

Community Matters

August 2022 Issue

President's Message

Oh happy summer!!! Here's to sunshine and all the things associated with it!

As you might have noticed, the community league hall is finally undergoing repairs after a moisture intrusion that was discovered during routine maintenance. However, the silver lining is that we applied for and were awarded both a municipal and a provincial grant to help cover the immense costs of the repairs that is also allowing us to revitalize the exterior. This work will be complete sometime in the fall and the community hall will become operational during this period. The exact date that the building will be open is undetermined as of the time of me writing this message but we will notify the league when we have an official date (via Facebook, membership email blast, sign, etc.).

We, as a community league board, are also happy to report that after the COVID delay, we were able to have our casino on July 30th and 31st. In 2 days, the casino raises \$70,000 - 90,000 for the league and will go on to greatly benefit our community programming and operations for the next 2 years.

We are still looking for a Vice President! The Vice President (or VP) 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 (already done for 2022), and reviews the Bylaws (which

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were recently completed), and generates Policies and Procedures. If you are considering volunteering in your amazing community, please do so! We need you!!!

We hope that this message finds you well. Stay healthy. Stay safe. Stay kind.

All the best,
Emma

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

Publication Info

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

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www.rioterrace.ca

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

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Next Issue: November 2022
Submission Deadline: Friday, October 28, 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 (proof of membership required - so make sure to bring your card!)

Community Matters

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Community Matters

Ladies Drop-In Basketball

Come laugh and play with us. Ages 18 to 108.
Low key and all skill levels welcome. Exercise,
laughter and lots of fun.

See: www.pvcl.ca

Double Vaccination required



Most Thursday evenings, usually at
Lynnwood School. Try it once!
New people say "It's so much fun.
I'm glad I came!"

Contact: jayspik@gmail.com



Program of Parkview Community League

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.

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We hope you and your families are enjoying the warm weather, long days, and the feel of grass on your bare toes!

On behalf of our entire preschool, Jana and I would like to sincerely thank our neighbours at Rio Terrace Elementary School for welcoming us into their school community while we weren't able to use our space. We had a wonderful adventure exploring the school, playground and meeting so many people in our community!

With September sneaking up on us, we are very excited to be back into our preschool space. As lovely as our classroom was at Rio Terrace Elementary, our preschoolers were disappointed that we weren't able to move our two-storey indoor slide with us! We will be glad to be back into our very unique space, with our slide, climbing wall and beautiful windows.

For the upcoming school year, we have so many exciting learning opportunities planned. We have field trips, in class visitors, our amazing Yoga Teacher, Little Chefs cooking, outdoor play and exploration and so many hands-on play invitations, all targeted to meet the developmental outcomes that will set our children up for success!

Our fundraising team worked so hard to execute an incredibly successful Family Fun Day on June 4. We were finally able to come together and celebrate our preschool and our community! We are so excited to build

this event into a yearly event for the community to look forward to each June.

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 will 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 still 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 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.

"Imagination is more important than knowledge."

~Albert Einstein

Playfully Yours,

Shaylene Saxton – Teacher

Jana Konelsky – Teaching Assistant



How Much Should a Tree be Worth?

Along a street in Edmonton, mature trees sit protected by a green fence, near the construction of a new light-rail transit line. Signs affixed to the fence show the value of the foliage: A rosybloom crabapple tree is worth \$1,389, while nearby a spruce is pegged at \$2,185.

These price tags are somewhat of a common practice in Canada, where an assessment formula is used to determine the monetary value of a tree in case it is damaged or killed.

But forestry and biology experts say those dollar amounts do not fully capture the environmental value of trees in an urban landscape, especially as they play an increasingly important role in helping to deal with the effects of climate change.

