

# Community Matters

## President's Message

This summer has been an amazing time for our community. We have finally opened our Spray Deck to outstanding reviews. This new community feature has become a spot where new friendships are being made and fun is the name of the game. It is thrilling to see such a vibrant and active park for all members of our community. Our park was wonderful before the Spray Deck and it is now amazing. The Spray Deck is an example of how our community has come together to create something wonderful. It is a testament to how we can work together to create a unified vision and build bridges with our neighbours. Last year we created the mural project at Patricia Heights and that project opened the doors to so many people creating together and celebrating families and community connections.

I find it interesting that each time a new project happens we meet so many new community members. I believe this is a good thing. It indicates that we are providing diverse opportunities which engage our community. Painting murals, splashing around in our park, riding your bike in our parades, these are all examples of being active and involved in our community. I love our community and find inspiration in all that our Community League Volunteers do. Being part of a group of people that want to better the lives of those around us is truly inspiring. Engaging with those who think about others first is very uplifting.

I would encourage each and every one of you to enjoy the amenities in our neighbourhood. They are truly spectacular. I would also encourage you to be a difference in this neighbourhood. Come to our community meetings, fill a need, be the difference maker you have dreamed of being. Our neighbourhood has been built by those seeking to make a difference.

See you around the neighbourhood, neighbours!

Lance Burns,  
President, Rio Terrace Community League

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## Upcoming Community Events

### Movie in the Park

*Saturday, September 15 – 8:30pm*

### Rio Terrace Community League—AGM

*Wednesday, September 26 - 7 PM*

### Big Bin

*Saturday, September 22 - 9am to 4pm*

### Running in Rio

*Saturday, October 13 – 9am to 12pm*

## Connect with us!

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

Twitter: @RioTerrace

Facebook: RioTerraceCommunityLeague

# Community Matters



## Publication Info

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Community League.

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

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Federation of Community Leagues  
[www.efcl.org](http://www.efcl.org)

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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](http://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](http://www.efcl.org)

## Spray Deck News



With great pride, we are happy to say that this is our last newsletter submission for the Rio Terrace Spray Deck!



We hope that you, your family and your friends have been enjoying the spray deck at Rio Terrace playground. The official opening of the spray deck happened on June 2! Thank you to all families that came out for cake and treats and listened to the words by our MLA, Lorne Dach; Community League



# Community Matters



President, Lance Burns; and spray deck committee co-chair Auriana Burns. There were a few tears shed and much celebration as the enormity of the project has now been completed over three and one half years.

The Spray Deck Committee has completed all work with the fundraising, planning, consulting, construction, and monitoring the initiation of all the spray features. We are still waiting for a few adjustments to some of the sprayers to have them working properly and to their full capacity. If ever you notice something that requires repair or adjustment, please contact the City of Edmonton by dialing 311. The Rio Terrace Community League has turned over all responsibility to the City of Edmonton at the completion of construction and the City of Edmonton will maintain and address any issues at the spray deck.

The spray deck is an outstanding example of what a small group of volunteers, with the support of the larger community, can do to make a difference for residents in our community. Many of the events planned to bring awareness to the spray deck project or for fundraising have become annual community events that will support other projects within our neighbourhood. Do you have an idea to make our neighbourhood welcoming, active, or safer? Feel free to drop into any of our monthly community league meetings on the fourth Wednesday of the month beginning at 7 pm in the community hall. We are a welcoming group and are very interested in maintaining or improving the vibrancy of our community! See you soon!



## Spray Deck Committee Members:

Auriana Burns, Co-Chair  
Allison McLean, Co-Chair (absent - but small headshot included)  
Aileen Giesbrecht (absent)  
Samantha Gullekson  
Jessica Natrass  
Elaine Seibel  
Barbara Sheehan  
Sherry Waroway  
Erin Waye (absent)



## Volunteerism



What is volunteerism and what does it mean to you and others in the community. First, let's look at a definition that encapsulates the idea behind the word.

**Voluntarism:** the policy or practice of volunteering one's time or talents for charitable, educational, or other worthwhile activities, especially in one's community. ([www.dictionary.com](http://www.dictionary.com))

My first official act of volunteerism was in 2004 when I and 12 others boarded a bus and headed to one of the most impoverished areas in North America. This was a place called Anapra, which is in the suburbs of Juarez, Mexico. I saw first-hand extreme poverty and squatters living all over the Mesa in dilapidated shacks.

During our visit, we visited the poor and brought food, bedding, and clothing. In other places we painted some building in a compound that served as an orphanage. I put my skills to work and added plumbing for a washroom and an irrigation system for their garden.

I remember how I felt when I returned home and walked in to my house. I had a paradigm shift in my

thinking and thought 'what I have in comparison to those poor people is mind boggling.' I resolved to never complain about my taxes again. I visited that area again with my daughter in 2005. I've since been to El Paso, Nicaragua, Columbia, and Hay River.

While I may have a skill such as plumbing, it was not always used. I did cement work, painting, and removing tile from walls. Anyone willing to offer their time and resources are accepted, there is always something to do.

My wife had a manager retiring from the Alberta government who mentioned that he had always wanted to go on a mission trip. I contacted him and invited him along on our trip in 2005. This was his first trip and he learned, participated and got a bird's eye view of one aspect of volunteerism.

I presently volunteer my time and occasionally my skills as a plumber, jack of all trades as the Maintenance Director at our community hall. The hall is being upgraded but still needs people to volunteer for a host of things. You can find out more on the Rio Terrace website.

One can volunteer at the senior's Centre, animal shelters, the list is endless. You may wish to volunteer somewhere but need some motivation. I quote the NIKE slogan 'Just Do It'.

