

Community Matters

May 2023 Issue

President's Message

A long awaited spring is finally here (knock on wood). Is it just me or did that feel like the longest winter we've had in a while?!

Events at the hall are back!

Keep your eyes peeled for information about the preschool summer party which is happening in June.

Seniors coffee time: 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.

Other events may be in the works, however our social director position remains vacant. As such, we need YOU, or a group of YOUS, to help the board with planning/hosting events. Maybe you love Halloween and want to bring a Halloween party to life for the league? Reach out! Alternatively, maybe you want to stick to your block? Maybe you can host (or co-host) a block party or block social? Reach out! June is block party month and there are LOTS of tools available to help!!! Want to foster neighbourly connections? Reach out! We, as a board, want to support you in community building initiatives!!! Email rtcl.secretary156@gmail.com for more information or with your ideas.

Check out the progress of our hall renovations! They are in full swing and include new windows and exterior cladding. It's been a long process and we look forward to the beautiful end product! The interior is also on the list for updating... However, we need some funds to do so. If you would like to donate to the beautification of the interior,

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donations are fully tax deductible through our building society. Reach out if you have any questions or would like to donate.

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. 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

Email contact: rtcl.president@gmail.com

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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Edmonton, Alberta
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780-487-0610
www.rioterrace.ca

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

Proud to be part of one of the best cities anywhere! www.edmonton.ca

Next Issue: August 2023

Submission Deadline: Friday, July 28, 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

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

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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.
Covid Vaccinations required

See: www.pvcl.ca



Program of Parkview Community League



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



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Not intended to solicit properties that are already listed for sale.

Community Matters

Sticking to the Point

Is Acupuncture Suitable for Children and Teenagers?

Welcome to Sticking to the Point, your regular stop for all things Acupuncture and Chinese Medicine. Today we'll discuss the benefits of Traditional Chinese Medicine in treating children and teenagers.

Children and needles. That sounds like a recipe for disaster, right? I'm sure we've all experienced the high-pitched shrieking of a youngster trying to avoid a blood draw or a vaccination. Not a pretty image. So why on Earth would I recommend Acupuncture for a kid?

Well, first of all, filiform Acupuncture needles are much thinner than a hypodermic syringe. The discomfort is minimal, and most needle insertions are completely painless. Secondly, children and teenagers respond much faster than adults and often require far less intense treatment. Many adults have become stuck in unhealthy holding patterns and chronic illness - returning their bodies to balance is often a long journey. Kids are much more responsive, and their bodies adapt quickly to treatment interventions. A disorder that might take 8-10 treatments in a middle-aged person might be resolved within 2-3 treatments in a child.

Acupuncturists can often get away with using far fewer needles in pediatric cases (if they use them at all). This is especially true when treating children under the age of 3. With infants and toddlers, treatment mainly consists of **acupressure** or **shoshinin** (a gentle non-insertion technique utilizing light pressure to acupuncture points using the fingers or rounded tools), **gua sha** (using a flat tool made of jade or stainless steel and rubbing it along

the acupuncture meridians), or **moxibustion** (burning cylinders of mugwort to apply heat to points).

So what common pediatric concerns can Acupuncture and Chinese Medicine address? Here are some of the most frequent issues Acupuncturists treat:

- Weak digestion
- Colic
- Bedwetting
- Headaches / Migraines
- Anxiety
- Poor Sleep, Nightmares, or Night Terrors
- Aches and Pains
- Allergies and Asthma
- Difficulty focusing in school

Over my years in practice, I've seen a large increase in mental health issues, headaches, and sleep disturbances in patients under 18. As a practitioner, I think it is important that we introduce the younger generation to complementary medicine and paramedical services as early as possible. That way, we can put them on a healing path before imbalances become longstanding issues.

So, when it comes to Acupuncture, it's worth a try! Who knows, your child might surprise you. I've seen kids much braver in the face of needles than some of my adult patients.

-Jon McDonell, R.Ac

the
wellnessclinic

www.thewellnessclinic.ca

WOMEN

Living Well

SEMINARS



KEYNOTE: Effective Communication
for Stronger Relationships

BREAKOUT SESSIONS

Sign up for Two:

- **Green Thumbs Up: Tips for Growing Brilliant Flowers & Yummy Vegetables**
- **20 Minute Meal: Fast, Fresh & Flavorful**
- **Cancer: The Truth Behind One in Two**
- **Disconnection: The Hard Facts**



Tickets & info available at:
[WOMENLIVEWELL.EVENTBRITE.CA](https://www.womenlivewell.eventbrite.ca)
RIO TERRACE CHURCH
15108 - 76 AVENUE
womenlivewell@gmail.com



Community Matters

Women Living Well Seminar

Are you looking to meet new friends, visit with neighbors, or take advantage of local learning opportunities? Please join us for the **Women Living Well** seminar event! It will be a fabulous morning with exceptional seminar leaders, held at Rio Terrace Church on Sat., June 10, 9:00 am – 12:00 pm.

