

**Terwillegar Riverbend Advisory Council
T.R.A.C.
AGM Meeting Minutes
Tuesday, April 17, 2007
Snow Valley Ski Hill, Edmonton, Alberta**



Ambassadors	Committee Members	VIP Members	Guests
Jane Calvert (Brander Gardens)	Harold Hornig (Brookview)	Catherine Ripley -- Ragg Times	John Stanton - The Running Room
Jim Hillman (Brookside)	Carol Kaiser (Ramsey Heights)	Bruce Milne (Brookside)	Mike Nickel - City Councillor
Sherri Jaillet (Brookview)	Tim Cartmell (Rhatigan Ridge)	Kaye Stewart (Brookside)	Monique St. Louis - Comm Svc
Rob Agostinis (Carter Crest)	Donna Finucane (Rhatigan Ridge)	Karen Stewart (Brookside)	Julie Cournoyer - Comm Rec
Cynthia Reckhard (Falconer)	Dave Rumbold (Rhatigan Ridge)	Iris Wengreniuk (Brookside)	
Bruce Gritter (Haddow)	Zard Sarty -- Urban Design	Don Logan (Brookview)	
Patrick Shaver (Hodgson)		Gordon Sanford (Brookview)	
Tom Greenwood-Madsen (Leger)		John Stroud (Brookview)	
Susan Anton (Ogilvie Ridge)		Saeed Rabeeh (Carter Crest)	
Joanne McMillan (Ramsey Hts)		Carleen Greaves (Falconer Hts)	
Joe Yurkovich (Rhatigan Ridge)		Fred Greaves (Falconer Hts)	
Murray Chrusch (Terwillegar Tn)		Jim Bradshaw (Henderson Est)	
Regrets		Larry Shaben (Henderson Est)	
Angelo Blais (Henderson Est)		Karen Stix (Henderson Est)	
Loren Coutts (Outlying Areas)		Marcie Coutts (Hodgson)	
		Greg Pflance (Ogilvie Ridge)	
		Barb Cunningham (Rhatigan Rdg)	
		Jim Cunningham (Rhatigan Rdg)	

ITEM #	DESCRIPTION	SPEAKER	ACTION
	Housekeeping. Special thank you's to Jim Hillman and the Snow Valley staff for providing TRAC with a great board meeting facility throughout the year; tonight's meeting is the last for Jim as Ambassador, but he will remain active as a TRAC VIP. Thanks also to Carol Kaiser for arranging the door prizes and the refreshments for the evening. Introduction of guests and TRAC's keynote speaker, John Stanton, founder of the Running Room, who addressed attendees on the eve of the opening of a new Running Room store in Riverbend Square. John's keynote address is summarized at the end of the minutes.		
1	CALL TO ORDER	Rob Agostinis	
	Rob Agostinis -- chair called the AGM to order at 7:50 PM		
2	CONFIRMATION OF QUORUM		
	Quorum confirmed	Susan Anton (Ogilvie Ridge)	
3	NOTICE OF AGM TO MEMBERS		
	Appropriate notice was given to members	Susan Anton (Ogilvie Ridge)	
4	APPROVAL OF AGM AGENDA		
	Motion to accept with the addition of 'Membership Fees'	Cynthia Reckhard (Falconer Hts)	
	Second	Susan Anton (Ogilvie Ridge)	Carried
5	APPROVAL OF APRIL 18, 2006 MINUTES		
	Motion to accept	Jim Hillman (Brookside)	
	Second	Joe Yurkovich (Rhatigan Ridge)	Carried
6	OPENING REMARKS	Rob Agostinis	
	Beginnings: Riverbend and the southwest area was financially rich but structurally poor. In an effort to resolve this contrast, an idea was conceived to bring together the various community leagues and homeowners' associations in the area to work toward the shared goal of improving amenities. The City of Edmonton's then Community Recreation Coordinator, Debbie Cashin-Kalinowski, got the various leagues together to talk, with a plan to form something akin to a President's Council. This idea, which began on April 27, 2002, came to fruition with TRAC's incorporation in December, 2003. TRAC was formed with the intention to elect community ambassadors rather than league presidents as community leagues were not well represented in the various neighbourhoods. Of immediate concern was the lack of schools and poor transportation routes. The school issue was addressed		

