

Community Matters

Proudly serving Patricia Heights • Rio Terrace • Quesnell Heights

Living on the BRIGHT side of the freeway!

May 2015
Edition



Patricia Heights, Rio Terrace and Quesnell Heights said “YES” to a Spray Park!

Thank you everyone who completed our recent survey on a spray park for our neighbourhood. We received 130 responses from families in the community and over 80% strongly support the spraypark initiative.

Whether it is for our children, grandchildren or visitors to our community, a spraypark will be a welcome addition for healthy and social activities during our beautiful summer months. And, we will be incorporating design elements so that during all the seasons we experience here in Edmonton the space will be another play zone for all age groups.

So what is next? Planning, public consultation and raising money!

A small group of volunteers is working with the City on the concept plan for the site. The theme of the site has yet to be determined and that is where you, our community come in. As soon as we are ready we will be inviting you all to a public open house to provide your input on the theme, concept and design of the park. We hope this will happen before the end of summer. We are also developing the budget and fund raising plan. There will be a call out for donations and to participate in our fund raising programs throughout the next 12 months. Our goal is to begin construction next year but there is still a lot to be done.

If you would like to volunteer to help us fundraise or would like to share an idea please contact Allison or Auriana. (rioterracespraypark@gmail.com, auriana@shaw.ca)

For our first spray park fundraiser we are partnering with Billyco Junction Gardens in Lacombe, AB to bring you chemical free locally grown produce. Fresh fruit and vegetables will be delivered weekly to our Rio Terrace neighbourhood where you can pick them up. The purchases you make benefit our community Spray Park initiative which will receive a 7% return on every purchase made at Billyco Junction. Please visit the Rio Terrace Website and click on the Spray Park tab for more information and for access to the online order form. Orders are due May 31st. We are also including a paper version of the form - you can drop off completed forms with payment information in the mailbox at the Rio Terrace Hall.

We are also planning two ticketed events at West Edmonton Mall; one at the Waterpark in the fall and another at Galaxyland in the winter. More information about these events will be provided after the details are finalized.

Please follow us on Facebook (Rio Terrace Community League) to stay informed about these and other events in our community.

CONNECT WITH US!

www.rioterrace.ca

@RioTerrace

facebook.com/rioterracecommunityleague



COMMUNITY LEAGUE MATTERS

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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www.rioterrace.ca

A member of the Edmonton Federation of
Community Leagues
www.efcl.org

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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: August 2015
Submission Deadline:
TBA

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COMMUNITY LEAGUE MATTERS

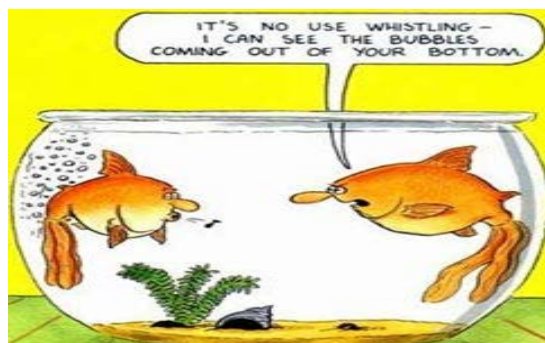
Community League Bylaw Update

The Community League must not only refresh the community hall now and then, but also its own bylaws.

The bylaws are the rules governing how the league operates: how the league members elect the members of the board, how decisions are taken and who is responsible for what. For example, who manages the soccer program, who maintains the hall and who pays the bills.

The bylaws have not been updated for a long time and the board, at the April meeting, decided that the time had come. The responsibility of preparing a new version rests with our Vice President, Aman Athwal. Along with a few others, she is currently drafting a new version of our Bylaws. Before coming into effect, this new version must be approved by the League Members at large. This will be done at the Annual General Meeting, in August. During this meeting, the Members will also elect the League President, the Secretary, the Soccer, Newsletter and Social Directors, as well as the Hall Rental Coordinator. So, please ensure that your league membership is up to date and plan to come to the community hall on August the 26 to participate in our Annual General Meeting.

You can read the league's current bylaws on our Website at <http://www.rioterrace.ca/> under "Our Community" and "Bylaws". The proposed new version will be communicated to the members ahead of this meeting.



Community League Governance

Many of us participate in community activities and programs and purchase Community League memberships. But did you ever wonder how the Community League business is managed? Well, now you can readily see it now.

To make the Community League governance more transparent, the Board has decided to post the minutes of our meetings to our website, at "www.rioterrace.ca". To read them, click the "Our Community" button and then, on the "Minutes" button. From there, choose the meeting that you would like to view: a new tab will open in your browser with a copy of the minutes. You can already find there a copy of our most recent meetings.

For a closer look, remember that Community League members are welcomed, not only at general meetings, but also at the Board meetings held on the fourth Wednesday of every month, at 7:30 PM. The minutes will usually be posted a few days after the meeting has taken place.



Introducing: Classified Ads!

Starting in August, our newsletter will include a new section: Classified Ads. They will be for the exclusive use of Community League members for short messages such as services offered or needed. They will not be available to registered businesses and organisations. There will not be any fees for these ads. They must be text only, not exceed 20 words, plus the contact information. (e-mail address and/or phone number).

To place such an ad, please send your text to rio.terrace.newsletter.ad@shaw.ca.

Ads received before the end of July, October, January or April will be published in the Newsletter issue of the following month, subject to editorial approval.



GREEN COMMUNITY MATTERS

Community Garden

April saw a gathering of this year's Rio Gardens! members to clean up and prepare the garden beds for another growing season. There's even a new shed and, as always, some beautiful compost! Every bed is spoken for and there is a waiting list. We are grateful to Pastor James Lavoy and the congregation of Rio Terrace Moravian Church for the continued partnership and the generous sharing of their property.