Tickets are \$25.00. Purchase at -
womenlivewell.eventbrite.ca

For questions, email Jen Easaw -
womenlivewell@gmail.com

Please note: Although the event is promoted as a women's seminar, the topics are relevant to both men and women and each is welcome to attend.

The seminars are divided into two parts:

Part one will host keynote speaker **Sandra Wigg**, Amazon's best-selling author and coach, who will present on **Effective Communication for Stronger Relationships**. Sandra has over 13 years of experience in the personal development and coaching industry, and she is passionate about relationship-building and providing strategies for strengthening our relationships (see sandravigg.com).

Part two will consist of class-size breakout room seminars. Each participant will choose **two** out of the following **four**. Register early for preferred sessions.

Green Thumbs Up: Tips for Growing Brilliant Flowers and Yummy Vegetables

This seminar will focus on plant and seed choices, fertilizer types and schedules, watering dos and don'ts, garden tools, and other informational tidbits. *Joyce Fuerst, our seminar leader, grew up on a farm in central Alberta and has decades of experience exploring types of plantings that grow best in our city.*

A 20-Minute Meal: Fast, Fresh and Flavorful!

This hands-on seminar will teach you to create a quick and tasty meal that you can easily incorporate into your busy lifestyle. Samples provided! *Odilia Ruiz, our session leader, has over six years of experience in organizing and running collective kitchens in Edmonton.*

Cancer: The Truth Behind One in Two

One in two Albertans will face cancer in their lifetime. This seminar will discuss what cancer is and explore prevention strategies for reducing risk. *Dr. Jay Easaw, our presenter, is a physician at the Cross Cancer Institute and is board certified in internal medicine and medical oncology. Come with your questions!*

Disconnection: The Hard Facts

This seminar will teach us more about our thought processes and actions and how these impact our everyday interactions with others. Having greater understanding will create much-needed peace and ease that will transform your communication with yourself and others. *Sandra Wigg, our keynote, will lead this session.*

Community Matters

Community Soccer

Outdoor Soccer is Underway!

The 2023 outdoor Rio Terrace community soccer program is now underway – a sure sign for our community that Spring has arrived!

Rio Terrace Soccer has over 290 soccer playing youths participating in the Rio Terrace community youth soccer program. Players and parents are thrilled to be back outside enjoying soccer.

Community soccer league play started the first week of May and some teams have been practising, gathering, running, etc. Since the middle of April, soccer is underway 6 days a week in some households! Rio Terrace teams generally have full rosters as we have lots of interested players in our community.

In the U9 through U19 community soccer program, we have some 200 players populating the rosters of 12 Rio Terrace based teams.

Rio Terrace is hosting 2 girls teams this season, 1 each in U11 & U13. On the boys side, Rio Terrace has 9 teams – 2 in each of U9, U11 & U17, with 1 team in each of U13, U15 & U19. All of these teams will generally play a 15 game schedule during May and June, with 2 games and 1 practice each week. They also are likely to play in the EMSA West zone soccer tournament the weekend of June 2-4 and of course all are hoping to qualify for City of Edmonton finals the week of July 2-8.

The Rio Terrace FunSoccer program serves as the introduction to soccer for the younger players in our community. We have 90 players registered and playing in our U4 / U5 and U7 program. These players participate in skill development games and drills at the soccer field on the north side of the Rio Terrace School every Monday and Wednesday evening

between 6:15 and 7:15 from May 8 through to June 21. Players and parents both participate in this program where fun, being active and learning soccer skills are the goals.

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 youths in the game of soccer. Rio Terrace is the envy of most other community soccer programs as we have a 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.

New Rio Terrace Jerseys for this Season!

We have finally purchased new jerseys for our community soccer program. All of the U9 and older teams will be decked out in the new jerseys for this season.

Elmwood Summer Camps

The Elmwood Community League is offering FOUR awesome summer camps in July for children aged 6-10. Register your child in Sportball, Junior Performers, Adventure Camp or So You Think You Can Dance starting at \$175 for the full week.

Check them out:

<https://elmwoodcommunity.ca/summer-camps>

Community Matters



Name: Yoshie and Rosie

Age: 4.5

Breed: Shih Tzu

Favorites: Greenies/fetch

Fun Fact: Loves cuddling on your lap while you watch TV.



