

May 2021 Issue

Hello from the Newsletter Team!

We just wanted to say hello to the community as we publish the 14th edition of the newsletter since we took over the role as newsletter editors. This means we are in our fifth year of being the volunteer editors for the community league which is remarkable!

We always encourage anyone to contribute to the newsletter, and writers of all ages and a wide range of topics are welcome. From public service announcements to ensure we are safe in our neighbourhood, to ads promoting local businesses and fundraising initiatives, to personal stories, every contribution makes our community newsletter unique to our neighbourhoods of Patricia Heights, Quesnell Heights, and Rio Terrace.

If you are interested in volunteering for the newsletter team, let us know and we'll be happy to show the ropes. Until then, we will continue to do our best to prepare the newsletter, share relevant and helpful content for the benefit of the community.

Corey and Giselle



Table of Contents

Publication Info.....	2
Contact Information.....	2
Rio Terrace Community League Membership.....	3
156 Street is NOT a Raceway!.....	3
Rio Terrace School Play Area Redevelopment.....	5
An Update from Ottawa: Budget 2021.....	5
Buy Nothing Rio Terrace/Quesnell Heights/Patricia Heights Group on Facebook.....	7
Generally Speaking: Tips for adapting to the new Edmonton Transit Bus System.....	9
Getting Your Yard Ready for Summer.....	11
Give Your Child a Head Start.....	13
River Valley News.....	14
Sticking to the Point #2: Lifestyle Tips for the Spring and Summer.....	16
Soccer.....	17
Comics.....	18
Your mental health matters.....	19



Connect with us!

Website: <http://rioterrace.ca>

Twitter: @RioTerrace

Facebook: RioTerraceCommunityLeague

Neighbourhood: Wave Hello!

Newsletter: Rtcl.newsletter@gmail.com

Send in your articles & photos!

Community Matters



Publication Info

Published in:

February / May

August / November

copyright © 2021 by the Rio Terrace
Community League.

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

15500 76 Avenue NW
Edmonton, Alberta T5R 4L8
780-487-0610
www.rioterrace.ca

A member of the Edmonton
Federation of Community Leagues
www.efcl.org

Proud to be part of one of the best
cities anywhere! www.edmonton.ca

Next Issue:

August 2021

Submission Deadline:

July 30, 2021

Contact Information

President

Lance Burns

Rtcl.president@gmail.com

Past President

Tony Andrzejewski

Vice President

Giselle General

Rtcl.vicepresident@gmail.com

Secretary

Emma Woolner

enewman@ualberta.ca

Treasurer

Brandon Blanck

Rtcl.treasurer@gmail.com

Social Director

Stephen Deck

Rtcl.social@gmail.com

Programs Director

Alex Stefanov

Rtcl.programs@gmail.com

Soccer Director

Perry Wynn

rtcl.soccer@gmail.com

Membership Director

Auriana Burns

Rtcl.membership@gmail.com

Hall Rental Director

Carrie Anne Doucette

Rtcl.hallrental@gmail.com

Maintenance Director

Andrew Chambul

Rtcl.maintenance@gmail.com

Newsletter Creation Team

Giselle General & Corey Grajkowski

Rtcl.newsletter@gmail.com

Newsletter Circulation

Tami Hoepfner

thewellnessclinic@gmail.com

Preschool

Auriana Burns

Rtcl.preschool@gmail.com

Signs

Vacant

Rtcl.signs@gmail.com

Director at Large

Jen Osmond

jenosmond@remax.net

Director at Large

James Lavoy

jlavoy@gmail.com

Director at Large

Rachelle Roberts

Rachelle.roberts@ualberta.net

Director at Large

Gary Burton

Middlekeith@gmail.com

Director at Large

Elise Dasko

Director at Large

Kristin Bauer

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:

- Community Social Events, cash, cheque or credit card.
- Online at www.efcl.org , Visa or Mastercard 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 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

156 Street is NOT a Raceway!

Fellow neighbours: please be mindful of your driving speed in our community! As concerned parents of two young daughters living on 156 Street, we ask that you carefully monitor your speed within the neighbourhood. Our youngest daughter, who is 6 years old, was recently almost hit by a truck that was excessively speeding down 156 Street. On a daily basis, we also witness numerous vehicles driving down the street at high speeds. We all live here – let's be mindful and respectful of others!

While we recognize that 156 Street, both north and south of 76 Avenue, is one of the two ways in and out of our neighbourhood and we're all in a rush to get home, or get where we need to go, this is in no way an excuse to speed down the street. Please remember that children live and play here as well and stop whipping down the road before someone is seriously injured.

This issue has been reported to both the city and the Edmonton Police Service, and we will continue to push for increased enforcement and possibly even deterrents (e.g. speed bumps), similar to those in the Lynnwood community. In addition, Edmonton City Council recently voted to lower the residential speed limit to 40 km/h, starting in summer 2021. While we are optimistic that this will help, we kindly ask that everyone do their part to drive safely in our neighbourhood.

Sincerely,

Donna and Brandon Blanck

Community Matters



Are you on track
to achieve your
retirement goals?



