

Terwillegar Tribune

Serving the Communities of Terwillegar Towne, Terwillegar Greens, Terwillegar Gardens, South Terwillegar, Sandalwood, Magrath, and MacTaggart

Green shack program visits South Terwillegar

by Terri Saunders
Newsletter Editor

On May 25, the Green Shack Program set up for a summer full of fun at Tomlinson Common Park. This year, we have two new green shack park leaders ready to go.

The program will run until Aug. 28, from Monday through Saturday, however this year, on Tuesday and Thursday from 2 to 5 p.m., games will be held at South Terwillegar as well.

"We will be playing big team games, building obstacle courses and putting on plays," says Amanda.

There will be many theme days planned throughout the year including an un-birthday party, pirate day, parents versus kids day, fiesta day, toilet paper day and a Hawaiian day. Parents are encouraged to participate — especially on family night Wednesdays. The programs are open to all ages. Lisa mentioned that there will likely be children under five during the day as most other children are at school for the time being and that the park leaders encourage you to attend during the hours that suit you best. They also have a survey and would greatly appreciate any feedback on the programming provided. As Lisa says, "Come check out the program. We love to see and hear from you!"

And a little more about our leaders:

When she's not a park leader, Amanda is a post-secondary student studying neurobiology with a minor in special education. She's also a competitive show jumper with a great love of horses and the president of the Special Education Students' Association. Some of her favourite

park activities are playing capture the flag and to making great crafts.

Lisa is a bilingual park leader, so if you'd like information in French, she can provide it. She also loves to play sports such as curling, soccer and field hockey, and enjoys curling up with a good book too. Her favourite part about being a park leader is spending time with young people while still getting to enjoy the sunshine.

Both leaders are looking forward to the summer. Says Amanda, "Lisa and I have some very fun things planned, so bring your smiles and get ready to play."



Local residents Emma, Korall, and Paige take advantage of the good weather with a classic lemonade stand.

Pull out
our center
section for
summer fun!

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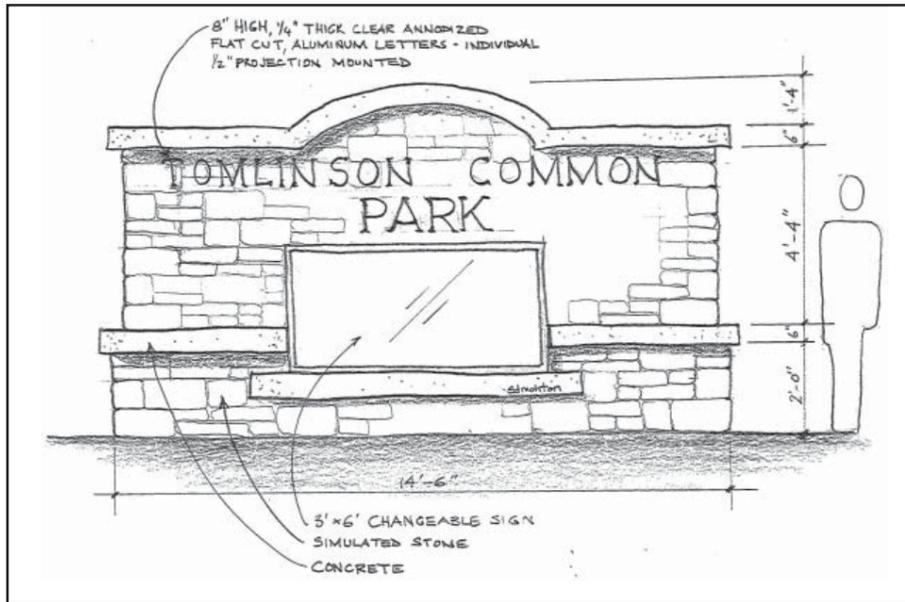
TCL to raise community information signs

by Karey Steil
TCL Program Aide

As the Terwillegar area continues to grow, the need to provide inter-community information has become a forefront issue. Tomlinson Common Park currently has no identification sign, so this is being addressed as well.

The Terwillegar Community League (TCL) is excited to be completing two changeable copy signs that will provide information on everything from sports registration, community garden news and AGMs to local events. The original concept of the signs was to provide quick and easy changeable information with an architectural image that reflects our community. TCL will provide maintenance, which is expected to be minimal.

These permanent signs will reduce or eliminate the need to rent



The above illustration shows the design and dimension of the new signs.

the construction process. TCL board member Karey Steil has been working on this project since 2009. Construction is expected to be complete by mid-June.

temporary copy signs for the community, which will save money in the long term. The architectural design of the signs is not typical for the city of Edmonton; TCL and the sign manufacturer have set a new standard for future signs of this nature. One sign will be installed at the intersection of Haddow Dr. and Tomlinson Common, and the second will be in South Terwillegar, east of the T-intersection of South Terwillegar Dr. and Towne Centre Blvd.

Image Signs has been a pleasure to work with and has been integral to ensuring the signs' quality and durability. Community resident Steve Londry provided the artistic concept of the sign and has guided

Terwillegar Community Garden grows success

by Matthew Parsons
Terwillegar Community Garden member

As summer approaches and the weather warms, neighbourhood gardeners are eager to dig into the growing season in the Terwillegar Community Garden. Now in its second year of operation, the community garden continues to blossom.

This year, we welcome 40 families, both returning and new. Steve Johnson, our garden coordinator, will be assisted by new board members to organize community relations and site operation for the garden: Jodi Drozda-Murphy, Kim Rost, Loretta Friedrich and Matthew Parsons. We hope that this year can be as rewarding as last and that we can continue building an environment of cooperation, growing and learning amongst the participants and the greater community.

If you have not already seen the Terwillegar Community Garden, the site is located across from the new schools near the intersection of Terwillegar Common and Towne Centre Boulevard. With help from Angela Johnson, all the available plots in the garden have been assigned for this season. Our garden has grown since last year, now with a total of 60 10 foot by 10 foot plots. We are looking forward this year to a number of further improvements to the garden site, such as upgrades to the site shed. Also, site committee members will be involved in discussions with the City of Edmonton relating to future site improvements — working towards finalizing the permanent garden site design. We are grateful for receiving grants from the Terwillegar Community League and the Community Garden Network of Edmonton and Area, which have helped to set up the community garden so far, and we continue to search for new sources of funding to keep our garden growing.

Aside from the individual garden plots, a major component of the community garden is our contribution to Edmonton's Food Bank. This year,

we have eight plots to grow produce for the Food Bank. The plots will be a tremendous way to help people in need gain access to nutritious, locally grown vegetables such as carrots, squash and potatoes.

We are continuously seeking personal and business donations for seeds, supplies and tools to plant, harvest and maintain the food bank garden. Also, if you are able to volunteer your time to help with the food bank plots, please let us know.

For more information regarding the community garden, or to donate or volunteer to assist with the food bank garden, please visit our website at www.terwillegar.org/garden, or contact one of our board members at garden@terwillegar.org.



The Terwillegar Community Garden had a bountiful year in 2009.

TCL Board to distribute survey

By Tamara Stecyk
Communications Director

The Terwillegar Community League (TCL) board of directors went through a strategic planning workshop last month. The board wants to improve programs and services in the community but needs your participation before it moves forward.

An electronic survey will be circulated in the near future and board members encourage you to take the time to answer the questions. Without your input, the TCL won't provide new programs, funds and services to make a community a better place to live.

Look for a Survey Monkey link in your e-mail

or on the community league's Facebook page. If you are not receiving e-mails from TCL and would like to sign up, please contact Tamara Stecyk at communications@terwillegar.org.



TCL Treasurer Jason LaBonté leads the TCL board through a workshop.

The TCL Board is looking for a

Volunteer Coordinator

We need someone to help us put our community's talents to use — to help us locate and place individuals in volunteer positions so we can continue to support our growing community, and its growing events.

If you think you'd be interested in helping us out, please contact:

president@terwillegar.org

Resident's association takes legal action

by Terri Saunders
Newsletter Editor

The Terwillegar Towne Resident's Association (TTRA) had their first Town Hall meeting on April 22. Just under 30 people were in attendance, including the dedicated TTRA Board of Directors. The town hall format was chosen to induce more of a "meeting of minds," allowing for questions and discussion, rather than a formal setting with little participation.

The president, Steve Simala, began the meeting by welcoming all who came and by discussing the role of the TTRA. For those of you not familiar, the TTRA is a not-for-profit association of all property owners within a specified area — largely Terwillegar Towne. So each property in the area has one share of the organization. Currently, there are about 1,900 "shares" or properties. Once construction is completed, there will be 2,400 in total.

The primary purpose of the TTRA is to oversee the maintenance of specific "common" properties owned by the organization and to ensure that the architectural guidelines are maintained within the area. The board is a group of volunteer residents who work hard to manage the association. Simala introduced each of these volunteers, bringing a face to each role.

Simala then told the "TTRA story." Apparently, Carma created the TTRA in 1997 and mainly continued to run it until 2008. They then handed off the association to resident members. Unfortunately, Simala said, "it was a bad hand-off." The TTRA had an inept management company taking care of their lands, little resources and few written contracts. There was also no clarity about what was owned, what the TTRA was responsible for and what were optional services.

At the last AGM in June, 2010, a new board was elected. Over the past year they have volunteered a great deal of their time to work through the "mess." They reduced their taxes, stopped any optional expenses for the time being and hired a new management company. Once they got a handle on the money, they then drafted board responsibilities, began a review of their mandate and hired legal counsel.

The TTRA has filed a statement of claim against Carma due to the terrible conditions of some of the properties which were presumably handed over on Jan. 1, 2008. The TTRA hired legal counsel for proper guidance during this procedure. After a two-year window (Dec. 31, 2009), the TTRA would be sole owner of those common properties in whatever shape they were in, and so the TTRA was forced to act to preserve their potential claim and to ensure the properties were brought up to certain standards. There are also outstanding questions about the state of the architectural controls within the area — causing inconsistencies within Terwillegar Towne. The statement of claim enables the TTRA to sue Carma, should such action need to be taken, on behalf of the residents. However, the board is still actively working on these issues with Carma and has hopes for a successful resolution.

Wow! Think you missed a lot at this meeting? You can still make it to the TTRA's annual general meeting in September, or contact the board at directors@terwillegartowne.org if you have questions. Better yet, you can volunteer to help out the board with anything from setting up chairs to legal issues. Still wondering if you're a member of the TTRA? Check out the map at www.terwillegartowne.org to see if your home is within TTRA boundaries.

TCL events cool the summer, then add the heat!

by Jon Connell
TCL Programs Director

Despite the fact that I write this article while it's raining outside, I'm sure we can look forward to a brilliant summer with blue skies and warm sun. And because of all this rain, the grass is actually green!

The first date for your calendar is Saturday, June 26 for the Summer Kick-Off Waterfight! We'll be taking up lots of space at Tomlinson Common Park for running about and generally getting thoroughly soaked. Bring your runners, smiles and a towel. We'll get going at 2 p.m. and keep going until

all the balloons are gone.

Next, back by popular demand is the Annual Canada Day Bike Parade on Thursday, July 1. Dress code is red and white, and bicycles, strollers and wagons should be decorated as much as you like — feel free to jazz them up ahead of time! We'll meet again at Tomlinson Common Park at 10 a.m. where additional decorating supplies will be available, and we'll go from there.



Above: magician at last year's Summer Wind-Up Barbeque. Below: many join in for the 2009 Canada Day celebrations.

Finally, mark down Saturday, Aug. 14 for our Summer Wind-Up Barbeque. We'll get the barbeque heated up and begin serving shortly past 11 a.m. Come one, come all — see you at Tomlinson Common Park!

Those who read the Tribune from cover to cover may remember that the Terwillegar Community League was planning on taking part in the City of Edmonton's Capital City Clean-up this year. Unfortunately, due to volunteer and budget constraints, we had to cancel the event in order to run all those events outlined above. We hope that you'll understand — especially when you come along and have fun! Of course, you and your neighbours can always run a clean-up event along your block. More information on this is available at www.edmonton.ca.

So, I'll see you at the park this summer. I'll be wearing a TCL volunteer t-shirt at all the events. I'm always hoping to meet more people who are interested in volunteering, so please do track me down and I'll put you on the list. None of the great fun we have in Terwillegar is possible without local residents' time and effort — one short hour at a time!



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Successful community sale seeks organizer

by Priya Nelson
TCL Fundraising Coordinator

Another successful I'm Too Big for it Sale was held at the Riverbend Community Hall on Saturday, April 24.

We had lots of eager vendors with some great stuff to sell. The big item room was jam packed with cribs, strollers, excersaucers, bikes and various furniture. (Thanks Brent and Ramona for volunteering in the big item room.) The vendors all had great deals on toys, games, books and clothes. All in all, a great success for everyone involved!

We have been running this sale for our community members for over five years. It is

organized and run by dedicated volunteers. As this is an event that benefits both the community league and its members, we would like to see it continue in the future. It has traditionally been run in the spring and the fall and it is always a huge success.

However, as with every good thing, our volunteer time running and organizing this sale has come to an end for me and my co-organizer. We have had a great time organizing this in the past, have met some wonderful people and learned a lot.

We are looking for someone who is eager and willing to take over this position. It is a volunteer position that comes with many rewards.

If you have young kids and want to be a part of

this sale, then please consider sparing some time twice a year to organize and run the event. You will always be guaranteed a table.

I will help you with the fall sale so you aren't feeling lost or overwhelmed. You may also consider working on this with a friend or neighbour.

I would like to send a sincere thank you to my friend and co-organizer Anne Smith. Anne and I took this role on and have had a great time working together. Thanks for all your efforts, time and energy. It certainly doesn't go unnoticed!

If you are interested in running the fall sale, please contact me at fundraising@terwillegar.org.

Pet owners urged to follow city guidelines

The City of Edmonton has very specific rules for dogs set out in the animal licensing bylaw and the parkland bylaw. Rules for dogs are in place for the safety of your community and the safety of your pet. Unless you are in a designated off-leash area, please keep your dog on a leash. And wherever you visit, remember to scoop the poop!

Edmonton has over 40 sites where your dog can run and play without having you on the other end of the leash. You too, can get physical and emotional benefits from exercise and by socializing with other dog people. Some off-leash areas are in river valley parks, are on undeveloped land and others are in neighbourhood parks. All sites have boundaries but are not fenced. Area maps with boundaries are posted at each site.

The closest off-leash areas to the Terwillegar area are east of the ravine, or west to Terwillegar Park. Please search "Off-Leash Park Sites" on the City of Edmonton website, www.edmonton.ca, for details of these locations. If you are interested in designating an area closer to you as an off leash site, you

can work with the your community league to establish one.

As further incentive to follow guidelines, please note the fines you may incur, according to Bylaw 13145 (2003).

Visit www.edmonton.ca/parks and click on Off-Leash Park Sites for more information. 2009 Parks for Paws pamphlets are also available at any of our office sites.

If you are experiencing problems with dogs off-leash in your neighbourhood, temporary signs are available for a two-week period. Call your CRC for more information.

Right: Terwillegar Park — a beautiful off-leash area close to home



Non-compliance Issue Fine; Bylaw 13145

- No licence — \$250
- Failure to scoop — \$100
- Dog bite causing injury — \$500-\$2,500
- Dog attack, no injury — \$100
- Dog not under control — \$100
- Dog on posted parkland, school ground, playground, picnic site, golf course, roadway and flower beds — \$100
- Dog off leash in a non-designated area (including paved trails) — \$100
- Failure to display dog licence tag — \$100
- Failure to carry a leash — \$100
- Failure to control or leash a dog — \$100

Stormwater lakes not for recreational use

by Linda Wilde
Terwillegar Towne Resident

Each of the four Terwillegar Community League neighbourhoods boasts a stormwater lake, operated by Edmonton Drainage Services. With hot summer days fast approaching, it's time once again to remind kids and adults alike that these areas are not quite the same as regular parks.

Stormwater lakes are not constructed for recreation and are not safe for any type of human activity. That means paddling, swimming, boating, fishing. In other words, any activity that might result in direct contact with the water. These restrictions are in place to protect both public health and ecological balance.

Our local stormwater lakes are located at:

- Terwillegar Towne I — Tory Gate and Tory Rd.
- Terwillegar Towne II — Tomlinson Common and Towne Wynd
- South Terwillegar III — North Rabbit Hill Rd. and South Terwillegar Dr.
- MacTaggart — MacTaggart Dr. and McLuhan Rd.

The City of Edmonton maintains these areas and monitors them year-round. You will see their notice signs around the lakes, along with seasonal warnings about thin ice and herbicide treatments for algae control.

Take extra care to supervise children and dogs closely near these lakes, not only to prevent contact with the water but to avoid disturbing the wildlife taking refuge there. Remember that regular park rules apply here too. All city parks are open daily from 5 a.m. to 11 p.m., dogs must be on-leash at all times and alcohol is prohibited.

