RIO TERRACE COMMUNITY LEAGUE
RIO TERRACE
PATRICIA HEIGHTS
QUESNELL HEIGHTS

Community Matters

August 2019 Issue

Community Summer Party and Fundraiser
Rio Terrace Community Hall
Saturday, August 24, 4 PM – 9 PM

A great fundraising event for the school playground! Live music, beer gardens, movie at dusk, raffles and more! Bring the whole family!

-See page 23 for more information

Big Bin and Bottle Drive Fundraiser
Rio Terrace Community Hall
Saturday, September 21, 2019

A great fundraising event for the school playground. Drop off your bottles and recycling.

- Page 22 for more info

Annual General Meeting and Community League Board Election
Rio Terrace Community Hall
Wednesday, September 25, 2019, 7 PM

Join the community league board in celebrating last year's milestones and in electing new board members for the upcoming year.

- Page 7 for more info

Pie in the Park
Rio Terrace Community League Gazebo
Saturday, October 12, 2019 2 PM – 4 PM

Celebrate Thanksgiving long weekend with free pie and hot chocolate for everyone courtesy of Felicia Dean and Jen Osmond. Everyone welcome!

- Page 24 for more info

Connect with us!

Website: http://rioterrace.ca,
Twitter: @RioTerrace
Facebook: RioTerraceCommunityLeague
Neighbourhood: Wave hello!

Table of Contents

Publication Info....2
Contact Information....2
Rio Terrace Community League Membership....3
ETS Route Redesign....3
Enjoy a meatless meal....3
Maintenance Director Opening....5
Rio Terrace Community League AGM, Sep. 25 @ 7 pm....7
Rio Terrace Community Preschool....9
MeatHead Business Opened....11
Taking the bull by the horns....11
Rio Transit Redesign Update....13
Age Friendly Edmonton....14
Rio History Column....15
• Original Brochure Submission....15
2019 Outdoor Soccer Season – A Great Success....18
Player Registration for Community Soccer for the Indoor Season is Currently Underway!!....19
YOGA 101....20
Edmonton Junior Tennis Society Fall Registration...21
Let's Draw!....21
River Valley News....25
Self-care....26
Generally Speaking: Key Three Digit Numbers to Remember for Help....27
Online Continuing Care Facility Directory now live!28
Bike Parade....28
Comics....29
Upcoming Events in The Community....30

Community Matters

RIO TERRACE COMMUNITY LEAGUE
RIO TERRACE
PATRICIA HEIGHTS
QUESNELL HEIGHTS

Publication Info

Published in:
February / May
August / November
copyright © 2019 by the Rio Terrace Community League.

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

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

A member of the Edmonton Federation of Community Leagues

www.efcl.org

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

Next Issue:
November 2019
Submission Deadline:
October 25, 2019

Contact Information

President
Lance Burns
Rtcl.president@gmail.com

Past President
Tony Andrzejewski

Vice President
Vacant
Rtcl.vicepresident@gmail.com

Secretary
Emma Woolner
enewman@ualberta.ca

Treasurer
Daniel Mallett
Rtcl.treasurer@gmail.com

Social Director
Stephen Deck
Rtcl.social@gmail.com

Programs Director
Rtcl.programs@gmail.com

Soccer Director
Perry Wynn
rtcl.soccer@gmail.com

Membership Director
James Lavoy
Rtcl.membership@gmail.com

Hall Rental Director
Carrie Anne Doucette
Rtcl.hallrental@gmail.com

Maintenance Director
Gary Burton
Rtcl.maintenance@gmail.com

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

Newsletter Circulation
Tami Hoeppner
thewellnessclinicyeg@gmail.com

Preschool
Auriana Burns
Rtcl.preschool@gmail.com

Signs
Stephen Deck
Rtcl.signs@gmail.com

Director at Large
Auriana Burns
auriana@shaw.ca

Director at Large
Giselle General
ggeneral@gmail.com

Director at Large
Jen Osmond
jenosmond@remax.net

Director at Large
James Lavoy
jlavoy@gmail.com

Director at Large
Rachelle Roberts
Rachelle.roberts@ualberta.net

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

ETS Route Redesign

Complete the online survey online over at www.edmonton.ca/firstlastkm to share your thoughts and suggestions. Deadline: end of August 2019.

- Page 13 for more info

Enjoy a meatless meal

Looking for vegetarian or vegan protein choices for your next meal? Instead of meat, you can use beans, lentils, tofu, eggs, nuts or seed butter to make delicious, healthy dishes. Meatless meals are excellent for anyone, not just people who avoid meat for religious or cultural reasons.

Six simple ways to update some popular recipes:

- Replace the meat in chili, casseroles, stews and soups with beans, lentils or tofu.
- Use lentils or black beans in tacos or quesadillas.
- Top salads with beans or a hard-boiled egg.
- Add tofu to a vegetable stir-fry.
- Puree cooked black beans, white beans or chick-peas. Then add herbs and spices to make a fast and easy dip or sandwich spread.
- Use nut, seed or soybean butters. Add them to dips, smoothies or spread them thinly on breads or crackers for a snack or quick protein boost.

For recipes using meat alternatives or to find out more, go to healthyeatingstartshere.ca. To

find out more about vegetarian diets or alternatives to meats, ask your healthcare professional to be referred to a dietitian.

Alberta Health Services
www.ahs.ca

Edmonton Centre, Alberta and Canada deserve change for the better, after four years of Justin Trudeau's mismanagement. If I'm given the honour of representing you and your family in Ottawa, I will work tirelessly to reignite the entrepreneurial spirit of our people and businesses, helping them create the futures they want and deserve.

- James Cumming

JAMES CUMMING
EDMONTON CENTRE

CONTACT JAMES TODAY

info@JamesCumming.ca 780.442.1800

JamesCummingCPC @CummingK

Authorized by the Official Agent for the Edmonton Centre Electoral District Association and the Official Agent for James Cumming

Bangz Hair Care

7662 - 156 Street

Edmonton, AB

T5R 4K7

(780) 444-3083

Stylists:

Arlene, Christine, Cindy,
Fatima & Jean Marie

Direct Line: Arlene (780) 914-1975

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

"Professional Care for all your personal needs."

Come laugh and play with us

Ladies Sports Nite – drop-in basketball for all ages and skill levels. We get exercise, we don't keep score, and we laugh lots.

Lynnwood School on Thursday evenings. Come try it once! New people say "It's so much fun. I'm glad I came!"

Contact: jayspix@gmail.com

Program of Parkview Community League

Maintenance Director Opening

Life is important in that we should try to make the best of what we have. In this world, we need to get along with others, help them when they ask for it and, do the best to live in peace with those we rub shoulders with, at home, at work and in our neighborhood.

Life is also a series of revolving doors called opportunities. Back in early 2014, I passed through one of those revolving doors and got involved with our local community league as a maintenance person. (The duties I will cover momentarily). In September, our league will be holding their Annual General Meeting (AGM). They will be looking for a maintenance person, a kind of a Jack-of-all- trades. It is my intention at that time to step down from the position of Maintenance Director. I advised the team at the last AGM and at the meeting this past July.

I am writing this article, to make you aware of this opening, and to encourage you to seriously consider this opportunity. We need someone who is willing to come in and offer their services on a volunteer basis for our community. The position is a 2 year term and the work is made easy with the support from other members of the league.

After 5 ½ years of service, I will be resigning my position. The experience has been very enjoyable and has allowed me to get to know members of our community, not only on the league executive team, but within the larger community as well. The importance of contributing to our community cannot be overstated. We are highly engaged community league members who meet monthly to discuss how we can work to improve our community. The new spray deck is an example of lots of planning, fundraising and getting the job done. As my wife and I bring our grandchildren to the playground and spray deck, I am so proud of what a community – our community! – can do together. There are many other examples but space is limited.

