

## August 2021 Issue

### Presidents Message

Hello Rio Terrace!

We are heading into the fall and it would appear that our provincial government says we are open for business. That means our government has removed all Covid-19 restrictions – basically it has declared the pandemic over. I am not so sure about this, and as such I am very leery as we are learning more about how strong the Delta variant is and how other regions of Canada are approaching the pandemic. We may be tired of what is happening, but the virus is not taking any holidays. Regardless of your perspective about these recent government announcements, it is worth reminding all that our community is comprised of many unique perspectives where there is diversity in how we think about our situation.

These past 18 months have been very trying and stressful on so many levels. Having an understanding and an open heart for the situations our family, friends and neighbours are in will go a long way in ensuring we that our relationships remain most important and strong.

There are a few important items to remember going into the fall as a community league member.

- We will have a big bin event on September 18th
- We will have our annual general meeting (AGM) on September 22nd.

The lifeblood of our community is engagement. When people step up or participate, this brings a richness to our community and our community events. I have heard people in the past say, “If you need help, just ask.” Consider this your ask. For a community of such a large number, we have difficulty filling small numbers of executive positions. Stepping up would be a great contribution to the continued success of our community league.

Consider these positions that are up for vote: President, Secretary, Soccer Coordinator, Newsletter Director and Social Director. Wouldn't your name look good next to one of these? It has been my pleasure to be your president for the past 8 years (ahem, yes, 8) and I look forward to continuing serving my community beyond this election. I look forward to new faces and new directions.

All my best,

Lance Burns

### Table of Contents

Publication Info.....	2
Contact Information.....	2
Rio Terrace Community League Membership.....	3
RIO TERRACE COMMUNITY LEAGUE AGM, SEPTEMBER 22, 2021 at 7 PM.....	3
Die Kleine Kinderschule.....	5
Soccer.....	7
Rio Terrace Preschool.....	9
Summer Yard Care.....	11
Poop Happens!.....	12
Sticking to the Point #3: Moving on After a Global Pandemic.....	15
The Beauty of Birds in Your Backyard.....	16
River Valley News.....	17
Choose the right backpack.....	19
Comics.....	20
Stay safe in the heat this summer.....	21
Municipal Election: Our new Ward Name.....	22
Colour Me.....	23
Rio Terrace Church.....	24

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**Twitter:** @RioTerrace

**Facebook:** RioTerraceCommunityLeague

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# Community Matters



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

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### Next Issue:

November 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:

- 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:

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](http://www.efcl.org)

## RIO TERRACE COMMUNITY LEAGUE AGM, SEPTEMBER 22, 2021 at 7 PM

The RIO TERRACE COMMUNITY LEAGUE will be holding their Annual General Meeting on September 27 at 7 PM at the community hall. Elections will be held for the following positions. Term of office is two years. A general description of the positions is listed below:

**The President** shall preside at all meetings; be an ex-officio member of all committees, except a Nominating Committee; be charged with the general supervision of all the activities of the League; nominate a Director who is willing to serve and stand in for or replace the President, as circumstances require; is a member of the Executive Committee, is a signing authority, and act as the official spokesperson of the league or appoint a designate.

**Secretary:** The Secretary will attend all meetings of the League, the Board, and the Executive Committee and keep accurate minutes of the same, responsible for the minute and meeting notice distribution, have charge of minute book and other records; have charge of all correspondence of the League under the direction of the President and the Board, act as a signing authority, be a member of the Executive Committee; and have charge of the seal of the society.

**The Soccer Coordinator** will be responsible for all matters pertaining to sports, including the registration and organization of soccer, etc. recruit representatives or act as the representative to the sports governing bodies; prepare an annual budget for the sports programs and submit it to the Treasurer; review and prepare policy and procedures with respect to sports programs, and report monthly to the Board of Directors

(Continued on Page 5)

# Community Matters



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and hearts soar to  
new heights!



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w: [www.gisellegeneral.ca](http://www.gisellegeneral.ca)



Facebook, Twitter, Instagram, Tiktok:  
[GiselleForYegCC](https://www.facebook.com/GiselleForYegCC)



(Continued from Page 3)

The Newsletter Director will be responsible for the publication of the newsletter and participate articles for the newsletter; oversee the delivery of the newsletter; be responsible for the maintenance of the League website; arrange for publicity for league events; prepare an annual budget for publicity and submit it to the Treasurer; review and prepare policy and procedures with respect to publicity; and report monthly to the Board of Directors

The Social Director will be responsible for all matters pertaining to social activities of the League, including dances, social nights, etc. prepare an annual budget for social activities and submit it to the Treasurer; review and prepare policy and procedures with respect to social activities, and report monthly to the Board of Directors

Hall Rental Director: The Hall Rental Director will be responsible for the supervision of hall rentals, ensuring league access takes priority, prepare an annual budget for the facilities and submit it to the Treasurer; review and prepare policy and procedures with respect to the facilities; and report monthly to the Board of Directors

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

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

## Die Kleine Kinderschule

As our beautiful Edmonton summer starts to transition into Fall, we are very excited to see both new and returning students coming to Die Kleine Kinderschule

It will be a wonderful year full of learning and fun. A

lot of activities are planned and waiting for your Child to nurture their curiosity and cultural sensitivity thru activities such as songs, crafts, and story time - in both German and English. The cognitive benefits of learning a second language will boost your Childs academic achievement and social development. As research shows, learning a second language, improves memory, concentration, as well as the ability to multitask and in addition boosts, critical thinking, listening and problem solving skills.

German and English are very similar. Many words in German sound and/or look the same as equivalent English words, because the two languages share the same "grandparent." For example, look at these words: *Haus* = house, *Buch* = book, *Finger* = finger, *Hand* = hand, *Name* = name, *Mutter* = mother, *schwimmen* = to swim, *singen* = to sing, *kommen* = to come, *blau* = blue, *alt* = old,

If you are interested to give your Child the gift of a second language, don't wait, we have a few open spots in our classrooms so if you haven't yet signed up, contact one of our amazing registrars at the info provided below:

- Forest Heights: Sabrina, [sleepingdkk@gmail.com](mailto:sleepingdkk@gmail.com)
- German Club: Angela, [agulaydkk@gmail.com](mailto:agulaydkk@gmail.com) or 780-690-9186
- Rio Terrace: Jen, [JennaTye@outlook.com](mailto:JennaTye@outlook.com) or 780-710-0376



**We are looking forward to seeing all of you!**

# Community Matters



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To sign up or make inquiries, please email:  
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Go to [www.edmontonringette.com](http://www.edmontonringette.com) for more information on ringette in Edmonton.

