

## August 2020 Issue

### Bike Parade 2020 moves forward!

The annual bike parade took place last June 28, 2020 and it was a great success! For this year, people were encouraged to decorate their bikes before coming to the hall and some people really stepped up!

Printed maps of the bike route were distributed, with checkpoints along the way where people can answer Canada-related trivia on the lawn signs. The route included the murals along the Patricia Heights Elementary School sound barrier wall, to encourage people to see the murals the community made during Canada 150 back in 2017. And finally, upon coming back to the hall, people are greeted by a bright balloon archway.

Thank you to everyone who participated in the bike parade this year, and to our board members who worked together to make this a success again this year!

## Upcoming Community Events

### Big Bin Event

Rio Terrace Community Hall

*Saturday, September 19, 2020 9 AM – 2 PM*

Join us for our annual Big Bin event at the hall! All you need is your community league membership to drop off your junk! (Page 20 for more detail)

### Outdoor Movie Night

Rio Terrace Community Hall

*Saturday, September 18, 2020 8:30 PM*

Join us for an outdoor movie night by the rink, so enjoy the movie Back to the Future! Physical distancing measures will be implemented. Drinks, popcorn, and snacks will be available for purchase.

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### Connect with us!

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

**Twitter:** @RioTerrace

**Facebook:** RioTerraceCommunityLeague

**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:

November 2020

### Submission Deadline:

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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](http://www.efcl.org) , Visa or Master Card only.

### Cost:

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

### Benefits:

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

## Westend Seniors Activity Centre Meal Program For Seniors In Edmonton!



We are very excited to announce our new WSAC Meal Program!

Every 2 weeks, the Westend Seniors Activity Centre will be offering a meal program for seniors! Each menu will feature

- 2 entrees,
- 4 frozen soups and
- a variety of freshly baked muffins!

### WANT TO ORDER?

Visit our Community Cafe section of our website at [https://www.weseniors.ca/whats\\_new/wsac-meal-program-for-seniors-in-edmonton/](https://www.weseniors.ca/whats_new/wsac-meal-program-for-seniors-in-edmonton/)

Look for the currently weekly menu to place your order!

Questions? Please email us at: [foodorders@weseniors.ca](mailto:foodorders@weseniors.ca)!



# Community Matters



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**RIO TERRACE COMMUNITY LEAGUE INVITES YOU TO JOIN US**

**Outdoor  
MOVIE  
NIGHT**

**BACK  
TO  
THE FUTURE**

**SAT SEPT 19, 2020**

**8:30PM**

**TO ADHERE TO THE SOCIAL DISTANCING RESTRICTIONS CURRENTLY  
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DRINKS, POPCORN AND SNACKS AVAILABLE FOR PURCHASE.**

**WOPE TO SEE YOU THERE!**



## **“Accessible By Default” Is a Worthwhile Goal**



During a virtual town hall, a local politician asked the audience ‘what is your dream for a post-COVID society?’ I answered, “I dream for our community to be Accessible by Default”. I can’t even remember where I first heard the statement. The pandemic emphasized several accessibility issues which made me more passionate about the topic.

During the daily video updates of the Chief Medical Officer, advocates pushed hard to make information more accessible, specifically, by having sign language interpretation for those who are deaf and hard of hearing. It sounds like the plea was heard.

But there are still gaps. A colleague, who is blind, gets frustrated when using social media. His comments give me pause regarding how digital media is produced. He said, only 2% of images on Twitter have Alt Text, which is the additional text description of an image, that software such as screen readers can use to verbally describe the image. In his case, infographics with colorful charts and bold numbers are useless. This means, posters with colorful drawings and step-by-step instructions, do not reach audiences like him. So now, in my day job where I handle our digital communications, I started adding alt-text in all the images we publish. It adds 25% more time, but it is worth it.

In early March, I remember a community member asking for donations for print paper. Most of the information about COVID19 is in English, which was a problem. She aimed to print content in Hindi, Punjabi, Urdu and Tamil for seniors living on the south-east side of the city. It is certainly important to publish information quickly and accurately, but language is a key factor. A few weeks ago, I started seeing copies of digital posters about health information from Alberta Health Services, with translated versions in French, Tigrinya, Simplified Chinese, and others.

