

Community League President

We must not, in trying to think about how we can make a big difference, ignore the small daily differences we can make which, over time, add up to big differences that we often cannot foresee!

Marian Edelman (American lawyer and social activist)

Spring is here! The refreshing rains, the budding leaves, and the bulbs breaking up through the dirt are signs of the spring season! The changes that we see, hear and feel gives us hope and a cheerful anticipation of warmer days ahead.

Effective change requires people to work individually and collectively to achieve a common result. Thus, giving the power to localism and building a healthy community. This is what Nel Noddings (1995) speaks of in her work about a shared belonging and a purpose of caring for one another. We need to support and collaborate with all members of this community. Every day I see people supporting each other with the end result a benefit for our community. Read inside this newsletter to learn about changes in our community including hall energy efficiency, spray deck construction, and a mural on the Patricia Heights/Whitemud sound barrier wall.

We truly appreciate all community members who make small, daily differences in Rio Terrace. We have volunteers who read to children in our schools; who organize soccer and outdoor sports for children; who maintain our hall, tennis courts, and rink; who dig in the hall and church gardens; who organize bottle drives and other fundraisers; who run social events; who watch for safety and are friendly to passersby; who pick up garbage on their daily walks; and various other important jobs. The list is endless. Thanks to all of you, Rio Terrace is a safe, welcoming and enriching environment for people.

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Volunteers like you deserve gratitude and applause for the selfless gifts you give every day. The time, energy, skills and talents you generously lend, again and again, are priceless. I believe that our Community League Board are committed to making a difference in the lives of neighbours. Our teamwork is visible everyday. By influencing what happens in the community today, we are impacting the future. I truly am thankful to be part of such a dynamic, caring team.

Lance Burns

Community league president

Connect with us!

Website: <http://rioterrace.ca>, Twitter: @RioTerrace

Facebook: RioTerraceCommunityLeague

Community Matters



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Proudly serving the neighbourhoods of Rio Terrace, Quesnell Heights, and Patricia Heights.

15500 76 Avenue NW
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Contact Information

President

Lance Burns
lburns@shaw.ca

Past President

Tony Andrzejewski
andrze@telus.net

Vice President

Aman Athwal
aman.athwal@usask.ca

Secretary

Emma Woolner
enewman@ualberta.ca

Treasurer

Daniel Mallett
Dmallett@gmail.com

Social Director

(Unfilled)

Programs Director

Kelly Picard
kjpicard@gmail.com

Soccer Director

Perry Wynn
director@rioterracesoccer.ca

Membership Director

Erin Waye
erinwaye@gmail.com

Hall Rental Director

Carrie Anne Doucette
780-232-3399 or rioterracecl@gmail.com

Maintenance Director

Gary Burton
middlekeith@gmail.com

Newsletter Creation Team

Giselle General & Corey Grajkowski
2016.rio.terrace.newsletter.ad@gmail.com

Newsletter Circulation

Tami Hoepfner
thewellnessclinicveg@gmail.com

Preschool

Auriana Burns & Allison McLean
auriana@shaw.ca

Signs

Kelly Picard
kjpicard@gmail.com

Rio Terrace Spray Deck Committee

rioterracespraypark@gmail.com or Auriana Burns
auriana@shaw.ca

Director at Large

Samantha Gullekson
samantha.gullekson@gmail.com

Director at Large

Auriana Burns
auriana@shaw.ca

Director at Large

Giselle General
ggeneral@gmail.com

Director at Large

Jen Osmond
jenosmond@remax.net

Director at Large

James Lavoy
jlavoy@gmail.com

Director at Large

Josh Bowen

Director at Large

Jessica Nattrass
JessicaEmilyMurray@gmail.com

Your Community League Bylaws

Amongst the many projects your Community League Board is taking on this year is an update of the Community League's bylaws. Yes, bylaws, the second most exciting of administrative processes!

Our bylaws were last updated in 2005 and are due for a review. As the bylaws are all about defining how the Community League operates, our priority for this review is getting input from the whole community. Here's our plan for the review.

In 2015, a committee from the community took on this task and it is their excellent work that has formed the starting point for our current review. Their work set us up for success and we would like to recognize their efforts here. Thank you!

Building on the 2015 committee's efforts and incorporating best practices from the Edmonton Federation of Community Leagues, a first draft of new bylaws was tabled at the April meeting for the Board to review. The Board will review this initial draft, make any necessary adjustments, and following our May meeting, post the draft on our website for the community to comment on. We will also send an email to the Community League letting everyone know when the bylaws have been posted, where you can find them, and how to send in your feedback.

The draft bylaws will be open for comment until June 21st, at which point we will take in all feedback and the Board will review all of your input at our June meeting. Once the Board has reviewed all of the input from the community, we will post the final version of the bylaws on our website for everyone to see.

On August 2nd, we will hold a Special General Meeting at the Community League Hall from 7-830 pm to vote on the new bylaws. At this meeting, we

will present the feedback we got from the community, explain all amendments that have been made, and answer any questions you have. At the end of the meeting, we will hold a vote to adopt the new bylaws.

Again, our priority is to get input from the whole community. These are, after all, your bylaws. We look forward to all of your comments and input, and to seeing you all at the meeting on August 2nd.

Josh Bowen
Director at Large

Call for Volunteer Organizers! The Rockin' Rio Summer Social Party



Do you remember the wonderful summer party from last year? There was a silent auction, live band, games, beer garden, and many more great activities for the whole family. If you would like to see this event return and help organize it, please contact Giselle at gqgeneral@gmail.com

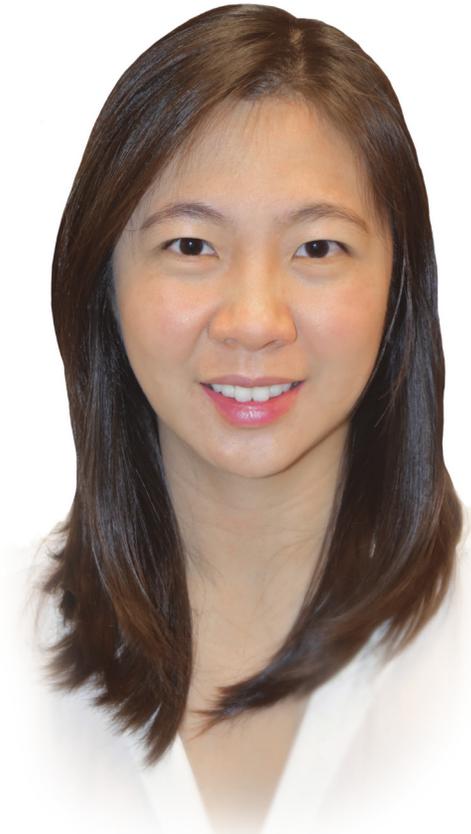
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Community Librarian Corner

Hello. This is Mike, your friendly neighbourhood Community Librarian from Jasper Place Library. We've got a ton of cool things happening at our branch pretty much every day, and I'm here to tell you about one in particular.

Every Saturday at 2:30-3:30 PM we run our Pop-Up Makerspace program. It's for all ages, and it focuses primarily on using tech tools and gadgets to create music, art, or ROBOTS! You don't need to be an expert in anything – the program is an opportunity for you to tinker and experiment, and our staff are there to help you along. It, like most of our programs, is drop-in so all you need to do is show up (although I recommend getting there early as the room can fill up sometimes).

