

November 2019 Issue

Silent Auction for the Rio Terrace Preschool

Rio Terrace Community Hall

Friday, November 22, 7 PM – 9 PM

A fun adult only event with lots of great items for auction, all in support of the Rio Terrace Preschool

- Page 9 for more info

Breakfast with Santa

Rio Terrace Community Hall

Sunday, December 8th, 9:00 AM – 11:00 AM

Bring the family on a fun breakfast with Santa at the hall!

- Page 18 for more info

Adventsbasar Christmas Market

Rio Terrace Community Hall

Friday, December 6, 2018 3:30 PM – 9 PM

A fun German Christmas market with crafts, treats and holiday cheer! Free admission and funds raised will benefit the school.

- Page 6 & 18 for more info

Christmas Door Swag Making Workshop with Joyce Fuerst

Rio Terrace Community Hall

November 29th, 7 PM – 9 PM

December 1st, 4 PM – 6 PM

Make your own beautiful Christmas door swag with Joyce Fuerst from the community

- Page 20 more more info

Illuminight

Rio Terrace Moravian Church

The annual neighbourhood tradition where the streets line up with luminaria, with festivities and sleigh rides at the church.

- See back page for more into

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(Pie in the Park! Try and find the other 4 photos)

Connect with us!

Website: <http://rioterrace.ca>

Twitter: @RioTerrace

Facebook: RioTerraceCommunityLeague

Community Matters



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neighbourhoods of Rio Terrace,
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Heights.

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Next Issue:

February 2020

Submission Deadline:

January 24, 2020

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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 , Visa or Master Card only.

Cost:

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

Benefits:

- Free Access to all community skating rinks.
- Facility rental discounts (25% off hall).
- Free swim every Saturday from 5pm to 7pm at Terwillegar Recreation Facility
- Discount at City of Edmonton Leisure facilities (5% off multi-pass or 20% off annual or continuous pass)
- Special promotions through www.efcl.org

President's Message

In these newsletter pages, you will come across many events and happenings that create and support our vibrant community. Perhaps you want to engage in making an impact for yourself, your family and your neighbours? In September, we had our Annual General Meeting, where we elected some new members to our executive, but THERE IS STILL

ROOM FOR YOU. We encourage new members to continue our great legacy of providing exceptional community programming and exciting initiatives. With this engagement we can enrich or continue great events like Breakfast with Santa and our Halloween party. Our Halloween party has a history of being a thrilling and fun time for families but was downsized to a movie night this year. I know people love the vibrant community we have, but without engaged residents who are willing to help out, we are in jeopardy of losing elements of our community that make it so special. A handful of community members have done such a tremendous amount of work over the past year. The more committed people to our community, the richer and more varied the experiences and supports we can provide – “Many hands make light work.”

Consider increasing your engagement and join our small group of committed executive members. We are a diverse and inspiring group of people that want to continue bettering the lives of those around us. (We're like superheros that are always thinking of others!) Maybe you'd like to be mentored by our current Treasurer who will be stepping down soon. Maybe you are handy and want to take on some small projects at the hall. Maybe you have connections with yard maintenance, interior design or organization. Engaging with those who consider how to engage with others is very uplifting. As we all know, without volunteers great activities cease to happen. Please talk with current or former executive members to get a sense of what we do and how you can be a community superhero, too!

See you around our wonderful neighbourhood!

Lance Burns

Community Matters



RIO YOGA

Join us for our New Year Session and Spring Session!



January 6th -February 20th & April 13th -June 4th , 2020

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

Thursday 9:00 – 10:00 a.m.

Beginners welcome! Bring a blanket and a mat.

To register call Karen Hamdon SYT FK/YAA 587 986 5053

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Community Matters

Join us at the Annual Adventsbasar



Dear friends and neighbours,

Mark it in your calendars: Friday, December 6, 2019 is the date for the next annual Adventsbasar at Rio Terrace Community League Hall! As in years past, this is an event that is organized by volunteer families (past and present) attending Rio Terrace School in the German Bilingual program. Once again, we look forward to this opportunity to share some of our cultural traditions by having a holiday themed market to bring in the Advent season.

Just like in Germany, our Adventsbasar (that's the German spelling) will feature many wonderful and beautiful handmade crafts from the students at Rio Terrace School, and all money raised from the selling of these items will go directly back into the community towards good causes. So will any profits that are generated from the many delicious treats, both sweet and savoury.