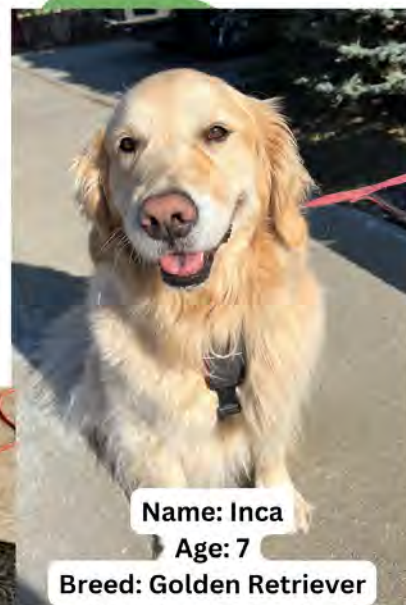
Name: Stanley

Age: 17

**Breed: Heinz 57 with
Dachshund and Golden
Retriever**

**Favorites: Cheese, fetching
balls and belly scratches**

**Fun Fact: He's been rescued
twice then inherited. He
likes to bark but is extremely
friendly and just wants to
say 'hi' and some pets.**



Name: Inca

Age: 7

Breed: Golden Retriever

**Favorites: Tony the
tiger/peanut butter**

**Fun Fact: She goes to the dog
park for the people, not the
dogs.**



Name: Kona

Age: 6

Breed: German Shepherd

**Favorites: He loves all toys
and he will fetch anything.**

**Fun Fact: He comes from a
line of police dogs and is
trained in Schutzhund.**



Name: Drake

Age: 3

Breed: Boston Terrier

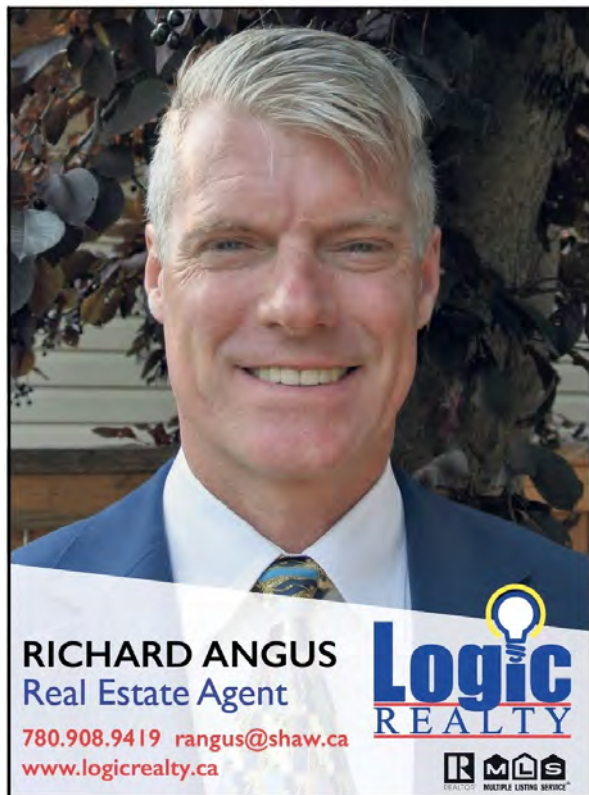
**Favorites: Toy Bone/playing
fetch**

**Fun Fact: Drake the rapper
was named after him.**



**IF YOU WOULD LIKE YOUR DOG
FEATURED IN THE NEWSLETTER
PLEASE EMAIL JENMODRY@GMAIL.COM**

Community Matters



Community Kitchen Update

The Rio Terrace Community Kitchen is a success! People like you are gathering at Rio Terrace Community Church, dishing up fabulous meals, complete with entrées and sides. There's a whole lot of affordable food being created plus everyone is going home with a generous amount of leftovers & printed recipes.

Sound good? It gets even better. Our dedicated Coordinator Odilia is now offering an amazing array of add-ons. When she is gifted with extra ingredients she adds a menu item so people go home with even more food!

Below is a list of upcoming menus, dates and times.

May 5 @ 6pm Easy Stroganoff
May 28 @ 1:30pm Buddha Bowls

June 15 @ 6:30pm Chilli & Cornbread
June 25 @ 6:30pm Homemade Mac and Cheese.

Join the cooking circle! If you are unsure of your skills Odilia will show you the ropes and give you a job you can handle.

These events are free but donations are accepted and tax receipts can be issued for amounts over 20 dollars.

Book on the Eventbrite App under Rio Terrace Community Kitchen or call the RTC co-ordinator Jen at 780-487-0211 if you do not have a computer or a smartphone.

Questions? Email rtchurchkitchen@gmail.com or call the number above in advance of the date.

