

# Community Matters

## February 2023 Issue

### President's Message

In these long nights and short days let's enjoy our time with family or curled up under a blanket with a good book or TV show.

Here at Rio we have had a busy 3 months. The focus of our attention has been:

- 1) **Events at the hall:** back up and running with the privilege of hosting Breakfast with Santa and co-hosting The Merry Makers Market. Both were well attended and raised both money and food for the Food Bank. We are hoping to host 2 summer parties: the preschool summer party in June and another from a returning 90's social committee. If you, or a group of you, would like to be involved in planning/hosting a single or multiple events for the community league, please reach out.
- 2) **Our hall renovations:** they have slowed as of late, but we hope to have them up and progressing soon.
- 3) **Seniors programming** including:
  - a) **SNOW-TO-GO:** If you, or someone you know, is a senior, person w/disability with reduced ability to remove the snow from their residential sidewalk (18+), person with limited mobility, newcomer to Canada requiring assistance with their first Canadian winter AND needs help with snow removal, please contact us. Please keep in mind that spots for this program are limited in these early stages and, as such, it is needs based.
  - b) **Abundant communities:** grassroots initiative to cultivate a culture of care & connection and increase the sense of belonging & inclusion by fostering neighbour to neighbour relationships.

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Would you like to get to know your neighbours and connect those in need with those willing to help? Join us as a block captain. Email [rtcl.secretary156@gmail.com](mailto:rtcl.secretary156@gmail.com) for more information.

c) **Seniors coffee time:** starting in March on the **3rd Wednesday of every month** at the hall, we are inviting seniors to join us. Join for the coffee, tea and cookies. Join us to offer ideas on seniors programming. Or join us for the visit and social aspect.

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](http://www.rioterrace.ca) under the "Subscribe" tab. 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

# Community Matters

## Publication Info

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

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

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[www.rioterrace.ca](http://www.rioterrace.ca)

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Next Issue: May 2023  
Submission Deadline: Friday, April 28, 2023

## Rio Terrace Community League Membership Information

**Memberships are Always Available  
for Purchase**

Community league memberships are valid September 1<sup>st</sup> to August 31<sup>st</sup>. 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.

## Memberships Available at:

- Community social events using cash, cheque or credit card.
- Online at [www.efcl.org](http://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](http://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](mailto:rtcl.newsletter@gmail.com)

# Community Matters

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## Die Kleine Kinderschule

Are you looking for an amazing preschool for your child or children? One where a second language is taught through play? Then we have the perfect solution for you. Die Kleine Kinderschule has three locations, to better serve families from all around the Edmonton area. One in **Forest Heights**, one in **Rideau Park (German Club)** and one is directly located in **Rio Terrace School!**

The program is perfect for your child/children to get used to the school setting and to make long lasting friendships. And the best thing is, no pre knowledge of German or English is required nor are the parents expected to know German. The wonderful/dedicated teachers help to prepare for Kindergarten with a lot of planned and fun activities for your little one(s), to nurture their curiosity and cultural sensitivity through activities such as songs, crafts, and story time - in both German and English. The cognitive benefits of learning a second language will boost your kid(s) academic achievement and social development. As research shows, learning a second language, improves memory, concentration, as well as the ability to multitask and in addition boosts, critical thinking, listening and problem-solving skills.

If you are interested and want to learn more about our bilingual preschool program, stop by at our **Open Houses**. **There will be one on February 9th, 2023 at Forest Heights School, 10304 – 81 St. 5:30pm – 7:30pm and another one on February 21, at German Club 8310 Roper Rd. from 6:00pm – 8:00pm.** Take your time to meet our wonderful and dedicated teachers, ask questions and explore the classroom.

**Early Registration opens on February 1st, 2023 (for existing & alumni DKK parents)**  
**General Registration opens on February 16<sup>th</sup>, 2022.**

Spaces are assigned on a first-come first-serve basis so register early to secure your spot. DKK has moved to online registration, so if you are interested in **giving your kid(s) the gift of a second language**, don't wait and go to [www.dkkplayschool.org](http://www.dkkplayschool.org) to register.

