

Community Matters

Proudly serving Patricia Heights • Rio Terrace • Quesnell Heights

Living on the BRIGHT side of the freeway!

November
2016
Edition

Message from our CL President

"Feeling gratitude and not expressing it is like wrapping a present and not giving it." William Arthur Ward

As you read these newsletter pages I would like you to reflect on what a great publication this is. This comprehensive collection of ideas, events, and opinions that thrive in Rio Terrace, Patricia Heights and Quesnell Heights is compiled quarterly. The words flow, the images capture, the attention to detail is tremendous. Dawna-Lynne Duffy Power and Carlene Nohas have put their hearts ahead of their schedules to create this for you, each of you, for the past 7 years. They are committed residents that believe in the value of everyone's voice and active involvement in building the spaces in which we live. As this is their last newsletter they will publish, I would like to personally thank each of them for their dedication to such beautiful presentations and excellent articles. Each newsletter is a great adventure to read. They are experts with words, unlike myself who cannot find the right ones to say thank you. This is their last newsletter for our community. If you are lucky enough to know Dawna-Lynne or Carlene, be sure to say thanks in your own way – words, a wave, a kind deed – to warm their hearts as they have done for you through this newsletter.

Over the years, these wonderful women wrote about the power of a wave and saying "hi" to your neighbours, they shared a story of the anonymous woman who walks down the street and picks up garbage, they inspired me with quotes at the top of each newsletter page. How might you inspire others? Who do you know in our neighbourhood that is making a heartfelt effort to make this a great space to live? What might you do to impact the lives of those around you? After reading each newsletter, these questions pervade my thoughts and motivate me to engage and make life better for others. I very much enjoy being your president of our community league.

Lance Burns

President, Rio Terrace Community League

BYE!



It's a wrap! Dawna-Lynne and Carlene have edited their final Community Matters issue. Read their final thoughts on page 23...

Upcoming Community Events

Rio Terrace Preschool Silent Auction

November 25, 7 pm – 1 am Rio Community Hall

Breakfast With Santa

December 4, 10 am – 1 pm Rio Community Hall

Illuminight 2016

December 18, 5:30 – 8:30 pm Rio Terrace Church

Spray Park Bottle Drive

January 14, 10 am – 3 pm

Community Outdoor Soccer Registration

February 2017

Registration for the EMSA 2017 outdoor community soccer season will take place in **February 2017**. The Outdoor soccer season runs in May & June. In January please check out the Soccer Program information on the Rio Terrace Community League website at www.rioterrace.ca/programs/soccer. Children born in 1999 through 2013 are eligible to play in the 2017 EMSA youth soccer program. Children born in 2011, 2012 & 2013 will play in the **Rio Terrace U6 FunSoccer Program**.

CONNECT WITH US!

www.rioterrace.ca

@RioTerrace



facebook.com/rioterracecommunityleague

COMMUNITY LEAGUE MATTERS

Community News

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

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Rio Terrace Community League.

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

15500 76 Avenue NW
Edmonton, Alberta T5R 4L8
780-487-0610
www.rioterrace.ca

A member of the Edmonton
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www.efcl.org

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League Membership Rates 2015-16

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 2016

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: TBA
Submission Deadline:
TBA

Rio Terrace Community League

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

President	Lance Burns	780-444-6684
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Sign YOUR NAME HERE
Rink Tanner, Alex and Dan

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Director at Large	James Lavoy	jlavoy@gmail.com
Director at Large	David Feldman	feldman.d@gmail.com



We Need You



Organize Keen Teens

Our quarterly community newsletter is kindly delivered by a group of keen youth in the neighbourhood. Help to oversee and coordinate them! Contact Lance at 780-444-6684.



Pick up with a Pick Up

The Bottle Drive on January 14 needs a few drivers with trucks to cruise the neighbourhood and gather bottles. Contact Elaine elaine.seibel@gmail.com



Love words and design?

Can you compose inspirational text and organize others' ideas? Help create the quarterly community newsletter. Contact Gisele at gqgeneral@gmail.com



Good for the Heart

Seniors in our neighbourhood could use some muscle to help clean their walks this winter. Do you or your teens want to help valued community residents? Contact Lance at 780-444-6684.



Ho! Ho! Ho!

Santa needs some little helpers! Breakfast with Santa on Sunday, December 4 could use some extra hands. Contact Auriana at 780-444-6684.



Paving it

Are you a community resident with a paving business? Contact Lance at 780-444-6684 to see how you can promote your business in our community!

COMMUNITY EVENTS THAT MATTERED!

Rockin' Rio Remembered!

The Rockin' Rio Summer Social Party was held on August 27th at our Community League Hall. Councillor Michael Oshry was a great sport, agreeing to be our 'target' in the dunk tank. This attraction proved to be very popular as a LOT of people paid cash for a chance to hit the target and dunk our councillor. Also on site were Councillor Andrew Knack and MLA Lorne Dach, setting up a booth and giving away free popcorn. Everyone enjoyed hotdogs, burgers and drinks and with fun activities for all ages, the ice rink was set up with numerous games including table dominos and life-sized "Jenga"! An abundance of items such as event tickets, art and household items were up for bids in the Silent Auction with proceeds going toward the fundraising efforts for the community Spray Deck. We plan to make this an annual event and hope to see even more community members joining in the festivities next year!



