

August 2023 Issue

President's Message

Hi all! Let's start with some good news! Our hall repair and renovation is complete. This was funded almost entirely by the CLIP grant from the City of Edmonton and the CFEP grant from the Province of Alberta. Funding totalled \$275,000. Now the bad news... Due to some unexpected findings during the renovation construction, such as roof repair, the project required us to reach into our operating funds. Deeply. This is not something we could have predicted as we did not discover these issues until after a significant portion of the renovation was complete.

Because our finances are the way they are, we have had to re-evaluate how we spend our remaining funds. At least until our next casino rolls around in the summer of 2024. Some programs, like the printed newsletter, are now on hold. That is why this edition is digital (just in case you were wondering). This also means that we are unable to host our annual Big Bin event that so many of us know and love.

We, as a board, are looking at ways of putting our finances in a more healthy position like fundraisers. Keep your eyes open! If you have any fundraising ideas or would like to make a tax deductible donation, please reach out to me at rtcl.president@gmail.com or any of the other friendly board members that you might know.

We also have the ability of providing tax receipts should our league members find themselves in a position to donate. If you

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haven't, and are able, something as small as buying a membership helps (see purchase info on the next page). 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.

While this is not the glowing positive news we had wished to share upon completion of this massive hall repair undertaking, I am confident that we will improve our situation and we really hope to get back to our regular operations soon!

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.

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.

15500 76 Avenue NW
Edmonton, Alberta
T5R 4L8
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www.rioterrace.ca

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

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Next Issue: November 2023
Submission Deadline: Friday, October 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

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



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YOU'RE INVITED TO

PIE IN THE PARK

Please join Felicia & Jen for pie and hot chocolate in celebration of Thanksgiving weekend.

Where: RIO TERRACE PARK (15500 76 Avenue)

When: Saturday October 7, 2023

Time: 2 P.M – 4 P.M



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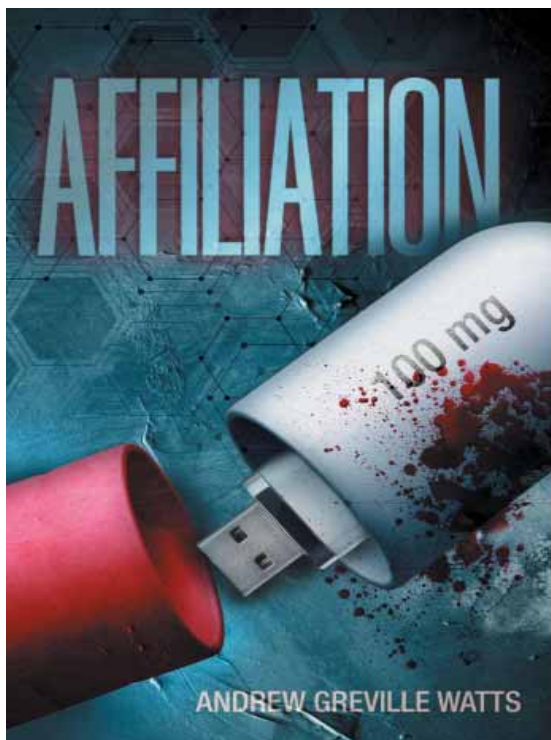
780.289.6670

#201, 5607 199 Street Edmonton, AB T6M 0M8

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



Community Matters



ABOUT THE BOOK

Scientists around the world have either abandoned their breakthrough medical research and disappeared or mysteriously died before finishing their work. But no one knows about it. They can't be connected. That changes when a doctor working for one of the largest pharmaceutical companies in the world sends out a simple company email.

Now Matthews Pharmaceuticals employees who have opened the email are turning up dead. Steven knows he's bound to be next. Not only did he open the email, he copied the attachment to a USB stick – not that he can understand the strange chemical formulas found on it, but he knows he has something important.

As he runs for his life, Steven connects with others being targeted by Matthews. They now have a common goal: to find out what is on that USB stick. What is Big Pharma hiding? What is so important that they are willing to kill?

LOCAL AUTHOR – ANDREW GREVILLE WATTS

Andrew has lived in the Rio Terrace community for the past 32 years. Long time coordinator of the soccer program. **AFFILIATION** is Andrew's first novel. He will be hosting a book signing at the Community Hall on Saturday, September 9 from 1:00pm to 4:00pm. All welcome!!

