

December 2021 Issue

Presidents Message

It is the end of an era!!! Please join me in thanking Lance Burns for all his hard work for the last 8 years as the president of our community league. THANKS!!! This is league is better off for all that you do!

Before I get too far ahead of myself, please allow me to introduce myself. My name is Emma Woolner and I am the new President of the Rio Terrace Community League (RTCL). I moved into the neighbourhood in 2013 and have been on the board in a variety of capacities for 7 years. I started in the social/programs director position, served for 2 years, and have been the board's secretary for the last 5 years. At the annual general meeting in September, I was elected to the president's role. Lance will remain on the board as Past President to support me in this new role. It has been my pleasure to work with the Board of Directors for the past 7 years and I look forward to working with them in this new capacity. Thank you for trusting me with this responsibility.

On the business end, the league is cautiously starting back up. As such, we are on the hunt for general volunteers. League events do not happen without the time and effort of volunteers. Please consider volunteering. If you're interested, contact information for the board can be found at: <https://www.rioterrace.ca/contact-us/board-members/>

As we look towards moving back to normal (whatever that means), we ask that you remember that some are at a higher risk (and, as such, are more nervous) than others. Please be patient and kind as we navigate through these unprecedented times.

As always, memberships can be purchased at www.rioterrace.ca and <https://efcl.org>. Be kind and we'll see you in the neighbourhood!

Best,

Emma

President, Rio Terrace Community League

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Newsletter Teams Message!



Oh hai! It looks like I have a bit of space to fill here. As you can see in the photo it is the old number 4 bus stop. I miss it. It was my bus for 30 years. Although miss it, the on demand bus is not bad and I recommend people give it a shot. Maybe people will think of the on demand bus in 30 years like I think of the number 4 now. We have an on demand bus because we fought for our community. Lets continue to fight to make a community better in any small or big way we can. Looks like I am out of space! Take care.

Corey Grajkowski

Connect with us!

Website: <http://rioterrace.ca>

Twitter: @RioTerrace

Facebook: RioTerraceCommunityLeague

Newsletter: Rtcl.newsletter@gmail.com

Community Matters



Publication Info

Published in:

February / May

August / November

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

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Next Issue:

February 2022

Submission Deadline:

January 28, 2022

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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 , 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

The Thief



I discovered some interesting facts about ravens. Ravens display playfulness with each other. They are quite adaptable to their environment, show empathy for each other and rank right up there in intelligence with that of elephants and chimpanzees.

It was in Norman Wells, NWT when I made these observations. The town lay 100 miles outside the Arctic Circle. I worked as a Pipefitter and the work schedule was difficult. This involved 21 straight 12-hour days. Afterwards, you flew home for 4 days. This shift was to be repeated twice more and lasted three months. I was exhausted by the end of it.

There were hundreds of men from all trades contracted to work on the project. It involved closing some of the parts of the refinery and other structures that Esso operated there.

The crew of tradesmen would gather at a rendezvous, to be transported to their designated work sites. The remoteness of the area allowed for frequent viewing of black bears, wolves, foxes, badgers and anything that was customary to wilderness living.

(Continued on page 5)

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Community Matters

(Continued from page 3)

Most of the work lie on three islands across the Mackenzie river. New electrical panels were installed for the oil pumps. We feverishly worked like ants, upgrading existing equipment before the cold blast of winter descended upon us. As a fitter, I worked closely with welders to assemble parts that were shipped up to us from all over the States and Canada.

Before the river would freeze up, crews were jettisoned across in speed boats. These boats did several trips both morning and evening to accommodate the workers. Once the river began to freeze, crews were packed in helicopters like sardines to ensure the least number of flights.

There occurred a theft in mid October. One morning after a hardy breakfast, we packed our lunch for the day. Then a bus took us to the dock by the river. The boats rushed to get us to the shore of the island. The ten of us in our crew, piled into some waiting pick up trucks. Some of the guys put their tool pouches and lunch bags in the back.

