

November 2020 Issue

President's Message

Hello Rio,

It has been “one spring forward” and “one fall back” since our new Covid-19 reality has existed. With our new reality we have had to adjust in ways that we never expected. Our worlds - work, social, and relationship - have all been affected in massive ways. I was reading an article on stress during Covid-19 times by Christinne Muschi from The Globe and Mail, and it was eye-opening as to why our new paradigms feel like we have so much paralysis in our daily lives. We are all very stressed and working towards self-preservation. As such we are in a constant fight or flight mode which narrows our focus and removes many of our joys from our peripheral vision. We remain in a heightened state of awareness as we focus on the danger in our everyday activities we use to take for granted. We see the stress associated with shopping for food, crossing paths with others while walking on our neighbourhood streets, avoiding our local restaurants and stores because we see danger everywhere. This is hard, and understandable, and sad. Nothing is more important than our safety. Understandably, there is a great sense of unease everywhere.

We need to find some joy in our lives and we need to maintain our sense of community. Loneliness, self-isolation, and lowered immune response is a symptom of our stress. We need to have outlets to remain healthy and connected to others. We have to try to maintain our community connections and our sense of community in our virtual worlds. While we can't replace the value of face-to-face interactions, we need to be flexible and think creatively in these circumstances.

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How are you staying connected to others? This question becomes central to how we are going to survive and thrive during Covid-19. The City of Edmonton has a toolkit for daily life during Covid-19. This site does a great job of providing tips to help people stay connected. One idea that seemed pretty cool was the “I can help” postcards. This creates unique connections for people who are able to provide specific help and those that need help.

I am hoping that you find joy and maintain connections during this time. Enjoy time outside and activities that gets your blood flowing. This is a great community, you are wonderful people, and we are going to get through this pandemic together....or “slightly apart” together. Take care, Rio!

All my best,

Lance Burns,

President

Connect with us!

Website: <http://rioterrace.ca>

Twitter: @RioTerrace

Facebook: RioTerraceCommunityLeague

Neighbourhood: Wave Hello!

Community Matters



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

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February 2021

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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.
- Online at www.rioterrace.ca//our-community/membership/ (you will be redirected to a payment page powered by Square)

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



The Rio Terrace Community Preschool is a bright and cheerful parent-participation preschool with a philosophy of “Learning Through Play”. This philosophy provides children with the opportunity to learn about interacting with friends in an open and playful environment which encompasses emotional, intellectual, physical, and social development. It also provides parents with an opportunity to participate in their child’s first school experience.

Although the pandemic has us considering changes to our routines and learning activities, we are committed to providing a strong early learning program. The community league and parent executive board are working hard to ensure we can relaunch with the care, well being, and safety of the children remaining our top priority. While preparing for our expected reopening on February 1, 2021, we will be completing an overhaul of our space and program this year to keep your children and our teachers safe during the Covid-19 pandemic. Along with a health screening before your child enters, child-specific craft materials, distanced play and learning spaces, and diligent cleaning we will have put a full Covid-19 safety protocol in place in accordance with Alberta Health Services (AHS).

We understand the importance to remain engaged with our kiddos and parent body and have re-established regular online Seesaw programming. We are sharing weekly videos of stories, crafts, experiments, and many other fun activities for all of our registered children to participate at home with their families. Children are excited to be “in school” and see their teachers in the videos!

(Continued on Page 5)

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Helping little hands and hearts soar to new heights!

**CURRENT SCHOOL YEAR
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Details available at www.rioterrace.ca > Programs

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Not intended to solicit properties that are already listed for sale.

(Continued from Page 3)

As parents we are all saddled with difficult choices every day. We likely all feel as though we never make the right choice. Whether it is deciding to have your kiddo play hockey, wear the same dress for the seventeenth day in a row, or deciding if they should have Gold Fish crackers for both lunch and supper, things can get pretty dicey. This summer, the Parent Executive together with the teaching team, made the difficult decision to delay preschool opening this past September. AHS, due to the pandemic has introduced numerous expectations which prompted a new level of consideration and responsibility to our programming in order to blend a health conscious and developmentally appropriate learning environment for our children and staff in the preschool.

Maybe you, or someone you know, is a preschool teacher in search of a new opportunity, if that is the case please drop us a line. We are seeking a new member of our preschool teaching team to work alongside me, the wonderful Jana Konelsky! Oh, one more thing, please reach out to us with registration inquiries - we still have a few spots remaining for our 2021 relaunch!

