

Community Matters

Proudly serving Patricia Heights • Rio Terrace • Quesnell Heights

Living on the BRIGHT side of the freeway!

February
2015
Edition

A Note From Our CL President

Hello Rio!

I would like to thank you all for making our community hall a true center of our community. When I think of our community, I do not first think of the building, I think of the people who come to the building; it is the people who organize and attend our programs that make our community the great place to live that it is.

Our programs meet the needs of some very diverse groups. From martial arts to learn to skate to yoga to Tot Time - these are examples of people investing in others. Spending time with each other in a sharing environment and enriching each other's lives. Without people willing to initiate programs or be involved we just become a collection of individuals who share similar postal codes. I am proud to be part of our great community and proud to see the way people get involved.

On a related point, in this newsletter issue, you will find a Spray Park survey added as an insert. If you prefer, you can also partake in the survey online, on the community league website (www.rioterrace.ca). You will find it by looking under the programs tab, and then the spray park tab. Your feedback is valued, please take a moment and fill out the survey!

Thanks again for being such a great community!

Lance Burns

Community League President



Spray Park Update

The spray park committee has been busy and we are moving forward! Our Needs Assessment Survey has started and has been included with this edition of the community newsletter. The Needs Assessment Survey is required by the City of Edmonton as part of the spray park development process. We need to all surveys completed by March 31, 2015.

We are also entering the fundraising portion of the project. Obviously we need money if we want to build a spray park. We will be applying for several grants to offset the costs. The two main grants are through the City of Edmonton and the Province of Alberta. If we receive these (we stand a good chance) we will still need to raise another \$100,000 through smaller grants and fundraising initiatives. Please consider giving a donation of time (I just know there are some awesome grant application writers in our community!) or money to help cover the costs of this amazing addition to the Rio Terrace Park. By the way - all donations receive a tax receipt.

If you have any questions, concerns, or want to help out please email: rioterracespraypark@gmail.com

CONNECT WITH US!

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Community News

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

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A member of the Edmonton Federation of
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League Membership Rates 2014-15

Single/Couple: \$20
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Memberships can now be
purchased at Mac's (9am-5pm)

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Business Card: \$20
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Classified ads also available. Contact one of
our co-editors for more information or to
book your ad.

Next Issue: May 2015
Submission Deadline:
TBA

Rio Terrace Community League

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	Jen Osmond	jenosmond@remax.net
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PRESCHOOL MATTERS



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COMMUNITY SOCCER MATTERS

Rio Terrace Community Soccer

Registration for the 2015 Outdoor Soccer season (EMSA West community level of play) will take place at the **Rio Terrace Community League Hall** on **Saturday March 7 from 9:00 AM to 1:00 PM**. Please attend this session if you can.

There will also be a late registration session on Tuesday March 10 at the Double Tree Inn (formerly the Mayfield Inn) 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 (only 1 for U-6).

The Community Outdoor Soccer Program is for children aged 4 through 18 (as of Dec 31, 2015) with age groups, birth years, fees and nights of play (tentative) as follows:

U6 FunSoccer 2009 - 2011 \$120 Mon & Wed 6:15 PM
U8 2007 & 2008 \$150 Tues & Thur 6:15 PM
U10 2005 & 2006 \$190 Mon & Wed 7:15 / 7:30 PM
U12 2003 & 2004 \$210 Tues & Thur 7:30 PM
U14 2001 & 2002 \$240 Mon & Wed 6:00 / 7:00 PM
U16 1999 & 2000 \$240 Sun & Thur 7:35 PM
U18 1997 & 1998 \$240 Sun & Tues 6:00 / 7:30 PM

Outdoor Soccer games will start (weather permitting) in late April /early May and continue through to the end of June, followed by City Championships (1st week of July) and Inter-Cities Championships (mid July).

The Rio Terrace 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 mixed teams of boys and girls aged 4 through 6 learn about soccer and team play while they emulate their dinosaur team names (a Rio Terrace tradition) and battle for supremacy, or at least have lots of fun and most importantly, enjoy their half time treats!! This is a fun oriented skill development Program where the parents can participate in the games and skill sessions.

The **U8 Program** continues the focus on player skills development through the format of a 20 – 25 minute skills and training session followed by a 30 minute game each night. This provides a great learning and development environment for the players and follows the direction of the Canadian Soccer Association's Long Term Player Development Plan.

