

Community Matters

Proudly serving Patricia Heights • Rio Terrace • Quesnell Heights

Living on the RIGHT side of the freeway!

February
2013
Edition

A New Year's Resolution?

The clock strikes midnight, champagne, friends and good wishes at hand – but really, isn't that usually where the resolve starts to fade and the disappointment begins? How about instead of making New Year's resolutions that more often than not leave us with a feeling of guilt and disappointment (sometimes even self-loathing), why not vow that this year life will take us exactly where we're supposed to go... Maybe it WILL be the year that we lose weight or stop smoking or learn to play piano...

But what if it's not? What if it's not SUPPOSED to be? What if we end up putting all our effort and focus into transforming some part of our life, and it doesn't happen? Then what? We've failed... Is that okay? What if this year we just do our best to do the "right thing". What if we decide one morning to skip the workout and instead climb into bed with our child and cuddle for 20 minutes before the morning rush to get ready for school? *Did we do the right thing?* What if while grocery shopping we bought a sinful dessert, for a midweek treat after dinner, for no reason other to enjoy it with the family after a stressful day? *Did we do the right thing?* What if for whatever reason we caved to the craving and head outside for one last cigarette in the evening only to notice a couple of playful rabbits bouncing down the street and that the snow truly looks like diamonds falling to the ground. *Did we do the right thing?* What if we are walking our dog early in the morning and there is not a soul in sight... do we bother picking up? *Did we do the right thing?*

Whatever way it flows, we wish each of you a great year full of right - or wrong, things!

See you in May!

Carlene and Dawna-Lynne



COULD IT BE YOU?

The Membership Director board position is open for a 2 year term.

If you are interested in joining our fun board please contact Tony (President) at 780-487-3964

MEMBERSHIP DIRECTOR:

- ✓ Be responsible for the organization, timing and completion of the annual Membership program
- ✓ Keep a record of and maintain the membership lists and other records pertaining to membership.
- ✓ Ensure compliance with EFCL Code of Ethics with respect to selling membership.
- ✓ Prepare an annual budget for membership and submit it to the treasurer
- ✓ Review and prepare policy and procedures with respect to membership
- ✓ Report monthly to the Board of Directors.



Community News

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

Published in:
February / May / 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: May 2013
Submission Deadline:
April 26, 2013

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 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

Rio Terrace Community Soccer

Registration for the 2013 Outdoor Soccer season (community level of play) will take place at the Rio Terrace Community League Hall on Saturday **March 9 from 10:00 AM to 2:00 PM**. Please attend this session if you can.

There will also be a late registration session on Tuesday March 12 at Good Shepherd Elementary School (18111 – 57 Ave NW) from 6 PM to 9 PM.

Please contact director@rioterracesoccer.ca if you are not able to attend either of these registration sessions.

Each player being registered for community soccer needs to provide proof of community league membership, AB Health Care Card, and 2 cheques (1 for U-6).

The Outdoor Soccer Program is for children aged 4 through 18 (as of Dec 31, 2013) with age groups, birth years, fees (tentative) and nights of play (tentative) as follows:

U6	2007-2009	\$85	Mon & Wed 6:15 PM
U8	2005 & 2006	\$105	Tues & Thur 6:15 PM
U10	2003 & 2004	\$145	Mon & Wed 6:15 / 7:30 PM
U12	2001 & 2002	\$180	Tues & Thur 6:15 / 7:30 PM
U14	1999 & 2000	\$205	Mon & Wed 6:15 / 7:45 PM
U16	1997 & 1998	\$205	Sun & Thur 6:15 / 7:45 PM
U18	1995 & 1996	\$205	Sun & Wed 6:15 / 7:45 PM

The Outdoor Soccer season is scheduled to start (weather permitting) April 28 and runs through to the end of June, followed by City Championships (early July) and Inter-Cities Championships (mid July).

