

Community Matters

President's Message

Hello Rio Terrace!

It has been such a busy time for events in our community over the past few months. We had breakfast with Santa, our Preschool Silent Auction, illuminight at the Moravian Church, and a German Market at our hall to name a few of the great events happening around us. It is always a pleasure to see such diverse and interesting events where I get a chance to meet the great people of our community. Please enjoy the winter weather and if you can, get out and go for a skate at our rink. The ice is perfect!

On another note, there is an effort to beautiful the strip mall in our community. There was an information evening last month and it was attending by about 30 interested community members. The idea is we will make the strip mall look pretty and improve the city's space around the mall to make it safer and prettier – better walking and more plants.

It is such a pleasure being on our board, serving with such great community members. If you have time, or ideas please come out and share them at our board meetings or contact any of our executive by email or phone. Have a great February and we will talk again in the spring.

All my best,

Lance Burns

President, Rio Terrace Community League

Community Events

Rio Terrace Clothing Swap

April 21, 2018 · 10 am – 1 pm

a partnership of Rio Terrace Community League and Rio Terrace Church. Children's Clothing & Sports Equipment Adult Clothing More Info and Register at <http://RioTerraceChurch.org>

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Connect with us!

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

Twitter: @RioTerrace

Facebook: RioTerraceCommunityLeague

Community Matters



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

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www.rioterrace.ca

A member of the Edmonton Federation of Community Leagues
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Rio Terrace Community League Membership

Memberships are always available for purchase

Community League memberships are valid September 1st to August 31st. It is encouraged that anyone residing in the Rio Terrace, Patricia Heights and Quesnel neighbourhoods become annual membership holders, however, membership is open to anyone!

Available at:

- Local Mac's Store, Cheque Only.
- Community Social Events, cash, cheque or credit card.
- Online at www.efcl.org , Visa or Master Card only.

Cost:

Family	\$40
Single/Couple	\$20
Senior Couple	\$10
Senior Single	\$5

Benefits:

- Free Access to all community skating rinks.
- Facility rental discounts (25% off hall).
- Free swim every Sunday from 5pm to 7pm at Terwillegar Recreation Facility
- Discount at City of Edmonton Leisure facilities (5% off multi-pass or 20% off annual or continuous pass)
- Special promotions through www.efcl.org

Clicks and Cheers at The Annual Breakfast with Santa



Our 3rd annual Breakfast with Santa was another great event. We had delicious breakfast of pancakes and fruit with an addition this year of sausages. As per usual, the cookie decorating and colouring was a hit. Approximately 50 families were photographed with Santa and the photos raised just over \$500. These monies will be put towards for future upgrades to the hall. Thank you to all of the volunteers for making it happen and to all of YOU for attending.

Emma Woolner

Illuminight Update 2017



Rio Terrace Church is grateful for our neighbours and community partners in support of Illuminight 2017. As a result of your generosity, \$2500 has been donated to Jasper Place Wellness Centre.

James Lavoy

Community Matters



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Rio Terrace School, 7608-154 St.
FEB.22 at 5:30-7:30 pm
German Club, 8310 Roper Rd.
MAR.15 at 5:30-7:30 pm
Forest Heights School, 10304-81 St.

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Do Something New?

Attention retired and semi-retired men

Are you suffering from cabin fever?
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Our Probus club of Central Edmonton meets twice a month. On the first meeting, we socialize and then enjoy a presentation by a local expert on a wide variety of noteworthy topics. Our second meeting is a guided tour of some remarkable place in Edmonton or in its vicinity, often at sites not opened to the general public.

Interested?

Contact Gordon Fuerst at 780-487-2439

Silent Auction A Massive Success!



The Rio Terrace Community Pre School Silent Auction fundraiser was a massive success in 2017. On November 24 well over 150 attendees were thrilled with the items available for bidding. Gift certificates, art, event tickets, sports memorabilia and so much more was on display in the wonderfully decorated community hall. Through the effort of countless volunteers the pre school was able to raise just under \$17,000 that will be put to immediate use. Thank you to everyone in the community and elsewhere for your amazing support. A very special thanks to GH Construction, Go Honda and Mind Over Metal Art for your contributions to the success.

Shaun Good

Valley Line West LRT – Update

Planning for the Valley Line West LRT continues to inch forward. The City has created Citizen Working Groups as one of the many methods to engage with the public. Members of these groups are community-based and the City's project team Community Relations/Public Engagement Lead facilitates the group. Rio Terrace is part of Working Group H - 156 Street along with representatives from Lynwood, Glennwood, Jasper Park, Meadowlark, and West Jasper/ Sherwood Communities.

The Valley Line West LRT is currently in the design phase. Elements we are discussing are how to design the current route, which was approved by council in 2012. We are currently discussing the following:

Advocating for the Park & Ride at Lewis Farms

The City has identified a Park & Ride at Lewis Farms. The group is advocating that it is an important part of the design and that the City consider more Park & Ride locations along the route. This will increase access and therefore ridership.

Elevated crossing at 178 Street and 87 Avenue

The current plan sees a level crossing at 178 Street and 87 Avenue. The recommended change is to elevate the LRT over 178 Street. The LRT would then come back to ground level just east of 182 Street.

90-degree turn at Stony Plain Road and 156 Street

The City is currently recommending a 90 degree turn at Stony Plain Road and 156 Street which would place the LRT stop closer to the existing transit centre. This change would mean vehicles would no longer be able to turn North-to-West, West-to-South and South-to-East at that intersection. Additionally this would mean the LRT will have to slow down due to the sharper turn.

Stony Plain Road at 149 Street Crossing

The City is recommending an underpass be constructed for 149 Street traffic. This would require major changes to underground drainage systems in MacKinnon Ravine and would involve some work in re-naturalized area.

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More information regarding these recommendations is available at edmonton.ca/valleylinewest or you can email LRTprojects@edmonton.ca or call 780-496-4874.

The report with recommended changes will be presented to the City's Executive Committee on March 12. Council will vote on the design recommendations on March 20th.

I am seeking feedback regarding the proposed recommendations from our community. Please email Nafisa at nafisa@nafisabowen.com or call 780-221-7612 before March 1, 2018.

Thank you,

Nafisa Bowen
Rio Terrace Community League
Representative for the Valley Line LRT
Working Group H

Rio Gardens!



Rio Gardens held its annual general meeting on January 13th. It was nice to get together with our fellow gardeners and feel some of the eagerness to start planting this spring. While beds may be prepared whenever an individual gardener feels it is a

good time to plant, we will be having a get-together at the gardens on April 21st so we all have an opportunity to meet each other and discuss gardening in general and have a chance to ask any questions we may have as the season starts. Details will be emailed to gardeners closer to the date. We also have a new treasurer this year. Many thanks to Francis Polen for volunteering for this position and also to Ann Smreciu for her many years of service!

Rio Gardens was inaugurated in 2009 starting with two 4' x 12' beds. We currently have 21 beds. They are enthusiastically gardened by individuals mostly from within our Rio Terrace, Quesnel Heights and Patricia Heights community. The garden is located behind the Rio Terrace Moravian Church on land generously contributed by the Church and the City of Edmonton.

