

Community Matters

May 2022 Issue

President's Message

Spring has sprung! Here's to lots of warm and sunny days to come!

While we are all looking forward to more time spent outside and in the sunshine the Rio Terrace community league needs YOUR help. We are looking for volunteers. Whether you only have 1 day/night to spare or you have more, we want you!!!

For those looking for a minimal commitment, we need volunteers for our casino on July 30th & 31st to help fund the events and programs that contribute to making Rio Terrace an amazing community. This opportunity generates over \$70,000 for our league and is an essential part of funding our operations. Check out rioterrace.ca to sign up.

For those looking for intermittent involvement, we are looking for 1 or 2 more people to join our *almost* complete newsletter team. This only requires time every 3 months!!!

If you have a little bit more time to invest, we also need a new Vice President and Treasurer. While the treasurer role in some organizations can be a large daunting role, this is not our situation. The Treasurer issues cheques, monthly reports, and year-end financial statements. However, it's not as much work as one would think! The league employs an accountant and bookkeeper that handles the day-to-day data entry. We also have an online

Table of Contents

Publication Information.....	2
Community League Membership.....	2
Contact Information.....	3
Green & Gold Garden.....	4
No Mow May.....	4
Buy Nothing Group.....	5
Plant-based Protein Meals.....	5
Soccer Report.....	8
Creating a Backyard Refuge.....	9
Die Kleine Kinderschule.....	11
Rio Terrace Community Preschool.....	13
Family Fun Day Event.....	15-16
Rio School Play Area Update.....	18
Street Flea Market.....	19
Comics & Activities.....	20-23

accounting system (Xero) and all of the books are clean and up to date. Training will be provided and anyone with some light accounting or bookkeeping experience would be well qualified.

The Vice President role requires no experience. The VP is responsible for attending monthly board meetings and presides at meetings when the President is absent. In addition, the VP manages casino activities, and reviews the Bylaws (which were recently completed), Policies and Procedures.

If you are considering volunteering in your amazing community, please do so! We need you!!! Stay healthy. Stay safe. Stay kind.

All the best,
Emma

Community Matters

Publication Info

Issues published quarterly in February, May, August & November.

Copyright © 2022 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 2022
Submission Deadline: Friday, July 29, 2022

Rio Terrace Community League Membership Information

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 or Quesnell neighbourhoods become annual membership holders, however membership is open to anyone.

Available at:

- Community social events using cash, cheque or credit card.
- Online at www.efcl.org using Visa or Mastercard only.
- Online at <https://www.rioterrace.ca/our-community/membership/> (you will be redirected to a payment page)

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 rentals)
- 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
- Jasper Place Leisure Centre Community Swim on Sundays 4 to 6 pm

Connect with Us!

Website: <https://www.rioterrace.ca/>
Twitter: [@RioTerrace](https://twitter.com/RioTerrace)
Facebook: [RioTerraceCommunityLeague](https://www.facebook.com/RioTerraceCommunityLeague)
Newsletter: rtcl.newsletter@gmail.com

Community Matters

Contact Information

President

Emma Woolner

enewman@ualberta.ca

Past President

Lance Burns

Vice President

Vacant

Secretary

Deb Perram

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 Team

Deb Perram

Kristin Bauer

Marly Johnson

rtcl.newsletter@gmail.com

Newsletter Circulation

Jason Herstad

Preschool

Auriana Burns

rtcl.preschool@gmail.com

Signs

Jason Herstad

rtcl.signs@gmail.com

Director at Large

Kristin Bauer

Director at Large

Jason Herstad

Director at Large

Jen Osmond

Director at Large

Rachelle Roberts

rachelle.roberts@ualberta.net

Director at Large

Andrew Olsen

Community Matters



Ease up on mowing and participate in No Mow May

Started in the U.K. and picking up steam in Canada, No Mow May is a call to help wild pollinators and other wildlife in the greenspaces where we live. Trying to increase your lawn's diversity is important for urban nature because lawns are one of the largest green spaces in our cities. Canada has an estimated 6.2 million lawns.

If you imagine dozens and dozens of backyards doing things to improve habitat for native pollinators and migratory birds, this can have a big impact on nature and the quality of our urban ecosystems. By letting flowers bloom on your lawn, including dandelions, you can provide an important source of nectar and pollen for wild bees, butterflies, and other pollinating insects.

Bees and butterflies are the most familiar insect pollinators, while moths, flies, beetles, and ants are lesser-known pollinators that still play an important role. In recent years, there has been a sharp decline in some pollinator populations due to climate change, habitat loss, loss of native plants, and pesticides.

