

## February 2021 Issue

### President's Message

Hello Rio,

I would like to begin by thanking each of you for your commitment to our wonderful community. This past calendar year was chalked full of challenges and struggles no one could have predicted. I am certain each of you has done your best to keep your family safe and healthy. The fluidity of the unprecedented situation forced upon us by the pandemic has made community planning extremely difficult at best.

This is a pandemic and it is in everyone's best interest to ensure safety and health for your loved ones and your neighbours. The volume of cases, consistent positivity rates, and increasing number of hospitalizations are very worrisome. The safety of our families and those that you care about is of the utmost importance. In addition to substantial safety concerns, our ability to execute community programming is very limited in our current social climate. Daily, I wish nothing more than to get back to joy-filled operations in our community.

We are very hopeful that 2021 will bring us a new form of normalcy that allows us to return to family dinners, birthday parties, hockey games, dance recitals, and social gathering in our community for all!

Please take time to check in with your neighbours. This is a challenging time for each of us and, often, our struggles cause us to isolate from others. Stay safe, warm, and healthy.

Lance Burns,  
President

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### Connect with us!

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

**Twitter:** @RioTerrace

**Facebook:** RioTerraceCommunityLeague

**Neighbourhood:** Wave Hello!

**Newsletter:** [Rtcl.newsletter@gmail.com](mailto:Rtcl.newsletter@gmail.com)

Send in your articles & photos!

# Community Matters



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

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## Rio Terrace Community League Membership

Memberships are always available for purchase

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

### Available at:

- Community Social Events, cash, cheque or credit card.
- Online at [www.efcl.org](http://www.efcl.org) , Visa or Mastercard only.
- Online at [www.rioterrace.ca/our-community/membership/](http://www.rioterrace.ca/our-community/membership/) (you will be redirected to a payment page powered by Square)

### Cost:

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### Benefits:

- Free Access to all Edmonton community skating rinks.
- Facility rental discounts (25% off hall).
- Free Access to Rio Terrace tennis courts
- 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)

## Facebook- Buy Nothing Rio-Terrace group

We now have a Buy Nothing- Rio-Terrace group on Facebook for those living in Rio Terrace, Patricia Heights and Quesnell Heights.

Buy Nothing Project rules are simple: Post anything you'd like to give away, lend, or share amongst neighbors. Ask for anything you'd like to receive for free or borrow. Keep it legal. No hate speech. No buying or selling, no trades or bartering, we're strictly a gift economy.

Participating in a local Buy Nothing Project group allows individuals and communities to reduce their own dependence on single-use materials by extending the life of existing items through gifting and sharing between group members. Rethinking consumption and refusing to buy new in favor of asking for an item from a neighbor may make an impact on the amount of goods manufactured in the first place, which in turn may put a dent in the overproduction of unnecessary goods that end up in our landfills, watersheds, and our seas. It most certainly creates connections between people who see each other in real life, not just online, leading to more robust communities that are better prepared to tackle both hard times and good by giving freely.

Visit the Buy Nothing Project website for further information and join our newest community group on Facebook.

***When you request to join the group, PLEASE ANSWER ALL QUESTIONS BEFORE YOU HIT SUBMIT.***

Joanne Olsen

Organizer and founder, Rio Terrace Buy Nothing Group

# Community Matters



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Rio Terrace Community Preschool is set to officially reopen in September 2021! We are thrilled! We are anticipating the sounds of laughter and little giggles that we missed so much. We have been sending weekly Seesaw videos for our Preschool families this school year to continue to engage and stay connected but it's just not the same.

Our small but mighty parent executive team has been working tirelessly to prepare for the reopening in September. Our preschool program is a hands-on, child centered, play-based program committed to building the strong foundation needed to support higher education and foster a lifelong love of learning. We are proud of our 3 year-old and 4 year-old programs. We will continue to offer outstanding preschool experiences while adhering to the Covid 19 guidelines when we reopen in September.