2014 / 2015 Indoor Season Coming to a Close

The 2014 / 2015 Indoor Soccer season has been very exciting for the 10 Rio Terrace teams. League play has now ended for our Rio Terrace teams and several of the teams will have participated in the City Finals on Feb 21 & 22 - we look forward to hearing of some successful results for our Rio Terrace teams. Most of the Rio Terrace teams will participate in the season ending Slush Cup tournament. Good luck and have fun to all of the teams as their Indoor season approaches the end. Congratulations to all of the teams for their efforts and the fun that they have produced and enjoyed over the season.

As always, we in the community owe a great big **THANK YOU to all of our volunteers who coach, manage or act as other parental help for our Rio Terrace teams** - your hard work and dedication have provided so many great moments for our youth aged soccer players. Our soccer playing children – and the parents as well - truly benefit from the efforts of so many volunteers who so willing give their time and skills for the betterment of the rest of us. They do a great job of providing a supportive and fun learning and sporting opportunity for our youth.

Looking for a U-6 Fun Soccer Coordinator

It would be great to bring on a U6 Fun Soccer Coordinator – the ideal qualification would be knowing many of the kids this age and overseeing team formation!

Please consider whether you are able to help make your community a better place through taking on this position – if interested or would like more info please contact director@rioterracesoccer.ca

Volunteers are needed for soccer registration on Mar 7 and Mar10 – please contact director@rioterracesoccer.ca

COMMUNITY REAL ESTATE MATTERS

THE REAL ESTATE REPORT — RIO TERRACE, PATRICIA HEIGHTS & QUESNELL — By Felicia Dean & Jen Osmond

The Real Estate market for 2014 was strong and busy, showing an increase in the average sale price for single family homes in the Edmonton area. The average price for 2014 was \$367,228, up 5.2% from 2013. Single family homes finished the year 5.6% higher than in 2013 at an average of \$432,713. The average price of a condo was \$252,175, up 4.5% from 2013.

Looking specifically at our neighbourhoods, Patricia Heights had an average sale price of \$475,558 for single family homes in 2014. That is an average of \$323.74 per square foot. The high sold price was \$715,000 while the low sold price was \$327,500.

Rio Terrace had an average sale price of \$499,355 for single family homes. That is an average price per square foot of \$370.41. The high sold price was \$1,025,000 while the low sold price was \$350,000.

Quesnell Heights had an average sale price of \$723,512 with an average price per square foot of \$335.82. The high sold price was \$1,250,000 while the low sold price was \$412,000.

Prices are expected to fluctuate throughout the year according to the Edmonton Real Estate Board's 2015 Housing Forecast. The uncertainty surrounding oil prices may leave buyers more cautious but despite this the Board anticipates that the average price for a single family home is going to increase about 3.5%. Condominium property average prices are projected to increase at a lower rate of about 2.5% over the year due to an influx of newly built condominiums.

If you have questions about the real estate market or are interested in finding out how much your home is worth...give us a call at 780.289.6670.



FELICIA DEAN & JEN OSMOND

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Green Corner

by Sandra Gangel

So here's the thing: most of you reading this don't know me from Eve. Perhaps I'm flattering myself that anyone's reading this at all—but for the purposes of this thought exercise, I'm going to posit that you do indeed exist, dear Reader. So...back to the opening... *...don't know me from Eve*. ahem, yes. Which is fine. It's difficult to know every single person who lives along one's street, let alone hundreds of families. And yet...and yet.

We all feel something of belonging to a whole larger than ourselves, larger than our own small or big families. It's why we wave or smile at people walking along the sidewalks in our neighbourhood as we glide past in our cars or trucks or minivans or on our bikes toward home. It's why we attend the community league meetings (full disclosure: *I've never been to one in the eight years I've lived in Rio Terrace - but I always think about it!*) and Pie in the Park (*always seem to miss this!*) and Party in the Park (*been to a few; busy fun!*) and Illuminight (*the whole family*

volunteers at the luminaria bee too) and the Family Frankenfest (*the kids think they're too old for this now*) and the Bike Parade (*rain or shine!*). We know we're a part of a community.

We sometimes shovel parts or all of our neighbours' walks when the snow burden gets too much (or when we want to keep using that amazing new snowblower we just bought!). We sometimes take over a casserole or a pie or a plate of cookies when a family is in need of comfort in their grief. We slow down around the playgrounds and schools because we cherish our neighbours' children too.

