

Terwillegar COMMUNITY LEAGUE Tribune

🌐 [terwillegarcommunityleague](https://www.terwillegarcommunityleague.org)

📘 [terwillegarcommunityleague](https://www.terwillegarcommunityleague.org)

Deadline For Next Issue: Jan.23, 2026

Delivery: Week Of Feb.9, 2026

Issue 108

www.terwillegar.org

November 2025

Community Update

Terwillegar

Terwillegar Community League

The chill is setting in, twinkle lights are starting to appear, and before we know it, the holidays will be here! From spooky fireworks to festive markets, our community has been buzzing with activity — here's what's been happening and what's coming next.

A huge thank-you to everyone who came out to shop and support our vendors at September's I'm Too Big for It Sale! Our tables were full, the deals were great, and the atmosphere was lively. We had a wonderful mix of sellers, and they were very appreciative of the community's support. While it's a small fundraiser, the event helps fund other community programs—and it's a fantastic way to declutter your home or find great deals. We're already planning the next sale for spring, so stay tuned for dates!

What a night! The Halloween Fireworks show was a blast — literally! The sky over Terwillegar was glowing with colour as families bundled up to enjoy the crisp fall air. It was a perfect way to wrap up the Halloween festivities.

Get ready to shop local and festive! Join us on Friday, November 29, for our Holiday Craft Sale — admission is free, and we'll have tons of vendors offering handmade gifts, crafts, and goodies perfect for the holiday season. Every purchase supports both small local creators and our community programs, so your shopping truly gives back to Terwillegar. Mark your calendars and bring your friends — this is one holiday market you won't want to miss!

Save the date for our most joyful event of the year — the Holiday Extravaganza on December 13! This family favourite will feature:

Cookie decorating, indoor snowball fight, an indoor scavenger hunt, exciting prize draws, crafts and a live colouring contest

It's going to be a fun-filled evening for all ages — but we need a few more volunteers to help make it shine! If you can lend a hand, please email treasurer@terwillegar.org - even a short shift makes a big difference.

It's time to dig out those extension cords and string up some sparkle! The Holiday Lights Contest is back — and we can't wait to see the creativity (and friendly competition) shine across the community. It might be chilly, but lighting up the neighbourhood brings warmth and cheer to everyone who passes by. Let's make Terwillegar glow this winter!

Coming Up in the New Year

There's plenty more to look forward to in 2026!

- January: Annual General Meeting for the Community League
- February: Ski Night at Snow Valley (thanks to the Terwillegar Riverbend Advisory Council!)
- February 16: Family Day Pizza & Movie Night at the Terwillegar Community Church

Stay tuned for more updates and details — follow @tclevents on Facebook or visit terwillegar.org to keep up with everything happening in our community.

From all of us at the Terwillegar Community League, thank you for helping make our neighbourhood such a vibrant, welcoming place. Wishing you a cozy, joyful Holiday Season and a very Happy New Year!

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- 1 Good-looking (8)
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- 5 Angry (5)
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- 8 King in Camelot (6)
- 13 Grounded (anag.) (8)
- 15 Warlike (7)
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What's Next

Next Submission Deadline:

Fri. Jan. 23

Next Issue: Delivery

Week of Feb. 9

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
- Open Gymnasium
- Indoor Children's Playground (1)



Saturday's from 5-7pm

Membership card is required

Memberships are available online
www.terwillegar.org

Member of Parliament Update



Matt Jeneroux
MP Edmonton - Riverbend

Dear Residents of Edmonton Riverbend,

November is always a busy and meaningful month—both here at home and in Ottawa. With important debates underway in Parliament, a new City Council beginning its work in Edmonton, and Remembrance Day approaching, there’s much happening in our community.

In the coming days, Parliament will hear the government’s proposed budget, a chance to take stock of Canada’s finances and hear this government’s priorities for the months ahead. Many families and small businesses in Edmonton Riverbend continue to share concerns about affordability, spending, and long-term fiscal health. I’ll be reviewing the plan closely to ensure it reflects the realities Canadians are facing.

Our relationship with the United States also continues to be front and centre as I continue to see firsthand as a member of our International Trade Committee. As our largest trading partner and closest neighbour, cooperation between our two countries remains vital to Alberta’s economy and Canada’s broader prosperity. As this relationship continues to evolve, and as new opportunities open up, I will be paying close attention to see how these concerns continue to affect us.

At the local level, I want to congratulate our newly elected members

of Edmonton City Council. Their leadership will be essential as our city continues to grow and evolve, and I look forward to working together on the issues that matter most to residents of our community.

Finally, as we mark Remembrance Day, we come together to honour those who served and those who continue to serve. Their courage and sacrifice remind us that the freedoms we enjoy today were hard-won and must never be taken for granted.

I strive to continue to keep you updated each month on these issues and more. I sincerely appreciate the time you take to read my newsletters and stay informed.

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TRAC Update



Karin Shott

The Terwillegar Riverbend Advisory Council hosted an all Councillor Candidates Forum on Monday, September 29th at the Terwillegar Community Church. We wish to extend our sincere thanks to all the candidates for participating, to Tim Spellicy for serving as the moderator, and to everyone who attended in person, joined us online or viewed the recording after the event. We also appreciate those who helped spread the word through their social media channels and for the community league signage.

Save the Date:

We are busy planning another ski night at Snow Valley on Saturday, February 7th, 2026. Please check our website for updates www.yegtrac.ca or contact the office by email: yegtrac@gmail.com for more information.

Check us out on Facebook!



Search: "Terwillegar Community League" under groups

TRAC Community Office:

A reminder that the community office is located inside the Booster Juice Recreation Centre, beside Multi-Purpose Room #6. To purchase or renew your community league membership and to pick up skate tags, please stop by the office and save the extra \$5 admin. fee the EFCL charges for online purchases. Office hours may be found at: www.yegtrac.ca

**2025
Holiday Lights
Contest**

The best lights in the neighbourhood will receive a prize.

Watch Facebook for details!

Send nominations to:
treasurer@terwillegar.org.

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WHEN

Sunday, Dec 21

2:00 PM, 4:00 PM, 6:00 PM

Wednesday, Dec 24

1:00 PM, 3:00 PM, 5:00 PM, 7:00 PM



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Belonging



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

This year I decided to plan our street block party in the fall so we just had it a couple of weeks ago. I called it “Blocktober” and smiled to myself as I thought it was kind of clever. As we were sitting around the fire pit, I was inwardly smiling again at the beauty of just hanging out with the folks who chose to come. While different in many respects, we all belonged in the group because we live on the same street, we are neighbours, and we had fun!

This weekend, I found myself smiling again as my daughter plays college basketball and this was the team’s home opener weekend. After the Friday game (yay, the team won!), I invited the athletes, coaches and parents to a gathering to officially meet one another and make introductions. One of the questions the athletes had to answer was, “What is one thing you appreciate about the team mate to your left?” It was very apparent that every athlete on the team had a place of belonging. The comments, stories, and interactions displayed their genuine care for one another both on and off the court.

My family is a deep place of belonging for me. Time with the people I love is my most precious treasure. We can probably all think of groups, organizations, clubs, associations and more to which we belong. The sense of belonging is important for so many reasons including its importance to our mental and emotional well-being, our sense of confidence and self-esteem and can even give shape to our identity and purpose.

As I was thinking about “belonging,” it dawned on me that the very thing that invites someone to belong can be the same thing that excludes another. If you don’t live on my street, you didn’t get an invitation to Blocktober; if you’re not chosen by the coach, you won’t belong to the team; if you don’t have the right qualifications, you’re excluded from the club. That’s the reality of many places of belonging; there is usually something that “qualifies” you to belong. Not so with the way of Jesus.

