

Community Matters



**Rio Terrace Community League
Annual General Meeting**
**September 27, 2017, 7 PM, Rio
Terrace Hall**

Community League President

Hello Rio Terrace. Well, summertime is flying by and I am confident you have been enjoying the amazing weather and the great attractions around our community league; from our tennis courts at the hall, to the green shack program at Patricia Heights Elementary School, to the wonderful ice cream stand at the church. Our community is filled with wonderful people doing wonderful and thoughtful things ALL THE TIME.

On that note, August is going to be a very busy time in our community. We have the summer wrap-up party on August 20, the casino on August 25th and 26th, and the installation of our new Spray Deck starting this month. I would ask that you check your schedules and see if you could find a way to help volunteer at our casino. These monies are used to support programs for all residents in our community and we require more volunteers. Please check your schedules and the website for open shifts that you can help with.

(<http://www.rioterrace.ca/programs/casino/>)

Looking into the fall we will have more great community events. From the big bin event and movie night in September, to Running In Rio and our Halloween party in October; these are events that further strengthen the bonds between our community members. Hope to see you out, and hope to see you volunteering. See you around the neighbourhood.

Sincerely, Lance Burns.

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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
Edmonton, Alberta T5R 4L8
780-487-0610
www.rioterrace.ca

A member of the Edmonton Federation of Community Leagues

www.efcl.org

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League Membership Rates 2017-18

Single/Couple: \$20

Single-Parent Family: \$20

Family: \$40

Single Seniors: \$5

Seniors: \$10

Memberships can be purchased www.efcl.org, at the annual general meeting, and at community events.

Newsletter Advertising

Business Card: \$22

Quarter Page: \$40

Half Page: \$70

Three Quarter Page: \$100

Full Page: \$135

Back Page: \$160

Classified ads also available. Contact one of our co-editors for more information or to book your ad.

Next Issue:

November 2017

Submission Deadline:

October 27, 2017

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Community Matters

Rio Terrace Community League AGM

SEPTEMBER 27 at 7 PM

The Rio Terrace Community League will be holding their Annual General Meeting on September 27 at 7 PM at the community hall. Elections will be held for the following positions. Term of office is two years. A general description of the positions is listed below:

President

- Presides at all meetings
- Primary spokesperson for the league in all official matters
- Primary signing authority on behalf of the league on all deeds, contracts, bills, cheques and documents pertaining to the affairs of the league
- responsible for calling all meetings and other duties the board deems appropriate

Secretary

- Attend all meetings of the league and keep accurate minutes
- Act as a signing authority and is a member of the executive board
- In charge of the seal of the society
- Responsible for the minutes and meeting notice distribution

Soccer Coordinator

- Responsible for all matters pertaining to sports including the registration and organization of the Soccer programs
- prepare and annual budget

Social Director

- Responsible for all matters pertaining to social activities of the league such as social nights and other activities

Communications Director (Newsletter Director)

- Responsible for the publication of the newsletter and participate in collecting articles for the newsletter

- Invoice the advertisers and collect their payments
- Prepare and annual budget

If anyone has a question or they are interested in running for any of the above positions please contact Tony Andrzejewski at 780-487-3964

Upcoming Community Events

Rio Summer Party

Rio Terrace Community Hall
Sunday August 20, 2017 4 PM – 9 PM

Big Bin Event

Rio Terrace Community Hall
Saturday September 16, 10 AM – 4 PM

Community League Annual General Meeting

Rio Terrace Community Hall
Wednesday September 27, 7 PM – 9 PM

Candidates Forum

Rio Terrace Community Hall
Sunday October 1, 2 PM – 5 PM

Pie in the Park

Rio Terrace Community Hall
Saturday October 7, 2 PM – 4 PM

Running In Rio Family Fun Run

Rio Terrace Community Hall
Sunday October 15, 10:30 AM – 12:15 PM

Halloween Party

Rio Terrace Community Hall
Saturday October 28, 1 PM – 4 PM

Casino Fundraiser

9 Volunteers Urgently Needed! August 25 & 26

We are having a casino for the Community League on the weekend of August 25/26th. We are short 9 volunteers for evening shifts. If you can help please contact us ASAP! These funds help us with events, renos and most importantly programs.

Contact: Aman at: aman.athwal@usask.ca if you are able to help out. Please provide your contact info so that our fabulous Vice President can get back to you.

Community Matters



Sarah Hamilton

ELECT

for City Council **WARD 5**

Stay in Touch!

Hamiltonforward5.ca

Sarah@HamiltonWard5.ca

 HamiltonforWard5

 SJLHamilton

780 930 2949



FRESH IDEAS
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You will be asked to complete a number of questionnaires about diet, physical activity, stress, hunger/fullness, and gut symptoms. We will collect 2 blood samples and three stool samples at different time points during the study. The stool samples are easy to collect using the supplies we provide.

After completing the study, you will receive an honorarium and have an opportunity to have a nutrition counselling session with a registered dietitian.

For more information e-mail us at uafyber@ualberta.ca or call us at (780) 492-9506, have a great day :)

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Join us Monday nights October to mid-March at Crestwood Arena 8:45 pm - 9:45 pm.

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CONTACT CHRISTINE AT

chrisk2@telus.net or 780-436-6819

Go to www.edmontonringette.com for more information on ringette in Edmonton.

Go to www.ringette.ca and check out "What is Ringette" and "Basics of Ringette" under OUR SPORT for more information on the game.



Bike Parade Summary

On June 25, at the Gazebo in Rio Terrace Park, community members gathered for our annual bike parade. A gathering of friends and family started off with decorations for the bikes, followed by the community peloton, and finished off with snacks and treats.

Felicia Dean and Jen Osmond, generously donated to support the treats and decorations for the event. As well, the Moravian Church's Icecream Stand generously provided ice cream coupons.

The bike parade was a great way to kick off the summer and get friends and families active together. Our parade must have stretched for a kilometer and drivers courteously let us all safely pass as we wound our way through our beautiful community.

Thank you to everyone who came out to the event, all our volunteers who helped us pull it together and of course our generous sponsors. Looking forward to seeing everyone again next year!

Kelly Picard
Programs Director

Newsletter Contributions Needed!

Is there an issue about the community that is bothering you? Tell us about it! Contact the newsletter team. If you feel unsure how to write it, we can interview you and write it down!

- What concern do you have about the community or the city right now?
- In what way is this concern affecting you, your neighbours, your love ones or the city?
- Do you have any material that you would like to share such as research, personal experience, observations or photos to show the problems this concern is causing?

- What do you think would be the best way to improve the situation? What role can individuals, families and government play?

Our community is made out of different people from all walks of life, with various perspectives and issues faced everyday. Share your voice to increase awareness and it can lead towards engaging conversations and possible change!

Corey & Giselle
Newsletter team
2016.rio.terrace.newsletter.ad@gmail.com

Community Librarian Corner

Hi everyone. It's Mike from Jasper Place Library here. It's been a fun summer here, with our days jam-packed with stories and activities for children while they've been out of school. There's still a bit of time left before they have to go back, and we'll be out and about at Green Shacks, Daycares, and parks. Of course, we're still running all of our regular programs (for adults, kids, and babies) business-as-usual, so please have a look at our What's On page to find something you'd like.

We're getting new materials at the library every day, and I'm certain there's something for just about everyone. If you're looking for some inspiration you can always check out our EPL Picks, which are selected by EPL staff and local celebrities. These booklists are topical, varied, and guaranteed to pique your interest. Happy reading!

Jasper Place Library is open every single day (except holidays); Monday-Thursday 10-9, Friday-Saturday 10-6, and Sunday 1-5. So, come on down and enjoy our bright and open space, or get some sun on our patio. We're looking forward to seeing you.

Michael Eaton
Community Librarian

Community Matters



Elect



Miranda JIMMY
Ward 5

Connect with her at MIRANDA.JIMMY.COM



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Rio Terrace - 7608-154 Street | Simone 780-628-5630

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Community Mural Summary



On June 17 and 18, our community gathered at Patricia Heights School to paint the sound barrier wall. The City of Edmonton generously donated money to pay for the cost of supplies and the residents of Rio Terrace, Patricia and Quesnell Heights, generously donated countless painting hours. I was truly amazed and delighted to see how many people came out to paint. The amount of enthusiasm, creativity, and fun we had, made this event one of the best community events I have attended yet.

