

Community Matters

November 2022 Issue

President's Message

As winter approaches, let's look to the leaves, cool winter air and enjoy the shortest season!

Please join me in welcoming Kelly as our treasurer and saying goodbye to Brandon. We are sad to see Brandon go, but are happy to know that we will still see him around the neighborhood. We thank him for the many hours he has put in and his efforts in showing Kelly the ropes. Happy trails Brandon! Welcome Kelly!!!

As you might have noticed, the repairs to the hall are almost complete and the hall is open!!! And we look forward to the exterior renovations coming in the near future. The hall will remain operational during the exterior renovations.

We are ecstatic that our hall is back up and running. Furthermore, this Christmas season, we are to be host to 2 Christmas markets and a door swag workshop. We are, however, sad to report that we are still looking for volunteers for social events. As we do not have the capacity to man these events, we still cannot host social events. If you are interested in any capacity, please reach out. Ideas for helping might be to decorate the hall, run a booth, organize the event beforehand, etc.

If you would like to sign up for email updates about the comings and goings of our league, please do so at www.rioterrace.ca under the "Subscribe" tab.

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You can also purchase a membership under the "Our Community" tab. With a membership, you can use our tennis courts, large ice rink, community league swim at Jasper Place (Sunday 4-6pm) and, in turn, support operations of your community league.

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



Community Matters

Publication Info

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

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

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Next Issue: February 2023

Submission Deadline: Friday, January 27, 2023

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



Community Matters

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Community Matters

Sticking to the Point: Seasonal Affective Disorder

The days are getting shorter, and the air is getting cooler. The last of the leaves are falling from the trees. By the time you are reading this, there will likely be snow on the ground. It's the same story every year - but that doesn't necessarily make the process any easier - especially if you suffer from Seasonal Affective Disorder.

An estimated 2-3% of Canadians experience full-blown Seasonal Depression at some point in their lives. About 15% will experience a milder form known as Seasonal Affective Disorder. I suspect there is an even larger percentage of Canadians who suffer from these issues than we realize.

Symptoms of SAD generally begin in the Autumn and extend into the Winter. The most marked signs include: *an increased desire to sleep, not feeling rested, low energy during the days, low mood, increased cravings for starchy/sugary foods, weight gain, sadness, guilt, hopelessness, irritability, decreased sex drive, avoidant behaviors, etc.*

Whether it is due to a lack of sunlight, dropping levels of Vitamin D, or just less of the fun, fast-paced activities that summer brings - seasonal affective disorder is a real problem, and it can make living in a city like Edmonton much more difficult during the Fall and Winter.

Let's cut to the chase and discuss how to help treat Seasonal Depression:

Light Therapy: *Sitting in front of a lamp that produces at least 10,000 lux for 15-30 minutes during the morning can help to boost mood and energy levels. These lamps are generally quite affordable and easily*

accessed. Natural light is obviously ideal, but this is a simple and convenient solution otherwise.

Physical Activity: *Find ways to keep your body moving whether it is indoors, at a gym, or outdoors. There are many winter running groups, public skating rinks, etc., that can keep you active even in the cold. Find a winter activity that gets you excited to get outside!*

Acupuncture and Chinese Medicine: *These therapies can help to boost the body's "Yang" energy - the hot, active, fiery side of our physiology that is strongest in the summer. CM can help to naturally boost energy levels, improve mood, decrease stress/cravings, and boost the immune system.*

Normalize Sleep Patterns: *Try to keep your sleeping/waking cycle consistent to avoid throwing off your circadian rhythm.*

Psychotherapy or Counselling: *If you're experiencing any form of depression, it is always a good idea to sit down and talk about your symptoms with a professional who can provide coping mechanisms and tools.*

Hopefully, these tips will help you to gain control of your Seasonal Affective Disorder symptoms and empower you to embrace and even *enjoy* all that Winter has to offer! Make the colder months something to be cherished rather than dreaded.

-Jon McDonell



www.thewellnessclinic.ca

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Rio Terrace, Patricia Heights, and Quesnell Heights



We love our Seniors, We love our Neighbours, We love our Community!

Our Community is anxious to begin programming for our Seniors. We anticipate the program not only including our seniors, but our neighbours in general, through the Abundant Communities Program of the City of Edmonton. Stay tuned for further information in upcoming newsletters, and communication through our Community League.