Maintenance Director Duties (described in our league by-laws):

- be responsible for the development and maintenance of the community centre, rinks, parking lot, and other league facilities;
- prepare an annual budget for the facilities and submit it to the Treasurer;
- review and prepare policy and procedures with respect to the facilities; and
- report monthly to the Board of Directors

As you can see, some background in building maintenance would be very helpful, or if you're just handy and would like to get involved, please come to our next AGM in September and see what we are about. That's what I did one day - I popped in on a meeting and said "I see you need a maintenance guy, here I am". I have been serving our community over 5 years, while enriching my own life. This is a win-win situation all around.

So if you have any questions about this position, you can contact me at middlekeith@gmail.com. Or go online at WWW.RIOTERRACE.CA for more information

Hope to hear from you.

Gary Burton
Maintenance Director
Rio Terrace Community League

FELICIA DEAN & JEN OSMOND
REAL ESTATE
YOUR NEIGHBOURHOOD REALTORS
RE/MAX EXCELLENCE

THINKING ABOUT BUYING OR SELLING,
WANT TO KNOW HOW MUCH YOUR HOME IS WORTH
OR JUST WANT TO CHAT ABOUT THE MARKET

CALL US DIRECT AT
780.289.6670 (FELICIA) OR
780.289.6671 (JEN)

Personal Passionate Proven
www.deanandosmond.com
780.289.6670
#201, 5607 199 Street Edmonton, AB T6M 0M8
Not intended to solicit properties that are already listed for sale.

ALD
ANNIKA LANE DESIGN & RENOVATION

We provide design-and-build home renovations to clients who want an affordable way to enjoy exceptional professionalism, top-quality construction, and beautiful yet functional designs.

From modernizing a small bathroom to redesigning and remodeling your entire home Annika Lane Design and Renovations will guide you every step of the way. From conception of an idea to completion of project Annika Lane Design and Renovations provides stellar service and exceptional quality.

CALL 780-887-7700

www.annikalane.ca

Rio Terrace Community League AGM, Sep. 25 @ 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 he help for the following positions. Term of office is two years (one year for vice president). A general description of the positions is listed below:

The President shall preside at all meetings; be an ex-officio member of all committees, except a Nominating Committee; be charged with the general supervision of al the activities of the League; nominate a Director who is willing to serve and stand in for or replace the President, as circumstances require; is a member of the Executive Committee, is a signing authority, and act as the official spokesperson of the league or appoint a designate.

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.

Secretary: The Secretary will attend all meetings of the League, the Board, and the Executive Committee and keep accurate minutes of the same, responsible for the minute and meeting notice distribution, have charge of minute book and other records; have charge of all correspondence of the League under the direction of the President and the Board, act as a signing authority, be a member of the Executive Committee; and have charge of the seal of the society.

The Soccer Coordinator will be responsible for all matters pertaining to sports, including the registration and organization of soccer, etc. recruit representatives or act as the representative to the sports governing bodies; prepare an annual budget for the sports programs and submit it to the Treasurer; review and prepare policy and procedures with respect to sports programs, and report monthly to the Board of Directors

The Maintenance Director will be responsible for the development and maintenance of the community centre, rinks, parking lot, and other league facilities; prepare an annual budget for the facilities and submit it to the Treasurer; review and prepare policy and procedures with respect to the facilities; and report monthly to the Board of Directors

The Newsletter Director will be responsible for the publication of the newsletter and participate articles for the newsletter; oversee the delivery of the newsletter; be responsible for the maintenance of the League website; arrange for publicity for league events; prepare an annual budget for publicity and submit it to the Treasurer; review and prepare policy and procedures with respect to publicity; and report monthly to the Board of Directors

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

RE/MAX REAL ESTATE

Adam Wilson
Dedicated To Move You

You have probably noticed the activity of sales in our area. After all, we live in a very sought after neighbourhood! If you are thinking of moving or are just curious what your home may be worth, give me a call and I would be happy to stop by for a visit!

ADAM WILSON | REALTOR®

780-887-2162 | adamwilson@remax.net |www.adamtwilson.com

4 – 16 Nelson Dr, Spruce Grove, AB, T7X 3X3 | 780-962-8580

Not meant to solicit properties already for sale or under contract.

Simply ORTHODONTICS
...Beautifully different

Your Community Orthodontist
Specialist smile care for youth, teens and adults

780-756-7600
Stony Plain Rd & 150 St

SimplyOrtho.ca

Bringing smiles to life

Rio Terrace community Preschool

Although the preschool looks quiet during the summer months, we are busy looking forward to and planning for the upcoming school year!

There are have been some exciting things happening for the preschool these past few months. First, our wonderful Teaching Assistant Naoko Henkel is moving on and will not be returning to the preschool this fall. Naoko has been an integral piece of the preschool's success over the last three years and is loved dearly by the kids. We are sad to see Ms. Naoko leave but wish her the very best in her new adventure as an Educational Assistant with the Edmonton Public School Board. Stepping in as our new Teaching Assistant is Jana Konelsky. Jana has been very involved in the preschool for the last three years. Jana joined the Rio Terrace Preschool family as a parent of one of our students. During her son's two years at preschool Jana volunteered as a member of our Executive team as well as many hours spent volunteering in the classroom. Jana has a background in health care and when she expressed interest in joining the field of Early Education, was an easy choice as a partner for Naoko while I was on the New Zealand Study Tour last January. When we learned that Naoko would not be returning next year, we jumped at the chance to bring Jana on board!

Jana is in the process of completing her Child Development Assistant certification and is passionate about the importance of quality Early Education. I am so excited to have Jana as my partner!

Speaking of exciting preschool news, have you heard that we have a climbing wall in the preschool? We have a strong commitment to physical literacy at Rio Terrace Preschool. Climbing not only increases strength and flexibility but builds hand, feet and eye coordination, encourages problem solving, planning and decision-making abilities and develops confidence and self-esteem. Our five-foot high, twelve-fool long traverse climbing wall has safety mats which fold up and lock to close the climbing wall when needed. It is thanks to the incredible fundraising efforts of our executive team and the community, with just two fundraisers each year that we were able to add the climbing wall to our program!

Speaking of fundraising, mark your calendars for our 2019 Annual Silent Auction which will take place Friday November 22. We look forward to seeing you there!

For the upcoming 2019-2020 school year we have a field planned each month, with visitors in the classroom as well as trips outside of the classroom, we are excited to continue to offer yoga and music classes to our little ones and so much hands-on learning! We are committed to learning literacy, math skills, physical development, social and emotional development, all through the most powerful early learning tool we know...play.

We have one spot available in our Tuesday, Wednesday, Thursday afternoon class for a little one turning four by March 1. If you would like information about any of our classes email Shay at rt-preschool@telus.net

"Children learn as they play, most importantly, in play children learn how to learn."

~O. Fred Donaldson~

Playfully yours,

Shaylene Saxton
Teacher

Jana Konelsky
Assistant Teacher

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

No Worries Massage Therapy

Therapeutic Massage with 13 years experience

- Deep Tissue
- Pre & Post Natal Massage
- Sports Massage
- Swedish Relaxation

Direct Billing, Online Booking, Gift Certificates, Daytime and Evening Appointments Available

Member of the Natural Health Practitioners of Canada since 2006

Jana Cavalieri, RMT
Home Based Clinic in Rio Terrace

Online Booking & Webpage:
Facebook.com/noworriesmassage

Call or Text: 780.999.2499
Email: noworries@live.ca

RIO YOGA

Reduce stress and increase flexibility in mind and body!

September 9th - December 5th, 2019

Monday & Tuesday 7:00-8:00 p.m.
Thursday 9:00 – 10:00 a.m.

Beginners welcome! Bring a blanket and a mat.
To register call Karen Hamdon SYT FK/YAA 587 986 5053
www.consciousyoga.org

Your Smile Denture
Denture & Implant Solutions

- Free consultations
- Open Monday to Saturday
- Complete and Partial Dentures
- Emergency Repairs
- Same Day Relines and Repairs

780-540-3737

210-8702 Meadowlark Road

MeatHead Business Opened

MEATHEAD
SPECIALTY MEAT & SEAFOOD

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 offers fresh cut beef, pork, chicken, lamb and seafood. Bacon, hot dogs, sauces and packaged deli meats is 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.