We are looking forward to seeing all of you!  
 Lydia Rose DKK







## Buy Nothing Rio Terrace/Quesnell Heights/Patricia Heights

We continue to invite new members to join our growing community of almost 300 members. The Buy Nothing group is a "hyper-local gift economy".

Simply put, this is a platform for people to give things away, lend and share amongst neighbors. The easiest way to join is to use the following Facebook link:

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

Please answer the membership questions prior to clicking submit.

A huge thank you to Elisabeth Noe for sharing her personal thoughts on our Buy Nothing community:

"Life as we know it is changing. We are becoming more responsible and accountable to our environment. With so many of us making our way in the world I think we sometimes forget that we have family within our communities. The Buy Nothing Group is just that, a community family striving to do better; to support each other while lessening our environmental footprint.

We buy, collect and dispose of without a thought of who may be able to use or repurpose our treasures. Oftentimes there is so much life left in the things we are done with. I have been gifted several items that

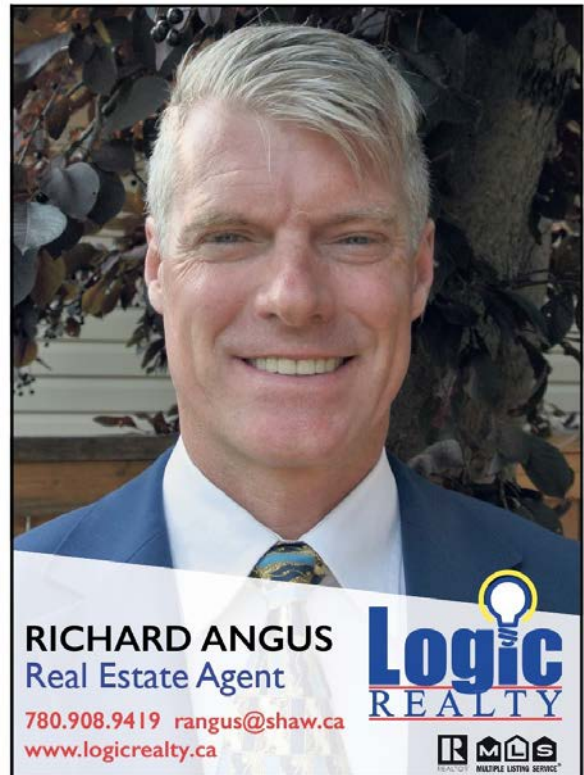
have made a difference in not only my life but that of others.

The Buy Nothing Rio Terrace/Quesnell Heights/Patricia Heights group has provided my guest from the Ukraine a warm jacket to wear, my niece some clothing to make her feel good about herself, and my cat's new snuggle spot.

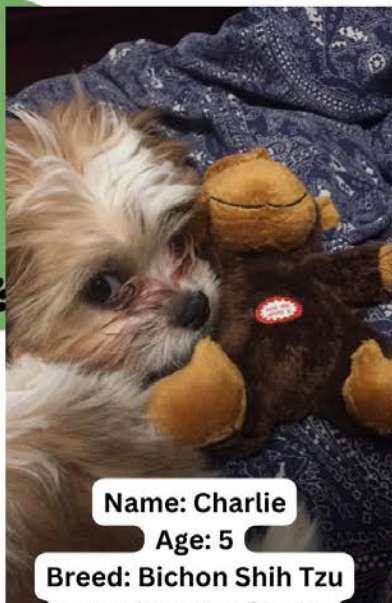
I am truly grateful for the gifts I have received. I have also been able to gift to others. This makes me proud that things did not go to waste. Thank you Buy Nothing Group. This is a wonderful project!"