We arrived at a work trailer within 10 minutes. It was customary to have a safety meeting first thing when we arrived. We sat inside the trailer, but some had to stand because there was not enough room for all to sit. I was one of the guys standing.

As the meeting went on, my eyes drifted to the view outside of the window. It was a cold, pristine day and ravens were scavenging about. Two maybe three ravens, flew nearby the trucks parked outside. I spotted two of the ravens. They landed on one side of the open box. They seemed interested in the contents in the back.

One of the ravens acted as a sentry while the other disappeared somewhere in the back. Now I was curious. A couple of the other men standing, also noticed the activity.

Suddenly the raven reappeared. His head was visible, and he had something in its mouth. Within seconds it became obvious what the birds were doing. One of the guys shouted, 'hey that birds got my lunch'.



Now the entire crew stood to look out the windows. Some of them, by a self-preserving instinct, grabbed at their lunch bags. Others, being alarmed, ran to the door in hopes of foiling the theft.

It was almost as the ravens knew they had little time. The sentry was barking orders, encouraging his companion to move quickly. The thief adjusted his hold on the lunch bag. He found the bag top and clamped down with its beak. It was a if they had done this before! I was being amazed.

It then managed to get up on the side of the truck with the bag. The sentry seemed to nod in approval. The ravens took flight together. The one with the heavy bag, had its head at a downward angle as it barely got airborne. Two men reached the truck, but It was too late!

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(Continued from Page 5)

The ravens moved out over the hill of stones. When the thief cleared the hill, reaching the right height and distance, he dropped the bag. I visualized the contents strewn across the rocks, sandwiches, desserts, cheese, and crackers. I visualized a royal spread.

All the guys had come out of the shed now. Some were laughing, others were cussing. A few were feeling sorry for the guy who lost his lunch (for there was no going back to get another one). Others leaned up against the trailer and lit up a smoke, enjoying that day's entertainment. There would be some sharing of a lunch today.

Somewhere later, the excitement had died down. I worked on some piping as I looked up at what seemed to be more ravens scouting the area. It was amazing to have witnessed their creativity. No doubt these birds were opportunists. Nature is a beautiful wonder to observe. I smiled and returned to my work.

Gary Burton

Rio Terrace Community Soccer

Indoor Soccer is Underway!!

The 2021-2022 indoor Rio Terrace community soccer program is now underway. Covid-19 continues to be a factor for this season, but play started in late October and remains underway. As expected, participant and team numbers are less than in pre-Covid years with Rio Terrace hosting 5 teams this season. There are 2 boys U15 teams, 1 boys team at each of U13 and U9, and a girls team playing U11. School gyms were just recently reopened for use as practise facilities, so community youth soccer is currently running similar to the program in pre-Covid years.

Thank you to our soccer Coaches and Managers.

We as a community owe a huge Thank You to all of the parents who give so generously their time, energy, knowledge, patience, etc., to coach or manage our youth in the game of soccer. Rio Terrace is the envy of most other community soccer programs as we have a great supportive group of knowledgeable volunteers who make sure that there are coaches and managers for each and every soccer team. If we have enough players to form a team, I am always able to find parents willing to be the coaches and managers for these teams. Thank You to all of our volunteers yet again.

2022 Outdoor Season Registration Information

Player registration for next spring's outdoor season will start in February 2022. Soccer player registration is an on-line process using the portal located at emsasoccerportal.com. We are optimistic that the 2022 outdoor season will return to its pre-Covid state with the program taking place primarily in May and June. Children born in the years 2005 through 2018 are eligible to play in the 2022 Outdoor program. Further information on the 2022 Outdoor season and registration of players will be available in the February 2022 edition of the RTCL newsletter as well as the RTCL website at <http://rioterrace.ca> once that information is available – hopefully by the end of January.