Taking the bull by the horns

A great development in the split lot and tall skinny saga in Rio Terrace. Mark and Patrica Mertens have literally taken this bull by the horns.

A while ago, their neighbours at 7702 154 Street, sold their house to a speculator who has split the lot, demolished the house found on it and put the two narrow lots up for sale. Mark and Patrcia's family property is immediately to the north of them. The prospect of having a tall skinny built right besides their home was somewhat distressing.

Those two lots have remained vacant for many months, like most narrow lots in our neighbourhood. Eventually, the speculator had to lower his expectations enough for him to accept Mark's offer to purchase the narrow lot adjacent to his own. Mark is currently integrating his new acquisition to his property, fencing and landscaping it.

Bravo Mark and Patricia.

Yves Forte
Yves Forte is a member of the Protect Rio Group. In 2016, the Protect Rio Group was formed by a number of residents of the neighborhood who had concerns about the impacts of infill and lot splitting in the neighbourhood. To get in touch with the group, you can contact protectrio@shaw.ca

Community Matters

RIO TERRACE COMMUNITY LEAGUE
RIO TERRACE
PATRICIA HEIGHTS
QUESNELL HEIGHTS

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

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.

Rhythm, Rhyme & Story Time

Register for the Fall Session
@Laurier Heights Community League
Wednesdays 9:15-10am
Ages 9mo-5yrs

EdmontonPreschoolMusic.com

Rio Transit Redesign Update

No more regular direct access between Rio Terrace and South Campus LRT in Proposed Bus Redesign

The #4 bus route as we know it is still on the chopping block in the proposed Bus Network Redesign that will go to City Council for approval in November 2019. Once the Redesign is approved, Rio residents traveling between Rio and the South Campus LRT and beyond will have to catch a local bus to 87 ave and then transfer to another bus to reach South Campus and the University.

The proposed routes are expected to be rolled out in 2020.

Rio is one of a few neighborhoods that is losing service.

To try to fill the gap, ETS is exploring “Alternative Transit Options”.

In June they held workshops to gather input from impacted communities to “help refine parts of this new transit option to best meet community needs.”

The workshop proposed various ideas for alternate transit service from Rio Terrace to a proposed designated transit hub. From that designated hub, Rio Terrace residents would then transfer to another bus which would take them back towards their desired destination.

Thank you to all the community residents who came out to the workshop to provide input, thoughts and concerns. However, if we’re going to influence bus service through Rio to best meet our needs then we need more people to speak up.

Many of the Rio residents at the workshop are upset by the loss of the #4 route.

The proposed alternative options appears to be another setback for Rio residents traveling to/from the University area.

That’s because ETS is proposing West Edmonton Mall as our designated transit Hub. Yes, that means the alternative service that's intended to fill the gap left by the loss of the #4 will take university-bound riders further from their destination to get to the university area.

It makes more sense to designate South Campus LRT as Rio's transit hub, since that's the connection affected by the loss of the #4. It was unclear at the workshop whether there is a possibility to move our designated Hub to the South Campus LRT. However it was the overwhelming preference of the Rio residents I talked with.

The transit representatives at the workshop were unable to give definitive answers to many questions about the transit alternative because it's still being fine tuned based on input from residents. In addition to the info about our designated transit Hub, some of the key takeaways were:

1) The service might be "on-demand" but it will be limited so a bus is not going to come necessarily anytime you want it.

2) The service will be dependent on funding which will likely be based on ridership during a pilot period. If there is little interest and use during the pilot period, that will impact the final design of the service.

You can provide input on the proposed bus alternatives for Rio Terrace by completing the online survey. It's available from the end of July til the end of August 2019.

Go to the webpage below to learn more about the proposed options and take the survey.
https://www.edmonton.ca/projects_plans/transit/bus-network-redesign-first-km-last-km-study.aspx

Be sure to use the comment box to add your thoughts and input so the City can make an informed decision on bus routes for our community.

Next Steps and Timeline:

- **July/August 2019** — Complete the Online survey. The link will go live on this weblink around the time the newsletter arrives in your home. https://www.edmonton.ca/projects_plans/transit/bus-network-redesign-first-km-last-km-study.aspx

- Provide your input regarding the proposed changes. Use the comment box to voice your thoughts and suggestions. Although the redesign doesn't work well for my family who regularly travels to the LRT, it may be great for yours. Let the city know what will work best for you.

- **October 2019** — "What we Heard Report" available to communities

- **November 2019** — Alternative transit recommendations, including your feedback, presented to City Council.

- **Summer 2020** — Alternative transit option implementation, if approved by City Council.

Call 311 or Go to the web page below to view more information on the Proposed Transit Redesign.
https://www.edmonton.ca/projects_plans/transit/bus-network-redesign-maps-routes.aspx

Speak up. Whether you use the #4 now or have used it in the past, or if your children planned to use it in the coming years to get to school or university, let the city know how the proposed changes will impact Rio residents like you!

Dana Glassford

Age Friendly Edmonton

Age Friendly Edmonton™ is an initiative to build a city that values, respects and actively supports the well-being of seniors.

An age friendly city is an inclusive place where age is not a barrier to access services, programs, businesses or facilities. Creating an age friendly city helps us all.

Co-led by the City of Edmonton and the Edmonton Seniors Coordinating Council, Age Friendly Edmonton™ is a partnership of organizations committed to local action.

To achieve our vision that "Edmonton is a community that values, respects and actively supports the safety, diversity and wellbeing of seniors", we strive for impact in the following areas:

- Seniors are engaged, participating, and contributing to their communities
- Seniors are safe and well in their home and communities
- Seniors have access to the programs, services, and resources they need
- Seniors are respected and included

A few resources and documents you can check out are the following:

City of Edmonton Access Design Guide:
https://www.edmonton.ca/city_government/documents/PDF/AFE-AccessDesignGuide.pdf

Age Friendly Storybook (the initiative's annual report):
https://www.edmonton.ca/city_government/documents/PDF/AFE-Storybook.pdf

Public Engagement Opportunities:
https://www.edmonton.ca/city_government/initiatives_innovation/age_friendly/advancing-age-friendly-edmonton-public-engagement.aspx

They also have a newsletter you can subscribe to:
https://www.edmonton.ca/city_government/initiatives_innovation/age-friendly-edmonton.aspx

Rio History Column

Do you have any stories, photographs, and interesting pieces of information that you can share to our neighbourhood? Send them to the newsletter team! We would like to have a regular column moving forward that can help preserve and spread awareness, for the benefit of long-time residents and those who have recently moved to the incredible neighbourhoods of Rio Terrace, Patricia Heights, and Quesnel Heights. Please send your contributions to: Rtcl.newsletter@gmail.com

Check out our latest contribution from Rod Buchko:

