

President's Message

Hello Rio!

Here we are in the middle of May. Wonderful weather – finally – and wonderful events happening. We have such a great community. To catch you up, our preschool is full, our spray deck is opening, our solar panels are being installed on the building and our IGA fundraiser was amazing. This has been a great start to our month of May.

During these days when our weather warms we tend to find people speeding quite a bit more, and there appears to be little less caution around our schools and parks – places where most two to twelve year old kids like to play. Most people like to believe it is people visiting our community doing the speeding, but we did have our traffic patterns audited by the city and it turns out that it is actually our own Rio residents. I would ask that you slow down. You are close to home and the people you love and the people your neighbours love. You are passing by park areas where the most vulnerable of our community congregate and they need you to be responsible. SLOW DOWN! STAY OFF YOUR PHONES! DRIVE WITH CARE! PROTECT THE CHILDREN....NOT JUST YOURS BUT EVERYONES.

The new schools zones are the law and I have personally noticed on a daily basis that our residents are the ones who fly through these areas. I am not sure why people are rushing so fast through these zones. Our homes are less than one minute away from these areas and it is our neighbours – small and large - that you are protecting.

The same sentiment goes for the stops signs. I can attest to the rolling stops at the busy 4 way corner. However, I have also seen young and old drivers fly through these signs as if they were not there. I have also seen cars narrowly miss pedestrians crossing the street. Short of asking the police to monitor these areas more closely I believe a simple reminder should be enough to get all of us on the same page. Warm weather brings out all community members. Let's ensure all of us enjoy our spaces and get home safely.

Talk to you all soon!

Lance Burns,

President, Rio Terrace Community League

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Connect with us!

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

Twitter: @RioTerrace

Facebook: RioTerraceCommunityLeague

Community Matters



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

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Rio Terrace Community League Membership

Memberships are always available for purchase

Community League memberships are valid September 1st to August 31st. It is encouraged that anyone residing in the Rio Terrace, Patricia Heights and Quesnel neighbourhoods become annual membership holders, however, membership is open to anyone!

Available at:

- Local Mac's Store, Cheque Only.
- Community Social Events, cash, cheque or credit card.
- Online at www.efcl.org , Visa or Master Card only.

Cost:

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

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- Free Access to all community skating rinks.
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- Special promotions through www.efcl.org

Die Kleine Kinderschule Preschool reaches 30-year milestone this year!

It's hard to believe that 30+ years have gone by that Die Kleine Kinderschule (DKK) playschool has been in existence. It's a German-bilingual preschool right in your lovely neighbourhood of Rio Terrace. Officially we are celebrating our 30-year milestone this year as it was incorporated as a non-profit society back in 1988 but it's been operational years before then. It began in 1984 at the Southgate Alliance Church downstairs gym and now has grown to three locations: Rio Terrace Elementary School, Forest Heights Elementary School and the German Canadian Cultural Association ("German Club") on Roper Road. For over 30 years, DKK has given children 3-5 years old the opportunity to learn a second language while attending a warm, safe and stimulating play environment that encourages independence and social skills with the opportunity of creating lifelong friendships. You definitely feel a strong sense of community among the kids, parents and teachers.

Some of our kids attend DKK because of their Germanic traditional roots but for others, it's an opportunity to be introduced to a second language. Research shows that learning a second language impacts positively on a child's development of English and boosts problem solving abilities, memory, listening skills and creative thinking. No previous knowledge of German is required, nor are the parents expected to know German. More than half of the children do not speak German or come from a home where German is spoken. The class is taught in both German and English and it's amazing how quickly your child will start to understand and use simple words and expressions.

(Continued on page 5)

Community Matters



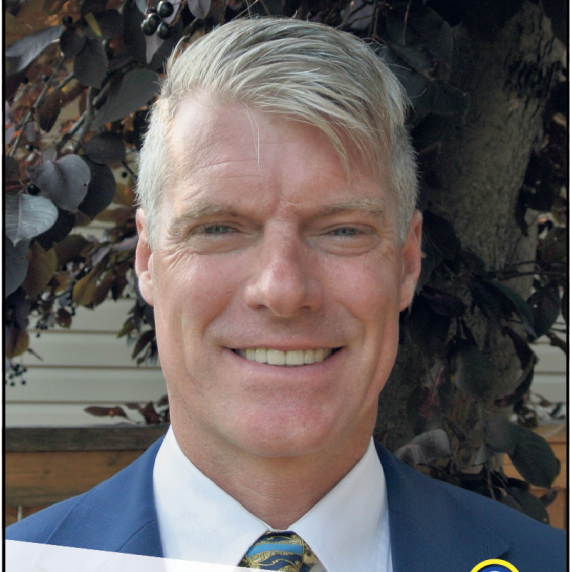
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(Continued from page 3)

Registration for 2018/2019 school year is still open. **Enroll now: early bird deadline ends May 15.** If your child is planning on attending Rio Terrace Elementary in the future for the French program, you may consider enrolling him/her in DKK to create an easier transition to kindergarten at the school. We still have some spots available at our Rio Terrace location on Monday/Wednesday mornings and we currently have a waitlist for Tuesday/Thursday mornings. We also offer an additional third day option on Friday as a Kindergarten Readiness Class. DKK is a wonderful first school setting experience and children become better prepared for Kindergarten. Our comprehensive program includes regular educational field trips including in-class experiences & off-site Edmonton attractions such as the Zoo and Fort Edmonton Park (all included in the tuition). The children will go outside as often as the weather and program schedule permits, even in the winter. Also note that there are no parent duty days and subsidy is available for eligible families. Please contact Simone for further information: 780-628-5630

Stay tuned for an exciting event to celebrate our 30 years and keep up with current DKK news by joining our facebook page or visiting our website.

www.facebook.com/DieKleineKinderschule
www.dkkplayschool.org.

Thank you to all the parents and teachers from all our various locations that have shaped this program to what it is today. We look forward to another 30+ years.