A U.K. study found that changing a mowing routine and allowing plants to flower can create enough nectar for ten times more pollinators. It is suggested to mow your lawn every four weeks, which results in a higher number of flowers on your lawn. Tips on how to attract pollinators at

<https://www.natureconservancy.ca/en/blog/archive/saving-the-bees.html#.YmmUjdrMI2x>

-North Saskatchewan River Valley Conservation Society



Want to Get Your Hands Dirty?

It's the Year of the Garden and a perfect time to check out the Green and Gold Community Garden on the University of Alberta's South Campus. Join us for our 14th season and the opportunity to learn more about gardening, volunteer at a very special community garden, and become part of the larger Edmonton gardening community.

Our garden is totally volunteer run, and with (continued on page 5)

Community Matters

over 50 varieties of vegetables, a large assortment of herbs, flowers, fruit orchard, and a hoop house—the opportunities to get involved are numerous—and varied. Novice and experienced gardeners are welcome!

The Green and Gold Garden is a “garden with a difference.” Because we are totally volunteer run, 100% of the money raised from produce sales at our market days throughout the summer go to support the Tubahumurize Association in Rwanda. This non-profit offers socially and economically marginalized women vocational training, counseling, health care education, and micro credit loans for sustainable income generating activities.

Don't want to get your hands dirty? Don't worry, we have other volunteer opportunities that contribute to the successful operation of our Garden with a Difference.

To find out more, go to our website: www.greengoldgarden.com or email gggarden@ualberta.ca.
-Patricia Hartnagel



Buy Nothing Facebook Group

The Buy Nothing Project is the world's biggest gift economy, being used in communities around the world, allowing neighbors to share freely with one another.

We would love to have you join our community group.

What is a gift economy? **It means everything shared on Buy Nothing is given freely, no money, no barter, no strings. Free.**

On Buy Nothing, you can post three things:

- GIFTS of items or services that others can use
- ASKS for things you could use
- GRATITUDES to show appreciation and thanks

It's quick and easy to join. Look up **Buy Nothing Rio Terrace/Quesnell Heights/Patricia Heights, Edmonton AB on Facebook**, request to join and make sure you answer the membership questions. It's that simple!

I personally have experienced joy and satisfaction in gifting items that I can no longer use to members in our community. I've also been on the receiving end and have been gifted items for our puppy amongst many other things. It's a wonderful way to have a positive impact on our environment while building community connections.

If you have any questions, feel free to message me on Facebook.
-Joanne Hajjar Olsen

Adding Plant-based Proteins to Your Meals

Alberta, Saskatchewan, and Manitoba are some of the world's biggest producers of
(continued on page 6)

Community Matters

beans, peas, lentils, and chickpeas. These plant-based protein foods contain lots of important nutrients that can support healthy eating.

Beans, peas, lentils, and chickpeas are high sources of fibre. They contain soluble and insoluble fibre. Soluble fibre is part of a heart-healthy diet; it helps lower blood cholesterol and blood sugar levels. Insoluble fibre helps your body absorb important nutrients, keeps your digestive system healthy, and helps keep your bowel movements regular.

High-fibre foods also help to keep you full and satisfied between meals. Most Canadians eat only half the fibre they need. If you want to eat more fibre, add high-fibre foods to your diet slowly, over a period of days or weeks.

It is important to drink enough water when increasing the fibre in your diet. Most adult women need at least 12 cups (2.7 L) of fluid each day; men need at least 16 cups (3.7 L).

Beans, peas, lentils, and chickpeas are plant-based proteins. Canada's Food Guide recommends eating plant-based protein foods often.

Plant-based protein foods are often lower in saturated fat than other protein foods. Foods low in saturated fat are important to help maintain heart health. Choose these foods a couple of times a week instead of animal-based foods as part of a heart-healthy diet.

Buy dried beans, peas, or lentils, and soak them in water at home before cooking. Or

buy low-sodium canned beans or chickpeas, and then rinse them with water and drain them before use to reduce the amount of sodium they contain.

Try adding canned or cooked lentils to replace half of the ground meat in your favourite chili recipe.

Puree canned chickpeas and use instead of ground meat in a spaghetti sauce recipe.

Pan fry canned black beans with your favourite herbs and spices, and put on top of nachos, burrito bowls, or tacos.

For more information, visit www.ahs.ca/nutritionhandouts and search 'fibre facts'.



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.



Great Hair Begins in your
Neighbourhood!