Elisabeth Noe

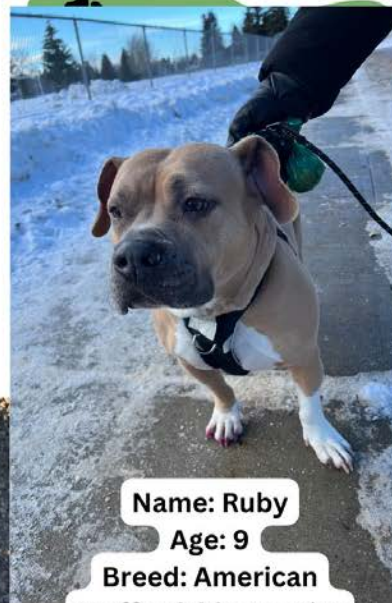
For more information, feel free to reach out to Joanne Hajjar Olsen on Facebook or by email at [joanneolsen2@gmail.com](mailto:joanneolsen2@gmail.com).



# Community Matters



**Name:** Charlie  
**Age:** 5  
**Breed:** Bichon Shih Tzu  
**Favorites:** Beef jerky  
**Fun Fact:** He will sing and dance for his beef jerky!



**Name:** Ruby  
**Age:** 9  
**Breed:** American Staffordshire Terrier  
**Favorites:** Toy bone  
**Fun Fact:** She loves cuddling with kitties.



**Name:** Missy  
**Age:** 14  
**Breed:** Border Collie/Labrador Retriever  
**Favorites:** Anything you can share from cheese to bread to chips!  
**Fun Fact:** She's with her 4th rescue family and they are still in touch with the family that found her as a stray. She loves small dogs and small children!



**Name:** Freddy  
**Age:** 7.5  
**Breed:** Australian Labradoodle  
**Favorites:** Fetch and stuffies.  
**Fun Fact:** She cornered a wheat weasel outside but then the aggressive weasel got into the house! She helped find it and they managed to catch and release it.



**Name:** Leo  
**Age:** 10  
**Breed:** Labradoodle  
**Favorites:** Squeaky purple chew toy.  
**Fun Fact:** Most noted for posing on his blue chaise in the front window

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



# Community Matters



## Thank You

We had so many magical activities in the community throughout December and January!

After a short hiatus due to renovations at the North Pole, Santa made a return to the Rio Terrace Community League Santa's Breakfast. It was amazing. The vibrance of the Christmas colours, the appearances of Santa and Mrs. Claus, as well as the wonderful pancakes and cookie decorating station. This event was perfect.

A big shout out to all of Santa's elves in the community who organized Breakfast with Santa and helped at the event!

Thank you also to the wonderful folks that organized and helped at the holiday markets!

The Adventsbasar and the Merry Makers Market were both smashing successes.

Illuminight was held on January 15<sup>th</sup> and added such a lovely glow to the surrounding neighbourhoods. Thank you to everyone for displaying the luminaria on your walkways and coming out to celebrate with hot chocolate and sleigh rides.

We are so grateful to the Rio Terrace Church for organizing this enchanting, annual event.



# Community Matters

## 2023 Outdoor Community Soccer Registration

Registration for the 2023 Outdoor Community soccer season is now underway and continues through to March 12, 2023. Player registration is completed on-line using the EMSA West soccer portal for player registration and payment needs to be completed by March 12 to ensure placement on a team. Late registrants may find themselves unable to be placed on the team or community that they have requested. The Outdoor season is expected to start on Monday May 1 (weather and field conditions permitting) and runs through to the end June. City Championships take place the first week of July with the possibility of one further weekend of play in mid July if a team qualifies for further playoffs.

The 2023 Rio Terrace Community Outdoor soccer program is for players born in years from 2004 through 2019. Players born in 2004 through 2015 will play on community-based teams participating in the EMSA /EMSA West community soccer programs. These Rio Terrace based teams will generally play twice a week and practice once a week. Teams in the U9 age group will play their games only in the west end of Edmonton (with possibly a few games in Spruce Grove). Teams playing in the older age groups of U11 through U19 can expect to play their games throughout Edmonton.