Some argue that similar to electricity and telephone lines, internet should be considered an essential utility. Internet access is crucial to staying informed, for students to be able to continue schooling, and for workers to continue working or find work. With the drastic shift to e-learning, one issue that was not anticipated is that many families don’t have laptops or computers, or the internet connection is too weak for several gadgets to connect to continuously for hours at a time. The C5 Hub on the northeast side of the city launched a laptop drive to help low-income families have laptops so their kids can continue participating in classes.

Accessibility is quite broad, and the first example people think of is wheelchair ramps and automatic buttons on doors to make entering buildings easier. Even our own community hall needs this upgrade. But it is more than that. It is about ensuring that those with a wide variety of disabilities or barriers, can get services and information as those who are more literate, able-bodied, and tech-savvy. If you are a business owner, volunteer, or public servant, it is worth asking: is our products, services, facilities, and communication methods accessible by default?

Giselle General

# Community Matters



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## River Valley News

### Saskatoons - berries of nostalgia

The Edmonton river valley was as familiar as my backyard when I was young. My memories are full of weekends tromping after my dad through the foot-worn trails that meandered through the “bush,” as we called it back then. He helped me and my brothers bravely scale the beams of an old rail bridge that has long since disappeared. One summer we sailed fearlessly over a ravine on a homemade rope swing hidden deep in the woods. When snow arrived, we brought along our sleds or cross-country skis. When the ice froze exactly right, we skated on Whitemud Creek.

There was that time of year in the middle of summer when the Saskatoon bushes were heavy with berries and my parents would take plastic ice cream pails on our adventures. Picking Saskatoon berries was a chore we didn’t mind because we could eat as much as we put in the pails. And the payoff was pie all fall and winter and, if it was a good year for berries, into the spring.

Read more of Edmonton writer and podcaster Annette Wierstra’s reflections on picking Saskatoon berries in the river valley with her family and baking pies at <https://www.avenueedmonton.com/yeg/berries-of-nostalgia/>

### River valley camp out advocates for homeless

A community group advocating for more action to support homeless Edmontonians says it will be camping out on public land near Remax Field until its demands are met. The camp was publicized on social media by Black Lives Matter Edmonton, but it wasn’t organized solely by the group.

Outreach worker and organizer Deanna Cachagee said several racialized community groups have joined together with housing and outreach workers

to create a donation drive and resource site for homeless residents. City spokesman Geoff Grimble said peace officers are aware of the camp and protest and are monitoring the situation closely with police. There is currently no plan to remove the camp.

On homeless encampments, Grimble said the city continues to offer supports along with community partners to those in need. The city stopped removing camps during the pandemic, but started again in early June, prioritized by level of risk. More at <https://edmontonjournal.com/news/local-news/river-valley-campout-by-housing-outreach-workers-to-support-homeless>

### Ermine a royal weasel

The winter pelt of the ermine or short-tailed weasel has long been associated with royalty. It is the most common weasel in Alberta. They are about a foot long and weigh little. They may be small, but they are mighty! Weasels are some of the most carnivorous creatures in Alberta. They eat almost any small mammal, invertebrate, and sometimes even amphibians.

Weasels are cute, but hard to spot. They live in thick vegetation and are active during the nighttime. Short-tailed weasels also change colour in summer and winter to blend in with their surroundings. In summer, they are brown with white bellies, but when winter comes around, they are all white, with a tip of black on their tail.