We are an award winning preschool program! In 2019, our preschool was ranked in the top 3 preschools in Edmonton. In the fall of 2020, our teacher, Shaylene Saxton, was the recipient of a Prime Minister's Award for Excellence in Early Childhood Education. Recipients of this award are honoured nationally for their leadership, exemplary early childhood education practices, and their commitment to help build the foundation children need to make the best possible start in life. To read the Edmonton Journal article about Ms. Shay, go to this link: <https://edmontonjournal.com/news/local-news/edmonton-teacher-wins-prime-ministers-early-childhood-education-award>

Over the years, residents in Rio Terrace community have shared wonderful stories of their children

when attending our preschool. Our award winning program keeps our community vibrant and draws families from nearby neighbourhoods. The parent executive board values and in working together with the community, has provided family events year after year, including the November Silent Auction, a neighbourhood garage sale, camps for children to give parents a night out, and other events. We want to send out a big thank you to the Rio Terrace Community and the Executive of the League for their ongoing support of our program. You are our biggest cheerleaders!

This year, we have upgraded our website to offer seamless online registration. Registration is now open to Preschool Alumni and Community Members and will be open to the public on February 1, 2021. Soon there will be a link posted on our website, [rioterracepreschool.ca](http://rioterracepreschool.ca), to the virtual open house. Following the open house on February 16, I will be hosting virtual Q&A sessions for parents. Please email me if you'd like to be scheduled for an online meeting at [rtpreschool@outlook.com](mailto:rtpreschool@outlook.com).

September cannot come soon enough, I can't wait to see all the children's sweet little faces! I am also excited to get to know parents over the next few months as they register their 3 and 4 year olds for preschool. Just a few more months until our doors are open!

"Play is our brain's favorite way of learning." -Diane Ackerman

Jana Konelsky

Assistant Teacher

Rio Terrace Community Preschool

[rtpreschool@telus.net](mailto:rtpreschool@telus.net)

[rioterracepreschool.ca](http://rioterracepreschool.ca)

# Community Matters



*Michelle Pilon*  
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## DKK Preschool 2021/22 Registration

Die Kleine Kinderschule (DKK) is a non-profit preschool taught in both English & German. It's a great way to have your kid(s) get used to the school setting and make long lasting friendships! Help prepare your kid(s) for Kindergarten, with developing listening skills, language & social interaction, independence, creativity, and confidence. And don't be worried if you don't know the German language, the preschool offers a gentle intro to German by learning through play with English as well. Give the gift of a second language.

2021/2022 registration is open on Jan 28 for DKK alumni and open to the public starting Feb 4. Rio Terrace School will also be hosting a virtual open house for Kindergarten which will briefly talk about DKK. Come check it out: <https://meet.google.com/ezt-mcku-jmi>

Despite the restrictions on gatherings, we are open to phoning/emailing/meeting virtually with parents to answer any questions.

For more info, please contact Jen: [JennaTye@outlook.com](mailto:JennaTye@outlook.com) or 780-710-0376

Registration Form and open house presentations can be found here: [www.dkkplayschool.org](http://www.dkkplayschool.org)

*Note that we do not charge additional fees for field trips, nor do we have mandatory fundraising requirements or volunteer commitments.*

## Recovering from COVID-19

Nutrition is important when it comes to recovering from COVID-19. Here are a few suggestions from the team at Alberta Health Services:

- Try to eat every two-three hours, and include a protein when you eat. Try a higher-fat milk than usual, or a higher-fat cheese. Or choose Greek or Icelandic yogurt instead of regular yogurt.
- Remember to drink enough fluid. Try water, milk, broth, sports drinks or nutrition supplement drinks. Take sips every few minutes if you cannot drink all at once.
- Keep liquids by your bedside so you can sip them if you wake up at night. Try water, fruit juice or sports drinks.
- Even a small increase in protein may help you maintain or gain weight and strength. Choose nuts or trail mix as a snack, add nut butter to crackers or toast, or add skim milk powder or protein powder to smoothies.
- A healthy diet helps keep your immune system at its best. Your body needs more protein and calories when fighting an infection such as COVID-19. Try adding extra beef, chicken or tuna to casseroles, stew, vegetable dishes or soups.