Big Bin and Bottle Drive - Big Benefits!

The Big Bin and Bottle Drive Event was held on Saturday September 24th. In addition to community members conveniently unloading their unwanted "stuff", nearly \$1000 was raised in the bottle drive AND we sold 40 new community memberships! The event was a great success and a demonstration of how many of our neighbours wanted to contribute for community initiatives. This year the proceeds went toward fundraising for our spray deck. The Big Bin and Bottle Drive will continue to be an annual event for collecting needed funds to invest in our community!



Fantastic Family Movie Night!

On Friday evening, September 16th, the soccer field right beside our community league hall was transformed into a magical outdoor theatre for our annual Family Movie Night. The popcorn was flowing and everyone settled in with their blankets and chairs to enjoy the animated movie, "Inside Out". If you missed it this year, be sure to check it out next year!



Pie in the ~~Park~~ community hall

For the first time EVER the annual Dean and Osmond "Pie in the Park" was met with unseasonal weather and had to be moved indoors. Nearly 100 guests enjoyed the cheery hall décor, great live music provided by Doug Zimmerman and cohort, hot beverages and of course, PIE! Thank you Felicia and Jen... your community spirit is appreciated by all!!



Be part of the new Community Newsletter Team!

Rio Terrace Community League is looking for four community minded individuals to take over the following positions:
(Training provided if necessary!)



Newsletter Administrator – Send out email calling for submissions, informing of ad sizes, ad price, and deadline for submissions. Collect and forward all content to Newsletter Layout. Invoice advertisers.

Newsletter Layout – Format submissions in appropriate text style and size for newsletter. Organize submissions, pictures and ads into pages. Forward layout to Newsletter Design.

Newsletter Design – Input all content into newsletter template as per layout, making size adjustments where necessary. Upload finished newsletter file to printer and to community website.

Newsletter Distribution – Pick up newsletters from printer. Divide newsletters for the routes. Distribute newsletters, route map and payment to carriers.

COMMUNITY EVENTS THAT MATTERED!

Running in Rio Review!



On Saturday, October 20th the first annual Running in Rio event brought out over 50 registered runners of all ages! Individuals and families ran/walked the 5K or 1K circuit, raising over \$2500 including generous donations from the Wellness Center and Rahall Mechanical. Thank you to the many participants and volunteers and to the Running Room for their support in this event. Way to go everyone - getting healthy and raising money for our Community Spray Deck!



Family Franken Festival Follow Up!

The fourth Annual Family Franken Festival was held on Sunday, October 30th. It was a "very scary" time for the 200 adults and kids that participated! With games, face-painting, a scavenger hunt, treats and magic show - it was amazing! The costumes were a delight to see as everyone came dressed up as cute animals, film or gaming characters, and spooky Halloween figures. In the past years there has been an overwhelming amount of Food Bank donations items and this year did not disappoint! There is a great need for food bank contributions at this time of the year and the community support is marvelous to witness. To top it off, our MLA, Lorne Dach, presented us with a \$125 000 cheque to go towards our spray deck. We are moving closer to our goals! We hope shovels are in the ground this summer.



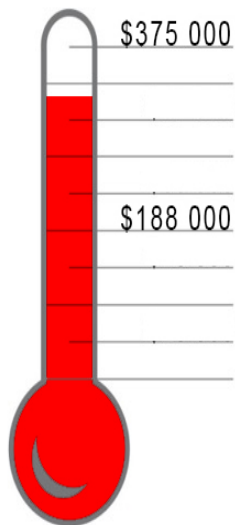
Thank you to all the little ghosts and goblins who came out and celebrated with us and to all the wonderful volunteers who assisted with the set-up and ensuring that everyone who attended had great time. We look forward to having you join us next year! Boo!



COMMUNITY SPRAY DECK MATTERS



TOTAL PROJECT GOAL

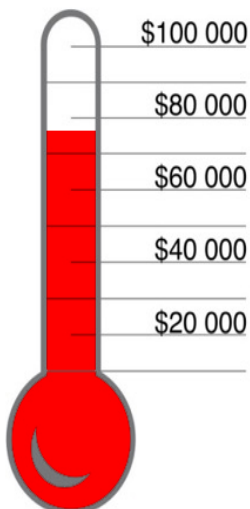


As the chilly weather descends upon us, the last thing most of you are thinking about is basking in the summer sun here in Edmonton.... But we are quickly approaching the end of the last year that Rio Terrace Park will be without a spray deck! Our committee of active women are eagerly looking forward to seeing their efforts realized next summer. We have been busy fundraising and getting community members involved for the last 14 months to bring another wonderful neighborhood feature to our local park. The spray deck will be a lasting community legacy that will draw children and their families for generations, making the Rio Terrace, Patricia Heights, and Quesnell Heights neighborhoods even more attractive to those who want to live in a beautiful, safe and family oriented neighborhood.

We are now working with the City of Edmonton to get through the Design Phase of the project and, last month, residents had completed the survey to give us feedback on what they think the spray deck should (and should not) look like. Thank you to all who participated, we have a great idea of the design direction that you want to pursue.

Questions, ideas, feedback? You can email us at:
rioterracespraypark@gmail.com

Fundraising Goals



Another Successful Grant Awarded!