The U6 Fun Soccer Program is a great introductory program for future soccer players. On Monday and Wednesday evenings at the Rio Terrace soccer field during May and June you will see mixed (age and gender) teams of boys and girls aged 4 through 6 learning about soccer and team play as they emulate their dinosaur team names (a Rio Terrace tradition) and battle for supremacy, or at least to have a lot of fun and most importantly to be the team with the best treats!! Children aged 4 – 6 play in this fun oriented skill development Program where the parents have fun as well through assisting with the team coaching or providing team snacks.

The **U8 Program** continues the focus on individual player skill development through the format of a 20 – 30 minute skills and training session followed by a 25 – 30 minute game each night.

Two volunteer positions are still available in support of the Rio Terrace Community Soccer Program. Please consider whether you are able to help make your community a better place through taking on either of these positions – if interested or would like more info please contact director@rioterracesoccer.ca

U-6 Fun Soccer Coordinator

Coordinates the U-6 Fun Soccer Program for Rio Terrace.

Rio Terrace Community Soccer Registrar

Schedules and manages the twice yearly registration process for the Rio Terrace community soccer program.

2012 / 2013 Indoor Season an Exciting Journey

The 2012 / 2013 Indoor Soccer season has been a very exciting season for the 9 Rio Terrace teams. 5 of the Rio Terrace teams are playing in the top tier level for their age group – the result of several seasons of hard work by players and coaches alike. City Finals take place Feb 23 & 24, and we look forward to hearing of successful results for the Rio Terrace teams. We anticipate that a few Rio Terrace teams will advance to either of Inter-Cities Championships or Tier 4 Provincials in March.

All of the Rio Terrace teams are participating in the season ending tournaments (Slush Cup or the U8 & U10 Mini Fests) for their age level.

Good luck to all teams for their remaining games, the end of season tournament and any post season events that they may advance to.

Many thanks once again to all of the players, coaches and managers whose hard work and dedication have provided so many great moments at the soccer fields. Our soccer playing children – and the parents as well - truly benefit from the efforts of so many volunteers who work so hard to provide a supportive and fun learning and sporting opportunity for our youth.

Sometimes the most important thing in a whole day is the rest we take
between two deep breaths ~ ETTY HILLESOME



LENDRUM EYECARE



New Patients Welcome!

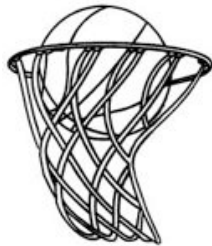
Dr. Kelsey Ford
Optometrist

5822-111 Street Edmonton
780-437-1409 Next to Jack's Grill
Lendrumeyecare.com

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-scuff 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.



*Hello neighbours! I recently moved into the
community – if you are looking to replace your
windows and/or doors, please call me for a
FREE in-home consultation!*

Timothy Wong
#780-717-2733

All Weather Windows Renovations
18550 – 118A Avenue NW
Edmonton, Alberta, T5S 2K7
twong@allweatherwindows.com

*Mention this ad and receive **15% off** your order – on
top of any All Weather Windows promotion!*

Offer expires April 1st, 2013.

GREEN COMMUNITY MATTERS

Rio Gardens! Community Garden

The community garden is always happy to welcome new members! One-time membership fee is just \$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.

Please call **780.487.0211** to join Rio Gardens! and to obtain more information. We are located at 15108 76 Avenue, just behind Rio Terrace Moravian Church.

Important note: *Rio Gardens! is looking for a new chairperson. Call now to find out more about how you can help guide our community garden into the future.*



Rio Gardens! kicked off 2013 with its Annual General Meeting in January. Rumour has it homemade goodies and Tim Horton's coffee made the AGM delicious as well as informative.

Community Matters

Green Corner with Sandra Gangel

Have you ever been frustrated by someone else's mess? You know what it's like. You round that corner in the house or you step down on that last stair and there it is: a livingroom strewn with toys or a bedroom floor dotted with mysterious heaps of clothing or someone's science experiment literally exploded all over the kitchen counter.

And you think, *Seriously, who do they think's gonna clean this up?*

At this point, you've basically got two options.

You can ignore the mess because, frankly, you weren't responsible for it, and with any luck, if you ignore it long enough, someone else will take care of it; hopefully, the same someone who made the mess in the first place.

