

Community Matters

Proudly serving Patricia Heights • Rio Terrace • Quesnell Heights

Living on the RIGHT side of the freeway!

August
2013
Edition

VOLUNTEERING IN OUR COMMUNITY

With our annual general meeting fast approaching, there are many positions that will need to be filled by community minded individuals. It is our hope that the following words might inspire members of our community to join in and experience the gratification and fulfillment of volunteering...

Civilization flourishes when people plant trees under which they will never sit.

Greek Proverb

Volunteers do not necessarily have the time; they just have the heart.

Elizabeth Andrew

Volunteers are not paid -- not because they are worthless, but because they are priceless.

Unknown

Don't ever question the value of volunteers. Noah's Ark was built by volunteers; the Titanic was built by professionals.

Unknown

Never doubt that a small group of committed people can change the world. Indeed, it is the only thing that ever has.

Margaret Mead

Volunteering is not a choice, it's a responsibility.

Unknown

A VOLUNTEER is a person who is a light to others, giving witness in a mixed-up age, doing well and willingly the tasks at hand-namely, being aware of another's needs and doing something about it.

Unknown

The best way to find yourself, is to lose yourself in the service of others.

Ghandi

You make a living by what you get. You make a life by what you give.

Unknown



**Rio Terrace Community
League Annual General
Meeting (AGM) will be
held on:
September 25, 2013
at
7:00 PM**

UPCOMING EVENTS IN OUR COMMUNITY:

Party in the Park - Sept. 7
Big Bin Event - Sept. 21
Annual General Meeting - Sept. 25
Autumn Potluck - Oct. 5
Pie in the Park - Oct. 12
Sue Decker in Concert - Oct. 25

Be sure to "LIKE" us on  for the most up-to-date info in the community!

<https://www.facebook.com/#!/pages/Rio-Terrace-Community-League/128512133997891>

And also be sure to check out our website at:
www.rioterrace.ca



Community News

Editing & Advertising:
Carlene Nohas & D-L Duffy Power
Distribution: Shirley Bellrose

Published in:
August / February / August / November
copyright © 2013 by the Rio Terrace
Community League.

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

Proud to be part of one of the best cities
anywhere!
www.edmonton.ca

League Membership Rates 2013-14

Single/Couple: \$20
Single-Parent Family: \$20
Family: \$40
Single Seniors: \$5
Seniors: \$10

Memberships can now be
purchased at Mac's (9am-5pm)

Newsletter Advertising Rates 2012

Business Card: \$20
Quarter Page: \$35
Half Page: \$60
Full Page: \$120
Back Page: \$135

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

Next Issue: November 2013
Submission Deadline:
TBA

Rio Terrace Community League

Executive, Board of Directors & Organizational

President	Tony Andrzejewski	780-487-3964
Vice President	Tim Wong	timothy.wong@hotmail.ca
Secretary	Diane Harrington	780-453-1091
Treasurer	Auriana Burns	780-444-6684
Membership	YOUR NAME HERE	
Newsletter	D-L Duffy Power	dlpower@shaw.ca
	Carlene Nohas	carasen@telusplanet.net
Newsletter Advertising	Yves Forté	rio.terrace.newsletter.ad@shaw.ca
Newsletter Circulation	Shirley Bellrose	rbellrose@shaw.ca
Social	Allison Boileau	780-443-1261
	boileau4@shaw.ca	
Programs	Samantha Gullekson	780-463-2958
	sll4@ualberta.ca	
Preschool	Anna Wiles	780-484-8588
	awiles@shaw.ca	
	Jessica McLean	jaji@live.ca
Sign	Peter Wong	780-487-7099
Maintenance	Lance Burns	780-444-6684
Rinks	Zane 'the rink guy'	
Hall Rental	Carrie Anne Doucette	780-757-9399
Soccer Coordinator	Perry Wynn	director@rioterracesoccer.ca
Scouts/Cubs	Peter Wong	780-487-7099
Guides/Brownies	Dana Ferguson	780-486-2642
Directors	Helen Kukurba	kukurbah@shaw.ca
	Rhonda Holterhus	780-443-4624
	Peter Wong	780-487-7099
	Jen Osmond	jenosmond@remax.net

COMMUNITY LEAGUE MATTERS

NEW ROOFS ON THE COMMUNITY LEAGUE HALL

You may have noticed some repairs and maintenance happening at the community hall this past year. Work was started on the tar and gravel roof last August and new shingles were installed on the roof of the Preschool in February. Thanks to our maintenance volunteer, Lance, for overseeing these much needed repairs!

The community would also like to thank two funding sources for this project. The cost of the two roof replacements was \$71,500. We were fortunate to receive funding from the following grant programs:

1. CIIF- This funding is from a federal program called the Community Infrastructure Improvement Fund (CIIF) and is offered through Western Economic Diversification Canada. \$28,770 was awarded.



2. CLIP- This funding is from the City of Edmonton's Community League Infrastructure Program (CLIP). \$35,735 was awarded.