Our fundraising efforts are paying off as we have now obtained another grant worth \$125,000! The CFEP Grant was awarded to our community from the provincial government so we are getting closer to our dreams of a new spray deck next summer!

The total cost for the spray deck is approximately \$374,000, and we have now obtained \$250,000 total in grant money. We are still waiting to hear on a successful application for a federal grant, Canada 150, for up to \$100,000. Thanks to your generosity we have over \$70 000. This is so amazing. We are so close – another \$40 000 to go and we can build our spray deck! Thank you to those who have donated already. Would you like to make a donation? Find a donation form in this newsletter.

Events

We had a great turnout at our Rockin' Rio Summer Social where we raised close to \$8000! Thank you to all community members who helped out with the organization for this event. Families enjoyed the BBQ, beer gardens, ice cream, silent auction, airbrush tattoos and games for the kids. Thank you to Councillor Michael Oshry for braving the cold in the dunk tank, where we raised over \$700!

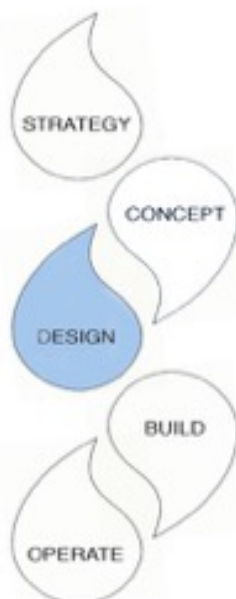
COMMUNITY SPRAY DECK MATTERS

THANK YOU to all our sponsors who donated supplies or silent auction items to the event as well.

A D Waite	Brewsters	Core Love	GC Custom Metal Fabrication Ltd.
4 Cats Art Studio - Calgary Trail	Camper's Village	Demers Shopping Centre	Go Auto
4 Points Health + Wellness	Capital City Gymnastics	Desirous Designs	Heart of the Home
Ace Tennis Academy	Carbon Environmental Boutique	Die Kleine Kinderschule	Hide N' Seek Indoor Playground
Amanda Mouait	Chapters	DIRTT Environmental Solutions	Home Sense
Bed Bath & Beyond	City of Edmonton	Famoso - West Edmonton	IBI Group
Bennett Architect	Cloud Nine Pajamas	Gaia Health Therapy + Massage	Jeff and Michelle Robinson
Billyco Junction	Connie Baxter	Gateway BLVD	Jon and Joline MacLeod
Kanga Inflatables	Marmot Basin	Remax Realty	Sheehan Family
Karen Krause	Mayor Don Iveson's Office	Ricci Hair Co.	Sherry and John Waroway
Karen Shapka	Councillor Michael Oshry	Richard Connor	Snow Valley Ski Resort
Kelly Picard	Michelle Thompson	Robust Health	Sorrentino's
Kidz Quarterz	Multisports Canada	Salon Sous Sol	Sports for Kids
Lance Burns Photography	Natgrass Family	Samantha Gullekson	Sundance Mazda
Little B.tique	Orange Theory Fitness	Sandy Lane Liquor	Treva London Photography
Lorne Dach	Rabbit Hill Ski Resort	Saraswati Designs	Xtend Barre

Are you a business owner in the community? Contact us to discuss potential sponsorship or consider

5 Phases to Enjoyment! Our progress:



Save the Dates! Upcoming Fundraisers

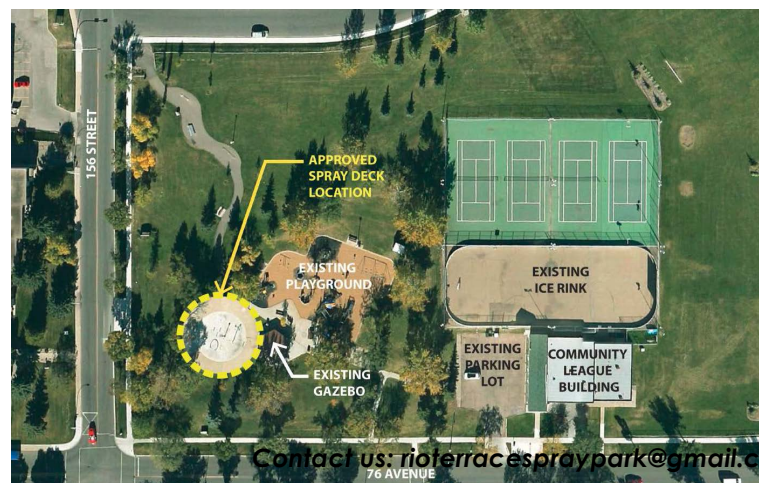
December 4th 10:00am – 1:00pm

Breakfast with Santa – Children's activities, photos with Santa, Coffee and Baileys. What more could you want on a cold Sunday morning to get in the Christmas mood!

January 14th 10:00am – 3:00pm

Bottle Drive at Callingwood Bottle Depot – leave out your empties on your curb and we will pick them up, or drop them off yourself and look for our Committee representative.