A great retirement is about more than your RRSPs. At IG Wealth Management, we believe in retirement planning that goes beyond registered investments. With an IG Living Plan™ your retirement goals are synchronized with your whole financial picture, including your investments, estate plan, taxes and insurance.



Let's review your retirement goals today.



Carole Kuypers, RRC, QAFP

Consultant
Investors Group Financial Services Inc.
Tel: (780) 449-1487 | carole.kuypers@ig.ca
Cell: (780) 221-0155



Mark Mertens, B. Comm., CPA, CFP

Senior Financial Consultant
Investors Group Financial Services Inc.
Tel: (780) 449-1487 | mark.mertens@ig.ca
Cell: (780) 497-0444
www.markmertens.com

IG.CA / f / t / y / in /

Trademarks, including IG Wealth Management, are owned by IGM Financial Inc. and licensed to its subsidiary corporations.
© Investors Group Inc. 2019

Community Matters

Tax Receipts for Donations!

The existing play area at the Rio Terrace School is in need of a major update. The play equipment is out of date and does not fulfill the physical and educational needs of the students, nor is it large enough to accommodate the 400+ students attending the school. Responsibility for updating the play area falls to the school community, because the Edmonton Public School Board does not fund playground upgrades on their land.

The Rio Terrace Education Society (<https://www.rtsplayground.ca/>) has been working tirelessly to raise funds for the new play area and has reached out to the Community League for any help we can provide. The Rio Terrace Community League Building Society is a registered charity with Canada Revenue Agency, registration number 892822768 RR 0001. As such, the Building Society, on behalf of the Rio Terrace Community League, is able to collect charitable donations and issue official tax receipts, and the Community League is very willing to help the Education Society with their play area fundraising.

To help out, the Rio Terrace Community League board has decided to collect charitable donations to be allocated to the play area redevelopment. An official tax receipt will be issued for all donations, and 100% of the funds, after fees, will be allocated to the play area redevelopment.

Donations can be made online at <https://donorbox.org/rio-terrace-school-park>. Tax receipts will be automatically emailed to you once the donation is received. On behalf of the Community League and the Rio Terrace Education Society, we thank you for your generosity and support!



Dear residents of Rio Terrace,

On April 19, 2021, the Liberal government released Budget 2021. I would like to take this opportunity to share with you a few highlights from the budget.

Fiscal Snap-shot

 **\$354 Billion**
budget deficit for 2020-2021

 **\$101 Billion**
In new spending

 **\$1.4 Trillion**
federal debt by 2025

Canada Recovery Benefit (CRB): will be extended by 12 weeks to a maximum of 50 weeks. The first four of those will be \$500 a week while the final eight will be \$300 per week.

Canada Recovery Caregiving Benefit (CRCB): will be extended by 4 weeks to a maximum of 42 weeks at \$500 per week.

Sickness benefit extension: from 15 to 26 weeks under Employment Insurance.

National Childcare Plan: \$30 billion over 5 years for early learning and childcare.

Increased funding for Old Age Security: \$12 billion over five years for seniors.

Waiving Canada Student Loan interest: on Canada Student Loans and Canada Apprentice Loans until March 31, 2023.

Extension of Adult Learner top-up: \$1,600 adult learner top-up to the full-time Canada Student Grant will be extended until July 2023.

(continued on page 7)

Community Matters



FELICIA DEAN & JEN OSMOND

REAL ESTATE



**WANT TO SELL YOUR HOME
WITHOUT PUBLICLY ADVERTISING?**

**WE ARE WORKING WITH FAMILIES THAT WANT
TO LIVE IN THIS NEIGHBOURHOOD!!!**

**GIVE US A CALL TO SET UP A
MEETING TO DISCUSS FURTHER**

**CALL FELICIA OR JEN DIRECT AT
780.289.6670 OR 780.289.6671**

Personal Passionate Proven

www.deanandosmond.com

780.289.6670

#201, 5607 199 Street Edmonton, AB T6M 0M8

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



LOST CAT

**GREY & WHITE
SHORT-HAIRED DOMESTIC**

IS MICROCHIPPED

780-907-3287

Our sweet 10 year old Benny has been missing since April 16th, 2021 from his home on 152nd St and 75th Ave. He has asymmetric facial markings and a distinct white tip on his grey tail. He is very affectionate and loves to be pet. He was last seen without a collar but is microchipped with up-to-date contact information.

We adopted Benny as a kitten and miss him dearly. Please call or text with any information.

Thank you!!

Community Matters

(continued from page 5)

Interest-free loans for energy retrofits: help homeowner's complete energy retrofits through interest-free loans worth up to \$40,000.

Federal vacant home tax: Starting Jan. 1, 2022, the value of non-resident, non-Canadian owned residential real estate that is vacant or 'underused' will be taxed one per cent annually.

While this budget contains over 700 pages, I am concerned that it fails to support hard-hit sectors in Edmonton that have been part of our economic success in the past and will be needed for economic growth in the future. If you would like more information please reach out to my office at **780-442-1888** or at james.cumming@parl.gc.ca.