A bible verse that many may be familiar with, John 3:16 says, “For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.” There are no qualifiers; “whoever” receives the invitation. Romans 10:12 says, “Everyone who calls on the name of the Lord will be saved.” Again, “everyone” is invited. We all have access to our creator, through Jesus. He will not force himself on anyone, but his invitation to follow him is to everyone. As I have said yes to this invitation, I have found my deepest sense of belonging and identity



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COMMUNITY CHURCH**

*Christmas
Eve*

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2:00 P.M. AND 4:00 P.M.



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TCCHURCH.CA**



SUNDAY MORNING SERVICES

AT 9:00 AND 11:00



photo from canada247.info

come from belonging to God and his family. With all the things that divide people in this world, God’s love unifies and creates a family where all are welcome to belong.

We at Terwillegar Community Church desire to be a place of belonging; to be an extension of God’s love and invitation into his family and our community. All are invited and welcome to join us not only on Sunday mornings, but midweek too where there are groups for men, women, youth, young adults, single moms and more. Check out our website at tchurch.ca for more information.

I believe it’s important to treat others in a way that says, “Welcome, you belong.” Maybe that’s just smiling and saying hi to a stranger as you walk through the neighbourhood. Perhaps it’s inviting a neighbour over for dinner or out for coffee, or literally saying, “Welcome to the street,” when someone new moves in. However big or small, I think we can all make an effort to create a community of belonging. How can you contribute?

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!

Report From The Legislature



Rakhi Pancholi
MLA Edmonton - Whitemud

Watching Albertans from across the province rally behind teachers and students in the last months has deepened my belief that there are strong, common values we share as a province. And public education is one of them.

It's clear Albertans want students in school learning and teachers in school teaching. But we also agree that students should have the supports and learning conditions they need to be successful in school and in life.

Unfortunately, that's not what students have been getting in Alberta for the past few years. In our own community, we have seen the impacts of large class sizes, lack of EA support for students, and lotteries for local schools. These classroom conditions and the failure of the UCP government to put forward measures to address it during collective bargaining is what led to the teachers' strike. Albertans overwhelmingly supported teachers in their efforts to improve classroom conditions for our kids – my inbox was proof of that!

However, instead of listening to teachers, parents, and student — by bringing forward a proposal during bargaining to address classroom conditions — the UCP government used the most heavy-handed measures this province has ever seen to force teachers back to work under terms that 90% of teachers rejected twice.



Please join us for a

HOLIDAY Spectacular

Terwillegar Community Church
1751 Towne Centre Blvd NW

SAT. DEC. 13



1 - 4 PM

Cookie decorating, free Santa photos, crafts, & more!

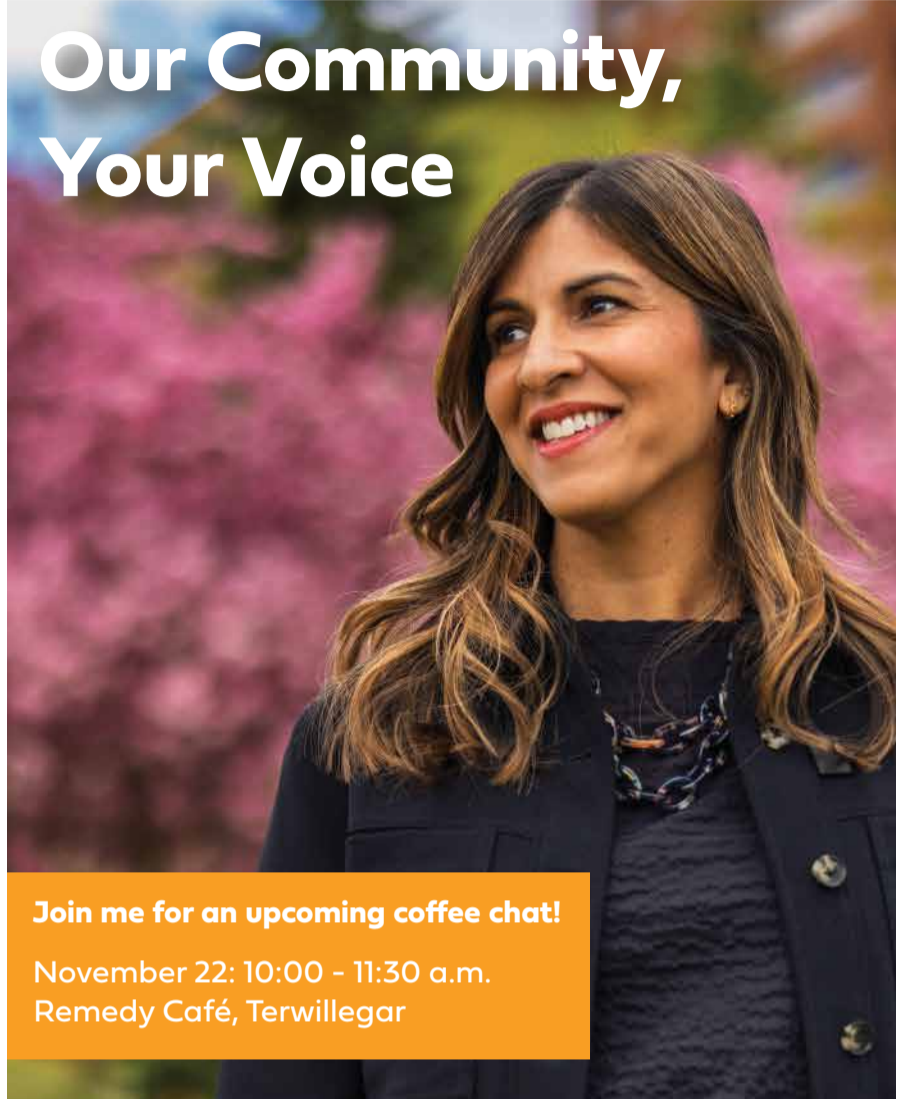


www.terwillegar.org

Group: Terwillegar Community League

Event Page: TCLevents

Our Community, Your Voice



Join me for an upcoming coffee chat!

November 22: 10:00 - 11:30 a.m.
Remedy Café, Terwillegar

Rakhi Pancholi

MLA, EDMONTON WHITEMUD

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Edmonton.Whitemud@assembly.ab.ca

The UCP government rammed through Bill 2, the Back to School Act, in one extraordinarily undemocratic evening which forced teachers back into the same underfunded and overcrowded classrooms they were fighting to address. Not only that, the UCP also used the notwithstanding clause against teachers.

The notwithstanding clause is a rarely-used section of the Charter of Rights and Freedoms that a government uses when they are choosing to intentionally and unreasonably violate their citizens' Charter rights. In this case, Bill 2 explicitly violates teachers' rights to collective bargaining under section 2(d) of the Charter. The UCP knows that and did it anyway.

And let's be clear – the UCP did not need to use the notwithstanding clause to end the strike. Its use and forcing through the legislation in one evening was one of the most profoundly undemocratic actions this province has seen. I was lucky that I had a chance to speak in debate, but only a handful of Opposition MLAs got the chance. And Premier Smith did not even have the decency to be in the Legislature to defend her egregious Bill 2. She left for an overseas trip that same day.

Albertans need to know that If the UCP has no problem violating the rights of teachers today, they will have no problem using it to violate your rights tomorrow. In fact, I suspect this won't even be the last time the UCP uses the notwithstanding clause this year.

