

February 2019 Issue

Rio Terrace Preschool Open House

Rio Terrace Community Hall

Wednesday February 13, 6-8:30 PM

Visit our preschool and ask questions from the staff and complete your registration! Page 11.

Sunday Shinny at the Hall

Rio Terrace Community Hall Rink

Sundays from 12 – 2 PM Weather Permitting

Join us on Sundays for a fun time playing Shinny with the neighbors. Snacks, coffee, hot chocolate on us! Page 15.

Funeral Expenses Explained

Rio Terrace Community Hall

Friday March 8, 7 PM

Learn more about planning for funeral expenses with Trinity Funeral.

Spring Speaker Series: Get Aware in Care

Rio Terrace Community Hall

Thursday, March 21, 12:30 PM

Learn more through a panel and gain resources about managing Parkinson disease. Page 14.

Spring Speaker Series: Defy Limitations

Rio Terrace Community Hall

Thursday, April 4, 12:30 PM

Listen to a panel and learn about resources from the Brain Care Centre on living with brain injury. Page 14.

Golden Green House Tour

April 20 or 21, 10:30 AM – 1 PM

Please RSVP to RTCLsocial@gmail.com.

Spring Speaker Series: Navigating Autism

Rio Terrace Community Hall

Thursday May 2, 12:30 PM

Learn more about Autism through a session and a panel from Autism Edmonton. Page 14.

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Rio Terrace Casino Fundraiser

Starlite Casino, West Edmonton Mall

Friday May 3 and Saturday May 4, 2019

Help the community league raise funds by volunteering for the casino! Page 22 more more info

Connect with us!

Website: <http://rioterrace.ca>, Twitter: @RioTerrace

Facebook: RioTerraceCommunityLeague

Community Matters



Publication Info

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

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www.rioterrace.ca

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www.efcl.org

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Next Issue:

May 2019

Submission Deadline:

April 26, 2019

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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 Quesnell 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 Saturday 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

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 an amazing breakfast with Santa, an outstanding Preschool Silent Auction, a warm illuminight at the Moravian Church, and our second annual German Market at our hall to name a few great community events that happened this winter season.

Get out to enjoy the winter weather and if you can, get out and go for a skate at our rink. The ice is perfect – when it isn't melting! On another note, we are looking for help with our casino this coming May. I am hoping that you can find the time to help out. Please register on our website or give me a call to sign up!

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, March and April and we will talk again in the spring.

All my best,

Lance Burns President

Rio Terrace Community League.

Corrections and Clarifications

The article entitled "The Restrictive Covenant – an Asset or a Liability" of the November issue should have stated:

Since the beginning of 2016 and until mid-October 2018, 53 properties were sold without the RC and without being split.

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MeatHead Business Opening



Teddy, the owner and operator of MeatHead, was raised in Coronation, Alberta. In 2004, he moved to Northern B.C. where he started in the meat and seafood trade. In 2009, he moved back to Edmonton and a few years later, met his wife Jessica. Over the years, he has developed such a passion for what he does that MeatHead, the shop, is born.

The shop will offer fresh cut beef, pork, chicken, lamb and seafood. Bacon, hot dogs, sauces and packaged deli meats will also be available for our customers. Special orders are also available upon availability, so feel free to ask!

Sadly, we currently cannot process wild game due to space restrictions

MeatHead is proud to bring the small home-town feel of buying meat to the big city. Please come in and check us out and say hi! We cannot wait to get the chance to know and serve the neighbourhood!

Cheers.

Teddy and Jessica
MeatHead Inc.

Annual Breakfast with Santa



We were so happy to see such a great turnout for Breakfast with Santa this year! We hope you enjoyed getting your picture with Santa and Mrs. Claus and having breakfast with us. We collected over 40 pounds of food for the Edmonton Food Bank and money collected from pictures with Santa will go towards the Rio Terrace School playground replacement project. Thanks to In Your Face Photo Booth for donating photography services for the photos with Santa. We look forward to seeing you there next year!

Stephen Deck

Retirement

The portion of a person's life (usual form of employment), has ended.

What retirement means to you may differ from your neighbour, your co-workers or some of your friends. I want to give you an insight of what I experienced over the last 5 years as a retiree. I like that it's only a portion of my life that has ended. Life keeps going but it's not endless. So I want to redeem or use my time in productive ways.

(Continued on page 7)

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German Bilingual **PRESCHOOL OPEN HOUSE**

FEB.7, 6:30-8pm

Rio Terrace School

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If you've missed the open house,
please still contact us.

EARLY BIRD registration ends May 14

DKKplayschool.org  DieKleineKinderschule



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Lynnwood School on Thursday
evenings. Come try it once! New
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I'm glad I came!"

Contact: jayspix@gmail.com

Program of Parkview Community League

(Continued from page 5)

As we discussed the merits, a colleague at work said to me, he did not want to retire because there was nothing to look forward to. That is unfortunately, a dismal outlook.

The anticipated time in my life came when I put it (career) behind me. Since retiring, my perspective has broadened. For those who have not given post-work life much thought, this could be a disconcerting time such as my friend had. Let me share what I noticed.