Sincerely,

James Cumming, MP



Buy Nothing Rio Terrace/Quesnell Heights/Patricia Heights Group on Facebook



Have you heard about the Buy Nothing Project? If you weren't aware of it or its active presence in Edmonton, it's a sharing economy taken to its essentials: first, you join a group in your community. You post something you need, want or have to give-- a wrench set? A cozy blanket? A succulent for your desk? Then, your neighbours chime in and offer what they have, for free. The cycle continues. It builds community as neighbours get to know each other by giving and receiving in the area where they live and at the same time, avoid waste.

Our community group is called Buy Nothing Rio Terrace/Quesnell Heights/ Patricia Heights and it has been active since November 2020. We continue to grow daily and currently have 155 active members. Please continue to spread the word to your friends and neighbors and let them know that they will need to answer 3 membership questions when they request to join our group. Feel free to reach out to Joanne Hajjar Olsen on Facebook should you have any questions. Thank you to those that have already joined our special little group and we look forward to welcoming more in the coming months.

Community Matters



Bangz Hair Care

7662 - 156 Street
Edmonton, AB
T5R 4K7
(780) 444-3083

Stylists:

Arlene, Christine, Cindy,
Fatima & Jean Marie

Direct Line: Arlene (780) 914-1975

Maggie's H. Esthetics (780) 487-0960

*"Professional Care for all
your personal needs."*

Happy Mother's Day!

Bubbles & Bliss
SOAP COMPANY INC.
Pamper Yourself!

After the winter
your skin could use
some love ... Treat
yourself to our
summer collection
using code Rio10
and save 10% off
your order!
Expires 08/31/2021

www.bubblesandblissoaps.com

Handcrafted in Rio Terrace!



SCAN ME



the
wellnessclinic

NATUROPATHIC MEDICINE
MASSAGE THERAPY
ACUPUNCTURE

\$20 OFF INITIAL ACUPUNCTURE
ASSESSMENT/TREATMENT

7656-156 Street

NEW The Only
Renovator with
an Exclusive
**Lifetime
Warranty**



ACKARD
contractors Ltd.

Renovations | Custom Homes | 780.414.0686

Community Matters

Generally Speaking: Tips for adapting to the new Edmonton Transit Bus System

A few years ago, citywide consultations took place to review the citywide network of bus routes, a task that hasn't been done since the late 90's. After a slight delay due to the pandemic, the new bus routes launched on Sunday April 25, 2021. This is a topic of particular importance to me as someone who cannot drive, and someone who specifically chose to buy our house where it is now because of its proximity to a reliable, frequent route, the number 4. Many residents expressed their opposition to the changes proposed as well.

Now that bus routes are implemented, here are my recommendations to respond to these changes in a way that is meaningful and constructive, both short term and long term, for your family and for the city.

Have both apps on your phone, an app to plan for regular transit service (like Google Maps or Transit app) and also the City of Edmonton On-Demand Transit app. You never know when you need the second one to make a trip from or to one of the designated areas (like Patricia Heights, Rio Terrace, Cameron Heights, South Campus LRT).

Take a trip using the on-demand bus service and learn how to use it. It is free and there are various pick up points along 76 Avenue, 156 Street or 159 Street. You only need to pay a fare once you are on a location that will connect you to regular bus service, like Meadowlark Mall, South Campus LRT and West Edmonton Mall.

In transit stations, get familiar with the platform letter system. Platforms to take various buses now have letters in them. For instance, at West Edmonton Mall, we now have to take Platform M to take the bus 904 to arrive in our area. This will help with taking buses and transferring so you won't

have to run across the terminal to catch the bus.

Learn the new number 4 route, and the numbering system. Community buses on the west side are 3-digit and start with 9. Buses that run across the city are 2-digit, and the very frequent buses are single digit.

Send feedback to Edmonton 311 or current elected representative via email. Details are valuable, such as address, and time of day or day of the week where the bus service is significantly worse. I had a conversation with someone who claimed that the city should revert back the Number 4 the way it was. But this route goes from all the way to Lewis Estates to Capilano. Maybe the changes are good around 87 avenue and Whyte Ave? Knowing the specific pinch points can help address issues in a targeted way.

Be kind to the bus drivers. Right on Sunday April 25, I took several buses to learn the routes before the work week. Transit operators are patiently and swiftly helping people learn the new bus routes. If you ended up being confused or overwhelmed, that is totally okay. We just need to make sure we don't take it out on the ones operating the buses.

Make this an election issue. As an immigrant, frankly I was impressed by the way transit works in Edmonton. From 2008 – 2014 there was regular and ongoing expansion I witnessed and benefited from – Lewis Farms Transit Centre, the bus routes 133, 119, 117 and 136, LRT expansion from University to Century Park and then the NAIT line. But I realize that those who lived in Edmonton longer had a different view, and the city continues to grow the past few years. There's different election candidates and advocacy groups you can collaborate with, in order to bring meaningful discussion and change on this important municipal issue.

Giselle General

Community Matters



THANK YOU!!