See you all soon!

Jana Konelsky

Teaching Assistant

Rio Terrace Community Preschool
780-487-0610

www.rioterracepreschool.com



Edmonton Journal recognizes Shaylene Saxton's accomplishment!

Shaylene Saxton, our very own preschool teacher, received the 2020 Prime Minister's Award for Excellence in Early Childhood Education for her work at our preschool. She is recognized for her diligence in building an environment for children to learn and thrive, being proactive with her professional training which includes a week-long study tour of New Zealand, and for building relationships with parents and the community.

To read the article written by the Edmonton Journal, go to the following link:

<https://edmontonjournal.com/news/local-news/edmonton-teacher-wins-prime-ministers-early-childhood-education-award>

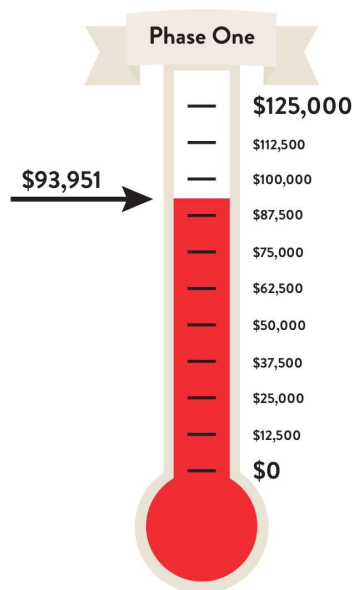
Great work, Shaylene!



Community Matters



RIO TERRACE SCHOOL NEW PLAY AREA UPDATE



We have raised \$93,951 towards our new play area!

We need to raise \$31,049 to reach our goal of \$125,000. Once we reach our goal we will apply for the Alberta government's Community Facility Enhancement Program matching grant.

FUNDRAISING

COBS Bread West Granville (near Costco) is offering Rio Terrace School an opportunity to make some easy "dough" for our new play area redevelopment! When our community friends buy bread at the COBS Bread West Granville location, and mention **'Rio Terrace PARC', 5% from all purchases will be donated** to Rio Terrace School's new play area redevelopment.



Silent Auction Join us online Nov. 16-22 to bid on some amazing prize packages! www.32auctions.com/RioTerrace



50/50 Online Raffle Fundraiser in support of the new playground! Tickets will be sold from Nov.15-Dec.15. Get them early as we will only be selling to a max of \$5000! Direct link to be announced on www.rafflebox.ca. Follow us on Facebook to be the first in line when our 50/50 goes live! facebook.com/RTSchoolPlayProject

GOOD NEWS!

Rio Terrace School is pleased to announce that we have been awarded the **TD Friends of the Environment Foundation Grant in the amount of \$10,000** to build an Outdoor Classroom in our schoolyard!

Thank you to everyone who participated in our Rio Owl and Rio Cares Masks Fundraiser! We are looking forward to shipping masks out in the next few weeks.

THE UNEXPECTED KING



There was a King, who was powerful in the land that he controlled. The time came that kings went to war and King Keith as he was called, prepared his army well. He did so every year and this year was no exception. In fact, for the last 8 battles, he hired a spare army to go out with his army but kept them to the rear in case they were needed. They never were.

As he brushed his horse that morning, he thought about the victories he had enjoyed over the years and 8 times he won the war and 8 times he had to send the hired army home. Well, a small bag of gold was the cost to have this spare army on standby. The prices increased in the last two battles and once again, he sent them home. This was expensive to have an army on standby and never needing to bring them up for battle.

He observed his army for a few moments and felt pride that some of the leaders had been with him in every battle since he became king. He gave his horse to the young groomer and called for his council to meet.

That evening the king spoke that it would not be necessary to hire the spare army as before. Standing before the council, he boasted of his experienced army and that it's well-oiled machinery, to loud ap-

plause. He went on at length while the council drank wine. Then the King held the bag of gold that he set aside for this hire and having opened the bag, tossed it on the council table. Some of the coins rolled out unto the table. There quickly fell a silence as the king had expressed himself in saying that a spare army was not necessary and that the council could split up the gold among its members. There were a few protests, but these were quelled by night's end.

The next morning, the king rode out in front of his army as was the custom. They left the city gates and headed to Gall's Land. A piece of property the King annexed after the slaughter of his rival's army some 3 years prior. The other king had amassed an army to recapture the seized land. This land was important to the king because it had been a present from his father who died in the war three years prior. The loss had embarrassed the young king but now he was poised to take back what was rightly his and to avenge the death of his father.