Collektive Hair Studio

Rio Terrace

15110 76 A ave

Book your appointment today!

RICH 780 990 7791

YUANITA 780 634 0098

Email: info@collektivehair.com

RECEIVE 20% OFF WITH YOUR
FIRST BOOKING!

WITH DISCOUNT CODE
"JUMP INTO SPRING"



www.collektivehair.com

IG@collektivehair



Community Matters

RTCL Community Youth Soccer Has Returned in a Big Way!



Registration numbers for the Rio Terrace Community Youth Soccer program for the 2022 outdoor season are back to pre-Covid levels, which of course is wonderful. Our current registration numbers for U9 through U19 community soccer are at 165 +.

Rio Terrace is hosting 9 teams in the EMSA/EMSAWest U9 - U19 community soccer program. Boys teams consist of 2 U9, 1 U11, 1 U13, 2 U15 & 1 U19 teams. We have 2 girls teams - 1 team playing at each of U11 and U13. These teams all started play on either May 1 or May 2 and they are well into their season already!

It is great to see that after 2 years of Covid driven restrictions to soccer programs, the 2022 outdoor season has returned to the pre-Covid program. Teams are scheduled to play league games twice weekly during May and June, with teams making City finals to conclude their season in early July.

All team rosters are full for both players and coaches / managers. Not only were player registration numbers great, but our much

appreciated volunteer support from parents ensured coaches and team managers were in place to support these teams. As a community we are very fortunate that so many of our residents do volunteer their time, effort, expertise and mentorship so that our community youth can enjoy a great soccer experience. We are only able to have such a successful community youth soccer program because of this great volunteer support. **Thanks to all of you volunteers.**

Our FunSoccer programs (U4/U5 and U7) are also underway with roughly 30 participants in U4/U5 and 40 in U7. These programs started on Monday May 9 and run twice weekly on Mondays and Wednesdays from 6:15 PM to 7:15 PM. All of the action takes place at the soccer field on the north side of Rio Terrace School. Feel free to stop by and watch the younger members of our community as they have a great time outdoors being active and learning some soccer skills. Roughly 1/2 of each session is focussed on skills, drills and games to help the players learn about soccer and develop their overall skills. Having FUN is the real aim of the program. Each session ends with a soccer game where the players hopefully exhibit their developing skills as well as their enthusiasm.

Registration for 2022/2023 Indoor Community Youth Soccer

Registration for Rio Terrace Community Youth Soccer program takes place in August via the EMSAWest on-line soccer portal. Play will start in October and continue through to early March. In August check the Soccer tab under the Program page of the Rio Terrace website for more information.

Community Matters

Creating a Backyard Refuge

After months of winter winds and falling snow, our beautiful earth is tilting, allowing northerly residents to emerge into the light of spring. We see our neighbours again! We greet each other with a friendly wave or stop to chat in the warm sunshine. Once again, we can spend hours outdoors, enjoying the long daylight. Our backyards and patios become an additional living space, providing a place to relax, socialize, and indulge in our hobbies. They are a refuge in which to slow down and appreciate the loveliness around us.

Not only do our outdoor spaces bring us joy, they can also provide a home for many of the native species that live in our city. Birds in particular, are delightful guests in our yards. Creating a habitat that invites birds into our space is also beneficial for the many butterflies, bees, ladybugs, and other important pollinators and insects that we all need to thrive. The first consideration when creating a backyard bird habitat is food. Birds eat seeds, fruit, nuts, and insects in varying proportions throughout the year. Planning your garden to include native plant species is a fantastic way to attract birds and pollinators to your yard. Check out birdgardens.ca, a website produced by Birds Canada, for ideas on which plants will work in our climate. Studies have revealed that birds who also have access to a supplemental bird feeder show less signs of stress and are generally in better condition than birds who do not have access to a feeder (2011-2013 Milkin University study, published in the journal of Conservation Physiology). Consider adding a bird feeder filled with shelled sunflower seeds to your yard to help birds as they navigate a world where habitat loss is increasing each year.

Secondly, water is a simple but incredibly effective way to attract all sorts of birds and bugs

to your yard. From an elaborate bird bath to a shallow bowl filled with clean, fresh water, H2O provides a place for birds to have a drink or take a refreshing splash during the heat of the summer. A small bowl filled with stones, topped up with water, and placed in a shady spot, is an easy way to allow bees, butterflies, and other pollinators to find a few drops of water on a hot day. Thirdly, think about how your yard can provide shelter for birds. Do you have native trees and shrubs for birds to roost or nest in? Can you make a brush pile to create a hiding spot from predators? Is there a quiet place to put up a bird house? And lastly, a backyard habitat should be free of harmful pesticides that kill the very insects that help our plants and animals thrive.