**Gary Burton**

Facility Manager, Rio Terrace Community Centre

# Community Matters



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## Community Soccer for the Indoor Season

### Player Registration is Currently Underway !!

The 2018 -2019 Indoor community level soccer season will begin play in October, but registration for the program is now underway. Players need to be registered by August 31 in order to be assured of being placed on a team.

The 2018 -2019 Indoor community level soccer season will begin play in October, but registration for the program is now underway. Players need to be registered by August 31 in order to be assured of being placed on a team.

There are 5 steps in the on-line registration process:

**Step 1** - Review the Soccer Program information on the Rio Terrace Community League website [www.rioterrace.ca/programs/soccer](http://www.rioterrace.ca/programs/soccer).

**Step 2** - Ensure that you have or obtain a valid (current cards will start with 18- ) community league membership. Most likely you will need to purchase a new membership as August 31 is the expiry date of the current memberships. New memberships can be purchased at the Mac Store (7636 – 156 St NW) or online at [www.efcl.org/memberships](http://www.efcl.org/memberships). You may also purchase your membership directly from the community league by contacting the membership director.

**Step 3** - Complete the actual on-line registration of individual players at [www.emsasoccerportal.com](http://www.emsasoccerportal.com). When completing the registration for each of your children, please be sure to specify requesting to play on a Rio Terrace team, and indicate 'play with' requests for friends and/or coaches. If you have not previously registered any family members for soccer

using this website, you will first have to complete a family account set-up and then proceed with registering individual players. Please also be sure to indicate any parental help available for coaching, etc.

**Step 4** – Pay the EMSAWEST registration fee either on-line or in-person to the EMSAWEST office (15430 – 93 Ave NW). Please check on the EMSAWEST.com website to confirm hours that the office is open to receive your payment. Please note that player registration is not complete until the payment of the registration fees has been completed.

**Step 5** – Make payment to Rio Terrace Community League of the individual Indoor season player fee and the uniform deposit. Rio Terrace charges a player fee for players on teams that are U9 aged and older for the Indoor season of \$60 per player to cover Soccer Program costs incurred by Rio Terrace. A uniform deposit (cheque post-dated to Feb 28, 2019) of \$30 for U9 through U13 and \$60 for U15 through U19 is also payable – this will be cashed only if the jerseys supplied by Rio Terrace are not returned at the end of the season.

A date for paying the Rio Terrace individual indoor season player fee and the uniform deposits will be arranged for the latter part of Sept. The parents of all players registered for the program will be notified by email of this payment date once it has been set.

The Indoor teams will be formed in September and play will commence in mid-October. Players registering after August 31 will only be added to a team if the team is in need of more players, so please be sure to complete the registration of your child before the end of August.

Perry Wynn  
Soccer Director



# Community Matters



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**THE PLAN**  
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VEGETABLES  
+ PICKLES  
+ FREE ADULT  
+ FREE ADULT  
COMMUNITY  
SESSONCE TABLES  
BALLOONS, TWINKLES  
+ FACE PAINTING

## 2018 Outdoor Soccer Season – A Great Success



We had 12 teams playing in the age groups U9 through U19, 6 teams in our in-house U7 FunSoccer program and over 20 players in our U4/U5 skills, drills and fun games program. This makes Rio Terrace once again one of the larger west end communities in team and player numbers for the 2018 outdoor community soccer season.

Those of you with children or grandchildren playing in our soccer program should make it a point to thank the coaches and managers who are the core group that make our community soccer program the success that it is. We are very fortunate as a community to have so many parents and others willing to volunteer their time, patience and expertise to coach and manage teams in our soccer program. I am always impressed by the caliber of these volunteers as well – great coaching makes for great teams having success and players having fun while learning / improving their skills. The fact that so many of our Rio Terrace soccer teams do well in the standings – that is not the goal but rather the outcome - is the result of having these highly qualified coaches and managers guiding and mentoring our youth soccer players. So a big THANK YOU goes out to all of our soccer coaches, team managers and all others who help along the way!

Our U7 FunSoccer program was another great

success this year. Our 6 dinosaur named teams completed their season with a party that included DQ ice cream cakes decorated in their team dinosaur and colors, Timbits and lots of fun and action in bouncy houses/obstacle courses. It was great to see so many parents, grandparents and siblings watching the soccer fun all year.

Our new for 2018 U4/U5 skills, drills and fun games program had a great start this year and I look forward to even more fun and development next year. The focus of this program was to have the players be active while learning and completing various drills and fun games each evening. We tried to focus less on actual soccer games and more on learning the initial skills and movements used in soccer.

I would like to thank Elaine Tetreault-Seibel for running the new U4/U5 program this year. Elaine oversaw this program every evening and made it the success that it was. Also, a big thank you to all of the parents who stepped up to coach and help with this age group – it takes a cast of many to guide these new players through their initial experience with soccer and organized play!

**REMEMBER TO REGISTER FOR THE COMING INDOOR SOCCER SEASON BEFORE AUG 31 !!!**

Soccer Director  
Perry Wynn



# Community Matters



11428 - 142 Street 780-481-7671  
[www.aquarianrenovations.com](http://www.aquarianrenovations.com)

AQUARIAN

*Rio Terrace Community League*  
presents

**SATURDAY  
SEPT  
15**

**8:30PM**

**MOVIE  
IN THE  
PARK**

**ITEMS FOR PURCHASE**

- POPCORN & SNACKS
- DRINKS INCLUDING BEER GARDENS (MUST HAVE ID)
- COMMUNITY LEAGUE MEMBERSHIPS

BYOB (Bring your own blanket)  
Come over early to save your seat  
Movie to be announced (Kid Friendly)

**\*Community League Membership is REQUIRED**



## River Valley News: Summer 2018

### Night Out on the North Saskatchewan

Celebrate the Wonder and History of the longest contiguous urban green space in North America - Edmonton's beautiful North Saskatchewan River Valley on Saturday September 22, 2018 beginning at 6 pm.