If you are struggling, 211 Alberta is a free, confidential service that offers info on food hampers, free or low-cost meals and school meal programs. Call 211 or text INFO to 211 or go to [www.ab.211.ca](http://www.ab.211.ca) and click on "live chat."

Rebecca Johnson  
Alberta Health Services

# Community Matters



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## Sticking to the Point – Acupuncture and Stress Management in 2021



Welcome to Sticking to the Point - a column where we discuss all things Acupuncture and Chinese Medicine. If you are looking to learn more about the benefits of Traditional Chinese Medicine this is an excellent place to start.

This month we are focusing on what Acupuncture can do about the rising stress levels most of us are experiencing. 2020 was a doozy of a year and unfortunately, the challenges we faced didn't magically disappear at midnight on December 31st, 2020.

Many people are facing the same discomfort and uncertainty that plagued us last year. While Acupuncture and Herbal Medicine cannot change the current state of things, it can have a marked effect on how you cope with the changes you're faced with. Many people know of Acupuncture as an excellent tool for pain relief, but as a wholly holistic medical system, Traditional Chinese Medicine is equipped to deal with both physical and mentale-motional ailments.

The stresses of COVID and an ever-changing world have brought about an increase in many undesirable symptoms: insomnia, anxiety, fatigue, and mood swings to name a few. Stress causes cortisol levels to rise which can lead to ongoing health problems like inflammation, weight gain, weakness, and high blood pressure. But never fear – Chinese Medicine can assist in all of these areas.

Acupuncture has been shown to have many positive effects that can counteract the damaging effects of stress. It achieves this goal by activating the parasympathetic nerve response (our "rest and digest" system), releasing endorphins, calming the mind, and inducing an overall feeling of relaxation. While it will take several sessions to fully address

chronic mental health concerns, many patients report improvements in mood, sleep, and stress levels in as little as one session.

From the point of view of Chinese Medicine, Acupuncture and Herbal Therapy help to promote the smooth flow of emotions and Qi in the body by bringing our internal environment back to balance. If our internal organs are in harmony - our mind will follow (and vice versa). The physical body and the mental state are inseparable and therefore treated as a single unit.

And that's sticking to the point.

Jon McDonell  
Registered Acupuncturist

# Community Matters



## SHOULD YOU WAIT UNTIL SPRING TO LIST?

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## River Valley News!



### Bunchberry Meadows Trail

The Bunchberry Meadows Conservation Area is privately owned and managed by the Edmonton Area Land Trust and Nature Conservancy of Canada. Located 30 kilometres from downtown Edmonton, it is open to the public year-round for foot access.

This 640-acre conservation site is made up of old growth forests, open meadows, and wetlands. The forest supports jack pine, which is habitat for northern flying squirrels, porcupines, and long-tailed weasels. The water and willows shelter a variety of species as small as tiger salamander and as large as moose.

The close proximity of the Bunchberry Meadows Conservation Area to the Clifford E. Lee Nature Sanctuary, North Saskatchewan River Valley, and the University of Alberta Botanic Gardens provides a significant habitat corridor and greater landscape connectivity in the region for wildlife.

The property is open daily from 7am to 10pm and users are welcome to hike, cross-country ski, snowshoe and connect with nature. Dogs, bicycles, horseback riding, and OHV use are not permitted. Trail information and more at

<https://www.ealt.ca/bunchberry-meadows>

### Bylaw to prohibit the feeding of wildlife

Community and Public Services Committee on February 3 will consider a bylaw to increase the fine for feeding wildlife or creating public safety, health risk or nuisance conditions on private and public property without permission.

According to City Administration's report, research indicates that inappropriate feeding of wildlife in an urban setting can lead to several unintended consequences including habituation or food conditioning, harmful impacts to local ecosystems, creating public and private nuisance property conditions, and an increased likelihood of unsafe wildlife interactions for citizens and pets.