There's a social contract in being a part of a community, isn't there? *"I'll help you when you need it. You'll be here for me when it's my turn."* It doesn't matter if it's about shovelling snow or keeping watch during a neighbour's vacation abroad. This give-and-take is a normal part of living in close proximity with others. But it ain't all rainbows and unicorns, you scoff.

What about those times when someone stares at you suspiciously as you walk past his/her house?

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Rio Terrace Community League Tot Time

Running Fridays from 9:30-11AM until June
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.

For more information please contact
RTCLsecretary@gmail.com

Please bring a nut-free snack for your child ☺



Ken Poyser Park

Many of you will remember our article of last August about Ken Poyser, an eminent resident of our community and an active member of the Rio Terrace Community Church. At that time, the church congregation asked the city to name the park just west of their building in his honour. The Community League and residents supported this request. We were successful and the "unnamed neighbourhood park" is now the Ken Poyser Park, as this sign testifies.



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Nelson Mandela

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LADIES NIGHT OUT!

WECP Playschool Fundraising Event

Thursday, March 12 @ 7:00pm, \$2 at Door

Rio Terrace Moravian Church 15108 76 Avenue

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all while supporting your local playschool and "momprenuers".
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Purchases will be made by lottery draw beginning at 8pm.

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Westend Community Playschool is
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Community Babysitting Course

Our neighborhood has lots of kids, so we're hoping a babysitter's course and a subsequent meet & greet will help meet demand for babysitting in the area. We will therefore offer a Red Cross Babysitter's Course Saturday, March 28th from 9 a.m. to 4 p.m. We will then connect babysitters with the families that need them with a meet & greet. The meet & greet will be Sunday March 29th, 2015 from 1-2 p.m. All course participants must be over 11 and obtain parental consent if under 18. The cost for the course is \$57.75 per person (tax included) which provides a Red Cross Babysitter's Manual (usually costs \$25), wallet certification card, and registration with The Red Cross (usually \$20). The meet & greet will be free for babysitters and community league parents.

COURSE INFORMATION

Instructor: Sarah Dewhurst has just finished her education degree. She has been teaching lifesaving courses since 2008, swim lessons since 2009, and has been lifeguarding and instructor training since 2012. She has been teaching first aid and first aid related courses (like this one) since 2009. She has considerable experience with children through years of babysitting and job as a swim instructor.

In the course: Participants will learn about creating safe environments, caring for all age groups of children, the business of babysitting, how to handle emergencies, and basic first aid, as well as games & activities.

To register for the babysitter course, contact the Rio Terrace Community League Programs Director Emma Woolner at (780) 695-1597 or ENewman@ualberta.ca

MEET AND GREET INFORMATION

For Babysitters: To register for the meet & greet, contact the Rio Terrace Community League Programs Director Emma Woolner at (780) 695-1597 or ENewman@ualberta.ca for a babysitter registration form. If you are under the age of 18, get your parents to sign it giving you permission to attend. Email it to ENewman@ualberta.ca or drop off/mail it to 7312-155 Street, Edmonton, AB, T5R 1V5. For those who consent, we'll be developing a babysitter contact list to distribute to families who attend the event using contact information from your registration form.

For Families: The Babysitter Meet and Greet is free for members of the Rio Terrace Community League and \$5 per family for non-members. Memberships will be for sale at the meet & greet. Advance registration for families is not required. Families participating in the event will be required to sign a waiver form releasing the league of legal liability.

How the event will work: Each babysitter will be seated at a table and families will have 10 minutes to interview the babysitter. When the whistle blows families will move to the next table. Depending on how many babysitters and families are registered we may adjust the process, but we'll post any changes here on the website.

Please encourage any teens and preteens you know to register in this course. If you have any questions please contact us at ENewman@ualberta.ca or (780) 695-1597.



True to form, the heart-pumping, thrilling Red Bull Crashed Ice season will come to a close on Canadian soil, but this time in Western Canada!

After hosting Red Bull Crashed Ice in Quebec City for nine straight years, the Ice Cross Downhill World Championship moves to the west to crown its 2015 champ. Edmonton will feature a one-of-a-kind track that will bring the sport to the next level. A hard-charging pack of ever-improving rivals will be attempting to knock Marco Dallago off his throne.