With some thoughtful planning around how to provide food, water, shelter, and a pesticide free environment, our yards can truly be a refuge. The haven that brings us so much joy can easily become a habitat for many native birds and bugs – increasing our satisfaction even more.

- Erin Dykstra, Co-Owner of Wild Birds Unlimited



Create a Refuge in Your Own Backyard

Save \$5 Off \$25

*Redeemable offer requires in-store purchase until August 31, 2022. Cannot be combined with other offers, not valid on gift membership or sale items.

Wild Birds Unlimited®
Nature Shop

BIRD FOOD • FEEDERS • GARDEN ACCENTS • UNIQUE GIFTS

12204 - 107 Ave NW, Edmonton, AB T5M 4A8
(587) 521-2473 www.wbu.com/edmonton

Community Matters

UNCLE GLENN'S PUB NIGHT FOOD, FRIENDS & FUN

Everyone Welcome!

FRIDAY MAY 27TH, 2022

7666-156 STREET RIO TERRACE

7:30PM – Whenever

SNACKS COMPLIMENTS OF FELICIA DEAN & JEN OSMOND
RE/MAX EXCELLENCE



FELICIA DEAN & JEN OSMOND
REAL ESTATE

GOOD TIME TO SELL!

LOW INTEREST RATES & LOW INVENTORY

WE WOULD BE HAPPY TO MEET WITH YOU TO
DISCUSS THE MARKET, PROVIDE A FREE NO
OBLIGATION MARKET EVALUATION OR
GIVE GENERAL REAL ESTATE ADVICE

CALL FELICIA OR JEN DIRECT AT
780.289.6670 OR 780.289.6671
WE LIVE, WORK & PLAY
IN THIS NEIGHBOURHOOD

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

Community Matters

Die Kleine Kinderschule

Are you still looking for an amazing preschool program for your child or children? One where a second language is taught through play? If so, we have the perfect solution for you.

Die Kleine Kinderschule (German/English Preschool) 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!

It is our philosophy that a child learns a language by exposure to it. While not all of the children hear or speak German at home, our school provides a German/English-language setting on a regular basis for children at all levels of linguistic proficiency.

NO knowledge of German is required nor are the parents expected to know German. In the classroom, our playschool teachers speak German and English, 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!

Furthermore, our wonderful, dedicated teachers help to prepare for Kindergarten with a lot of fun activities for your little one(s), to nurture their curiosity and cultural sensitivity through activities such as indoor and outdoor play,

singing, reading of books, puzzles as well as crafts, painting, block building, housekeeping play, and gym periods.

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.

Learning a second language is a perfect workout for the frontal lobes of the brain, the same part that handles memory, multitasking and other skills associated with intelligence. Even a little language learning goes a long way in terms of cognitive benefits and getting a head start in school.

If you want to give your child the gift of a second language, go to www.dkkplayschool.org for online registration. Spaces are assigned on a first-come first-serve basis so register early to secure your spot. We are looking forward to seeing all of you!

- Lydia Rose, DKK



Community Matters



Your
Trusted
Neighbourhood
Plumbing and
Heating
Experts!

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

Simply  **ORTHODONTICS**
...Beautifully different



Bringing smiles to life

*Your Community
Orthodontist*

Specialist smile care for
youth, teens and adults

780-756-7600

Stony Plain Rd & 150 St

SimplyOrtho.ca

Community Matters



As spring finally peeks its way around the corner, I am happy to share an update on Rio Terrace Community Preschool. As our preschool space is under repair, we have been welcomed into a fantastic classroom at Rio Terrace Elementary School. The school has been so gracious and it has been a wonderful opportunity for our preschoolers to be in a school with the 'big kids', who are so kind and patient with our little ones! It is truly in times of change that we are reminded of how amazing this community is. We had our preschool families, the community league, our parent executive committee and previous preschool families from neighbouring communities pulling resources together to support us during this transition. We count ourselves so fortunate to be part of this community of support!

In the weeks we were waiting for approval to move into our temporary space, we went on field trips to Muttart Conservatory, the Edmonton Valley Zoo, Ortona gymnastics, ATA Martial Arts, lots of park dates and the kids had the chance to become Pizzaiolo's and make their own pizzas at Famoso Pizzeria. They even learned how to toss the dough in the air! Best field trip ever!! This month we are going to learn all about pedestrian safety at Safety City. We have loved having a music teacher come in monthly and the children are learning all about mind and body wellness with Amie Jonas Yoga each month.

