

Community Matters

President's Message

Hello Neighbours,

As my third and final term as President of this great community begins, I am constantly reminded about what a great Community League Board we have. We are fortunate to have volunteers who devote hours upon hours of their free time to make our community a better place to be. From planning events to thinking about how to get different groups of people involved in our community. We are so very, very lucky.

Have you seen the spray park at Rio Terrace, lately? Have you noticed the fencing and the new spray deck park? Three years of fundraising, meetings, late night work bees and lots of coffee (and other drinks) consumed – now we have a spray deck. A special thank you to Auriana Burns and Allison McLean, who worked with a diligent and engaged volunteers to turn an idea into a legacy piece worthy of our community families. Thank-you ladies, from the bottom of my heart. The ribbon cutting will be in the spring, followed by a few runs through the water features! I hope to see you get to the park safely.

As a final note, maybe you can think about your driving habits. Stay off your phones – you are a danger to others when you are distracted. Obey the stop signs – they keep us all safe. I see so many people run them. Also, look out for drug dealers – This happens in all communities. Let's keep All members of our community safe.

Connect with us!

Website: <http://rioterrace.ca>,

Twitter: @RioTerrace

Facebook: RioTerraceCommunityLeague

Table of Contents

President's Message.....	1
Publication Info.....	2
Contact Information.....	2
Candidates Forum Informed!.....	3
Casino Summary.....	3
Another Awesome Big Bin Event.....	3
Get Involved! Regular Program For Seniors.....	5
Pie In the Park – On October 7.....	5
Running In Rio Last October 15.....	5
Rio Terrace Community Preschool.....	7
Get to know your Neighbour, James Lavoy!.....	9
Community Concerns.....	11
- Pedalheads.....	11
- Pedalheads Update.....	13
- Distracted Driving.....	13
Family Franken Festival Success!.....	15
Summer Party was a Splash of Fun.....	15
Lorne Dach, MLA for Edmonton – McClung.....	17
Posture in Two Parts.....	19
Gentle Treatment for a Tough Problem.....	21
Upcoming Events In Edmonton.....	22
Translated Word of the Day.....	23
COMICS!.....	26
Let's Draw!.....	27
Letter to the City on Development Variances.....	28
Community Outdoor Soccer.....	30
For The Love of Food: Adobo.....	31

Upcoming Community Events

Preschool Silent Auction

Rio Terrace Community Hall

Friday November 24, 7 PM – 12 AM

Breakfast with Santa

Rio Terrace Community Hall

Sunday December 3rd 2017 10 AM – 1 PM

Rio Terrace Christmas Market

Rio Terrace Community Hall

Friday December 8th 2017 5PM – 10 PM

Community Matters



Publication Info

Published in:

February / May

August / November

copyright © 2017 by the Rio Terrace Community League.

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

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

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

Proud to be part of one of the best cities anywhere! www.edmonton.ca

League Membership Rates 2017-18

Single/Couple: \$20

Single-Parent Family: \$20

Family: \$40

Single Seniors: \$5

Seniors: \$10

Memberships can be purchased www.efcl.org, at the annual general meeting, and at community events.

Newsletter Advertising

Business Card: \$22

Quarter Page: \$40

Half Page: \$70

Three Quarter Page: \$100

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 2018

Submission Deadline:

January 26, 2018

Contact Information

President

Lance Burns
lburns@shaw.ca

Past President

Tony Andrzejewski
andrze@telus.net

Vice President

Aman Athwal
aman.athwal@usask.ca

Secretary

Emma Woolner
enewman@ualberta.ca

Treasurer

Daniel Mallett
Dmallett@gmail.com

Social Director

Stephen Deck
Stephen.deck@gmail.com

Programs Director

Vacant

Soccer Director

Perry Wynn
director@rioterracesoccer.ca

Membership Director

Erin Waye
erinwaye@gmail.com

Hall Rental Director

Carrie Anne Doucette
780-232-3399 or rioterracecl@gmail.com

Maintenance Director

Gary Burton
middlekeith@gmail.com

Newsletter Creation Team

Giselle General & Corey Grajkowski
2016.rio.terrace.newsletter.ad@gmail.com

Newsletter Circulation

Tami Hoepfner
thewellnessclinicveg@gmail.com

Preschool

Auriana Burns
auriana@shaw.ca

Signs

Kelly Picard
kpicard@gmail.com

Rio Terrace Spray Deck Committee

rioterracespraypark@gmail.com or Auriana Burns
auriana@shaw.ca

Director at Large

Samantha Gullekson
samantha.gullekson@gmail.com

Director at Large

Auriana Burns
auriana@shaw.ca

Director at Large

Giselle General
ggeneral@gmail.com

Director at Large

Jen Osmond
jenosmond@remax.net

Director at Large

James Lavoy
jlavoy@gmail.com

Director at Large

Josh Bowen

Director at Large

Rachelle Roberts
Rachelle.roberts@ualberta.net

Community Matters

Candidates Forum Informed!



On Sunday, October 1, 2017, Rio Terrace Community League, in collaboration with other community leagues in the Ward, organized a candidates' forum that was held in Elmwood Elementary School. It was a good attendance, with an estimated 100 people who came.

Eight of the nine candidates attended the forum and had the opportunity to introduce themselves, answer questions that were submitted by the audience, to provide insight before election day that was held on October 18. Afterwards there were some mingling and snacks for those who would like to chat with the candidates one-on-one.

Huge thanks to Kelly Picard, who was the chief organizer and moderator of the event, to Samantha Gullekson for bringing the snacks and refreshments, and to Corey and Giselle who smoothly watched kept track of the timer during the candidates' answers. And thank you to the other members of the community league board who helped make the event run smoothly.

Casino Summary



The Rio Terrace Community League casino was held last August 25 and 26, 2017 at the Palace Casino in West Edmonton Mall. We successfully secured enough volunteers to fulfill the requirements.

Our vice president Aman, who organizes the casino, would like to say a huge thank you to all the volunteers who came to help. The casino is a significant source of funds for the community league that helps provide for the events and initiatives for the benefit of everyone.

Another Awesome Big Bin Event



The Big Bin event took place last September 23, 2017 at the community league hall, and it was a huge success. Thank you to everyone for sharing labour and ideas. In many ways, it felt like an all-day community league meeting, while under the collective goal of collecting and moving items, many people from the community are seen and it was a great chance to catch up. We ended up collecting 4 bins of stuff and signed up 47 new members. This event will definitely continue to be part of our community's annual activities. We hope to see you next year.

Community Matters



ART SALE

Aloha! Kona, Hawaii in January.

Kailua-Kona on the Big Island, at the



walk to downtown, or beach.

'Wyndham Kona Hawaiian Resort.'
2 bed/ 2 bath sleeps 6, wash/drier in unit. Great for sharing. Ocean View. Large Lanai. 2 pools with hot tubs. Lots more amenities. Ten minute

- Available: for Rent - **Jan. 6 – Feb 3, 2018.**
- Unit also available for purchase.

Contact: Robert Briggs, 780-487-3153; or email rnbriggs@shaw.ca

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 and flat prints available.

Ready-to-frame art cards only \$1.00

Saturday Dec. 2 and Sunday Dec. 3

1pm - 5 pm both days

15209 76 Avenue, Edmonton

Alternate appointment contact: michelet@shaw.ca

Summer Greenshack Updates Edmonton

Patricia Heights Highlights

1. Imaginary World was so much fun to play
2. Sand toys, and making sand castles.
3. making new friends!

Site Statistics

Your average participant numbers for the entire summer are 8

Stories

We were all so excited to watch the eclipse together! we made bracelets and talked about what an eclipse is!