Spray Deck Location



Contact us: rioterracespraypark@gmail.com

COMMUNITY SPRAY DECK MATTERS



Spray Deck Donation Request



***Now is the time to make a meaningful and lasting difference
in your beautiful Rio Terrace Community!***

Dear Neighbour:

We are inspired by the immense pride all of us take in our beautiful, unique, and desirable neighbourhood! In Rio Terrace, Quesnell Heights, and Patricia Heights, we share our friendliness, pride in our community, and a desire for the best for our community.

If you have already donated to the Spray Deck,

THANK YOU! Your generosity will allow generations of our neighbourhood families to enjoy a unique and fun experience in our park!

If you have been thinking of donating, but just haven't gotten around to it.... **Now is the time!**

A couple years ago, a few families with a desire to enhance the community park experience for young

children and youth, started working together for a spray deck. They developed plans, fundraised, and had many meetings to bring this from a dream to reality.

Through fundraisers, and government grants, over \$320,000 has been raised to date, but we are still \$50,000 shy of the \$374,000 goal!

(If every household gave just \$100 on average to this capital project, we would hit the goal, and could quit fundraising, and start building!)

We have worked tirelessly, to make the spray park a reality. And now, we are looking for **YOU**, to join in this exciting project!

Here's how you benefit from giving:

- **Improved gathering place:** An attractive gathering place for families of all ages. All young families will naturally gravitate to the park on a regular basis. If you have grandchildren, it would also be a great place to bring them, making a visit to Grandma's and Grandpa's much more fun and interesting!
- **Property values:** The spray deck would enhance Rio Terrace, Patricia Heights, and Quesnell Heights as quality communities to raise a young family. The construction of the park will enhance property values, as young families would see it as another reason to want to move into the area!
- **Legacy:** Your name/family name would go on a sign by the spray deck. This gives you a legacy in the community of your generosity.
- **Tax Deductible:** Your donation is tax deductible. Rather than giving your money to the government, give a generous donation to this wonderful development in your community.
- **Happiness:** Personal joy and satisfaction! Every time you drive by the spray deck, and see kids splashing on a hot sunny day, you will be able to smile, knowing you contributed to the fun.
- **More Outdoor Fun:** Let's get the kids out in the sun and fresh air, splashing and having fun!

Please see newsletter insert for donation form. WE APPRECIATE YOUR SUPPORT!!

COMMUNITY SPRAY DECK MATTERS

Rio Terrace Community League Spray Park Development Committee Bottle Drive Saturday January 14

Please save all that recycling from those Christmas parties for the spray park committee!

Pick up by volunteers option:

Please feel free to leave your recycling bottles at your curb on Saturday January 14 by 10 am. Please attach the form below to your bottles to help us identify the bags that need to be picked up. Trucks will be driving through the neighbourhoods of Rio Terrace, Patricia Heights and Quesnell Heights from 10 am to 3 pm that day to pick up all your recyclables. Thank-you for your donation!

Drop off option:

Alternatively you can drop off your recyclables yourself that day at the Callingwood Bottle depot. It is very quick and easy to drop your recyclables at the bay door at the bottle depot. There is no need to sort, no need to wait, just drive up and drop off!



Date: Saturday January 14 from 10:00 am – 3:00 pm

Where: Callingwood Bottle Depot: 6408 177 street (Bay Door)

Questions: rioterracespraypark@gmail.com



Volunteers Needed:

If you have a truck or you are available to help pick up bottles from your neighbours on January 14 please e-mail rioterracespraypark@gmail.com . We would appreciate your help.

(Cut here and attach the portion below to your bottles that you would like picked up)

Rio Terrace Spray Deck Fundraiser

Please set out by **10 am Saturday January 14** for pick up by Trucks

COMMUNITY SPRAY DECK MATTERS

Rio Terrace Spray Deck Survey Summary

The Rio Terrace Spray Deck Committee developed a needs assessment for community members to provide input to the design for the spray deck being installed in Summer 2017. The survey was open from September 23 to October 3, 2016. The survey link was emailed to the community league membership list, posted on the community league's website, and posted on two neighbourhood elementary schools' SchoolZone pages. There were 56 respondents.

Thank you to all adults and children who responded to the survey. This information will be shared with the City design team to guide them in creating a plan for our spray deck. We remain on track for construction in Summer 2017.

1. *How many member of your household are on the following age groups?*

In the households of the 56 respondents, the following ages were identified:

- 88 children aged 0-14
- 106 aged 15-49
- 35 aged 60-80+

2. *Please rate the following Spray Deck feature according to the scale. Results below indicate sum of top 2 categories for "most like to see".*



arches/loops
67%



ground spray/mist
71%



tall sprayer
80%



Dumpers
67%



water columns
60%



aiming sprayers
53%

Of the six features respondents were asked to rate, 1 feature was most popular, 4 features were comparably preferred. The Spraydeck Committee will ensure that we have a variety of features.

3. *Are there additional features for the Spray Deck and amenities that you would like the Spray Deck Committee to consider?*

Additional features suggested included a snack bar, bathroom/change room, wading pool, skatepark, water trough, benches and seating, and water recycling features. The Spray Deck Committee responds to each of these suggestions:

- a. Snack bar - No, there is a Mac's across the street from the park.
- b. Bathroom/change room - Beyond the scope of this project. There is a port-a-potty that the community league provides each year at the playground.
- c. Wading pool - No, this is a spray deck project.

