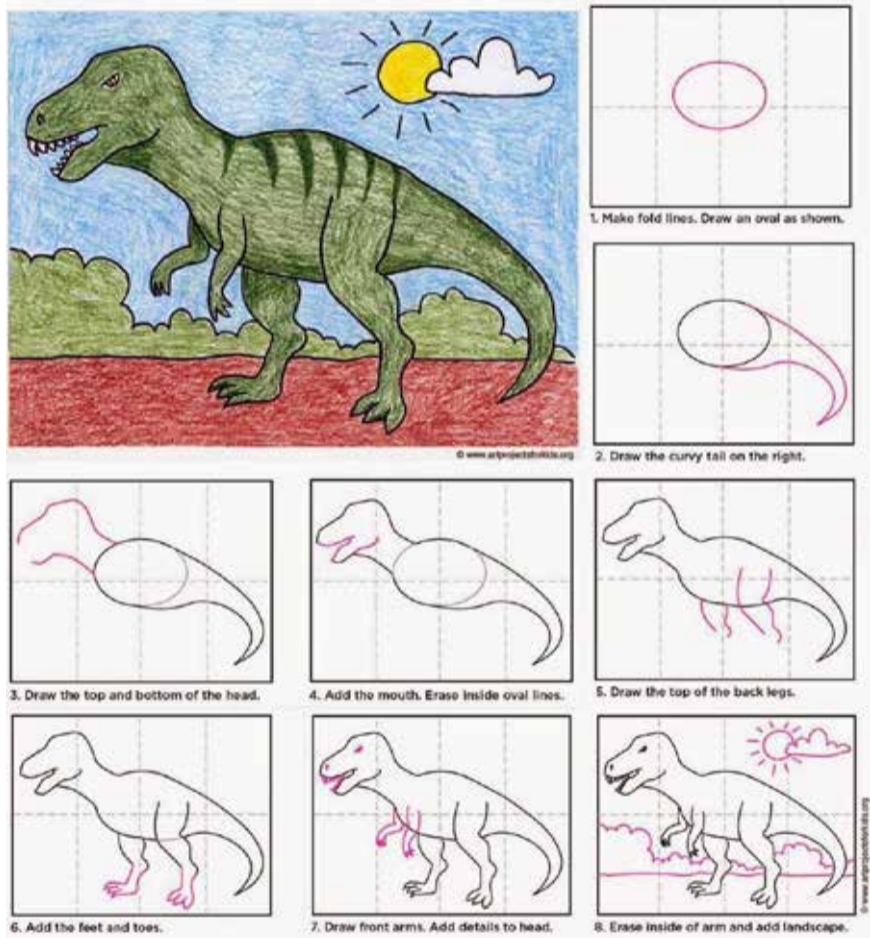
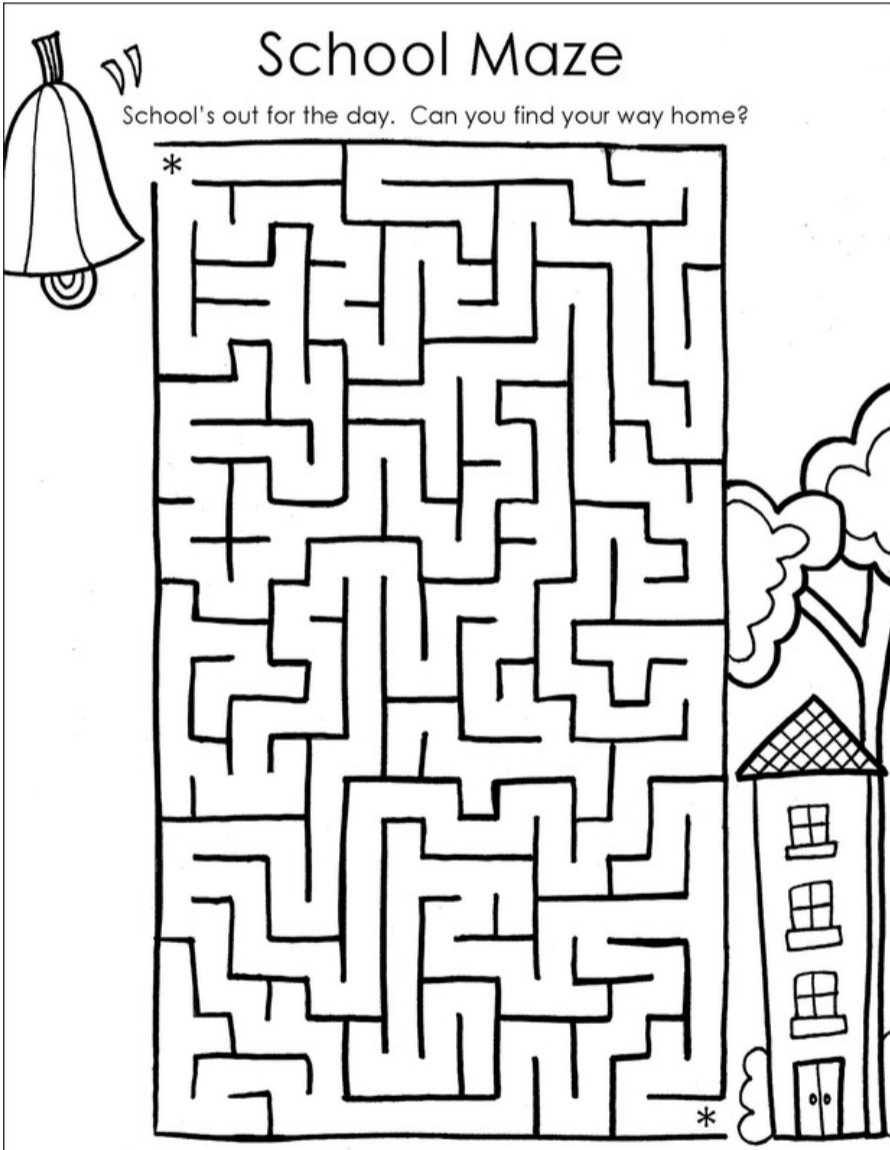
# Kid's Zone - Fun & Games