Go to [www.ringette.ca](http://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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## Soccer

### Player Registration for Community Soccer for the Indoor Season is Currently Underway !!

Registration is now underway for the 2021 -2022 Indoor community level soccer season that will begin play in October. Players need to be registered by September 15 in order to be assured of being placed on a team. The community soccer program provides about 5 months of soccer activity from mid October through early March to children aged 4 through 19 – birth years 2003 - 2018.

The registration process for community soccer requires using the on-line EMSA soccer portal website ([emsasoccerportal.com](http://emsasoccerportal.com)) and requires payment to be made either on-line at the time of player registration or shortly thereafter through making payment arrangements with the EMSA West soccer office. There are 5 steps in the on-line registration process:

**Step 1 -** Review the Soccer Program information on the Rio Terrace Community League website [www.rioterrace.ca/programs/soccer](http://www.rioterrace.ca/programs/soccer).

**Step 2 -** Ensure that you have or obtain a valid (current cards will start with 21-XXXXX) community league membership. Most likely you will need to purchase a new membership as August 31 is the expiry date of the previous year memberships. New memberships can be purchased online at [www.efcl.org/memberships](http://www.efcl.org/memberships) or by contacting me at [rtcl-soccer@gmail.com](mailto:rtcl-soccer@gmail.com)

**Step 3 -** Complete the actual on-line registration of individual players using the EMSA soccer portal ([www.emsasoccerportal.com](http://www.emsasoccerportal.com)). When completing the registration for each of your children, please be sure to specifically request to play on a Rio Terrace team, and indicate any 'play with' requests for friends and/or coaches. If you have not previously registered any family members for soccer using this website, you will first have to complete a family account set-up and then proceed with registering individual players. Please also be sure to indicate any parental help available for coaching, etc.

**Step 4 –** Pay the EMSAWEST registration fee for Indoor soccer either on-line at time of player registration or through alternative arrangements by contacting the EMSAWEST office at 780-451-6453. Please note that player registration is not complete until the payment of the registration fee has

been completed.

**Step 5 –** Make payment to Rio Terrace Community League of the individual Indoor season player fee and the uniform deposit. Rio Terrace charges a player fee for players on teams that are U9 aged and older for the Indoor season of \$60 per player to cover Soccer Program costs incurred by Rio Terrace. A uniform deposit (cheque post-dated to Feb 28, 2022) of \$50 for U9 through U13 and \$100 for U15 through U19 is also payable – this will be cashed only if the jerseys supplied by Rio Terrace are not returned at the end of the season. A date for paying the Rio Terrace individual indoor season player fee and the uniform deposits will be arranged for the latter part of Sept. The parents of all players registered for the program will be notified by email of this payment date once it has been set. The Indoor teams will be formed in September and play will commence in mid-October.

Players registering after September 15 will only be added to a team if the team is in need of more players, so please be sure to complete the registration of your child prior to September 15.

### 2021 Outdoor Soccer Season Wrap-Up

Covid-19 once again was an unwanted participant in the 2021 Outdoor soccer season! The season start was delayed from the usual May 1 to July 6. This of course greatly affected registration numbers as many of the usual participants elected to not play soccer during the July – August timeframe. Rio Terrace fielded only one team in the U13 through U19 age groups. The U9 and U11 program was run with teams formed on a West Zone basis rather than individual communities.

Rio Terrace did run our U4/U5 and U7 FunSoccer programs in July and August, but with reduced numbers of players. Nevertheless, the participants had a great time and parents were thankful of getting their children out on the field learning new skills and friendships. Thanks to all of the participants and of course the parents who acted as coaches and mentors to our community youth.

Perry Wynn

Rio Terrace Soccer Director



# Community Matters



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# Community Matters



Rio Terrace Preschool is thrilled to introduce our new teacher, Krystin Nordal.

Early Childhood Education is my passion. This began early in my own childhood where you would often find me caring for my dolls and stuffed animals, little cousins and siblings. I started babysitting as soon as I was old enough to take the babysitting course and continued providing casual childcare into adulthood until I decided to pursue this as my full time job. I opened a home daycare in 2014 after leaving my first career in finance. My home daycare really cemented for me that I was meant to work with children and a few years later I began studying Early Childhood Education. In addition to my home daycare I also worked part time for the YMCA where I facilitated a variety of youth programs.

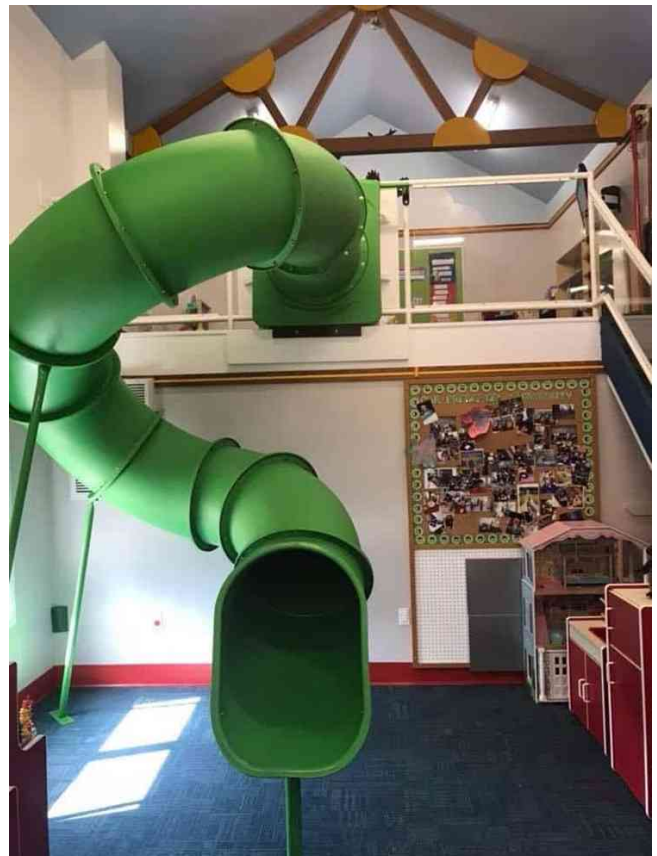
Though I love working with children of all ages I find the early years to be pure magic. Young children are so full of possibility! I am in awe of their wonder and imagination and feel very lucky to be able to see the world through their eyes. I am a firm believer in learning through play and strive to offer materials and experiences that will maximize this.