We look at that magic number or call it freedom 55 or something like that, as we age. But so is health, and finances a factor. Most will reach that age bracket, which suggest you may retire. But it may not be that simple. Your health may be compromised and retiring earlier is the thing you may consider. You may not have enough money! Hindsight is always 20/20. You may want to do a little financial planning. A retirement planner may be a good start. There are many good books with a broad range of topics available to read in the few years before retirement. Also your work place of employment may offer pre-retirement sessions.

But you like your career! Just because it's suggested you are at that age, does not mean you should retire right away. Some have fulfilling lives working into their late 60's and early 70's before retiring. It depends on what's going on with your career, your savings, and your health. Other factors can be you want to travel or spend more time in the garden or on your hobbies rather than being in the workplace. It's important that you have a plan or a vision that can be fine-tuned when you get there.

In my experience, the first 6 months was adjusting the brain to stop doing something that was a habit for 43 years. There were times of feeling rest-

less, bored and the desire to work part-time to fill the time gap. You may not feel this, but it was my experience.

I saw retirement as coming out of the forest and seeing a wide open vista of possibilities ahead of me. I've discovered a number of things to do but my attention were mostly drawn to Art work and volunteering. I also plan to travel with my wife some more after she retires.

I look after meal planning and grocery shopping. I've actually come to like these activities and I can see some of you guys lift your eyebrows. Don't worry, it's temporary! And I joined a gym to keep my body in shape. So there you have it in a nutshell. Ultimately, not fearing the prospects of retiring and holding on to a positive outlook is important.

Gary Burton

River Valley News

Moose an infrequent, but not uncommon, visitor to the River Valley

The largest member of the deer family, moose move quietly rarely giving themselves away with a sound. They prefer muskeg, and shrubby meadows as well as treed habitat close to lakes, ponds, or streams where they can feed on aquatic plants, willows, and shrubs

In the winter, a large moose eats 15-20 kg (33-44 lbs) of twigs and shrubs each day. Moose restrict their food intake during the winter and limit their activity to save energy. As food becomes scarce closer to spring, they will eat bark from trees.

(Continued on page 9)

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(Continued from page 7)

Only males have large palm shaped antlers, which are shed every year in November or December. Females usually give birth to one calf, but twins are born up to 30% of the time. Moose have terrible eye sight but make up for it with their heightened sense of hearing and smell. Learn more at <https://www.ealt.ca/species-spotlight-list/moose>

Free Winter Activity – Go for a Bike Ride

Believe it or not, winter biking isn't hard, you can do it without a fat bike or studded tires, and yes – your helmet will most likely fit over your pom-pom free toque. You don't need to dress up any warmer than going for a winter walk, though we do recommend a good pair of gloves.

Exploring by bike in the winter gives you a terrific opportunity to see more of the city's best sights in less time. Find your trail <https://www.edmonton.ca/transportation/cycling.aspx> and go discover why winter cyclists encourage people to just do it <https://www.wintercityedmonton.ca/advice-on-winter-biking-just-do-it/>

Redpolls a winter visitor to Edmonton

Our ribbon of green provides habitat for different bird complexes - resident species, northern migrants that spend summer in the Arctic and Sub-Arctic but winter in Edmonton, and neo-tropical migrants that spend only 8 weeks along the river valley and then fly south again.

A winter visitor is Redpolls, who are described as irruptive migrants. They move south irregularly in winter following patterns in food supply. This species has a special adaptation to survive cold temperatures. A study in Alaska documented that Common Redpolls could survive temperatures of -65°F.

Redpolls travel in flocks of up to several hundred individuals and will quickly gather numerous whole seeds and store them in an expandable section of their throat called the diverticulum. Once they have flown to the safety of dense cover they will regurgitate the whole seed, husk it and then re-swallow the nut meat. They will also fill the diverticulum with seed just before the onset of darkness in order to provide an extra source of energy to help them survive the night.

Look for Common Redpolls in areas ranging from willow flats to open conifer forest to open, weedy fields. They visit backyard bird feeders as well, especially during the winter. Learn more at <https://edmonton.wbu.com/common-redpolls-bird-of-the-month>

Sincerely yours,

Harvey Voogd

North Saskatchewan River Valley

Conservation Society

780.691.1712

<https://www.facebook.com/NSRVCS/>

<http://www.edmontonrivervalley.org/>

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khamdon@shaw.ca
www.consciousyoga.org

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To sign up or make inquiries, please email: shinnyringette@gmail.com

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

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



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Happy New Year! Bring on 2019! If you are curious about the real estate market in our area, please give me a call or send me an email and I am happy to chat!

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Lunar Eclipse in January



This past week we got to witness a true miracle of nature – a lunar eclipse. What makes this type of event so wonderful is that it doesn't require any special equipment to watch it and it also occurs in slow motion. From start to finish, the lunar eclipse took about 4 ½ hours, with about 1 hour of the full blood red moon. This is a bit slower than the solar eclipse we had in 2017 - about 2 minutes and 40 seconds. Above are two pictures I shot of these events. The solar eclipse was taken down in Oregon and the lunar eclipse was photographed in Edmonton. Whenever I want to think of how amazing nature is I always find answers by looking up.

Lance Burns

Rio Terrace Community Preschool Open House



The Rio Terrace Community Preschool will be hosting our OPEN HOUSE on February 13th from 6-830pm. The preschool space will be open for the families to explore and ask questions. We will also open the community hall (which is attached to the preschool) and will be accepting registrations there from the General Public.