"Zwei Dinge sollen Kinder von ihren Eltern bekommen:
Wurzeln und Flügel."

"Two things children should receive from their parents:
roots and wings."

~ J.W. von Goethe

Putting the Spark Back Into Your Relationship



Do you remember your dates from the beginning period of your relationship with your spouse or partner? Maybe you spent hours picking out the perfect outfit, or just the right activity. There probably was a sense of anticipation, about a whole afternoon, or evening of just the two of you. It was a time to share personal stories, dreams, goals, and most of all have fun. As relationships tend to mature, those same activities that helped build the relationship tend to fall away as other activities, chores, child rearing take priority.

Often when a couple arrives in my office for therapy, I'll ask "How's your dating life?" All too often the answer is "We can't remember, or probably before the kids were born." Naturally once the kids start arriving, priorities tend to shift. However chores, hobbies, and family time tend to edge couple time out of the picture. Research shows that couples who maintain an active dating life throughout their relationship tend to stay in those relationships longer compared to couples who no longer date or date infrequently.

(Continued on page 7)

Community Matters



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(continued from page 5)

Dating is so important!

Dating is an opportunity ignite the romance! When you put date night on the calendar, you've engage the mindset that the evening will be about you and your partner. It's a time to remind yourself why you're together, and how much you enjoy each other's company.

Date night is a break from doing. If your evenings at home are like mine, then most nights are spent focusing on laundry, homework, meal prep and time with the kids. Notice how most evenings are spent doing stuff that has to get done, rather than connecting. The modern day rush of raising families and climbing the corporate ladder, gets us focused on tasks, not each other. Date night is an opportunity to put tasks on hold and spend time listening, sharing and connecting with each other.

Date night is about having fun. Now that the tasks are on hold, there's room for the fun to begin. Date night is a great opportunity to focus on the things you enjoy doing together. Your shared interests. If you don't have any shared interests, it's a time to create them by trying something new together. Couples who spend date nights trying something new and learning together, experience more marital satisfaction and love according to research.

Date nights show commitment. When couples spend time together and reinvest in their relationship they more likely to stay together. Knowing that your partner is willing to invest back in the relationship, through quality time together, will support an atmosphere of love and commitment, which helps bolster the relationship during the hard times.

Here are some date night hints to keep the spark alive:

1. Dating should be regular. 2-4 times per month depending on if you date weekly or bi-weekly.

Less is not more in this situation.

2. Dating should have some variety. Get out of your routines and old stand byes.
3. Dating can be adventurous. Try something new!
4. Dating should be Fun. Try and pick an idea that will be enjoyable to both of you.

Here are a few ideas to get you started:

- Go for coffee at your favorite coffee shop and describe your dream vacation to each other.
- Take a walk in the River Valley.
- Cook a themed dinner and stay in.
- Mini-golf
- Paint nite or pottery painting
- Take a dance lesson
- Attend a festival

Date nights are a chance to reinvest in your relationship and each other. Although date nights are unlikely to fix a relationship that is falling apart, they can help keep a relationship from getting to that point, by keeping the spark alive.



Amy Cardinal is a Registered Psychologist at Creating Solutions Inc, at 9509 156 Street in West Edmonton. Visit the website at www.creating-solutions.com or call her 780-414-0609, ext. 223.

Community Matters



Help Wanted for Spring Flower Planting

Wanted one young person to assist with spring flower planting. Must be able to lift 20 kg. \$15 an hour plus bonus to the qualified applicant.

Contact Greg 780-760-7460



Rio Terrace Community League invites you to grab your neighbour, bring a friend, enjoy a brew through the month of May.

FRIDAY NIGHT PINTS

Tickets can be purchased from [Eventbrite](#) and will include snacks and 2 drink tickets.



7 PM - 10 PM

FEATURED CRAFT BREWERS:

May 4 - Alley Kat Night
May 11 - Two Sergeant's Night
May 18 - Blind Enthusiasm Night
May 25 - Yellowhead Night

\$4 Drink Tickets

Advanced Ticket Purchase is recommended to avoid disappointment.
* Event Tickets are \$10 per Night

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Generally Speaking - A Collection of Board Game Reviews

As a child growing up in the Philippines, the few board games that I knew were Monopoly, Snakes and Ladders, Chess, Checkers and Scrabble. It wasn't until when I started dating here that I learned that there is a much greater variety of games that are available and that are continuously being released.

In our current home, we joke that our dining area functions as follows: first as a board game table, second as an arts and crafts table, and hardly used for dining at all. Along the back wall where a china cabinet was placed by the previous owners, we now have a floor-to-ceiling shelf full of board games, art supplies, sewing equipment and stuffed toys. Playing board games is one of the key ways we hang out and have fun with our friends and visiting family.

Here are observations about some board games we played over the years. One thing I learned is that there are different types of games that work with different types of crowds.

Citadels – This is one of the first games that I have played with my significant other and their friends back in 2009 or so. We even played it at couple of times at Uncle Glen's. Drinks, pizza, and playing games – best done with friends you see on the regular.

Ticket to Ride – Thanks to this game, I discovered the joy of building railroad tracks that connect major cities across a region. Also, there is the even greater satisfaction of blocking the paths that other people plan to take – so you get all the points and win. When we play this with his friends, the game does end up getting more heated. But when I do a two-player game with my brother, we tend to focus more on competing by having a longer route as opposed to blocking each other.

Saboteur – This would be the game in our collection that we played with the largest variety of people. During the first winter block party that we attended after moving here, we played this game with the hosts after the other guests have left. That was fun! Since it is compact, we brought it with us when we went for our vacation to the Philippines; the box is as big as the one for a standard deck of cards. We had a great time teaching it and playing with my cousins. It seems like easy board games are great ways to do a icebreaker.

Legendary – This is the first board game that my significant other spent a lot of time customizing. There were a lot of cards in this game and he thought that the box poorly organized the cards according to type. This is also when I first learned about card protectors and board game box dividers. We purchase a lot of those and spent many hours over several weekends re-arranging the cards. It became a couple's arts and crafts project, and we both felt proud of our handiwork afterwards.