Dear Newsletter Editor,

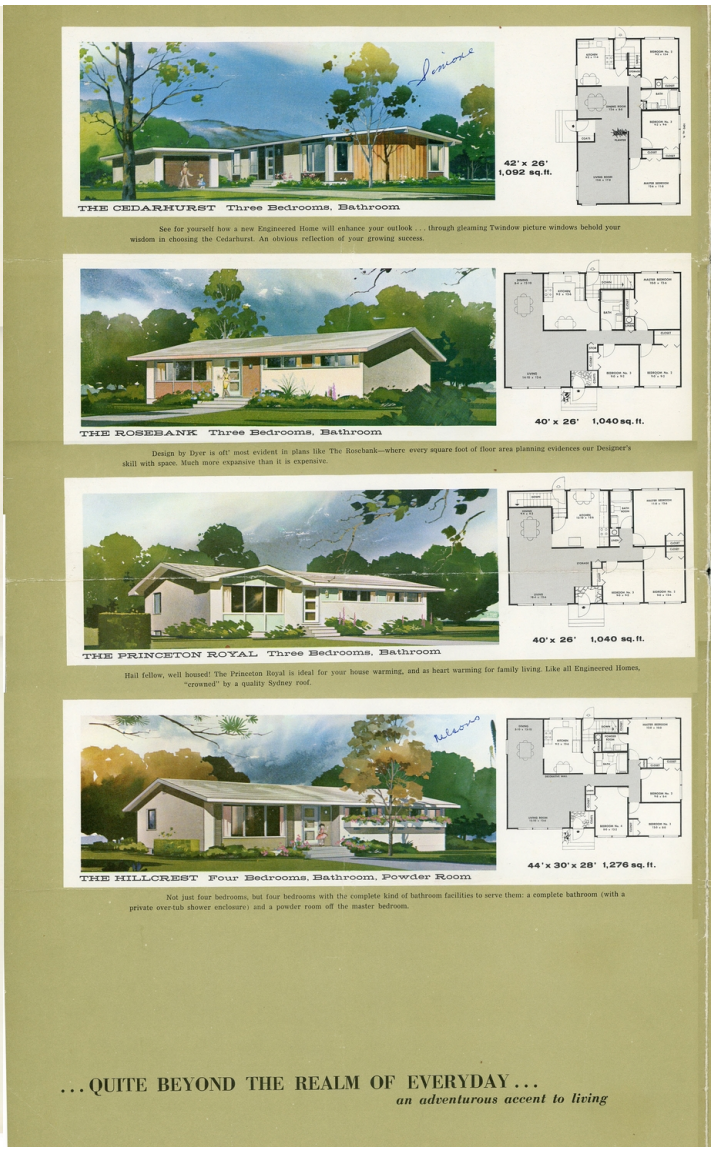
My neighbour at 7310 154A ST NW here in Rio Terrace , Pat Reimer, recently showed me a brochure he has that his grandmother received when she originally purchased the house. The original size of the brochure is about 34" x 19" which I've scanned in 6 parts then re-assembled. After seeing those two old street views of the community in your recent newsletter we thought this brochure might be of editorial interest.

A few of your favorite things: a lustrous Arborite vanity; expansive grooming mirrors; a shower enclosure of sliding glass doors; gleaming appointments by American-Standard . . . each a reflection of the quality that is so apparent in every room.

So typical of Engineered Homes to make the most-used room in your home the most convenient ever! General Electric's one-piece "Mark 27" range is built right into your cupboard walls by Youngstown. Remote control range panel makes this literally a control centre kitchen—an immaculately happy haven!

Obvious, illuminating distinctions in interior appointments everywhere you look. Take this setting for (a beautiful) example: a sweep of luxurious broadloom touches the threshold of a masonry wall; before it stands an attractive planter, enlightened by a tri-lamp cluster of studio lights . . . and interiors come alive.

Closets are high, wide, and handsome . . . metal folding panels reach from floor to ceiling—open to disclose the kind of light and airy clothes closets you've long wanted.



42' x 26'
1,092 sq.ft.

THE CEDARHURST Three Bedrooms, Bathroom

See for yourself how a new Engineered Home will enhance your outlook . . . through gleaming Twindow picture windows behold your wisdom in choosing the Cedarhurst. An obvious reflection of your growing success.

40' x 26' 1,040 sq.ft.

THE ROSEBANK Three Bedrooms, Bathroom

Design by Dyer is oft' most evident in plans like The Rosebank—where every square foot of floor area planning evidences our Designer's skill with space. Much more expansive than it is expensive.

40' x 26' 1,040 sq.ft.

THE PRINCETON ROYAL Three Bedrooms, Bathroom

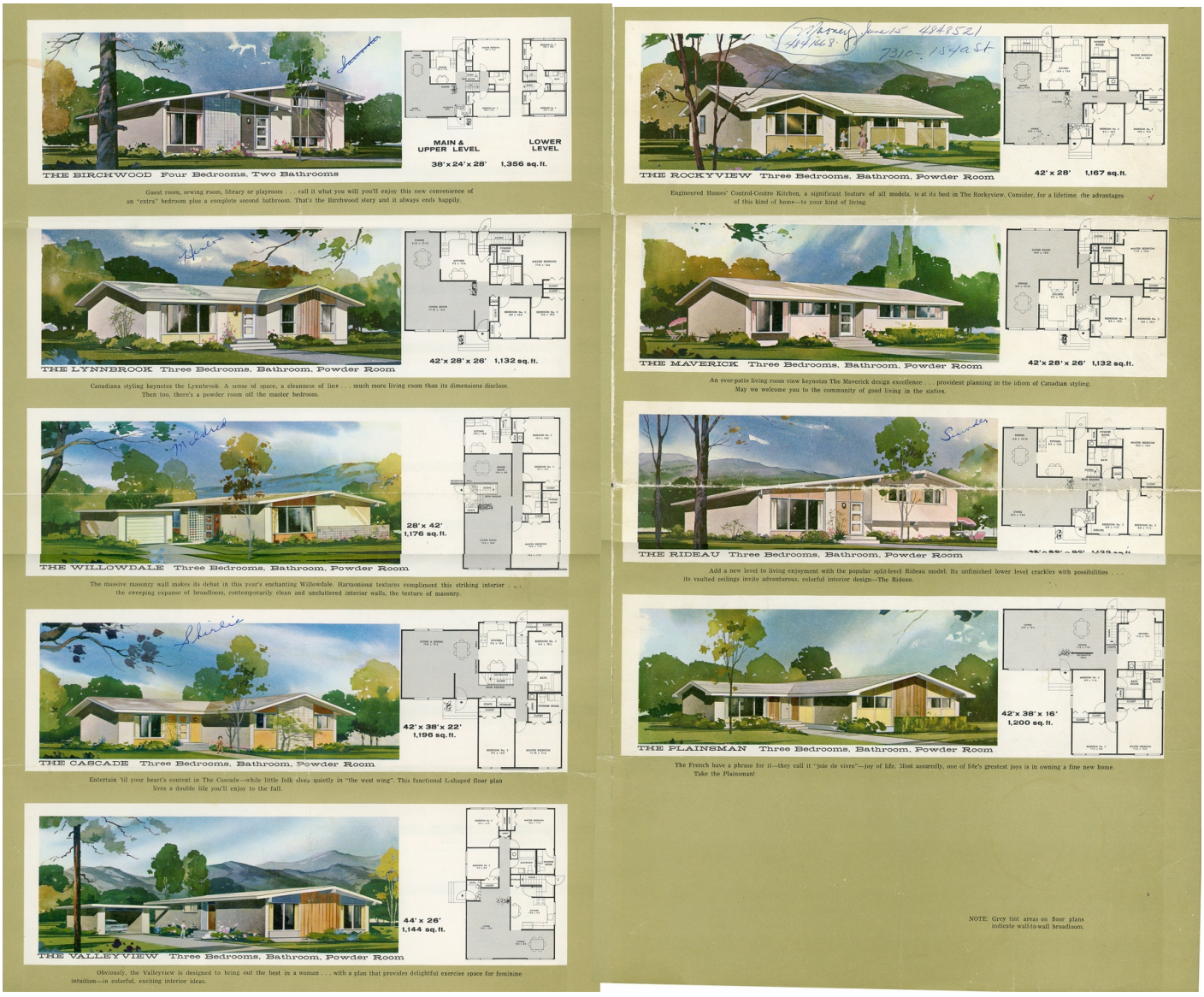
Hail fellow, well housed! The Princeton Royal is ideal for your house warming, and as heart warming for family living. Like all Engineered Homes, "crowned" by a quality Sydney roof.

44' x 30' x 28' 1,276 sq.ft.

THE HILLCREST Four Bedrooms, Bathroom, Powder Room

Not just four bedrooms, but four bedrooms with the complete kind of bathroom facilities to serve them: a complete bathroom (with a private over-tub shower enclosure) and a powder room off the master bedroom.

