Community Matters

November 2014 Edition Proudly serving Patricia Heights • Rio Terrace • Quesnell Heights

Living on the RIGHT side of the freeway.

Who Is She?

Maybe you've seen her yourself... I've seen her a lot!! Almost every day - either when I'm taking my boys to school, or driving back home after dropping them off – there she is... I don't know who she is or where she lives but I want to thank her for bringing a smile to my face and inspiration to my mornings. I've never seen anything like this. She is a good citizen of Edmonton and a good deed doer to be sure! She is someone who cares. When I drive by her, I always point to her and say to my boys, "See, there she is again! Our world needs more people like her!" I sure hope she knows that her work is not going unnoticed. What she does is very simple - in fact anyone could do it if they wanted to. Have you seen her??? Look for her when you drive down 156 street in the mornings. She usually wears a purple coat (maybe a different one now that it's winter!), I think she is middle aged with strawberry blonde hair, she is always carrying one of those nifty "reach extender sticks" and a bag. It appears as though she is just out on her morning walk, but she is also picking up bits of garbage that she comes across... multitasking at its best, I'd say! At it's VERY best! And to you kind lady, your efforts ARE noticed and thank you for making a difference!

That is it for us, this year! Thank you for all your continued support. We wish you and your family a wonderful holiday season filled with more love, joy and happiness than you know what to do with!

See you in 2015!

Carlene and D-L

PSST... have you been privy to a neighbourly act of kindness in Rio, Pat Heights or Quesnell? If so, please email us about it and we will be sure to find space to acknowledge it in the newsletter!

dlpower@shaw.ca or nohaswest@shaw.ca



A Halloween Thank You!

Thank you to everyone who volunteered or attended our second Halloween Family Franken Festival! It was wonderful to see families dressed up and enjoying themselves at the hall. Thanks to everyone's support we were able to raise \$110 and ~203lbs (92kg) of food for the Edmonton Food Bank.

Events like this wouldn't be possible without the help of volunteers and your support of our community league. If you haven't done so yet I encourage you to head over to the local Macs store to purchase your new membership.

If you would like to stay informed about other events in our community and around Edmonton, please like us on Facebook (Rio Terrace Community League).

Cheers, Samantha Gullekson

CONNECT WITH US!

www.rioterrace.ca
@RioTerrace

facebook.com/rioterracecommunityleague

LEAGUE MATTERS



Community News

Rio Terrace Community League

Executive, Board of Directors & **Organizational Volunteers**

Editing & Advertising: Carlene Nohas & D-L Duffy Power

Distribution: Diane Harrington

Published in: February/May August/November copyright © 2014 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 2014-15

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 2015

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: February 2015 Submission Deadline: **TBA**

President Lance Burns 780-444-6684

Vice President Aman Athway aman.athwal@usask.ca Secretary Jessica Nattrass RTCLsecretary@gmail.com

Treasurer Yves Forté yves.forte@shaw.ca Membership Matt Harris mattharris@live.ca **Newsletter** D-L Duffy Power dlpower@shaw.ca

> Carlene Nohas nohaswest@shaw.ca

Newsletter Advertising Yves Forté

rio.terrace.newsletter.ad@shaw.ca

Newsletter Circulation Diane Harrington 780-453-1091

> Social Ivana Turcaniova turcaniovai@gmail.com

Programs Emma Woolner 780-695-1597

Enewman@ualberta.ca

Preschool Charlene Remenda Madra Charlene.madra@gmail.com

> 780-487-7099 Sign Peter Wong

Maintenance Gary Burton middlekeith@gmail.com

Rinks YOUR NAME HERE

Hall Rental Carrie Anne Doucette 780-232-3339

RioTerraceCL@gmail.com

Soccer Coordinator Perry Wynn director@rioterracesoccer.ca

Scouts/Cubs Peter Wong 780-487-7099 780-486-2642

Guides/Brownies Dana Ferguson

Directors Helen Kukurba kukurbah@shaw.ca

> Rhonda Holterhus 780-443-4624 780-487-7099 Peter Wong jenosmond@remax.net len Osmond

Diane Harrington 780-453-1091

OUR COMMUNITY MATTERS

RIO TERRACE LOGO CONTEST

Attention all community members! We would like to develop a community logo and letterhead for the community of Rio Terrace, Patricia and Quesnell Heights. We would like to have a logo that unifies all of the neighborhoods within our community. We will accept submissions until December 31, 2014. After the deadline the board will evaluate the submissions and choose one or combine multiple ideas in order to create our new logo and letterhead.

