

## February 2020 Issue

### Tipi Teachings Series, Tipi Building & Teaching and Mini Tipi Making

Rio Terrace Community Hall

*Saturday, April 4, 2020, 10:00 AM – 1:00 PM*

Join us for a workshop and learn about the tipi. Weather permitting, we'll explore the tipi that will be set up by the community league hall and have other activities. Activities are suitable for children ages 7 and up.

- Page 25 for more information

### Tipi Teachings Series, Talking Stick Making & Circle Teachings

Rio Terrace Community Hall

*Saturday, April 11, 2020, 10:00 AM – 1:00 PM*

Join us for a workshop and learn about the talking piece used by First Nations, craft one of your own, and appreciate the value of listening. Activities are suitable for children ages 7 and up.

- Page 25 for more information

### Tipi Teachings Series, How Community Leagues and Include Indigenous Neighbours Workshop

Rio Terrace Community Hall

*Saturday April 25, 2020, 10:00 AM – 1:00 PM*

Join us and the Edmonton Federation of Community Leagues for a meaningful discussion on how to ensure our indigenous neighbours feel connected and belonging in our neighbourhoods.

- Page 25 for more information



## Table of Contents

Publication Info.....	2
Contact Information.....	2
Rio Terrace Community League Membership.....	3
Recent Events Recap.....	3
Let's Spring up Little Free Libraries in the Community .....	5
Uncle Glenn's Pub Night.....	5
Outdoor Community Soccer Registration.....	7
River Valley News.....	9
The Most Popular Girl in Town.....	12
What's in a Name?.....	14
Original Mortgage.....	14
Some Rio Terrace History and a December Surprise .....	15
Edmonton Junior Tennis Society.....	17
Rio Terrace Community Preschool.....	17
Home Alone Safety Course - for kids age 9+.....	18
Generally Speaking- Bare Pavement Standard for Snow Clearing.....	19
Advance care planning helps you document your healthcare wishes.....	20
Making positive steps toward your health goals.....	20
Supporting a friend with mental health issues.....	21
COMICS!.....	23
Eat.....	24
Breathe.....	24
Rio Gardens.....	26
Maze!.....	27

### Connect with us!

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

**Twitter:** @RioTerrace

**Facebook:** RioTerraceCommunityLeague

**Neighbourhood:** Wave Hello!

# Community Matters



## Publication Info

### Published in:

February / May  
August / November  
copyright © 2020 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](http://www.rioterrace.ca)

A member of the Edmonton  
Federation of Community Leagues  
[www.efcl.org](http://www.efcl.org)

Proud to be part of one of the best  
cities anywhere! [www.edmonton.ca](http://www.edmonton.ca)

### Next Issue:

May 2020

### Submission Deadline:

April 24, 2020

## Contact Information

### President

Lance Burns  
[Rtcl.president@gmail.com](mailto:Rtcl.president@gmail.com)

### Past President

Tony Andrzejewski

### Vice President

Giselle General  
[Rtcl.vicepresident@gmail.com](mailto:Rtcl.vicepresident@gmail.com)

### Secretary

Emma Woolner  
[enewman@ualberta.ca](mailto:enewman@ualberta.ca)

### Treasurer

Brandon Blanck  
[Rtcl.treasurer@gmail.com](mailto:Rtcl.treasurer@gmail.com)

### Social Director

Stephen Deck  
[Rtcl.social@gmail.com](mailto:Rtcl.social@gmail.com)

### Programs Director

Alex Stefanov  
[Rtcl.programs@gmail.com](mailto:Rtcl.programs@gmail.com)

### Soccer Director

Perry Wynn  
[rtcl.soccer@gmail.com](mailto:rtcl.soccer@gmail.com)

### Membership Director

Auriana Burns  
[Rtcl.membership@gmail.com](mailto:Rtcl.membership@gmail.com)

### Hall Rental Director

Carrie Anne Doucette  
[Rtcl.hallrental@gmail.com](mailto:Rtcl.hallrental@gmail.com)

### Maintenance Director

Could be you!!!  
[Rtcl.maintenance@gmail.com](mailto:Rtcl.maintenance@gmail.com)

### Newsletter Creation Team

Giselle General & Corey Grajkowski  
[Rtcl.newsletter@gmail.com](mailto:Rtcl.newsletter@gmail.com)

### Newsletter Circulation

Tami Hoepfner  
[thewellnessclinic@gmail.com](mailto:thewellnessclinic@gmail.com)

### Preschool

Auriana Burns  
[Rtcl.preschool@gmail.com](mailto:Rtcl.preschool@gmail.com)

### Signs

Stephen Deck  
[Rtcl.signs@gmail.com](mailto:Rtcl.signs@gmail.com)

### Director at Large

Jen Osmond  
[jenosmond@remax.net](mailto:jenosmond@remax.net)

### Director at Large

James Lavoy  
[jlavoy@gmail.com](mailto:jlavoy@gmail.com)

### Director at Large

Rachelle Roberts  
[Rachelle.roberts@ualberta.net](mailto:Rachelle.roberts@ualberta.net)

### Director at Large

Gary Burton  
[Middlekeith@gmail.com](mailto:Middlekeith@gmail.com)

### Director at Large

Elise Dasko

### Director at Large

Kristin Bauer

# Community Matters

## 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 Circle K Store, Cheque Only.
- Community Social Events, cash, cheque or credit card.
- Online at [www.efcl.org](http://www.efcl.org) , Visa or Master Card only.

### Cost:

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

### Benefits:

- Free Access to all community skating rinks.
- Facility rental discounts (25% off hall).
- Free swim every 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](http://www.efcl.org)

## Recent Events Recap

The community league had several events over the last few months of 2019 and they were incredible!

The Rio Terrace Preschool had their Hollywood themed silent auction fundraiser last November.

Adventsbassar also took place and the organizers were thrilled about how beautiful decorated the hall was for Christmas. There were local vendors selling various products and the kids that were enthusiastically selling crafts at their own vendor tables.

Breakfast with Santa took place last December with a large turnout. Mr. and Mrs. Santa came to visit, and everyone was serenaded with lovely Christmas carols while enjoying breakfast of pancakes and sausages.

Illuminight was also a great success, and it is a treasured annual tradition in our community in December, hosted by the Moravian Church as a fundraiser for the Jasper Place Wellness Centre.

Thank you to everyone who attended the events and to all the hardworking organizers, volunteers, and participants who made the events a great success.

We look forward to seeing you in future events. And if you have an idea for a community event or activity to bring our neighbourhood together, don't hesitate to reach out to your community league board as we might be able to help make it a reality.