If we wish to grow our garden, we will need to push westward!

Expanding westward into Ken Poyser Park will require a formal application process through the City of Edmonton. We are in need of an energetic, organized, and committed individual to take this on. Will that person be you?

Please contact our current chairperson, Allison McLean, at rioterracegardens@gmail.com for more details on this process—as well as for information on the position of Chairperson. Allison has been doing a truly bang-up job; with a thriving family and other volunteer commitments, she would like to focus her considerable talents elsewhere.

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!

Edmonton's Front Yards are in Bloom

Spring is here, and we want to see your bloomin' great yards! The Front Yards in Bloom program is all about recognizing neighbours who make an effort to beautify their front yards.

Front Yards in Bloom started in 1999, with 150 nominations in its first year. It is now the largest program of its kind in Canada. Last year, we received over 3,400 nominations city-wide. This year, our goal is to receive 3,700 nominations. **Nominations can be submitted Wed May 20 – Tues June 30.**

Front Yards can be nominated in one of four categories:

- **General:** Appealing front yards that makes people smile as they pass by! These yards could include a variety of colours, textures, plants, and garden features.
- **Natural:** Yards with a “natural” aesthetic, using native plants, and limited pesticides and herbicides.
- **Edible:** Yards incorporating 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 (including schools, businesses/offices, multi-unit residences, churches, and community league halls)

After the nomination deadline, volunteers deliver a sign and brochure to each nominated yard, and also choose some top yards for recognition. Edmonton Native Plant Group and Sustainable Food Edmonton judge the top Natural and Edible yards, respectively. Results will be announced during the **Edmonton in Bloom Awards on August 12th at City Hall**. Everyone is invited to attend the celebration!

It's Easy to Nominate!

- Anyone can submit a nomination (*no self-nominations, please*)
- Nominations must be for a front yard or a yard visible by everyone.
- You can submit nominations via: Online submission form: www.frontyardsinbloom.ca Phone: 311

Front Yards in Bloom is a partnership between the Edmonton Horticultural Society, the City of Edmonton, and the Canadian Union of Postal Workers.

For information, visit: www.frontyardsinbloom.ca Questions? Email: front.yards@edmonton.ca

COMMUNITY SOCCER MATTERS

Outdoor Soccer Season is Underway!



The Rio Terrace 2015 Outdoor Community Soccer Program is fully underway and once again the Rio Terrace Soccer Program is one of the larger community programs in the northwest quadrant of Edmonton. For the 2015 outdoor season, Rio Terrace is home to 15 youth soccer teams playing in the EMSA / EMSAwest community soccer program in the U8 through U18 age groups. This means that we have over 260 children registered and playing on Rio Terrace teams. The Rio Terrace Soccer Program continues to be a vibrant and strong offering to our community youth. Each and every one of the Rio Terrace teams is now full to capacity and we were fortunate enough to not have to turn any registrants away and we only had a handful of registrants that we had to place on teams not based out of Rio Terrace.

May and June will be busy months for these soccer players (and parents) as they play games twice a week and generally practice once a week. There are 5 U8 teams and 4 U10 teams who have the school fields at either of Patricia Heights or Rio Terrace as their home fields, so there will be lots of soccer being played in our community. Weather permitting, every weeknight Monday through Thursday there will be games starting at 6:15 PM on these fields. Come on out and enjoy some of the action and see why soccer is such a popular activity for the community youth.

Most of the Rio Terrace teams will also be playing in the EMSA West Slurpee Cup soccer tournament May 29 – 31. Good luck to all of our teams and hopefully the weekend is full of great soccer, great times and great weather!

Rio Terrace U6 Fun Soccer – WOW!!

The Rio Terrace U6 FunSoccer Program has absolutely exploded this year in terms of number of teams and players. We have 8 dinosaur named teams and over 80 players participating in the Program. Having averaged roughly 60 players in the Program the last few years, this year's turnout would suggest that we have a rejuvenation of young families in our

community – a great thing to see. The Rio Terrace U6 FunSoccer Program is an in-house program – meaning that we run this ourselves and all of the activity takes place Mondays and Wednesdays starting at 6:15 PM at the large soccer field north of the Rio Terrace School.

I would like to welcome (and thank) Jeff Chow for taking on the role of U6 Soccer

Coordinator for this season. Jeff is very focussed on making sure that all players learn lots and have an absolutely great experience. I have no doubt that this will be the case. One of Jeff's first tasks was to organize the 8 teams and recruit parental coaching for each of the teams. Once again the parents have been great in volunteering to coach, teach and manage these young players.

We as a community are very fortunate that we have so many dedicated soccer coaches and team managers who give their time, effort and expertise to make community soccer a fun and rewarding experience for our youth. The whole community thanks you for all that you do with the youth of our community. Take a bow each and every one of you !!

2015-2016 Indoor Soccer Registration

Soccer registration for the 2015-2016 Indoor Soccer season will be conducted through an on-line registration process (as it was last year). Registration dates and fees will be confirmed at a later date. We will provide further info on the rioterracesoccer.ca website as it becomes available.



Soccer Volunteer Opportunities Available

Community Soccer Coordinator (my position):


I am looking/need to train / mentor / groom / bribe someone to take over my position. A great way to meet / know all of our community soccer players and their parents.

Community Soccer Equipment Manager:

Responsible for coordinating soccer equipment distribution and recovery.