Fines for these violations are recommended to be set at \$250, and \$500 and would be both proportional to the offence and consistent with other jurisdictions. If you would like to speak at the committee meeting, contact the City Clerk at [city.clerk@edmonton.ca](mailto:city.clerk@edmonton.ca) or 780-496-8178.

### Coal mines contaminant already high in some rivers

Last May, the United Conservative government revoked a policy that protected much of the eastern slopes of the Rocky Mountains from open-pit coal mining. The province's plan for large-scale expansion of the industry is fuelling widespread criticism that includes concerns over selenium pollution.

The data shows that contaminant has been found for years at high levels downstream of three mines and never publicly reported. Concerns have been raised about selenium in the Gregg and McLeod rivers and in Luscar Creek, which drain into the Athabasca River watershed.

(Continued on page 13)

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**(Continued from Page 11)**

Coal mining has occurred upstream of Edmonton, but it is not clear if the policy change will affect the North Saskatchewan River watershed. Selenium is a naturally occurring element vital in small amounts but toxic in excess.

In fish, it can damage the liver, kidney, and heart. It can reduce the number of viable eggs a fish can produce and lead to deformed spine, head, mouth, and fins. In humans, it can cause nausea, vomiting, hair loss and been linked to tooth decay, weakened nails and nervous system disturbances. Learn more at

<https://www.cbc.ca/news/canada/edmonton/selenium-alberta-coal-mines-contamination-1.5886293>

## **Fort Edmonton gets \$1.6M loan from city**

Edmonton city council approved a \$1.68-million loan to Fort Edmonton Park on Monday to help it re-open on schedule in May. The southwest Edmonton historical attraction has been undergoing renovations for two years.

After renovations, the park will feature a new entrance and more open spaces, including an open-air museum. "People want to be outside. They want to be safe in fresh air and distance, and we have the perfect arrangement for that," said Darren Dalgleish, president and CEO of Fort Edmonton Management Company.

The biggest addition to the park is the Indigenous People's Experience, an exhibit where visitors can learn about First Nations and Métis peoples. It also includes an expanded midway that will feature more space as a rental venue and a 1920s carnival complete with a ferris wheel, maze, and fun house. Read more at

<https://www.cbc.ca/news/canada/edmonton/fort->

[edmonton-loan-covid-19-1.5888333](https://www.edmontonrivervalley.org/)

## **River valley contributions or question**

If you have a river valley concern or question, contact us at [nsrivervalley@gmail.com](mailto:nsrivervalley@gmail.com)

Your friends and neighbours can sign up for this newsletter at

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

If you have a photo, information, news or event about Edmonton's river valley and think it should be in this newsletter, email it to [nsrivervalley@gmail.com](mailto:nsrivervalley@gmail.com)

Sincerely yours,

Harvey Voogd

North Saskatchewan River Valley

Conservation Society

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# Community Matters

## RIO TERRACE SCHOOL NEW PLAY AREA UPDATE



### OUR GOAL

**We have raised \$125,776 towards our new play area!**

We have now submitted our application to the Alberta Government's Community Facility Enhancement Program (CFEP) matching \$125,000 grant to get us closer to our total project goal. Pending a positive decision, building is projected to begin on Phase 1 of the new play area in Summer 2022.

### OUR FUNDRAISERS

**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 Education Society', 5% from all purchases will be donated** to Rio Terrace School's new play area redevelopment.



**Bottle Return Donations** at **Winterburn Bottle Depot**, say donations are for the **Rio Terrace Education Society** and your donation will be designated for the play area redevelopment.

Follow us on **Facebook** for more information on our **upcoming fundraisers!** [facebook.com/RioTerraceEducationSociety](https://facebook.com/RioTerraceEducationSociety)

### SOME NEWS...

As we get closer to reaching our play area redevelopment goal, we have moved to dissolved the Rio Terrace School Play Area Redevelopment Committee (PARC) and bring all school fundraising under the Rio Terrace Education Society umbrella. Going forward all fundraising done for the play area redevelopment project will be done through the Rio Terrace Education Society. All funds raised to date for the play area redevelopment will continue to be designated for this project. Thank you for your support!