# Community Matters



Simply  ORTHODONTICS  
...Beautifully different



Bringing smiles to life

Your Community  
Orthodontist

Specialist smile care for  
youth, teens and adults

780-756-7600

Stony Plain Rd & 150 St

SimplyOrtho.ca



**FELICIA DEAN & JEN OSMOND**

REAL ESTATE

**RE/MAX**  
EXCELLENCE

AS ALWAYS WE ARE RIGHT HERE  
IN THE COMMUNITY...HAPPY TO HELP WITH  
REAL ESTATE ADVICE, PURCHASING A NEW  
HOME AND/OR MARKET EVALUATIONS  
OF YOUR CURRENT HOME.

PROUD RIO TERRACE RESIDENTS!!

CALL FELICIA OR JEN DIRECT AT  
780.289.6670 OR 780.289.6671

*Personal Passionate Proven*

[www.deanandosmond.com](http://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.\*\*





# Community Matters

## Let's Spring up Little Free Libraries in the Community



Little Free Libraries are a way to exchange books with your community. It's a great way to meet people who live in your area. Little Free Libraries help to build community spirit. A Little Free Library is a box where books are protected from the weather. Many look like birdhouses perched on a pole, but I have seen quite a variety of styles hunting for them all over Edmonton. You can build a Little Free Library or you can purchase a kit from the [LittleFreeLibrary.org](http://LittleFreeLibrary.org), a non-profit organization that serves as a network connecting Little Free Libraries around the world.

My project over the past year has been to visit as many Free Little Libraries in Edmonton as I can. I found many by looking at the map at [www.littlefreelibrary.org](http://www.littlefreelibrary.org). I also found many simply by exploring different neighbourhoods in Edmonton. Now I am contacting different community leagues to get information about any Little Free Library I haven't found yet. I now have a few books in my car whenever I go out on errands in case I drive past one. That way, I have a book to leave behind and I get to choose another book to read. Some books I have read are old classics while others are current

bestsellers. You never know what you will find in a Little Free Library!

I would love to see every community league in Edmonton have at least one Little Free Library. Who wants to be the one that starts the Rio Terrace's Little Free Libraries? You can find more information by watching two very short videos:

- <https://littlefreelibrary.org/start/> (30 seconds)
- <https://vimeo.com/72957294> (2.5 minutes).

Martha Urquhart

## Uncle Glenn's Pub Night



What a fun night! It was so great to catch up and see so many familiar faces! There wasn't a empty seat in the house! The only thing that could have made it better would have been the Oilers beating the Flames in the battle of Alberta! Chris Gowen the magician was incredible, the pizza was delicious and the company was second to none! Thank you everyone that came and made the evening amazing! Stay tuned for our next Pub Night coming this Spring!

Felicia and Jen

# Community Matters



## RIO YOGA

**Increase Flexibility and Relaxation**



**April 13-June 5, 2020**

**Monday & Tuesday 7:00-8:00 p.m.**

**Thursday 9:00 – 10:00 a.m.**

**Bring a blanket and a mat. All levels welcome!**

**To register email Karen Hamdon SYT FK/YAA khamdon@shaw.ca**

**[www.consciousyoga.org](http://www.consciousyoga.org)**



**OUR LADY OF VICTORIES**  
Catholic Elementary School

**NOW ACCEPTING REGISTRATIONS**  
for 100 Voices (Pre-Kindergarten),  
Kindergarten, Grades 1-6

**SCHOOL HIGHLIGHTS:**

- 21<sup>st</sup> Century Learning
- School-wide Focus on Literacy and Numeracy
- Reggio Learning Philosophy in Early Learning
- NO LUNCH FEES
- Busing Available
- Daycare, Before and After School Care available

Serving the Communities of Lynnwood, Patricia Heights,  
Rio Terrace, Elmwood, Quesnell, Westridge and Oleskiew

**Call 780 489-7630 to register or for more information**

**WHERE EVERYONE MATTERS**

**7925 - 158 St. • [www.ourladyofvictories.ecsd.net](http://www.ourladyofvictories.ecsd.net)**



## 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."***

## Outdoor Community Soccer Registration



Registration for the 2020 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 should be completed by February 29. Registrations after that date will be accepted subject to availability of roster positions on Rio Terrace teams - late registrants may find themselves unable to be placed on the team or community that they have requested. The outdoor soccer season will likely start on Friday May 1 (weather and field conditions permitting) and runs through to the end of 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 2020 Rio Terrace Community Outdoor soccer program is for players born in years from 2001 through 2016. Players born in 2001 through 2011 will play on community based teams participating in the EMSA /EMSA West community soccer programs. These 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 2013 through 2016. 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 throughout May and June. 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 memberships are numbered 19-XXXXX and are valid through Aug 31, 2020. 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 at the Rio Terrace Circle K 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.

(Continued on Page 9)



# Community Matters



## SPRING MARKET IS JUST AROUND THE CORNER...

ADAM WILSON | REALTOR®

If you are thinking about selling this Spring, why don't we get a head start and discuss some options before it heats up? Having a game plan will set you up for success!

C. 780-887-2162 | O. 780-962-8580  
ADAMWILSON@REMAX.NET

**RE/MAX**  
PREFERRED CHOICE

*Adam Wilson*  
Dedicated To Move You



**Diane M. Dutnall**  
Personal Financial Organizer

Records and Paper Management  
Computerized Bookkeeping  
Personal Income Tax Preparation

p. 780-758-2245  
f. 780-758-2246  
c. 780-278-1119  
e. dianedsunqueen@shaw.ca

*Turning chaos into order!*

### Ladies Drop-In Basketball

Come laugh and play with us. Ages 18 to 108. Low key and all skill levels welcome. Exercise, laughter and lots of fun.

[www.pvcl.ca/programs-sports/ladies-sports-nite](http://www.pvcl.ca/programs-sports/ladies-sports-nite)



Most Thursday evenings, usually at Lynnwood School. Try it once! New people say "It's so much fun. I'm glad I came!"

Contact: [jayspix@gmail.com](mailto:jayspix@gmail.com)



Program of Parkview Community League



**BEAUX ESPRITS** PLAYSCHOOL  
WHERE CHILDREN'S SPIRITS COME TO LIFE!

Registration Now Open  
Open House February 10, 2020  
7-8 PM  
7925 158 Street  
[info.beplayschool.ca/rio](http://info.beplayschool.ca/rio)



# Community Matters

## 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 via credit card charge 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 sessions are scheduled for Wednesday March 11 from 6 PM to 8 PM and Saturday March 21 from 9 AM to 11 AM. In-person payment of registration fees can be completed by cash, cheque or credit card.

## Age Group & Registration Fee Details

For further detailed information on the age group categories and the respective fees for each age group, please check out the soccer tab on the Programs page of the Rio Terrace Community League website.

Questions can also be sent to the soccer coordinator at [rtcl.soccer@gmail.com](mailto:rtcl.soccer@gmail.com).

Perry Wynn  
Soccer Director

## River Valley News

### Strathcona County delight - Riverside nature trail

Riverside nature trail in Strathcona County is a hidden gem of a trail that you can do as either a 5 km in-and-out route, a 5 km loop, or walk 11 km all the way to Fort Saskatchewan and the West River's Edge trail.