Watch this short video of an inquisitive short-tailed weasel at Kinsmen Park [https://www.reddit.com/r/Edmonton/comments/1gxvpg/an\\_inquisitive\\_shorttailed\\_weasel\\_at\\_the\\_kinsmen/](https://www.reddit.com/r/Edmonton/comments/1gxvpg/an_inquisitive_shorttailed_weasel_at_the_kinsmen/)

(Continued on Page 9)



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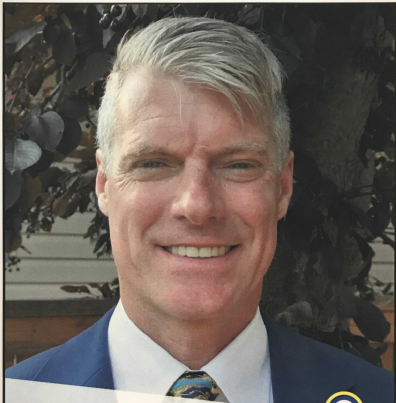
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## Dawson bridge to McNally lookout trail

This 4km round trip trail has a moderately flat dirt path with some single track for the first half. Second half changes to a steep, uphill, wide paved path, and then flattens out. The trail is rated moderate to difficult due to the uphill climb and single-track. Bikes and dogs on-leash are allowed.

If you love dirt trails, great views and a perspective refresh, this route is for you. Beginning at the Riverside Golf Course parking lot, this trail weaves along the riverfront on a quiet dirt trail with great views of the water and Dawson Park across the river before connecting with a paved uphill trail that takes you to the McNally lookout, one of the most under-rated viewpoints in Edmonton.

With plenty of benches along the way that gaze upon amazing river valley vistas, pack a picnic and rest a while and with that uphill climb, do not forget to bring water. This is a busy area for cyclists and mountain bikers, so stay alert and share the trail. Directions and information at

<https://rivervalley.ab.ca/trail-treks/trailtrek-how-to-dawson-bridge-to-mcnally-lookout/>

## Share river valley event, job posting, or news

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

Sincerely yours,

Harvey Voogd

North Saskatchewan River Valley

Conservation Society

780.691.1712

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

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

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

## Finding a new normal



Life in Alberta has been turned upside down with the COVID-19 outbreak. As our province takes its first steps to recovery, many of us ask if normal will ever return.

With the answer unclear, your family may need to find a new normal. These tips can help you to weather these uncertain times.

### Find a New Routine

Schools are out for the summer. Many other public facilities remain closed. Countless moms and dads are juggling to keep up and keep their children safe. Nearly every family in Alberta has had their daily routines disrupted.

Planning and following routines can lend a sense of order to these topsy-turvy times, especially for children.

“Routines can help you and children feel more comfortable during times of uncertainty,” says Farah Bandali, AHS’s director of Healthy Children and Families with Healthy Living. “Day-to-day routines add structure to family life and reflect what’s important to your family. They’re also a way to let your kids know what to expect during the day.”

Wake up times, bedtimes, meals and snacks, play, walks and quiet time. All are examples of what you can weave into your family’s routine.

# Community Matters



## Bring On the Laughter

Tell a corny joke. Have a staring contest. Tickle one another. Tell a goofy story.

Science America says “laughter and appreciation of humour are vital components of adaptive social, emotional and cognitive function ... Laughter is, after all, a communal activity which promotes bonding, diffuses potential conflict and eases stress and anxiety.”

That’s a fancy-schmancy way of saying laughter brings people together and helps us think. It also helps us express our feelings, can turn a tense moment into a light moment and is just plain good for us.

## Remember the Basics

In tough times, we can lose track of the basics of healthy living. Here’s a friendly reminder: eat healthy foods as much as possible. Stay connected with other family members, friends and co-workers while maintaining physical distancing. Get a good night’s sleep.

Most of all, reach out for help if you need it. Alberta Health Services, the Government of Alberta, the Government of Canada your local municipality and hundreds of community groups have all kinds of support and assistance for Albertans.

For information about healthy living for families during COVID-19, visit [ahs.ca/healthytogether](https://ahs.ca/healthytogether).



## Cancer and Fatigue



Fatigue is a sense of tiredness that doesn't seem to go away, even with rest or sleep. It often happens along with other symptoms, such as pain or poor sleep. You may feel fatigued during cancer treatments, right after treatments, or even for months after treatment.

Even as your cancer treatments are working and you are getting better, you may feel exhausted. Feeling fatigued does not mean that your cancer is getting worse or that your treatment isn't working.