Bangz Hair Care

7662 - 156 Street

Edmonton, AB

T5R 4K7

(780) 444-3083

Stylists:

Arlene, Christine, Cindy,
Fatima & Jean Marie

Direct Line: Arlene (780) 914-1975

Maggie's H. Esthetics (780) 487-0960

***"Professional Care for all
your personal needs."***

Community Matters

Get Involved! Regular Program For Seniors



We would love to hear from the community on what new programs or social events we should have! Do you have any ideas for a regular event or activity for seniors in our community? Whether it is a book club, a brunch, or games or something else to increase community connectedness. We also need volunteers who would be available to help organize and make it a reality. The community league will support you, but we need someone to lend a helping hand or two. Please contact the Social Director, Stephen Deck at stephen.deck@gmail.com.

Pie In the Park – On October 7



Jen Osmond and Felicia Dean happily provided an update about Pie in Park that took place last October 7 from 2 PM – 4 PM. They said “The event went well despite the cold day. It was a packed house (we moved into the hall). We served over 250 pieces of pie. We love doing this every year – it is always a mixture of faces; some we see ongoing and others we have not seen in some time. We are just so grateful to be a part of this valuable neighborhood.”

Running In Rio Last October 15



Thank you to everyone who came out to participate in the second annual Running in Rio Family Fun Run. We had over 30 people join us on a beautifully sunny Sunday morning - we even had a family travel from Mornville to get in one last run before the snow flies. The fastest time for the 1 km was around 5 minutes and we had a close race for the 5 km with the winner coming in just over 20 minutes.

A special thank you for the volunteers who helped us set up and clean up. Without the countless hours our neighbours contribute our community would not be the place it is today - A great place for family and community.

The Running Room Edmonton was again out partner in organizing the run and their team was on hand to set up early and hosted a pre-race energetic warm up. Big thank you Justin and team! Check out the photos of some of our active neighbours!

Please put a hold in your calendar for next year as we will have our third annual run on Sunday, October 14, 2018!

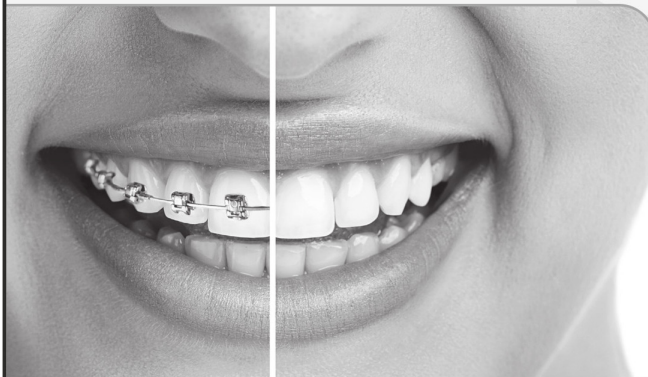
See you again next year.

Aileen, Scott and Emerson

Community Matters



Simply  ORTHODONTICS
...Beautifully different



Bringing smiles to life

*Your Community
Orthodontist*

Specialist smile care for
youth, teens and adults

780-756-7600

Stony Plain Rd & 150 St

SimplyOrtho.ca

MASSAGE THERAPY

BOWEN TECHNIQUE

PILATES BASED PHYSICAL THERAPY

CRANIOSACRAL BASED PHYSICAL THERAPY

DIRECT BILLING TO MOST INSURANCE COMPANIES

YOU TRULY ARE IN THE BEST HANDS !!

**the
wellnessclinic**

7656-156 Street

780-484-5888

www.thewellnessclinic.ca

Community Matters

Rio Terrace Community Preschool



15500-76 Avenue, Edmonton, Alberta

780-487-0610

www.rioterracepreschool.com

We have had such a wonderful start to our 2017/2018 school year at Rio Terrace Community Preschool! All of our classes are full and we are looking forward to an amazing year of learning.

Thanks to the amazing fundraising efforts of our fundraising team, preschool families, and community members, we have been able to add Yoga classes to our program along with our music classes this year. We have already been to the John Janzen Nature Centre on our first field trip to Explore The Season and we are looking forward to a visit from The Bread Lady in November to learn about the steps involved in baking bread, right from learning how wheat grows! We also have visits planned to many wonderful places like the Telus World of Science and the Muttart Conservatory along with school visits where we will do things like explore Dinosaurs, visit with spring animals and much more!

Our annual Silent Auction will take place on Friday, November 24 starting at 7:00 pm. We are always so grateful to see so many community members along with their families and friends attend this event. We will have some very exciting items to bid on including some Oilers memorabilia along with a 50/50 draw and a wine tree that you will be entered to win with a wine bottle contribution.

The Silent Auction is such a fun night out and a wonderful opportunity to get together with friends, meet people in your community and enjoy some food and drink. There is no entry fee and we are

very excited to see you at this event to support our preschool and our community!

Looking into the new year, registration for the 2018-2019 school year will begin January 8 for currently enrolled families and preschool alumni. Registration is open to Rio Terrace, Patricia Heights and Quesnell community members on January 29. Registration opens to everyone on Wednesday, February 7 from 6:00-9:00 pm at our Open House. We look forward to seeing you at the open house which will be held at Rio Terrace Community Preschool, 15500 76 avenue.

We are enjoying the new carpet that was installed in the preschool this summer and we are so thankful for our beautiful, bright learning space! Our kiddos are settling in so nicely and we see some strong friendships and connections beginning to form already. We spend our days doing the very most important learning children can do; we read, explore, sing, and most importantly, we play!

"Whoever wants to understand much must play much" - Gottfried Benn

Playfully yours,

Shaylene Saxton
Teacher

Naoko Henkel
Teaching Assistant

Rio Terrace Community Preschool
780-487-0610
www.rioterracepreschool.com

Community Matters



Help a loved one sparkle!
Zoom! Whitening gift
certificates are available
for the holidays!

We Pamper our Patients™
and **SUPPORT OUR COMMUNITY**



Left to Right: Dr. Anne McCaskill Pellatt,
Dr. Michelle Breault, Dr. Sylvie Renoir.

We welcome
ALL NEW PATIENTS!

Our all female staff provides
gentle family and cosmetic dental
care in an unhurried environment.

*Treatment provided by General Dentists

WE OFFER:

- Direct Billing
- Evening Appointments
- Invisalign
- Veneers
- Snoring and Sleep Apnea Solutions
- Sedation Available

209, 8708 - 155 Street, Edmonton
www.timetocare.ca

780-484-5918



Community Matters

Get to know your Neighbour, James Lavoy!



When did you move into the neighborhood?

I moved into the neighbourhood on a beautiful Fall day in late September, 2014. I live on 78th Ave. My first visitor was a neighbourhood cat. My husband Tabor and dog Geo came to join the following February.

How was it different than it is today?

Three years isn't an especially long time to notice changes in the neighbourhood – but I know that I've changed! When I first arrived here, I loved the beautiful trees, park-like atmosphere of the neighbourhood, and its proximity to other places in Edmonton. Now, I love my neighbours most of all. It's a great community where I feel "at home".

Why did you choose to live in this neighbourhood?

I have the great privilege of being one of the few people who actually "work" in the neighbourhood. As pastor with the Church, my board found me a charming house in the neighbourhood. Tabor and I decided to buy the house, even after considering moving closer to his work in Fort Saskatchewan, because we love our neighbours and neighbourhood so much.

Where else have you lived?

I grew up in rural Northeastern Pennsylvania in a place called the Poconos. I was in walking distance to Lake Wallenpaupack, which was referred to in an episode of "The Office". Scranton is the nearest city. I attended university and graduate school in Bethlehem, Pennsylvania, about an hour west of New York City. Then, I lived in Philadelphia, Pennsylvania for a few years, prior to moving to Edmonton.

What sounds do you hear from your house on a daily basis?