Sushi Go – I would say this wins the board game with the cutest art. A colleague told me that she really enjoyed this as a party game, and I finally managed to give it a try when a friend and I met for lunch at a board game café. I never played a board game with that friend before, and it is an easy-to-teach and easy-to-play game that involves collecting certain combinations of cards to get the most points.

It looks like playing board games are becoming even more popular these days, with board game cafes opening and 'board game nights' are becoming a more common type of activity which I think is pretty great!

Giselle General
Communications Director

Community Matters



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Seniors Section

What is social isolation?



This is an excerpt of a post that is recommended by a community member. To read the complete article visit:

<https://connectingedmontonseniors.ca/about-social-isolation/>

There are many definitions of social isolation. The Pan-Edmonton Group Addressing Social Isolation of Seniors (PEGASIS) has chosen to use the following definition: "Social isolation is a low quantity and quality of contact with others. Social isolation involves a situation of few social contacts, few social roles, and the absence of mutually-rewarding relationships."

This definition includes both objective measurement of social networks (quantity) and the person's subjective perceptions of loneliness (quality). Social isolation is an objective measure that refers to the size of a person's social networks and the number of interactions. When people have few social contacts they can be socially isolated.

The term loneliness is often used interchangeably with social isolation. Loneliness is a subjective perspective that refers to how people feel about their interactions with others. It is the feeling of being without the types of relationships one desires. Social isolation may increase the likelihood of loneliness, but a person can feel lonely even when in the company of others. One can have few social con-

tacts and not feel lonely and someone who has many contacts and a busy social life can still feel lonely.

Why does social isolation matter?

At all ages, loneliness has a devastating impact on health. Because older adults' health is more delicate, increases in social isolation can have significantly greater impacts and require more frequent medical interventions. Providing acute care services is more expensive so preventing social isolation can help reduce costs on the acute care system.

Lonely and socially isolated seniors are at increased risk of:

- Cognitive decline and dementia
- Depression, anxiety and suicide
- Falls and hospitalization
- Increased blood pressure and cardiovascular disease
- Premature mortality

Social costs are also greater. Social isolation reduces older adults' well-being and quality of life. Socially isolated seniors do not feel valued or have a strong sense of belonging or fulfillment. They are less satisfied with their lives than those who are satisfied with their social contacts.

If you think you may be at risk, or someone you know may be at risk, learn to identify the signs of social isolation. If you feel you may be socially isolated, there are several ways you can find support.

Call the Seniors Information Phone Line to get information and referrals to community and government programs/services in Edmonton. Dial 2-1-1 and press 2 to reach the Seniors Information Phone Line. Contact the organizations that are part of the Pan-Edmonton Group Addressing Social Isolation of Seniors (PEGASIS) network.

Community Matters



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

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

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



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Top 10 Things to Do with Your Aging Parents



This is an excerpt of a post that is recommended by a community member. To read the complete article visit:

<https://blog.mavencare.com/home-care-resources/things-to-do-with-your-aging-parents-in-edmonton>

1. Play Your Favourite Board Games: If you're like many other kids who grew up in Edmonton before the age of computers, you remember many fun nights at home with your parents playing all sorts of board games. You can relive these memories with your parent all over again by visiting the Table Top Board Game Cafe. For just a small fee, you can have access to a huge selection of popular and rare board games that are fun and inclusive. Whether you want to wage an intense strategic battle with your father or simply relax and chat with an easy game with your mother, Table Top has you covered.

2. Explore Nature at the Botanical Gardens: Do you and your mom or dad love nature? You'll find endless hours of exploration and amazement at the Devonian Botanic Gardens at the University of Alberta. These gardens feature more than 80-acres of ecological preserves and natural areas for viewing a wide range of plant and animal species that will have you and your parent chatting about for hours. The best part is that the gardens are changing throughout the year, so you can watch the stunning

transformation of foliage in fall as well as the birth of fresh life during spring.

3. Experience the Microbrew Revolution: If you and your parent aren't against imbibing in a bit of beer now and then, you'll have a great time experiencing the huge growth in delicious microbrews springing up all around Edmonton. New craft brewers in the area are developing innovative techniques for creating flavours never tasted in those bland big import and domestic labels. Of course, you don't have to limit yourself to newest micro brewing companies. The Alley Cat Brewing Company is Edmonton's oldest craft brewery, and their tour and free tasting is a great way to spend a few hours.

4. Get Tickets to the Varscona Theatre: Want to experience entertainment that's truly local? The Varscona Theatre is home to a wide range of local production companies who put on dramas, musicals, comedies, cabarets, and all other type of productions throughout they year. If you and your parent loved going to the theater in the past, the Varscona offers a whole new world of entertainment opportunities. When you visit this venue, you'll be supporting a truly local institution.

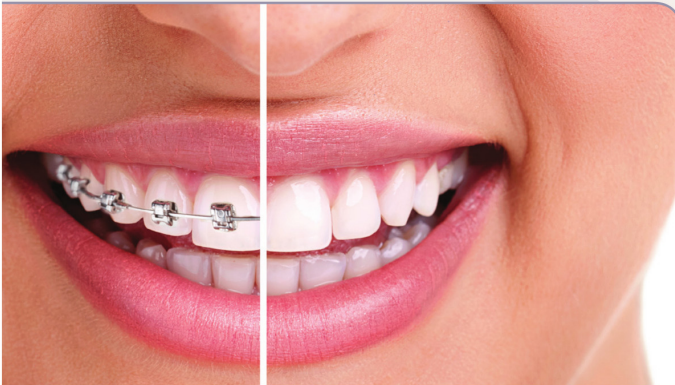
5. Visit a Farmers' Market: Whether you and your parent love to cook or simply enjoy locally made treats and crafts, Farmers' Markets throughout Edmonton provide ample opportunities for shopping and spending time with your loved one. The Old Strathcona Farmers' Market has been selling garden products, baked goods, and crafts for more than 3 decades, and they rotate between nearly 300 vendors throughout the year. 124 Grand Market is a bit more upbeat and specifically built for summer. It features performances from many local artists as well as a pack of roving food trucks. It's a great way to spend an afternoon with your mom or dad between May and October.