Studying and working in this field has been an incredible source of joy for me. I am beyond thrilled to begin this new adventure in September and I look forward to getting to know each of your families.

And we cannot wait to get to know you, too, Ms. Krystin! Krystin will be leading the program for 3 and 4 year olds together with teaching assistant Jana Konelsky. This dynamic duo is looking forward to children's laughter and curiosity filling the preschool space in September.

If your child is 3 or 4 years old, consider preschool for your child at Rio Terrace Preschool. Children can enjoy the bright, sunny classroom, filled with natural light, a large outdoor playground and an indoor gym. Programming is developmentally appropriate, while field trips and special guests further deepen the children's experiences. All classes are taught with a fun, play-based approach, because here at Rio Terrace Community Preschool, we believe that it is through play and exploration that children learn most effectively, and best understand their world.

Registration is open! Classes begin in September for 3 and 4 year old children. Information is available on the Rio Terrace Preschool website, [rioterracepreschool.ca](http://rioterracepreschool.ca).



# Community Matters



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## Summer Yard Care

Edmonton's top weather story of the year so far is probably the record-breaking heat wave we went through, with high temperatures in the mid-30s for a full week during June-July.

Just as important, however, is the ongoing lack of rain we've also experienced.

Usually, Edmonton receives 7.4 cm of rain during June, and another 9.2 cm in July for a total of 16.6 cm during those months.

This year we've only received 4.7 cm during this period --- just a quarter of the average. We're already hearing about disaster relief programs for farmers affected by this drought, and brown and dormant city lawns are also crying out for water.

It is often recommended that lawns should receive 2.5 cm of water per week (applied in a single, deep soaking rather than several shallow ones) to stay healthy. Trees, shrubs, perennials and annuals also need regular and ongoing amounts of water.

To find out if your landscape is getting enough water, try placing a small empty tuna can or similar container in your yard and seeing how much (or how little) it fills up, and how long this takes. Then you'll know how long you need to water. A water timer (starting as low as \$20) can then be used to ensure that water is applied only for that length of time.

It's also best to water early in the morning or in the evening, when temperatures are cooler, and also when it's calm outside. These steps will help reduce water loss due to evaporation.

There are many different tools available to help water larger areas like lawns. Perhaps the most common of these is the oscillating sprinkler, some of which now can be programmed to water certain

lengths and widths as required.



Trees and larger shrubs will also benefit if water can be applied right into their roots, which are concentrated in a circle around the outside drip-line of their canopies. A great tool to use for this is a deep root waterer, which attaches directly to a hose and will deliver water slowly and deeply into the soil. These tools will also let you water trees and shrubs in deeply before winter.



Proper watering is essential for a healthy landscape. Healthy lawns will help keep weeds away, and healthy plants will be able to fend off other pests and diseases too.

An ounce of prevention is the inch of water your landscape needs.

**Brian Gibbon**

Your Gardener 780-240-2500





# Community Matters



## Poop Happens!

Well, poop happens! Especially if you're a pet owner. Have you ever been out for a walk and, at the moment your dog is 'doing its business', realized your pockets are empty - the poop bags were left at home! Yikes! With COVID, the City of Edmonton was not regularly filling the pet waste bag stations at Patricia Ravine. Thank you to the Pet Waste Angels that often left poop bags available at the ravine entrances as well as the homes throughout the neighbourhood that have pet waste bags on their little libraries or fence posts. Kindness and pitching in to support each other keeps our neighbourhood clean and safe for pets and people.

A few months ago, an eager business owner wanted to provide poop bag dispensers in a location in the community that would support advertising for their business. What a wonderful opportunity for a collaboration between the community league and a business. A couple of engaged community members, Perry Wynn and Auriana Burns, spent time investigating how we could support our local businesses, residents and pets. They brought a proposal for the engagement of all pet owners and business owners in the neighbourhood. Poop bag stands will soon be available in strategic parts of Patricia Heights, Rio Terrace and Quesnell so that when you are out with your pet, you will be able to grab a bag. The dispensers provide a small space for advertising a local business, a community message, or a kind thought! Here is a photo of the bag dispensers that you may see when you are out for a walk through the neighbourhood.

Over the next few weeks, Perry and Auriana will be approaching residents in strategic areas inviting them to be part of this project by mounting a pet waste bag dispenser and sign on their fence. Residents who volunteer to have a dispenser and sign

would be supported by the community league to ensure that the dispensers are always full and accessible. If you would like more information about having a pet waste stand on your property near a walking path or common route in the community, please contact Auriana Burns at [auriana@shaw.ca](mailto:auriana@shaw.ca). If you own a business and want to provide advertising on the dispensers, also contact Auriana Burns at [auriana@shaw.ca](mailto:auriana@shaw.ca). A donation from businesses to support this initiative will allow free advertising on a dispenser for a determined period of time.



If you own a pet, you know what a difference it makes to your life and lifestyle. Having a pet also impacts your neighbours and your interactions with other community residents. Owning a pet includes responsibilities that support our neighbours and keep our neighbourhood clean enough to be outdoors. The City of Edmonton provides information for pet ownership at this site: [https://www.edmonton.ca/residential\\_neighbourhoods/pets\\_wildlife/owning-a-pet-in-edmonton](https://www.edmonton.ca/residential_neighbourhoods/pets_wildlife/owning-a-pet-in-edmonton)

Auriana Burns

# Community Matters

Poop happens!™  
Don't Forget to Scoop!