For more information and full terms of use, see Attractions & Recreation at www.edmonton.ca. If you have a question or concern about a lake near you, call the drainage supervisor at 311, or e-mail parks@edmonton.ca.

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Fundraising efforts begin for school park

by Stephanie Gillis-Paulgaard
TSNAP Chairperson

Terwillegar Schools Need a Playground (TSNAP) is a group of concerned parents that have come together to facilitate the development of a playground for the two new schools opening in Terwillegar Towne this fall. Both the Esther Starkman Public School and the Monsignor William Irwin Catholic School will be opening in September 2010 without a playground for the children.

How much does a playground cost?

The school playground is considered to be an extensive playground initiative and therefore will range in the area of \$750,000-\$1 million. Just to give readers an idea of how much basic items cost, a small list was compiled:

- Large bench installed with concrete pad — \$3,400
- Backless bench installed with concrete pad — \$3,000
- Table installed with concrete pad — \$4,100
- Square garbage can installed with concrete pad

— \$1,300
*concrete pad is required

How can you help?

The Edmonton Public School Board and the Edmonton Catholic School Board have not funded school playground initiatives since 1986. It is the responsibility of the community residents to undertake the initiative and see it through to completion. This includes everything from completing needs assessments to fundraising, grant applications and grand opening ceremonies.

A door to door campaign will be held in the Terwillegar Towne and Terwillegar Gardens communities over a two-week period (June 16 to June 30). Volunteers from TSNAP will be going door to door collecting donations from the community residents during this time. Donations will be accepted in the form of cash or cheque. All cheques should be made payable to The City of Edmonton as official tax receipts will be issued directly from the city. A tracking sheet will need to be completed by the TSNAP

volunteer to ensure tax receipts are issued correctly.

Any questions regarding this campaign and its validity should be directed to Shelley Kwong. Kwong is the community recreation coordinator for Terwillegar and is employed directly by the City of Edmonton. You may feel free to contact her by e-mail at Shelley.Kwong@edmonton.ca or by phone at 780-496-1473.

Donation recognition

A monument will be unveiled during the grand opening ceremonies to recognize the generous support received throughout the project.

Platinum: \$10,000 or more

Gold: \$5,000-\$10,000

Silver: \$2,500-\$5,000

Bronze: \$1,000-\$2,500

Community: \$500-\$1,000

For full updates on the project or to see how you can get involved as a volunteer, please visit TSNAP's recently launched website at www.tsnapedm.com.

Get TCL updates via e-mail!

Contact communications@terwillegar.org



The lot where the school park will be built is directly between the Esther Starkman Public School and the Monsignor William Irwin Catholic School.

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Public school offering before and after care

by Tamara Stecyk
TCL Communications Director

Although the school year is drawing to an end, Esther Starkman School is gearing up to open its doors in September.

Principal Greg Kushnir is busy planning the details for the new kindergarten to Grade 9 students, including opportunities for tours and overseeing registrations.

The new Terwillegar public school is now offering childcare through YMCA. YMCA held a registration night on May 31 for before and after school care at its Twin Brooks location (1120-113 St.). For more information, please contact Renee Pidhirney at 780-429-5718.

Other updates from Esther Starkman include:

- Planning for the fall is ongoing and progressing along really smoothly. The building has been turned over to Edmonton Public Schools which is six weeks ahead of



- schedule.
- Registrations are still being accepted at most grades for students inside and outside of our attendance area. Contact Kushnir at 780-988-5556 for details.
- Kindergarten open house will be on June 16 at Lillian Osborne High School beginning at 6:30 p.m. This session is for registered families only.
- An informal open house for all students and their families will take place on Aug. 26 and 27, further details will be sent to families in the mail.
- Information regarding the first day of school will be sent to families in late June.
- The website has been relaunched and is being updated frequently. The address is <http://estherstarkman.epsb.ca>.

Luka and Hanna, future students of Esther Starkman, show the new school.

Residents meet to discuss local farmer's market

by Tom Sedens
Member of the Community Engagement and Communication Committee, and the Market Structure Committee for the southwest Edmonton farmer's market initiative

The first general meeting of volunteers hoping to establish a new farmer's market in southwest Edmonton took place on April 12.

There were about 30 or more people who attended. Everyone explained what their hopes were for the farmer's market, as well as what motivated them to attend the meeting and why

a community farmer's market is important to them.

The three founding members of this movement explained their journey thus far and where we are at now, which is essentially right at the beginning of the process. It was discussed that getting things going for summer, 2010 is highly unlikely and probably not a good idea from a planning standpoint.

Our goal is to have things up and running for summer, 2011 and to do it properly.

There are now a number of teams in place, and they are as follows:

1. Business plan

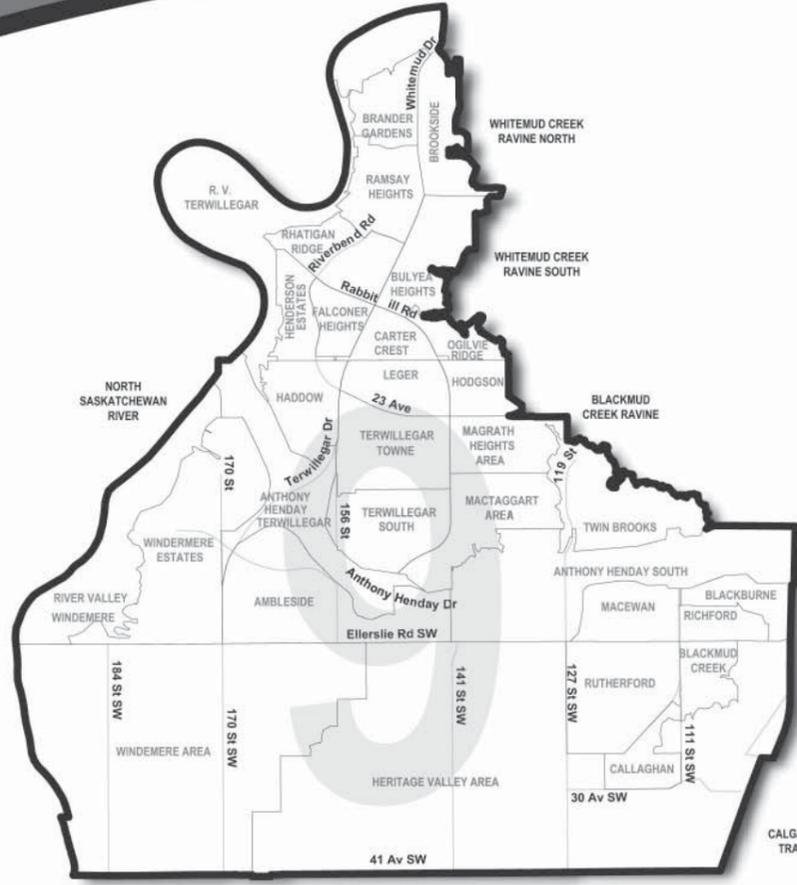
2. Community engagement and communication
3. Market manager
4. Location
5. Market structure (market mix, market layout, market rules, hours of operation, etc.)
6. Vendor selection
7. Promotion

We also discussed the structure of this project and some upcoming timelines before wrapping up the meeting.

If you would like to get involved with this initiative, contact Corrina Chetley-Irwin at 780-437-9988 or cchetley@shaw.ca.

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Terwillegar community united in park efforts

by Misty Johnson
 South Terwillegar Park Development Committee
 Chairperson and 4 Parks Group member

With spring officially upon us and families enjoying the outdoors, a special group has come together with the joint goal of bringing park developments and playgrounds into our neighbourhoods. The Terwillegar Community League (TCL) is currently supporting four separate initiatives, including Terwillegar Schools Need a Playground (TSNAP), South Terwillegar Park, Magrath Park and MacTaggart Park Development. Representatives from each park development group have come together in a spirit of cooperation to form the TCL 4 Parks Group.

The 4 Parks Group has formed to collaborate and share resources on the park development process, fundraising and events planning. Though the park development groups are continuing to function separately and are at different points on the journey to park completion, the 4 Parks Group is cooperating to help bring parks to each neighbourhood. Representatives, and likely the community at large, recognize that any new park in the area is an asset and will benefit the entire community.

The park development process is managed by the city but must be initiated and lead by neighbourhood representatives. The city advises that this is a long and costly process. The days of gathering the Dads in the neighbourhood to build teeter-totters and swing-sets with little budget and a short timeline are gone. A typical park development with a playground costs \$750,000 - \$1 million and takes 18 months to more than three years to move from planning to completion. Much of the cost will be covered by city and provincial grants, but each park development committee has been advised they will need to raise approximately \$125,000 as a starting point before they can start the grant application process.

The first step in the park development process is to complete a community needs assessment (this stage is already complete for TSNAP and South Terwillegar Park). Each resident will be asked to complete a survey for their park area. Your opinion is important, so please take the time to complete the survey. Keep checking the Terwillegar Community League website for survey links and general updates on each park project.

The next step in the park development process is fundraising. The 4 Parks Group will be doing

joint fundraising projects, as well as individual park fundraising efforts. Expect your local park project team to be canvassing door to door this summer. To contribute to another park, contact the appropriate representative (noted below).

The 4 Parks Group will also be working together to ensure the community parks are unique to each area. Children enjoy playing on a variety of equipment, and adults enjoy a variety of settings in parks. Representatives from each park will consider their neighbourhood's desires and tailor the park development accordingly, while the 4 Parks Group will oversee to make each park and playground is different.

Check the Terwillegar Community League website at www.terwillegar.org for updates and events from the park development committees. Each group is looking for volunteers — contact the appropriate person below to get involved in your neighbourhood park initiative!

Neighbourhood Park Development Contacts:

- TSNAP — Stephanie; tsnap@live.com
- South Terwillegar Park — Misty; southplayground@gmail.com
- Magrath Park — Jennifer; magrathpark@hotmail.com
- MacTaggart Park — Wendy; wreddekopp@shaw.ca

Individual park projects communicate their efforts

South Terwillegar Park

Together, with the City of Edmonton, concerned residents of South Terwillegar are beginning the process to further develop the neighbourhood park sites, including a play structure. There are two designated park sites in South Terwillegar (this includes Sandalwood). One site has already been partially developed with grass, trees and a toboggan hill. The other site is the undeveloped area at the north end of South Terwillegar. Both sites will eventually be developed as park spaces.

Thank you for completing our park development survey. We had a great level of response with overwhelming support for a park development including a playground. We are continuing the next steps in the process and will be moving forward with fundraising efforts soon. We have been told by the city that we will need to raise at least \$125,000 before park and playground development can begin.

To volunteer your time to this great community initiative, or to donate, please contact Misty at SouthTPlayground@gmail.com

MacTaggart Park

We are looking for volunteers to help out with the development of MacTaggart Park. Currently, we are in the process of organizing a committee for planning, fundraising and related activities. If you are interested in participating in any capacity, please contact Wendy Reddekopp at wreddekopp@shaw.ca or by phone 780-438-5747.

Magrath Park

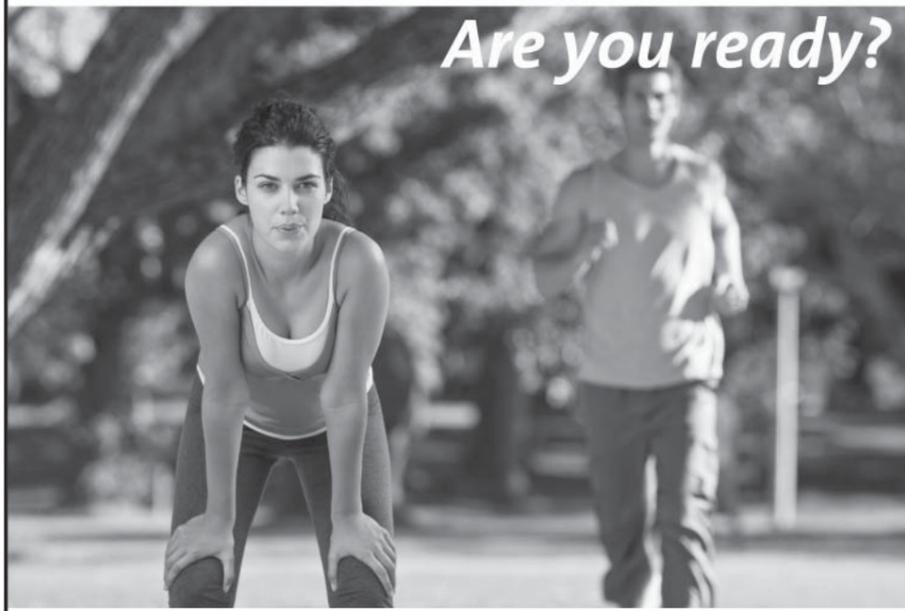
Help plan your local greenspace in Magrath by filling out a needs assessment survey. Surveys must be completed by June 14. Please log on to www.surveymonkey.com/s/GLM9BBQ.

We are also looking for volunteers to help in our fundraising phase. Come meet your neighbours and participate in a worthwhile cause. Please contact Jennifer at magrathpark@hotmail.com.

TSNAP - School Park

Please see the TSNAP article on Page 5.

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Child safety is a community responsibility

by Terri Saunders
Newsletter Editor

On Friday, March 26, much of the city was outraged as the RCMP announced the release of Bruce Donald Windsor, a high-risk sex offender, into the Edmonton community. Although we are told this individual does NOT live in the Terwillegar area, there are many more individuals identified as sex offenders, and we can't recognize them all by face — not to mention those that aren't identified at all. So what do we do?

By educating children, and working together as a community, we can help to keep our children safe. Below, you'll find a few tips provided by Kids in the Know — a program of the Canadian Centre for Child Protection.

How can risks be reduced?

- **Be involved** in your child's life. Attend their activities and watch the interaction between the adults and the children.
- **Be vigilant** of situations and behaviour that seem to be strange or that present risk.
- **Screen and check** child protection policies at organizations and activities that the child attends.
- **Supervise** the child. Know where s/he is.
- **Accompany** the child to public areas (washrooms, stores, etc.) and to activities.
- **Communicate** with children and open up opportunities for them to share with you. Pay close attention to changes in behavior — it can be a sign of distress.
- **Teach** personal safety education. Visit www.kidsintheknow.ca for more information.
- **Label** body parts using correct terms. Explain that she or he should not let anybody touch his/her private parts.
- **Model** appropriate boundaries between adults and children.
- **Be aware** that adults should not be interested in companionship from children. Children confide in adults, but adults need to confide in other adults, not in children.
- **Be emotionally available** for your children. Let them know that you notice if they are "out of sorts," or not themselves. Ask the next question, such as, "Is there anything I can help you with?"
- **Let them know you are available when** they are ready to talk.

Although your child can be well-educated and watched, there are still chances that he or she can be approached by a predator. Below are some common lures that predators may use as per a

book by Kenneth Wooden, president of Child Lures Prevention.

Child lures

- **Affection/Attention** — This type of abuse is often manipulative and confusing for the child. Often because the attention and affection feels good to the child, he or she doesn't realize he or she is being sexually exploited.
- **Authority** — The perpetrator will pose as an authority figure to lure children. Examples would include a detective, police officer, or meter reader who will flash a fake badge to trick the child into complying.



- **Bribery/ Gifts** — Sex offenders will use bribes to persuade children to go willingly with them. Young children are tempted by candy, toys, and money. Older children are persuaded with expensive gifts, money, drugs and alcohol.
- **Ego/Fame** — The perpetrator will use compliments and offers of fame to lure a child. Promises of careers in modeling, singing, professional sports, acting or sports scholarships are all used to lure children.
- **Emergency** — Sex offenders will rely on scaring and confusing a child into thinking something has happened to his or her family so he or she will comply without a moment's thought.
- **Friendship** — Sex offenders will persuade their victims to bring friends along to join into their "game."
- **Help** — Children's helpful nature is often

preyed upon. This commonly includes being asked for directions, physical assistance or help looking for a lost pet (commonly a baby animal).

- **Jobs** — Young children will be offered money on the spot to perform a task. Adolescents are enticed by the promise of high paying or interesting jobs.
- **Name recognition** — Perpetrators will use an article worn by the child containing his or her name as an opportunity to gain a false sense of trust. This technique can catch a child off-guard.
- **Threats and weapons** — Sex offenders will threaten to harm or kill the child or the child's family, if he or she does not comply with their demands

Keep in mind that predators can also be someone you or your child is familiar with. Here are a few behaviours to pay attention to. Please note that these are not indications of a sex offender, however they may indicate a cause for further investigation.

Behaviour to pay attention to

- An adult seems overly interested in a child.
- An adult frequently initiates or creates opportunities to be alone with a child (or multiple children).
- An adult becomes fixated on a child.
- An adult gives special privileges to a child (rides to and from practices, etc.).
- An adult befriends a family and shows more interest in building a relationship with the child than with the adults.
- An adult displays favouritism towards one child within a family.
- An adult finds opportunities to buy a child gifts.
- Caters to the interests of the child, so a child or the parent may initiate contact with the offender.
- An adult who displays age and gender preferences.