[rtsplayground.ca](http://rtsplayground.ca) | [rts.playproject@gmail.com](mailto:rts.playproject@gmail.com) | [facebook.com/RioTerraceEducationSociety](https://facebook.com/RioTerraceEducationSociety)

# Community Matters



## Rio Terrace Community Soccer

### Indoor Soccer – where are we at?

The 2020 – 2021 indoor community soccer program did start back in mid October. Rio Terrace teams - 5 of them - were happy to be active and playing soccer games again after a derailed outdoor season. However, AHS Covid-19 restrictions imposed in early November suspended play after 3 weeks of action. The AHS State of Emergency declared on November 23 continued that suspension of play and community youth soccer – as with pretty much all other youth sports – continues as an activity that is not currently allowed.

The Path Forward plan announced by the Alberta government in late January did not include non-school based team sports as part of the activities that were able to restart on Feb 8 as part of the Step 1 changes. Accordingly, community youth soccer continues to be in a suspended state and would not appear to be able to resume until March at the earliest. Edmonton Minor Soccer Association (EMSA) had previously stated that they were prepared to extend the Indoor soccer season through to April 15 in order to allow for as many games as possible to be played. Further updates from EMSA concerning the Indoor season are expected to be forthcoming sometime in February.

Covid-19 has made the fall and winter very challenging to all of us in so many different ways. While soccer is one activity that has been missed by our community youth (and their parents and other fans) we are all making a number of sacrifices and efforts to help us all get through this and be able to gather and be active together as soon as we can. Our collective efforts have made a great difference and we can hopefully overcome the many different costs of those efforts in a reasonable timeframe.

## 2021 Outdoor Season Registration Information

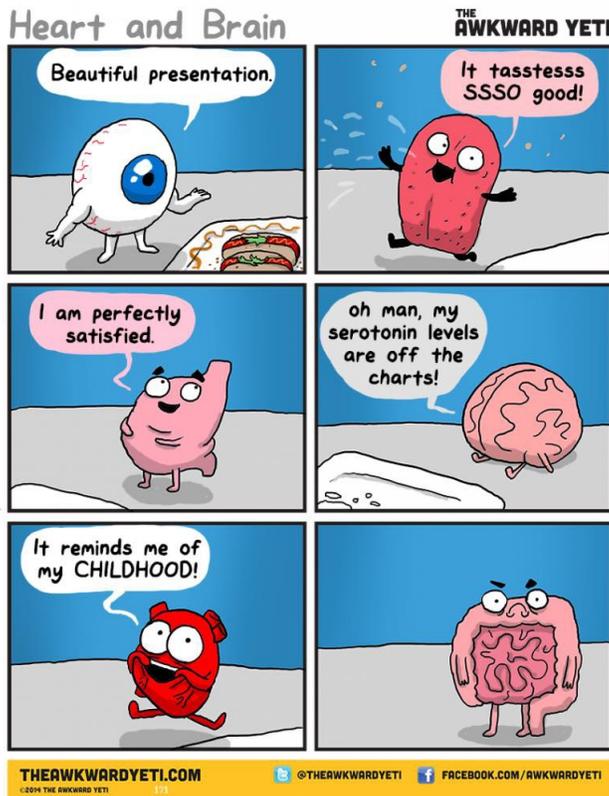
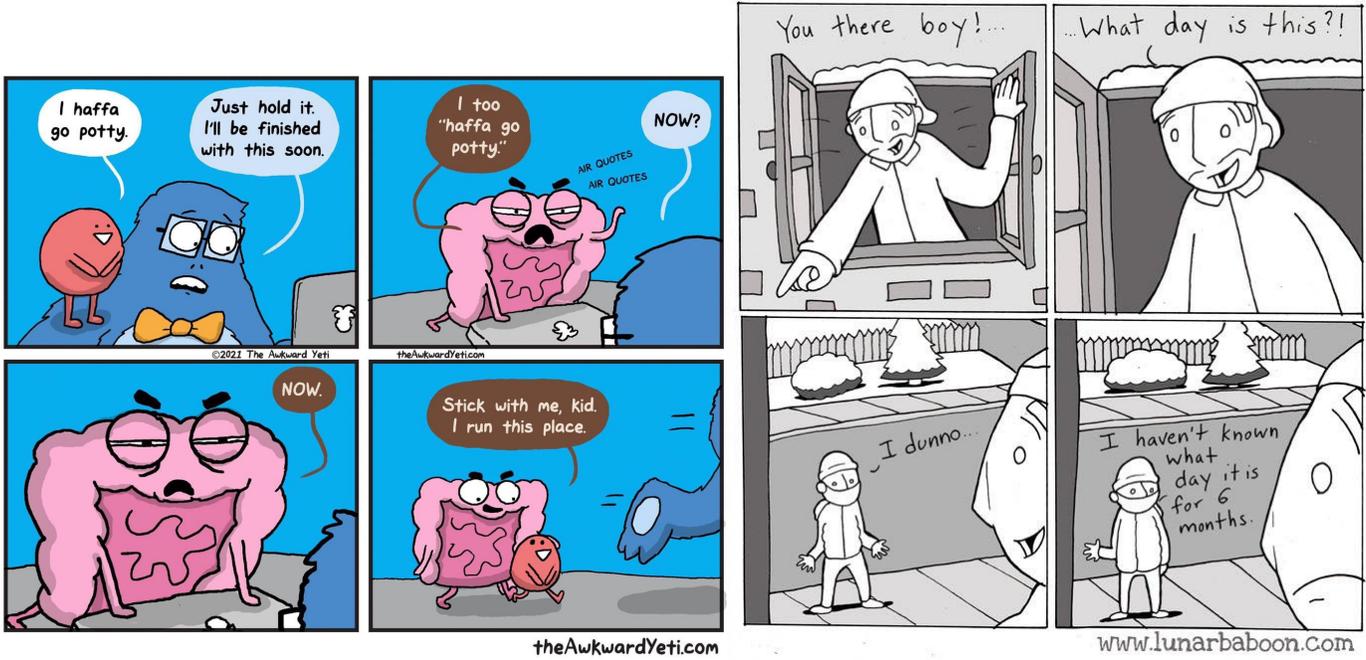
Player registration for the coming outdoor season normally takes place during the month of February.