COMMUNITY SPRAY DECK MATTERS

Rio Terrace Spray Deck Survey Summary

- d. Skatepark features - Out of scope
- e. Water trough: Out of scope
- f. Benches and seating: We will ensure we have adequate seating.
- g. Water recycling: Out of scope, Not allowed by City of Edmonton

4. *Do you have a theme or colour scheme that you would like us to explore? Please describe what that would be, i.e. nature, trains, sea life, colour, etc.*

Top theme suggestions were nature and under the sea. Specific colour suggestions were provided but were extremely varied.

5. *Please tell us about a spray deck/park you and your family have enjoyed in Edmonton or elsewhere, and why.*

This provided additional information about other spray decks and parks to consider in our development. The responses were very diverse but very few indicated reasons why. Some reasons why for the design to consider include:

- Something for all ages, size and variety of features
- Unique features
- Sand and playground near spray park makes for a diversity of play experiences
- Grassy area nearby to throw blankets down
- Spray park is in the sunshine so it is warm
- Treed green space, shade nearby
- Lots of parking
- Heated water in the features
- Equipment separated by age levels

6. *Are there any individuals in your household who have specific requirements that should be considered when designing the Spray Deck Park or any of the amenities?*

Specific requirements indicated included

- warm water
- non-slip surface/flooring
- shade
- handicap accessible
- benches for supervisors

Non-slip surfaces are out of scope but other suggestions can be considered. There are no plans to remove any trees from the current site.

7. *Redeveloping the playground and building a spray deck is a community endeavour that involves a lot of time and effort on the part of residents. This project is a great opportunity to bring neighbours together, strengthen the community and create a sense of pride in the community. Be part of something great! Every little bit counts! Can we count on your help?*

Of the 56 respondents,

- 100% indicated that they did not want to be on the organizing committee
- 22% would help with fundraising
- 36% would work a bingo or casino
- 48% would donate directly
- 100% indicated they are not interested in sponsorship
- 4% would help with publicity
- 11% would provide a business or corporate donation
- 26% would help with the launch of the spray deck
- 22% would help with the volunteer committee
- 12% would provide a donation of goods or services

Ambition is a poor excuse for not having sense enough to be lazy.

Charlie McCarthy



Wellness Network

We are a group of community members offering a variety of wellness programs for our community, in our community.

WINTER SESSION - Jan 16 - Mar 24, 2017

Cost: 10 weeks/\$140 \$15/drop-in

Register directly with instructor

MON

BOOTCAMP

9:15-10:15am

Stephanie Perry

rsperry@shaw.ca

(780)935-8768

TUES

YOGA FUN & FLOW

9:30-10:45am

Sandy Brown

sandybrown.yoga@gmail.com

(780)964-8124

WED

CLASSIC YOGA

9-10am

Fran Wildman

franwildman@hotmail.com

(780)484-1476

THURS

ENERGIZING YOGA

1-2pm

Sandy Mah

sandylmah@gmail.com

(780)484-0874

FRI

BOOTCAMP

9:15-10:15am

Stephanie Perry

rsperry@shaw.ca

(780)935-8768

INTRO TO MEDITATION

2 classes only

January 16 & February 27, 2017

Katrina Donner & Tami Imhoff

myurbanblue@gmail.com

(780)916-0889

SOMA YOGA

7-8:15pm

Gaylene Borgstede

simplysomatics@gmail.com

(780)819-5974



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Peter Drucker

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PRESCHOOL**

**SILENT
AUCTION**

- 2016 -

MANY ITEMS UP FOR GRABS • SIGNED OILERS APPAREL

FRIDAY, NOVEMBER 25TH

7PM - 1AM

Rio Terrace Community Hall 15500-76 Avenue

**RioTerrace
community Preschool**

Those who believe in telekinetics, raise my hand.

Kurt Vonnegut



Santa

PHOTOS & HAY RIDES!



DECEMBER 10 & 17 • 12-3 PM

Bring the family for pics with Santa and hop on a free horse drawn hay ride around the parking lot! We'll have colouring, crafts and free hot chocolate* for everyone.

*While quantities last. Santa, photos and activities will be set up in lobby of Callingwood Professional Centre 6650-177 Street. Nominal fee for photos, printed on site. Hay rides pick up/drop off in front of Callingwood Professional Centre doors.


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**CARE & SUPPORT
FOR OUR ELDERLY COMMUNITY**

Rio Terrace Community League 15500 - 76 Avenue



Breakfast with Santa

Sunday, December 4, 2016
10:00 am – 1:00 pm



EVENTS:

- Pancake Breakfast
- Hot Chocolate
- Cookie Decorating
- Coloring
- Games

Photos with Santa \$10
(You will receive a Digital Copy)

10:30 am - 12:30 pm

  www.rioterrace.ca

We are all born ignorant, but one must work hard to remain stupid.

Ben Franklin

TIMES HAVE CHANGED. SO HAS PLANNING FOR RETIREMENT.

Planning for retirement used to require little more than the Canada Pension Plan and a company pension. These days retirement requires much more. I can help create a plan focused on your goals. Contact me for a complimentary review.

LIFE WELL PLANNED.



Alain Berube CFA, Financial Advisor

Central Wealth Group of Raymond James Ltd.