Eventually this trail will connect to Edmonton via a pedestrian footbridge over the river to the East End Trails, which are visible from this trailhead. This is an easy-moderate walk on flat gravel and dirt trails

with slight inclines. Bikes and dogs on-leash are allowed. There is one garbage can at the trailhead, but no outhouses or bathrooms.

To get to the trailhead, follow Township Road 540 all the way west to its termination. You can access Township Road 540 from Sherwood Drive/Range Road 232. The trailhead has a small parking lot.- More info at:

<https://rivervalley.ab.ca/trail-treks/trailtrek-how-to-riverside-nature-trail/>

## River valley – Edmonton's natural climate solution

Our river valley, ravines and natural areas contain a magic machine that sucks carbon out of the air, costs very little, and builds itself. It's called a tree. Trees are examples of a natural climate solution. They take carbon out of the air and lock it away. Nature is a tool we can use to repair our broken climate. We need to protect, restore and fund Edmonton's natural climate solutions.

The City needs to protect existing natural areas which serve as natural carbon sinks. The removal of these areas due to land conversion leads to the release of carbon and reduction in available carbon sinks. Protection of the City's natural systems also promotes climate resilience and maximizes the benefits provided by ecosystem services.

Edmonton must focus on natural area restoration, a city-wide naturalization program and increased support for the North Saskatchewan river valley and ravine system. We need to develop a program to identify, prioritize, and invest in restoration and naturalization projects.

(continued on page 11)

# Community Matters



## LADIES SHINNY RINGETTE

**FUN AND FITNESS ON ICE!**

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

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

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

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

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



## SOFTBALL REGISTRATION

To register for the 2020 season or to find out more information  
[www.highparksoftball.ca](http://www.highparksoftball.ca)

First 20 players in each age category receives \$40.00 off registration!

**Boys & Girls Ages 3 & Up of all skill levels are welcome**  
(Player must be 3 by December 31, 2019)

**Enjoy the rewards of being part of a team!**

Friendship, laughter, skills and teamwork.  
All at a great value for families. Just bring a glove.

Spring training included in price of registration.

*An Edmonton community league membership is required to register.*



MEADOWLARK  
PHARMACY

**We are locally owned and operated and offer:**

- \* Flu Shots and other Immunizations and Injections
- \* Pill Pack Services
- \* Diabetic Supplies
- \* A Wide Selection of OTC and Health & Beauty Products
- \* Free Prescription Delivery
- \* Friendly, Personalized Service - Always!!

*\*Seniors receive 10% off all Front store Items, All the time!\**

8704A Meadowlark Road  
In the Meadowlark Professional Building

Mon-Fri: 9:00AM-5:30PM  
Saturday: 10:00AM-3:00PM  
Sunday & Holidays Closed

Phone: (780) 489-1150  
Fax: (780) 489-1159  
info@meadowlarkpharmacy.ca  
www.meadowlarkpharmacy.ca  
meadowlark\_pharmacy  
MeadowlarkPharmacyYEG

# Community Matters

Trees contribute to negative emissions as they sequester carbon and reduce building energy demands due to shading and cooling. Natural climate solutions like planting trees can help Edmonton reach our emissions-reduction targets. Learn more about natural climate solutions by viewing the video at:

<https://www.youtube.com/watch?v=-S14SjemfAg>

## Gondola feasibility on Council agenda

A gondola with five stations from Gateway Blvd & 82 Ave to Telus Plaza at 100 St & 100 Ave will be on the Urban Planning Committee's agenda on January 28. Prairie Sky, the gondola proponent, intends to operate a service 360 days per year for 16 hours per day to satisfy urban commuters and generate a winter city experience that touches the river valley year-round.

Prairie Sky wants to generate an events and festival business in West Rosedale. It claims an unprecedented level of engagement with indigenous communities on the significance of the 8000-year history of West Rosedale and states the entire experience of Prairie Sky will share and celebrate the people and the land.

Prairie Sky anticipates 3,062,000 trips in the first year from 637,000 unique customers who will ride the system more than once, though it notes ridership forecasts are notoriously fickle. The company wants successful negotiation of an agreement framework with the City of Edmonton by June 2020. To access this item and its two reports, click on agenda item 6.1 at

<http://sirepub.edmonton.ca/sirepub/mtgviewer.aspx?meetid=2647&doctype=AGENDA>

If you wish to speak to this item, contact the Office of the City Clerk at [city.clerk@edmonton.ca](mailto:city.clerk@edmonton.ca) or 780.496.8178 to register to speak. The other option

is to show up before meeting begins at 9.30 am at City Hall and inform the Clerk that you wish to speak.

Share river valley event, job posting, or news

If you have a river valley event, job posting, or news that you would like to see published in this newsletter, please send the info to [nsrivervalley@gmail.com](mailto:nsrivervalley@gmail.com)

Sincerely yours,

Harvey Voogd

North Saskatchewan River Valley

Conservation Society

780.691.1712

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

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

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





# Community Matters



## The Most Popular Girl in Town



The year was 1959. Edmonton was growing at an alarming rate and people from all over the country were finding steady, well paid jobs in the new and flourishing Oil Industry. The tiny hamlet of West Jasper Place had grown through decades to become Alberta's largest town with a population of 21,000. It was on the west end, close the Esso oilfields, and was poised to become a vital part of the city. Jasper Place had endured hard scrabble beginnings since its creation in 1906. Poor roads, choked with mud and muskeg, a lack of power, sewer and sidewalks had given the town a bad name. Homes were built with no running water, no indoor plumbing and no basements because of poor soil stability. But the struggle got easier and Jasper Place had prospered because taxes were lower than the city and businesses could stay open 6 nights a week till 9 p.m. The time was right and The Jasper Place Planners were eager to create a new "dream community" where young families could live the good life, with well built roads, schools, services and even a country club! They got to work and joined with Engineered Homes as a development partner. They called it Rio Terrace, a raised place above the river.



"We were the fifth family to move in that November" Says Norma Dewhurst, squeezing my hand after church this Sunday. "I can tell you there was only one street and there was nothing else". Norma laughs as I look at her surprised. I thought that Rio Terrace had been developed as a whole concept. "But you had neighbors?" I questioned. "Weren't there lots of people here then?"

"78th Avenue was the only street there was Connie! There were no other buildings and one road. We could see the riverbank from our house. There were deer crossing and all sorts of wildlife. We heard coyotes howling at night. Most of the time it was just fine but sometimes I got a bit nervous."

"You don't seem like the nervous type to me" I say. I've known Norma since I came to live in Rio in 1995. She is one of the most energetic, steady people I have ever met.

"But I was nervous! We were expecting our first child when we moved in. Everyone only had one car, so when the men left for work, we girls were alone and I didn't have a phone. It was my first child and, well, I was a little worried."



# Community Matters



"Why no phone?" I ask "Everybody in this city has a phone? I think I have too many."