Symptoms such as pain, vomiting, diarrhea, lack of appetite, and nausea can cause fatigue. Talk to your doctor about treatments for these symptoms. He or she will also be able to help you if your tiredness is from anemia, medicines you are taking, or other health problems.

## Rest and activity

Home treatment may help to relieve fatigue caused by cancer or the side effects of chemotherapy or radiation therapy. If your doctor gives you instructions or medicines to treat fatigue, be sure to follow them.

Get extra rest while you are receiving chemotherapy or radiation therapy. Let your symptoms be your guide. Fatigue is often worse at the end of treatment or just after treatment is completed.



# Community Matters

- Manage your energy. Plan ahead to make the most of the energy you have.
- Set priorities. Make a list of the most important things you need to do.
- Keep a list of the things that are less important for when you have help.
- Pace yourself. Rest when you need it. Fatigue usually has a pattern. Watch to see what time of day you have the most energy.
- Plan activities that require the most energy for when you have the most energy. For example, if you feel best in the morning and taking a shower is at the top of your list, plan to take your shower in the morning.
- Use labour-saving devices. This may mean having a bedside commode or using a raised toilet seat. Or this may mean using grabbing tools or a walker.
- Alternate rest with physical activity. Gradually increasing your activity may help. But exercise may not be good for some people who have cancer, such as those who have a fever or who have anemia. Talk with your doctor to see if exercise is okay for you. Walking, swimming and yoga are all good activities to help reduce fatigue.
- Eat foods that will give you a balance of calories, protein, carbohydrate, fat, vitamins, and minerals. Be sure to drink enough fluids. Try nourishing soups, which are easier to digest. Reduce your use of caffeine, nicotine, and alcohol, which contribute to fatigue.
- Get a good night's sleep
  - Go to bed when you are sleepy. Try to set routine times to go to bed at night and get up in the morning. If you can't fall asleep within 20 minutes after you first go to bed (or if you wake during the night), get out of bed and do

something else until you feel drowsy.

- Avoid long naps or naps in the late afternoon. And limit your total time in bed.
- Avoid caffeine after noon.
- Make your bedroom dark, quiet, and comfortable.
- Relaxation training may help. So can cognitive-behaviour therapy (CBT), which is designed to improve sleep quality.
- For a child with cancer, a set bedtime and a routine helps with sleep. Like adults, children need a bedroom that is comfortable. Having a familiar blanket, toy, or other security object that the child can take to bed is also helpful.

Alberta Health Services

## Community League Swim is Back

The City of Edmonton staff asks that members register through the following website <https://movelearnplay.edmonton.ca/COE/public/category/browse/JPCLSTT> Members are to register per hour. To ensure other members are given the opportunity to have a swim we ask members to book for 1 hour per weekend as each swim is limited to 40 participants. If the members want to have a 2nd 1 hour swim, please check the day of the swim to see if there is still room.