Preschool Registration for the 2019-2020 year opens on the following dates:

- Jan 8/2019 Alumni Families (Any family who previously had a child attend Rio Terrace Community Preschool)
- Jan 29/2019 Community Members (Reside in Patricia Heights, Quesnell Heights, Rio Terrace)
- Feb 13/2019 General Public at 6pm (Open House (6pm-8:30pm))

Please Note: We will not be accepting registrations from the general public prior to 6pm on February 13th, 2019. Registrations will be accepted on a first come, first served basis.

We look forward to seeing you at the Open House. For further information, go to:

www.rioterracepreschool.ca

Community Matters



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I am excited, as always, to give you an update on Rio Terrace Community Preschool. We have had a wonderful first half of the school year with full enrollment in all three of our classes. We started the year off with a field trip to Kazoku Dojo to learn about karate, an in-school visit from The Bread Lady where we learned about how to make bread, right from how the wheat grows. We made our own loaf of bread to take home and a cinnamon knot to eat for snack! We even grew some wheat! We are looking forward to a field trip each month as well as monthly Glow Yoga classes for our 3-year-old morning class and Musical Munchkins for our 4-year-old morning class and 3-4-year-old afternoon classes.

With incredible support from the Community League as well as our preschool community, we had an amazing Silent Auction in November! Our fundraising team worked so hard putting this event together with the help of the executive team and many parent volunteers and it was the most beautiful night ever, complete with hundreds of snowflakes and sparkles decorating the hall. This outstanding event raised over \$15000 which will be used to support programming supplies, experiential, hands-on learning opportunities, and furniture and equipment. We are always grateful to see so many community members out at our Silent Auction supporting our wonderful preschool program!

It is hard to believe but it is time to register for preschool for the upcoming 2019/2020 school year. We would like to invite you to our Open House on Wednesday, February 13 at 6:00 pm at the preschool. Registration will be open to the public at

the Open House and we are happy to give you a tour and answer any questions you might have about our program. If you have not had a chance to see the amazing slide that the community league had installed inside the preschool, come check it out. The kids love our slide and while they are playing, they have no idea that they are also developing their gross motor skills, practicing turn taking, building patience and negotiating skills and getting a ton of exercise while trekking up the stairs over and over to get to the top of the slide! You might even want to give the slide a try! We hope to see you at the Open House on the 13th.

Our preschool program is a hands-on, play based program focused on developmentally appropriate best practice. We are building the strong foundation needed to support higher education and foster a lifelong love of learning!

"Children need the freedom and time to play. Play is not a luxury, it is a necessity."

~Kay Redfield Jamison

Playfully yours,

Shaylene Saxton
Teacher

Naoko Henkel
Teaching Assistant

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

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Rio Terrace Community League welcomes anyone to attend the

SPRING SPEAKERS SERIES



What is ALS?

Come learn more as The ALS Society of Alberta comes to do a presentation on What is ALS and what supports are available.

FEBRUARY 7th, 2019

RIO TERRACE COMMUNITY HALL, 15504 – 76 AVNUE NW

DOORS at 12:30PM, PANEL BEGINS at 1:00 PM

Get Aware in Care

Learn about a variety of support and resources to help navigate the healthcare system and management of Parkinson disease.

MARCH 21st, 2019

RIO TERRACE COMMUNITY HALL, 15504 – 76 AVNUE NW

DOORS at 12:30PM, PANEL BEGINS at 1:00 PM



Defy Limitations

Brain Care Centre offers supports to clients, caregivers and their families every step of the way to help them navigate life through the complex journey of a brain injury.

APRIL 4th, 2019

RIO TERRACE COMMUNITY HALL, 15504 – 76 AVNUE NW

DOORS at 12:30PM, PANEL BEGINS at 1:00 PM

Navigating Autism

Autism Edmonton enhances the lives of families and individuals living with autism, by providing life-long support and creating awareness, acceptance, and opportunities in our community.

May 2nd, 2019

RIO TERRACE COMMUNITY HALL, 15504 – 76 AVNUE NW

DOORS at 12:30PM, PANEL BEGINS at 1:00 PM



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RSVP to **780-737-1116** or email questions to:

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Community Hall Rink

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Every Sunday

12 PM – 2 PM

(Weather Permitting)

NOTE: Helmets required for those under 16 yrs old

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Rio Terrace School Play Area Update



Winter is halfway over and we are looking forward to spring and running around without snowsuits on!

The Rio Terrace Play Area Redevelopment Committee (PARC) has been working hard on raising funds for a new play area for École Rio Terrace Schule. As you know, the existing playground equipment is dated, inadequate in play value and is much too small for the over 400 students that attend the school.

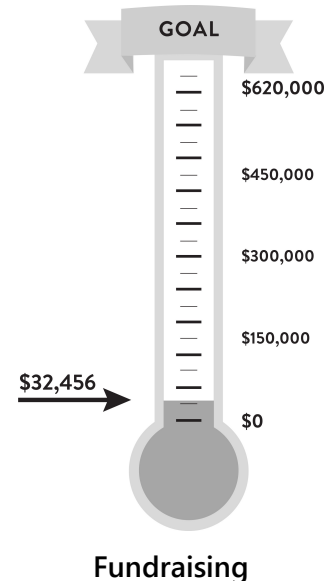
The new play area will be an inspired and exciting outdoor space, elevating the level of play and physical activity in our family-focussed neighbourhood, be a source of community pride and an opportunity for our kids to explore new ways to play and learn.