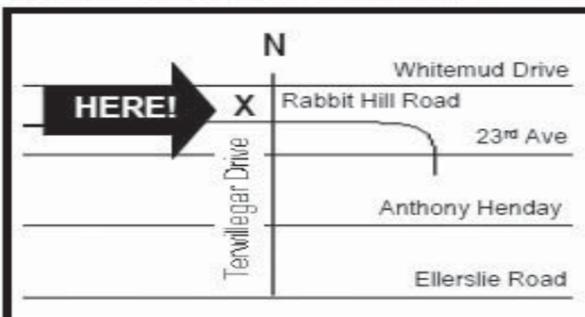
These are just a few of many tips available. For more information on child safety, including worksheets, activities and more, visit www.kidsintheknow.ca.

Don't forget to watch out for not just your children but also those in your community, and consider becoming a Neighbourhood Watch member by filling out the form at www.watch.edmonton.ab.ca and sending it in to the address indicated. Together, we can keep our children safe.

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Or email us at info@riverbendregistry.ca

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MONDAY – WEDNESDAY
THURSDAY – FRIDAY
SATURDAY

9AM – 8PM
9AM – 6PM
9AM – 4PM

Alberta
REGISTRIES

Terwillegar crimes are not being reported

by Enza Fata and Vern Gorman
 Terwillegar Towne Neighbourhood Watch Zone
 leaders

Hello neighbours and friends. It has come to our attention through discussions in our community that there are crimes and suspicious activities happening without being reported.

According to the Edmonton Police, approximately half of all crimes are reported to the police. It is likely that more than 50 per cent of all crimes that take place are witnessed by neighbours looking out of their windows, by a person walking a dog, by someone hearing the sounds of breaking glass or by a driver observing a person swerving all over the road.

Why don't people report crime? In most cases, it is because they don't want to get involved, they are afraid of being wrong, they assume someone else has called the police or they are not sure what to do. It is better to receive several calls about a crime that is happening than none at all. It is your duty as a citizen to report all crime.

Keep these numbers by your phone:

Emergency: Crime in Progress 9-1-1

Non-Emergency: 780-423-4567

We all want to aim at reducing crime so that our neighbourhood feels safe for everyone — especially our children. We are working hard to become a Neighbourhood Watch community. Please take the time to get involved and become a Neighbourhood Watch member by filling out the form. We need you to be a part of it and enjoy the experience of people helping people. It's simple, it's free and you get all the information you need on how to become an effective

Neighbourhood Watch member. It's all about you as neighbours working together through this program to combat crime in the most effective way — before it starts.

Download your application at: www.watch.edmonton.ab.ca

or find it on the back of this page and send it in to the address as stated.

Until then, have a look at our tips for vacation season, and enjoy your summer!

• Tips for the Vacation Season •

Use this checklist of tips to help safeguard your home while you're away.

- Have good locks on all doors and windows, and use them!
- Ask a trusted neighbour to watch the house while you're away. It's a good idea to leave your vacation address and phone number with them so you can be reached in case of an emergency.
- Never leave your house keys hidden outside your home.
- Stop all deliveries, or arrange for a neighbour to pick up your mail, newspapers and packages.
- Arrange for someone to mow your lawn, rake leaves and maintain the yard to give the home a lived-in look.
- Plug in timers to turn lights and a radio or television on and off at appropriate times. This helps to disguise the fact that you are away.
- Turn the bell or ringer on your phone down low. If a burglar is around, he won't be alerted to your absence by a ringing phone.
- Don't announce your absence on answering machine messages.
- Leave your blinds, shades and curtains in a normal position. Ask a neighbour to occasionally park their car at your home as you normally would. Vehicles parked outside should be moved occasionally to appear that they are being used.
- Secure storage sheds and gates.

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TRAC announces TCRC's official opening



by Rob Agostinis
TRAC President

There have been a few updates regarding the Terwillegar Community Recreation Centre in recent months.

Terwillegar Community Recreation Centre (TCRC)

I am excited with the progress going on at the recreation facility site.

- The walls have just gone up on the fourth arena.
- The arenas will have three to four offices set aside for tournament spaces and multipurpose rooms.
- Various shades of red and beige aluminum cladding are adding dimension to the outside of the building.
- The city is working on the donor wall and will send out an RFP on the wall design.
- There is a great deal of interest in the commercial/retail space, and those who have applied will be getting a private viewing of the recreation centre.
- There will be a soft opening of the recreation centre in December 2010 and an official opening in February 2011.

Fundraising

We are still awaiting approval of the CFEP grant, which will add additional funds for completion of the diving area with diving boards and platform.

A big thank you to the Riverbend Community League and the Ridge Community League, whom each donated \$5,000 towards the completion of the diving area.

Original Joe's — Terwillegar location's "Community Give Back Program"

Original Joe's at the Terwillegar location (2323 Rabbit Hill Rd.) is going to donate 50 cents from each pint of Joe's



Red and beige aluminum cladding starts to bring the recreation centre to life.

Red Ale sold for the next three months to the Terwillegar Community Recreation Centre. So head out to Original Joe's and have a pint!

Archbishop Joseph MacNeil School. Please come out and help support the Brookview Community Playschool program.

TRAC 10K run

To be held on Sunday, June 6 at 9 a.m. at

Check us out at www.tracspirit.ca.

Neighbourhood Watch Member Application



The Edmonton Neighbourhood Watch Program would like to give you this special invitation to join the program so you can help prevent crime in your community.

Application Date: _____ (Year/Month/Day) Community: _____

Address: _____ Postal Code: _____

Residence phone number: _____ Email: _____

RESIDENT #1: Male Female RESIDENT #2: Male Female

Name: _____ (Surname/First/Middle) Name: _____ (Surname/First/Middle)

Maiden Name: _____ Maiden Name: _____

Birthdate: _____ (Year/Month/Day) Birthdate: _____ (Year/Month/Day)

Birthplace: _____ Birthplace: _____

Business phone: _____ Business phone: _____

Please list all other residents living in your home (children over 12yrs, relatives, etc.)

Name in Full	M	F	Date of Birth	Name in Full	M	F	Date of Birth
_____	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	<input type="checkbox"/>	<input type="checkbox"/>	_____
_____	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	<input type="checkbox"/>	<input type="checkbox"/>	_____

Will volunteer to assist : Bingo Casino Mall Displays Other _____ (please specify)

I hereby authorize the Edmonton Police Service to make such investigations as may be deemed appropriate, and on the basis of such investigation for the Edmonton Neighbourhood Watch Program Society to indicate the approval or disapproval of this application.

Signature: _____ (Resident #1) Signature: _____ (Resident #2)

You will receive a written response to your application within 6 to 8 weeks.

CPIC (for office use only)

Please mail your completed application to:
Edmonton Neighbourhood Watch
9620 103A Avenue, Edmonton, AB T5H 0H7
Phone (780) 421-3428 Fax (780) 421-2341
E-mail: watch@tera-byte.com
Web: www.watch.edmonton.ab.ca

Anthony Henday projects to complete fall 2011

Timothy Cartmell
TRAC Transportation Sub-Committee
Chairperson

The following is an update of major transportation projects concerning and surrounding the Terwillegar and Riverbend communities.

Quesnell Bridge

Rehabilitation of the Quesnell Bridge continues. Traffic in both directions has been shifted to the east half of the bridge to facilitate abutment replacement on the west half. The east abutments were rehabilitated in 2009, and the bridge deck has been reconstructed and extended to the east to allow an additional lane of northbound traffic. A similar process has begun on the west side (southbound side) of the deck, starting with abutment rehabilitation.

Work continues on schedule to allow reopening of the bridge in both directions by the end of 2010.

Construction also continues on Fox Dr. The retaining wall immediately west of 122 St. and associated road work will soon be completed. Following this, the reconstruction of the eastbound lanes will be completed and the full road opened in fall 2010.

Whitemud Dr./Terwillegar Dr. improvements

In conjunction with the Quesnell Bridge Rehabilitation, Whitemud Dr. leading to the bridge will also be widened and improved. This work will include the addition of a lane in each direction, ultimately resulting in three through lanes in both directions from 122 St. to 149 St. Curbs, gutters, etc. will also be repaired or replaced as part of this work.

On Terwillegar Dr., curbs and gutters will be repaired and replaced, and pavement rehabilitated, from Rabbit Hill Rd. North to the Whitemud interchange. By the end of October, this entire network of roads will have a "brand new" feel with new smooth asphalt, wider roads and easier traffic movements on the ramps.

Rabbit Hill Rd.

There has been much discussion about the proposed twinning of Rabbit Hill Rd. This project is proceeding, with design work scheduled for 2010 and construction in 2011. This project will see the road twinned to two lanes each direction, complete with turn lanes, from Anthony Henday Dr. to Riverbend Rd.

South LRT

The south LRT project has been completed, albeit with some growing pains as traffic adjusts to new light sequencing along 111 St. The Century Park and Ride has also opened. **Please note:** parking reservations at Century Park will



On May 26, it was announced that construction is underway on the Rabbit Hill Rd. overpass at Anthony Henday Dr. The project is to be completed in fall 2011.

NOT be available until January 2011.

There will be major ETS service changes occurring at the same time. Revised bus schedules and routes can be found at: www.edmonton.ca/transportation/ets/route-schedules-and-maps.aspx.

Anthony Henday Projects

There are several projects underway as part of the Anthony Henday Rd. construction.

Northwest Project — This work consists of the construction of approximately 22 kilometres of new four and six-lane highway along the west and north boundaries of the City of Edmonton. The project joins with the existing southwest portion of the ring road at Yellowhead Tr. and extends north to St. Albert Tr., then east to Manning Dr. in the city's northeast. Eight interchanges including two high-speed "systems" interchanges at Yellowhead Tr. and Manning Dr. will be constructed, as well as four grade separations and flyovers. When complete, the project will include the 29 bridge structures. The Anthony Henday Northwest project will be completed by the fall 2011.

Cameron Heights Interchange — Construction will begin in 2010 on the Cameron Heights interchange at Anthony Henday Dr., removing the final set of traffic lights from the Edmonton Ring Road and improving traffic flow and safety for motorists. Construction on the interchange will be completed and open to traffic by fall 2011.

Lessard Rd. Interchange — Piling operations are complete at Callingwood Rd. and near completion at Lessard Rd. Substructure work is ongoing at both sites. The roadwork will resume again in spring 2010, and the interchange is on schedule to open in fall 2011.

Callingwood Rd. Interchange — Piling operations are complete at Callingwood Rd. and near completion at Lessard Rd. Substructure work is ongoing at both sites, and roadwork will resume again in spring 2010. The construction project is on budget and on schedule to open in fall 2011.

Stony Plain Rd. Interchange — Construction began in April 2009 on the Anthony Henday Dr. and Stony Plain Rd. interchange at a cost of \$168.6 million and is scheduled to open to traffic by fall 2011. The Stony Plain Rd. interchange will be a full systems interchange with

free flow in all directions and will include seven bridges.

Rabbit Hill Rd. Interchange — Wednesday, May 26, the province announced that the Rabbit Hill Road interchange on Anthony Henday Dr. will be open to traffic by the fall of 2011.

23 Ave./Calgary Tr. Interchange

Traffic on 23Ave. will continue to be limited to the north bridge structure through the summer, and access will continue to be limited to the north only. The remaining structures (the eastbound bridge on 23 Ave., and the 19 Ave. bridge) will be completed by the end of August. Roadway work leading to and on the bridges will follow, with bridge openings sometime in October. At this point, the interchange will be fully functional, with only landscaping, noise walls and other finishing touches to complete.

Fort Edmonton Footbridge and Trails construction

Construction for the Fort Edmonton Footbridge and Trails began in August 2008. Work continued through the 2009/10 winter months with project completion scheduled for fall 2010. Cable fabrication difficulties delayed the project for several months in the summer/fall of 2009. Installation of the concrete bridge deck panels is now projected to begin in the late spring of 2010 with handrail and light fixture installations progressing thereafter, once concrete deck construction is completed.

The majority of the Patricia Ravine Trails portion of the overall project is now complete (trails on the north side of the river), with final details and clean-up scheduled to occur in the spring and summer of 2010. The Wolf Willow Ravine creek crossing component of the project is under construction now and is scheduled for substantial completion in the spring of 2010.

Construction activities are presently occurring primarily during daytime hours from Monday through Saturday, however this may vary during specific construction operations. The city project team and contractor are committed to minimizing the disruption of the surrounding neighborhoods as much as possible.



Construction continues on the 23 Ave./Calgary Tr. Interchange.

Thousands getting on board the South LRT



by Bryan Anderson
Edmonton city councillor,
Ward 5

City engineers worked urgently to resolve some of the signalization issues on 111 St. that resulted following the opening of the South LRT to Century

Park. The presence of trains in operation on 111 St. was always expected to cause some traffic delays, however the delays were of an unacceptable duration and the city worked quickly to mitigate them. That work continues. Safety is the top priority of the Transportation Department, therefore citizen concerns are taken very seriously.

It should be noted that part of the overall intention of the South LRT was to provide a quality opportunity for motorists to shift their commute strategy onto LRT. Hopefully, some motorists will consider LRT as a solution to their commuting challenges, whatever they may be. It is also worth noting that in the midst of the signalization confusion that occurred after the LRT opened, thousands of people started taking LRT to and from Southgate and Century Park with little or no hassle whatsoever. While that success does not excuse the unacceptable traffic delays or the safety concerns, it is nevertheless part of the overall transportation picture on 111 St. that has perhaps been overlooked.

Pre-construction estimates suggested Edmonton's LRT ridership would increase 50 per cent with the addition of McKernan/Belgravia, South Campus, Southgate and Century Park Stations. We are well on track to meet that projection: 2009 statistics, which included the

opening of McKernan/Belgravia and South Campus, indicated an increase of approximately 25 per cent, with Southgate and Century Park yet to come. Now that those two stations at major transportation hubs are open, we should be seeing at least 100,000 weekday passengers on the LRT.

Closing intersections, adding bus turn-outs and many other options were considered carefully during the planning phase for the South LRT. The factors at play during the course of concept planning for an infrastructure project of this magnitude are too numerous and complex to mention here, but hopefully it will suffice to say that the South LRT we have today is the result of many compromises on behalf of all parties involved, including engineers, traffic specialists, transit operators, community

members, politicians and business owners, to name but a few of the players involved. Finance also played a significant role in decision-making.

The South LRT, while not perfect, is the best balance achievable among many competing interests, and as mentioned, there is no doubt it is fulfilling its mandate of offering a quality mass public transportation opportunity to thousands of Edmontonians and visitors to Edmonton. That being said, there's always room for improvement, and the City of Edmonton is working to fine-tune operations of the South LRT to find the best fit on 111 St. Feedback from commuters is essential to achieving that goal.

If you have any comments or questions, please contact me at: Bryan.Anderson@edmonton.ca or 780-496-8130.



The City of Edmonton warns pedestrians to stay safe around the newly constructed Century Park LRT station.

Government of Alberta getting competitive



by Dave Hancock
MLA Edmonton Whitemud

With Alberta being a relatively small economy that must trade out into the world to prosper, it is more important than ever that we ensure our products, services and ideas are competitive in the global marketplace. Competitiveness is about creating conditions where entrepreneurship, productivity and innovation, and investment all thrive and produce real

benefits for Albertans — like jobs, good wages and high living standards.

Fortunately, Alberta's competitiveness efforts start from a strong base. A recent study by a major international consulting firm found that Canada is among the most competitive countries in the world, ranking second only to Mexico. However, while Canada is highly competitive in certain areas, like business costs, we need to improve in other areas. For instance, Alberta's productivity growth lags behind that of the rest of Canada, as well as the United States and much of the European Union. While we lead in some areas, we need to improve in others.

To this end, the Government of Alberta is focusing on ensuring that our province is one of the most attractive places to invest and do business by evaluating critical areas such as regulation and fiscal policy, the availability of skilled workers, transportation and infrastructure, and productivity and innovation.

The centerpiece of these efforts is the establishment of the Alberta Competitiveness Council. Chaired by Premier Stelmach and the head of the Alberta Economic Development Authority, this body is a partnership between government and industry that will look at the needs of four key sectors: agriculture, financial services, manufacturing and petrochemicals. These sectors were chosen based on their role in the overall economy, opportunities for competitive improvements, and related initiatives already underway by government and industry. Once reviews of these sectors are

complete, others will be examined.

Improving Alberta's competitiveness does not mean lowering standards set out in environmental, financial and labour regulations. Indeed, it is absolutely essential that we continue to have proper protections for our environment and citizens. However, it is also absolutely essential that we eliminate or reduce as much as possible jurisdictional overlap, unnecessary reporting requirements and other impediments to growth. Our goal is to make the activities of business more efficient — not to reduce the high expectations of proper conduct that we set for companies in Alberta.