Our fundraising team has been working hard planning an amazing Family Fun Day on

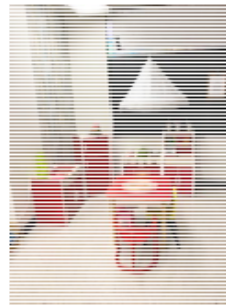
June 4. It is going to be a full day of fun activities for all ages! The festivities begin at 12:00 in the park beside Rio Terrace Community Hall. We are looking so forward to being together and celebrating our community and Rio Terrace Preschool with you. Everyone is welcome, so invite your family, friends and neighbours!

Thanks to the Childcare Affordability Grant, we have been able to decrease our tuition fees by \$75 per month for each preschool child! Families who have children enrolled in licensed preschool programs are also now eligible to apply for childcare subsidy in an effort to make early learning programs accessible to everyone. With these supports from the provincial and federal governments, many families will be eligible to access preschool at no cost!

We have a few spaces available for the 2022-2023 preschool year. Registration is now online and can be accessed through our website at www.rioterracepreschool.ca. If you have any questions about registration or would like to book a time meet the teachers please feel free to call 825-439-8875 or email us at rtpedm@gmail.com. Our award-winning program is child centered, play based learning with a strong focus on social communication and emotional regulation.

We follow FLIGHT: Alberta's Early Learning and Care Curriculum Framework which nurtures children's dispositions to learn and values that every child is strong and capable; each one a mighty learner.

Community Matters



“Play is the answer to how anything new comes about.”

~Jean Piaget

Playfully Yours,

Shaylene Saxton – Teacher

Jana Konelsky – Teaching Assistant

WELCOMING ALL NEW PATIENTS



**This Newsletter's fun
dental fact:**

48% of young adults
have untagged
themselves from a photo
on Facebook because of
their smile

Located inside Meadowlark Mall

780 – 484 – 1336



RIO TERRACE COMMUNITY PRESCHOOL
15500 76 AVENUE

Family Fun Day

A FUNDRAISER IN SUPPORT OF THE PRESCHOOL

.....

FUN FOR KIDS	FUN FOR ADULTS
• BOUNCY CASTLES	• FOOD & BEER GARDENS
• FACE PAINTING	• 50/50 DRAW
• BALLOON ANIMALS	• GARAGE SALE

FUN FOR FAMILIES

- BANDS & PERFORMANCES
- YOGA, ZUMBINI, TENNIS

9PM MOVIE SCREENING OF THE
ANIMATED FILM
"BACK HOME AGAIN"

LOTS OF FUN FREE ACTIVITIES!

**JUNE
04**

**FUN STARTS
12:00PM**

FOLLOW US ON
SOCIAL MEDIA &
STAY UP TO DATE



Community Matters

Back Home Again Movie Screening 9pm



We are excited to announce our first event for the Rio Terrace Community and Preschool since Covid-19. We will be gathering to support our local Preschool and promote an amazing short film Back Home Again, an animated reimagining of one of the largest wildfire evacuations in Canadian History, as told through the eyes of the woodland creatures living nearby.

The award winning Back Home Again movie was inspired by community resiliency after one of the largest wildfire evacuations in Canadian history impacted the lives of more than 80,000 residents. Told through the eyes of the woodland creatures that inhabit the land of Fort McMurray Wood Buffalo, Back Home Again has an all-star voice cast that aims to build mental health awareness and spark conversations in communities across Canada and around the world. Including Jeremy Renner, Martin Short, Kim Basinger, Eugene Levy, Norm Macdonald, Catherine

O'Hara, Michael J. Fox, Howie Mandel, Lorne Cardinal, Gordon Pinsent, Mena Suvari, Bill Burr, Tom Green, Tantoo Cardinal, Marlon Wayans, Harland Williams, Sherri Shepherd, Scott Thompson, and Ed Asner.

Screenwriter/Director Michael Mankowski (born and raised in Fort McMurray) calls this a "love letter to his community." It's a local story with a global message. Executive Producer Charmaine Hammond describes the movie as a "conversation starter about hope, community and mental health, a global conversation needed now more than ever."