If interested in learning more about any positions or how you could assist in some capacity with the Rio Terrace Soccer Program, please contact Perry Wynn at director@rioterracesoccer.ca

COMMUNITY PRESCHOOL MATTERS



NOW ACCEPTING REGISTRATIONS FOR

RioTerrace community Preschool



Come out and play!

- Many programs available:
 - 3-year-old morning
 - 4-year-old morning
 - 4-year-old afternoon
- ★ ★ ★ ★
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**780-487-0640, rtpreschool@telus.net
www.rioterracepreschool.ca**

What!? Close the Preschool?

By Auriana Burns

In a conversation a few weeks ago, a community member and I were talking about a preschool issue of low enrollment. I was shocked when the older man I was speaking with said, “Well, why doesn’t it just close.” Immediately, my emotions started to take over.

How could this person think that was a good idea? It was mind-boggling to me! Did he know that preschool gives children the opportunity to play, solve problems, and be creative in a social setting? Did he know that it is different than day care as there is a curriculum developed by child development experts? Did he know that by enrolling your child in preschool that they will experience more success throughout their schooling? It may seem like such a small thing when a child is so young but children are learning machines – they learn constantly from each experience every day. High quality, play-based learning experiences are imperative for children to develop good communication, socialization skills, and develop confidence.

Preschool is different than playgroups, gymnastics, or music classes. Preschools teach children how to be students! They learn independence as they are left at school and moms and dads run off for some errands

or well-earned breaks. Children learn how to wait, raise their hand, listen, share the teacher’s attention, and get along with others. The social butterfly can spread her wings and wallflowers may blossom. All of this provides children with confidence and readiness skills for formal schooling.

I was also taken aback by my friend’s comment, as I believe he didn’t realize that areas offering preschool are indicators of vibrant communities. Preschools build networks of parents, involve them in their neighbourhood, and draw families to engage with others. Real estate prices are higher, people are friendlier, and parks are active and well kept. A preschool draws people with values and commitment to neighbourhoods.

Rio Terrace Preschool is undergoing a rebuilding, of sorts. With new staff, program changes away from being a parent cooperative, and minor improvements to their space the Preschool is anticipating increased enrolment. Historically, Rio Terrace Preschool has been an integral part of our community and, I hope, continues to be.

After my rant, I hope my friend appreciates his broadened perspective on preschool programs. And, I look forward to seeing our community preschool build confident, independent children.



“The prize goes to the person who sees the future the quickest.”

William Stiritz

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"The man who has no imagination has no wings."

Muhammad Ali

Ease children into the arts for a lifetime of appreciation!



A love for the arts and culture begins at a young age. By exposing your children to various aspects of the art world and encouraging their creative inclinations at home, you are ensuring a life-long appreciation that will be beneficial as they move into adulthood. Whether they grow to become lawyers, doctors, teachers or marine biologists, their exposure to the arts will help them to think outside of the box and learn to express themselves creatively throughout their life.

Although some parents may think their children are too young to appreciate formal art and cultural exhibitions, children of all ages can enjoy, learn and be inspired by taking part. By following some of these simple suggestions, your next adventure to your local museum, art gallery or science centre is sure to be fun-filled for the whole family.

Before you set out on your excursion, research and discuss with your children ahead of time what you will be seeing and try to relate it to something they are already familiar with. For example, if you're planning an outing to the aquarium, watch Finding Nemo a few days before and talk about all of the colourful aquatic life that is seen in the film. Similarly, if you're going to be visiting an art gallery encourage them to create their best Picasso and sketch or paint a picture of something that inspires them. Or, encourage them to decorate some picture frames and display them in their bedroom to showcase their talents and one of their favourite photographs.

Try building a scavenger hunt into your day at each cultural institution that you visit. Read up on what will

be on display as part of the exhibitions and write out a list of things for them to find while you're there. At the end, they will feel a sense of accomplishment and be more likely to retain what they learned during the outing.

Often times, the cultural institutions we visit are so large that the experience can be daunting, even for adults. To keep focused and avoid getting overwhelmed, try visiting the gift shop at the beginning instead of at the end of your visit. By seeing the posters, games and memorabilia about all of the highlights, you can really engage your child's attention and get them excited about the upcoming sites and sounds that they will be exploring inside.

Now that you have the tips in place to start nurturing an appreciation of the arts among your children, don't for a minute worry that these newfound adventures are going to cost a bundle. Just the opposite. In fact, this spring the Kellogg's Adventure Pass is making it easier and more affordable than ever for everyone to discover family fun at their local cultural institution. In partnership with the Canadian Museums Association (CMA), the Adventure Pass is a coupon valid for up to \$10 off admission at more than 500 participating museums, science centres and zoos across Canada. The pass can be found throughout the month of April on specially marked boxes of Kellogg's cereals and is valid for use until December 30, 2009. Visit www.kelloggsadventurepass.ca for details.

This spring, get out there and instill a love and appreciation of the arts among your children by making it a family affair. You'll be amazed at how much you all learn and how much fun you can have experiencing it all together as a family, too.

Credit: www.newscanada.com

Edmonton Kids:

<http://edmontonkids.com/Articles/Art-Culture>



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“Those who never made a mistake probably never made a discovery.”