On the day of battle, both armies faced off in the valley at the southern end of Gall's Land. As usual the king Keith's archers fired their arrows to set the boundaries for the opposition. As they fired their arrows, most landed short of the opposing army, albeit a few arrows hit their target.

This caused some commotion at the front ranks, but the king quickly dismissed the small amount of casualties and commanded his archers to also fire. This brought about similar results and at this point. It was customary to march the Pike men to advance war.

The King gave the signal for advancing their first two regiments of Pike Men. As the men started marching forward, the young King's archers fired off another volley of arrows. This time the arrows landed close to 40 feet beyond their first volley. The strike had its effect as many horsemen were caught in the barrage and many men and horses were injured. **(Continued on Page 9)**

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The Pike men continued their advance.

King Keith was enraged at being caught by surprise by the superior fire power of the archers and immediately gave orders for the Pike men to charge the front lines. But this was a mistake as the armour bearers had trouble keeping up. It became easy pickings of the archers and most of the pike men fell before reaching the now marching opposition pike men who finished them off.

The Cavalry was just now recovering their position. Now at 3/4 strength, they regrouped to form another line away from the range of the archers. By now the other army were now descending full strength on their approach.

The King called for the remaining Cavalry to meet their advance. He also told his lieutenant to have the spare army move up and join the rest of the army. The lieutenant said, 'yes sire but...', he blinked twice and looked at the King. The king noticed his hesitancy and said 'well!' His commander began, 'Sir, I would indeed do so, but my King has forgone the spare army if you recall, majesty!'

The King startled himself as he remembered what he had done. The feeling of being bested by his own foolishness was too much as he looked over at the unfolding battle. For the first time in his life he would have to give the signal to retreat to save his army or what would remain.

The army itself did not know that there was no back up army beyond the ridge. They had always assumed it was there and now were expecting it any moment. Only the lords knew who were now in a drunken stupor.

The king turned his horse around and gave the signal to his lieutenant for a withdrawal to safety and rode off with his entourage, back to his land, back to his castle.

This story here is written about taking risks and counting the cost. This is my story. Every year for the last number of years, my wife and I take a vacation in winter to the warm coast of the Riviera Maya or other resorts in Mexico. And every year we purchased travel insurance. So, for several years in a row we did so. This last time I decided that we would save the money and forego the insurance and save several hundred dollars. We never had to cancel and that was my reasoning. What could go wrong, Right?

I had an opportunity to buy this insurance up to the end of January of 2020. Would not you know it, my wife injured her back 10 days before our due date. The closer we got to the day Feb 14, the more it became obvious that it was not going to happen. I tried everything to save our money. I tried to cancel, to switch, to delay and to transfer names, all without success.

I was a costly lesson that I will never repeat. So, if you've been tempted to save in this manner, don't do it. It is all I can advise.

Gary Burton



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A YEAR IN REVIEW

A year ago, I was elected MP for Edmonton Centre, and little could I have foreseen how much our day to day lives would change due to COVID-19. The usual way of interacting with constituents, stakeholders and the community has forced me to look at alternative methods to connect with you, it has not stopped me from being your voice in Ottawa or in holding the Government to account to ensure you get what you need.

From day one, I have been working hard to support the constituents of Edmonton Centre. I have fantastic staff working at my constituency office who are hard at work assisting with many issues including COVID-19 benefits, employment insurance, immigration, and CRA, to name a few. I have been calling on the Trudeau Government to take a compassionate approach to reunite families and was pleased to see our pressure pay off with the announcement of long overdue changes to border measures that will ease pandemic restrictions relating to family reunification.

Some of the biggest concerns in Edmonton Centre are the increasing rates of addictions, mental health problems, and homelessness. As an Edmontonian it is distressing to see our communities affected by these growing challenges and I recognize the impacts they are having. I have met with our community leaders, constituents and stakeholders to listen and understand what resources and supports they need from our Government. I have seen the devastating affects they have on families and friends - these issues have no boundaries and affect every segment of our society.

COVID-19 restrictions have brought many small businesses to their knees. I have met with many small business owners in our community and appreciate their concerns and frustrations. I understand the hard work and long hours that must be put into their

businesses and know what resources they need and deserve from our Government.

As the Shadow Minister for Small Business and Export Promotion, I advocated for an expansion of the loan program that would help a local family owned store keep its doors open. I advocated for the wage subsidy to be increased so a local business owner could afford to keep their employees. I advocated for more access to rent relief so businesses can continue to support its customers. These businesses are a vital part of our community as they are where we live, work and play and they need our support more now than ever before.