Since the beginning of this pandemic people have been out walking more with their families, their pets and their warm hellos. My Dad is one of those folks and at the age of almost 95 his daily walks are a chance for him to "get a little exercise and chat with the neighbours".

We live on Rio Terrace Drive and every day Dad takes his walker out after breakfast, heads to the end of the block, sits on his walker to take a little break and then makes his way back where he perches on his walker at the top of the driveway and often holds court. He didn't miss a day this winter; even at -35c he was out there, though not for long.

Many of you have stopped to talk to Dad, sharing your stories and listening to his. This was often the highlight of his day!

So, this is a big **THANK YOU** for taking the time to wave or say hi. He will be out there all summer long-except Fridays when he will be golfing with my father in law who lives in Quesnell and will turn 90 this summer. As my Dad says, we really do live in "a great little corner of the city". - Karen Hamdon

P.S. Dad would love to reconnect with the gal he spoke to who is related to Rodrick Fraser.

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.



From new construction
to leaky faucets...

WE PLUMB IT ALL!

Reliable
Knowledgeable
Affordable
Friendly

Call us at 780-913-9093

For more details visit www.watermenmechanical.ca

Your
Trusted
Neighbourhood
Plumbing and
Heating
Experts!

Getting Your Yard Ready for Summer



Here's a short list of Things-To-Do as soon as we can get into our yards:

1. Look for damage to trees and shrubs, and have this damage repaired or corrected. This is especially important if you have any elm trees, because these can only be pruned before March 31 or after October 1 next fall.
2. Once things have dried up a bit, lawns can be raked to remove leaves, debris and snow mold. Power raking or aerating may be needed too, although not necessarily every year. The first application of organic fertilizer can best be made once soil temperatures increase.
3. Leaves and debris will need to be removed from shrub and flower beds too. Perennials should be cut down to their crowns, and shrubs and trees can be pruned to remove winter damage and to shape them. Re-mulching these beds, or applying a layer of Sea Soil to them, might also be considered in the spring.
4. Early spring is also a good time to see Black Knot on your plum and cherry trees, and to have it pruned out. This fungal disease has reached near-epidemic levels recently. Special care **MUST** be taken when removing and discarding of infected branches. Prune several inches below the "knot," sterilize your pruners after every cut, and burn the debris.
5. If some of your plants have been troubled by bugs in the past spraying them with Dormant Oil in the early spring may help reduce the problem. Otherwise, they may need to be sprayed frequently during the season.

Brian Gibbon
Your Gardener



Community Matters



RIO TERRACE SCHOOL PLAY AREA UPDATE

OUR GOAL

To date, we have raised \$148,000 towards our school's new play area!

OUR FUNDRAISERS



From May 14-28 **UpRoot Food Collective** is donating a portion of sales to Rio Terrace School's play area redevelopment! Shop online for delicious groceries and goodies from over 60 local vendors: www.uprootfoodstore.ca Use discount code 'RioSchool' at checkout to activate this offer.



COBS Bread West Granville is donating **5% from all purchases** to Rio Terrace School's play area redevelopment! Just mention 'Rio Terrace Education Society' when you buy your bread to redeem this offer.



Hang on to your cans and bottles! We are organizing a neighbourhood **Bottle Drive** on **Saturday June 5th** from 9am to 1pm in the **Rio Terrace School parking lot** in support of the play area redevelopment. Drop off your cans and bottles and support your neighbourhood school!

FlipGive FlipGive is a free funding app. The Rio Terrace Education Society will earn cash back on every purchase made by our team! Shop anytime with the brands you already love, like Home Depot, Walmart, Sport Chek, Indigo, Old Navy, Apple, Esso, and Loblaws.

Join our team now and **you'll get a \$5 bonus** the first time you shop! Get the FlipGive app and enter code: RQ4GDL

GOOD NEWS!



We are very happy to share that the Rio Terrace Education Society was successful in our application to **Tree Canada's Greening Canada's School Grounds** program! We will be receiving a grant for \$3500 to plant seven new trees in our schoolyard!



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

GIVE YOUR CHILD A HEAD START

Meet our wonderful and dedicated teachers:
Frau Kerstin and **Frau Saskia** from

DIE KLEINE KINDERSCHULE (DKK),
a German-bilingual preschool conveniently located within Rio Terrace School. They have been working tirelessly with following the new guidelines and creating a SAFE and FUN environment for the kinder.



If you're thinking about preschools for your 3 - 4 year olds to start in Fall 2021, look no further! Whether your kid(s) continues German or French at Rio Terrace, it's a great way for them to get used to the school setting and make long lasting friendships. And even if your kid(s) don't continue at Rio for their school years, give them a head start with having our teachers help prepare them for Kindergarten by developing listening skills, language & social interaction, independence, creativity, and confidence. We want to have children learn and feel comfortable to play with other children, especially since the general public has been a bit restricted with interactions. Don't forget this means you then get a break for a couple hours, which is important for our mental health (and we all know parents can use this during these times)!



DKK is a strong advocate of the "learn through play" philosophy. Research and studies have shown time and time again the critical importance this play based learning has on a child's social, cognitive, physical and emotional development.