(Continued on Page 9)



Community Matters



Ladies Drop-In Basketball

Come laugh and play with us. Ages 18 to 108.
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laughter and lots of fun. See: www.pvcl.ca
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Program of Parkview Community League



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(Continued from Page 7)

Volunteers Are Needed for the 2022 Outdoor Program

The Rio Terrace Community Youth Soccer program owes its success to the strong support from volunteer parents who coach and manage teams. The outside season usually has twice as many participants and teams as the Indoor season. Accordingly, we have an increased need for parents to volunteer to coach or manage teams that their child plays on. This is especially true at the entry level age groups – U4, U5, U7 & U9 (birth years 2013-2018). When registering your child to play, please give careful consideration to also registering to help with the coaching or managing of teams.

U4/U5 and U7 Coordinator Needed for 2022 Outdoor

I am looking for someone to mentor and help with running the U4/U5 and U7 outdoor program next summer. The program runs Monday and Wednesday evenings in May and June from 6 PM to 7:30 PM. It is tons of fun and very rewarding to see our young community youth having such fun. Please feel free to contact me at rtcl.soccer@gmail.com for more information on you can help our community youth soccer program continue to provide such a great experience.

Perry Wynn

How to help your bones stay healthy

In Canada, November is Osteoporosis Awareness Month. Osteoporosis is when bones become weak. Weak bones break more easily. Nutrition is an important part of bone health. These are some nutrients and foods that help keep bones strong.

It is important that we eat enough calcium because most of the body's calcium is stored in bones. You can find calcium in foods like:

- Milk and other dairy products like cheese or yogurt
- Fortified plant beverages like soy or almond beverages
- Vegetables like turnip greens, spinach, and broccoli

Some people do not get enough calcium from food. If you do not eat enough calcium foods, you may need a calcium supplement.

Vitamin D helps to build strong bones by helping the body to absorb calcium and can increase bone strength. We make vitamin D in our skin from sunlight. Alberta Health Services recommends Albertans take a Vitamin D supplement every day. Here are food sources of vitamin D:

- Salmon, tuna, sardines, fortified dairy products, and eggs. (The amount of vitamin D in these foods varies.)

Protein is another nutrient that helps keep bones strong. Getting enough protein helps to build and repair your bones. It can help you keep or build muscle, which is good for bone health.

These are some ways to get more protein in your diet:

- Include a protein food at each meal
- Add beans or legumes to salads
- Add cheese to dishes like soups or salads
- Add nuts or hemp seed hearts to yogurt or cereals
- Add chicken or beef to a soup or salad

To learn more about even more about nutrition for bone health visit ahs.ca/nutrition and search Healthy Bones.

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Seasons greetings to all!

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Sticking to the Point

Seasonal Lifestyle Tips for Making it Through the Winter

Well, he took his time arriving this year but Father Winter seems to have finally made an appearance. Many of you are probably going through the motions of your usual winter routine right now — getting the winter tires on, pulling out the winter gear, putting up holiday decorations — the usual rigmarole.

Many of these changes and traditions have become second nature to us here in Edmonton, but what about your health and lifestyle habits? Do you know what changes you should be making to your routine, diet, and mental health to get the most out of this frosty season?

One of the largest tenets of Chinese Medicine is the idea of living seasonally. That means that as the world around us changes through the year, so must we. The activities that serve us during the summer months may not be suited for us during the colder months of the year. Let's walk through some of the most important shifts you can be making to support your health as the temperatures drop.

1. Ditch the raw food and iced drinks — cold food and drink can really hinder our digestive organs' ability to function efficiently - leading to abdominal pain or diarrhea. Think of your digestive system as a pot bubbling on the stove. Every time you add iced drinks or raw food it lowers the temperature and takes time to return to a boil. Eating slow-cooked soups/stews, opting for oatmeal instead of smoothies, using warming spices like ginger and cinnamon, are all ways to support our digestive fire.

2. Keep warm (especially the nape of the neck) — The external environment is considered a cause of disease in Chinese Medicine. Cold can invade our

bodies leading to runny noses, stiff necks, chills, etc. Keep the nape of your neck covered and protected from wind and cold by using a big scarf!