I am always pleased to hear from constituents about competitiveness or any other topic. I can be reached by email at edmonton.whitemud@assembly.ab.ca, and our constituency office's phone number is 780-413-5970. I look forward to hearing from you.

RE-ELECT

Catherine Ripley, Public School Trustee
www.catherineripley.ca



Photo courtesy of Rob Agostinis

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catherine@catherineripley.ca or 780-434-1005.

Edmonton Catholic School Board partners up



by Marilyn Bergstra
Ward 5 Catholic school trustee

With the 2009–2010 school year coming to a close, I would like to

highlight some of the initiatives and outcomes that our school jurisdiction has been involved with over the course of my term as your trustee.

Edmonton Catholic Schools endeavors to seek new ways of delivering services to improve outcomes and to seek innovative partnerships that serve to reduce overall operating costs while maintaining or improving access to programs for our students.

Examples of this include our Health Pathways Initiative, where we have bundled together Career and Technology Studies (CTS) courses and partnered with outside agencies so that students can simultaneously explore career interests and gain credits in the Health Care Field.

Another initiative includes a partnership that our district has established with the City of Edmonton to explore the feasibility of building a combined high school completion and community centre in the northeast sector that is easily accessible to the LRT. This innovative relationship will enable young people who might

otherwise not graduate to complete their high school diploma in a centre that serves the whole community with a library, sports fields, a school and a community-use gymnasium.

An initiative that affirms our commitment to the well-being of our students is the Supportive Transition for Emotional, Physical, Psychological and Spiritual Well-being Program (STEPPS) for students struggling with mental health issues.

This program is the result of partnerships with the health sector and is possible through special funding provided through government grants. Through the efforts of district staff to develop all these partnerships and seek grants, this vision for our students became a reality.

All children benefit from early educational programming. Research shows that gains are found in both literacy and numeracy for those children who have access to such programs. For this reason our board is committed to lobbying our government for funds in this area. For every dollar invested at the entry level of education, a significant savings over the course of a student's life is realized to the taxpayer. Further, as our students compete at the global level for employment and job opportunities, it is imperative that they be provided the best education the world has to offer. Another added benefit is realized at the graduation level where drop-out rates are reduced and secondary

education attainment is improved. Creation of quality jobs and access to such jobs will be critical to long-term economic sustainability for Alberta, and this can only happen when we deliver programs to our students that allow them to be on top of their game. Further, as high school completion rates increase, crime rates decrease. This is critical to the development of safe, healthy and viable communities.

On that note, I would like to acknowledge Edmonton Catholic Schools' recent three-year high school completion rate which currently is 2.3 per cent above the provincial three-year rate. These results are attributable to several programs the district has initiated during my term as trustee. I think this shows the dedication of the staff at Edmonton Catholic Schools and a desire to see all students succeed. This is so important to me as your trustee to know that we are doing what we can to provide for students at all ends of the spectrum. When kids win, we all win.

I would like to invite all community members to join me for coffee and a casual conversation about education on **Saturday, June 5** at the **Second Cup in Riverbend Square** from **9:00 to 11:00 a.m.**

I wish all the families of Edmonton Catholic Schools and the community members a very safe, healthy, happy and wonderful summer!

Public schools move towards their 2030 vision



by Catherine Ripley
Ward 5 public school trustee

In May 2009, we ("the village") talked about the future for schools and communities. In January 2010, we "dug deeper" into strengthening families, improving communication and enhancing innovative citizenship education as three key ways to achieve the public schools and communities we envisioned for 2030. Now it's time to move forward!

With a trustee election right around the corner on October 18, here are some suggestions from the January participants on what Edmonton Public Schools could do to move forward in these three areas. You may have other ideas, and I encourage you to ask your trustee candidates their views.

To improve communication, Edmonton Public Schools needs to:

- close the digital divide among schools.
- improve teachers' education as the leading group in our society.
- be receptive in a really genuine way to the voices of parents/the public.

To build strong families, Edmonton Public Schools needs to:

- work with partner community agencies to support families by providing programs such as after-school programs and mentorship programs.
- focus on a balanced lifestyle and fitness.
- continue to explore the changing role of schools in the building of community.
- ensure teachers are supported, as they are front line for many of the family issues.
- provide parenting education classes for parents.

To enhance innovative citizenship education, Edmonton Public Schools needs to:

- empower teachers in enabling citizenship education in the way they know works best.
- let students learn from each other and lead their own learning.
- take the lead and be confident in the decisions they make, as Edmonton Public Schools has some very knowledgeable and wise people.

The full list of ideas, as well as suggestions for the federal and provincial government, city council, our local schools and local community organizations can be found in the full "Let's Dig Deeper!" report posted at www.swedmontonittakesavillage.wikispaces.com. This "wiki" is a collaborative community web space that can grow and change as people see fit.

Please drop in and explore. Anyone is welcome to edit, add to, upload files

or start a discussion on the wiki pages. If you have questions about how to use the wiki, please contact me at Catherine.Ripley@epsb.ca or 780-887-1002.

See you online!

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ART-TASTIC TOTS!

Ages: 3-5 (must be toilet trained)
 Dates: July 5-9
 Time: 1:30-4pm
 Dance, Art, Music, and Drama are Art-tastic!
 Budding artists spend the week exploring different artistic mediums, culminating in a presentation for friends and family!

fit Hop TOTZ

Ages: 3-5 (must be toilet trained)
 Dates: July 19-23
 Time: 1:30-4pm
 Get down and funky!
 Totz learn the latest urban dance moves, with games, musical activities, and crafts adding to the fun! The week ends in a presentation for friends and family.

LET IT ROCK!

Ages: 8-12
 Dates: August 9-13
 Time: 1:30-4:30pm
 Learn proper vocal technique and urban dance styling from instructors with professional performance experience. Finish the week with a headshot, resume, audition tips, and a performance for friends and family.

fit Hop RIdz

Ages: 6-10
 Dates: July 12-16
 Time: 1:30-4pm
 Get down and funky!
 Learn to dance like your favorite pop star while participating in active games and musical activities. The week ends in a presentation for friends and family.

ART-TASTIC!

Ages: 6-10
 Dates: July 26-29
 Time: 1:30-4pm
 Dance, Art, Music, and Drama are Art-tastic!
 A chance to bust a move, explore visual art, experience music from various genres, and use your imagination in dramatic play and games.

FITKID CAMP*

Ages: 6-10
 Dates: August 16-20
 Time: 1:30-4pm
 Join celebrity trainers and Andrea Page and Fenley Fearon for a fun fusion of team sport, running games, acrobatic fitness, martial arts, hip hop, and more. Learn healthy competition, peer support, and proper nutrition.

Adult Dance Fitness Programs

Core Fusion Pilates

Wednesday 6:15-7:15pm
 Jul 7-Aug 25 8 weeks / \$108
 Friday 12:15-1:00pm
 Jul 9 - Aug 27 8 weeks / \$108

Dance Quickie

Tuesday 12:15-1:00pm
 Jul 6-Aug 24 8 weeks / \$100
 Thursday 12:15-1:00pm
 Jul 8 - Aug 26 8 weeks / \$100

Naughty Hottie

Thursday 7:45-8:45pm
 Jul 8-Aug 26 8 weeks / \$108

Fit Hop

Tuesday 7:45-8:45pm
 Jul 6-Aug 24 8 weeks / \$108
 Thursday 6:30-7:30pm
 Jul 8 - Aug 26 8 weeks / \$108

P10 Bootcamp

Monday 6:30-7:30am
 Monday 8:00-9:00pm
 Wednesday 6:30-7:30am
 Wednesday 8:30-9:30pm
 Friday 6:30-7:30am

To register for Perfect 10 Bootcamps visit perfect10weightloss.com or call 780-863-5123.

NIA

Friday 6:00-7:00pm
 Jul 9-Aug 27 8 weeks / \$108

Yoga / Yoga Vibe

Monday 5:30-6:30pm
 Jul 5-Aug 23 7 weeks / \$95
 Tuesday 5:30-6:30pm
 Jul 6-Aug 24 8 weeks / \$108
 Wednesday 12:15-1:00pm
 Jul 7-Aug 25 8 weeks / \$108

Salsa Burn

Monday 6:30-7:45pm
 Jul 5-Aug 23 7 weeks / \$95
 Wednesday 7:15-8:30pm
 Jul 7-Aug 25 8 weeks / \$108

Prenatal Programs

FITMOM 2 BE*

Tuesday 6:40-7:40pm

Salsa Bellies

Thursday 5:45-6:30pm
 Jul 8-Aug 26 8 weeks / \$100

Postnatal Programs

FITMOM*

FITMOM
 Wednesday 10:30am
 Thursday 11:00am
 FITMOM + Baby
 Friday 10:00-11:00am

Salsa Babies

Monday 10:30-11:30am
 Jul 5-Aug 23 7 weeks / \$88
 Tuesday 10:30-11:30am
 Jul 6-Aug 24 8 weeks / \$100
 Thursday 10:00-11:00am
 Jul 8-Aug 26 8 weeks / \$100

Parent and Tot / Preschool Programs

Salsa Tots (1-5)

Monday 9:30-10:15am
 Jul 5-Aug 23 7 weeks / \$120
 Wednesday 9:30-10:15am
 Jul 7-Aug 25 8 weeks / \$135
 Friday 11:00-11:45am
 Jul 9 - Aug 27 8 weeks / \$135

Intellidance Tots (2-4)

Tuesday 9:30-10:15am
 Jul 6-Aug 24 8 weeks / \$100

Salsa Kids (3-5)

Thursday 9:15-9:45am
 Jul 8 - Aug 26 8 weeks / \$100

*To register for FITMOM programs visit fitmomfitness.com or call 780-863-5123.

780-701-4942

5708 111st jadoredance.com

sweat, breath, live, DANCE!

Edmonton overrun with city summer fun

by Claire Schneider,
South Terwillegar resident

We've waited a long time for this weather, and Edmonton has so much to offer during the summer months. Whether you're entertaining visitors, looking to occupy some spare time or simply trying to keep the kids busy, you're sure to find something in our city that is right up your alley. Appealing to all ages and abilities, the City of Edmonton offers programs and courses, daycamps and drop-in classes at various locations across the city. Everyone is invited to take part in both indoor and outdoor activities including sports, fitness and wellness, aquatics, recreation, arts, leadership and much more.

Looking for summer fun right in our neighborhood? The City of Edmonton is offering children's beginner tennis lessons in Riverbend. The Riverbend Community Tennis Courts, located at 14710-53 Ave., will offer tennis lessons for children aged six to eight or nine to 12, and family lessons from July 5 to August 20. But it doesn't stop there! Perhaps you remember the Snow Shack program from last winter? Well, the Green Shack Program is similar, offering drop-in, free playground fun for children ages six to 12 years old. (See the article on page 1.) And don't forget those annual summer events put on by the Terwillegar Community League. Check out the ad on pages 14 and 15 for information on other Green Shack Programs as well as the tennis lessons mentioned above, and clip out the "Coming Events" list on page 29 for other events. To register for City of Edmonton programs, visit edmonton.ca/ereg or call 311.



Edmonton also plays host to more than 30 annual festivals year round, the majority of which fall in the summer months. Check out the festivals calendar on the Edmonton Economic Development Corporation website at www.edmonton.com. And if that's not enough? Here are the top things to see and do according to Edmonton Economic Development Corporation.

1. Discover Old Strathcona, a designated Provincial Historic District and Edmonton's fashion capital.
2. Take a spin on the new spinning coaster, Galaxy Orbiter at West Edmonton Mall.
3. Pedal a bike on 255 kilometres of scenic bike trails.
4. Take a brisk stroll down 124 St. and wander through the many shops and galleries on the city's gallery walk.
5. Challenge yourself to try new flavours at the Servus Heritage Festival, which celebrates multiculturalism.
6. Look at works of art at the breathtaking new Art Gallery of Alberta.
7. Enjoy the rides and play the midway games at Edmonton's Capital EX, Edmonton's oldest festival.
8. Come and take an eco-tour of Elk Island National Park and see the free roaming bison.
9. Dance in the streets at Cariwest — Edmonton Caribbean Arts Festival.
10. Check out the oversized sausages and eggs, massive mallards, UFO Landing pads, and enjoy the pioneer history in Kalyna Country.
11. Enjoy!

Five easy steps help you meet the neighbours

by Connie Peters

Have you ever been curious who lives in the house down on the corner, with the white car? They seem like a nice young family, and what about that teenager next door? I wonder if she'd be interested in babysitting? These days, with Facebook, message boards and movies on demand, it's not as likely that you know your neighbours as well as you may have had you lived in the city in previous generations. Wouldn't it be great though, if you could just drop your infant at the lady's house down the street to go do your grocery shopping or trade babysitting evenings with your neighbour who also has similar-aged kids?

The first step might be to throw a block party to get to know your neighbours. What better time of year, well, really the only time of year appropriate for Edmonton, than summer! Good news: summer seems to be here — finally. More good news: throwing a block party also helps increase safety in your neighbourhood by helping people to recognize faces, learn each other's schedules and create a sense of community. Of course, people also have fun and make new connections!

The City of Edmonton's website has all the

resources you could possibly need to help create a block party in your neighbourhood, whether your wish is to go big and close the street down, or to keep it smaller and more intimate, using your garage or backyard. Simply go to www.edmonton.ca and type "block party" in the search field. Below is only a small sample of the tips, forms and resources you'll find there.

How to plan your block party

1. Create some flyers or questionnaires and distribute them, asking for volunteers to help plan the event.
2. Get together with a few of the neighbours who indicated they would like to help out with the party to make initial plans, including a date, rain date or location alternatives, and whether you will be making it a barbeque, picnic or potluck. Be sure to outline expectations of all volunteers.
3. Decide on limitations, such as natural neighbourhood boundaries (if it's a cul-de-sac, invite everyone). Also, are families allowed to bring pets, friends or other family members? Ensure expectations are made clear on the invitations, and then distribute them.
4. Apply for a permit for street closure. You will



Neighbours enjoy each others company at a local block party.

not require a permit if it is held in someone's driveway, garage or backyard. (Permit application is on the www.edmonton.ca site in the block party information).

5. Plan for some activities for the children and maybe even icebreakers for the adults too. You can even find a "Meet on the Street" Neighbourhood Bingo game on the City of Edmonton website resources.

Now is the perfect time to begin plans for an August gathering. Enjoy the party!

Connie Peters is a mom of three girls who runs www.modernmama.ca and is considering planning her first block party this summer.



Slurpees
— a
classic
sign of
summer!

Picnic in the Park

Hotel Selkirk provides the perfect opportunity to enjoy a picnic while experiencing living history.

Who: Adults, seniors and children

Dates: May 23 to Sept. 5, 2010

Location: Hotel Selkirk, Fort Edmonton Park

Costs: Couple's basket (two people) \$30

Family Basket (four people) \$50

Pre-orders on the picnic basket are required – Call 780-496-7227.
(Please order 24 hours in advance.)



FREE PLAYGROUND PROGRAMS!

There's a lot of fun planned at your neighbourhood park this summer! Bring a friend and drop by for some fun activities, creative crafts, music, drama and special events.

It's all FREE!!

The fun starts July 5th!

Check out the program schedule below!

AGES 6-12:

Brookside Park

53 Ave & 143 Street
 Mon to Thur: 10 am-5:30 pm
 Friday: 1:30-5:30 pm

Bulyea Heights

280 Bulyea Road
 Mon to Thurs: 9:30 am-12:30 pm

Henderson Park

3408 Henderson Street
 Mon, Tues, Thurs: 10 am-5:30 pm
 Wednesday: 1-8:30 pm
 Friday: 1:30-5:30 pm

Haddow Park

Haddow Drive
 Mon to Thurs: 10 am-5:30 pm
 Friday: 1:30-5:30 pm

Leger Playground

750 Leger Road
 Mon to Fri: 1:30-5:30 pm

Falconer Heights

1124 Falconer Road
 Mon to Fri: 1:30-5:30 pm

Ramsey Park

43 Ave & Riverbend Rd.
 Mon & Wed: 10 am-5:30 pm
 Tues & Thurs: 1 pm-8:30 pm
 Friday: 1:30-5:30 pm

Terwillegar Towne

Tomlinson Common
 Mon to Thurs: 9 am-7:30 pm
 Friday: 1:30-5:30 pm

PRE-SCHOOLERS:

Haddow Park

Haddow Drive
 Mon, Tues & Thurs: 10 am-12:30 pm

Robert Carter Park

1078 Carter Crest Road
 Mon to Thurs: 9:30 am-12:30 pm

YOUTH ACTIVITIES Ages 10-14 yrs.

RAMSEY PARK

43 Ave & Riverbend Rd.

S.T.E.V.E. VAN

Get your friends together for some of the hottest **basketball and street hockey** you'll find anywhere this summer! It's free and all equipment is provided!