Begin your evening on the river bank with a mixer viewing various displays while sipping local craft beer. Enjoy "Skipping Stones" speakers sharing various river valley highlights including Indigenous River Valley History, medicinal herbs and plants, birds, coyotes, dinosaurs, land use history and future conservation plans. The evening Finale will feature a multi media "On the River" concert by Maria Dunn & Asani. For more information and to purchase tickets, please go to <https://www.eventbrite.ca/e/night-out-on-the-north-saskatchewan-tickets-46830938598?>

### Kisiskaciwani-sipiy – Swift Flowing River

The winding waterway that flows through our city, and our daily lives, with its two-laned bridges and lush parklands, has been an ever-present force in peoples' lives for thousands of years. Now called the North Saskatchewan River by most people, the river and its ravines have always been a place of refuge and congregation. Learn more at <https://citymuseumedmonton.ca/2016/06/07/kisiskaciwani-sipiy-swift-flowing-river/>

### High Level Line Society aims to ramp up interest in plan for bridge-top urban park

Proponents behind the High Level Line have a singular, lofty goal: transform the upper deck of the High Level bridge into an urban park connecting north and south Edmonton. "Downtown and Old Strathcona are in very close proximity, but the river

valley — as beautiful as it is — can be quite a barrier to connect the two. We are envisioning a linear park that goes on top of High Level Bridge and then uses that rail corridor." Read more at <https://www.cbc.ca/news/canada/edmonton/high-level-line-edmonton-1.4752048>

Sincerely yours,

Harvey Voogd

North Saskatchewan River Valley

Conservation Society

780.691.1712

## Meet your Neighbour: Rachelle!

### When did you move into the neighborhood?

Summer 2017. Since our daughter started going to Rio Terrace, we had our sights set on this great neighborhood. It took us almost 3 years of looking for the perfect house for our family and we finally found one last summer. We wanted to move into the neighborhood for many reasons including the school, large beautiful trees, shorter commute to downtown, proximity to the ravine, and friendly and community orientated families where our kids could make life long friends. Within our first few months, we were invited to a block party for our loop and have felt a part of this wonderful community every since.

### How was it different than it is today?

Since we've only been here 1 year, not much has changed other than the spray park is now open, we have a subdivided lot beside us, and there is a 30 km/hour playground zone around the school. Although we have only lived in the neighborhood a short time, I did go to school at Rio Terrace for grades 1-6. Back then, I remember the community feeling safe and being full of kids and friendly families.

(Continued on page 13)

# Community Matters



## RE/MAX®

**AHHHH SUMMER!**

For all your real estate questions, concerns or inquiries, send me an email, call or text anytime! I really love this community we live in and have enjoyed getting to know some of you thus far. If you see me and my wife walking our Golden Retriever around the neighbourhood feel free to say hi! Would love to get to know you 😊 Wishing you all the best for the rest of the Summer!



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Each office independently owned and operated.  
The information is deemed reliable but not guaranteed. Not meant to solicit properties already for sale.

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## Bike Parade

Although I lived just a one neighborhood and a few minutes away, I always wanted to live in Rio Terrace and was sad that we didn't. Although some of the houses have changed (though not all!), the trees have grown taller, and the playgrounds are updated (although there is still some equipment from my time in the school yard), the community has the same safe and friendly feeling over 30 years later.

### Where else have you lived?

I have always lived in Edmonton and have lived in various neighborhoods including the University area, Elmwood, Lynwood and Glastonbury. Although all of those neighborhoods are great and have lots to offer, Rio Terrace is my favorite by far and we are excited to have our kids grow up in this community.

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

Birds, traffic and best of all lots kids outside having fun, playing and laughing.

### What is your favourite neighborhood walk?

There are lots of beautiful walks in the neighborhood, especially when you venture down into the ravine. However, as a family, our favorite walks are just down the street to the park, to the Mac's store for a slurpee, or to the ice cream stand at the Moravian church during the summer months.

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

If there is only one thing I would change in the neighborhood it would be the noise from White-mud- although I try to think of it as ocean sounds (a tip from our neighbor), it is loud some days. It would also be great to have a coffee shop nearby and because there are so many children in the neighborhood, for all drivers to slow down to 30 km/hour in the playground zone.



On July 1st, at the Gazebo in Rio Terrace Park, community members gathered for our annual bike parade and to celebrate Canada's 151st birthday. The turnout was great with many families attending and a special visit from our MLA Lorne Dach. Both children and adults enjoyed decorating their bikes and trying out the obstacle course set up by Peadla-heads before the parade started. The parade was led by Community League President Lance Burns and wound its way through the neighborhood before returning back to Rio Terrace Park for some food and cake. Special thanks to Felcia Dean and Jen Osmond for generously donating to support the food and cake for the event. We also had a special surprise visit from the 102.3 NOW! Trucksicle who brought delicious popsicles for everyone. The event ended with a draw for prizes generously donated by the City of Edmonton. Thank you to everyone who came out to the event, all the volunteers who helped set up, run the event and clean up and to our generous supporters. Hope to see everyone at the event again next year!

Rachelle



# Community Matters



## Rhythm, Rhyme & Story Time

A musical adventure for you and your child! (Ages 9mo-5yrs)

\*Laurier Heights, Wednesdays (9:15-10am) Starting Sept.19<sup>th</sup> Cost \$95/ 10 weeks

\*Greenfield, Mondays (9:30-11am) Starting Sept.17<sup>th</sup> Cost \$115/ 10 weeks

\*Greenfield, Thursdays (9:30-11am) Starting Sept.20<sup>th</sup> Cost \$115/ 10weeks



[www.EdmontonPreschoolMusic.com](http://www.EdmontonPreschoolMusic.com)

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## Aging and Movement

Continuing to move your body is one of the best things you can do to improve your overall health and wellbeing as we age. While we have long known the benefits for those who suffer from painful joint stress, osteoarthritis, imbalance, and other physical limitations, the latest science has proven physical movement can also strengthen and protect your brain.

