

May 2020 Issue Tipi Teachings Online



TIPi TEACHINGS
RIO TERRACE COMMUNITY LEAGUE
15504 76 Avenue

Now online!

APR 11 2020 → TIPi BUILDING, TEACHINGS & TIPi
10:00 AM - 1:00 PM

APR 25 2020 → TIPi BUILDING, TEACHINGS & TIPi
10:00 AM - 1:00 PM

All events facilitated by Rayna Gopaul, Ojibwe and Dakota Sioux First Nations Knowledge Keeper and Indigenous Project Officer with the Edmonton Federation of Community Leagues.
For questions, please email: rayna.gopaul@efcl.org

Presented by:
EFCL RIO TERRACE COMMUNITY LEAGUE

With support and mentorship from:
Bent Arrow Traditional Healing Society

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

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

While the Edmonton Federation of Community Leagues had to cancel the Tipi Teachings sessions that were to take place in our hall for several week-ends in April, they move it online! Check out the videos at <https://www.facebook.com/EFCL-Indigenous-Projects-107531197486358> and try the crafting sessions at home. These are:

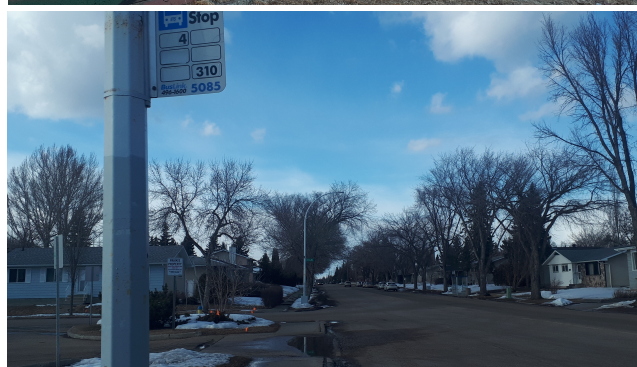
- Mini Tipi Crafting
- Talking Stick
- Medicine Wheel

If you have made these crafts, share it with the community league by posting on our Facebook Page!

Thank you very much to Rayna Gopaul, EFCL's Indigenous Programs Practice Advisor for making this happen.

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Twitter: @RioTerrace

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Neighbourhood: Wave Hello!

Community Matters



Publication Info

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

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Next Issue:

August 2020

Submission Deadline:

July 24, 2020

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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 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.

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Senior Couple	\$10
Senior Single	\$5

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- 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

Home Safety and Security Information from the City of Edmonton



The City of Edmonton has an initiative called Neighbourhood Empowerment Team (NET) that works with residents, community, businesses and organizations to build solutions to create safe and vibrant neighbourhoods and communities. For more information about what they do, visit www.edmonton.ca/NET

There is a Home Security Quiz that you can take as well! The link to get the electronic copy of the quiz is below and there are lot of good questions covering different aspects of your home, from doors, to windows, visibility and more! https://www.edmonton.ca/residential_neighbourhoods/PDF/HomeSecurityQuiz.pdf

The Edmonton Police Service also has a dedicated page to help Edmontonians keep their homes safe at all times of the year. This page is at <https://www.edmontonpolice.ca/CrimePrevention/HomePropertySafety/ProtectingYourHome> and it has a lot of great tips!

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Rio Terrace Soccer Program

2019/2020 Indoor Season Now Completed

The first weekend of March saw the end of the Indoor soccer season for our Rio Terrace teams as most of our teams competed in the Slush Cup tournament. Parents and other fans were able to see our players and teams enjoy this event and were witness to some great soccer and evidence of the development of the skills of the players over the season. A big thank you as always to our community minded parents who volunteer their time and expertise to coach and manage our youth soccer teams – without these great people we would not be such a successful program for our community youth.

2020 Outdoor Soccer Season

To summarize, the Covid-19 Pandemic has laid waste to the coming youth community outdoor soccer season as we commonly know it. As I write this update on Sunday morning April 26, Edmonton Minor Soccer Association (EMSA) has not yet cancelled the 2020 Outdoor season and is hoping for a much-delayed start with some sort of season running through a large part of the summer months.

It is my opinion that by the time you read this EMSA will have reached the decision that there can not be a 2020 Outdoor season. AHS information recently has indicated that the current directives on social gathering will remain in place through the summer. Per AHS, the current orders in place prohibit gatherings of 15 or more people. They also require people gathered in groups of fewer than 15 to maintain a distance of two metres from one another. I do not see youth soccer being able to take place within these orders / guidelines.