Norma glances at me and grins. "In those days you had to line up to get a phone. Sometimes it would take weeks, months even and you had to wait your turn. Didn't matter who you were you just went without one until Edmonton Telephone decided to give you one."



"But what about all the pregnant ladies!" I gasp, thinking about Edmonton's exploding baby boom at that time.



"There was a stork phone" she replies. "A stork phone?" Now I'm confused. "Yes, a stork phone, if you were going to have a baby they would give you a phone but then you would lose it when you had the baby." I stare at her, a little stunned. "You mean they would give you a phone, then they would take it away again?"

"Yes" Norma says. "If you lived in Edmonton. But we didn't live in Edmonton, we lived in Rio Terrace, in the Town of Jasper Place. There were no phone lines here."

I'm finally getting the picture. "So, it wasn't only you that didn't have a phone." I say slowly. No one in Rio Terrace had a phone?"

"No, No" Norma laughs. "No one had a phone Connie. We were all stuck out here together! No cars, no phone lines, no phones. But my husband Terry eventually paid the money to AGT (Alberta General Telephone) to have a single phone line brought in and I tell you when that one phone arrived, I was the most popular girl in town. Everybody wanted to come to my house and they did!"

# Community Matters



## What's in a Name?



I think about our quiet, tree lined streets, the way people are so mindful of their neighbors' privacy here. "Didn't you get tired of all the visitors?" I ask.

"Not really, I loved the company and that spring after Linda was born, one phone booth appeared on 78th Avenue. Everyone took turns using it."

No phones, no cars. Just each other.

Rio Terrace 1959. Home to good neighbors and now 60 years later, many phones.

Thanks for the reminder Norma.



**Connie Baxter**

Rio Terrace Community Correspondent. With files from Joyce Fuerst, The City of Edmonton Archives and Lawrence Herzog.

## VILLAGE VITALS – RIO TERRACE, QUESNELL HEIGHTS, PATRICIA HEIGHTS

**Rio Terrace:** Named about 1958. Since rio is the Spanish word for river and a terrace is a raised-level place, the name is believed to be descriptive.

**Quesnell Heights:** Officially named in 1958, although the name was in use since at least 1912. The origin of the name is not recorded. It could come from one of three early residents of the Edmonton area with that name.

**Patricia Heights:** Named after Lady Patricia Ramsay, the daughter of the Duke of Connaught, third son of Queen Victoria, and the Governor General of Canada from 1911 to 1916.

**Incorporation Date:** 1960. Quesnell Heights and Patricia Heights residents are members of the Rio Terrace Community League.

**Hall Address:** 15500 76th Ave.

**Phone:** 487-0610

**Community league contact:** Barb Falcos

**Website:** [www.rioterrace.ca](http://www.rioterrace.ca)

**Combined population:** 3,528



# Community Matters

## Some Rio Terrace History and a December Surprise

Back in 2015, the City of Edmonton amended a zoning bylaw that opened the door to allow subdivision (splitting) of mature neighbourhood residential lots that were wider than 50 feet. Apparently, the concept was that this would serve as an incentive and a driver to increase population density and generate affordable new houses in mature neighbourhoods.

Shortly after, numerous split lots with skinny houses rose up in several mature neighbourhoods. Much of the public reaction was not positive: architectural designs conflicted with existing neighbourhood character, increased challenges with on-street parking, larger footprint of building structures, loss of tree canopy, doubtful affordable values. There seemed to be an undercurrent of thinking that splitting lots was not a suitable program for increasing population density and for providing affordable housing.

And then, on a wintery day of February 29, 2016, it happened. We, along with five surrounding neighbours received a brief letter from the City of Edmonton. That letter informed us that Manhattan Homes Ltd had made application to subdivide (split) Lot 51 on 155 Street with the intent to “construct two single family dwellings”. Lot 51 was immediately adjacent to the south edge of our property! We were in shock!

A bit of online research revealed that Manhattan Homes Ltd was an Edmonton based developer. Two of the owners listed were the husband and wife duo who had lived (on Lot 51) beside us for years but who regularly spent winters out of Edmonton while the house on Lot 51 was occupied by renters. Nice! We learned of the intentions of our neighbours via a

4878 M.D.

8-80-97057

**THE LAND TITLES ACT**  
(The National Housing Act, 1954)

DATED	Reg's Fee	17.00
	Ex. Ref.	A.D. 19
	Ass'ce Fee	3.65
	Abs.	
	G.R.	2.00
		2.00
		24.65

3-3  
ENGINEERED C. HOMES (EDMONTON)  
LTD.  
GR

TO

THE LONDON LIFE INSURANCE COMPANY

DUPLICATE

240C184

**Mortgage**

I certify that the within instrument is duly Entered and Registered in the Land Titles Office for the Province of Alberta at Edmonton, in the Province of Alberta at 11:53 AM on the 4th day of May A.D. 1961. Number 4878.

Book LINDSEY L. HAYES, JAMISON CHIPMAN  
BARRISTERS AND SOLICITORS  
201 IMPERIAL BANK BUILDING  
EDMONTON ALBERTA

File No. 96520-11

Here's a copy of the mortgage that Pat Reimer's grand parents were given when they purchased the house at 7310 154A St, Rio Terrace.

# Community Matters



formal letter from the City. That hurt.

The news travelled quickly. Within days, we found ourselves at the centroid of a swirl of emotion and moral support from many people across Rio Terrace. That led to an idea to organize an information meeting to clarify what had happened and to get a sense of whether there should be a response from Rio Terrace. On March 12, over 140 Rio Terrace property owners attended a hastily called meeting. Out of that meeting came a petition “demanding that the application to subdivide Lot 51 be rejected”.

Suddenly, approximately 200 “protest” signs miraculously sprouted up on front lawns in Rio Terrace and over 400 property owner signatures were on that petition. (These acts of protest were captured on local news television and preserved for posterity.) On March 21, the petition was delivered to the City. Unfortunately, the City never did respond to the petition.

On March 23, a Community League meeting was attended by the City Councillor of our Ward 5. We heard a lot of warm and fuzzy comments (“You will love it”) about the merits of split lots and skinny houses. In rebuttal to the Councillor’s speech, we stated verbally and submitted written documentation requesting that there be a moratorium on the proposed split lot development on Lot 51 and that there be round table discussions between representatives of the City, the Developer and the Rio Terrace community to find common ground between all parties on matters of concern about the proposed development. (To us, that seemed like a logical request. Let’s talk and sort out the issues such that all three parties can be part of a win-win-win outcome.) Guess what? Our request was silently ignored and we never ever received any form of response! That silence from the City made us feel that, on split lot developments, there was an attitude that the City and Developer knew best and adjacent

property owners (like us) should “butt out”.

On April 9, at a public meeting organized by the City, it was announced that the City had approved the application to split Lot 51. Over a period of six weeks the City steam roller had kept moving along. All of our efforts and the efforts of many friends and neighbours across Rio Terrace had been for naught.