Samuel Smiles



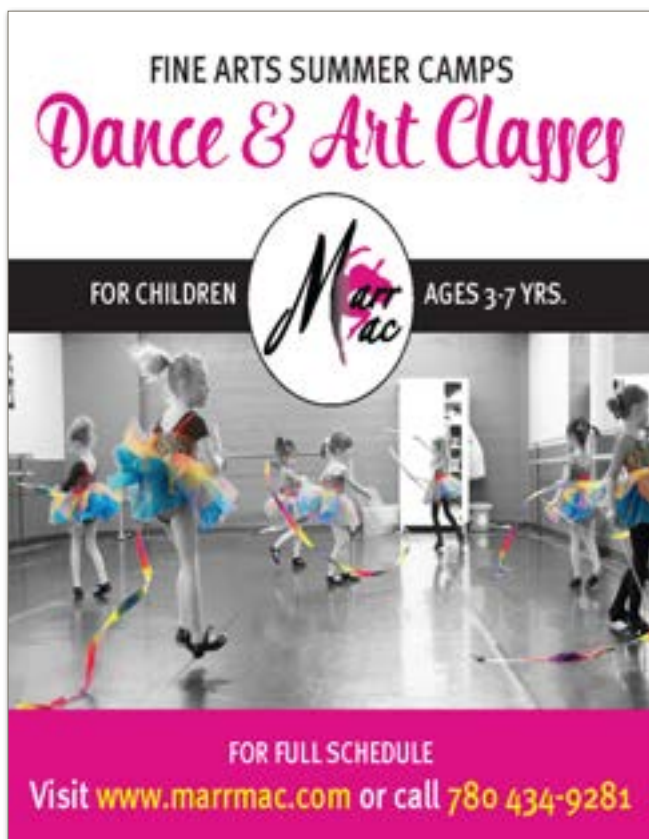
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summer
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youth


Be creative this summer. Sign up now!

MacEwan.ca/SummerArts

The poster features a yellow-to-orange gradient background. It includes icons for a lightbulb, a CD, a camera, a guitar, a laptop, a trumpet, a pair of theater masks, and a sneaker, all connected by dashed lines. The MacEwan University logo is in the top left corner.



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The advertisement shows a group of young girls in a dance studio, wearing colorful tutus and holding ribbons. The Marr Mac logo is a stylized 'M' with 'arr' and 'ac' in a circle.

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The advertisement features a logo of a hand holding a small green tree. The background is light green.

Bird Questions!

By Dave Cleary of Wild Birds Unlimited

When should I put my hummingbird feeder out?

The hummers have already started to cross the Caribbean and are heading up through the southern states on their way to western Canada. We can expect to see returning Ruby-throated Hummingbirds around May 10 this year. It's a good idea to get your feeders filled and ready to put out shortly after May 5. The reason to put them out this early is so that the males, who usually arrive before the females, will see your feeder as they begin passing through looking for territories with good food supplies. Most hummingbirds recognize feeders as sources of food as they have either been shown them by their mothers, or have used them on their journey south on migration. It's good to use a feeder that is easy to fill and clean, and one that allows you to see the bird regardless of where it is on the feeder. The nectar they need is easy to prepare, 1 part granulated white sugar mixed with 4 parts warm water, to help it dissolve. Keep some in the fridge to make it easy to refill the feeder.

Do I need to feed the birds this spring and summer?

Springtime for birds means a shift from focussing purely on survival to propagation of the species. What we see now is the return of summer birds, more courting behaviour between male and female birds, checking out of nesting boxes, and building nests. Access to abundant and healthy food supplies is important to birds...regardless of the season. Bird feeders allow birds to spend less time foraging for food and more time engaging in activities that enhance their health and safety. It does not make them too lazy, or too dependent. These misconceptions have been dispelled by modern research and observation. Bird feeders can play an important role in maintaining some populations of birds where less natural food is available. During nesting season adult birds with a backyard food supply have more time to select better nesting sites and construct higher quality nests. And more food for adult birds means the chicks also receive more food, can be healthier, and are more likely to survive.

Do we get Cardinals in Alberta?

These beautiful birds are originally native of the American South but are now present in most areas of Eastern Canada with the occasional rare sighting in Alberta. The hotspot for Central Alberta is Sherwood Park where there have been at least one, and perhaps as many as three, breeding pairs of Northern Cardinals. A Sherwood Park couple who are long time bird feeders had a male show up at their feeder starting in 2006. He persisted until a female arrived in 2008. Magic happened and a chick from the union was feeding from their bird feeder in 2009. Since then the frequency of sightings has increased slowly. At the store, we've had reports of Cardinal sightings by customers in Redwater, Gibbons, Fort Saskatchewan, Strathcona County, and Sherwood Park confirming that area as the one to watch for growth in the breeding population. There have been occasional sightings in the City of Edmonton and just west of Devon. If you have seen a Northern Cardinal, we'd love to hear from you.

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.



“Nothing is the worst thing that can happen to us.”

Richard Bach

SWEATER SALE OPEN HOUSE

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Saturday, June 20, 2015

9:00 A.M. to 3:00 P.M.



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Maureen Thomas: Home Organizer

Home: 780 487 1869

Cell: 780 887 5913

thomasmaureen@shaw.ca

References available



Introducing

River Valley Veterinary Wellness Clinic

(formerly Lynnwood Veterinary Hospital)

Exciting news....we have recently moved (just around
the corner in the same mall – beside Subway) into a
beautiful brand new clinic. We will also be the first vet
clinic to offer physiotherapy using an underwater
treadmill.

Dr. Jennifer Stelfox is joining our team and bringing
many years of excellent veterinary services. Her
interests are in oncology and rehabilitation medicine.



We would love to see your pet, whether it is for a routine exam or because they just don't seem themselves.
Seeing your pet go home happy, healthy, pain free and live as long as possible is what we strive for, here at River
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River Valley Veterinary Wellness Clinic

8744 – 149 Street

Edmonton, AB T5R 1B6

Phone (780) 484-6672 fax (780) 486-1499

Hormone Havoc – From Imbalance to Bliss

by Dr. Christina Bjorndal

One of my first cases in practice was a 51-year-old woman who was experiencing very difficult symptoms from menopause. She wasn't sleeping because of extreme hot flashes and night sweats, and this was affecting her ability to function at work during the day. With this type of concern, typically there are three levels of hormone therapy:

- 1) Synthetic – the most potent
- 2) Bio-identical hormone therapy – still synthetic, but the chemical components are *similar in molecular structure to human hormones* which is why it is referred to as “bio-identical”
- 3) Naturopathic treatment using diet, lifestyle suggestions, herbs, homeopathics and nutraceuticals.