Our wall had two painting areas. One was a "Free for All" where artists could paint whatever inspired them and there are some truly exceptional artists in our community who have made an incredible mark for us to enjoy. The other area, was part of a cohesive design. Richard Connors, a Rio Terrace Artist created the design. The idea was consecutive circles, featuring different colours that "bounced" along the wall. The City of Edmonton Clean Up Graftati Team loved the design so much, they intend to use our wall as a template for other projects moving forward. A big thank you to Richard Connors for the idea.

I would also like to thank, Giselle General who donated much time and energy into making the event such a success. Lance Burns, our community league president, who also generously donated his time and enthusiasm to making this event successful. A big shout out to Alena Vosem, a local artist

who helped put the finishing touches on our wall, making the project even more beautiful than I thought possible. And last, but not least, thank you to everyone who came out and painted. If you haven't seen the wall – take a walk over there. It is nothing short of spectacular.

Kelly Picard
Programs Director

Ongoing Community Alert: Pop Can Thief

A member of the community provided an update regarding the pop can thief. The individual was confirmed to be seen in their front yard, ripping open the garbage bags in search for refundable bottles on the most recent collection date for Empties to Winn, which has a program collection empties as a source of funds for their organization. The resident had made a report to the authorities and would like to inform everyone else. This confirmed that potential thief seems to know when the pick-up times are scheduled. If you spot suspicious activity in your area, please call the authorities.

Sign UpCom!

We're using SignUp.com to organize volunteer needs with all of our upcoming Events, Activity and Committee SignUps.

Here's how it works in 3 easy steps:

1. Click this link to see our SignUp on SignUp.com: <http://signup.com/go/idmXJzf>
2. Review the options listed and choose the spot(s) you like.
3. Sign up! It's Easy - you will NOT need to register an account or keep a password on SignUp.com.

Thank you for your Support!

Community Matters





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Tuesday 7-8pm

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Come try it once and see if you like it!

Rio Terrace Community Preschool News

We would like to share a few updates from Rio Terrace Community Preschool.

Thanks to our successful fundraising this past school year, we were able to have beautiful new carpet and base board installed throughout the preschool. We are so grateful to have such a beautiful space with so much natural light; the new carpet adds a pop of colour to an already inviting room. Both our Spring and Summer Camps were a huge success with full enrollment. We explored science, gardening, baking, messy art and much more. Naoko and I truly enjoyed these extra programs and learning and discovering alongside the kiddos!

As fall is fast approaching Naoko and I are working and planning for the upcoming school year. We have full enrollment in all three of our classes! We are excited to be introducing new field trips, continuing our music program and adding more yoga into our program for our little ones.

There are always changes in enrollment during the summer months. If you are interested in registering your child in the preschool, please email rt-preschool@telus.net for updated availability. We would like to thank the Rio Terrace Community League, our preschool community as well as the Rio Terrace, Patricia Heights and Quesnell communities for their continued support of the Rio Terrace Preschool. With this village of support behind us, we will continue to build the best foundation possible to support our little ones and their lifelong learning.

"Play gives children a chance to practice what they are learning" ~ Fred Rogers

Playfully yours,
Shaylene Saxton, Teacher
Naoko Henkel, Assistant Teacher

Rio Gardens



Rio Gardens was inaugurated in 2009 starting with two 4' x 12' beds. We currently have 21 beds. They are enthusiastically gardened by individuals mostly from within our Rio Terrace, Quesnell Heights and Patricia Heights community. While last year was a poor weather year for our produce, this year has more than made up for that and all gardens are flourishing! The garden is located behind the Rio Terrace Moravian Church on land generously contributed by the Church and the City of Edmonton. Please come have a look!

The community garden has a large functional composting system. We invite anyone to add their compostable material (vegetable matter – no meat or meat products) throughout the year. For more information please contact Ann (wildrose.consulting@shaw.ca). Our compost system keeps such materials out of the landfill and the resulting compost is used to enhance the garden beds. There are also four large rain barrels which enable us to water in an environmentally friendly way.

There is a shed for the use of gardeners which contains pretty much anything you may require equipment-wise to work your bed.

(continued on page 11)

Community Matters



Hello fellow Neighbours!

In the last community newsletter, I had showed you some year to date sales statistics for our area. If you would like to know the updated statistics let me know! Living in Rio Terrace, I have a vested interest like yourself to make sure our communities are taken care of. I would love to have the opportunity to speak with you about your real estate needs and goals. If you are ever curious, send me an email or give me a call.

Here is something that you could consider if you are interested in conserving water and electricity to keep a little more money in your pocket. It is a free service from the Alberta Government and you may as well take advantage of it because it is coming out of our tax dollars. It is not a massive savings, but may be worthwhile. Just go to the below website and sign up. Hope you are all enjoying summer and if you haven't already, stop by the church for some ice cream! 😊

<https://www.efficiencyalberta.ca/residential-no-charge/>

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There are wheel barrows, rakes, pitchforks, several large watering cans, etc.

If you are interested in joining us, please contact Pat Johnson at pmjohns@shaw.ca. While all beds are spoken for currently, there usually is some turnover either at the end of the gardening season or sometimes just before the next one starts (March/April). I will be glad to put you on our waiting list and beds will be offered on a first come/first served basis. There is an initial fee of \$20 paid only once as a security deposit to obtain a bed in the Community Garden. There is a \$1 annual membership fee and a \$20 per year charge for renting the bed. These monies are used to purchase needed equipment, additional composted soil when required, and for a variety of other necessary expenses.

Happy Summer to All!

Patricia Johnson
Chair, Rio Gardens

Rio Sports: Victory for Rebels!

The Rio Terrace Rebels U 16 Boys soccer team capped off a fantastic season with the Provincial Championship on July 23, 2017 in Calgary. After a strong indoor season which saw the team win bronze in the provincial finals the team played excellent soccer in the outdoor season in Tier 4, the top tier in the City. Finishing with a Silver in the City Finals our group of athletes went undefeated in the provincial tournament knocking off the #1 and 3 Calgary teams 4-0 and 6-0 and southern Alberta 3-2 in the round robin. The Gold medal game was played against a club team from Fort Saint John which the Rio Terrace Rebels won 2-1 scoring the winning goal with only 3 minutes remaining in the game. Congratulations to a great group of young men that got along and played so well as a team. Thanks to the parents, coaches and our manager Howard Poon, we are all looking forward to another great indoor and outdoor season. We are the Champions!



Back Row: (Coach) George Gouveia, Owen Poon, Max Helland, Isaiah Zackus, Matthew Nohas, Cedar Osmond, Marco Gouveia, Landon Pietrucki, Endrit Mehmeti, Shon Rabinovich, Ruustu Koprulu, (Assistant Coach) Taras Nohas, (Manager) Howard Poon.

Middle Row: Ethan Chamney, Szczepan Lachowicz, Justin Plannmuller, Carter Vereschagin, Nathan Campbell, Alexander Bai, Vilaysone Vorsane.

Front Row: (Keeper) Hunter Shank, Trophy, Game Ball.

Missing: Ian Gauk, Zach Hunt, Dante Mason.

Taras Nohas

Community Matters



ALD

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Lorne Dach, MLA Edmonton-McClung

We want to know what priorities you would like your MLA to focus on in your community. Please contact our office to tell us your thoughts and concerns.

Our constituency office staff are also available to help you with contacting provincial government departments, programs and services. We look forward to talking with you!

Contact Our Office

#301, 6650 - 177 Street
Edmonton, AB T5T 4J5
780.408.1860
edmonton.mcclung@assembly.ab.ca



Rhythm, Rhyme & Story Time



Laurier Heights Community Centre

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Starting Sept. 19th-Nov. 21st.

Cost \$80 / 10weeks

For more information or to register please visit;

www.EdmontonPreschoolMusic.com

corrinemacdonald3@gmail.com

Spray Park Update

Yahoo! Construction on the spray deck has started at Rio Terrace Park! You may have seen the excavation and earthwork, plumbing and electrical installation for the spray park, gravel base, concrete flat work and installation of the benches and spray features. The construction area is fenced off from the rest of the park but please be aware that there will be trucks and equipment going in and out of the site, especially when hauling material. Construction is expected to take between 8-10 weeks, weather dependent.