Repairs and updates to the exterior of the building are continuing this summer. Please consider purchasing a 2014 Community Membership in September. Membership fees collected throughout the year support our programs and the maintenance of our building, playgrounds and parks. Memberships can be purchased at the Mac's store and also directly from our membership director listed on our website at www.rioterrace.ca

ANNUAL GENERAL MEETING

September 25, 2013 at 7:00PM in the Community Hall, 15504 76th avenue

The Rio Terrace, Patricia Heights and Quesnell Heights Board is seeking members of the community to step up, join the group and volunteer their time once a month for meetings, and to take on other duties as needed.

This year, the AGM elections are for the following executive board positions, for two year terms.

- President
- Secretary
- Soccer Coordinator
- Newsletter Director
- Social Director
- Membership Director – (one year term)

Our bylaws, as posted at http://www.rioterrace.ca/our_community/bylaw, identify the responsibilities of these positions as follows:

The President will:

- preside at all meetings;
- be an ex-officio member of all committees, except a Nominating Committee;
- be charged with the general supervision of all the activities of the League;
- nominate a Director who is willing to serve and stand in for or replace the President; as circumstances require;
- is a member of the Executive Committee;
- is a signing authority, and
- act as the official spokesperson of the league or appoint a designate.

The Secretary will:

- attend all meetings of the League, the Board, and the Executive Committee and keep accurate minutes of the same;
- be responsible for the minute and meeting notice distribution;
- have charge of minute book and other records;
- have charge of all correspondence of the League under the direction of the President and the Board;
- act as a signing authority;
- be a member of the Executive Committee; and
- have charge of the seal of the society.

In the absence of the Secretary, such officer as may be appointed by the Board will discharge these duties.

COMMUNITY LEAGUE MATTERS

The Soccer Coordinator will:

- be responsible for all matters pertaining to sports, including the registration and organization of soccer, etc.;
- recruit representatives or act as the representative to the sports governing bodies;
- prepare an annual budget for the sports programs and submit it to the Treasurer;
- review and prepare policy and procedures with respect to sports programs; and
- report monthly to the Board of Directors

The Newsletter Director will:

- be responsible for the publication of the newsletter and participate articles for the newsletter;
- oversee the delivery of the newsletter;
- be responsible for the maintenance of the League website;
- arrange for publicity for league events;
- prepare an annual budget for publicity and submit it to the Treasurer;
- review and prepare policy and procedures with respect to publicity; and
- report monthly to the Board of Directors

The Social Director will:

- be responsible for all matters pertaining to social activities of the League, including dances, social nights, etc.;
- prepare an annual budget for social activities and submit it to the Treasurer;
- review and prepare policy and procedures with respect to social activities; and
- report monthly to the Board of Directors

The Membership Director will:

- be responsible for the organization, timing and completion of the annual Membership campaign;
- keep a record of and maintain the membership lists and other records pertaining to membership;
- ensure compliance with the EFCL Code of Ethics with respect to selling memberships;
- prepare an annual budget for membership and submit it to the Treasurer;
- review and prepare policy and procedures with respect to membership; and
- report monthly to the Board of Directors.

Be part of the executive. Please note that it is also possible to split the duties of one position and work as a team.

We hope to see you at the AGM, to help choose those that will work to keep our community vibrant,

Fun And Frolic With Ladies Sports Nite

**Basketball for women 18 to 108
Thursday evenings -
6:45pm to 8:00pm**



**Lynnwood Elementary
School**
(15451 - 84 Ave)

\$50 for year covers gym rental costs.
Non-competitive (we don't keep score)
and lots of fun.

Bring non-scutt runners.
Call Jay (780-484-2482) for further
information. We'd be pleased to see you!

Try it once or twice, free, to see
if you like it.

*Free firewood and
pieces of tree stump.
Call 780-487-6409*

COMMUNITY GARDEN MATTERS

Rio Gardens! Community Garden

It's that time again! Time for some photos of the bounty being grown right here in our very own corner of the planet.



the garden beds as one faces Northwest

For those of you interested in joining a great group of green thumbs, please send an email to rioterracegardens@gmail.com to put your name on the list. Please include your name, telephone number and whether you would like a full bed or a half-bed.

Full beds measure 4' x 12'. Bed fees are \$40 for a full; \$20 for a half. Half of the garden bed fees are returned once beds are cleaned and prepped after the growing season, with remaining fees to go toward maintaining common areas. There is also an annual membership fee of \$1. We are located at 15108 76 Avenue, just behind Rio Terrace Moravian Church.

Please email us by Thanksgiving 2013 so that we can plan our garden bed building bees, as well as apply to the City of Edmonton for permission to expand into the small green space just west of the gardens.



the garden beds as one faces Northeast



the gardens with the Church in the background

Rio Gardens! Events:

Our planned composting Q&A in June was cancelled due to the big storm that same day. Sadly, our presenter had some flooding to deal with in his home. We hope to reschedule soon.



our current composting system



a beautiful bounty of yellow squash

GREEN MATTERS

Rio Gardens! continued from page 6

Autumn Potluck

Saturday, October 5th, 2013 at Rio Terrace Moravian Church, starting at 4:30 PM. This is your chance to meet and mingle with current garden members!



nasturtiums

Please email rioterracegardens@gmail.com for more details.



Experienced piano teacher

**offers quality piano and theory classes
for all ages and levels.**

**Royal Conservatory of Music
preparation.**

Fun and friendly atmosphere.