First, one must recognize that the understanding of the menstrual cycle and hormonal symptoms in Western medicine has been ‘medicalized’. Instead of seeing that signals from the body (i.e., menstrual cramps, heavy periods, irregular flow, abdominal bloating, cravings, increased appetite, weight gain, irritability, anxiety/nervous tension, crying, depression, forgetfulness, mood swings, breast tenderness/lumps, dizziness/faintness, fatigue, headaches, hot flashes, night sweats, vaginal dryness, and insomnia) are messages that you are out of balance hormonally, Western medicine deems that you have a medical condition- and the solution typically recommended is to take birth control. This approach is a suppressive hormonal therapy that puts women at risk for other health issues including hormone-related cancers if used for greater than 10 years.¹

For most cases of hormone imbalance, supplements can be given to restore hormone balance. However, in the case when patients are interested in treatment without supplements, a possible prescription would be as follows:

- 1) Eliminate all stress in your life
- 2) See a counselor regarding marital difficulties
- 3) Quit dairy and wheat
- 4) Quit caffeine
- 5) Follow up in 2 weeks

When the above patient came to her next appointment, she was feeling 80% better and her symptoms had nearly resolved. The patient had originally stated that the primary stress in her life causing her anxiety was her marriage. To address this, she decided that she no longer wanted to work on the marriage and had verbalized to her husband that she wanted a divorce. She admitted that the dietary changes were difficult for her, but that she had been 100% compliant.

This remarkable case highlights a few key points:

1. Less is often more
2. The role of stress in health
3. How the foods we eat and what we drink can either be supportive to our health or contribute to the decline of our health
4. There are physical, mental, emotional and spiritual aspects to health

When working with patients, the primary goal is to balance the neuro-endocrine system, as opposed to working from a label or diagnosis.

Neuroendocrinology is the study of the interaction between the nervous system and the endocrine system, including the biological features of the cells involved,

cont'd on page 16



PRE-K TO GRADE 9
NEW 100 VOICES (PRE-K) PROGRAM
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D. H. Lawrence



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For more information call: **Kathleen 780 443 6224**

SPRAY PARK FUNDRAISING MATTERS

Billyco Junction Gardens

RR#4, Lacombe, AB.T4L 2N4

www.billycojunction.com

CSA 2015

Rio Terrace Spray Deck Fundraising

403 782-4263 / 403 392-4892

Fax 403 782-4202

info@billycojunction.com

Please print clearly:

Name: _____ Phone #: _____ Best time to call you. AM ___ PM ___

Your Address: _____ City: _____ Postal code: _____

Email: _____

Please return your CSA orders to Rio Terrace Community Hall mailbox, 15504 76 Avenue, by May 31. If you have questions about the program, please call Edie Biel at one of the numbers above, she will be happy to help you.

Option 1: For those who are home most of the season, we can hold & double your share if you miss a delivery or two. If you are away for more than a couple weeks, see option 2 below.

_____ **Full Vegetable** (16 wks) non-working \$752.00
 _____ Work share _____ 6 work hours \$652.00
 _____ 12 work hours \$600.00
 Vegetarian couple / larger family or friendship share

_____ **Half Vegetable** (16 wks) non-working \$432.00
 _____ Work share 6 work hours \$356.00
 Couple / Young growing family or friendship share

_____ **Fruit Share** (8 weeks) \$120.00 each
 _____ Additional Fruit Shares
 - Fruit share are not sold separately. Fruit shares are generally made during the first 10 weeks of the CSA season. We grow rhubarb, honeyberries, strawberries, raspberries, saskatoon berries, cherries, currants, and apples.

Free Run Brown Egg Shares - \$5.00/dozen
 Hormone & antibiotic free. Not sold separately.
 How many dozen each week _____
 How many weeks _____ up to 16 weeks
 Total cost \$ _____ egg shares are not part of any discounts or fund raisers for the eggs come from another farm. Show your desired delivery weeks on the form below if you are not having a delivery every week.

_____ **Easy fun share** One size \$400.00 for 8 weeks.
 Delivered after the fruits share deliveries are done.
 Raw veggies or fruit, baked items, breads, canned goods, soups, dressings, ready to go salads etc. Nicely compliments the veggie and fruit shares.

4 Equal Installment Payment Plan Option

The first payment is dated same day as the registration with 3 equal payments in post-dated cheque form to be included with your registration.

_____ 1st payment at registration
 _____ 2nd payment due July 20, 2015
 _____ 3rd payment due August 15, 2015
 _____ 4th Payment due Sept 8, 2015

Deliveries made on Tuesdays to

_____ Rio Terrace - 7707 156 street - Samantha
 _____ Belgravia - 7126 119 street - Chris & Christy
 _____ Highlands - 11134 66 street - Carly & Yuri
 _____ Bonnie Doon - 8636 80 street - Heather & Gary
 _____ Glastonbury - 163 Galland Crescent - Terri
 _____ 14339- 50 Street NW (Miller Crossing Farmer's Market)

Your Share Order Total \$ _____

_____ E transfers made to info@billycojunction.com
 _____ Interac/debit, _____ Cash
 _____ Cheques made payable to: Billyco Junction Ltd.