It's absolutely fine if you don't speak German, as a number of the kids at DKK do not speak or hear German at home. Our preschool provides a German-language setting on a regular basis for children at all levels of linguistic proficiency. In the classroom our preschool teachers speak German, supplemented with actions, pictures and other educational aids, and the children learn to use the language not through formal instruction but through the medium of play. You will be surprised how quickly your child will start to understand and use simple words and expressions! And most importantly have FUN in a safe environment.



What you will expect at DKK:

- ★ An amazing teacher and teaching assistant
- ★ Small class sizes
- ★ No parent duty days
- ★ We encourage outside activity for students as much as possible
- ★ Parent-led Board of Directors
- ★ No mandatory fundraising
- ★ Field trips in-class or off-site (dependent on AHS restrictions)

Note that we do not charge additional fees for field trips, nor do we have mandatory fundraising requirements or volunteer commitments. Despite the restrictions on gatherings, we are open to phoning/emailing/meeting virtually with parents to answer any questions. We also have DKK locations at the German Club and at Forest Heights. For more info, please contact the registrar, **Jen at JennaTye@outlook.com** or **780-710-0376**. Registration Form and open house presentations with pictures can be found here: www.dkkplayschool.org

We hope that you consider our program and please check out our amazing reviews on GOOGLE to see what other parents are saying. We take a lot of pride in making sure the children feel SAFE and have FUN learning!

Community Matters



River Valley News

Spring is bird nesting season

A symbol of spring is birds with beaks full of twigs, fur, feathers, or grass, that will be used to construct nests for their young. There are different development strategies for birds. Most birds can be separated into two types.

The fluffy duckling type are born covered in fuzzy down feathers. Ducks, geese, and most other waterfowl and shorebirds are this type, and they are known as precocial. Precocial birds are mobile right after birth; they are born with their eyes open, and typically leave the nest within two days to seek out water and food with their mother. While reliant on their mother for warmth and to teach them about feeding, they are quite independent shortly after hatching.

Most songbirds, such as the chickadees, finches, and robins, and corvids, like magpies, crows, and blue jays are altricial. They hatch from their eggs naked, with their eyes closed, making them very vulnerable and dependent on their parents for the first part of their lives. At this stage, they are called hatchlings.

After a few days, the chicks' eyes open and feathers begin to grow, often in tube-like sheaths with interspersed down feathers. They are now nestlings. Learn more at <https://www.ealt.ca/blog/its-a-birds-life>

Edmonton's love affair with river valley incinerators

In 1908, Rat Creek witnessed the construction of the city's first public incinerator, a state-of-the-art facility that would burn fifty tons of garbage a day. However, the smell wafted toward the neighbour-

hood of Norwood, inciting the wrath of a large delegation of citizens.

The City Engineer agreed and argued for the removal of the Norwood monster. Commonwealth Stadium now sits on the grounds of Edmonton's first masterplan for burning garbage. By 1931, city leaders were once again clamouring for a new burning facility, which was built in Mill Creek.

It was not big enough to absorb the post-war economic boom and the decision was taken in 1950 to build a brand spanking new incinerator on the site of the old incinerator. By 1954, a series of glowing articles in the Edmonton Journal detailed the specs on the new incinerator. With the unprecedented capacity to burn 290 tons of garbage a day, the Mill Creek incinerator was to be the final answer to the problem of the city's dumps.

Even at 1800 degrees Fahrenheit, not everything would burn. And what did burn turned into ash and floated through the sky, landing on homes in Strathearn and Strathcona. Some summer days brought blizzards of black snow. By 1971, the City had united against the incinerator and it was destroyed to make way for Muttart Conservatory. Read more at

<https://citymuseumedmonton.ca/2016/07/19/world-class-dump-part-two/>

Will the river boat return

According to the Edmonton Riverboat website, "due to Covid 19 we do not know when we will start operating." In April 2020, the boat was damaged by a three-metre overnight surge in river volume that lifted it, and when waters receded, impaled the vessel on the two steel piles to which it was normally moored.

The boat's history is one of a succession of own-

Community Matters

ers, who over 25 years, have floated the 399-passenger sternwheeler on the North Saskatchewan River.

Before this boat, Edmonton businessman Ray Collins, who was enamoured with tales of the city's turn-of-the-century paddle wheelers, tried to revive that culture in 1964 with the 80-passenger Little Klondike Queen. But it frequently ran aground, physically and financially, and operated in our picturesque river valley for only a couple years.

Collins' second boat, built in the early-1990s, was manufactured by a city boat-maker, and generated so much excitement that the Edmonton Journal ran a 1993 contest to come up with its name, the Edmonton Queen.

The boat came in vastly over budget at \$2.2 million, and the fabrication yard held back delivery. Lawsuits ensued. Collins' venture went bust, and sawmill owner Dick Corser partnered with a property developer to pluck it from bankruptcy for what then seemed a steal: \$800,000. More at <https://www.macleans.ca/news/canada/a-river-runs-through-it-the-story-of-the-hardest-boat-in-edmonton/>

Nature Alberta magazine worth a look

The spring issue of Nature Alberta Magazine has a lot of great information to offer. Articles include making sense of the situation in Alberta's Eastern Slopes, inviting citizen scientists for the City Nature Challenge, and learning about swift foxes, beavers, and secretive salamanders.