So please come out and experience the magic of the holidays with friends and neighbours. Stay and have a hot seasonal drink to wash down some delicious candy roasted almonds, or have some hot roasted pork on a bun with a bowl of soup, and enjoy the sounds and fares of a traditional German Adventsbasar. And all for a good cause!!

We hope to see you soon!

Warm regards from your Adventsbasar Committee

Community League Day Event Recap: Big Bin and Community Garage Sale



This year the annual Big Bin Event took place on Community League Day on September 21, 2019. The timing was just perfect since there were activities by other community leagues over the city and by the Edmonton Federation of Community Leagues celebrating the value of community and the role that leagues play in our lives in Edmonton.

There were additional activities in the hall that day. Volunteer youth sold snacks and refreshments to those who came to dump their stuff at the big bins, and the preschool had their first community garage sale in front of the hall. The two events worked together really well as some of the items that were on their way to the bin, found new homes from fellow neighbours who bought them at a good price.

Thank you to all of the volunteers, to our neighbours who utilized the bins or went shopping at the garage sale. We hope to have the same two events together next year.

Community Matters



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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, Quesnell 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. 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 wheel-

barrows, 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!

Looking forward to next season!

Patricia Johnson
Chair, Rio Gardens



(Pie in the Park)

Community Matters



ART SHOW AND SALE

Featuring original and print works of **Isabel Levesque**

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SUNDAY DECEMBER 8TH, 1-5 pm

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Community Matters



We have had a wonderful start to our year at Rio Terrace Community Preschool! We welcomed our new Teaching Assistant, Jana Konelski in September and we are delighted to have her join our preschool family.

Our preschoolers are settling into their new routines and we are having so much fun playing and learning! We had our first out of class field trip to the John Janzen Nature Centre on a nature walk. We explored the falling leaves, the animals in the river valley and learned about some of the animals we might encounter in and around our city. We had our first visit from our wonderful music teacher, Leslie from Sunflower Music and Yoga and our first yoga class with Robyn from Glow Yoga Kids. In November we will visit the John Walter Museum and Rutherford House and have the opportunity to experience what it was like to live in the past.

Our incredible fundraising team, along with our preschool families have been working hard getting ready for our annual Silent Auction. Mark November 22 on your calendar, get a sitter, and gather your family, friends and neighbours for this wonderful night out of shopping, snacks, drinks and building community!

We have 2 spaces open in our Tuesday, Wednesday, Thursday afternoon class. If you are interested or know someone who is, feel free to contact Shay at rtpreschool@telus.net

Our days at Rio Terrace Preschool are filled with exploring Loose Parts, play dough, building blocks, measuring, weighing, balancing, reading, singing,

dancing, painting, and lots of messy art. So much learning!

"Scientists have recently determined that it takes approximately 400 repetitions to create a new synapse in the brain – unless it is done with PLAY, in which case, it takes between 10-20 repetitions."

~ Dr. Karen Purvis ~

Playfully yours,

Shaylene Saxton Jana Konelsky
Teacher Assistant Teacher

Rio Terrace Community Preschool
780-487-0610

www.rioterracepreschool.com

Benefits of Being Neighbourly

In a recent conversation with a friendly neighbour, whose vehicle had recently been stolen from her street, we talked about the importance of knowing our neighbours. We delightfully brainstormed benefits of not just being observant but being friendly, too. We came up with a few ideas, in addition to watching out for thieves. We think that knowing our neighbours

- improves personal health,
- increases safety and security,
- builds connections and opportunities for all, and
- finds extra hands for your next project.

We also contemplated what we might do to help each other out and 'spread the word'. Writing this article seemed like a splendid idea to remind and refresh our neighbours' thinking on being an awesome neighbour and bettering themselves along the way.

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Community Matters



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Program of Parkview Community League



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Community Matters

(Continued from page 9)

Did you know that connecting with your neighbours improves your health? Sure, we might all think this but it's actually researched. Loneliness is as unhealthy as smoking up to 15 cigarettes a day. Loneliness or social isolation exceeds the risks of alcohol consumption, physical inactivity, obesity, and air pollution on life expectancy. This is true! Check it out

here:

<https://www.cbc.ca/news/health/loneliness-public-health-psychologist-1.4249637>

Did you know that getting to know your neighbours can significantly increase safety and security in your neighbourhood? When you know your neighbours, out of the ordinary activity on your block is easier to spot. If there is something unusual going on around your home, a neighbour that you know might be more likely to talk to you about it. Also, in an emergency situation, your neighbour might be able to help or pass along information to emergency responders.

