

Community Matters

May 2014
Edition

Proudly serving Patricia Heights • Rio Terrace • Quesnell Heights

Living on the RIGHT side of the freeway!

March Mingle was Marvelous!

Do you know your neighbours? Well, many community residents came out to the very successful "March Mingle" on March 26 at the community hall. Everyone met someone they didn't yet know from our neighbourhood and had a great time! We enjoyed some light conversation, snacks, and beverages and then some more serious conversation about our neighbourhood regarding things that were spectacular and others that weren't quite as great. Everyone's contributions were valued and the conversations between people are allowing the community league board and community members to consider some interesting things.

Overwhelmingly, we feel that our community is a safe community that is full of friendly people. It's a good place for kids! The access we have to schools and the river valley is phenomenal. Each person at the meeting demonstrated pride in our community and curiosity about what is happening around us.

At the March Mingle, we asked attendees about what sorts of things might be of interest to initiate or revisit in our neighbourhood. Ideas such as a investigating the feasibility of a spray park, a new sledding hill, year round community accessible bathrooms, seniors and singles programs or events, and a free book exchange were shared. A comprehensive list was created and will be discussed again at our community league meeting in May.

The information gathered was also available at our Pub Night on Saturday, May 3rd. The conversations started at the March Mingle extended to our monthly community league meeting and the Pub Night. Come on out to our next event and keep the ideas flowing!

Until then, have a great summer everyone!!

Lance Burns,
CL President



We have a new resident in Rio Terrace! Keep an eye out for this handsome dude who appears to be overseeing the new construction at the end of 156 street...

Rio Terrace Spray Park? *It can happen!!*

Imagine spending a warm sunny day at the Rio Terrace Playground with your kids - now imagine having our very own spray park there too! The Rio Terrace Community League is exploring the feasibility of creating a spray park as part of the Rio Terrace Playground. We need a committee of 10 - 12 creative individuals who want to be a part of shaping their community.

If you are interested please

email: rioterracespraypark@gmail.com



Connect with us!

www.rioterrace.ca

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facebook.com/rioterracecommunityleague



Community News

Editing & Advertising:
Carlene Nohas & D-L Duffy Power
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Community League.

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

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Classified ads also available. Contact one of
our co-editors for more information or to
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Next Issue: August 2014
Submission Deadline:
TBA

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Neighbours Helping Neighbours

Submitted by Gordon Fuerst, CL Membership Director

It looks like spring is slowly getting here but, believe it or not, a few are already giving some thought to the next winter – a mere six months away. Specifically, the Community League Board has completed the first step of planning a program that could benefit adults who have a need and children who have desire!

Here is the concept. We believe that, in our community, there is a significant number of adults who could benefit from, or who need, a snow shovelling service for the sidewalks and driveways around their home. We believe that there are youngsters (say, ages 10 to 16) in our community who would be willing to provide such a service. This snow shovelling service is not intended to be a “freebie”. This service is intended to be a business relationship. That is, an adult receives a service and pays \$\$\$ to a youngster who provides the service. The third party is the Community League. The League would facilitate the process of linking adults to youngsters and provide some guidance to get the service packages going.

We see this as a win-win-win opportunity. Why? Well, an adult receives a service that she or he needs. A youngster learns the basics of commitment, communication with adults, having the feeling of doing work that is appreciated, and work that earns real \$\$\$\$. From the League’s perspective, we help to create an environment that gets neighbours to help neighbours! Someone once said that “Neighbours knowing neighbours helps to create a community, but, neighbours helping neighbours creates a STONGER community”.

So, there you have it! That’s the program that we have started to plan. Our target is to create a stronger community for all of us through a process that spins off win-win-win. If you are an adult who might be interested in receiving a snow shovelling service next winter, or if youngsters in your family might be interested in being on our snow shovel team, then please contact Gordon Fuerst at 780-487-2439 or at gordonfuerst@gmail.com.

By the way, in the weeks ahead we will be conducting a sample survey. We may ring your doorbell to determine the interest that you may have in the above program. YOU are part of our community and YOU can help us to chart a new course!

Have a Block Party!