Community Matters



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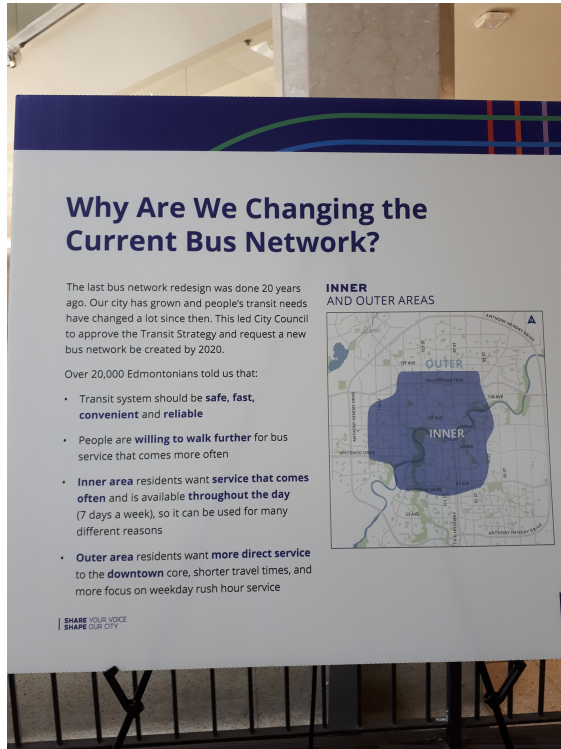


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Community Concerns Section

4 Bus Route



Did you know that Edmonton is looking to change bus routes in 2020? Did you know that in the current draft there is not an equivalent to the number 4 bus route going through our community? The #4 has been constantly running through our neighbourhood as long as I can remember and I have lived in and around this area my whole life. I live here because of the #4 bus route and now it looks like the city is going to take that away and perhaps force me to move away because my household relies on that bus. Please take the time to visit the city of Edmonton website and let them know the #4 bus route is important to you too. Thanks.

https://www.edmonton.ca/projects_plans/transit/bus-network-redesign-maps-routes.aspx

Corey Grajkowski

Response to the Letter from the Board of our Community League

This article addresses the letter from the Board of our Community League about development variances first published in the November issue of this newsletter and repeated in the February issue.

The letter stresses the Board's "trust in the City's zoning and planning processes to vet potential projects for suitability". It assumes that the zoning and planning process should constrain development "to conform with the character of surrounding properties." However, the Board finds "utterly shocking" some of the variances conditionally approved by the City and "equally stupefying" the short deadline given to voice concerns.

The issues identified in this letter are, indeed, major concerns. However, when it comes to conformance to the character of the surrounding properties, the Board of our Community League must be misinformed. The City has been steadily eroding the protection zoning regulations give to homeowners. This has been done with a series of apparently small, "below the radar", amendments to what is allowed in each zone, for example splitting RF1 lots down to 25 feet, and with the addition of the Mature Neighbourhood Overlay (MNO) that overrides the zoning rules in older neighbourhoods.

And the MNO itself changes constantly. For example, in April 2017, its objectives were "to ensure that new low-density development in Edmonton's mature residential neighbourhoods is sensitive in scale to existing development, maintains the traditional character and pedestrian-friendly design of the streetscape, ensures privacy and sunlight penetration on adjacent properties and provides opportunity for discussion between applicants and neighbouring affected parties when a development proposes to vary the Overlay regulations."

(Continued on page 17)

Community Matters



SPRING IS FINALLY HERE!!!

Well, we have been patiently waiting and it is finally here. I am so excited for the upcoming Spring and Summer in our wonderful city. As always, I am here if you need any real estate advice or anything to do with your home. Feel free to reach out anytime!

Our office would like to invite you to our RE/MAX Real Estate Yard Sale for the Stollery! Saturday, June 2nd from 8AM-3PM. If you would like to donate any items you can drop off at our office at 16 Nelson Drive, Spruce Grove or contact me and I can pick them up! Thank you in advance!



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The information is deemed reliable but not guaranteed. Not meant to solicit properties already for sale.

(Continued from page 15)

Bylaw 18013, adopted by City Council on May 29, 2017, changed the objectives to REMOVE references to low-density, sensitivity in scale to existing development, maintenance of the traditional character and protection of the privacy and sunlight penetration on adjacent properties.

When confronted with the fact that the MNO detailed rules were incompatible with its objectives, City administration chose to drastically weaken these objectives! One can wonder if the objectives initially given to the MNO were its “real” objectives or if they were simply sugar coating to make the MNO acceptable, coating to be discarded once the citizens had swallowed the pill.

These changes were made without a public vetting commensurate with their huge impact of our neighbourhoods.

Based on this evidence, very many members of our community no longer “trust” the City Planning and Zoning process and have joined the Restrictive Covenants preventing lot splitting. They want to protect the traditional character and pedestrian-friendly design of our neighbourhoods, our privacy, and the sunlight penetration that we enjoy. They chose to live in our neighbourhoods because of these advantages and they did everything in their power to protect them by joining the covenant.

Yves Forté
Protect Rio

Letter from Sean Robitaille

After reading the two responses on Page 24 of the February 2018 ‘Community Matters’, the following comments are offered on the content of those letters.

EFCL Response to the Letter from the Board of our Community League

In her response to the letter from the Board of the Rio Terrace Community League about development variances, Bev Zubot of the Edmonton Federation of Community Leagues (EFCL), notes the lack of a District D (our district) representative on the EFCL Planning and Development Committee. Our Community League, along with the 16 others in our district, has no such representative. One should nevertheless note that, in this district, our three neighbourhoods are the only ones deemed “mature”. This should have motivated our Community League to participate in this committee.