## Did you know?

Picking up after your dog is an essential responsibility that helps keep our parks and waterways safe and clean.

## THE FACTS:

*Dog waste is dangerous for your health and the environment.*

**8.2**  
**MILLION**

dogs and  
counting are  
living in Canada.

### TOXIC WASTE

The Environmental Protection Agency puts dog waste in the same category as toxic chemicals and oil spills.

**41%**

of Canadian households  
have at least one dog.

### DOG WASTE

is hard on the ecosystem:  
it carries more disease, bacteria,  
nitrogen, and phosphorus than  
wild animals.

**2.2**  
**BILLION**

pounds of waste  
produced by dogs  
each year.

**23 MILLION**

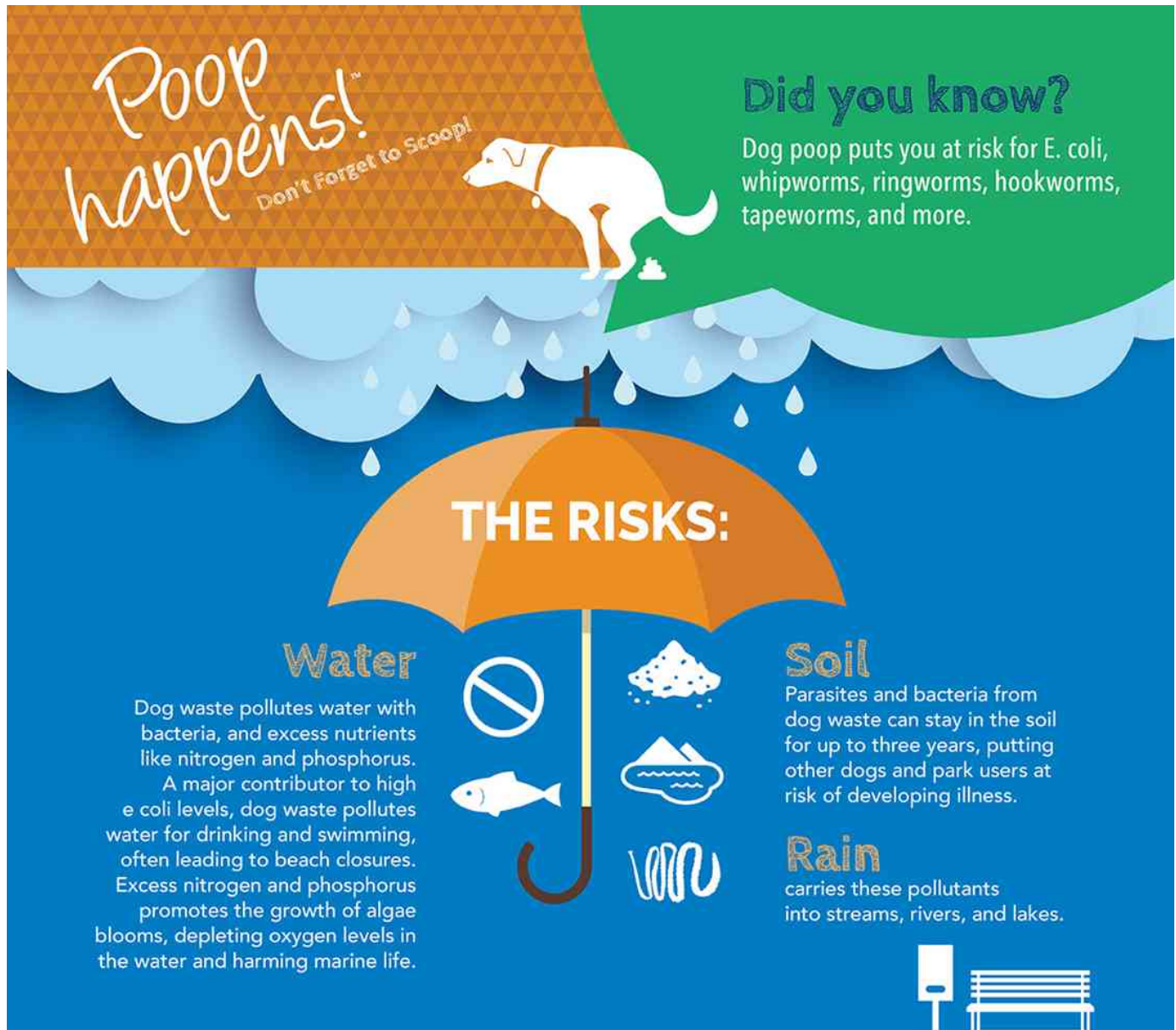
coliform bacteria found  
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poop – a cause  
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# Community Matters



**Poop happens!™**  
Don't Forget to Scoop!

**Did you know?**  
Dog poop puts you at risk for E. coli, whipworms, ringworms, hookworms, tapeworms, and more.

**THE RISKS:**

**Water**  
Dog waste pollutes water with bacteria, and excess nutrients like nitrogen and phosphorus. A major contributor to high e coli levels, dog waste pollutes water for drinking and swimming, often leading to beach closures. Excess nitrogen and phosphorus promotes the growth of algae blooms, depleting oxygen levels in the water and harming marine life.

**Soil**  
Parasites and bacteria from dog waste can stay in the soil for up to three years, putting other dogs and park users at risk of developing illness.

**Rain**  
carries these pollutants into streams, rivers, and lakes.



## Sticking to the Point #3: Moving on After a Global Pandemic

Hey fellow neighbors, it's Jon McDonell your friendly neighborhood Acupuncturist here. Today is going to be a little different from what you're used to. As hard as I tried to write an article about "Acupuncture for Back Pain!" or "Herbs for Sinus Relief!" — I just couldn't stop myself from writing down what was really on my mind: how do we move on after a global pandemic?