In the last year we have raised over \$32,000 with 2 Bottle Drives, one Big Bin Event, ongoing fundraisers (see below), donations, and through the involvement of our students in student-led fundraising ac-

tivities. We will be applying for grant funds as well to contribute towards the \$620,000 that is needed for the complete outdoor play environment.

The committee continues to brainstorm on interesting and fun ways to fundraise over the next year, and welcomes the input and involvement from community members. Sign-up to our newsletter to get the latest news delivered directly to your inbox, and stay informed by visiting our Facebook page and website, www.rtsplayground.ca. Please also consider making a financial donation to this project. Donations above \$25 are eligible for a tax receipt when you donate to the school with the note that the funds are to go to the Rio Terrace Play Area.

Thank you to all who have supported our efforts since our inception, particularly the Rio Terrace Community League.



Fundscrip is an ongoing fundraiser that you can take advantage of weekly for groceries and gas, monthly for home supplies or personal shopping, or whenever you may need to purchase gift cards for special occasions.

Community Matters

Consider changing your method of spending by purchasing grocery gift cards on an ongoing basis to help with your budgeting every month. More conscious spending habits for you, fundraising dollars for PARC!

Visit www.fundscrip.com and use invitation code **CJWQTU**

Boston Pizza Operation Education Fundraiser

Bring in your original receipts to the school and 5% of your bill will go towards funding the play area construction. Could that be any easier?

Upcoming Events

- Wine Tasting Night – More details to come
- Spring Bottle Drive – Date to be determined



Simple Marriage Tips for a Happy Marriage

The bond we have with our partner is one of the most central pieces in our life. They are there to celebrate with us in the good times, and to support us in the bad times. If we lose this partnership to separation it can be one of the most devastating changes we go through. In an effort to avoid the loss of this primary relationship, it is important to take time and put energy into maintaining it. Psychologist John Gottman has researched the characteristics of happy

and unhappy couples for decades, and has authored many books on marriage and relationships. He found that it was not only about what couples did during conflict with each other and how they treat each other, but was also about what they did when not in conflict.

Think of this as the actions and things we say when not in conflict as us making deposits into our partner's love piggy bank so that when we are in conflict, the piggy bank does not become so depleted, which allows us to remain focused on the positive in the relationship. However, if there are no deposits being put into the piggy bank on a regular basis and it is empty, then when there is an argument there is nothing to draw from, leaving us stuck focusing on the negative.

In order to put deposits in our partner's piggy bank, there are a few different things we can do. First, as a couple you both need to really know each other, from knowing their favorite foods, to their favorite movie, their most embarrassing moment as a child, and their major aspirations and goals for their life. Second, ensure that you express your love and gratitude to them daily even in the smallest ways, for the smallest things. Third, when your partner makes a bid for your attention such as making a comment, or brushing their hand across yours, pay attention and respond to them. Finally, take time to have conversations about what daily rituals, life celebrations, goals, and values mean for you and your family together.

Gottman talks about four behaviours that couples who are not satisfied, or separate, exhibit when they argue. He refers to these behaviours as the Four Horsemen of the Apocalypse, which are criticism, defensiveness, contempt, and stonewalling. These behaviours have been found to be the strongest predictors of divorce if they have taken up permanent

Community Matters



residence in the relationship. If the Four Horsemen appear in an argument we need to take accountability for it and correct for it in a way that your partner will accept and understand that you are apologetic.

In addition to avoiding the Four Horsemen, it is important to be open and respectful to each other. You would not yell at a guest for putting their jacket down on the white couch, so why would we treat the people we love the most this way. We need to bring up concerns in a soft and caring manner without the use of blame or criticism.

Remaining calm also is critical to keeping the fight reasonable, and to not hurt each other emotionally. If you find yourself getting too upset, then ask for a break from the conflict. If you are on the receiving end of a partner asking for a break then respect them and give them this space; they have asked for a reason.

After all the frustration and emotion is over, it is important to come to the table to process the fight and understand it, but also to come to a compromise about the situation. Recognize what your partner values and their perspective while you move towards a resolution that will work for both of you.

In summary, don't forget to take time out of our busy lives to care for our partner and our relationship, and do small little things daily to show your appreciation and admiration.



Kristina Ingram
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Adventsbasar Recap



Dear Friends and Neighbours,

Thank you so much for supporting our second annual 'Adventsbasar' at the Rio Terrace Community League hall, back on November 30, 2018. The Adventsbasar is an event that is organized and run by volunteer families attending Rio Terrace School in the German program. As we all know how special and meaningful the Christmas season is, the idea was brought forth that the Adventsbasar would be an excellent opportunity for the German program to share some of their cultural traditions by having a holiday themed market to bring in the Advent season. And what a great idea it was!

Community Matters

Through the hard work of our decorating committee, and some help and support from the Playschool, the hall was transformed into a wonderful holiday market. With soft lighting, evergreen boughs aplenty, a crafting area for the kids, and festive music in the air, the atmosphere was truly magical.

As is typical of an Adventsbasar in Germany, ours featured many wonderful and beautiful handmade crafts from the students at Rio Terrace. We're especially proud of everyone who participated in the student led Craft Club at school, as this was formed specifically with the intention of selling their creations so that all money raised would be donated back into the community towards good causes.