Here's a list of active websites you may be interested in:

https://www.edmonton.ca/programs_services/for-seniors

<https://www.alberta.ca/alberta-seniors-benefit.aspx>

<https://www.canada.ca/en/employment-social-development/campaigns/seniors.html>

https://www.edmonton.ca/programs_services/for_communities/abundant-community-edmonton

We welcome your feedback – we want to understand and learn – your interests, and needs;

- Do you need help with a ride to an appointment?
- Or assistance with mowing your lawn or snow-shovelling?
- Do you want to join a bike group?
- Do you want to meet others?

We are hoping in the near future to organize informative sessions at our hall with topics of safety, fun, and many other subjects.

You are welcome, please send an email with your ideas and thoughts - rtcl.secretary156@gmail.com

Thank you!

Emma, Marly, and Deb

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Merry Makers Market!

Rio Terrace Community is proud to offer the:

Merry Makers Market!

Saturday, December 10, 2022

10:00 am – 3:00 pm

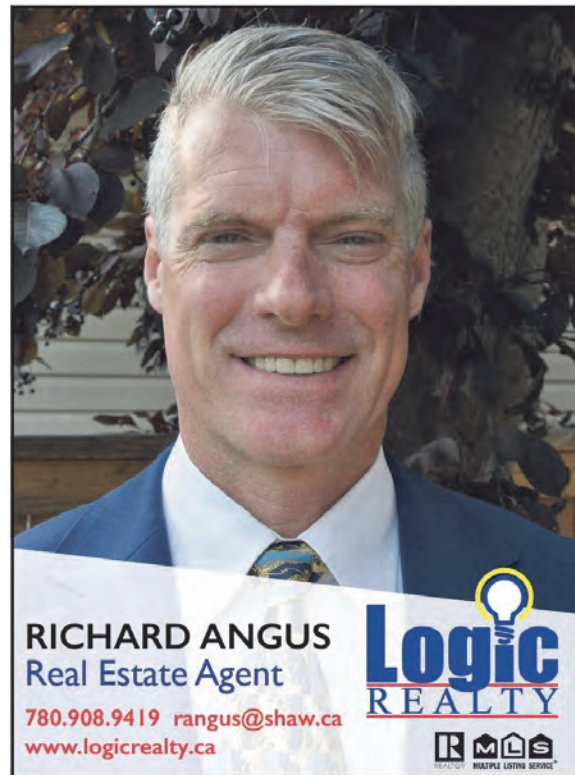
Rio Terrace Hall, 15504 - 76 Avenue NW

All ages welcome! Enjoy a variety of handmade goods and shop for local gift ideas.

Free event! Optional donation to the Edmonton Food Bank or Rio Terrace Education Society.

Interested in being a vendor? Are you a hobbyist or small business? We would love for you to participate! \$20.00 per table.

Email: rtmerrymakersmarket@gmail.com or text (780) 952-2900 for info. (Jen Easaw)



Westend Seniors Activity Centre OUTREACH SERVICES

WSAC's Community Outreach Department provides a variety of services such as:

- Assistance with completing forms
- Needs assessments
- Housing and supportive living information
- Information on seniors benefits
- Information on financial benefits
- Resources for people who may be a victim of elder abuse
- Information on transportation
- Referrals to home maintenance service providers through the Seniors Home Supports Program

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FROZEN MEAL PROGRAM

OPEN TO PUBLIC – Our meal program is open to everyone. You do not have to be a senior or a WSAC member to place an order.

FREE DELIVERY FOR SENIORS – available for seniors who do not drive OR who are unable to come to our centre

MADE FRESH - Fresh meat and vegetables, fruit, etc. are purchased the day before our kitchen staff prepare the meals.

EASY TO PREPARE - Meals are cooked and then frozen - you simply need to reheat.

LOTS OF VARIETY – Our menu changes weekly - you can visit our website to see the latest Entrees, Frozen soups, and baked goods for you to choose from!

PLACE YOUR ORDER & PICK UP RIGHT

AWAY – We will be updating our in-stock items daily on our website so seniors can pre-order or come by and pick up!

WSAC HOURS - Open for meal orders – Mon to Fri – 9:00 a.m. to 4:00 p.m.