For this year, the ongoing Covid -19 restrictions and concerns about what the outdoor season may look like have delayed the registration period – it will start on March 15 and run for one month through to April 15. Soccer registration is an on-line process using the portal located at [emsasoccerportal.com](https://emsasoccerportal.com) We are all anxious to learn what the 2021 Outdoor season will look like given the Covid-19 pandemic and the AHS restrictions and guidelines that will be in place for the late spring and early summer. As soon as we have further information on that, it will be posted to the RTCL website at [rioterrace.ca](https://rioterrace.ca) on the Programs, Soccer page.

Stay safe everyone and please do practice social distancing and follow the restrictions and guidelines in place. We are all in this together and are all looking forward to the stepped return to normal – whatever that may look like.

Perry Wynn  
Soccer Director

## Comics



# Community Matters



## Generally Speaking: The Century-long Legacy of Community Leagues

As far as awareness and involvement in community leagues, all this is new to me. I'm an immigrant to Canada and lived in neighbourhoods far west of the city that didn't have community leagues yet. When we bought our house in Rio Terrace in 2015, I got involved in our community league just a year after settling in. Then, I got more involved by sitting on the board of the organization that supports all the leagues in the city, representing the cluster of community leagues called District D, West Edmonton. It is the largest and still growing district of community leagues in the city.

I was fortunate to read a book about the history of community leagues, called Edmonton's Urban Villages, written by Rob Kuban. This deepened my appreciation of the community league structure and its impact in Edmonton's history. To my surprise, I discovered that such a system is one-of-a-kind in Canada! Community leagues have been around for more than 100 years, and EFCL is celebrating its 100th anniversary this year. While the pandemic changed many EFCL's plans, acknowledging the history and building momentum for the next 100 years remain the focus of this year, while at the same time, continuing to provide services and advocacy for the community leagues in the city.