Did you know that some of your neighbours might have the same ideas as you? Or, maybe you'll find something in common. Think about inviting your neighbour to join you for a walk, hike, or bike ride. Even if they don't join you this time, you might open up a new conversation. If they do join you, you might discover that they are the exercise buddy you've been looking for. Years ago, I met my neighbour and we both felt strongly about engaging families in our neighbourhood. We talked with others and formed a group that had the Rio Terrace Spray Deck constructed!

Did you know that your neighbours can help you out? Get to know what they are good at and what they need help with. Discover how you can share or

pool your resources. The Rio Terrace Moravian Church supported people in building a community garden. Not only do neighbours help each other with planting, weeding, and harvesting, they have made connections that have benefitted their own yards and garden projects. Many kind residents in Rio Terrace enriched the beauty in my yard with perennials from their flowerbeds.

Every neighborhood has their own personality. Some tend to be more open to block parties and socializing, while others are made up of people who prefer to stay to themselves. The ultimate goal is to live in peace and harmony, and feel safe and connected in the place where we live. I hope that my friendly neighbour and I have encouraged you to get out there and be neighbourly!

Auriana Burns



Community Matters



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Community Matters

Let's Protect the True Character of Our Neighbourhood - A Welcoming Community

In response to "Protect Rio"

My husband and I purchased our home in Rio Terrace almost five years ago. We had heard wonderful things about the neighbourhood and instantly fell in love with it. When we moved in we were warmly welcomed by our neighbours. Over the years we have made great friends, enjoyed everything the community has to offer, and put down roots for our family. The people who live in our neighbourhood make it a wonderful place to live and for our children to grow up. People stop to say hello or offer a passing wave, they look out for each other, they are courteous, friendly, and above all welcoming. Rio Terrace is lucky to have such a wonderful reputation as a great place to live in our city, and we feel so fortunate to live here.

It is the people who make our community a special place and not the type of home they live in. Infill is a reality in our neighbourhood. There are infill homes that already have families living there, infill homes for sale, and lots zoned for infill. These are families who are choosing our neighbourhood for the same reason that so many of us chose this neighbourhood. These are real people who want to live in a wonderful and welcoming community. I would hate for any family to move into Rio Terrace and not feel welcomed simply because they have purchased an infill home. I hope everyone can remember what is most important and what sets our community apart - a welcoming and beautiful place to live, with kind and friendly community members. I think we all need to protect our neighbourhood by preserving the welcoming character of our community.

Laura Stratton & Alain Berube

Rio History Column: Interview with Pioneer Nola MacKenzie



"I couldn't imagine anyone living here. I was just a little girl you see"

Nola MacKenzie fixes her level, blue eyed gaze on me. Nola and I are chatting at Pie In The Park. She nods towards the river valley. I tell her people want know about the history of our communities, and she can start by telling me about how Rio Terrace came to be. Nola is part of the first family to own property in Rio Terrace.

"It was just after the war, West Jasper Place was a tiny village. My grandfather owned this land, and he would take me down here, run the soil through his hands and say look, Nola, what rich soil this is. He was a farmer and this was his farm".

Nola's grandfather, Colin Case, was one of a few hundred farmers who homesteaded in this area starting in the early 1900s. The land was rich for grain and animal production. By the 1930's families fleeing city taxes from a fast growing Edmonton moved to the hamlet of Jasper Place and residents commuted to Edmonton for work via trolley.

(Continued on Page 15)

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Community Matters

(Continued from Page 13)



In 1947 Leduc Number 1 blew in. The population of Alberta exploded and Jasper Place became the largest hamlet in the province with a population of four thousand people. It obtained town status in 1950. During the next decade young families wanted the chance to live in a new concept called a "suburb" and so construction began in Rio Terrace, in the town of Jasper Place.



I asked Nola how Rio Terrace looked when construction started.

"The contractors came in and these were project homes. They were building for a certain market and they had a problem." Nola pauses and grins. "there wasn't a tree anywhere to be seen. They said no one would buy the houses because it was a farm and there were no trees!"



She looks up at the huge canopy of rich autumn colours shadowing the playground we were standing beside. "Yes, every tree you see in Rio was planted by a resident".

"Or the city" I say, referring to our tree lined streets, the envy of other neighbourhoods.

"Yes, but that wasn't till after 1964, when Rio Terrace became part of the city" she corrects me. "My grandmother called me and said "your mom is getting four lots".