**20 years of experience,
European background.**

**Convenient West End location
(Rio Terrace).**

Tel: (780) 758-9282 Victoria



GREEN CORNER by Sandra Gangel

Anyone who has a yard knows it as a fact of life: weeds don't give a damn about where my yard ends and yours begins. Weeds do not recognize invisible boundaries created by words or by fencing and good intentions. Like any plant, be it flower or tree, weeds will grow wherever they can. That's nature at its best and its worst.



The very same holds true for food crops. No big surprise there, right? Well, recently this sort of uncontrollable expansion has become a very hot button issue, in the form of GMOs, or genetically modified organisms.

The European Commission is recognized worldwide as having the most stringent regulations regarding GMOs in their food supplies. Here is how they define GMOs:

Genetically modified organisms (GMOs) are organisms, such as plants and animals, whose genetic characteristics are being modified *artificially* in order to give them a new property. Food and feed which contain or consist of such GMOs, or are produced from GMOs, are called genetically modified (GM) food or feed.

(source: http://ec.europa.eu/food/food/biotechnology/gmo_en.htm) (italics by me)

So, in short, any plants that have had their genes manipulated, or had genes from elsewhere injected into them, are considered GMOs.

And, for the record, the millennia-old art of crossbreeding plants to bear out desirable characteristics is NOT considered genetic modification under this definition. So, for any fans of the late, great Gregor Mendel, the 19th-century Czech monk whose study of hereditary traits in pea plants gave rise to the modern science of genetics, rest easy. He's still worthy of worship.

But—what does all this have to do with the price of potatoes?

As you've undoubtedly guessed, quite a lot.

Those who advocate in favour of GM foods say it allows farms to produce more with less. Plants grown from GM seeds are specifically bred to withstand

continued on page 7

SUMMER FUN MATTERS

BIKE PARADE - better than ever!

June 30 was an amazing day and our Community Family Bike Parade was the best ever! Loads of participants, lots of smiles, yummy snacks and no mosquitos to speak of! Huge thank you goes out to our Community League for sponsoring the event, Captain Canada (Steve Risselada) and Captain Carmengia (Ian Glassford) for safely leading our enthusiastic bikers down the parade route, and Felicia Dean and Jen Osmond (Remax Accord), and Hawkstone Save On Food for providing the tasty essentials!

A heartfelt thanks to Dana Ferguson, Jen Osmond, Taras Nohas, Ally Boileau, Dawna-Lynne Duffy-Power and Carlene Nohas, all of whom pitched in wherever needed, enabling the event to run super smooth!



GREEN CORNER continued from page 6

traditional blights like drought or pests or even viruses. Therefore, loss of yield to such hazards is reduced and the crop is bigger. Some also advocate GM foods in order to boost nutritional value at lower cost. An example of this is something called "Golden Rice," rice that's been genetically engineered to include beta-carotene, an A vitamin responsible for that beautiful orange colour in vegetables such as carrots and sweet potatoes. This GM rice gets its name from, you guessed it, its bright yellow colour. (Clearly, their marketers are on the ball: who'd want to eat something called "Yellow Rice?")

All right. So that all sounds pretty good, in terms of increasing food production for our ever growing global population. And, it might be—if you can guarantee safety for human consumption and sustainable farming practices.

But right now, at this moment, no one can make that guarantee.

One of the biggest concerns with GMOs for human consumption is the possibility of allergens. Scientists are introducing genes into vegetables and fruit that don't naturally occur in those foods. So, it's conceivable that a person with a peanut allergy could find himself having an allergic reaction to something other than peanuts, but which has had the same allergenic protein injected into it. Since he isn't expecting it, he may not be properly prepared when the reaction starts. This very possibility is why there's a big push for full disclosure of GMOs in food products. Labelling is the only way for us to know if we should be wary of unexpected allergens in a given food.

Another issue is related to what I mentioned at the start of this Corner: plants don't care where one farm ends and another starts. The winds don't care, either. Take, for example, the "StarLink Corn incident" in 2000, when corn products such as tortilla chips and taco shells were found to have small amounts of genetically-modified StarLink corn in them. StarLink seed was not approved for human consumption due to its allergenic potential. It was approved strictly for feed only. No one was hurt severely from eating the contaminated products and StarLink corn seed was taken off the market in 2001. However, this example highlights the impossibility of separating the GMOs from the non-GMOs. Those tortilla chips and taco shells weren't tested until people started getting sick.

continued on page 17

The greatest compliment that was ever paid me was when one asked me what I thought and attended to my answer.

Henry David Thoreau

Lynnwood Veterinary Hospital

is thrilled to welcome our new full-time veterinarian,

Dr. Andrew Toma.

Dr. Toma would love to meet your pet's vet needs.

Phone 780-484-6672

Where your pets are loved and treated as our own.