Please send your ideas to: Samantha.Gullekson@gmail.com

The Community League is looking to hire rink attendants.



Responsibilities include welcoming community league members after school hours and weekends, giving access to the Hall facilities, clearing the snow and maintaining the ice surfaces.





Please contact our president, Lance Burns, for more information.



RIO TERRACE COMMUNITY LEAGUE DAY

Rio Terrace was thrilled to see people turning out in large numbers the evening of Saturday, September 21, 2014 for



Community League Day for our very first outdoor movie night.

We tried to make it a family friendly event by having Kanga Inflatables out with their bounce house and giant inflatable slide to keep the kids entertained before the movie started.

We had volunteers from the Leadership program at Jasper Place High School help us serve up hot dogs, popcorn, cotton candy and nachos & cheese as part of our membership drive. Those who purchased a membership got the perk of getting some of these items for free.

We also had a food truck vendor One Cool Cookie Ltd. who kindly served up homemade cookies, custom-made ice cream sandwiches with Pinocchio ice cream.

Tee-Breeze Entertainment supplied the inflatable screen and sound equipment to show The Lego Movie. I believe it was thoroughly enjoyed by all that stayed and was a great way to cap off an exciting and entertaining Community League Day. Thanks to everyone who came out to enjoy the day!

A Huge thank you goes out to our Sponsors: The City of Edmonton, City Councillor Michael Oshry as well as our community members Jenn Osmond and Feliclia Dean of Dean and Osmond Real Estate for their generous donation to the event! If you think we should make this an annual event or have other ideas you would like to share please "LIKE" us on Facebook (Rio Terrace Community League) and share your comments and ideas with us. We would love to hear from you. Stay tuned to our Facebook Page for Upcoming Events in the community.



Lynnwood Veterinary Hospital

Spay, Neuter, Dental Evaluations & Procedures

COMING SOON:

NEW LOOK FOR 2015, SAME GREAT MEDICINE

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



www.naturalterrain.com www.drmasonwood.com www.drcandacehaarsma.com www.drchrisbjorndal.com

Now accepting new patients.

- Hormone Balancing
 Men's Health
- Mental Health
 Pain Management
 Digestive Health

Take your health to new heights today!

Call (587)521-3595 to schedule an appointment.

COMMUNITY GARDEN MATTERS

COMMUNITY GARDEN

Another growing season for Rio Gardens! was celebrated with a small social—after the gardeners met to clean out garden beds and turn the beautiful compost.



Allison Mclean and Ann Smreciu working on the compost



Lynne and helpers cleaning her bed—and cleaning up with a bounty of carrots!



If you are interested in joining Rio Gardens! please contact our chairperson, Allison McLean, at

rioterracegardens@gmail.com for more information and to get your name on the waiting list. The sooner we have names on the list, the better! The green space to the west of the gardens is City property and as such, it requires a formal application for our community garden to expand into that area. We know there are many people in the community interested in joining Rio Gardens! so please sign up before December 31st, 2014. Contact Allison now.

If we have 10 people on our waiting list, we can make our application in time and build ten more beds for the 2015 growing season!

And here's another reason to be proud of joining Rio Gardens!: the community garden was a 2014 Garden Competition winner, as named by the Edmonton Horticultural Society!

The community garden functions as a collective with executive duties shared by volunteers from the membership. Membership is only \$1 per year. Information on rental rates and garden bed sizes can be obtained by emailing Allison, or by visiting our listing on the Sustainable Food Edmonton website: http://sustainablefoodedmonton.org/rio-gardens.