The top ice cross downhill athletes from across Canada and around the globe will hurtle down the urban

ice track built with massive drops, gaps, steps, and hairpin turns in front of thousands of roaring fans – all for the chance to win Red Bull Crashed Ice glory.

The track will start in Edmonton's city centre and will make its way down by River Valley. The skaters will have to give it everything and showcase their skills, technique, agility, stability, explosion, and endurance to race successfully from top to bottom – facing a steep downhill section before crossing the finish line. Witness all the action March 12-14, 2015 in Edmonton and catch the LIVE stream of the season finale of the 2015 Ice Cross Downhill World Championship on redbullcrashedice.com and on Red Bull TV!

www.redbullcrashedice.com/en_CA/event/edmonton

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A Hummer in Every Yard

Not a Hum V but a Hum B, that is - Ruby-throated Hummingbirds in as many Edmonton back yards as possible, to be more specific.

Attracting a lot more hummingbirds into the city of Edmonton is the goal of a new initiative being taken by Wild Birds Unlimited this Spring and Summer. The project aims to encourage people with yards, gardens, flower boxes and hanging baskets to use their garden space to plant flowers, put out feeders, and decorations that will attract hummingbirds.

Anyone who has seen hummingbirds up close knows their unique and captivating magic. We are often asked the question, "Do we get hummingbirds in Edmonton?" The answer is "yes." But regrettably we don't get as many as we could. Many other cities across North America have lots of hummingbirds. The Hummer Summer Project encourages people to do the things required to make Edmonton a city full of hummingbirds.

Edmonton's Michael Wiens knows a lot about Ruby-throated Hummingbirds, the variety we see in Edmonton. He published a book called *Jewel of the North* summarizing his techniques for attracting hummers and his careful observations of them in his yards in and outside of the city over seven years. You might call him a Hummingbird Whisperer as he has been able to attract large numbers to his yard year after year. In fact last summer saw an unprecedented number of hummers both in and out of the city.

The first hummingbirds arrive in the Edmonton area every year between May 10 and May 20. Thousands fly over and past Edmonton as they either return to their old nesting areas, or the young, who don't yet have a territory, search for their own space. It's these young hummers we are aiming to attract by providing them with a territory that they and their future family members will return to year after year – in your garden.

"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, knowing where to place plants in your yard, and the types of feeders to use and where to position them. Starting in February we will be providing flower seeds so



you can start your own flowers for attracting hummingbirds. In March we will feature Michael Wiens in the store to answer all your questions and later in the Spring we will be emphasizing bedding plants and flowering baskets. We also will have a large selection of hummingbird feeders in a wide range of prices.

Come in to the store to find flower seeds for hummingbirds, information on hummingbird feeders, plus tips on gardening for hummers and hummingbird feeding. Let's all have "a Hummer Summer!"

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.

ILLUMINIGHT 2014 – A Success!

The members and friends of Rio Terrace Church would sincerely like to thank the Rio Terrace Community League, Realtors Felicia Dean and Jen Osmond, and most especially our neighbourhoods, for their extraordinary generosity in making Illuminight 2014 such a wonderful experience. It was a successful fundraiser for Jasper Place Health and Wellness Centre, and a beautiful evening. Thank you!



A big thank you goes out to Mac's for giving us the opportunity to sell community memberships in their store. We are grateful for their commitment in keeping our community connected!

“One can acquire everything in solitude except character.”

Stendhal



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Green Corner (continued from page 7)

What about when you and your neighbour can't agree on which contractor's quote to go with when the shared fence is called to the great pastureland in the sky? What about when you find someone's deposited their dog poop into your trash can sometime between the time you put it at the curb on Tuesday night and when you retrieve it Wednesday—but which remains at the bottom of your trash can because the trash collectors don't dump out trash cans anymore, they only pick up large bags? (Yes, *this last just happened to me. Again. *sigh* Should I be grateful s/he didn't just let her/his dog go on my sidewalk or lawn? 'Cause that's happened too.*) Where's the feeling of community then? And what the heck does any of this have to do with a column on green living and being environmentally conscientious? You guessed it: everything.