The Rio Terrace Community Preschool welcomes everyone to explore and enjoy our fun in the park from 12pm-10pm. There will be a 50/50 draw, beer gardens, bouncy castles, face painting, balloon animals, a magician, garage sale, food and drinks, cotton candy and snow cone concession, live music, yoga, zumba, a dunk tank and so much more! Covid -19 has impacted so many lives, our school and community. This is an event to connect our current and future preschool families, the community and celebrate the end of the school year. We look forward to seeing the community come together and enjoy a day of fun!

Volunteers Needed!

If anyone is wanting to volunteer at our event please sign up online at volunteersignup.org/88YCM. If you have any items you would like to donate to the garage sale please contact Ashley via email at williamsa42@hotmail.com or by phone at 780-993-4997 to arrange pick-up or drop off.

Community Matters

WHY EVERY PET OWNER NEEDS TO SCOOP THE POOP

40% OF PET OWNERS DON'T PICK UP THE DOO-DOO.

IT WAS SMALL. I FORGOT MY GLOVES. IT WENT AWAY EVENTUALLY. THAT DATE ANYTHING MIGHT SEE ME TROUBLEING YOU. IT'S FERTILIZEN.

1 GRAM = 23 MILLION
FECAL COLIFORM BACTERIA

71 MILLION = 4.4 BILLION
NUMBER OF DOGS IN THE USA. POUNDS OF DOG POOP ANNUALLY

DOG POOP IS ONE OF THE MOST COMMON CAUSERS OF THE FOLLOWING DISEASES:

HEARTWORMS E. COLI ROUNDWORMS
TAPEWORMS HOOKWORMS CRYPTOSPORIDIOSIS
GIARDIASIS SALMONELLOSIS CAMPYLOBACTERIOSIS

THE DAMAGE:

- AT SOME BEACHES, BACTERIA-CONTAMINATED SAND MAY BE A HEALTHY RISK TO YOUR CHILDREN.
- THE BACTERIA IN DOG POOP CAN CONTAMINATE THE SOIL AND WATERWAYS WITH TOXIC CHEMICALS. THEY ALSO END UP IN OUR OCEANS WHERE THEY KILL MARINE WILDLIFE.
- SOME STATES HAVE PROHIBITED DOG POOP BAGS SINCE THE LAST FEW YEARS TO ENCOURAGE DOG OWNERS TO CLEAN UP AFTER THEIR PETS.

THE GREEN WAY TO DO YOUR DOODY DUTY:

- DON'T USE A PLASTIC BAG.** PLASTIC BAGS DON'T BIODEGRADE. THEY BREAK DOWN AND CONTAMINATE THE SOIL AND WATERWAYS WITH TOXIC CHEMICALS. THEY ALSO END UP IN OUR OCEANS WHERE THEY KILL MARINE WILDLIFE.
- USE A POOPER SCOOPER.**
- BUY BIODEGRADABLE BAGS.** LIKE THE BOBBAG OR SPIKE'S BIODEGRADABLE BUSINESS BAGS.

For more doggie-doo downloads and products, visit us at www.woolandarts.com

RIO TERRACE COMMUNITY LEAGUE
CASINO FUNDRAISER
JULY 30 & 31, 2022
Volunteers needed
PURE CASINO
YELLOWHEAD
12464 - 153 STREET

RIO TERRACE COMMUNITY LEAGUE EXECUTIVE BOARD IS SEEKING

TREASURER ON THE BOARD

BOARD MEMBER NEEDED

The Treasurer position issues cheques, monthly reports, and year-end financial statements. However, it's not as much work as one would think! The league employs an accountant and bookkeeper that handles the day-to-day data entry. We have an online accounting system (Xero) and all of the books are clean and up to date. Training will be provided and anyone with some light accounting or bookkeeping experience would be well qualified.

WWW.RIOTERRACE.CA

Community Matters

HELPING MORE KIDS PLAY AT RIO!

Rio Terrace School Play Area Update



GREAT NEWS!

The Rio Terrace Education Society (RTES) has been awarded the **Community Facility Enhancement Program (CFEP) grant!** This provincial grant (to be used for upgrading and renovating public-use facilities) *matches* funds raised. **Thanks to your generosity and the hard work of the Rio Terrace School Community in fundraising, we have been awarded the maximum matching amount of \$125,000!**

THIS CHANGES THINGS...

With the CFEP grant, we are now only \$54,000 away from our total goal of \$350,000.

This makes building the *entire playground* in 2023 feasible. We have chosen to defer building the outdoor classroom until next summer and do all the construction at the same time which will help save on some overhead costs.



DONATE!

Please help us reach our goal, we are almost there! There will soon be a brand

new space that is fun, active and enjoyable for everyone.