Of course, no party is complete without food, and there was plenty of mouth-watering delicacies to be savoured! Delicious candy roasted-almonds, Glühwein (mulled wine), Schweinebraten (roasted pork on a bun), split pea soup, cookies and baking as well as free hot chocolate... Wunderbar!!

(Again, all of the profits were donated towards good causes!)

Needless to say, an event like this isn't possible without the hours and hours of commitment from many dedicated volunteers. It really is a privilege to be involved with such passionate and caring people; children and adults alike, and truly gratifying to see everyone's efforts rewarded by having our community league members and families come out and support their endeavours!

So once again, thank you!! We look forward to seeing you at our next Adventsbasar in the late fall of 2019!!

Warm regards from your Adventsbasar committee

Generally Speaking: Cut Down Complaining About Winter



I agree just like most people that winters are long, cold, dreary and uncomfortable. During lunch at work, and I imagine it's the same in many places, the first comment is what the current temperature is and either excitement if the weather will warm up, or more complaints when the weather will stay the same or get even colder.

Here's where my concern lies. The conversation starts and stops at the complaining. I believe that in many ways, people have internalized that winter is the 'season of awful' that we need to just get through and staying indoors to get away from it is the only way to go. Imagine thinking that way for a third of the year?

To get around the city, I do my best to use transportation methods outside of car ownership. I take transit primarily, a cab sometimes and walk when I can manage it. A few days ago, someone interviewed me about walkability in the city. He wanted to know my thoughts about what influences Edmontonians to not go out and walk around as often to do their errands, go from one place to another, or even to have fun and exercise.

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I described the “vibe of negativity about winter” that I hear from people very often. If born-and-raised Canadians complain about winter every time small talk happens, what was I supposed to think, as someone who lived in a much warmer weather beforehand?

I suggest including one of these during conversations about winter after expressing displeasure.

Discuss strategies, products and services that make winter more manageable or comfortable. If you are already doing this, that’s awesome, thank you! But when I chat with colleagues or volunteers, and I mention about the products I have been using, they sound shocked and impressed that these products exist. For instance, I use rechargeable heated insoles for my shoes to keep my feet from freezing. The more knowledge people know, the better.

Another one is to mention local winter activities that anyone can enjoy. If winter is a big part of our daily lives, it’s great to know people who have found ways to have local leisurely activities with the season in mind. Two years ago, we went to Zoominescence; a Festival of Light at the Edmonton Valley Zoo, when it was -30. Wearing our thickest socks and boots, snowpants, scarves and mitts, we had a lovely time exploring around and took advantage of the warming areas scattered around.

Finally, mention community service activities related to winter. The season can surely cause pain and suffering for those who are struggling. Knowing that there are ways to help such as clothing drives or shoveling sidewalks can at least warm our hearts and community regardless of what the thermometer says.

Giselle General

Let’s Draw!

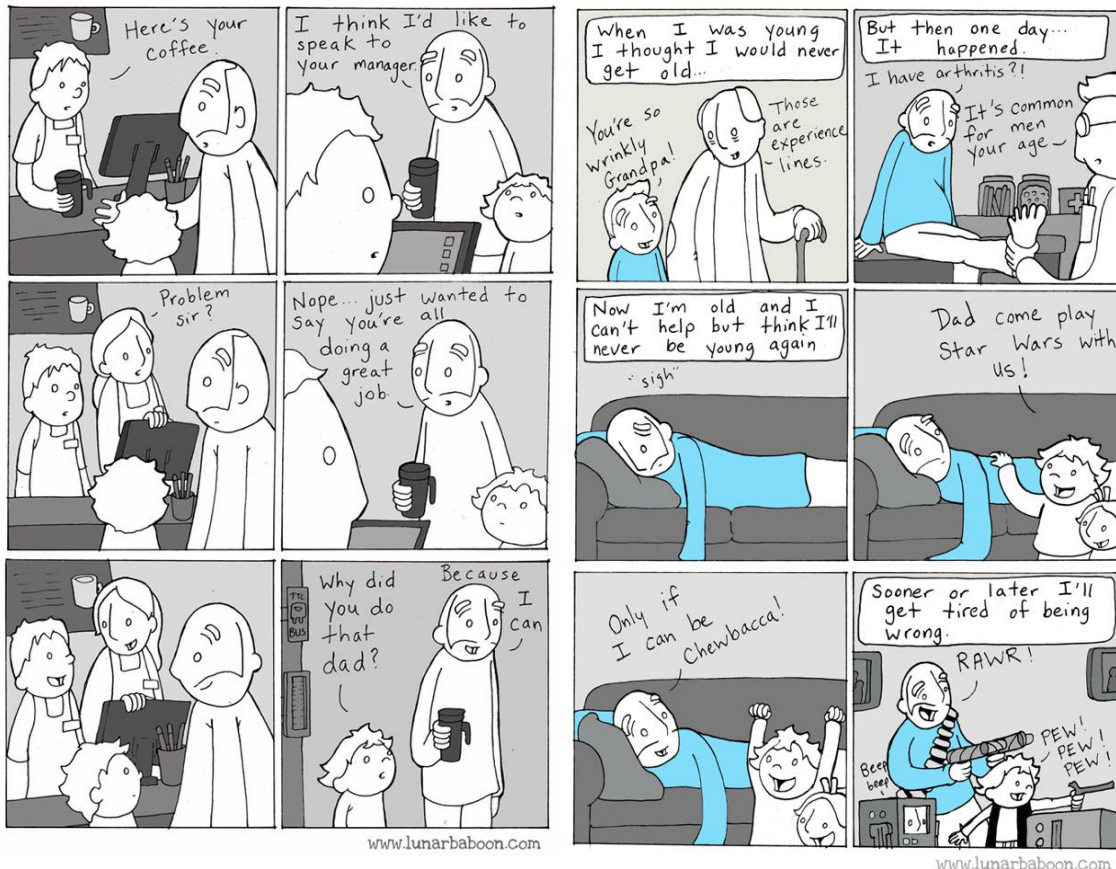
Craft your creations, scan or take a photo and email it to the newsletter team! You can also submit it at the hall. All submissions will be shared on the Community League’s Facebook page, and some of our favourites may be printed in the next newsletter.