The community garden has a large functional composting system. We invite anyone in the community to add their compostable material (vegetable matter – no meat or meat products) throughout the year. For more information please contact Ann (wildrose.consulting@shaw.ca). Our compost system keeps such materials out of the landfill and the resulting compost is used to enhance the garden beds. There are also four large rain barrels which enable us to water in an environmentally friendly way.

There is a shed for the use of gardeners which contains pretty much anything you may require equipment-wise to work your bed. There are wheel barrows, rakes, pitchforks, several large watering cans, etc.

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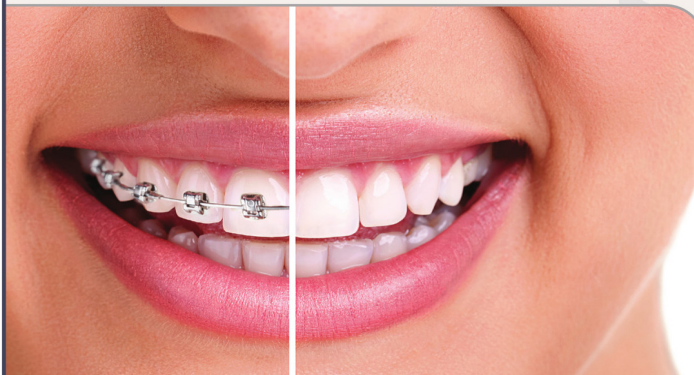
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If you are interested in joining us, please contact Pat Johnson at pmjohns@shaw.ca. There are four beds currently available. I will be glad to put you on our waiting list and beds will be offered on a first come/first served basis as your name is added. There is an initial fee of \$20 paid only once as a security deposit to obtain a bed in the Community Garden. There is a \$1 annual membership fee and a \$20 per year charge for renting the bed. These monies are used to purchase needed equipment, additional composted soil when required, and for a variety of other necessary expenses.

Looking forward to next season!

Patricia Johnson
Chair, Rio Gardens



It is hard to believe that we are halfway through our school year already! What a wonderful year we have had so far, with so many more exciting learning opportunities to look forward to throughout the rest of the year.

Our annual Silent Auction was a huge success this year with a profit to the preschool at close to \$17,000! As always, we would like to thank our amazing preschool community along with Rio Terrace, Patricia Heights and Quesnell Heights for their amazing support with this event. It was wonderful to see so many community members at our Silent Auction along with family, friends and neighbours out to support the preschool. I continue to be humbled by the deep sense of community and belonging felt here.

We have begun to put some of the money raised at the Silent Auction towards some upgrades to the

preschool. We did a small bathroom renovation and replaced our toilet in the preschool with a child sized toilet that the kiddos can easily reach and comfortably use. We also installed a wide step and landing up to the sink. So often little ones have to accommodate to live in a world of adult size things and it is nice to give them a space just their size!

We are also replacing and adding some new toys, gym equipment and looking at some additional field trips and preschool celebrations to enhance our hands on learning throughout the remainder of the year.

We had a wonderful December celebration at the preschool this year. The kids worked so hard practicing some winter songs to sing to their families and they did an amazing job and were so proud to show off their hard work! We also had a visit from an amazing Magician who magically made three real bunny rabbits, decked out in little Santa hats, appear out of nowhere! So much fun!

Registration for the 2018/2019 school year is officially open. We have 3 classes; a Monday - Wednesday -Friday morning 4 year old class, a Tuesday- Thursday morning 3 year old class and we are very excited to have extended our 3/4 year old combined afternoon class to Tuesday -Wednesday -Thursday afternoons! You can visit our website or email Shay at rtpreschool@telus.ca for more information. We would love to answer any questions you might have or schedule a time for a tour of the preschool.

"While we try to teach our children all about life, our children teach us what life is all about." ~ Angela Schwindt

Playfully yours,

Shaylene Saxton
Teacher

Naoko Henkel
Teaching Assistant

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

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Happy New Year Neighbours!

Trust that everyone had a wonderful Holiday season with family and friends. We are back at it and ready for 2018! If you are thinking about moving this year, I would be more than happy to arrange a no obligation appointment to have a look at your home to see if we could work together. Feel free to call, text or email me anytime! All the best to a healthy and prosperous 2018!

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under OUR SPORT for more information on
the game.



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Community Outdoor Soccer



Registration for the 2018 outdoor community level soccer season is now underway. Four steps are involved 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 - 2018 Outdoor season info

Age Group	Birth Years	Tentative Weeknight	Start Time	Reg Free
U4/5 Fun soccer	2013 & 2014	Mon & Wed	6:15PM	\$140
U7	2011 & 2012	Mon & Wed	6:15PM	\$140
U9	2009 & 2010	Tues & Thur	7:15PM	\$200
U11	2007 & 2008	Mon & Wed	6:15 / 7:30 PM	\$220
U13	2005 & 2006	Tues & Thur	6:15 / 7:30 PM	\$260
U15	2003 & 2004	Mon & Wed	6:15 / 7:45 PM	\$270
U17	2001 & 2002	Thur & Sun	6:15 / 7:45 PM	\$270
U19	1999 & 2000	Tues & Sun	6:15 / 7:45 PM	\$270

Rio Terrace also has a uniform deposit fee (post-dated cheque) requirement of \$60 per player for U9 and older.

Please note that effective for the outdoor season

the age groupings have changed to be odd age based to align to age groupings used for National and Provincial championships. Impacts of this change will be evident as you review the soccer program offerings below.

All of the community based Soccer Programs are expected to run from Monday April 30 through the end of June, with playoffs for the U11 and older age groups taking place in early July. Teams in the U9 through U19 age groups generally play 2 games and practice once per week.

The **Rio Terrace U4/U5 FunSoccer** Program is open to boys and girls born in 2013 & 2014. The **RT FunSoccer** program will be a grassroots skills, drills, games and fun oriented program that will focus on introducing soccer skills and fun activities to these young and eager newcomers. Actual playing soccer in a game format will not be a large part of this introductory program. Instead, players will have 4 to 6 activity stations to work their way through each evening, with these stations differing from night to night.

U7 soccer will be the Tim Horton's sponsored league where twice a week teams of mixed ages and genders will have a 20-minute skills, drills and fun games component followed by a 30-minute soccer game. This program still emphasizes having fun, being active, learning some soccer skills and meeting / forming friendships with other members of our community.

Players born in 2013 may play in either one of the **U4/U5 RT FunSoccer** or the **U7** programs. Parents can judge which of these programs looks to provide a better match to their child's interests, experience and abilities. Both programs will require lots of parental involvement to be successful, so please consider volunteering your time and talent to help provide players with the absolute best experience possible.

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U4/U5 RT FunSoccer and **U7** soccer will take place Monday and Wednesday evenings at the Rio Terrace School fields from 6:15 PM to 7:15 PM. This will allow these younger players and their parents to be together in one place at the same time enjoying their introduction to soccer.

U9 soccer will be similar to last year's U10 program as **U9** soccer will follow the former U10 rules, including the use of one referee and the calling of fouls, etc.