Refunds: If you run into an unexpected change in your life and need to cancel your deliveries, we offer refunds.

Option 2: Customize your delivery. Designed for those who are away more than two weeks of the program. You can also use this portion to indicate when you want your eggs delivered if not very week.

Share ↓ Delivery week →	June 23	June 30	July 7	July 14	July 21	July 28	August 4	August 11
Full Vegetable \$50.00								
Half Vegetable \$28.75								
Egg \$5.00 a dozen								
Share ↓ Delivery week →	August 18	August 25	Sept 1	Sept 8	Sept 15	Sept 22	October 6	October 20
Full Vegetable \$50.00								
Half Vegetable \$28.75								
Egg \$5.00 a dozen								

_____ Sign up for our farm newsletter and find out more _____ have your Country Wedding here, _____ stay at the farm B&B, _____ a meal at the on farm café - reservations required, _____ fund raiser program, _____ berry u-pick season up dates, _____ farm events like our Easter egg hunt and get dad wetter than you! A Father's day treat©

Farmers William (Bill) and Edie Biel

“Dreams are what get you started. Discipline is what keeps you going.”

Jim Ryun

Hormone Havoc – From Imbalance to Bliss cont'd on page 13

and how they communicate with one another. The study of neuroendocrinology arose from the recognition that the neurons from the part of the brain called the hypothalamus control secretion of hormones from the pituitary gland. The hormones in turn maintain balance in the body by regulating everything from reproduction, metabolism, eating and drinking behaviour, energy utilization and osmolarity to blood pressure.² The glands involved in the system include the adrenal, parathyroid, pituitary and thyroid, as well as the ovaries, pancreas, and testes.

At menopause, the body's levels of progesterone, testosterone and estrogen naturally decline. When this happens, the primary back-up system in the body for production of these hormones is through the adrenal glands. If women are out of hormonal balance in the decades prior to menopause, and they have not maintained the health of their adrenal glands or learned to manage the stress in their lives – this primary back up system for the production of estrogen and progesterone from the adrenal glands may be functioning at a lower level by menopause leaving the natural hormonal transition to be much more abrupt and difficult to manage.

Menopause can be a joyful experience as one enters into the next phase of their life.

Contrary to common belief, it does not have to be a difficult time for women. For this patient, the underlying stress in her marriage was contributing to dysregulation of her adrenal glands, knocking out her primary hormonal support. The first step to healing for her was to verbalize and express how she was truly feeling, to acknowledge how stressed she was in her marriage, and to take steps to finding a solution that worked for her.

As Naturopathic doctors, a primary tenet of our medicine is to address the root cause of disease. It is important not to chase the branches (i.e. symptoms) but to figure out what is going on from a wider perspective in the body; to find where the imbalances are and restore the body back to function. To find a Naturopathic Doctor please visit cand.ca and give yourself the gift of health today!

Dr. Christina Bjorndal is a Naturopathic doctor with a focus on mental health, hormonal balance and fertility, practicing at Natural Terrain clinic at 200-6650 177st NW. Visit www.naturalterrain.com or call (587) 521-3595.



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Bill Cole

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www.acetennisacademy.ca

“If you don’t know where you’re going, you might wind up someplace else.”

Casey Stengel



JAMES CUMMING

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.

www.jamescumming.ca

James@jamescumming.ca

587.930.5779

[@CummingK](https://twitter.com/CummingK) [f](https://www.facebook.com/ElectJamesCumming) Elect James Cumming



It takes as much energy to wish as it does to plan."

Eleanor Roosevelt

Host Families Wanted!

Open your home to an international student this summer and enjoy a cross-cultural exchange that will provide lasting memories for your family.



The English Language Program at the Faculty of Extension receives groups of students from a number of universities overseas. Many of these groups arrive at various times throughout **August** and stay for a few weeks to a month.

Our international students are at least 18 years old and will be using public transportation to get to campus. Students will attend classes Monday to Friday.

We provide our host families with a fee of **\$850 per month or \$28 per night.**



We hope that you are interested in this opportunity. For more information about the **English Language Program** and our **Homestay Program**, please visit **www.elp.ualberta.ca**.

To receive more information on becoming a host family, please contact **Trudy Stevens**, Homestay Coordinator, at **780- 492- 0071** or by email at **trudy.stevens@ualberta.ca**.

“Action without planning is fatal, but planning without action is futile.”