And so my friends, now is the time to use your voices to get involved and get loud. Fight for an Alberta that stands up for all of us.

And thank you to the teachers. Thank you for standing up for our kids. I know it's been hard, but your community stands with you.

New Season Underway For Edmonton's Snow And Ice Control Program



edmonton.ca

As winter nears, the City of Edmonton is rolling out its Snow and Ice Control program for 2025. While service levels will remain consistent, additional focus will be placed ensuring residents have important information about the program, including updates to the snow clearing maps and promotion of the service notifications tool.

“Edmontonians deserve safe, predictable and accessible winter infrastructure,” said Caitlin Zerebeski, Branch Manager, Parks and Roads Services. “We continue to take steps to inform residents and help them understand what to expect as they prepare for winter.”

Snow Clearing Prioritization and Service Levels

The City prioritizes when major roads, transit routes, and active pathways are cleared. This year’s priorities, also known as service levels, are consistent with last season. Roadways and active pathways each have dedicated teams and specialized equipment to deliver service.

The roadway clearing priorities, as outlined in the Snow and Ice Control Policy and service levels, are:

- Priority 1: main freeways, downtown business districts and hills - aiming for bare pavement within one day after a snow event ends.
- Priority 2: remaining freeways, arterial roadways, business districts, collector roadways, and Transit Park and Ride access roads to be completed within five days.
- Priority 3: industrial and rural roads are addressed within six days.
- Priority 4 (only completed as part of a Phase 2 parking ban): residential roads and alleys to be completed within 14 days.

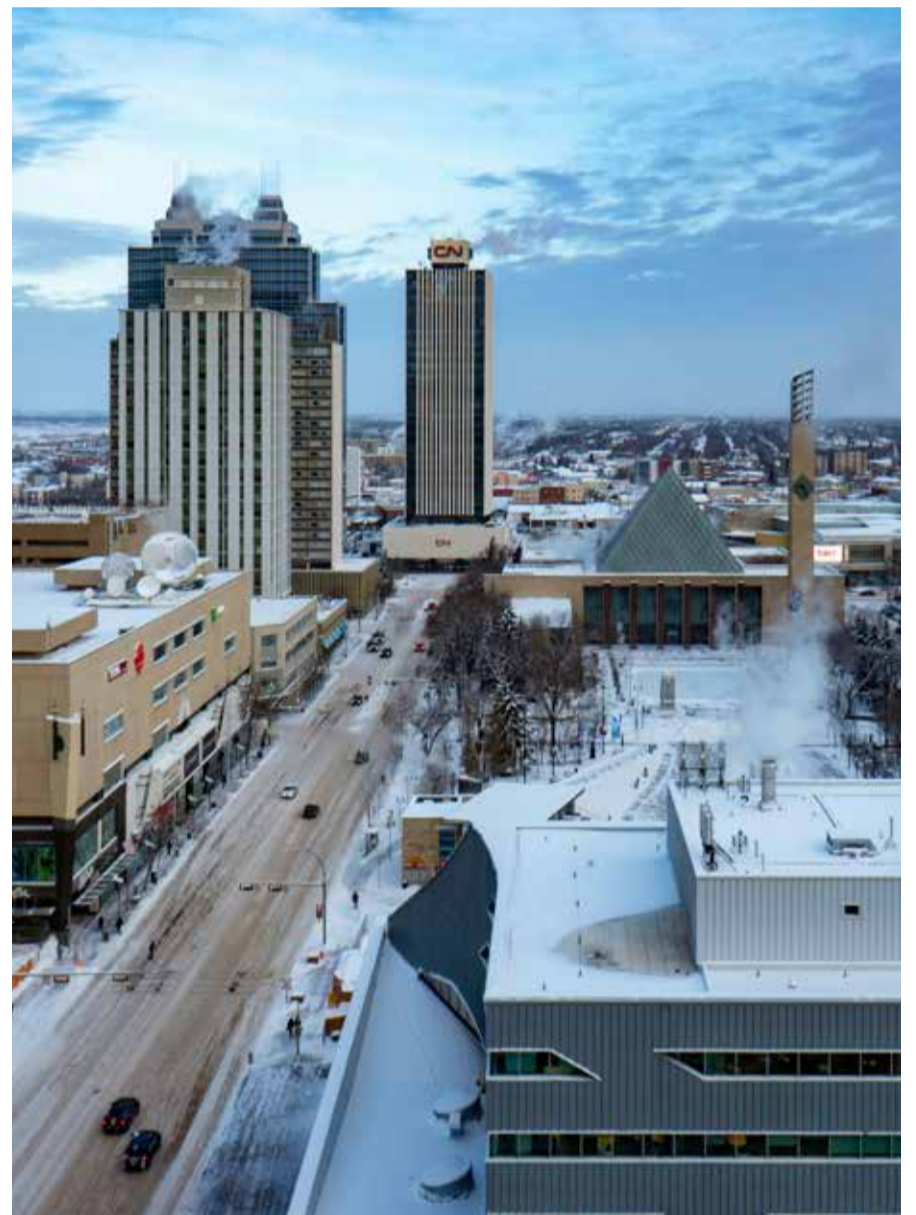
The priorities for active pathways, as per service levels, are:

- Priority 1: City facilities and Winter Priority Loop (a network of pathways connecting downtown, Old Strathcona and the University of Alberta) to be completed within one day.
- Priority 2: City sidewalks, staircases, ramps, shared paths, pedestrian bridges, bus stop access, and bike lanes to be completed within three days.
- Priority 3: manually cleared areas, bus stop benches and pads to be completed within 14 days.
- Priority 4: community sandboxes and safe mobility devices to be completed when resources allow.

Roadways and Active Pathways Maps

The popular Roadways Snow Clearing Map displays the status and service level for 12,000 km of roadways and allows residents to see the location of the plows.

The Active Pathways Snow Clearing Map displays the clearing priorities, including the critical Winter Priority Loop, ensuring essential connectivity for pedestrians and cyclists. This initiative highlights the City's commitment to year-round active lifestyles by keeping pathways accessible and safe, providing residents with up-to-date information for winter navigation. During a snow event, the map updates to display the clearing status of the active pathways.



Parking Bans

When a significant snowfall occurs, parking bans are declared to allow crews to clear roads efficiently and effectively. There are two phases of parking bans:

Parking Ban Phase 1

Phase 1 applies to major roads and bus routes. This includes arterial roadways, collector roadways, business improvement areas and bus routes. These roadways are indicated with white “Seasonal No Parking” signage. A Phase 1 parking ban may last four to five days, with crews active at all hours.

Parking Ban Phase 2

Phase 2 applies to residential and industrial roads and, if activated, would occur after a Phase 1 parking ban. While a Phase 2 parking ban can last up to 14 days, the ban only affects individual neighborhoods for approximately 72 hours.

Residents can subscribe to the free Service Notifications service to receive communications on all parking bans specific to their location. Subscribers can have up to five locations and receive



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updates when their locations are scheduled and completed. Parking bans will also be communicated through local media, social media and other City channels.

“This winter, our goal is to deliver clear expectations and consistency for residents whether they are walking, biking, driving or taking transit,” said Valerie Dacyk, General Supervisor, Infrastructure Field Operations. “When residents give our crews space to work and obey parking bans, we can make sure every lane, path and stop is cleared quickly and effectively, allowing the whole city to move better.”

Vehicles left on roadways during a parking ban may be ticketed \$250 or towed. During last season’s

Don’t Crowd the Plows

City crews need room to operate safely. Edmontonians are asked not to pass plows when visibility is obstructed, to maintain safe following distances and to be patient when plow operations reduce lane space temporarily. These precautions help ensure both crew safety and the efficiency of snow removal. Plows are active at all hours and are shown on the Roadways Snow Clearing Map.