Follow Rio Terrace Church Community Kitchen on Facebook.

Find Rio Terrace Church at 15108 76 Avenue.

Here's to healthy eating in Rio!

-Connie Baxter, Rio Terrace Community contributor.

Springtime in the Community Garden

Whether your green thumb is itching to plant or the price of produce is making you faint in the supermarket aisle, Rio Terrace Church has the answer.

The Rio Terrace Community Garden! Twenty-two beds, located behind the church, designed to help you balance your budget and grow healthy food for you and your family.

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For only 20 dollars per bed, you are free to plant as many veggies and herbs as you wish.

Bring your seeds, plants, gloves and willing hands. You can bring your own tools, however, some tools are provided along with a wheel barrow, a hose and watering cans. Garden by yourself or share the plot with friends and family. At the end of the season harvest your crops and clean up your bed. Keeping the area around the beds and the compost box accessible is everyone's responsibility. Kindness and courtesy come first in the garden.

Garden Bed registration is on a first come first served basis.

If you are a returning gardener, please reach out to Jen, the RTC coordinator, as soon as possible to make sure your plot is reserved.

Register/renew at the church office 15108 76 Ave.

By phone or email

780-487-0211

church@rioterracechurch.org

If calling, please make sure you leave your full name & contact info on the voicemail so Jen can reach you.

Cash, cheque and Apple Pay are all accepted.

Celebrate Spring! Feed yourself, your family and our community.

-Connie Baxter, Rio Terrace Community Newsletter contributor

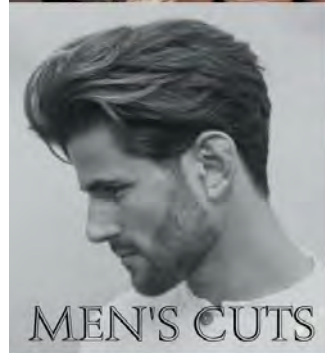
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June

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LIVE from Rio it's POT LUCK SATURDAY NIGHT, Starring YOU!

Spring! A long time coming, but it's finally here and that means celebrating YOU in your Community. You and/or your family are invited to The Rio Terrace Community Church for **Pot Luck Saturday Night**.

You don't need to be a member, just bring your appetite along with a dish you enjoy, a beverage of your choice and your lovely self (or selves) Otherwise coffee tea and water are provided, along with fun, friendship and a chance to hang with your neighbours surrounded by greenery and sunlight (EPCOR/power and weather permitting).

You don't have to sign up, just show up but if you are bringing a bunch please let Jen The RTC administrator know before Friday so extra tables & chairs and tableware can be set up. BTW a new dishwasher is on the way, so no dishpan hands!

Set up at 5, Dinner at 6 Rio Terrace Time (come late it's ok)

See you there, and bring a container there is a strong chance of leftovers!

Pot Luck Saturday Night Save the Dates!
BTW it's the Last Saturday of every second month (but who remembers LOL)

June 24, August 26, September 30,
November 25, January 27.

Contact Jen at 780-487-0211
More at rioterracechurch.org



**THEY'RE
BACK!**

Pub Night & Dance

at the Rio Terrace Community Hall - 15500 76 Avenue, featuring:

THIRST 'N' HOWL

\$20.00

Dance
Snacks
Cash Bar

Friday
June 9, 2023
8:00 p.m. - 1:00 a.m.
(No minors)

Tickets are non-refundable - Proceeds to Edmonton Food Bank & Youth Emergency Shelter

TICKETS ARE SELLING FAST! CONTACT SCOT AT scot.morison@shaw.ca

Community Matters



We are so excited to finally have spring sunshine, puddles, and spring jackets instead of snow pants!

Over the last 8 months, our preschoolers have been learning to navigate turn-taking, waiting, negotiating, problem solving and most of all, that learning through play opens a world of adventure and wonder!

It is so important that we support early childhood development and play as our most powerful form of learning in the early years. Research tells us that 90% of a Child Brain's Development Happens Before the Age of 5!

Since our last community newsletter update, we visited the Aviation Museum, ATA Martial Arts, a nature walk through Whitemud Ravine Nature Reserve, and Safety City, where our preschoolers learned about pedestrian safety and got to ride battery operated vehicles in a little city designed just for their size!

Our incredible fundraising team has been working hard on fundraisers like the IGA Shopping Spree and a plant sale fundraiser. We are so excited for our second annual Family Fun Day on June 3. We are looking forward to celebrating with the community and our preschool families. Funds raised by our preschool families, friends, and community members allow us to take the children on field trips, helps to purchase classroom supplies, build our classroom library, and equipment like our indoor slide and climbing wall! We truly appreciate the support of the Rio Terrace, Quesnell, and

Patricia Heights community and are so proud to be part of this wonderful community!