**Mind body connection.** A real sense of serenity and release is created as we use our breath to guide our movements, notice our habitual thought patterns and to create space in our body.

**Spry till you die.** As we age and our joints compress, stiffen and may become painful. It is more important than ever to have a regular routine of gentle and mindful rotation, lengthening and strengthening to stay supple and active throughout our life.

Neuroscientist, Dr. Wendy Suzuki's latest research shows that physical movement can strengthen our brain like a muscle! The effects include; mood enhancement, improved memory, and focus as well as, protecting our brain from degenerative diseases like Alzheimer's and dementia.

The Community Wellness Network (CWN) is adding a 10-week Gentle Yoga class, on Thursday mornings this fall, that is suitable for Seniors and anyone with limited abilities. Please see the CWN class schedule for more information and visit the LHCL website ([www.lhcl.ca/events](http://www.lhcl.ca/events)) for insight into classes and instructors. Find us on facebook. @cwnyeg

Sandy Brown

Community Wellness Network

## Preschool Update



It is hard to believe that another preschool year has come to an end. We are very excited to share with you some of the highlights of our year, it was another amazing year of learning!

Thanks to the fantastic fundraising efforts of the preschool and the support of the community, we were able to take our preschoolers on a field trip or have a special guest come into the classroom each month! Some of the favourites included baking bread with The Bread Lady, having Zoo2U into the classroom with some amazing animals like a pot bellied pig, a python, a chinchilla, a floppy ear bunny rabbit and a huge turtle! We also went to the Telus World of Science, John Janzen Nature Centre and Safety City where the kids drove battery operated quads around a tiny city to learn about the 7 steps to crossing the road safely. Next year, we will be able to explore some wonderful new field trips as well as revisit some favourites!

(Continued on page 17)

# Community Matters



## 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.

To sign up or make inquiries, please email: [shinnyringette@gmail.com](mailto:shinnyringette@gmail.com)

Go to [www.edmontonringette.com](http://www.edmontonringette.com) for more information on ringette in Edmonton.

Go to [www.ringette.ca](http://www.ringette.ca) and check out "What is Ringette" and "Basics of Ringette" under OUR SPORT for more information on the game.



## Aloha! Kona Hawaiian Resort Kailua-Kona on the Big Island of Hawaii.



Kona Hawaiian Resort - 2 bed/2 bath. Sleeps 6. Ocean View, Laundry in unit. Large Lanai (deck) 2 pools, hot tubs and many other amenities. 10 min. walk to beach or downtown.

We are selling our **5 Weeks Vacation** per year, for a great price.

Contact Robert Briggs for details, 780-487-3153.  
[rnbriggs@shaw.ca](mailto:rnbriggs@shaw.ca)

## YOGA & MEDITATION



### RIO TERRACE HALL

**September 17-December 6, 2018**

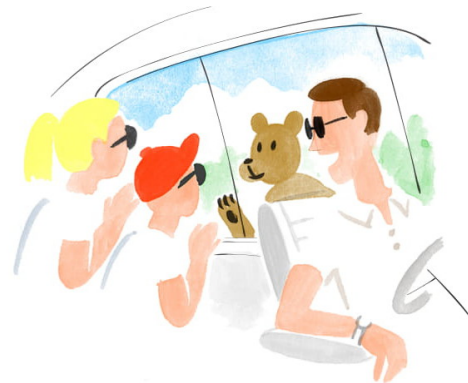
Monday 7:00-8:00 pm  
Tuesday 7:00-8:00 pm  
Thursday 9:00-10:00 am

Please bring a blanket and a mat. All levels welcome!  
12 classes \$168.00

**Karen Hamdon SYT YAA FK 587 986 5053**  
[www.consciousyoga.org](http://www.consciousyoga.org)



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(Continued from page 15)

We are also thrilled to be continuing our Musical Munchkin program as well as Glow Yoga each month next year.

The most exciting news at the preschool this summer is that after 3 years of wishing and lots of planning, our amazing community league had a 2 story slide installed inside the preschool from the loft to the main floor! Not only is the slide ridiculously fun, it is also a wonderful opportunity for the kids to experience all the benefits that slide play has to offer on a daily basis, even when it is too cold or too rainy to play at the playground!

We have just had 2 spots open up for the upcoming school year. If you are interested in registering your little one please email Shay at [rtpreschool@telus.net](mailto:rtpreschool@telus.net). Our play based program focuses on building a strong foundation to support a lifelong love of learning and we would love to welcome your child.

Naoko and I wish all of our preschool families as well as our incredibly supportive community a wonderful last few weeks of summer with lots of laughter, sunshine and play!

Playfully yours,

Shaylene Saxton  
Teacher

**Naoko Henkel**  
Teaching Assistant

Rio Terrace Community Preschool  
780-487-0610  
[www.rioterracepreschool.com](http://www.rioterracepreschool.com)

## Generally Speaking – Making an Effort in Pronouncing Names Right

In some ways, I feel lucky. Even though I have immigrated from another country, most people have an easy time pronouncing my name. As it turns out, Giselle is a name of a European origin, so for those who are English-speakers, it's a piece of cake. I'm even double-lucky with my last name. It's difficult to mispronounce the word 'general' since it is in the English language.

There are so many people though that are not so lucky.

I personally squirm every time I stumble upon an unfamiliar name, feeling unsure on where the syllables start and stop, and confused on which ones are the silent letters. It does not feel like a warm or welcoming first impression.