Sidewalk Clearing Responsibilities

Everyone plays an important role during the winter season, and we must work together to keep our streets safe. Be a good neighbour - keep your sidewalk shoveled and move your vehicle during a parking ban to let City crews clear snow from roadways effectively and efficiently.

Under the Community Standards Bylaw, property owners or occupants are responsible for clearing any sidewalk adjacent to their land. Failure to clear sidewalks could result in a fine of \$100 plus any remedial clean-up costs the City may incur as outlined in the bylaw. Last year, enforcement officers issued 1,431 tickets for snow or ice on sidewalks.

“We encourage everyone to clear their sidewalks as soon as possible after a snowfall ends. If property owners fail to do so, they may receive a fine and city crews may step in to complete the task at the owner’s expense,” said Carrie Holstead, Superintendent, General Bylaw Enforcement.

Community Sandboxes

To help residents keep sidewalks and walkways safe during icy conditions, the Community Sandbox program provides free sand at 100 locations, including 11 large, centralized sand bins. Locations are distributed evenly across Edmonton. Residents can find sand bin locations and the map at edmonton.ca/communitysandboxes.

Snow Storage Upgrades

Upgrades to the City’s snow storage facilities continue to improve environmental performance, site drainage and overall operations. This season, the Poundmaker Snow Storage Site (184 Street & 107 Avenue) remains closed. Contractors and businesses will need to adjust their routing and use one of the other locations in Horsehills, Ellerslie or 17th Street. Additional information is available at edmonton.ca/snowstorageupgrades.



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Senior Matinee Hour

Stay active and make your afternoons even more interesting with Senior Matinee Hour!



Seniors can get access to all City of Edmonton fitness centres, swimming pools and gymnasiums for a daily admission fee of just \$3.50/person from 11:30am to 1pm.

Terms and Conditions

- Must be aged 65+
- The pass is valid for entry between 11:30am-1pm
- Can be purchased daily at any City of Edmonton recreation or leisure centre
- Excludes leader-led programming
- Cannot be purchased in conjunction with any other discounts
- ID may be required

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

Grateful for Your Support - Ready for Four More Years Together



Ward F Trustee
Julie Kusiek

It has been an incredible experience to serve as Ward F Trustee since 2021. THANK YOU for your resounding support this October in re-electing me to serve for a second term. It is truly an honour and I love serving public education as your Trustee. I received approximately 65% of the Ward F vote, and according to Taproot Edmonton this represents the fifth most votes across all mayoral, council and trustee races in the city and the highest number of votes for any ward-specific race.



Edmonton Public Schools
Board of Trustees

Trustee | Ward F
**Julie
Kusiek**

PHONE
780-429-8087

EMAIL
trustee.julie.kusiek@epsb.ca

Most supported candidates

Candidate	Votes	Race
Andrew Knack	78,519	City Wide
Tim Cartmell	61,668	City Wide
Michael Walters	24,596	City Wide
Omar Mohammad	20,505	City Wide
Julie Kusiek	13,364	Ward F

Image Source:

<https://edmonton.taproot.vote/2025/results#mostSupported>

As we get ready to embark on the next four years together, I'd like to check in with you around the best ways to connect. As you will likely already know, connecting with all constituents, not just those with kids in school right now, is important to me. Do I have the right mix of in person events, newsletter and social media communication? Please keep in mind that the Trustee role is set out to be 10-20 hours per week and we receive limited administrative support for ward activities. Please send me an email at trustee.julie.kusiek@epsb.ca with your feedback!

Ward F Newsletter, sent after each regular board meeting

- I also post these to SchoolZone to ensure families with children enrolled in Ward F Schools receive these updates.
- Do you find these of value? Do they hit the right balance of quick, informative information that fits into your own busy schedules and inboxes?
- The sign up link is at <https://linktr.ee/JulieKusiek>, or in my email signature.

Ward F Coffee Chats

- Every couple of months, I host a casual drop in coffee conversation in the Ward.
- Attendance can vary, and these are currently advertised through School Zone, my newsletter and social media accounts.

Attending community events, school visits

- To avoid me missing a public event notice, if you have an event you'd like me to attend, please send a direct invite. I'd be happy to attend if I'm able.
- For school visits/events, I do like to get out to each of the 35 schools in the Ward at least once per academic year so please work with your principal to extend an invitation if there is a school event or school council meeting you'd like me to attend.

Hosting Ward F School Council Network Meetings

- Last term I organized about 3-4 networking sessions per year for Ward F school council executives to get together, share ideas and support one another in the work of school councils.

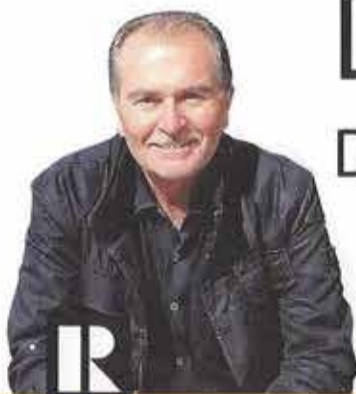
Social Media

- I use Instagram, Facebook and LinkedIn. Do you use these platforms? If so, I wonder what content is most helpful to you?

Thanks for taking the time to read this, and for emailing me some feedback if you can. I look forward to our continued work together, in support of student success at Edmonton Public Schools. Keep in touch!

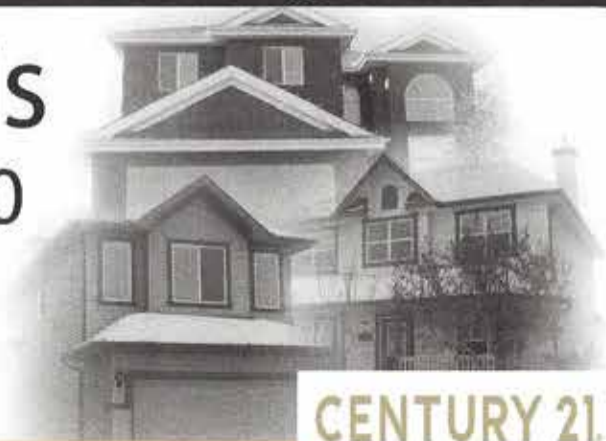
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Ward pihêsiwin Councillor Update



Ward pihêsiwin Councillor
Mike Elliott

Ward pihêsiwin Residents, I would like to say from the bottom of my heart, thank you.

Thank you for opening your doors to me and for sharing all of your questions, concerns, and municipal issues. Over the past few months, I have enjoyed meeting thousands of residents and hearing each of your different perspectives. Your input will be invaluable in

shaping my decisions at the Council table, and I sincerely appreciate your time, support, and input.

Now, we have work to do! Budget deliberations are just around the corner, starting at the beginning of December. These deliberations will set the budget for the next four years, allocating funding to our city's programs and services. Please note that this budget is fluid, with adjustments occurring each fall and spring.

This four-year budget is incredibly important, and your feedback and comments are crucial ahead of these Council deliberations. I invite you to attend my in-person / virtual budget townhall on Wednesday November 26th from 6:30 pm - 8:00 pm at the Booster Juice Recreation Centre in Terwillegar in Multi-Purpose Room B (located on the 2nd floor on the arena side of the building). If you would like to attend virtually please contact my office for the Zoom Link. There will be an opportunity to ask questions during this meeting. I strongly encourage you and your neighbours to participate in the conversation.