Sandra Gangel for

Rio Gardens!

Community building and sharing through gardening



RioTerrace Presches



Located just off the Whitemud at:

15500 – 76 Avenue Edmonton, AB T5R 4L8

- 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...

www.rioterracepreschool.ca rtpreschool@telus.net

Registration contacts:

Erin (4 yr.) 780-501-1652 Jenn (3 yr.) 780-915-4642

GREEN MATTERS

GREEN CORNER

by Sandra Gangel

Have you ever read up on hyper-miling? Y'know, the range of driving habits practiced with the sole goal of improving one's fuel economy and decreasing a vehicle's poisonous emissions?

e And

Were you just as bored as I was??

To be fair, I probably shouldn't have gone straight for the in-depth step-by-step articles written for eco-advocates by other eco-advocates. Not that there's anything wrong with that. In fact, I'd count myself one of that number. But in hindsight, I really ought to have clicked on the article on CNN.com or the one in the Washington Post—ones written for the average citizen.

The acronyms and abbreviations in that first article I read were so thick, I thought I was reading alphabet soup all of a sudden. I kid you not. There were BTUs and FEs and SBs and that wasn't even anything to do with government agencies, like the USDT or the EPA. And don't even get me started on the charts and the tables! Eyes. Glazing. Over...

A sample sentence:

"During warm up, your automobiles FE is at its absolute worst (open loop ops, high RR (rolling mechanical resistances) in colder temps). To attempt to alleviate some of the FE hit, you begin P&G'ing almost immediately but at lower and increasing speed ranges." (source: Beating the EPA—The Hows and Whys of Hypermiling by Wayne Gerdes. 2006)

Practices such as hyper-miling are great ideas. Getting them perfected is also a great idea. But that doesn't mean it's easy to put into practice.

I think Mr. Gerdes probably gives some excellent advice on how to hyper—mile in all sorts of situations. But it's useless to me if I can't get through the article. And I'm certain I can't be alone in that sentiment.

Many "green" columns seem either to aim at the lowest common denominator or at the highest of achievers. That is, they seem either to assume readers haven't a clue what to do, as if there aren't already a thousand other articles and columns about how to make your own cleaners, or how to shop local. Or, they seem to be for readers who already know how to make a gourmet vegan meal out of chickpeas and cilantro with only a blender powered by pedalling a bike.

OK, so I'm exaggerating. But there's got to be a middle ground, right? Many of us are already doing our best to minimize our environmental impact. Others are still at the starting line. My point is that the so—called "starting line" is different for each of us. I further assert that it's even different depending on the day, or the time of day.

Do I hyper-mile? Definitely—but not all the time. Sometimes, I'm running late. Sometimes, there's too much rush hour traffic for me to hyper-mile without becoming a serious traffic hazard. And sometimes, well, I just forget. I've been driving a car for over two decades. I've only been hyper-miling for a fifth of that time. I have a strong commitment to hyper-miling, but I'm not able to follow through every single time I get into my car. That's human nature.

In the interest of being thorough, this is how I hyper-mile:

- slow acceleration
- gentle braking
- keep the roof of my Prius clear of racks and storage containers (they're such a drag)
- drive within the posted speed limit (I think this one's hardest for me)
- keep my tires inflated properly
- keep the trunk clear except when necessary (junk in the trunk is also a drag)
- get my Prius serviced according to schedule and wear 'n tear
- stay those "4 seconds back" of the vehicle in front to avoid hard braking
- avoid use of the A/C in summer
- no idling while stopped
- watch upcoming traffic lights to avoid hard stops at sudden reds or needing to accelerate through the amber
- bunch my errands into one longer trip out from home rather than several short trips
- pull through (safely!) in parking spots so that I face my car outward, saving the extra braking and whatnot of reversing out of a spot

If you're game, take a look at your vehicle and your driving habits—see which hyper-miling habits you can commit to on a regular, ongoing basis. Create your own hyper-miling regime, one that suits you on an everyday basis.