Submitted by Yves Forte, CL Treasurer

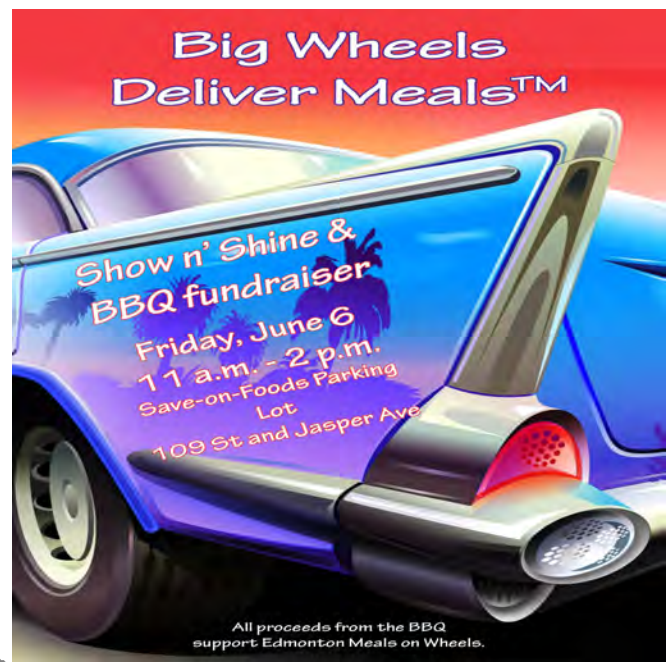
Some residents of our great neighbourhood organize annual block parties.

Actually, when we moved to 154 street in 2009, we were surprised and then delighted to see that the residents of our street were having their 29th consecutive block party. It was great fun to get acquainted to all of them, and today we all remain faithful to this great tradition.


The responsibility for organizing it is taken on by a new volunteer each year, with the help of a few others. We get a city permit and block off our street for one evening in June. We each chip in \$20 or so to buy the permit, hot dogs, hamburgers, pop, plates and utensils. We also give a small welcome gift to new residents. Some contribute the use of a barbecue, a garage, a shelter, tables, lawn chairs, and some bring a salad, a desert or another dish to share. The kids play in the street and the grown-ups end up chatting around a fire pit late at night.

The city has a web page with information and suggestions about block parties that you can find at: http://www.edmonton.ca/for_residents/programs/block-parties.aspx. We mostly follow all the rules given for such events.

If your street does not do one already, why don’t you try it out? Start small and, you will see, it is contagious.




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Creating Bloomin' Great Neighbourhoods One Yard at a Time!

Do your friends and neighbours have beautiful yards? Consider nominating someone's yard for a Front Yards in Bloom Award. This program is all about recognizing and appreciating neighbours who make an effort to beautify their front yards. Did you know you can nominate a yard in one of four categories?

- **General:** Appealing front yards that makes people smile as they pass by! Can include a variety of colours, textures, plants, and garden features.
- **Natural:** Yards with a "natural" aesthetic, using native plants, and limited chemicals.
- **Edible:** Yards including edible fruits, flowers, and plants into the landscape design.
- **Public Spaces (*New*):** Yards with landscaping features and aesthetic appeal in front of a public building (e.g., schools, offices, multi-unit residences, churches, and community league halls)

Nominations can be submitted until Mon June 30. It's easy to nominate! Submit nominations online at www.frontyardsinbloom.ca or by calling 311. Anyone can submit a nomination (no self-nominations please)

Nominees will receive a yellow lawn sign and mailbox brochure. Award recipients will be announced at the Edmonton In Bloom Awards, Wed Aug 13, 2014.

We are hoping to get more than 3,000 nominations city-wide this year, so don't delay, nominate someone's yard today!

For info and questions, visit www.frontyardsinbloom.ca or email front.yards@edmonton.ca

Do you have a bloomin' great balcony or apartment green space you'd like to nominate? Check out the **Balconies in Bloom** program at www.efcl.org or www.facebook.com/BalconiesInBloom

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HEALTH MATTERS

A THANK YOU!

Laura and her parents Sandy and Jonathan want to thank all the wonderful friends, neighbours, and community of Quesnell Heights, Rio Terrace and Patricia Heights!