I look forward to representing Ward pihêsiwin over the next four years. I encourage you to reach out to my office at mike.elliott@edmonton.ca or by calling 780-496-8130 with any questions or concerns. The amazing team that supported Councillor Cartmell will be working with me to ensure your inquiries are answered in a timely manner. I look forward to building strong relationships with all of you and supporting you to the best of my ability. Thank you again for your trust!

mike ELLIOTT
Your Ward pihêsiwin Councillor

THANK YOU

To the residents of Ward pihêsiwin, thank you.
I'm honored to be your new Ward pihêsiwin Councillor, and I'm so appreciative of you for placing your trust in me.

CONTACT ME
Have a municipal question or concern?
Email me at mike.elliott@edmonton.ca or call my office at 780.496.8130 and let's connect!

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Kid's Zone - Colouring Contest



Winter Colouring Contest

First Name: _____

Last Name or Initial:

Age: _____

Address: _____

Phone: _____

Email: _____

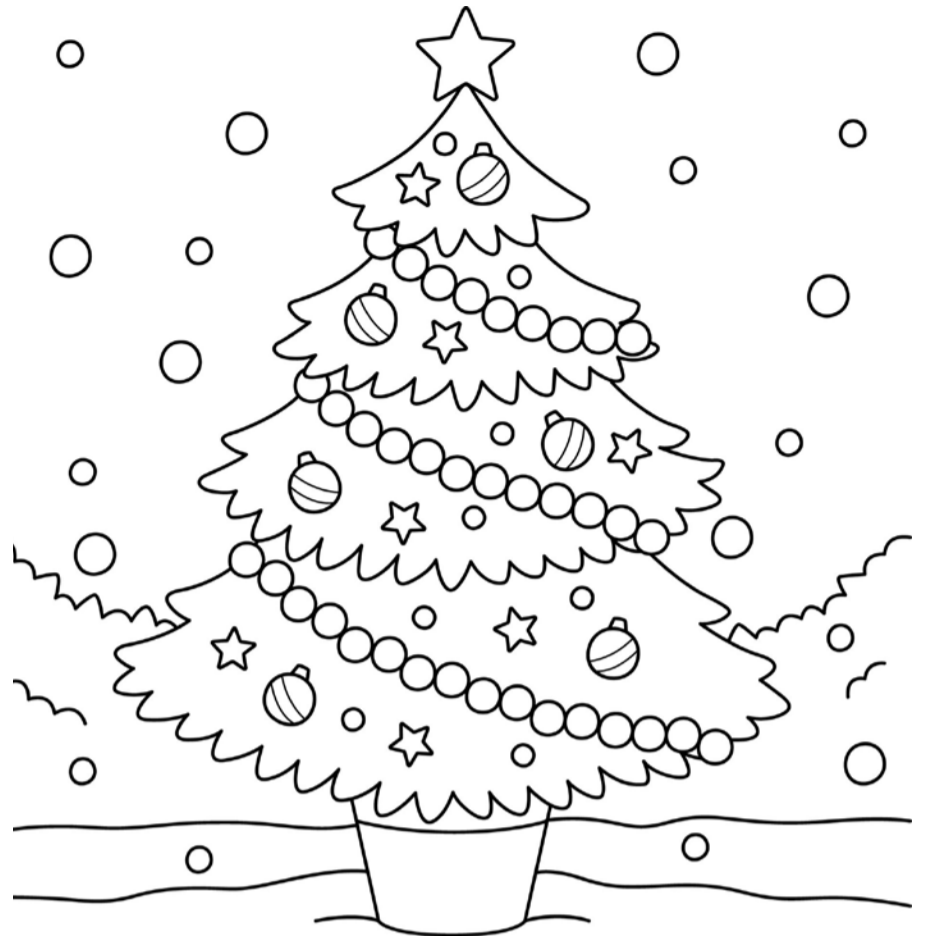
All entries must be received by January 23, 2026. One entry per child. The contest is open to residents of the following areas: Terwillegar, Magrath, South Terwillegar, and MacTaggart.

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 was the snowman rummaging through the bag of carrots?
 He was picking his nose.



SUDOKU

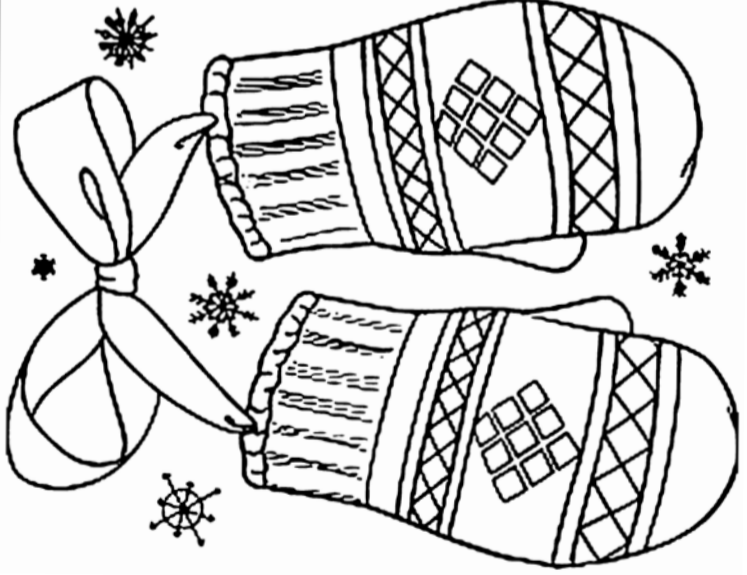
2			3			4		
	3		6					7
		9		7	1			8
		4		7	2			
	2	5		8	1	9		
1		3			6			5
				2		4		
4		6	8					7
5			9			3		

Answer Key

A	S	C	F	G	I	F	T	S
O	A	T	L	O	P	H	W	Y
H	N	Z	E	U	T	X	D	O
O	T	U	O	A	R	P	C	K
L	A	K	E	B	H	R	O	A
L	P	R	T	H	B	E	L	L
Y	W	E	K	C	O	S	P	H
B	Q	K	D	O	I	N	W	E
C	H	R	I	S	T	M	A	S

SANTA
 CHRISTMAS
 WREATH
 BELL
 ELF
 GIFTS
 SOCK
 HOLLY

When does winter begin?
 When autumn leaves.



Fall Colouring Contest Winners!

<p style="text-align: center;">Ages: 6-8</p> <p style="text-align: center;"><i>1st Place: Maya J.</i></p> <p style="text-align: center;"><i>Runner Up: Gaby F.</i></p>	<p style="text-align: center;">Ages: 9-11</p> <p style="text-align: center;"><i>1st Place: Amelia L.</i></p> <p style="text-align: center;"><i>Runner Up: Tealya W.</i></p>
<p style="text-align: center;">Ages: 3-5</p> <p style="text-align: center;"><i>1st Place: Stella B.</i></p> <p style="text-align: center;"><i>Runner Up: Elyanna D.</i></p>	

Honourable Mentions:

Elena K. Tye H. Emmy S. Madden F. Finlee H.	Ella M. Jayda M. Olivia G. Nivaan S. Akein J.
---	---

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 & \$15 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!

Bridging Generations - Opportunities For Boomers



Sue Paulson
www.swesa.ca

A recent post on Facebook had me thinking about what the Boomers have experienced since the '40s and how each generation can bridge any gaps to other generations. Because we're the eldest, we can be a vital bridge.