The Rio Terrace Community League is fundraising money to donate to the playground project. They have agreed to pass along 100% of donations made for the playground project (less fees) and can issue tax receipts for any donation over \$20. We are grateful for the generous support of the Rio Terrace Community League!

Scan the QR Code to donate right now!



BOTTLE DRIVE

We will be holding a bottle drive on Saturday, May 28th, 10 am-2 pm. Bring your empty bottles to the Community League parking lot to donate to the playground.

We really appreciate all you do to bring more play to Rio!



rtsplayground.ca

rts.playproject@gmail.com

facebook.com/RioTerraceEducationSociety

Community Matters



Rio Terrace Spring Word Search

S S I N O R T H S A S K A T C H E W A N G D G P M Z Y X G P
E T N C D C V K J M U O I N L P U S E N L A R A F T H F N L
N H H Y E L O P I E P Y S T A C T V I L N E N P Z F Z B I A
I G N G F C V Y V L T E Z J H A U K X C S G B Q R E U B K Y
P I D C I V R Q O I P U M R P C L P E C E N I V A R B D I G
U E N U V E O E N T Z G O A Q A G S H E P X J T I O O O B R
C H S X M D H U A S E S R B W H H O H V F A Y J Y G T N Z O
R A Y L I E M L U M H S A B A V O Y F I N V R G S O H Q Y U
O I Z I E M T N L X S D V I B L G H Y E C A R R E T O I R N
P C U H O R S I L E B D I T Y C P O H R S P R I N G U K A D
O I Q C C H R Y H H N O A S F N E I G H B O U R S C M N F X
Y R S U I L A I W W M S N R K G L E X M B C F U U J X R E E
C T A N P K T M U H U M E D F M Q G G J Z W U F E T L T N W
C A E C Q Q O C Z Q J C N U W H E Q V T I P S V Y L F W H X
I P J C S K Y G W I S N R C Q S R E E T N U L O V C Y K A W

biking
coyotes
icecream
northsaskatchewan
porcupine
rabbits
spring
volunteers

cats
dogs
moravian
patriciaheights
preschool
ravine
squirrels
walking

community
gazebo
neighbours
playground
quesnellheights
rioterrace
sunshine
whitemud

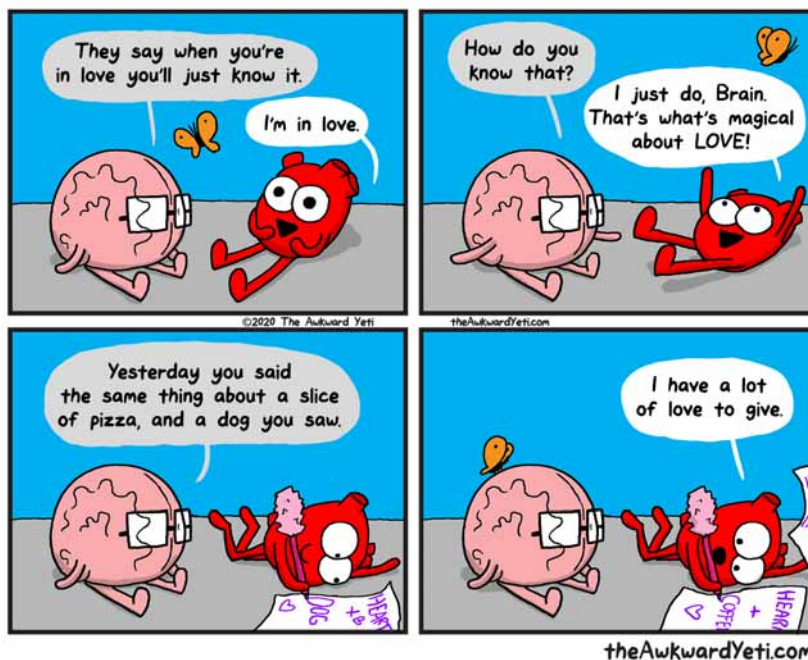
From Kristin Bauer via <https://puzzlemaker.discoveryeducation.com/word-search/>