Rio Terrace runs an in-house soccer program for the players born in years 2016 through 2019. The combined U4/U5 as well as the U7 FunSoccer programs feature a focus on fun activities, drills and short games that promote fun and active learning and player

skill development. These programs take place at the Rio Terrace School field on Monday and Wednesday evenings from 6:15 PM to 7:15 PM. Expected start date is May 8 and we will be done on June 21. Lots of parental support and involvement are required for these age groups, so we need parents to volunteer and sign-up to help out and participate in the fun.

### How to Register

Player registration for all age groups of community soccer takes place on-line using the soccer portal on the EMSA WEST soccer website. <https://emsawest.com/play/register/outdoor-registration>

**Player Registration** steps that need to be completed are:

**First step is to obtain / have a valid Community League membership.** Current Community League memberships are numbered 22-XXXXX and are valid through Aug 31, 2023. A membership from any community in Edmonton is valid for soccer registration at Rio Terrace. Those needing to purchase a Community membership can do so most easily through an on-line purchase at the EFCL website.

**Second step is to use the EMSA West soccer portal to register players individually for the coming outdoor season.** Please be sure to complete all of the registration steps, indicate that the player wishes to play on a Rio Terrace team (or other if that is the case) and identify any coach or friend to play with requests. Please be sure to identify if you are able to volunteer as a coach or manager for your child's team - lack of coaches is a prime reason for not having teams for kids to play on.



# Community Matters

## How to Pay for Player Registration

Third step in the registration process is to complete payment of the registration fees. The player registration fees can be paid on-line at the same time as player registration is completed. Alternatively, please contact the EWZSA office at 780- 451- 6453 or Perry Wynn at pwynn1@telus.net

## Age Group & Registration Fee Details

For information of the age groupings, nights of play and registration fees, please see either of the EMSAWest Website (same website as the registration link) or the Soccer page on the Program tab of the Rio Terrace Community League website. Please contact Perry Wynn at pwynn1@telus.net with any questions or requests for further information.



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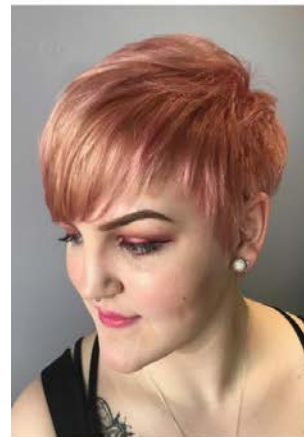
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# Community Matters

## Sticking to the Point : When It Comes to Health, There Is No “One-Size-Fits-All”

We live in an age where the public has unprecedented access to herbal ingredients, supplements, health foods, and other natural remedies. In ancient times, people only had access to what was locally grown and sourced from around their homes; the public relied on the wisdom of local elders and herbalists to source their remedies. Now, with the wellness and supplement industry grossing billions of dollars in sales per year, consumers are inundated with exaggerated headlines of "miracle cures" and "superfoods." This shift in public health has brought with it many benefits but also some unique risks.

Knowing which herbal supplements you should incorporate into your diet can be challenging. Businesses are constantly adding new ingredients to their products, from acai berries and goji berries to cacao nibs and super green powders. Unfortunately, certain ingredients can cause more harm than good for some people. For example, Ginseng is touted as a cure for low energy and fatigue, but if used incorrectly, it can cause sleep issues, irritability, overstimulation, and dryness. Supergreen powders like chlorella, spirulina, and moringa added to smoothies can help to clear inflammation if used properly, however in excess, they can be the culprit for many digestive issues like bloating and diarrhea. Unfortunately, when it comes to foods, herbs, and lifestyle trends, there is no "one-size-fits-all" solution.

So what is the alternative? This is where holistic systems of healing step in. Traditional

Chinese Medicine considers both the chemical compounds of each herb as well as their “energetic” and “thermal” qualities. Essentially, what **action** will it have internally once this ingredient is ingested? Will it warm or cool the system? Nourish or drain? For example, Ginseng (Ren Shen) is classified as "warm and sweet" and is better suited to patients who are constitutionally "cold" or "deficient." However, it can be damaging for people who run "hot." On the opposite end, Dandelion root (Pu Gong Ying) is "cold and bitter." This root is frequently used as a coffee-like substitute. When used correctly, it is excellent for clearing inflammation and swelling but can be damaging to digestion if used long-term.