As I've mentioned before, I drive an electric motor/gas engine hybrid car. I compost all year long. I participate in Earth Hour in March. I eschew plastic bags in favour of reusable cloth ones. I use vinegar and baking soda to clean my home. I use hydrogen peroxide bleach on my laundry. I re-use the rinse water from cleaning veg and fruit to water my garden plants in the summer.

continued on page 19

John Hudson for
Edmonton McClung





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
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Kurt Cobain



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Conservative Party of Canada Candidate for Edmonton-Centre

Edmonton-Centre is at the heart of a great and growing city, bursting with promise and opportunity for future generations. It's where my wife Debbie and I have raised our three children. It is also where I've built several successful businesses that have created jobs and opportunities for so many over the last 30 years.

I love this city and I want to give back to the community that has meant so much to me. That's why I'm running to be your next Member of Parliament. Every family in Edmonton-Centre deserves the best possible opportunities to succeed in whatever they do. But it's going to take the right leadership. Please consider getting involved and helping me bring this approach and your voice to Ottawa.

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Preparing For the Inevitable

Practical Funeral Planning For Peace of Mind

By Yvonne Racine, Life Celebrant and Coach

One of the things we all must face is the inevitability of death. There are no guarantees for any of us healthy or otherwise, young or old, rich or poor as to how long we will live.

Given death is a fact of life, it's a good idea to give some thought to what you would like in terms of whether you want burial or cremation or your body donated to science; whether you want a farewell ceremony or not and if so would you like a religious ceremony or more of a celebration of your life. Even if you have a will it doesn't mean these items will be covered and wills are often not even looked at until after the funeral.

An important thing to consider, which can come as quite a shock when faced with having to make funeral arrangements, is that dying can be fairly expensive. Costs average around \$7000 and can run as high as \$30,000+ depending on how elaborate you or your next of kin want to get, or think you should get.

One of the problems with failing to do some preplanning around final arrangements is that your loved ones aren't always thinking straight when they're making arrangements. It's easy to spend more than can really be afforded when there are feelings of guilt or the belief that getting the best and most expensive is how you show your love. It could be that the person who has died wanted their money to go to the people they love rather than being spent on an expensive and extravagant funeral. Conversely, if the resources are available and you

want something extravagant you can plan for that too.

When the deceased has made arrangements beforehand the executor or next of kin left with the task of looking after the arrangements don't have to figure it all out on their own. They still have plenty to do and there are always lots of details to sort out but the big decisions are already looked after.

If you would like to get information about preplanning final arrangements for yourself or a family member, you can contact The Memorial Society of Edmonton and District (MSED) for help. MSED is a not for profit society dedicated to providing members with education, guidance and reduced costs. MSED is not a funeral provider; they are a volunteer organization with individual members. There is a onetime membership fee of \$30.00 which provides members with planning forms and information as well as access to a number of well established, reputable providers in the greater Edmonton area who have agreed to provide special pricing for MSED members.

For more information go to
www.memorialsocietyedmonton.ca or call
780-944-0196.



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Shawna Weardon RMT – Massage, Laser Therapy

Karen Chouinard-Stewart, BScPT – Clinical Pilates – Craniosacral Therapy

Dr. Franchesca Lee, DC – Laser Therapy

Massage - deep tissue, Swedish relaxation, hot stone, facial and cranio-sacral

Clinical Pilates - sessions are one-on-one and customized for you. Benefits include balanced muscular development, improved body awareness and a wonderful sense of centering and well-being.

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"Nothing haunts us like the things we don't say."

Mitch Albom

OUR LADY OF VICTORIES Catholic Elementary School Where Everyone Matters!

The value of our small and tight knit school community cannot be ignored; every student is cherished and knows they are an integral member of our family, guided by our Catholic Faith.

To foster the creation of ethical and empathetic citizens with an entrepreneurial spirit, we focus on 21st century learning environments, while providing students with authentic, inquiry-based learning experiences. Because our students' voice is valued and of paramount importance in all of our programming decisions here at Our Lady of Victories, we have created cross-graded flex programming that reflects exactly where our students' passions lie. Once a week, students are given a 1 hour opportunity to engage in a learning experience of their choice. Options can include everything from scavenger hunts and soccer clinics to creating balloon rockets and cupcake masterpieces! It's all up to the students to register for their favourite!

Every learning experience here at OLOV is built on a foundation of literacy and we have numerous reading

programs and initiatives to keep students motivated including a school-wide Home Reading program, project-based "TitleWave" and Reading Rockstars (a joint initiative with Edmonton Public Library).