Lynnwood Veterinary Hospital 14911-89 Ave. Edmonton, AB T5R 4P8
780-484-6672 www.LynnwoodVetHospital.ca LynnwoodVetClinic@hotmail.ca
Monday – Friday 8:00 – 6:00 Saturday – 8:30 – 5:30

If you have questions or concerns
please feel free to contact me:

Karen Leibovici
Councillor, Ward 5

2nd Floor,
1 Sir Winston Churchill Sq.,
Edmonton, AB T5J 2R7
Phone: 496-8120 Fax: 496-8113
Email: karen.leibovici@edmonton.ca



AFFINITY
DENTAL GROUP

Dr. Randy Crowell *

* Denotes Professional Corporation

www.affinitydentalgroup.ca

P 780.484.6644
F 780.483.9531
mayfield@affinitydentalgroup.ca

264 Mayfield Common
170 Street & Stony Plain Road
Edmonton, Alberta T5P 4B3



**SHRINK
EVERYTHING
BUT YOUR
SMILE**

LET THE MUSIC FREE YOUR BODY.
THE ULTIMATE DANCE-FITNESS
PARTY WILL GROOVE YOU INTO SHAPE.

ZUMBA-REN.COM

LORENA BARETTA

LICENSED ZUMBA® FITNESS INSTRUCTOR

ZumbaRen@shaw.ca

780-446-8676

Zumba® and the Zumba Fitness logos are trademarks of Zumba Fitness, LLC, used under license.

JOIN US!

FRIDAYS

9:30-10:30am

RIO TERRACE COMMUNITY HALL

STARTING

SEPT. 13th, 2013

REGISTER NOW!

BUY YOUR PUNCH PASS
NOW & SAVE MONEY

**VISIT THE WEBSITE
OR CONTACT ME TODAY**

Zumba-Ren.com

All fitness levels welcome
No experience required

Rio Terrace Soccer News

2013 Outdoor Season a great success

Despite the rather late start to the season and the seemingly never ending cycle of cool, wet and windy weather, this was a great Outdoor Soccer season for the Rio Terrace Soccer Program. Rio Terrace fielded 15 teams and over 200 players for the 2013 Outdoor soccer season at the community U-8 through U-18 age groups – a level of activity that exceeded recent historical levels. With 4 U8 teams and 5 U10 teams, the Rio Terrace soccer program should continue to be busy for the next few years! Rio Terrace teams continued to enjoyed great growth and experience success during the Outdoor season.

The U-16 Girls team – with long time head coach Mark Mertens – had their very successful season capped off by winning the Gold medal in Calgary at the season ending at Group A Inter-City Championships.

The U-16 Boys – with long time head coach Sean Armstrong and manager Leslie Armstrong - had their very successful season capped off by earning a Bronze medal at the Tier 4 Provincial Championships. This team also won Gold at the City Championships and preceded that with winning Gold at the Slush Cup tournament.

The other Rio Terrace teams also had fine seasons with lots of great soccer and many victories – whether on the game sheet or not – along the way. Most of the Rio Terrace teams participated in the June Slurpee Cup tournament with great success and lots of fun.

The U6 Fun Soccer Program was also bursting at the seams this year with 6 teams and over 60 players. This in-house program kept the Rio Terrace soccer fields busy and kept the parents, grandparents and others very entertained throughout the season. The season ended with the traditional bouncy house and team themed dinosaur Dairy Queen ice cream cakes and other treats.

We are very fortunate in Rio Terrace that we have so many dedicated soccer coaches and team managers who give their time, effort and expertise to make soccer a fun and rewarding experience for our youth. The whole

community thanks you for all that you do with these young soccer players.

2013-2014 Indoor Soccer Registration

The registration sessions for the 2013-2014 Indoor Soccer season take place at the West Edmonton Soccer Centre (17415 – 106A Ave) on Sept 10 (Tuesday) & 12 (Thursday) from 6:00 PM to 9:00 PM.

Players born in 1996 through 2006 are eligible to play youth soccer in the age groups U8 through U18. Younger players can also register at these sessions for the U4 – U6 programs that are ran by the Edmonton West Soccer Zone. The Indoor season will start in October and carries on through to the end of February. Teams play once a week with U8-U12 games on Saturdays and U14-U18 games on Sundays. Generally there is one practice a week.

For more information on Indoor registration please visit the Rio Terrace Soccer website - www.rioterracesoccer.ca Fees, age groupings, etc will be available on the website.

If you are able to volunteer to help with registration – 8 volunteers per session would be a great help, please contact Perry Wynn at director@rioterracesoccer.ca

Soccer Volunteer Opportunities Available

Community Soccer Coordinator (my position)

I am looking to train / mentor / groom someone to take over my position. A great way to meet / know all of the soccer players and parents in our community.

U6 Fun Soccer Co-ordinator – Outdoor only

Responsible for organizing the set-up of the U6 Fun Soccer (4-6 year olds) Program for Rio Terrace.

If interested in learning more about either position please contact Perry Wynn at director@rioterracesoccer.ca or see me at the Indoor registration sessions

I never thought much of the courage of a lion tamer. Inside the cage he is at least safe from people. George Bernard Shaw

BANGZ HAIR CARE

7662 - 156 Street
Edmonton, AB.
T5R 4K7

(780) 444-3083 (780) 487-0960

Stylists:

Arlene, Christine, Cindy,
Fatima & Jean Marie

Direct Line: Arlene (780) 914-1975

Maggie's H. Esthetics (780) 487-0960

*"Professional Care for all
your personal needs"*



Let me give your
investment plan
a "Second Look"

Are you looking at your most recent
investment statement and asking yourself...