Pop-Up Makerspace is being offered at Jasper Place, and at a number of other EPL branches throughout the city. You can find out all about it on our [website](#), as well as information about all the other types of programs we offer.

If you have any questions about your local branch of EPL, please feel free to send me an e-mail at MEaton@EPL.CA. Thanks for reading, and see you at the library!

Michael Eaton

Upcoming Community Events

Annual Family Bike Parade

Rio Terrace Community Hall
June 25, 2017 1- 3 PM.

Rio Summer Party

Rio Terrace Community Hall
August 26, 2017

Green Shack now open at Patricia Heights and Rio Terrace Playground

Patricia Heights School: Sound Barrier Panel Art Project



Are you interested in beautifying the sound barrier in Patricia Heights? The Capitol City Clean Up's Graffiti Prevention Initiative and Patricia Heights School are working on a project to beautify the sound barrier that separates Whitemud Drive from Patricia Heights. We are looking for community residents who might also be interested in taking part in this project. The best part is...the city covers the cost of paint, supplies, etc.

Plan it Out: June 10 at 2:00pm-5:00pm, join us at the hall to plan your panel. We will have on site artists to help bring your idea to life.

PAINT: June 17 and 18 (weather permitting), from 10:00-6:00, join us at Patricia Heights Elementary to PAINT THE WALL! Supplies and snacks provided.

Kelly Picard

Programs Director

Community Alert: Pop Can Thief

We would like to warn our residents about a potential individual who was reported to be taking the pop can and bottle donations that were brought out for pick up by the Empties to Win Program for the Winnifred Steward Association. The community member has reported that their pop can and bottle contributions, which are usually left in a bag by the front door of their home, were stolen two times. A few of their neighbours had theirs taken them from their yards as well. The potential thief seems to know when the pick-up times are scheduled.

If you spot suspicious activity in your area, please call the authorities.

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NEIGHBOURHOOD SUMMER DAYCAMP

ROCK STAR

DATE	TIME	AGES	COURSE CODE	COST
Monday-Friday August 21-25, 2017	9:00am-4:00pm	7-10 years	596676	\$129

Rio Terrace Community League
 5500—76 Avenue

Spend a week rocking out at our Rock Star Camp. Air bands, dance routines, costume design, as well as magazine and album cover design will all be part of the fun. Finish the week off by showcasing your band and design to your family and friends!

Registration opens March 15, 2017

To Register:

- Call 311
- Online at ereg.edmonton.ca
- In person at any City of Edmonton Recreation and Leisure Centre

Thank you to the Rio Terrace Community League for access to their facility

NEIGHBOURHOOD SUMMER DAYCAMP

PAINT, PLASTER & PLAY

DATE	TIME	AGES	COURSE CODE	COST
Monday-Friday July 17-21, 2017	9:00am-4:00pm	6-9 years	596664	\$163

Rio Terrace Community League
 15500—76 Avenue

Let your imagination soar and create a masterpiece! Use your creative skills as you explore a variety of art activities including painting, sculpting, paper mache and sketching. Participants will also enjoy a field trip to an art gallery!

Registration opens March 15, 2017

To Register:

- Call 311
- Online at ereg.edmonton.ca
- In person at any City of Edmonton Recreation and Leisure Centre

Thank you to the Rio Terrace Community League for access to their facility

Billyco Junction



We are proud to partner with the wonderful farmers of Billyco Junction for their 3rd year in our community. Sign up today and receive spray-free, fresh, seasonal produce and hand made goods delivered to a convenient drop location in our community! You can either sign up for the whole season or pick and choose dates that work with your schedule. Deliveries occur on Tuesdays from June to December around 1pm and are available to pick up, at your convenience, until 9pm.

Billyco Junction allows us to do this as a community fundraiser, so simply write 'Rio Terrace Community League' in the fundraising box and they will donate a portion back to us!

Enjoy this amazing farm fresh produce while supporting local farmers AND our great community!

Deadline for orders is June 1st. You can submit order forms directly to Billyco Junction or drop them off to Samantha Gullekson at 7707 156st. If you have any questions please feel free to contact samantha.gullekson@gmail.com

Rio Terrace Community Preschool



What an exciting year of learning we are having at Rio Terrace Community Preschool! It has been wonderful to watch our little ones learn and grow. Naoko and I would like to share some of the highlights of our year with the community that we are so fortunate to be a part of.

The annual Silent Auction Fundraiser held in November was a huge success due to such fantastic support from our preschool families as well as the Rio Terrace, Patricia Heights, and Quesnell community members.

In December, Rio Terrace Community Preschool was awarded the 2017 Certificate of Excellence by ThreeBestRated.ca. This award is given to the top 3 local businesses per category per city based on "reviews, history, complaints, ratings, satisfaction, trust, cost and their general excellence". We are so excited to share this award with the Rio Terrace Community League, they have been an incredible support.

In February we held our open house events and we are very excited to announce that we currently have full enrollment for all of our classes for the 2017/2018 school year! There are always enrollment changes between now and September, so if you are

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NEIGHBOURHOOD SUMMER DAYCAMP

LITTLE SPORTS OF ALL SORTS

DATE	TIME	AGES	COURSE CODE	COST
Tuesday-Friday July 4-7, 2017	1:30pm-4:00pm	4-6 years	596602	\$62

Rio Terrace Community League
5500—76 Avenue

Preschoolers will have a ball at this camp! Learn basic skills while playing cooperative sports and games such as: tee ball, bowling, mini soccer, obstacle courses, relay races and other sport related activities.

Registration opens March 15, 2017

To Register:

- Call 311
- Online at ereg.edmonton.ca
- In person at any City of Edmonton Recreation and Leisure Centre

Thank you to the Rio Terrace Community League for access to their facility

FREE DROP-IN

SUMMER GREEN SHACK

LOCATION	DATES	DAYS	TIMES
Patricia Heights 16216 - 78 Ave	July 4 - August 24	Monday-Friday	10:00 AM - 1:30 PM

Our Green Shack program is now running in neighbourhoods all over Edmonton. Come and join us for games, crafts, sports, outdoor cooking and more!

This program is targeted for children aged 6-12, but all children accompanied by an adult are welcome to attend.

For more information, please visit: edmonton.ca/dropincommunityprograms or call 311. @GreenShack

interested in putting your little one on the wait list for one of our classes, please let us know by email at rtpreschool@telus.net.

We have included a Spring Fever Camp into our programming on Tuesday afternoons for the months of April, May and June. We spent April cooking, and baking, we will become Little Scientists in May and we will spend our Tuesday afternoons in June gardening.

Our fundraising team has worked so hard to organize a new, exciting fundraiser in May. Our preschool community has been selling tickets for a draw that will allow the winner a 3 minute shopping spree at Andy's IGA Supermarket. The shopping spree takes place on May 4.

We are planning some fun Summer Programs at the preschool. If you are interested in information on these programs, please send us an email and we will put your name on the Summer Programs email list.

Naoko and I are looking forward to the last two months of preschool filled with playful learning and (hopefully) lots of sunshine!

Shaylene Saxton
Teacher

Naoko Henkel
Teaching Assistant

(780) 487-0610

www.rioterracepreschool.com

Generally Speaking

On food, community and feeling at home.