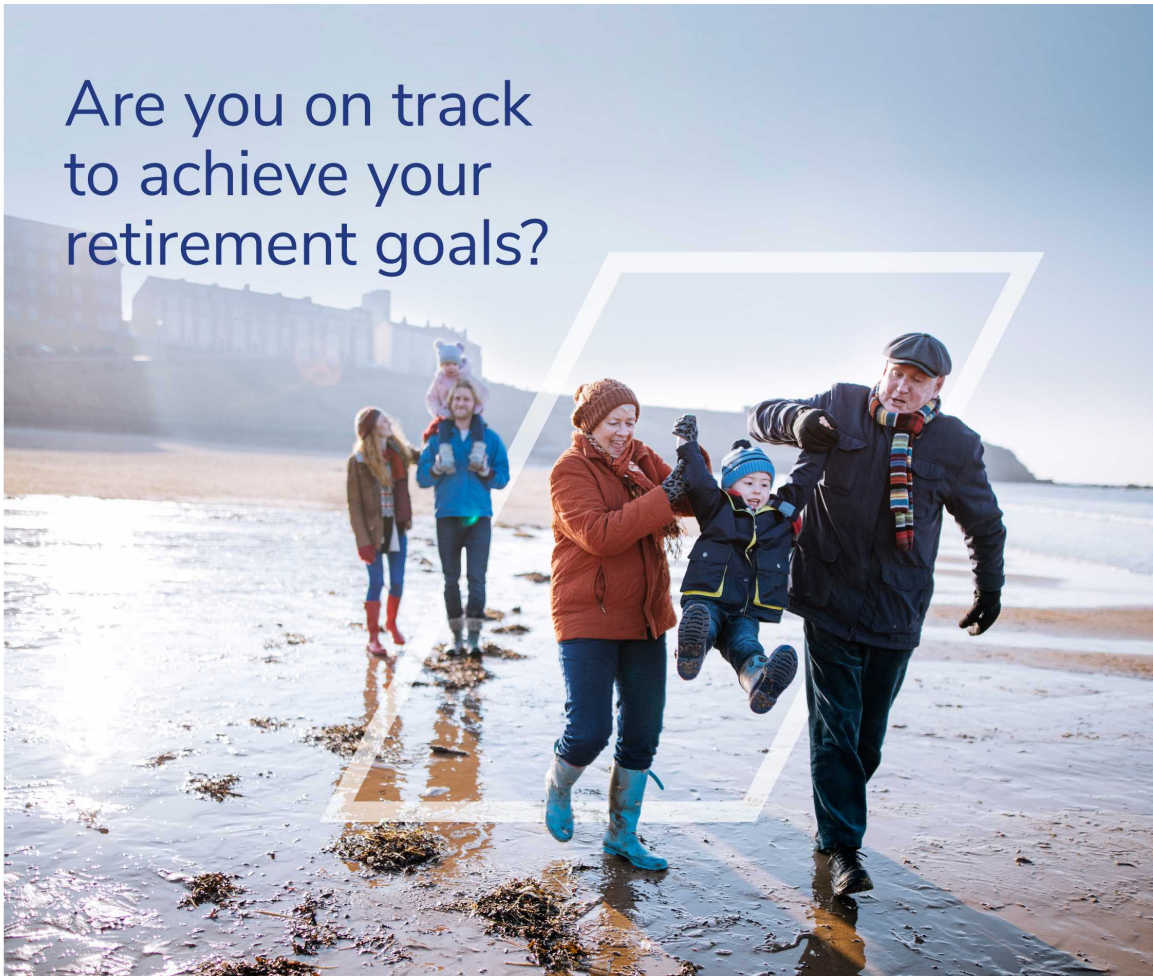
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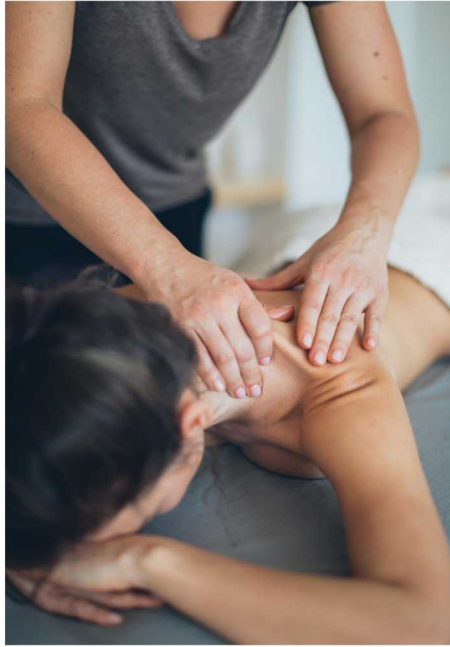


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## Rio Terrace Community League AGM, September 23 At 7 Pm



The RIO TERRACE COMMUNITY LEAGUE will be holding their Annual General Meeting on September 23 at 7 PM. Details on whether it will be an in-person or virtual meeting will be announced closer to the AGM.