Nature Kids will learn how to attract pollinators with bee bombs. There is also an article that helps people wade through the multiple plant books out there and find the ones right for their level of interest. Free at <https://fliphtml5.com/olrxh/aeqv>

River valley concern or contribution

If you have a river valley concern or question, contact us at nshrivervalley@gmail.com

Your friends and neighbours can sign up for this newsletter on our web site.

If you have a photo, information, or event about Edmonton's river valley and think it should be in this newsletter, email it to us.

Sincerely yours,

Harvey Voogd

North Saskatchewan River Valley
Conservation Society
780.691.1712



Community Matters



Sticking to the Point #2: Lifestyle Tips for the Spring and Summer



Alright, Rio Terrace! Spring has arrived and Summer isn't far behind. What lifestyle changes are needed during this time to keep your body in harmony with the seasons? Today's Sticking to the Point will fill you in and get you feeling your best so you can truly enjoy the warmer weather.

Chinese Medicine is all about living in harmony with the world around us. As we move into the warmer seasons of the year our body mimics a lot of the changes in our environment. We move from the more slow, introspective, yin habits of Winter and into the playful, hot, and fast-paced yang activities of Spring and Summer.

We'll start with seasonal eating: in the Spring/Summer our digestive fire is stronger and more capable of metabolizing cold foods like raw fruits and vegetables. Spring is a season of growth and change. Incorporating the sour flavor into our diet helps to support the Liver which dominates this time of year. Lemon water or apple cider vinegar are good options. Smaller, lighter meals which incorporate fresh greens, leafy vegetables, and sprouted seeds/grains are perfect for Spring.

Summer on the other hand is hot and vibrant - incorporating foods like watermelon, strawberry, cucumber, and fish will help to keep you cool and hydrated. The bitter flavor will help to clear excess heat and fire from the body - dandelion, mustard greens, and burdock root are good examples. Keep alcohol and meat consumption moderate as these can contribute to pathological heat in the body. Also, while you may be tempted, don't overdo it with iced drinks and desserts - these can cause cold to accumulate in the stomach and negatively impact digestion.

In terms of activity, we need to match the pace of the season. Think of the slow, expansive energy of Spring. You can practically feel the world waking up around you. Begin with light activity and just breaking a sweat. Venture out more, but keep it moderate. As we transition into Summer use the exuberant Yang energy of our long days to fuel you. Stay active, delight in your relationships, spend as much time as you can outdoors with the people you love (safely, during COVID times of course).

Most importantly - listen to all the cues your body is giving you - it will tell you exactly what it needs throughout the year as long as you make sure to listen!

Jon McDonell, R.Ac

Soccer

Outdoor Soccer – where are we at?

Now that is a great question!!!

The 2021 Outdoor soccer season that normally takes place in May and June remains on hold and in fact remains at serious risk of not taking place this year. Alberta's May 4th announcement of increased restrictions means that no organized soccer activities can take place before the end of May and I think that all of us would suspect that June activities are at risk as well. Furthermore, those involved in soccer will recall that last year's outdoor season was only allowed to be a practice based 6-week long program that ran in July through mid August. It would seem overly optimistic for this year to think that by the end of June AHS will allow for any games-based program to take place.

EMSA and EMSA West remain cautiously optimistic that they at the least will be able to offer a practice-based program similar to last year, likely during July and August. Accordingly, these organizing bodies have not as yet cancelled the outdoor program.

Parents who did register their children back in March / April but have now decided that they do not wish to have their children participate this season are able to request cancellation of their registration and refund of the fees that they paid. Cancellation / refund requests should be sent via email to accounts@ewzsa.com with a CC to me at rtcl.soccer@gmail.com. Registrations not cancelled will remain in effect until a decision is reached as to what and when the outdoor soccer program can take place.

Parents wishing to now register players for a possible program are able to do so, but payment will not be accepted until the program offering has been finalized. Soccer registration is an on-line process us-

ing the portal located at emsasoccerportal.com.

We as parents are all challenged to find our individual comfort zone concerning getting the children outside and active in an organized program while keeping them safe from Covid. Soccer organization wise we have the same concerns to balance – can we provide a safe, low Covid risk program that our community youth can participate in and find rewarding. Once we have further direction from AHS, we will determine if and what soccer program we can offer.

As soon as we have further information on the outdoor program it will be posted to the RTCL website at rioterrace.ca on the Programs, Soccer page. Emails will also be sent to all participants that remain registered for the outdoor program.