TOONIE TALKS

Our “Toonie Talks” are educational presentations hosted by our Friends of WSAC partners. These are locally owned businesses and organizations that are dedicated to providing services to older adults.

If you would like to attend, you can contact our centre to pre-register. The cost is \$2.00.

By Email: info@weseniors.ca

By Telephone: 780 483 1209 ext. 225

PROGRAMS FOR OLDER ADULTS 55+

We offer over 40 registered programs here that accommodate a variety of fitness levels and interests. Some of these classes are also available as on-line classes via ZOOM. We also offer chair based programs for adults with mobility issues. Our programs include:

- Arts (watercolor, pencil, etc)
- Dancing (e.g. Clogging, Line dancing)
- Fitness (e.g. Barre, Dance Fit, Essentrics®, Sit Fit, Zumba®, etc.)
- Lifelong Learning (computer/technology, history)
- Taiji & Qigong
- Yoga

You can see the variety of programs we are currently offering on our website -

<https://weseniors.ca/in-person-classes/>

We believe that by offering programming for older adults in their own communities it gives them the opportunity to get to know their neighbors, create a sense of community and eliminates the need to drive outside the community to access recreational activities.

To see what recreation programs are being offered at each of the community leagues, please visit our website

<https://weseniors.ca/community-league-programs/>.

Community Matters

Thinking
about buying
or selling?



Complementary in
home market
evaluation

Jen Modry
Cell: (780) 953-3050
jmodry@maxwellrealty.com

Mark Dumesnil
Cell: (780) 293-0647
mdumesnil@maxwellrealty.com

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Help Preserve YEG River Valley and Ravine System Via Phone Photos

Most of us who spend time in Edmonton's river valley and ravines carry cell phones. If you are interested in helping contribute to a comprehensive data set of plants, birds, wildlife, insects and other forms of nature in our city's river valley and ravines, please participate in the iNaturalist.ca website and app. It is a great way to learn what species are known, and to submit photos that can become useful scientific data.

The link to iNaturalist records in Edmonton, which has nearly 30,000 photo records of almost 2,600 species is https://inaturalist.ca/observations?place_id=136028&subview=map

By helping document what lives in our river valley and ravines, you will be a citizen scientist contributing to a compelling database of why our ribbon of green must be conserved and preserved for us and

future generations.

It is also a neat way to check for records of, say, raccoons in Edmonton, which were recently in the news. There are no photos submitted from within the city limits, but there is a photo taken 3 year ago in nearby Sturgeon

County https://inaturalist.ca/observations?place_id=164051&subview=map&taxon_id=41663

Shared with permission by the North Saskatchewan River Valley Conservation Society

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.



DIE KLEINE KINDERSCHULE

DIE KLEINE KINDERSCHULE (DKK) is a bilingual German/English preschool located directly within the RIO Terrace School. Kids who start preschool here, will be able to establish long-lasting friendships which continue through Kindergarten all the way up to Grade 6 and beyond.

There could not be a better environment for little ones to learn a second language through play and the best thing is, **NO** pre-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!

Already 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**.

Studies have shown that there are several benefits of having a child exposed to a second language in early childhood.

Children who are raised bilingual or attend bilingual preschools, have demonstrated increased analytical and problem-solving skills, an improved capacity for abstract thinking and better working memory among other benefits.

Young children are naturally fast language learners because your little ones' minds are multiple times more capable of absorbing and retaining information than adults, therefore our brilliant/devoted teachers help to prepare for Kindergarten with a lot of fun and engaging activities, to nurture their curiosity and cultural sensitivity through activities such as indoor and outdoor play, reading of books, singing, puzzles as well as crafts, painting, block building, and field trips, such as a visit to the Edmonton Corn Maze, to establish teamwork activities as well as a visit to Edmonton's Public Libraries to enhance story time and discover the world of books.

All those are great pre-conditions for learning a second language. For additional information, visit our webpage, register and secure your spot. We are looking forward to seeing all of you!

Lydia Rose DKK



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Cheers to the New Year

Uncle Glenn's

PUB NIGHT

JAN 27

FUN FOR EVERYONE

Complimentary Snacks courtesy of
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Not intended to solicit properties that are already listed for sale

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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

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

Tabs 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 COMMUNITIES 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

Community Matters



We have had a wonderful start to our year at Rio Terrace Community Preschool! We are thrilled to be back in our preschool space with our amazing slide, climbing wall and beautiful windows!