I'm sure I'm not the only one that has been feeling a little out of sorts these last few weeks. We've spent the last year and a half in full-scale crisis mode and now what? Things are back to normal? We're moving on as if the pandemic never happened? It just doesn't quite sit right with me.

Even though I've been fully vaccinated along with those closest to me - it seems difficult to switch gears so quickly. I still find myself worried to pass too closely to a stranger at the supermarket. My stomach drops if I realize I don't have a mask in my pocket when I'm out in public.

At the risk of sounding dramatic — we've just experienced a collective trauma. The ground has been unsteadily shifting beneath us for over a year. We've been stuck in limbo, distanced from those closest to us - unable to turn to our usual methods of coping with stress like the gym or grabbing coffee with a friend. It makes sense that it will take time for us to heal and move forward. Our wounds can't be staunched by simply removing the mask mandate and setting off some flashy fireworks.

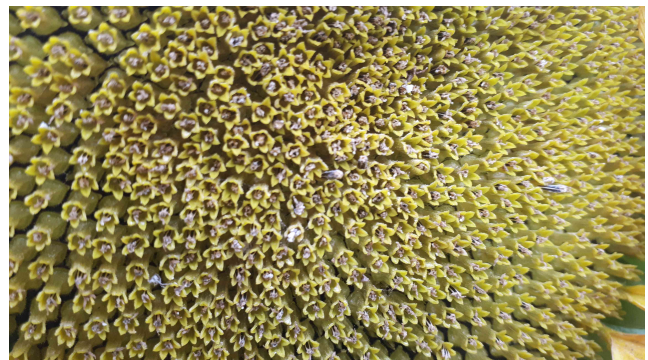
So what can we do? Well, for starters it's about being honest about what we just went through during COVID and honoring any feelings of stress and uneasiness that are still lingering. Don't feel guilty for not being ready to venture out into the world

just yet. We're transitioning from a period of "Yin" — stillness, introspection, solitude and into a period of "Yang" — activity, extroversion, and productivity. It will take more time for some to leave the safety of the COVID cocoon they've created for themselves. Be patient with yourself and with those around you.

Next, we need to evaluate our current coping strategies. I think as a society we've come to realize the importance of wellness and self-care this past year. But unfortunately, the things we turn to for comfort aren't always the best things for our health. This is where your local wellness providers can step in: our job is to help you recognize what is serving you and what isn't. We can help you to shoulder the burden of fear and stress and gently bring your body back to balance. We can help to quiet and soothe those fight or flight responses that have been active for far too long.

If you take one thing from this article I hope it is this: if you're feeling a little lost or a little unsure — you're not alone. If you're in need of a helping hand to regain stability in an ever-changing world — there are practitioners out there ready to help. Take your time, this isn't a race. We're here for you when you're ready.

Jon McDonell, R.Ac



# Community Matters

## The Beauty of Birds in Your Backyard

Fall is on the horizon. What was once bright green begins to deepen to gold, the nights become cooler, and every last drop of the summer season is enjoyed. The earth can feel that change is in the air. Beginning in August and stretching throughout the intensifying autumn, over 300 species of birds prepare to leave their northerly nesting grounds to spend their winter in warmer climates. These beautiful creatures will be completing a molt – a process by which a bird replaces some or all of its feathers to prepare for cooler temperatures or a long flight south. After molting is done, birds fatten up on remaining food sources and then many begin a slow migration. It is a fantastic time to attract birds into your yard and an opportunity to see a wide variety of species.



When looking for a birdfeeder, there are three things to consider. Is it good quality? One will want to know if the birdfeeder has a warranty and is made of sturdy materials. Does it hold a large quantity of seed? Your new feeder should hold enough seed to last several days (this is especially desirable during the winter months). Is the birdfeeder easy to fill and simple to clean? Having to unscrew lids, use tools, or spill bird seed while attempting to fill the

feeder is a nuisance that can be avoided.

After making a purchase of a good-looking and well functioning bird feeder, the next decision to be made is where to place it. The best spot for a birdfeeder is, of course, where you can see it! Being able to watch the birds pluck out a peanut or interact with one another is one of the countless joys of feeding the birds. Sitting down to breakfast or reading the paper can be enriched significantly when the birdfeeder is in sight. If a tree branch is unavailable, there are attractive options for hanging your new feeder on a specially designed pole system, making any spot a good spot for a birdfeeder.

Now, to fill the birdfeeder. Select the freshest, best quality seed you can find, free of fillers (like oats, red millet, milo, and excessive amounts of corn) and harmful ingredients (like sugar, salt, colour, fragrance, and preservatives). Black oil or striped sunflower seeds are excellent seeds that mimic the food that birds forage for in nature and will be readily accepted by the birds frequenting your feeder. Sunflower seeds without the shell, blended with a few shelled peanuts and tree nuts, is a blend that will satisfy most every feeder loving bird. Offering bird food without shells prevents a mess from piling up underneath the feeder, which can attract rodents and even sprout. There are enough weeds to deal with; no one wants to be afflicted with an errant patch of sprouted bird seed! Once your birdfeeder is full of seed, just sit back and watch the show. Most birds find food by sight, and it often takes them a few days or more to spot a new source. Soon, a brave little bird will swoop down to check out what's being offered, usually a darling Black-capped Chickadee, and advertise to the rest of the birds that they've found the good stuff.

To maximize your backyard bird habitat, consider a suet feeder to provide a high fat meal, a bird bath filled with clean water for birds to drink and bathe,

# Community Matters

and adding native trees and plants, which provide shelter and natural food sources. In our urban environment, birds are often the only wildlife we observe on a regular basis. They are wonderful creatures that are interesting, entertaining, and completely engaging. Being able to enhance our spaces, but also our lives, by inviting them to our yards can bring immeasurable joy and connectedness to nature. Getting started is simple, and the rewards are endless.

Erin Dykstra

Owner, Wild Birds Unlimited

## River Valley News

### Dene ward honours continent's largest Indigenous language group



Dene is the biggest Indigenous language group in North America, stretching from Alaska to New Mexico. The North Saskatchewan River was one of the main highways long before Europeans came out this way. Dene travelled all over North America. Edmonton was one of the areas people would stop and camp and then continue their journey.