In the summer, I love to hear the steam whistle from the train in Fort Edmonton. The little kid in me loves the railroad, and the opportunity to travel it represents.

In the winter, from my front yard, the "ocean like" sounds coming up from the Whitemud Freeway take me to a warm, tropical beach. In my back yard, the Chickadees love to play and chirp, eating fermented Mountain Ash berries.

What do you like to look at out of your window?

I enjoy seeing everyone playing, no matter the time of year. Adults out for a jog, or with their dog. Kids riding bikes or skateboarding. This is the first neighbourhood where I've lived that people make it a point to be outside, walking around, and it's a cool experience.

What is your favorite neighborhood walk?

I take my dog Geo on different routes each day. They're all great! The Japanese have a concept called "wabi sabi", which I believe, means finding beauty in imperfect things. Even though many of our neighbours have beautifully manicured gardens, which I certainly enjoy, I like to notice the little bits of beauty that unintentionally appear, despite our best efforts.

(Continued on page 11)

Community Matters



RIO YOGA



Start your New Year with Meditation & Yoga!

JANUARY 8th - MARCH 8th 2018

Monday 7:00-8:00 pm

Tuesday 7:00-8:00 pm

Thursday 9:00-10:00 am

9-week session / \$132.00incl GST

Bring a mat and a blanket. Beginners welcome!

Karen Hamdon CYT 587 986 5053

www.consciousyoga.org



ROYAL LEPAGE

Noralta Real Estate

INDEPENDENTLY OWNED AND OPERATED

200, 15057 Stony Plain
Road • Edmonton, AB •
T5P 4W1

BUS: 780.455.4181
FAX: 780.452.3716
CELL: 780.908.9419

RICHARD ANGUS

Associate



Breakfast with
Santa

SUN **DEC 3rd**
10:00am - 1:00pm

Pictures with Santa
Pancakes / Fruit / Juice / Coffee
Cooking Decorating /
Coloring / Carols

EVERYONE WELCOME

RIO TERRACE COMMUNITY HALL

15504 -76 Avenue

780-487-0610

www.rioterrace.ca



RIO TERRACE
PATRICIA HEIGHTS
QUESNELL HEIGHTS

What would you like to see change or be different in our neighbourhood?

We have a lot of great streets for people to walk or bike around on, and enjoy the neighbourhood, and each other. We also live near the beautiful Patricia Ravine. But we don't have many places to walk to. I'm grateful for Uncle Glen's and Macs, and the Ice Cream Cart. But I would love to work on building some more festivals and pedestrian oriented businesses to enjoy with family and friends. Who wants to help?

Kelly Picard

Community Concerns

Pedalheads

I am writing in response to your newsletter request for issues that are a concern to our community. I live at 15415 – 76 Ave. Across from the school yard and slightly east of the community hall. My husband and I are in favor of activities for kids. We even enjoy watching many of the activities. The summer activity of Pedalheads that takes place every day seems to become more and more popular each year. The kids are no concern at all but the parents dropping them off and picking them up cause much concern.

Four times a day, morning drop off, morning pick up, afternoon drop off and afternoon pick up we have a flurry of speedy drivers with no concern for the neighborhood kids. Our biggest concern is the constant U turns right out front. They are constant and fast and dangerous. Not to mention illegal. The parents that are not making U turns use our drive way continually for a turn around point. They drive in and back out. Or back way in and drive out. I realize this is not illegal and if it were a few here and there it would not be so dangerous. But it is con-

stant and very high volume.

We have a hedge running up our property which makes it difficult for them to see if there is a child in my drive way. I have a collection of scooters for my grandchildren to use in my big drive way and front sidewalk and I am afraid for them to be anywhere near our driveway or street. I have seen close calls on several occasions. Each year as Pedalheads grow so does this problem become increasingly worse. The parents also seem to think they can just park right in our driveways since they will be only 5 minutes. This often leads to longer times and when we can't get in or out of our driveway we have to sit and wait not knowing who they are in the bunch of people in the park.

One suggestion is that Pedalheads print some leaflets and hold an information session for the parents at the beginning of each week when the new groups come for their first day. Perhaps there could be a Pedalheads staff to pay attention to the chaos and speak to the parents about the danger for our children. If they did this every Monday to both the AM and the PM group I think the parents could be made aware how many people are doing this and how dangerous with the number of cars. Perhaps also have a very large sign they put up with these concerns.

I know the other households across from the hall share the same concerns. They have mentioned how dangerous and inconvenient it is. Thanks for your time. For anyone who would like to connect with me about this matter, please contact the Newsletter Team to obtain my contact information.

Hallie Neufeld

Community Matters



Wellness Network

Monday Tuesday

BOOTCAMP

9:15-10:15am

Stephanie Perry

rsperry@shaw.ca

(780)935-8768

YOGA FUNDAMENTALS

9:30-10:45am

Sandy Brown

sandybrown.yoga@gmail.com

(780)964-8124

SOMA YOGA

7-8:15pm

Gaylene Borgstede

simplysomatics@gmail.com

(780)819-5974

Wednesday

YOGA

9-10am

Sandy Mah

sandylmah@gmail.com

(780)951-3189

CHAIR YOGA

1:30-2:30pm

Gaylene Borgstede

simplysomatics@gmail.com

(780)819-5974

Thursday

ENERGIZING YOGA

9:15-10:15am

Sandy Mah

sandylmah@gmail.com

(780)951-3189

YOGA FUNDAMENTALS

8:15-9:30PM

Feb 1 start, No class: Feb 22, Mar 22

Sandy Brown

sandybrown.yoga@gmail.com

(780)964-8124

Friday

BOOTCAMP

9:15-10:15am

Stephanie Perry

rsperry@shaw.ca

(780)935-8768

Community driven wellness programs
NEW SESSION - Jan 16-Mar 30, 2018

Jan 8-12, 2018 - TRIAL classes by donation

pre-reg \$140 / 5 pass \$75 / 10 pass \$150

**pass sales are class specific*

Classes at *Laurier Heights Community Hall (14405 - 85 ave)*

 @CWNYESG

**All are welcome to join me
and my staff at our Open House.**

Sunday, December 3, 5-7 PM

The Tea Place, Marketplace at Callingwood

#422, 6655 - 178 Street NW

SEASONAL CHEER! DOOR PRIZES!

**Lorne
Dach**



MLA Edmonton-McClung



Pedalheads Update

Just wanted to tell you that I am very happy with how Pedalheads has responded to my concerns. Brook came to our house and talked to us about how concerned she was about the safety of the kids. She mentioned all they planned to do to help with the situation. And I have seen some effort made to insure things would be safer. Brook gave me her contact information should I have any concerns. I am very pleased with how it is being handled. So thanks again for your support and please feel free to pass on my appreciation.

Hallie Neufeld

Distracted Driving

I was crossing the street from Rio Terrace Park to head home. There is a stop sign, so drivers need to stop before deciding whether to turn left or right. I am proactive when crossing the street so I paused, watched the approaching car closely, to ensure that they see me before crossing. The car did not stop completely, and during the slow pause, there it is. The driver has one hand on a cellphone and their eye on it and not on the road. I continued looking at this driver and he waved I guess something like an apology before proceeding, instead on stopping and waving for me to cross.

I take the bus every single day to work. Being seated in a slightly more elevated position, I can easily look at the window and count how many drivers have their phones on one hand while the other on the wheel. Many times, they would have it on their lap instead, where they would grab it as soon as the light turns red. I suppose they would be either browsing social media apps or texting, and they would do it with both hands! And then when the light turns green, which they won't notice right away, they would be a few seconds of delay before they drop the phone back to their lap and move on

forward. I wish this is only a driver or two, but it is so frequent it's terrifying for me.