U11 through **U19** soccer will be similar programs to what have been offered previously. One oddity of the age group change is that the 2017/2018 indoor season teams who played in their first season in the even-year based age groupings will be able to play as a '2nd' year team in the odd year age grouping that is younger than their current age group.

How to Register: On-Line registration is now underway. Register for all Rio Terrace Soccer Programs at www.emsawest.com/play/register. You will either use your existing EMSA Household account (if you registered a child previously) or you will need to first create a Household account and then proceed to registering players individually. The EMSA West registration website has a guide to help you through the process. You need to have a current community league membership (numbered 17-XXXXX and expiring Aug 31, 2018) in order to proceed with the on-line registration process. Those needing to purchase a membership can do so anytime at the Rio Terrace Mac store (corner of 156 St. & 76 Ave) or on-line at www.efcl.org/membership or by contacting the community membership director.

When registering your child, it is very important that you indicate Rio Terrace as your preferred community to play in (or other community if that is the case) and please include any 'play with friend (by name)' or 'coach requests (by name)' as these help

us to sort through the registrants and form teams. 2013 birth year players also need to identify which of the soccer programs (U4/U5 RT FunSoccer or U7) they are being registered to play in.

Please also indicate 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 courses are available (usually in April) for anyone stepping forward to help coach a team.

How to Make Your Payment(s): There will be 2 Rio Terrace Soccer registration payment sessions - **Friday February 23 from 6 PM to 9 PM** and **Friday March 16 from 6 PM to 9 PM**. Each session will be at the **Rio Terrace Community League hall (15504 – 76 Ave NW)**. You will need to bring the following to the Payment session that you attend: Alberta Health Care card for the registered players, proof of your current Community League membership status and your payments for soccer registrations and uniform deposits.

Payment methods that we can accept include credit cards, debit cards, cheques, cash or bank drafts. Please note that the uniform deposits should be paid via separate cheques for each player (post-dated to June 30, 2018). Registration fees not paid by the start of the soccer season may mean that your child is not able to play. Parents not able to attend either of the above payment sessions can contact me directly to complete their payment.

Any questions on registration for the Outdoor Soccer season can be sent to: rtcl.soccer@gmail.com

Community Matters



Wellness Network

Community driven wellness programs

On going classes through June 2018

General inquiries: cwnyeg@gmail.com

5 pass \$75 / 10 pass \$150 *pass sales are class specific

Classes at Laurier Heights Hall (14405 - 85 ave)

Monday	Tuesday	Wednesday	Thursday	Friday
BOOTCAMP	YOGA FUNDAMENTALS	YOGA	YOGA	BOOTCAMP
9:15-10:15am	9:30-10:45am	9-10am	9:15-10:15am	9:15-10:15am
Stephanie Perry	Sandy Brown	Sandy Mah	Sandy Mah	Stephanie Perry
sperryfit@gmail.com	sandybrownnyoga@gmail.com	sandylmah@gmail.com	sandylmah@gmail.com	sperryfit@gmail.com
(780)935-8768	(780)964-8124	(780)951-3189	(780)951-3189	(780)935-8768
KIDS YOGA	SOMA YOGA	CHAIR YOGA	YOGA FUNDAMENTALS	
3:45-4:30pm	7-8:15pm	1:30-2:30pm	8:15-9:30PM	
Sandy Brown	Gaylene Borgstede	Gaylene Borgstede	*no class 4th Thurs of every month	
Feb 26 - Apr 30	simplysomatics@gmail.com	simplysomatics@gmail.com	Sandy Brown	
*no class Apr 2	(780)819-5974	(780)819-5974	sandybrownnyoga@gmail.com	
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Generally Speaking Speeding in Our Community



Last fall 2017, as part of its Vision Zero strategy, the City of Edmonton has introduced school and playground zones, in addition to other speeding mitigation techniques. From its website:

“Driving over the speed limit increases your chances of being in a crash, shortens the time you have to react to avoid a crash, increases stopping distance, and increases the severity of injuries in a collision. **Speeding, even a little above the limit, puts lives at risk, especially pedestrians and cyclists.** The speed limit on local roads is 50 km/h unless otherwise posted, however, this is the maximum legal speed limit. **Please drive for safety and keep an eye out for children playing.**”

I was curious at listening to the reactions, from the personal conversations in our neighborhood, to comments on social media. There are claims that it is a cash grab. There are claims that it is excessive. There are cheers of happiness from others. There are claims that it is inconvenient. There are claims that going over 10km should not be a big deal. There are comments that other people won't follow it anyways.

I myself don't have kids yet, but the longer I live

in this area, the more I get to know families and the young members of their household. So, when I go for a walk and see the child riding a bicycle, I know them by name and who the parents are. The kids in strollers right now, they will be on their legs soon enough, wanting to play and explore with boundless enthusiasm. The more I live here, I personally have an increasing sense of wanting **everybody** to be safe and okay. This prompted me to write an article about driving safety a second time, after the one in the last newsletter about distracted driving.

Losing family members from a motor vehicle accident is devastating, and I am speaking from experience. I dread the moment that one of these days, a fatal accident would take place in our area that involves a pedestrian being struck by a vehicle. It sounds like these happen several times a year in the city.

I ask everyone who drives to please comply with the laws and pay close attention to the times they are implemented. Another plea from families that I wanted to echo is to just give this new bylaw a chance. Adjusting to this new habit may not be as annoying as it seems. Always drive for safety and keep an eye out for any unexpected things such as children playing, a dog that ran loose, or a person walking slowly that they didn't look visible right away when crossing the street. It can be a delay, an inconvenience, but I believe preventing injury or fatalities is worth it.

We can do a part in being proactive and making sure that our neighbourhood is a safe space and that we can continue living, growing, and thriving in our great community.

Giselle General

Community Matters



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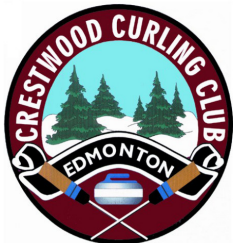
CONTACT TIMOTHY WONG

780.297.8576

tim@mcleodwindows.com



mcleodwindows.com



OPEN HOUSE

Sunday, February 25, 2018

12:00pm to 3:00pm

Crestwood Curling Club

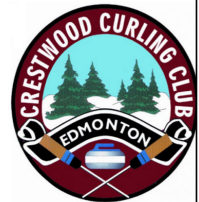
14317-96 Avenue, Edmonton, AB

Introduction to Curling "Free"

No children under 7 years of age. Children are required to wear a helmet. (not provided)

For more info: (780) 452-4174
or crestwoodcurling@shaw.ca

Fun League



March 4, 11, 25, 2018

12:00pm-2:00pm

\$50 Registration

New to Curling?

Want to be part of the fun?

Join our fun League.

Open to adults and children over 7.

Instruction included.

**For more information please
contact us @ (780) 452 4174 or
email crestwoodcurling@shaw.ca**

MLA News



Every day, I'm honoured to work with the residents of Edmonton-McClung to make life better for everyday Albertans.