As the Shadow Minister for Innovation, Science and Industry, I welcome the opportunity to focus on innovative policies that create economic growth, jobs and expanded exports. I have been busy meeting with stakeholders across Canada regarding accessible internet services and look forward to working with the Government to ensure all Canadians have affordable and accessible high-quality broadband services.

I am fully aware that there is a lot of hard work ahead and there is much to do to meet the challenges Edmonton Centre is facing. I ran to serve and look forward to representing you as my neighbors and constituents of Edmonton Centre. I encourage you to reach out to me with your ideas and suggestions at 780-442-1888 or by email at james.cumming@parl.gc.ca.



James Cumming
MP Edmonton-Centre
Shadow Minister of
Innovation, Science and
Industry

Community Matters

2020 Winter Order Form

Rio Terrace School Council


 Growing Smiles
 FUNDRAISING

Orders Due: November 18, 2020 please visit rioterrace.growingsmilesfundraising.com

Plant Pick-up: December 3, 2020 at Rio Terrace community league from 2:30-6pm

\$ 13.00



6.5" Premium Poinsettias

A holiday favourite! Brighten up any room this winter with a vibrant poinsettia. Available in red, white, and pink, the 6.5" poinsettias are perfect for your home, hotels, restaurants and banks over the holidays.

\$ 35.00



Tropical Indoor Planter

Add a festive look to your table with a mixed tropical planter. There are four different, live plant varieties included with holiday decor in a rectangular tin. Planter container designs do vary and cannot be requested.

\$ 35.00



Holiday Wreath

The popular wreath is getting an upgrade! A large, plaid bow is featured in the middle of fresh noble, cedar and juniper. Frosted pinecones and red berries complete the new look - ready to welcome guests at your door!



Size of Poinsettias in a 6.5" pot

Approx. 14 - 16" tall
and 13 - 16" wide

\$ 35.00



Hanging Greenery Bough

Celebrate with a merry bough of greenery! A fun, vintage, burlap bag holds premium greens, red ilex berry branches and an array of novelty decorations. This hangs outside on your front door or leans on the patio.

\$ 45.00



Outdoor Greenery Arrangement

Welcome guests to your home in-style with a deluxe greenery arrangement. This large, outdoor planter stands over 2 feet tall with beautiful, premium holiday greens, red ilex berry branches and decorations.

* All items may not be exactly as shown. We have a variety of plant/greenery mixes, containers, and holiday features. *


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p.1

RIVER VALLEY NEWS



Mill creek ravine trail – the Mill Woods edition

This trail is a great option if you live in Edmonton's south east and do not want to travel far for a beautiful walk in nature. Drive south on 50 St and turn left at 40 Ave. Park along 47 St and 40 Ave.

Head down the slight hill to the ravine entrance, which is marked with a sign. One direction leads you to the Jackson Heights neighbourhood, the other to the South Ravine. Turn right to follow the South Ravine trail.

After 2.5 km, you will have reached the end of this section of ravine. This is marked by a trail fork, where you can either go to 34 St or into the Silverberry neighbourhood. There is more trail on the other side of 34 St, but to keep this route 5 km long, turn around here and go back the way you came.

If you have a dog that still needs to burn off energy, you can extend your walk once you return to the green space out of the ravine. Walk north on 50 St to reach Jackie Parker Park, an off-leash area with a few small sections of trail. Trail info at <https://rivervalley.ab.ca/news/trail-trek-how-to-mill-creek-ravine-the-mill-woods-edition/>

Last Edmonton coal mine in Whitemud

Situated adjacent to Snow Valley Ski Hill and Rainbow Valley Campground, the Whitemud Creek Coal Mine was the final one in Edmonton. It opened in 1952, the same year the last coal mine closed in Beverly.

The underground mine extended from 45th Avenue on the southside (now Whitemud Freeway) to 52B Avenue on the north and from 142 Street on the west to roughly 126 Street on the east. The slope into the hill was at fifteen degrees, and the air shaft or manway was seventy-two feet. The coal seam was substantial, six to eight feet in depth, so miners could work standing up.

The mine operated behind a single “No Trespassing” sign adjacent to a busy natural area that provided skiing in the winter and camping and day picnic use in the summer. Bert's Saddle Club, which offered horse rides, was also nearby in Rainbow Valley.