SWESA Coffee and Chat with Norquest College Students

As a youngster, I spent nine years on a family farm that Dad bought just 10 miles south of Edmonton. My grandparents lived there, too and ran our mixed farming operation. From them, I learned how to milk a cow, pluck chickens, and plant a garden. Weeding was not

my favorite, but I sure enjoyed the fresh peas, corn, and raspberries! It was a simple life filled with aunts, uncles, and cousins who visited on the weekends. We learned how to get along and how to look out for each other.

Back in the big city, and a mere 30 years after my farm adventure, technology started unfolding in a bigger and more personal way. We started playing with word processors and got our first desktop computer and flip phone.

Now, with technology rolling out faster than homemade cinnamon buns, maybe you, like me have pleaded with kids and/or grandkids to show us – yet again - how to sort out our cell phones, emails and Smart TVs because we just don't get it - yet. (Do I really want a TV that's smarter than I am?)

Kitchen gadgets abound – never mind ordering fast food – I can cook a whole spaghetti squash in my instant pot in five minutes! But I had to learn that skill from a younger friend with a passion for cooking.

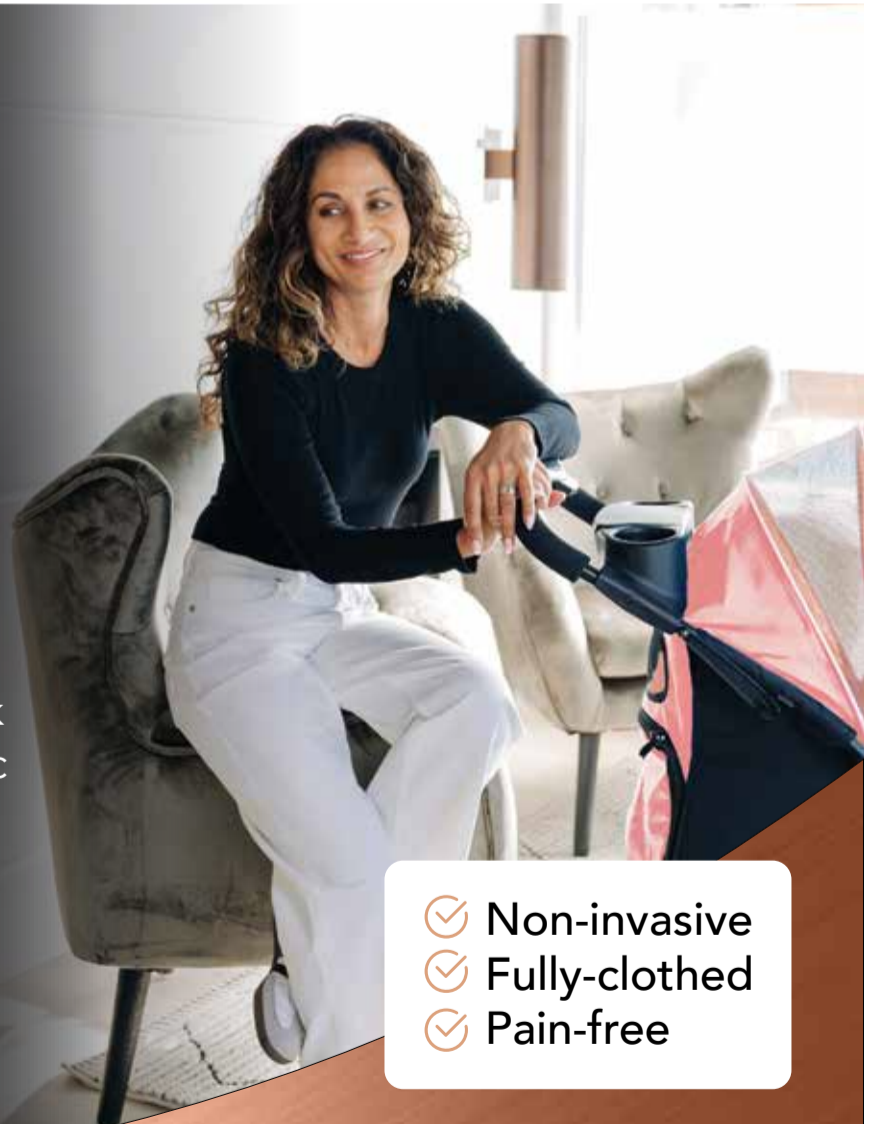
So, what does each generation contribute as we go and grow? I'm so encouraged when I meet new young people. They're bright, energetic, and filled with great ideas. Most of all, they care about others, and they care about our planet. I learn from them all the time.

My granddaughters, age 7, remind me to be delighted with the present moment. I confess I tap into that well of energy whenever I'm around them.

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SWESA Luncheon And Dementia Presentation

Photos courtesy of SWESA

Those of us in our 60s, 70s, 80s, and 90s also contribute to each other and to our youngsters in many important ways. Honed life skills and our experiences about what life has taught us have produced valuable perspectives.

Growing up in the 50s and 60's, we had opportunities to be rebels, protestors, loyal workers, and fearless pioneers and entrepreneurs. We cherished our ability and opportunities to learn and have become endlessly curious (Yay Google). We value what matters to us - kindness, a reverence for life, and community at its best.

So, my Boomer Buddies how can we participate more fully with every generation?

We can share stories with our young people whenever the opportunity arises. We can listen as they share. For example, Norquest College brings a group of students to SWESA for coffee and conversation on a regular basis. Why not join us!

A number of seniors I know work one-on-one with immigrant families to help them adapt to Canadian life (and the winter!) Others volunteer at food banks, shelters, and community kitchens.

Together, regardless of age, we can make a difference by communicating and connecting.

One of my ways of connecting is as a member of SWESA (Southwest Edmonton Seniors Association). Our annual Open House, held in October brought us a number of new members. Welcome to all of you.

Whether you decide to volunteer with us, participate in games, cards, and events, or sign up for the latest workshop offerings, you're sure to be richly rewarded for being part of a vibrant community. A huge thanks to SWESA staff and their eager band of volunteers for their outstanding efforts in the running of SWESA.

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Southwest Edmonton Farmers' Market



Lisa Jodoin
SWEFM Market Manager
Karin Shott
SWEFM Sprouts Coordinator

SWEFM would like to send out a huge thank you for all of the community support we have received throughout our 14th Farmers Market Season. Our season saw new faces discovering everything our market has to offer and many familiar faces joining us every week.

One of the highlights of this fall was our amazing Thanksgiving Dinner Basket. Each item was donated by our amazing vendors. We want to acknowledge and thank the following vendors for their generous donations;

- El Mero Mero Taqueria
- The Lemon Grass Grill
- Canadian Kettle Corn Inc
- Sunworks Farm
- Lily N Kae Natural Designs
- Good Morning Honey
- Sherwood Park Soups
- Hand Pressed Canada
- Bliss Small Batch Vegan Dressing
- Kona Ice of Edmonton
- JillsDills
- Sea Change Brewing
- Grey Owl Meadery
- The Davinci Cone
- KokoCup
- Lori's Eats and Treats
- Urban Fresh
- Theo's Greek Kouzina
- S4 Greenhouse
- Riverbend Greenhouse
- Steve and Dan's Fresh BC Fruit

We would also like to send out a huge thank you to all of our volunteers who join us each week and help make the market possible.

Our 2026 market season vendor applications will open up in January. Please stay tuned to our social media and website for updates on our 2026 calendar.



The Southwest Edmonton Farmers' Market (SWEFM) was pleased to host the Sprouts Program again this year! Despite the unpredictable weather, our dedicated "Sprouts" and their families showed up rain or shine. Over 960 children (ages 4-12) took part in our program and enjoyed the local market experience.