Our League’s Executive focuses its effort on the social and facilities aspects of its mandate, I believe successfully, but it mostly avoids involvement in its third objective: “to facilitate consultation in land use planning and development, and transportation matters that apply to the neighbourhood”. This lack of involvement is not true of all Community Leagues. Browsing through the minutes of the City meetings where the MNO was discussed, I found presentations made by representatives of other Community Leagues.

City Administration Response to the Letter from the Board of our Community League

With respect to the response from Dan Boric of the City Development Services Branch, it is what one would expect from a Liaison Team officer when asked to defend a weak position: give specific references, regardless of their relevance. During the February 1st, 2017 meeting of the Urban Planning Committee, identified by Mr. Boric, Sustainable Development report CR_3987 was received for information. Well, nice to know.

(Continued one page 19)

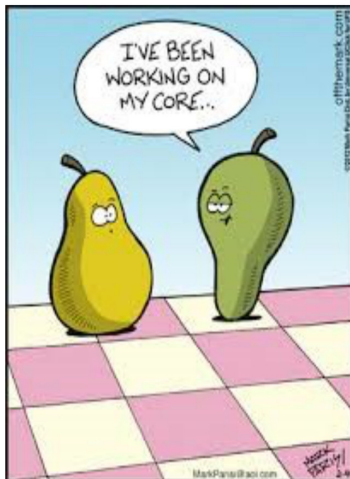
Community Matters



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(Continued from page 17)

During the July 10, 2017 City Council Meeting, also identified by Mr. Boric, there were discussions about front driveways in neighbourhoods where there are back lanes. This is of no relevance to our three “lane-less” neighbourhoods.

Mr. Boric also wrote that he hopes that further tweaking of the regulations will reduce the number of variances (would it be by further relaxing the rules?). As to the “sober second-thought” opportunity provided by appeals to approved applications for permits containing variances, such opportunity has been further constrained by section “814.5 - Proposed Variances” of the MNO, and further by By-law 18106 dated July 10, 2017. These documents allow for a drastically reduced number of neighbours to be informed about variances. A process that informs less people and provides them little time to react seems to be the prevailing approach taken by the City to reach its goals. The Community League letter clearly states that this process is totally inadequate yet this is not addressed by Mr. Boric.

Bottom line, Mr. Boric’s response is irrelevant. It does not address the concerns raised by the Board of our Community League.

Sean Robitaille
Protect Rio

Sarah Hamilton’s Response to the Letter from the Board of our Community League

In her response to a letter from the Board of the Rio Terrace Community League about development variances, Sarah Hamilton, our Ward 5 City Councillor, explains one of the reason why development variances are requested. However, it does NOT address the “degree” of the variances approved by the City, the “equally stupefying” short delay given to voice variance concerns, and the reduced number of

neighbours who are notified of these variances. The response also avoids addressing the elephant in the room, the split lot issue against which many residents have acted by joining the Restrictive Covenants. As for split lots, please read her October 4, 2017 email response to a Protect Rio query:

From: Sarah Hamilton sarah@hamiltonward5.ca

Sent: 4 October 2017 13:26

Subject: Fwd: Questions about lot splitting

Hi ...

1. As your city councillor, I will ask for a program audit, so we can see if the Infill program is doing what previous councils set out. I will also work with my fellow councillors to address the biggest issue with infill, including proximity, parking, design and mature trees. I believe there are immediate measures council can take to address these issues.

2. As your city councillor, I want to work with communities like Rio Terrace to create a better consultation and appeals process so that filing a restrictive covenant is not a necessary measure...

3. ... I also think city council needs to amend the current policy to address the difference between communities with back alleys and communities without.

Please give me a call if you have additional questions and I hope I can count on your support on October 16 so that Rio Terrace has a strong voice on city council.

Sarah Hamilton

Since the election, I am not aware of any action that our councillor has taken in relation to what she promised when she was asking for our vote of support. I am disappointed, and so are many of my neighbours.

(Continued on page 21)

Community Matters



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Community Matters

Those who joined the Restrictive Covenant are NOT in favour of “urban sprawl”, are NOT against “densification” and “infill”. They understand that our City needs to evolve, but they do object to the “one size fits all” approach taken by the City for all neighbourhoods deemed “mature”. Some neighbourhoods are younger than others, some are constantly refreshed with renovations and one-for-one house replacements, and some have back lanes while others have none. The “infill” program needs a serious audit to determine where and how well each of its elements, such as lot splitting, makes a significant contribution towards its stated objective, rather than simply helping out developers and speculators, increasing the property taxes collected by the City, and alienating its citizens!

Gordon Fuerst
Protect Rio



It is hard to believe that we coming to the end of our preschool year already. Our little ones have grown so much and we are seeing them become competent, confident learners who are ready to take the next steps in their journey into lifelong learning!

Again, we achieved amazing results with our annual Silent auction held in November! Our preschool families worked so hard to make this event a huge success. We are incredibly thankful to have such wonderful support from the Rio Terrace, Patricia Heights and Quesnell community members along with the Rio Terrace Community League. Naoko and I are very fortunate to be a part of this wonderful community family!

We are already planning ahead to the next school year and we are very excited to announce that all of our classes are full for the 2018/2019 school year. If you, or someone you know would like to put their child's name on the wait list for next year please email Shay at rtpreschool@telus.net. There is always movement on the wait list between now and September.

Our fundraising team has organized the second annual Shopping Spree fundraiser in cooperation with Andy's IGA in May. Preschool families have been selling tickets for a draw that will see the winner fill as many shopping carts with free groceries as he/she can in 3 minutes. Last year our winner walked away with over \$2000 worth of groceries!

The kids are so very excited about the opening of the spray deck at the Rio Terrace park. We are planning sunshine and splash days at preschool and we can't wait to play in the water!

