

# Community Matters

Proudly serving Patricia Heights • Rio Terrace • Quesnell Heights

*Living on the RIGHT side of the freeway!*

August  
2012  
Edition

## BIN THERE...dump that!

Last year, after hosting our very own Community Big Bin Event, we sat down at the end of the day and weren't sure whether to feel cheerful or disheartened. So instead we became inspired! We sold an amazing amount of community memberships, we met some great community members, we helped loads of people finally clean out that closet, garage, shed, and for some, get rid of that pile of junk that had been sitting forever! But, we also saw some items thrown away that may have been useful to others. We took some items to Goodwill, and there was that one lady from the neighbourhood that did her best to find a home for the keepers (we can't name her), but sadly much of it went to the dump.

SO, we had a thought (and it hurt)! What if this year we made our Big Bin Event a joint venture and had some not-for-profit second-hand organizations onsite that could take some items that were deemed still valuable? This way we could make it a true community win-win. Input anyone? Let us know, otherwise we look forward to seeing you on Saturday, September 22, 9-4 pm (see page 13 for details).

Have a great rest of your summer!  
Dawna-Lynne and Carlene



### Thank You Mac's!

We would once again like to thank our local Mac's convenience store for their on going support of our community. If you haven't yet enjoyed a refreshing Mac's Froster on a hot summer day, check it out – you'll be glad you did! Be sure to stop by in September and pick up your new community league membership!

## Rio Terrace Community League Annual General Meeting (AGM) will be held on: **September 26 2012 at 7:00 PM**



### A Message from the President

Help us keep our community vibrant and viable by coming out and volunteering to take one of the executive positions that are available. All that is needed are a few hours of your time a month. Have you thought about joining but concerned about time commitment? How about sharing a position with a spouse, friend or neighbour? Please come out and be apart of your community league.

Elections will be held at our next Annual General Meeting on September 26, 2012 a 7 PM for the following executive positions:

### Positions up for election:

Vice President	Treasurer
Programs Director	Membership Director
Social Director	

See you at the AGM!

*Tony Andrzejewski, **PRESIDENT***

There are two tragedies in life.  
One is not to get your hearts desire.  
The other is to get it.

George Bernard Shaw

## Community News

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

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Community League.

Proudly serving the neighbourhoods of  
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Patricia Heights.

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### League Membership Rates 2012-13

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 2012**  
**Submission Deadline:**  
**July 26, 2012**

## Rio Terrace Community League

### Executive, Board of Directors & Organizational

President Tony Andrzejewski 780-487-3964  
Vice President Peggy Nesbitt 780-487-8207  
Secretary Diane Harrington 780-453-1091  
Treasurer Auriana Burns 780-444-6684

Membership **YOUR NAME HERE**

Newsletter D-L Duffy Power  
[dlpower@shaw.ca](mailto:dlpower@shaw.ca)

Carlene Nohas  
[carasen@telusplanet.net](mailto:carasen@telusplanet.net)

Newsletter Circulation Shirley Bellrose  
[rbellrose@shaw.ca](mailto:rbellrose@shaw.ca)

Social **YOUR NAME HERE**

Programs Kelcey Stilwell 780-434-0746

Preschool Cheri Treasure  
[Cheri.Treasure@TreasuresInsurance.com](mailto:Cheri.Treasure@TreasuresInsurance.com)

Sign Peter Wong 780-487-7099

Maintenance Lance Burns 780-444-6684

Rinks Chris West 780-487-5913

Hall Rental Carrie Anne Doucette 780-757-9399

Soccer Coordinator Perry Wynn  
[director@rioterracesoccer.ca](mailto:director@rioterracesoccer.ca)

Scouts/Cubs Peter Wong 780-487-7099

Guides/Brownies Dana Ferguson 780-486-2642

Directors Helen Kukurba [kukurbah@shaw.ca](mailto:kukurbah@shaw.ca)  
Rhonda Holterhus 780-443-4624

Corinne Pagee 780-489-7933

Peter Wong 780-487-7099

Lance Burns 780-444-6684

Jen Osmond [jenosmond@remax.net](mailto:jenosmond@remax.net)

# COMMUNITY GARDEN MATTERS

## Rio Gardens! Community Garden

It's been a great first season for Rio Gardens! community garden.