(Continued on Page 17)

Community Matters



PROJECT UPDATE

The play area will be built in two phases. Building is projected to begin on Phase 1 of the new play area in Summer 2021. We currently have \$73,975 raised and need to raise another \$51,025 in order to apply for the Government's matching \$125,000 grant at the end of Summer 2020, for a total Phase 1 budget of \$250,000.

UPCOMING EVENT

SATURDAY MORNING CARTOONS

November 23, 10:00 am - 12:00 pm in the School Gym

Come watch retro cartoons and eat giant bowls of cereal with us in your pjs! Tickets available soon.

THANK YOU!

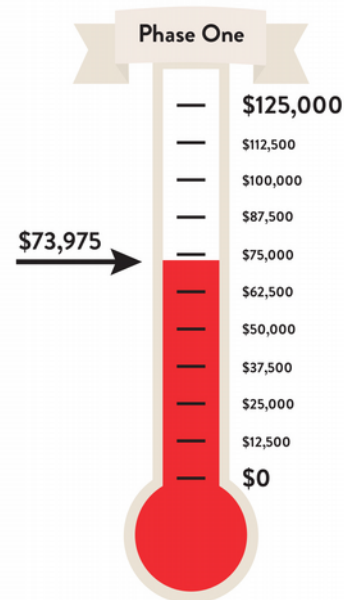
Thank you to the community for your participation in our first fundraising events of the year!

Big Bin and Bottle Drive: We had a busy Bottle Drive and Big Bin event in September with the support of the Rio Terrace Community League. The Bottle Drive raised \$1299.25 and the community league memberships sold at the Big Bin raised \$1866.94!

Summer Party: The community league donated the proceeds from their Summer Party to PARC. Thank you for the donation of \$284 that will go towards building our new play area.

ABOUT PARC

Rio Terrace School Play Area Redevelopment Committee (PARC) was formed by a group of parents to fundraise the funds needed to build a new outdoor education and play area at Rio Terrace school. To find out more about PARC, please visit our website and sign-up for our newsletter: rtsplayground.ca



rtsplayground.ca | rts.playproject@gmail.com | facebook.com/RTSchoolPlayProject

(Continued from Page 15)



I say that was very generous of your grandfather. “Yes” Nola says reflectively “We thought that was fine. Of course we had to pay to bring the power, gas and telephone in to our lot along the river. That was fifteen hundred dollars. Fifteen hundred dollars for a lot on Rio Terrace Drive”. Nola laughs at my stunned silence.



“Fifteen hundred dollars, when the last lot sold on Rio Terrace Drive sold for over a million dollars.” I exclaim. Nola nods and smiles.

“It’s funny when you think about it. I never considered grandfather’s farm would be home to so many people, but it was a beautiful place and it still is!”

I think we can all agree on that.

All photos courtesy Edmonton City Archives

Connie Baxter

Rio Terrace Community correspondent.

Edmonton Junior Tennis Society

EJTS is a non-profit society which is focused on introducing tennis to kids, 4-14 years old, as a fun and invigorating sport. 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. Registration for the winter classes opens November 15, 2019!

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

administrator@edmontonjuniortennis.com

Community Matters



Rio Terrace Community League presents

Get your picture taken with Santa and tell him your Christmas wishes!
\$10.00 / Family

- Pancakes
- Carollers
- Surprises

Everyone Welcome!
Hope to see you there!

15504 -76 Avenue
www.rioterrace.ca

Sunday, December 8th 9:00 – 11:00 am

Rio Terrace School and Community League invite you to our

3rd Annual Adventsbasar

Friday December 6th 3:30pm – 9pm

at Rio Terrace Community Hall

Crafts, treats and more, for a good cause

Free Admission

Book Exchange - Bring your French and German books to exchange or donate

Community Matters

Rio Terrace Community Soccer

Indoor Soccer is Underway!!

The 2019 – 2020 indoor Rio Terrace community soccer program is now underway. This season we have 6 teams participating in the U9 through U17 age groups and one U7 team. Our team and player numbers are down from prior indoor seasons (11 teams last season) as our boys U19 team did not return for this indoor season, our former 2 teams of U15 boys merged into 1 U17 team and we did not get the boys U9 player registrations that we were expecting. Soccer registration numbers have been decreasing across the City over the last 2 years and this seems to have finally affected the Rio Terrace numbers. Hopefully we will reverse that trend for the 2020 outdoor season.

The indoor season commenced their game schedule the weekend of October 19 & 20, and will continue on through to March 1. Most of our teams will participate in the season ending Slush Cup soccer tournament that takes place Feb 27 – Mar 1, 2020.