Soccer players and parents are waiting for a final decision on this item. I fully expect this decision to be in place by the time that you read this update. Once the final decision is announced, we will proceed quickly with either a) confirming players and coaches,

forming teams and play schedules for some sort of delayed start and end date extended season or b) cancelling registrations for the outdoor season and refunding the outdoor season registration fees that have been paid.

I have been and will be continuing to communicate via email with the parents who have registered players for the Outdoor season. All parents do have the option currently to request cancellation of their child's registration and refund of the registration fees paid. This really only needs to be done individually by parents if it turns out that there is some sort of delayed and extended Outdoor season and the parents would prefer that their child not participate in such a season. The RTCL website will also have updates as information becomes available.

2020/2021 Indoor Season and Registration

The usual registration timeline and process for the coming Indoor Soccer season is to have the on-line registration process take place during August with teams formed in September and games starting in mid October. Player registration would be completed using the on-line soccer portal available on the EMSA West website.

Currently, EMSA and EMSA West are proceeding under the assumption that there will be an Indoor youth soccer season and they do not have a view as to whether there might be a delayed start or a shortened season. I believe that we all will have more information on this in the coming weeks. Again, our RTCL website will be updated as more information becomes available.

Please contact me with any soccer questions at rt-cl.soccer@gmail.com

We will get out of this and while things going forward will be different, some of the changes may have a positive nature to them.

Stay safe everyone, be kind and follow the social distancing directives.

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[illegible]

One of my added roles is to represent and support small businesses across the country as Conser-

If you have any questions about my PMB, what Finance committee is doing, or need any help with federal departments (whether CRA, Immigration Canada, Veterans' Affairs etc) please do not hesitate to reach us to my office or I. I am grateful to be your Member of Parliament.

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Personal Reflections on The Pandemic

Currently here in our city, we are going through a period of time that I personally have not experienced in my life span of under 30 years. A pandemic! That's quite new to me honestly.

I appreciate that many people are going through different processes and coping mechanisms to adjust, embrace, or put into perspective the circumstances we are facing right now. I would like to share my own journey during this time period. It is a really intense and overwhelming cacophony of feelings of privilege, empowerment, confusion, and then certainty. Let me explain.

Given the fact that I have lived half my life in a different country halfway across the globe and have experienced other kinds of hardships both unusual and routine, how I'm dealing with the current situation we are feeling right now might be a bit different than how a typical Canadian individual would.

In some ways, this period of time feels quite luxurious! Every single year in the Philippines, children start the school year with an expectation that school will be cancelled, and many things will be disrupted in just less than two months, because typhoon season is about to start. If my memory serves me right, most students miss at least three weeks of school in total because the rains, winds and floods are just too much and it is unsafe to head outside the house. Therefore, I have experience with being housebound. But this time around here, I have utilities! Typhoons usually imply that there is no electricity, no water access, and at least when I was growing up there's no Internet. I have all three right now and it is quite lovely.

In some ways, this period of time feels quite empowering! I have been aware of this for awhile, but

it's still dumbfounding how great the purchasing power of Canadian dollar is. Because I did not eat out at restaurants for the past couple months, I spent that money to charitable donations to family in the Philippines who are doing outreach work for those who are really impoverished. My sewing and crafting skills are pretty decent, so for the past several weeks I have joined several groups of seamstresses from all over Alberta sewing fabric laundry bags for Alberta health care workers. Being connected to yet another community of eager helpful people has been really energizing for me the past few weeks.

In some ways, this period of time feels overwhelming. I personally am regularly active on social media with community engagement in political conversations. Oh, my goodness, people are a little bit more short tempered these past few days. Conversations online are a little bit more tense! I personally attribute some of that to the stress and anxiousness that everyone is feeling and they are just having difficulty expressing it in some form or fashion. I am starting to learn the concept of "Zoom Fatigue", which is feeling exhausted after all the virtual video conference meetings that come one right after the other. I'm very fortunate to work from home right now, in my Home Office alongside my husband. But it is still an adjustment for me, so it's this unfamiliar but mild sense of fatigue I feel at the end of the day.

While there are no perfect answers, no certain timelines, I really hope that everyone is able to be kind to themselves, find a healthy outlet, let loose if needed, and be able to imagine how things can be positive in a different way when this is all over.