Our very own community league was featured in the District Histories video series that the Edmonton Federation of Community Leagues published in early February. Our very own president talked about modernizations that community leagues have to pursue, by explaining our solar panels project. Huge kudos to the board and especially to Brett Myers for help-

ing make this project a success! Other leagues also talked about other aspects of modernizing their processes. A west Edmonton community league, Glastonberry Community League, deserves credit for the CommuniBee App, an Edmonton-launched app that is free for community leagues that want to digitize their membership and communications processes. Cameron Heights Community League talked about creative fundraising using apps and electronic communications to build their very first ice rink.

One thing is clear in the interviews and all the stories from community leagues across the city, that many Edmontonians deeply care about their neighbourhoods. Many are keen and eager to continue nurturing a sense of connectedness, care for each other and have fun with each other. I bet that community leagues will play a crucial role for our city in its path to recovery and being prosperous post-pandemic.

I highly encourage you all to watch all the videos and learn about the history of community leagues in Edmonton by checking the page <https://efcl.org/districthistories/>. More information and content will be published until the end of the year.

Giselle General

## Relief for Back Pain

Does back pain or back tension have you tied up in knots? Back strain happens when you overstretch, or pull, a muscle in your back. You may hurt your back in a fall or when you exercise or lift something. Most back pain will get better with rest and time. You can take care of yourself at home to help your back heal.

When you first feel back pain, try these steps:

- **Walk.** Take a short walk (10 to 20 minutes) on a level surface (no slopes, hills, or stairs) every two to three hours. Walk only distances you can manage without pain, especially leg pain.
- **Relax.** Find a comfortable position for rest. Some people are comfortable on the floor or a medium-firm bed with a small pillow under their head and another under their knees. Some people prefer to lie on their side with a pillow between their knees. Don't stay in one position for too long.
- **Try heat or ice.** Try using a heating pad on a low or medium setting, or take a warm shower, for 15 to 20 minutes every two to three hours. Or you can buy single-use heat wraps that last up to 8 hours. You can also try an ice pack for 10 to 15 minutes every two to three hours. You can use an ice pack or a bag of frozen vegetables wrapped in a thin towel. You may also want to try switching between heat and cold.

Other suggestions:

- **Stretch and exercise.** Exercises that increase flexibility may relieve your pain and make it easier for your muscles to keep your spine in a good, neutral position. And don't forget to keep walking.

- **Do self-massage.** Try self-massage to unwind after work or school or to energize yourself in the morning. You can easily massage your feet, hands, or neck. Self-massage works best if you are in comfortable clothes and are sitting or lying in a comfortable position. Use oil or lotion to massage bare skin.
- **Reduce stress.** Back pain can lead to a vicious circle: Distress about the pain tenses the muscles in your back, which, in turn, causes more pain. Learn how to relax your mind and your muscles to lower your stress.

For more help, contact the AHS Rehabilitation Advice Line at 1-833-379-0563, Monday to Friday, 9 a.m. to 5 p.m.

This free telephone rehabilitation service is available for Albertans 18 years of age and over living with pain, decreased mobility, reduced endurance or strength related to a health condition. It provides access to occupational therapists and physical therapists for advice, education and information on how to access services in your community.