The Rio Terrace Spray Deck Committee has been working collaboratively with The City of Edmonton as we continue through the process of seeing this project to completion this year. We have reviewed construction renderings from various equipment suppliers, determined colours and equipment (based on our surveys to the community), and made decisions as to what will bring joy to the families that will use the spray deck in the coming years. We are happy to report that no trees in our current playground area will be removed as the design of the playground works within the current open space between the gazebo and the berm on the West and South sides of the playground.

Over the next few weeks, if you have made a donation to this project, please be prepared to talk with a committee member on the phone as they request information that you would like posted on our recognition board. If you would still like to make a donation, the Community League is able to accept them, however, no tax receipts will be issued.

We believe that this project is an asset to our neighbourhood. The expansion and enhancement of the current playground to a playground and spray deck area will increase property values, provide access to a barrier free spray deck, and create a gathering place for people of all ages. We have consulted

with other neighbourhoods that have installed similar spray decks about increased traffic and have determined that there will be a minimal increase in parking traffic as most responses on surveys and conversations with residents indicate that most fun-seekers will walk to the neighbourhood park and spray deck.

The Rio Terrace Spray Deck Committee is organizing an opening event where we will recognize the hard work of our committee, the generous donations of our community residents, and the excitement of the families that will enjoy the spray deck for years to come. Please check the sign at the park and the rioterrace.ca website for updates as to when the opening event will take place. This may be in the spring of 2018 due to the late season construction of the spray deck, as it may be too cold to celebrate this fall!

If you see any of the Rio Terrace Spray Deck Committee members at any of the upcoming community events or as you interact with your neighbours, please be sure to thank them for their 3 years of work on this project. Our Committee members are:

Allison McLean, Co-Chair	Erin Wayne
Auriana Burns, Co-Chair	Jessica Natrass
Aileen Giesbrecht	Samantha Gullekson
Barbara Sheehan	Sherry Waroway
Elaine Seibel	

Also, thank you to the spouses and families of these committee members who have supported them through the ups and downs of fundraising and the endless hours dedicated to this project. Sadly, one of the Co-Chairs of the Committee, Allison McLean, who initiated her dream to have a spray deck in our community for her family to enjoy, has recently moved away from Edmonton and will not be here for the construction or opening of our spray deck.

Auriana Burns
Spray deck coordinator

Community Matters



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Dr. Michelle Breault, Dr. Sylvie Renoir.

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Generally Speaking

Treasuring and Appreciating the River Valley

It was about seven years ago when I first started going out with my significant other, who is born and raised in the area – specifically Patricia Heights. His idea of a casual date, a walk in the river valley trail south of 156 Street, taking the stairs, winding paths, and even more stairs leading to the site of the Fort Edmonton Park footbridge. During that time, his own home is further west of the city, but as more dates and time together were spent, we would make time to drive to this area for our regularly enjoyed nature walk. Whenever we do, he would always share with pride about our river valley, about its vastness and scale, and things that were in place or was removed throughout the years. He would say how certain trails were challenging for him to walk through as a kid, but because of years of use it is more accessible now. Over the seven years, we watched with interest how certain parts in the area were constructed and changed, and embraced the beauty of the trees and plants in every season.

When we purchased our home in 2015, our criteria is likely similar in many ways to others – pricing, size, style – but also has other key criteria such as proximity to trails and for myself, constant access to public transit for commuting to work. During the home shopping process, he heavily hinted at going back to his home neighbourhood of his growing up years, and we found a lovely home in Rio Terrace. Since then, we take as much opportunity as we can to take a stroll by the trails, even when doing something as simple as going home from visiting his parents who still live in the area.

A cousin of mine and her family immigrated to Canada about five years ago, and as we settled in our new home – my spouse was insistent that we take them to the River Valley trails for a walk. During

the first time we managed to arrange it, the two sons ages seven and nine had a great time. My cousin and her husband marveled at the chance to explore nature while not having to leave the city. This now, is an annual activity, and when a third child came to the family last year, we are all excited that the little one now can get to experience this early on.

As we got to know more neighbours in the area, there seems to be a common appreciation of our proximity to river valley trails. During the walks we take, it is such a joy seeing the volume of people, from the athletic one cycling or running at a determined pace, the dogs that greets us in the off-leash area a minute before we see the owner, the kids running and exploring with their family members. As a couple, we even take walks all the way to downtown or the recently opened Terwillegar bridge. It's amazing to view the city from this perspective.

I encourage everyone to take some time to enjoy this treasure that our city has to offer. And during those times, to explore it in a respectful and caring manner so that it can be enjoyed for months and years to come by everyone. Just like my significant other, to promote and inform new arrivals in our city and community, that they would also get to know, love and care for it as well. And finally, to share your voice during opportunities that are available when it comes to policy making and strategic planning offered by the city.

If you have any stories, tips on exploring our river valley by our neighbourhood, concerns you have encountered, or even a photo or drawing that you wanted to share, please contact the newsletter team!

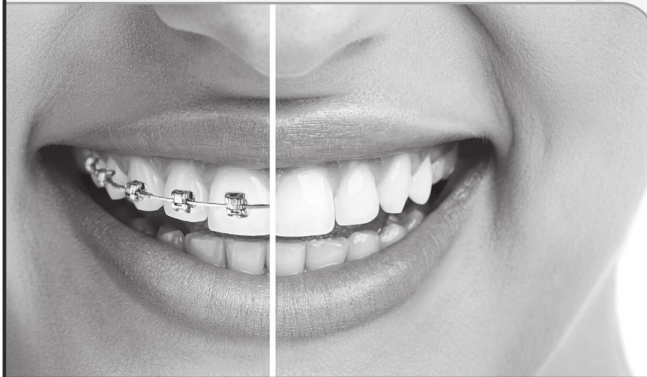
Giselle General

Community Matters



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Wellness Network

We are community driven wellness programming.

FALL CLASSES: SEPT 25-DEC 1, 2017

Sept 18-22 TRIAL CLASSES by donation for LHBS

COST: pre-reg \$140 / 5 pass \$75 / 10 pass \$150

Register directly with instructor

Monday	Tuesday	Wednesday	Thursday	Friday
BOOTCAMP	YOGA FUN & FLOW	CLASSIC YOGA	ENERGIZING YOGA	BOOTCAMP
9:15-10:15am	9:30-10:45am	9-10am	9:15-10:15am	9:15-10:15am
Stephanie Perry	Sandy Brown	Fran Wildman	Sandy Mah	Stephanie Perry
rsperry@shaw.ca	sandybrown.yoga@gmail.com	franwildman@hotmail.com	sandylmah@gmail.com	rsperry@shaw.ca
(780)935-8768	(780)964-8124	(780)484-1476	(780)484-0874	(780)935-8768
		SOMA YOGA		
		7-8:15pm		
		Gaylene Borgstede		
		simplysomatics@gmail.com		
		(780)819-5974		

All classes at:
Laurier Heights Community League
(14405 - 85 avenue)

 **@CWNYEG**
Find us on Facebook for up to date information.

Iceberg



Who am I? This is one of the ultimate questions human beings ask. While this question can be answered in different dimensions, Virginia Satir, one of the pioneers in familytherapy, introduced the concept of "I am" by a metaphor of an iceberg.

Iceberg is a metaphor to represent a person's inner world – an intrapsychic system. Most of the time, we only see "part" of a person -- the tip of the iceberg, which are usually events, stories and behaviours. A large part of a person's experiences, which we cannot see, include feelings, thoughts, values, rules, expectations and yearnings are usually hidden and not being shared.

When we communicate, we often only talk about behaviour and stories, not our feelings and deepest yearnings as they will expose our vulnerable self. Without fully understanding our iceberg, it is hard to meet our true self and to change.

Feeling bad is a sign that our iceberg gets stuck. Virginia Satir's work is to go inside one's iceberg. For example, a woman with obesity may have stories about sexual abuse in childhood and unsuccessful relationships with the opposite sex. What we do not see is the hurt inflicted by the abuser, her percep-

tions about herself, the unmet expectations towards the people she trusts, and the unfulfilled yearnings for respect, acceptance, love and be loved. Her poor self concept leaves her feeling inferior, cautious of people, unwilling to take risk. She cannot develop intimate relationships and she cannot enjoy life.