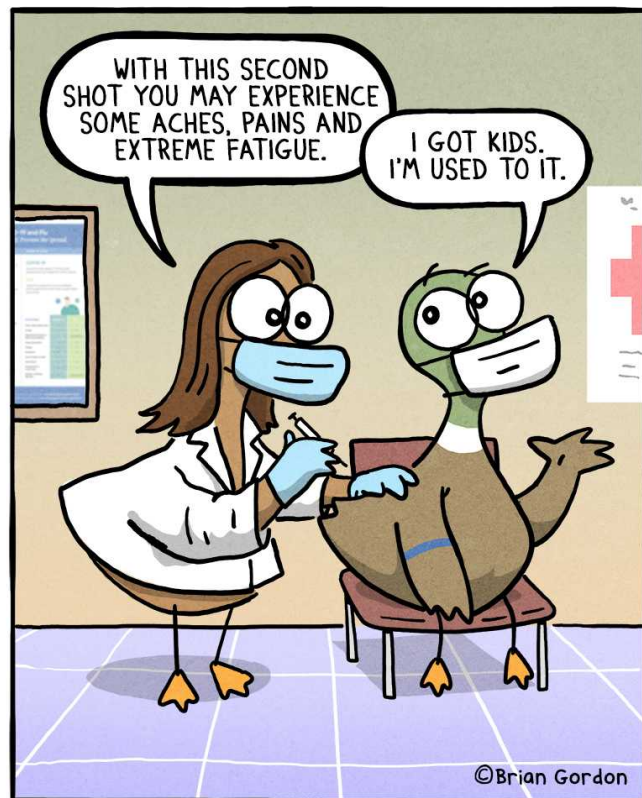
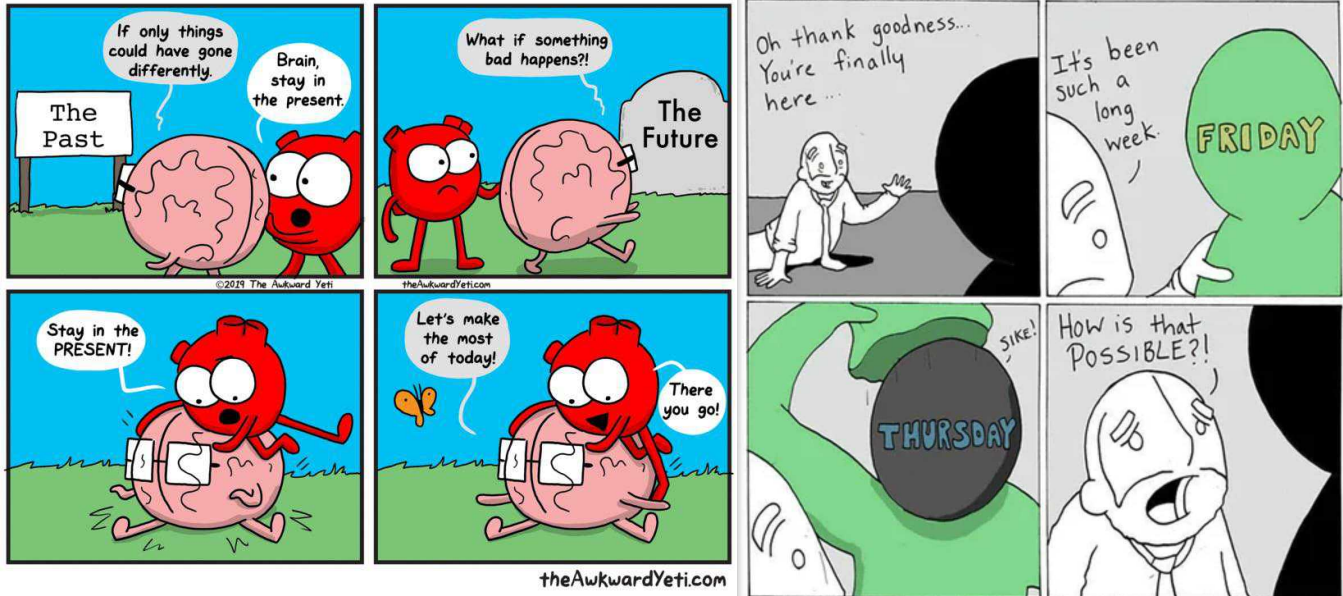
Any questions, please contact me at rtcl.soccer@gmail.com.

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 Coordinator

Community Matters

Comics



Your mental health matters

Your mental health matters. Small steps make a difference. We are all faced with stressful times, especially as we continue to face the impacts of COVID-19. During Mental Health Week, May 3 to 9, Alberta Health Services is reminding Albertans about the small steps they can take for their mental well-being.

Small things can have a big impact on your mental health and ability to bounce back from adversity. Building a healthy routine, limiting media use, and learning to manage your worries as well as mindfulness and other coping skills all can have a positive impact.

Create a healthy routine that can include physical activities like a walk around the neighbourhood, a regular sleep schedule, and self-care strategies such as mindfulness or meditation.

Aiming to include ways to connect with others in a safe way, physical, self-care and productive activities will help you take-charge of your mental wellbeing. Plan out a weekly schedule and identify mini-goals for yourself focusing on your healthy routine. At the end, reflect on what works best for you and commit to making them part of your regular routine.