Back in May of this year, a number of garden members and assorted helpers came out and spent the day measuring, drilling, lifting, talking and laughing their way to building ten new raised garden beds.

Special thanks to Jim Stevenson for his plans and expertise!



*(a bit of pizzazz added to one garden bed)*

All ten of the new beds, as well as the two beds from last year's pilot project, are now filled to the brim with things growing in all sorts of directions.



*(several hearty volunteers and the pile of materials used to make 10 garden beds)*

We also had a nice turnout for our Inauguration Event in June.



Heartfelt thanks to Desi Allen and her daughter, Lexi, plus their crack team of helpers, who created this event and made sure there was plenty of food, drinks, prizes - and balloons! - during that very windy day.



*(Lexi paints sister Noa's face)*

If you haven't been by to check us out, please come by 15108 76 Ave. - otherwise known as "in back of the church!" - and take a stroll amongst the beautiful, growing gardens there.

We hope to have our official sign up in the very near future, so please watch for that. Thanks to Keita Hill for exceptional work on our signage!

Our next garden bed building event is slated for this Autumn (2012). We should have another group of ten beds built and ready for additional members for next year's growing season.

continued on page 5



## NEIGHBOURHOOD MATTERS



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### Apparently, rain is NOT the mortal enemy of a bike parade!

The best part about getting up early to put out parade route signs this year was sitting in the coffee shop, sipping coffee with a good friend and waiting for the rain to stop... The best part about having a bike parade on a rainy day was seeing the huge number of participants who were inspired to head on out for some community fun despite the ongoing showers. The very best part of the day was realizing that we never have to worry about the weather again on bike parade day. It just works! The bikes were ridden, the food was eaten and the participants seemed quite pleased with the afternoon. A huge thank you goes out to our local realtors, Jen Osmond and Felicia Dean, who once again showed their community support by showing up with a most delicious Canada Day cake, and to Save On Foods who graciously supplied the hot dogs! Rain or shine, see ya'll next year!




**RICHARD ANGUS**  
Associate




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### COOKING DEMOS WITH CHEF JOHN BERRY!

The Callingwood Farmers' Market is thrilled to welcome culinary-whiz and well-known television personality and journalist, John Berry. John will demonstrate custom recipes he has created using delicious ingredients from Callingwood Farmers' Market vendors.

**Sunday, August 12 • Show times 11 a.m. & 1 p.m.**

6655-178 St. • [www.callingwoodmarketplace.com](http://www.callingwoodmarketplace.com)

*the MarketPlace at*  
**CALLINGWOOD**

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## OUR HALL MATTERS

Community Garden continued from page 3

Speaking of which ... we are always looking to welcome new members to Rio Gardens! One-time membership fee of only \$1! Full garden beds are 4' x 12'. Bed fees are \$40 for a full; \$20 for a half. What's more, 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.



(Keita Hill with his growing garden)

Please contact us at 780.487.0211 for more information on our Autumn garden bed building event as well as for information about how to join! We'd love to have you.

- Sandra Gangel for  
Rio Gardens!

'Community building and sharing through gardening'



### Experienced piano teacher

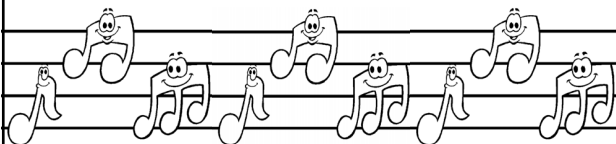
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### Roofs and Rugs

#### a message from Lance Burns

As many of our community league hall users can tell you our building is well used. As with any facility with great usage, our hall has started to look a bit ragged around the edges. It needs a bit of TLC to get it looking as fresh and vibrant as the community members that frequent it!