**Why did the computer go  
the dentist?**  
**Because it had a blue tooth!**

**Why did the bicycle fall  
over?**  
**Because it was tired!**



**Why did the computer get  
sick?**  
**It caught a virus!**



<b>Summer Colouring Contest Winners!</b>  Ages: 3-5 1st Place: Eleanore H. Runner Up: Max W.	Ages: 6-8 1st Place: Breanne W. Runner Up: Brynn M.
Ages: 9-11 1st Place: Lily Y. Runner Up: Jayda M.	

**Honourable Mentions:**  
 Gaby F.  
 Alex D.  
 Karen Y.  
 Ariha S.  
 Tealya W.

**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!

# TCL Community BBQ's



terwillegar.org

The Terwillegar Community League strives to promote a friendly community through a variety of programs. This summer TCL and the Magrath Save On Foods are partnering to offer free food for a neighbourhood barbeque. With a minimum of seven other participating households, your neighbourhood can sign up to have a great event with the food being provided by TCL. Be active in your community, get to know your neighbours, and have fun.



## 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

## Purpose & Passion: Making Your Mark in the Community



Sue Paulson  
www.swesa.ca

Different from most people born in 1904, my grandmother, Edna didn't retire until she was 75. The Highways Department bought her truck stop café near Entwistle. Suddenly, she had time on her hands and no clue about what to do.

Her abiding passion was people. She loved being surrounded by family and friends. She did her best to never lose track of anybody. One year she sent over 300 Christmas cards across North America.

When she moved into a condo with a recreation building, she found a new purpose. The paint on the walls was barely dry when she started visiting the other residents. She cajoled and coaxed her neighbors to attend card parties, knitting groups and potluck dinners. She was 83 when she confessed to me, "Susan, I think I'm finally learning how to have fun!"

As seniors, we're blessed here in Edmonton to have rec centers and organizations to explore our talents and/or put our hard-won skills to work, especially as volunteers. A plaque beside the gift shop at the Royal Alexander Hospital showcases the over 14,000 volunteer hours contributed since the early 1900s to support patient and hospital needs, as it grew from a two-storey structure to the size it is today.

Personally, I love to pitch in, especially if it's a cause or a group I believe in. My time investment pays big dividends: the amazing new people I meet, the satisfaction of giving, and the fun I have by being involved. I also love to learn something new through classes and workshops.