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 great 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.

2020 Outdoor Season Registration Information

Player registration for the 2020 outdoor season will take place during February 2020. As in prior years, soccer player registration is an on-line process using the www.emsasoccerportal.com

Further information will be available in the Feb edition of the RTCL newsletter and will also be posted on the RTCL website at www.rioterrace.ca in January.

Soccer Program Volunteers are needed

I am looking to form a soccer committee, train and mentor my successor as the Rio Terrace Soccer Coordinator and install a leader for our U4, U5 and U7 FunSoccer program. The Rio Terrace Soccer program is a great and rewarding way to be involved in our community and have a very positive impact on the youth of our committee. Please consider your ability to get involved in the program. If you are interested or have any questions, please email me at rtcl.soccer@gmail.com

Sponsors for New Soccer Jerseys ??

We will be replacing our Rio Terrace Soccer jerseys for the coming Outdoor season. Do you want to be part of this exciting step and help us by being a sponsor with this? Jersey sets cost roughly \$750 to \$1,500 each - depending upon style and jersey quality. For more info on this please contact me at rtcl.soccer@gmail.com



Community Matters



MAKE YOUR OWN DOOR SWAG FOR CHRISTMAS *NOVEMBER 29TH (7 – 9 PM)* *DECEMBER 1ST (4 – 6 PM)*



For 35 years, as owner and craft designer of Pine Cone Plus, Joyce Fuerst has had the opportunity of creating a variety of unique decorative items (baskets, garlands, decorative vases, swags) for the Christmas season. With the demand for “do it myself” artistic works, she has moved some of her time and efforts into offering “hands on classes”. Attendees at classes can learn the step-by-step recipe that she has developed in the process of making Christmas decorations.

On the evening of *November 29th (7 – 9 pm)* and the afternoon of *December 1st (4 – 6 pm)*, Joyce is hosting a “make your own door swag” class at the Rio Terrace Hall. She will provide all the necessary supplies and materials (fresh evergreen branches, ribbons, spruce cones, berries, dried twigs).

Cost is \$20 per student for one swag. Students should bring wire cutters and a pair of pliers.

For more information or to register, contact Emma Woolner at ENewman@ualberta.ca

A maximum of 15 students will be allowed. Register early to ensure availability.



(Pie in the Park)

The Ennis Sisters Musical Review



With a Juno award, a SOCAN Award, East Coast Music Awards and international recognition the Ennis sisters are the very heart of Newfoundland music. Rio Terrace Community Church was packed Sunday afternoon, October 20th as Maureen, Karen and Teresa took to the stage.

They sang, danced, played guitar and flute with a backup piano. There were songs of longing for the out ports, songs that lifted the hearts of those in the

crowd and songs celebrating home, family and the changes every person goes through in life. Their release “Sing You Home” was featured on The Rooms 100th anniversary of WW1 the Battle of Beaumont Hamel campaign, and won the sisters provincial, national and international awards. This was one of the last songs and everyone loved it.

The Ennis sisters are performing their Christmas Show at the Arden Theatre , so the audience appreciated the chance to see them right here at home. Watch for more music in your community as Rio Terrace Church welcomes Ghostboy in the near future. Tickets will be available on the website www.rioterracechurch.org. Music, good for your smile, and good for your soul.

Connie Baxter

Rio Terrace Newsletter Correspondent

Being Politically Involved This Year: Updated Comments After Federal Election

This year is one of those years with many election-related events taking place. We both had the provincial and federal elections here in Canada. Also, those who watch closely the political environment of the neighbours in the south, the fact that the elections for the next president of the United States is coming soon is a lot to dissect.

During my last article on this topic a few newsletters ago, I shared my thoughts about my political involvement since I moved to Canada and since I got my citizenship. While I have voted every single time, the past few years is when I started doing more before voting day. Here are some of my updated thoughts about this topic.

I have to let go of the guilt of not being able to physically door-knock for a candidate and party that

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I support. After my eye-opening experience during the provincial election, I thought to myself “This is pretty cool! I ought to make time to do this every single election.” But life does get busy, and in the past few months, I’m honoured to have started a few really interesting volunteer positions. The learning curve is steeper than I anticipated, and it took a lot of time.

To make up for this, I asked candidates to have lawn signs in front of our house. We even had our first opportunity to have one of those massive 8 feet signs on a frame. It’s pretty neat.

