

Community Matters

November
2015
Edition

Proudly serving Patricia Heights • Rio Terrace • Quesnell Heights

Living on the BRIGHT side of the freeway!

A Message from our Community League President:

"Without a sense of caring, there can be no sense of community."

- Anthony J. D'Angelo

When my family moved into Patricia Heights over 11 years ago, we knew immediately that this was a great place to live. There was a block party a few days after our move and we had the opportunity to meet many neighbours at the same time. Even though we couldn't remember all their names that day, we had a sense of the caring and thoughtful people who lived nearby. They were curious to know us, just as we were curious to know them.

As I became familiar and involved with our community, I have always found the people to be kind and willing to give time to build this amazing community. In the past few months we have had three amazing events at our hall. Our annual Big Bin Event was yet again a huge success and over 150 families joined us for a movie in the park on Community League Day. The excitement continued on at end of October as we held a spooky Halloween party full of fun the little ones. Events like this would not be possible without volunteers from our own community.

At our Annual General Meeting, I was again thrilled to meet new community members that are willing and eager to jump in and contribute their skills to our community. I am pleased to welcome Erin Waye (Membership Director), David Feldman and James Lavoy (Directors at Large). I welcome these new voices to our already tremendous community board and know that we will do great things together for the benefit of all our residents.

CONNECT WITH US!

www.rioterrace.ca

@RioTerrace

facebook.com/rioterracecommunityleague



We are currently looking for one or more individuals to take over the coordination of the Rio Terrace CL soccer program. Our soccer program is very strong and we are looking for people to keep this program as amazing as it is. Please consider donating your time for such a great activity. We are recruiting numerous volunteers to take on the multiple roles that are part of the coordination of soccer for ages 4-18.

Our thanks to Perry Wynn for his extensive commitment and tremendous work in this role for so many years.

As community members please consider coming to our board meetings and finding a project you are excited to get involved with. This community is for all of us!

Lance Burns - Community League President

Upcoming Community Events

Rio Terrace Pre-school Silent Auction

Friday, November 20 - page 4

Breakfast With Santa!

Saturday, December 5 - page 8

Dean & Osmond Christmas Party at Uncle Glenn's

Friday, December 11

"Illuminight" at Rio Terrace Church

Sunday, December 20 - page 23

West Edmonton Mall Water Park Event

Sunday, January 24, 2016 - page 7

COMMUNITY LEAGUE MATTERS

Community News

Editing & Advertising:
Carlene Nohas & D-L Duffy Power
Distribution: Diane Harrington

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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

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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: \$22
Quarter Page: \$40
Half Page: \$70
Full Page: \$135
Back Page: \$160

Classified ads also available. Contact one of
our co-editors for more information or to
book your ad.

Next Issue: February 2016

Submission Deadline:
TBA

Rio Terrace Community League

Executive, Board of Directors &
Organizational Volunteers

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	Auriana Burns	auriana@shaw.ca

COMMUNITY LEAGUE MATTERS

FREE Community League swim

Happy fall-time everyone!!! My name is Emma and I am the programs director for the Rio Terrace Community League. I am here today to inform you all of an excellent program available free of charge to community league members: the community swim. The community swim is at Jasper Place Fitness and Leisure Centre at 9200-163 Street on Saturdays from 6-7 pm and Sundays from 4-6 pm. This program is only available to community league members and requires your community league card for admission.

Because the community swim at this facility is only available to a limited number of community leagues, I found that the facility was not crowded as might be expected from a FREE swim time.

The pool amenities include a 23 meter swimming pool (6 lanes), shallow warm water teach pool, steam room, diving boards (1m, 3m, and 5m), waterslide (deep water landing), swing rope, and pool toys. The facility amenities include regular and family change rooms with personal lock and coin lockers, sundeck, and complimentary wallet and purse lockers in lobby.

We hope that you take advantage of this program! And have a GREAT remainder of fall and a FANTASTIC winter.

Thanks,
Emma



Lights!! Camera!! Auction!!

Come out and support the Rio Terrace Community Preschool during our Annual Silent Auction!

This event has traditionally been a huge success for not only fundraising efforts, but also for building community.

Where: Rio Terrace Community Hall (15500 - 76 ave)

When: Friday November 20th, starting at 7pm

What: Silent Auction with delicious food, drinks and door prizes

Why: In support of the local preschool (also a great way to meet neighbours and reconnect with friends in the community)

Come out for an evening filled with fun and laughter.

There will be lots of tasty food and delicious drinks to enjoy while you browse the amazing auction items. Make sure to enter your name in the draws for **door prizes**.

Please feel free to bring some friends and family... It is an excellent opportunity to **get some Christmas shopping done!**

And something new this year, we will be having a **"Wine Tree"!!** If you would like to be entered into this draw, please bring a bottle of wine to give it to the wine tree.

Then at the end of the evening we will draw one name and the winner will go home with ALL the wine! What an awesome way to stock up the wine cellar for Christmas.

If you have your own business or would like to support the local preschool, please consider donating a gift card, tickets, a gift basket or products for the silent auction.