Several times when I have visited my in-laws for dinner, we would watch episodes of Canada's Worst Driver. The video clips would show the behaviours that the candidates have that pushed a love one to take them to this 'driver's rehab'. It ranges from texting and taking calls, applying make up, being too anxious and not being able to control their emotions and fears when driving, or not following driving rules and etiquette. I wished that these behaviours are only exhibited by these 'rare' individuals that makes reality TV interesting. But alas, it is not the case.

I ask you to play a proactive part in stopping this incredibly harmful behaviour. According to a CAA report, these are how many more times that drivers are more likely to be in a crash or near collision event compared with non-distracted drivers:

- Texting : 23 times more likely
- Reaching for a moving object : 9 times more likely
- Talking on the phone: 4 – 5 times more likely
- Applying Makeup: 3 times more likely

There was a report from Ontario about a horrific car accident, where the driver was a teenager, and it was a case of distracted driving. An interactive web-page showed the corresponding text messages sent and received by the driver's cellphone and the points in the road leading to the crash. It was clear that there were multiple messages that were coming in, which demonstrates that the driver was using their phone. Three teenagers in the vehicle died.

I think it is worthwhile to reduce the likelihood of preventable accidents for the benefit of our love ones who may be driving, be a pedestrian, or passengers in our vehicles.

(Continued on page 15)

Community Matters



Hello fellow Neighbours!

If you have any questions about your home, whether it is buying/selling, maintenance, how to winterize your home, renovation tips, etc., feel free to reach out to me. I hope that everyone is getting ready and excited for Christmas 😊 It is nice to see some lights and decorations starting to go up in our neighbourhoods!

Merry Christmas to all and cheers to a safe and prosperous New Year for you and your family! - AW

RE/MAX®



ADAM WILSON | RE/MAX REAL ESTATE | REALTOR®

780-887-2162 | adam@adamtwilson.com | www.adamtwilson.com

Each office independently owned and operated.
The information is deemed reliable but not guaranteed.

Community Matters

Having someone get really hurt, or worse, pass away because of a collision from distracted driving is so unnecessary. No number of re-tweets or social media comments will provide adequate comfort from a broken bone or a fender bender. What's a few minutes of trying to save time by eating while driving, if because of having to suddenly break for not noticing an unexpected bunny crossing the road, your food gets spilled all over the seat and your shoulder now hurts from having to brake?

Please place your phone on Bluetooth, apply your lipstick in your bathroom not the car's mirror, and plan to have breakfast in the dining table or at work, instead of behind the wheel. These 'multitasking' attempts are simply not worth it.

Giselle General

Family Franken Festival Success!



Our annual Family Franken Festival was another huge success with around 150 people in attendance! This year the party included games, cookie decorating, crafts, a photo booth, a magic show, and (of course) plenty of treats! We were also able to raise numerous bags of food and over \$90 to benefit the Edmonton Food Bank. Thank you to the volunteers and families that participated in this event!

Samantha Gullekson

Summer Party was a Splash of Fun



The Rockin' Rio Summer Party was held on August 20, 2017 at the Community League Hall. It was a great success, with lots of fun activities. It was a lovely sunny day which was perfect for having all the activities in the rink, from the bouncy castle, the face painter, the beer gardens and the band. Special thanks to Franks for Listening for coming by to give away free hotdogs and chips, the office of MLA Lorne Dach for providing popcorn, and the Rio Terrace Church Ice Cream cart who was there to sell their yummy treats.

The Dunk Tank was also back, this time we invited candidates running for city council for Ward 5. Many of the candidates attended and many people willingly paid for a chance to hit the target to dunk the sitting candidate. After the candidates though, several community members and youth asked to have an "Open Dunk" opportunity, where they can sit in the tank to be dunked as friend and family pay to hit the target. That was loads of fun!

Thank you to all the community league members who helped with the planning, to our ever-supportive Community Recreation Coordinator from the City of Edmonton, and for everyone who came and spend the lovely Sunday afternoon and evening with us.

Community Matters



Rhythm, Rhyme & Story Time

A musical adventure for you and your preschooler! (ages 0-5)

www.EdmontonPreschoolMusic.com



Preschool Music Classes
Tuesdays (9:45-10:30am)
@ Laurier Heights
\$80 /10 weeks
(Half price for second child)

For more information please visit our website @ www.EdmontonPreschoolMusic.com

corrinemacdonald3@gmail.com
780-497-7767

LADIES SHINNY RINGETTE

FUN AND FITNESS ON ICE!

Join us Monday nights October to mid-March at Crestwood Arena 8:45 pm - 9:45 pm.

No ringette or hockey experience required. Wide range of skills and ages. Equipment is required. Full-time is 20 skates, part-time is 10 skates.

CONTACT CHRISTINE AT
chrisk2@telus.net or 780-436-6819

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

Go to www.ringette.ca and check out "What is Ringette" and "Basics of Ringette" under OUR SPORT for more information on the game.



FELICIA DEAN & JEN OSMOND
REAL ESTATE

THINKING OF BUYING OR SELLING? **RE/MAX EXCELLENCE**

CALL YOUR LOCAL REAL ESTATE PROFESSIONALS TO FIND OUT HOW MUCH YOUR HOME IS WORTH!

WE LIVE, WORK & PLAY IN THIS COMMUNITY!

CALL US DIRECT AT
780.289.6670 (FELICIA) OR
780.289.6671 (JEN)
Personal. Passionate. Proven.
www.deanandosmond.com

780.289.6670
#201, 5607 199 Street Edmonton, AB T6M 0M8



Lorne Dach, MLA for Edmonton – McClung

Things are looking up – but we still have a lot of work to do.

As the economy recovers, we are making sure we continue to protect services Albertans rely on and focus on the priorities that matter to you and your family.

Some of Canada's most respected economic experts are forecasting Alberta to lead the country in economic growth for the next two years and Statistics Canada's latest GDP report shows Alberta has already begun bolstering the economic performance of the entire country.

Alberta's historic infrastructure build, and the increased investor confidence that comes with pipeline approvals, are contributing factors to our economic recovery.

Nearly 40,000 jobs were created in Alberta over the last 12 months. Our province also continues to have the highest employment rate in the country and the highest weekly earnings.

Alberta consumer spending is up as well. Retail sales in Alberta were at \$6.8 billion in May – higher than the pre-recession peak of \$6.7 billion seen in October 2014.

These are just a few examples of how Premier Rachel Notley and your government is making life better.

We also know that Alberta small businesses are just as vital to our economy as large ones. They account for 95 per cent of all business activity in Alberta, and almost 30 per cent of our GDP.

Alberta small businesses have a bigger economic impact per capita than small businesses anywhere in the country, and can be found in every sector.

In addition to providing jobs so hundreds of thousands of Albertans can earn a living for themselves and their families, small businesses inject about \$100 billion dollars a year into our hometowns and neighbourhoods. They often have a huge positive impact on their surrounding communities in many ways.

Unlike the previous government, we listened to them and took decisive action when they asked us to implement tax credits other provinces have enjoyed for decades, restored training programs for new entrepreneurs while adding an array of supports for established ones, and are helping them diversify and expand to new markets.

To help small businesses take advantage of new market opportunities around the world we've expanded their access to our 12 international trade offices and provided Alberta companies reimbursement for up to \$20,000 for export activities through our Export Expansion Program.

We also cut the small business tax by a third, helping ensure we continue to pay billions less total tax than any other province.

Albertans have no control over world oil prices, but strategic investments from government and industry have helped cushion the blow and stimulate growth.

So, if you or someone you know is a small business owner or looking to become one – please visit jobsplan.alberta.ca to learn more about available supports.

I want all Alberta's small business owners to know: you can count on us to have your back. Working together we will continue to create new jobs and diversify our economy – an economy for the future.