Elections will help for the following positions. Term of office is two years. A general description of the positions is listed below:

The Vice President shall act in the capacity of the President at the request, or in the absence, of the President. They are responsible for managing casino activities, reviewing Bylaws, Policies, and Procedures, and are a signing officer of the League.

The Treasurer shall receive all monies paid to the society and be responsible for the deposit of same in the League bank accounts. They shall properly account for the funds of the League and keep such books as may be directed. The Treasurer will recommend, in conjunction with the President, an Annual Budget to the Board of Directors. They shall present a full detailed account of receipts and disbursements to the Board whenever requested and shall prepare for submission to the Annual General

Meeting a statement outlining a financial review of the previous fiscal year. The Treasurer is a signing officer of the League.

The Membership Director manages the annual membership campaign, collects the membership fees and submits the membership fees to the Treasurer, and maintains the Register of Members and other records pertaining to membership.

The Maintenance Director is responsible for the development and maintenance of the community centre, rinks, parking lot, and other league facilities.

Up to 10 Directors at Large may be appointed to the Board at any time. Directors at Large will perform duties as assigned by the Board.

If anyone has a question or they are interested in running for any of the above positions please contact Tony Andrzejewski at 780-487-3964



# Community Matters



## Rio Terrace Soccer Program

### 2020 Outdoor Season now completed

As we all know, the Covid-19 Pandemic pretty much laid waste to the youth community outdoor soccer season as we commonly know it. After much delay, EMSA and EMSA West reached the decision that the outdoor soccer season program would consist of a 6 week twice per week training or practice session starting the week of July 6. For most of the players who registered back in February for the U9 and older age groups, this was not the soccer program that they registered for and was not an offering that the players (and coaches) were interested in participating in. Over 90% of the registered players for the Rio Terrace U9 and older program opted to cancel their registration for the outdoor season and those registrants received a full refund of the registration fees. The few players who remained as active registrations were placed in training cohort groups by EMSA West and those players did participate in the 6-week training-based program.

For the players registered in the Rio Terrace U4/ U5 and U7 FunSoccer programs, roughly 50% opted to remain registered for the outdoor season that finally started on July 6. These players had a 6-week soccer skills development-based program and enjoyed learning new skills and participating in a healthy athletic activity. Thanks to the parent coaches, parents and players for their adherence to the AHS guidelines as well supporting the development of the youth in our community. All participants persevered through the weather, the mosquitos and the rather long length of the soccer field grass while still following to the extent possible the social distancing and cohort guidelines applicable to soccer.

### 2020/2021 Indoor Season and Registration

Registration for the 2020/2021 Indoor soccer pro-

gram will be an on-line process that is / will be open on August 15. The actual program details for the Indoor are still being finalized and may change over the next month or 2 as we progress through the Covid-19 pandemic. The current expectation is that the Indoor teams will play one game each week and will be placed in a cohort group with 3 other teams for the whole of the remainder of 2020. The 2-week Christmas break in the soccer schedule may allow for teams to be re-grouped and possibly even an increase in the number of teams in each cohort group. Roster sizing for the Indoor season is expected to be capped at 12 players per team in order to comply with current 50 person max cohort rule for team sports. Changes to the Indoor program will be shared on the RTCL website as soon as known. The player registrations for the Indoor season are still being finalized, but there is an expectation that an increase of 30% or more from last year will be required as a result of the reduction to roster sizes and the increase is program expenses driven by Covid cleaning efforts and reduced effective rental availability of the Soccer Centre facilities. This remains to be determined and this will be completed prior to the opening of the registration system.

Player registration for the Indoor season is an on-line process using the EMSA Soccer Portal website. IT will be vitally important this year that all parents registering players fully read all of the program information and understand the rules that will be in place to support adherence to the AHS Covid guidelines for team sports indoors.

Our RTCL website will be updated as more information becomes available.