And I'm proud of the work our government has done that will improve the lives of my constituents, Edmontonians, and all Albertans.

This past year the Alberta Government announced \$65 million in capital investment in the Misericordia Hospital over four years. This year this will include starting construction of a new emergency department and maintenance work including improvements to elevators, water systems, fire alarms and sprinklers.

That hospital is hugely important to my constituents, and after 29 years without a renovation I'm happy to see our government putting money into this important infrastructure work.

Another major announcement that I want to highlight is our government's commitment of \$400 million to build a state-of-the-art hospital in southwest Edmonton. Many Edmontonians in the southwest currently depend on the Misericordia for health services, and the new 350- to 500-bed hospital should ease some of that pressure. I'm confident this new hospital – the first new hospital to be built in a generation – will make life better for my constituents in Rio Terrace as well.

And residents of Edmonton-McClung will see the same kinds of benefits as the rest of Albertans as we see the economy turning around and the recovery taking hold.

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.

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

We have added more than 70,000 full-time jobs in this province since the depths of the recession, and we continue to boast the highest employment rates and the highest weekly earnings in the country.

And we know that 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 business 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 a year into our hometowns and neighbourhoods.

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.

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.

Lorne Dach

MLA for Edmonton-McClung

Community Matters



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**Lorne
Dach**



MLA Edmonton-McClung



780-408-1860 edmonton.mcclung@assembly.ab.ca



**Beaux Esprits
Playschool**

French Immersion - our 39th year

2018-2019 Registration Night
February 13, 7pm

7925 158 Street (in Our Lady of Victories School)
For more information contact the Registrar @ beregistrar@gmail.com
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Hope and Help for Depression



Depression is one of the most common mental health diagnoses in North America. According to the Canadian Psychological Association, approximately 5% of men and 10% of women will experience a major depressive episode at some point in their lifetime. Women are 2x more likely to develop depression. The American Psychological Association (APA) lists the following as common symptoms of depression:

- Prolonged sadness or feelings of emptiness
- Feelings of hopelessness
- Feelings of guilt or worthlessness
- Anger or irritability
- Restlessness
- Difficulty concentrating
- Changes in sleeping or eating
- Chronic pain, headaches or stomach aches
- Loss of interest in activities
- Withdrawal from friends and family
- Thoughts of death or suicide

Depression can have many causes, often a combination of biological, psychological, social and environmental factors. Those with a family history of depression or chronic disease or illness are at more risk for developing depression. Sometimes a major life event, such as the death of a loved one can lead to symptoms of depression. Other times, it may seem to develop without a known cause. However, regardless of how it may have developed, it's impor-

tant to realize that there is treatment available.

Depression isn't a funk that one can just "snap out of." It's an illness that requires the help of professionals. Anti-depressants prescribed by a doctor or psychiatrist may be helpful for some individuals, especially those suffering from severe depression. Psychotherapy is also a proven form of treatment either alone or in combination with prescribed medications. The two most common evidence-based treatments for depression according to the APA are Cognitive Behavioral therapy and Interpersonal Therapy. Registered Psychologists are trained mental health professionals with experience in helping clients recover from depression using some of these approaches.

If you're concerned that you might be suffering from depression, it is recommended that you make an appointment with your doctor or a mental health professional. Identifying and treating depression early, before it becomes a chronic problem is an important step in beating this condition.



Amy Cardinal is a Registered Psychologist at Creating Solutions Inc, at 9509 156 Street in West Edmonton. Visit the website at www.creating-solutions.com or call her 780-414-0609, ext. 223.

Community Matters



Questions About Feeding Wild Birds



Q: How can I help birds survive cold weather?

Typically, your feeders serve as a supplemental food source for birds. In contrast, during periods of extreme cold and severe winter weather, your birds may switch to using your feeders as a critical source of food that enables them to survive from day to day. So make sure your foods are worth their weight with quality high-calorie, fatty foods for the birds.

You can play a vital role, as feeding the birds becomes critical when extremely cold conditions occur. At these times, a reliable supply of energy-heavy food can mean the difference between life and death for a bird. To stay warm, birds will expend energy very quickly, some losing up to 10% of their body weight on extremely cold nights. Food is the most essential element, providing birds with the energy, stamina and nutrition they need. An ample supply of high-calorie foods such as suet, Bark Butter, sunflower, and nuts is crucial to a bird's survival.

Quality suet as well as suet nuggets are full of essential fat and protein helping birds, such as woodpeckers, chickadees, nuthatches, and others, maintain their high metabolic rate. Sunflower chips are

high in fat and protein, and they are a favourite of Pine Siskins, Common Redpolls, House Finches and most other birds that we see at feeders in Edmonton and area.

Bird food cylinders are a win-win for you and your birds. Cylinders, like No-Mess and Nutty for Nuts, are long-lasting allowing you fewer trips to fill the feeder. They are packed with high-calorie peanut, tree nut and sunflower energy to help the birds stay warmer. There are no shells, providing a quick energy snack for birds and no mess for you.

In order to meet your birds' needs, it's important to have at least one foundational feeder that dependably provides food every day and does not have to be filled very often. Studies have demonstrated that a constant, and reliable source of supplemental food helps to improve the overall health and body condition of wild birds.

Help your birds know your food is worth the weight by locating your foundational feeder in a sheltered location out of the wind and keep it full of the high-calorie, fatty foods that provide birds the crucial nutrition they need to survive and thrive even during the coldest times of the year.

Dave Cleary

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](tel:587-521-2473).

Community Concerns

Are you pro or against infill?

If you are pro or against infill be sure to let us know! We will maintain the community concerns section as long as our community member continues to send articles. I am cautiously pro infill but I still always enjoy reading others viewpoints.

Corey Grajkowski

Efforts to Protect Rio Terrace

Last January, a first group of 98 Rio Terrace homeowners gave a valuable present to their close neighbours by registering a Restrictive Covenant on their property to prevent it from being split and their house being replaced by two “tall skinnies”, the name given to these narrow but very tall houses built with minimal side clearances.

Even though the signatures for the Restrictive Covenant were gathered early in 2017, many of us asked for the actual registration to be postponed pending the outcome of a request made by former Ward 5 councillor, Michael Oshry. He asked City Administration to study the possibility of imposing an additional tax on properties with covenants preventing lot slitting.

This issue was raised during last October civic elections. To our knowledge, none of the candidates supported such a punitive tax. Don Iveson, our mayor, said that he would not support such a tax because it would be very difficult to administer. It would indeed be, because many developers register Restrictive Covenants when building a new neighbourhood for it to retain its “character”, as a protection for prospective buyers. Right in our backyard, since the 1960s, many Quesnell Heights properties already have such a covenant. The Hillcrest Pointe lots, where the JCC used to be, also have a covenant.

In the end, the Rio Terrace Restrictive Covenant committee concluded that it was very unlikely that such a tax would be imposed and decided to go ahead with the registration after verifying with the participants.