The excellence of a gift lies in it's appropriateness rather than its value. - Charles Dudley



SWEATER SALE OPEN HOUSE

Windsor Park Community Hall

11840 - 87 Ave.

Saturday, December 6, 2014 9:00 A.M. to 3:00 P.M.



Hand - knit scarves, hats, vests, sweaters...pima cotton/alpaca: adult & children sizes (custom orders available)

PRICES: \$25.00 - \$250.00 Minkha is a women's knitting cooperative. Save the Children Canada volunteers assist the Bolivian knitters by marketing the sweaters on a non-profit basis.

Linda Haswell (780) 436-5732

www.minkhasweaters.com



Fun and frolic with Ladies Sports Nite - drop-in basketball for women 18 to 108. Thursday evenings, 6:45 to 8:00.

Lynnwood School (15451 - 84 Ave). Not competitive (we don't keep score) and lots of fun. Call Jay (780-484-2482) for more information. We'd be pleased to see you!



PIE IN THE PARK

And big thank you to the community and all who attended this year's Pie in the Park. It was a beautiful afternoon with cooperative weather, changing colors, new faces and old friends. Approximately 260 pieces of pie were served (we won't tell who had more than one). The bouncy slide was a big hit while friends and neighbours were given opportunity to catch up, sip hot chocolate and enjoy this amazing season. It was a Thanksgiving weekend that made us all feel grateful and fortunate to be surrounded by the calibre of people in this neighbourhood and so lucky to live in this amazing community! Until next year...









Marr Mac Dance & Theatre Arts

Preschool to Pre Professional Intensive Programs







Information Available on-line at marrmac.com



Registration opens Nov.1st for our winter session at the Rio Terrace Community Center!
Tuesdays 9:15am-10:45am
Starting Jan7th-March 18th
\$130 / for 11 weeks

For more information or to register please visit our website!

www.EdmontonPreschoolMusic.com or e-mail Corrine at corrinemacdonald@shaw.ca

RIOYOGA



Breathe, Stretch, Relax!

January 5th – March 26th, 2015

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

14 weeks / \$192 (incl. GST)
Please bring a mat and a blanket.
To register call: Karen Hamdon syr 780 489 5920
www.consciousyoga.org



Rjo Terrace Community League Tot Time

Beginning January 9th, 2015
Fridays from 9:30-11AM
Rio Terrace Community Hall
Ages 0-4
Community League Membership Required
\$1 per drop in

Brave the cold, enjoy some coffee, and meet other parents and caregivers in our great community for this weekly unstructured and parent-supervised playtime.

Volunteers are needed for Hall set-up/bringing craft/leading story time.

If you are interested in attending this drop-in program

and/or helping to run the program, please contact RTCLsecretary@gmail.com

Please bring a nut-free snack for your child ©



I don't mind fruitcakes. They're the one thing during the holidays I'm not tempted to eat. - Melanie White





The Boy, his Cat and the Bird

DENTAL GROUP

Moua Folen

A Memorable Gift

An Original Watercolour Painting

Send me your favourite child or pet photo at moyasol@yahoo.com and I will reproduce it in Watercolour.

Finished portraits are approximately 18 by 12 inches and cost \$350.00.

See this ad in colour at: http://www.rioterrace.ca/our-community/newsletters November 2014 Newsletter



ww.timetocare.ca (780) 484-5918 Suite 209, 8708 - 155 Street, Edmonton, AB T5R 1W2

Open Evenings

· Teeth Whitening

Invisalign



Dentists

to our team

We Welcome Dr. Sihota

· Cosmetic Services (wrinkles,

headaches, TMJ)

Apnea Appliances

· Snoring & Sleep

QUESTIONS ABOUT FEEDING BIRDS

By Dave Cleary of Wild Birds Unlimited on the corner of 122 St and 107 Ave, on Edmonton's northside.

Q: Will we see any Common Redpolls and Pine Siskins this winter?