Dene people in Alberta include the Athabasca Chipewyan First Nation, the Cold Lake First Nations, and Dene Tha First Nation. Dene people are spread across Canada with the largest concentration of Dene language speakers living in Saskatchewan. Dene languages became one of the official languages of the Northwest Territories in 1990.

Dene means people and refers to the various

tribes and people, Indigenous and non-Indigenous, that settled along the North Saskatchewan River and who live there now. Many Dene tribes settled along the shores of the river, including the area where Edmonton now sits. Watch a video on the naming of Dene ward at <https://www.cbc.ca/player/play/1874146371557>

### This amphibian darkens when cold to absorb more heat



The Wood Frog is the most widely distributed amphibian in Canada and is found in every province and territory. Although found in tundra to the north and occasionally in grasslands in the west, it is commonly associated with moist woodlands and vernal woodland pools, including in Edmonton's river valley.

Wood Frogs are the earliest breeders in most of their range, often beginning to call when there is still ice on the ponds in spring. The egg mass of up to 2000 eggs is attached to submerged vegetation. Most of the egg masses in a population will be laid within a few days and clustered together so their combined dark colouration warms them and speeds hatching. The tadpoles transform after 44-85 days.

Wood Frogs are freeze tolerant and hibernate under logs or leaf litter on the forest floor. They can change colour rapidly from very dark to very light and will darken when cold to absorb more heat. Learn more at <https://www.naturewatch.ca/frog-watch/wood-frog/>



# Community Matters



## **Edmonton peony garden was a major tourist attraction**

Prominent Edmonton physician James Frederick Brander came to Edmonton from Nova Scotia in 1921 and, along with his father George, soon established a peony garden in the Bonnie Doon area on an empty plot of land that George couldn't stand to see go to waste.

The Silver Heights Peony Garden, located at 93 Avenue and 85 Street in Bonnie Doon, was a major tourist attraction and source of most of the peonies in Alberta from 1923 until the 1940s. Father and son proved that the soil and climate conditions in the area were ideal for the peony, which had previously been regarded as exotic and too delicate for the frigid north.

The first planting was small, but in later years as many as 5000 roots arrived from Holland in a single shipment. Altogether, 200 named varieties were grown and, in full flowering time, an estimated quarter of a million blooms could be seen.

When George Brander died in 1933, his family continued the Peony Gardens until the Second World War made such large-scale flower operations impractical. The plants were dug up, divided into 50,000 roots, and sold to gardening aficionados around Edmonton.

In 2002, Fort Edmonton Park completed a recreation of the peony garden, which included 26 varieties of peonies. Read about the horticultural significance of the Silver Heights Peony Garden at <https://www.fortedmontonpark.ca/learn/blog/post/horticultural-significance-of-the-silver-heights-peony-garden>

## **Free online workshop to kickstart your volunteer journey**

Volunteer Connections is a free online course made possible by The Wellness Network. In this

short course, volunteer hopefuls will learn all about how to get involved in their community; what it means to volunteer, the benefits of volunteering, and how to get started.

The course is self-guided and available at <https://ecvo.teachable.com/p/volunteer-connections>

## **The Snow Valley Ski area is undergoing some densification.**

Elna writes "The Snow Valley Ski area is undergoing some densification. There is already a climbing feature at the SW corner of the campground. On the ski hill property, there is a newly opened BBQ facility which operates weekends offering food and drink. There is also a new golf venue on the hill. It's getting crowded. I'm worried that access to the Whitemud Nature Reserve will be compromised and encourage bicycles which is not allowed.

On the east side of Whitemud Ravine between Grandview and Lansdowne, the West 240 university farm (Section 14) is to be sold and developed. The UofA is moving quickly on this initiative. Once the West 240 is developed, the land is gone, no vision, just income for the UofA."

## **River valley concern or contribution**

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 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

## Choose the right backpack

Backpacks are handy for carrying books—and lots of other things. But if they're not used right, they can strain muscles and even cause back pain.

Backpack safety is important for everyone. It's especially important for children, who can be hurt if they regularly carry too much weight or don't wear their backpacks safely.

Look for these features:

- **Lightweight.** Leather backpacks may look nice, but other materials, such as canvas or nylon, weigh less.
- **Wide, padded shoulder straps.** A loaded pack will dig into shoulders if the straps are too skinny.
- **Waist belt.** This is an important feature. It takes some weight off of the back and transfers it to the hips.
- **Handy compartments, the more the better.** They help distribute the weight evenly. They also make packs easier to organize.
- **Padded back.** This keeps sharp edges from digging into the back.
- **Wheels.** These are nice if you or your child needs to carry a lot. But check with your child's school to make sure they're allowed. Remember that these packs will still have to be carried up stairs. And they can get messy when pulled through mud or snow.

Then pack it safely

Experts say a child shouldn't carry more than 15 to 20 per cent of their weight. Don't guess—use your washroom scale to weigh the loaded pack. Pack the heaviest items closest to the back. Packs with compartments make this easier to do.

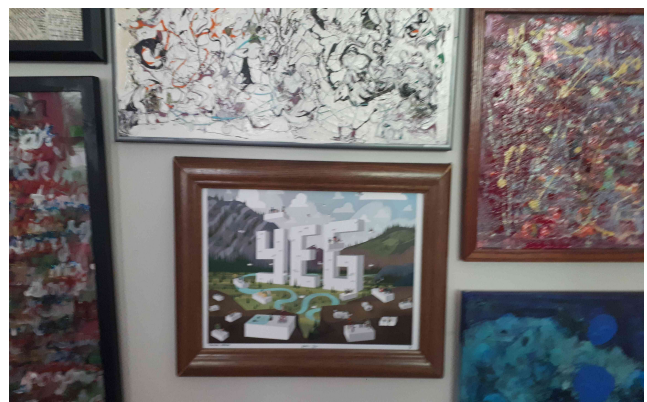
Lift it safely

- Never bend down from the waist to pick up or set down a heavy pack.
- Always squat down, bending at the knee and keeping your back straight.
- If you need to, you can put one knee on the floor and the other knee in front of you while you lift the pack and swing it around to your back.