Or, you can pitch in and clean it up yourself this time because that mess is a major obstacle in the house that you all share, so someone's gotta do it. You make a note to speak with the mess-maker to find a way to keep things tidy that works for everyone. And next time? It's their turn.

The green movement is bit like that.

I don't personally know anyone who's poisoned any lakes or rivers, inadvertently or otherwise. Most of us have never given the ok to clear cut thousands of acres of pristine forest. I can't imagine any of my acquaintances has voted for an industrialized food production system in which we manufacture crops, replete with chemicals and additives, rather than grow them. And I doubt any of us actively advocate for growing animals for meat, as though they're plants you can pack into boxes/cages, rather than living creatures requiring a healthy diet and freedom of movement.

But here we are anyway.

It's great that so many of us have made lifestyle changes, such as carpooling or using mass transit more often; eating more vegetarian meals; and no longer using plastic bags. That's a perfect place to start.

At the same time, being involved in the green movement goes beyond how many CFL light bulbs you've switched to or when you're finally going to start buddying up your trash with that of your neighbour. (Next week, right?)

continued on page 7

Will You Lend A Hand To End Cancer?

All our lives have been touched by cancer in one way or another - whether it is a friend, a family member or ourselves. Here is an opportunity to do something to help.

The Tomorrow Project is the largest research study ever undertaken in Alberta. Its primary goal is to discover more about what causes cancer, so that it may be prevented in the future. Information provided by people who join the Tomorrow Project may also be used to learn more about other long-term health conditions.

We are seeking 50,000 Albertans between the ages of 35-69, who have never had cancer to join this long-term study by mid 2013.
Do it for your friends, your family...your children and their children.

The Tomorrow Project is supported by **Alberta Health Services**, the **Alberta Cancer Foundation**, **Alberta Innovates Health Solutions** and the **Canadian Partnership Against Cancer**.

For more information or to join the Tomorrow Project visit
www.in4tomorrow.ca



count me in
4 tomorrow

AFFINITY
DENTAL GROUP

Dr. Randy Crowell *
* Denotes Professional Corporation

P 780.484.6644
F 780.483.9531
mayfield@affinitydentalgroup.ca

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

www.affinitydentalgroup.ca

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

total e eyes

DR. NEEPUN SHARMA & ASSOCIATES
780-481-2795
144 Meadowlark Health Centre (inside Mall, near
Walmart and Shoppers Drug Mart).

- Professional Eye Exams for Infants, Children, Adults, and Seniors.
- Eye Disease Testing and Treatment
- Designer Frames and Sunglasses
- High quality lens options
- Complete Contact Lens Services
- Emergency Eye Care
- New patients welcome

Don't underestimate the value of doing nothing, of just going along, listening to all the things that you can't hear, and not bothering... A.A. Milne

Green Corner continued from page 5

Being involved in the green movement necessitates educating oneself about the issues. This means researching the difference between “global warming” and “climate change.” This means finding out what ocean acidification is and why it matters. This means looking into why a 2-degree Celsius increase in the planet's temperature is vitally imperative to avoid.

It can seem daunting, navigating through the billions of bytes of information available online about the global environmental crisis. Here is a list of three possible organizations to start with:

The David Suzuki Foundation:
www.davidsuzuki.org. This is the eponymous foundation created by the long-time Canadian broadcaster and environmental activist to “work with government, business and individuals to conserve our environment by providing science-based research, education and policy

work.” (from their website) The website provides ample information about various issues related to the environment, mostly related to Canada. This is a great starting point for anyone looking into national and even local issues.