We are excited for our upcoming 2023-2024 preschool year, and we still have a few spots available for our 3-year-old morning class and our 4-year-old afternoon class.

Registration information can be found online at www.rioterracepreschool.ca If you have any questions, please feel free to contact Shay at rtpedm@gmail.com


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

~Loris Malaguzzi

Playfully Yours,

Shaylene Saxton – Teacher

Jana Konelsky – Teaching Assistant



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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

Thank You to the
community for the
wonderful response!
Noelle



<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

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Get Involved: Jasper Place Community Development Project

We have a big question to ask: How can we make the Jasper Place District a more welcoming and connected community? If you have great ideas or are interested in community-led projects, get involved with the Jasper Place Community Development project. No experience or expertise required. We're looking to engage local residents, businesses, and visitors in creating a community vision for the Jasper Place District and west central Edmonton area.

The Stony Plain Road Business Association is working with community members to imagine the future of Jasper Place and west central Edmonton.

There are many ways to get involved. Learn more about the project and join the conversation by visiting our website:
tinyurl.com/jpcd-website



2023 Fall EFCL NFL Flag Season Divisions U8, U11, U13, U15, U18 & U16 Girls

Our goal for the Northern Alberta Flag Football League is to provide every child with an equal opportunity to play flag football. We believe our structure will give the kids the opportunity to learn and play multiple positions on both offense and defense. Our main focus is making sure everyone is having FUN while learning the basics of the game, teamwork and important lessons in sportsmanship.

RECREATIONAL "FUN DOESN'T MEAN IT'S NOT COMPETITIVE"

Players, coaches or teams play to have *FUN*. The slate of practices and games ensures that all participants receive comprehensive instruction and gain a keen understanding of the sport. Although it's recreational, games are still competitive in nature.

(continued on page 16)

Community Matters



LET'S PLAY!

EFCL

**FLAG LEAGUES ARE COMING
TO YOUR COMMUNITY!**

NFL FLAG is officially here and we couldn't be more ready for it.

NFL FLAG is bringing **FUNDamentals** to the EFCL, Fall co-ed Leagues for boys and girls aged 4-17 located in your area

Registration will open in early April

Contact Darryl for more information
vegflag@gmail.com or 825-459-2121
www.edmontonflag.com



NFL FLAG

FIND A LEAGUE NEAR YOU:
NFLFLAG.COM

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(continued from page 14)

2023 FLAG League Information

Commitment: The EFCL League runs from Sept 5th - Oct 22nd, 2023 every week (with the exception of the Thanksgiving Day long weekend). Recreational games will take place at the participating Community Leagues, Competitive games will take place at Central Hubs and teams will play a total of 8 games in (6) weeks with no additional practices. Schedules will vary by team, but times will stay consistent from week to week. Times will be determined closer to the season as details are finalized.

Investment: *Early Bird Price* \$210 until May 31st. Starting June 1st the fee is \$250. This fee includes NFL Flag Team Reversible Jersey, NFL Flag Shorts, Flags, Football Alberta Membership, Football Canada Membership, Accident Insurance, Liability Insurance, Quality Trained Coaches (dependent on age level), and Field Rentals.

Team assignments are by community. Teams are distributed to ensure even numbers on each team (8 - 10 players/team). Players will be placed in divisions based on their age as of December 31, 2023.

General Details

The only additional equipment needed is a good pair of runners or cleats and a water bottle.

No experience is necessary.

Divisions will focus on 5 on 5 Flag Football.

For more Info and to register, please visit:
<http://www.edmontonflag.com>



Seniors' Coffee Time

Seniors' coffee time! Please come – chat, listen, share, have fun!

Everyone is welcome and encouraged to attend our coffee scheduled at 10 am for an hour, each 3rd Wednesday of the month. We've heard wonderful stories, a few laughs, listening sessions 😊 – all entertaining and enjoyable. We would love more members please.

Future plans include exercise, card-game playing, garden parties, wine and cheese.

Please come on the next Wednesday, or send me an email to ensure your name is on our list, rtcl.secretary156@gmail.com, to keep informed on our Community news and upcoming events. Thank you so much for your interest and joining in.

At a recent coffeetime, this historic picture was shared – wow, right? Do you know everything about where we live?



Community Matters



Buy Nothing Rio Terrace/Quesnell Heights/Patricia Heights

The idea of Buy Nothing encourages a gift economy where community members give away items for free so someone in their neighbourhood can make use of them. There is usually no buying, selling, trading, bartering or money exchange involved, as the founders believe "a gift economy's real wealth is the people involved and the web of connections that form to support them." While some treat buying nothing as their lifestyle, others participate casually. The "Buy Nothing" lifestyle can reduce waste with the additional benefit of saving money amid the high cost of living.