As the project moved through the building approval stage, we soon became aware of the unexpected magnitude of the “two dwelling” development. It was evident to us that our property would be physically damaged (loss of existing garden space due to lack of sun) and intangible negative conditions would be inflicted upon us (loss of privacy, visual pollution, loss of solar heat during winter sunshine). Our efforts to get some attention concerning our views and our feelings were fruitless. We were shut down when we were informed that the developer’s building designs complied with regulations. Period. End of discussion.

It was then that we realized that, in essence, policies of split lot development appeared to be geared (intentionally or unintentionally) toward achieving three simple goals with a win-win-lose result.

- City wins (increased tax \$\$\$)
- Developer wins (project profit \$\$\$)
- Adjacent neighbours lose (no consideration whatsoever)

All through the period of bureaucratic turmoil and the eventual construction stage, what also was upsetting was the fact that Manhattan Homes never once came to our front door to initiate dialogue and attempt to “pour oil on troubled waters”. It seemed obvious that Manhattan Homes did knowingly and purposely ignore us and really had no interest whatsoever in our opinions or our feelings.

Time passes. Construction of two 38 foot tall houses was finally completed in the summer of



# Community Matters

2019. In late July the For Sale signs went up. As of the date of this writing, it appears that the houses are still for sale.

And now for the surprise. On December 17, 2019 there was a knock at our front door. The visitor was a representative of Manhattan Homes. (We acknowledge that to walk up to our front door at this late date required significant intestinal fortitude.) Simply stated, the apparent purpose of the visit was to verbally apologize for “what has happened”. What followed was a measured and civil exchange of words with the developer’s representative (It was not a hollering match.) Later that evening we found an envelope in our mailbox. In the envelope were two gift certificates. As well, a short note from the representative of Manhattan Homes wished us “happiness this Christmas” and concluded with “sorry for upsetting the community over these houses”.

We have accepted the apology but that does not correct the “damage” that has been done nor does it change what now physically exists. The verbal apology and the short note probably suggests that we have been vindicated and maybe we (and many of you neighbours out there who stuck with us) were on the right track from the beginning.

When can we now expect the City to issue an apology and some form of consideration?

P.S. - We do NOT oppose infill (replace one existing house with one new house) on one existing lot. Here in Rio Terrace (which has NO back alleys), we DO oppose infill by splitting an existing lot to build two new skinny houses. What is the status of split lots in Rio Terrace? Since May 2016, six original homes have been demolished and the respective lots split to create 12 skinny lots. House construction is complete or in progress on 7 of those skinny lots. 5 skinny lots are still VACANT.

Joyce Fuerst & Gordon Fuerst  
Residents of Rio Terrace  
7306 – 155 Street

## Edmonton Junior Tennis Society

Edmonton Junior Tennis Society (EJTS) is a non-profit society 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.

The indoor winter 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, call or e-mail.

Karina Trkulja  
Executive Director  
Edmonton Junior Tennis Society  
780-504-2661  
[info@edmontonjuniortennis.com](mailto:info@edmontonjuniortennis.com)  
[www.edmontonjuniortennis.com](http://www.edmontonjuniortennis.com)

# Community Matters



I am excited, as always, to give you an update on Rio Terrace Community Preschool. It is hard to believe that we are halfway through our 2019/2020 school year already! We started the year off with field trips to John Walter Museum and John Janzen Nature Center to learn what it was like to grow up long ago when there were no televisions, video games OR Paw Patrol! We baked cookies, washed socks and had a chance to play with toys from long ago. We visited the Telus World of Science to take a trip to space and we are looking forward to seeing some strange, exciting animals that Zoo2U will be bringing to the preschool in February. Thanks to the fantastic efforts of our fundraising team, we have field trips and special in school visitors each month! We are also very excited to welcome Glow Yoga to join all 3 of our classes each month to teach us about how yoga is good for our bodies and our minds!

With incredible support from the Community League as well as our preschool families, 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 an amazing Red Carpet event! Thank you to everyone who came out to support our preschool. What a wonderful opportunity to come together to celebrate this community!

It is hard to believe but it is time to register for preschool for the upcoming 2020/2021 school year. We would like to invite you to our Open House on Wednesday, February 12 from 5:30-8:30 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 our amazing indoor slide and climbing wall come check it out!

Our preschool program is a hands-on, child centered, play based program committed to building the strong foundation needed to support higher education and foster a lifelong love of learning!

*"Education begins the moment we see children as innately wise and capable beings. Only then can we play along in their world."*

~Vince Gowmon

Playfully yours,

Shaylene Saxton      Jana Konelsky  
Teacher                      Assistant Teacher

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

## Home Alone Safety Course - for kids age 9+



Canada Safety Council course designed for kids new to staying home alone

Think through unexpected situations, work through fears & handle emergencies

Where: Rio Terrace Community

Church

When: Friday, March 27 (Spring Break)

Time: 9:00 - 11:30am

Cost: \$60/child

Register online: [cksafetycourses.com](http://cksafetycourses.com)

## Generally Speaking- Bare Pavement Standard for Snow Clearing



This winter really fired up my passion about a very important local issue: snow clearing. Through a different combination of actions, I try to strike a balance between diligently doing my part as best as I can and holding accountable those who might not always do their part in this routine activity that comes with living in a winter city.

My home is a few steps away from a bus stop, not directly in front, but pretty close. In previous years, many times I would get off the stop at night and almost slip because of ice that had built up on the bus stop. Usually, bus stops are not cleared of snow, they might get only a sprinkling of ice melt sometimes. Frustrated by all of this, since this winter, I started to include the bus shelter when I clear my own sidewalks. Clearing the bus stop is in fact, the quickest and most rewarding part of my shoveling snow routine now! It looks like my neighbours who live closer to the bus stop also clear snow off it when they can, which is incredible.

Sometime in December, my roommate told me she was injured. A homeowner cleared their sidewalks, but completely ignored a five-foot-long buildup of ice where the pavement a bit more sunk in. This results in water collecting and forming a mini ice rink that pedestrians can't walk around. Unfortu-

nately, she slipped and fell on this and was badly hurt. Working in the food service industry, she had to keep using her arms at work while trying to recover. As soon as I found out, I walked out in fury to that home, took photos of that ice buildup and filed a complaint in the 311 app. Afterwards, I observed that this sidewalk is cleared more often.

Sometime in November, I decided to walk north to 87 Avenue to catch a different bus. The temperatures were above zero and walking through the pedestrian bridge over Whitemud Drive was terrifying, with ice or deep puddles covering practically the entire path. I made a series of social media posts, expressing my frustration about the lack of timely snow clearing before everything melts. This resulted to an interview with a journalist for the 6 PM news that night.