One day not too long ago, I was thinking about the foods that I like. And sometimes, if there are a few items that fall under the same description type such as pasta or pie, I realized that there is one recipe from my home country that I love, and then there is the other one that is from a culture outside my own. And they are both yummy! Typically, I have tried the non-Filipino items after I came to Canada. If someone asks me what is my favourite pie, I would have to say *'My favourite Filipino pie is the classic egg pie, and then my favourite non-Filipino pie is blueberry pie.* If someone asks me the same question about noodle dishes, I would have to say *'My favourite Filipino noodle is pancit palabok, and my favourite non-Filipino noodle is pho.*

Food is a very easy and positive way to get people together.

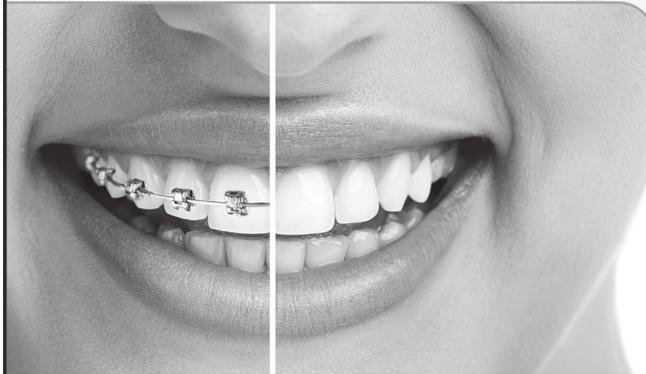
I was speaking with a few members of the community recently and food has been such a fun conversation topic. I can't help but laugh when someone says to me – and this has happened so many times – about the food they like from the Philippine cuisine with a mix of excitement and confusion on the names. They would say *'oh my I love that – that noodle dish thing! It's so good!' 'Those fried rolls – I don't know what they are called – are pretty awesome!* With amusement and ease I can easily identify what they are taking about and agree that those items are delicious.

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Having conversations about restaurants and local business that sell or make cultural food dishes are fun and lively as well. The conversations ranged from sharing places people have visited and enjoyed, talking about recently opened ventures that showcase a certain cultural cuisine, or wishing that something similar would be opened somewhere closer to our community within our business plazas. There are lots of initiatives that aim to bring people together and through food-related ventures, help create meaningful interactions and a sense of purpose. There is this one restaurant in New York that hire grandmothers from different cultures are featured as the chef of the day. So, every day would have some of their standard dishes in the menu with the additional features based on the cuisine the said grandma is making. There is also this recently opened bakery in Calgary that was opened by an individual who wanted to help a few newcomers to Canada have employment, and to also showcase the sweets and treats from their culture.

As someone that can be categorized as a young adult, making great meals is one of those important life skills and perhaps a bit of preservation of one's heritage. These dishes are a way to alleviate homesickness or embrace that layer of comfort from the aroma and taste of such dishes. Funny enough, it has made me a bit biased sometimes— claiming that certain dishes are just made better at home, either by myself or another relative whom I know is an expert. It is a way to showcase pride and education, and for those who are trying it out, a sense of greater connection and awareness.

Folks in our community, it would be great to feature a recipe that is a favourite in your home, family and culture. If someone would like to contribute a recipe and a bit of their story about making and loving the dish, please message the newsletter team

Giselle General

Opinion: Infill development

Disclaimer: The views and opinions expressed in this article are those of the author and do not necessarily reflect position of the Rio Terrace Community League. If you have an opinion piece you would like to submit I encourage contacting the newsletter team.

Recent developments in how the City of Edmonton approaches mature neighbourhood infill and subdivision has sparked robust debate in many communities, including ours. A positive outcome of this is that residents of Rio Terrace, Quesnell Heights and Patricia Heights are more openly discussing their neighbourhoods, and what characteristics help define their identity. This is the key to a moderate approach to advocacy on infill that I think has the greatest likelihood of making a productive contribution to mature neighbourhood redevelopment.

First, here is a bit of background on the issue. While many of Rio Terrace's wider properties have qualified for subdivision for many years, 50' wide properties now also qualify. This is in addition to a broad initiative from the City of Edmonton to promote and encourage infill development. In terms of real estate value, increases in the past 15 years have made subdivision based redevelopment more economically viable. There is also a population trend wherein homebuyers have begun to search out older neighbourhoods more and more. All tolled, we can expect to see infill development begin to impact our community in the coming years.

On the whole, debating the merits of the trend toward densification through infill would seem to have limited utility. Both current and past mayors - representing broadly differing political perspectives - have supported this type of infill. It is currently a unifying issue on City Council, as both left-leaning and right-leaning Councillors support it. While infill developers have been advocating for their industry in recent years, infill has received little public opposition from competing suburban developers.

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Fun & frolic with **Ladies Sports Nite** - drop-in basketball for women 18 to 108. Thursday evenings, 7:15 to 8:30 (for now)



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In terms of environmental and social sustainability, the case against urban sprawl is well established. Edmonton is among the least dense, most energy-intensive cities in North America. Densification through infill is one of very few alternatives to urban sprawl.

In terms of economic sustainability, my understanding is that new suburban neighbourhoods will put a tremendous strain on city budgets in the coming years.

The argument that there are other city neighbourhoods who should more-so bear the burden of infill is very problematic. While those communities may benefit more than Rio Terrace from redevelopment, it is impossible to state that Rio Terrace should be excluded from infill through subdivision without insinuating that it has an elite status.

Redevelopment is a part of the life of aging cities (issues such as asbestos, mould, flooding, foundation issues, etc. will necessitate it even in well-kept neighbourhoods) and it will always be a source of change. Those involved in that process of change have many things to consider when they debate what to keep and what to leave behind, what is essential versus what is extraneous. While it seems that infill is an unstoppable force that will determine the density of redevelopment in terms of living units per area for the reasons described above, there are many other aspects of infill that we can have an influence on.

Let's first consider the ways in which lot size does not define Rio Terrace. These are aspects of our community that will likely never be changed by infill development:

- Proud, community-minded residents
- Borders defined by the Whitemud Freeway, ravines and the river valley.

- "Two ways in, two ways out!"
- Lively schools and preschools
- The active, community-minded Moravian church
- Award-winning community gardens
- Many parks, ravines and trails, including amazing views of the river valley
- Uncle Glen's as a character community hub!
- Our local family-run convenience store
- Standout buildings, including many stellar examples of modern home and institutional design, the former Japanese Consulate, the Moravian Church, Hillcrest Place and the many grand homes along the river valley.
- 76 Avenue's tree-lined boulevard and long sight lines

Of course, one of the other salient characteristics of Rio Terrace is its broad streets, long setbacks and horizontal modern and ranch style houses creating a park-like setting. These are hallmarks of low-density, mid-century development and, looking at future changes to come, each item is an interesting case.

Street infrastructure is too costly to change and will help define the neighbourhood for many decades to come.

Setbacks, however, are a point of debate between the city and builders at the moment. Currently the city has an infill policy of ensuring that setbacks are consistent on each street. Builders are making the argument that short setbacks (as in pre-war neighbourhoods) help create better streetscapes. While this may be true from a neighbourhood design perspective, a spattering of such infills in a neighbourhood like ours would be awful for a number of reasons. This is a point on which strong, productive advocacy on our part could make a big difference.

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The same is true of the issue of horizontal house design, but this is a bigger hill to climb. While the mayor has recently come out saying that there should be different design criteria for pre and post-war neighbourhoods, there are strong forces in play supporting vertically oriented infill, i.e.. tall, skinny houses, in all neighbourhoods. The city wants to see infill be viable, and builders and developers are more profitable building larger houses. Building up is the only way to achieve this extra square footage on a narrow lot, given other constraints. But why should our neighbourhood's streetscapes suffer to achieve this goal? Is it our responsibility to support builders making more money on infill, and new homeowners living in houses that would often be 200-600 square feet larger than surrounding Rio Terrace houses? My feeling is that a narrow ranch, bungalow (story and a half), single-level modern house, or bilevel/split level infill on a narrow lot would have minimal impact on Rio Terrace's neighbourhoods and on the infill's neighbours. This is another point on which we could advocate.