We're looking forward to seeing you all out for a wonderful evening. For more information please call 780-487-0640.

Join us for "CRAFTERNOON"
Sunday, Nov. 29 at 1:00 pm
At Rio Terrace Church
15108 76 Ave
\$15.00 fee
please RSVP by Nov. 23 to
rioterracechurch@shaw.ca
or at 780-487-0211.



Another perfect Pie in the Park!

Nothing beats a beautiful fall day... except a beautiful fall day and a piece of pumpkin pie smothered in whip cream! On Thanksgiving Weekend our friendly neighbourhood real estate agents Felicia Dean and Jen Osmond hosted their 4th annual Pie in the Park. Over 280 pieces of pie were served up with whip cream, smiles and sunshine! Thank you Felicia and Jen for treating the community to some "done-right" neighbourly hospitality!

LIGHTS! CAMERA! AUCTION!

We invite you to attend our Annual Silent Auction Fundraising Event

FRIDAY | 20 | 2015 7:00 pm
NOVEMBER 1:00 am

RIO TERRACE COMMUNITY PRESCHOOL
15500 **780.487.0640**
76 AVENUE

DELICIOUS FOOD* DOOR PRIZES* SILENT AUCTION

Amazing Deals! Great Community! Do It for the kids!

Do you have a Business? Would you like to support the preschool? Please consider donating a gift certificate, tickets, a gift basket or products for the Silent Auction. If you have an item you would like to donate please drop it by the preschool on any weekday or kindly email Shaylene at shaylenesaxton@gmail.com

<http://rioterracepreschool.ca/>

COMMUNITY SOCCER MATTERS

Rio Terrace Soccer Update Indoor Season Is Underway

The indoor soccer season is underway and Rio Terrace is fielding 11 teams in total playing in the EMSA (Edmonton Minor Soccer Association) community level soccer program. We have a boys team at every age group U8 through U18 (with 2 teams at U12), a girls team at each of U10, U14 and U18 and a U6 mixed team. The U8 through U18 teams are generally outdoor teams that carry on through the winter and these teams typically prove to be very successful as the players continue to practice and develop their skills throughout the winter.

Teams will be playing weekly through to the end of February and most will participate in the season ending Slush Cup Soccer Tournament in early March. Good luck to all teams for a fun, enjoyable and skill developing season of soccer. As always, a great round of thanks goes out to the volunteer parents who so graciously give their time and expertise to serve as coaches, managers, bench parents and overall supporters of the Rio Terrace soccer program. Our youth players are the fortunate beneficiaries of these community minded parents.

Outdoor Soccer Registration – mid February

Just wanting to plant the seed that **registration for the 2016 Outdoor soccer season will be taking place in mid February 2016.**

Please check in to the Rio Terrace Community League website in January for further details as to when and where to register. The Rio Terrace community soccer program fields teams at the U8 through U18 age groups – so players with birth years 2008 through 1999 are eligible to play in the 2016 outdoor season.

Rio Terrace also runs a U6 FunSoccer Program during the outdoor season that is targeted for community youth aged 4 – 6 (birth years 2010 through 2012). This popular program had over 80 players this past season and it is a great sight to see so many players, parents and other fans at the Rio Terrace soccer fields every Monday and Wednesday in May and June. This program serves as a great introduction to the game of soccer and the focus is to have the players learn new skills and develop their abilities in a fun environment where parent participation is an important part of the program.



**Soccer Coordinator
position is vacant
and waiting
for YOU!**



Committee positions are also available.

It is time for new enthusiasm and community interest in organizing the Rio Terrace Soccer Program. This is a great way to meet the parents of the community and be part of what is really a vibrant connection activity for much of our community. I can personally attest to the joy that comes from seeing so many of our community youth enthusiastically enjoying this great game, having a ton of fun while being so active and doing so because of the selfless efforts of our great community of volunteers who assist with each team.

There will be an information/organizational meeting
**Wednesday Nov 18 at the Rio Terrace
Community League Hall at 7 PM.**

At this meeting I will provide a summary of the activities of the Soccer Program and answer any and all questions that you might have. Please consider this your invitation to attend the meeting and learn how you can become part of this vibrant community activity.

Many hands make for light work, so we would really like to establish a committee approach for running the Rio Terrace Soccer Program and we would like (ok – need) to have a new soccer coordinator and support committee in place by the end of this year so that we are ready for February's registration for the 2016 outdoor soccer season.

A number of positions are available to help out with the soccer program. They could include:

Soccer Coordinator (someone needs to be in charge!)

U6 FunSoccer Coordinator

Soccer equipment manager

Picture coordinator

Other (as appropriate, including committee members)

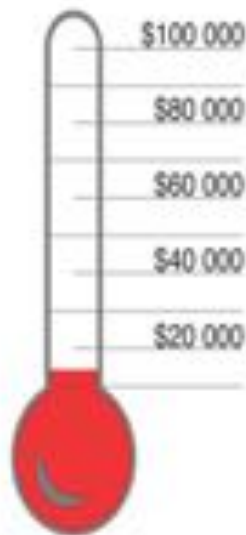
If anyone has any interest or questions that they would like to address with me prior to the meeting, please do as I would be happy to assist in getting new enthusiasm involved in the soccer program. Just send me an email at director@rioterracesoccer.ca

I look forward to passing on the torch and seeing the soccer program continue to be such a vibrant part of our community with new people making this happen.