SUPPORT A GREAT CAUSE

DOOR PRIZES

RIO TERRACE
PRESCHOOL

GIFT BASKETS

SILENT AUCTION

- 2017 -

WINE DRAW

GIFT CARDS

MANY ITEMS UP FOR GRABS • SIGNED OILERS APPAREL

FRIDAY, NOVEMBER 24TH

7PM - 1AM

Rio Terrace Community Hall 15500-76 Avenue

RioTerrace
community **Preschool**

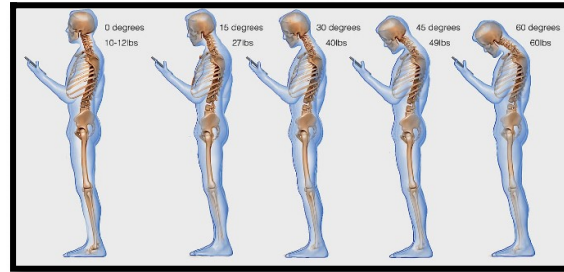
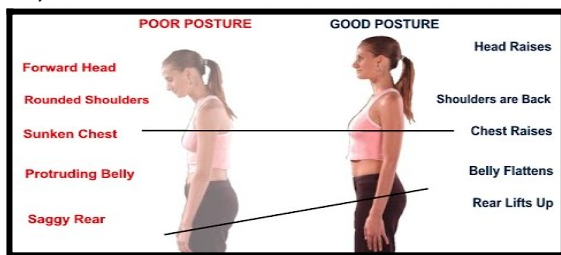
Posture in Two Parts

Why it matters, and is it the fountain of youth?

Posture is something that is dear to my practice and me. Your grandma may have bugged you about it, or you may remind your kids to stand up straight. The benefits of good posture go far beyond looking good in a room full of people. It can help keep you healthy, too. Here are some effects of poor posture.

- Poor posture and muscle imbalance lead to 85-90% of musculature dysfunction {osteoarthritis, IT band pain, anterior knee pain, tension headaches, tendinitis, some types of scoliosis, hyperkyphosis (Dowager's Hump), hyperlordosis, TMJD, bulging discs, etc.}
- Prolonged poor posture leads to greater risk of heart disease and diabetes
- Increases anxiety and depression
- Decreases bowel motility
- Decreases circulation and oxygen intake
- Increases stress/cortisol levels, and can contribute to weight gain
- Constricts nerves and blood vessels
- Leads to muscle imbalance, pain and tension

heard enough? This isn't meant to scare you, because there is definitely enough of THAT out there. These facts are meant to arm you with information, because as Maya Angelou says, "when we know better, we do better."



Part one: Why it matters and what to do

Our bodies work hard to balance us in a hundred different ways every second of the day. When our posture is off, it basically invites dysfunction and puts extra stress on our bodies. For example, increased breathing and heart rate.

Now what? Start small. Adjust your desk and take a look at your posture. Are your shoulders rolled forward, does your head sit on top of your spine, or swing forward? Do you always stand on one foot or are your daily tasks one-sided? Take a look at the bottom left image and compare yourself. Put yourself in good posture; recognize how it feels and set reminders on your phone to check-in during the day.

Part Two: Is good posture the fountain of youth?

In short, yes. At least, that's my theory, but this also has to include healthy movement. It is not enough to stand with good posture for 10 hours in the same spot. We are moving creatures in an increasingly sedentary world. The best way to stay young is to move. Period. Almost any movement is better than none. Ideally, move every joint in your body, every day, in all possible ranges. That might sound like a lot, but it takes about 5 minutes. Start with your neck, shoulders, elbows, wrists, spine, hips, knees and ankles. This exercise can tell you a lot about your body and help you sleep. You're welcome! :D

Lauren Gahn, RMT

www.thewellnessclinic.ca

Community Matters



Rio Terrace Community League invites its members and the families of Rio Terrace School to

Adventsbasar

Friday
December 8th
2017
5pm - 10pm

at Rio
Terrace
Community
Hall

Basteleien,
Plätzchen
und mehr,
zum guten
Zweck

Entry
\$2/adult
\$1/child

German
book
donations
will be
accepted
at the door



Fun & frolic with **Ladies Sports Nite** -
drop-in basketball for women 18 to 108
Thursday evenings.



Lynnwood School (usually)
Not competitive (we don't keep score).
Contact Jay Anne (780-484-2482 or
jayspix@gmail.com) for more info.
Come try it once and see if you like it!

Meal Prep Party!!!



Do you struggle
with the day to day
chore of meal
planning?
Does 5 o'clock ever
arrive and somehow
dinner planning
never happened?
You will be
preparing 5 meals,
each meal will
serve four people
and are ready to
go for when you
need them!

Tupperware

\$130 Registration includes:
-All groceries!
-Tupperware for transport!
-\$25 shopping credit from our
catalogue!

Come!
Have a fun evening!
Prepare your meals!
Leave the mess and preparation to me!

For more information please contact
Elise Pallard-Dasko
Independent Tupperware Consultant
780-908-2294 elisedasko@outlook.com

Gentle Treatment for a Tough Problem

In the past month, there has been a lot of media coverage on the topic of concussions. Hockey legend and former Member of Parliament Ken Dryden has taken on the cause for many years and has written a book about it recently. Many sports stars, including Sydney Crosby, have suffered head blows resulting in concussions. The NFL faced a major class-action lawsuit from ex-players as a result of these head injuries.

Concussions clearly have profound effects physically. In severe cases they also affect people emotionally and intellectually. Long-term implications of severe or repeated concussion injury may include degenerative brain conditions, mental health concerns such as depression and intellectual impairment.

Famous sports stars aren't the only ones who get concussions. Children and older kids in minor sports leagues do also, despite rules of zero tolerance for head contact. Falls, accidental collisions with players and heading soccer balls can all result in traumatic head injury.

New information is emerging about post-concussion effects on the brain. A recent study out of Western University's medical school used MRI information to demonstrate that after a concussion, brain changes are still occurring even though one feels subjectively "better" and is approved to return to their sport.

Most people recover adequately from concussions within a few weeks. Some have lingering symptoms that last much longer. Concussions are difficult to treat, partly because they are so subjective and partly because there simply aren't many conventional treatments available. Recommendations generally include pain relieving medications and rest from mental and physical exertion. This illustrates that conventional medicine doesn't have many tools for concussion treatment, especially when it comes to alleviating some of the lingering, indefinable symptoms such as

fogginess and "not feeling like myself."

An article from December 2016 in the Journal of the American Medical Association suggests some exercise (low-risk, non-impact types such as walking, swimming and stationary biking) may aid recovery when performed even if symptoms still exist. The assumption is that gentle exercise may speed recovery by increasing blood flow to the brain.

Non-conventional medicine has a role to play for concussions. For example, Bowen Technique is a treatment that can help facilitate the increase of blood flow to heal brain tissue injury.

Bowen Technique is an effective and gentle treatment of a wide variety of ailments such as TMJ conditions, sciatica, whiplash, constipation and even bunions. It is also effective in treating concussions. Bowen is a cross-fiber, soft-tissue treatment. It approaches the body with the principle that "structure governs function." This means that when the structures are returned to a healthy state, proper function will be restored. Most importantly, Bowen is gentle and relaxing, thereby activating the body's parasympathetic state - the most effective state for healing. It serves to increase blood flow and regulate homeostasis, which reduces recovery time from injury. Bowen is safe for anyone including newborns, pregnant women, frail individuals and the elderly. People often find substantial and lasting relief in very few treatment sessions.

Kids are more involved in organized sports than ever before. This is fantastic for their physical, mental and emotional health. Implementing rules that minimize the chance of concussion is imperative, but it is important for parents and coaches to know that there are therapies that can aid in the recovery from hard-to-treat conditions such as concussions. Bowen is one of them.