The mine lease extended under two neighbourhoods, South Brookside and Lansdowne, and despite “considerable ground movement,” including a cave-in, a squeeze and heaves, a stability study prepared in 1974 cited “no evidence that the coal mining activity north of 45th Avenue affected the slope stability of the creek valley.” The closure of the Whitemud Creek Coal Mine in 1970 marked the end of underground coal mining in Edmonton. Learn more at <https://citymuseumedmonton.ca/2020/10/14/the-last-edmonton-coal-mine-whitemud-creek/>

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Community Matters



LADIES SHINNY RINGETTE

FUN AND FITNESS ON ICE!

Join us Monday nights October to mid-March at Crestwood Arena 8:45 pm - 9:45 pm.

No ringette or hockey experience required. Wide range of skills and ages. Equipment is required. Full-time is 20 skates, part-time is 10 skates.

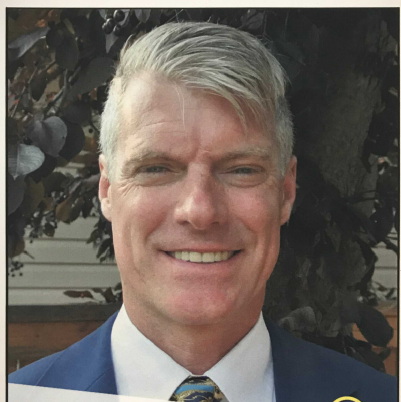
To sign up or make inquiries, please email: shinnyringette@gmail.com

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

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



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Northern bog lemming not just a tundra resident

Lemmings are not just an Arctic mammal. Northern bog lemmings are found in wet northern forests, bogs, tundra, and meadows, including in Edmonton and area. They are a small rodent related to gerbils and hamsters.

Female lemmings have two or three litters of four to six young in a year. The young are born in a nest in a burrow or concealed in vegetation. They feed on grasses, sedges, mosses, other green vegetation, as well as snails and slugs. Predators include owls, hawks, mustelids and snakes.

Lemmings are active year-round, day and night. They make runways through surface vegetation and dig burrows. In winter, they burrow under the snow. These animals are often found in small colonies. Lemming populations go through a 3 to 4-year cycle of boom and bust. Read more at <https://wilderness-classroom.org/wilderness-library/northern-bog-lemming/>

Know someone who would enjoy receiving this weekly newsletter? You can sign up for this newsletter at <https://www.edmontonrivervalley.org/>

If you have a photo, news, an event, volunteer or employment opportunity involving Edmonton's river valley and want to see it in this newsletter, please email the material to nsrivervalley@gmail.com

Sincerely yours,

Harvey Voogd

North Saskatchewan River Valley

Conservation Society

nsrivervalley@gmail.com

<https://www.instagram.com/nsrvcs/>

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

Coping with Covid-19



The Covid-19 pandemic can be a very stressful time for many people. Daily life has changed and that can have a significant impact on our mental wellbeing. For individuals who must self-isolate, physically distance or who have been affected by Covid-19, there may be feelings of fear, loneliness, a sense of loss or lack of control and heightened awareness. Everyone reacts to stress and anxiety differently, so try to be patient with yourself and others during this time.

Some helpful tips to reduce stress and anxiety:

- Get the facts. Seek reputable sources for up to date information about Covid-19. Only take in information that is relevant to you and your family.
- Limit time spent watching, listening or reading news about Covid-19. Seek information once or twice a day (eg. morning and night).
- Stay connected to friends and family. Connection is important for our mental wellbeing and is great protection against feelings of stress and anxiety. Try connecting through an online app (eg. FaceTime, Google Duo, Skype, etc.) or make a phone call.

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the
wellnessclinic

Chinese Medicine Minute



Chinese Medicine is all about living in harmony with the seasons!

Here are some simple things you can do to support your lungs and body this season both physically and emotionally. From a TCM viewpoint - Autumn corresponds to metal, the lungs, and the emotions of grief and sorrow.

Keep yourself warm and protected from wind and dryness. Learn to let go of emotions that are no longer serving you. *It's all part of living seasonally.*



Ditch cold, raw foods in favor of warm soups and stews.



Protect the neck from wind and cold by using a scarf.



Support digestion with warming herbs like cinnamon and ginger!