COMMUNITY SPRAYDECK MATTERS



Fundraising Goals



The committee hopes to hear the results of its major grant applications by January 2016

All funds must be raised by spring 2016 for construction to next year

Fall Fundraising

This fall the spray deck committee was busy fundraising in our community.

- Residents who signed up for the Billyco Junction fall roof cellar fundraiser are enjoying more great quality food with a portion of proceeds going to the spray deck.
- Big bin flyers were distributed and donations were made for the removal of household items.
- Committee members were present at the Community League Day activities at Rio Terrace Church and the movie night to accept donations.
- A team of dedicated committee members and volunteers knocked on doors to canvass donations.
- Donations were collected at the Family Halloween Party.
- A craft sale was held on November 8th to raise funds.

\$14,000 was raised this fall. Thank you to all who donated!

Donations can still be dropped off at the Hall. The donation form is available on the website: www.rioterrace.ca

More fundraising planned to meet \$100k goal

The total budget for the spray deck is approximately \$375,000 with \$275,000 expected to come from grants. We are off to a great start, but still need to raise \$85,000 to begin construction next summer.

If you have any unique fundraising ideas or would like to help us raise funds over the winter, please contact us:

Allison McLean: rioterracespraypark@gmail.com

Aurlana Burns: aurlana@shaw.ca

COMMUNITY SPRAYDECK MATTERS

Donations are still being accepted throughout the winter. Drop off your form and payment in the Hall mailbox

Volunteers are needed to help sell tickets for the Waterpark event.

We are always looking for new committee members. Contact us if you are interested in joining!

Tickets on sale now: January 24 WEM Waterpark Fundraiser. Great stocking stuffer gift!

The next major fundraiser planned is a morning out at WEM Waterpark. We have rented the waterpark from 8:30-11:30AM on Sunday, January 24th. Tickets are \$15 each (Children under 2 are free) and are available for purchase our local Mac's store (cash or cheque only). This is a great price and you do not need to be a community member to purchase tickets and/or attend the event!

Please invite your families, friends, co-workers, etc. to purchase tickets. The more tickets sold, the more funds raised for the spray deck. These tickets will make excellent stocking stuffers!!!

Concept Phase

We are still in the concept phase of the project, and are waiting to hear from the City before we move into the design phase!

Watch for future communications from us. We will be referring to the survey that was sent last summer and asking for more feedback on what the spray deck should look like, from type of water feature to what kind of permanent furniture fixtures might also be installed.



The Family Franken Fest!

There were so many things to do
And yummy snacks to feast on too.
Balloon creations and a magic act
It was fantastic and that's a fact!

We saw princesses and witches too
Elsa's! Yes we had a few!
Superheros, ninjas, and some knights
Seeing the costumes brought delights.

Thank you to our great volunteers
For your efforts let's give three cheers!
Because if you had not come out
We would all sit home and pout.

It was great to see such glee
From members of our community.
So thanks for coming to Rio Terrace Hall,
Where a spooktacular time was had by all!



Sunday, December 6, 2015

9:00 am – 12:00 pm

Breakfast with Santa

at
Rio Terrace Community Hall

15504 – 76 Avenue

Includes:

- Pancake Breakfast
- Hot Chocolate
- Cookie Decorating
- Craft



Photos with Santa

\$10

(and you will receive a digital copy)

10:00 am – 12:00 pm

Proceeds going to the spray deck

www.rioterrace.ca

Do not let what you cannot do interfere with what you can do.

John Wooden

RIO TERRACE, PATRICIA HEIGHTS and QUESNELL COMMUNITY NEWSLETTER CARRIERS

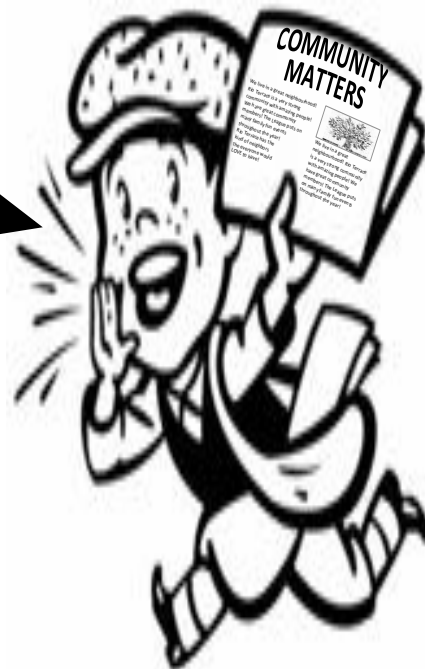
Earn \$.22 for each newsletter delivered!