The issue with supplement stores and health food trends is that they fail to consider how these ingredients will affect patients *individually*. While they may benefit many people, they aren’t necessarily beneficial to *everyone*. This is why visiting a local herbalist is much more fruitful if you’re hoping to take a more natural approach to healing. Chinese Medical Herbalism excels at tailoring herbal formulas to suit each patient’s specific needs. Rather than using high doses of a single ingredient like Ginseng for fatigue, it combines anywhere from 4-10+ herbal ingredients to moderate harsh effects and leads to a more balanced response.

The supplement industry provides access to a wide range of herbal ingredients and natural remedies that we wouldn’t have been able to obtain historically. Still, it is essential to remember that not all ingredients out there are suitable for your body.



# Community Matters

So the next time you're reading an article about the newest "superfood," - stop and think, "is this the right fit for *me*?"

The holistic approach of Chinese Medicine can provide a more balanced and effective path to healing than trendy and expensive supplement regimens. If you're looking for a more individualized approach to wellness, it is always best to consult with a local herbalist to tailor a formula that is specific to your needs and to avoid any potential adverse side effects. Then you'll surely find what "fits" you best.

-Jon McDonell, R.Ac



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Go to [www.ringette.ca](http://www.ringette.ca) and check out "What is Ringette" and "Basics of Ringette" under OUR SPORT for more information on the game.



## New Guide on Big Lake Mammals, Reptiles, and Amphibians

Nature fans can now learn all about the moose, mice, and wolverines of Big Lake through a just-released guide to the animals of Lois Hole Park. The Big Lake Environment Support Society's Animal Guide to Lois Hole Centennial Provincial Park is available for purchase and in a free digital version.

The guide contains photos and information on 53 mammals, reptiles, and amphibians found in and around Lois Hole Park based on local knowledge and scientific research. The guide covers salamanders, toads, frogs, and snakes around Big Lake, said co-author Lyn Druett. These species tend to be elusive, and park visitors were more likely to hear than see them.

Guide co-author Linda Brain said researching the animals of Big Lake left her awestruck. The muskrat has two-to-three litters of six-to-eight young a year and serves as a food source for many predators. Big Lake was also likely home to thirteen-lined ground squirrels, which breathe once every five minutes during hibernation, and pygmy shrews, which eat three times their body weight every day.

Perhaps the most surprising entry in the guide is the wolverine, a ferocious, brown, stocky, dog-like creature that has been spotted just twice around Lois Hole Park in the last 10 years. Purchase and free digital version information

at <https://www.stalbertgazette.com/local-news/new-guide-for-big-lakes-animals-available-6344515>

Shared with permission by the North Saskatchewan River Valley Conservation Society

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# Community Matters



It is hard to believe that we are halfway through our preschool year already and planning for our 2023-2024 school year!

We have seen so much growth in our preschoolers over the last 5 months as they develop the social-emotional, cognitive, communication, fine-motor, gross motor, and self-help skills through play that will nurture their growth as confident, empathetic, kind humans who love to learn!

We have participated in some wonderful field trips to Rutherford House and had Zoo2U bring some animals into the preschool that were soft and fluffy, some that had scales, some that slithered, and one with feathers! We are looking forward to a visit to the Aviation Museum, to ATA Martial Arts and to Safety City in the coming months.

Glow Yoga Kids visits each of our classes monthly and we are learning about the different ways that Yoga helps to keep our minds and bodies healthy.

Jana and I, along with our preschool executive team are busy getting ready for our Open House on February 13 from 5:00-8:00 PM at the preschool. Families will have a chance to explore our beautiful space, learn about our award-winning program, meet the teachers, and talk to parents who have children enrolled in our preschool.