	<p>with the opening of Archbishop Joseph MacNeil School (K-9); Lillian Osborne High School will open in September, 2009 and a new Catholic High School is also slated for development.</p> <p>The traditional assembly location -- church -- has been replaced today by the mall. The new Southwest Recreation Facility will meet the dual needs of recreation and meeting place. As we go forward, TRAC will continue to represent the community's interests through the participation of the Executive Board, the Community Ambassadors and the TRAC VIP's -- everyone who lives in, and cares about our Terwilligar-Riverbend "towne."</p> <p>TRAC's Mission Statement: To enhance the quality of life through neighbourhood representation with a unified voice speaking to the common interests of home, school, recreation and assembly by creating a "towne within a city."</p>		
7	FINANCIAL REPORT AND APPROVAL OF FINANCIALS	Cynthia Reckhard	
	<p>TRAC's Current Assets, at December 31, 2006 were \$14,076, of which \$10,114 were restricted. Donations came to \$22,026 and donations collected for the City came to \$17,740 for total donations to date of \$39,766. Expenses came to \$12,844, primarily in the form of fundraising costs (\$11,539.)</p> <p>Motion to accept Second</p>	<p>Joe Yurkovich (Rhatigan Ridge) Jim Hillman (Brookside)</p>	Carried
8	MEMBERSHIP FEES	Joe Yurkovich	
	<p>Motion: That membership in TRAC continue to be free. Second</p>	<p>Joe Yurkovich (Rhatigan Ridge) Jane Calvert (Brander Gardens)</p>	Carried
9	COMMITTEE REPORTS		
	1. Transportation	Donna Finucane	
	<p>The transportation committee includes Donna Finucane, Rob Agostinis, Jim Hillman, Tim Cartmell and Patrick Shaver.</p> <p>23rd Avenue: Donna has been promoting the widening of 23rd Avenue across Smith Crossing to 119 Street since 1991. The City has begun removing trees in preparation but the work has been controversial because the project necessitates tree removal. When they have completed the twinning, the area will be attractively landscaped and include a multi-use trail across the creek as well as a storm management facility. The Smith Crossing project includes 23rd Avenue from 119 Street to Hodgson Way and 119 Street from 23rd to 34th Avenues.</p> <p>Open House: Will be held at Taylor University College Gym on May 3 from 4:00 - 8:00 pm.</p> <p>23rd Avenue and Gateway: Detour work will begin in preparation for the project.</p> <p>Anthony Henday SE: Should be completed fall, 2007.</p> <p>Ellerslie Road 66 to 115 Street: The road will be paved in 2007.</p> <p>SLRT: The City is expecting to open the South terminal in the fall and the project should move along 111 Street toward Southgate this summer with a projected completion of 2010.</p> <p>The U of A will introduce a \$75 per term Universal Transit Pass (U-Pass) to students.</p> <p>BRT: The north-side of Belgravia road is seeing some work as part of an overpass for a bus fly-over; when complete, it will have a separate bus lane along Belgravia.</p>		
	<p>Transit Garage at Windermere: To be located in Ambleside (north of Ellerslie, east of 156 Street); the city has done a good job with other transit garages; there could be an advantage for us as larger busses could be replaced with smaller ones after hours.</p> <p>General: TRAC put forward three transportation initiatives:</p> <ol style="list-style-type: none"> 1. 23rd Avenue at Gateway -- which will go ahead 2. Rabbit Hill Road widening -- which has been taken off the books and will not be going ahead in 2007 as originally slated 3. 40th Avenue/Bulyea Interchange -- we are hoping the provincial budget will give money to municipalities; the Whitemud-Terwilligar interchange is unfunded and there is excessive traffic at 40th and Bulyea for commuters trying to get out of Riverbend. We would like to see this interchange pushed ahead with. 		
	2. Security	Rob Agostinis / Carol Kaiser	