Through exploring her iceberg and working on impacts of the sexual abuse, healing old wounds, reinterpreting stories, changing perceptions, loosening up rules, introducing new perspectives, settling unmet expectations and tapping on yearnings, she has a different perception about herself. She has more strengths to accept and forgive, appreciate and let go, transform and make new choices. Her true self has a chance to reveal and thrive. The yearning for love and trust can flow more freely. She gains back control of her life. Weight control thus becomes natural and long lasting.

As a beginner, you can start exploring your own iceberg by asking process questions to different iceberg levels.

Feelings (especially to person of placating stance): How do you feel when you cannot control your appetite?

- Perceptions (especially to person of super-reasonable stance): What do you think if you fail losing weight again?
- Expectations (especially to person of blaming stance): How do you expect your family to help you lose weight?
- Yearnings: What do you really yearn for when you succeed in losing weight?

When two persons are becoming more responsible to their "icebergs", there will be true intimacy and peace in a relationship, be it in family, workplace or the community.

Jane Wong

Community Matters



RioTerrace community Preschool

Helping little hands and hearts soar to new heights!

**2017-18 SCHOOL YEAR
NOW ACCEPTING REGISTRATIONS**

Details available at www.rioterracepreschool.ca | 780.487-0640

PROGRAMS FOR 3 & 4 YEAR OLDS

**Randy Boissonnault MP/Député
Edmonton Centre**

Constituency/Circonscription
10235 - 124 Street/Rue
Suite/Bureau: 103
Edmonton AB T5N 1P9
780 442 1888

Ottawa office/bureau
House of Commons
Chambre Des Communes
Ottawa ON K1A 0A6
613 992 4524

Randy.Boissonnault@parl.gc.ca

Proud to serve the people of Edmonton Centre

Fier de servir les résidents d'Edmonton-Centre

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2017 Outdoor Soccer Season

A Great Success

Rio Terrace was once again one of the larger west end communities in team and player numbers for the 2017 outdoor community soccer season. We had 16 teams playing in the age groups U8 through U18 and 6 teams in our in-house U6 FunSoccer program. The Rio Terrace soccer program manages to stay at historical participation levels while other established communities are experiencing declines in their player numbers.

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. The fact that our Rio Terrace soccer teams seem to always do well in the standings – that is not the goal but rather the outcome - is the result of having these highly qualified coaches and managers guiding and mentoring our youth soccer players. Those of you with children or grandchildren playing in our soccer program should make it a point to thank the coaches and managers who are the core group that make this program such a success!

Speaking of success, special mention goes out to our Tier 4 Provincial Champion Rio Terrace Rebels U16 Boys soccer team. Tier 4 is the highest level of community soccer and the Rebels won all 4 of their matches in this event to become the best U16 boys community soccer in the province. Congratulations to the players, head coach George Gouveia, assistant coach Taras Nohas and team manager Howard Poon for this awesome achievement. This capped a very successful year for the team as they tied for 1st in the City Outdoor Championships and won the

Bronze medal in the Indoor Tier 4 Provincial Championships in March. Up next for the team after a well-deserved summer break is the move to the U18 age group where hopefully their success will continue!

The Rio Terrace U14 Boys team under head coach Martin Bates also ended their outdoor season in a positive and successful fashion as they won the Tier 8 City Championships – so congratulations to the team and players for their accomplishment.

Speaking of moving, the community of Rio Terrace and the Rio Terrace soccer program have just lost a long time soccer coach and mentor to the youth soccer players. Longtime coach Jeremy Dreise and family have recently moved to Lacombe. Thanks to Jeremy for your many years of coaching and commitment to the Rio Terrace soccer program and the youth in our community.

Perry Wynn

Soccer Coordinator

Indoor Community Soccer

Player Registration is Currently Underway!!

The 2017 -2018 Indoor community level soccer season will begin play in October, but registration for the program is now underway. Players need to be registered by August 31 in order to be assured of being placed on a team.

There are 5 steps in the on-line registration process:

Step 1: Review the Soccer Program information on the Rio Terrace Community League website www.rioterrace.ca/programs/soccer.

Step 2: Ensure that you have or obtain a valid (current) community league membership. Most likely you will need to purchase a new membership as August 31 is the expiry date of the current memberships. New memberships can be purchased online at

Community Matters



www.efcl.org/memberships You may also purchase your membership directly from the community league by contacting the membership director.

Step 3: Complete the actual on-line registration of individual players at www.emsasoccerportal.com. When completing the registration for each of your children, please be sure to specify requesting to play on a Rio Terrace team, and indicate 'play with' requests for friends and/or coaches. If you have not previously registered any family members for soccer using this website, you will first have to complete a family account set-up and then proceed with registering individual players. Please also be sure to indicate any parental help available for coaching, etc.

Step 4: Pay the EMSAWEST registration fee either on-line or in-person to the EMSAWEST office (15430 – 93 Ave NW). Please check on the EMSAWEST.com website to confirm hours that the office is open to receive your payment. Please note that player registration is not complete until the payment of the registration fees has been completed.

Step 5: Make payment to Rio Terrace Community League of the individual Indoor season player fee and the uniform deposit. Rio Terrace charges a player fee for players on teams that are U10 aged and older for the Indoor season of \$45 per player to cover Soccer Program costs incurred by Rio Terrace. A uniform deposit (cheque post-dated to Feb 28, 2018) of \$30 for U8 through U12 and \$60 for U14 through U18 is also payable – this will be cashed only if the jerseys supplied by Rio Terrace are not returned at the end of the season.

A date for paying the Rio Terrace individual indoor season player fee and the uniform deposits will be arranged for the latter part of Sept. The parents of all players registered for the program will be notified by email of this payment date once it has been set.

The Indoor teams will be formed in September and play will commence in mid-October. Players registering after August 31 will only be added to a team if the team is in need of more players, so please be sure to complete the registration of your child before the end of August.

Perry Wynn

Soccer Coordinator

Puppy Raising Program

Dogs with Wings Society



At DOGS WITH WINGS (DWW), we train dogs to do the seemingly impossible. You play an important part in a DWW puppy's development by committing to being a Puppy Raiser. You become part of our team that works toward fulfilling our mission, which is to enrich the lives of people with disabilities by providing them with highly skilled assistance dogs that increase their mobility, foster independence, and further their contributions to the community. The position of Puppy Raiser is the most demanding and rewarding. By accepting the care and education of a DWW puppy, you become one of our most valuable team players.

A Puppy Raiser is a 24-hour, 7 days per week volunteer position. The role of the Puppy Raiser is to socialize a puppy to as many environments and situ-

Community Matters

ations as possible. The puppy must be exposed to various situations, on a regular basis, such as: offices, malls, restaurants, downtown areas, elevators, and public transportation. The ultimate goal of a Puppy Raiser is to help the puppy develop sufficient social skills to behave in such a manner that its presence will be acceptable in all circumstances. Our training staff oversee the Puppy Raising program and support you in raising the puppy by assessing and assisting in the pup's progress. There are temporary boarding homes available to help you, the Puppy Raiser, when the pup is not able to accompany you, such as during vacations or personal circumstances. DOGS WITH WINGS will provide dog food, gear and equipment, training mat, food bowl, jacket, and cover veterinary expenses (provided they are not a result of negligence). Puppy Raisers are required to purchase a crate, provide bedding, ID tag, grooming equipment, toys, treats for training, and may also incur infrequent minor costs associated with training (movie ticket, public transit, etc.) for which they are responsible.