Last year in Edmonton and area there were few if any Common Redpolls or Pine Siskins in evidence because a good seed cone crop in the northern boreal forest kept them north of us. The Edmonton Christmas Bird Count found none in the city last winter. But this winter we are expecting to see some of these birds at our feeders. In fact we know of at least three sightings of Pine Siskins in and around Edmonton already. Common Redpolls may start arriving between October and December. The appearance of these birds in our area depends on their food supply in the boreal forest. The annual Winter Finch Forecast for 2014/2015 is predicting that poor to average cone crops in the boreal forest this year means that these birds may come south looking for food. At bird feeders Redpolls and Siskins prefer nyjer seed or finch blends in tube feeders. Redpolls can be identified by the daub of red feathers on the top of their head, or "poll." Siskins have striped bellies and telltale yellow bars on their wings.

Q: How can I attract woodpeckers to my yard?

It's quite possible to attract woodpeckers to your yard by offering suet and nuts for them. Suet consists of rendered (melted) beef fat, often combined with nuts, fruit, or seeds and is the most popular with woodpeckers. Suet is usually offered in flat squares that can be placed in suet feeders which look like cages and come in a variety of designs. Because woodpeckers have stiff tail feathers used to prop themselves against a tree when pecking on trees in search of insects, some suet feeders come with a tail prop making it easier for them to use the feeder. They will sometimes feed on loose nuts and seeds in feeders as well. The most common of these birds in backyards is the Downy Woodpecker – a fun little bird with a checkered back. The males have a daub of red feathers on the back of their head. Larger than the Downy, but more commonly seen in the country, is the Hairy Woodpecker, Northern Flickers are occasional visitors to feeders. And if you are really lucky, you may be able to attract a Pileated Woodpecker, which is as large as a crow with a distinctive red crest on its head.

O: What is the Christmas Bird Count?

Christmas Bird Counts are annual, early-winter bird counts sponsored by Bird Studies Canada and the Audubon Society and involve more than 45,000 people from North and South America, the Caribbean and the Pacific Islands. Started by Frank Chapman with 27 friends on Christmas Day in 1900 as a way to protest bird-shooting contests, there are now about 1,700 counts held during December and January. Edmonton holds the record for the largest participation of any Christmas Bird Count in North America! It peaked at 1266 participants in 1987 but consistently has over 400 participants a year.

Many people participate in the count organized in Edmonton by the Edmonton Nature Club each year. This year's Edmonton count will be held Sunday, December 21. Beginners are welcome, and people can spend a few hours or the entire day counting birds. A free beginners bird identification presentation will be held at Wild Birds Unlimited in early December. Contact the store for details.

Dave Cleary and Jan Chapman are owners of Wild Birds Unlimited at the corner of 122 St and 107 Ave on the northside in Edmonton. The mission of Wild Birds Unlimited is to bring people and nature together. See their website at www.wbu.com/edmonton or call them at 587-521-2473.

GREEN CORNER continued from page 7

Mine is a pretty straighforward list. There are always more of them available online. This article, for instance, lists basic, medium and advanced hyper—miling habits, categorized by situation: http://ecomodder.com/forum/EM-hypermiling-driving-tips-ecodriving.php

You might already be an ace. Or, you might still be wondering what the difference is between hyper—miling and "ecodriving." But I'm saying it doesn't matter. We each of us can do our best everyday to minimize our negative impact on the planet. If this morning you forget to hyper—mile, does that mean you're a bad citizen? I don't think so. I think it just means you've got the rest of the day to remember and to do your best again.

Have something to say about hyper-miling (or trash pooling!) or this column in general?

Say it to rpqgreencorner@gmail.com and I'll be happy to engage in a conversation about the environment.