. . . QUITE BEYOND THE REALM OF EVERYDAY . . .
an adventurous accent to living



THE BIRCHWOOD Four Bedrooms, Two Bathrooms

MAIN & UPPER LEVEL 38' x 24' x 28'

LOWER LEVEL 1,356 sq. ft.

Guest room, sewing room, library or playroom . . . call it what you will you'll enjoy this new convenience of an "extra" bedroom plus a complete second bathroom. That's the Birchwood story and it always ends happily.

THE LYNNBROOK Three Bedrooms, Bathroom, Powder Room

42' x 28' x 26' 1,132 sq. ft.

Canadiana styling keynotes the Lynnbrook. A sense of space, a cleanness of line . . . much more living room than its dimensions disclose. Then too, there's a powder room off the master bedroom.

THE WILLOWDALE Three Bedrooms, Bathroom, Powder Room

28' x 42' 1,176 sq. ft.

The massive masonry wall makes its debut in this year's enchanting Willowdale. Harmonious textures compliment this striking interior . . . the sweeping expanse of broadloom, contemporarily clean and uncluttered interior walls, the texture of masonry.

THE CASCADE Three Bedrooms, Bathroom, Powder Room

42' x 38' x 22' 1,196 sq. ft.

Entertain 'til your heart's content in The Cascade—while little folk sleep quietly in "the west wing". This functional L-shaped floor plan lives a double life you'll enjoy to the full.

THE VALLEYVIEW Three Bedrooms, Bathroom, Powder Room

44' x 26' 1,144 sq. ft.

Obviously, the Valleyview is designed to bring out the best in a woman . . . with a plan that provides delightful exercise space for feminine intuition—in colorful, exciting interior ideas.

THE ROCKYVIEW Three Bedrooms, Bathroom, Powder Room

42' x 28' 1,167 sq. ft.

Engineered Homes' Control-Centre Kitchen, a significant feature of all models, is at its best in The Rockyview. Consider, for a lifetime, the advantages of this kind of home—to your kind of living.

THE MAVERICK Three Bedrooms, Bathroom, Powder Room

42' x 28' x 26' 1,132 sq. ft.

An over-patio living room view keynotes The Maverick design excellence . . . provident planning in the idiom of Canadian styling. May we welcome you to the community of good living in the sixties.

THE RIDEAU Three Bedrooms, Bathroom, Powder Room

Add a new level to living enjoyment with the popular split-level Rideau model. Its unfinished lower level crackles with possibilities . . . its vaulted ceilings invite adventurous, colorful interior design—The Rideau.

THE PLAINSMAN Three Bedrooms, Bathroom, Powder Room

42' x 38' x 16' 1,200 sq. ft.

The French have a phrase for it—they call it "joie de vivre"—joy of life. Most assuredly, one of life's greatest joys is in owning a fine new home. Take the Plainsman!

NOTE: Grey tint areas on floor plans indicate wall-to-wall broadloom.

2019 Outdoor Soccer Season – A Great Success

The Rio Terrace community soccer program had 10 teams (roughly 160 players) compete in the age groups U9 through U19, 4 teams (44 players) 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 a large community in the west end in terms of team and player numbers for the 2019 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. Again, 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 4 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.

The U4/U5 program had another strong year as we introduced soccer drills, fun and games to the newest soccer players in our community. The focus of this program was to have the players be active while learning and completing various drills and fun games each evening. This program places less focus on actual soccer games between teams and more emphasis on having the players be active and learn new soccer based skills. Sometimes it seemed chaotic as we tried get and keep the players attention, but I know the players learned a lot of new skills and had fun doing so. And of course many of the players combined their soccer outing with some play at the Rio Terrace School playground after their soccer!

A big extra 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! Many of the players at the age benefit from having their parents accompany them on the field and participating in the activities.

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

Perry Wynn
Rio Terrace Soccer Director

Player Registration for Community Soccer for the Indoor Season is Currently Underway!!

The 2019 -2020 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 registration process for community soccer requires using the on-line EMSA soccer portal (emsasoccerportal.com) website and requires payment to be made either on-line at the time of player registration or shortly thereafter through making payment at the EMSA West soccer office. The community soccer program provides about 5 months of soccer activity from October through early March to children aged 4 through 18. 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

Step 2 - Ensure that you have or obtain a valid (current cards will start with 19-XXXXX) 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 Circle K Store (7636 – 156 St NW) or online at 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 using the EMSA soccer portal (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.

S**tep 4** – Pay the EMSAWEST registration fee for Indoor soccer either on-line at time of player registration or in-person to the EMSAWEST office (15430 – 93 Ave NW). Please check on the www.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 fee 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, 2020) of $45 for U9 through U13 and $90 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.

YOGA 101

YOGA is relatively new to the west but it is an ancient science that benefits body, mind and spirit. There are many elements to yoga but here in the west we tend to focus on asanas or the postures of the physical body. These postures are intended to prepare the body to sit for meditation. Meditation is intended to calm the mind so that eventually we can feel our interconnection to all that is. Yoga means union.

The benefits of yoga to the physical body are many. Yoga helps balance the central nervous system, is very good for all the organs in the abdominal cavity, and keeps our muscles, bones and joints healthy. The great thing about yoga is that we can do it well into our 90s! This is because yoga is intended to be a personal practice where we each work to our own ability. It isn't competitive and this makes it the perfect accompaniment to aging. Sukha Stira-comfortable stable, that is the golden rule! Like my master teacher Friedel Khattab always said, "if you hurt yourself in yoga, don't blame yoga blame your ego".

Yoga also helps manage stress. In this modern society we are constantly under stress, even if it is very subtle. Yoga and meditation benefits high blood pressure and reduces anxiety. Yoga helps quiet the mind so that we are less reactive to the world around us. Instead, we are able to respond skillfully to whatever life presents to us.

Here's something you can try at home. BANZAI BREATH: Stand in Mountain Pose; this means with your feet parallel and about hip-width apart. Check that your spine is straight and let your arms relax down by your sides. Observe your breathing for a moment, then as you inhale, slowly raise your left arm up in front of you and gently take it back just about an inch. It's a small movement. As you exhale, release your arm back down by your side. Inhaling slowly, raise your right arm up in front of you until it reaches toward the sky. Then gently take it back to a comfortable position, exhaling as you release your arm. Continue this for five or six breaths, limbering up the shoulders and upper back and oxygenating your body as you breathe fully and deeply. When you finish, close your eyes, breathe easy and observe how you feel.

Of course, SHAVASANA is everyone's favorite. Lie comfortably on the floor on your back, with your feet about 20 inches apart and palms face up by your sides. Just allow your body to sink into the floor. Allow all the parts of your body to relax, close your eyes and simply observe your breathing just as it is. Continue to observe your body relaxing, and be aware of your breathing without forcing it. Relax here for as long as you wish! Shavasana sounds easy, but it is requires that we allow the body to be still and the mind to settle down. Neither of these is very easy for most of us. So we practice.

There are many styles of yoga today like Traditional, Bikram, Ashtanga, Moksha (they are all forms Hatha) so there is something for everyone. Yoga increases flexibility in body and mind so find the style that's right for you and enjoy all the benefits of this ancient practise!

Karen Hamdon

Karen is a senior teacher with the Yoga Association of Alberta. She has been practising yoga for over three decades and has been teaching for 18 years. She offers yoga/meditation classes at Rio Hall from September to June on Monday and Tuesday nights, and Thursday mornings. All levels are welcome!

www.consciousyoga.org

Edmonton Junior Tennis Society Fall Registration

EJTS is a non-profit society which is focused on introducing tennis to kids as a fun and invigorating sport which can be enjoyed by players of all ages. We are affiliated with Tennis Canada and the Tennis Alberta Association. Our coaches are Tennis Professional Association of Canada-certified instructors who are committed to Tennis Canada's quality standards, working on skills development while emphasizing that tennis is most of all fun.