Registration is open to Rio Terrace, Patricia Heights and Quesnell community members and Rio Terrace Preschool alumni now and

will open to the public at 5:00 Pm on February 13. Registration can be completed online at [www.rioterracepreschool.ca](http://www.rioterracepreschool.ca) If you have any questions, please feel free to contact Shay at [rtpedm@gmail.com](mailto: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, learning how to share knowledge and connection as part of a nurturing community!

“There is no land like the land of your childhood.” ~Michael Powell

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## RIO TERRACE PRESCHOOL OPEN HOUSE



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**WHEN:** Monday, February 13  
**TIME:** 5:00-8:00 PM  
**WHERE:** 15500 76 Avenue  
**CONTACT:** Shay or Jana  
**PHONE:** (825) 439-8875  
**EMAIL:** [rtpedm@gmail.com](mailto:rtpedm@gmail.com)

# Community Matters

## Encouraging Kids to Help in the Kitchen

When the entire family gets involved in the kitchen, it can encourage connections and quality time. Kids can take part in the process, from planning meals to cleaning up. It can take extra time and effort in the beginning but it will become easier over time as kids learn skills. Being a part of planning and preparing meals teaches kids skills they can use throughout their lives. Here are some age-appropriate tips on encouraging children to become involved in the kitchen:

Plan meals. Even very young children can assist with planning meals.

- Talk about food safety. Remind children to wash their hands often when cooking and before eating the meal. You may also want to speak about keeping cold foods cold and hot foods hot.
- Give younger children options for a meal and have them choose which one they would like to help with or eat.
- Work together to discover what ingredients you already have on hand, and what ingredients you may need to purchase.
- Have school-aged children help find items in the store.
- Older children and teens may be able to choose recipes and create shopping lists on their own. As an extra challenge, give them a budget to follow when planning the meal.

### Preparing meals:

- Young children can help count ingredients, add ingredients to bowls, stir and help wash vegetables and fruit.
- School-aged children can help assemble simple dishes and measure or mix ingredients.
- Older children and teens can use basic equipment with supervision and follow recipes.
- Try meals that each member of the family can customize. Try personal pizzas, omelettes or wraps and have each person choose their own toppings and ingredients.

### Eating:

- Have a conversation together during mealtimes. Consider sharing about your day.
- Take turns setting the table.
- Everyone can share what their favourite part of the meal was or what they did to help prepare.
- Talk about what meal you want to make next.

### Cleaning up:

- Everyone can have a clean-up task.
- Young children can help wipe surfaces and bring their own dishes to the counter or to the dishwasher.
- School aged children can help put leftovers into containers and dirty dishes on the counter or load them into the dishwasher.
- Older children and teens can clear the table, clean dirty dishes, or put away clean dishes.

Shared with permission by Alberta Health Services



# 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

noellebrown123@gmail.com  
for dropoff location  
Noelle Brown - Rio Terrace

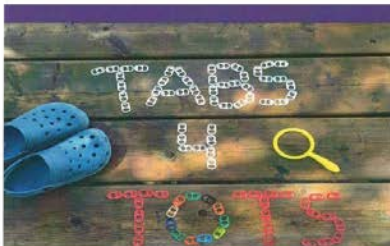


<https://elksfalberta.ca>

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

## PATRICIA HEIGHTS DENTAL CENTRE

7640 156 Street, Edmonton

ALWAYS WELCOMING NEW PATIENTS!