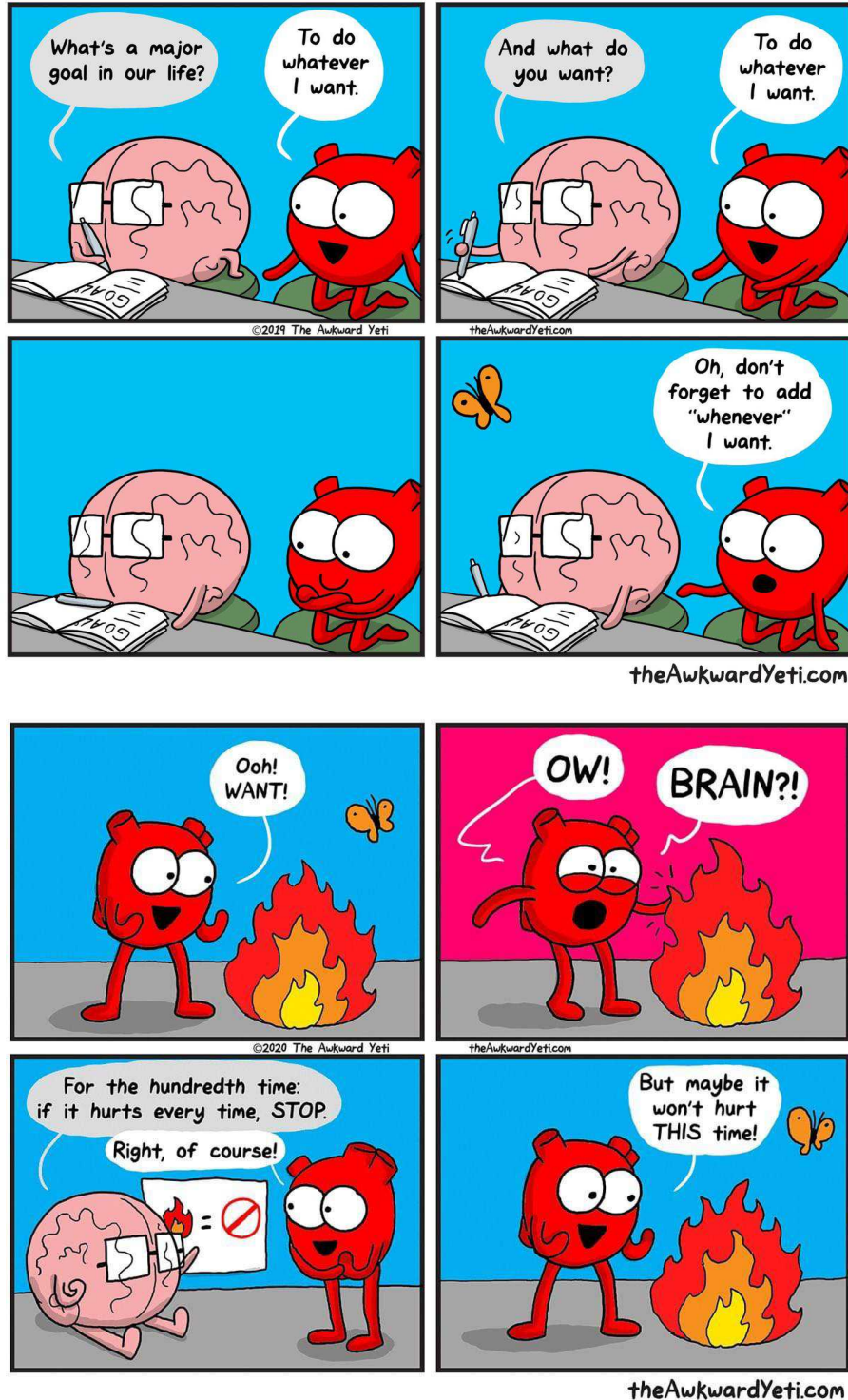
Please contact me with any soccer questions at [rtcl.soccer@gmail.com](mailto:rtcl.soccer@gmail.com)

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



# Community Matters

## Comics





## Beyond Pain: The Lesser Known Benefits of Acupuncture & TCM



by Jon McDonell, R.Ac

When it comes to the status of Acupuncture here in the Western World things have come a long way in recent years. Chinese Medicine is no longer a strange system shrouded in mystery — it is a *legitimate healing practice* that has attracted the interest of many medical doctors, and its benefits have been backed by many clinical trials. Yet, despite its growing popularity, many people think of Acupuncture as a tool for pain relief and not much more. **What if I told you that Acupuncture could be used for so much more than just aches and pains?**

It's time that the general public embraces Acupuncture and Chinese Medicine in all its glory, and finally understands its true scope and healing power.