Mondays, 1-2:15 pm
 July 5, 12, 19 & 26

SKATEBOARD PARK

Ramsey Park is THE site for skate-boarding, BMX bike riding and in-line skating.

Staff are on site:

Tues, Wed, Thurs, Sat:
 1-8:30 pm
Friday: 1:30-5:30 pm

Remember: Wear a helmet, elbow pads, knee pads and gloves whenever you skateboard, cycle or in-line skate. Protect your body. Protect your brain!

Check out more great summer youth activities online:
www.Edmonton.ca/youth

Presented by the Community Leagues of:

Brookview, Oak Hills, Riverbend, Terwillegar, and The Ridge

In partnership with:





Learn to Play Tennis

right in your neighbourhood!!

George H. Luck School

300 Bulyea Road

AGES 6—8 Time: 10 - 11 am

Dates	Age	Code	Price
July 5-9	6-8	355567	\$18.00
July 12-16	6-8	355568	\$18.00
July 19-23	6-8	355694	\$18.00
July 26-30	6-8	355695	\$18.00
Aug 3-6	6-8	FREE DROP IN!	
Aug 9-13	6-8	355696	\$18.00
Aug 16-20	6-8	355697	\$18.00

AGES 9—12 Time: 11 - Noon

Dates	Age	Code	Price
July 5-9	9-12	355712	\$18.00
July 12-16	9-12	355713	\$18.00
July 19-23	9-12	355714	\$18.00
July 26-30	9-12	355715	\$18.00
Aug 3-6	9-12	FREE DROP IN!	
Aug 9-13	9-12	355702	\$18.00
Aug 16-20	9-12	355703	\$18.00

HOW TO REGISTER:

- By Phone: 311
- On Line: eReg.edmonton.ca
- In Person: At any City of Edmonton Leisure Centre

St. Monica's School (Riverbend Tennis Courts)

14710-53 Avenue

AGES 6—8 Time: 1:30 - 2:30 pm

Dates	Age	Code	Price
July 5-9	6-8	355704	\$22.50
July 12-16	6-8	355705	\$22.50
July 19-23	6-8	355706	\$22.50
July 26-30	6-8	355707	\$22.50
Aug 3-6	6-8	355709	\$18.00
Aug 9-13	6-8	355708	\$22.50
Aug 16-20	6-8	355710	\$22.50

AGES 9—12 Time: 3 - 4 pm

Dates	Age	Code	Price
July 5-9	9-12	355712	\$22.50
July 12-16	9-12	355713	\$22.50
July 19-23	9-12	355714	\$22.50
July 26-30	9-12	355715	\$22.50
Aug 3-6	9-12	355718	\$18.00
Aug 9-13	9-12	355716	\$22.50
Aug 16-20	9-12	355717	\$22.50

FAMILY TENNIS 6+ Time: 4 - 5 pm

Dates	Age	Code	Price
July 5-9	6+	355720	\$22.50
July 12-16	6+	355721	\$22.50
July 19-23	6+	355722	\$22.50
July 26-30	6+	355723	\$22.50
Aug 3-6	6+	355726	\$18.00
Aug 9-13	6+	355724	\$22.50
Aug 16-20	6+	355725	\$22.50

City of Edmonton summer daycamps

The City of Edmonton provides a multitude of programming for the summer months. Below is a small sample of some of the children's daycamps we have in the vicinity. Call 311 to register. For a full listing, including preschool daycamps, go to http://www.edmonton.ca/attractions_recreation/sport_recreation/registered-programs-daycamps.aspx

Nature Quest \$45

Ages: 6-9 years

Grab your binoculars and magnifying glasses as we discover the wonders of nature in our own neighbourhood. Enjoy orienteering, scavenger hunts, campfires, nature games and other activities.

Blue Quill Community Hall

Tues.-Fri., Aug. 3-6, 1:30-4 p.m.

Course Code: 354777

Color-nary Adventure \$126

Ages 6-9 years

Treat yourself to a colourful week! Each day we will explore a new colour by preparing different recipes, creating art, and playing games and sports. Create a recipe book filled with a rainbow of ideas.

Riverbend Community Centre

Mon.-Fri., Aug. 16-20, 9 a.m.-4 p.m.

Course Code: 354980

Paint, Plaster and Play \$126

Ages: 6-12 years

Let your imagination soar. Create a masterpiece! Try a variety of amazing arts, crazy crafts, and goofy games. You will also go on a field trip to an art gallery!

Brookview Community League Hall

Mon.-Fri., July 12-16, 9 a.m.-4 p.m.

Course Code: 354836

Sizzling Summer Chefs \$61

Ages: 6-9 years

Mix, measure, cook and eat. You will make special treats in the kitchen or over a fire in the outdoors. Children will create their own personal recipe book to take home.

Riverbend Community Centre

Mon.-Fri., Aug. 23-27, 1:30-4 p.m.

Course Code 354804

Dance to the Beat \$61

Ages: 6-10 years

Explore basic movement through various dance forms like jazz, line dancing, and hip hop. There will be dance games and crafts, too. Show off your new groove with a performance for the parents.

Brookview Community League Hall

Mon.-Fri., Aug. 16-20, 1:30-4 p.m.

Course Code: 354795

All Sports \$111

Ages: 7-12 years

Grab your sneakers for an exciting week filled with all your favorite sports! Test your skills and be prepared to learn some new ones with awesome cooperative games like soccer, flag football, basketball and others.

Refresh yourself with a swim at your local pool.

Blue Quill Community League Hall

Mon.-Fri., July 19-23, 9 a.m.-4 p.m.

Course Code: 354883

Wild At Art \$61

Ages: 6-9 years

Explore the world of art in this program. Sample everything from molding clay, paper mache and painting in different forms.

Riverbend Community Centre

Mon.-Fri., Aug. 9-13, 1:30-4 p.m.

Course Code: 354786

Carnival! \$106

Ages: 6-12 years

Carnival time. Come and create carnival games, booths and even some carnival currency. There will be crazy prizes, costumes, music and fun foods.

Blue Quill Community League Hall

Mon.-Fri., July 12-16, 9 a.m.-4 p.m.

Course Code: 354825

Blazers — \$124

Ages: 6-9 years

Take the classic camp full of outdoor games activities songs and crafts and add a special campfire program on Thursday evening performed by the campers and leaders for family. Engage in a variety of activities in the natural wonder that is Edmonton's River Valley. Hours on Thursday are 9 a.m.-8 p.m. with the campfire from 6-8 p.m.

Whitemud Park

Mon.-Fri., July 19-23, 9 a.m.-4 p.m.

Course Code 351104

Library's summer reading club goes wild

Katie Turzansky

Community Librarian, Edmonton Public Library

It's a jungle in here! It's almost time for Edmonton Public Library's annual Summer Reading Club (SRC), and this year we're travelling to the jungle. The library is going WILD! At the Riverbend Branch, our SRC opening celebration is on Saturday, June 24, and will include the show "Destination Jungle: A Reading Adventure," performed by local comedy magician Brian Lehr.

Visit the library throughout the summer to track your reading, have the chance to win cool prizes and participate in some of our jungle-themed events. We're even having some zoo animals out for a visit! For more information on this summer's jungle adventures, visit the Riverbend Library or www.epl.ca.

Fridays at the park

This event, held by the Terwillegar Community Church once in June and once in August, is a great, relaxing way to end the week and a fun, informal way to meet your neighbours.

Parents don't need to worry about what to cook or what to do — hot dogs, watermelon, and water are provided.

And kids can burn off any remaining energy by bouncing around the Jumpy Thing.

6 -8 p.m.

**June 25
and
August 27**

Got Wheels?

The City of Edmonton offers a number of wheel-based programs for children and youth. Programs in the Terwillegar vicinity include:

4-Wheeled Drive

For riders on training wheels only. Children will be taught basic cycling skills and safety through drills, games and a mini tour. All participants must supply their own bike, helmet and bell. Recommended for age 4 - 5. \$10

Blue Quill Community Hall

Sat., June 19, 9:30 a.m.-11:30 a.m.

Course Code: 349625

Ride to Survive

Fun and safety are the focus of this program. Learn basic bicycling skills, rules of the road and safety, while participating in bike-related games and obstacles. All participants must supply their own bike, CSA approved helmet and bike bell. \$10

Blue Quill Community Hall

Sat., June 19, 12:30 p.m.-1:30 p.m.

Course Code: 349624

Learn to Skateboard

Come out and learn basic skateboarding road skills! Pushing, stopping, balance skills, and a few tricks. \$17

Ramsay Park

Sat., June 5 & 12, 10 a.m.-12 p.m.

Course Code: 349374

Please register for any of the sessions by calling 311, going on-line at <http://eReg.edmonton.ca> or in person at any City of Edmonton Leisure Facility.

RRSP investing means more than just saving



by Neal R. Shyry,
B.Comm.
Investment Advisor,
CIBC Wood Gundy

Most individuals are aware of the reasons why they should save for their retirement, as well as the methods for

maximizing the returns generated on their savings. In contrast, they often lack sufficient knowledge of the details relating to the other side of the “retirement equation,” specifically, the most efficient ways available to draw on their accumulated “pool” of registered savings once they are in retirement. An understanding of the various options available is an essential component of prudent financial planning.

The options available to individuals looking to effectively fund their retirement through their own Registered Retirement Savings Plan (RRSP) include establishing and drawing from one or more Registered Retirement Income Funds (RRIFs), purchasing the income stream provided through one or more annuities, or relying on a combination of the two. Depending on an individual’s personal circumstances, any of these

alternatives may be the right choice. Accordingly, it is important to examine the relative merits and limitations of each of these options.

RRIFs share many of the same features as RRSPs, however, they are designed to work in reverse — you take taxable income withdrawals from them. The hallmark of a RRIF is the flexibility and control it offers for investment, tax, estate and income planning purposes. RRIF income can be custom tailored to meet specific needs, and there is no limit on annual income withdrawals, as long as they are equal to or greater than the minimum stipulated by Canada Revenue Agency.

The inherent drawback of RRIFs relates to the issue of guarantee. Because a RRIF functions as a “shell” for holding eligible investments, it is subject to the same risks as RRSP investing. Specifically, potential returns can be negatively affected by low interest rates, economic factors, general market conditions, bad investment choices, poor income planning, lump sum withdrawals and other management decisions which can have a major impact on income and capital.

Another popular RRSP maturity option is an Annuity. Annuities are purchased through a “front-end” payment in order to provide a

guaranteed income stream for life or over a fixed term. Annuity income is determined by life expectancy, age, gender, health, amount invested and interest rates at the time of purchase. The benefits of annuities for individuals include the convenience of no ongoing money management concerns and protection against outliving your capital.

The drawback associated with annuities relates to the aspect of “locked-in” income amounts. Annuities purchased during a low interest rate period lock individuals into a lower income level than if they buy an annuity when rates are high. The risk is that the purchasing power of locked-in income may not keep pace with rising inflation.

Depending on particular circumstances, an individual may want to balance their retirement income plan with a combination of RRIFs and annuities. Bear in mind, funds from a RRIF can always be transferred to an annuity at a later date.

You’ve already taken the first important steps toward providing for your retirement through prudent saving. You owe it to yourself to ensure that you understand the options available to draw on these funds in the manner best suited for your needs.

Papers show an optimistic Canadian economy



by John Su
CEO of Imperial Investment Realty

IMF (International Monetary Fund) states that Canada will be one of the top leaders in the economic recovery. The IMF previously projected Canada’s GDP to increase 2.1 per cent for 2010 and has now revised it to 2.9 per cent for 2010 and 3.6 per cent 2011.

Three per cent is what an average economy increases, so based on these projections, Canada should weather the recovery comfortably. What I find annoying about statistics is that most newsletters don’t tell us what the number means relative to the situation. No wonder people are so confused about economy!

Global growth to exceed 3% for 2010 states IMF in a recent Vancouver Sun article. They base this on the fact that the growth for the Asian region, excluding Japan, will exceed seven per cent, and that advanced economy countries recovery will be sluggish and patchy. What this means is that emerging economies will lead the world out of recession with advanced economies following.

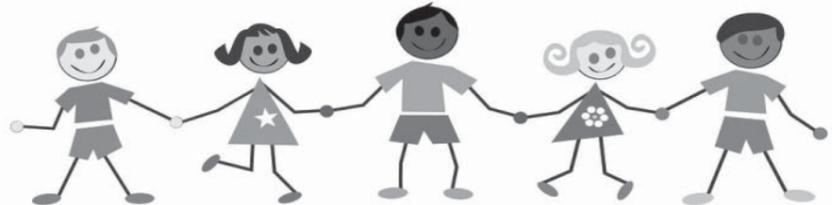
There have been two major announcements of oilsands projects that have been given the green light, which means jobs, more people and more demand for real estate. Husky stated that they’ve reduced their costs by \$1 billion dollars. This means more profit for the company, sustained economic growth and more jobs for Albertans.

Economists are quite optimistic that there will be NO double dip recession. In other words, although the first drop occurred in 2008, there is no second drop expected, and thus the economy is not expected to get worse. I think the biggest factor still lurking in the dark is the second wave of mortgages resetting this year in the United States, coupled with

the decline in the US dollar, the future of the United States, and how that affects Canada and the rest of the world. A recent Vancouver Sun article wisely stated that economic forecasting is at best an educated guess because if one of the factors change, the economic forecast is basically useless.

Many investors are starting to get the investor itch again because now they feel that they’ve waited long enough and are ready to get back into the investing game. A common question that all investors have is, “How much should I invest?” The quick and short answer is to invest so that if you lost the investment, it wouldn’t be catastrophic for you financially.

One way to approach your investment is to figure out “what” you want your investment to do for you literally. Everyone wants to make money, of course, but it’s what we do with the money that we’re all after. Secondly, figure out timelines for achievement, your total investment portfolio and the amount of investment resources to make the dream come true. The biggest problem is unreasonable expectations, unbalanced portfolios and not being informed about what other better investments exist out there. Once those issues are clear, it becomes much easier to make your investments.



‘Tiny Hands Talk’ Preschool

Starts September 2010 in Terwillegar Towne

Available for 4 year olds only. Designed to prepare your child for kindergarten. Two days of preschool per week.

1) Mon & Wed: 9-11.30 a.m. - \$150 per child per month or
2) Tue & Thur: 9-11.30 a.m. - \$150 per child per month

- Topics cover: Math, Literacy, Art, Drama & Learning Centres. Sign Language is used when teaching.
- Teacher has ten years of elementary school experience with Kindergarten experience and a Masters of Special Education with sign language & drama training.

Phone: Jenny – 780.757.5514



child development dayhomes
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Interested in looking after children in your home?

Earn up to \$3000+/month

780-444-2288

Park to save both the earth and your gas



by Steve Johnson
Local resident

On the Green Path

I'm one of many frustrated drivers on the road. My two available routes to work have construction, which causes me, in my opinion, significant time delays. My frustration is also two-fold: one being the time delay and the other the gas used and associated emissions from being "parked" on the Whitemud or Anthony Henday.

Since I can't deal with my first frustration — the construction must occur — I focused on my second frustration and conducted a little experiment. I started to time how much I was stopped at lights or stopped due to construction on my way to work. If you do this long enough, you learn which of the lights are sensed, or set at 30 or 60 second intervals. You will also learn that it takes at least one second per vehicle in line to start moving once the light changes. For example, if there are twenty vehicles in front of you, once the light turns green, you will not be moving for at least twenty seconds.

By combining light timing and line-ups, I determined I was "parked" for between 10 and fifteen minutes per day for my round-trip work commute. In a week, that is a total of fifty minutes to one and a quarter hours. If you track your gas mileage, and know your engine speed (RPM), you can determine theoretically how much gas is used. I'm currently averaging 13 litres per 100 kilometres at 800 RPM. When stopped my engine idles around 900 RPM. By averaging 80 kilometres per hour on the Henday, (I wish during rush hour but this is an example), I could have traveled

between 66 and 100 kilometres if I weren't "parked." That equates to nine to 13 litres of gas used assuming I'm actually driving. But while I'm "parked," this equates to 4.5 to 6.5 litres as my engine idles at roughly one half of my driving RPM.

Assuming I'm paying 90 cents per litre, that comes to \$3.90 to \$5.85 wasted on my commute per week or \$191 to \$286 per year if you have 49 working weeks.

Remember, this is a theoretical calculation just to show a range of what it could be costing me on my commute to work. Another way of analyzing this is that gas mileage is usually rated for highway and city driving. The difference in mileage is attributed to lights and different traveling speeds.