Improvements take a fair bit of time trying to coordinate everything around the busy rental schedule. We just finished having a great clean-up happen outside of the hall with tree and weed removal, power-washing, and a general once over that was sorely needed. Inside, we have recovered the carpet stage and replaced our old heavy tables and wobbly chairs with lightweight tables and comfortable chairs. Now when you rent the hall you will have an easy set-up and tear down with a relaxing place to sit!

Over the next month or so we will see the flat roofs and the pitched roof being repaired and renewed. Renovations are expensive; however, we have been diligent in getting numerous quotes and doing quite a few walk throughs to ensure we are getting the best work for our dollars. Once the hall "envelope" (exterior) is fixed-up and secure (ahem...no leaks) we will then move on to the next phase of our maintenance and improvements by addressing the inside of the hall.

Your community membership dollars and your volunteering helps ensure that our facility remains top notch and a great place to hold events. If you have any ideas or would like to offer a specific service to aid in making our hall the best it can possibly be, please contact me, Lance Burns at [lburns@shaw.ca](mailto:lburns@shaw.ca) or 780.906.5277, to share your ideas or skills.

Our community hall is a valued asset to our community events and programs. Be sure to notice the upgrades and changes as you drive by or use the facility. Many volunteers and professionals in our community continue to work hard keep everything top notch... from roofs to rugs!

The best way to pay for a lovely moment is to enjoy it.

## Symmetry Spinal Care Open House Event



Where: Patricia Heights Shopping Centre  
Symmetry Spinal Care

When: Friday, September 7, 2012

3:00pm - 7:00pm

Who: YOUNG

Join us for a neighborhood party  
and enter to win one of  
several prizes!

\* Come in for a postural  
assessment and be entered for a  
complimentary consultation.

\* Enter to win a one-hour massage  
from our neighbour Morric  
Massage

\* Enjoy snacks and beverages

\* Bring a donation for our  
neighbour, Goodwill, and you will  
be entered for a second time!



Please RSVP by September 4th, 2012

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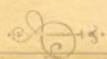


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*It's Hard To Stop A Train!*



## **Community Matters**

**Green Corner with Sandra Gangel**

We've all heard by now of recycling, right? We've all searched for that tiny triple-arrow circle/symbol thingy to make sure what we're putting in the blue bag is meant to go in the blue bag. (Although none of us really knows what the number means.)



Then, our hard-working collectors come around every week and sling those see-through blue bags into their collection trucks. From there, we have a vague idea that stuff gets sorted and magically gets turned into something else useful again. It may or may not involve fire at high temperatures and special moulds for re-shaping. And there may be some wet, squishy paper pulp somewhere along the way....

Actually, recycling is just one part of a larger consideration for us as consumers. There is something called the Green Cycle and its parts are as follows:

**Recycling** is processing used materials into new products. In true Recycling, the product never becomes waste; as in turning box board into new cardboard boxes or used sheets of paper into ... new sheets of paper - and so on and so on and so on ....

**Upcycling** is creating things of better or equal quality, or creating new materials, from waste materials or useless products; this covers everything from making insulation from old denim - yup! it's done - to turning an old door into a dining-room table.

**Downcycling** is reusing a product for a lesser-quality purpose. While it can save on CO<sub>2</sub> emissions and water consumption (as compared to creating something from new raw materials), downcycling is controversial because it results in a degraded product. Plastics "recycling" is the best example of this: the recycled material is degraded over time because it's increasingly mixed with more and

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A man in love is incomplete until he has married. Then he's finished.