Some of the benefits often unaccounted for, particularly in urban centres, include the cooling effect of trees and potential energy savings, their ability to capture carbon and their role in maintaining biodiversity. Read more at <https://www.cbc.ca/news/science/value-of-a-tree-environmental-climate-impact-1.6511142>

Elmwood Seniors for Seniors

Come and Join Elmwood Seniors for Seniors and get active in your community! Elmwood Seniors for Seniors is a volunteer based group working to get local Seniors together and active!

Current Programming Includes:

Mondays @ 10:30AM - *Move to the Groove*

Tuesdays @ 10:30AM - *Chair Yoga*

Tuesdays @ 12PM - *Yin Yoga*

Wednesdays @ 10AM to 11:30AM - *Coffee Social*

Wednesdays @ 1:30PM - *Fun Fitness*

Fridays @ 10:30AM - *Floor Yoga*

Drop ins \$10 per class, \$60 to register for a 6 week session

Coffee/Water/Juice \$1 and Snacks \$1.50

For more information please email elmwoodseniorsforseniors@gmail.com or elmwoodyveg@gmail.com



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Swainson's Thrushes More Likely to be Heard than Seen

This bird becomes numerous across most of forested North America during migration in spring and fall. During migration, their soft, bell-like overhead “peeps” may be mistaken for the calls of frogs. Though these birds can be hard to spot on the ground in a dim forest understory, they sing frequently in summer and call frequently during migration. In the breeding season, listen for their beautiful, flutelike song coming from the forest.

These largely arboreal foragers pluck berries, glean bugs from leaves, or perch on branches and stumps. They also bound across the forest floor to catch insect prey. Swainson's Thrushes have been called “mosquito thrushes” for their flycatching habit of going after flying insects while feeding on their breeding grounds.

You can make your yard more enticing to this bird by providing tree and shrub cover and ground-level bird baths, avoiding chemical pesticides, and letting leaf litter accumulate undisturbed. More at [https://www.allaboutbirds.org/guide/Swainsons Thrush/overview](https://www.allaboutbirds.org/guide/Swainsons%20Thrush/overview)

Swim for Less: Scona Pool Offers All League Members Swim Discount

Scona Pool is offering a flat rate of \$5 per person, for all Edmonton Community League members – from any Community League in the city. Show your Community League membership card prior to payment to get your discounted flat rate. Regular prices are \$6 for children and \$8.75 for adults.

RIO YOGA & MEDITATION



We have gone online!

So many good reasons to join us on Zoom.
Calm your mind, increase flexibility in your body!

October 4 – December 15, 2022

Tuesday 7-8pm

Thursday 8-9:30am

I miss teaching at the Rio Hall but folks seem to like the online classes. I hope that you will give it a try and join us for the fall session! Beginners are welcome!

To inquire send an email to khamdon@shaw.ca

www.consciousyoga.org

<https://www.facebook.com/consciousyogakarenhamdon>

A Special Thank You

You likely have no idea who I am, there is a high likelihood we have never met. That isn't important though. What is important is you, your community, and the love it has shown my family over the past six years.

(continued on page 8)

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All three of our children have now come and gone from the Rio Terrace Community Preschool. I (Shaun) have been a member of the preschool executive board since 2016. Our time spent with so many local families has been so special.

Though there are likely one hundred people I could thank, I want to pay special attention to a few. Sherry Waroway and Shauna Cloughton, we shared so many wonderful and challenging times on the executive board. I could not have imagined two better people to be in the trenches with. Auriana and Lance Burns, you made me feel so much a part of this community. Your support for the preschool and for me personally has been incredible and I cannot express my gratitude at an appropriate level. Jana and Chris Konelsky, we came into the fold at the preschool on the same day. Initially, Chris and I shared very successful fundraising efforts and friendship. However, and not to discount that, what comes next is far more powerful. Jana became the teaching assistant at preschool and both of my girls got to learn with her and from her, the love was magic.

Nothing was more special than our time spent with the preschool teacher, Ms Shay Saxton. Honestly words cannot describe our family's attachment to her and the school. Shay is truly inspiring. And not that cheesy inspiring thing people say, nope. She truly makes me want to be a better person, parent, and leader. Shay is everything.