350.org: www.350.org. This organization works to build a “global grassroots movement to solve the climate crisis.” (from their website) They have so far been instrumental in creating rallies and events in 188 countries. Scientific modeling has stated that the planet's atmospheric CO2 levels, which are currently at 392 parts per million (ppm), must be lowered to below 350 ppm in order to preserve our planet. This number, 350, is where this organization takes its name. The president and co-founder of 350.org is Bill McKibben, an American activist and author of the first published book on global warming (*The End Of Nature*, c1989).

continued on page 8

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

ROOFTOP SNOW-RAKING ONLY \$20

- PREVENT COSTLY ICE-DAMMING
- 3 FEET ABOVE EAVES
- NOTHING LEFT BEHIND ON
SIDEWALKS OR DRIVEWAY

CALL OR TEXT TOM
AT 780-993-2567

A crust eaten in peace, is better than a banquet partaken in anxiety. ~ Aesop

Green Corner continued from page 7

For Our Grandchildren:

www.forourgrandchildren.ca. This is a Canadian not-for-profit based in Toronto that welcomes grandparents across the country and around the world to join their mission: "to empower grandparents to take the urgent action needed to address the causes and impending effects of climate change. We are motivated by the fact that it is our grandchildren who will be adversely affected if we fail to make the changes necessary to protect the environment and address climate change." (from their website)

There are also many sites online that refute that there is an environmental crisis at all. I urge you, if you are at all confused or intrigued about the seemingly contradictory arguments, to visit these two sites:

Skeptical Science: www.skepticalscience.com; click on "**Newcomers Start Here.**" This page

does an excellent job of explaining why there seems to be wildly opposing scientific arguments on the topic of global warming.

The Climate Reality Project: <http://climaterealityproject.org>; Founded by Al Gore, former USVP and Nobel Laureate, this group aims to mobilize international leadership in meeting the challenge of global warming. This website has many videos and articles explaining common myths and how to debunk them. Please check out the video "Climate 101 with Bill Nye," showcased right on the homepage, for a fantastic four-and-a-half minute primer on global warming.



Thanks for sticking with me this far. I've just got one more question for you: do you want to clean up this mess or not?

- Sandra Gangel / rpqgreencorner@gmail.com

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

The easiest way to find something lost around the house is to buy a replacement.

Real World Job Descriptions

A programmer is someone who solves a problem you didn't know you had in a way you don't understand.

A consultant is someone who takes the watch off your wrist to tell you the time.

A banker is a fellow who lends you his umbrella when the sun is shining and wants it back the minute it begins to rain.

(Mark Twain)

An economist is an expert who will know tomorrow why the things he predicted yesterday didn't happen today.

A statistician is someone who is good with numbers but lacks the personality to be an accountant.

A mathematician is a blind man in a dark room looking for a black cat which isn't there. (Charles R. Darwin)

A lawyer is a person who writes a 10,000 word document and calls it a "brief."

A psychologist is a someone who watches everyone else when a beautiful person enters the room.

A professor is one who talks in someone else's sleep.

A diplomat is someone who can tell you 'where to go' in a way that makes you look forward to the trip.





**PATRICIA HEIGHTS
DENTAL - CENTRE**

Dr. Donald Chin
Dr. Grace Lee
Dr. Dave Yuen

7640 - 156 Street
Edmonton, AB
T5R 4K7

phone 780 444 7333
fax 780 483 1446

"New Patients Are Always Welcome"

*Creating
Beautiful
Smiles*

WE GET YOUR PARTY HOPPIN'



780-953-JUMP (5867)
kangainflatables@gmail.com
www.kangainflatables.com

- *Bouncy Castles *Inflatable Slide
- *Combo Units *Popcorn Machines
- *Bubble Maker *Tables & Chairs
- *Tents & Much More....



ROYAL LEPAGE

Noralta Real Estate
INDEPENDENTLY OWNED AND OPERATED

200, 15057 Stony Plain Road
Edmonton, Alberta T5P 4W1

BUS: 780-455-4181
FAX: 780-452-3716
CELL: 780-908-9419
E-Mail: rangus@shaw.ca

RICHARD ANGUS
Associate



I find I always have to write something on a steamed mirror. ~ Elaine Dundy

Keep your walks clear and safe...

Just a quick reminder that sand is available to you, free of charge, from the community hall sand box at the back of the parking lot.

Spreading sand or gravel on icy sidewalks and walkways helps provide traction, making them easier and safer to walk on - just remember to bring your own container!