Lorraine McCarthy

Naturopathic Doctor, practices Bowen Technique at the Rio Terrace Wellness Clinic

Community Matters



Upcoming Events In Edmonton

Pawâkan Macbeth: A Cree Tragedy

November 23 - 26, 2017

Groundbreaking Pawâkan Macbeth is Indigenous playwright, Reneltha Arluk's reimagining of Shakespeare's darkest play into Cree history, legend and cosmology. Set in Plains Cree territory in the 1870s, harsh environments brought immense fear, starvation, and uncertainty together to awaken the darkest of Cree spirits, the Witiko - an evil being with an insatiable appetite for human flesh.

Westbury Theatre 10330 84 Ave NW

Edmonton, AB

<http://theatreprospero.ca/cree-macbeth/>

The Great Sweater Run

November 25, 2017

Dig deep for your Great Sweater: cheery snowmen, bedazzled snowflakes, and strange reindeer. It's not high fashion, but it's perfect for our run!

Emily Murphy Park

www.thegreatsweaterrun.ca/edmonton

Horse-Drawn Sleigh Rides in Old Strathcona

December 1- 31, 2017

A horse-drawn sleigh will take you on a magical winter experience through Old Strathcona.

Old Strathcona

www.oldstrathcona.ca

Celebrate the Season at the Alberta Legislature

December 7 - 23, 2017

Thousands of bright lights provide the backdrop for a holiday stroll or skate in the beautiful Legislature Grounds. Daily musical performances.

Alberta Legislature Grounds

www.assembly.ab.ca

Candy Cane Lane

December 8 - 31, 2017

Christmas in Edmonton isn't complete without a visit to Candy Cane Lane! Lights, sleigh rides, Decemberorations. Remember to bring a donation for the Food Bank.

148 Street, between 92 & 100 Avenues

www.candycanelane.ca

@yeg_cclane

2018 Edmonton International New Year's Eve Gala

December 31, 2017 7 PM

Kick off 2018 in style with the 2018 Edmonton International New Year's Eve Gala. The evening will include fun, entertainment, and it supports The Stollery Children's Hospital Foundation

Fantasyland Hotel West Edmonton Mall

Edmonton, AB

<http://www.edgala.com/>

Pump Up the Jam Freestyle Competition

January 7, 2018

A fun freestyle competition in our beginner terrain park for kids 12 and under. All abilities welcome - come and have a blast!

Snow Valley Ski Club

www.snowvalley.ca

Deep Freeze: A Byzantine Winter Festival

January 13 - 14, 2018

The Olde New Year returns to Alberta Avenue: skating, curling, snow carving, street hockey, dancing, live music... a free winter wonderland!

118 Avenue, between 90 & 94 Streets

www.deepfreezeefest.ca

Community Matters

Front Yards in Bloom: Winterscapes

January 15 – February 25, 2018

Use your creativity to embrace winter with #FYIBwinterscapes. Brighten your neighbourhood with a wintry wonderland made with lights, plants, snow and ice.

Edmonton-wide

www.edmonton.ca/winterscapes

The 8th Rubaboo Aboriginal Arts Festival

January 30 – February 4, 2018

Local and touring Indigenous artists with new and developed works in theatre, music, dance, visual arts and media. Artist and cultural workshops.

www.AlbertaAboriginalArts.ca

Chinese New Year at the Muttart Conservatory

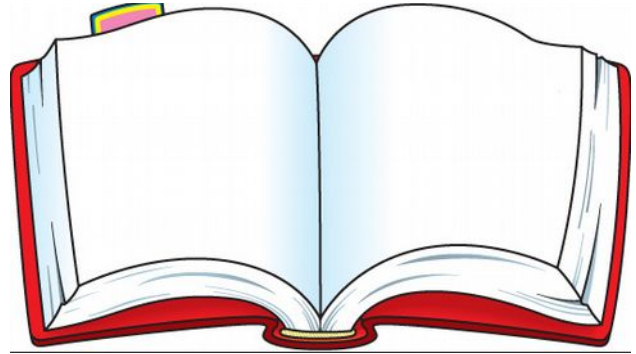
January 27, 2018

Celebrate the Year of the Dog! Family activities, displays, jade planting, and performances by students from Edmonton Chinese Bilingual Education Association.

Muttart Conservatory

www.edmonton.ca/muttart

Translated Word of the Day



How do you say the word 'warmth' in other languages used in our community?

- Arabic - dif'
- Chinese - Rèqíng
- French - chaleur
- German - Wärme
- Indigenous (Cree) - kisonaw
- Punjabi - Nigha
- Spanish - calor
- Tagalog - init
- Ukrainian- teplo

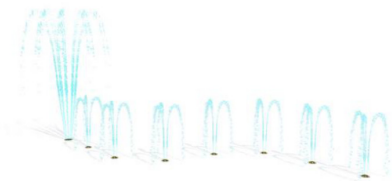
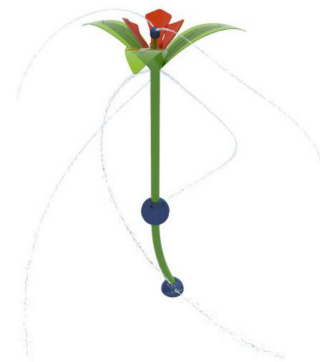
Meet the Spray



After 3 years of hard work, the Rio Terrace Spray Deck Committee is proud to announce that the spray deck is now complete! Our spray deck boasts 12 features, 3 new benches, and a new garbage can. No trees were harmed during the construction of this project, so there will still be plenty of shade around the park.

Bloom (replaces the cattail that is pictured)

- create spiraling water by rotating the stem
- 360° rotation
- colored petals and leaves create colored shadows on the ground



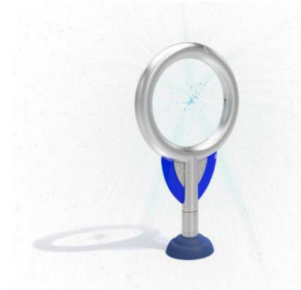
Team Spray

- jets of water spray upwards
- cover some jets to increase the spray in remaining (uncovered) jets

Deck Features!!

Bamboo Ring

- two jets collide, creating a refreshing cloud of droplets
- the ring rotates 360°



Garden Bug

- the bug's legs are dumping buckets
- colored buckets create colored shadows on the ground

Water Tunnel

- 4 arched, ground jets create a tunnel



Leaf

- jets of water flow straight down from perimeter of leaves
- colored leaves creates colored shadows on the ground