One of our community members, Shannon Darvill, had the following to say about the Buy Nothing Group:

"My family has loved this community from day one and a highlight is the Buy Nothing group. With two kids we have collected a lot of things over the years, and I always enjoy that toys and household items are staying in our community to be re-loved once we're ready to let go of them.

We have also gained useful items and toys through the Buy Nothing group as well. Everything from garden hoses to tiger posters and even lightsabers...items which are both fun for the kids and practical!

We moved into the area at the beginning of the pandemic, which meant getting to know our neighbors and being involved in the community was limited. We've now met many people while exchanging items, sometimes just down the street!"

If you'd like to join our community Buy Nothing Group, please visit the [Facebook Buy Nothing Rio Terrace/Quesnell Heights/Patricia Heights](#) page, answer the membership questions and hit submit.

Please reach out to Joanne Hajjar Olsen on Facebook should you have any questions.



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Community Matters

Boys & Girls Clubs Big Brothers Big Sisters

Today, there are more than 1,200 children and youth waiting for a mentor in the Edmonton area—14 of those children and youth live in your neighborhood and surrounding communities. Due to the compounding effects of the COVID-19 pandemic and the rising cost of living, children and families are experiencing escalating mental health risks and further

isolation and anxiety; But you can help make a difference.

Did you know... children who have a mentor in their lives will:

- Enjoy healthier peer relationships
- Show a reduced use of drugs and alcohol
- Experience better school performance

Help us build a brighter tomorrow by becoming a mentor today.

Visit bgcbigs.ca/become-a-volunteer/



We're looking for 1,000 volunteers.

Help us make a difference.



BECOME A
VOLUNTEER TODAY



Boys & Girls Clubs



Big Brothers Big Sisters

Boys & Girls Clubs Big Brothers Big Sisters
of Edmonton & Area

Community Matters

FROM THE STUDIO OF LEE DENNIE

The studio:

- *is located in the Rio Terrace Community**
- *offers one-on-one lessons for students of all ages**
- *offers weekly 30/45/60-minute lessons**
- *offers a curriculum that incorporates several musical styles, including classical and contemporary music (RCM), folk music, and pop music**
- *is currently accepting new students**



**FOR MORE INFORMATION AND TO REGISTER,
CONTACT LEE DENNIE AT
780-700-6678**

**Lee Dennie has a Bachelor of Music from the U of A
and has 35 years experience teaching music.**

**Music is part Science, Math, Language, Movement, and
Art. It develops self-discipline, provides a challenge,
and sparks creativity. Give it a try!**



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Community Matters

Help your kids reach for the stars & GIVE THE GIFT OF A SECOND LANGUAGE

Die Kleine Kinderschule is a non-profit preschool taught in both English & German with a focus on learning through play for **children 3 – 5 years old**. This means that **NO previous knowledge of German is required**, nor are the parents expected to know German.

Our program is offered at three locations throughout Edmonton:

Forest Heights School, German Club and Rio Terrace School

Benefits of Bilingual Education:

- Children score higher on both verbal and non-verbal intelligence,
- Higher test scores in reading, languages and mathematics,
- The earlier the start, the greater the positive effect

Reasons to learn German:

- German is the most widely spoken language in the European Union
- Germany has the largest economy in the European Union and is the fourth largest in the world

- Foreign students directly enrolled in many German Universities pay little to almost none tuition fees

Why choose DKK:

- Qualified German bilingual teachers
- Language & social development
- Independence & creativity
- Fun and educational field trips including off-site Edmonton attractions & in-class experiences

For more information & online registration visit **www.dkkplayschool.org**

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 to register.



Community Matters

Updated Tennis Court Rules

The Community League reviewed and updated the Tennis Court Rules. Signs containing the following information will be posted shortly around the courts. These updates were made to enhance the shared enjoyment of the facilities by our league members and their guests.

Tennis Courts:

These courts are for Rio Terrace Community League Members with active memberships and their guests:

- to purchase membership please visit our website www.rioterrace.ca or through EFCL.
- email the membership director (as listed online] for the access code - please include your proof of membership
- the membership director will try to reply to your message within 48 hours.

Note: Ensure you're on the community email list as the access code may be changed at any time and the updated code is sent via email.

Tennis Court Protocols:

Enjoy the facilities and fellow players/groups but recognize that all community tennis and basketball users do so at their own risk. Please don't do anything that will compromise your health, our facilities, or our community reputation.