Snowshoeing in Edmonton

Explore Edmonton's winter wonderland on snowshoes. Snowshoeing, a traditional mode of transportation for Canadian Aboriginal peoples, remains one of the best and most practical ways to travel on deep snow. Snowshoeing provides transportation for exploring, bird and wildlife viewing or exercise.

For recommended snowshoeing locations, please visit the website:

www.edmonton.ca/attractions_recreation/sport_recreation/snowshoeing.aspx

Shinny Hockey and Free Public Skating Schedules

For Child/Youth and Adult Shinny Hockey Schedules and information check out the City of Edmonton Website at:

www.edmonton.ca/attractions_recreation/sport_recreation/shinny-hockey.aspx

View the schedule for Free Public Skating Drop In which is sponsored by the City of Edmonton and the Kinsmen Club of Edmonton at: www.edmonton.ca/attractions_recreation/sport_recreation/public-skating.aspx

Wee Sleep Inn
BED & BREAKFAST



LINDA ALLEN
7312 • 156 STREET
EDMONTON, ALBERTA
WWW.WEESLEEPINN.CA
FOR RESERVATIONS
TOLL FREE: 1-877-484-1487
PHONE: 780-484-1487
LINDA@WEESLEEPINN.CA

Smart advice to grow your wealth

Studies* show that clients of financial advisors tend to start saving earlier and have higher net worth. An advisor will help you:

- ▶ set appropriate planning targets
- ▶ choose the right financial vehicles
- ▶ build the right mix of investments

With The Plan by Investors Group™, I can help you save tax and better weather unpredictable markets.

Contact me for your copy of "The value of The Plan" and get started today.

Carole Kuypers

Consultant

carole.kuypers@investorsgroup.com

(780) 449-1487

The Plan
by  Investors Group

* Value of Financial Planning: Study by the Financial Planning Standards Council, 2010
™ Trademarks owned by IGM Financial Inc. and licensed to its subsidiary corporations.
MFI 594 (3/2010)

Some of the secret joys of living are not found by rushing from point A to point B,
but by inventing some imaginary letters along the way. ~ Douglas Pagels

EDMONTON

Frosty Frolics

@ Rio Terrace Community League
Location: 15500 – 76 Ave

Come join us for an afternoon full of winter fun! Try your hand at bannock making, snow painting, fort building, snowshoeing, skating, shinny, board games, and family-themed crafts. This event is sure to be a great time for people of ALL ages!

DETAILS:

Saturday, February 9

3:00 – 7:00 pm

FIREWORKS @ 6:15 pm

Cost: Free!

FAT FRANKS hotdogs: \$3 each

FREE Hot chocolate, CAPS coffee, popcorn, cake and more!

Come
drop in for
this **FREE**
and **FUN**
event!



Edmonton

COMMUNITY CHURCH MATTERS

Rio Terrace: Your Community Church!
15108 76 Ave.

www.rioterracechurch.org



Thank You Rio Terrace!

For your Support of ILLUMINIGHT 2012
and helping the homeless...together we raised over \$2,000

Special thanks and appreciation to Re/Max Accord Realtors Felicia Dean
and Jennifer Osmond, the RT Community League, and the City of
Edmonton for sponsoring the sleigh rides this year!

What an incredible community!



In Concert at RTC
T. Buckley

Friday May 4

7:00 PM

\$20.00

Cash Bar

Free Child Care

www.tbuckley.ca

Upcoming Events:

Monthly Cooking
Classes

Banff Ski Wknd
for Sr. Highs

Children for a
Better Tomorrow

Summer Camps
for Kids

Tai Chi

RTC Book Club
Second Wed. 7:00 pm

Upcoming:
Ragged Company
The Gargoyle

Everyone is Welcome!



Refresh
Your Spirit

Re-live an old/good
story this Easter...

Palm Sunday Gathering
10:30 March 24

Christian Seder Meal
Thurs. March 28
5:30 PM

Good Friday Experience
March 29
7:00 PM

Easter Sunday March 31
Meditative Sunrise Walk
6:30 AM

Hot Breakfast 7:15 AM
Easter Service 10:30 AM

You Are Welcome Here!

Open Hearts...

Progressive Thought...

Good Folk!



Give us a like