Nestled in the Meadowlark community at 7925-158st., we offer a K to 6 program, as well as 100 Voices programs for 3 and 4 year olds. We are happy to also offer bussing for students in our catchment area. Provide this personalized learning experience for your child and register today by calling **780 489-7630** or visit us at www.ourladyofvictories.ecsd.net.



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

World of Boo - Art Gallery of Alberta

Open daily thru april 16, 2015

This kid-friendly installation was created by Jason Carter and Bridget Ryan, inspired by their book series Who is Boo. Families can explore storytelling and improvisational play with hands-on activities and create meaning through a variety of experiences in this exhibition dedicated to stories.

<http://www.infoedmonton.com/events/world-of-boo>

Lois Hole: The Queen of Hugs

University of Alberta - Enterprise Square Galleries

OPEN THRU MARCH 22, 2015

This exhibit features items of clothing, jewellery, and photographs from Lois Hole's life and legacy. A Canadian politician, academician, and entrepreneur, Hole is known and loved for her warm personality. **780-492-5834**

Oh Boy, Buddy Holly! - Jubilations!

TICKETS AVAILABLE UNTIL APRIL 12, 2015

Kids at a high school in middle-of-nowhere Alberta start a campaign to bring their favourite rock 'n roll stars to perform at their graduation dance. With the music of Buddy Holly, The Everly Brothers, and Chuck Berry, this show is sure to make for the greatest rock 'n roll party of all time! <http://edmonton.jubilations.ca/>

SkirtsAfire herArts Festival - Various Venues

MARCH 5 - 8, 2015

This arts festival celebrates and showcases women in the arts with performances and exhibits by a diverse mix of artists, musicians, filmmakers, writers, dancers, and actors. This year's highlight is a new work by local playwright Nicole Moeller called Mothers, about a woman dealing with the aftermath of a school shooting.

<https://skirtsafire.wordpress.com/>

Mom, Pop & Tots Fair - Edmonton EXPO Centre

MARCH 6 & 7, 2015 - 9am-5pm

Everyone in the family can enjoy live entertainment, hands-on activities, and meet and greets with some of your favourite children's characters!

<http://mpt.edmontonshows.com/>

Western Canada Fashion Week

ATB Financial Arts Barns

March 26 - April 4, 2015

Over 30 local and national designers showcase their latest and most innovative designs on the runway and highlight the season's hottest trends. A variety of exciting competitions and challenges for designers, stylists, and hair and makeup artists to show off their skills also take place during this event. <http://westerncanadafashionweek.com>

Disconnect to Reconnect

Recently I heard two young people joke about school. 'What's the best thing about school?' said one to the other; 'Learning to text with your phone in your pocket' replied his friend. On the bus into town the other day, I looked around at everyone on their ipods, mobile phones and blackberry's busily texting and updating their current status and location for all to see. Nearby two teenage girls were gossiping about who was dating who, arguing whether it was true or not as it was not on Facebook. Technology is such a huge part of our lives nowadays and for young people it is as if they are living two lives; their offline world and their private online world.

As I sat there, I started thinking about technology and all the devices we now use that make it easier to connect with people and I wondered whether technology does in fact bring us closer to the people in our lives or if it pushes us further away from the people we care about?

When you open the front door to a family home nowadays, what you can often find are family members in different rooms Skyping, Texting, IMing or Gaming... no- one is talking to each other. Even when you do manage to sit down and have a conversation or a meal together, it is filled with TV's blaring, emailing and texting in their pockets, with little time for actual talking. It is no wonder that people are

concerned about technology breaking down family communication as it takes up our attention and can be an individual pursuit.

However all is not lost, many of us remember a time when mealtimes, especially dinner time brought the whole family together to share their day's experience and stay involved in each other's lives. In today's fast-paced world, however mealtimes are often seen as insignificant or a luxury, families cannot afford, time wise. Yet research indicates that having meals together has a positive impact on family communications. It can be used as a time for teaching children and young people basic social skills for communicating, empathy and sharing family values, as well as staying connected and involved with each other.

When I speak to parents of teenagers about technology and the affects it has on the family and their relationships with their teenagers, many will speak of times when they have gone on family holidays, where the use of technologies have been limited or banned. During these times parents feel that their relationships with their teenagers improve as they spend the time talking and connecting with each other.

So even though technology has become a part of our daily existence, it is important to disconnect, even for one meal a day, so you can reconnect with family.