3. Get Introspective — Our energy moves inward and downward in the winter causing many people to feel the need to slow down and take stock of things. Taking your foot off of the gas pedal might be just what you need right now! This is a time of rest and recuperation. Nourish your body and conserve your energy for the new year.

4. Opt for slower, less intense workouts — the Winter season is dominated by Yin - the slow, nourishing aspect of our bodies (and the world around us). This is in stark contrast to the hot, fast-paced Yang energy of summer. Don't feel the need to push yourself to the same limits all year round. Take it slow and listen to your body. Recharge now and bloom again in the Spring

With these tips in mind, you should be more than ready to take on the Winter! As always, if you are curious about learning more you can always contact your local Acupuncturist for more information.

Jon McDonell, R.A



Community Matters



Die Kleine Kinderschule

Are you looking for an amazing preschool for your child or children? One where a second language is taught through play? Then we have the perfect solution for you. Die Kleine Kinderschule has three locations, to better serve families from all around the Edmonton area. One in Forest Heights, one in Rideau Park (German Club) and one is directly located in Rio Terrace School! The program is perfect for your child/children to get used to the school setting and to make long lasting friendships. And the best thing is, no pre knowledge of German or English is required. The wonderful/dedicated teachers help to prepare for Kindergarten with a lot of planned and fun activities for your little one(s), to nurture their curiosity and cultural sensitivity through activities such as songs, crafts, and story time - in both German and English. The cognitive benefits of learning a second language will boost your kid(s) 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.



You will see that 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.

We have a few open spots in our classrooms available, so if you haven't yet signed up, and are interested in giving your kid(s) the gift of a second language, don't wait and contact one of our amazing registrars at the info provided below:

Forest Heights: Sabrina, sleepingdkk@gmail.com

German Club: Angela, agulaydkk@gmail.com or

780-690-9186

Rio Terrace: Jen, JennaTye@outlook.com or

780-710-0376

We are looking forward to seeing all of you!

Lydia Rose DKK



River Valley News



Loveliness of ladybugs part of winter's huddled hibernators

Ladybugs do not migrate or move to warmer locations when the cool fall air approaches. Being an ectotherm, or cold-blooded organism which draws warmth from their environment, means that the winter cold will render these species inactive. So nearly all 450 native North American species hibernate.

When searching for hibernation locations, ladybugs will search for prime locations that are free from predators, are shielded from the wind, and unlikely to be disturbed. In their native habitat, hibernation locations could be under tree bark or in nooks of trees. But in the human developed landscape, there are other options. Cracks in buildings such as sheds and garages or in leaf litter under a deck can also fit the bill.

These prime locations are in high demand, so ladybugs are bound to bump into each other here. But they go beyond this, knowing that many ladybugs will provide better protection against the elements. To attract more towards these prime locations, they will emit an attractant pheromone similar to that

used to deter predators and attract mates.

This results in ladybugs hibernating in the hundreds and even thousands. A group of ladybugs is called a loveliness, so a hibernating group can be referred to as a Loveliness of Ladybugs. More at <https://www.ealt.ca/blog/huddled-hibernators>

Luminaria winter festival at UofA Botanic Garden

This festival runs Nov 27-Jan 9 and includes a variety of activities. Wander candle-lit pathways in the serene Kurimoto Japanese Garden. Sip hot apple cider, while the sounds of a capella singers fill the air. Send a message to the world on a Wish Tree. Light a candle for a loved one in Memory Lane.

Immerse yourself in a joyful animated light display set to music in the dramatic Aga Khan Garden. Celebrate Indigenous experience, including a new sculpture by noted artist Jason Carter. Say hello to the illuminated Snow Sprites and bow to a beautiful Snow Queen. Eat, drink and be merry!