Now that the lazy days of summer have passed, consider who in your community needs a helping hand. Or what new thing you'd love to learn. Then seek opportunities that match your passions. That just might ignite your new purpose!

Here at SWESA, not only is our fall line-up of classes and activities ready, but we're also having our **Open House on Tuesday, Oct. 7 from Noon – 4 pm at William Lutsky YMCA**. If you're not yet a member, mark your calendar, bring a friend, and check us out!



Photos courtesy of SWESA



SouthWest Edmonton Seniors Association



William Lutsky Family YMCA  
1975-111 Street NW

**12 PM - \$5 SENIORS LUNCH SPECIAL**  
SWESA Chatty Cuppa Cafe

**12:30 PM - YMCA Tour**

**1 PM - LIVE MUSIC** from the 60's  
70's by Musician Dave Pallett

**1:30 PM - Seniors Fitness Demo**  
by YMCA

**2 PM - SPEAKER PRESENTATION**  
"Rest & Relief - Restorative and  
Pain Management Strategies for  
Seniors"

**3 PM - YMCA Tour**



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Visit our website at [www.swesa.ca](http://www.swesa.ca)

# Southwest Edmonton Farmers' Market: A Summer Hub of Community & Fresh Finds



*Lisa Jodoin*  
SWEFM Market Manager

Every Wednesday throughout the summer you can find the Southwest Edmonton Farmers' Market in Parking Lot E at the Booster Juice Recreation Center in Terwillegar. We operate from 3:30 to 7:30 pm.

SWEFM is a place where locals gather for a lively farmers' market that embodies community spirit, delicious local fare, and the vibrancy of summer in Edmonton's southwest.

This beloved market is part of the non-profit Terwillegar-Riverbend Advisory Council and has served as a community pillar since its inception in 2011. Spanning 22 Wednesdays through to early October, the market transforms a simple parking lot into a bustling gathering place where local farmers, bakers, artisans, and musicians converge to bring fresh goods—and smiles—to shoppers.

## Highlights of the Summer Market

### Sprouts Program: Growing Healthy Habits

One of the standout features of our market is the Sprouts Program, a free initiative aimed at children aged 4 to 12. Each week, kids are invited to the Sprouts Tent, where they receive a wooden token worth \$2 to spend on fruits or vegetables from our amazing vendors and a seasonal, kid-friendly recipe card to help inspire healthy cooking at home. The program is designed to educate and delight, encouraging children to engage with healthy food choices while connecting with local farmers. This program would not be possible without the tremendous support of our Sprouts Sponsors year after year and we thank each of them for everything they do to help promote healthy eating for our young community members.

### Community Tent & Volunteer Spirit

The Community Tent serves as the market's beating heart, offering a platform for local non-profits to showcase their work. Rotating weekly, the lineup features a wide range of organizations enriching

the market's connection to broader community initiatives.

This all happens thanks to an incredible group of enthusiastic volunteers—from those organizing market setup and teardown to the volunteers staffing the information and Community Tents. Behind the scenes, our Steering Committee meets year-round to coordinate and ensure the market remains vibrant, inclusive, and community-focused.

### Young Vendors Program

This program encourages young entrepreneurs between the ages of 10 and 17 to experience the market from a vendor's point of view. Each young vendor is given a space at no charge to sell their handmade product during our market. By investing in the future of local youth, we can all play a vital role in shaping a brighter, more entrepreneurial community. When you visit the market, make sure to stop by and see what our Young Vendors have to offer.

### Local Flavor and Entertainment

Visitors to SWEFM encounter more than produce—they're immersed in the atmosphere. Local buskers provide live entertainment, setting the tone for those lingering strolls. Meanwhile, the vendor roster boasts food trucks, artisans, and hosts from local farms, all under the banner of Alberta Approved Farmers' Market quality. The serene summer evenings are as much about taste as they are about tradition and camaraderie.

As August evenings stretch into fall, the Southwest Edmonton Farmers' Market continues to be a highlight of midweek happenings. Whether you're planning to stroll among stalls, introduce your kids to wholesome snacks, or simply catch up with neighbours, SWEFM offers something for everyone—with community at its core.

Please join us each Wednesday between 3:30 - 7:30 pm at the Booster Juice Recreation Centre parking lot E at 2051 Leger Rd. Our hours change to 3:30 - 7:00 pm in October due to lack of daylight.