One of the City's "General Guidelines" for infill states, "Infill development should respect the mass and scale of adjacent development and the character and attributes of the existing streetscape." It may be up to the concerned residents of neighbourhoods to ensure that this guideline is adhered to.

Planners have many regulatory means to minimize the negative impact of subdivision and infill. Some of these items go beyond what is currently in the Land Use Bylaw:

- Restricting the rate and spacing of infill
- Ensuring that taller infill occurs mid-block, rather than at corners
- Stipulating that taller infill houses are tiered from the outside-in to
- minimize shadow-casting

- Allowing taller infill projects only beside existing two story or
- split-level houses
- When employing a system of precedents, ensuring those cited are on the
- block of the development
- Not allowing wide (horizontally oriented) two-story houses as precedents
- for narrow (vertically oriented) two-story development.

I would encourage any Rio Terrace Community residents that are concerned about infill to think about and research these topics. (See the Residential Infill Guidelines document, Land Use Bylaw and the Mature Neighbourhoods Overlay, as well as the varied content on the City's Infill website.) I believe that this moderate option of advocating for our neighbourhoods by helping shape infill and subdivision regulation has the greatest likelihood of resulting in positive outcomes for the community of Rio Terrace and the City of Edmonton. Please write to Councillor Oshry if you agree.

Peace Within, Peace Between, Peace Among

All our relationships – in families, with friends and lovers, in business – are based on love and trust. When an event raises the question of whether that love and trust really exist, our "buttons" are pushed and we activate our survival responses.

For example, when you are late to an important meeting. How would you communicate?

- A) I am so so sorry. Let me buy everybody a drink.

Community Matters



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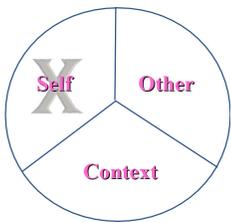
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- B) Who chose this poor location and bad timing?
- C) There is a traffic jam at Rio Terrace School and construction site around Quesnell Crescent that lead me to an 8 minutes late.
- D) The Pokemon Go is out this morning!

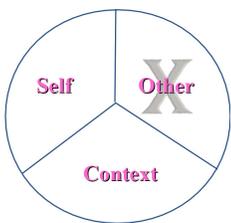
One of the greatest and earliest family therapist, Virginia Satir, observed that people mostly fall into four coping stances when we feel our survival is threatened.

A) Placating



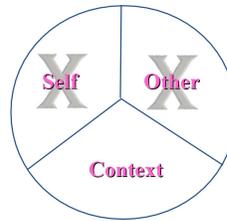
People who placate say yes to everything. They honour the other person and the context of their interaction but does not honour his or her own true feelings. They are nice to others even if they do not feel nice. They may say things like “It’s my fault.”, “I don’t count. I am not lovable.”, “I should never make anybody mad.” In time, they may have physiological symptoms such as distressed digestive tract, stomach disorders, diabetes and migraines. Their resources are caring and sensitivity.

B) Blaming



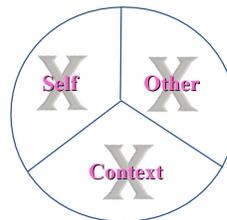
People who blame are discounting others, counting only the self and the context. They must stand up for themselves and must not accept excuses, inconvenience, or abuse from anyone. They tend to judge, dictate and find fault. In time, their bodies may suffer from muscle tension, circulation problems and high blood pressure, arthritis and constipation. Their resource is assertive.

C) Super-reasonable



People who are being super-reasonable function with respect to context only. They do not allow themselves or others to focus on feelings. They may suffer from drying up illnesses involving mucus, lymph nodes, other secretions, cancer, heart attacks, backaches. Their resource is intellect.

D) Irrelevant



People who are being irrelevant keep changing their ideas in an attempt to distract people’s attention from the issues under discussion. They believe they will survive if they can get rid of the issues that carry stress. They may suffer from distressed central nervous system, stomach disorders, diabetes, migraines and in extreme cases psychosis. Their resources are fun, spontaneous and creative.

All the above coping stances operate at the expense of self-worth. We learn these coping stances from our family, trying to gain acceptance. We may copy a placating parent, or a blaming one. If both parents blame or placate, we may get their attention by being irrelevant. These behaviour patterns are later further reinforced because people confuse placating with niceness, blaming with assertiveness, super-reasonable with objectivity, and irrelevant with spontaneity. In time and in extreme cases, our health will pay the price.

We change our coping stances constantly with different people in different contexts. But we usually have a major coping stance to protect ourselves from threats. Knowing your coping stance will help you identify the missing part that gets in your way in

the wellnessclinic



Our **Registered Massage Therapists** offer high quality therapeutic treatments with the perfect amount of relaxation. Whether you are pre or post-natal, have chronic pain, suffered a MVA or have finally decided to take care of yourself, our wonderful therapists will take great care of you!

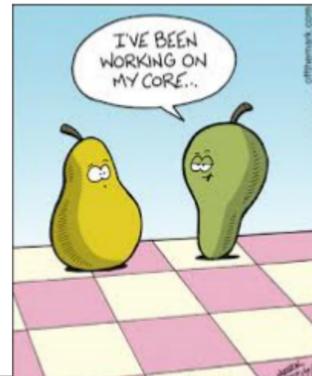
Our amazing **Student Massage Therapist, Lauren**, is on the countdown to graduation so her discounted prices won't last long. Get in on the deal while you can!

Private Physical Therapy

Hour long private sessions offering help for headaches, neck stiffness, whiplash, low back pain, TMJ dysfunction, shoulder pain, scoliosis, and chronic aches and pains.

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Welcome Dr. Lorraine McCarthy!!!

Lorraine is a Licensed Doctor of Naturopathic Medicine. She will be performing the Bowen technique at our clinic. During a Bowen session, a series of small moves are made over specific points on the body, such as tendons, ligaments or muscles. Bowen is effective for musculoskeletal issues but is also an excellent option for infertility, incontinence, bowel issues and many other ailments. Bowen is a wonderful choice for babies to the grandest.

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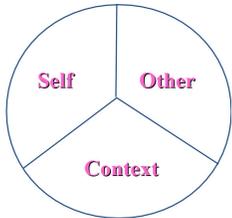
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connecting people. When we achieve the balance between self, others and context, we can become more fully human.

Congruence



To be congruent means choosing to be ourselves. Congruent people respond from a position of caring for ourselves, for other people, and with an awareness of the present context. They are

flexible, open to changes, willing to trust oneself and others and willing to take risks.

Transformation

Placating stance can become more congruent by focusing and expressing your own needs and feelings. Blaming stance can take care of other people's needs and feelings. Super-reasonable stance works on adding more awareness to oneself and others, while adding an awareness of oneself, other and context to irrelevant stance brings the person to the present.

By transforming our coping stances, we can also achieve higher self-esteem, make better decision and be more responsible. Each coping stance requires the support of another person who is also communicating incongruently. In other words, by transforming our stances and becoming more congruent, we can help the other also become more congruent. The more we practice congruence, the more we can achieve peace within, peace between, and peace among.