Our preschoolers are settling into new routines beautifully and are making some wonderful connections with each other. Glow Yoga Kids has started coming into the preschool each month for each of our classes and the children are learning how yoga can help us take care of our body and mind!

In November we will visit Rutherford House to experience what it was like to grow up in the past. We have some exciting field trips and in class visits planned for the school year including Zoo2U, Safety City and Muttart Conservatory!

Our incredible fundraising team, along with our preschool families have been working hard getting ready for our annual Silent Auction. It has been 3 years since we have been able to come together as a community, so we are very much looking forward to being together! Mark November 25 on your calendar, get a sitter, and gather your family, friends, and neighbours for this wonderful night out of shopping, snacks, drinks and building community!


We have spaces open in our Tuesday, Wednesday, Thursday afternoon class. If you are interested or know someone who is, feel free to contact Shay at rtpedm@gmail.com.

Our days at Rio Terrace Preschool are filled with exploring Loose Parts, play dough, building blocks, measuring, weighing, balancing, reading, singing, dancing, painting, and most importantly, building social and emotional skills. So much learning!

“Our task, regarding creativity, is to help children climb their own mountains, as high as possible.”

By Loris Malaguzzi


Playfully Yours,
Shaylene Saxton – Teacher
Jana Konelsky – Teaching Assistant



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- Subconscious Imprinting Technique
- Chinese Herbal Medicine
- Reiki
- Cupping Therapy



the
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Christmas Door Swag Workshop



Back by popular demand! Two classes hosted by Joyce Fuerst.

On Saturday, November 26th (2 - 4 pm) and on Monday, November 28th (7 – 9 pm), Joyce is hosting two “make your own door swag” classes at the Rio Terrace Hall. She will provide all the necessary supplies and materials (fresh evergreen branches, ribbons, spruce cones, berries, dried twigs). Note: Students should bring wire cutters and a pair of pliers.

Cost is \$20 per student for one swag. Contact Emma for more info or to register at ENewman@ualberta.ca.

A maximum of 20 students per class, so register early to ensure availability. These classes fill up fast!

ABOUT: For 35 years, as owner and craft designer of Pine Cone Plus, Joyce Fuerst has had the opportunity to create a variety of unique decorative items (baskets, garlands, decorative vases, swags) for the Christmas season. Joyce will teach students step-by-step how to make their own seasonal artwork.

Adventsbasar



Dear friends and neighbours,

We are excited to share that Friday, December 9, 2022 marks the return of the annual Adventsbasar at Rio Terrace Community League Hall! As in previous years, this event is organized by volunteer families attending Rio Terrace School in the German Bilingual program. We look forward to once again sharing German and Austrian traditions by having a holiday-themed market to ring in the Advent season.

Just like in Germany and Austria, our Adventsbasar (that's the German spelling) will feature beautiful handmade crafts from the students at Rio Terrace School, as well as many delicious sweet and savoury treats.

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What's more, all money raised from sales will go towards the redevelopment of the Rio Terrace School playground.

So please come and experience the magic of the holidays with friends and neighbours. Stay and have a hot seasonal drink, indulge in delicious food and enjoy the cozy atmosphere of a traditional Adventsbasar – all for a good cause!

We hope to see you soon!
Warm regards from your Adventsbasar Committee



Buy Nothing Rio Terrace/Quesnell Heights/Patricia Heights

The Buy Nothing Rio Terrace/Quesnell Heights/Patricia Heights Facebook group allows members to post about items they want to get rid of or ask for items they'd like to receive or borrow. The fundamental rule is that each item must be freely given with no expectation of repayment which means no buying, selling, trading or bartering. All of this is done while building connections within our community.

Pauline Truong is an active member on our Buy Nothing Group and shared the following:

“My experience with the Buy Nothing Group has been nothing but positive. My husband

and I moved into Rio Terrace about 2 years ago and we were a bit shy and nervous when we joined the Buy Nothing Group.

As many of the residents here are long term residents, we felt like newcomers to this neighborhood. However, we were instantly welcomed into the community. I love the Buy Nothing Group because it aligns with our values of being more environmentally friendly to reuse and recycle, instead of buying new items - which adds to the landfill. It has inspired me to make it a goal this year to not buy any new clothing and only purchase or use preloved items!