"A doctor is the only man without a guaranteed cure for the cold. - Dominic Cleary





HERR window & door

Call today to see our innovative selection of doors

By Appointment Showroom 6011-103 A st. Edmonton

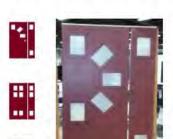
(780) 453-5929













HERR Transitional Series





visit www.replaceMYwindows.ca

The holidays are the one time you get to experience all the excitement of rush hour traffic in the mall parking lot. - Melanie White

Edmonton is a city with plenty of things to do here is a short list of events:

Indiana Jones[™] and the Adventure of Archaeology: The Exhibition - TELUS World of Science Open daily thru april 6, 2015

Indiana Jones and the Adventure of Archaeology mixes multi-media technology, interactivity and educational content to create a one-of-a-kind experience. Presented by internationally respected scientific institution The National Geographic Society and made possible by Lucasfilm Ltd, this is an event that goes beyond a simple props exhibit. Created by X3 Productions in Montreal - the same company behind STAR WARS™ Identities™ - this exhibition will take you on an interactive adventure of a lifetime.

http://telusworldofscienceedmonton.ca/exhibits-events/indiana-jones-and-adventure-archaeology-exhibition

Make It Edmonton! - The Enjoy Centre NOVEMBER 20-23, 2014

Shop for one-of-a-kind handmade items from over 140 of Canada's hottest urban artisans, designers & crafters. Make It is the ultimate upbeat shopping experience! There will be something for everyone from fashion, accessories, art, jewelry, baby items, home decor and stuff for the guys. Please help us support of St. Albert Kinettes 100% of the proceeds for our silent auction and coat check will go to this worthy cause. Pay once, shop 4 days! \$6 at the door – Kids 12 & under are Free! www.makeitproductions.com

Deck the Halls Social Sunday - Rutherford House NOVEMBER 23, 2014

Do you want to have some good old fashioned fun? Join us at Rutherford House as we explore and practice some time honoured activities. Enjoy learning the skills of traditional crafts and explore the secrets of age old cleaning methods. There will be a different activity for the whole family to discover and enjoy. http://www.history.alberta.ca/rutherford/specialevents/specialevents.aspx

DBG Crafters Christmas Sale - Devonian Botanic Garden NOVEMBER 28- 30, 2014

Seasonal handmade crafts from the bounty of the Garden! Wreaths, centerpieces, dried floral arrangements, potpourri, candles, cards, unique gifts, cookbooks and much more. Products are handmade by members of the Devonian Botanic Garden's Crafters Association, many with materials harvested at the DBG. All proceeds support programs and special projects at the Garden. http://www.devonian.ualberta.ca/Events/CraftersChristmasSale.aspx

A Christmas Carol - Citadel Theatre NOVEMBER 29- DECEMBER 23, 2014

Edmonton's Favourite family tradition continues to delight audiences young and old. Great entertainment for the whole family. Recommended for ages 7 and up. www.citadeltheatre.com

North Pole Christmas – Muttart Conservatory DECEMBER 14, 2014

An event to get you into the Christmas spirit. Activities include a seasonal craft, face painting, and Christmas cactus planting. Live music in Centre court. www.muttartconservatory.ca

RIO TERRACE SPRAY PARK UPDATE by Allison McLean, Spray Park Coordinator

This past summer a group of Rio Terrace Community Members came together with the goal of creating a spray park at the Rio Terrace Playground. We have been meeting monthly and so far are making great progress! We recently submitted a "Project Request Form" to the City of Edmonton and it was approved! So we officially move the "strategy phase" into the "concept phase" of creating our spray park. This means the city is assigning a project manager and landscape architect to work with us. All of a sudden our dream of a spray park just got a whole lot more real! Now the real work begins – we need to do a community needs assessment, serious fundraising, and grant applications. Below is a general timeline. As you can see there is still much to do. If all goes according to plan we could be building our spray park in the summer of 2016.

- September 2014 Submit Project Request Form (completed!)
- 2014 2015 Needs Assessment and Public Involvement Plan
- Spring/Summer 2015 Preliminary Design with Suppliers, Cost Estimates
- Summer and fall 2015 NPDP Application Development and Submission (this is City of Edmonton grant)
- January 2016 Response from City of Edmonton Re: NPDP \$
- January 2016 Provincial Grant Applications
- January Mar. 2016 Final Design
- March-April 2016 Tendering
- May June 2016 Site Construction and Installation





Licensed Active Out of School Care

Kindergarten Care

available in Westmount, Caernarvon, and Dovercourt Area.