So what am I doing about it now? I turn off my vehicle when I'm at a light when I know I'll be parked for over 10 seconds. I've ranged between 20 and 50 additional kilometers traveled on a tank, as you can never hit all the lights and construction perfectly to turn off your vehicle. I've heard the argument that you will have to replace your starter sooner, but my last truck lasted 15 years without a starter issue, and the fuel costs over a few years will far exceed the cost for a starter. I've also heard that idling is the worst thing for a vehicle, as it increases wear and tear. These are issues that can be discussed with a mechanic, but if it is true, then I'll save or delay maintenance costs. Then, of course, less fuel use means less vehicle emissions and all the impacts from it — such as air quality issues experienced in Toronto and the warnings to stay inside when the air quality is poor.

So if you want to save your money and actually help the environment by not using as much fuel, turn off your vehicle at lights.

Water features bring peace to a hectic life

by Andrew Bell
Water Works Ponds

Spare time is precious for most Albertans as we lead very busy lives nowadays. Front and back yards are getting smaller, not just because the city officials want to help reduce the urban sprawl, but also because residents just don't have the time to maintain much larger properties as their parents once did.

People still want a space outside for their kids or for visiting grandchildren to expel some energy, to take visiting friends and family outdoors or simply have a quiet place to sit outside to unwind. Water gardens can contribute to this add value to property too. In fact, backyard and front yard water features are popping up all across residential Alberta.

You'll find features from small patio spitting fountains nestled in a quiet corner all the way to mega waterfalls or complete ponds filled with



thousands of gallons of water that would make the management at a major amusement park envious.

Now, modern-day water features such as water gurgling rocks are becoming popular front yard features. Just-A-Falls features are just that — a dramatic waterfall with a stream that flows with clear, clean water into a gravel bed below but with no pond. Ponds complete with a waterfall and stream still capture the most interest for budding water garden enthusiasts, and thanks to modern technology, these features are nearly self running! They can even maintain their own water level automatically while you have more important things to do like putting up your feet pond side, enjoying a glass of wine.

Water gardening is a lifestyle that gives back immeasurable pleasure — an aquatic oasis that soothes the soul and supports aquatic and wildlife alike. Indeed, the addition of a pond contributes back to the family and to mother nature.

Left: One of the many watergardens in Riverbend visited during the self-guided Parade of Ponds tour which Water Works Ponds puts on every July.

www.terwillegar.org

Check out your community league!

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June is Bike Month

Celebrate Bike Month with the City of Edmonton and enjoy free pedal powered events throughout June.

Cycling is an active transportation option that helps reduce traffic congestion, conserve Edmonton's road infrastructure, and protect the environment.

During Bike Month, Edmontonians are encouraged to support cycling in our city by biking to work or school at least one day per week.

Check out www.bikeology.ca for events!

Local weeds threaten natural ecosystems

by Catherine Williams
TTRA Director

The Terwillegar Towne Residents Association (TTRA) is asking for your cooperation in working with the City of Edmonton to address the issue of weeds and unsightly yards in your neighbourhood. Residents are required to keep weeds and long grass mowed in their yards and on any boulevards or alleyways adjacent to land they own.

Plants like Canada Thistle, Leafy Spurge, Scentless Chamomile, and Oxeye Daisies are not as pretty as you think. They are actually

restricted noxious weeds that spread rapidly and are a threat to natural ecosystems and crops.

The key is early detection and control to prevent spreading.

Use of fertilizers as a weed management tool will only cause most noxious weeds to become more vigorous. **It is important to pull, spot treat (i.e. herbicide) or mow weeds BEFORE they have gone to seed to prevent spreading.**

For detailed information on identifying problem weeds, or for regulations, visit websites for the City of Edmonton Community Standards Bylaw 14600 at www.edmonton.ca/bylaws_

[licences/bylaws/weed-control-private-property.aspx](http://www.edmonton.ca/licences/bylaws/weed-control-private-property.aspx) or the Government of Alberta Agriculture and Rural Development FAQ at [www1.agric.gov.ab.ca/\\$department/deptdocs.nsf/All/faq8777?OpenDocument](http://www1.agric.gov.ab.ca/$department/deptdocs.nsf/All/faq8777?OpenDocument).

To submit a complaint regarding a weed infested or unsightly yard:

1. phone 311 (City of Edmonton)
2. submit a complaint online (www.edmonton.ca/bylaws)
3. fax complaint to the city at 780-496-6054

Pull a weed a day — you will keep millions of seeds from taking hold!



Canada Thistle



Leafy Spurge



Scentless Chamomile



Oxeye

Getting your yard through Edmonton's drought

by Donald L. Darnell

A record-breaking drought is stressing the trees, lawns and gardens in and around Edmonton. Trees and other budding plants are particularly vulnerable in the spring, when extra water is critical to flower and leaf production. Here are a few tips to make the most effective use of water resources and help your lawn, garden and trees survive this extreme dry spell:

- **Water smart.** Make good use of the water you use. Water in calm and cool early mornings or late evenings to minimize evaporation losses. Some parts of your lawn or garden are sure to need more watering than others. Target only those areas that need the water, and stop watering when runoff starts forming a river on your sidewalk.
- **Water budding trees now.** Trees and flowering plants, and anything recently planted, needs extra water to thrive. Ensure that when plants are creating flowers and leaves they get enough water right away. For mature trees, water mostly around the drip-line rather than at the trunk.
- **Water grass later.** Allowing established lawn to suffer through a little bit of drought early in the season can encourage root growth and strengthen your grass.
- **Minimize fertilizer.** Fertilizing the grass causes it to consume water more rapidly. In a drought, this means extra stress for your grass and an increased chance of failure. If you do fertilize, consider using compost or other organic material, which is less likely to stress your dry lawn than the synthetic fertilizers one finds at most hardware stores. Compost also helps feed organisms in the soil which can encourage root growth and drought resistance, while synthetic fertilizers tend to kill back these soil organisms.
- **Minimize pesticides.** Nature suffers in times of drought too, and toxic chemical runoff into natural areas is more likely to occur when rain first hits our dry soil. A little diversity in your lawn — a mixture of grasses, clover, etc. — can make your yard more robust to drought. Weed killers can kill off that diversity, and leave your yard more vulnerable and water hungry. Similarly, a healthy insect population alongside healthy plants tends to take care of many pest problems on its own. But pesticides kill off the good bugs with the bad, often solving one short-term problem while bringing on a long-term one.
- **Water your neighbourhood trees.** The drought is expected to kill off a large number of trees this year. If you value trees along the roadway (which help keep your neighbourhood cooler in summer) or in a nearby park, consider bringing them a bucket of water now and then — particularly when new buds or leaves are unfolding or after an extended

dry or windy period.

- **Mow Deep.** Taller grass loses less water through evaporation, keeps the soil cooler and brings more energy into the plant to build roots. Grass should be mowed frequently enough that only about 1/3 of the height is cut off. Mulching, or grass-cycling, will return nutrients to the soil (allowing less fertilizer in the future) and reduce evaporation.
- **Aerate.** If you find sprinkler water running off your yard it might be time to aerate your lawn, providing a means for water to get down to the grass roots.
- **Try a rain barrel.** Lawn watering typically dominates the summer water bill. Saving the rain water for irrigating your garden will make your plants happier and your water bill more manageable.
- **Plant smart.** Choose seeds and plants that thrive in our climate. This means fescues rather than bluegrass for the lawn, and drought-resistant varieties in well-drained parts of the garden.

Editor's note: Although at the time this newsletter goes to print, we have had excessive precipitation, Darnell informs me that we are definitely still in an extreme drought. Garden plants are happy now, and the farmers got a big break, but the water table is still very low and the majority of trees are showing signs of stress.

Join the Edmonton Nature Club

on June 20

Whitemud Ravine and South McTaggart

We will explore the unmaintained trails south of Smith Crossing (23 Ave. and Whitemud Ravine). This area is less frequently traveled but has a wide variety of songbirds, woodpeckers and waterfowl. We may also explore the area north between Smith Crossing and Olgivie Ridge (time permitting).

- Leader: Brian Stephens
- Meet: 8:30 a.m.
- Duration: Should finish mid afternoon
- Difficulty: Hiking on unmaintained trails, game tracks. There May be wet areas. Several kilometers of walking.
- Bring: Lunch and liquids, as well as good footwear.
- Contact: Brian Stephens 780-439-2841

TCC's Spring Carnival attracts more residents

by Terri Saunders
Newsletter Editor

On Saturday, May 8, the Terwillegar Community Church (TCC) held their 7th annual Spring Carnival. Adults and children from all around gathered to partake in this exciting event.

The weather was more than cooperative and attendance was estimated at about 1,000 people! A multitude of activities amused the crowd, from a petting zoo to a bouncy castle, games, face painting and balloon animal creations. Games included putting a hole in one, Kurplunk and a variety of ball tossing games. Goodies such as hot dogs, popcorn and candy floss were also available to round out the carnival experience.

The Spring Carnival is organized each year by a dedicated and enthusiastic group of volunteers from the TCC. It is these volunteers that make such a successful event possible. Thanks to all who helped!

Be sure to join in on the fun at the next Spring Carnival on May 7, 2011. Until then, you can attend TCC's Fridays at the park on June 25 and Aug. 27, as well as their Winter Delight in November. Check www.tcchurch.ca for more information.

Clockwise from top right: Paster Ken MacDonald hosts a "break a plate" game; young children enjoy the petting zoo; the Kurplunk game; the ever-popular face painting; and a clown creates a balloon flower for a young resident.



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North location: Spruce Avenue School (11424 - 102 St.)

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SPORTS Camp

Terwillegar Community Church
is holding a

Soccer Camp

August 16-20
Ages 7-12

Cost: \$110 before June 30
\$120 as of July 1



Check www.tcchurch.ca
for details and registration

TCL board contributes to church's vision



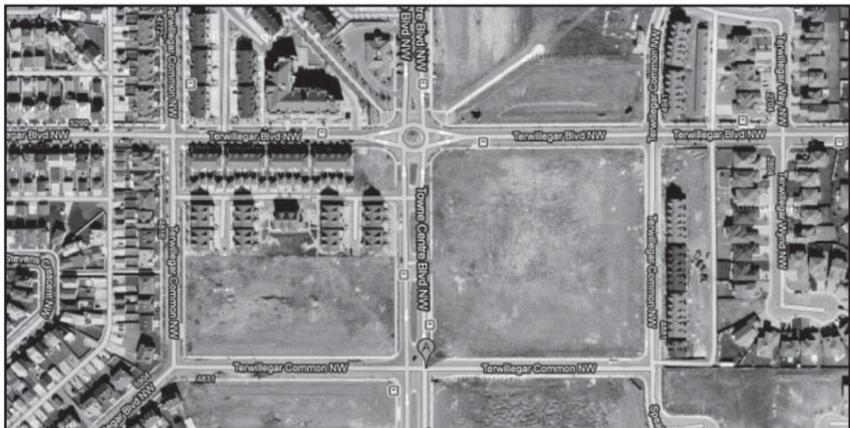
by Ken MacDonald
Terwillegar Community Church pastor

There are plans and dreams that abound for the Terwillegar community. I was pleased to be invited to the Terwillegar Community League monthly meeting in May. As usual, I was impressed with the enthusiasm of the servant-hearted volunteers who compose the board, each giving leadership to their specific area of service.

It was my delight to invite the board to do some visioning with respect to future usage of the new church (Terwillegar Community Church) that will be constructed in the heart of our community. The church will be located next to the community league property and only half a block from the two new schools that are nearing completion. Terwillegar Community Church (TCC) values community input into the construction of this new building so that the needs of all Terwillegar-area neighbourhoods are well served.

I was thrilled with the input of the board from our community league. Together, we asked the question: What are the needs of our community? How can a 20,000 square foot building in the hub of our community assist this community accomplish its goals and aspirations?

Many extremely helpful ideas emerged from this meeting. We recognize the need for some of the following services in our community: preschool



The new TC Church will be built on the land northeast of Towne Centre Blvd. and Terwillegar Common. A small A on the map above indicates the intersection which is just south of the Mac's store.

programming, daycare, before and after school care, a community kitchen, a place for a community billboard, exercise classes, a coffee area with internet access, a place for small luncheon meetings, music/concert space, a coffee house idea and generally a coffee area where the community can gather through the day.

These ideas will be just the tip of the iceberg. We are convinced that we can discover many ways to work together and provide a level of service that will strengthen families.

Thank you to the community league for your input. TCC will be giving serious thought to the design stage over the next few months. Don't hesitate to share your thoughts if you live in one of the many Terwillegar neighbourhoods. You can send your suggestion to Pastor Ken at ken@tcchurch.ca.

Open House: June 4th (Friday) 2:00-7:00pm & June 5th (Saturday) 9:00am-3:00pm



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Join us to prepare and enjoy a delicious and casual supper together with crafts and activities for children of all ages.

***Living 101: 'Survival Skills for Today's Families'**

Saturday, June 12 @ 1:30 p.m.

The final installment in this series is about renovation projects at home.

***Vacation Bible School**

Daily from Monday, August 2 through Friday August 6

Want more details?

Check the web, check often!

www.htrchurch.ca

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www.tcchurch.ca

Drinking pink a great idea for summer



by William Bincoletto
Principal Sommelier of Vines Wine Merchants

Uncorked

We know them as rosés or rosados or rosatos or even blushes — these terms all refer to pink wine. This pink shade can range from a soft, subtle hue, to a vibrant, hot pink, depending on the grape used and how long the grape skins were in contact with the juice. Remember that rosés can be

made in a sweet, off-dry or bone dry style, with most European rosés being decidedly dry.

Rosé wines have been viewed with disdain for well over a decade when the wine market was flooded with “White Zin” look-alikes. Today, many consumers are helping to break rosés out of the sweet, “wine cooler” mould and are finally recognizing the elegant products that are now emerging in our Alberta market.

So do they taste good?

With flavours ranging from strawberry, cherry and raspberry, with hints of citrus and watermelon, they have become my staple summer wine. Served chilled, they are always a great wine partner for a ham, chicken or roast beef sandwich, along with a fruit, potato or egg salad. They can even handle a variety of chips and dips. I especially love them beside greens, slices of chicken, or duck splashed with diverse berry vinaigrettes. Rosés are also the perfect guest at a backyard barbecue, tackling hamburgers, hot dogs and even French fries and ketchup with ease.

So to help you “drink pink” for the summer, here are some delicious suggestions:



2008 Cono Sur “Vision” Carmènere Rosé — Colchagua, Chile

This is just a fantastic rosé from Chile which impressed me from the very first sip. It has charming strawberry colour with great fresh red fruit aromas along with delicious flavours ranging from red plums to rhubarb and even chocolate. At around \$15.00, this is such a great buy!



2009 Artadi “Artazuri” Rosado — Navarra, Spain

This was such a delightful discovery a few years ago when it first arrived in Alberta. The 2009 is just as savoury made from 100 per cent garnacha grape, with aromatic flavours of steak spice, choke cherries and brambly raspberries with delicious acidity. Very consumer friendly!



2009 Domaine Houchart Rosé — Côtes de Provence, France

This pink wine opens with a nice refreshing light berry bouquet. On the palate, the wine has terrific strawberry-like fruit flavours. This medium-bodied rosé is nicely balanced, very easy to drink and is a touch tart. The finish is dry and nicely prolonged. It is in the same league as some Côtes de Provence rosés that are double the price!

Resident cooks up a few treats for summer

by Claire Schneider,
South Terwillegar resident

With summer comes a whole new sun schedule, a whole new weather forecast, and often, a whole new menu! Here are a few summer treats you'll want to try.

Hit the trails with trail mix

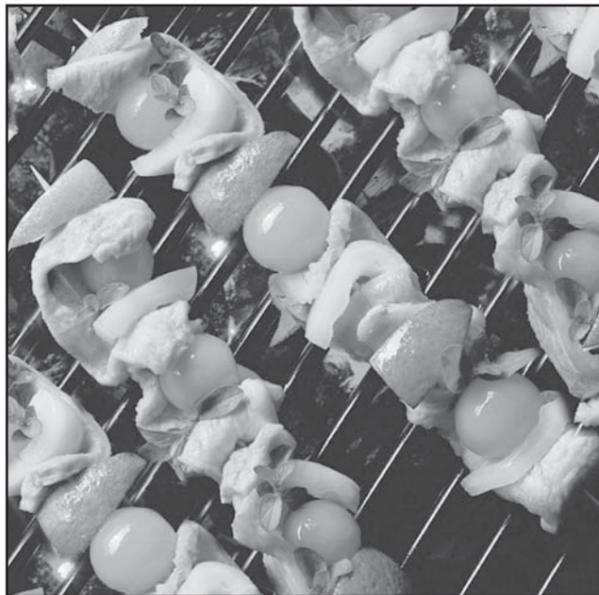
Got the afternoon munchies? Instead of hitting the vending machines or reaching for that bag of chocolate chips in the pantry, try making your own trail mix!

Trail mix is one of the best snack foods out there because it's good for you, it's easy to make and there are so many different combinations of ingredients that can be included. Add the mix to oatmeal, yogurt or fresh fruit salad, or separate into bags for a grab-on-the-go snack.