During a dinner gathering for the board members, a story shared by our president – who is a high school teacher – stood out to me. There was a student with the name Fatima, which he has been pronouncing a certain way. Until one day he was corrected by another student that it should be pronounced in a way where emphasis is on a different syllable. He asked the student why she didn't correct him. She said that it's not a big deal, to which he disagreed. I really appreciated that perspective from an educator.

It reminded me of the first time I volunteered in an elementary school here in Edmonton to teach a topic related to business. The child's name was not even that unusual in my opinion, Michaela. But given where I immigrated from I do realize that I pronounce some words differently.

(Continued on page 19)

# Community Matters



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780-484-5918

(Continued from page 17)

I practiced learning to pronounce all the names in the class list before my first session. I came to class and said her name she beamed and said, 'wow Miss General, you said my name right!' This continued in other sessions that I did in other schools. Children make a big deal of a person or volunteer knowing their name, and even more so if it is said properly.

When my spouse and I are vacationing in the Philippines, it was not a surprise that my relatives were curious, wanting to know what his last name was. We told them what it was, and they were so confused that he even took out his driver's license ID so they can see how it is spelled. My bet is that my relatives have never heard of a Polish last name before, so some of them were so afraid of messing it up they didn't even bother trying to say it. I honestly don't know what is more rude.

A person's name is a significant part of who they are. Given that we are in a multicultural community, it is valuable to master a few techniques to limit the confusion and awkwardness about this. This includes not assuming someone's gender based on the name, listening attentively when the person takes the time to teach the proper pronunciation, and remembering the name in the first place. It's something I wasn't told immediately upon landing in this country, but something that I realize now is incredibly important. I hope that this can encourage us to make better efforts in doing it well, instead of awkwardly laughing and saying 'oh I'm sure I'll mess it up anyway'.

Giselle General

## MLA Lorne Dach

Friends and neighbours, whether you're soaking up the sun in the city or enjoying our spectacular provincial parks, I hope the summer months are treating you well.

This is my favourite time of year because it gives me an opportunity to connect with Rio Terrace residents and the folks who make the constituency of Edmonton-McClung a great place to live and work.

Alberta Premier Rachel Notley and my NDP caucus colleagues have been working hard to ensure Albertans are getting back to work while we continue to protect vital health care services and build more schools for our kids.

If we haven't connected yet, I will be hosting a Back to School BBQ on Saturday, August 25 from 11:30 a.m. to 2:30 p.m. at the Westridge Wolf Willow Country Club Community League. Lunch is on me so bring your family for some good times and conversation before the start of the next school year.

Early in July I was incredibly proud to represent you when Health Minister Sarah Hoffman announced the new location of the Misericordia Community Hospital's new emergency department. This project is an example of our commitment to making life better for patients and staff. It's also an important economic generator by creating good-paying jobs for our skilled tradespeople.

As an MLA I spend much of my time travelling to various communities in Edmonton and surrounding areas. That's why I know how important it is to make sure you spend less time in traffic and more time with the people and places you're trying get to.

(Continued on page 21)



# Community Matters



## No Worries Massage Therapy



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Direct Billing, Daytime and Evening Appointments Available

Member of the Natural Health Practitioners of Canada since 2006

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Home Based Clinic in Rio Terrace

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Call or Text: 780.999.2499  
Email: [norworries@live.ca](mailto:norworries@live.ca)



RioTerrace community **Preschool**

Helping little hands  
and hearts soar to  
new heights!



**2018-19 SCHOOL YEAR**

Details available at [www.rioterracepreschool.ca](http://www.rioterracepreschool.ca) | 780.487-0640



## Wellness Network

Community driven wellness programs

Fall Classes start September 24, 2018

**Everyone Welcome!**

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

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

### Monday

#### BOOTCAMP

9:15-10:15am

Stephanie Perry

[sperryfit@gmail.com](mailto:sperryfit@gmail.com)

#### YOGA

12:30-1:30PM

Sandy Mah

(780)951-3189

### Tuesday

#### FUN-CTIONAL YOGA

9:30-10:45am

Sandy Brown

(780)964-8124

#### SOMA YOGA

7-8:15pm

Gaylene Borgstede

(780)819-5974

### Wednesday

#### YOGA

9:30-10:45am

Sandy Mah

(780)951-3189

### Thursday

#### GENTLE YOGA

9:30-10:45am

Jane Batistella

(780) 964-9571

\*starts Oct 11

### Friday

#### BOOTCAMP

9:15-10:15am

Stephanie Perry

[sperryfit@gmail.com](mailto:sperryfit@gmail.com)

[cwnyeg@gmail.com](mailto:cwnyeg@gmail.com)

@cwnyeg



check out our **LIVE** schedule at [www.lhcl.ca/events](http://www.lhcl.ca/events) "hall calendar" for class info and teacher bios!

(Continued from page 19)

The Southwest leg of Anthony Henday Drive surpassed capacity in 2009. The original design projected 40,000 vehicles per day by the year 2020. Today, approximately 80,000 vehicles per day travel along that stretch of the Henday which is why we are expanding it from four to six lanes; when construction begins we anticipate the widening project will take three years to complete.

Switching gears, I'd like to tell you about an incredible honour it was to present Alberta's first formal declaration of Global Day of Inclusion on July 21, on behalf of the government, to a Special Olympics athlete on the 50th anniversary of Special Olympics. We value inclusion and accessibility for all and remain committed to initiatives that support these values in our province.

Making life more affordable for everyday Albertans is also important to us. The cost of quality child care has been ignored in Alberta for far too long. A government that is focused on families' priorities can't ignore a challenge that so many families face. I was pleased that our NDP government's \$25/day child care pilot program selected the YMCA Jamie Platz child care centre as one of its locations, with its 48 existing spaces.

We're also supporting our students, through our Summer Temporary Employment Program (STEP) by helping them connect to employers so they can gain the skills and work experience they need to get good jobs this summer. Here in Edmonton-McClung we are lucky to have four STEP employers: South Jasper Place Minor Baseball Association; Lois Hole Library; Chabad Lubavitch; and Jamie Platz YMCA.