Frog

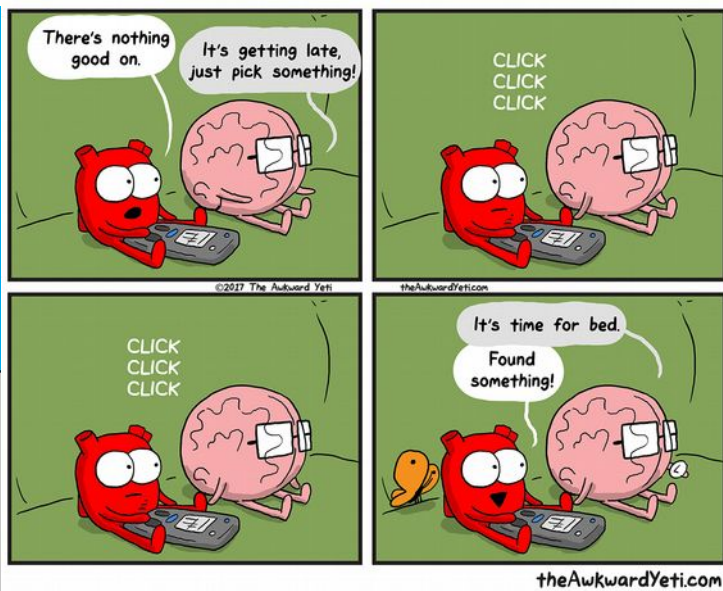
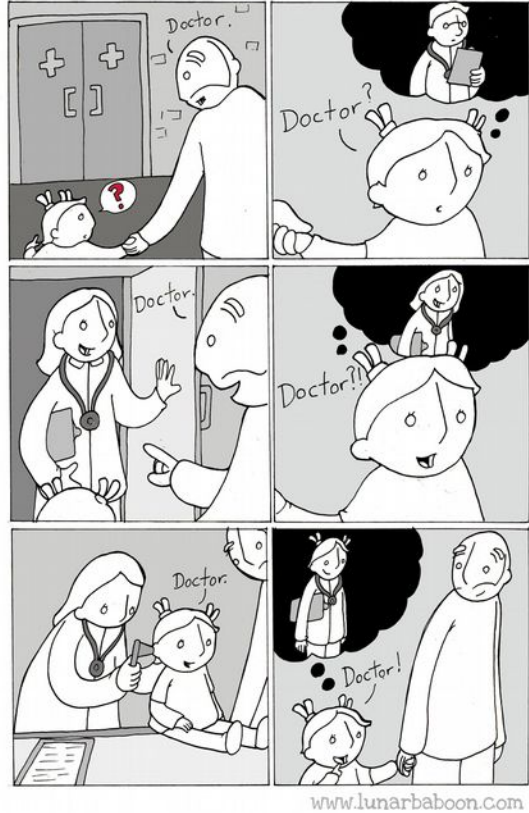
- gentle water spray from frog's mouth
- easy to turn, 360° rotation



Thank you to everyone who worked so hard to make this project a success!
The grand opening will be in the spring when we can turn on the water and enjoy this wonderful addition to our playground!



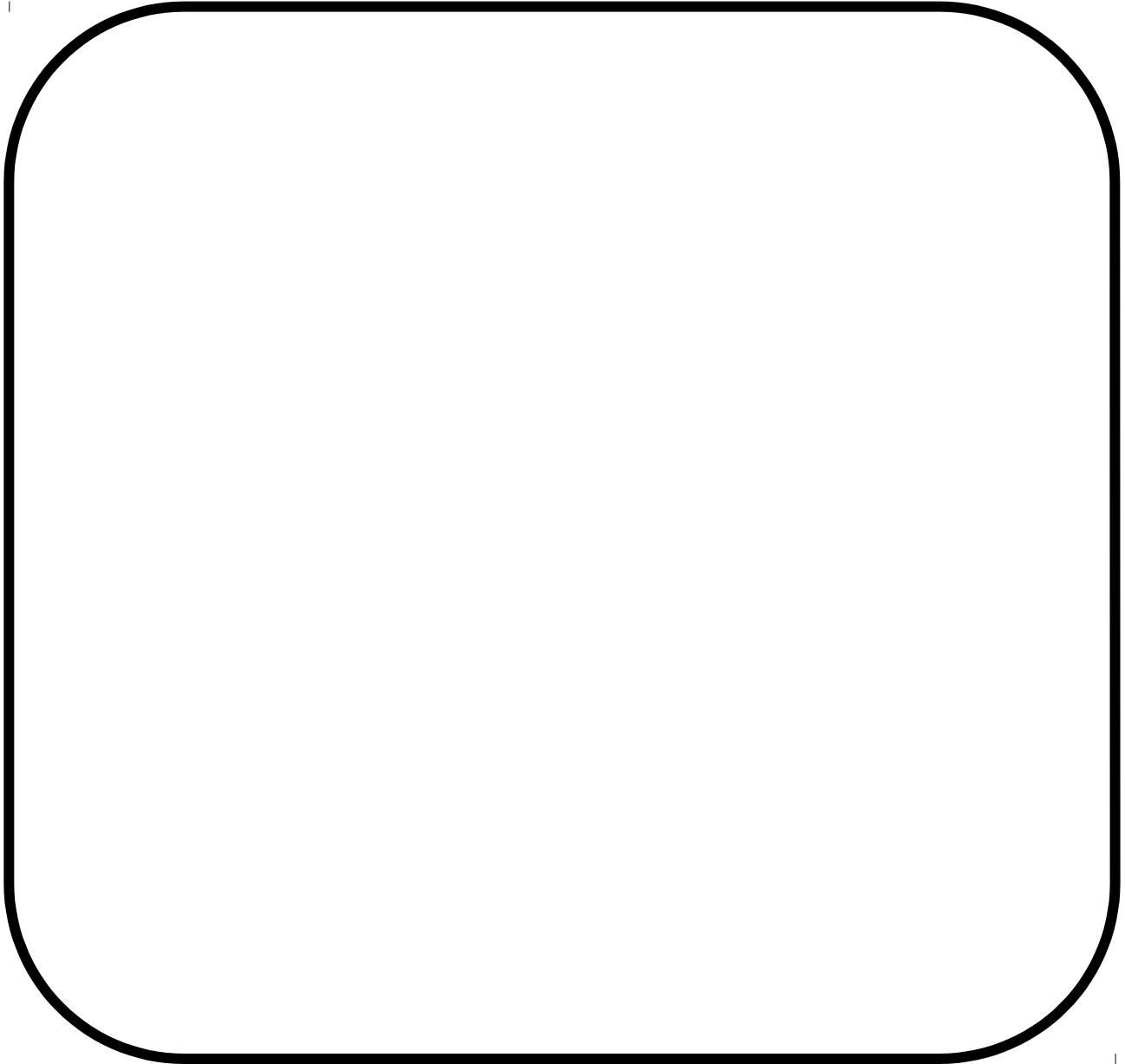
COMICS!



Community Matters

Let's Draw!

Craft your creations, scan or take a photo and email it to the newsletter team! You can drop it off at the hall as well. All submissions will be shared on the Community League's Facebook page, and some of our favourites may be printed in the next newsletter. **What would you be doing at the Patricia Ravine on a lovely day in November?**



Letter to the City on Development Variances

October 25, 2017

The residents of: Rio Terrace, Patricia Heights, Quesnell Heights

Re: Development Variances in the Communities of Rio Terrace, Patricia Heights and Quesnell Heights

Dear Neighbours,

Our community has faced an important milestone in the growth and maturity of the neighborhood – the arrival of higher density infill development. This issue has had a polarizing effect on residents, but it is not the intent of this letter to discuss these opinions. Regardless of which way your opinion leans, it is truly flattering to see others willing to invest so much to join our community. The potential invigoration these projects usher cannot be dismissed.

The community league decided last year to take a neutral stance on our support or rejection of higher density infill. We have not changed our stance; we have placed our trust in the City's zoning and planning processes to vet potential projects for suitability.

The second issue regarding infill, which this letter seeks to address, is the matter of development variances. To date, affected neighbors and the President of the community league have received several notices informing them of proposed variances to lift many restrictions imposed by the City. The degree of variances requested - by two projects in particular – is utterly shocking. The time-frame and process by which our - the residents of the community - opinions can be voiced is equally stupefying. In one example the deadline to voice concerns pre-dated the City's own letter notifying us of the request.

It must be stressed that we still place our faith in the zoning and planning process. This includes the restrictions imposed on developments to constrain them to conform with the character of surrounding properties. We believe this is the best way to continue to ensure cohesion within our community and prevent vitriol and animosity. Our intent is not to oppose all variance requests; most are inconsequential and seek to correct a constraining oversight.

The intent here is to show our support for our residents grappling with the prospect of developments that are truly alien to our neighborhood. Again, our objection is not the concept or decision in *zoning* for infills. Our objection lies in the offensive nature of the many variances from the norm that some of these projects propose. To this end, we will support residents who face this struggle and reach out to whomever will lend an ear.