Special thanks to volunteer **Martina Kunkel** from The Ridge Community League for her help at the registration/check-in table - her time and effort were truly appreciated!

A big thank-you to everyone who made this year's program possible: the Terwillegar Riverbend Advisory Council (TRAC), our community leagues, local businesses, and the



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With Thanks to Our Participating Vendors

AIG Produce Osoyoos
Haskap & Harvest
Steve & Dan's B.C. Fruit

Red Apple BC Fruit
Riverbend Gardens
S4 Greenhouses Ltd

participating food vendors (who provided fresh fruits & veggies for the sprouts children). We couldn't have made the program such a success without your continued support!

We are also very grateful to all of our sponsors whose financial contributions helped keep the program running throughout the 2025 market season:

(Cultivator Level) \$2500

- Omnia Dental Clinic
- Terwillegar Community League

- South West Area Council (SWAC) \$2000

(Gardener Level) \$1000

- Riverbend Community League
- Royal Bank (RBC) Magrath
- The Ridge Community League

- The Medicine Shoppe – Haddow (\$750)

(Seeds Sower Level) \$500

- Greater Windermere Community League
- Innovation Physical Therapy – Riverbend
- Terwillegar Community Church
- Terwillegar Towne Home Owners Association

(Sprouts Supporter) \$250

- Brookview Community League

Thanks also to the Lupien, Pfiesser & Statton families who sponsored the Young Vendor Program last year, allowing us to continue to have an extra tent for these budding entrepreneurs.

Wishing everyone a wonderful winter season, and we look forward to welcoming our "Sprouts" back for another fun-filled SWEFM season in mid-May 2026!

2025 Edmonton Christmas Bird Count



Bob Bowhay

How many birds stay in Edmonton for the winter despite the long dark nights? Help us to find out. Join us on December 14, 2025.

This is a free event held in Edmonton and over 2000 locations across North America that encourages people to participate in this citizen science project. All ages and skill levels are welcome. You just need to watch for birds from the warmth of your home, identify, count and report them together with the amount of time that you were watching.



Photo courtesy Bob Bowhay

The Edmonton Christmas Bird Count was held first in 1905, and continuously since 1955. Remarkably 121 species of birds have been recorded on these counts by people like you. In 1987, 1,299 people participated, more than any other count in the world, ever! Most counters are people like you that watched for birds from their home windows. Currently just over 500 people participate.

We are hoping to increase the number of backyard watchers participating this year, so that all birds get counted and to maintain our World Record.

To participate, your home must be within the count circle which, unfortunately, does not include all of our growing city but does include your community league neighbourhood. Check the count circle map to find your home. <https://www.edmontonchristmasbirdcount.ca/zone-maps.html>



Edmonton Nature Club presents

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We are looking for new feeder watchers



Edmonton Christmas Bird Count
Sunday December 14, 2025

[edmontonchristmasbirdcount.ca](https://www.edmontonchristmasbirdcount.ca)



FREE
PRIZE
DRAW

All registered participants will be entered in the prize draw!

Grand Prize: Nikon Monarch M5 8x42 Binoculars

Four Runner-up Prizes: Backyard Bird Feeder Kit including 30 lb. of seed!

Sponsored by the Wildbird General Store



We are excited that this year we have a free contest open to all registered participants sponsored by the Wildbird General Store. Prizes include a grand prize of a pair of 8x42 Nikon Monarch M5 Binoculars and four runner-up prizes of a Backyard Birding Package including a bird feeder, feeding guidebook and 30 lbs. of bird seed.

To register, go to <https://www.edmontonchristmasbirdcount.ca/participate.html> and signup as a feeder watcher or bush beater.

The Herald Of Winter (The Dark-Eyed Junco)



North Saskatchewan River Valley Conservation Society

Dark-eyed Juncos are often called "Snowbirds," possibly due to the fact that many people believe their return from their northern breeding grounds foretells the return of cold and snowy weather. Another possible source of the nickname may be the white belly plumage and slate-colored back of the junco, which has been described as "leaden skies above, snow below."



The Dark-eyed Junco is one of North America's most common birds, with an estimated population of over 260 million, and is sighted at more bird feeders than any other species. This small bird is divided

into six distinct populations (including Oregon, Slate-colored, and Gray-headed) with 12 additional subspecies. Juncos overwinter in flocks of 6 to 30+ birds, often returning to the same 10-acre area annually. Within the flock, a strict dominance hierarchy exists, with adult males at the top, and females tending to migrate earlier and farther south than males to avoid competition.

Juncos migrate at night at low altitudes and can burrow through snow to find seeds, which make up about three-quarters of their annual diet (including weed seeds like ragweed and chickweed), supplementing heavily with insects during the nesting period. Males return annually to reclaim the same breeding territory, where females build ground nests for 3 to 5 eggs, typically producing two broods per year. Juncos roost repeatedly in evergreens or brush piles but do not huddle, and the longevity record for the species reaches over 11 years.

Teachers Love Lively Participation In ELLA Classes - Senior Learners Never Run Out Of Questions



Kathy Kerr

Learners on both ends of the age spectrum have a lot in common, including enthusiastic curiosity, says writer and instructor Marty Chan. The award-winning children's book author will repeat his course on writing for children for Edmonton Lifelong Learners Association's online winter session starting in January.



Author Marty Chan

He says students at ELLA, which offers classes for those over 50, are ready with as many questions as the elementary school kids he usually teaches. Seniors are as engaged as the kids, "but with more self-control," Chan says. "They're more willing to participate. ...It gives me a chance to interact with the audience as opposed to just being a one-way broadcast."

ELLA is offering 17 thought-provoking online courses this winter. In spring, the organization conducts in person classes on the University of Alberta campus. Chan's class for this session will cover basics, such as character and plot development, and topics such as crafting a voice which will grab the younger reader.

"You have to sort of blow up your expectations of how somebody takes in the story and figure out exactly how to appeal to that younger audience." Chan says the motivation to take the course varies from wanting to tell stories to grandkids to wanting to publish a book.

Edmonton Journal municipal affairs columnist Keith Gerein is returning to teach his Civic Politics in the Age of Incoherence course. Coming off the recent elections, the course will have plenty of relevance even for students who have taken it before, says Gerein. Last year the class raised questions about where the city was heading, with factors such as party politics and whether change was in the air, he says.

"We'll delve into that, and we'll try to look at what happened and why." Gerein says it's great to get the feedback ELLA students provide. "They probably have a little more time to think about these issues. They've seen the city go through its ups and downs."

Veteran technology instructor Shawn Gramiak is teaching two ELLA classes - Getting More out of Google and AI for Everyone. Gramiak says he wants students to come away with something that will make their lives simpler. But there will be fun and challenges along the way. The Google course will cover Google mail, docs, sheets, maps and YouTube. "I show people how to use the tools and I leave it up to them to figure out where they want to go with it," says Gramiak, a longtime instructor at MacEwan University.

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The AI course will focus on practical uses of AI, but Gramiak adds that he appreciates senior audiences dive a bit deeper into subject matter. "In a class of seniors, you'll have very frank discussions about the ethics and morality of it all. And sometimes I don't think that necessarily takes place, especially with the people who are big fans of artificial intelligence."

Registration for ELLA's Online Winter Session begins Dec. 2, with classes starting Jan. 12. For course information and more details, visit my-ella.com.

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As temperatures drop, please exercise extreme caution around the North Saskatchewan River and all other bodies of water. While popular off-leash areas like Terwillegar, Buena Vista and Capilano offer river access, fall and winter conditions pose serious dangers.