As a government, we remain committed to ongoing, meaningful, and respectful relationships with the Indigenous Peoples of Alberta especially the In-

digenous youth of our province.

I am incredibly honoured this year's Alberta Indigenous Games will be hosted in Callingwood. These games empower youth and give them opportunities to be future leaders in their communities. I look forward to co-sponsoring the round dance festival with my NDP caucus colleague, Dr. Bob Turner, MLA for Edmonton-Whitemud this year and we hope to see you at the events planned during the August 15-19 competition.

As always, I am happy to hear your thoughts about the work our government is doing and my door. Contact me at 780-408-1860 or [Edmonton.McClung@assembly.ab.ca](mailto:Edmonton.McClung@assembly.ab.ca)

Lorne Dach

## Questions About Feeding Wild Birds

### **Q: Do we get hummingbirds in Edmonton?**

YES!!! August is a peak month for seeing Ruby-throated Hummingbirds in Edmonton! Although hummingbirds can be relatively hard to attract in the city, they do pass through during migration. For that reason, August is a good month to take a chance on putting a hummingbird feeder out.

Sightings of Ruby-throated Hummingbirds spike in August due to the post-fledging maturity of this year's new hummingbirds and the need of all migrating hummingbirds to fuel up for the long trip to Central America.

Placing a hummingbird feeder near flowers such as Nesturtiums and flowers with tubular wells such as lilies, and bee balm increases the chance of hummingbirds noticing the feeder.

(Continued on page 23)

# Community Matters



Join in on the fun & help raise funds for the Rio Terrace School Playground Project



|                              |                 |
|------------------------------|-----------------|
| <b>Pre-Race Coffee from</b>  | <b>10:30 am</b> |
| <b>Energetic Stretching</b>  | <b>10:45 am</b> |
| <b>1 KM Kids Run (\$10)</b>  | <b>11:00 am</b> |
| <b>5 KM Road Race (\$25)</b> | <b>11:10 am</b> |
| <b>Course Closes</b>         | <b>12:15 pm</b> |

**For Race Inquiries or to Volunteer**

Email: [rioterracecl@gmail.com](mailto:rioterracecl@gmail.com)

## **Race Package Pick Up**

**Saturday, October 13, 2018**

**9:00 am – 12:00 pm**

**Callingwood Running Room**

**236,6655 – 178 Street**

**ONLINE REGISTRATION ONLY**

[www.runningroom.com](http://www.runningroom.com)

Search Races



(Continued from page 21)

Once noticed, that fueling up for their incredibly long migratory journey will be all the easier for these beautiful little birds. They'll likely stay for a few days to get their fill! Hummingbird nectar is a 4:1 ratio of water and sugar. It can go off over time so changing it every week to ten days, if in direct sunlight, is recommended.

**Q: If we feed birds in summer, does it make them dependent on feeders?**

No! The concern people have that fuels the question is whether or not birds lose the ability to forage and find food sources themselves if humans are providing seeds, nuts, suet, berries, millet, corn, grubs, and so on via the large range of feeders available.

The great news is that birds who access feeders put out by humans still acquire a minimum of 75% of their food from their own foraging and natural food seeking instincts. Feeding the birds doesn't hinder their ability to find food beyond a feeder environment. So don't hesitate to feed the birds year round! Enjoy seeing them in your yard!

**Q: How can I keep my bird food fresh in warm weather?**

As suet is made from beef fat, extreme heat can cause some suet blends to melt. No Melt suets are available in a number of varieties. This suet is rendered multiple times to prolong its freshness and has a small amount of cornmeal added to help prevent melt, even in direct sun.

With summertime heat and rain, we recommend filling your feeder with a supply of bird food that lasts 2-3 days to avoid this problem. If feed sits in the sun or indirect heat for many days, the chance of it spoiling increases. With a 2-3-day supply of feed for your feathered friends you not only ensure the feed does not spoil but also makes it easy to have the opportunity for regular cleaning of your

feeder!

Like us, birds can get ill. As multiple birds feed at feeders, it's important to clean feeders on a regular basis to minimize the possibility of transmission of disease.

Kim Endell

Sales Associate at Wild Birds Unlimited

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](http://www.wbu.com/edmonton), email: [wbuedmonton@gmail.com](mailto:wbuedmonton@gmail.com) or call the store at [587-521-2473](tel:587-521-2473).

## The 311 experience

I have lived in Edmonton my whole life and heard 311 advertised countless times. I never used it though until this year. For those who do not know, 311 provides citizens with a means to access the city's information and services.

We had a bit of a graffiti issue in the park as of late and the first time I called 311 to report graffiti I found the person who I was talking to very knowledgeable, polite, and professional. About 2-3 weeks later I noticed the graffiti cleaned.

The second time I used 311 was with me and neighbors standing around at a particularly awful case of graffiti. We all used the phone app to take pictures of the vandalism to report it. The app was easy to use. A neighbor cleaned the worst of the vandalism and the city later thoroughly cleaned the remaining graffiti some time later.

I was personally surprised by the usefulness of 311. If you ever need to contact the city regarding an issue or a question I would recommend giving 311 a try.

Corey Grajkowski

# Community Matters



## BIG BIN

### RIO TERRACE SCHOOL PLAYGROUND PROJECT FUNDRAISING EVENT



**SAT SEPT 22**  
**9:00 – 4:00 PM**

**PLEASE NOTE:** We cannot accept hazardous household waste, chemicals, paint, large appliances, car tires, batteries, electronics (pc's, monitors, printers, TVs etc.). These items should be taken to an Ecostation for disposal.