As part of your routine you can include taking wellness courses such as a free virtual stress management workshop or sign up for Togetherall, an on-line resource that has self-assessment and courses available to all Albertans age 16 and above.

Resources and supports, such as Text4Hope and Togetherall, are available to help you or someone you know. Just visit www.albertahealthservices.ca/helpintoughtimes. Remember, if you are struggling, you are not alone. There are supports in place to

help you.

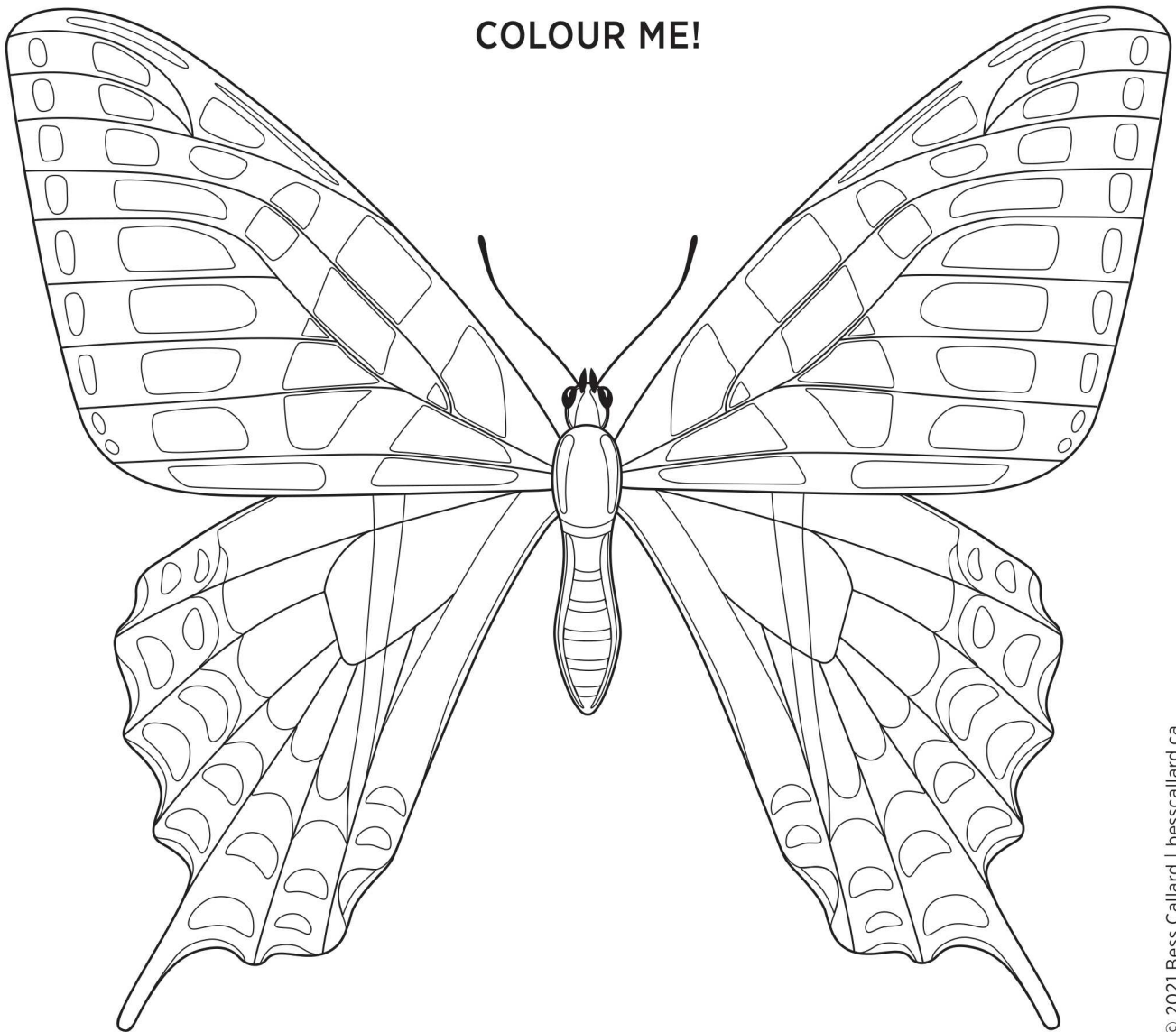
Talk about your concerns with your family doctor, your partner or someone else you trust. Or call the Mental Health Helpline toll-free 24 hours a day, seven days a week, at 1-887-303-2642.

Alberta Health Services



Community Matters

COLOUR ME!



© 2021 Bess Callard | besscallard.ca

Common name: Canadian Tiger Swallowtail

Latin name: *Papilio canadensis*

Description: Yellow butterfly with black bands on the forewing and thick black bands along the edges of both wings. There are blue and orange spots around the edges of the hind wing.

Distribution in Alberta: Throughout most of Alberta, found along trails of mixed forests and in aspen groves

Preferred host plants: Birch and aspen, as well as cherry, willow, apple and mountain ash trees

Present in Alberta: mid-May to early-August, most common in June