- ▶ Have I made the right investment choices?
- ▶ Should I be selling any of my investments?
- ▶ Is this the time to buy?
- ▶ Why has my advisor disappeared?

Working with one of Canada's largest and most
respected financial services companies, I bring
a wealth of knowledge and experience to your
table. Together, we'll take a second look and
put a plan in place that works for you.

Call now and let me show you how
The Plan by Investors Group™ can help you
provide for the people you care about now...
and over time.



Carole Kuspens

Consultant
carole.kuspens@investorgroup.com

(780) 449-1487

**The Plan
by Investors
Group**
Investors Group Financial Services Inc.

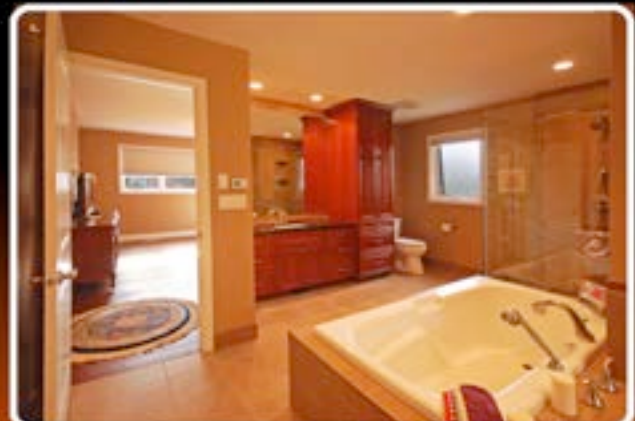
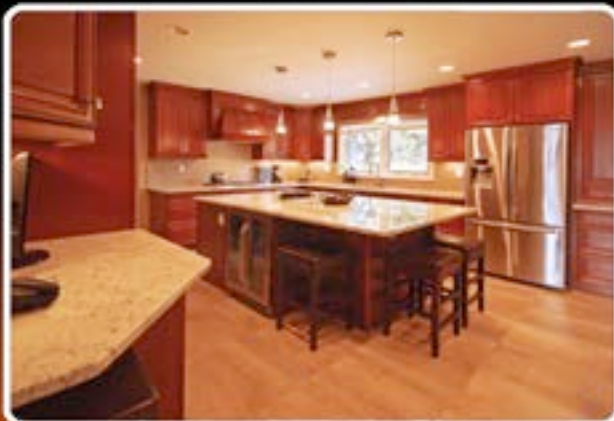
™ Trademark licensed by BNP Paribas Inc. and licensed to its subsidiary companies.
©2013 BNP

AQUARIAN

Artisans in Home Renovation



2013 Renovator of the Year



11428 - 142 St 780.481.7671

www.aquarianrenovations.com

It is the mark of an educated mind to be able to entertain the thought without accepting it. Aristotle



SUCCESSFUL FUNDRAISER/GARAGE SALE FOR NEPALI CHILDREN'S EDUCATION PROJECT (N.C.E.P.)

On May 30, 31 and June 1, 2013 an Edmonton/Quesnell Heights Fundraiser/Garage Sale was held at my home. Funds were raised for N.C.E.P. (Nepali Children's Education Program). THANKS to the phenomenal support of our friends, families and NEIGHBOURS we were able to raise \$5,000 from the sale of goodies at the Garage Sale and individual donations to N.C.E.P. Our NEIGHBOURS in Quesnell Heights support surpassed all expectations. They just kept dropping off high quality articles that we had no difficulty selling! Others helped out at the Garage Sale and some lent us tables etc.

On behalf of all the organizers of the Fundraiser, I would like to send a huge THANK YOU to all the people supported N.C.E.P. by either donating goods for the Garage Sale and those who purchased the articles. You all know who you are! The wonderful sign on the Community League Building helped immensely to get the word out! Also, thank you to those who made direct donations to N.C.E.P.

If you would like to find out more about N.C.E.P. and the children who are being assisted, please go on www.nceponline.org

Sincerely, Susan Draper

HOW TO SAVE PEREGRINE FALCON

Glenn Kadlkak was hunting this spring on the sea ice off Falstaff Island in Hudson Bay when he came across an injured Peregrine Falcon. It had a broken wing. He knew it faced certain death if left on the ice. Glenn took the injured bird to Johanne Coutu-autut, the Conservation Officer in Rankin Inlet, where the falcon was fed, given export papers, and a free flight out of Nunavut to Edmonton by Canadian North airlines.

The falcon, (aka Falstaff) was taken to see Kim Blomme, Registered Animal Health Technologist at the Edmonton Wildlife Rehabilitation Centre. X-rays revealed the bones in the broken left wing could be set. Kim splinted and bandaged the wing and let him rest.

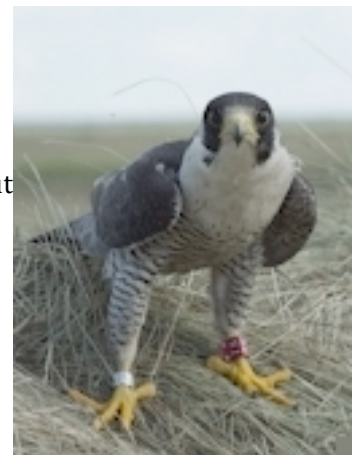
At Wild Birds Unlimited our customers met Falstaff on Jun 15 as part of a Father's Day "Peregrine Falcon in Store" event. He was brought by Dr. Gord Court of Alberta Sustainable Resource Development who is an expert in Peregrine protection and who had care of the bird while in Edmonton. He explained that peregrines are a "Species at Risk" with only 60 breeding pairs in Alberta. Kim Blomme came to the store and applied a fresh dressing to the wing that day.