Average route is 50 houses.

Newsletter deliveries take place in November, February, May and August.

For more information email Diane at

dharrington@shaw.ca



Thank you to our newsletter contributors!

We would like to thank the following people for their ongoing contributions to our community newsletter. Your articles have added interest and information to each issue!

Sandra Gangal: *Green Corner and Community Gardens*

Perry Wynn: *Community Soccer Update*

Carrie Doucette: *Upcoming Events in Edmonton*

David Cleary: *Wildbirds*

A logo for Affinity Dental Group. The logo consists of the word "AFFINITY" in a large, stylized font above the words "DENTAL GROUP" in a smaller, sans-serif font. Below the logo, there is contact information for Dr. Randy Crowell, including his phone numbers, email, and address.

AFFINITY
DENTAL GROUP

Dr. Randy Crowell *
* Dentist, Professional Corporation

P 780.484.6644
F 780.483.9531
royfield@affinitydentalgroup.ca

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

www.affinitydentalgroup.ca

Preschool Poinsettias!

Rio Terrace Community Preschool is selling poinsettias to spread Christmas cheer, and help raise money for our program. Plants are 6 inches tall, and come in red, white or pink. Buy one for \$18, or opt for a "Sharing Package" of 3 for \$45, to share with friends and family. Orders are due by Friday, November 13th.

Order forms are available at www.rioterracepreschool.ca, or contact Caitlyn Bruening at 780-710-8493 or cbruening1@gmail.com for more information.

I've failed over and over and over again in my life.
And that is why I succeed. Michael Jordan



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Please contact us with questions or to book a session.

Patricia Heights Shopping Centre
7656-156 Street

780.484.5888
Online booking: www.mozaicmassage.ca



Beaux Esprits Playschool

French Immersion

2015-2016 Registration Night
February 18, 2016 at 7:00 pm

Room # 7, 7925 158 Street
(New address)

Telephone: 780 484 4926

For more information call:
Samantha 780 886 2264

www.beplayschool.ca / beplayschool@telus.net

This is your invitation to:

Joyce's 35th Christmas

Nov 19 and Nov 20 10:00 to 7:00
Nov 21 10:00 to 4:00

Get the jump on Christmas! Please drop in and check out our Christmas gift ideas. See the extraordinary selection of trendy watches, snowing balls, light-up pictures, bird houses with lights, flameless candles, miscellaneous fashion items plus our ever popular Christmas home decorations of garlands, centre pieces and table top Christmas trees. As usual, we have a cross section of swags, wall hangings and decorative wreaths along with fresh natural greenery creations accented with pine cones and colorful bows.

Brought to you by **Pine Cone Plus**
at **7306 - 155 St.**

For details, phone Joyce at **780-487-2439**.

PS - Please see me at the Butterdome, Dec 3, 4, 5, 6.

Believe you can and you're halfway there.

Theodore Roosevelt

2015 Ticket Order Form

The Salvation Army's Christmas Kettle Campaign Launch



Wednesday, November 18
11:45am - 1:15pm
The Westin, 10135-100 St

Join us in launching our annual Christmas Kettle Campaign at this year's Hope In The City Luncheon!

Guest speaker Cam Tait will join us to help kick-off our campaign, where we hope to raise **\$550,000!**

Funds raised are used to support year-round programs and services at our facilities in Edmonton. Christmas hampers, toys, camp for kids, addictions recovery, hot meals, counselling, seniors programs, food hampers, street outreach, transitional housing, and more, are all possible because of your support.

Guest speaker, Cam Tait

Cam Tait worked as a reporter for the Edmonton Journal for over thirty years, interviewing Wayne Gretzky, Stevie Wonder, James Brady, Rick Hansen and others. He now writes for Tait on 8 for the Edmonton Sun and is the executive producer of the ATCO Edmonton Sun Christmas Charity Auction. Cam currently sits on the Premier's Council on the Status of Persons with Disabilities. He's a best-selling author of *Disabled? Hell No! I'm a Sit Down Comic*. He has two honorary degrees and much insight on the subject of which drinking straws go best with which adult beverages. Cam and his wife Joan live in Edmonton, have one son and two grandsons.



Name _____

Company _____

Address _____

Phone _____

Postal Code _____

_____ exp. date _____

Visa ☐

MasterCard ☐

Cheque ☐

Signature _____

Tickets, \$100 each
Tables of 8, \$800

Please send me _____ tickets

For a total of \$_____

The Salvation Army
9618-101A Avenue
Edmonton, AB T5H 0C7
T: 780-412-2736 | F: 780-420-1051
pamelina_chang@can.salvationarmy.org
www.SalvationArmy.ca/alberta

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Les Brown

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Maureen Thomas: Home Organizer

Home: 780 487 1869

Cell: 780 887 5913

thomasmaureen@shaw.ca

References available



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Dr Jennifer Stelfox

Green Corner by Sandra Gangel

The other day I found myself chatting with a sales clerk at the sewing shop. I'd just broken the needle on the machine, you see. It was the first time that had ever happened, frankly, so I'd never actually had to buy new needles for the machine before. I mentioned this fact, adding that I'd been using this machine for probably 10 years now.