Wear it safely

Pack wearers should use both shoulder straps. It may seem easier or more comfortable to sling the pack over just one shoulder, but that's a bad habit that can lead to back or shoulder pain.

- Always use the waist belt and tighten all the straps so the pack fits snugly.
- Make sure your child stands up straight while wearing a backpack. If they must lean forward, the pack is too heavy.
- If your child is having back pain or neck soreness, talk to your doctor. Encourage your children to tell you about any pain or soreness.

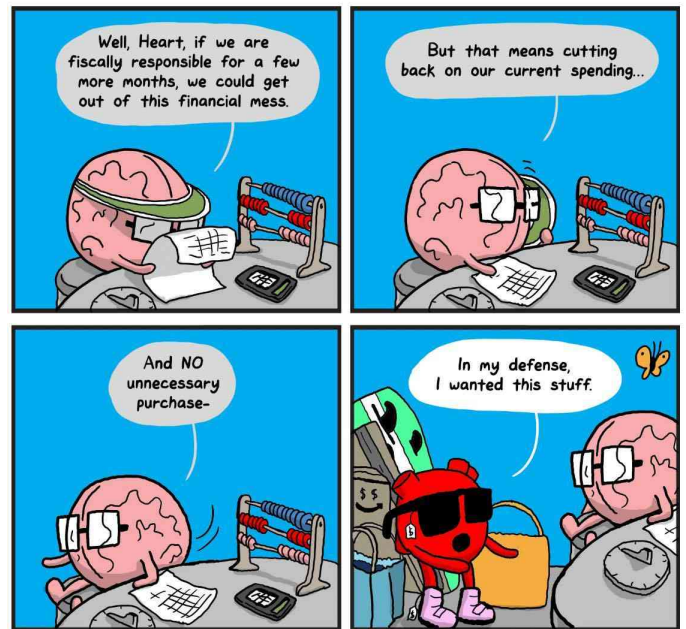


# Community Matters

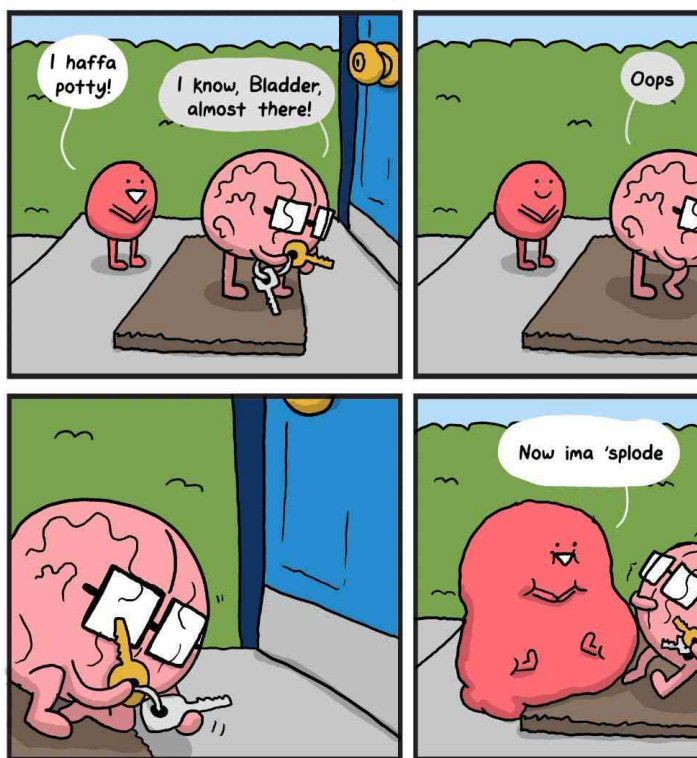
## Comics



www.lunarbaboon.com



theAwkwardYeti.com



theAwkwar



www.lunarbaboon.com



# Community Matters

## Stay safe in the heat this summer

If a heat warning is in effect, take precautions to protect yourself and your loved ones:

- If you're planning on being outdoors: Apply a sun-screen of at least sun protection factor (SPF) 30, at least 20 minutes before heading outdoors. Be sure the SPF 30 screens out both UVA and UVB rays, and reapply frequently (as directed on product label).
  - o Wear a wide-brimmed hat and sunglasses (with a UVA/UVB CSA certified seal).
  - o Wear light-coloured long-sleeved shirts and pants that cover skin.
  - o Consider rescheduling outdoor activities to cooler hours of the day.
  - o Drink plenty of water and other non-alcoholic, non-caffeinated beverages to stay hydrated.
- Take frequent breaks from heat, spending time indoors. If you are going to be indoors in a public building, such as a mall, be sure to respect and follow all COVID requirements, including physical distancing and considering masks.
- Do not leave any person or pet inside a closed vehicle, ever.

Monitor for symptoms of heat stroke, including:

- high body temperature
- lack of sweat
- disorientation
- fainting
- unconsciousness.

While awaiting medical attention:

- move the individual to a shaded area
- remove his or her outer clothing and shoes
- wrap the person in a wet towel until medical care is being provided.

If you start to feel overheated, stop your activity immediately. Seek shade and drink fluids. Seek medical attention immediately for anyone who is feeling faint.

For more information, go to [ahs.ca/heat](https://ahs.ca/heat).