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**AT BIG BIN AS WELL**

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JUNK AWAY!**

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**780-232-3399**

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**Rio Terrace  
Community League  
Membership**

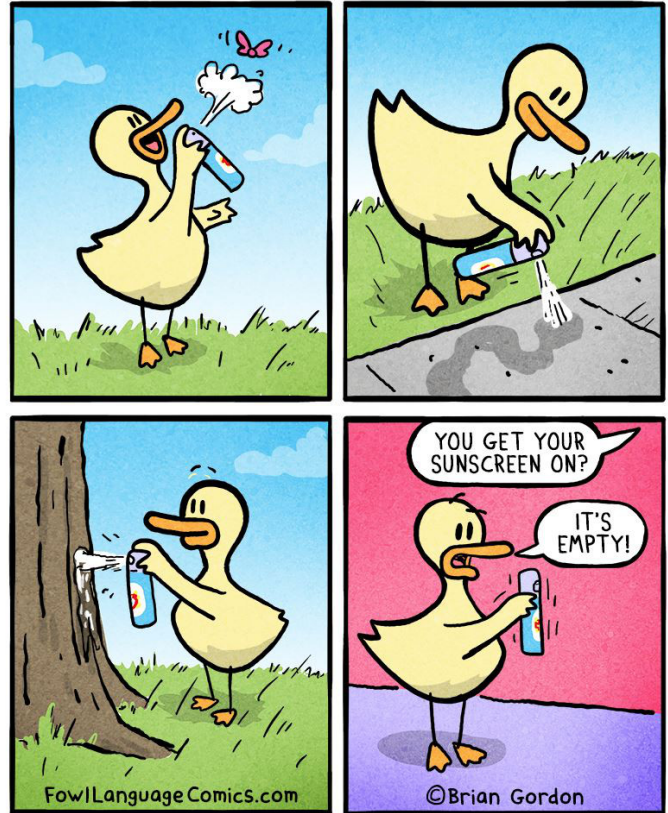
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# Community Matters

## Comics!

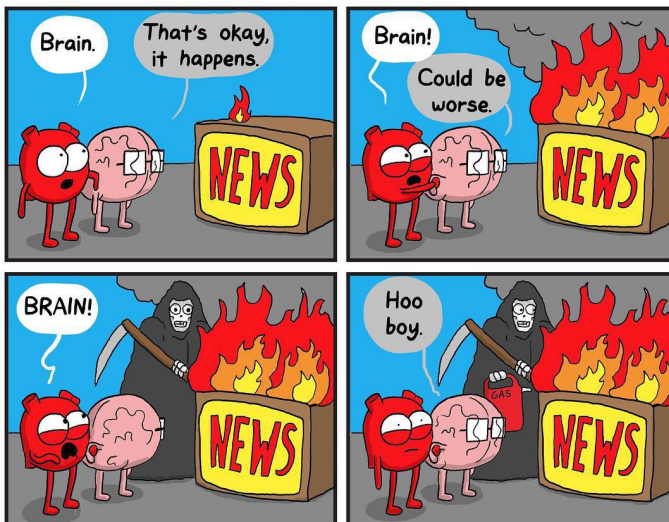


[www.lunarbaboon.com](http://www.lunarbaboon.com)

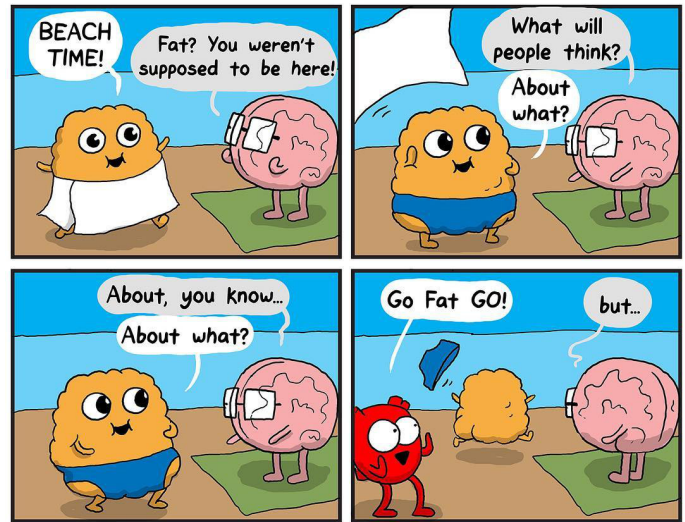


[FowlLanguageComics.com](http://FowlLanguageComics.com)

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[theAwkwardYeti.com](http://theAwkwardYeti.com)



[theAwkwardYeti.com](http://theAwkwardYeti.com)



# Community Matters



## Upcoming Events in The Community

### **Dinosaurs Unearthed: Down to the Bone**

*June 1 2018 to November 4 2018*

Explore Earth's prehistoric past at Dinosaurs Unearthed: Down to the Bone. Life-sized animatronic dinosaurs, full-scale skeletons, authentic fossils and interactive activities will challenge what you think you know about dinosaurs. Learn in-depth about Tyrannosaurus Rex, the Cretaceous Period's most terrifying carnivore.

TELUS World of Science - Edmonton, 11211  
142 Street

### **Terry Fox - Running to the Heart of Canada Exhibit**

*February 16 2018 to September 16 2018*

Take an in-depth look at Terry Fox's famous 143 day journey from St. John's, Newfoundland to Thunder Bay, Ontario. Developed by the Canadian Museum of History, in partnership with Terry Fox's family, the exhibit features a wide array of artifacts and archival materials including Terry's journal and artificial leg. Learn more about the Canadian hero who's Marathon of Hope raised \$24 million and has since lead to over \$700 million being raised for cancer research.