What new thing will you be trying in this new year?

Community Matters

Comics!

THE PROBLEM WITH BABY SHOWER GIFTS



Community Matters

Casino Volunteers Needed

May 3 and 4, 2019



We need volunteers for our casino which is held every two years. The Rio Terrace Community League raises approximately \$70,000 from this two-day event. The money is used for programming, maintenance and community support. Please consider donating your time to your community.

When: Friday May 3, 2019 and Saturday May 4, 2019

Where: Starlite Casino, West Edmonton Mall

Who: We need 22 volunteers per day for the two days. You need to be 18 years of age to be eligible.

How long: The shifts are roughly 9 hours each and run morning to afternoon, afternoon to early evening and evening to close.

What: There are a variety of positions available from Cashier, General Manager to Count Room to Chip Runner. We'll help pair you up with a position if you don't know what you'd like to do.

To Sign Up: Go to <https://www.volunteersignup.org/RH48T> or email Josh at: Joshsbowen@yahoo.com if you are able to help out.

Friday May 3, 2019

AM General Manager (1)	9:00 AM – 6:45 PM
AM Banker (1)	9:15 AM – 6:45 PM
AM Cashier (2)	9:15 AM – 6:45 PM
AM Chip Runner (2)	9:15 AM – 6:45 PM
AM Backup (2)	Flexible
PM General Manager (1)	6:15 PM – 3:45 AM
PM Banker (1)	6:15 PM – 3:45 AM
PM Cashier (2)	6:15 PM – 3:45 AM
PM Chip Runner (2)	6:15 PM – 3:45 AM
PM Backup (2)	Flexible
Countroom Volunteers (6)	11 PM – 3:45 AM

SATURDAY MAY 4, 2019

AM General Manager (1)	9:00 AM – 6:45 PM
AM Banker (1)	9:15 AM – 6:45 PM
AM Cashier (2)	9:15 AM – 6:45 PM
AM Chip Runner (2)	9:15 AM – 6:45 PM
AM Backup (2)	Flexible
PM General Manager (1)	6:15 PM – 3:45 AM
PM Banker (1)	6:15 PM – 3:45 AM
PM Cashier (2)	6:15 PM – 3:45 AM
PM Chip Runner (2)	6:15 PM – 3:45 AM
PM Backup (2)	Flexible
Countroom Volunteers (6)	11 PM – 3:45 AM

Anything else: The Casino is a safe and welcoming environment and the volunteer positions are easy and fun. Training and support is provided by the licensed Casino Advisors.

Soccer

Outdoor Community Soccer Registration

Registration for the 2019 Outdoor Community soccer season is now underway. As in past years, player registration is to be completed using the on-line soccer portal available on the EMSA West website. Player registration and payment needs to be completed by March 11 – late registrants may find themselves unable to be placed on the team or community that they have requested. The outdoor soccer season will start on Wednesday May 1 (weather and field conditions permitting) and runs through to the end June. City Championships take place the first week of July with the possibility of one further weekend of play in mid July if a team qualifies for further playoffs.

The 2019 Rio Terrace Community Outdoor soccer program is for players born in years from 2000 through 2015. Players born in 2000 through 2011 will play on community based teams that are participating in the EMSA /EMSA West community soccer programs. The Rio Terrace based teams will play twice a week and generally have one practice a week as well. Teams in the U9 age group will play their games only in the west end of Edmonton (with possibly a few games in Spruce Grove.) Teams playing the older age groups of U11 through U19 will have their games played across Edmonton.

Rio Terrace runs an inhouse soccer program from players born in 2012 through 2015. The combined U4/U5 as well as the U7 FunSoccer programs feature a focus on fun activities, drills and short games that promote fun and active learning and player skill development. These programs take place at the Rio Terrace School field on Monday and Wednesday evenings from 6:15 PM to 7:30 PM. Lots of parental support and involvement are required

from these age groups, so please consider whether you are able to volunteer and participate in the fun.

How to Register

Player registration for all age groups of community soccer takes place on-line using the soccer portal on the EMSA WEST soccer website. Registration steps that need to be completed are:

First step is to obtain / have a valid Community league membership. Current membership are numbered 18-XXXXX and are valid through Aug 31, 2019. A membership from any community in Edmonton is valid for soccer registration. Those needing to purchase Community membership can do so on-line at the EFCL website or they can be purchased in-person on the Rio Terrace Mac store at 156 St & 76 Ave.