Clare Crowley Collier Therapist, Educator & Facilitator for Teenagers and Parents

Green Corner (continued from page 13)

I *blah blah blah....* But what difference is any of that going to make to my neighbours? To you, dear Reader? Well, this is the perfect place to introduce you to the concept of "Outrospection." It's a term coined by Roman Krznaric, philosopher, author, and renowned international expert on Empathy as a pathway to social transformation.

I urge you to spend the 10 or so minutes it takes to watch a creative and engaging video about this concept. They've taken a live talk done by Dr. Krznaric and done an RSA animation. Please find it here:

<https://www.youtube.com/watch?v=BG46lwVfSu8> or if you're not reading this as a PDF, you can google "Roman Krznaric Outrospection RSA."

Outrospection's central tenet is the practice of Empathy as a way to get outside of ourselves, to move past insularity, and to be able to experience things from another's perspective; thereby creating a

new understanding from which to solve the issues that are in front of us now. That's the Coles Notes version, anyway.

So, within the context of Outrospection, my choices regarding cars and water usage and cleaners and plastics are ways that I think/act/consider outside of myself. And what's outside of myself, what's there for me to consider at the moment of those choices, is the planet: the physical environment in which I live.

Our community is part of that physical environment, even as it's simultaneously more than just its streets, its parks, its ice rinks and its trees. Similarly, we are more than just the sum of our tangible parts. We as a species have exercised immense power over this planet. And you know what they say: with great power comes great responsibility. That's what the social contract is all about: our responsibility to one another, now and in the future. **What do you want to be responsible for?**

Lent and Easter

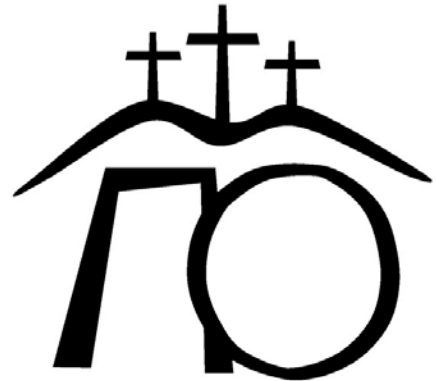
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Rev. James Lavoy, pastor · Ms. Kristine Kliza, administrator



Rich with metaphor, **Lent** is the season of **spiritual journey**, where we walk with Jesus as he moves through the wilderness toward Jerusalem and the Cross, while **Easter** is the season of **resurrection**, where God redeems the terrible and bad for good and holy. *Join with us* and be surprised by the richness of following through the wilderness to the empty tomb.

SUNDAY MORNINGS

Gathering Each Sunday at 10:30 am

Sing hymns old and new;

Be engaged by the messages;

Share in the blessings and concerns;

Experience living in community.

Children are welcome and invited.

Special Notes:

Sunday, February 22 - Holy Communion

Thursday, April 2, 5 pm – Seder Dinner

Friday, April 3, 7 pm – Good Friday Service

See website or Facebook for more Holy Week details.

April 5 - Easter

6:30 AM – Easter Dawn Service

7:30 AM – Easter Breakfast

10:30 AM – Easter Celebration

CREATIVE REST

Mondays · 5:30-6:30 pm

A time to pause your busy life, sit for an hour, and work on an art or craft project for enjoyment. Children's crafts provided.

KID's JUSTICE + MISSION

group now forming. Contact pastor James for more information. jlavoy@gmail.com.

ASH WEDNESDAY

Wednesday, February 18

The first day of Lent, where we remember our identity: that we belong to God.

Pancake Supper 5:30 – 6:30 pm

Ash Wednesday Ritual 6:30 pm

LENTEN MOVIE SERIES

We will feature mainstream movies that reflect on the theme of Spiritual Journey.

Popcorn and good company provided.

Les Misérables Wed., Feb 25, 6:30 pm

St. Vincent Wed., March 11, 6:30 pm

Gravity Wed., March 25, 6:30 pm

Zealot DISCUSSION GROUP

Mondays at 1:30 pm (at the Church) *or*

Sundays at 5 pm (potluck at pastor James' house)

Starting February 28 and 29th

The new book *Zealot: The Life and Times of Jesus of Nazareth*, written by Reza Aslan, is a controversial, interesting approach to learning about Jesus. Aslan, a religion scholar, provides a unique insight to the "historical Jesus" and offers helpful insight for the Lenten journey.