Registered Sports Programs

available thru out Edmonton

Tennis, Soccer, Basketball, Dodgeball, Gymnastics, Dance, Sports Spectacular, Badminton, Karate, Yoga, Drama, Games Galore, Fitness, and more...

all info is on the website

www.sportsforkids.ca

or call 780-452-1266

Ace Tennis Academy

Adult & Junior Programs, Summer Camps, Private, Semi-Private, & Family Lessons, Leagues and Tournaments

Available at Rio Terrace, Glenora, King Edward, Westridge & Wedgewood.

Indoor programs for all ages offered in Westridge, Patricia Heights, Westmount, Dovercourt, and Caernarvon Communities.

Starting the third week of September.

www.acetennisacademy.ca 780-452-1266



Our health always seems so much more valuable after we lose it.

Neighbours helping neighbours at Christmastime

For each of us, the traditions of the Christmas season are celebrated in different ways, but the one tradition that is similar for many of us is celebrating with a meal. But did you know that for 65,000 Edmontonians this year, the simplest of

traditions — eating together — will not be possible without the help of the Christmas Bureau of Edmonton?

Since 1940, the Christmas Bureau has worked to make sure Edmontonians in need get a festive meal at Christmastime, providing food hampers or food gift cards to meet all cultural and dietary needs.

"Each year, Edmontonians donate money, sponsor hampers, hold fundraisers and volunteer their time to support the Christmas Bureau," says Darlene Kowalchuk, Christmas Bureau campaign director. "We truly are about neighbours helping neighbours during the festive season — and we need Edmontonians to help again this year to provide the simplest of traditions for families, seniors and individuals in need in our city."

Many clients turn to the Christmas Bureau for a few years of help during a difficult time. Some, particularly seniors and Edmonton's working poor, face a day-to-day battle to meet their needs on a fixed- or low-income. Some have suffered a medical crisis that has left them unable to work or they've lost their jobs. Some, particularly single parents, have returned to school to improve their family's circumstances. And some have moved to Canada for a better life but struggle with the costs of settling in a new city.

In the words of one Christmas Bureau client, "No one expects to fall on hard times, but it's nice to know if it ever happens, Edmonton has organizations like the Christmas Bureau to help you out.

Please visit christmasbureau.ca or call 780-421-(XMAS) to donate, sponsor a food hamper, hold a fundraiser or volunteer with the Christmas Bureau.

www.christmasbureau.ca P.O. Box 16000 Edmonton, Alberta T5J 4B4



SERVING OUR COMMUNITY SINCE 1940



For Sale

Lowrey Newport Piano with bench (#579327). 'CC Pecan' cabinet by *Norman L Meyer*. Immaculate condition, original 1981 owner. All reasonable offers considered.

Email; doMelson@shaw.ca Ph. 780-487-2809

Snow and adolescence are the only problems that disappear if you ignore them long enough. - Earl Wilson.



RANDY BOISSONNAULT

Edmonton Centre Liberal Candidate



Canada Needs More Edmonton

I have built my life and career in Edmonton because of its pioneering spirit and culture of prosperity.

Albertans are leaders in Canada, and we can help the country to solve our most challenging issues: the middle-class "squeeze", the environment, the economy, and relationships with the indigenous peoples of Canada.

If we want our capital city to matter in Ottawa once again, then we must get started now. Canada needs more Edmonton.

Qualifications:

- Successful Business Owner
- Graduate of University of Alberta (BA) and of University of Oxford (MA, Rhodes Scholar)
- Co-Founder of International Literacy Charity
- Fluent in English, French, and Spanish

W randyboissonnault.liberal.ca #CdaNeedsMoreYEG P (780) 488-2155 E campaign@randyboissonnault.ca

f facebook.com/R.Boissonnault / @R_Boissonnault





It is better to light one candle than to curse the darkness....