Please follow these protocols of conduct:

These courts are first come first served. Please be considerate of others & limit your game to 30 minutes for singles & 45 minutes for doubles if others are waiting.

Queued players are to remain outside of court area.

Please wear soft-soled, non-marking shoes on the courts. Do not sit, swing, or stand on net cable.

Courts are for tennis & basketball* play only (*basketball limited to basketball net areas only). As such, please enjoy your skateboard, rollerblades, bicycle, play ball hockey /soccer, etc. off the courts.

No food or glass containers allowed within the court area. Vaping, smoking, alcohol, etc. is a private choice & this is a public space - enjoy such things elsewhere.

Your pet will enjoy watching from the other side of the chain link; please keep your pets & 4-legged cheering squad off the courts.

All players must ensure gates are locked when departing. Please do not share the access code with anyone. Even if they say they're members.

These courts are for Rio Terrace Community League members with active memberships and their guests only



Community Matters



Master Plan for Strathcona County Regional Park Finalized

Located north of Township Road 540, where the new River Valley Alliance pedestrian bridge will connect to 167 Ave in Edmonton, this Regional Park is being promoted as a regenerative riverside park, which balances outdoor recreation nature appreciation and historical recognition, while fostering a healthy connected river valley system. It will reach across two quarter sections, or 290 acres, of land.

Previously used as a gravel quarry, North River Park, will be the key wildlife biodiversity zone, where forest and riparian restoration will take place. Construction includes topographic diversity, with hills created from earthmoving operations around wetlands. Within this portion, a north flood park will be developed, which will be designed to handle a one-in-one-hundred-year flood.

In South Wetland Park, existing ponds will be modified for wetland restoration. “The wetlands are one of the most unique aspects of this property, so developing boardwalks and pathways on the edges of them and

through them will create really wonderful experiences and educational opportunities for school groups and visitors to the region,” according to the lead architect, Matt Williams.

The Central Gathering Place will have a visitor pavilion with outdoor seating, an adjacent plaza for community and school gatherings and a natural playground that uses the terrain for different play experiences. Connecting all three spaces will be the trail networks, which will focus on usage in all four seasons, so cross-country ski trails will be added.

As the ecosystems start to regenerate we’ll have these wonderful loops of natural trails within forests, shrub-land, and grasslands, which all have the opportunities to have interpretative signage and diversity of experience to really enjoy and connect people with nature,” said Williams. Learn more at <https://sherwoodparknews.com/news/local-news/a-profound-opportunity-regional-park-master-plan-released-with-76-7m-price-tag>.

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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Community Matters

Hon. Randy Boissonnault

Member of Parliament for Edmonton Centre

Need Assistance? We're here to help!

Navigating Federal Departments and Programs

Our office can assist you with Citizenship and Immigration, Canada Pension Plan, CRA, Passports and various departments and programs.

Congratulatory Messages

Our office can arrange for birthday and anniversary messages to be sent from Randy, the Prime Minister, the Governor General, and HM the King.

Coming to Ottawa?

Contact our office to request passes for Question Period*
2:15 PM Mon-Thurs
11:15 AM Friday
*Sitting weeks only

Constituency Office:
780-442-1888,
randy.boissonnault@parl.gc.ca



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CALL FOR APPOINTMENT

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Community Matters

Patricia Heights Community Art Walk

Dear Caregivers & Community Members,

We are excited to invite you to Patricia Heights School Art Walk. The students at Patricia Heights have been working hard to create beautiful artwork, which we would like to share with our community.

On Thursday, June 1st, our students will display their art pieces on the south west fence by the playground.

We welcome everyone to come admire and take an unique and colourful piece of artwork. It would make excellent decorations for your homes or businesses.

We look forward to seeing you there!

Sincerely,

Staff and Students at Patricia Heights School



The Society of Vintage Characters is committed to keeping seniors active, engaged and connected. We schedule monthly social events and annual volunteer and fundraising events. We invite you to join us!

Devonian Gardens
Kulman's Gardens w/ Planting

Monday Afternoon Movies
Summer Patio Concert Series

Day Trip to Lacombe, AB
Overnight Trip to Calgary, AB

Society of Vintage Characters

Seniors Social Events & Activities

Created in 2018, the Society of Vintage Characters is a relatively new Seniors organization, continuing to evolve. We generate revenue by participating in casinos approximately every 2 years.

We believe strongly in giving back. Societies are allowed to donate up to \$5,000 per year of AGLC earnings to registered charities. To date, the 2 organizations that we have supported, are the Edmonton Food Bank and CKUA. We believe in volunteerism, volunteering every 2 months at the Food Bank.