According to Gord, "When all bandaging was finally removed, I placed him on a perch in front of a bath pan in my yard. He immediately jumped in and had the bath of his life." After further work on the wing Falstaff recovered to the point where he was flying up to the end of an 8 ft weathering leash all day long. "When he began breaking feathers," Gord says, "we knew it was time to go."

Gord and Alastair Franke, another peregrine researcher, took him out to Beaverhill Lake to see if he was ready to go. Alastair placed him on a hay bale, let him loose, and off he flew. He immediately headed into a strong west wind. A minute later he was pounding into the wind several hundred feet high. Gord got a photo of Falstaff, "just before we lost sight of him - what a great feeling! The result was spectacular and one of the highlights of any rehab situation I have ever been involved with."

Before he took flight, Falstaff was banded on both legs, one red and the other a standard US Fish and Wildlife band. As Alastair said, "We will be looking very hard next spring in the hope that he returns to the Rankin Inlet study area to breed." We all wish you the best Falstaff!

For a fuller version of this story with photos, visit Wild Birds Unlimited at www.wbu.com/edmonton. Wild Birds Unlimited is located at 12204 - 107 Ave NW Edmonton. (587) 521-2473.



People often say that motivation does not last. Neither does bathing - that is why we recommend it daily. Zig Ziglar

WE'RE IN YOUR COMMUNITY!

For a market evaluation of your home, to discuss your specific home-buying needs, or for general real estate

Call us direct!

Felicia Dean
780.289.6670

Jen Osmond
780.289.6671



2852 Calgary Trail NW Edmonton, AB T6J 6V7

feliciadean.com jenosmond@remax.net

Wee Sleep Inn
BED & BREAKFAST

LINDA ALLEN
7312 - 156 STREET
EDMONTON, ALBERTA
WWW.WEESLEEPINN.CA
FOR RESERVATIONS
TOLL FREE: 877-484-1487
PHONE: 780-484-1487
LINDA@WEESLEEPINN.CA



Your Gardener
780 • 240 • 2500
gardener@telusplanet.net
*Outstanding Care of Your Complete Landscape
Seasonal Cleanups • Regular Maintenance*

RIO SPRING YOGA!



March 25-June 13, 2013

Rio Terrace Hall

Monday 7:30-8:30 pm
Tuesday 7:00-8:00 pm
Thursday 9:00-10:00 am

Please bring a mat and a blanket.
\$165/session All levels welcome!
Karen Hamdon 780 489 5920
www.consciousyoga.org



NOW ACCEPTING REGISTRATIONS FOR

RioTerrace community Preschool

Come out and play!



- Many programs available:
 - 3-year-old morning
 - 4-year-old morning
 - 4-year-old afternoon
 - Run as a parent co-operative with a family focused approach.
 - Experienced teachers with low student to teacher ratios.
 - Exciting activity stations, fun field trips, and visitors!
 - Daily physical activity, educational games, and crafts!
 - Pre-kindergarten curriculum and teaching.
- and so much more...

Located just off the Whitemud at:
15500 – 76 Avenue
Edmonton, AB T5R 4L8

Hurry, space is limited!
780-487-0640, rtpreschool@telus.net
www.rioterracepreschool.ca

Better to remain silent and be thought a fool than to speak out and remove all doubt. Abraham Lincoln

Karate for Youth and Adults



Challenge yourself with this wonderful family/individual opportunity to have fun while developing a strong body and mind.

Learn valuable skills in self defense.

Become stronger, faster and fitter while learning valuable karate techniques.

Our popular dojo is part of the respected province wide AKF network and has been running continuously since 1984.

Our club is proud to be celebrating over 29 years of unbroken karate training in Edmonton.

We welcome participants from as young as 8 years of age and have no upper age limit.

We are proud to have parents joining their sons and/or daughters in our classes.

The next session of classes start on Monday Sept 9 or Thursday Sept 12 2013, from 7:00 - 8:45.

Session fees are \$100 for one night or \$150 for both nights.

Please register with us at the Crestwood Community League (14325 - 96 Avenue), at class time

www.akfkarate.com

For further information please call Edna (780) 481-3153 / egchan@shaw.ca

15th Annual
Cornfest
Sat, September 7 Noon to 5pm

**Raising funds for the Edmonton
Firefighters Burn Treatment Society!**

- Hot buttered taber corn • Food and refreshments • Fire truck tours
- Live musical entertainment • Pony Rides • Face painting
- Petting zoo • And much more fun for all ages!