Reference: Virginia Satir, John Banmen, Jane Gerber, Maria Gomori, *The Satir Model Family Therapy and Beyond*, Science and Behaviour Books, Inc., 1991

Jane Wong

Questions About Feeding Wild Birds



Q: How can I tell what bird I'm seeing in my yard?

There are some species of birds that look very similar to one another. Many people find it difficult to tell House Sparrows from Black-capped Chickadees, for example, or Pine Siskins from House Finches. To help recognize what you're seeing, you can use a bird identification book, such as Lone Pine's *Birds of Alberta* (this book is currently out of stock), or you can go online at allaboutbirds.org to look for birds on their bird guide. To identify lesser-known birds, practice answering the following questions, looking at a bird from the top down.

1. Silhouette - Look at the bird's overall size, shape and posture. Is it the size of something familiar like a sparrow, robin or crow? How does it sit, perch or fly?
2. Head Markings - Does the bird have a colourful or striped cap? Is there a stripe above or through the eye, or does it have an eye ring or "spectacles?" Look for cheek patches or a mustache. Is there a white throat patch?
3. Body Markings - What are the overall back, breast

Community Matters



and belly colours? What's on the chest: a patch, spots, streaks or is it clear? Are the flanks (sides of body) clear or streaked? Is there a white or yellow rump patch?

4. Wing Markings - Are the wings a different color than the body? Are there wing bars or spots?

5. Tail Shape and Markings - Is the tail long or short compared to the body? Is it forked, squared, pointed or another shape? Are there certain colors or vertical or horizontal stripes?

For more tips on how to better identify birds, visit <https://www.allaboutbirds.org/>.

Q: Why am I seeing fewer birds at my feeder?

There are a variety of reasons why you may not currently have as many birds as you'd like to see in your yard.

- This can be caused by such things as predation events. This happens when a falcon or a hawk is in your neighbourhood. Feathers in your yard could be a sign that a hawk has had a meal at the expense of one of your birds. The other birds will stay away for a while until they're confident or hungry enough to return.

- An abundance of natural food due to good seed crops and/or low snow cover could keep them away because they are feeding elsewhere.

- Birds get about 75% of their food from natural sources and with some exceptions they travel around to different feeders and may just be somewhere else feeding for a while. A study in BC found that chickadees will travel a circuit of up to 25 km searching for food.

- Local habitat loss may also be a factor, both for the arrival of displaced birds at feeders, or for movement of birds to other locations for finding food. We had one customer report that a nearby 75 acre treed area was cut down for development. The next

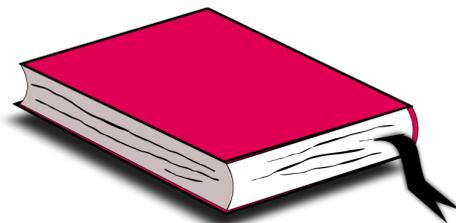
year the Robins arrived in his yard in abundance looking for somewhere to nest! Another customer in St. Albert said they saw the impact of a housing development which resulted in a decline in bird activity as well as a reduction in the number of species they saw.

- There may also have been a population reduction due to recent cold weather. Without enough food or shelter, some birds may succumb to the cold, usually on a cold winter's night. Putting bird seed and suet out in backyard feeders, supplying water, and providing cleaned out bird houses can help them survive cold winter nights.

Dave Cleary

Dave Cleary and Jan Chapman are owners of Wild Birds Unlimited at the corner of 122 St and 107 Ave on the northside in Edmonton. The mission of Wild Birds Unlimited is to bring people and nature together. See their website at www.wbu.com/edmonton or call them at 587-521-2473.

Translated Word of the Day



How do you say the word 'friend' in the other household languages used in our community?

- Arabic - Sadiq
- Chinese - Péngyǒu
- French - Ami
- German - Freund
- Indigenous (Cree) - Neechi
- Punjabi - Mitara
- Spanish - Amigo
- Tagalog - Kaibigan
- Ukrainian - Odyn

Hello Neighbour!

Knowing the people in your neighbourhood increases happiness. That's a fact. Those simple interactions of saying hello or exchanging a smile with a passerby greatly impact our sense of connectedness to a place and community, in turn making us feel happier. Would you like to know more people in our neighbourhood. This column may be chance. Each newsletter, this column will feature people living right here.

Next time you see them, or someone else walking by, say hello. Your smile may be more meaningful than you think. Below is an interview with Lance Burns, our community League President.

Q: How was it different than it is today?

A: I have noticed many more families with children compared to when we moved in! More families and more fun.

Q: Why did you choose to live in this neighbourhood?

A: We loved the quiet spaces and the secluded nature of our community. It is a hidden jewel of our city. We were thinking about kids and wanted a place that had great schools, active community involvement and great neighbours.

Q: Where else have you lived?

A: I have lived in the Meadowlark and Wellington communities as well as outside of Edmonton in Whitecourt and Red Deer. These areas have been great, but this community is my favourite place of all.

Q: What sounds do you hear from your house on a daily basis?

A: oh...I live near a playground and school. I hear the laughter of children, cars dropping off kids and some Whitemud noises. I also hear our cats meowing quite a bit, and crows letting our fur babies know

that they need to stay on our deck. At night, I hear coyotes in the ravine. One of my favourite summer sounds is the train whistle from Fort Edmonton.

Q: What do you like to look at out of your window?

A: I like to look at the sky. I am captivated by sunsets and sunrises. The beginnings and ends of days are special to me. This quirk has rubbed off on my daughter who also like to stop, stare and then comment on the beauty of our world.

Q: What is your favorite neighborhood walk?

A: The Patricia Heights ravine in a great outing for the family. A great place to walk through the woods and feel like you are not in the city. I love the sights and smells of the woods. Those spaces are special and should be treated as such.

Q: What would you like to see change or be different in our neighbourhood?

A: I would love to finally see the spray deck open. That will be a great place for our community families. I would like people to slow down, especially around the schools, and making full stops at the four way stop. We have so many projects on the go or possible projects in the community, I'd like to see more people creating and making a difference in our community. The saying "many hands make light work" is a mantra I love seeing practiced

Would you like to be our next neighbour featured in this article? Send me an email! kjpicard@gmail.com

Kelly Picard

Programs Director

Community Matters



Argue Better

Have you ever wished that you could have a better argument with your spouse or partner? Dr. John Gottman, a renowned marriage researcher suggests that you need to focus on how the conversation starts off in order to get a better ending. The saying goes that March comes in like a lion and goes out like a lamb. When it comes to having a better argument the opposite holds true.

Dr. Gottman's research suggests that conversations that start harshly like a lion, rarely end softly like a lamb. Rather his work suggests that a soft or gentle start to communication is more likely to have a softer ending, and perhaps avoid unnecessary conflict.

Here is a comparison of a harsh conversation startup versus a soft conversation startup.

Harsh Startup	Soft Startup
Blaming You always take my stuff!	Complaining I don't like when you take my things without asking.
"You" Statements You never want to spend time with me!	"I" Statements I would really love if we could plan to go out on a date soon.
Judging You never help me with the kids!	Describing I feel like I've been doing a lot with the kids today.
General This place is a mess!	Specific Could you please put your clean laundry away?

Aggressive What's your problem?	Polite You seem annoyed. I would love to know if something is bothering you.
Entitled Why don't you ever...	Appreciative I loved the way you helped with dinner last week. Do you think you could give me a hand today?