This fall indoor programs are offered at six locations across the city: Terwillegar Rec Centre, Meadows Rec Centre, Kinsmen Sports Centre, St. Thomas More School, Calder School, and Ecole Pere Lacombe School.

For more information about registration please visit our website www.edmontonjuniortennis.com, call 780-504-2661, or e-mail administrator@edmontonjuniortennis.com

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 is your favourite summer memory so far?

PARC FUNDRAISER
BIG BIN EVENT
& BOTTLE DRIVE
Drop off your bottles for recycling in the
Rio Terrace School North Parking Lot
SEPT 21
9 AM - 4 PM
PLEASE NOTE:
We cannot accept Hazardous Household Waste, Chemicals, Paint, Car Tires, Large Appliances, Batteries, &/or Electronics (i.e. PCs, Laptops, Tablets, Cell Phones, Monitora, Printers, TVs, etc.). These items should be taken to an ECO Station for Disposal.
LINE UP EARLY
TO DROP OFF YOUR JUNK AT
RIO TERRACE COMMUNITY HALL
15504 - 76 AVENUE NW
MEMEBERSHIPS AVAILABLE FOR PURCHASE
*Rio Terrace Community League Membership is Required
Proceeds raised will go to support the redevelopment of the Rio Terrace School playground
@rioterracecl
www.rioterrace.ca
Made with PosterMyWall.com

Rio Terrace Community League
INVITES YOU TO JOIN US FOR ANOTHER EPIC
4 PM
SUM MER
party
24 AUG
STAY ALL DAY
LIVE MUSIC
BEER GARDENS
FOOD & FUN
FAMILY FRIENDLY
MOVIE @ DUSK
GIANT PRIZE WHEEL
ALL PROCEEDS WILL SUPPORT
PARC
Play Area Redevelopment Committee (PARC) for Rio Terrace School
15504 -76 Avenue NW
@rioterracecl
www.rioterrace.ca
Made with PosterMyWall.com

YOUR FRIENDLY NEIGHBOURHOOD REALTORS FELICIA DEAN
AND JES OSMOND INVITE YOU TO ATTEND THE ANNUAL
PIE
IN THE
PARK
SATURDAY OCTOBER 12
2:00 - 4:00 PM
Free Pie
Whipped Cream
Hot Chocolate
Rio Terrace Park Gazebo
15504 -76 Avenue
Everyone Welcome!

River Valley News

New northeast river valley trail

The newest section of trail built by the River Valley Alliance begins near a gorgeous lookout at the east end of 153 Avenue NW. Parking is available, bikes allowed, dogs permitted on leash and the 5.5 km trail's difficulty is considered easy because of its gentle inclines and wide paved path.

The latest addition to our river valley trail system offers a peaceful walk or bike ride far away from the hustle of the city. From the lookout, you can choose to take the stairs down, or if on a bike follow the trail left for the switchback version.

Much of the trail runs right along the riverside for up-close views of the North Saskatchewan. There are plenty of benches along the way to stop and enjoy the views, but note there are no public washrooms on the trail. Learn more at https://rivervalley.ab.ca/news/trailtrek-how-to-east-end-trails/

Elk on the run in Edmonton and River Valley

A bull elk was spotted last Thursday night, ambling through the Highlands neighbourhood. According to a provincial Fish and Wildlife officer the elk had come a long way through the city, coming in through the northeast on railroad tracks.

Paul Tustin said the Wildlife officer told him "They had been chasing it from the north to south for a while to get it to a place where they could dart it. They were pretty happy to see it go down into the golf course." The wapiti trotted along 112th Avenue near 67th Street before it ran into the river valley down the slope toward the Highlands Golf Course, where it interrupted at least one foursome's game before disappearing into the bush. Read more at https://www.cbc.ca/news/canada/edmonton/elk-sighting-edmonton-highlands-1.5217622

Galactic Garden Get-Down and Jamboree

Lady Flower Gardens in Edmonton's northeast river valley is hosting a fundraiser celebration of the land, conscious agriculture, and community on Saturday, August 24th from 5 to 11 pm. All proceeds and donations received will be planted right back into the garden and the cost of its mindful sustainability. Come celebrate and help ensure its sustainability for future generations.

The event will include fun, family-friendly activities like horse and wagon rides, apple bobbing, campfire jams, marshmallow roasting, a round dance, night time star gazing with sky expert Brian Martin, and a meal prepared with fresh garden ingredients, so come hungry! Tickets and more info at https://www.eventbrite.com/e/galactic-garden-get-down-and-jamboree-tickets-64471259272

Share your river valley event, job opening, news or story

If you have a river valley event, job opening, news item or story that you would like to see published in this newsletter, please send an email to nsrivervalley@gmail.com

Sincerely yours,

Harvey Voogd
North Saskatchewan River Valley
Conservation Society
780.691.1712
nsrivervalley@gmail.com
https://www.facebook.com/NSRVCS/
http://www.edmontonrivervalley.org/

Self-care

Self-care is traditionally thought of as getting a good night's rest, eating a balanced diet, and engaging in regular physical activity. Self-care can also be presumed to be as simple as taking care of one's hygiene. For example; having a daily shower, flossing your teeth, or applying sunscreen on hot summer days. Another assumption is that it is something you only do for yourself in times of heightened stress or experiencing other uncomfortable emotions. Although these are certainly components of self-care, self-care can be so much broader than just these factors and is something to do on a regular basis, even in good times. Self-care is utilizing skills and strategies to maintain optimal wellness in many dimensions of life, including emotional, intellectual, physical, social, occupational, and spiritual wellbeing. These dimensions are all interconnected, meaning if health is increased in one dimension it will influence other areas. Conversely, decreased health in one area can also negatively affect other dimensions. Reaching optimal health is an ongoing process of self-awareness, self-reflection, and implementation of a self-care plan.

To start taking care of yourself more fully, it is important to become aware of what is going on for yourself and what needs to change. Take an inventory of your life: what areas are going well and what areas can use improvement. Then start to reflect on what you need to do to, how you can make the change, and finally begin to make the changes needed to live a life of enhanced wellness.

When choosing what skills and strategies to use for self-care and to strive for optimal health, it is important to ensure the activities are something that truly restores your energy and that you like doing them. Self-care is not a check list item that you force yourself to do, but it is something that is effortless to incorporate in your daily life. This can include the basic ideas above but can also include engagement in interesting activities, having close relationships and a sense of belonging, developing confidence through mastery whether it is in something you are already doing or learning a new hobby, setting and achieving goals for personal growth, finding meaning and purpose in life, sense of autonomy and control through setting boundaries in all domains of your life, and self-acceptance.

It may take a while to determine what skills, strategies, and activities are the most helpful, rejuvenating, and energizing for yourself but be intentional with what you are doing. If you try something and it doesn't seem to be helpful, then try something else until you find things that are truly the best for you. The list of options is endless. A simple google search of 'lists for self-care' comes up with over 200 activities and strategies, so there is something out there for you. In our busy, high demanding, lives it is critical to give yourself permission to put yourself first and to take care of yourself, as it is difficult to pour from an empty cup.

Kristina Ingram
MSW RSW #13800
Creating Solutions Inc.
204, 9509-156 Street NW
Edmonton, AB, T5P 4J5
P:780-414-0609 Ext: 403
www.creating-solutions.com

Generally Speaking: Key Three Digit Numbers to Remember for Help

There are many contact numbers that is useful to remember, as they can provide information and support not only for yourselves, but also for situations where you see someone in need. This is a handy list of 3-digit phone numbers and when is it the best time to call.