Residents, business owners and City of Edmonton staff are responsible for clearing different parts of what I will nickname as the "transportation corridor", from sidewalks, pathways, roads, trails, parking lots and bus shelters. The best way to achieve the maximum amount of safety in my opinion, is shoveling up to bare pavement as soon as possible after a snowfall happens. Sometimes, this involves taking an extra hour to chip off some packed snow on a beautiful day during the weekend, so that when the temperatures are above zero, ice is less likely to accumulate. I sincerely hope that we all find our ideal combination of being diligent in our own areas, holding others accountable, and helping those who need a hand in getting this task completed.

Giselle General

# Community Matters



## Advance care planning helps you document your healthcare wishes

The start of a new year is a good time to start advance care planning.

Advance care planning is a way to help you think about, talk about, and document your wishes for healthcare. It's a process that can help you make healthcare decisions now and for the future.

If there's a time when you aren't able to speak for yourself, it's important that your loved ones and your healthcare team understand your wishes for healthcare.

Planning today makes sure that your wishes are known, no matter what the future holds.

Advance care planning may bring comfort and peace of mind to you, your family, and to those who may have to make healthcare decisions on your behalf.

- What are your values, wishes, and goals for your healthcare? Think about what's important to you.
- Do you have beliefs that influence your healthcare wishes?
- Are there conditions under which you do or don't want a certain treatment?
- Where would you want to be cared for?
- Have you had experiences with family or friends where healthcare decisions had to be made?
- Have you considered Organ and Tissue donation?

Consider getting—and filling out—a Green Sleeve.

A Green Sleeve is a plastic pocket that holds your advance care planning forms. Think of it like a medical passport. It holds important legal forms that go with you through the healthcare system.

In an emergency, Alberta Health Services medical providers can look at your Green Sleeve and know your healthcare wishes.

The Green Sleeve belongs to you and should only have the most up-to-date forms inside.

You can get a Green Sleeve from any Alberta Health Services provider. You can ask your family doctor for one or a nurse might suggest that you get one. You can also order up to four free online. Email [conversationsmatter@ahs.ca](mailto:conversationsmatter@ahs.ca) for information.

Rebecca Johnson  
Alberta Health Services

## Making positive steps toward your health goals

To make a change, use goals to chart your path to success. Two types of goals can help you do this: long-term and short-term.

Don't forget to write down your goals. They may change, but you'll want a record. Writing them down is a great way to start your plan to improve your health.

No matter what your health goal is, creating a specific plan can help you succeed. Follow the steps below to create your plan. This will put you on a path toward meeting your goal. With the help of goals, you can go as far as you want!

### Step 1: Know your reason.

Why is this change important to you? Make sure it's something that you really want to do.

### Step 2: Set a specific long-term goal.

A long-term goal is not something you can do all at once. It's the goal that inspires you and that will show how far you've come when you complete it. It's usually a goal you hope to reach in six months or a year.



# Community Matters

A long-term goal could be to walk for one hour, three times a week. To keep going, think how proud you'll be when you reach this goal.

When you reach your long-term goal, you can keep things fresh by setting new goals.

What is a long-term goal that you can reach in about six to 12 months?

## **Step 3: Set your short-term goals**

Short-term goals help you accomplish your long-term goal. They keep you going day to day. They are usually goals you hope to reach tomorrow or next week.

One example would be to start using the stairs at work, or to take one 10-minute walk and build up to walking three times a week. Short-term goals should be easy to do and will grow as you make progress.

How can you create short-term goals that you take week by week to reach your long-term goal?

## **Step 4: Prepare for slip-ups or setbacks**

What might get in the way of your reaching this goal? You may already know that things like time, money, or emotions could get in the way. How might you get around these things?

## **Step 5: Plan for support and rewards**

Who can help you meet your goals? Maybe friends, family, or a support group? And how will you reward yourself? A movie, a special meal, an hour to yourself can be a treat.

## **Step 6: See your success**

How will your life be different after you make this change?

Rebecca Johnson  
Alberta Health Services

## **Supporting a friend with mental health issues**

Do you have a friend who just doesn't seem to be their usual self? Something about them has changed, and you're wondering what's going on?

Friends can be the first ones to notice changes in a friend. It may be a change in mood, certain behaviours, or in activities they used to enjoy. You may notice that your friend seems to be tired all the time or is easily annoyed. Maybe they've stopped hanging out and are spending more time alone. Sometimes it's hard to pinpoint what's different about them, but you just have a sense that something's wrong. Maybe they've told you that they're having struggles.

Many people turn to their friends for help if they're having a problem. Knowing how to support someone is an important part of being a friend.

Signs a friend may need some support:

- They don't seem to enjoy activities as much anymore.
- They seem distracted or are having trouble staying focused.
- They are unusually worried about things that don't seem to be a big deal to you or others.
- Their eating habits have changed—they avoid hanging out at lunchtime or make excuses as to why they're not eating.
- They're always tired or complain they aren't sleeping well.
- They're missing more and more time from school or work.
- They're drinking more alcohol or using other drugs more.

# Community Matters



- They're sad much of the time and find it hard to see any positives in their life.
- They are spending more time alone—they don't want to hang out with friends or do any of their usual activities.

If you've noticed changes in a friend that have been going on for a while or seem to be getting worse, it's time to do something. Speak up! Start by sharing with your friend what you have noticed and why it concerns you. Have this conversation in a comfortable but private place, where the two of you can talk without being interrupted. Let them know that you care about them and you're worried about them.

- **Build confidence.** Identify your friend's abilities and strengths, build on them, and encourage your friend to do their best.
- **Give compliments.** Compliments help us to remember the positives in our lives, especially when times get tough.
- **Give and accept support**
- **Manage stress.** Help your friend to learn what stresses them and how they can manage it in healthy ways before it overwhelms them.
- **Deal with moods.** Support your friend to find safe and constructive ways to talk about negative feelings, such as anger or sadness. Sports, writing (keeping a journal), painting, dancing, making crafts, are all good ways to help deal with difficult emotions.
- **Encourage your friend** to do things they're good at and to have the courage to step outside their comfort zone and try something new.
- **Share humour.** Have fun together. Take some time to laugh with your friend.
- **Be accepting** of different types of people, and in-

clude others even if they are different than you. Focus on what you like about who they are as people.

Helping others to acknowledge their strengths and feel good about themselves can also help you recognize your own strengths and ways you can support your own mental wellness.

If you or if your friend needs more help, call Health Link at 811 or the Mental Health Help Line at 1-877-303-2642, available 24 hours a day, 7 days a week.