In the summer of 2019, my kids were having a lemonade stand. Shay mentioned she would come by after seeing my wife's social media post. When she arrived and got out of her vehicle my son was standing on our front porch. When he saw her, he ran down the stairs, across the lawn, and into her arms. The embrace was just the best, I'm teary just thinking of it. What I didn't know was that Shay was returning from a visit with another preschool family, the momma was battling cancer, it was terribly difficult, and she needed the hug just as much as my son. That story is Shay, it's empathy, it's strength, it's love, and we are going to truly miss her so much. I have never known anyone like her and feel so lucky that our kids got to share in her light.

Thank you
Shaun and Amanda Good

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Die Kleine Kinderschule

Have you signed your little one(s) up for preschool yet? If not, hurry, Die Kleine Kinderschule still has a couple of openings.

Our preschool is bilingual (German/English) and teaches your child or children a second language through play. NO knowledge of German is required nor are the parents expected to know German.

Our school provides a German/English-language setting on a regular basis for children at all levels of linguistic proficiency. In the classroom, our preschool 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 amazed how quickly your child will start to understand and use simple words and expressions!

We offer our outstanding program at three different 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 within Rio Terrace School.

Furthermore, our brilliant, devoted teachers help to prepare for Kindergarten with a lot of fun and engaging 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 field trips, such as a visit to Telus World of science, to inspire discovery and celebrate science, as well as an excursion to the Muttart Conservatory (one of Canada's largest indoor botanical gardens), the Edmonton Valley Zoo, to learn all about the different animals, and exciting Ravine walks, to explore our nature around us.

All those are great pre-conditions for learning a second language, which 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 our user-friendly 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

Zwei Dinge sollen Kinder von ihren Eltern bekommen: Wurzeln und Flügel.

Two things children should receive from their parents: roots and wings.

J.W. von Goethe

"Play is the work of the child." Maria Montessori



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Rio Terrace 2022 Community Youth Outdoor Soccer Season - a Great Success!

2022 saw the return to normal (pre-Covid) programming for Rio Terrace community youth soccer. And it truly was a great outdoor season.

Our U4/U5 and U7 FunSoccer programs saw 75 eager and enthusiastic players have soccer sessions twice every week in May and June. The hour long sessions were a mix of skills drills and fun games followed by 25 - 30 minute long matches against the other teams in the same Rio Terrace based age groups.

The soccer field north of Rio Terrace School was a beehive of activity on Monday and Wednesday evenings as players, coaches, parents, grandparents and others gathered for fun and entertainment. A great big thanks to all parents who volunteered to act as coaches - the FunSoccer program does require a high ratio of coaches to players in order to be successful.

The U9 through U19 soccer program was also a great success this season. After 2 years of soccer not taking place, players (and parents) were eager to get back to community soccer and that showed in our registration numbers. Rio Terrace hosted 9 teams and had 165 players participate on these teams - numbers that are in line with recent pre-Covid levels.

We are very fortunate in Rio Terrace to have so many capable parents who

volunteer their time, energy and effort to coach and manage teams in our community youth soccer program. Adding in skilled and energetic players who continue to learn and perfect their skills leads to our teams have loads of fun and achieving lots of success during their seasons. Congrats to all of our teams for their success this season in both league and tournament play, but more importantly the growth in the players in both their soccer and general life skills.

Another Rio Terrace Tier 4 Gold Medalist Team has been Crowned!

Every few years a Rio Terrace team climbs to the top of the league standings, qualifies for Tier 4 Provincials (the highest level of community based soccer in Alberta) and continues their success while participating in the Provincial Championships. This year saw the Rio Terrace (Klappstein) U15 Boys team qualify for the Indoor season Tier 4 Provincials and finish a very respectable 4th in the Province. This team continued their fine play during the 2022 Outdoor season and once again qualified for the Tier 4 Provincial Championships. The team won all 4 of their games at Provincials to become the Gold Medalists - a great achievement. Congratulations to the coaches, players and parents for all of their hard work and efforts.