# Celebrating Community League Day



*David Berry*  
*Senior Advisor, Communications*  
[www.efcl.org](http://www.efcl.org)

A neighbourhood might be the place you live, but a community is a place where you belong. Whether it's walking down your street and seeing familiar faces, stepping into a park to relax and play with your neighbours, or just finding a place where people know your name and you know your presence matters, community is about the things that make us feel connected, that make us feel at home. This September 20, Edmonton's annual Community League Day returns with a message for everyone, old or new: you're welcome here.

From pancake breakfasts and outdoor movie nights to block parties and barbecues, every year on Community League Day, Leagues across Edmonton host a variety of events that highlight the energy and diversity of their neighbourhoods. No two Community League Day events are exactly the same, but they all share the same goal: making sure every Edmontonian knows they have a place to belong.

"For over 100 years, Edmontonians have known the best way to get to know your neighbours, the best way to explore what the city has to offer, the way to get the most out of your neighbourhood, is to be a part of their Community League," said Laura Cunningham-Shpeley, Executive Director of the Edmonton Federation of Community Leagues (EFCL). "We really want everyone to have that experience. We want to tell them that, no matter what you're here for—whether you want to sit on the board or just share a cold drink with your community—we're here, and you're welcome to join us."

Founded in 1921, the EFCL supports Edmonton's 163 Community Leagues — the volunteer-run organizations that help make Edmonton's neighbourhoods such vibrant, connected, inclusive

places. This year, the EFCL is hoping to underscore the importance of reaching out to Edmontonians who may not yet know about the League in their area, and encouraging them to become card-carrying members of their Community League. Edmonton has welcomed hundreds of thousands of new residents in the past few years, and whether they've come from outside the country, the province or just outside of city limits, they might not be familiar with Community Leagues — which are a one-of-a-kind, made-in-Edmonton institution for fostering community.

"Community League Day is our chance to say: 'This is for you,' our chance to show them who their neighbours are, what their neighbourhood is like, and how amazing this city can be when we all get together," says Cunningham-Shpeley. "I think one of the really amazing things about Community Leagues is that you shape them as you participate in them: they're all a reflection of their communities, which means all you need to do is show up, and you're a part of it."



Because as Edmonton continues to grow and change, Community Leagues and Community League Day offer a chance to strengthen the roots that hold it together: neighbourliness, participation, and the simple joy of feeling welcome.

You can find more information, including a map of Community League Day events and how to find your local League, at [CLDay.ca](http://CLDay.ca).



*Photo courtesy EFCL*

# Support your community!

Terwillegar Community League memberships are available online at [www.terwillegar.org](http://www.terwillegar.org)

# The End of Summer - Back to School



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

As the summer inches towards fall, it means returning to school for families. From kindergarten to grade 12, it is a suitable time to remind everyone - drivers, parents, and students - about the importance of safety.

As a driver please be cognizant of all school zones as they are designated as playground zones, with a speed limit of 30km/hour from 7:30am until 9:00pm, every day. By slowing down, it provides you with more time to react and it reduces your stopping distance if someone happens to appear on the roadway.

School zones are busy places with parents, buses, bikes, and pedestrians thus your attention is important to ensure everyone is safe. Be cognizant of your time because if you feel rushed, there is a likelihood you may want to speed or your attention is not focused on what is important, your children and those around you.

For students, our children learn by example. Show them the safe walking routes, how to use crosswalks, obey the signs and ensure you make eye contact with the driver when crossing the street. The additional of bright or visible clothing may help especially as the days slowly change with less and less sunlight.

Additionally, everyone loves to listen to music, podcasts, etc. thus headphones or texting on your cell phone can be a huge distraction especially when crossing the road. You may not hear a vehicle approaching even if a driver uses their horn.

Finally, a pet peeve of mine and the Edmonton Police Service is speeding. There is absolutely no reason to be speeding, especially through a school zone. We will be monitoring the school zones as school commences and throughout the year.

I hope everyone enjoyed their summer with travel, family time or relaxing on a beach, park, or simply enjoying the comfort of your home.