As a holistic form of healing Chinese Medicine takes into account a person's *entire body and mind* when making a diagnosis. Rather than just focusing on symptoms, the practitioner plays the role of detective - trying to piece together clues in order to discover the root of what ails a patient. By addressing this root of dysfunction Acupuncture can harmonize a wide variety of imbalances - making it a useful tool in the treatment of so much more than just pain. For example, **Acupuncture and Chinese Medicine have been proven to show benefits in the realms of:**

- **Mental Health** (Depression, Anxiety, Chronic Stress)
- **Gynaecological Health** (Menstrual Cycle Regulation, Infertility, etc.)
- **Digestion** (GERD, IBS)
- **Neurological Disorders** (Trigeminal Neuralgia, Bell's Palsy)
- **Skin Conditions** (Dermatitis, Eczema, Psoriasis)
- **Andrological Health** (Erectile Dysfunction, Low Libido, etc.)

One of the areas Acupuncture and Chinese Medicine really shines is in the treatment and management of stubborn chronic conditions like Diabetes, Hypertension, and Chronic Fatigue. These are areas in which conventional medicine doesn't have a lot to offer. Complementary Medicine is in a unique position to step in and assist patients who may have exhausted all other treatment options!

If you're ready to take the plunge and get to the real root of your imbalances - book an appointment with us! We're currently offering \$20 off of all NEW PATIENT Consultation and Treatment Sessions. With a flexible schedule, simple online booking portal, and direct billing to most major insurance companies - relief is only a few clicks away.

**[www.thewellnessclinic.ca](http://www.thewellnessclinic.ca) - 780-484-5888**



# Community Matters



[www.lunarbaboon.com](http://www.lunarbaboon.com)



# Community Matters



## BIG BIN EVENT & BOTTLE DRIVE

Drop off your bottles for recycling in the  
Rio Terrace School North Parking Lot



# SEPT 19

### PLEASE NOTE:

We cannot accept Hazardous Household Waste, Chemicals, Paint, Car Tires, Large Appliances, Batteries, &/or Electronics (i.e. PCs, Laptops, Tablets, Cell Phones, Monitors, Printers, TVs, etc.). These items should be taken to an ECO Station for Disposal.

**LINE UP EARLY  
TO DROP OFF YOUR JUNK AT  
RIO TERRACE COMMUNITY HALL  
15504 - 76 AVENUE NW**

**9am - 4pm**

MEMBERSHIPS AVAILABLE FOR PURCHASE

# Community Matters

## Public Service Announcement: Climbing on the Community League Roof is Dangerous!



During the summer, we saw incidents of teens climbing over the fence of the building to get access to the roof. Falling off can cause severe injury. And climbing can also damage the solar panels on the roof.

To parents and guardians, please talk to your kids and discourage them from climbing the roof.

To those living near the community league hall, if you see people climbing on the roof, please inform the president at [rtcl.president@gmail.com](mailto:rtcl.president@gmail.com) with a photo.

Thank you for your help!



# Community Matters



## **Rio Terrace Church • Neighbourhood-based, Inclusive Spirituality**

15108 76 Ave NW • (780) 487-0211

[RioTerraceChurch.org](http://RioTerraceChurch.org)

### **Social Distancing or Physical Distancing?**

Dear neighbours,

I'm writing this, now, five months 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" continue to become 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](http://RioTerraceChurch.org)

### **The Ice Cream Stand is open!**

Visit [RTCIceCream.ca](http://RTCIceCream.ca) for more info, including safety measures. Proceeds raised will be donated to the Edmonton Food Bank. *Thank you for your ongoing support!*