But what is a Restrictive Covenant? It is simply a contract signed by private parties, property owners, promising that they will not do certain things, such as splitting their lot, or that they will do certain oth-

ers, such as upholding specific architectural standards. The covenant is registered against a property and is attached to its title. When the property changes hands, the new owner is still bound by this contract. The City does not enforce this contract. However the co-signatories can sue (or threaten to sue) a participant who wants to break it.

Restrictive Covenants can be very effective against ill-advised policies. Recently, Quesnell Heights neighbours sued a developer who intended to split the lot at 24 Quesnell Crescent despite its Restrictive Covenant. They won. The lot was kept intact, the house went through a major renovation, and it is currently the home of a family new to our neighbourhoods. In another dispute, Justice Donald Lee of the Court of Queen’s Bench of Alberta, in his December 2nd 2013 ruling of *Deagle v 1678452 Alberta Ltd*, upheld the “Carruthers Caveat”, a Restrictive Covenant, registered in December 1911 on properties of the Glenora neighbourhood.

I would have liked the covenant “coverage” to be better than it is presently. However, 4 Rio Terrace lots have already been split and I hope that, when our neighbours will see the “tall skinnies” and their impact on our neighbourhood, many more will no longer remain passive, will talk to their neighbours and, together, join those of us who are already protecting this very nice area where we live. Rio Terrace is our home. It seems only natural that we, all of us, would want to protect our home.

If you have questions, if you wish to be kept informed about the split lot situation in Rio Terrace, please contact protectrio@shaw.ca if you have not already done so.

Gordon Fuerst
Protect Rio



Community Matters



Push Back against split lot infill

Why did 98 Rio Terrace homeowners register a Restrictive Covenant on their property last January? Because they like this neighbourhood: it is uncluttered, it has large yards and mature trees, it is safe, it is close to the river valley and offers an easy commute to downtown. Those owners wanted to protect their neighbours who value the same things. Indirectly, if their neighbours joined in, they also protected the resale value of their own property because, in medium to upscale neighbourhoods, the value of nearby properties typically decreases with “densification”, unless it brings in additional services.

Other owners did not join the Restrictive Covenant. Why didn't they? For many reasons, I gather. Some think that they will get a better offer from a developer or a speculator intent on splitting their lot after buying it. Some think that the developer's influence over City Administration and City Council will prevail regardless of what homeowners do. Some still think that lot splitting will result in more affordable houses despite what we have seen up to now. Some think that lot splitting will significantly reduce urban sprawl. Some could not afford the \$150 asked to register the covenant. Finally, some did not join because they were not motivated to protect their neighbours.

When a group of close neighbours join the Restrictive Covenant, they protect each other. However, if many neighbours remain idle, there is less motivation for an owner to join the covenant. In Rio Terrace, there have been instances where owners withdrew from joining because their close neighbours had declined to do so. However, there were also instances where owners joined recently, as a solidarity gesture with their neighbours.

What can you do to avoid “tall skinnies” near your property, or at least to mitigate their impact on you if your neighbours have not joined in?

- If the current owner decides to split his lot you cannot prevent it.
- If the owner sells the property, you could buy it and resell or rent it after registering the covenant on it. This has happened in Rio Terrace.
- Once the City has notified the neighbours that a lot will be split, you cannot stop the splitting process despite the city's invitation to give feedback.
- When the split is done, you can reduce the damage to your property if the developer asks for variances when he applies for a building permit. To do so, you must promptly join with your neighbours and oppose these variances by notifying the “Sustainable Development” (a.k.a. City Planning) branch. Be especially watchful of setback variances that could further reduce the amount of sunlight you will get, and of rooftop terraces and windows that would reduce your privacy.
- If the developer does not ask for variances, you have no influence over the building permit issuance.

If a house near yours comes up for sale, beware of misinformation (a.k.a. lies) about the intention of prospective buyers. That has happened in our neighbourhood, resulting in a split lot. Buying a lot back from a developer or a speculator intent on splitting it is nearly impossible, given the profit that he expects. We also have experienced this in our neighbourhood. The only legal way to stop a lot from being split starts with the Restrictive Covenant being registered on that property and only its owner can do that.

To keep up to date on this issue please contact protectrio@shaw.ca.

Yves Forté
Protect Rio

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



**Response from: Community Planning Advisor -
Edmonton Federation of Community Leagues**

November 22, 2017

Thank you for forwarding the letter with the community league concerns regarding the delayed SDAB notices, and extreme variances being granted. This is a concern shared by other leagues; however, we had not heard from your District previously. Rio Terrace, Patricia Heights and Quesnell Heights are in EFCL's District D— West Edmonton. The Federation does not have a District D representative on the EFCL Planning and Development Committee. Please help us find a District D representative who is interested in working with other District reps on citywide issues like the one you wrote about. Together we can changes made have cc'ed the EFCL Planning Committee and your District D rep on our Board, Trevor Elliott.

Please keep in touch,

Bev Zubot

Community Planning Advisor, Edmonton
Federation of Community Leagues

**Response from: Development Services Branch: City
of Edmonton**

December 1, 2017

Hello Daniel,

My name is Dan Boric, and I am a member of the City's Infill Liaison Team. Our colleagues in Development Services referred your letter to our team for review and comment. We appreciate your concerns regarding variances and notification relating to infill development. This has been an area of focus for Administration in 2017. Earlier in February of this year, Administration provided a report to Urban Planning Committee which included information on variances to the Mature Neighbourhood Overlay (Item 6.3).

Following this, the Mature Neighbourhood Overlay was updated through approved Zoning changes at the July 10th City Council Meeting (Item 5.2). These changes will hopefully reduce the amount of variances for developments that are subject to the Mature Neighbourhood Overlay. Administration also heard from the public that the notification for (Class A) infill developments also needed to be updated to better-inform neighbours of approved developments in their neighbourhood. As such, the Zoning Bylaw was updated in August to reflect this (Item 5.8).

As these changes are still relatively new, we will have to be patient in understanding what impacts they will have on development applications. It is important to note that regardless of these changes, approved applications containing variances are open to appeal to the Subdivision and Development Appeal Board, providing an additional opportunity for a sober second-thought. As always, Administration will continue to review current practices and will continue to work with the public and external stakeholders on how to improve the development process.

I hope this information was helpful, Daniel. Please do not hesitate to contact me directly with any additional questions or concerns.

Warm Regards,

Dan Boric

Principal Planner I Infill Liaison Team,
Development And Zoning Services Section,
Development Services Branch

Community Matters

Response from: Councilor Sarah Hamilton Ward 5
December 15, 2017

Hello Daniel,

Thank you for reaching out, we appreciate you taking the time to share the Community League Board's perspective. As a result of your letter, we asked administration to compile an inventory of development permit variances from the 3 neighbourhoods of Rio Terrace, Patricia Heights and Quesnell Heights from January 1 2016 to November 21, 2017 which is attached to this email.