Criteria for Our Puppy Raising Program:

- One adult must be at home during the day or be able to bring the puppy to work with them (homes and offices must be 3rd floor or lower. Permission must be granted from employer and we will assess work environments for suitability).
- The puppy must live in the home as a member of the family
- The puppy is not allowed on the furniture
- The Puppy Raiser must attend weekly obedience and socialization training classes (4 classes/month. Classes are 45-60 minutes in duration)
- You must be able to commit to raising the puppy for approximately 12 months

- Children in the home must be age 5 or older
- No more than 2 resident dogs in the home (with up to date vaccines)
- Must have own vehicle

If you are interested in being a Puppy Raiser, please send in an application form, you can find it here: <http://dogswithwings.ca/volunteer-application/>. Feel free to contact the office at (780)944-8011 or via e-mail kerri@dogswithwings.ca if you have any questions or concerns. More information about our organization and the programs we offer can also be found on our website at www.dogswithwings.ca. Thank you for your interest in being a Puppy Raiser that will help a dog earn its wings and give the gift of independence to someone in your community!

Making Life More Affordable for Families in Rio Terrace

Since I was elected as your MLA in 2015, I have met many residents of Rio Terrace, Patricia Heights and Quesnell. These neighbourhoods are some of the most desirable in Edmonton. Located close to our amazing river valley amenities and boasting two of the best elementary schools in Edmonton, Rio Terrace has a lot to offer families. Led by Lance Burns, your community league is one of the most active in my constituency. Their efforts to hold so many community events as well as raise funds for the new spray deck must be commended. Rio Terrace is lucky to have such a hard-working board.

In June, I joined with members of the Community League for an afternoon of door-knocking as part of my Canada 150 project to encourage people to meet their neighbours and promote their community league.

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ROCKING RIO

Fun for all ages!

SUMMER PARTY

**Sunday August 20, 2017
4 PM - 9 PM**

**COMMUNITY LEAGUE HALL
15004 76 AVENUE**

Meet your neighbors!

Games Food

Beer Gardens 5 PM - 9 PM

Band 5 PM - 9 PM

Crafts

Dunk Tank election candidates!



SEE YOU ALL THERE!

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We met people and promoted the community league in the apartments along 159 Street. Many of these families were low-income and struggling to make ends meet. In such an affluent community, it's easy to forget that poverty exists right here in this neighbourhood. We have a responsibility to help those in need.

As a government MLA, I have the opportunity to help implement new programs to help those in need. One of the measures our government took to make life more affordable for families was the reduction of school fees by 25% starting in the 2017/18 school year. This means families in Rio Terrace will save hundreds of dollars every year.

Every student should have the right to a publicly funded, quality education, and additional school fees were eating into family budgets and making it hard for lower-income families. Schools fees should never be a barrier for children and for families. A good education is vital—not only for our children's future but for the future of our province.

I know Alberta families' budgets are stretched. Every September, they have to dig a bit deeper to come up with money to pay for school fees. I've heard from constituents who say they dread back-to-school time. They don't know where they are going to get the extra money from to cover school fees. It can be a big enough challenge to buy school supplies. Having to pay for an extra few hundred dollars can be a real strain on the family finances.

I really think it's important that every Alberta student, no matter where they live or how much money their parents make, deserves a high quality education. Everybody pays for the education system, and it's basically unfair that some of our students are left behind or left out because of school fees.

I will continue to fight for the rights of students and families and continue to support educational

equality. If you have any questions about this, or about the other work we're doing to make life better for Alberta families, please contact my constituency office at Edmonton.mcclung@assembly.ab.ca or 780 408-1860. I look forward to hearing from you!

Office of MLA Lorne Dach

Die Kleine Kinderschule

Giving the gift of a second language



Excited and a bit scared, Johann holds on tight to mommy's hand as he walks in his preschool classroom the first day of school. Inside the colorful classroom a group of 3 to 5 year-olds eagerly say "Hallo", and the teachers greet everyone with a "Guten Tag". As the weeks go by the group of 15 children enjoy their time playing, doing crafts, learning to sing "Die Jahresuhr", being read "Der Regenbogenfisch" and most important, learning to develop a sense of community. Many children who begin at DKK will complete the German bilingual program from the Edmonton Public Schools. Some of the friendships born this year will last past the end of High School. This is no ordinary preschool: it is Die Kleine Kinderschule (DKK), Edmonton's 29 year old German bilingual pre-school.

Since 1988, DKK has offered a nurturing program where children learn German not through formal instruction but through play and interaction. In addition to children from traditional German families raised in a German speaking environment, a large

number of children attending DKK come from non-German speaking parents who wish to “give the gift of a second language”. Our bilingual teachers and aides start introducing the language from the first day using toys, crafts, songs and books. The curriculum is based on monthly themes with words, songs and field trips that reinforce the concepts. Some field trips are in-classroom experiences with guest presenters and others are out of school activities including fire stations, the John Janzen Nature Centre and the Edmonton Valley Zoo. In addition to learning the German language, children participate in traditional German celebrations such as Oktoberfest, Laternenumzüge and der Nikolaustag.

Die Kleine Kinderschule currently offers its program in 3 locations in Edmonton: Rio Terrace elementary school, Forest Heights elementary school, and starting September of 2017, the German Canadian Cultural Association (“German Club”) on Roper Road.

Online registrations for the 2017/2018 year are open and there are still some spots available, please check our website at www.dkkplayschool.org for more information and to contact us. You can also follow us on Facebook.

Give your child the gift of a second language and the opportunity to create lifelong friendships, DKK is right on your neighborhood!

Questions About Feeding Wild Birds



Q: Why don't woodpeckers get brain damage?

While excavating a cavity, a woodpecker's head can strike a tree's surface at speeds up to 21 kph and do it at over 100 strokes per minute. This is equivalent to a person crashing head-first into a tree while running at top speed. To survive the 10G's of force with every blow against the tree, woodpeckers have special adaptations:

- The bones between the beak and the skull are joined by a flexible cartilage which cushions the shock of each blow.
- The skull is made of spongy, air-filled bone and the brain is packed very tightly into the brain cavity with little room to rattle around during impacts.
- The shear force from each blow is directed not to the brain, but downward towards very strong neck muscles that act as shock absorbers.

Q: What is a reliable way to keep birds coming to my yard?

You have your favourite places to eat, whether it's a quick bite or a really nice meal. You trust and rely on them, never considering they might run out of food. Birds are similar. They constantly check their food sources. They may stay and eat a while, grab a quick bite or not eat at all. But, they want to know they can rely on that food source when weather is good or bad or when times are abundant or lean. As

Community Matters

much as you enjoy feeding the birds, it's a challenge to tend to the feeders every day. So, it's important to have at least one feeder that doesn't have to be filled very often. Empty feeders = no joy! Of course, the birds will return after you refill an empty feeder, but it might take a few days. Do you really want to miss out on all that fun? No matter how many bird feeders you have in your yard, it's important to have one that is the foundation of them all. This foundational feeder should be able to accommodate many birds at one time like a hopper, tube or cylinder feeder. It should have a quality food that attracts the widest variety of birds like No-Mess Blends or Seed Cylinders. It should hold enough food for at least 4 days giving birds a reliable food source, ensuring you'll have more birds to watch! Be sure to place your foundational feeder where it is easy to fill and easy to see. Having a foundational feeder in your yard that never goes empty is key to being the birds' favourite restaurant and keep them coming year-round; bringing you more joy!

Q: Sometimes I don't have many birds coming to my feeder. Why is that?

You can feel reassured that it is not likely because of what you're doing that you are seeing fewer birds at your feeders and bird baths. There are some things you can do to help. Make sure your seed is fresh and high quality and that your feeders are placed well in your yard to be the most inviting to birds. Reduce the amount of food in your feeder so your birds can eat most of what you've offered in 4 or 5 days. Change the food in your feeders regularly to keep it fresh if it sits for too long. You can also try some new bird foods to attract different birds. You can usually depend on attracting House Sparrows and Chickadees to your yard, as well as woodpeckers, even during slower bird times. An abundant natural food supply in the wild could also have an affect on how many birds come to your yard. Birds nor-

mally get about 75% of their food from natural sources and if there is abundant food available everywhere around your area, they may not need to come to your yard quite so often. When natural foods are abundant...birds seek them out first and truly use our feeders as a supplemental source of food when needed. Keeping a fresh water source available for drinking and bathing can attract both your regular birds plus non-seed eating birds that you might not normally see. The birds will be back when the natural food supply is exhausted or when the weather puts extra stress on them (heat or cold).

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.

Dave Cleary

Wild Birds Unlimited

Change the way you budget, don't do it!