<p>TRAC and EPS: Superintendent Nigel Stevens and other members of the EPS are attending TRAC meetings.</p> <ul style="list-style-type: none"> - Intention to reduce crime - Proactive community involvement; the EPS wants to be kept informed about drug houses, stolen property, etc. - Establish developmental assets (40 in total); the assets can be used to reduce crime by getting youth involved; the "Broken Window Theory" - Newly established EPS SW Division; opens April 29, 2007 - Enhance deployment - Promote geographical ownership; Brookview is looking at environmental ways to reduce crime. 		
<p>3. Terwillegar Park</p>	<p>Tom Greenwood-Madsen</p>	
<p>The Terwillegar Park Advisory Committee (TPAC) is off the ground. A kick off meeting will happen sometime within the next month or so. The City is currently conducting an interviewing process and Tom has been confirmed as the TRAC representative.</p> <p>Terwillegar Park is the largest park in the city at 174 hectares (430 acres) and is undeveloped, it is an old abandoned gravel mine that has naturalized. It is used for walking, off-leash, cycling, and orienteering. The Sourdough Raft Races are launched from there and it is also the site of corporate challenge events and bicycle races. The Terwillegar Off-Leash Dogs (TOLD) is militant about keeping the park undeveloped. TPAC will work to ensure that everyone's needs are met. The park is located at the end of Rabbit Hill Road and Tom urges everyone to check it out.</p> <p>Issues include paving the road to reduce dust; being respectful of the concerns of local residents; the parking lot. The overall plan is balanced. A commuter path through the park is planned for cyclists, roller-bladers etc.</p> <p>The new plan for the area includes a marina -- potentially something for whitewater sports. Developmental facilities for youth to get to the Olympics would be a wise investment. TPAC will be involved in the planning for the park.</p> <p>Open House: Public Input Open House at the John Janzen Nature Center on May 12, 2007 from 4:00 to 9:00 pm.</p>		
<p>4. Area H Representative/EFCL</p>	<p>Harold Hornig</p>	
<p>The Area H rep position is intended to incorporate TRAC with the Edmonton Federation of Community Leagues (EFCL). Harold stepped up to the task and has attended the first meeting. As a member of the board on the EFCL, Harold -- and TRAC -- will make decisions on EFCL direction. The EFCL is currently trying to determine how to best represent themselves to the City. There are only a few area councils represented within the EFCL the way that TRAC is. Harold has attended the EFCL AGM and one additional</p>		
<p>meeting and is still learning about what's going on. He sees this as a great opportunity to communicate with the entire city. We all have problems unique to our areas and different issues of concern. The EFCL is an organization for information as well as community leagues.</p>		
<p>5. Advocacy</p>	<p>Joe Yurkovich</p>	
<p>The TRAC Advocacy committee includes Joe Yurkovich, Sue Trigg and Harold Hornig. TRAC Advocacy's objectives are as follows:</p> <ul style="list-style-type: none"> - to facilitate and communicate with elected representatives - to facilitate and communicate with government employees - to ensure that our common interests are met - to be involved in the development of public policy and programs <p>The city has put \$58 million toward the rec facility; TRAC had input on design and provided advice on what we'd like through a position paper. Because of the \$80 million price tag (\$22 million shortfall), the arena was put out to a P3 (Public-Private Partnership) arrangement. The three qualified proponents were given a position paper on what we'd like to see, which brings us to the TRAC Foundation. If we ask for more, it will cost more. We understand it will cost more and feel it is our responsibility to help fund the extras; to go to the community to pay for enhancements. For example:</p>		