Perry Wynn, Rio Terrace Soccer Coordinator

UPCOMING SEASON INFO PAGE 15

Note: Registration deadline August 31, 2022 to secure a spot on a team.

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WESENIORS AMAZING RACE & CHALLENGE =

#WESENIORSCHALLENGE

We are very excited to announce that we will be hosting our 2nd Annual WESeniors Amazing Race and Challenge August 24th & 25th, 2022!

We are partnering with our Friends of WSAC partners and other Edmonton businesses and organizations to once again create 2 days of fun for seniors here in the greater Edmonton area!

In 2021, we hosted our first ever race and it was a huge success. Over 100 seniors were given passports and race maps so they could visit our partners across Edmonton and area! The businesses had fun games, treats, and beverages for everyone who came to their place of business, our centre gave away over \$500 in prizes and our participants loved it! The coverage was fantastic with participants and businesses sharing their experiences with their family and friends on social media. We even had a tv crew follow one of the teams as they made their way around the city!

WHAT IS THE WESENIORS AMAZING RACE AND CHALLENGE

You will start at our centre. We will give you an Amazing Race & Challenge Passport that will showcase all of the locations you can visit during your race. Next, you will make your way through the passport, visiting our partners who will have some fun

games and activities that we know you love too...old fashion games that you grew up playing!

- tic tac toe,
- pin the tail on the donkey,
- bean bag toss,
- lawn darts,
- a fun photo booth and more



TWO DAYS OF FUN – Choose 1 day OR participate both days...it's up to you!

Day 1 – Wednesday, August 24th, 2022 @ 9:00 a.m.

Day 2 – Thursday, August 25th, 2022 @ 9:00 a.m.

(continued on page 13)



PRIZES

It's not about who finishes the race the fastest...it's all about earning points!
The top 3 point earners will win some fantastic prizes!

- 1ST PLACE = A gift basket valued at \$200
- 2ND PLACE = A gift basket valued at \$100
- 3RD PLACE = A gift basket valued at \$50

PLUS

All 3 winners will receive a 2023 WSAC membership & a \$50 WSAC gift card to use in our centre (classes, events, meal programs)

DOOR PRIZES – GOODIES & MORE

All of our sponsors will have a fun door prize up for grabs! The more locations you visit = the more chances to win!

PLUS...treats, beverages, bling and more...each stop will have a little something for you!

EARN POINTS & THEN COME JOIN US FOR A FREE BBQ!

We will be hosting a FREE BBQ both days for all participants – 1:00 to 4:00 p.m.!

SUMMER WINE RAFFLE

We will be selling tickets for our fundraiser for our centre...purchase your tickets to win our summer wine baskets. Tickets will be available at our BBQ and the winner will be announced on August 26th.

HOW TO REGISTER!

The WESeniors Challenge is open to everyone aged 55+

You do not have to be a member of the Westend Seniors Activity Centre to participate – We are also encouraging them to tell a friend and help us spread the word! Participation is FREE!

VISIT OUR CENTRE – 9629 176 STREET
EDMONTON – MON TO FRI – 9:00 A.M. TO 4:00 P.M.