Rebecca Johnson  
Alberta Health Services

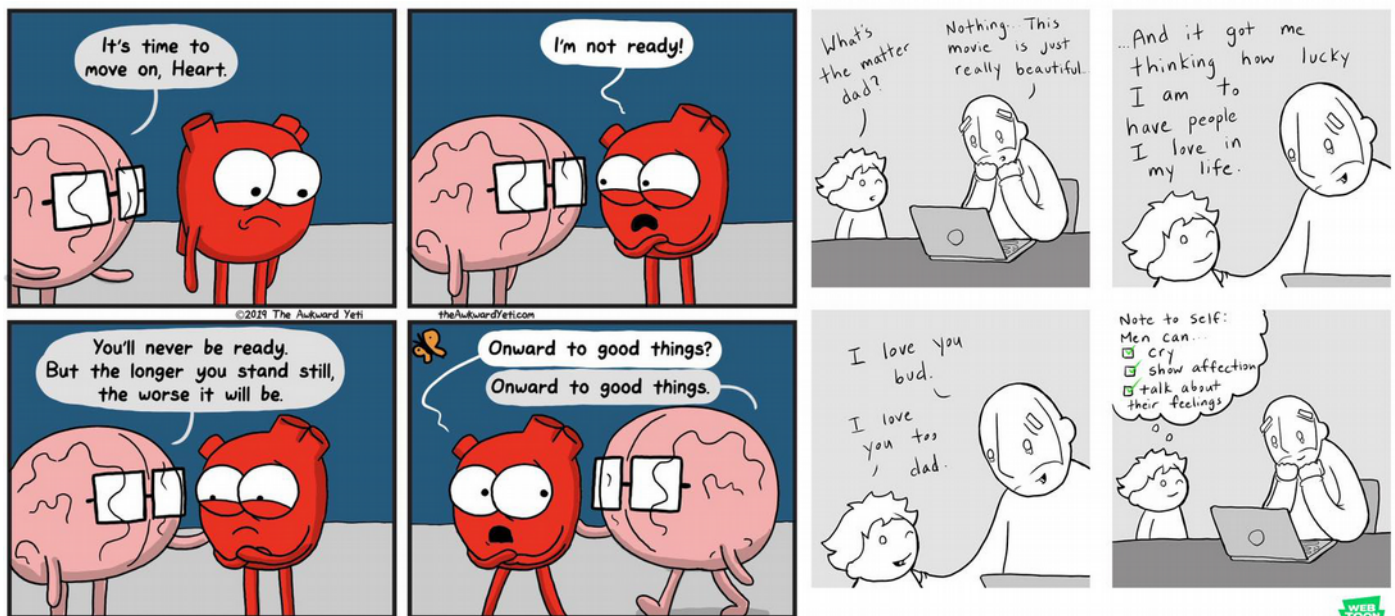
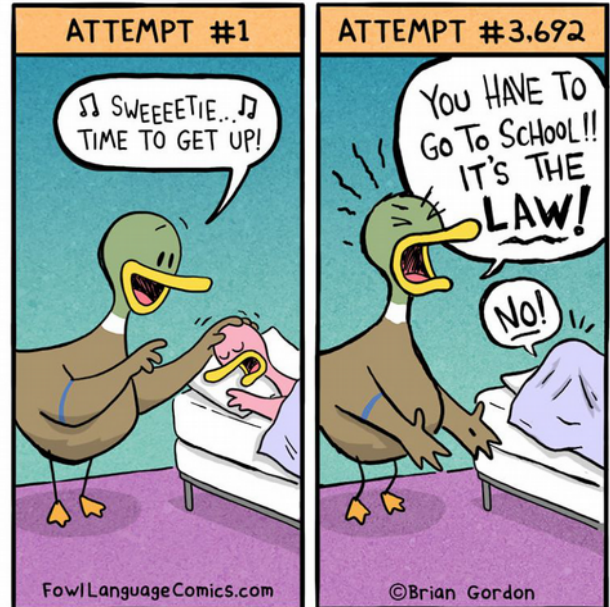
# Community Matters

## COMICS!



www.lunarbaboon.com

## WAKING THE KIDS UP FOR SCHOOL



theAwkwardYeti.com



WEB TOON



# Community Matters



## Eat...

Weight gain? Joint pain? Allergies? Headaches? Fatigue? Irritability? Eczema? Digestive upset?

These conditions may seem unrelated but what they have in common is that they can all be aggravated by certain foods. We call these food sensitivities, and they are different for everyone.

Food sensitivities are associated with many chronic health conditions. When the body is unable to process foods effectively, it creates low levels of inflammation in the body, causing these conditions. Food sensitivity testing is a simple test to help you determine what foods are problematic for you, so you can get eating in a way that helps resolve your symptoms.

It creates a very individualized plan just for YOU!. Naturopathic doctors provide food sensitivity testing as part of a holistic approach to improving your health.

Naturopathic medicine is a regulated profession in Alberta and is covered by most extended health care plans.

Lorraine McCarthy is a Naturopathic Doctor



## Breathe...

It's no secret that breathing is important, right? Other than keeping us alive, most of us don't know the depth of how important proper breathing is. Proper breathing helps your immune system, lymphatic circulation, mental clarity, reduces stress hormones, organ health...the list goes on.

On the flip side, the impact dysfunctional breathing has on our day-to-day life may surprise you. Some conditions/symptoms of dysfunctional breathing are: anxiety, depression, heart disease, diabetes, poor circulation, musculoskeletal pain and much, much more.

Now that you have some background, let me walk you through "proper" breathing.

Find a place to lay on your back with knees bent. Place your hand on your ribs. Start by exhaling all the air out of your lungs (more than you think you should). Now inhale for a count of 5, and when you do, push your ribs out sideways into your hands. Focus on keeping your shoulders down and opening your ribs like an umbrella. Now exhale for a count of 7 and use your hands to guide your ribs closed. Exhale so much that your core starts to activate.

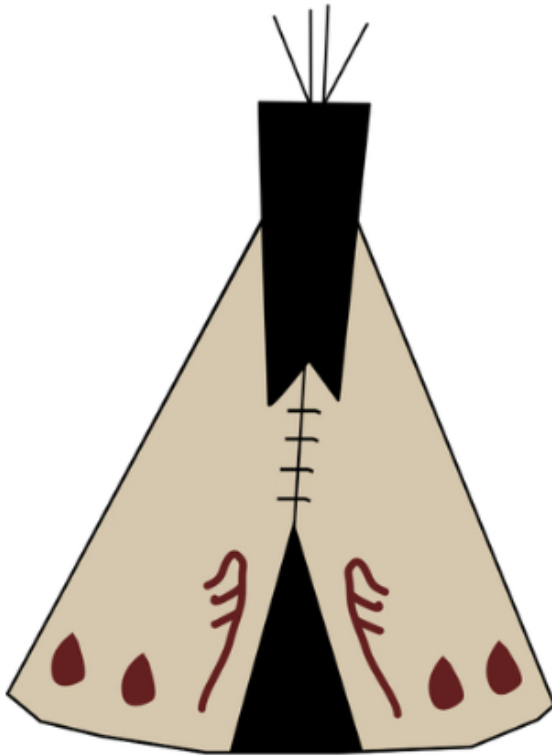
Repeat this cycle 5 times, as often as you want. The process of repairing your breathing takes a while and you may feel achy. Have patience and practice it every day.