Giselle General

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River Valley News

Bald eagle not just an American bird



Dan reported “a pair of eagles flying over our house along the river in Rosedale.” They live throughout a large part of North America and are usually found near rivers and bodies of water. This is the case in Edmonton, where Bald Eagles can be seen in and along the river valley.

They are attracted to the Goldbar area due to the concentration of ducks and other waterfowl in the warm open water from the water treatment plant. During the Edmonton Christmas Bird count between 2 and 6 eagles have been counted annually in the past 7 years, mostly along the North Saskatchewan River.

Bald eagles usually hunt from a high perch and glide down to catch their prey. They will strike from the air and are known to wade into shallow streams or rivers for fish. They are occasionally pulled into the water while trying to catch large fish. These birds are surprisingly good swimmers, using their wings to mimic a motion that is similar to the butterfly stroke.

Juvenile bald eagles gradually spend time on their own away from their parents and learn to hunt by trial and error. They may eat a lot of carrion, es-

pecially fish, till they master hunting live food. Learn more at: <https://edmonton.wbu.com/bird-of-the-month-bald-eagles>

Devonian trail in Parkland County

If you are in search of a peaceful hike, the Devonian Trail offers river valley views, country roads and blissful boardwalks. It begins at Prospector’s Point and ends at the University of Alberta Botanical Gardens, formerly known as the Devonian gardens - hence Devonian trail.

This trail is a 12 km round trip which will take 2-3 hours. It has a gravel-rocky path and a wooden boardwalk, with some steep sections as you ascend out of the valley. The Prospector’s Point parking lot is just off Highway 60 and next to the North Saskatchewan River. There are bathrooms and garbage cans at the parking lot.

Named for those who used the area to pan for gold, Prospector’s Point is a great place to relax, fish and take in the views. The trail heading up from Prospector’s Point is on land once owned by Mary Louise Imrie, the first female architect in Edmonton and one of the first Canadian women to establish her own architecture firm.

Inspired by Alberta’s landscapes, she bequeathed the land to the Alberta Sport, Recreation, Parks and Wildlife foundation in 1988. Her biggest hope was that the people of Alberta could enjoy this beautiful land, and the Devonian Trail is one of the ways you can do that. More information at <https://rivervalley.ab.ca/trail-treks/trailtrek-how-to-devonian-trail-in-parkland-county/>

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Community Matters

RioTerrace community Preschool



Jana and I, along with our preschool executive board and the community league were very sad to have to end our preschool year early due to the Covid-19 Pandemic. We are also truly grateful that everyone acted quickly and cohesively with the health and safety of our preschool community as top priority. This is certainly a time of many mixed-emotions and I am thrilled to report that all of our preschool kiddos are safe and healthy.

We had so many wonderful moments this past school year. Although our year was a short one, we had field trips to John Janzen Nature Center, John Walter Museum, Rutherford House, Telus World of Science, Zoo2U, Bowling and Ortona Gymnastics! We had monthly Yoga classes with Glow Yoga and a fantastic Family Skating Night with hot chocolate and a marshmallow roast in February. There were countless learning moments with our little ones and we made some very special memories. Our Silent Auction fundraiser in November was a huge success and our amazing fundraising team is busy making

plans for the next Silent Auction in November 2020!

With preschool closing, Jana and I have had the opportunity to learn some new teaching skills. We have been working hard at keeping in touch with our preschool families, sending weekly activities in the areas of literacy, numeracy, fine and gross motor development, social and emotional development, art and science. It has been a welcome challenge to keep our learning opportunities play based, hands on and developmentally appropriate. We have seen our families spending lots of time with their children in nature, baking with them and teaching them life skills like folding laundry and washing the car! In such uncertain times, it is a gift to be able to stay connected with our preschool families, even if it is not in person.

We had an amazing turn out to our preschool Open House in February and I am very excited to report that our classes for the 2020/2021 school year are almost full! If you would like information on our program and registration please email our registrars at rtcp.registrar@gmail.com

Jana and I are working with the executive team, planning and preparing for the upcoming school year. When we open our doors, it will be with gratitude, excitement and full hearts. Rio Terrace Preschool will come through this difficult time more committed than ever to remain a strong force in this community; dedicated to the learning and development of the children in our care.

Stay safe and healthy.