Nourish and moisten the lungs with foods like nuts and apple



Hey Rio Terrace, allow me to introduce myself! my name is **Jon McDonell**. I've been practicing Acupuncture and Chinese Medicine for almost 5 years now. I'm passionate about teaching my patients healthy ways to live in harmony with the world around them. I want you to feel like you are an active participant in your own healing journey. If you're interested in learning more, why not pop in for a **free 30 minute meet & greet?**

(Continued from Page 15)

- Maintain your regular routines as much as possible. Focus on what you can do today and make a list for things that can be done during the week.
- Take care of your body. Physical activity is a great way to boost your mood. Enjoy spending time outside or find an online class you can join from home to keep your body moving. Pair this with proper nutrition, plenty of water and adequate sleep to feel your best.
- Be mindful. Pay attention to your thoughts, feelings and body sensations. This can help you understand why you may be feeling stressed or anxious. If you are having trouble managing your stress or anxiety, talk to someone you trust, your local healthcare provider or call the Mental Health Helpline at 1-877-303-2642.
- Make time for hobbies. Continue to do the things you enjoy or make time to pursue new interests.
- Practice healthy coping strategies. Breathing techniques, meditation, or journaling are all examples of effective strategies to reduce stress and anxiety. Find a strategy that works for you and practice it regularly.
- Visit www.ahs.ca/helpintoughtimes to learn more ways you can stay healthy during Covid-19.

Alberta Health Services

Mental Health in the Workplace

Mental Health is our ability to cope with the normal stresses of life.

We all have mental health. But we all have varying levels of wellness.

One in five Canadians experience mental illness each year. Approximately 500,000 Canadians miss work each year because of their mental health.

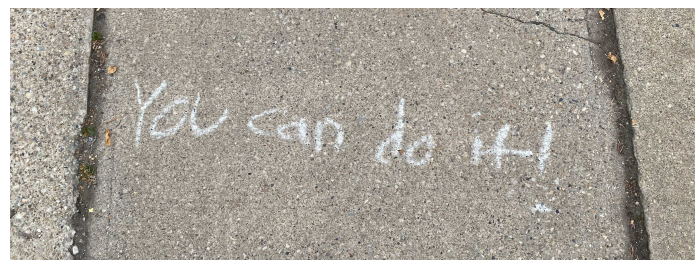
Of those people who are struggling to manage their mental health, statistics show that only about a third will seek help. Many will never receive the help they need to manage their symptoms.

To support employees manage their mental health, strategies may include:

- Use a fit for work approach. Are there ways you can include wellness into the workplace to prevent time lost?
- Promote Employee and Family Assistance Programs or benefit plans that cover the cost of counselling support.
- Incorporate education on managing stress and different aspects of mental health into the workplace. Access your workplace insurance provider to determine if they offer education sessions or connect with your local Addiction & Mental Health office for support
- Access digital resources to address any gaps in your policy pertaining to staff
- Reach out to your local Addiction & Mental Health office for guidance in how to address mental health concerns in the workplace, arrange education sessions, or to learn about what resources are available for your staff

If you, or someone you know is struggling with their mental health, call 811 or your local Addiction & Mental Health office. Help is available.

Alberta Health Services



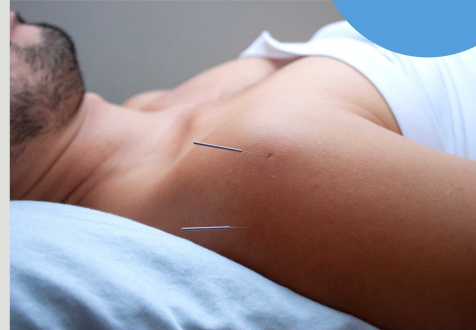
Community Matters



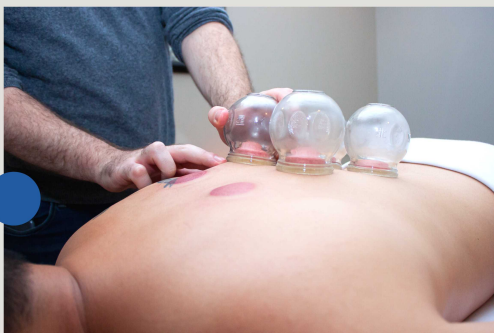
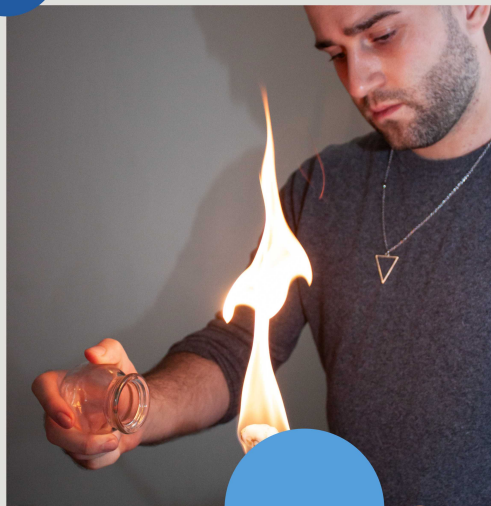
We are excited to welcome
SANDRA POWER

REGISTERED MASSAGE THERAPIST

Sandra comes to us with 18 years
of experience in Therapeutic
Massage Therapy.