If there is a safety or police matter you would like to know more about in an article, please contact me at Michael.elliott@edmontonpolice.ca

## They're Digging Up the Blackmud



*Garth Paul Ukrainetz  
Poet of the Blackmud Creek*

They're digging up the Blackmud  
And soon a train through here will ride  
O'er buffalo in ancient graves  
The bones, the roots, the soul inside

They're digging up the Blackmud  
The mayor and the council say  
Construction's ugly mess won't last  
Though taxpayer will always pay

They're digging up the Blackmud  
A railway link to Churchill Square  
A metro full of magpies  
Coyotes roaming everywhere

They're digging up the Blackmud  
The chickadees don't seem to mind  
The moose and deer still make their way  
Thru wildlife corridor they wind

They're digging up the Blackmud  
Progress building necessary  
This city needs more room to grow  
On Blackmud shoulders burdens carry

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## Contribute to the Tribune

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!

# 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.



## 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.

## 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.

## 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.

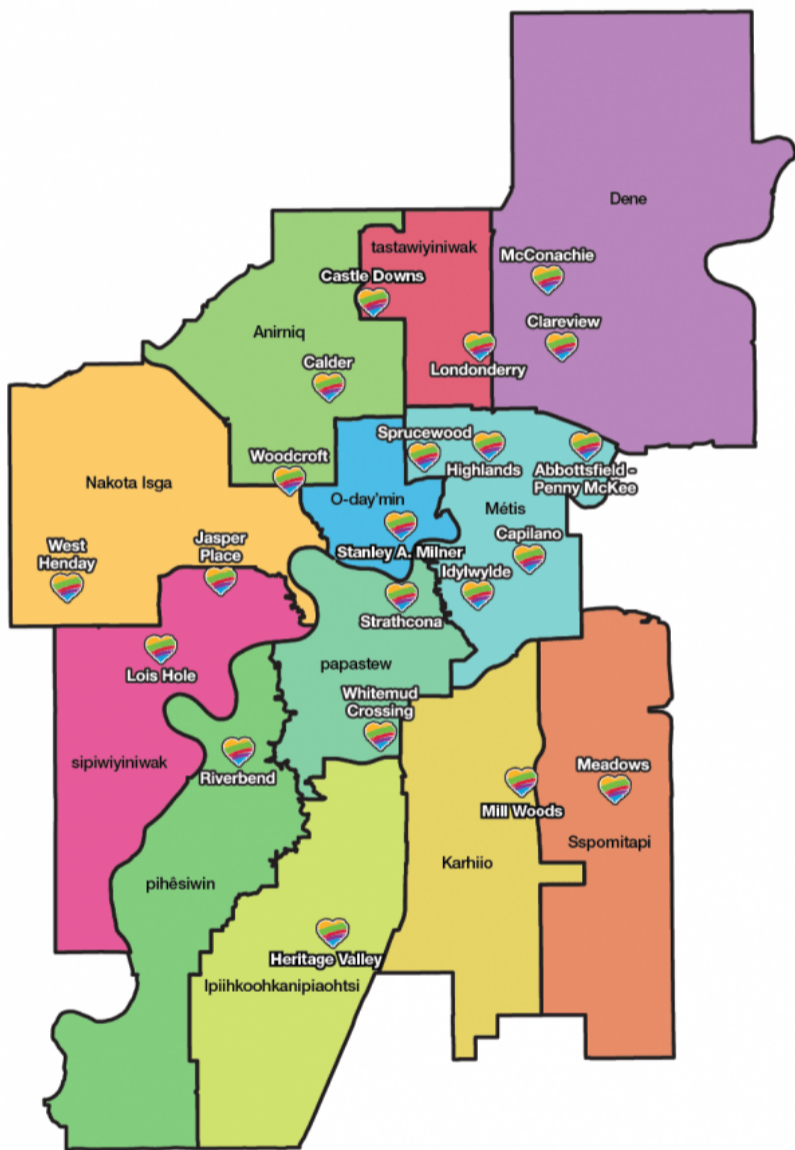
Show your Community League membership card for a 10% discount on pass prices. Check houseofwheels.ca or Facebook.com/houseofwheelsab





Edmonton is a vibrant festival city, divided by the mighty North Saskatchewan River and united in a deep love (sometimes anguish) of local sports teams. The city is home to a diverse population and tons of unique communities. How well do you know yours as well as the new ward names?