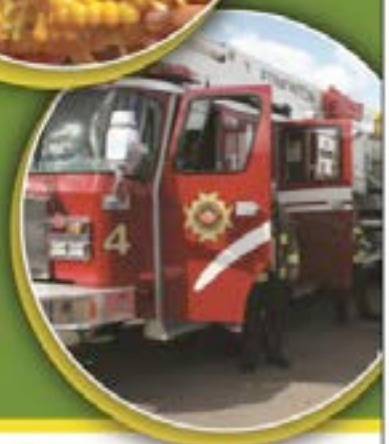
the MarketPlace at
CALLINGWOOD
69 Ave. & 178 St. callingwoodmarketplace.com



marketplaceatcallingwood



shopcallingwood



Sponsored by:



Examiner



servus
credit union

Global
EDMONTON

Performance Center
Services Inc.

Stucco

SAFeway

RE/MAX
EXCELLENCE

You leave old habits behind by starting out with the thought,
 "I release the need for this in my life". Wayne Dyer

ROOT FOR TREES

What do
TREES
 do for us?



- Improve air quality
- Reduce energy consumption
- Conserve water resources
- Stabilize stream and river banks
- Provide wildlife habitat
- Enhance natural and public areas

Root for Trees is an enhanced tree planting initiative to preserve and expand our urban forest through partnerships with corporations, individual residents and community groups.

Help us plant 16,000 trees each year!

Whether you want to organize a group tree planting party or team building event, remember a loved one with a commemorative tree, or plant trees in your neighbourhood, there are many options to choose from.

PROGRAMS:

Ways for you to
 get involved!

Naturalization

facilitated private group planting events at established sites

Have Shovel Will Travel

do-it-yourself plantings in existing natural areas

Request to Plant

do-it-yourself planting on public land in your neighbourhood

Commemorative Trees

request to plant a tree with a commemorative plaque

For more
 INFORMATION:



www.RootforTrees.ca

Email: citytrees@edmonton.ca

Phone: 311 or 780-442-5311
 (outside Edmonton)

Once Upon A Day Home



Callingwood Area - Edmonton, AB

www.onceuponadayhome.com

Call: 780.802.9824

E-mail: kristinemae@live.ca

Now accepting children for September 2013!



jazzercise. SALE!
SEPTEMBER 4 & 9

Start for \$0* Waived Joining Fee
 September FREE

*Start for \$0 with 12-month minimum registration or choose to start for \$25 with 6-month minimum registration. Offer valid for new customers. Redeem by Sept. 31/13.

Each 60-minute group fitness class offers a fun and effective total body workout set to today's hit music!

Classes offered Mondays & Wednesdays from 9:30 - 10:30 a.m.
 13535-122 Avenue (Kirk United Church) • Child Care Available

For more info call 780-970-3650 or email jazzercise.christine@gmail.com
www.facebook.com/JazzerciseChristineWorthing

Thought is the wind, knowledge the sail, and humankind the vessel.

Augustus Hare



OUR 1ST ADVENTURE TRAVEL SHOW IN EDMONTON!

Ryan Bourassa is your local
Adventure Travel Specialist!



Come meet Ryan at The Edmonton Adventure Travel Show. He's travelled to 52 countries, and his favourite destinations are Australia, Rwanda, Colombia, Antarctica and French Polynesia. He travels because he is passionate about adventure, culture and connections with nature. His next adventure will take him to Seychelles and Madagascar.

Contact Ryan to start planning your next adventure!

780.439.3096

rbourassa@TheAdventureTravelCompany.com

The Adventure Travel Company (ATC) delivers authentic travel experiences to the world's top adventure destinations. As the largest adventure retailer in Canada, we offer the widest selection of options. We combine our passion, expertise, and selection to create the perfect adventure for you!

WHEN: October 5th 9am – 5pm

WHERE: The Varscona Hotel located at 8208 106 Street Northwest

Spend the day with us and discover adventure travel options ranging from:

- Family Adventures
- Active Adventures
- Cultural Journeys
- Cruising and Cycling
- (cycling, yoga, trekking)
- ...and everything in between!
- Photography

On October 5th, meet our amazing team, some of our preferred tour operators, get inspired at our travel talks, and take advantage of exclusive travel deals! Attendance is FREE, so don't miss out!

Check out our website www.theadventuretravelcompany.com for more details, RSVP at <http://edmontonadventuretravelshow.eventbrite.ca/>, phone us at 780.439.3096 or stop by our office 8103 104 street.

RSVP NOW!



ADVENTURE TRAVEL
COMPANY

8103-104th Street, Edmonton
780.439.3096 | TheAdventureTravelCompany.com
facebook.com/AdventureTravelCompany | [twitter @atoadventure](https://twitter.com/atoadventure)

ON-4499355/4499372 | BC-34799 | QC-700230 | Canadian Owned



In Concert: Sue Decker

Friday Oct. 25 7:30 pm

RIO TERRACE CHURCH Performance Series

15108 76 Ave. 780.487.0211 www.rioterracechurch.org

Cash Wine Bar Free Snacks Free Child Care (reserve, please)

Tickets \$20.00 at the door; via pay pal, or by phone: 780.487.0211

GREEN CORNER continued from page 7

Okay, I'm at close to 800 words now and there're still so many issues related to GMOs to discuss. Clearly, I'm not going to get to everything. But I suggest you do some research for yourself. I see basically three sides to this important and growing debate: advocates, critics, and moderates. I classify myself in the last group. I'm definitely against GMOs and simultaneously, I realize that we're already eating them.