As ice begins to form, conditions become increasingly unsafe. While a frozen river or pond may look like a tempting place for a walk or

game of fetch, the ice is often thin, unpredictable and unstable. Water flows rapidly beneath the surface and changes the ice thickness during freeze-thaw cycles. It's never safe to walk or skate on the North Saskatchewan River, no matter the season.



Every year, Edmonton Fire Rescue Services (EFRS) responds to water emergencies. In the past five years, EFRS has responded to an average of 111 water rescue calls annually. Help us keep that number from growing with your preventative action.

Prevention is Key

1. Stay on the trail: It is never safe to walk on the ice. Stay back from water access points. River banks are unstable and icy.
2. Leash your pets: Please obey all posted signs and keep your pets leashed when using low-lying trails, near riverbanks and close to any water access points. A leash is the fastest way to stop a curious dog from stepping onto thin ice.
3. In an emergency, call 911: If a person or pet falls through, call 911 immediately and provide their last known location. Do not attempt a rescue.

Neighbourhood Response

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

You see someone threatening or attempting suicide.

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

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

Sulphur Mountain Sasquatch



Garth Paul Ukrainetz
Poet of the Blackmud Creek

Where hot springs flow from long ago
Where mountain trees did younger grow
A Sasquatch soaked in water hot
And all his problems there forgot

But then one day his world would change
His dear ol' Rocky Mountain range
Banff National Park, the first to be
Now tourists flocked for all to see

Up Sulphur Mountain Sasquatch climbed
His favourite hot pool left behind
He at the top made cave of snow
And cried alone in moonlight's glow

From high above he got to scheming
He'll go back down while Banff was dreaming
So, down below he'd go at night
And back up top by morning light

Where hot springs flow from long ago
Where mountain trees now older grow
A Sasquatch soaks in water hot
With one eye open, lest he be caught

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Preventing Slips, Trips, And Falls During The Winter Months



albertahealthservices.ca

The winter months can be a great time to get outdoors and be active. But the cold, snow, and ice can present challenging conditions that put individuals at higher risk of experiencing a fall.

Melting snow can freeze overnight, forming a thin layer of ice that is hard to see. The ground can then become very slippery in the morning when the ice starts to melt. In months where the ground is frozen, ground frost and ice can make it slippery for walking. No matter how well the snow is removed from parking lots or sidewalks, there will still be slippery places.



It's important to keep your safety in mind to avoid slips, trips, and falls.

Tips to prevent falls and other injuries

A fall can happen to anyone, anywhere – outdoors, in your home, in the community, or in a hospital. They can be serious and cause bruises, sprains, or more severe injuries like broken bones or concussions. About 180 children ages four and under and 11,000 adults ages 65 and older were hospitalized due to falls in Alberta in 2022.

To lower the risk of you, your child, or someone else getting hurt when you're outside this winter, remember the following:

For children:

- Use sturdy, wall-mounted gates at the top of all stairs and a wall-mounted or pressure-mounted gate at the bottom.
- Install safety devices on windows, such as window guards or child-proof locks higher than ground level. Safety devices should be installed so they may be opened by an adult or older child without the use of any tools or special knowledge.
- Move furniture away from windows and balcony rails to prevent

- children from climbing.
- Secure furniture, such as dressers and bookcases, to the wall.
- Use the playground checklist for children to reduce the risk of injury.
- Always have your child wear a certified helmet while skiing, snowboarding, sledding,
- tobogganing or skating to lower the risk of head injuries.

For adults:

- Move your body. Regular physical activity builds balance, strength, and flexibility. Talk to your healthcare provider before beginning a new physical activity, and discuss strategies for staying active if you have limited mobility.
- Choose footwear that has low heels, fits well and has good grip. Join activities with friends or family to stay safe and connect with others. Take short, slow steps on slippery surfaces.
- Check your vision. Changes to your vision might increase your risk of falling. Alberta Health covers the cost of an annual eye exam for adults ages 65 and older.
- Regularly review your medications with your doctor or pharmacist, and ask questions about side effects, such as feeling dizzy or sleepy.
- Keep floors and pathways clutter-free and turn on lights on stairs.

Do the Penguin Walk!

- Bend slightly and walk flat footed
- Point your feet out slightly like a penguin
- Keep your centre of gravity over your feet as much as possible
- Watch where you are stepping
- Take shorter, shuffle-like steps
- Keep your arms at your sides (not in your pockets!)
- Concentrate on keeping your balance
- Go S-L-O-W-L-Y



If you fall or are seriously injured, get the appropriate care promptly. People with life-threatening emergencies should visit their nearest emergency department or call 911. If your condition is not life-threatening, call Health Link 811 for health advice or information.

Terwillegar Classifieds

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maellis2023@outlook.com

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 Adult 2: _____
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 Postal Code: _____ Phone Number: _____
 Email: _____
 Childrens Name & Age: _____

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Terwillegar Community League
Terwillegar Riverbend Advisory Council
 #5, 2051 Leger Road NW
 Edmonton, AB T6R 0R9
*(Form & Payment may also be dropped off at the
 TRAC Community Office, located inside the
 Booster Juice Rec Centre)*

*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



Board Contacts

President: VACANT
 president@terwillegar.org

Vice-President: VACANT
 vicepresident@terwillegar.org

Treasurer: Monte Weber
 treasurer@terwillegar.org

Secretary: Jeff Nordstrom
 secretary@terwillegar.org

Community Advocate: Karen Stix
 advocate@terwillegar.org

Membership Director: VACANT
 memberships@terwillegar.org

Programs Director: VACANT
 programs@terwillegar.org

Communications Director: Heather Maitner
 communications@terwillegar.org

Fundraising Director: VACANT
 fundraising@terwillegar.org

Other Contacts

Community Garden:
 Grace Subchuk, garden@terwillegar.org

Editor:
 Karin Shott, editor@terwillegar.org

Webmaster:
 Alison Cairns, webmaster@terwillegar.org

Other Positions

TRAC Ambassador - MacTaggart:
Vacant

TRAC Ambassador - Magrath:
Karen Stix

TRAC Ambassador - South Terwillegar:
Vacant

TRAC Ambassador - Terwillegar Gardens:
Sue Trigg

TRAC Ambassador - Terwillegar Towne:
Monte Weber

Crossword Solution

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



Seasons Greetings

Thank you to our clients and business partners for their continued support and philanthropic efforts to improve the lives of countless people in our city. With love and gratitude from our family to your family we wish you a safe and happy holiday season..

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AVAILABLE



Windermere Ridge \$5,200,000
The Hendriks Estate, a rare gated estate in Keswick on the River. Over 7,200 sqft living. ML# E4463017

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Glenora \$3,200,000
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Jagare Ridge \$2,998,000
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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

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

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The Sky Villa at The Pearl \$2,399,000
Furnished New York-style, 2-storey sub-penthouse. Breathtaking views. 3bed, 2 bath ML# E4458832

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Rare gem nestled in Donsdale. 2,379sq.ft. 3 bed bungalow. Panoramic ravine views. ML#E4424093

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AVAILABLE



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Custom Built estate on 2 acres. 4985 sq ft, 5 bed. Incredible investment opportunity. ML#E4448983

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The Hammock House in Belgravia. 3yr old masterpiece of Norwegian-inspired design! ML#E4463205

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Ramsay Heights \$962,000
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New York Style Loft Penthouse 2366 sq ft. 2 bed 2 bath plus den. ML# E4430204

AVAILABLE



Brander Gardens \$749,900
Spacious & beautiful 2,138 sq ft two-storey. 4 bed. 3 bath. Open layout, must see! ML# E4444393

AVAILABLE



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