“Necessity may be the mother of invention, but play is most certainly the father.” ~Roger von Oech

Playfully yours,

Shaylene Saxton
Teacher

Naoko Henkel
Teaching Assistant

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Community Matters



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Yoga and Mindfulness

Yoga and mindfulness are words that are being thrown around a lot in society today, yet these concepts have been around for centuries, so why are they just now becoming popular? I believe yoga and mindfulness are experiencing an increase in popularity due to their many benefits on body and mind. Yoga first started to become popular in North America due to its physical benefits such as improved flexibility, mobility and an increase in range of motion. It also decreases heart rate, systolic and diastolic blood pressure. (Ross and Thomas, 2010). Yoga has also been found to have beneficial effects on blood glucose levels in individuals with diabetes and other chronic health conditions. (Ross and Thomas, 2010). It can reduce pain, fatigue, and sleep disturbance (Ross and Thomas, 2010). The poses are also easily modified making it is accessible to all people regardless of ability. However, yoga is no one trick pony!

The mental benefits linked to yoga are relatively newer to mainstream society but are nonetheless valid and have gained support through numerous research studies. Yoga has been shown to have an immediate psychological effect: decreasing anxiety and increasing feelings of emotional, social and spiritual well being (Ross and Thomas, 2010). It can also increase concentration and provide numerous breathing techniques to help individuals regulate their mental and physiological response to pain and stress.

The benefits of yoga and mindfulness have also been demonstrated in children. Research shows mindfulness yoga has shown to significantly improve children's abilities to control their impulsiveness and regulate their behaviours (Lim and Qu, 2016). It has also been shown to improve children's concentration (Peck, Kehle, Bray and Theodore, 2005). Yoga has also been shown to reduce middle school children's anxiety, heart rate, headaches, and general tension and

stress symptoms (Peck, Kehle, Bray and Theodore, 2005). With all these benefits gained from one activity, it's no wonder yoga has become so popular! Whether you are looking to gain strength, flexibility, increase range of motion, reduce anxiety, cope with stress or just looking for something fun and challenging, yoga is the perfect activity.

Kari Sydor

Yoga Teacher at The Wellness Clinic

Upcoming Community Events

Friday Night Pints

Rio Terrace Community Hall

May 4, 11, 18 and 25, 7 PM – 10 PM

Featuring craft brewers every night. \$10 per night. Advanced ticket purchase is available through Eventbrite.

Spray Deck Grand Opening Party

Rio Terrace Community Hall

June 2, 2018 2 – 4 PM

Celebrate the completion of the spray deck.

Annual Family Bike Parade

Rio Terrace Park by the Gazebo

July 1, 2018 1:00 – 3:00 PM

Bring your bikes, strollers and wagons to decorate and have a fun ride around the neighbourhood.

Green Shack now open at Patricia Heights and Rio Terrace Playground

Community Matters



ECOLE RIO TERRACE SCHULE (SCHOOL)

- ☐ Do you have children attending the school?
- ☐ Do you have young children that will attend the school in the future?
- ☐ Do you have kids or grandkids that would love another awesome play space in the neighborhood?

The **PLAY AREA REDEVELOPMENT COMMITTEE (PARC)** has initiated the improvement of the outdoor play experience for the students of the school and the children of the community to enjoy. We heard the voices of school families and the community in 2017 through our needs assessment survey, and the design for the new playground features, natural play spaces, outdoor classroom and garden areas is underway.

Look out for future updates on fundraising events and let us know if you would like to get involved by helping out at an event or two.

Please find out more on the progress of this project by visiting <https://www.facebook.com/RTSchoolPlayProject> or by emailing rts.playproject@gmail.com



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Farmers' Markets in Edmonton + area

Beverly Towne Farmers' Market

When: Every Tuesday from 4 pm to 8 pm (May until September 27)

Where: 118th Ave and 40th Street in Northeast Edmonton

Website: <http://www.beverlyfarmersmarket.ca/all-about-us/>

Baseline Farmers Market

When: Every Wednesday from 4 pm to 8 pm (Until October 5)

Where: 390 Baseline Road, in the Home Depot parking lot. Sherwood Park.

Website: <http://www.baselinefarmersmarket.com/>

Sherwood Park Farmers' Market

When: Every Wednesday from 4 pm to 8 pm (Year round)

Where: Community Centre, Sherwood Park

Website: <http://www.sherwoodparkfarmersmarket.ca/>

Southwest Edmonton Farmers' Market

When: Every Wednesday from 4 pm to 7:30 pm (Until October 5)

Where: Terwillegar Recreation Centre Parking Lot

Website: <http://www.swefm.ca/index.html>

Callingwood Farmers' Market

When: Every Wednesday from 2 pm to 6 pm AND Every Sunday from 10 am to 3 pm

Where: 69 Ave & 178th Street, Edmonton

Website: <http://www.callingwoodmarketplace.com/farmers-market/>

Edmonton Garrison Farmer's Market

When: Every Thursday from 3 pm to 7 pm (Until September)

Where: Corner of Arras Ave & Rge Rd 244

Westmount Farmers' Market

When: Every Thursday from 10 am to 4 pm (Until December 22)

Where: St. Andrews Centre Auditorium (112720 111 Ave)

Website: <http://www.westmountmarket.ca/>

Leduc Farmers Market

When: Every Thursday from 10 am to 1:30 pm (Until October 6) AND Every Saturday from 10 am to 1:30 pm (July 2 to October 1)

Where: Leduc Recreation Centre Parking Lot

Website: <http://www.leducfarmersmarket.ca/about-us.html>

Devon Farmers Market

When: Every Thursday from 2 pm to 5 pm (Until October 6)

Where: Devon Community Centre, 20 Haven Avenue, Devon.