On Saturday April 12th we held our first Cystic Fibrosis fundraiser by turning our home into a jewelry and accessory boutique for an afternoon thanks to Christine Lemermeier of Stella and Dot. We had a continuous household of guests in our home for the 3 hours and it was full of energy and excitement. We were so pleased in how this community came to support Laura and CF. This event brought awareness of what CF is and we raised over \$1800 that went to Laura's team "Enzyme Eliminators" in the Great Strides Walk to support Cystic Fibrosis Canada and CF research.

Great Strides Walk is Cystic Fibrosis Canada's largest national fundraising event with over 12,500 participants. Over 50 walks are held across the country. Families, friends and colleagues come together to support the work of Cystic Fibrosis research.

Since its inception in 2005, the Great Strides Walk has raised over \$19 million for Cystic Fibrosis Canada. In 2013, the walk raised over \$3.2 nationally.

The 10th Annual Great Strides Walk is held Sunday May 25th, 2014 at Snow Valley/Whitemud Park in Edmonton.

What is Cystic Fibrosis?

Cystic fibrosis (CF) is the most common fatal genetic disease affecting Canadian children and young adults. It is a multi-organ disease, primarily affecting the lungs and digestive system. It is caused by a mutation in the mucus producing protein in our body and therefore the mucus is thick, sticky and clogs up all tubes where we have it. Born with this disease the persistence and ongoing infection in the lungs and destruction of lungs, eventually causes death in the majority of people who have cystic fibrosis.

Currently there is NO CURE.

In our community I am not sure if there are others that have CF but there is one little girl Laura who does, and she is willing to share her story. (see page 7)



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Hi I'm Laura and I'm 8 years old and every day I have to live with Cystic Fibrosis (CF). Every day I take 30+ pills and medications just to maintain my health. When I get ill it can almost double! I have to have physiotherapy at least twice a day everyday that lasts about one hour at a time. I get up early in the morning

to have my inhaling medication, and then physiotherapy to clear all the thick mucus from my lungs. I do the same at bedtime. I sometime have a hard time doing this for I want to go and play or be able to sleep in more. When I get a cold or a more serious lung infection I can need this up to 4-6 times a day. Hard to fit into a busy girls lifestyle, plus my parents life too for they have to help me.

I have to do lots of exercise to keep my lungs healthy as possible. I love gymnastics, skating and swimming. But sometimes I get short of breath or pain in my chest and I struggle. That is when you see I am having difficulties and sadly as I get older it will only get worse.

Along with my daily medication, exercise and treatments, I have to maintain a very healthy diet rich in fat, protein and salt for these are not kept in my body. Some people look at me strangely as I am adding salt to my food or whip cream to my drink but I guess they just do not understand.

Not only does this disease affects my lungs but also my digestive system. Enzymes are a medication I take with every snack or meal to help me digest my food and store the fat, protein and carbs that I would not. I have lots of problems with my digestion and have lots of stomachaches. I am in pain most days and that is really tiring and hard to fall asleep. This can be hard when I go to school for it is hard to think when you are in pain and sleepy too!

I have to be very careful in not getting infections for a common cold for people that don't have CF cannot be very nice but for me I can be very sick and even end up in the hospital with pneumonia for weeks. So I miss a lot of play dates and school because of this. One more thing, CF is not contagious so you can come near me.

I am hoping for a cure so I do not have to live the rest of my life like this and I can grow up and be like my friends.

Thank you,
Laura

From a parents perspective...

living with CF is hard for there is never a break. We can't take a day off for her body won't let us. Mentally we are on 24/7 always trying to be one step ahead on this disease so Laura doesn't have to suffer. Sometimes we do OK and other times it doesn't matter how much we do she is still so sick. Watching your child in pain or gasping for air is so hard and scary. We feel so helpless knowing this will be her life. We found out when Laura was a baby she had CF and so we started right away with all this treatments and will never stop until she doesn't need it anymore. Our wish is that she out lives us!

Sadly half of all people with CF in Canada currently die before the age 34.

There is some excellent research going on right here in Canada so we know we are getting closer to a cure or at least a better control.

Thank you again to all those who helped our CF fundraiser, we appreciate your support.

May is Cystic Fibrosis Awareness Month. More information: www.cysticfibrosis.ca

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To steal ideas from one person is plagiarism. To steal from many is research.