Candidates appreciate the attention and support on social media. The online domain can be quite divisive and nasty, especially during politically charged conversations. Sharing or clicking ‘like’ on a post, writing thoughtful comments with no personal attacks and swear words, can be a meaningful way to get involved. One additional positive, or even neutral comment, can help balance out the number of hostile comments out there.

It’s surprisingly easy to get to know elected representatives and candidates on a personal, interactive level. The more I volunteer, the more they become familiar faces that I can chat with. The more I comment on their posts online, they are more likely to respond. I hope that when I do have something substantial to say about a topic, this can help with my perspective getting heard.

Finally, all of us are living histories of where we live, and we can actively change the future. My “Introduction to Canada” booklets, history classes in university, or the prep materials for my citizenship test were not enough to explain in detail the working relationship between different orders of government and how it affected people in an individual level. I understand even more what motivates peo-

ple to support a certain party, candidate, and principle, because of something they experienced in the past. When people talk about how “things used to be” and how “things are supposed to be”, I hope that everyone, from policy makers to public servants to the average citizens, would listen and find the piece of information that can give a positive impact.

Giselle General

The Joy of Winter Bird Feeding

“What kinds of birds will I see eating at my bird-feeder during winter?” This is one of the questions we get asked most often in our store. While it’s true that many migrating birds have already taken off for warmer weather, there are several interesting species that stick around our neighbourhoods and enjoy frequenting feeders. Black-capped Chickadees are the first species that come to mind. This beloved little bird, with its cheerful song and perfect yellow undercarriage, can often be heard chirping away on the coldest of winter days. They thrive on seeds from both deciduous and coniferous trees, but are not shy about delving into some black-oil sunflower seeds offered at a backyard birdfeeder. Various woodpeckers hang around all year as well. From the small Downy Woodpecker to its larger cousin, the Hairy Woodpecker, to the sizable Pileated Woodpecker, all are often seen in backyards during winter. They dine most readily on suet, loving the high fat and high protein contained within. Watching out your window on a winter day, you might also spot House Sparrows, Redpolls, Juncos, Red or White-breasted Nuthatches and Blue Jays as they select seeds from your feeder or clean up the ground around it. Offering fresh, quality bird food for the birds in your yard can help them during our cold, dark winters. Birds forage for food during daylight hours and with light in short supply this season,

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birds can spend less energy searching for food and more time fueling up, preparing to survive the long cold night. Fresh water can also attract more birds to your yard. Even during winter, backyard birds will visit a heated birdbath to take a drink or preen their feathers to keep them in tip-top insulating shape. What could be more cheerful on a frozen January morning, than watching the birds as they dine, splash, and play in your backyard?

Erin Dykstra

Owner of Wild Birds Unlimited

River Valley News

Nordic Spa withdraws its application

The proposed Nordic spa at Fort Edmonton Park is dead in the water. Fort Edmonton Management Co. announced last Friday that the organization and the Edmonton Nordic Spa group have "dissolved their partnership," according to a news release.

The notification stated "On behalf of Fort Edmonton Management Company and Edmonton Nordic Spa Ownership Group, I'm writing to inform you that the partnership has decided to not move forward with the Nordic Spa project at Fort Edmonton Park.

Our entire team would like to thank you for your interest and involvement throughout the project. Our team has put forward a request to City Administration to remove our item from the upcoming Public Hearing agenda with no intention to return at a future date."

The public hearing was scheduled for this past Monday, October 21. More info at <https://www.cbc.ca/news/canada/edmonton/edmonton-nordic-spa-1.5327415>

Christmas Bird Count is December 15

The 2019 Edmonton Christmas bird count, sponsored by the Edmonton Nature Club, is Sunday, December 15th. This citizen-science project contributes data to an immense database managed and analyzed by the National Audubon Society and Bird Studies.

Thousands of Christmas counts occur around the world. Edmonton has been continuously participating since 1955. Teams of participants will scour the city on December 15, to gather information on bird numbers. For many years, Edmonton held the world record for participants. More information and how you can volunteer at:

<http://www.edmontonchristmasbirdcount.ca/>

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

Sincerely yours,

Harvey Voogd

North Saskatchewan River Valley

Conservation Society

780.691.1712

nsrivervalley@gmail.com

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

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

Community Matters



PIE IN THE PARK



Mother nature cooperated and we had a beautiful 12 degree day for our 8th annual Pie in the Park! It was lovey to see so many familiar faces as well as several new ones! Such a nice mix of young families and long time even original owners coming out to celebrate friendship, Community and of course the Thanksgiving long weekend.