Special activities include the Northern Light Dining Experience, a gourmet three-course fondue dinner in a private dining dome nestled in the snow. Join Mackenzie Brown for Indigenous Dark Sky Storytelling, a unique and personal experience through drumming, singing and interactive star creation storytelling. Info and tickets at

<https://luminaria.ualberta.ca/>

Solar project awaits judicial review decision

A judicial review brought forward by the Edmonton River Valley Conservation Coalition was heard Nov 19 in Alberta's Court of Queen's Bench, calling for the project's approval to be deemed invalid and returned to city council for additional consultation. A decision by Justice Fraser is expected to be released in a written decision after reviewing the arguments made by both parties.

Community Matters



ERVCC legal counsel Alexander Yiu focused on how city council made the decision, arguing they were required to outright vote on if the river valley was an essential location for the solar farm as per a city bylaw. A vote on that specific question did not take place, but the bylaw amendments to allow for rezoning were approved.

On behalf of EPCOR, Michael Marion countered that they do not believe a specific vote on deeming the location essential was required. Even still, he argued that would not change the outcome of the seven councillors who voted in favour.

“Council had made a legislative decision to amend the area redevelopment plan to specifically contemplate this solar project,” he said. “We submit there’s no requirement to deem it essential.”

Marion also argued that the coalition does not have legal standing in bringing the judicial review forward in the first place because the solar farm is being constructed on property already occupied by EPCOR and would not be considered a public utility.

Despite the review, construction began on the project this summer with completion scheduled by next summer, as some solar panels have already been shipped with installation set to begin next month. Read more at

<https://edmontonjournal.com/news/local-news/battle-over-council-approved-solar-farm-in-edmonton-river-valley-heads-to-the-courtroom-through-judicial-review>

Epcor solar power plant

Melanie writes “Thanks for the newsletters! I’m so gutted to see the solar panels going up. Will you share an update on what the heck happened with the court injunction or whatever legalese was trying to hold this up?

Comment or contribution

If you have a comment, concern, or question, contact us at nsrivervalley@gmail.com. Please also email us river valley photos or event information. Your friends, neighbours and colleagues can sign up for this newsletter on our web site.

Sincerely yours,

Harvey Voogd

North Saskatchewan River Valley
Conservation Society
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Community Matters

RIO TERRACE SCHOOL PLAY AREA UPDATE

OUR GOAL

We have raised \$154,929 towards our new play area! We applied for the CFEP grant of \$125,000 through the province this Fall and will hear if we have been successful in March 2022. Cross your fingers!

GOOD NEWS!



Have you seen our new trees? In September, we planted seven new trees in our schoolyard with the funds we received from the Tree Canada Greening Canada's School Grounds grant. Kiwi Nurseries was very generous and planted seven big, beautiful trees, a mix of coniferous and deciduous species, that will provide many benefits to both our school and neighbourhood communities for years to come. Thank you to Tree Canada, our community sponsor Northbridge Financial Corp., and Kiwi Nurseries for your generous support!

DONATE!

Donate to Rio Terrace Community League and get a tax receipt!

The Rio Terrace Community League BUILDING SOCIETY (892822768RR0001) is currently campaigning for a new Rio Terrace School playground. 100% of funds go to the new playground redevelopment project and you get a tax receipt! Info on the Rio Terrace Community League website, or donate directly at: donorbox.org/rio-terrace-school-park

Thank you to the community for participating in our fall fundraisers!

Big Bin and Bottle Drive raised \$958.90 and the community league memberships sold at the Big Bin raised around \$2100 which RTCL is generously donating to the Rio Terrace School play area redevelopment. Thank you!

COMING NEXT...