We've broken down the city—ward by ward—to help you get to know your neighbourhood better. For starters, you can learn about the characteristics of your ward and get to know the candidates running for election on Monday, Oct. 20.



Then, go beyond that to discover what your neighbours are really interested in. The most popular items borrowed from branches of the Edmonton Public Library that serve each ward hint at residents' passions.

Not sure which ward you live in? Check out the City of Edmonton's detailed ward maps, opens a new window to find your ward. All information concerning Edmonton's wards, pronunciation and name explanations are from the City of Edmonton website.



# Jackie Liu

For Ward pihësiwin

## What do you really want from your city?

That's what we are asking our neighbours in SW Edmonton during this campaign. **And we hear you.**

Edmontonians want a **safer city**, they want to **get home quicker**, and they want **lower taxes and affordability**. They are looking for a candidate who brings **principled integrity** to the table.

**I will:**

- Fight for municipal service increases - we can't take our tax dollars for granted.
- Disrupt the status quo of how we schedule construction and prioritize reducing commute congestion.
- Support safer Edmonton streets through 20 years of expertise building solutions from the ground up.

On October 20  
Vote for Change  
Vote for Progress  
Vote for Accountability

Learn more about Jackie at [jackieliu.ca](http://jackieliu.ca)

# TCL Canada Day



# Accidental Poisoning



albertahealthservices.ca

Emergency Medical Services (EMS) would like to remind parents and caregivers of precautions they can take to help prevent accidental childhood poisonings around the home. Ingesting prescription or over-the-counter (OTC) medication is a cause of accidental



childhood poisonings. Other causes include ingesting or contact with household items such as dishwasher/laundry tablets, mouthwash, chemicals such as paints/solvents, cleaning products and

button batteries.

### Medication storage

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

### Safety tips

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

### Prevention

- Store household products, cleaning supplies, and cosmetics in locked cabinets or drawers.
- Install child latches on cabinets children might also access by climbing on counters or chairs.
- Label all plants in and around your home and garden.
- Antifreeze, windshield washer fluid and pesticides are extremely poisonous. Even a small amount can cause serious illness if ingested.
- Find poisoning information by calling the Poison and Drug Information Service (PADIS) at: 1-800-332-1414.


### In case of a poisoning emergency, call 9-1-1

Provide the name of the product ingested and, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival.

## Please Note:

The Booster Juice Recreation Centre in Terwillegar's Aquatic Centre will be closed for planned maintenance from August 25 to November 14, 2025.

During this closure, a number of required repairs and replacements will be done to ensure operational efficiencies. This includes the Infrared Sauna in the Terwillegar Club Changerooms. The rest of the facility remains open.



For more information, please visit [www.edmonton.ca/activities\\_parks\\_recreation/terwillegar](http://www.edmonton.ca/activities_parks_recreation/terwillegar)

## 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 relevant publication dates!

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# Back to School!

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AVAILABLE



**Glenora \$3,200,000**  
A rare find in Old Glenora with panoramic river and valley views. 7,567sqft. A must see! ML#E4430590

AVAILABLE



**Jagare Ridge \$2,998,000**  
Estate home overlooking Edmonton's premier waterfront oasis. Over 7,000sqft. ML# E4433860

AVAILABLE



**Twin Brooks \$2,950,000**  
Brookhollow on the Ravine. 6 bed, 5 bath, 4 car garage. 11,245 Sq Ft of luxury Estate. ML# E4450145

AVAILABLE



**WinterRidge Estates \$2,895,000**  
4.1 acres backing onto environmental reserve. 5,900sqft of prestigious living space ML# E44437073

AVAILABLE



**MacTaggart \$1,998,000**  
Mediterranean-inspired home. 4,864 sq.ft. 6 beds 7 baths. Beautifully appointed. ML#E4427132

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**Windsor Park \$1,980,000**  
Spectacular River Property! 7 bed, 8 bath. 5279 sqft of spacious living. Stunning river views ML# E4437120

AVAILABLE



**Donsdale \$1,995,000**  
Rare gem nestled in Donsdale. 2,379sq.ft. 3 bed bungalow. Panoramic ravine views. ML#E4424093

AVAILABLE



**Westbrook \$1,780,000**  
Magnificent 1/2+ acre estate property. Walking trails directly out the back door! ML#E4452530

AVAILABLE



**Belgravia \$1,699,000**  
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