OR VISIT THE WEBSITE TO REGISTER AND LEARN MORE! - www.weseniors.ca

Registration deadline is Wednesday, August 17, 2022

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No microwave? No problem! Tips on Making Healthy School Lunches

If your child's school doesn't have microwave ovens, you can still send your child to school with a tasty and healthy lunch. Try these "no microwave needed" lunch ideas:

- **Yummy dippers:** Pack hummus with a whole-grain pita, carrot sticks, celery sticks or apple slices for dipping. Add a piece of low-fat cheese or a small container of milk.
- **Build your own wrap:** Let your child choose sliced ham, tofu or chicken, a low-fat cheese, lettuce or spinach, and tomatoes, peppers and cucumbers to wrap in a whole-grain tortilla. Add a side of canned or fresh mixed fruit.
- **Homemade soup:** Combine diced cooked chicken, reduced-salt chicken stock, cut-up fresh vegetables, whole wheat pasta and spices into a pot. Boil until vegetables and pasta are cooked, and transfer to an insulated container. Add a whole-grain bun, an orange and a small container of milk.
- **Stuffed pita:** Chop up leftover cooked chicken, turkey or beans, and put inside a whole-grain pita or a few mini pitas. Add bell peppers and shredded lettuce. Complete the meal with yogurt and a pear.
- **Leftovers:** Some foods can be eaten cold rather than hot, such as homemade pizza and hamburgers.

Keep food safe. Food safety tips for packing lunches:

- Use an insulated lunch bag rather than a plastic bag or box. This will help keep hot

foods hot and cold foods cold. Clean the lunch bag every day.

- Use a heat-preserving or insulated container for hot foods such as soup or chili. To keep food hot longer, fill your insulated container with hot water for a few minutes, then pour it out and fill with hot food.
- To keep foods cool and fresh, partially freeze items such as yogurt and milk, or put a frozen ice pack in the lunch bag.
- Remind your child to wash their hands before eating, or pack hand sanitizer in their lunch bag.

Sticking to the Point: Soothing Plantar Fasciitis and Foot Pain with Acupuncture

Over the last 5 years or so, I've noticed an alarming increase in cases of foot-related pain, namely, plantar fasciitis. Flare-ups are particularly common around the summertime, likely due to a combination of increased activity, poor footwear, and a lack of foot care.

Our feet are some of the most frequently used body parts we have, but many folks neglect them, which can lead to problems down the road. Many people stretch their calves or massage their shoulders - but when was the last time you gave your feet a little TLC?

Plantar fasciitis is caused by microtears in the plantar fascia, a thick band of tissue that runs across the bottom of the foot connecting the heel to the bones of the toes. This syndrome manifests with a sharp, stabbing pain at the base of the heel that is often worse with the

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first steps you take in the morning. This extremely painful condition can affect your ability to live an active life.

That said, there is a silver lining. As a result of seeing an increased number of cases - I've

been able to learn more about this condition and see just how effective Acupuncture and Chinese Medicine are at treating it!

In most cases, patients will begin to see relief within 3-5 treatments. A combination of electroacupuncture (connecting acupuncture needles to a low-level electrical current) and gua sha - a modality that involves "scraping" the bottom of the foot with a rounded tool made of stainless steel, jade, or ceramics - seem to be the solution for many.

While these therapies can feel a bit intense in the moment, it is well worth it for the quick and lasting relief they provide. I've seen patients go from 8/10 levels of pain to a manageable level of discomfort in just a couple visits. Based on my experience Plantar Fasciitis is an ailment that responds very well to the tools Chinese Medicine has to offer.

This is a condition that is best treated early in its progression, so if you are noticing symptoms starting up - it is best to get a head start before they spiral. That said, if you are suffering from chronic foot pain, you can still find relief; it may just take a bit longer

Jon McDonnell, R.Ac
The Wellness Clinic

Register NOW for the Rio Terrace Youth Community Soccer for the Indoor Season !!

Registration is underway for the 2022 -2023 Indoor community level soccer season that will begin play in October. Players need to be registered by August 31 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, so players born in 2004 through 2019 are eligible to participate.

The registration process for community soccer requires using the on-line EMSA soccer portal website (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.