Notice how the harsh startups involve blaming and judgements. According to Gottman those harsh statements are more likely to trigger defensive responses from the person you're trying to communicate with. Instead of hearing the real issue on your heart and mind, they're more likely to be thinking about how to defend themselves against the blame and judgement. These conversation styles usually end in an argument.

The soft conversation startups are more positive and direct. Gottman suggests that these softer statements are less likely to trigger defensive responses from our listening partner, increasing the likelihood that our needs and wants will be heard.

There is of course no magic pill for avoiding an argument, however these strategies by Dr. John Gottman will certainly get you headed in the right direction.

Amy Cardinal

Registered Provisional Psychologist at Creating Solutions Inc, at 9509 156 Street in West Edmonton. Visit the website at www.creating-solutions.com or call her 780-414-0609, ext. 223.

Community Soccer

The 2017 outdoor community level soccer season is now underway – at least it had better be by the time that you read this!!

The unusually cool weather in April has had a major impact on outdoor activities in Edmonton and the youth soccer programs have been one of the activities affected. The City of Edmonton usually targets May 1st as the date on which the City sports fields will open for use. This year the opening date was initially pushed back to May 12 but nice weather during the first week of March allowed the City to revise the start date to May 8. This one week delay to the start of the season was nearly as stressful as watching the Oiler's playoff run !!

Rio Terrace is once again one of the larger west end communities in team and player numbers for community soccer. We have 16 teams playing in the age groups U8 through U18 and 6 teams in our in-house U6 FunSoccer program. We are very fortunate in our community to have so many parents and others willing to volunteer their time, patience and expertise to coach and manage teams in our soccer program. I am always impressed by the caliber of these volunteers as well – great coaching makes for great teams having success and players having fun while learning / improving their skills. Our Rio Terrace soccer teams seem to always do well in the standings – that is not the goal but rather the outcome of highly qualified and mentoring coaches and managers guiding our youth soccer players. Those of you with children or grandchildren playing soccer on Rio Terrace teams should make it a point to thank the coaches and managers who are the core group that make this happen!

If you are looking to watch our youngest players in the community, check out the soccer field on the north side of Rio Terrace School on Monday and Wednesday evenings during May and June from 6:15 PM to 7:15. Here you will see the Rio Terrace U6 FunSoccer Program taking place. Sometimes soccer is not the main attraction, but it is great to see the enthusiasm displayed by the players. The emphasis of the program is on having fun, being active and learning some soccer skills. Parents participate along with their children in this age group, so it is a great togetherness experience for parent and child alike.

The Rio Terrace teams playing in the U8 through U18 age groups play at various fields throughout the season. You can most likely see some of the U8 and U10 teams playing at soc-

cer fields located at Rio Terrace School and at Patricia Heights School starting at 6:15 PM Mondays through Thursdays in May and June. If you are interested in watching the older age groups play, check out the schedules that are posted on the EMSA WEST website. There is lot of great soccer being played by our community youth – please feel free to see that for yourself.

Indoor soccer season was a great success

Rio Terrace fielded 11 teams in the 2016-2017 Indoor soccer season that ended this past March. The Rio Terrace teams had successful seasons and many of them ended their season by participating in the Slush Cup Tournament. This tournament is the largest youth indoor soccer anywhere, with 400 teams taking part, 600 games of soccer played and over 6,000 soccer players.

One Rio Terrace team in particular had a very successful Indoor season. The U16 boys team coached by George Gouveia and Taras Nohas, with manager Howard Poon keeping everything organized, played in the Indoor Tier 4 Provincial Championships and won a bronze medal. Congratulations to the players, coaches and team manager for this accomplishment. The team is now playing their 2nd year of Outdoor U16 soccer and they tell me that they intend to be once again heading to Provincials at the end of the season.

2017/2018 Indoor Soccer Registration

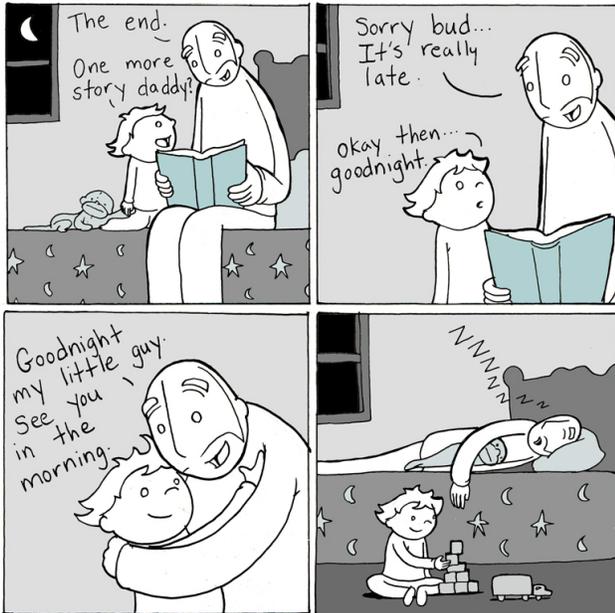
It does seem odd to be thinking about Indoor soccer when the Outdoor season has just started. However, the on-line registration system for the coming Indoor soccer season will likely be open and accepting registrations before the end of June. Information on the coming Indoor season will be posted on the Rio Terrace Community League website in June once the information is available. Look for the info on the Soccer page that is located under the Programs tab.

Can Soccer Players Paint?

As is noted elsewhere in this newsletter, there is an initiative underway to artistically paint the inside facing portion of the freeway sound barrier wall behind Patricia Heights School. This looks like a great opportunity for our soccer teams and the soccer families to use their artistic talent in a way that other will see and enjoy for years ! Why not sign-up to paint a panel (or more) and see what you can create?

Soccer Director,
Perry Wynn

COMICS!



www.lunarbaboon.com



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FowlLanguage Comics.com

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Shovels on the ground!

As all the snow has gone and the trees has turned more green, we are even closer to the completion of our spray deck! Thank you to each of you who supported us in some way over the past two years. We are ecstatic to continue working with the City to see our spray deck completed. A summer 2017 opening of our spray deck is possibility!



Looking Ahead

Construction will begin in the near future as soon as all the T's are crossed and I's are dotted with the city and all the parties involved in the construction. This can likely affect the availability of the playground on some days during construction, but it will be all worth it for when the spray deck is available for everyone to enjoy.

Frequently Asked Questions

Where can I get updates regarding construction? Check out the community league website at www.rioterrace.ca and don't hesitate to email the Spray Deck committee. Whenever feasible, there are likely signs in the playground or the community hall building as well.

Contact us: rioterracespraypark@gmail.com

Community Matters



RE/MAX Real Estate Edmonton
4 – 16 Nelson Drive,
Spruce Grove, AB
T7X 3X3

RIO TERRACE



Wondering what Home sales have been like so far in 2017? Let me show you a breakdown!

8 ACTIVE homes for sale | Avg. Price is \$621,312 | Days On Market Avg. 17 | 2 of these are vacant lots both priced at \$324,900

There have been **11 SOLD!** | Avg. List Price \$534,118 | Avg Sold Price \$524,581 | Days On Market Avg. 27

Live in Rio Terrace? If you are curious as to what your home may be worth, feel free to get in touch with me. Of course, market evaluations don't cost you anything!

PATRICIA HEIGHTS



1 ACTIVE home for sale | \$1,464,000 | Days On Market 9

There have been **3 SOLD!** | Avg. List Price \$499,000 | Avg. Sold Price \$480,666 | Days on Market Avg. 86

If you live in Patricia Heights and as well are wondering what your home might be worth right now, give me a shout. It is my pleasure to help you!