Zsa Zsa Gabor

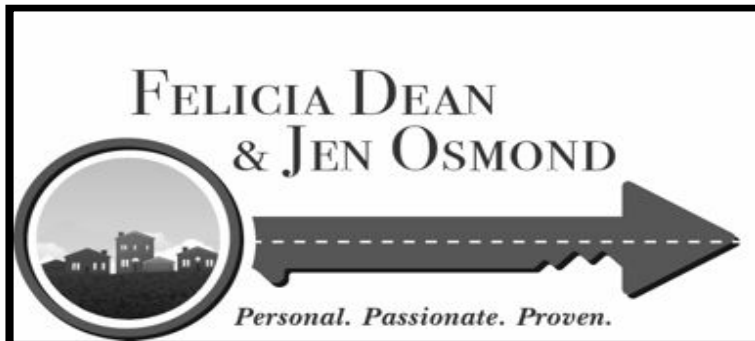
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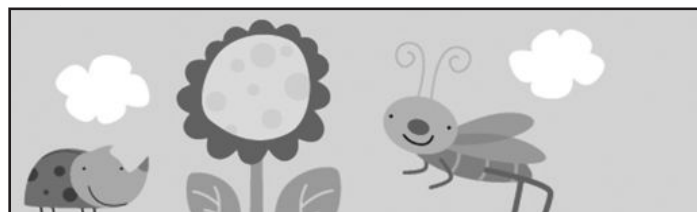
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## Birds of a feather flock together and leave gifts on your car.



Green Corner continued from page 7

more other plastics that lower its reusability, thus also lowering the number of times it can be recycled. With each iteration of downcycling, the quality and value of the downcycled product diminishes until the product becomes waste. Most of the recycling we do is actually downcycling.

**E-cycling** is the recycling of electronics; as in dropping off an old computer at the Eco-Station and letting them get it to a company that will dismantle it for usable parts. (Hopefully, said company will NOT be shipping that work overseas, where small children, working in polluted areas, will be taking said components out.) Ideally, E-cycling can help prevent some toxic e-waste - like cadmium, mercury and lead - from leaching into the environment.

**Freecycling** is giving away things for free instead of just throwing them out; as in, giving stuff away instead of throwing it out. ☺

And then there's **Precycling**. This is when you consider all of the above factors before you buy. This could mean looking for something in the list of materials that states that all or part of the product is made from recycled materials and/or that alternative energy was used at the factory that made the product.

As you can see, there are a lot of ways that we, as consumers, can affect the nature of our world. Now that recycling has become old hat, let's challenge ourselves with another element of the Green Cycle.

(**Author's note:** thanks to various sources, such as [ways2gogreen.com](http://ways2gogreen.com) and From Cradle to Cradle by McDonough & Braungart, for the definitions above.)

Here's an alternative perspective on how to change the world. It's the new movie from The Story of Stuff Project: The Story of Change. From their website:

Can shopping save the world? The Story of Change urges viewers to put down their credit cards and start exercising their citizen muscles to build a more sustainable, just and fulfilling world.

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# AFFINITY

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\* Denotes Professional Corporation

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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](mailto:karen.leibovici@edmonton.ca)

The sole purpose of a child's middle name is so he can tell when he's really in trouble.



## Lynnwood Veterinary Hospital

**Under New Management**

14911—89 Avenue • 780.484.6672



New owner, Dr. Tammy Wilde, thanks you for your continued support of Lynnwood Veterinary Hospital. Dr. Wilde is excited about the changes being implemented and invites you to drop in to see some of these changes. Dr. Waterman, Dr. Beggs, Dr. Wilde and the rest of the staff look forward to serving you and your pet.

### What is Heartworm Disease?

Heartworm disease is a serious and potentially fatal condition caused by parasitic worms living in the heart and lungs of dogs and cats. It is transmitted when a mosquito carrying infected heartworm larvae bites another animal and transmits the infection. Once a pet is infected, the larvae will move into their tissue and then the heart where they grow and reproduce. Although heartworm is not common in Alberta, it is in neighboring provinces and across much of Canada. If your pet is traveling out of province, it is essential to protect against heartworm. Preventative treatment comes in tablet and topical medication (liquid drops) which are given once a month during the spring and summer seasons. If your pet has traveled out of province and is showing signs of coughing, tiredness, anemia or does not want to exercise, you should seek medical advice from your veterinarian. A simple blood test can confirm whether or not they have heartworm disease. If they test positive - and it is detected early - treatment is available.