Second step is to use the EMSA West soccer portal to register players individually for the coming outdoor season. Please be sure to complete all of the registration steps, indicate that the player wishes to play on a Rio Terrace team (or other if that is the case) and please consider and indicate if you are able to volunteer as a coach or manager for your child's team.

How to Pay for Player Registration

Third step in the registration process is to complete payment of the registration fees as well as jersey deposits if applicable. The player registration fees can be paid either on-line at the same time as player registration is completed, or can be paid in person at either of 2 payment sessions in early March at the Rio Terrace Community League Hall. The in-person payment session are scheduled for Wednesday March 6 from 6 PM to 9 PM and on Saturday March 9 from 9 AM to Noon. In-person payment of registration fees can be completed by cash,

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cheque or credit card.

Age Group & Registration Fee Details

2019 Rio Terrace Outdoor Registration Details

Age Group	Birth Years	Night of Play	Registration Fee	Uniform Deposit
U4 / U5	2014 2015	Mon & Wed	\$160	N/A
U7	2012 2013	Mon & Wed	\$160	N/A
U9	2010 2011	Tues & Thurs	\$220	\$45
U11	2008 2009	Mon & Wed	\$250	\$45
U13	2006 2007	Tues & Thurs	\$280	\$90
U15	2004 2005	Mon & Wed	\$280	\$90
U17	2002 2003	Sun & Thurs	\$280	\$90
U19	2000 2001	Sun & Tues	\$280	\$90

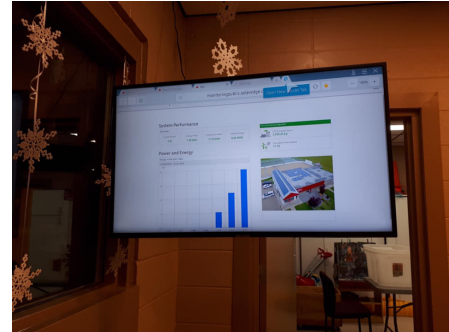
Perry Wynn

The Edmonton Insight Community

It is actually easy to provided feedback to the city on their plans before they become set in stone. Sign up for the The Edmonton Insight Community at <https://www.edmonton.ca/> and fill out surveys. The city makes an effort to try and connect with us so we should reciprocate.

Corey Grajkowski

Solar Panel Workshop



The Rio Terrace Community League is proud to report that about eighty attendees recently enjoyed an evening of education and discussion on the topics of solar energy and energy efficiency at our community hall. The event, which took place on the twelfth of December, was jointly put on by the Community League, the Solar Energy Society of Alberta and the City of Edmonton. The Edmonton Federation of Community Leagues were also on hand to generously provide snacks and beverages. Two companies who had recently done work at the hall - Kuby Energy and Generate Energy - made presentations on that work. Rob Harlan - the president of the Solar Energy Society of Alberta and a community member - then gave a very informative presentation on solar energy.

I think that we can expect some smart consumers to be going ahead with some great projects in the near future! You can hardly go wrong with renewable-energy and energy-efficiency upgrades in Alberta right now.

Thanks to all involved

Brett Myers

The Community League Board needs a Vice President



Join us and get involved!

The Vice President's responsibilities are:

- preside at any meeting the President is absent from;
- assume any duties from the President as required;
- acts as a signing authority;
- facilitates the community league casino that takes place every two years;
- responsible for the annual review of the Bylaws, Policies and Procedures; and
- is a member of the Executive Committee.

It's a great way to get meet people from the community and ensuring that everyone enjoys the benefits of the community league membership.

For more information, contact the president Lance Burns at Rtcl.president@gmail.com

Snow Safety

Getting outside in the winter is a great way for families to be active. But remember to keep your child safe while doing winter activities and playing in the snow.

To help lower the risk of your child getting hurt, make sure:

- you supervise your child closely
- your child is always in a safe place
- you and your child know about any dangers
- your child does age-appropriate activities

Winter safety tips

- Check the weather forecast so you know how to dress for the day.
- Choose play areas with warm shelters nearby.
- Dress in layers. Have a windproof, waterproof outer layer. Wear:
 - a hat to keep the ears covered. If under 3, your child's head is larger than the rest of the body and heat is lost quickly from the head.
 - mittens instead of gloves
 - warm, dry, waterproof boots that aren't too tight
 - a neck warmer instead of scarf
 - clothes without drawstrings
- Snow forts can be fun, but building tunnels can be dangerous. Tunnels can collapse and suffocate a child.
- Watch your child for wet clothes, feeling chilled, frostbite, and being tired.
- Teach your child about frostbite and hypothermia and how important it is to dress warmly.

Rebecca Johnson

Alberta Health Services

Community Matters



Winter Memories

Have photos around the neighborhood? Send them in and they may be featured in the next newsletter!



Upcoming Events In Edmonton

Silver Skate Festival

February 8 – February 18, 2019

Celebrating its 29th year, this festival is an extravaganza of art, culture, recreation and sport! Edmonton's oldest winter festival returns and it is free for the whole family.