Lauren Gahn is a Registered Massage Therapist

# Community Matters

## TIPI TEACHINGS

RIO TERRACE COMMUNITY LEAGUE  
15504 76 Avenue



Presented by:

**APR 4 2020** → TIPI BUILDING,  
TIPI TEACHINGS & TIPI  
CRAFTS  
10:00 AM - 1:00 PM

**APR 11 2020** → TALKING STICK  
TEACHINGS & CRAFT  
ACTIVITY  
10:00 AM - 1:00 PM

**APR 25 2020** → HOW  
COMMUNITY LEAGUES CAN  
INCLUDE FIRST NATIONS  
COMMUNITY MEMBERS  
WORKSHOP  
10:00 AM - 1:00 PM

All events facilitated by Rayna  
Gopaul, Ojibwe and Dakota Sioux  
First Nations Knowledge Keeper and  
Indigenous Project Officer with the  
Edmonton Federation of Community  
Leagues.

For questions, please email:  
[rayna.gopaul@efcl.org](mailto:rayna.gopaul@efcl.org)

With support and mentorship from



04/04/2020 10:00 AM - 1:00 PM  
04/11/2020 - 10:00 AM - 1:00 PM  
04/25/2020 10:00 AM - 1:00 PM

*\*Some light snacks will be provided.  
\*Please ensure all children are accompanied by a  
parent.*

# Community Matters



## Rio Gardens



Rio Gardens was inaugurated in 2009 starting with two 4' x 12' beds. There are currently 22 beds. They are enthusiastically gardened by individuals mostly from within our Rio Terrace, Quesnel Heights and Patricia Heights community. The garden is located behind the Rio Terrace Moravian Church on land generously contributed by the Church and the City of Edmonton.

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

There is a shed for the use of gardeners which contains pretty much anything you may require

equipment-wise to work your bed. There are wheelbarrows, rakes, pitchforks, several large watering cans, etc. There are also three large rain barrels which enable us to water in an environmentally friendly way.

The community garden has a large functional composting system. Our compost system keeps materials out of the landfill and the resulting compost is used to enhance the garden beds. We invite anyone in the community to add their compostable material (vegetable matter – no meat or meat products) throughout the year. There are three bins for garden composting and smaller bins along the east side for kitchen compost. Please read the signs attached to each section of the compost area and put only what is indicated into each section. Also, if a section is full, please do not add any more to it. We love the enthusiasm that so many in our community have for composting – but sometimes our bins have been a bit overwhelmed!

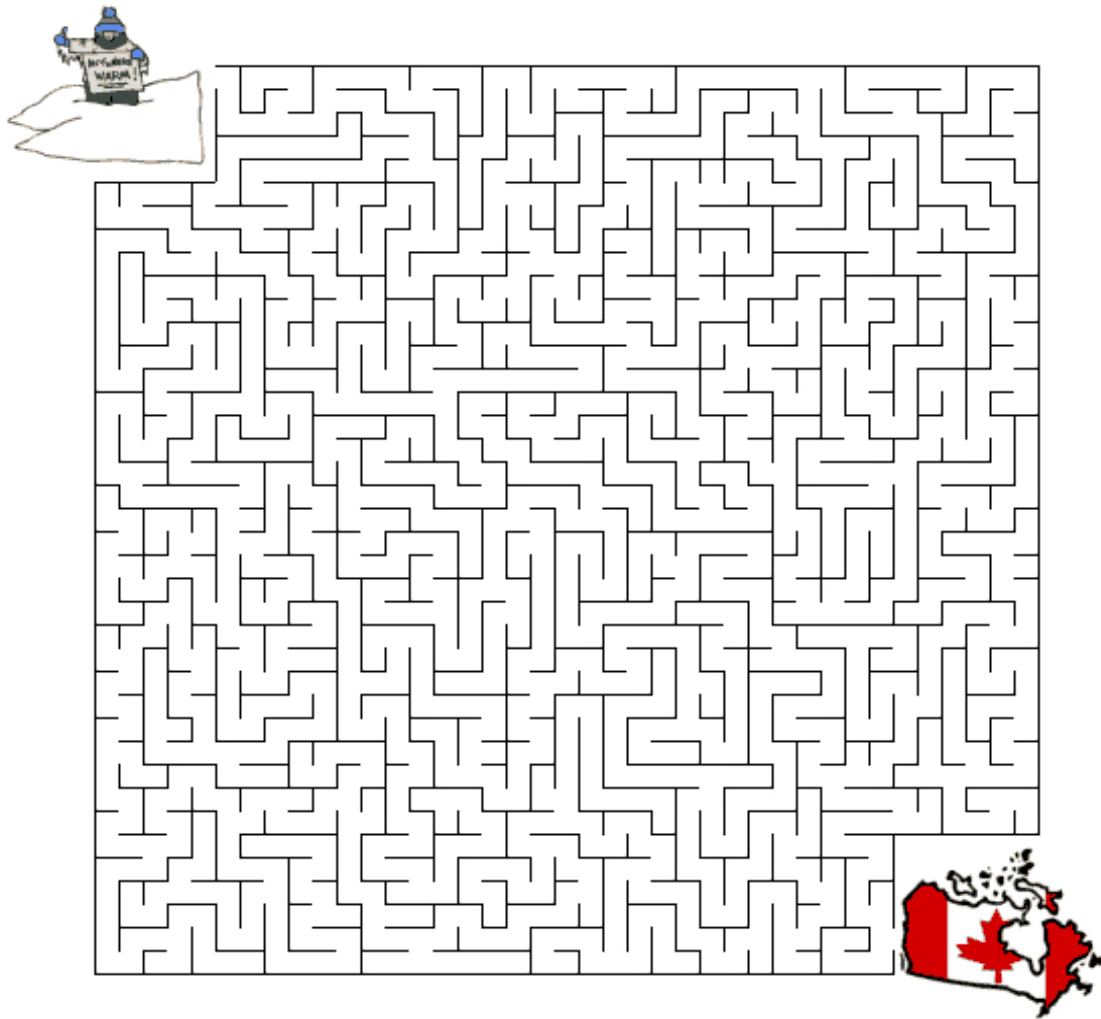
**VERY IMPORTANT NOTE:** I am unable to continue as chair for Rio Gardens and am actively looking for a replacement. The role is mainly administrative – organizing the Spring Clean Up and collecting registration and rental fees being the primary duty. The list of current gardeners and the waiting list are set up on a spreadsheet which I will share with the new chair. Also I will be available to assist in the transition and should be available for the organizing required for the initial Spring meeting.

Patricia Johnson, Chair, Rio Gardens



# Community Matters

## Maze!

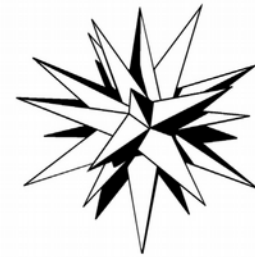


# Community Matters



## 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 peaceamking, 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