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alain.berube@raymondjames.ca | 780-414-2530

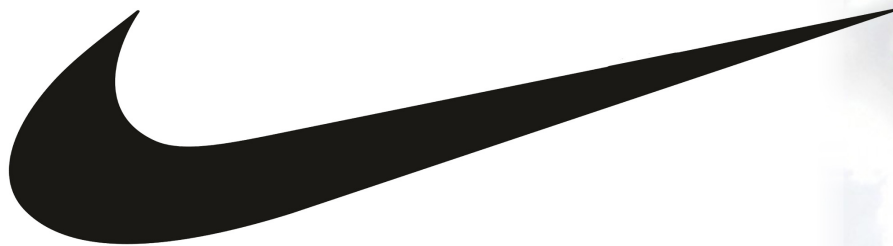
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Questions About Feeding Wild Birds

By Dave Cleary of Wild Birds Unlimited

Q: How can I make my yard more bird-friendly?

Providing trees, shrubs, flowers, and offering your birds food and water are all key components of a bird-friendly yard. You can get additional guidance from the Canadian Wildlife Federation (CWF), who have a program to certify your property as wildlife-friendly provided that specific criteria and established best practices are met. Once your yard is certified you can get an official sign to place in your garden. With certification you gain official status and personal satisfaction in being part of a community of Canadians that are helping local and migratory wildlife, including species at risk, right in your own backyard. There are at least two properties in our area that we know of that are certified, one of which is owned by a customer of ours whom we helped with the application process. Certified properties can raise awareness in their communities of the importance of gardening with wildlife in mind and that it can be done beautifully, in any gardening style you like, and in any size of yard. The CWF certification program mirrors nature by including the needs of songbirds and pollinators as well as other beneficial wild neighbours. The program also recognizes the benefits of providing artificial nesting and feeding structures, but they are also looking for a rounded approach that includes natural features which supports a diversity of wildlife. Some of you may already have backyards or properties close to or ready for certification. The photo accompanying this article is from Rachael Deitch's certified wildlife-friendly property in the city of Edmonton. A description of the application process and more information on how to achieve certification for your yard can be found at the Canadian Wildlife Federation website at: <http://cwf-fcf.org/en/explore-our-work/connecting-with-nature/in-the-garden/get-certified/>.

Q: Why do woodpeckers not fall off the tree when they are pecking?

When you take a close look at the birds in your yard, you'll see behaviours or things about them you haven't noticed before. This is one of the fun things about observing wildlife in your yard. This question about the woodpecker is a good case in point. When you have heavy work to do, it's good to have a three point stance, and that's what a woodpecker has. Their long toes and unique tail make all the difference. Essentially, the woodpecker's tail is just like a kickstand on a bike,

which keeps it from falling over. If you observe a woodpecker as it lands, you will notice that it uses its long tail feathers to prop itself up against the tree preventing it from falling off. The strong and stiff feathers absorb the force of the woodpecker's hammering blows and help to firmly anchor it to the tree. Closer observation will also reveal that each of these unique feathers is tipped with a pointed spike. Similar in shape and function to a power pole worker's climbing spikes, the woodpecker digs them into the tree's bark as it climbs. We would love to hear your observations of birds. Keep an eye out for new discoveries in your back yard.



Q: How can I keep squirrels from eating from my bird feeders?

In the fall squirrels are constantly looking for ways to get food to store for the winter months. In addition to things like nuts and mushrooms, squirrels are quite happy to visit your feeders to collect and store the food you offer your birds. If you are having problems with squirrels eating too much of your bird food, there are a number of things you can do. The first is to set up your feeders so there is a physical barrier preventing them from getting onto your feeders. This can be done by putting your feeder on a pole they can't

continued on page 19

Green Corner

Due to illness, there's no formal Green Corner column this newsletter. However, Sandra urges you all to read up on the current situation in Standing Rock in the US. Please Google Standing Rock or search #NoDAPL. It's gravely and squarely at the intersection of environmental and social justice issues. In fact, the UN has sent observers and the world is watching.

The key to immortality is first living a life worth remembering.

Bruce Lee



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Lynnwood School (15451-84 Ave). Not competitive (we don't keep score). Contact Jay (780-484-2482 or jayspix@gmail.com) for more info. We look forward to seeing you!

Continued from page 17 -

they can't climb or that has a baffle on it that physically blocks them. If the feeder is under a tree or there is a way they can get on from above, we have plastic domes that are too slippery for squirrels. There are tube feeders that have a spring loaded cover that closes over the feeding ports of the feeder when the squirrel, which is heavier than most birds, climbs onto the feeder. These made in Canada feeders are the most reliable for fending off squirrels. A new product that we carry is a suet cylinder that includes cayenne pepper mixed into the suet. This works because squirrels, like other mammals, have many taste buds and they don't like the hot pepper in the blend. Birds, unlike mammals, have very few taste buds and the cayenne pepper does not bother them. Many people enjoy the squirrels in their back yard, but if they get a bit out of hand, you can try some of these methods to prevent access to your bird feeders.

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.



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Life can only be understood backwards; but it must be lived forwards.
Soren Kierkegaard



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Deepak Chopra



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Sunday

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Their Final Thoughts...