Step 2 - Ensure that you have or obtain a valid (current cards will start with 22-XXXXX) community league membership. This needs to be acquired in advance of proceeding with the on-line player registration process. 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 or by contacting me at rtcl.soccer@gmail.com

Step 3 - Complete the actual on-line registration of individual players using the EMSA soccer portal (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

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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 may also be in effect depending upon timing of the acquisition of new soccer jerseys for our teams. The fees payable to Rio Terrace will be collected in Sept or early Oct via e-transfer.

Indoor teams will be formed in September and play will commence in mid-October.

Players registering after August 31 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 the end of August.

Perry Wynn, Rio Terrace Soccer Director

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 Rock Snake

Have you checked out the Rio Terrace Rock Snake yet? Located at the corner of 76 Avenue and 149 Street, there are so many beautifully painted rocks to admire. See if you can find the unicorn, volcano and Yoda rocks! If you'd like to help keep the snake growing, there are rocks in the dish below the sign. Select the perfect rock as your canvas and get painting!

Submitted by Marly Johnson, photo by Andrew Lee and Kringle the lab, a very good boy & model.



COMMUNITY KITCHENS

Rio Terrace Church
is in the process of developing a Community Kitchen, which will
bring together people from our community and nearby
communities to prepare low-cost, high-quality meals and
mitigate social isolation.

Details will be shared when available via
Rio Terrace Church and Rio Terrace
Community League.

Community Matters

HELP US TURN

this



Into this



Together We Can

ABOUT US

The Alberta Elks Foundation created the Tabs for Tots program in June of 2000 under the direction of Brother Nick Henger. Since its inception the program has collected 58,266 LBS of tabs, 123,876 LBS of other metal which equals \$176,452.75. As a result Tabs for Tots has been able to donate \$170,711.67 worth of pediatric medical equipment to our local hospitals.

REACH US

Email
noelle.brown@shaw.ca or
noellebrown123@gmail.com
for dropoff location
Noelle Brown - Rio Terrace



<https://elksfalberta.ca>

Alberta Elks Foundation



TABS FOR TOTS
Helping Regional
Hospitals
Since 2000



WHAT IS TABS FOR TOTS?

"Tabs for Tots" is a program of the Alberta Elks Foundation. It provides funds for Pediatric Care and Equipment for regional hospitals and health care units. The items are typically intended for delivery rooms, nurseries, or pediatric wards.

Applications to the Tabs for Tots program can be made by any Elks or Royal Purple Elks Lodge through one of its members.

Projects can receive up to \$5,000.00 from the Tabs for Tots Program

HOW CAN I HELP

Tab for Tots collects the "tab" off of beverage cans as well as other recyclable metals. The collection is sold for scrap and the funds collected are allocated for helping local hospitals



Did you know?

TABS ARE BEING COLLECTED IN A NUMBER OF DIFFERENT WAYS, INVOLVING SCHOOLS, DAY CARES AND BY LOCAL TRADES DONATING MATERIALS AFTER A JOB HAS BEEN COMPLETED