Budgets help you plan what you expect to pay but tracking your expenses tells you what you actually are paying and you can use this to find out if you're spending your money on things that bring joy and purpose to your life.

Canadians are spending \$1.65 for every dollar they earn. For the last decade borrowing money has been cheap. With interest rates finally on the rise many people will find themselves in a credit crunch with the realization that their expenses are greater than their income. This realization can be immediate if you track your expenses monthly but may be delayed through use of credit cards and other forms of credit.

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Conventional wisdom tells us to make a budget. Include things like housing, utilities, groceries, insurance, auto expenses, pet expenses, phones and so on and then include things like clothing and entertainment after you've taken care of the large, immovable expenses. Some people can make this work, but more often than not, our habits don't change. We continue to spend our money on things that creep into our spending and provide us no real happiness or benefit. Many advisors refer to Starbucks, smoking, electronics as these things that we spend our money on that are responsible for getting into debt and preventing us from having money left over to save. Avocado toast was one I recently saw from an Australian billionaire as a reason for why millennials in the country aren't saving money.

One of the things I recommend is that everyone be able to maximize their Tax-Free Savings Account every year. The current annual contribution limit is \$5500, so cutting out a \$5 cup of coffee everyday is not enough. If you had one every day and cut that out, you'd only be able to save \$1825 per year. So how do you make up the difference? Is denying yourself a cup of coffee the difference? How can you save the extra money without feeling deprived? I enjoy a good cup of premium coffee every now and then, why deprive myself of that enjoyment and feel depressed, guilty, and ashamed of myself for spending money on something I enjoy?

These are common feelings when people budget as well. If I budget \$200 for gas for a month and spend \$250 I feel like I failed to meet my budget. Often, people will spend their money as planned elsewhere in the budget leaving them with a \$50 deficit in their budget. Instinct says that to meet your plan, you have to save \$50 in your budget next month and so we take some money out of the entertainment or clothing or other fun things that we enjoy about life.

To avoid this stress and guilt, I recommend peo-

ple track and forecast their expenses. The first thing I ask people to do is show me the last 3 months of all expenses and of income from all sources – everything, including birthday money. This gives you a quick snapshot of whether or not you are spending more than you earn, or saving beyond expenses. The next thing to do is break down as much as you can what those expenses were into categories that are representative in the same way that you would in a budget. Next to your expenses, make two columns titled "Fulfillment" and "Alignment". For each category, ask yourself "Did I enjoy what I spent on this category? Did I receive fulfillment, enjoyment, satisfaction?" and "Did this expense align with my goals and values?". If you are satisfied with the amount you spent on the category, leave that box blank indicating that you are OK with the amount of money spent on that category. If you think you received fulfillment equivalent to the expense or if it aligned with your goals and values and you think spending more is appropriate, mark each corresponding column with a '+'. And, if it did not provide fulfillment equivalent to expense or did not align with your values, mark each column '-'. You can have a '+' fulfillment and '-' alignment for the same category or any combination of the 3 symbols. I like to watch television but cut the cord and got Teksavvy, Netflix and an HD antenna that gives me all the local stations and save more than \$100 per month compared to most of the cable packages.

Set aside 2 hours per month and do this tracking activity and continue to track your expenses versus income. At the same time, forecast your expenses for the next year to see if your savings and income are adequate to cover your expenses. Even expenses that you feel are fixed in your life, ask yourself these questions and honestly answer. If you think you're paying too much on your mortgage, shop around. Lenders will often pay the penalty to take on your mortgage and give you a lower rate at the same

Community Matters

time. The fact your debt is that valuable to lenders should be a clear indicator that you have to reduce your debt as much as possible! It is often these bigger wins that allow our expenses to drop further below our income and save more money for ourselves.

The purpose of the exercise is to open your eyes to where your money is going, if what you're spending aligns with your goals and values, and whether or not you are enjoying the fruits of your labour! After going through this, I guarantee you will think about your next purchase differently. The next time you go to spend your money, ask yourself those questions as well as this one: "Is it worth the amount of time I had to work to pay for this?". By changing our mindset about how we spend our money we can change our habits and affect our finances in an incredibly significant way.

Stephen Deck

Translated Word of the Day

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

- Arabic - Alqamar
- Chinese - Yuèliàng
- French - Lune
- German - Mond
- Indigenous (Cree) - Tipiskâw pîsim
- Punjabi - Cada
- Spanish - Luna
- Tagalog - Buwan
- Ukrainian- Misyats'

Seniors United Now



Seniors United Now (SUN) is a non-partisan, non-profit Society which provides a forum for discussion and united actions on the needs, concerns and challenges that effect all Alberta seniors. We are the voice of seniors in Alberta.

A SUN membership:

- Facilitates discussion, information sharing and problem solving related to Senior's issues
- Provides contact with Government entities regarding seniors issues
- Connects you to other Alberta seniors groups and organizations
- Offers regular, convenient community-based meetings (usually monthly) with interesting and relevant guest speakers; along with regular newsletters
- Links you with other seniors in your community

Volunteer opportunities are available

Please contact us for further information:

Website: www.seniorsunitednow.com

Phone: 780-449-1816

Membership: \$25/year or \$40/year per couple

E-mail: suncoord@telus.net

Community Matters



Running in Rio A Fall Family Fun Run

Join the second annual family fun run and enjoy a scenic walk/jog/run through the fall colours in our wonderful neighbourhood the join us for a coffee and a treat afterwards.

Sunday, October 15, 2017

Start at Rio Terrace Community League

Pre-Race Coffee from 10:30 a.m.

Energetic Stretching 10:45 a.m.

1 k.m. Kiddies Run (\$10) 11:00 a.m.

5 k.m. Road Race (\$25) 11:10 a.m.

Course Closes 12:15 p.m.

Race Pack Pick Up

Callingwood Running Room Saturday, October 14, 9 a.m. - 12 noon

Online Registration Only at www.runningroom.com click on RACES

To Volunteer call or text Aileen at 780-265-0508

Humans of all ages, abilities and residencies welcome!
All proceeds go to the Rio Terrace Community League.



Community Matters

Why Voting is Important

Voting in an election is your democratic right and your choice. Our city and our lives are shaped by the outcome of the 2017 Edmonton Election.

Casting your ballot for a mayor, city councillor and school board trustee means you are participating in choosing the leaders that will make decisions about policies and programs that impact your daily life.

- Did you drive, bus, walk or bike today? Edmonton's city council is responsible for roads, bike routes, transit, LRT, and sidewalks.
- Do you have children or grandchildren who attend a school? Edmonton's Public and Catholic School Districts oversee the operation of schools across the city and the implementation of programming and curriculum for students.
- Will you go to a recreation centre to swim, workout or play a team sport? Will you take a walk in a park or off-leash area? City council makes decisions about where and when recreation and attractions will be built, and how parks and open spaces are managed. They also oversee the price for these amenities.

If you said "Yes" to any of these things, then you should vote! Voting for a candidate that best represents your views is the single most important action you can take to create a city and school board that stands for your beliefs. This fall, make it happen – vote!

Article From the Elections and Census Office

16304 - 114 Avenue, Edmonton, Alberta, T5M 3R8
780-442-VOTE (8683)
www.edmonton.ca/election
Twitter: @ElectionCensus

2017 Edmonton Election Guide

WHEN IS THE 2017 EDMONTON ELECTION?

The Edmonton Election is Monday, October 16, 2017. Voting is open 9 am to 8 pm.

WHO CAN VOTE?

You may vote in the 2017 Edmonton Election if you:

- are at least 18 years old,
- are a Canadian citizen,
- have lived in Alberta since April 16, 2017,
- are currently living in Edmonton, and
- you live in the ward where you vote on election day.

WHERE DO I VOTE?

Your address determines where you will vote.

Where to Vote cards will be delivered to all Edmonton homes in early October 2017. These cards contain specific, important voting information:

- your Advance Vote and Election Day voting station location and hours
- accessibility information about these locations
- voter eligibility
- authorized identification
- where to find information on candidates running in your ward
- You can also use the Where to Vote tool online at the Edmonton Elections website (available June 2017)

WHO CAN I VOTE FOR?