The Buy Nothing group started off as a place of gifting and receiving, but it quickly became a place of community and support. I felt the strength of this community when I became pregnant with my son and got diagnosed with severe postpartum depression and anxiety. I knew nothing as a first-time mom (but after talking to many parents - who does? Am I right)?

For the first seven months, my son had acid reflux and I was having daily panic attacks each time I gave him a bottle. I had to hold him upright for at least 20-30 minutes and felt as though I lost all independence. I asked the Buy Nothing Group if anyone has a baby carrier I could borrow - I couldn't even leave my house during the first 3 months because I was so anxious all the time about everything. One of the neighbors down the street was so generous enough to lend me her baby carrier, and even delivered it to my doorstep! We soon became friends and I have gone on walks with her/ask her for baby advice. Another neighbor has gifted me her sound

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machine with light projections when my son had troubles sleeping and we still use it to this day!

I felt so much support as a new mom from this neighborhood as some neighbors had invited me over for playdates/chat when I was a new mom and clueless. Another neighbor so generously volunteered to babysit my son for the day when we were getting our house painted due to a leak and had fumes everywhere. My neighbor down the street made me delicious butternut squash soup and brought goodies over when my whole family had Covid in February. Lastly, some neighbors gave out their number for me to contact if I had any questions about babies or motherhood.

These are just some examples of kindness in the community. I am happy to announce that

I am, once again, pregnant with my second baby. And I feel more confident as a mother thanks to this community."

This is a shining example of how community connections were made through the Buy Nothing group and how those connections led to friendship and support.

We invite you to join our growing Buy Nothing group on Facebook found under the following link:

<https://www.facebook.com/groups/107970551065040>

A friendly reminder that you must answer the 3 membership questions before you hit submit. Please reach out to Joanne Olsen at joanneolsen2@gmail.com should you have any questions about the group.

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Eating Healthy in Winter and On a Budget

When it comes to choosing vegetables and fruit to eat, a variety is best. By choosing a variety, you'll be packing your diet with fibre, vitamins and minerals. At mealtime, try to fill half your plate with vegetables and fruits.

Fresh produce is always a healthy choice but canned and frozen vegetables and fruits are also good options. Canned vegetables and fruit can last for months and can be just as nutritious as fresh – plus, they may cost less. They are also pre-washed, cut, and cooked, saving you time when making meals.

Many types of frozen and canned produce are available throughout the year, so even when produce is not in season, there are lots of options to choose from. A few of our favourites:

- Use frozen fruits in baking.
- Thaw frozen fruit such as peach slices, and then add to yogurt or oatmeal for a breakfast or snack.
- Make an easy side dish from steamed frozen vegetables.
- Use frozen vegetables such as peppers when making a stir-fry.
- When boiling pasta, add frozen vegetables such as broccoli to the pot near the end of cooking, and then top with pasta sauce after draining.
- Use frozen dark leafy greens such as kale and spinach in an omelet or smoothie.

Ways to Use Canned Vegetables and Fruit:

- Use canned vegetables such as green beans, asparagus, carrots and peas in pasta dishes or an omelet.
- Combine canned vegetables and canned beans for a quick lunch.
- Use canned corn, peas, or tomatoes in a stir fry.
- Use canned mushrooms or other vegetables in a chili.
- Add canned corn to a quesadilla.
- Make a quick vegetable soup by adding canned corn, tomatoes and pinto beans to low-sodium chicken broth.
- Top your favourite canned fruit with some yogurt for dessert.

Be aware of the sodium (salt) and sugar content in canned or frozen vegetables. Choose canned vegetables with low-, reduced-, or no added sodium and then rinse the vegetables before using to lower the sodium content further.

Choose fruit canned in water instead of syrup or rinse it if it's in syrup. Choose frozen vegetables and fruit without added seasonings, breading, sauces, or sugars.

The nutrition facts table can always be used to compare similar foods. Aim for products that have less than 15 per cent DV (daily value) in sodium or sugar.

Shared with permission by Alberta Health Services.

Community Matters

Rio Terrace Community Soccer

Indoor Soccer is Underway!