Ward Name: sipiwiniwak

Indigenous Language of Origin: Enoch Cree

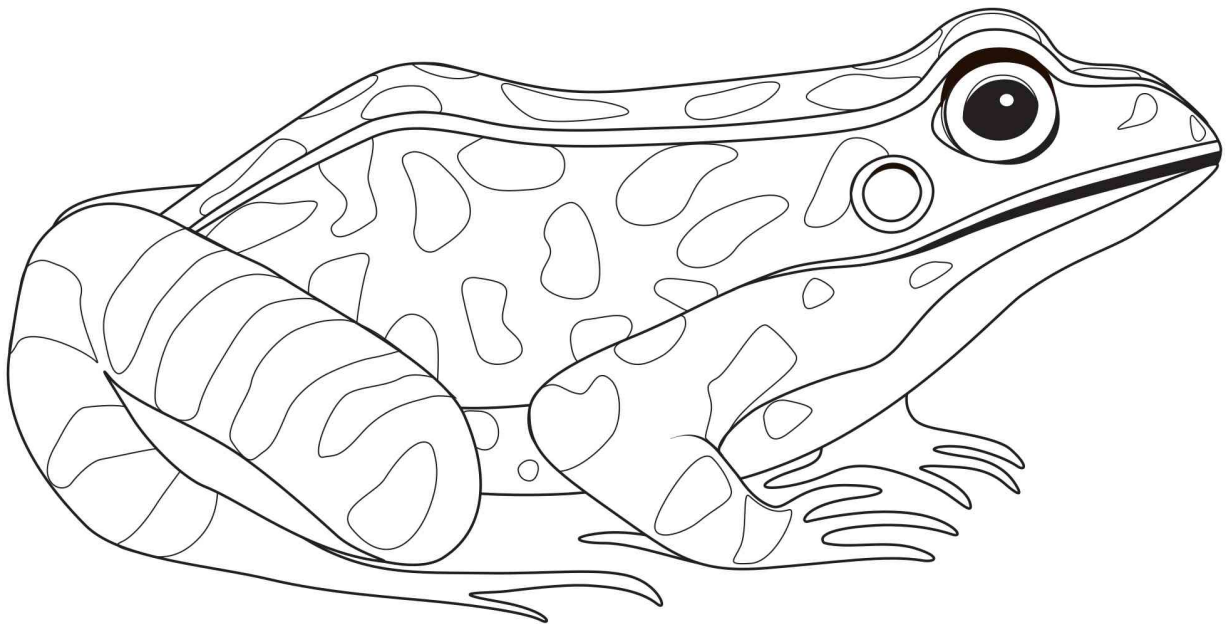
Meaning of the Name: References the people of the Enoch Cree Nation being River Cree.

Explanation of the Name: Because of their proximity to the North Saskatchewan River, Enoch Cree Nation members were known as the River Cree to other tribes, or in the Cree language, sipiwiyiniwak. In the 1800s, the Enoch Cree Nation was an area of 44 square miles that stretched from north of Big Island to present day Stony Plain Road. In 1884, Chief Enoch Lapotac signed an Adhesion to Treaty 6, but involuntary land surrenders caused the loss of over half of Enoch land. The Enoch First Nation, and its more than 2,500 members, is situated on Treaty 6 Territory in central Alberta, bordering the west side of the city of Edmonton. They continue to fight for their land rights today.

Source: [https://www.edmonton.ca/city\\_government/municipal\\_elections/ward-boundary-review](https://www.edmonton.ca/city_government/municipal_elections/ward-boundary-review)



## COLOUR ME!



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**Common name:** Northern leopard frog

**Latin name:** *Lithobates pipiens*

**Description:** Northern leopard frogs can be up to 5 inches long, making them one of the largest frogs in Alberta. They are easy to spot by their green or brown colouration and their dark 'leopard print' spots.

**Distribution in Alberta:** Prior to the 1970s, the northern leopard frog was found across Alberta. Now, however, they are mainly found in southern grass and wetlands due to habitat fragmentation and degradation. This species is designated as threatened under the Wildlife Act, meaning they are at risk of becoming endangered in Alberta.

**Source:** <https://www.aiwc.ca/blog/alberta-wildlife-recoveries-northern-leopard-frog/>



# Community Matters



**Rio Terrace Church** | A Place for Community since 1964  
15108 76 Ave NW | [www.RioTerraceChurch.org](http://www.RioTerraceChurch.org)

The pandemic has clearly shown us the value of our neighbourhood, and the joy found when living in community, sharing of our resources, compassion, and our front porches and walkways. As we emerge, we hope that we will continue to cherish the relationships that have seen us through, and we will find new, bold ways to share hospitality that affirms the dignity and worth of each other.

## **Summer at RTC**

**Outdoor Sunday Services** - 1st and 3rd Sunday of June, July, August, September  
Sundays at 10:30, ice cream fellowship to follow.

**Summer Sunday Devotionals** - 2nd, 4th, and 5th Sunday of June, July, August, September  
Made available on Sundays at 10 am, with Zoom fellowship time to follow at 10:30.

**Community Ice Cream Stand** - open daily, 3:30 - 8:30 pm, through September.  
This year, proceeds from the stand will benefit Youth Empowerment and Support Services (YESS) More info: [www.YESS.org](http://www.YESS.org)



## **This Fall at RTC**

**Our full, in-person resumption of Sunday services and in-person programs and events will return with a kick-off on Sunday, September 26.** Rio Terrace Church is an inclusive, neighbourhood-oriented community, and we welcome and affirm people from all walks of life.

Coming Sundays This Fall:

9:30 AM: **Contemplative Church** (hybrid, Online and In-Person)  
A 30-minute guided meditation and centering.

10:00 AM: **Waffle Church** (In-Person)  
A space for children and their adults, with crafts, stories, and song.

10:30 AM: **"The Sunday Service"** (hybrid, Online and In-Person)  
A gathering featuring hymns, prayers, and a message. Suitable for All Ages.

2:00 PM (or as noted): **Wild Church** (In-Person)  
A year-round, outdoor gathering with hiking, contemplation, and activities that help us respond, spiritually, to the climate crisis and reconciliation.

We are also forming, **"The Art of Neighbouring" groups**, where we will read *"The Abundant Community,"* a guide to neighbourhood-connecting by Peter Block. The purpose of these groups are to help us connect, deeper, as neighbourhoods, transforming us from bedroom-communities, to places where we truly live and enjoy life. These will meet at determined times. If you are interested in joining a group, visit [www.RioTerraceChurch.org](http://www.RioTerraceChurch.org)

Finally, we will be offering a virtual class called **"The Spiritual Work of Racial Justice,"** featuring a month of reflections by Jesuit author Patrick Saint-Jean. More info at [www.RioTerraceChurch.org](http://www.RioTerraceChurch.org).