Playfully yours,

Shaylene Saxton
Teacher

Jana Konelsky
Assistant Teacher

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www.rioterracepreschool.com

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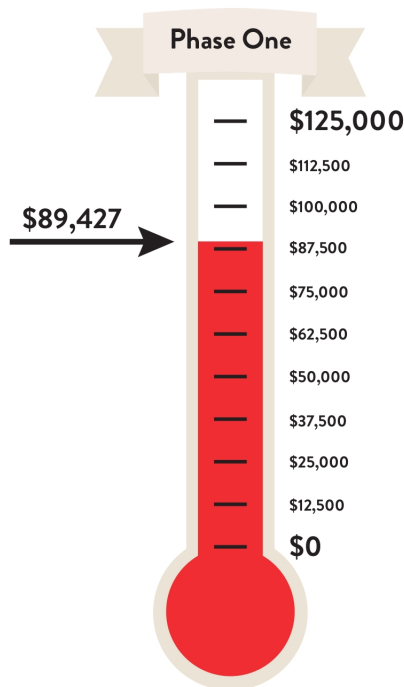
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Go to www.ringette.ca and check out
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under OUR SPORT for more information on
the game.



RIO TERRACE SCHOOL NEW PLAY AREA UPDATE



We have raised \$89,427 towards our new play area!

We need to raise \$35,573 to reach our goal of \$125,000. Once we reach our goal we will apply for the Alberta Government's matching grant.

FUNDRAISING

SKIP THE DEPOT BOTTLE DONATION



Donate your bottles to "Rio Terrace PARC" using **SkipTheDepot** bottle collection app. Skip The Depot picks up your bottles from your home and donates 70% of the total amount to a fundraiser of your choice.

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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

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Community Matters



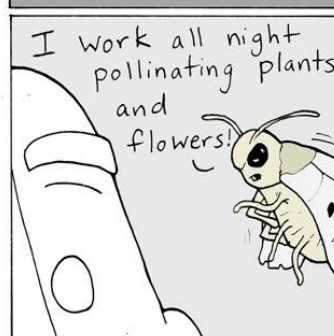
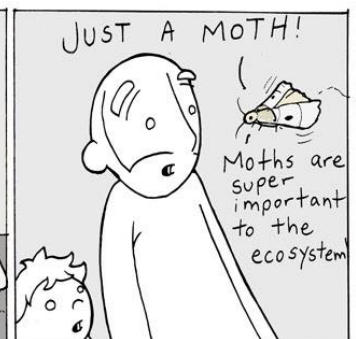
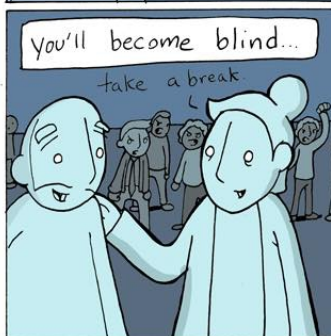
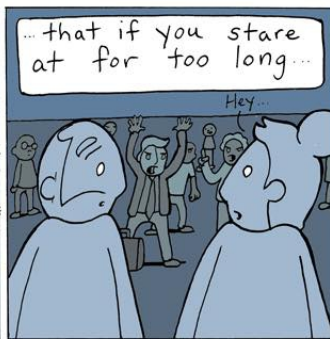
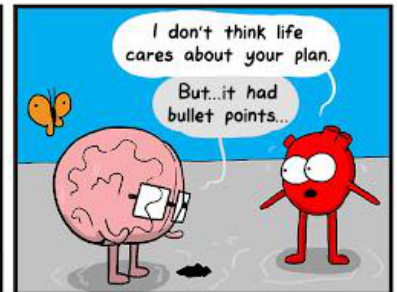
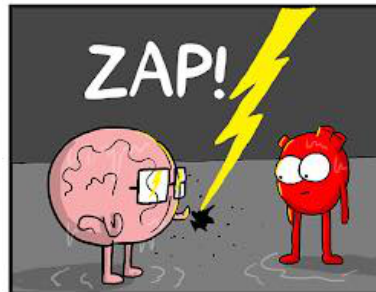
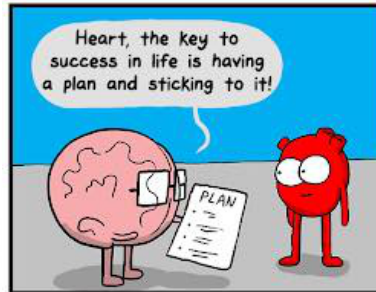
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Community Matters

Comics



RING IN THE SPRING WITH CHINESE MEDICINE

The Hello Rio Terrace!