Website: <http://www.devon.ca/events/communitycalendar/tabid/131/ctl/viewdetail/mid/594/itemid/2043/d/20160609/Devon-Lions-Farmers-Market.aspx>

Edmonton Garrison Farmers' Market

When: Every Thursday from 3 pm to 7 pm (Until September 29)

Where: Corner of Arras Ave & Rge Rd 244

Website: <https://www.facebook.com/events/817818534989693/>

124 Street Grand Market

When: Every Thursday from 4 pm to 8 pm (Until October 13)

Where: East Side of 102 Avenue between 124 and 125 Street

Website: http://124grandmarket.com/?page_id=15



Community Matters



Salisbury Farmers Market

When: Every Thursday from 4 pm to 7:30 pm (Year round)

Where: Salisbury Greenhouse (52337 Range Road 232), Sherwood Park

Website: <http://www.salisburyfarmersmarket.ca/>

Fort Saskatchewan Farmers Market

When: Every Thursday from 4:30 pm to 7:30 pm (June 16 to September 22)

Where: Corner of 99th Ave. & 101st Street, Fort Saskatchewan

Website: <http://www.fortsaskchamber.com/farmers-market/>

Morinville Farmer's Market

When: Every Friday from 12 pm to 5 pm (Until September 30)

Where: Arena Parking Lot on 104 Street, Morinville

Website: <http://morinvillefarmersmarket.com/>

Millwoods Farmer's Market

When: Every Saturday from 8 am to 3 pm (Year round)

Where: 7207 28 Avenue (Millwoods Rec Centre)

Website: <http://www.millwoodsfarmersmarket.com/>

Old Strathcona Farmers' Market

When: Every Saturday from 8 am to 3 pm (Year round)

Where: 10310 83 Ave NW, Edmonton.

Website: <http://osfm.ca/about-market>

Beaumont Farmers Market

When: Every Saturday from 8 am to 11 am

Where: 5303 – 50 Street. Beaumont.

City Market Downtown

When: Every Saturday from 9 am to 3 pm (Year round)

Where: 104th Street, Edmonton.

Website: <http://city-market.ca/wp/>

Stony Plain Farmers' Market

When: Every Saturday from 9 am to 1 pm (Until December 17)

Where: Stony Plain Community Centre (50th Street & 51st Avenue), Stony Plain

Website: <http://www.stonyplainfarmersmarket.ca/>

Edmonton Capilano

When: Every Saturday from 9:30 am to 4 pm (Year round)

Where: Capilano Mall (5004 98 Ave)

Spruce Grove Farmers Market

When: Every Saturday from 9:30 am to 1 pm (Until December)

Where: 120 Railway Ave, Spruce Grove

Website:

<http://sprucegrovefarmersmarket.weebly.com/>

St. Albert Farmers' Market

When: Every Saturday from 10 am to 3 pm (June 11 to October 8)

Where: St. Anne & St. Thomas Street, St. Albert

Website: <http://stalbertfarmersmarket.com/>

South Common Farmers' Market

When: Every Saturday AND Sunday from 10 am to 4 pm (Until October 17)

Where: 151 Karl Clark Rd NW, Edmonton.

Website: <http://www.southcommonmarket.ca/>

Century Park Market

When: Every Sunday from 10 am to 3 pm (June 5 to September 25)

Where: 23rd Ave & 111 Street, Edmonton.

Website: <http://www.centuryparkmarket.com/>

French Quarter Grand Market

When: Every Sunday from 11 am to 3 pm

Where: 8627 rue Marie-Anne-Gaboury (91 St), Edmonton.

Website: http://124grandmarket.com/?page_id=15

Community Soccer



Outdoor Soccer is Underway!!

The 2018 outdoor Rio Terrace community soccer program is now underway – a sure sign that Spring has in fact finally arrived! Rio Terrace Soccer has over 270 youth aged soccer players who are happy this is the case! I suspect that the parents of these children are just as happy to have their charges outside using up their spring fuelled energy. Games and practices started the first week of May and soccer is going 6 days a week in some households. Rio Terrace teams generally have full rosters as we have lots of interested players in our community.

In the U9 through U19 community soccer program, we have a total of 185 players across 12 teams. Rio Terrace is hosting 4 girls teams this season, 1 each at U9, U11, U17 and U19. On the boys side, Rio Terrace has 8 teams – 2 at each U9, U11 and U15, with 1 team at each of U13 and U17. All of these teams will generally play a 15 game schedule during May and June, with 2 games and 1 practice each week. They will also play in the EMSA West zone soccer tournament the weekend of June 1 – 3, and of course all are hoping to qualify for City of Edmonton finals the week of July 2-8.

The Rio Terrace mini-soccer program serves as the introduction to soccer for the younger players in our community. We have 85 players registered and playing in our U4 / U5 and U7 program. These players participate in skill development games and drills

at the soccer field on the north side of the Rio Terrace School every Monday and Wednesday evening between 6:15 and 7:15 during May and June. Players and parents both participate in this program where fun, being active and learning soccer skills are the goals.

Thank you to our soccer Coaches and Managers.

We as a community owe a huge Thank You to all of the parents who give so generously their time, energy, knowledge, patience, etc, to coach or manage our youth in the game of soccer. Rio Terrace is the envy of most other community soccer programs as we have a supportive group of knowledgeable volunteers who make sure that there are coaches and managers for each and every soccer team. If we have enough players to form a team, I am always able to find parents willing to be the coaches and managers for these teams. Thank You all yet again.

Provincial Tier 4 Silver Medalists !

Congratulations to the Rio Terrace X-Fire U14 boys team who won Silver at the Indoor Tier 4 Provincial Championships in Lethbridge in March. Perhaps even more importantly, this team won the Fair-play award for their clean play and level of Sportsmanship.



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Thank you to our community for supporting this project!

Sports and self-esteem: Youth learn the confidence to move



When kids play sports—whether in an organized lacrosse league or just kicking a ball around the park with friends—they benefit beyond building a stronger body. They’re building stronger mental health as well.

Participating in sports has strong positive effects on self-esteem, concluded researchers at Carleton University who studied about 400 boys and girls in Grades 5 to 8.