The Importance of Being Connected as a New Mom

The transition from career into motherhood has been oversimplified in our culture. Throughout our nine months of pregnancy we carry on with our existing schedules, considering pregnancy as an addition to our lives instead of recognizing and preparing for the major lifestyle change we are about to undergo.

A very scary reality is that postpartum mood disorders affect approximately 15% of moms within the first year of giving birth, which is why it is so important to get and stay connected with other moms. Your newborn's schedule will determine when/if you get to shower, sleep, eat, or even remember to go to the bathroom for the first short while, so to have someone who understands, at that very moment, exactly what you are going through is critical to maintain a healthy state of mind.

Don't be alone. The best thing you can do is take a pre-natal program and make a serious effort to connect with the other moms there. Everyone there is going through the same thing, so don't be shy, use your bump as an ice breaker and let go of inhibitions. Once baby arrives it is essential to join a new mom's network. Not only will that give you a few hours a week to get out of the house and share stories, but it will give you an excuse to get in the

shower, put on make-up, do your hair and feel great about yourself!

Another necessity is being active. This releases endorphins, which in turn makes us feel good. A great option is taking a post natal group workout class or strollercize. That way you get the benefits of exercise and you'll meet new mommy friends!

While I am in no way an expert on post partum mood disorders, I made it through the first couple of years of mommyhood and have made many amazing connections along the way. I consider this to be one of the best things I could do for myself and my daughter, and then again with our 2nd baby! She (and he) is well socialized thanks to the new friendships I've made, and they even has a great network of toddler and baby friends that will be around them for as long as we continue to be active in the mom community.

If you or someone you know suffers from PPD please seek help from local health services and support groups. In addition you can check out Postpartum Depression Awareness for more support and references. <http://www.ppd.ca/>

To find ways to get involved with moms in your community visit www.mommyconnections.ca/edmonton-west

~Ally Kothari is the new director of Mommy Connections West Edmonton, and busy mom to a very busy 3 (going on 13) year old and an 18 month old.



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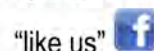
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The older I get the more I begin to re-evaluate the things that are important to me, the choices I make and how they can impact my community. As a local business owner myself, I have made a decision to "SHOP LOCAL" and there is a local website dedicated to this initiative which has made that choice a lot easier called Living Local: <http://www.live-local.ca/> I encourage you to login and have a look. They have all sorts of links and

suggestions to local shops, restaurants and locally produced food which strengthens our local economy and creates more vibrant communities.

When we choose to purchase from locally-owned businesses, we strengthen the local economy in ways that reach beyond their individual success. Successful businesses employ more people – people that live, work, and pay taxes in our communities – and can also offer consumers more choices and greater variety in what they purchase. And when consumers don't have to drive across town to find what they want, their environmental impact is lessened and everyone's quality of life is improved.

By learning what your local community has to offer, and looking for ways to keep that community strong and vibrant. And it's about working together to create responsible, balanced communities that can meet the needs of its citizens today and tomorrow.

Here is a short list of "LOCAL" places you can shop:

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When in doubt, mumble.

Hummingbirds in Alberta

By Dave Cleary of Wild Birds Unlimited on the corner of 122 St and 107 Avenue, Edmonton

Edmonton's Michael Wiens knows a lot about hummingbirds. You might call him a Hummingbird Whisperer as he has been able to attract large numbers to his yard year after year. In 2012 he published a book called Jewel of the North summarizing his careful observations over seven years.

Wiens describes hummingbirds as "creatures designed with perfection." These miniature marvels have been migrating between North and Central America for thousands of years, a round trip in which millions of hummingbirds instinctively participate. Between May and August backyards around our area will play host to these food-frenzied birds. Hummingbirds possess the fastest metabolism of any animal on the planet, burning between one to two times their body weight in food every day.

Ruby-throated hummingbirds are the ones seen regularly in Central Alberta. It is quite possible to coax them into urban backyards. Gardeners will already know that what you plant in your yard can attract different kinds of birds, and hummingbirds are no exception.