I'm a Registered Acupuncturist and the newest addition to The Wellness Clinic crew. I graduated from the MacEwan University Acupuncture program in 2016, and have been honing my skills ever since through continuing education.

I treat a wide array of conditions such as chronic pain, stress, digestive ailments, mental health issues, and more! As a holistic form of healing, Chinese Medicine has a myriad of benefits that can help you all across the board. I'm passionate about my work, and I place a large emphasis on strong patient-practitioner communication. I look forward to meeting all of you once the craziness of COVID-19 passes, and our lives regain some normalcy.

-Jon



Spring is finally springing! While many rejoice at the increase in temperature and sunlight, this season can bring a few inconveniences along with it as well. (If you suffer from allergies, you know exactly what I'm talking about). Now, normally I would recommend Acupuncture or Herbal Medicine as a tool to help your body transition into a new season, but due to social distancing, those modalities aren't exactly an option right now. So instead, I'll give you some Traditional Chinese lifestyle advice to consider in the meantime! Chinese Medicine places a large emphasis on living in harmony with nature. A big part of that includes living in harmony with the seasons. Just as the weather shifts through the year, so must our diet, habits, and lifestyle. Traditional Chinese Medicine links the Liver and Gallbladder organs with the Springtime. These organs respond well to the sour flavor, and to the color green. Incorporating things like lemon or apple cider vinegar into your diet can help to support the body during this time. We can slowly transition from the warming, slow-cooked foods of winter, to lighter, fresher foods like sprouts and dark leafy greens. The Spring is linked to the wood element, which is represented by upward, outward movement, and flexibility. It is important to get moving in order to keep our sinews and tendons from getting too tight. Try to get outside and get fresh air as much as possible. Finding a sense of softness, and malleability (both physically and mentally) will help you to weather whatever changes life throws at you. Lastly, Spring is a season of cleansing. Take this time to not just clean your home, but also rid yourself of any habits, or outlooks that are no longer serving you. Give yourself room to spread your branches and grow!

Community Matters

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Social Distancing or Physical Distancing?

Dear neighbours,

I'm writing this, now, six weeks into our time of "social distancing" to "flatten the curve". As a pastor, this frequent discussion about *social distancing* was deeply disturbing to me; my life's work is about bringing people together! Social distance, with God and each other, is at the very essence of what ails us, as people. Of course, I knew that in this time, the best way that I could "love my neighbour" was to stay apart - but I feared that, after the adrenaline of the crisis wore thin, we would begin to become fearful and mistrustful of one another.

I was very grateful, then, when a neighbour said to me, "call it physical distancing."

This time of physical distancing has shaken up what an ordinary day looks like, for nearly all of us. Many people are working from home, taking a more active role in providing for their children's education, and re-thinking how they spend quality time with others. The neighbourhood dogs have never received so many walks! Meanwhile, frontline and essential workers (for whom I am very grateful), are daily faced with feelings of vulnerability in places they once considered safe and comfortable.

In this time that practically begs for rest and renewal - in the church we call that *sabbath* - I hope that you have been able to reflect on your personal values, and how you would like to spend your days. Soon, our work and activity schedules will ramp up again - calls to "return to normal" are becoming louder and louder. For many of us, being "physically distant" has been a challenge. We have avoided close contact with dear friends, family, and neighbours in order to best protect the vulnerable in our society, and I hope that we have learned a bit more about what it means to embrace loved ones. I hope that we have learned what it means to value the quality of our time, rather than the quantity of our time. I hope that we will remember the *value* of the place we live - not a "bedroom community", but a place filled with people of all ages, trying their best to be good neighbours.

When we are able to be physically close again, I hope that we remember the intimacy we longed for with friends, family, and neighbours - remembering to cherish the preciousness of it.

Warmly,
Rev. James Lavoy
pastor

RTC Sunday Livestream

Sundays at 10:30 am

RioTerraceChurch.org

The Ice Cream Stand is Reopening in June!

Visit RioTerraceChurch.org for more info, including safety measures. Volunteer Households Are Needed!

Thanks to all who supported our Easter Offering!

We raised nearly \$9000 for the Edmonton Food Bank and Doctors Without Borders.