“People participate in sports for different reasons, but ultimately it’s all around making kids better, healthier people,” says Lea Norris of Sport for Life, a non-profit that aims to improve the health of Canadians. “The self-confidence, mental health, ability to socialize—that sense of social belonging is huge—as well as leadership and resiliency—all those pieces fall into place when kids play sports.”

Kids can pick from a wide range of sports—everything from fencing to rock climbing—but not every activity can fit their family. Finances, transportation and schedules can all be a barrier to children developing their physical skills.

“If you don’t have that foundation of movement

skills you may be less likely to have that confidence to move,” Norris says. Just riding a bike or playing catch with family in the early elementary years can help your kids develop the motor skills—and feelings of competence—to help them play when they’re older.

Developing those early movement skills is especially important for girls because they’re more likely to quit a sport. “When girls start to drop out at 12, 13 or 14, it’s really hard to get them back,” says Norris. “You can offer every type of activity possible in high school, but those girls have left. We want them to stay in long enough to get the benefits of sports.”

You don’t have to enroll your young girls and boys in tennis lessons or suit them up with expensive hockey equipment. “Get them out in a non-threatening environment with their friends or the family to try something new,” says Norris. Throw a Frisbee or a football around. Try playing tag or going for regular family bike rides.

“The important thing,” she says, “is to move.”

Alberta Health Services

Community Matters



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rioterrace.epsb.ca

Apr. 25, 2018

Dear parents, guardians and families,

I wanted to let you know about an incident in the community that has come to our attention. Earlier this week, a community member reported that a man was talking to kids and trying to get children away from the playground by dropping his dog's leash and encouraging the kids to go after the dog. I want to stress that this happened on the community playground and did not involve our students, but I wanted to make you are aware of the situation. Police have been notified of the incident.

This is an important reminder to have a conversation with your children to remind them to be aware of their surroundings and the people around them. Encourage them to stay together with other friends or students whenever possible and walk in groups. Remind your child that if they see someone suspicious or if someone they don't know approaches them, they should tell a teacher or other trusted adult right away.

As a precaution, I have asked our school staff to be extra vigilant while they are on supervision this week.

I believe in open and honest communication with our school community and wanted to keep you informed of what happened. If you have any questions or concerns, please don't hesitate to get in touch.

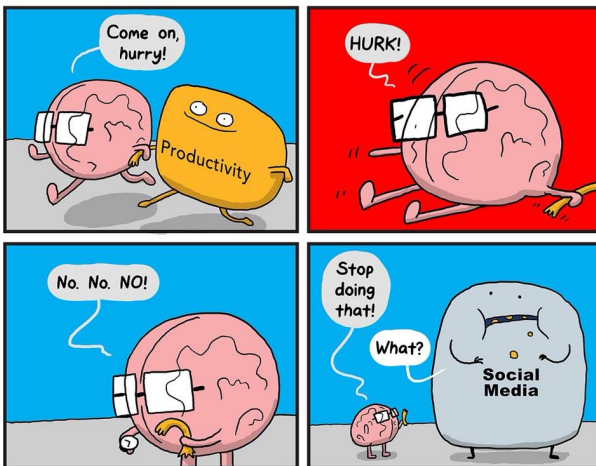
Sincerely,

Brett Polowy
Principal
Rio Terrace School

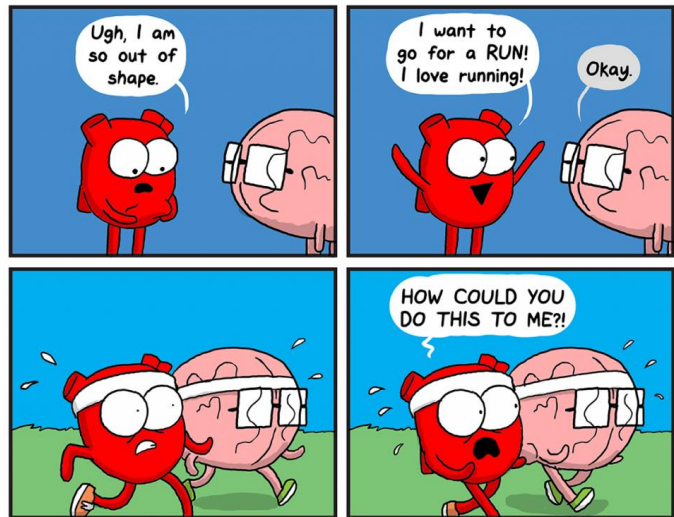
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Community Matters



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Join us on Sunday at 10:30 am

(Kids' Breakfast at 10 am)

Spiritual engagement for adults and children

All are welcome



Chloe Albert in Concert | Friday, May 25, 7:30 pm

Prolific and Juno-nominated singer/songwriter Chloe Albert will join us on Friday, May 25 in the evening. Tickets \$25 - order at RioTerraceChurch.org. *Wine, craft beer, and soft drinks will be available for purchase.*



Native Plants at Rio Terrace On Sunday May 27, at 10:30

am, members and friends of Rio Terrace Church will gather to learn about and plant some native fruit shrubs and trees in open areas at the Church. Saskatoons, honeyberries, etc., and perhaps a fruit tree. A picnic will follow. You are invited to join us for this fun morning!

Gardeners Needed - Our Memorial Garden - a community flower garden of remembrance, officially consecrated as a cemetery - is led by volunteers. If you would like to contribute by tending to the flowers with others, please contact the Church Office.

Habitat for Humanity On Wednesday, May 30, members and friends of Rio Terrace Church will join the Habitat for Humanity build site called Carter Place, in SE Edmonton. To join in, please contact the Church Office. Most abilities can be accommodated.

Community Ice Cream Stand - Our volunteer-powered community ice cream stand will re-open June 3. Hours will be Sunday - Thursday, 4-9, and are subject to expand as more volunteer power becomes available! *Summer is almost here!*

Many continuing blessings to you, your family and friends. Pastor James