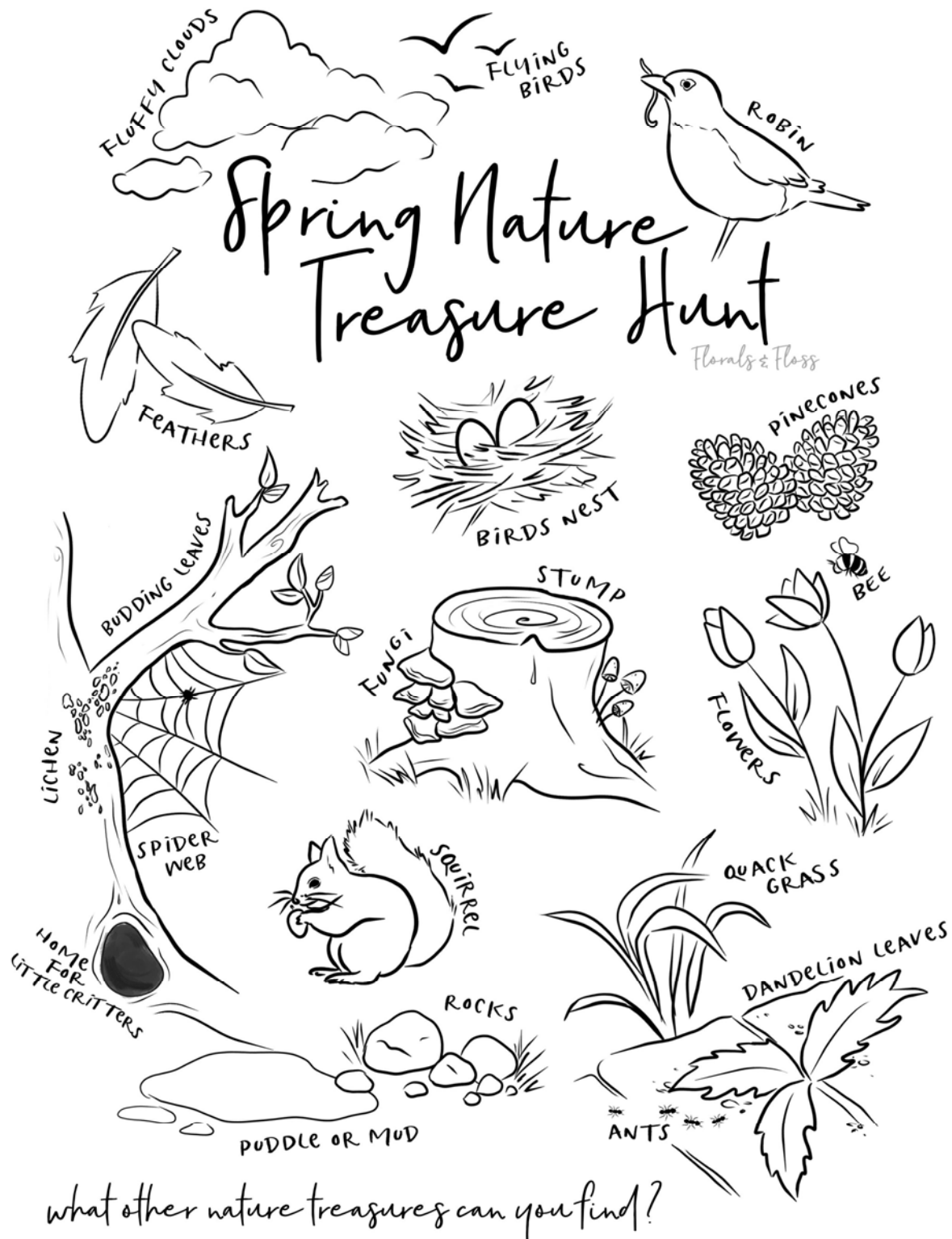
Peter Leveille
Broker/Owner & Realtor®
Seniors Real Estate Specialist, SRES®
Real Estate Negotiation Expert, RENE®
Over 16 years of Real Estate Experience!
www.abrealtylistings.com
780-487-4040



Community Matters



Community Matters



By Florals & Floss (<https://linktr.ee/floralsandfloss>)

A black and white line drawing of a garden scene. In the center is a large, rounded tree with a simple trunk and a canopy of branches. To the left of the tree is a large, fluffy rabbit sitting and facing left. To the right of the tree is a small bird standing and facing right. In the foreground, there is a large dragonfly with long legs and wings. Below the dragonfly is a snail with a spiral shell. To the left of the snail is a large mushroom with a thick stem and a rounded cap. To the right of the snail is a caterpillar with a segmented body and a small head. Above the caterpillar is a small worm. In the background, there are several flowers of different shapes, some with many petals and some with fewer. There are also some leaves and a small branch with berries. The entire scene is composed of simple black outlines on a white background.

© 2022 Boss Callard | bosscallard.ca