This reminding us how lucky and thankful we all are to live in an amazing Neighbourhood with such a warm sense of Community. We served over 200 pieces of pie, crushed 14 cans of whipped cream and drank 24 litres of hot chocolate. Plus the bouncy castle was a big hit with our little Community mem-

bers who jumped away the warm fall afternoon!

Thank you to all those who graced us with their presence. We are so proud to be a part of the Rio Terrace Family! See you again next year friends!

Felicia & Jen

PUB NIGHT 2020

Join us as we ring in the New Year at UNCLE GLENN'S on JANUARY 11, 2020. Catch up with your friends and neighbours. Our favourite celebrity magician Chris Gowen will be there performing his best tricks! Enjoy some snacks on us! Come at your leisure anytime after 8:00pm!

EVERYONE WELCOME! SEE YOU THERE!

Felicia & Jen

Healthy Holiday Eating



Food is an important part of many holiday celebrations with family and friends. The foods served at these times can be higher in calories, fat, and/or sugar. It is also easy to overeat when there is a lot of food around. As a result, people may gain weight over the holidays.

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With a little planning, you can make healthy food choices and still enjoy holiday celebrations.

Holiday eating tips:

Limit appetizers

It is easy to eat a full meal's worth of calories from appetizers alone. For example, two chicken wings, two sausage rolls, and one mini quiche have the same calories as a healthy meal. Choose a few items that you enjoy, and leave the rest. Visit with friends away from the appetizer or food table. Drink water or chew gum to help avoid mindless eating.

Build a healthy plate

You can enjoy holiday foods without giving up healthy eating. Try to make a healthy plate, even at a party.

Start with a smaller plate, if possible, to help you keep your portions smaller.

- Fill at least $\frac{1}{2}$ of your plate with vegetables and fruit. They are high in fibre so they keep you full longer. They are also lower in calories.
- Fill $\frac{1}{4}$ of your plate with grains. Choose whole grains more often (for example, brown rice, whole wheat pasta).
- Fill $\frac{1}{4}$ of your plate with meat or alternatives. Make healthy choices such as fish, lean cuts of meat, or meat alternatives (beans, lentils or tofu).

Take charge in the kitchen

Do yourself and your guests a favour by making a few healthy changes when preparing foods by:

- Cutting back on the number of dishes you serve
- Reducing the fat, salt, and sugar in your favourite and new recipes

- Choosing healthier cooking methods, such as baking and grilling with little or no added fat

- Making enough to last the holiday not longer

Offer your guests tasty, healthy snacks

- Open-faced mini sandwiches on whole grain bread
- Peeled, unbreaded shrimp with cocktail sauce
- Reduced fat cheese and whole grain crackers
- Vegetables and dips such as hummus or tzatziki
- A fruit platter
- Baked whole grain tortilla or pita chips with salsa.

Source: myhealth.alberta.ca

Helping your child deal with aggression



Everyone gets angry sometimes, even small children. But some children and teens have so much trouble controlling their anger that they shove, hit, or make fun of other people. This causes them trouble at home and at school. They often have a hard time making friends. And their aggression makes parenting them a challenge.

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Aggression is any behaviour that hurts other people. It can be physical—hitting or pushing—or verbal, such as name-calling.

How can you prevent aggression in your child?

Set rules and consequences

- Make house rules for your family. Let your child know the consequences (such as loss of certain privileges) for not following the rules.
- If you say you will take away a privilege, do it. It can be hard to follow through when your child says he or she is sorry. But your child needs to know you mean what you say.
- Create a chart with rules and chores for younger children. Your child can earn stars or other stickers for completed chores or good behaviour. These stars can be turned in for privileges, such as more play time or a game night with the family.

Create empathy

- Ask your child how he or she would feel if someone pushed him or her on the playground.
- Read stories to young children about a child coping with a problem in a positive way.
- When reading with your child or watching a TV show, ask what was good about a character's behaviour, and what was not good. What could the character have done differently to make a better choice?

Model good behaviour

- Teach toddlers not to hit or bite others. Gently pull your child away and say "no" firmly.
- Use your own behaviour to show your child how to act. Try not to yell when correcting your child's behaviour.

- Catch your child being good. Praise your child when he or she handles conflict in a positive way or shows empathy for others.
- Involve your child in a sport. Or help your child find a hobby or social activity to share with other kids.
- Encourage your child's friendships with nonaggressive peers. Even one friend who is a positive role model can help a child feel accepted and make good choices.