<p>1. Leisure Ice: We would like to see spontaneous skating at any time and feel this is important enough to fundraise for.</p> <p>2. Running Track: We would like to see it go around the arenas rather than its current configuration</p> <p>The best way to raise the necessary funds is through tax-deductible donations -- the reason to form a foundation. The Winspear and the Symphony have both used this model and it is the direction we would like to go. The Foundation would include a large degree of the TRAC membership and other committed parties. TRAC's foundation would be patterned on the GO Center model. Ed Stelmach's Community Spirit program would factor into the formation as it would provide a matching program where charitable donations would be matched by the province. The foundation would be philanthropic and the City wants to see more fundraising. TRAC has managed to raise \$25,000 without a fundraising goal -- imagine what we could do with a specific goal.</p> <p>The City has given mixed messages, criticizing TRAC for the modest dollars raised to date while tying our hands so that we cannot endeavour to raise substantial funds.</p> <p>We are blessed with an active community; while the purpose would be to raise funds for our community, we would also be obliged to donate to those communities with less fundraising ability. This philanthropy would demonstrate our desire to help others while also helping with our corporate fundraising efforts.</p> <p>Motion: To proceed with the formation of the TRAC Foundation with details to be determined by TRAC Ambassadors at a later date.</p> <p>Second</p>	<p>Joe Yurkovich (Rhatigan Ridge) Patrick Shaver (Hodgson)</p>	<p>Carried</p>
<p>6. Communications</p>	<p>Jane Calvert</p>	
<p>TRAC has worked to raise its profile through three avenues:</p> <ol style="list-style-type: none"> 1. A Riverbend Ragg-Times article 2. A report presented at all community league meetings 3. The TRAC website (www.tracspirit.ca); TRAC has signed a contract with a new webmaster, Mr. Fred Greaves going forward. TRAC utilizes e-mail, the website, brochures, the Riverbend Ragg-Times, newspapers, TV and radio media and portable signs to communicate and bring the community together. <p>The website's eTRAC serves as a notice board to supplement information already provided through the Riverbend Ragg-Times.</p>		
<p>7. Fundraising</p>	<p>Dave Rumbold</p>	
<p>Dave has done a great job since coming on board, raising quite a lot of money. TRAC's goals have been:</p> <ol style="list-style-type: none"> 1. to increase community awareness 2. to raise money for the SW recreation facility 3. to create a community profile for TRAC 4. to bring the community together <p>TRAC has developed fundraising events that can grow; projecting five to ten years ahead, they may become large scale fundraising events.</p> <p>The rebate cheque campaign (February/06) raised \$20,240.</p> <p>The 1st TRAC 10K (May/06) had 72 participants and raised \$3,511; this may increase to \$10,000 this year.</p> <p>The TRAC ladies lunch (October/06) raised \$6,254 and has huge potential for growth.</p> <p>Even small fundraisers make a difference -- Rob's Weight Loss Challenge 2006 raised \$350 just from the TRAC board.</p> <p>Events slated for the future include:</p> <p>TRAC 10K (May 27/07) geared toward families, the price has been kept low to encourage participation.</p> <p>Ladies Lunch (Autumn/07) Caterina will attend the next TRAC meeting to discuss it further.</p> <p>Casinos through both TRAC and the TRAC Foundation.</p> <p>Fundraising discussions with the City will take place in June to find out what we can fundraise for. TRAC wants the ability to tell donors exactly what their donation dollars will be contributing to.</p> <p>The TRAC Foundation will provide significant fundraising dollars.</p> <p>Many thanks to Mike Stiebritz, Caterina Veltri etc for all their effort</p>		