The clerk was aghast.

She reared back and said that I ought to be changing out the needles for each sewing project. I asked why, what would happen otherwise? Eyes still wide with shock, she listed a few dire mishaps should one be so careless as to re-use a needle. I mentally reviewed ten years' of sewing projects and replied that those things had never happened to me, actually.

She, holding the small packet of 5 spare needles, then said, "Well, these are so cheap. You can afford to change them out every time, can't you? Just to make sure." I glanced at the price tag; they were less than \$5.00, even with tax.

Less than \$1 for a single sewing needle. That's cheap by any standard, right?

And yet, even as I stood there, faced with a sales clerk scandalized by my cavalier attitude toward sewing projects, I wanted to protest: 'Actually, it's not. Cheap, that is. That five bucks doesn't account for the environmental costs at all.' I looked down at the packet. They were made in China.

Where, exactly, in China is mining country, anyway? What are the working conditions there? What's the toll on the land there? Is there a mined land reclamation board there to oversee clean-up? How has the health of nearby residents been impacted by the mine(s) and how do their health care costs match up to those in non-mining areas?

What about power usage at these mines—for housing, equipment, heating, lighting: diesel? wood? natural gas? coal? all of the above? And what about water consumption and other impacts on local water sources?

It's a vast topic to cover, and for just one sewing needle, no less. (Packaging materials and inks, we'll leave for now.)

Decades ago, someone calculated the most efficient way to ship goods across the Pacific Ocean: pack as many things as possible for the same ship going in the one direction. Save money by cutting redundancies. Common sense, really.

It's no different than the practice of grouping one's errands together. Like bundling the Home Depot trip with the stop into Chapters with the trip to Staples—even if it means that darned table will be wobbly for a few days more and oh that new Lawrence Hill book just came out and hmmm, I hope the printer has enough paper....

We have a pretty good idea of how many resources we're personally using up on our errands. We see how much fuel we use in our cars every week or month. We see the monthly bill for water usage, water we use for washing (bodies, clothes, dishes) and drinking (tea, coffee) and cooking (everything). The power and gas people have also kindly placed those helpful little bar graphs onto our electricity and natural gas bills, so we can track our consumption for the past 12 months, give or take. (continued on page 19)

RIO YOGA



Breathe, Stretch, Relax!

January 11th – May 26th, 2016
Monday or Tuesday 7:00pm – 8:00pm
Thursday 9:00am - 10:00am

(No classes from February 15 to March 4)

All Levels welcome

Please bring a mat and a blanket.

To register call: Karen Hamdon SYT 780 489 5920
www.consciousyoga.org

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Samuel Beckett

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- Dance and Music Classes
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- 3 yr old T/Th (9 - 11:15AM)
- 3/4 yr old M/W (1 - 3:15 PM)
- 4 yr old M/T/W (1 - 3:15 PM)
- 4 yr old M/T/W/Th (9 - 11:30AM)



**WESTEND
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PLAYSCHOOL**

www.wecp.ca

15108 - 76 Ave



Santa

PHOTOS & HAY RIDES!



SATURDAY, DEC. 12 & 19 • 11-3 PM

Create *magical memories* and bring the family for pics with Santa, plus hop on a *free horse drawn hay ride* around the parking lot!

*Photos in lobby of Callingwood Professional Centre, 6650-177 Street, nominal fee, printed on site.
Hay Rides pick up/ drop off in front of Shoppers Drug Mart and cancelled if weather is inclement.*

Presented by



6650-177 Street
www.callingwoodmarketplace.com



Examiner



Questions I'm Asked About Feeding Birds

By Dave Cleary of Wild Birds Unlimited on the corner of 122 St and 107 Ave in Edmonton

Q: How can I keep woodpeckers from pecking on my house?

Generally, woodpeckers peck at houses for one of three reasons – to attract a mate or proclaim territory, to seek food (insects in the wood), or to try to create a nest in the side of a building. The two main options are to try to scare them away, or to prevent them from getting at your house. If a woodpecker begins to peck on your house, start right away to scare them off. Spray the woodpecker with water from a garden or high-pressure water hose, or children's water blaster. Suspend light pie plates, metal can lids or old CDs on a string in the area they are pecking. One end of the string can be near a convenient window or door. Jerk the line whenever the bird appears.

Attach string to the ends of aluminum foil strips cut two to three inches in width and two to three feet in length and hang them from damaged or tapping sites. Put up reflective pinwheels at pecking sights. Models or silhouettes of snakes, owls or hawks may be the least effective unless they are hung to move in the breeze and/or in conjunction with playing recorded calls of birds of prey. To exclude them from getting at you're their tapping spot, cover the site with plastic or nylon netting or hardware cloth. Permanent installation of hardware cloth or other screening may be the best solution when woodpeckers make repeated attempts over several years to make holes or nests. Metallic or wooden surfaces used for drumming may be wrapped or covered with cloth or foam. An alternative tapping site or surface such as a wooden box or metal cylinder hung in a less annoying location may be considered. Placing a woodpecker house over the area if the bird is interested in nesting may encourage the bird to stop creating another hole.