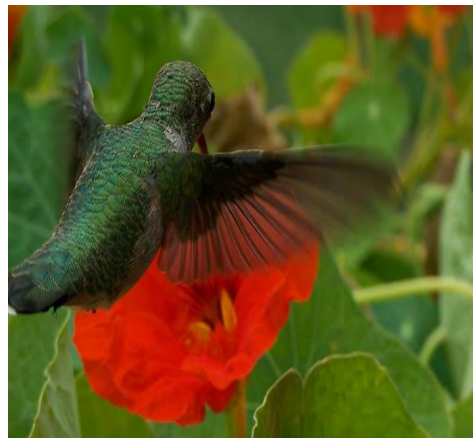
The first hummingbirds arrive in the Edmonton area every year between May 10 and May 20. "By planning your backyard garden in advance you can greatly increase the chances of attracting hummers to your yard," according to Wiens. This involves using types of annuals and perennials that hummingbirds can get nectar from, where to place plants in your yard, and the types of feeders to use and where to position them.

Despite popular belief, hummingbirds do not suck up nectar with their bills. They actually lap it up with their tongues, drawing nectar from its source up and into their mouths almost 12 times a second.

"We are lucky to have them nesting here," says Wiens. This gives Albertans a chance to see males, females and juvenile hummingbirds in their yards. Their nests are made from Poplar fluff stitched together with spider webs and bits of lichen. Wiens refers to juvenile hummingbirds fresh out of the nest as looking like "flying meatballs" due to the immaturity of their feathers.

Hummingbirds will head back to Mexico and Central America in late summer, early fall. "Before you know it, they will be headed south again," said Wiens. "Then we'll have to wait almost eight months for the hummingbird show to return."

Dave Cleary and Jan Chapman are owners of Wild Birds Unlimited at the corner of 122 St and 107 Ave 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](tel:587-521-2473).





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Dogs have masters. Cats have staff.



YOUTH DROP-IN SITES

In junior or senior high school and looking for some fun this summer?
Check out our Youth Drop-In Sites Starting July 2!

Staffed Hours: **Monday – Thursday:** 12:30 – 8:00 pm **Fridays:** 3:30 – 8:00 pm

ATHLONE **MILLWOOD (124 STREET)** **KILKENNY** **MILL WOODS** **RAMSAY**

SKATE PARKS

Want to improve your skateboarding skills? Drop in and hang out with our skate park leaders (**June – August**) or go to a workshop in a community near you (**July and August**).

**Callingwood | Castle Downs | Clareview | Fulton Ravine South
Kaskitayo | Millwoods**

Staffed Hours:

Monday – Thursday 12:30 – 8:00 pm **Fridays** 3:30 – 8:00 pm **Saturdays** 12:30 – 8:00 pm
Sundays 12:30 – 8:00 pm (Callingwood, Castle Downs, Fulton Ravine South and Millwoods sites only)

SPECIAL EVENTS

If you like to compete or just want a fun place to hang out this summer, check out our free tournaments and special events! Meet youth from across the city, win prizes and take home swag!

**STREET HOCKEY
TOURNAMENT
JULY 17**

**TAILGATE
PARTY
JULY 24**

**LORD OF THE PARKS
(SKATEBOARDING EVENT)
JULY 31**

**ART JAM
AUGUST 7**

**BASKETBALL
TOURNAMENT
AUGUST 14**

**CHECK OUT
OUR WEBSITE
FOR DATES,
LOCATIONS
AND TIMES.**

edmonton.ca/youth

Call Us: 780-944-7421



EdmontonYP



@YES6YOUTH

E-mail: youth@edmonton.ca

Edmonton

LEADERS IN TRAINING
"GET THE LEADERSHIP!"



EDMONTON

Summer Registered Programs in Rio Terrace!

Outdoor Adventurers

Want to learn about the world outside your door and all that you can do? Learn about different outdoor skills such as cooking outdoors, setting up a tent, and using a magnifying glass to discover new creatures. Participants will also play games and create their own outdoor masterpiece to take home at the end of the week.

July 2-4 (3 days)

9:00-11:30am

4 - 6 years

Cost: \$46

Course Code: 517503

Outdoor Bound

Bound into the outdoors and discover activities like orienteering, archery, biking, ropes, canoeing and swimming. Your leaders will also teach you some exciting wide games that you can play in your own neighborhood.

July 7-11

9am - 4pm

8 - 12 years

Cost: \$184

Course Code: 517547

Let's Cook Together

Learn to make healthy and tasty treats with your preschooler. Staff will teach you and your child how to have fun preparing snacks together in the kitchen. We will also sing songs, read stories and play games to round out this fantastic program!