	and hard work on TRAC's behalf.		
	8. Multipurpose Recreation Facility	Tim Cartmell	
	<p>Tim co-chairs the TRAC Recreation Committee with Mike Stiebritz.</p> <p>June/06: Council approved the Southwest Rec facility as a City-operated facility with a \$30 million P3 arena.</p> <p>Nov/06: The next phase was completed; the schematic design was completed and approved.</p> <p>Feb/07: The TRAC design committee was consulted in a meeting on the schematic, and issues for the most part were addressed.</p> <p>Now: Detail design is taking place; recently, the City chose three pre-approved proponents, one of which will ultimately design, build, operate and maintain the facility. A fairness commissioner has been appointed to oversee the selection process and provide feedback. P3 advisors have been hired from Toronto.</p> <p>A project of this magnitude has many elements and it has not been easy -- from the original needs assessment to a key in the door consumes five years; a lot of the credit for keeping things going goes to Monique St. Louis, Project Manager and her team.</p>		
10	MULTIPURPOSE RECREATION FACILITY PROJECT UPDATE	Monique St. Louis	
	<p>Monique has been involved since early 2004 with the project and credits TRAC with keeping it moving ahead.</p> <p>The Southwest Recreation Center originated as part of the 2004 Recreation Facility Master Plan. The City wanted inclusiveness and integration and the location was targeted for its high market demand. They wanted the facility to provide for a continuum of skill levels and while they wanted to see local competition, they wanted it to be designed for recreational use.</p> <p>Over the course of its development, three presentations were put on by the project architect. Five information sessions were held to gather community feedback and as a result, fourteen modifications have been made to the design.</p>		
	<p>Highlights of the Site Plan presentation include:</p> <p>Basement: Storage, access tunnel and the foundation for the aquatic center</p> <p>Main Floor: Children's wing -- child minding, programmable space and three party rooms; commercial and retail space -- the City is looking at an "Ikea"-style play space, but this has not been determined yet.</p> <p>Third Floor: 18,000 square foot fitness space with a track open to the floor below. The floor will feature open views</p> <p>Southwest Recreation Center Timeline:</p> <p>August/04: Project approved</p> <p>January/05: Community Needs Assessment completed</p> <p>Spring/05: 'Facility Component Priority Assessment Report' presented to the community</p> <p>June/05: SHB Architects retained as primary architects; design started</p> <p>October/05: Initial concept design provided</p> <p>December/05: Project funding of \$42 million approved by council</p> <p>February/06: Community open house displayed concept design</p> <p>February-March/06: Requests for Expression of Interest</p> <p>May/06: Presented plans to the community incorporating open house feedback and site integration work (four concepts were presented with a range of costs from \$42 to \$90.2 million)</p> <p>June/06: Report to City Council; council approved final facility program and provided additional funding; also approved the pursuit of P3 arrangement; approved integrated model with High Schools on site and reviewed the non-arena operational model</p> <p>October/06: Schematic draft</p> <p>November/06: Non-Arena schematic design presented and approved; Arena Request for Qualifications (RFQ) issued and detailed design began on non-arena areas</p> <p>December/06-July/07: Design development; design detail</p> <p>January/07: RFQ closed; Arena Request for Proposals (RFP) issued. Evaluate RFP's and invite those qualified to bid by the end of January (process takes 8 to 10 weeks, and then evaluated)</p>		