Q: Is there anything I should do to "winterize" my bird house?

In the fall, after the birds have finished nesting, it's a good idea to remove the nesting material to prepare the bird house for birds roosting overnight in the cold winter months. Scrub the inside with a mild detergent and water. If the box is dirty from bird droppings remove the nest and clean the nest box out with a

solution of 1 part bleach to 10 parts water. Depending on the size of the hole you may get visitors such as flying squirrels, and mice, but the most likely overnight visitors will be birds. Some, like the Downy Woodpecker, tend to roost alone. Others, like Chickadees, will roost together. A study found that birds can save as much as 11 percent of their energy roosting in a cavity such as a nesting box, compared to roosting on a branch. So if you didn't have any birds in your bird houses this summer, don't despair. You could well have birds roosting in them this winter! In the spring, open your nesting box to see if there are new feathers from birds that roosted over the winter.

Q: Where do you get your peanuts from?

Peanuts are one of those crops that we don't get a chance to see much in Canada. That is because most peanut varieties require 3000 heat units to grow and mature and there are very few regions in Canada that get those kind of heat units. There are some peanuts grown in southern Ontario but for the most part, peanuts in North America are grown in the southern states - Georgia and Texas primarily as well as Alabama, North Carolina, Florida and Virginia. Peanuts are also grown in other parts of the world including Latin America and China but for quality control reasons, our peanuts come exclusively from the United States.

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.



The gem cannot be polished without friction,
nor man perfected without trials. Chinese Proverb

MINKA SWEATER SALE OPEN HOUSE

M I N K H A



Saturday, December 5th, 2015
9:00 am – 3:00 pm

Windsor Park Community Hall
11840 - 87 Ave

Hand-knit pure alpaca and
Peruvian pima cotton sweaters,
scarves, hats, and vests for men,
women and children.

PRICES: \$25.00 - \$250.00

Orders for custom knit items are available.

*Minkha is a non-profit group and
all money is returned to the
Minkha Women's Knitting
Cooperative in Bolivia.*

*Volunteers assist the Bolivian Knitters
by marketing the sweaters on
a non-profit basis.*

For further information call Linda Haswell at
(780) 436-5732 or visit www.minkhasweaters.com

A collage-style advertisement for Simply Orthodontics. The background is a mix of green leaf patterns and white space. Text elements include: 'High-quality & personalized treatment options to meet your needs for efficient, comfortable, convenient, and aesthetic teeth-straightening options'; 'Modern orthodontic office serving the children and adults of your community!'; 'welcoming space so you will feel at ease with us'; 'general well-being of our planet and our patients'; 'focused care see your doctor every time'; and 'We'd love to see your smile!'. Images include a smiling woman, a group of staff in purple scrubs, and a modern office interior with colorful chairs. The logo 'Simply ORTHODONTICS' with a butterfly icon is at the top right. Contact information is at the bottom right.

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treatment options
to meet your needs for efficient, comfortable,
convenient, and aesthetic teeth-straightening options

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so you will feel at ease with us

general well-being
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WINE! IF YOU HAVE ANY QUESTIONS CONTACT
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I use a state of the art infrared camera to identify problems not apparent to the naked eye. A detailed written report is supplied upon completion.

Green Corner continued from page 13

We dole out our hard-earned money to pay the costs for consuming those resources.

But just as when we pay less than \$1 for a single sewing needle from China, we aren't actually accounting for the environmental and social justice costs of those resources.

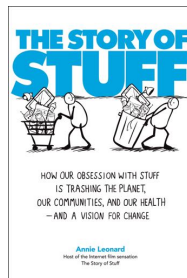
Edmontonians, by and large, use electricity powered by coal-fired plants. The majority of us never even know to ask where that coal is mined, let alone see the effects of coal being burned at a plant. Just like the electricity itself, that entire process is invisible to most of us.

Where does coal get mined in Alberta? Where is it processed? Is there a mined land reclamation board in place to oversee clean-up? Are mining corporations being suitably 'taxed' to create a robust, realistic reclamation fund? What about health care costs? Are miners at more risk of injury and/or health problems?

I bet there are some of you who know some of these answers. I admit that I don't know them all. From any perspective—ecological or economic or social—we don't live in a perfect system. We simply don't have the accounting system for each individual aspect, let alone a way to calculate how it all comes together.

But if we want to make a start, there are some things we can do.

A first step is to watch The Story of Stuff from 2007. It's a small peek into how our consumerism impacts the world in ways we normally don't see. (Yes, I've mentioned it here before. Yes, it's still relevant and impactful.)



You can use this link (<https://youtu.be/9GorqroiqM>) or just google it. Twenty minutes that really can change your life. (That's the book cover above, in case you'd prefer to read the book, which has more in-depth exploration.)