QUESNELL HEIGHTS



In Quesnell Heights we have **2 ACTIVE** listings that Average in price \$1,698,000 | Avg. Days on Market | 68

As you can see, not many homes for sale! But if you are wondering what you could sell your home for, let me know and I would be happy to come by!

I hope that this information has been useful to you. I live in Rio Terrace and would love the opportunity to be your Neighbourhood Realtor! I really do love living in this area and we are extremely fortunate to live here. However, should you have to move away, I would be honoured to help you with the transition. Feel free to call, text or email anytime. Enjoy the lovely weather!!!

CALL FOR YOUR FREE MARKET EVALUATION!



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Community Shared Agriculture CSA 2017

Name: _____

Phone Number: _____

How did you hear about us? _____

Email Address: _____

CSA Options	Descriptions and Tips	#	Unit Price	Total													
16 Week Vegetable Share week 1 to 16	Complete summer of fresh garden produce using sustainable organic practices.	_____	X 496.00 each =														
ADD ONS																	
8 week Alberta Fruit Share week 1 to 8	strawberries, rhubarb, raspberries, currants honeyberry, saskatoons, cherries, apples,	_____	X 140.00 each =														
8 Week Easy Fun Share week 9 to 16	Fruit pies, homemade baked & ready to use goods, frozen fruits, short supply produce etc.	_____	X 400.00 each =														
4 week Fall Share week 17 to 20	4 weeks of root cellar & Easy Fun Share Items combined to make a delicious share	_____	X 160.00 each =														
Egg Share week 1 to 15 & week 17 to 19	Brown Eggs from free run, hormone & antibiotic free hens.	_____	X 5.50 each =														
Work Share	Farm Visits Monday to Saturday Book in advance, no earlier than 8 AM and finish no later than 4 PM.	✓	Discount	Total													
Veggie - 1 three hour visit	Commitment to be completed between the May long weekend and Labor Day		\$12X3 = -36.00	-													
Veggie - 2 three hour visits			\$12X6 = -72.00	-													
Fruit - 50/50			Pick ours, get yours free	No charge													
Customize Your Delivery	Customize around your vacation dates. Indicate on the calendar below the weeks you want to take delivery.	#	Unit Price	Total													
Summer Vegetable Share			X 31.00 each =														
Fruit Share			X 17.50 each =														
Easy Fun Share			X 50.00 each =														
Fall Share			X 40.00 each =														
Egg Share			X 5.50 each =														
Delivery Calendar + Customize your CSA																	
North - Tuesdays	June 20 22	June 27 29	July 4 6	July 11 13	July 18 20	July 25 27	Aug 1 3	Aug 8 10	Aug 15 17	Aug 22 24	Aug 29 31	Sept 5 7					
South- Thursdays	1	2	3	4	5	6	7	8	9	10	11	-					
Week Number	1	2	3	4	5	6	7	8	9	10	11	-					
Summer																	
Fruit									-	-	-	Planting garlic No Delivery					
Easy Fun Share	-	-	-	-	-	-	-	-	-	-	-						
Fall Share	-	-	-	-	-	-	-	-	-	-	-						
Egg Share																	
Sept 12 14	Sept 19 21	Sept 26 28	Oct 3 5	Oct 10 12	Oct 17 19	Oct 24 26	Oct 31 N2	Nov 7 9	Nov 14 16	Nov 21 23	Nov 28 30	Dec 5 7	Dec 12 14				
12	13	14	15	-	16	-	17	-	18	-	19	-	20				
				Harvest No Delivery		Clean up No Delivery		Clean up No Delivery		Clean up No Delivery		Clean up - No Delivery					
-	-	-	-														
-	-	-	-														
					No eggs								No eggs				

Community Matters



Total & Payment: \$ _____ e transfer sent to info@billycojunction.com _____ password
 cash debit cheque paid in full payable to Billyco Junction Ltd. RR#4, Lacombe, AB T4L 2N4
 Enclose 4 or less post dated cheques with the last cheque dated no later than August 15, 2017

PLEASE CHECK YOUR HOST Deliveries are made between noon and 4:00pm

Edmonton - Tuesdays

- _____ Glastonbury - Terri before 8pm
- _____ Rio Terrace - Samantha before 9pm
- _____ Highlands - Carly & Yuri
- _____ Westmount - Mona
- _____ Millwoods - Ashley & Dave
- _____ Belgravia - Miles & Tara
- _____ Kenilworth - Dianne & Cory

Airdrie - Thursdays

- _____ TBA Can you help us?
- Calgary - Thursdays**
- _____ MacEwan - Mutsumi
- _____ The Beltline - Janis before 5:30pm
- _____ Lakeview - Dan & Elaina
- _____ Quarry Park - Katie
- _____ Mount Royal - Mandy
- _____ TBA Can you help us?

Lacombe - Tuesdays

- _____ Terrace Heights - Marie-Claude

Red Deer, Sylvan Lake & Blackfalds

- _____ Normandeau - Ben & Jessie
- _____ Anders - Jennifer & Grant
- _____ TBA Can you help us?

Farm pick up after 11:00am

- _____ Tuesday
- _____ Thursday

Can you help us by becoming a CSA host drop off place? You would receive home delivery and we would need a protected place for the shares waiting for pick up.
 Your neighborhood name _____ and city _____

Family, Fund Raiser, Charity & Friendship Groups Sales					
Group Name: _____			Project: _____		
Our Contribution Schedule based on your groups purchases					
Group Sales	%	Return	Group Sales	%	Return
\$2500. - \$4999.	5	\$125.00 and up	\$7500. - \$9999.	11	\$825.00 and up
\$5000. - \$7499.	8	\$250.00 and up	\$10,000. & over	15	\$1500.00 and up
Register your group with our seasonal farm fund raiser events.					
Prepared Goods Catalog (February to April) _____					
Root cellar and Fall Catalog Sale (October to December) _____					

Scroll through our Billyco Junction Gardens Facebook page for pictures of the shares we sent out in 2016.

- Add my contact information to Billyco Junction Gardens farm list for farm updates.
- Please record when you have scheduled your deliveries, make your 'pick up' on that day. Give a courtesy call to your host if you are running late or arrange for someone to pick up your share. Please understand that if your share is not picked up, your host can donate the contents as they see fit. Refunds or future credit will not be granted for unclaimed shares.

Thank you for partnering with us this year, tell someone about our programs.

All Our Produce is Grown Fresh & Natural right here on our farm for You and Your Family!

Your farmers William (Billy) and Edie Biel RR#4, Lacombe, Alberta T4L 2N4

www.billycojunction.com 403 782-4263 Home / 403 782-4202 Fax info@billycojunction.com

Upcoming Events

Hockey Night in Canada's Play On!

June 3 2017 8:00am to June 4 2017: 8:00pm

Be a part of Hockey Night in Canada's 'Play On!', the Guinness Record holder for the world's largest street hockey tournament. Register to play, or cheer from the sidelines and take in the ultimate street hockey experience in Edmonton. It doesn't matter if you've never played the game of hockey before, or if you are an aspiring NHL superstar. Play On! is a 4 on 4 street hockey tournament that offers recreational and competitive divisions for all. With music playing and everyone enjoying the sunshine, the result is a festival atmosphere where kids can feel like NHL pros, and adults can feel like kids again.