Voters will cast a ballot for:

- One Mayor (elected city-wide)
- One City Councillor for their ward
- Either an Edmonton Catholic or Edmonton Public School District Trustee

Candidates become official on Nomination Day, September 18, 2017. Candidates names and links to their information will be posted on the Edmonton



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Elections website on September 19, 2017.

Edmonton Elections will host a series of candidate forums for voters to hear from (and ask questions of) mayoral and city councillor candidates. The forums are scheduled from September 25 to October 11, 2017 and are open to the public.

WHAT DO I NEED TO VOTE?

To vote, you must present a piece of authorized (acceptable) identification with your name and current address.

Examples of authorized identification:

- Alberta Driver's Licence or vehicle insurance certificate
- Alberta Identification Card
- bank statement, credit card statement, personal cheque or utility bill
- pension statement
- lease or mortgage statement
- tax assessment notice
- correspondence from a post-secondary school

NOTE: Passports, work, and student ID are not accepted as authorized identification.

The full list of authorized identification is available on the Edmonton Elections website.

WHAT ARE MY VOTING OPTIONS?

Election Day

Edmonton Elections has made every effort to ensure voting stations are wheelchair accessible and equipped with handrails, ramps, and elevators.

All voting stations will have:

- magnifiers
- pencil grips
- pens and paper
- instructions to voters
- examples of how to mark a ballot
- posters stating the languages election workers speak at the voting station

Voters are also welcome to bring someone to help

with voting. Those providing help will need to complete a short form allowing them to assist.

New for 2017: Fast Pass

For voters who are unable to stand in line, election workers will assist the voter through the line and process as quickly as possible. Alternatively, Edmonton Elections also has a process to bring the vote to an eligible citizen parked in their vehicle at the voting station.

Advance Voting

Advance voting is the opportunity to vote before election day. It will take place for 10 continuous days: October 4-13, 2017. Advance voting is an excellent option for voters, as there are no extra qualifications. This is also a time where voters who wish to vote without assistance can vote. Those who are blind, visually impaired, or who have a disability or condition that makes it difficult to traditionally mark a ballot can also benefit from advance voting. All advance vote locations will offer citizens the opportunity to vote independently using an electronic ballot marking tool that accommodates sip-and-puff, audio cues, and braille.

Special (Mail-In) Ballots

Voting by Special (Mail-in) Ballot is available for eligible voters unable to make it to an advance vote or election day voting station because the voter is: ☐ physically incapacitated ☐ absent from the local jurisdiction (City of Edmonton) ☐ an election worker, candidate, official agent or scrutineer located at a voting station other than the one designated for your place of residence

Special (Mail-in) Ballot applications will be available on the Edmonton Elections website starting Tuesday, August 1, 2017. It is the voters responsibility that they are dropped off/mailed and received by the Election and Census Office (16304 - 114 Avenue) by

Community Matters

7 pm on Election Day in order to be counted.

Senior Accommodation Facility Vote

Conducted during advance voting, the Senior Accommodation Facility Vote offers care facility residents who are unable to attend a regular voting station the opportunity to cast a ballot at their facility. These voting opportunities are restricted to residents of the care facility.

Voting at a Hospital or Institution

On Election Day, a voting station and bed-to-bed voting will be set up in hospitals throughout the city, giving those in active treatment centres the opportunity to vote. These voting stations are restricted to patients of the facility. Edmonton Elections will also bring the vote to homeless shelters on Election Day.

HOW DO I VOTE AT THE ADVANCE VOTE OR ON ELECTION DAY?

Before voting

- Find your voting station on your Where to Vote card (delivered to Edmonton homes in early October 2017) or using the Where to Vote tool on the Edmonton Elections website.

- Identify a piece of authorized identification to bring to the voting station. Your identification must confirm your name and current residential address.

After entering the voting station

1. Present your authorized identification. An election worker will assist you with registration. You will receive a ballot.
2. Go to a voting booth and mark your ballot. You are able to mark one candidate for mayor, ward councillor, and school board trustee. Mark your ballot by filling in the oval beside the name of the candidate of your choice.
3. Take your ballot to the tabulator and deposit

it into the ballot box.

You have voted! If you require assistance at any time during this process, speak to an election worker at the voting station. We are here to help you make it happen!

WHEN ARE THE ELECTIONS RESULTS POSTED?

Unofficial election results will be sent to media outlets shortly after the voting stations close at 8 pm, however the official results will not be posted until noon on Friday, October 20, 2017. Please check the Edmonton Election website.

Celebrate the newly elected officials at the Swearing in Ceremony on Tuesday, October 24, 2017, 1:30 pm at City Hall.

ARE ELECTION WORK OPPORTUNITIES AVAILABLE?

More than 3,000 workers are needed for the 2017 Edmonton Election. Interested? Below is a list of the positions available. More details - responsibilities, qualifications, training and compensation - are available on the Edmonton Elections website.

- Presiding Deputy (PD)
- Assistant Presiding Deputy (APD)
- Tabulator Clerk (TC)
- Ballot Clerk (BC)
- Deputy Returning Officer (DRO)
- Standby Worker (STBY)

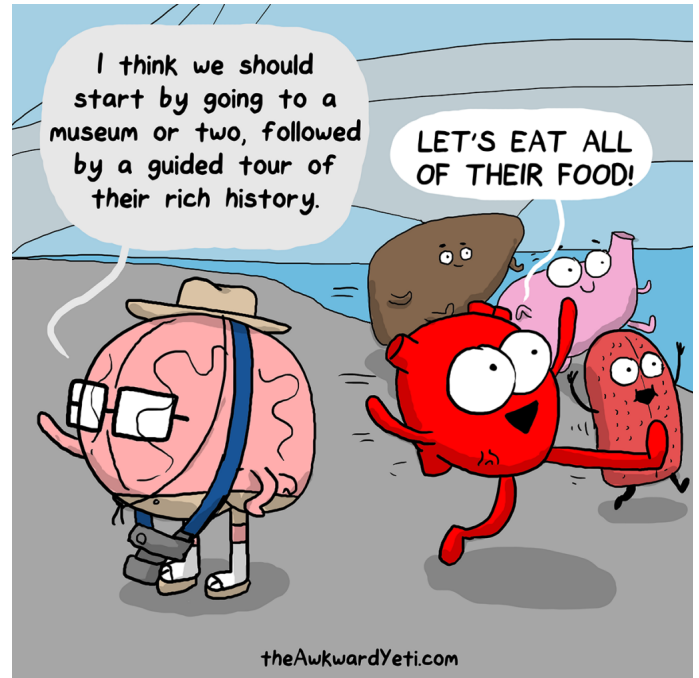
To apply, go online and complete the Election Worker Application Form. Applicants must also complete an Election Worker Questionnaire in person at the Elections and Census Office, available June 12, 2017.

Article From the Elections and Census Office
16304 - 114 Avenue, Edmonton, Alberta, T5M 3R8
780-442-VOTE (8683)
www.edmonton.ca/election
Twitter: @ElectionCensus