Mix and match ingredients:

- Unsalted Nuts (walnuts, almonds, peanuts, cashews)
- Seeds (sunflower seeds, pumpkin seeds)
- Dried Fruit (raisins, cranberries, apples, apricots, pineapple)
- Cereals (cheerios, granola, bran flakes)

- Sweets (shredded coconut, chocolate chips, mini marshmallows, mini M&M's)



A meal on a stick

Stumped for meal ideas in the summer? Looking for something quick that everyone will love? Kebabs on the barbeque are a healthy meal, great for any occasion and appeal to almost everyone.

They can be prepared in advance by chopping the night before, and you can cook up a real variety of flavours. Kids love to help choose the ingredients, assemble the kebabs and eat them too!

Below are some ideas:

- Meat (beef, chicken, lamb, pork)
- Seafood (shrimp, salmon, mahi mahi, swordfish, lobster)
- Vegetables (peppers, zucchini, tomatoes, mushrooms, onion)
- Fruit (pineapple, papaya, mango, banana, strawberries)

Tips:

- Chop the night before so the kebabs are easy to assemble.
- Soak wooden skewers in a tall glass of water prior to assembly.
- Use stainless steel skewers for a sturdier kebab.
- Mix and match ingredients.
- Marinate the meat for added flavor.
- Try plain fruit kebabs with a honey glaze.
- Be creative!

Creative Age Festival

Don't miss the third Creative Age Festival being held from June 8 to 16!

This unique festival celebrates arts and aging with an exciting program that includes a Launch Event at City Hall, four Arts Cafes, Arts Workshops, Creative Age Symposium, two Film Screenings, Theatre FEST, free admission to seniors all week to the Art Gallery of Alberta, and a special Art Exhibit at the Art Gallery of Alberta. Many activities are of interest to people of all ages!

Visit www.creativeagefestival.ca or call 780-423-5635 for more details.

Six skills prepare your young child for reading



Katie Turzansky
Community Librarian,
Edmonton Public Library

Early Literacy is everything that children know about reading and writing *before* they can read and write. Children have capacities for language right from birth, and research has shown that a child's experiences in the first three years of life directly impact later development and learning. It doesn't matter what language your family speaks at home; these skills apply to all languages and will lay the foundation for your child's later experiences.

There are six skills of early literacy that can help your baby, toddler and preschooler get ready for talking, reading and writing. *Vocabulary* is knowing the names of things. It is important for children to hear and know words before they will be able to read them. One of the ways to develop this skill is to talk with your children right from birth. Reading together is also a great way to expand vocabulary; it exposes you and your child to words you might not use every day.

Letter knowledge includes knowing the names, shapes and sounds of letters. Some tips for developing this skill are: encouraging babies and toddlers to play with shapes (if they know a triangle from a circle, they will be able to know an A from an O), singing the Alphabet Song, pointing out letters wherever you see them, playing letter games ("I spy with my little eye something that start with G!") and showing your child how to write his or her name.

Another skill is *print awareness*. This skill

includes knowing that print is everywhere, knowing how to handle a book and knowing how to follow words on the page. One great way to develop this skill is through reading with your child (especially babies). Let children hold and play with books. Board books are great choices for small children because they have thick, sturdy pages that do not rip easily! Point out print and words wherever you see them; show children print is a huge part of our world!

Print motivation includes the enjoyment and interest children have in books (all the good feeling they associate with reading). Reading together is a big part of developing this skill, but make sure you're both enjoying it. If either you or your child is getting cranky, it is time to move on. You don't want it to be an activity that feels forced. When you read together, bring small children into your lap. Reading time can be cuddle time! Read books that your child enjoys and, if possible, let the child choose what you read. Books with big pictures, pop-ups or moving parts can make reading fun!

Another skill is *phonological awareness*, which means the ability to hear and manipulate smaller sounds within words. A great way for babies and children to hear the differences in words is by reading books with rhymes, alliteration and

nonsense words. The natural "parentese" we all speak (the higher, slower way we speak to babies) is important for helping babies learn language: it forces us to slow down and exaggerates our sounds. Singing also slows your speech down considerably, making it easier for your child to hear the different sounds. Any games that involve sounds and rhymes are a fun way to pass the time and teach your child at the same time!

Narrative skills are the ability to describe things and events, and tell stories. Encourage your child to talk. Ask your child lots of questions, especially questions that require more than a "yes" or "no" answer. Reading and singing nursery rhymes is great way for children to hear complete stories with a beginning, middle and an end. Finally, make sure you talk about books as you read them: what's going to happen next, what the characters might be thinking or something interesting in the illustrations. The book will still be there when your conversation is finished!

These six skills of early literacy are probably activities you are already doing with your child. Incorporating these tips into your daily life is both easy and natural and will have both short and long term benefits for your child. For more information, go to www.epl.ca/readtalkplay or visit your local library branch.

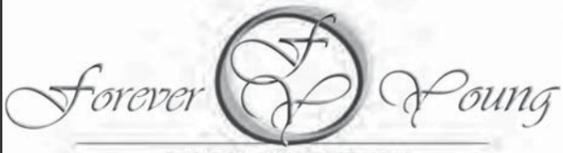
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Binge Eating Disorder is a new health issue

by Kristine Aanderson, MA, R. Psych
Psychologist for the Glenwood Wellness Clinic's
Binge Eating Program

Obesity is on the rise, and there is a new buzzword in the health world: Binge Eating Disorder. Binge eating is generally thought to have two main symptoms:

1. Eating significantly more food than would be expected in a given situation.

If a person eats a Thanksgiving dinner on Thanksgiving, that is not binge eating. If a person eats a Thanksgiving dinner (or two) after they get home from work, that may be a concern.

2. The eating feels "out of control."

If the person feels in control of their food choices or is using binge eating as a reason to justify continuing eating, this is not binge eating. If the person starts to eat and feels that they are no longer in control of their behaviour, that may be a concern.

In addition to these symptoms, binge eating is also often associated with eating rapidly, eating until you are uncomfortably full, eating large amounts of food when you are not hungry, eating alone (often out of embarrassment) or feeling disgusted or guilty after eating.

Common myths of binge eating

1. If you overeat, you must be a binge eater.

FALSE! Overeating indicates that a person is making a choice to overeat. Binge eaters often feel a compulsion to eat and physically cannot stop themselves without help. Overeating is

not binge eating — it is a different problem requiring a different solution.

2. Binge eaters just need to eat less and exercise more.

FALSE! Individuals with binge eating disorder know that in order to be healthy you need to eat less and exercise more. They just need professional help to be able to address their problem. Binge eating is not an information problem.

3. Binge eaters are just emotional eaters. They probably had a bad childhood.

FALSE! Binge eating is a complex problem, often with no one clear source (such as emotional eating, habitual eating or reactive eating). Binge eating is rarely directly linked to a traumatic event or to a specific mental health profile.

Do you have problems with binge eating?

Do you feel secretive or guilty about what you eat or the way you eat? Do you obsess about food, even when you're not hungry? Do you restrict your food or aggressively diet between binge episodes? Do you eat large amounts of food, even when you do not enjoy it? Have you actively tried to stop yourself when you are overeating and been unable to stop?

If you answered yes to these questions, it may be beneficial to investigate binge eating further. These symptoms often do not resolve themselves without professional help.

Getting help

If you think that you may have symptoms of

binge eating, talk to your doctor. They may be able to help you find solutions, and proper medical monitoring and care should always be a part of binge eating treatment. It is also possible to speak directly with a psychologist who is experienced in working with clients suffering from binge eating.

There are two main treatments for binge eating symptoms: medication and counselling. While certain medications can help with symptoms, it is not a "quick fix," and many medications may have serious side effects.

Counselling is a good treatment. There are psychologists as well as specific counselling programs available that have evidence showing their effectiveness. However, keep in mind that no type of therapy is ideal for everyone with binge eating. Do your homework to find a reputable provider that is supportive of you as you address your symptoms.

A note of caution — Be wary of providers who claim that they can help you resolve your problem quickly or over the internet, especially if they do not have professional credentials (such as a registered psychologist). There is no quick fix for binge eating. Professional credentials mean that the provider is held accountable for their claims and for providing responsible treatment, whereas "life coaches" and "emotional coaches" are not.

For those struggling with symptoms of binge eating, if you want help, it is out there and change is possible.

Food bank challenges you to inspire others

Edmonton's Food Bank is pleased to launch its newest fund and fundraising campaign called *Food Forever 2 by 2*.

Do you know two people who you can inspire? The Food Forever 2 by 2 campaign is simple. By using a "pyramid" pattern in the altruistic form for the goal of raising \$1,000,000 for Edmonton's Food Bank, anyone who participates will be asked to do two steps:

1. Donate \$10 (or more) to Edmonton's Food Bank and
2. Touch, move and inspire two more people to repeat these actions.

To participate in this campaign, simply go to: www.edmontonsfoodbank.com and follow the links. We also take cheques, VISA and MasterCard contributions. Please remember to touch, move and inspire two more

people to make donations to Edmonton's Food Bank or their local food bank outside of Edmonton.

Dr. Ian Johnston is a physician in Edmonton working with the Medicentres group of clinics. He is also associated with Landmark Education (www.landmarkeducation.com). As part of the Self Expression & Leadership Program, Dr. Ian Johnston has developed Food Forever 2 by 2 as his community project.

Current supporters of Food Forever 2 by 2 include Medicentres of Alberta, the Alberta Association of International Baccalaureate World Schools — ABIBS, Participants of Landmark Education Self Expression & Leadership Program and many others.



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by Dr. Christina Bjorndal, ND
Optimum Wellness Naturopathic Medical Clinic

Diet is the foundation of health! You are what you eat, what you absorb and what you don't excrete. Profitability drives our society and it, not your nutritional health, is the key motivating force behind the food industry. Many high-sugar, high-salt and high-fat foods are intensely marketed, and often, the advertising influence of companies impacts our diet and health more than information from health professionals.

As food technology has continued to advance, shelf life has replaced health life. Technological developments have provided benefits, but most often I find the time-saving, mass processing of food is not in the best interest of nutrition.

Many diets consist of a high intake of red meat, saturated fat, sodium and alcohol. Such a diet provides less nutrition per calorie consumed than does a wholesome diet of natural foods. The decreased consumption of vegetables and complex carbohydrates means a lower intake of vitamins, minerals and fiber. Research has linked many well-known diseases (i.e. obesity, cardiovascular disease, kidney disease, diabetes, autoimmune diseases, cancer, behavioural problems) with a poor diet.

Perhaps you don't consider yourself as being at risk for developing a serious disease, yet you experience the following symptoms: fatigue, headaches, mood swings, indigestion, constipation, skin problems, menstrual discomfort and weight problems. These symptoms not only interfere with your ability to fully enjoy life, they are early warning signs for future problems.

Eating a healthy diet can improve these complaints, as well as protect you against serious disease. Who doesn't want to have more energy, decreased cravings, better digestion, improved concentration, increased ability to handle stress and glowing hair, skin and nails! This is achieved by a healthy diet!

When it comes to food and eating right, I find many people are unclear about how to read food labels and determine what "types" of food to eat. Here is what I explain to my patients:

- There are three macromolecules: fat, protein and carbohydrates. All three are important to our well-being.
- Each macromolecule can be divided into two "micro-molecule" categories:
 - fat = saturated "bad" fat and polyunsaturated "good" or "essential" fat
 - protein = non-essential and essential amino acids
 - carbohydrates = refined and complex carbohydrates
- The idea is to eat more of the essential fats and proteins, as well as complex carbohydrates, and limit the "bad" foods. Remember, we can't manufacture essential foods. The best way to shop is only around the perimeter of the grocery store. Or, if you must go up and down the aisles, choose boxed, canned or processed foods with five ingredients or less.

Also, when you are reading ingredients, start from the bottom of the list and read backwards. If there are many fancy words that you have never heard of, this should be your first warning sign that maybe this food isn't such a good idea.

- It is also very important to chew your food thoroughly. I am finding that in our "fast food nation" many people forget that the digestive process actually starts in the kitchen with the sense of smell when we are cooking our food. This sense of smell triggers our brain and sends the message to our stomach that food is coming. The stomach, in turn, starts secreting all the digestive enzymes we need to adequately process our food so that it can be broken down into micronutrients or "fuel" that our body needs to survive.

- The next challenge for patients is really a simple math equation. Food is measured in calories, but listed on labels as calories per gram. So, for the three macronutrients, you need to remember two numbers: nine calories/gram for fats and four calories/gram for protein and carbohydrates.

The problem with nutrition labels is that they list total calories as a percentage of daily value, but many of us have a different "daily value." My daily value for the three good groups is a balance of 30 per cent complex carbohydrates, 30 per cent protein (ensuring more essential proteins) and 30 per cent essential polyunsaturated fat (primarily omega 3), and the rest of my daily calories comes from "fun" foods. What this means is that if you want to eat an energy bar and the label reads as follows:

LABEL	Conversion to actual calories consumed	% of my daily "personal" value
Total calories: 243 calories per 55 g serving		
Fat 11 grams - saturated fat 1.5 g - trans fat 0 g	11 grams of fat X 9 calories/gram = 99 calories from fat (Most of this fat is the "good" or essential fat. This is a good thing.)	99 calories/243 total calories = 40.7%
Carbohydrates 29 g - Fibre 2 g - Sugars 14 g	29 grams of carbohydrates X 4 calories/gram = 116 calories from carbohydrates	116 calories/243 total calories = 47.7%
Protein 7 g	7 grams of protein X 4 calories/gram = 28 calories	28 calories/243 total calories = 11.6%
		Total 99+116+28=243=100%

The question you have to ask yourself is: "Does this food choice fit into my overall eating objective?" Even though it does not break down into the perfect ratio of 30-30-30, it meets my other food criteria: high in essential fats, high in complex carbohydrates, ingredients I understand and most importantly — I like this energy bar! Weight management is not about depriving yourself; it is about making balanced, informed choices and eating "guilty" foods in moderation.

Here's to your health!

Looking for a LOW-KEY way to volunteer?

Your community newspaper is looking for:

- **Writers:** Provide informative articles on assignment basis, or present us with your own ideas!
- **Area Reps:** Help us cover news more local to your neighbourhood: Magrath, South Terwillegar, Terwillegar Gardens or Terwillegar Towne.
- **Photographers:** Do what you love, show us your talent and see it in print!

For only a few hours every few months you can be in the know, network in your community, or practice your hobby.

No prior experience required
JUST ENTHUSIASM!

Please contact editor@terwillegar.org

Tabata training good for busy schedules

by Tyler Malone and Ryan Berry
Certified personal trainers and co-owners of
Isoterra Fitness

One of the most commonly asked questions in the fitness industry is, "what is the best way to drop fat?" Most people opt for steady-state cardio (prolonged periods of medium intensity aerobic activity on a treadmill, bike or elliptical trainer), for about an hour or so. When we tell people that they can achieve far more fat loss and increase their aerobic and anaerobic capacity in four minutes compared to the usual "hourly run, three times a week," we usually get laughed at. However this is no joke.

In 1996, a Japanese doctor by the name of Dr. Izumi Tabata and a team of researchers from the National Institute of Fitness and Sports in Tokyo, Japan conducted a study comparing the effects of moderate intensity endurance (aerobics, or "steady-state" cardio) and high endurance

intermittent training (Tabata intervals) on V02 Max and anaerobic capacity. (V02 Max refers to how efficiently your body uses oxygen, and anaerobic capacity refers to your maximum output over a short period of time *without* utilizing oxygen.)

The results were astonishing. The moderate intensity group increased their V02 Max by only 10 per cent, with no impact on anaerobic capacity. The group who performed the Tabata training intervals increased their V02 Max by about 14 per cent, while increasing their anaerobic capacity by 28 per cent. This was done over a six week period with both groups training five times per week.

What these results mean is that in just four minutes of training, you can increase the efficiency of every system your body uses for energy — that's a fraction of the usual length of time. In terms of fat loss, there are more calories burned during moderate intensity exercise but

Tabata training burns up to nine times more fat. The reason for this lies in what we call the "after burn." When your body is resting following Tabata, your metabolism will be elevated and continue to burn calories and fat up to 24 hours after.

Tabata training consists of the following: 20 seconds of high intensity work followed by 10 seconds of rest. This is repeated for four minutes, resulting in a total of eight sets. That's it. Any exercise can be used for this method as long as it is performed with 100 per cent intensity. We prefer to use a combination of compound exercises allowing for a more dynamic and exciting workout. This is a very intense workout so we suggest that you start out slow with a two minute Tabata and work your way up.

If you are strapped for time and are looking for an effective and easy way to burn off a few extra pounds, Tabata training is your answer. So what are you waiting for? Give it a try!