The goal is to encourage a sober second-thought to these requests and have these developments work to stay in harmony with their surroundings. It is believed those planning norms were put in place for a reason and will serve us well to keep the neighborhood character that has proven to be so desirable to so many.

Signed,

Lance Burns, President On behalf of: Rio Terrace Community League Board

c. Development Services, City of Edmonton. Sarah Hamilton, Ward 5 Councillor, Subdivision & Development Appeals Board

Community Matters

2017 Memories



Community Matters



Community Outdoor Soccer



Register for the 2018 Rio Terrace Community Outdoor Soccer in February 2018

Registration for the Rio Terrace 2018 outdoor community level soccer season will take place during February 2018. Additional information will be available in the next edition of this newsletter. In addition, in January 2018 please check out the Soccer Program information on the Rio Terrace Community League website at www.rioterrace.ca/programs/soccer.

Community soccer programs such as the Rio Terrace program operate under the authority and guidance of the Edmonton Minor Soccer Association (EMSA), which in turn is governed by the Alberta Soccer Association. This structure establishes the standards and provides the out of community support that is intended to support the community soccer programs to deliver a safe, fun and skill enhancing soccer experience to all of the players, coaches and spectators.

Children with birth years 2014 through 2000 will be eligible to play in the 2018 community outdoor soccer season. As indicated above, registration for the 2018 outdoor soccer season will take place during February 2018. Four steps will be required in February to register a player for the outdoor season.

- 1) Review the Soccer Program information on the Rio Terrace Community League website www.rioterrace.ca/programs/soccer.
- 2) Ensure that you have or obtain a valid (current) community league membership before attempting

to register a player.

- 3) Register each player on-line at www.emsawest.com/play/register.

4) Pay the registration fees (and uniform deposit if applicable) directly to the Rio Terrace Community League at one of the scheduled payment sessions. Player registration is not complete until payment has been received.

Rio Terrace Soccer Program - 2018 Outdoor season info – day of play and time are tentative

Age Group	Birth Years	Night of Play	Start Time	Reg Fee
U6 FunSoccer	2012, 13 & 14	Mon & Wed	6:15 PM	\$125
U8	2010 & 2011	Tues & Thur	6:15 PM	\$155
U10	2008 & 2009	Mon & Wed	7:15 PM	\$200
U12	2006 & 2007	Tues & Thur	7:30 PM	\$220
U14	2004 & 2005	Mon & Wed	6:00 / 7:30 PM	\$250
U16	2002 & 2003	Thur & Sun	6:00 / 7:30 PM	\$250
U18	2000 & 2001	Tues & Sun	6:00 / 7:30 PM	\$250

All of the community based Soccer Programs will generally run from Monday April 30 through the end of June, with playoffs for the U12 and older age groups taking place in early July. Teams in the U8 through U18 age groups generally play 2 games and 1 practice per week.

The **Rio Terrace U6 FunSoccer Program** is open to boys and girls born in 2012, 2013 or 2014. Our **U6 FunSoccer** takes place Monday and Wednesday evenings at the Rio Terrace School fields from 6:15 PM to 7:15 PM during May and June. This program does conclude in June prior to the end of the school year. This is an in-house program, so no traveling out of Rio Terrace for games. Our U6 FunSoccer teams have a mix of ages and genders on each team. The emphasis of the Program is on fun, being active, learning some soccer skills and meeting / forming friendships with other members of our community. This applies to both players and parents - there is a lot of parental involvement on the field with the players at this age. 60+ children were in this Program last year and we look forward to seeing as

many smiling and eager faces this year.

One of the pillars of the very successful Rio Terrace Soccer program is the volunteer coaching and manager help provided by the parents of the players. Please consider whether you can volunteer to help coach or manage the team that your child will play on. Teams can only be formed if we have sufficient coaching / manager support for that team. Rio Terrace is very fortunate to have so many parents volunteering as coaches or managers, but at the younger age groups we are always recruiting new volunteers. Free coaching course are available (usually in April) for anyone stepping forward to help coach a team or wishing to add to their skill and knowledge base.

Any questions on the Rio Terrace Soccer Program can be directed to me (Perry Wynn) at

director@rioterracesoccer.ca

CONTRIBUTIONS NEEDED! NEW YEAR GOALS

For the new year, do you have any new goals? Tell us about it! Contact the newsletter team at 2016.rio.terrace.newsletter.ad@gmail.com. If you feel unsure how to write it, we can interview you and write it down!

- Is there something about your own self, your family or your community that you would like to change?
- Why would you like to change it starting 2018? What is the inspiration behind it?
- What tools, information or process do you plan to use to make this change a reality?

For The Love of Food: Adobo

Adobo is one of the most easily recognized dishes and can be described as one of the first food items that non-Filipinos would have tried – at least for my experience. For myself, I considered it as one of the

basic dishes to learn. Learning to cook this well shortly after moving out became a confidence booster to try out other recipes.

Recipe type:

Main Dish, Serves: 4

Recipe credit

Panlasang Pinoy Website www.panlasangpinoy.com/

Ingredients

- 2 lbs. chicken, cut into serving pieces
- 3 pieces dried bay leaves
- 4 tbsp soy sauce
- 2 tbsp vinegar
- 3 cloves garlic, crushed
- 1 to 2 cups water
- ¼ cup cooking oil
- ½ tablespoon white sugar
- Salt and whole peppercorn

Instructions

- 1) In a large container, combine the soy sauce and garlic then marinate the chicken for at least 1 to 3 hours
- 2) Place the cooking oil in a pan and apply heat
- 3) When the oil is hot enough, put-in the marinated chicken. Cook all the sides for about 5 minutes.
- 4) Pour-in the remaining marinade and add water. Bring to a boil
- 5) Add the dried bay leaves and whole peppercorn. Simmer for 30 minutes or until the chicken is tender
- 6) Add vinegar. Stir and cook for 10 minutes.
- 7) Put-in the sugar, and salt. Stir and turn the heat off.
- 8) Serve hot. Share and Enjoy!

Advent *and* Christmas

with Rio Terrace Community Moravian Church

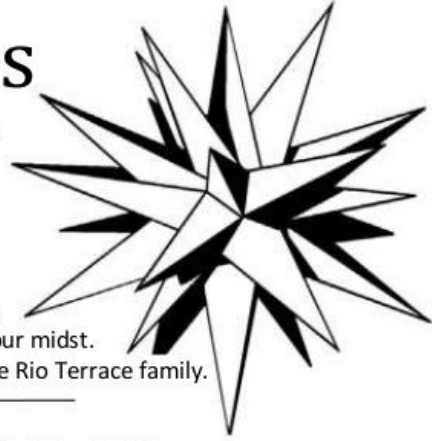
15108 76 Ave n.w. · Rio Terrace, Edmonton, AB

(780) 487-0211 · RioTerraceMoravian@gmail.com

Facebook.com/RioTerraceChurch · RioTerraceChurch.org

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.

*Our weekly **children's worship** begins with breakfast at 10 am.*

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.

Blue Christmas Service

Thursday, December 21, 7 pm

This is a contemplative service for those who need a quieter holiday ritual. It will be intentionally open for all.

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.

Arise,
shine!

for
your
light

has come,
and the
glory of
God has
risen
upon
you.

Isaiah 60:1

Illuminight 2017

Sunday, December 10 · 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)

“Office Lunch” for people who work from home...

If you work from home, are a stay-at-home parent, or retired, and would like to your neighbours for lunch, we are starting at Thursdays-at-noon gathering. For details, contact pastor James at jlavoy@gmail.com or (780) 487-0211. *Open to all.*

Rio Terrace Church works hard to affirm all people on their spiritual journey. We hope you will feel welcome here.