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DR. GRACE LEE

DR. MICHELLE BREAVLT

DR. JOEL LUSSIER

Open Thursday evenings until  
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available

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# Community Matters

## RIO TERRACE SCHOOL NEW PLAY AREA UPDATE

### OUR GOAL

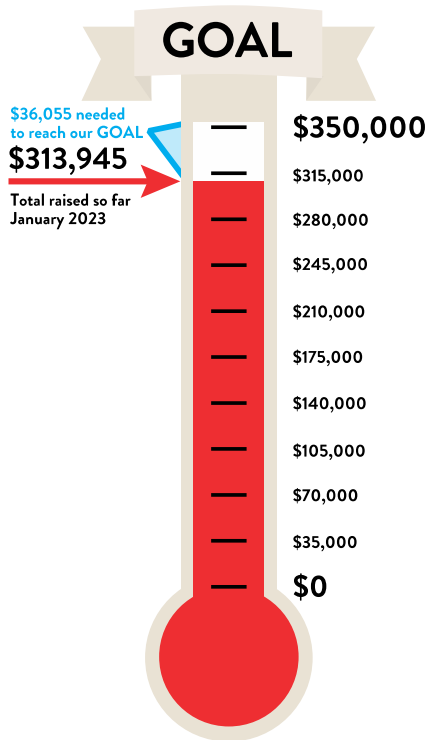
**We have raised \$313,945 towards our new play area!**

It has been quite the undertaking the past 5+ years, as the school boards do not fund playground infrastructure, so it is up to our parent society to raise the funds to make this project a reality. Thank you to everyone that has helped in any way. Our goal needs to be met by next month in March, as we are starting construction this summer!

We're excited for the kids in our community to have a new place to play, more ways to explore and more chances to learn & grow. A safe and accessible new playground at Rio Terrace School will connect people by giving more social opportunities and the upgrades will encourage families to stay in our community and attract new families.

### PLEASE DONATE

**Consider making one last donation** to make a huge difference with the type of play area we can purchase for the school and community to enjoy. 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. Help 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>

### COMING NEXT...

The next step in our play area redevelopment is tendering it to suppliers to start construction **this summer** so the school and the community can enjoy it in the fall 2023.

*Thank you for your support!*



[rtsplayground.ca](https://rtsplayground.ca)



RioTerraceEducationSociety



RioTerraceSchool



# Community Matters

## BLESSINGS FOR THE NEW YEAR



Shared with permission by Gemma Correll  
([gemmaCorrell.com](http://gemmaCorrell.com))

1. READ DIRECTIONS ON BOX

2. THROW BOX AWAY

3. PULL BOX OUT OF TRASH  
15 SECONDS LATER

4. REPEAT

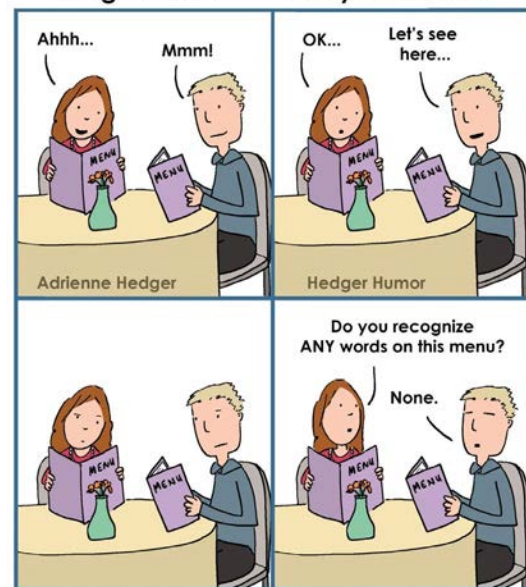


Shared with permission by Adrienne Hedger  
([hedgerhumor.com](http://hedgerhumor.com))



Shared with permission by Jimmy Craig  
([theycantalk.com](http://theycantalk.com))

## A Sign You're at a Fancy Restaurant



Shared with permission by Adrienne Hedger  
([hedgerhumor.com](http://hedgerhumor.com))

# Community Matters

## Poop Happens!

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

A little over a year ago, a couple of engaged community members, Perry Wynn and Auriana Burns, spent time investigating how we could support our local businesses, residents and pets. They brought a proposal to the community league board regarding poop bag stands around the neighbourhood to help combat abandoned poop! This will allow owners to ensure that they have a bag when they need one. There will soon be waste bag dispensers available in strategic parts of Patricia Heights, Rio Terrace and Quesnell so that when you are out with your pet, you will be able to grab a bag. The dispensers provide a small space for advertising a local business, a community message, or a kind thought!