TELUS World of Science - Edmonton, 11211  
142 Street

### **Edmonton Blues Festival**

*August 24 2018 to August 26 2018*

Described as the "Premiere Blues Event in Western Canada," the Edmonton Blues Festival has been presenting a slice of "Blues Heaven" every summer since 1999. What does all this mean? The best damn "True Blues" blues party in Canada happens every August in Edmonton. Fans from across North Amer-

ica and as far away as New Zealand have made the pilgrimage, stayed to party, and had the hole in their souls filled to the brim. You can too.

Heritage Amphitheatre, Hawrelak Park,  
Edmonton, Alberta

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

### **Eats on 118**

*August 29 2018, 6:00pm to 9:00pm*

Head out on a culinary tour de force that highlights the culturally diverse food and dining district that exists on 118 Avenue. Alberta Avenue Business Association and Wild Heart Collective are hosting Eats on 118 on August 29. The tour provides an opportunity for participants to sample delicious food from some of Edmonton's hidden gems.

Alberta Avenue, Edmonton, Alberta

<https://exploreedmonton.com/festivals-and-events/eats-118-august>

### **Kaleido Family Arts Festival**

*September 14 2018 to September 16 2018*

Kaleido Family Arts Festival is a joyous, exuberant, radically open arts festival that shares the love of the Alberta Avenue Arts District. Kaleido welcomes arts and cultural experiences with multi-arts collaborative performances such as music, dance, theatre, film, literary and visual arts with performances on rooftops, sides of buildings, back alleys, parks and found spaces. It's an extravagance of creative exploration, imagination, and play.

118 Avenue NW, between 90 & 94 street,  
Edmonton, Alberta

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

### **Edmonton Comic and Entertainment Expo**

*September 21 2018 to September 23 2018*

The Edmonton Comic and Entertainment Expo (Edmonton Expo) is our city's greatest pop culture convention. Last year tens of thousands of people

# Community Matters

gathered for a celebration of all things pop culture - comic books, sci-fi, fantasy, comedy - and the best part is, it's back! Enjoy meeting your favourite stars like the *Doctor Who*'s Matt Smith and *Star Trek*'s Karl Urban (just to name a few!) Grab a drawing from your favourite comic book artist, enjoy one-time-only workshops and guest panels, and shop vendors from around the country with incredible items for purchase and display.

Edmonton EXPO Centre, 7515 118 Ave NW,  
Edmonton, Alberta

<https://www.edmontonexpo.com/en/home.html>

## Edmonton International Film Festival

*September 27 2018 to October 6 2018*

Indulge in your love of the silver screen during 10 days of independent, international and eye-opening films every autumn at the Edmonton International Film Festival. The Edmonton International Film Festival not only features talented short film makers from all over the globe, but is also one of five Canadian film festivals that is a qualifier for the Academy Awards.

Various venues, Edmonton, Alberta

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

## Haskin Canoe Sunset Tour

*September 28 2018*

View the orange and red glow of the sun setting as you paddle on the still waters of the North Saskatchewan. Haskin Canoe's sunset tours are a one-of-a-kind opportunity to transport through Edmonton's own backyard. You'll enjoy the serenity of this water adventure and may even be lucky enough to hear the distant cry of a loon or splash of a beaver. Don't forget to bring your binoculars and camera to view the birds and wildlife that you may encounter along the shoreline.

various locations, Edmonton, Alberta

<https://www.haskincanoe.ca/evening-paddles/>

## National Indigenous Cultural Expo

*September 28 2018 to September 30 2018*

The National Indigenous Cultural Expo will include Powwow, Metis and Inuit sport and cultural showcases, competitions, a fashion show and so much more! It will be a vibrant display of storytelling, dance, sports and culture that you absolutely do not want to miss.

Edmonton EXPO Centre, 7515 118 Ave,  
Edmonton, Alberta

<https://exploreedmonton.com/festivals-and-events/national-indigenous-cultural-expo>

## Edmonton Night Market – October

*October 5 2018 to October 6 2018*

Enjoy a night out at the Edmonton Night Market! Whether you're looking to buy unique products, listen to live music, or eat great food you'll find a bustling space full of neighbours, families and friends browsing a variety of vendors. Be sure to pull up a chair or grab a table to catch the live music and entertainment including everything from magic shows to belly dancers.

Alberta Aviation Museum, 11410 -  
Kingsway Avenue, Edmonton, Alberta

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

## BABYSITTER NEEDED

Looking for babysitter to watch two children (3&4 years old) Tuesday and Thursday's from roughly 7:30am to 3:30pm in our home in Rio Terrace

If interested, please contact Elise at  
(780) 908-2294

# Community Matters



## Rio Terrace Community League AGM September 26 at 7 PM

The RIO TERRACE COMMUNITY LEAGUE will be holding their Annual General Meeting on September 27 at 7 PM at the community hall. Elections will help for the following positions. Term of office is two years. A general description of the positions is listed below:

The Vice President shall act in the capacity of the President at the request, or in the absence, of the President. They are responsible for managing casino activities, reviewing Bylaws, Policies, and Procedures, and are a signing officer of the League.

The Treasurer shall receive all monies paid to the society and be responsible for the deposit of same in the League bank accounts. They shall properly account for the funds of the League and keep such books as may be directed. The Treasurer will recommend, in conjunction with the President, an Annual Budget to the Board of Directors. They shall present a full detailed account of receipts and disbursements to the Board whenever requested and shall prepare for submission to the Annual General Meeting a statement outlining a financial review of the previous fiscal year. The Treasurer is a signing officer of the League.

The Membership Director manages the annual membership campaign, collects the membership fees and submits the membership fees to the Treasurer, and maintains the Register of Members and other records pertaining to membership.

The Maintenance Director is responsible for the development and maintenance of the community centre, rinks, parking lot, and other league facilities.

Up to 10 Directors at Large may be appointed to the Board at any time. Directors at Large will perform duties as assigned by the Board.

If anyone has a question or they are interested in running for any of the above positions please contact Tony Andrzejewski at 780-487-3964