Even in organic foods. Oh yes. You read me right. According to a piece in The Western Producer (online), the organic programs manager for Nature's Path, a major North American organic foods label, indicated that "organic food made from corn, soybeans, canola and sugar definitely contain GMOs." Dag Falck spoke at the Guelph Organic Conference in February 2013 and cited unavoidable cross-pollination in the fields for what he calls "no such thing as zero percent of anything." (source: <http://www.producer.com/2013/02/time-to-fess-up-organics-have-gmos>)

Whether you consider "Frankenfruit" a laughable term or not, it's a good idea to educate yourself and your family about the state of global agriculture and issues such as food safety. My suggestion? Start with "Twenty Questions on Genetically Modified Foods" on the WHO (World Health Organization) site: <http://www.who.int/foodsafety/publications/biotech/20questions/en>.

From there, you might want to check out this excellent article from the US National Public Radio, or NPR, website: <http://n.pr/13EZeqF>. (It was a sooper long link! So I truncated it.) For those unfamiliar, NPR was originally the radio version of PBS television. NPR has expanded into various digital media I consider them a reliable source for US news.

All right, as usual, if you have any questions or comments please send them to rpqgreencorner@gmail.com.

COMMUNITY MEMBERSHIP MATTERS

Membership In YOUR Community!

Your community league welcomes all residents in Quesnell Heights, Patricia Heights and Rio Terrace to become a member by purchasing a community membership!

A yearly membership provides many benefits to you:

- discounts for renting the community hall for your next family event
- free use of the community tennis courts
- free use of the community skating rinks
- free community events like the recent "Big Bin- Dump Your Junk"
- discounts at City of Edmonton recreation centers
- **free community swim at the Jasper Place Pool on Sundays from 4-6 pm (September-June)**
Back once again! Just show your membership card at the pool.

A yearly membership provides many benefits to the community:

- membership fees help to pay for many community expenses:
 - programs like the summer playground Green Shack, Family Fun Parade, Frosty Frolics Event and Pub Night at Uncle Glen's
 - newsletters and flyers to keep you informed of community events and concerns like *proposed land rezoning or installation of cell phone towers*
 - maintenance of the community hall, the tennis courts and neighbourhood playgrounds
 - rink attendant for our community rink
 - monthly utilities of \$1000

Membership Rates: Family - \$40, Single Parent Family - \$20, Single/Couple - \$20,
Senior Couple - \$10, Senior Single - \$5

Community Memberships are valid from September 1st to August 31st each year.

Memberships are sold at the Mac's store during weekday business hours.

BIG BIN EVENT DETAILS...

Saturday September 21st, 9 a.m. - 4 p.m.

The following items will **NOT** be accepted and must be taken to the Eco Station:

Corrosive/ poisonous cleaners

bleach, drain, toilet and oven cleaners, paint/stain (empty or full cans, including aerosols), thinners, turpentine, varnishes, paint remover

Appliances and scrap metal

Televisions, computers and other electronic items or anything with a battery contain hazardous materials like lead, mercury and cadmium. They pose a threat to the environment if buried in a landfill. Fridges, freezers have refrigerants that need to stay out of landfill.

Lawn & garden

herbicide, pesticide, fertilizer

Automotive

motor oil, filters and containers, antifreeze, gas, diesel, and containers, all automotive fluids, tires, car batteries

Other

Partially full aerosol cans (recycle empty ones), batteries (any kind), caulking, cement powder, fire extinguishers, propane bottles or tanks, syringes (packaged in a plastic bottle), photo chemicals, glues

I don't believe you have to be better than everybody else. I believe you have to be better than you ever thought you could be. Ken Venturi

OUR COMMUNITY LEAGUE

is hosting a

MEMBERSHIP DRIVE

to the

BIG BIN!!

SEPTEMBER 21st, 2013

9:00 a.m. – 4:00 p.m.

Buy your new RIO TERRACE
Community League Membership
and then

“Dump Your Junk”

For residents of Rio Terrace, Quesnell
and Patricia Heights ONLY*.

* Must present valid Rio Terrace Community League Membership before participating.
Memberships will be available for purchase on site.

Our Community League members will be able to drop off items such as furniture, mattresses, household items, yard waste, flooring, building materials, and some appliances* free of charge.

Computers and other electronics will also be accepted for recycling.

***NOTE:** Appliances requiring CFC removal such as fridges, freezers, air conditioners, water coolers will **NOT** be accepted.

DO NOT BRING hazardous waste such as paint, varnish, household cleaners or batteries.



PARTY IN THE PARK

SAT. SEPT 7. 6-9
RIO TERRACE CHURCH PARK



Face Painting!
Jumpy Thing!
Ice Cream!
Molly's Eats Food Truck!
Hot Dogs!
FUN! FUN! FUN!

FREE TENT CONCERT

FEATURING

EDMONTON'S HOTTEST

CLASSIC ROCK DANCE BAND: DAMN IT JIM!

SILENT AUCTION
TO BENEFIT SOMALIAN ORPHANS

Rio Terrace: Your Community Church!
15108 76 Ave.

Passionate ... Progressive...Personable
www.rioterracechurch.org