The 2022 – 2023 indoor Rio Terrace community soccer program is now underway. This season we have 8 teams participating in the U9 through U19 age groups. The indoor season commenced their game schedule the weekend of October 15 & 16, and will continue on through into February. Most of our teams will participate in the season ending Slush Cup soccer tournament that takes place March 3-5, 2023.

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 all yet again.

2023 Outdoor Season Registration Information

Player registration for the 2023 outdoor season will take place during February 2023. Seems early I know, but that is the timing required to be ready to commence play on May 1. As in prior years, soccer player registration is an on-line process using the [emsasoccerportal.com](https://www.emsasoccerportal.com) website.

Further information will be available in the Feb edition of the RTCL newsletter and will also be posted on the RTCL website at rioterrace.ca in January.

Soccer Program Volunteers Needed

I am looking to form a soccer committee, train and mentor my successor as the Rio Terrace Soccer Coordinator and install a leader for our U4, U5 and U7 FunSoccer program. The Rio Terrace Soccer program is a great and rewarding way to be involved in our community and have a very positive impact on the youth of our committee. Please consider your ability to get involved in the program. If you are interested or have any questions, please email me at rtcl.soccer@gmail.com

Sponsors for New Soccer Jerseys?

We will be replacing our Rio Terrace Soccer jerseys for the coming outdoor season. Do you want to be part of this exciting step and help us by being a sponsor? Jerseys are expected to cost roughly \$1,200 to \$1,500 per set - depending upon jersey quality, style and numbers per set. For more info on this please contact me at rtcl.soccer@gmail.com.

-Perry Wynn



Community Matters



Name: Amber
Age: 2
Breed: Long-Haired German Shephard
Favorites: Liver
Fun Fact: She loves playing ball hockey!



Name: Pickles
Age: 5.5
Breed: Heinz 57 (Pyrenees cross)
Favorites: Mr Elephant
Fun Fact: He's deathly afraid of indoor stairs but no problem with outdoor stairs



Name: Flûte
Age: 15.5
Breed: Cockapoo
Favorites: Snap Peas
Fun Fact: Humane Society said she was ferocious but she couldn't be more gentle.



Name: Pearl
Age: 1
Breed: Australian Labradoodle
Favorites: Ball
Fun Fact: She hates going for walks



Name: Kona
Age: 2.5
Breed: Labradoodle
Favorites: Squeaky Toy
Fun Fact: He's the second Kona on the block

Contributed by Jen Modry, with thanks to these very good puppies and their owners!

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

Covid Vaccinations 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: jayspix@gmail.com



Program of Parkview Community League

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Community Matters

WELCOMING ALL NEW PATIENTS



This Newsletter's fun dental fact:

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

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Community Matters

RIO TERRACE SCHOOL NEW PLAY AREA UPDATE

GOAL



OUR GOAL

HURRAH – we have raised \$304,452 towards our new play area! This playground can only be built with the support of people like you. And together we will give all our kids the playground they deserve. We have **AMAZING** news to share: we were successful with the provincial CFEP grant of \$125,00 last spring. We still need to meet our goal by March 2023, as we are starting construction in **SUMMER 2023!**

FUN FUNDRAISERS

Visit www.rtsplayground.ca/fundraising

FUNDSCRIP is a fundraising program that helps raise funds simply with purchasing gift cards to stores that you are already shopping at.

Please print and fill out the form and return it to: rioterracesc@gmail.com

Order by Mon. Nov. 21 at 11 PM

E-transfer \$ to: donate.rtsparc@gmail.com

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

The Rio Terrace Community League, a Federally registered charitable organization, has committed that 100% of donations (less fees) will be given to the new playground redevelopment project. You can feel great by making a difference for the kids, and get a tax break for your generosity!

SCAN ME



To help out, please head over to: <https://donorbox.org/rio-terrace-school-park>

GROWING SMILES - Rio Terrace School is selling beautiful plants to raise money for their School programs for the kids.

<https://rioterrace.growingsmilesfundraising.com>

Order by Thurs. Nov. 24 at 9 PM

Pick up Thurs. Dec. 8 @ Rio Terrace Elementary

thank you
for your support!