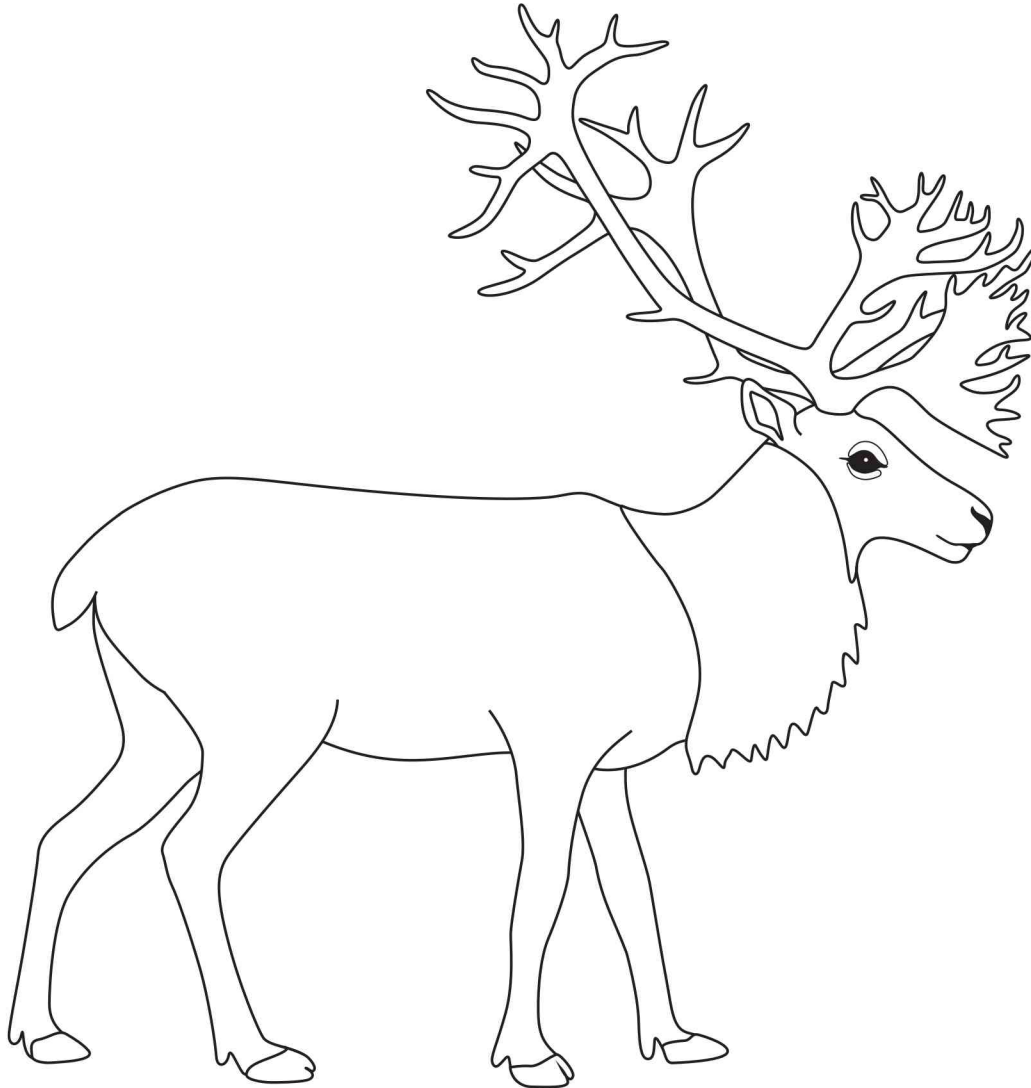
The next step in our play area redevelopment is the construction of the outdoor classroom. With the generous support of the TD Friends of the Environment Foundation, we plan to begin construction in Spring 2022.

Thank you for your support and Happy Holidays!



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

COLOUR ME!



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Common name: Boreal woodland caribou **Latin name:** *Rangifer tarandus caribou*

Description: Boreal woodland caribou live in Alberta's boreal forests. They need large contiguous areas of old-growth conifer forest, with low levels of disturbance, to provide refuge from predators in the winter. Caribou primarily eat lichen which is found in forests and peat lands.

The boreal woodland caribou is listed as "Threatened" under Alberta's Wildlife Act. The main threats faced by the caribou are from habitat loss, fragmentation and degradation, disturbance from human activities, and from wolf predation exacerbated by these activities.