211 - When you see someone in distress, you can provide help by calling 211 and pressing 3. Doing so will dispatch what is called the 24/7 Crisis Diversion Team which is supported by an organization called REACH Edmonton. During extreme weather this can be particularly useful if you see a person in the streets that may be hurt or freezing but you are not 100% sure. Calling 211 first before 911 can help prevent the unnecessary use of emergency services. Another tip is when in doubt, call 211 first. If more immediate help is needed they will direct you to call 911. Examples are when a person is dressed inappropriately for the weather, a person is intoxicated or impaired, or a person in sleeping in a stairwell or unsafe place. This link can provide more information. https://reachedmonton.ca/public/Just-Call-211

311 - This provides citizens with the choice of accessing City of Edmonton information and services. You can do things such as asking for information on things such as transit, libraries or recreation facilities, for a program or service that the city provides, or registering a complaint under the city's bylaws. Non-English-speaking callers may request the assistance of an interpreter. The 311 agent will connect with an external interpretive service to assist with the call. The interpretive service offers assistance in more than 150 languages. More information, and also to use the service online, can be found on this link: https://www.edmonton.ca/programs_services/service-311-contact-centre.aspx

377 – This number is the Edmonton Police Non-Emergency Line. It is best to use this number to make a report for crimes such as thefts/mischiefs, assaults, breaks and enters, sexual assaults, frauds, suspicious persons or vehicles and complains about weapons and guns. There is also a mobile access by texting #377. This link can provide more detailed information.
www.edmontonpolice.ca/ContactEPS/EPSComplaintLine.aspx

811 – This is the number for Health Link if you have any medical concerns or need information. Callers can get 24-7 access and advice from a nurse. This can be handy when you are unsure whether going to a medical clinic or emergency room or staying at home to wait it out is the best approach. Additional information can also be provided such as finding the nearest clinic or program, advice on dementia-related issues, as well as where to access health care providers. More information is on their website www.albertahealthservices.ca/info/page12630.aspx

911 - Police encourage people to call 911 when someone is in a life-threatening situation or they witness a crime in progress. It is valuable to remember when to call 911 so that help can be provided immediately, while also keeping in mind that not all situations constitute an emergency.

Having this comprehensive list of easy to remember resources is something I feel that we are very lucky to have. Let's do our part in utilizing them and informing our fellow Edmontonians about them.

Giselle General

Online Continuing Care Facility Directory now live!

Albertans can now explore publicly funded continuing care facilities and learn more about them — online.

The new online continuing care facility directory has comprehensive information on all the province's 345 publicly funded continuing care facilities. This new online tool is designed to simplify the process of finding a care home when one is needed.

Directory information will be updated every six months. It includes but is not limited to:

- How to contact a case manager regarding assessment for Designated Supportive Living or Long Term Care.
- Facility address and contact information, as well as a map that can be used to locate nearby facilities
- Photos of the facility
- The number of spaces and level of service provided
- Link to accommodation charges
- Link to accommodation standards audit results
- Accreditation status of the facility
- Resident and family council status
- Health Quality Council of Alberta survey results (food rating and global overall care rating)
- Available amenities
- Transportation options

Find the online directory at ahs.ca/continuingcare

Rebecca Johnson
Alberta Health Services

Bike Parade

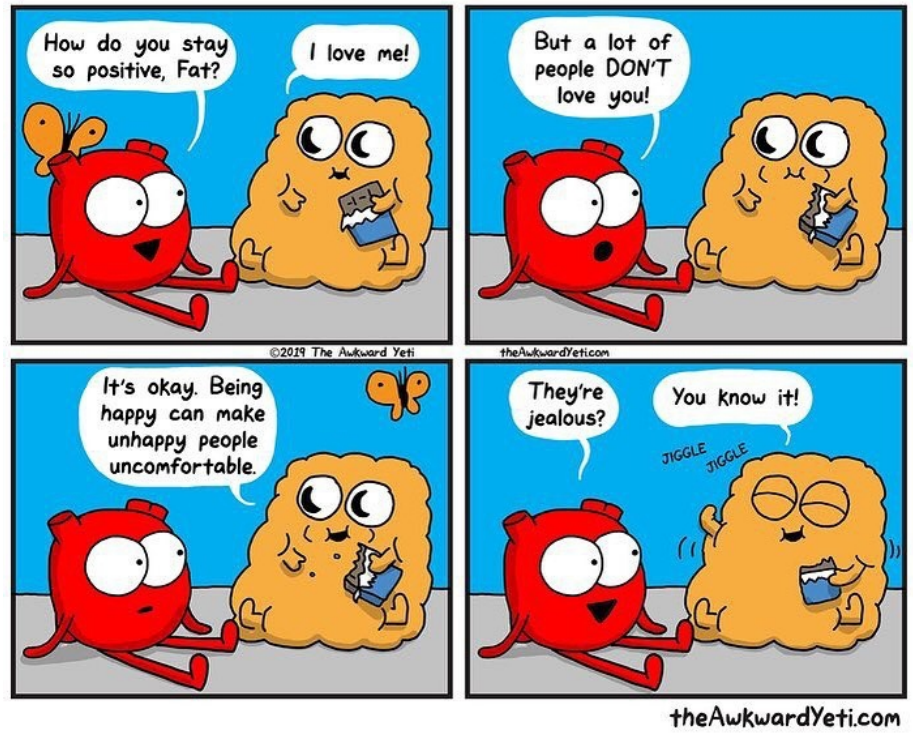
On June 30th, at the Gazebo in Rio Terrace Park, community members gathered for our annual bike parade and to celebrate Canada's 152st birthday. The turnout was great with many families attending the children and adults enjoyed decorating their bikes.

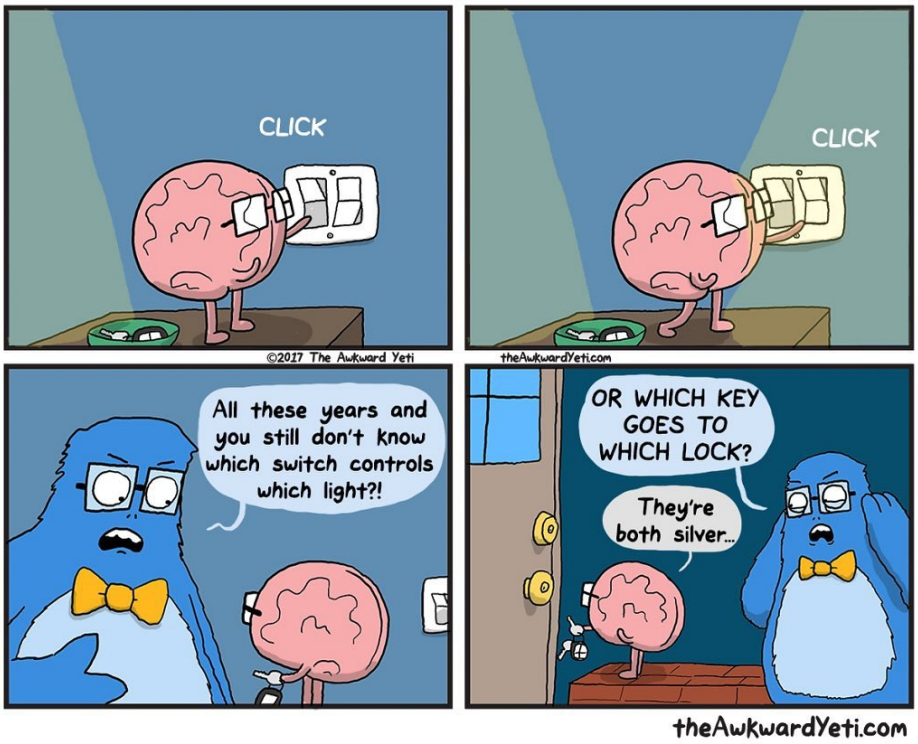
The parade was led by Community League Social Director Stephen Deck and wound its way through the neighborhood before returning back to Rio Terrace Park for some food and cake. Special thanks to Felcia Dean and Jen Osmond for generously donating to support the food and cake for the event. We also had a popcorn and slushies donated by our amazing Hall Rental Coordinator, Carrie Anne Doucette!

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!