The total percentages of variances (Class B Permits) appears high, but the overall sample size is quite small. It bears mentioning that some parts of these communities were plotted out as a part of the former Town of Jasper Place and as such the lot dimensions are not typical of the other mature neighbourhoods in the city. With the introduction of the Mature Neighbourhood Overlay in 2001 a high number of homes in these communities became non-conforming, this is because of the regulation on rear setbacks; "The minimum Rear Setback shall be 40% of Site Depth". Many homes in these neighbourhoods were placed in the middle of wide-shallow lots, and don't conform to this regulation. This is just one regulation that presents a non-conformance situation, there are others as well.

As a result, anyone working to renovate a home (house addition permit, or exterior alterations permit) in these communities often is forced to obtain a variance to this regulation, or because the building has been deemed 'non-conforming'. This is consistent with our investigation of the Mature Neighbourhoods as a whole. The February 1, 2017 Urban Planning Committee report CR_3987 Variances in the Mature Neighbourhood Overlay addressed this; "House Additions and Semi-detached Housing had similar levels of variance, ranging from 32 percent to

46 percent of permits issued annually."

I trust this helps explain the seemingly high number of variances in these neighbourhoods. If you would like, I would be happy to meet with you and the board in the new year to discuss these and any other concerns you may have. Please email liam.hudson@edmonton.ca to arrange a time that works for everyone. Should you have further questions regarding infill and variances, please continue to stay in touch with Daniel Boric of the City of Edmonton's Infill Liaison team

Thank you,

Sarah Hamilton
City Councilor Ward 5

Talk it out for your mental health

It can help to talk with someone about how you're feeling. They can listen to you or help you look at things differently. They might also be able to help you figure out why you feel like you do.

Talking about things can be helpful in itself. Sharing can make you feel less alone and help relieve the stress of coping by yourself. The other person may be able to offer reassurance, support, information, or help you connect with services.

When choosing someone to talk to, look for someone you're comfortable with and trust—will respect your privacy, will take you seriously, and will be understanding and accepting. Things to think about before the conversation:

- What Kind of Help do I Want From Them?
- Just to talk
- To find out where you can get more info
- Help finding services such as counselling

Community Matters



How Do I Want to Communicate?

- Face-to-face
- Online
- Phone
- Email

Starting the Conversation

Let them know you have something you want to talk about. You might want to write down what you want to say.

Start by explaining that you need some help with a problem. Think of some examples from your life as this may help them to better understand what's going on.

If you're not sure how the person will react, try "testing the waters". For example, talk about a story you read in the news and see how the person reacts. This will give you an idea of their views and whether they're likely to be sympathetic.

You could also start conversation more generally—talk about how you've not been feeling great, rather than saying you're feeling depressed, anxious, or stressed.

Be prepared for a range of different reactions. Remember that someone's first reaction won't be the same as their reaction when they've had time to process what you've said. Life's full of ups and downs, and sharing our experiences with the people who care about us is natural and healthy.

Alberta Health Service

Beat the winter blues

Many people are more sluggish in winter than in summer, but for those affected with Seasonal Affective Disorder (SAD), the problem goes beyond getting a little gloomy. People who have SAD can experience: depressed mood, lack of motivation, fatigue, and often feel tired throughout the day. These symptoms can lead to excessive time in bed or in front of the TV, neglect of usual pleasurable activities, and reduced

social contact.

SAD mood boosters: If you are affected by SAD there are several simple steps you can take every day to brighten up both your body and mind, including:

Be active. Building activity into your lifestyle not only helps lift negative feelings, it also prevents the weight gain associated with the illness. Being physically active relieves stress, builds energy, and increases both your physical and mental wellbeing and resilience. It is as easy as walking outside for 10-20 minutes each day.

Soak in the sun. Getting in as much sunshine as possible during the winter months can help. Make sure blinds are open during the day, with a direct path to where you sit or work. Better yet, get outside in the sunshine whenever possible.

Choose healthy foods. For energy throughout the day, eat three meals, and have healthy snacks between meals if you find yourself hungry. Choose foods from at least three to four food groups at meals and one to two food groups at snacks. For more healthy eating information visit www.healthyeatingstartshere.ca

Stay hydrated. Carry a water bottle to make sure you drink enough fluid during the day. The amount of fluid you need depends on your age, gender, body size and activity level. Most adults need nine to 12 cups of water per day.

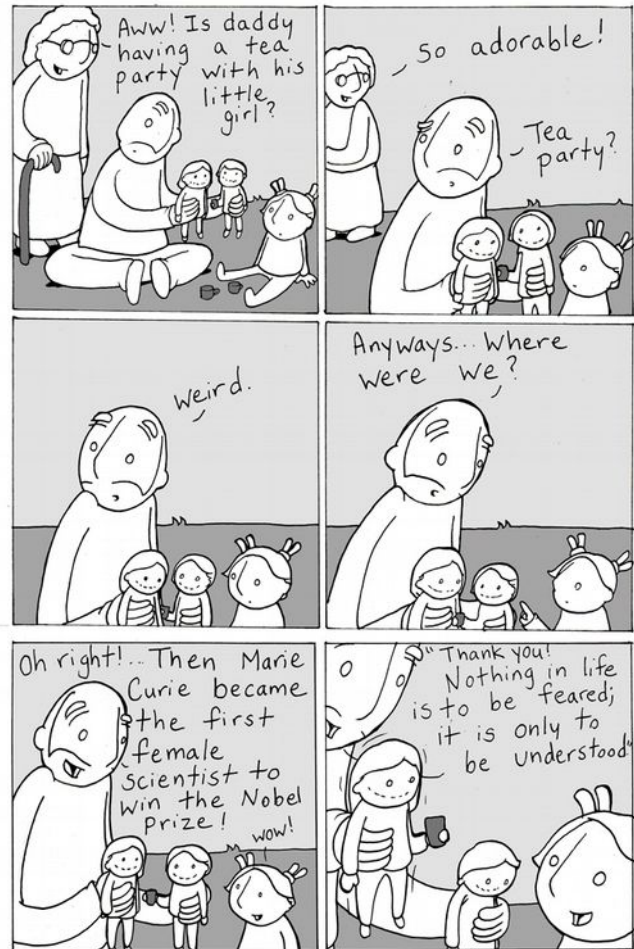
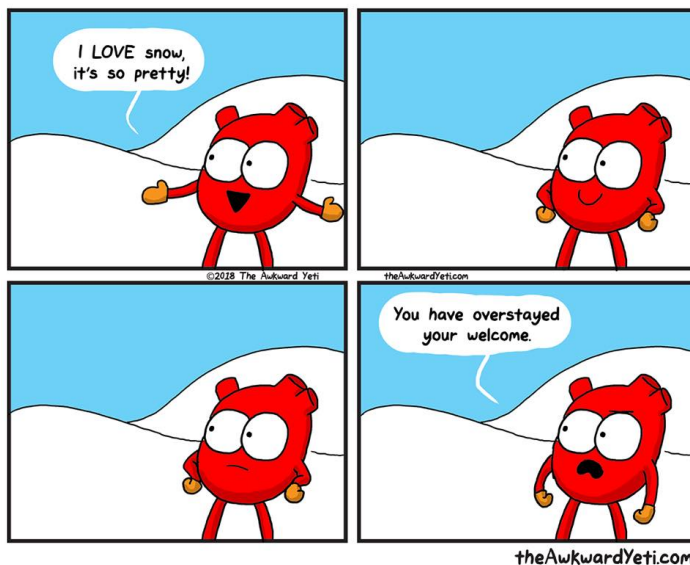
Cut down on alcohol and caffeine. Caffeinated and alcoholic beverages disrupt your body's internal clock, resulting in a worsening of SAD symptoms. Try cutting down, or even cutting out, daily intake of these drinks that contain caffeine such as coffee, pop or energy drinks.