Play On! Edmonton will include street hockey games on up to sixty separate street hockey rinks surrounded with vendors, games, and more. So, grab the sticks from the garage, call the team together, and get ready for the #bestweekendever. Registration closes May 29.

West Edmonton Mall, 8882 170 Street,
Edmonton, Alberta
(519)204-5692

Canada 150 Door Knocking Campaign organized by the office of MLA Lorne Dach

Sunday June 11, 2017 12 noon - 3 PM

We invite all Rio Terrace residents to come join us! Meet your neighbours, promote our community league, and celebrate the strength of our diversity on Canada's 150th birthday! Lunch will be provided. There will be a 30 minute orientation and organizing of door-knocking team. You will be provided supplies and also community league memberships. Teams will gather back at 3 PM for a recap. It's an opportunity to get to know our neighbours and show that we are a community of openness and caring.

Rio Terrace Community League Hall

Sustainival - The World's First Green Carnival

June 8- 10: 11:00am -11:00pm

June 11: 11:00am-6:00pm

Can you imagine an amazingly fun carnival powered entirely by green energy? Well, get ready because it's real and it's coming to Edmonton for the first time this summer!

On top of the awesome rides and mini-donuts galore, you can also win incredible prizes by participating in the Green Beast Eco-Challenge, a site-wide interactive scavenger hunt adventure. Enjoy free entertainment, lots of free educational games and shop in the Green Marketplace.

Sustainival is a great family-friendly event and kids from ages 2 to 92 will all take something unique away from this one-of-a-kind outdoor Green Carnival experience!

South Edmonton Common, Servus Parking Lot, 1978 99 St NW, Edmonton, Alberta

Make Music Edmonton

June 21 2017, 5:00pm to 9:00pm

Spend the evening on 124th St. enjoying musical performances of all styles and genres. Over the last few years, 124 St. has evolved into one of Edmonton's most vibrant shopping districts and home to some of Edmonton's best restaurants, boutiques, and galleries. All along 124th St., from Jasper to 108 Avenue, you'll be able to see live bands playing in the street, on the sidewalk, in parking lots, and within local businesses. This is a free family event, so get out there and discover the street and its amazing energy and artists! Make Music Edmonton was inspired by La Fête de la Musique, a national event launched in France in 1982, that has since gone global, taking place each year in over 450 cities worldwide today.

Community Matters



Along 124 St from Jasper Avenue to 108 Avenue

Bike Parade

June 25, 2017, from 1:00-3:00pm

8th Annual Family Bike Parade
Calling all families! Bring out your bikes, strollers, wagons & join the fun. Meet us under the Gazebo in the Park beside the hall. Decorate your bikes & get them tuned up so we can take a fun-filled ride around our wonderful community. After a great ride, join us back at the hall for snacks and drinks. This is a great event to kick off the summer. Hope to see you all there!

Blues on Whyte Block Party

June 29 2017 to July 1 2017: 10:00am-10:00pm

Cost: Free to the public

From June 29-July 1, Blues on Whyte is closing down Whyte Avenue to traffic and throwing the biggest block party of the summer. The day starts off with a free pancake breakfast and from there it's just music, great food, dancing and sunshine! Jam out to 10 different bands and try delicious meals from over 70 street vendors and 6 food trucks.

Whyte Avenue

Sand On Whyte

June 30 2017 to July 8 2017: 10:00am-10:00pm

Cost: Admission is by donation.

You've heard of Ice on Whyte, now we've got Sand on Whyte. Sand carving is a world-wide performance art phenomenon, much like ice carving, and it's returning to Old Strathcona this summer. So much more than your average sand castles, these carvings are incredible works of art, and there's no risk of getting washed away by the tide.

Award-winning sand carving artists will create an

exhibit with 50 cubic yards of sand. Their masterpieces will come to life in front of your eyes and the exhibit will be on display until July 8.

Old Strathcona and Whyte Avenue, 82 Avenue (Whyte), Edmonton, Alberta
T: 780-758-5878

The Science Behind Pixar Exhibition

July 1 2017 to January 7 2018

To Infinity and beyond! Visit your favourite Pixar characters at The Science Behind Pixar Exhibition and discover how Pixar artists and computer scientists combine art and technology to create the award-winning films you have grown to love.

With more than 40 interactive elements, the exhibition's eight sections each focus on a step in the filmmaking process to give you an unparalleled view of the production pipeline and concepts used at Pixar every day.

Participate in fun, engaging hands-on activities, listen to firsthand accounts from members of the studios' production teams, and even come face-to-face with re-creations of your favourite Pixar film characters, including Buzz Lightyear, Dory, Mike and Sulley, Edna Mode, and Wall-E!

TELUS World of Science - Edmonton, 11211 142 Street NW, Edmonton, Alberta (780) 451-3344

Whyte Avenue Art Walk

July 7 2017 to July 9 2017: 10:00am-5:00pm daily

Watch art-making in action and peruse the work of over 450 artists along Whyte Avenue. For three days, the sidewalks along Whyte Avenue between 101 Street and 108 Street will be filled with art of all kinds. It's an outdoor studio and gallery spanning several blocks, and the perfect opportunity for you to pick up a uniquely Edmonton piece of art to bring home.

Art Walk was started in 1995 when a group of Edmontonians thought Whyte Avenue should have artists outside painting, like they have on the Left Bank in Paris. It started with 35 artists and has since grown to over 400 artists and more than 40,000 visitors.

Whyte Avenue, 101 Street to 108 Street,
Edmonton

Callingwood Farmers' Market 33rd Season

May 7 2017 to October 8 2017

The grass is turning green, the trees are budding and the plants are beginning to grow, which also means The Callingwood Farmers' Market is gearing up for its season opening! 2017 will be the market's 33rd season of supporting local Edmonton and area growers and artisans. The market aims to cultivate community spirit by offering a warm and welcoming place to support local economy, learn about new and unique products and socialize with peers.

Throughout the season, the Callingwood Farmers' Market is home to over 100 vendors with the finest of locally grown fresh, organic produce and meats, delicious homemade food, top quality plants, unique arts and crafts, exclusive hand made products and much more. Sunday markets are jam packed featuring approximately 130 tables, live music and buskers. Wednesdays feature approximately 30-40 tables, and throughout the season there are many community events planned to coincide with these midweek markets including:

Kidzone: Free programs and attractions for children on May 10, June 14, July 12, August 16 and September 13.

Fitness at the Farmers' Market: Free fitness classes (such as zumba and circuit training) every Wednesday from May 17 to September 20.

Seniors Days: Celebrating seniors in our community

on July 26 and August 23.

The Callingwood Farmers' Market opens on Sunday, May 7 from 10am-3pm and will run every Sunday until October 8. Wednesday markets open on May 10 with new hours, 12-5pm, and will run until October 4. The market is situated in the covered courtyard and part of the parking lot in front of Safeway at The Marketplace at Callingwood Shopping Centre, 6655-178 Street.

Upcoming event is curated by:

Carrie Doucette

Hall Rental Director and Chief Event
Correspondent

MAY
19



LENNIE GALLANT IN CONCERT

May 19, 2017 @ 7:00 PM
Rio Terrace Church (15108 76 Avenue NW)

Tickets \$30

order online @ www.rioterracechurch.org or call (780) 487-0211

Canadian Folk Music Award for Artist of the Year

Inducted into the Order of Canada

Won "Francophone Recording of the Year" at the 2010 East Coast Music Awards.

Entertained troops in Kandahar

Lennie's website is: www.lenniegallant.com