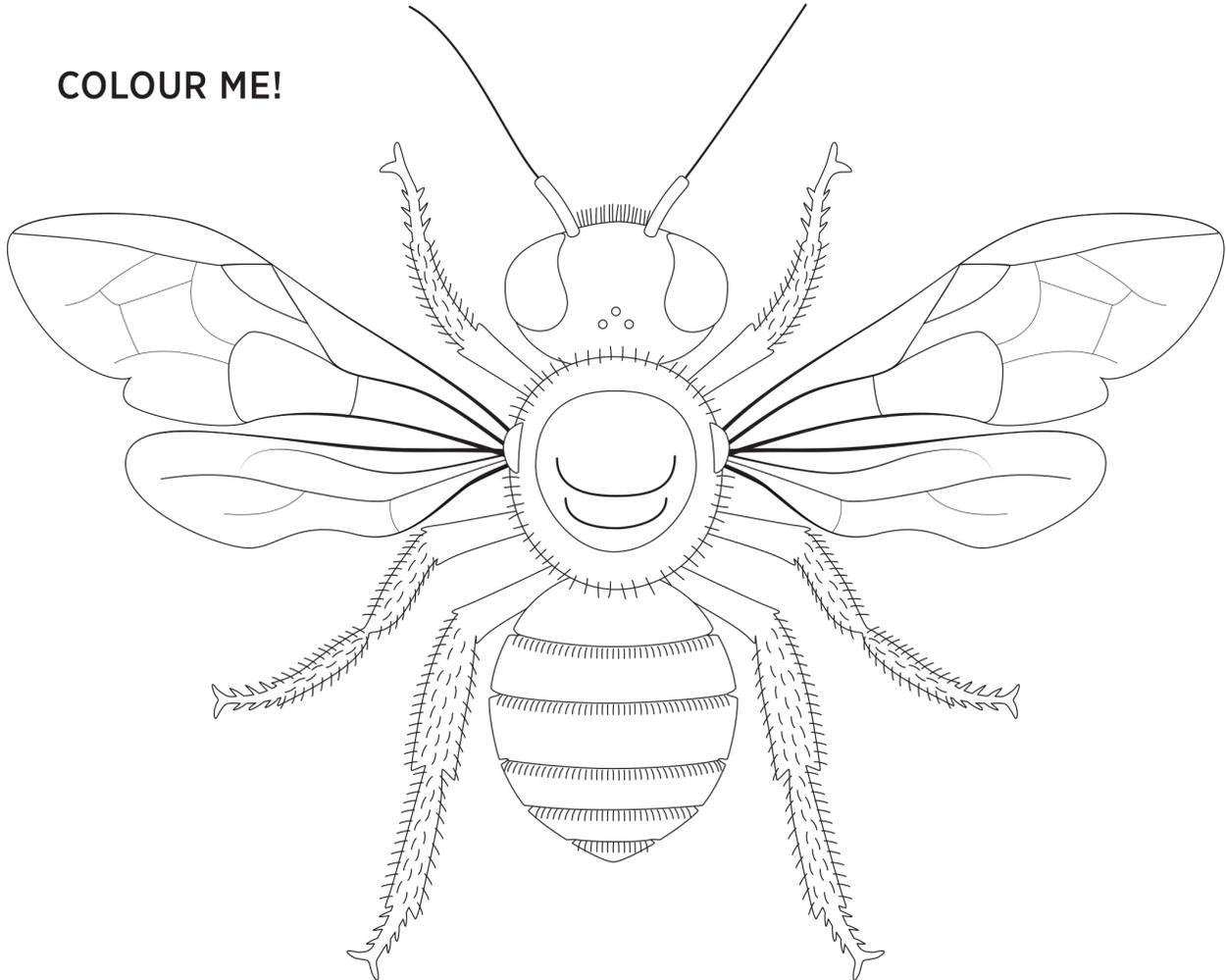
The Rehabilitation Advice Line is also available for community care providers seeking help for patients.

Rebecca Johnson  
Alberta Health Services

## BLUE ORCHARD MASON BEE

*Osmia lignaria*

COLOUR ME!



The baby **Blue Orchard Mason Bees** are still dormant, tucked into long, narrow hollow plant stems, like raspberry canes. In early spring, when the weather warms up to 13 degrees Celsius, they will emerge, hungry for the sweet nectar and nourishing pollen of the first bushes and trees in bloom.

As their name suggests, they are excellent pollinators of orchard fruit trees like, apple, cherry and pear. Mason bees, like many other species of wild bee, rarely sting and do not live in colonies, they are solitary bees. You can recognize the Blue Orchard Mason Bee by their metallic dark blue bodies and long whitish hairs, while their eyes, antennae and legs are black.

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