	<p>April 17/07: P3 RFP documents issued; the process will take ten weeks and will then be evaluated</p> <p>Three groups have been qualified to participate in the process: Edmonton Arena Partners (5 companies) Edmonton Community Sport Foundation (7 companies) Forum - Capital Sports Management Arena Partnership (4 co's)</p> <p>May 25/07: Detail design report; the City will talk with TRAC June 8/07: Last day to issue Q&A responses June 18/07: RFP submission deadline; letter of intent - TBC September-October/07: Contract documents and tender November/07 - July/09: Construction September/08: Transit center opens Summer - Fall/08: Arena complex operational July/09: SW Rec Center facility opens</p> <p>The City has begun rough grading in preparation of construction Mark Quinn has joined the committee regarding the City's Percent for Art Policy, which allows for \$100,000 for facility artwork (City policy is 1% of the projects cost to be allotted for art up to a cost of \$100,000; the SW Rec Center qualifies for the full amount) There are some schedule risks:</p> <ol style="list-style-type: none"> 1. Pre-tender prices are not necessarily indicative of actual costs 2. Geotechnical research regarding soil condition could create problems, but the city has a contingency build-in 3. Through the Municipal Government Act, the City will have to 																																				
	<p>perform due diligence if there is any opposition regarding contracting for less than fair market value An impressive fly-through video presentation was made.</p>																																				
11	NEW BUSINESS AND ANNOUNCEMENTS	Rob Agostinis																																			
	<p>August 1-4, 2007: The United Nations is holding a Global Youth Assembly in Edmonton. TRAC will have a representative attend this event. - More information is available at www.youthassembly.ca A good forum to discuss issues that concern Edmontonians can be found at www.connect2edmonton.com.</p> <p>April 18, 2007: The Running Room will celebrate the grand opening of its Riverbend Square location April 19, 2007: 7:30 PM Edmonton Whitemud PC Association will hold an information evening; the topic will be "Community Focus -- Managing Economic Growth and the Environment" May 28, 2007: A reminder of the Snow Valley Golf Classic at the Derrick Golf Club in support of the Special Olympic Athletes</p>																																				
12	ELECTION OF COMMUNITY AMBASSADORS	Harold Hornig																																			
	<p>The current board is now dissolved. The community leagues must bring forward their choices.</p> <table border="0"> <tr> <td>Brander Gardens</td> <td>Jane Calvert (Returning)</td> </tr> <tr> <td>Brookside</td> <td>Bruce Milne (New)</td> </tr> <tr> <td>Bulyea Heights</td> <td>Sherri Jaillet (Returning)</td> </tr> <tr> <td>Carter Crest</td> <td>Rob Agostinis (Returning)</td> </tr> <tr> <td>Falconer Heights</td> <td>Cynthia Reckhard (Returning)</td> </tr> <tr> <td>Haddow</td> <td>Bruce Gritter (Returning)</td> </tr> <tr> <td>Henderson Estates</td> <td>Jim Bradshaw (New)</td> </tr> <tr> <td>Hodgson</td> <td>Patrick Shaver (Returning)</td> </tr> <tr> <td>Leger</td> <td>Tom Greenwood-Madsen (ret)</td> </tr> <tr> <td>MacTaggart</td> <td>Vacant</td> </tr> <tr> <td>Magrath</td> <td>Vacant</td> </tr> <tr> <td>Ogilvie Ridge</td> <td>Susan Anton (Returning)</td> </tr> <tr> <td>Ramsay Heights</td> <td>Joanne McMillan (Returning)</td> </tr> <tr> <td>Rhatigan Ridge</td> <td>Joe Yurkovich (Returning)</td> </tr> <tr> <td>Terwillegar South</td> <td>Vacant</td> </tr> <tr> <td>Terwillegar Towne</td> <td>Murray Chrusch (Returning)</td> </tr> <tr> <td>Outlying Area</td> <td>Loren Coutts (Returning)</td> </tr> </table> <p>The nominees are acclaimed. This is the TRAC 2007/2008 slate of Ambassadors. Thanks again to Jim Hillman (Brookside) and Angelo Blais (Henderson Estates) for their involvement as TRAC Ambassadors</p>	Brander Gardens	Jane Calvert (Returning)	Brookside	Bruce Milne (New)	Bulyea Heights	Sherri Jaillet (Returning)	Carter Crest	Rob Agostinis (Returning)	Falconer Heights	Cynthia Reckhard (Returning)	Haddow	Bruce Gritter (Returning)	Henderson Estates	Jim Bradshaw (New)	Hodgson	Patrick Shaver (Returning)	Leger	Tom Greenwood-Madsen (ret)	MacTaggart	Vacant	Magrath	Vacant	Ogilvie Ridge	Susan Anton (Returning)	Ramsay Heights	Joanne McMillan (Returning)	Rhatigan Ridge	Joe Yurkovich (Returning)	Terwillegar South	Vacant	Terwillegar Towne	Murray Chrusch (Returning)	Outlying Area	Loren Coutts (Returning)		
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13	DOOR PRIZES																																				