Locally-owned mom's program expands

More than 90 new moms later, *Mommy Connections* wrapped up another post-natal program out of the Riverbend United Church in April. The program began in Riverbend in January with a whopping 67 new moms in attendance for the inaugural six week program. Each week, a new topic was presented by a variety of expert presenters, including FITMOM, Sweet Momma, Salsa Babies, City of Edmonton, Edmonton Public Library, Music Together, Child and Family Services, Preferred Nanny, Simply Supper, Modern Mama, Momstown, Magrath Dental and more.

President Carol McBee sees the program as an "informative ice breaker" for the amazing years ahead with the moms groups that are formed by this program. In March, another 25 women took part in the local post-natal program and the current Riverbend Program has 26 new moms registered. Beginning in May, the program will be offered in other areas as well including West Edmonton and Leduc, with plans for expansion to other

cities in the Fall.

McBee created the program after feeling that there was a need for a modernized post-natal program for new moms. Registration includes a swag bag full of discounts, gift certificates and samples. New moms come out of the program with current information on health and wellness for both themselves and baby, as well as knowledge about a variety of other topics including hip clubs and classes, literacy, and child care options when returning to work.

Plans for a summer gathering of all women who have been in the program are underway. Stay tuned for a new pre-natal program that will be announced in the fall!

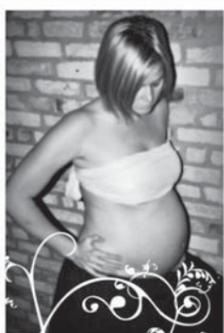
For more information, visit www.mommyconnections.ca.



Baby wearing expert Natasha Chiam from *Natural Urban Mamas* fitted the above moms to safely exercise with their babies at a *Mommy Connections* session. FITMOM Andrea Page then led the moms in a mini demo.

Know of a good story about your community?

Feel free to let us know!
Terwillegar Community League needs your voice!
editor@terwillegar.org



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Summer Skating

July 5 – Aug 6, 2010

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(11204-43 Avenue)

Millwoods Recreation Centre
(7207-28 Avenue)

CanSkate (Learn-to-Skate)

One day/week or Mon-Fri sessions available



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- Daily on-ice and off-ice instruction
- Beginning skating skills required
- (Stage 3 CanSkate badge passed or coach recommendation)
- Figure skates are mandatory



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- Daily on-ice and off-ice training
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www.gatewayskatingclub.org

Guest Coaches Welcome - please submit letters to gatewayskate@interbaun.com

Fall Skating Lessons

Classes available at a variety of times at south side arenas
Preschool, Canskate, Figure Canskate

Jr. StarSkate Group

Competitive and StarSkate Test Stream (Dartfish Video Analysis available)

***REGISTRATION forms will be available on our website in June
www.gatewayskatingclub.org or phone 780 463-4341



TRSA's soccer nets get people in the game

by Jane Calvert
President, TRSA

As you go out and about in Riverbend or Terwillegar, you may notice something that you haven't seen before: bright orange nets up on the soccer goalposts without any games going on at the time.

The Terwillegar Riverbend Soccer Association (TRSA) is trying something. We are leaving some nets up for the outdoor season. Usually, each team is given one or two nets at the beginning of the season. Each team must set the nets up at the beginning of the game and take them down afterwards. The nets are never on the goalposts unless a game is in progress.

Leaving the nets out has several advantages, which makes it something well worth trying. First of all, TRSA would need far fewer nets. That means fewer nets to purchase and store. And with very limited storage space available, that's an important thing. Leaving the nets up is less work



The soccer nets left here at Haddow Park have encouraged spontaneous games.

for our coaches as well. And with all the hours our coaches put in, they deserve a break.

But by far the best benefit about leaving the nets up is a wonderful "side effect" that no one expected. Spontaneous games of pick up soccer are breaking out all over our community. Adults and youths from all over the neighbourhood are gathering at the fields to take a few shots on the net. School children are playing soccer before and after school, at recess and at lunch. In fact, when the heavy, wet snow pulled down one of the nets at Riverbend Junior High, the students got together to put it back up themselves! Best of all, children who might not otherwise have the chance to play soccer, are out on the fields giving it a try!

If this experiment is a success, next year we may see a lot of spontaneous soccer being played on fields throughout our community. That means a place for our kids to get some exercise, learn a new sport and have a whole lot of fun!

Hockey regulations put local programs at risk

by Sheryl Bowhay
Riverbend Community League President

In an attempt to streamline hockey registrations in the City of Edmonton, the Edmonton Minor Hockey Association (EMHA) and the Edmonton Federation of Community Leagues (EFCL) entered into an agreement to honor a \$25 corporate membership in lieu of the family community league membership. This new corporate rate is available to all families registering for hockey in the 2010-2011 season.

This agreement has potential to be devastating to all the community leagues in southwest Edmonton. A family community league membership in each league of Area H (Southwest Edmonton) is \$40. By instigating the corporate rate, the EFCL and EMHA are endorsing a two-tiered system, offering a break for families who participate in hockey. It is only a matter of time before this precedent erodes the foundation of each of our community leagues. The revenue loss alone will impact our ability to offer the programs and facilities that community leagues maintain and operate.

Do you live near a playground, a skating rink or tennis courts? Do you have access to a playschool, a playgroup or after school care in your community? If these programs are offered in a community league building, they are often subsidized by your community league, which assists organizations in offering affordable programs to members and residents of our community.

As summer approaches, many of the playgrounds in this area will be staffed with playground leaders, and skateboard and tennis coaches. These programs, starting in May in Ramsey Park, are drop in programs that are free to the public and yes, your community leagues finance them with membership dollars, grants and fundraising. I have not mentioned all the benefits of maintaining a community league membership — there is also the free community swim on Sundays for one. Even if you do not participate in any of the above programs or take advantage of the facilities in your community, I hope that you will agree that community leagues help make our community a better place to live, work and play.

We as leagues have to respect the agreement brokered by the EMHA and EFCL. We will hope that our hockey families continue to support community leagues by taking the \$25 corporate membership receipt and paying an additional \$15 to maintain a family membership. Community leagues in the Riverbend area (Area H) are trying to be proactive in dealing with this challenging situation. We have always had a good relationship with the SWAT hockey association and we are appreciative of their ongoing support as our organizations try to minimize the impact of this decision.

Each community league in this area will maintain that a family membership of \$40 will include a membership card and number, skate tags and all the benefits that accompany such a membership. A corporate membership will not be issued a number or card as it applies only to the EMHA and EFCL agreement.

The EFCL has barred community leagues from attending hockey registration as we have in the past. We are not able to sell you a family membership at that time. As a result, the process will entail initiative on your part and additional work on the part of your hockey registrar and your community league membership coordinator — each of whom are volunteers.

If you have concerns or questions please phone someone on the board of your community league or visit their website to find out how you can access your card and membership benefits.

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2nd Floor, 201 – 596 Riverbend Square NW
By Appointment Only.

MONDAY - WEDNESDAY	9:00AM - 8:00PM	
THURSDAY - FRIDAY	9:00AM - 6:00PM	
SATURDAY	9:00AM - 4:00PM	

New schools bring difficult choices for some



by Ann Kuehn
TCL President

Parenting is a tough job! Many parents this year face tough choices regarding their children's education. This September will mark the opening of two new schools in the

Terwillegar Area — Esther Starkman (Public K-9) and Monsignor William Irwin (Catholic K-6). And while most parents are thrilled that they will have access to neighborhood schools, it does pose some adjustments for many.

Some of the readjustments are no more busing (but for some, still pretty far to walk!), reestablishing older students in new schools and a larger student population. For me, in particular, it was a choice to stay where we were or come to Esther Starkman. My older son will be in Grade 2 next year and compounding the choice is that he is in a French Immersion program. My younger son will be starting Kindergarten in the fall as well, and so I wanted to make a decision that we would stick with.

In the end, after much struggling back and forth, we decided to “not upset the apple cart,” and leave them where they are. But I must admit those shiny new schools still plague me with

doubt. It is truly a personal decision for every family and I, for one, am so thrilled that we live in a world with so many opportunities to find the right fit!

I feel for all the parents out there trying to make the “best” choice for their children about schools. In this ever-changing world, making big decisions can be nerve-racking. I often remind myself that you just have to make the best decision you can with the information you have right now. No need to play the “what if” game. There are no winners in trying to foresee the future. What I know for sure is that there is a certain peace in the act of deciding!

TTRA helps residents avoid homeowner hiccups



by Catherine Williams and Linda Wilde
TTRA Directors

Buying your dream home in a planned community like Terwillegar Towne is a little different than buying elsewhere, and new homeowners can sometimes experience a few

hiccups. Not being aware of the additional details won't bring your dream tumbling down, but it can certainly cause some frustration. All too often, the Terwillegar Towne Residents Association Board receives questions from homeowners wondering how they became members of the TTRA, why there are architectural guidelines or why they are being billed for dues owing from before they took possession. Of course, these are among the details that should have been fully explained by your realtor or builder, and by your legal counsel during the purchase process. But sometimes information “hiccups” occur, leading to misunderstandings between buyers and sellers, residents and their neighbours, or homeowners and the TTRA.

Your TTRA Board and property managers are always ready to answer residents' questions. Meanwhile, here are three common hiccups to avoid in order to keep your property, your membership and your community association on a firm foundation.

Hiccup Number One — Not knowing the status of your property's TTRA membership.

Did you know that membership in the TTRA is mandatory for those in the Terwillegar Towne area and registered against the title of your home? The dues are owed annually by the property, so if there are unpaid arrears at the time of sale, these become the responsibility of the new owner. 2010 TTRA invoices were mailed out in March, with payment due on April 15. Paying by the deadline each year will prevent interest charges from being added on to your next statement.

Payment is easy to do on-line at www.terwillegartowne.org. If you did not receive a current invoice, please contact Gail Chewkowski at Ayre & Oxford, 780-448-4984 or gailchek@ayreoxford.com.

Hiccup Number Two — Not having your TTRA account up to date.

Sometimes people ignore invoices if they feel they've been incorrectly billed but do so at their own peril. Arrears accumulating on a property title may impact a sale or mortgage renewal. Some of our records don't have a current homeowner's name on file. If you returned an invoice addressed to “current resident” it could have been yours! Ayre & Oxford have sent second notices to all properties with dues still owing, and must advise the mortgage holders of all delinquent accounts.

Hiccup Number Three — Incurring unnecessary extra expenses.

All costs incurred in the process of collecting outstanding dues and filing caveats are charged back to the homeowner, which may add to the encumbrance on their mortgage. If you have a question or concern about your account, please give Gail a call — she is more than happy to find the answers!

Got the hiccups? Visit our website, email the directors or contact property manager Gail Chekowski at 780-448-4984. We are here to help!

On another note, the TTRA Annual General Meeting will be held on Sept. 29, 7 p.m. at Holy Trinity Riverbend Church. Plan to be there and speak out! Remember — you **do** have a vote (but only if your fees are up-to-date.)

Welcome Dean Basara, newest director at large for the TTRA.

Dean Basara was among the residents who turned out for our town hall meeting in April and signed up on the spot to join the volunteer board. “If you want something done, you had better do it yourself” is the philosophy that motivated Dean to become a director. A three-year resident, Dean sees Terwillegar Towne as a unique environment which calls for a great deal of community spirit to sustain. Read Dean's full biography on the “Board of Directors” page of our website, www.terwillegartowne.org.

In your community . . .

These are the people in our neighbourhood:

Residents' Association: Responsible for the maintenance of specific plots of designated land. It is also responsible for the regulation of neighbourhood architecture. (Do you have a mailbox on your property? Two bushes and a tree?) Annual fees are required and residents are contacted directly if payment has been missed. Different areas have different residents' associations. Please ensure you are contacting the correct association.

Community League: Responsible for the personality factor and all the extras. This includes all of those fun events you get to attend, our website (www.terwillegar.org), the Terwillegar Tribune, neighbourhood watch, and more. Membership fees are optional (but well worth it!). The Terwillegar Community League is a single organization for all of Terwillegar. E-mail memberships@terwillegar.org to join.

Fees for one organization do not cover fees required for the other. Please ensure your fees are up-to-date.

Letter to the editor

Dear Editor,

In the lake here around Terwillegar Towne I have seen many dogs run off leash. What can be done about this? It is getting annoying because a number of these dogs will go up to the dogs that are in the backyards and agitate them. And with the weather getting better, we all know that there are a number of young children that often ride their bikes. When I see owners of dogs not really doing anything to leash their dogs, well, it annoys me.

Anonymous

Editor's note: According to the City of Edmonton, if you are experiencing problems with dogs off leash in your neighborhood, you can report hazards by calling 311. In addition, temporary signs are available for a two week period. Call your local CRC (Community Recreation Coordinator) for more information regarding signs.

Lastly, you may consider working with your community league to establish a new off-leash site as there are currently no designated sites in the Terwillegar community.

JOIN THE LEAGUE

Name #1: _____	Date: _____
Name #2: _____	Membership Type:
Address: _____	Senior: <input type="checkbox"/> Single: <input type="checkbox"/> Other: <input type="checkbox"/>
Postal Code: _____	Adult: <input type="checkbox"/> Family: <input type="checkbox"/>
Res. Ph.: _____ Bus Ph.: _____	Member interested in participating in activities?
Email: _____	Yes <input type="checkbox"/> No <input type="checkbox"/> (See Over)
Children's Names: _____ Y/M/D _____ M/F _____	Member willing to volunteer?
_____	Yes <input type="checkbox"/> No <input type="checkbox"/> (See Over)
_____	Fee Paid: _____
_____	Donation: _____
_____	Total Paid: _____
Terwillegar Community League	# of Skate Tags: _____
	Cash: <input type="checkbox"/> Cheque: <input type="checkbox"/> Cheque#: _____

Volunteer Interests	Comments
Activity Interests	



Coming events

- May 25-Aug. 28:** Green Shack Program
Location: Tomlinson Common Park; Select days at South Terwillegar Park
See page 1 for details.
- June 25, Aug. 27:** TC Church's Family Fridays
Location: Tomlinson Common Park
 6 - 8 p.m.
- June 26:** Summer Kick-Off Water Fight
Location: Tomlinson Common Park
 2 - 4 p.m.
- July 1:** Canada Day Bike Parade
Location: Tomlinson Common Park
 10 a.m.
- Aug. 25 & 27:** Esther Starkman open house
Location: Esther Starkman school
- Aug. 30:** Monsignor William Irwin community BBQ
Location: Monsignor William Irwin school
Time: TBA
- Aug. 14:** End of Summer BBQ
Location: Tomlinson Common Park
 11 a.m. - 1 p.m.

Check www.terwillegar.org for current information

Membership Online

Now you can purchase your Community League Membership online!
 Check www.terwillegar.org.

MEMBERSHIP FEES:

FAMILY, \$40,
 SENIOR/SINGLE/ADULT, \$30

MEMBERSHIPS EXPIRE ANNUALLY
 AUG. 31.

SEND MEMBERSHIP FORMS TO:
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BOX 84031, RPO TOWNE CENTER
T6R 3P4

PLEASE MAKE CHEQUES PAYABLE TO:
TERWILLEGAR COMMUNITY LEAGUE

Free swim time

Don't forget that with a community league membership, you get free swim time at the Confederation Leisure Centre at 11204 - 43 Ave. on Sundays from 4 to 7 p.m.



Please bring your membership card; admission may be declined without presenting your card.

How to contact the league

Website: www.terwillegar.org

Board members:

- President, Ann Kuehn, president@terwillegar.org
- Vice-President, Richard Pangrass, vicepresident@terwillegar.org
- Treasurer, Jason LaBonté, treasurer@terwillegar.org
- Secretary, Lorrie Payne, secretary@terwillegar.org
- Memberships, Kim LaFrance, memberships@terwillegar.org
- Programs, Jon Connell, programs@terwillegar.org
- Program Aide, Karey Steil, programaide@terwillegar.org
- TRAC community advocate, Glen Pearson, liaison@terwillegar.org
- Editor, Terri Saunders, editor@terwillegar.org
- Webmaster, Michael Madan, webmaster@terwillegar.org
- Communications, Tamara Stecyk, communications@terwillegar.org
- Fundraising, Priya Nelson, fundraising@terwillegar.org
- Community Garden, Tammy Peters, garden@terwillegar.org
- Neighbourhood Watch (Terwillegar Towne),
Vern Gorman, watch@terwillegar.org

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Does your neighbour have a nice yard?

We're looking for lovely landscapes in the Terwillegar area for the Front Yards in Bloom event.

Top yards that are chosen by community leagues stand a greater chance of becoming a finalist in next year's city-wide Front Yards in Bloom!

So when on a walk or driving, note the address of a beautiful yard and email Loretta at lmkozak@shaw.ca.

Nomination deadline is July 8, 2010.

*Classified ad - \$10 for 25 words or less!
Send to editor@terwillegar.org*

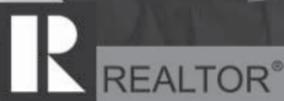
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