ILLUMINIGHT 2014 Sun. December 14



Light and display your luminaria as a sign of hope and to benefit Jasper Place Health and Wellness Centre

\$10.00 donation for each luminaria kit (10 bags, candles and sand)

The kits will be assembled at the Rio Terrace Church on Dec. 6 and can be picked up at the church between Dec. 6 and 14th

Please return the lower portion of this form to your Block Captain along with cash or cheque (made payable to Rio Terrace Church) before Dec 1.

Talk to you Block Captain if you are not able to light your candles or will not be home

ILLUMINIGHT Open House at Rio Terrace Church
15108 76th Ave

Anytime Between 6:00 - 9:00 PM

FREE HORSE-DRAWN SLEIGH RIDES!

Carols and Activities for Children!

Fair Trade Crafts for sale!

Free Hot Chocolate, Coffee and Cookies!



Purchase your Luminaria Kits and make a difference in someone's life!

YES! PLEASE INCLUDE OUR HOUSEHOLD IN ILLUMINIGHT (\$10.00 per kit)

Name	
Address	
Phone:	
Email address	
Number of kits (10 bags, sand and candles per kit):	Total Enclosed
I am willing to help volunteer for I	LLUMINIGHT:
Assembling kits (on Sat. Dec. 6 from 10:00-noon) Other tasks as needed	
Return to your Block Captain with	cash or cheque
or to Rio Terrace Church 15108 76 Ave rioterracechurch	@shaw.ca www.rioterracechurch.org

COMMUNITY CHURCH MATTERS



Rio Terrace Community Moravian Church

15108 76 Ave NW · Edmonton | RioTerraceChurch.org | facebook.com/RioTerraceChurch

Contact: (780) 487-0211

RioTerraceChurch@shaw.ca

Sunday Meetings: 10:30 AM

warm, welcoming, and progressive

Happy Thanksgiving! Happy Halloween! Happy Hanukkah! Merry Christmas!

That was *exhausting* even to write! Yet – it is tempting to look through this newsletter and see all of the wonderful events and programs that will be happening over the next few months. Of course, it's also tempting, for me, to point out the seasonal events that Rio Terrace Church is hosting (see below ©), and hope beyond hope that you participate and find some sense of spiritual renewal.

I'm the "new guy" here in Rio Terrace. I just moved here from Pennsylvania to serve as pastor of the Rio Terrace congregation. I'm not quite sure what to expect from an Edmonton winter. In some ways, I'm told, it will be similar to Pennsylvania – snowy, cold, etc. But in other ways, I know it will be different. For example, nearly everyone tells me "it's a dry snow", that "people go outside in the winter here", and "it's so bright and sunny, yet so cold, you don't even realize you're getting frostbitten!"

One of the members of Rio Terrace Church told me that he loves the winter, because the long nights give him more time to read, and to enjoy the company and conversation of friends. This sentiment is the very inverse of the "busy" that many of us aspire to during the holiday season.

Advent and Christmas are about "incarnation", which is the process of God becoming human. So, Jesus Christ (God in human form) experienced what it was like to be human: the drive to be busy, the desire to cover up dark-and-sad feelings (like grieving a loved one) with cheer, or to shut down, because the season can be overwhelming at times. So this is my prayer for you, during the holiday season: that you will be blessed with a willingness to do what brings you and your family joy; that you will be fulfilled with a sense of awe and wonder; and, as always, that you will be delighted to show hospitality to strangers. - Rev. James Lavoy, pastor

"Soup-er" Drop-In!

Meet pastor James Lavoy
Join us for <u>free soup and buns</u>
Thursday, November 20
drop in anytime from 5 – 7 pm

All are Welcome!

(free dinner – no strings!)

Christmas Eve Candlelight Services · December 24th · 4, 6, and 8:30 pm

Illuminight

(an annual tradition)

December 14, 6-9 pm

free horse drawn sleigh and warm snacks

See ad inside for more details.

Parents' Date Night - Free

Childcare provided at the church, so that parents can enjoy a "time out"

Friday, December 12, 6 – 9 pm

Children aged 3 to 11 are welcome for movies, popcorn, and snacks.

Space limited - please reserve.