If you are concerned about your mental health or someone else's, contact: Mental Health Help Line toll-free at 1-877-303-2642 or Health Link at 811.

Alberta Health Service

Community Matters

Comics!



Community Matters



Word Search

Find the words below in this puzzle!



Fireplace

Melting

Snowflake

White

Fluffy

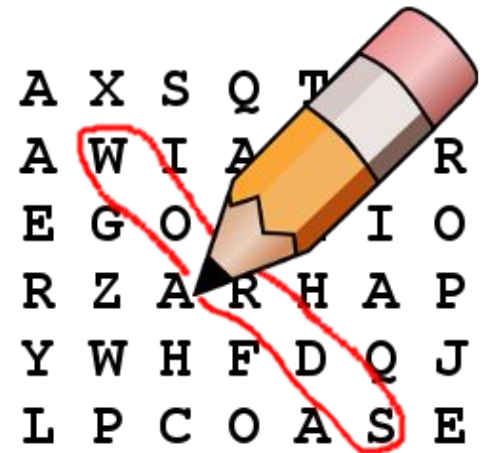
Misty

Sparkling

Frigid

Slippery

Trees



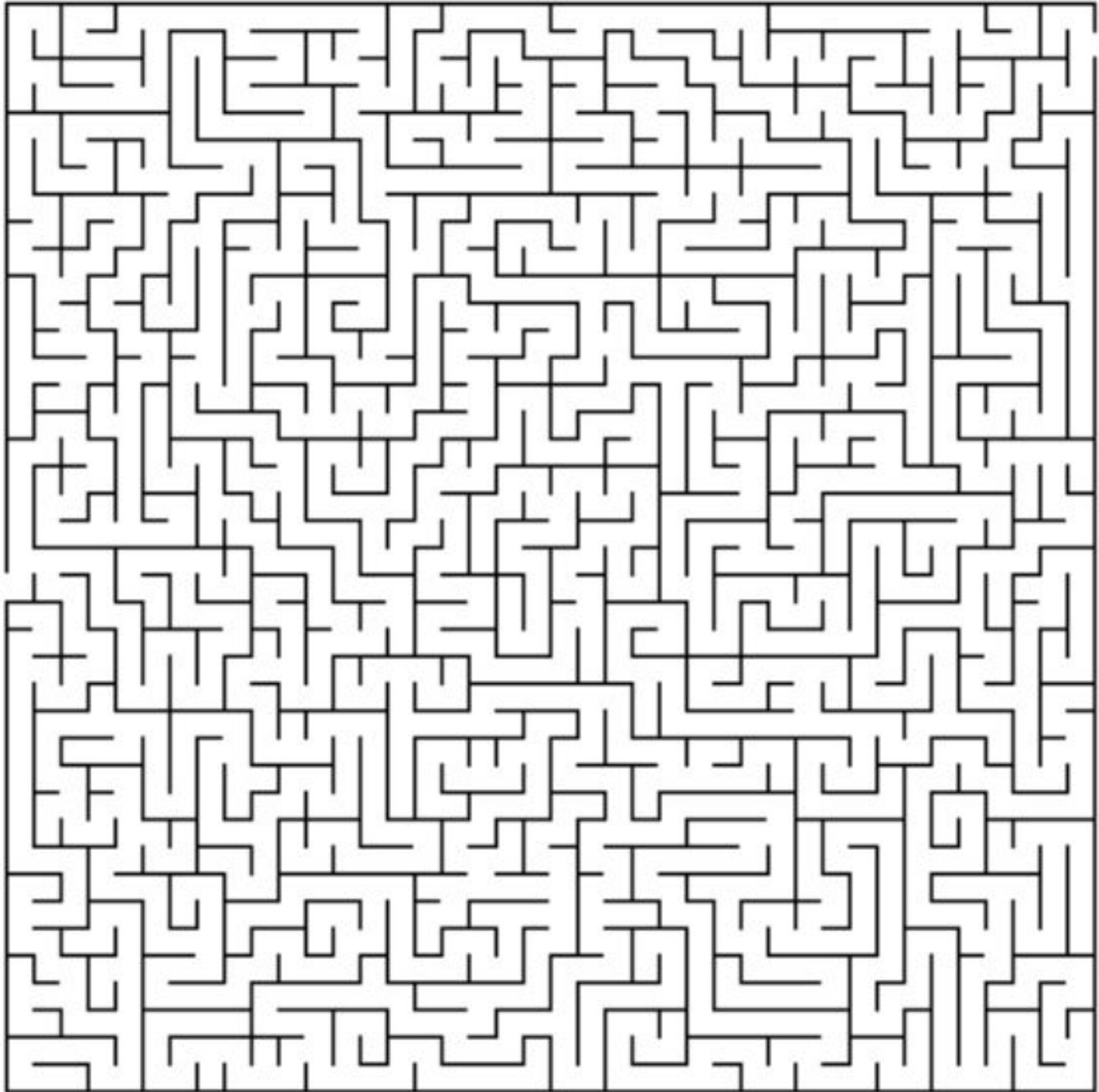
Let's Draw!

Craft your creations, scan or take a photo and email it to the newsletter team! You can also submit it at the hall. All submissions will be shared on the Community League's Facebook page, and some of our favourites may be printed in the next newsletter.

Spring will be coming sooner than you think! How does springtime look like to you?

Community Matters

A-Maze-Zing!





Community Matters



Upcoming Events In Edmonton

Popnology Exhibition

Feb 9th to May 6th

Which one came first, the science or the fiction? Become a "Popnologist," an expert in the study of how films, books, television and art inspire technological advancements to find out! You'll come face-to-face with the world's first 3D printed car, the DeLorean Time Machine and even step into a time capsule of 1983, containing a rolodex, clock radio and a type-writer – all technology that today is contained on a tiny chip inside your smartphone! You'll also participate in interactive exhibits like hands-on robotics, futuristic musical instrument technology, 80s gaming stations, and over a dozen immersive games.

Telus World of Science

<http://telusworldofscienceedmonton.ca/popnology>

Cold Hands Warm Heart

February 17th - 4:00pm-7:00pm

This Family Day weekend, you can walk to feed hungry men, women, and children. Join us in a family friendly fundraising walk to support the people in Edmonton who depend on Hope Mission. It's easy!

1. Recruit friends and family members to join your team.
2. Register your team online.
3. Raise money to provide meals and care for people in need.
4. Join us for a 2 or 5 KM walk on February 17!