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



Here is a photo of the bag dispensers that you may see when you are out for a walk through the neighbourhood.

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

If you own a pet, you know what a difference it makes to your life and lifestyle. Having a pet also impacts your neighbours and your interactions with other community residents. Owning a pet includes responsibilities that support our neighbours and keep our neighbourhood clean enough to be outdoors. Did you know that there is a \$100 fine for not scooping up pet waste when out on a walk? The City of Edmonton provides information for pet ownership at this site: [https://www.edmonton.ca/residential\\_neighbourhoods/pets\\_wildlife/owning-a-pet-in-edmonton](https://www.edmonton.ca/residential_neighbourhoods/pets_wildlife/owning-a-pet-in-edmonton)

# Community Matters



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For more details visit [www.watermenmechanical.ca](http://www.watermenmechanical.ca)

## 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](http://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](mailto:jayspix@gmail.com)



Program of Parkview Community League



## Rio Terrace Church

15108 76 Ave NW [www.RioTerraceChurch.org](http://www.RioTerraceChurch.org)

A Place for Community since 1964

Progressive Christian, Inclusive and Affirming

Rev. James Lavoy, Pastor

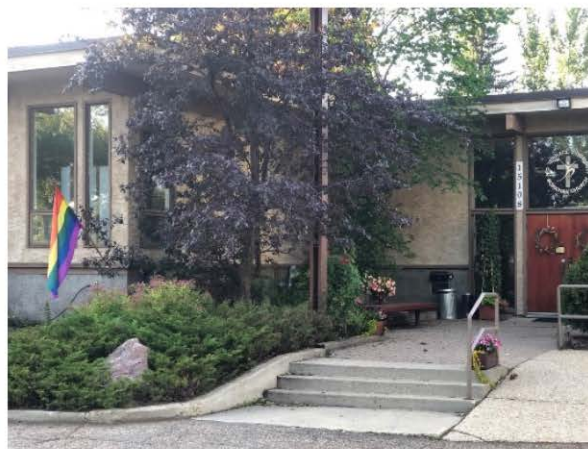
### What's New at Rio Terrace Church?

#### Sunday Services - 10:30 am

Our Sunday Services are *hybrid*, meaning you can join us in-person or via Zoom.

We gather for some quiet contemplation, beautiful music, and to engage spiritually.

We welcome people of diverse faith backgrounds or life experiences, believing that it makes our community richer. Find out more at [RioTerraceChurch.org/live](http://RioTerraceChurch.org/live).



#### The Return of Waffle Church! - Sundays at 9:45 am

Waffle Church is a fun Sunday breakfast where kids and their families enjoy breakfast, make a craft, engage with a spiritual story, and play! At 10:30, parents are welcome to join in the Sunday Service while kids continue their play, or you and your family can head off and enjoy your Sunday.

#### The Community Kitchen

The Rio Terrace Community Kitchen is a regular meeting of neighbours who gather to cook large batches of food, and then take portions home. Our Kitchen Coordinator, Odilia Ruiz, is an experienced cook. With this project, we are hoping to mitigate social isolation and promote food security. There is no cost to participate. To learn about the next Kitchen gathering, please visit [www.RioTerraceChurch.org/kitchen](http://www.RioTerraceChurch.org/kitchen).

#### Camp Rio Terrace - July 10-14, 2023

In an effort to build community among the youth of our neighbourhood, we're running a day camp that is all about exploring the neighbourhood, making new friends, and summer play. The Camp is free for all of our neighbours. Jr/ Sr High and Adult volunteers are invited to share a skill or hobby at the Camp. Learn more at [RioTerraceChurch.org/Camp](http://RioTerraceChurch.org/Camp).



#### *We are grateful for our neighbours.*

Join our Mailing List at [RioTerraceChurch.org](http://RioTerraceChurch.org),  
or phone us at (780) 487-0211