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Green Corner continued from page 9

Please check this film out here: [storyofstuff.com/movies-all/story-of-change](http://storyofstuff.com/movies-all/story-of-change). The Story of Stuff Project originates in the US, but its message of citizen action in this movie, and of responsible consumerism in its first movie, is universal.

This has been the first edition of the second year for the Green Corner. Thank-you, neighbours and friends, for your attention to the topics presented here. I hope that you continue to consider your actions and how they impact our futures. If you would like to contact me to comment or to suggest a future column topic, please send me an email to: [rpqgreencorner@gmail.com](mailto:rpqgreencorner@gmail.com). Until next time ... !

Sandra Gangel

## Rio Terrace Cookie Blitz!

On Saturday **October 20th** the 196 Girl Guides will be selling delicious chocolate mint Girl Guide Cookies from 1:00-3:00pm (while supplies last) at 76 ave and 156 St (Near Mac's Convenience store).

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[www.bonniedoombowling.com](http://www.bonniedoombowling.com)



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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 fall session classes start on Monday Sept 10 or Thursday Sept 14, from 7:00 - 8:45.  
Session fees are \$90 for one class or \$140 for both nights.  
Please register with us at the Crestwood Community League (14325 - 96 Avenue), at class time

[www.akfkarate.com](http://www.akfkarate.com) For further information please call Edna (780) 481-3153 / [egchan@shaw.ca](mailto:egchan@shaw.ca)

# OUR COMMUNITY LEAGUE

is once again hosting a

## MEMBERSHIP DRIVE

to the

# BIG BIN!!



**SEPTEMBER 22<sup>nd</sup>, 2012**

**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.

Residents will be able to drop off items such as old couches, chairs and some appliances\* free of charge.  
Computers and other electronics will not be accepted.

**\*NOTE:** Appliances requiring CFC removal such as fridges, freezers, air conditioners, water coolers are not accepted.  
**DO NOT BRING** hazardous waste such as paint, varnish, household cleaners or batteries.

**A sharp tongue and a dull mind are usually found in the same head.**

# 14th Annual Cornfest

Sat, September 8 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 • Carnival games & activities
- Face painting • Petting zoo • And much more fun for all ages!

  
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## MARIA DUNN

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Light Refreshments

**TICKETS: \$20.00**

Tickets: [www.rioterracechurch.org](http://www.rioterracechurch.org)

15108 76<sup>th</sup> Ave.

Or phone 780.487.0211



"...remarkable singer-songwriter, think of her as a distaff Woody Guthrie." **M. Ross, Edmonton Sun**

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### Good Bye JCC

It appears we have reached the final chapter in the life of the Jewish Community Centre in Rio Terrace, and the first chapter for a most scenic piece of land that awaits development in Rio Terrace. Below is a letter containing information that the developer has shared with the Community League;



June 29, 2012

Rio Terrace Community League  
15500 76 Avenue NW  
Edmonton, Alberta  
T5R 4L8

Attn: Tony Andrzejewski, President

RE: JEWISH COMMUNITY CENTRE

The Jewish Community Centre is being acquired by a Trust with the objective of proceeding with the single family development that was originally approved by the City of Edmonton in 2008. The beneficiary of the Trust is Our Parents Home, a seniors project to be constructed on Jasper Avenue.

The intent of the Trust is to demolish the existing building during the summer of 2012 and proceed expeditiously with the single family development.

It would be appreciated if you could convey this information to your community and residents.

If you have any questions with respect to the same, please feel free to contact our office at (780) 431-2805.

Sincerely,

  
Jim Brown  
Sherrick Management Limited

JAB/mzm

# 4<sup>TH</sup> ANNUAL PARTY IN THE PARK

SAT. SEPT. 8  
6-9 PM

Children's Activities,  
Food, Silent Auction &

A TENT CONCERT  
FEATURING THE  
MUSIC OF:

**DAMN IT JIM!**

*Edmonton's Hottest  
Classic Rock Dance Band*



This year's silent  
auction will  
benefit  
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THING,  
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