Unknown



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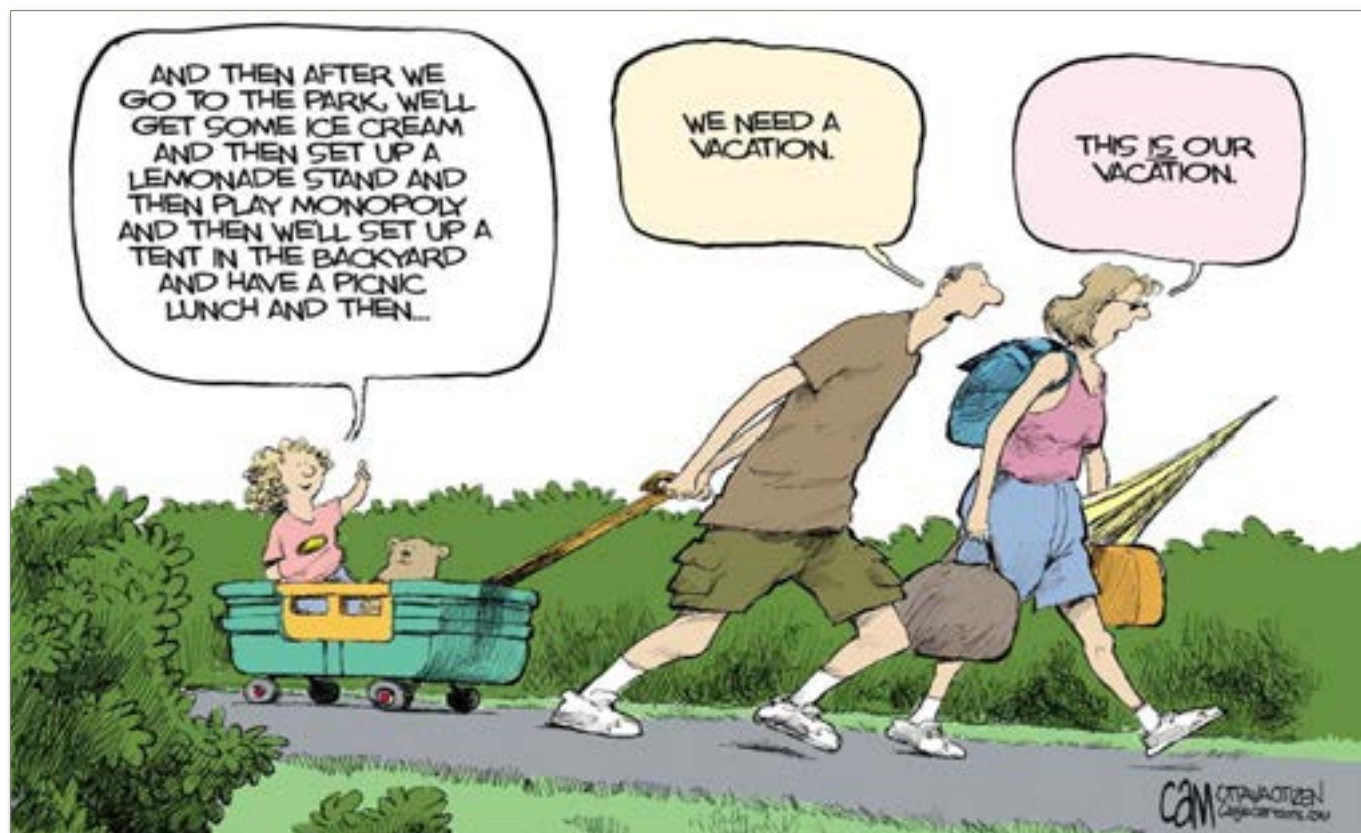


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Dinosaurs Unearthed- Telus World of Science
MAY 15 THRU OCT 11, 2015

Dinosaurs are notorious for their sheer size and ferocious reputation, but it's their feathered side that will be turning heads this summer in Edmonton. Through a mix of lighting, sound and spectacular sets, this production will have you coming face-to-face with 21 life-size, moving, roaring dinosaurs.

<http://telusworldofscienceedmonton.ca/exhibits-events/dinosaurs-unearthed>

FIFA Women's World Cup Canada 2015

Commonwealth Stadium

JUNE 6 – JULY 4, 2015

The FIFA Women's World Cup Canada 2015 kicks-off in Edmonton hosting 11 matches during this summer's competition at Commonwealth Stadium, including the opening ceremonies, Canada's first two group stage matches, and the bronze medal match.

www.fifa.com/Canada2015

Heroes & Villains Market – MacEwan University
City Centre Campus Building 6

JUNE 5, 2015 6:30pm-11:30pm

Creative Edmonton presents Heroes & Villains Market featuring...Local vendors, Handmade goods, Live music & Food, Photo Booth & Contests, Raffle & Giveaways

<http://www.creativeyeg.ca/>

GUYS & DOLLS - Timms Centre for the Arts
JUNE 18 – 27, 2015

Considered by many to be the perfect musical comedy, Guys and Dolls ran for 1,200 performances when it opened on Broadway in 1950. It received nearly unanimous positive reviews from critics and won a bevy of awards, including TONY Awards, Drama Desks, and Oliviers.

www.elopemusicaltheatre.ca

Canada Day Fireworks Cruise

Edmonton Queen Riverboat - **JULY 1, 2015**

Happy Birthday Canada. Celebrate our Nation's birthday from the middle of the North Saskatchewan River. Enjoy a cold drink and live music, featuring "Black Light Ready" while watching the dazzling fireworks display. Boarding is at 9pm and tickets are \$30.00 plus GST per person.

<http://www.edmontonqueen.com>

Edmonton Summer Festivals – Various Venues
June – September 2015

There are over 20 festivals that take place in our beautiful city during the summer months. To check out dates and more information visit:

<http://www.festivalseekers.com/edmontonfestivals>



The Oak Ridge Boys - June 5, 2015

River Cree Resort & Casino

Imagine Dragons, Metric & Halsey

June 6, 2015 - Rexall Place

Shania Twain - June 11 & 12, 2015

Rexall Place

Sebastian Bach - June 12, 2015

Century Casino

David Wilcox - June 13, 2015

Century Casino

Ed Sheeran - June 14, 2015

Rexall Place

Collective Soul - June 19, 2015

River Cree Resort & Casino

Hawksley Workman - June 21, 2015

Beaumont Four Seasons Park

Neil Young & Blue Rodeo - July 3, 2015

Rexall Place

AWOLNATION - July 7, 2015

Union Hall

Honeymoon Suite - July 11, 2015

Century Casino

Against Me! - July 14, 2015

Union Hall

Journey - July 18, 2015

Rexall Place

One Direction - July 21, 2015

Commonwealth Stadium

Keith Urban - July 22, 2015

Rexall Place

Interstellar Rodeo - July 24-26, 2015

Hawerlak Park

Big Valley Jamboree - July 31 – Aug 2, 2015

Camrose, AB

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David Starr Jordan

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EDMONTON LOCATIONS:
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June 1 - August 28