Another good starting point is an environmental impact calculator. Most found online will measure your GHGs (greenhouse gas emissions) and are

A decent one is available on CarbonZero.ca. I suggest doing the full calculation first. But, there are many other calculators out there; again, Google is your friend with this. Choose one from a reputable web site; answer the questions honestly; find out how much of the planet's resources you currently consume. Make changes from there.

A low-tech, easy-to-do step is to be mindful when purchasing or researching purchases. Consider place of origin; how far it travels from there; and the corresponding hydrocarbons burned to move it here. This applies whether you buy online or in-person.

For example, much organic produce, especially in our winter months, actually costs more in ecological impact than non-organic produce. So, I buy the non-organic peppers grown and shipped from Mexico rather than the organic ones grown and shipped from Israel. (In case you're wondering, here to Mexico City: 3982 km. To Tel Aviv: 10 007 km)

Heck, if I were really, fully committed, I'd research water and power usage trends in the growing areas too. And take a look at their health care system; their working conditions; their track record of land stewardship. But I don't, not even once I'm home from the store. I just make my best estimate and choose.

Like I said before, it's not a perfect world and we can't always do everything perfectly. Nevertheless, wouldn't you rather do something imperfect than nothing at all?

Comments? Email rpqgreencorner@gmail.com.

I ask not for a lighter burden, but for broader shoulders.

Jewish Proverb

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Successfully building financial security is about more than investments. It's about you, your family and your future. It's about effectively responding to changes in the marketplace. It's also about finding a trusted advisor to help set your course. I've been privileged to be that partner for numerous individuals and families, and I'd welcome the opportunity to be the same for you. Please contact me for a complimentary review.



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*Edmonton is a city with
plenty of things to do!*

Beyond Rubik's Cube – TELUS World of Science
STARTS NOVEMBER 2015

Through highly interactive physical and digital challenges, visitors will explore how the Rubik's Cube emerged from a workshop in Communist-era Hungary to become a worldwide phenomenon, fostering creativity across the fields of science, technology, engineering, robotics, the visual arts, music, film, architecture, and mathematics.

<http://telusworldofscienceedmonton.ca/>

Van Gogh Exhibit – Southgate Centre
UNTIL NOVEMBER 15th

Awaken your artistic spirit at the Canadian premiere of the Van Gogh Museum Edition Collection at Southgate Centre. Nine carefully selected masterpieces were meticulously replicated using reliefography, a technology developed over seven years by the Van Gogh Museum

**Christmas Craft Sale Fundraiser for the
Spray Park** - Rio Terrace Community Hall
SUNDAY, NOVEMBER 8TH 10-3PM

We will have a number of vendors with handmade items onsite to get your Christmas Shopping done in one spot. Hope to see you there!

**Royal Glenora Club Annual Christmas Gift
Show** – Royal Glenora Club
SUNDAY, NOVEMBER 22nd 10-3PM

Tonnes of Unique Christmas Gift Ideas! Free Parking & Admission.

Less is More Hot Glass Sculpture Exhibit –
Alberta Craft Council Gallery
UNTIL NOVEMBER 28th

Artist Keith Walker has his glass art on display of all to see at the gallery from 10-5pm Monday to Saturday.

<http://www.gallerieswest.ca/events/less-is-more-by-keith-walker/>

Festival of Trees - Shaw Conference Centre
NOVEMBER 26-29, 2015

The Festival of Trees is an annual holiday celebration, decorated by Edmonton's community spirit and philanthropic passion. 2015 is the 31st year of the Festival of Trees. The festival has become an essential piece of Edmonton's holiday tradition – the official kick-off to Christmas in Edmonton!

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

Edmonton Singing Christmas Tree Northern
Alberta Jubilee Auditorium
DECEMBER 17-20, 2015

Now in its 46th year, The Edmonton Singing Christmas Tree is an annual holiday tradition that makes spirits bright, and brings wonder and joy to hundreds of Edmonton families. It is the only Christmas spectacular in Edmonton that donates all proceeds to local charities, organizations and children in need through gifts, food and music education. More than just a tree full of carolers, the show itself has evolved over the years into an event the whole family will want to experience together, year after year!

<http://edmontonsingingchristmastree.com/>

All is Bright Festival – 124 Street
NOVEMBER 21st h 3-8pm

Silent Night? Not even close. 124 Street is anything but silent for All is Bright. Lose yourself in the sizzle of fire dancers, warm up your vocals with some caroling, find yourself chillin' with the ice sculptures, or join a stone cold game of street hockey. Enjoy indoor and outdoor live music, food trucks, street performers, patio parties, Santa, sleigh rides, and more. <http://124street.ca/all-is-bright>