For more information, please email: coldhandswarmhearts@hopemission.com

Hope Mission 9908 106 Ave.

www.hopemission.com/warmhearts

Swing'n'skate

Every Sunday in February

Jump and jive at City Hall! Local bands bring the swing with live jazz and big band music every Sunday from 1:00pm-4:00pm during January and February.

The Sugar Swing dancers will be on hand to teach you a new step or two too! This free event is fun for all ages. The live music will be broadcast outdoors for your enjoyment while skating on the plaza. Free skate rentals are available on a first come, first serve basis. The plaza is open during favourable weather conditions, please call 311 for updates. This event is free!

Churchill Square

<http://www.wintercityedmonton.ca/467/>

Kolabo

Feb 23rd & 24th 8:00pm

Come and share an evening with two of Edmonton's most exciting and vibrant performing arts companies. Kita No Taiko, one of North America's oldest Japanese drumming groups and Firefly Theatre and Circus, Edmonton's award-winning contemporary circus company, will perform together for two shows only. We will move you through the air to the beat of our own drums! Don't miss this dynamic and unique collaboration! Tickets available at: www.tixon-thesquare.ca

La Cite Francophone 8627-91 St

Skirtsafire Festival

March 8th – 11th

Experience theatre, dance, film, yoga, spoken word, visual art and music all in one day at SkirtsAfire Festival. Or just come see the Mainstage play and stay for a drink in our cabaret space afterwards for some live music. SkirtsAfire empowers artists and audiences and creates a space for female artistic excellence to be cultivated, experienced and passed on. You will be moved to laughter, to tears, to revelation, to joy, to deep thinking, to inspiration, to surprise and delight. info@skirtsafire.com

Various venues along 118th Avenue

<http://skirtsafire.com/>

Red Bull Crashed Ice

Community Matters

March 9th – 10th

Red Bull Crashed Ice is back! Edmonton will host the season finale March 9-10, 2018. The track will start on Jasper Avenue and swerve through Louise McKinney Riverfront Park. Red Bull Crashed Ice is a ticketed event in 2018 for audience safety and security. Tickets start at \$5 per day.

Downtown Edmonton

www.edmonton.ca/attractions_events/schedule_festivals_events/red-bull-crashed-ice.aspx

There's a Song Inside Me

Thursday, March 29, 2018 (11:00 am – 12:00 pm)

Come sing, dance and play with Capital City Records-featured musician and artist, Beppie! Enjoy an interactive, educational, fun show for the whole family.

Jasper Place Library, 9010 156 Street

150 Firsts: How Alberta Changed Canada...Forever

July 2017 – August 2018

Albertans did it first. For Canada's 150th anniversary, the Provincial Archives of Alberta is highlighting 150 Canadian firsts that occurred because Albertans were the first to make them happen. And, for better or worse, these 150 firsts changed Canada...forever.

Provincial Archives of Alberta (8555

Roper Road, Edmonton, AB)

www.provincialarchives.alberta.ca

Undaunted: Canadian Women Painters of the 19th Century

Dec 2, 2017 to Mar 28, 2018

This exhibition highlights women born in the 19th century who achieved acclaim as professional artists and contributed to Canada's art history. The collection includes works by Charlotte Schreiber, Mary Ella Dignam, Sophie Pemberton and more.

Art Gallery of Alberta

<http://youraga.ca>

West Jasper Ave Open Jam

Sunday, April 1, 2018, 3 – 7pm

Musicians are invited to come and play a couple, jam with the band or just come and listen to some great Edmonton talent. All musicians are encouraged to come early as spots fill up quickly- first come, first serve. Our weekend brunch runs until 3 pm and enjoy PBR Tallboy cans and shots of Jager for \$4 all day.

On the Rocks Kitchen + Drink 11740

Jasper Ave

www.ontherocksedmonton.com

Open Sculpture Show

April 17th – May 4th, 2018

Alberta Artists whom are 18 years and older enter their original artwork to be shown at the Art Gallery and will be judged and awarded the People's Choice Award.

35 - 5th Ave, Spruce Grove, AB (in the Melcor Cultural Centre)

www.alliedartscouncil.com/open-sculpture-show

Kamikaze FireFlies

Apr 21, 2018 02:00 PM until 03:00 PM

From see-it-to-believe-it feats of balance and acrobatics to side-splitting comedy routines, a Kamikaze FireFlies event has something for all ages. Expect the unexpected when this husband and wife daredevil duo, Rob Williams and Casey Martin, zip across the stage. The popular performers have been featured on the hit show America's Got Talent and hold four Guinness World Records for their antics. Let them dazzle you with their zany family fun.

The Arden Theatre, 5 St. Anne Street,
St. Albert, AB

<http://stalbert.ca/exp/arden/performances/family-series/kamikaze-fireflies>

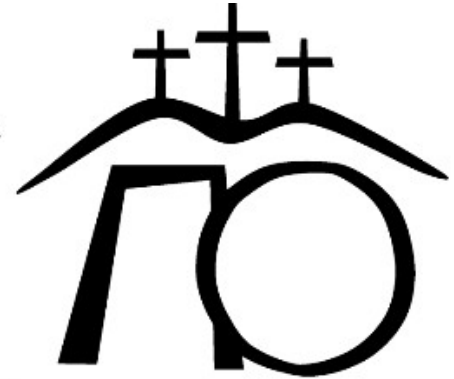
Community Matters



Lent and Easter

with Rio Terrace Community Moravian Church

15108 76 Ave n.w. · Rio Terrace, Edmonton, AB
(780) 487-0211 · Church@RioTerraceChurch.org
facebook.com/RioTerraceChurch · RioTerraceChurch.org
Rev. James Lavoy, pastor



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

SUNDAY MORNINGS

Gathering Each Sunday at 10:30 am

Sing hymns old and new;
Be engaged by the messages;
Share in community;
Experience living in community.
Children are welcome and included.

Special Notes:

Holy Communion celebrated each week

all are welcome to participate

March 25 - Palm Sunday

April 1 - Easter

6:45 AM – Easter Dawn Service

7:30 AM – Easter Breakfast

10:00 am – Easter Egg Hunt

10:30 AM – Easter Celebration

HOLY WEEK SERVICES

Monday, March 26 – Friday, March 30

Check out our website at

RioTerraceChurch.org or visit our Facebook to learn more about the opportunities during this special time of year.

ASH WEDNESDAY

Wednesday, February 14

The first day of Lent, where we remember our identity: that all are people of God.

Pancake Supper 6 pm

Ash Wednesday Ritual 6:45 pm

LENTEN MOVIE SERIES

We will feature mainstream movies that reflect on the theme of Spiritual Journey. Popcorn and good company provided.

Moonlight Tues, Feb. 27, 7 pm

Beauty and the Beast Tues, March 6, 7 pm

Battle of the Sexes Tues, March 13, 7 pm

FINANCIAL PLANNING

for and in retirement...

Stephen Deck, a neighbour and financial planner, will offer a workshop at the Church. No cost. Register with the Church. **February 18, 1 pm**

BLANKET EXERCISE

Part of Truth and Reconciliation, this powerful experience gives insight into the historic relationship between Indigenous people and Europeans. No cost. Register with the Church. **March 18, 1 pm.**