NATUROPATHIC MEDICINE
MASSAGE THERAPY
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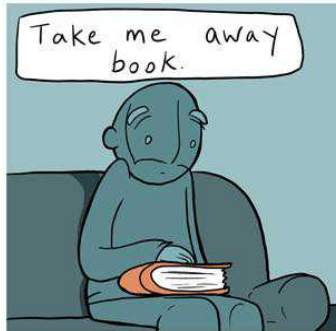
780.484.5888

www.thewellnessclinic.ca

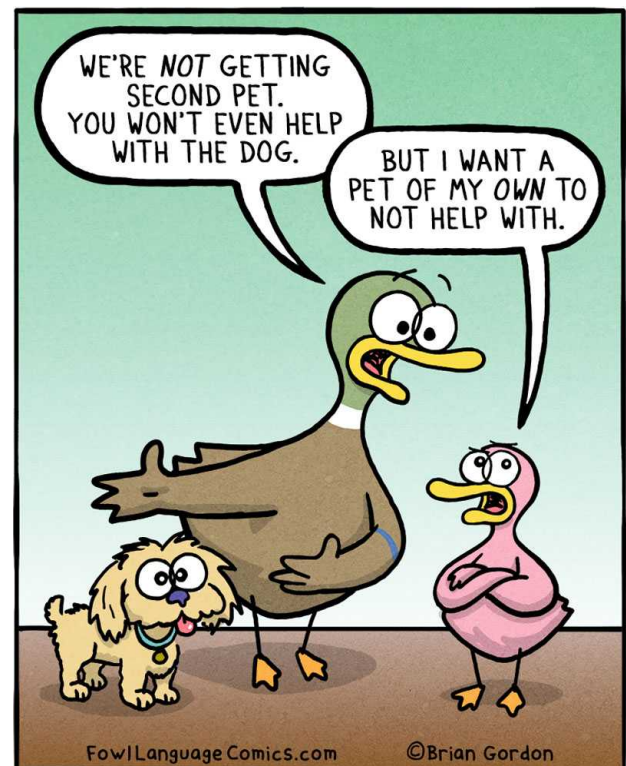
the
wellnessclinic

Community Matters

comics



www.lunarbaboon.com



Make your own door swag kit

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 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 to make their own beautiful Christmas decorations.

Much to our delight, Joyce has hosted a make your own door swag workshop at the Rio Terrace hall for the last 2 years. However, due to COVID, hosting an in-person event at this time is ill advised. Therefore, Joyce will prepare kits for you to make your own door swag on your own time and will provide instructions complete with pictures. She will provide all the necessary supplies and materials (fresh evergreen branches, large bow – you will still be able to select it from a variety, spruce cones, berries, dried twigs). Kits will be available the last week of November. If members are struggling with their swag, we will set up a zoom conference tutorial in early December (date to be determined).



Cost is \$20 per student for one kit. Students will need their own wire cutters, a pair of pliers and hot glue.

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

Limits will be placed based on material availability, so register early!

Rio Terrace Community Soccer

Indoor Soccer is Underway!!

The 2020 – 2021 indoor Rio Terrace community soccer program is now underway. As expected, the Covid-19 pandemic has had a significant impact on the look of the soccer program for this season. Team rosters have been reduced from the usual 16-20 players to 12 players per team. Teams have been placed in cohort groups with 3 other teams and these teams will only play against one another until the Christmas break. The team cohort groups will be then be revised and the new groupings will then play within their new cohort group for the remainder of the season. There will be no season ending playoffs or tournaments available to the teams for this season. School gyms are not being made available to teams for practices. All AHS guidelines for return to sports are being followed. Hopefully the above format and efforts will result in safe environment for all players and team officials and the season will proceed without any Covid-19 related issues. It is a very different looking season for the players, coaches and teams, but they are all very appreciative of the opportunity to participate and play the game they love with their teammates, friends and mentors. Parents are presumably similarly excited to have their children involved in something that is close to 'normal' activity wise.