Hawrelak Park

<https://www.silverskatefestival.org/go/>

Snowshoe and Stargaze

February 23, 2019

Begin your experience with a short guided hike on snowshoes around the shore of Astotin Lake. Take a break to warm up and grab some refreshments as you gather around the campfire. Gaze up and stare into the night sky full of stars. With a park interpreter as your guide, navigate the sky of the Beaver Hills Dark Sky Preserve; without the glow of city lights around you'll see more than you knew existed.

Elk Island National Park

<https://www.pc.gc.ca/en/pn-np/ab/elkisland/activ/activ5>

Ice Castles

January 4 – March 10, 2019

For the fourth time in forever, the Ice Castles are coming to Canada, so don't miss the opportunity to see this icy masterpiece. This enchanting acre-sized castle is crafted by hand using only icicles and water. Venture through the stunning, Narnia-like display and snap a selfie at some favorite photo spots including the throne room, in front of the waterfall and throughout the winding ice maze.

Hawrelak Park

<https://icecastles.com/edmonton/>

Body Words: Animal Inside Out, Telus World of Science

November 30, 2018 – March 31, 2019

Go on an anatomical safari at the Telus World of Science's Body Worlds: Animal Inside Out. Over 100 animals have been perfectly preserved by the process of Plastination. Examine the anatomical intricacies of familiar and exotic animals from around the world. Learn the complicated biology and physiology of animals while gaining insight into the similarities between humans and all animals.

Telus World of Science Edmonton

<https://telusworldofscienceedmonton.ca/explore/experiences/body-worlds-animal-inside-out/>

Skirtsafire Festival

March 7 – March 17, 2019

SkirtsAfire is a theatre and multidisciplinary arts festival that's diverse and daring. In conjunction with International Women's Day, the festival runs from March 7-17 at various venues in the heart of Alberta Avenue. Whether you're enjoying popcorn, wine and laughter with live performances at their Cabaret Theatre; practicing sun salutations to live cello music amidst the gallery art; listening to singer-songwriters with a latte at "The Carrot", craft beer at Otto Food and Drink or great food at The Nook; enjoying spoken word at the Nina Haggerty Centre for the Arts; or Cœur de pirate at the Winspear, you're sure to be stirred and inspired at SkirtsAfire Festival.

Various Locations in Edmonton

<https://skirtsafire.com/>

Remembering the First World War

April 2, 2019 10 AM – 5 PM

Remembering the First World War highlights objects from RAM's Military and Political History collection that act as tangible representations of an intangible thing — memory. They are a bridge to see, touch and encounter the past; a lens through which we remember.

Royal Alberta Museum

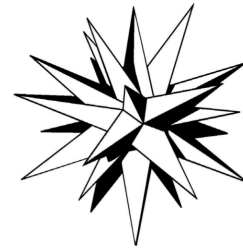
<https://royalalbertamuseum.ca/visit/>

Community Matters



Rio Terrace Church

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



Friends and neighbours,

Happy New Year!

In my tradition - the Moravian Church - it is customary, at the beginning of the year, to draw a “watchword”. A watchword is a verse of scripture from the Bible, that you can draw from a collection of single verses of scripture, and you allow it to be a centering thought over the course of the coming year. I am amazed by how the watchword changes its meaning, to me, over the course of the year. You are welcome to draw a watchword for yourself - they are in a bowl in the foyer of the Church. Just come and take one!

I drew a watchword for our neighbourhood, and I was stunned to read it. It is from Paul’s letter to the Romans: **“The commandments...are summed up in this word, ‘Love your neighbour as yourself.’ Love does no wrong to a neighbour; therefore, love is the fulfilling of the law.”**

If we, as a neighbourhood, meditate on this verse of ancient wisdom over the course of the year, I wonder - how will our understanding of it change, and how will we be changed by it?

For me, love is a form of deep gratitude. More than saying “thanks”, Love is the acknowledgement of deep connection, with other humans, animals, creation, and the divine spirit around us. Love is the awareness, acknowledgement, care, and sense of responsibility for all that is around us.

So, St. Paul, in our neighbourhood’s watchword, is saying, “All of the laws, all of God’s instructions, can be summarized so succinctly as, *love your neighbour*.”

What does it mean to love your neighbour - or your neighbourhood? That’s for you to figure out. Perhaps it means shoveling your neighbour’s walks in the winter (a great Canadian tradition!), or mowing their lawns in the summer. Or perhaps it first means getting to know your neighbours’ names, and inviting them over for dinner - becoming their friend. We live next door to our neighbours - literally closer than your relatives and closest friends - and we see our neighbours every day... and perhaps, instead of loving them, knowing them, being grateful for them... we look down our noses at them, for a particular political sign, or where they park their car.

And here’s St. Paul, reminding us that life is *most* full when we love and have gratitude for our neighbours. Let that be a centering thought for you this year, and notice how it changes you.

Rio Terrace Church values each person on their spiritual journey.
We are a people who follow Jesus in peace-making, community, and creation care.
We work to be an inclusive church, affirming all people,
including LGBTQ+ people and their families.

Join us on Sundays at 10:30 for our worship gathering.

Children’s programming begins at 10 am.
“Coffee, Current Events, and Spirituality” follow each service.

Many programs and community groups meet throughout the week.
Pastor James is available for spiritual conversation, weddings, and funerals.
Visit RioTerraceChurch.org or call the Church Office for more information.

Continuing blessings,

Rev. James Lavoy
Pastor