Source: [Myhealth.alberta.ca](http://myhealth.alberta.ca)

November is Fall Prevention Month



If you haven't personally had a fall or fall-related injury, you likely know of at least one colleague, family member or friend who has.

It's fairly well known that as people get older, they are at an increased risk for falls, but did you know that middle-aged adults (aged 45 to 64) are

also falling?

Here are a few surprising Alberta statistics:

- Almost 40,000 middle-aged adults sought emergency treatment for a fall-related injury in 2018.
- Of those, the most common reason for a fall injury was a slip or trip on the same level (14,436 injuries). Falls related to ice and snow came in second place (8,500 injuries).
- From 2008 to 2018 there has been a 28.5 per cent increase in middle-aged fall-injuries that require urgent treatment, with fractures being the most common injury.

It's not just the older adults and young children who are at risk of falls. Middle-aged Albertans are also falling, second only to seniors.

Why, you might ask?

- Physical deterioration, including a loss of muscle mass and balance, begins around age 45, particularly in women.

The good news is that we can take action sooner to prevent falls and reduce our risk of injury now, and as we age.

What can we do about it?

- Be active
- Build strength
- Work on our balance
- Target lower limb muscle strength using resistance training and weight bearing activities
- Maintain bone health through exercise and a cal-

cium-rich diet.

There are many great physical activities which support bone health and challenge balance and build strength. Some indoor/outdoor activities to consider this winter include: resistance training, Tai Chi, yoga, Nordic walking, swimming, pickle ball, exercise classes, biking, snow shoeing, and cross-country skiing.

If you are concerned about falling or you are noticing changes in mobility, talk to your health provider about finding some strategies to help you build your strength and confidence so that you can stay active.

Source: Myhealth.alberta.ca

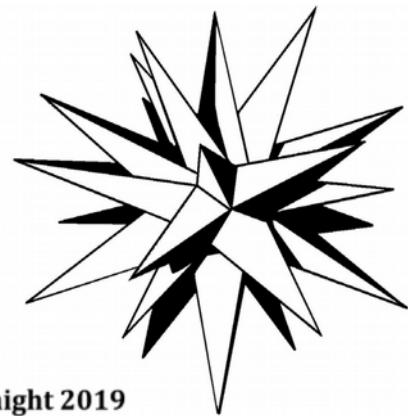
Community Matters



Advent *and* Christmas

with Rio Terrace Community Moravian Church

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



Sunday Morning

Gatherings

Each Sunday at 10:30 am

Sing hymns old and new;
Be challenged by the messages;
Experience living in community.
*Our weekly children's program
begins with breakfast at 10 am.*

Blue Christmas Service Sunday, December 22, 7 pm

This is a contemplative service for those who need a quieter holiday ritual. It will be intentionally open for all.

Christmas Eve Services December 24

Children's Lovefeast – 4:30 pm

Our annual Children's Lovefeast is a fun Christmas service where we sing familiar carols, make a craft, eat a snack, and hear the Christmas story in an age-appropriate way. All are invited to this joyful time!

Candles and Carols Services – 6:30 & 8:30 pm

We celebrate Christmas in community while singing familiar carols during a candlelit service. All are invited to this moving Christmas tradition. dinners and toys for low income families. If you would like to sponsor a family, please stop in or contact us.



Illuminight 2019

Sunday, December 15 · 5:30-8:30 pm

Illuminight is an annual Rio Terrace, Patricia Heights, and Quesnell Crescent tradition! The streets are lined with beautiful luminaria, while sleigh-rides, warm snacks, and other activities are offered at the Church.

All proceeds from luminary kits are donated to Jasper Place Wellness Centre, a local organization that seeks to relieve the effects of poverty. Learn more at jpwc.ca.

We are grateful for the ongoing collaboration with the Community League and Dean+Osmond Realtors for this event.

Purchase luminary kits online at
RioTerraceChurch.org

"Wild Church" - an outdoor spiritual gathering

Rio Terrace Church, a signatory to the Earth Charter, recognizes that people's spiritual lives and expectations are changing - and believes we should be rooted in nature, to hear the call to healing and justice.

We will hold twice-monthly outdoor spiritual gatherings throughout the North Saskatchewan watershed. To learn more, or to partner, contact Pastor James, jlavoy@gmail.com.

Rio Terrace Church works hard to affirm all people – including LGBT+ people and their families – on their spiritual journey. *We hope you will feel welcome here.*