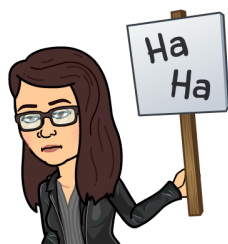
We were finally able to sit down with Carlene and Dawna-Lynne (at a decent hour) and have them share their innermost thoughts on being community celebrities (their words).

Q: Why did you decide to take over the newsletter in June of 2010?

Dawna-Lynne and Carlene declined to answer and referred us to their interview in their first published newsletter in June 2010.

Q: Why did you decide to no longer do the newsletter?

C: 26 issues, 572 pages, 1526 emails, 873 texts and Dawna-Lynne's liberal use of profanities.



Q: What was your favorite memory of working on the newsletter?

C: When (for a joke) Dawna-Lynne slipped some profanities into one of the articles someone had submitted. I was in charge of proofing... and I missed it!

D-L: Spending time with Carlene laughing (mostly) and slipping in profanities...

Q: What will you miss most about not doing the newsletter?

C: I'll tell you what I'm NOT going to miss... 2 nights of sleep for each issue!

D-L: Carlene sending me an email with changes at 3 am, just as I thought we were done, followed by Lances' 3 day late submission, and then there is Perry... 😊

Q: What will you do with all your spare time now that you are no longer doing the newsletter?

D-L: I am going to build a second story on the community hall – single handedly.

C: I'm going to try remember where I put my spare time 7 years ago when I last used it.

Q: What advice would you offer the future newsletter team?

C: Be as accommodating as possible, but firm with your cutoffs for submissions!

D-L: "Appear" to be accommodating as possible...and only share how you "really" feel with your co-editor. And keep an eye on Perry... 😊

Q: Where will you go from here?

C & D-L: Wolf Willow Weekly? Glenora Gossip? O Magazine? The opportunities are endless.

Q: Any final words?

A huge thank you to Anna Miguel, Shirley Bellerose, Diane Harrington and especially Yves Forte for being an integral part of the newsletter team over the years. We must say, it's been a lot of fun and a great experience putting "Community Matters" together 26 times... but it's time for some fresh input! We look forward having the next issue in our mailbox and not already know what's on every page!

k, thx



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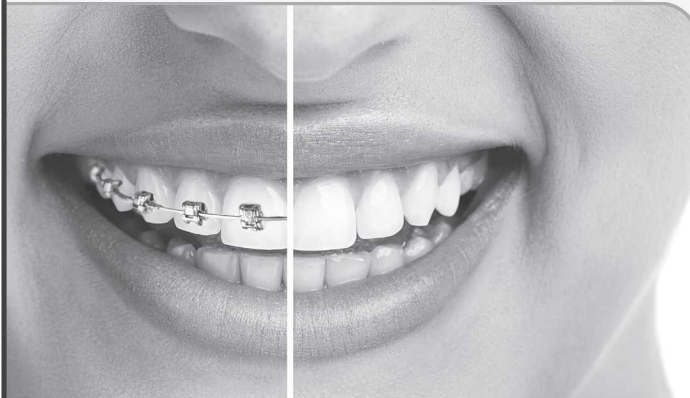
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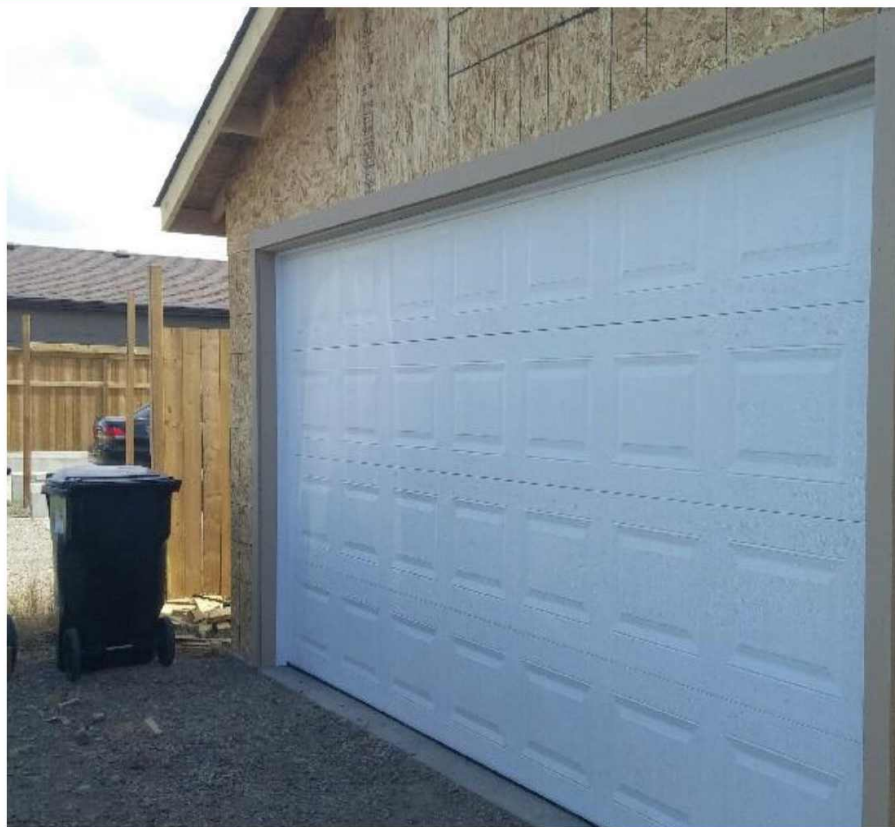
Ringette for Girls

Ringette is a great way for girls to learn to skate and it is also a fun and exciting game to play and watch. At the older age levels, it is a fast-paced game requiring finesse and agility. There are free Come Try Ringette sessions in August and September.