August 5-8 (4 days)

9:00-11:30am

2-4 years (family)*

Cost: \$61

Course Code: 517646

*intended for a family member or responsible adult to stay and participate in the program with their child(ren).

Dance to the Beat

Explore basic movement through various dance forms like jazz, line dancing, & hip hop. Dance themed games and crafts will also be included. Your new groove will be highlighted in a performance at the end of the week.

August 5-8 (4 days)

1:30-4:00pm

6 - 9 years

Cost: \$53

Course Code: 517649

Fun & Fit

Want to learn fun and exciting ways to get fit? Come join us for a week of meeting new friends, and trying new activities. Participants will try out Yoga, Zumba, Pilates, Rock Climbing, swimming and active games

August 18-22

9am - 4pm

8-12 years

Cost: \$200

Course Code: 517804

**Registration
starts April 29th!**

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



THE CITY OF
Edmonton

Good health is merely the slowest possible rate at which one can die.

PEDALHEADS JUNE & SUMMER BIKE CAMPS

10 level instructional bike safety and skills program for kids age 2 to 12

Check out our
W. Edmonton location:
Rio Terrace Community League
15500 76th Ave. NW

All day camps available!



We love it here!



pedalheads.com 1 888 886 6464



YOGA RETREAT IN COSTA RICA

THE PERFECT WINTER GET AWAY!

November 15-22, 2014

Enjoy ocean breezes and warm sunny beaches or take a dip in the peaceful infinity pool at this beautiful retreat centre in Costa Rica's heavenly rainforest.

\$1699 - Includes Eco-Cottage accommodation (other room types available), Gourmet Vegetarian meals (with the occasional "catch of the day"), Yoga and Meditation, River Safari, Tropical Waterfall Hike, Salsa Dance Lesson, and transfers to and from the Liberia airport!

Beginners/Spouses are welcome, no yoga experience required!

Join us in Costa Rica's ecologically protected "Blue Zone".

KAREN HAMDON 780 489 5920

LAWRENCE DOMBRO 780 989 4056

ConsciousYOGA™

**To err is human,
to blame it on somebody else shows management potential.**



Edmonton is a city with plenty of things to do! Here is a short list of family friendly events:

Host Edmonton – Shaw Conference Centre

May 22-24, 2014

The conference is open to all people with a passion for food and delivering great hospitality. Edmonton already has a strong hospitality foundation. From fine dining to food trucks to the City Market downtown, our city has a passion and a talent for wining and dining. By bringing renowned expertise into the local hospitality market, Enterprise Edmonton is taking an active role in driving growth and development of the hospitality industry, which is an industry that is critical to the success of any major city. Cost Varies. info@hostedmonton.com

World Waterpark Passes – West Edmonton Mall

MAY 23, 2014 - 7:30pm-10:30pm

Help fundraise for NRG Dance Company tickets are only \$10. This a awesome event to be enjoyed by all ages so come support some talented dancers. Call 780-893-6919 for tickets.

Loops for the Troops - Lecture Training Facility, CFB Edmonton

JUNE 1, 2014 - 7:00am

Loops for the Troops Edmonton is held annually on Canadian Armed Forces Day and is dedicated to our Canadian Armed Forces, veterans, first-response services, their families and especially to those who have paid the ultimate sacrifice in the service of our country, both at home and abroad. Loops for the Troops is designed for participants of varying skill levels, offering a Half Marathon, 10K run, 5K walk/run and a Military Mile. To register visit: <http://www.loopsforthetroops.ca/>

Edmonton International Cat Festival- 11762 - 106 Street

JUNE 7, 2014 – 10:00am-4:00pm

Cat lovers, come together for the first annual Edmonton International Cat Festival! This is a full day celebrating those fantastic felines in our lives and on the Internet, while supporting the Edmonton Humane Society! 100% of profits from ticket sales (and additional donations) will go directly to support the Edmonton Humane Society! Visit <http://edmontoncatfest.com> for more information

Be Crafty – Edmonton location to be revealed upon registration

JUNE 14, 2014 - 1:00pm-4:00pm

Do you enjoy being creative, but hate the mess and clean up? Be Crafty Workshop has is coming to Edmonton for an afternoon of fun, friends and crafting (and the best part is that all you have to do is show up!) Attendees will create and take home three crafts: Painting and copper foiling pots (and potting a plant),Ombre dip dying a canvas bag that will be perfect for summer, Creating a personalized set of water color cards and making your own envelopes.