Giselle General

Comics


How do you stay so positive, Fat?
I love me!
But a lot of people DON'T love you!
©2019 The Awkward Yeti
theAwkwardYeti.com
It's okay. Being happy can make unhappy people uncomfortable.
They're jealous?
You know it!
JIGGLE
JIGGLE
theAwkwardYeti.com


CLICK
CLICK
©2017 The Awkward Yeti
theAwkwardYeti.com
All these years and you still don't know which switch controls which light?!
OR WHICH KEY GOES TO WHICH LOCK?
They're both silver...
theAwkwardYeti.com

Upcoming Events in The Community

YEGO! LEGO Festival

August 17 – 18, 2019

Create, Compete, Participate, Inspire. Join us at Mill Woods Town Centre for a weekend of LEGO fun. All activities are FREE, so bring the whole family! This event is organized by A.I.M.B.O.T (Alberta Institute of Mentors and Builders of Tomorrow) which is a non-profit organizations that uses LEGO bricks to break down social barriers, engage, and support the builders of today!

Mill Woods Town Centre 2331 66 Street NW Edmonton
https://theaimbot.com/events/yego-edmontons-1-lego-festival-2/

Vikings, Beyond the Legend, Royal Alberta Museum Exhibit

April 18- October 20, 2019

Row a Viking ship, wield a sword and feed your curiosity for the explorers, traders, farmers and artisans who changed the course of history. Vikings: Beyond the Legend is the largest touring exhibition of Viking artifacts in the world. It's an immersive experience like no other with 650 artifacts that range from exotic jewels to three Viking warships, including the 37-metre Roskilde 6, the longest Viking warship ever found featuring original 1,000-year-old wooden planks. Striking multimedia shows and 11 interactive stations bring this historic exhibition to life. Don't miss the first feature exhibition at the new Royal Alberta Museum!

Royal Alberta Museum: 9810 103a Ave NW
https://royalalbertamuseum.ca/vikings

Water Lantern Festival

August 31, 2019 6:00 PM – 11:00 PM

The Water Lantern Festival is filled with fun, happiness, hope and good memories that you will cherish all your life. It's a family event that can be shared by everyone. Friends, families, neighbors and many others whom you have not met yet can come together to create a peaceful and memorable experience. As the sun begins to set on the evening sky, the Water Lantern Festival begins to shine with the launch of the lanterns on the water as we turn on the water together. Watch your unique lantern drift into the water as it joins other lanterns that bring hope, love, happiness, healing, peace and connection. It's a night you'll never forget.

Rundle Park, 2903 113 Ave NW Edmonton, AB T5W 0A2
https://www.eventbrite.com/e/water-lantern-festival-edmonton-ab-tickets-58672993503

Kaleido Family Arts Festival

September 13 – 15, 2019

Kaleido Family Arts Festival is held on historic Alberta Avenue (118 Ave between 90-94 Street). For two and a half days every September, Alberta Avenue comes alive as an environment of creative exploration and performances on rooftops, sides of buildings, back alleys, parks, old spaces and new spaces. Not only is it a wonder to behold, it is FREE! You have to see it to believe it!

118 Avenue NW, between 90 & 94 street, Edmonton, Alberta
http://www.kaleidofest.ca/

VegFest Edmonton 2019

September 14, 2019

VegFest Edmonton is the region's largest celebration of all things Veg. Our inaugural year, 2018, far surpassed our initial vision and expectations! Stay all day and enjoy live music, great people, a new Veggie-Kids Fun Zone and so much more! Sample some amazing food and even enjoy a vegan beer or other adult beverage. With great shopping and all day ac-

tivities to see and do you won't want to miss it!

Edmonton's Baseball Stadium (Remax Field) https://vegfestedmonton.ca/

Edmonton International Film Festival

September 26 to October 5, 2019

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/

Alberta Culture Days

September 27 – 29, 2019

Alberta Culture Days is an opportunity to discover, experience and celebrate arts and culture through local events and activities across the province. This three-day event, held during the last weekend of September, is part of National Culture Days. It includes more than 800 communities from coast to coast, to increase awareness, accessibility, participation and engagement of Canadians in the arts and cultural life of their communities. Various events and locations happening all over the city.

https://www.alberta.ca/alberta-culture-days.aspx

Edmonton Comedy Festival

October 16 – 19, 2019

Yuk it up during four days of funny at six diverse venues across the city during the Edmonton Comedy Festival. This festival showcases comics from Edmonton, and all across North America. Previous editions of the Edmonton Comedy Festival have featured Letter Kenny's Trevor K. Wilson, Not Skinny Not Blonde's Monique Marvez, That's So Raven's Rondell Sheridan, The Debator's Steve Patterson and Last Comic Standing's Louis Ramey.

Various locations in Edmonton
www.atbcomedy.com

LitFest

October 17-27, 2019

Litfest is a festival and movable feast. You don't just sit around and read books (although you do that too). LitFest is the place where nonfiction content comes to life. Avid readers are given the chance to explore a wide variety of nonfiction in a multitude of formats through a series of events, chic gatherings and gourmet experiences. The 11-day festival connects nonfiction fans with the authors and writers, guiding conversations that matter from climate change and politics to social issues and even the ever-changing trends in cuisine. Don't miss this exclusive opportunity for you to interact with some of the best-selling, award-winning and emerging authors of books, magazines and films!

Various locations in Edmonton
https://litfestalberta.org/

Rio Terrace Church

15108 76 Ave NW | Rio Terrace
(780) 487-0211 | Church@RioTerraceChurch.org

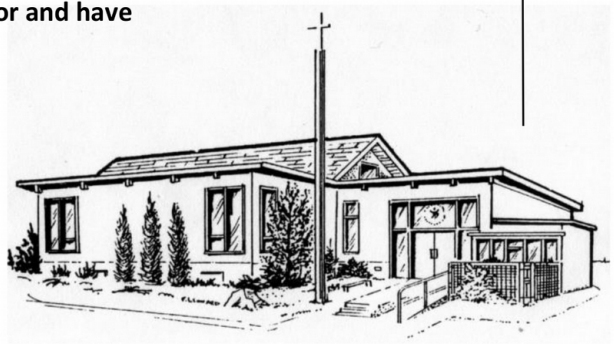
Rio Terrace Church is a neighbourhood-oriented congregation within the Moravian tradition. Moravians have been following in Jesus' way of peacemaking, loving neighbours, and doing justice since the 1400s, and have been ministering in Edmonton since the 1880s. **Our mission** is to be a community of people on a spiritual journey, so we seek to affirm a diversity of backgrounds, including LGBT+ people and their families.

Our congregation is made of people with many different beliefs and expectations as to the purpose of a Church. Many of our members participate in the Sunday morning service, and many participate in other ways – whether through service projects, learning opportunities, and small groups. If you are spiritually curious, you will enjoy what we do – and if you have ideas for ways that we can be helpful in the neighbourhood, we hope you will speak with our pastor – Rev. James Lavoy.

In 2018, Rio Terrace Church became a signatory to the Earth Charter, which is a document that affirms the importance of ecological integrity and social and economic justice for a thriving and healthy world. As a result of this, we are building a **"Wild Church"**, which is a congregation that meets outdoors, uses contemplative practice, eco-metaphor, and works to better steward our planet. If you are interested in learning more about this, or joining our mailing list, please visit us at RioTerraceChurch.org.

This Fall, we invite you to look forward to our "Made in Alberta Potluck", our continuing fundraising for Food4Good, a new Sunday morning book+theology discussion group, a Tuesday evening meditation circle, and our Thanksgiving special offering.

In the meantime you are always welcome to join us on a Sunday morning at 10:30 am. Children's "Waffle Church" begins at 10 am, and includes a relevant lesson and craft.

THANK YOU to all those who have volunteered for and have eaten at our Ice Cream Stand. A portion of sales this summer will be donated to Food4Good, a fresh-produce food bank in West Edmonton.

We are open Sunday – Thursday, 3:30 to 8:30.