Lorne Dach, MLA

Edmonton-McClung
Constituency Office
#301 6650 177 Street
780.408.1860



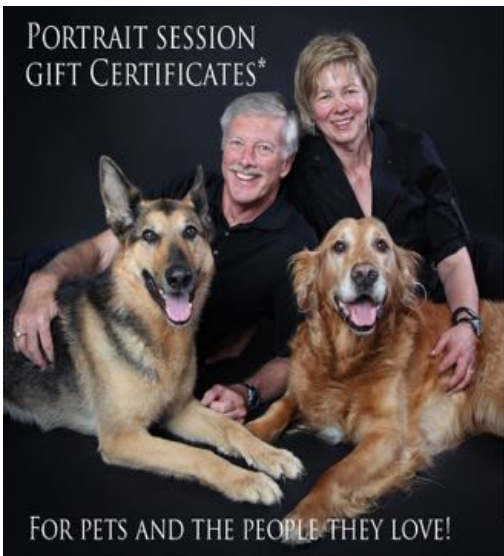
Our constituency office team is available to talk with constituents about provincial government departments, programs and services. We're also here to assist you with questions or difficulties with government services, participate in local community events, and share ideas.

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Once you choose hope, anything's possible.
Christopher Reeve

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Rio Terrace Community Hall
Tuesdays: 9:30am-11am

For more information please visit
www.EdmontonPreschoolMusic.com

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COMMUNITY CHURCH MATTERS



ILLUMINIGHT 2015

SUNDAY, DEC. 20

A Rio Terrace Community Event

On Sunday Night December 20th, homes throughout Rio Terrace will once again set out luminaria as an expression of hope and community

SHINE A LIGHT ON POVERTY! Net Proceeds to Benefit: JASPER PLACE WELLNESS CENTRE

Join your Community,
Purchase Luminaria to set out in front of your home
Kits can be ordered at RioTerraceChurch.org or by submitting the form below.
Cost: \$10.00 per kit
Each Kit contains: 10 white bags, 10 votive candles, + sand

ILLUMINIGHT OPEN HOUSE

Between 6:00 – 9:00 pm at Rio Terrace Church – 15108 76 Ave

FREE HORSE-DRAWN SLEIGH RIDES!

Carols and Activities for Children! Fair Trade Crafts for sale!

Free Hot Chocolate, Coffee and Cookies!

We thank

DEAN AND OSMOND and the RIO TERRACE COMMUNITY LEAGUE
for the ongoing support!

Return Form Below to Rio Terrace Church by Dec. 4 (cheques payable to Rio Terrace Church)

.....
YES! PLEASE INCLUDE OUR HOUSEHOLD IN ILLUMINIGHT 2015

Name: _____

Address: _____

Phone: _____ Email: _____

___ # Of Kits @ \$10.00 per kit Total Enclosed _____ I just need candles +bags _____

I am willing to help volunteer for ILLUMINIGHT:

___ Assembling Kits (on Sat. Nov.28 from 10:00-noon)

Other tasks as needed: _____ between Nov.28 and Dec.20. On ILLUMINIGHT: _____

Contact: 780.987.0211 email: rioterracechurch@shaw.ca

Advent and Christmas

with Rio Terrace Community Moravian Church

1510876 Ave n.w. • Rio Terrace, Edmonton, AB

(780) 487-0211 • RioTerraceChurch@shaw.ca

facebook.com/RioTerraceChurch • RioTerraceChurch.org

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



Advent is a time of preparation and spiritual renewal while **Christmas** is a time celebrating the mystery of the "incarnation", or presence of God in our midst. During the hectic Christmas season, come find renewal and peace with the Rio Terrace family.

Sunday Morning Gatherings

Each Sunday at 10:30 am

Sing hymns old and new;

Be challenged by the messages;

Experience living in community.

Children are welcome and invited.

Christmas Eve Services

December 24 • 4:30, 6:30, and 8:30 pm

Each of the services feature hymns, carols, candlelight and cherished stories that reflect the joy and mystery of the season.

All the services are suited for children, however the 4:30 service is a **Children's Lovefeast**, including a cookie and chocolate milk, to be eaten together; a kid-friendly message of justice, and carol-singing.

An offering will be taken to benefit a local and international charity. We will announce our designee on Facebook.

Blue Christmas Service

Wednesday, December 23, 7 pm

Many people who are grieving struggle at Christmas time. This service is designed for people who need a more somber, reflective service before the holiday. It will be intentionally non-denominational and open to all.

Arise,
shine!
for
your
light
has come,
and the
glory of
God has
risen
upon
you.

Isaiah 60:1



Illuminight 2015

Sunday, December 20 • 6-9 pm

Illuminight is an annual Rio Terrace, Patricia Heights, and Quesnell Crescent tradition! The streets are lined with beautiful luminaria, while sleigh-rides, warm snacks and other activities are offered at the Church.

All proceeds from luminary kits are donated to Jasper Place Wellness Centre, an organization that seeks to relieve the effects of poverty. Learn more at jpwcc.ca.

We are grateful for the ongoing collaboration with the Community League and Dean+Osmond Realtors for this event.

Purchase luminary kits online at
RioTerraceChurch.org

Christmas Food Hampers & Children's Toy Drive

If you would like to sponsor a Christmas Dinner for a family (\$75) or purchase a toy for a child, please contact the Church Office at RioTerraceChurch@shaw.ca.