Edmonton - Rio Terrace - Rio Terrace Community League



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EDMONTON

Summer Daycamps in Rio Terrace

Ultimate Adventure Race – ages 8-12

- June 29 & 30; July 2 & 3, 2015
- 9 a.m. to 4 p.m.
- Cost: \$114
- Course code: 5398888

Cooking Up A Story – ages 4-6

- Monday July 13 to Friday July 17, 2015
- 1:30 p.m. to 4 p.m.
- Cost: \$80
- Course code: 539864

Nature Friends – ages 6-9

- Monday July 27 to Friday July 31, 2015
- 9 a.m. to 4 p.m.
- Cost: \$158
- Course code: 539897

Mini Multi Mania – ages 4-6

- Monday August 10 to Friday August 14, 2015
- 9 a.m. to 11:30 a.m.
- Cost: \$80
- Course code: 539870

Registration opens **April 28, 2015.**

Register early to avoid disappointment!

Browse all camps at edmonton.ca/daycamps

To Register

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



THE CITY OF
Edmonton

EDMONTON

FREE Community Summer Drop-In Recreation Programs

Join in games, sports, crafts, music, drama, and special events at your neighbourhood park! Ages 6 to 12 are welcomed; ages 5 and under must be supervised by a parent or guardian.

Green Shack Playground Program

Location: Patricia Heights,
16216-78 ave nw

Dates: Monday to Friday,
July 2 to August 25, 2015

Time: 10:00 to 1:30pm

Find all
community
summer
programs at
[edmonton.ca/
dropincommunity
programs](http://edmonton.ca/dropincommunityprograms)
or call 311.



THE CITY OF
Edmonton

EDMONTON

FREE Community Summer Drop-In Recreation Programs

Join in games, sports, crafts, music, drama, and special events at your neighbourhood park! Ages 6 to 12 are welcomed; ages 5 and under must be supervised by a parent or guardian.

Pop Up Play

Location: Quesnell Park

39 Quesnell Crescent

Dates: Tuesdays & Thursdays

July 2 to August 25, 2015

Time: 2:30 to 6:00pm

Location: Rio Terrace Park

15504-76 Avenue

Dates: Mondays & Wednesdays

July 2 to August 25, 2015

Time: 2:30 to 6:00pm

Find all
community
summer
programs at
[edmonton.ca/
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programs](http://edmonton.ca/dropincommunityprograms)
or call 311.



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Not intended to solicit properties that are already listed for sale.



COMMUNITY BIKE PARADE MATTERS

What is YOUR family doing to kick off summer vacation?

Wanna join a gang of bikers?

Hey, family minded community members! We're having our 6th annual 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 of course a tasty 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 6th ANNUAL
FAMILY BIKE PARADE!
Sunday, June 28 @ 2:00**



I love my community!



**Proudly Sponsored by
Rio Terrace Community League**

COMMUNITY CHURCH MATTERS

Pentecost (May/June)

with Rio Terrace Community Moravian Church

15108 76 Ave n.w. · Rio Terrace, Edmonton, AB

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

RioTerraceChurch.org · (780) 487-0211 · RioTerraceChurch@shaw.ca



Pentecost is the season of the Holy Spirit, the season of mission, where God moves among us, and courageously leads us out of our places of comfort, to places of hope, love and faith.

SUNDAY MORNINGS

Gathering Each Sunday at 10:30 am

Our faith grows out of our questions, not our answers. So, Sunday gatherings are filled with new insight, yet continued from an ancient tradition. Meditation, singing, and engaging stories connect us and center us for the coming week. All are welcome.

Children are welcome and invited, with a weekly children's chat, and spiritual play.

Special Observances:

May 10 – Lovefeast for Mothers' Day

May 24 – Holy Communion for the Pentecost

June 14 – Rev. Ian Edwards preaching

June 24 – Congregational picnic, after worship

*Please note that, by request, **worship services will be held on Summer Long Weekends**, this year. If worship attendance is otherwise poor, in the future, we may look to other options.

PASTOR JAMES' OFFICE HOURS

If you are experiencing a life transition, encountering some deep questions, would like to know more about the church, or just have a great idea, pastor James has two good, listening ears. He is available by appointment – day or evening.

In addition, he spends Thursday mornings, 9-11, at Wild Earth Café, 14238 85 Ave. Come have a coffee!

SUMMER CAMP!

The Moravian Church in Canada offers an outstanding summer sleep-away camp, at Camp Van Es, in Strathcona County. VanEsCamp.com.

Play, friends, outdoor adventures, and a safe, progressive, spiritual framework offer outstanding opportunities for children to grow.

Subsidized camping fees are available, including for people not connected with our church. If you are interested, please contact pastor James.

Grade 3 & 4: June 28 – July 4

Grade 5 & 6: July 5 – July 11

Junior High: July 12 – July 18

Senior High: July 19 – July 25

Grade 1 & 2: July 26 – July 29

AN INDOOR YARD SALE!

Saturday, May 30 – 9 am 'til 1 pm

In an effort to encourage people to simplify their lives, Rio Terrace Church is holding an indoor yard sale.

If you would like to rent an 8' table, please reserve a spot for \$15. Drop a check off in the office, or reserve on our website – RioTerraceChurch.org.

10% of the church's revenue will be tithed to Jasper Place Wellness Centre, jpwcc.ca. Any unsold items may be donated, free of charge, to their thrift store.

You are a blessing to this community! May your summer be filled with recreation, ice cream, and spiritual surprises!