Registration includes all supplies as well as snacks/beverages and a swag bag of goodies! Sign up or get more info at <http://becrafty.bigcartel.com/product/be-crafty-canada>

 <p>KEEP CALM AND STOP SPEEDING</p>	 <p>RECREATIONAL MEN'S SOCCER</p> <p>Wednesdays, June 25th-Aug. 27th 6:30-8:30 p.m. @ Rio Terrace School Field</p> <p>No league, no jersey, no fees—just bring your cleats and come ready to play</p> <p>Contact Dejan to sign up (780) 729-5011</p>
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Progress is made by lazy men looking for an easier way to do things.

CELEBRATING 30 YEARS!



CALLINGWOOD FARMERS' MARKET EST. 1984

SUNDAYS 10-3
WEDNESDAYS 2-6

Now open! Rain or shine in the covered courtyard at The Marketplace at Callingwood.

6655-178 Street
www.callingwoodfarmersmarket.com

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Dr. Evelyn J. Diduch
B.Sc., D.D.S., M.C.I.D., F.R.C.D.(C)

Dr. Michael P. Major
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Tel: (780) 481-8668 www.callingwoodortho.com

Experience is what you get when you didn't get what you wanted.

What is YOUR family doing to celebrate Canada's birthday?

Wanna join a gang of bikers?

Hey, family minded community members! We're having a Canada Day Family Bike Parade and we want you and your family to be part of it! Bring out your crazy costumes, wacky wheels, dress up your stroller/wagon/sneakers and join in on the fun (*joggers welcome too*)! We'll be meeting at the Rio Terrace Hall parking lot at 2:00, then departing at 2:15 for a fun-filled ride around our wonderful neighborhood. When we've all arrived back at the hall safe and sound, we will be "beefing" up the afternoon with free hot dogs, juice and a Canada Day Cake provided by our friendly neighbourhood realtors, Felicia Dean and Jen Osmond! It's great way to have some laughs with your friends and meet some new ones! Let's take some time to enjoy our beautiful community! You never know – it just might turn out to be a good time!

IT'S OUR 5th ANNUAL
FAMILY BIKE PARADE!
Sunday, June 29 @ 2:00



Proudly Sponsored by
Rio Terrace Community League

COMMUNITY CHURCH MATTERS



Rio Terrace: Your Community Church!
15108 76 Ave.

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

This year Rio Terrace Church marks 50 years in the community. We are a mainstream Christian church like the United, and Lutheran churches, right from the start this congregation was something different: progressive, open, creative and personal. Firmly rooted in the community, we have focused much of our time and resources outside Rio Terrace – working with and serving those in the inner city, and around the world. We create a setting during each Sunday service that reflects a deep sense of the sacred, an experience of community and an expanding, progressive understanding of Christian faith and practice.

We've been celebrating and reflecting upon these past fifty years; and we are looking ahead at what comes next for this church, asking how we can continue to be a place where people can come to refresh their spirit, explore questions of spirituality and faith, and channel their passions for positive social action and change.

As we look forward to the future, Rio Terrace Church is poised to be something new and different. We no longer wish to be the church that invites “you”, the community in to share with “us”. Instead, we will be exploring together how to create ways to be a spiritual home, an oasis in the midst of hectic living, and/or a place to explore individual call or passion.

We don't exactly know what that will look like at present. We will be exploring with you ways that we can foster more conversation about things that matter in our lives – the environment; poverty; children and youth, etc. while continuing to foster deepened relationships as a community through events and activities like Party in the Park and Illuminight. The conversations will take place in a variety of ways over the next year, through small gatherings, and targeted events, and interactive website tools. It is an exciting time for all of us – to dream about ways we can be more relevant and more integrated in the community...so that Rio Terrace Church becomes *this* community's church!

Together in the spirit of community and love,
Pastor Carol

Save the Date:
Party in the Park
Sat. Sept. 6 Rain or Shine!
6-9:00 PM
Jumpy Thing Face Painting
Free Concert
Silent Auction Benefit