Rio Terrace is hosting 5 teams this season participating in the U9 through U17 age groups and one U7 team. This is a reduction of 1 team from the prior year indoor as one of our regular teams has chosen an alternative route for remaining in soccer for this season. The indoor season commenced their game schedule the weekend of October 24 & 25, and will continue play through to mid March.

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, en-

ergy, 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.

2021 Outdoor Season Registration Information

Player registration for the coming outdoor season generally takes place during the month of February. Soccer player registration is an on-line process using the portal located at emsasoccerportal.com. We will all be anxious to learn what the 2021 Outdoor season will look like given the Covid-19 pandemic and the AHS guidelines in place for next spring. Further information on the 2021 Outdoor season and player registration will be available in the February 2021 edition of the RTCL newsletter and will also be posted on the RTCL website at rioterrace.ca once that information is available – hopefully by the end of January.

Stay safe everyone and please do practice social distancing – we are all in this together.

Perry Wynn
Soccer Coordinator

Community Matters



The Spirit of Rio

Well we did it. Another Rio Halloween over and one with. Undaunted by COVID challenges Rio Terrace Quesnell and Patricia Heights citizens brought out slides, pipes, drainpipes and built all matter of candy socially distant candy delivery devices. My house had lots of little visitors all accompanied by chilled parents standing spaced apart on the walk. I manned our Karoke machine, calling the children to come experience "The CANDY Cannon".

My husband Rob did all the decorating and patiently coaxed our ancient boombox to play our old Halloween sound effects CD, moans and screams echoing down the block. The little ghosts and ghouls kept their distance, and had loads of fun. I think we all did it for this reason. Kids have to have a little bit of normalcy in their lives. When I see the little children dutifully wearing their masks as their step off the school bus or enter a store my heart is saddened.



The Spirit of Rio Goes On!

After all these are their formative years, its such a strange and depressing time to be young. Thanks to everyone who decided to take action and show the Spirit Of Rio on the night for spirits!

But this is nothing new. "Rio Terrace Always had huge community spirit" says my good friend Steve Hogle. It was a brand new neighbourhood right on the edge of the valley, nothing around for miles it was like living in the country."

Steve moved to Rio in 1964, to a home right behind the Rio Terrace church. Steve started school here at Rio Terrace Elementary School and grew up playing hockey night and day at the community hockey rink. I asked him about his memories of his childhood when Rio Terrace was a brand new community, with freshly built homes and unique perspective.

" We were all new to the area there was no established groups. We all made friends and everyone loved to skate. . Barth Bradley's dad Bill was the Community League president and he had a key to the rink! We could practice anytime, all the time and we did. We road horses at the Hillcrest Country Club at the far end of Rio Terrace drive. We jumped our bikes over the giant hills of dirt where Quesnell is now. In winter we bumper rode buses up and down 76th Avenue over the icy roads and drove snowmobiles too, outrunning the police on occasion but it was pretty remote, not nearly as developed as it is now.



A young Steve Hogle on the Rio Terrace

One summer day my buddy Alan took his mom's red rambler and we drove up Quesnell crescent which was a deserted road, I was petrified when a single car came the other way and Alan hit a power box on a deserted lot, cracking open his mom's radiator. We drove home with steam escaping. My dad would hook the toboggan and pull us up and down the deserted road behind his car. We sledded down the big hill at the end of Rio Terrace drive, there was a road there then you could drive right down the hill. All the families were young and had lots of kids, it was a great place to grow up".



The Rio Little Richards hockey team

Rio Terrace Spirit has produced its share of community leaders. Businessman Daryl Katz owner of the Edmonton Oilers, Anchorwoman Daphne Kuehn, CFRN News director Bruce Hogle, and Tom Mason, GM of The Edmonton Football Team all lived here in Rio Terrace and went on to contribute time, talent and energy to developing our city.

Just like Steve they took that Rio Terrace spirit and made it work for them. What is Steve Hogle doing now? He has come full Circle from the Rio Terrace hockey rink to CFRN, The Katz Group, The Saskatoon Blades and is now the General Manager of Hockey Edmonton, overseeing the futures of ten thousand young people who, just like Steve, live to play the game. Pretty good for a kid from Rio.

So keep that spirit up, and we can get through the winter together.

Connie Baxter

Rio Terrace Community Reporter