Comics



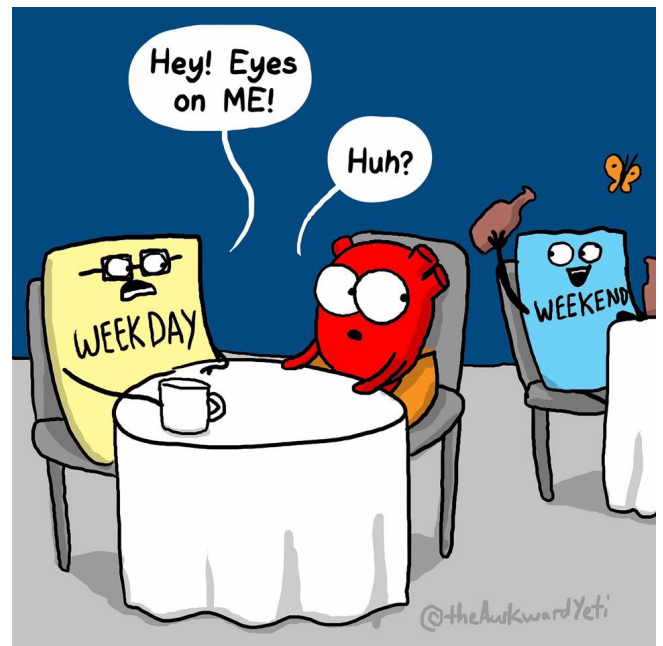
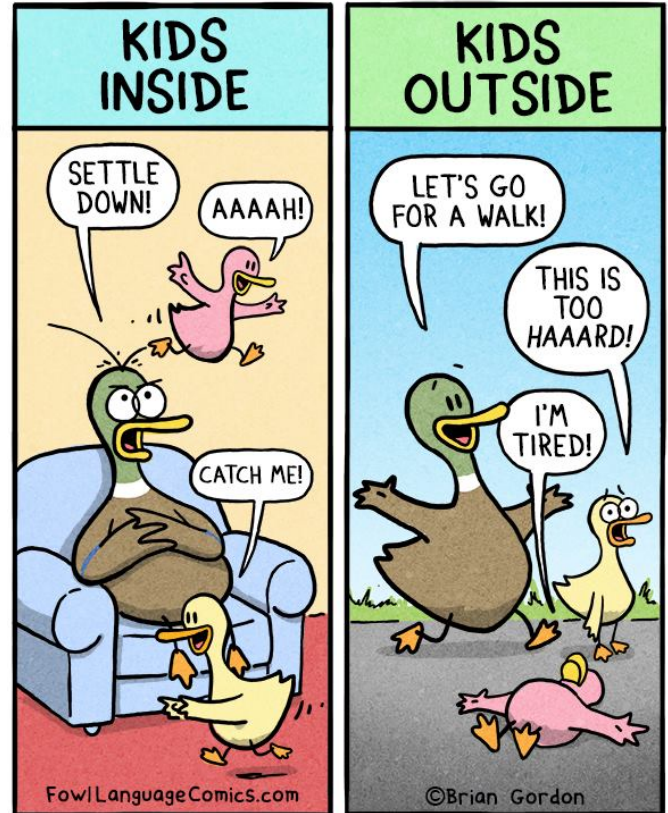
www.lunarbaboon.com



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Did You Know?

Here are some interesting pieces of information that members of our community have shared. Do you have a fun fact? Send it to us to be published in the next newsletter!

1. The business plaza along 76 Avenue and 156 Street used to have a gas station? It was removed around 1994. It is the reason why the parking lot today seems large for the area.
2. There used to be a Japanese consulate in the area?
3. That back then, Tot Time used to be held in the Jewish Community Centre?
4. Than when the Jewish Community Centre was around, the kids from Patricia Heights Elementary School use go there for swimming?
5. The newsletter used to be printed by the Moravian church?

Upcoming Events

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

Edmonton Air Show

August 19 & 20, 2017

The Edmonton Airshow is an entertainment spectacle that celebrates both the rich history and the modern evolution of aviation, particularly in Edmonton. Edmonton's history of flight began at Canada's first licensed municipal airport, Blatchford Field. As the capital region grew so did its' need and demand for flight. Today, scheduled passenger flights operate out of Edmonton International Airport (YEG) and general aviation (commercial and private) at Villeneuve Airport (CZVL). Edmonton Airshow performances will take place at Villeneuve Airport with the support of Edmonton International Airport (EIA) and Sturgeon County.

Villeneuve Airport, Highway 633
www.edmontonairshow.com/

Beaumont Rural Roots Fair 2017

August 26 & 27, 2017

Join the Beaumont & District Agricultural Society for a fun filled summer weekend, experiencing your community's rural roots. Come to the Ag Society Fairgrounds to enjoy pony rides, a petting zoo, crafts for all ages, horse and dog demos, a horse show, a bench show, and a "Meet the Maker Marketplace". Admission, parking and most activities are free of charge. Watch our webpage for current updates.

1 km west of Beaumont on Township Road 505
www.beaumontagsociety.com/ruralroots/

The Mosquers Film Festival

September 9, 2017

Year after year, the festival pursues new ways to introduce both Muslims and non-Muslims to the most original and authentic storytelling. Based out of Edmonton, Canada, what started in 2007 as a modest short-film competition tackling everyday issues and showcasing the diversity and talents of the local Muslim community, the Mosquers today draws talented amateur filmmakers, performers, and an audience from across North America. The Mosquers was started to combat misconceptions about Islam and Muslims, demonstrate our diversity, and provide a channel for talented individuals to express themselves. It attracts talent from across the world. Join us for our Annual Screening and Awards Night on September 9th in Edmonton, Canada.

Winspeare Centre, 4 Sir Winston Churchill Square NW, Edmonton
www.themosquers.com

Kaleido Family Arts Festival

September 15 – 17, 2017

Kaleido is held on historic Alberta Avenue (118 Ave between 90-95 Street). For two and a half days every September, Alberta Avenue comes alive as an environment of creative exploration and performances on rooftops, sides of buildings, back alleys, parks, old spaces and new spaces. You have to see it to believe it! Arts and culture matters. Community matters. As one of Arts on the Ave's signature festivals, Kaleido brings people together. Artists, businesses, patrons, friends and neighbours gather and experience the bliss / humour / comfort / and delight of artistic expression through music, dance, theatre, film and visual arts.

Alberta Avenue between 90-95 Street
www.kaleidofest.ca

The Edmonton Comic and Entertainment Expo

September 22 – 24, 2017

The Edmonton Comic & Entertainment Expo (AKA: Edmonton Expo) is a three-day pop-culture convention held in annually each fall in Edmonton, Alberta at the Expo Centre. Attendees can shop hundreds of vendors and exhibitors, check out panels and workshops, meet their favourite stars and creators, and celebrate what makes them geeky with thousands of other fans in cosplay. There is something for every fan at Edmonton Expo.

Edmonton EXPO Centre, 7515 118 Ave NW
Edmonton

Alberta Culture Days

September 29 – October 1, 2017

Alberta Culture Days is a collaborative initiative that welcomes your participation. Everyone can play a role in Alberta Culture Days: whether you are already passionate about arts and culture or curious to discover new cultural experiences, an artist, arts or cultural organization, community group, library, school, citizen, or business person, you can participate in and contribute to Culture Days!

www.culturetourism.alberta.ca/culturedays/default.aspx

Community Matters



We are a diverse group of *spiritual journeyers* who work to follow Jesus in our many different ways.
All are welcome here.

Join us on Sundays at 10:30 for engaging and kid-friendly gatherings. If Sunday mornings aren't your thing, check out our website or visit with pastor James, to learn more about our ongoing projects to offer hospitality, kindness, and compassion in our neighbourhood and communities.

RioTerraceChurch.org · (780) 487-0211

Rio Terrace Moravian Church (RTC) is supporting the work of the downtown Mustard Seed Church in assisting Edmonton's poor and homeless people. The Edmonton Mustard Seed Church has a Personal Assistance Centre (PAC) where personal hygiene items, socks, underwear, etc. are distributed free of charge to individuals or families in need. Approximately 1200 people per month use the PAC of which 400 per month are children under 12 years of age. A listing of items in urgent need at the PAC is provided below.

On Saturday, October 7th at 5:00PM we will have a potluck thanksgiving feast at RTC where folks can bring a dish to share and as many items as possible from the list below. Please bring your items in a cardboard box or clear plastic bag. Start collecting the items now.

LIST OF ITEMS IN URGENT NEED

- Shampoo and Conditioner (Travel Size or Large)
- Shaving Cream
- Toothbrushes
- Tooth Paste (Small Travel Size or Large Tube)
- Dental Floss
- Combs and Brushes
- Body Wash and Regular Size or Travel Size Soap Bars
- Men's and Women's Deodorant
- Feminine Hygiene Pads or Tampons
- Diapers and pull ups
- Toilet paper
- Kids jackets, socks, shoes, and underwear (new or gently used)
- Blankets and Pillows
- Gloves and Toques
- Men's jackets, underwear, t-shirts, long sleeve shirts, running shoes, boots, sweaters, jeans, and sweatpants (new or gently used)
- Women's jackets, underwear, shoes and boots (new or gently used)
- Kitchen Cutlery and Utensils, Coffee Cups
- School Supplies



Community Thanksgiving Dinner

Saturday, October 7
5 o'clock
potluck · all invited

15108 76 Ave NW - RioTerraceMoravian@Gmail.com - (780) 487-0211