RTES Rio Terrace
Education
Society

rtsplayground.ca



RioTerraceEducationSociety



RioTerraceSchool

Community Matters

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Community Matters



Created by Marly Johnson

Winter Wellness Bingo

Winter can be a challenging time of year; especially after the holidays have passed. Last year my workplace did a Self-care Bingo Challenge and it was such a lovely way to help beat the winter blues. Try challenging yourself to complete as many of the activities as you can throughout the month of January. The newsletter team would love to hear how your wellness activities go! If you have any photos or stories you would like to share with us, please send them to rtcl.newsletter@gmail.com and we'll include them in the next issue.

Community Matters

Who's In your Kitchen?

"Between work, school and the kids schedule we hardly have time to eat together. I can't be the cook and the taxi driver."

"I hate cooking for one, sometimes I don't have an appetite if there's no one to eat with."

"This inflation has me scared. I'm not sure if I can afford to make meals and my payments. I've never seen anything like it!"

If anyone one of the above comments sounds familiar, you are facing today's challenges and your friends in Rio are here to help.

The Rio Terrace Community Kitchen is now open and operating with food and fun for everyone. Busy families, singles, teens to seniors are all welcome. Once a month we gather at Rio Terrace Community church. Together we create a delicious meal, complete with entrée and sides, then everyone shares a sample (large or small) and leaves with leftovers and printed recipes. It's affordable, convenient, and a whole lot of laughs. Too good to be true? Here are some common questions.

Do I have to attend the church? Nope! This kitchen is open to everyone! Created with a grant from The Moravian Ministries Foundation the goal is to bring people together.

Do I have to live in Rio Terrace Quesnell or Patricia Heights? Nope! This kitchen is open to anyone in greater Edmonton, the focus is on Rio Terrace because that's where the kitchen is located.

Do I have to know how to cook? Nope! The experienced kitchen co-ordinator Odilia Ruez

will show you the ropes and give you a job you can handle.

Do I have to bring anything? Nope! Just your healthy self. All the food is supplied but if you bring clean containers, you can carry your food home. If you forget, no worries, the kitchen has spares.

What if I have food allergies? Let the kitchen know, well in advance, and efforts will be made to accommodate you and yours. Email and numbers below.

This is a free community program but donations are accepted and tax receipts can be issued for amounts over 20 dollars.

The next meal making marvel is scheduled for **November 18, 6:30 pm** at Rio Terrace Church 15108 76 Avenue.

What's holding you back? Get Rio Terrace into your kitchen. We would love to be in yours! Register at rioterracechurch.org or call the office **780-487-0211**.

Questions? Call the office or email rtchurchkitchen@gmail.com.

See you there.

Connie Baxter, Rio Terrace Community contributor and chief potato whipper (man they tasted good!)



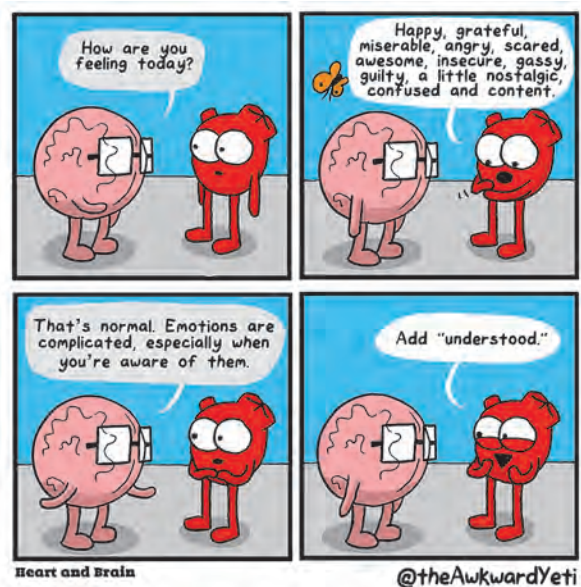
Community Matters



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RioTerrace
community **Preschool**

WINTER WONDERLAND
25TH ANNUAL
**SILENT
AUCTION**

IN SUPPORT OF RIO TERRACE PRESCHOOL

NOVEMBER 25 6PM - 11PM
15500 76 AVENUE NW

JOIN US FOR AN EVENING OF
FOOD, DRINKS AND FUN! IN ADDITION TO
THE AMAZING SILENT AUCTION ITEMS
THERE WILL BE A 50/50 DRAW, A WINE
SURVIVOR POOL AND MORE! DON'T MISS
OUT ON THIS WONDERFUL HOLIDAY
EVENT!