Go to www.edmonton-ringette.com for more information on ringette in Edmonton.

Go to www.ringete.ca and watch the "What is Ringette" video for more information on the game.

A jug fills drop by drop.
Buddha



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

Angry Birds Universe – TELUS World of Science
Edmonton

OCTOBER 8 - April 17th

Based on the incredibly popular Angry Birds games, this blockbuster exhibition features unprecedented interactivity in an extreme hands-on environment that is both physically and mentally stimulating. Experience Angry Birds in real life and embark on a wild adventure where science, technology, engineering, arts, and mathematics are disguised in feathers! Have you ever wanted to "be the bird" in Angry Birds? Well now's your chance. Just hop on the zip line!

Santa's Parade of Lights - Churchill Square

NOVEMBER 19 4:00 - 7:00 pm

Celebrate the glow of lights, the wonder of winter and the arrival of Santa Claus, outdoors at twilight! Gather with family and friends in downtown Edmonton to kickoff the holiday season. There is a ton of fun things to do before and after the parade from 5 until 7 p.m.! Stop in Churchill Square, beginning at 4, to grab a bite to eat at one of the food trucks. While there, kids can visit Santa's Letter Writing Table before you head to the parade route (Jasper Ave & 99 St). After the parade you can warm up at a bonfire in the square. All activities wrap up at 7 p.m.

St. Albert Children's Theatre: A Seussified Christmas Carol & The Nutcracker Sings -

Arden Theatre

NOV 24 - DEC 4 at 7:30 pm

When worlds collide one often thinks of chaos. In the case of Charles Dickens and Dr. Seuss, the collision results in a delightfully wacky and whimsical reimagining of a beloved holiday story. A Seussified Christmas Carol merges the two great authors by playfully giving the Dickens' classic novel a "seussy" make-over. Containing wonderful word twists and packed with clever couplets, you'll see Scrooge and The Chratchit family in a whole new light. It's the perfect way to be visited by the holiday spirit.

Imagine Tchaikovsky's classic ballet as a musical comedy. That is exactly what The Nutcracker Sings! is asking you to do. This hilarious adaptation contains the beloved characters and the classic story we're all familiar with, but introduces catchy musical numbers, plenty of jokes and a couple of dancing cockroaches to put a modern twist on this traditional holiday favourite. Join Clara, the Nutcracker, and their motley group of heroes as they battle the evil Rat Queen and her fleet of 'not-so-smart' mice followers to break the Nutcracker's curse and to ultimately save Christmas.

Santa Shuffle 5K Fun Run & 1K Elf Walk -

Hawrelak Park

DEC 3 10:00 am

This merry event helps The Salvation Army to assist families and individuals in need during the Christmas season and throughout the year. Pledges raised for the Santa Shuffle will support people in your community who may be struggling to make ends meet. If you raise \$50 in pledges, we'll give you a free shirt. If you raise over \$100 in pledges, we'll give you a shirt and a Running Room gift card. Register at: <http://www.santashuffle.ca/>

Ice Castles - Hawrelak Park

DEC 15 - MAR 31

It's back! This winter, explore the Ice Castles, an acre-sized winter wonderland crafted by hand using only icicles and water, and resembles organic formations found in nature, like those of frozen waterfalls, glaciers or ice caves. For the second time in forever, Ice Castles will call Hawrelak Park home. View the beauty of the ice castle structure and squeeze, squish and crawl through parts of the stunning, Narnia-like display. Favorite photo spots can be found in the throne room, in front of the waterfall and throughout the winding ice maze. Children will enjoy whizzing down the tubular ice slide and spelunking through small tunnels. Ice Castles are the brainchild of ice artist

ART SALE

Featuring paintings by Isabel Levesque (b.1919 - d.2012), well-known Alberta Artist whose realistic paintings feature farm and ranching life, the Rockies and Western Canadian wildlife. Her work is prized in private, corporate and government collections. Originals, paper and canvas framed prints and ready-to-frame art cards.

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Advent *and* Christmas

with Rio Terrace Community Moravian Church

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Rev. James Lavoy, pastor



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

Children's Lovefeast – 4:30 pm

Our annual Children's Lovefeast is a fun Christmas service where we sing familiar carols, make a craft, eat a snack, and hear the Christmas story in an age-appropriate way. All are invited to this joyful time!

Candles and Carols Services – 6:30 & 8:30 pm

We celebrate Christmas in community while singing familiar carols during a candlelit service. All are invited to this moving Christmas tradition.

Communion Service – 11:30 pm

This year, we will celebrate God's warm presence in the world with a Eucharist service. All are invited to participate in this reflective, quieter Christmas Eve ritual.

Blue Christmas Service

Thursday, 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 2016

Sunday, December 18 • 5:30-8:30 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 jpwc.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](http://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 RioTerraceMoravian@gmail.com