	Thanks to those who donated gift baskets for the door prizes: M&M Meat Shops in Riverbend Snow Valley Ski Hill Starbucks in Terwillegar Vines Wine Merchants Gift Basket winners included: Cynthia Reckhard, Patrick Shaver and John Stroud		
14	ADJOURNMENT		
	Meeting adjourned at 9:33 PM.		
15	CALL TO ORDER OF AMBASSADOR MEETING	Harold Hornig	
	Harold Hornig -- chair called the meeting to order at 9:34 PM		
16	CONFIRMATION OF QUORUM		
	Quorum confirmed	Harold Hornig (Brookview)	

17	ELECTION OF OFFICERS		
	President Vice President Treasurer Secretary Community Advocate The officers stand for another term. This is the TRAC 2007/2008 slate of Officers.	Rob Agostinis (Carter Crest) Joe Yurkovich (Rhatigan Ridge) Cynthia Reckhard (Falconer Hts) Susan Anton (Ogilvie Ridge) Murray Chrusch (Terwillegar Tn)	
18	ADJOURNMENT		
	Meeting adjourned at 9:37 PM.		
19	NEXT MEETING		
	The next meeting will be held in May. Venue and date TBA		

Keynote Address by John Stanton, Founder of The Running Room:

John started with a 3K fun run, and turned his enjoyment into business success, with 90 stores throughout North America employing 900 vibrant people who share his passion for helping others and his fundamental values about what "success" means: It's not about shoes or bank accounts -- it's about warm fuzzy's. John's inspiring message is that you can become an athlete at any age and what's more, that anyone can do it. He began as an overweight chain-smoker and transformed himself into an Ironman Champion through a discovered love of running. This love of running also gave him a new focus in life and he walked away from a stable corporate career to start a new life doing what he loved.

The Running Room started in an 8x10 house that was shared with a salon. Many stores sell shoes, but John saw the opportunity to provide friendly, knowledgeable service from people who could provide information and help to those who wanted it. He shared his philosophy that success is not having the goal to become an Olympic athlete, but rather to give your best effort today and improve each day. This can be applied to business and community as much as to fitness. He strives for a three-way win in business -- customer, company and community should all benefit from endeavours. This is the acid test he applies to everything he does. John believes that we are a technologically strong society of wealth but not health, and as the baby boomers age, and obesity and diabetes rates become epidemic, he encourages mentoring -- helping people to become fit and active. Knowing that a group environment helps, John offers drop-in walks and runs on Wednesday evenings and Sunday mornings through the store, which helps build a sense of community in addition to the obvious health benefits the activity brings.

Edmonton has done a marvelous job of integrating their trails in the river valley. There are trails on both sides of the river and many areas are wheelchair accessible so that everyone can participate. John was particularly excited about the new trail on the power line that will connect with the off-leash area in Terwillegar Park via the new overpass at Terwillegar. The trails, known as "Edmonton's best kept secret," are also structured so that they can be enjoyed by both the recreational and serious user. A trail map is available at the Kinsmen Sports Center and on-line with the City. John feels Edmonton is the finest city in Canada when you look at the standard of living we enjoy thanks to the Edmonton River Valley Trail System. John is a testament to his philosophy that success is never knowing whether you're working or playing. He challenges us all with the question: Are you making a difference in your community?

Fitness and good health are precious treasures -- John suggests exercising between 1/2 and 1 1/2 hours per day and following Canada's food guide.

You can meet John at the Riverbend Square Grand Opening April 18, 2007.