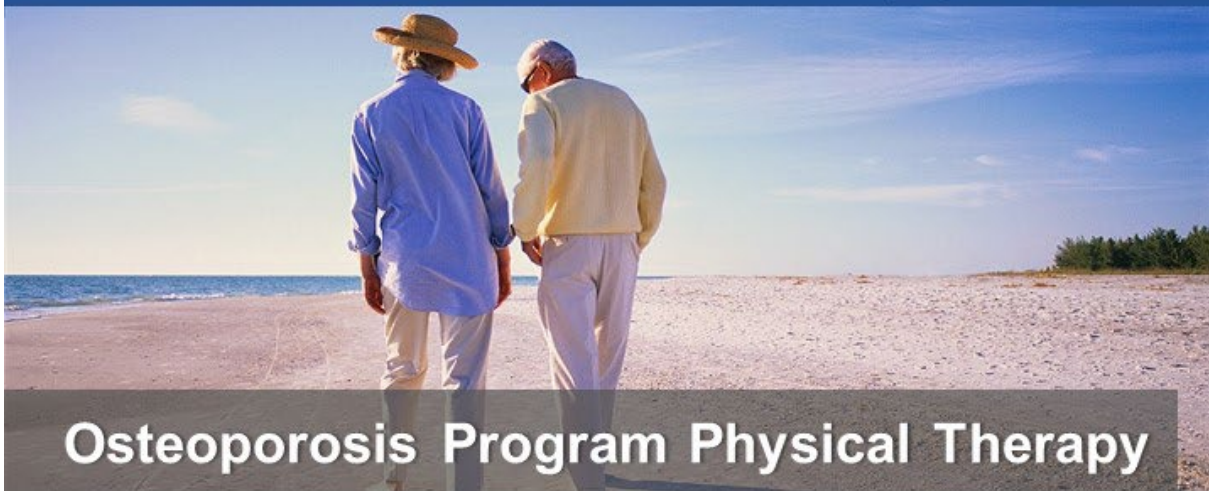


THE POWER OF TOGETHER

Collecting 58,246lbs. of tabs is no easy task. Together it is possible. Together we can supply much needed medical equipment to local hospitals all over Alberta. Together we can make a difference. You do not have to be a member to help.



PULL.COLLECT.DONATE



Osteoporosis Program Physical Therapy

Our virtual program provides a casual group setting where you can learn about Osteoporosis. Classes are a combination of education and practical sessions. Open to all Alberta residents

Topics and Practical sessions include:

- What is Osteoporosis, how does it affect me?
- Posture correction, back care
 - how to safely carry out everyday tasks, proper lifting techniques
 - Do's and Don'ts of Osteoporosis - how to reduce risk of fractures
- Fall prevention, home safety recommendations
- Activities to improve balance
- Exercises and fitness tips for strengthening and aerobic exercise
- Healthy eating to promote bone health
- Medications used to treat Osteoporosis

Course information

Held weekly for 7 weeks, class length 1 ½ hours

Class taught by a Physical Therapist. Also includes sessions with a Registered Dietitian, as well as a Pharmacist

Program and class information can be found on the Misericordia page under "Programs and services" on [CovenantHealth.ca](https://www.covenanthealth.ca)



If you have any questions or to book an appointment, please call:
Misericordia Physical Therapy Department: 780-735-2757



September 17

BIG BIN

SAVE THE DATE

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SUMMER SCRAMBLE!

*UNSCRAMBLE THE LETTERS TO
SPELL THE WORDS CORRECTLY*



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i b k e



t a e w m r l e n o



u e b l m r l a



n a d s a l s



n u e c s s r e n



s a n u g s l e s s



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Hedger Humor

The Cotton Candy

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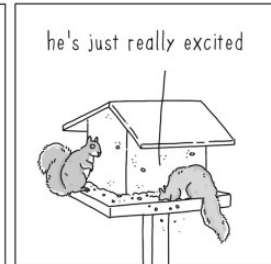
The da Vinci

Make a big production using
paint brushes and rollers.



The Ghost Hug

Douse yourself in a thick layer of
sunscreen, then embrace your kid.



Shared with permission by Adrienne Hedger(hedgerhumor.com) and Jimmy Craig (theycantalk.com)



Winner of the 2021 CNLA Garden Centre of the Year Award

Gardening Tips for Summer's End

As the summer comes to an end, our trees and shrubs start to shut down for the winter.

To help them make the process of going dormant easier, we'd like to remind you to STOP fertilizing by the end of August. At this time of year, we don't want to encourage our plants to focus their energy into new growth.

Advice for the Fall

- Remove all leaf debris beneath the plant to cut down on disease and pest issues for the next year
- You can divide mature perennials in the Fall (once the leaves turn brown)
- Yes, trees CAN be planted in the Fall! This helps reduce transplant shock
- Come visit us for expert advice on how to keep tender evergreens (ie. cedars) from drying out during the Winter
- As the weather starts to cool, adjust your watering schedule - Water less frequently!

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