Our mission statement is on our website www.vintagecharacters.ca and our Facebook page Society of Vintage Characters <https://www.facebook.com/vintagecharacters/>. It should be amended to include the fact that we believe in having FUN!!

Cost of membership is \$30.00 per person. We host a variety of quality, interesting events. Most events are free to members and often include a meal. You can usually recoup your membership dues by attending the first event as a member.

If you have any questions please contact me, Gerry Hofs, the President, at gerryhofs@yahoo.com or call me 780-474-5150.

Community Matters

Keep Your Heart Healthy by Walking

You can improve your heart health simply by walking.

A form of aerobic exercise, walking is one of the easiest ways to increase your physical activity and improve your heart's health.

Physical activity increases your heart rate, strengthens the heart muscle, and increases blood circulation through your body, bringing more oxygen and nutrients to your organs. Exercise also increases your lungs' ability to take in oxygen. It lowers blood pressure and helps to reduce body fat. It also improves blood sugar and cholesterol levels.

Have a checkup before beginning an exercise program. If you have heart problems, your doctor may want to do tests to find out how much activity your heart can safely handle. Start out slowly, with a warm-up in the beginning. Get faster in the middle of your walk. Then have a cool-down at the end.

Use a phone app or buy a pedometer to count your steps every day. Set a goal to increase the number of steps you take each day or week. Many people work toward a goal of 10,000 steps a day but set a target that works for you.

To stay motivated, walk with friends, co-workers or pets. Ask friends and co-workers to join you. Turn a walk into a brainstorming session with a co-worker. Join a walking group or club. Plan family outings around walks together.

Set goals. Work towards doing at least 2.5 hours of moderate to vigorous exercise a week. One way to do this is to walk 30 minutes a day, at least five days a week.

Schedule walks on your business calendar. Walk whenever possible. Take opportunities such as walking to work, school, around an entire park, to do errands the grocery store, or to a restaurant.

Set a goal to participate in an organized fitness walk.

Walk before or after work, or on your lunch break. Instead of taking a snack or coffee break, take a walk break.

If the weather is bad, use a treadmill. Or take comfortable shoes to the mall and walk several laps inside.

Wear comfortable shoes and socks that cushion your feet.
Drink plenty of water. Take a bottle with you when you walk.

Be safe and know your surroundings. Walk in a well-lit, safe place.



Image: freepik.com

Community Matters

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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Community Matters



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(hedgerhumor.com)



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Community Matters

We are excited to introduce

Emelie Guenther Registered Acupuncturist Reiki Practitioner

Jon, our resident Acupuncturist, is so busy and is having a hard time fitting everyone in. So he has hand picked Emelie to join our clinic!

She enjoys working with women's health, autoimmune, chronic pain and so much more.

Emelie has a passion for treating the body, mind and spirit as a whole. She is excited to join us and we are very proud to have her!

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Community Matters



A vibrant poster for Family Fun Day 2023. The background is a bright blue sky with stylized white clouds. In the top left, a yellow sun contains the text 'JUNE 3 12-8PM'. In the top right, a dark blue cloud contains the text 'RIO TERRACE COMMUNITY HALL 15500 76 AVENUE'. In the center, a large white cloud contains the text 'JOIN US FOR OUR 2023 FAMILY FUN DAY!'. To the right of this cloud is a cluster of five balloons in red, green, and yellow. Below the central cloud, the text 'FUN FOR THE WHOLE FAMILY!' is written in red, followed by a list of activities: 'BOUNCY CASTLES • FACE PAINTING • PERFORMANCES', 'FOOD • BEER GARDEN', and 'GARAGE SALE • 50/50 DRAW'. To the right of this list, a white cloud contains the text 'LOTS OF FREE ACTIVITIES'. Below the activities, the text 'A FUNDRAISER FOR RIO TERRACE COMMUNITY PRESCHOOL' is written in dark blue. At the bottom, a green grassy hill features a Facebook icon on the left and an Instagram icon on the right. Between the icons, the text 'FOLLOW US ON SOCIAL MEDIA AND STAY UP TO DATE RIOTERRACEPRESCHOOL.CA' is written in dark blue.

**JUNE 3
12-8PM**

**RIO TERRACE COMMUNITY HALL
15500 76 AVENUE**

**JOIN US FOR OUR 2023
FAMILY
FUN DAY!**

FUN FOR THE WHOLE FAMILY!
BOUNCY CASTLES • FACE PAINTING • PERFORMANCES
FOOD • BEER GARDEN
GARAGE SALE • 50/50 DRAW

**LOTS OF
FREE
ACTIVITIES**

**A FUNDRAISER FOR
RIO TERRACE COMMUNITY PRESCHOOL**

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