Ladies Drop-In Basketball

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Contact: jayspix@gmail.com



Program of Parkview Community League

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Rio Terrace Youth Community Soccer for the Indoor Season

Registration is underway for the 2023-2024 Indoor community level soccer season that will begin play in October. Players need to be registered by August 31 in order to be assured of being placed on a team.

The community soccer program provides about 5 months of soccer activity from mid October through early March to children aged 4 through 19, so players born in 2005 through 2020 are eligible to participate.

The registration process for community soccer requires using the on-line EMSA soccer portal website (emsasoccerportal.com) and requires payment to be made either on-line at the time of player registration or shortly thereafter through making payment

arrangements with the EMSA West soccer office. There are 5 steps in the on-line registration process:

Step 1 - Review the Soccer Program information on the Rio Terrace Community League website

www.rioterrace.ca/programs/soccer.

Step 2 - Ensure that you have or obtain a valid (current cards will start with 23-XXXXX) community league membership. This needs to be acquired in advance of proceeding with the on-line player registration process. Most likely you will need to purchase a new membership as August 31 is the expiry date of the previous year memberships.

New memberships can be purchased online at www.efcl.org/memberships or by contacting me at rtcl.soccer@gmail.com

Step 3 - Complete the actual on-line registration of individual players using the EMSA soccer portal (www.emsasoccerportal.com). When completing the registration for each of your children, please be sure to specifically request to play on a Rio Terrace team, and indicate any 'play with' requests for friends and/or coaches. If you have not previously registered any family members for soccer using this website, you will first have to complete a family account set-up and then proceed with registering individual players. Please also be sure to indicate any parental help available for coaching, etc.

Step 4 - Pay the EMSA WEST registration fee for Indoor soccer either on-line at time of player registration or through alternative arrangements by contacting the EMSA WEST

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office at 780-451-6453. Please note that player registration is not complete until the payment of the registration fee has been completed.

Step 5 – Make payment to Rio Terrace Community League of the individual Indoor season player fee and the uniform deposit. Rio Terrace charges a player fee for players on teams that are U9 aged and older for the Indoor season of \$60 per player to cover Soccer Program costs incurred by Rio Terrace. A uniform deposit will likely also be collected to help ensure that we do collect back all of our new jerseys at the end of the season. An email will be sent to all players' parents in late Sept or early Oct confirming these amounts and how to make payment via e-transfer.

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

Players registering after August 31 will only be added to a team if the team is in need of more players, so please be sure to complete the registration of your child prior to the end of August.

Perry Wynn, Rio Terrace Soccer Coordinator
rtcl.soccer@gmail.com

Edmonton Valley Zoo Breeding Program Includes Endangered Northern Leopard Frog

Northern leopard frog populations across western Canada started declining sharply in the 1970s, with the Edmonton region population estimated to have been completely lost by the 1980s. Due to upland habitat destruction, wetland loss, pollution,

and the spread of diseases, the species is now considered gone from the entirety of the North Saskatchewan River basin.

In late June 2023, two zookeepers made the trek to a protected wetlands area outside of Kimberley, B.C. to release 277 zoo-born and raised endangered Rocky Mountain northern leopard frog tadpoles. This work is part of a breeding program with the goal of preventing the local extinction of the species in order to support the recovery of the broader western Canadian northern leopard frogs, which are considered at risk in Alberta.

The northern leopard frog program was established at the zoo in 2018 as part of the broader Northern Leopard Frog Recovery Team, which runs in cooperation with the Wilder Institute/Calgary Zoo, the Vancouver Aquarium, and the Province of British Columbia. The team is establishing new self-sustaining populations of frogs in BC, conducting conservation research, and maintaining assurance populations.

For every person who visits the Edmonton Valley Zoo, a small portion of their admission goes to conservation.

~Shared with permission by the North Saskatchewan River Valley Conservation Society

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Community Soccer

Rio Terrace 2023 Community Youth Outdoor Soccer Season

2023 saw the youth community soccer program at Rio Terrace reach a level of participants comparable to the numbers experienced prior to 2019. It truly was a great outdoor season with one exception - that of course was the dreadful Air Quality issue that plagued much of Alberta and really much of Canada during May and June. The impact on soccer was a crazy amount of cancellations and rescheduling as games and practices could not take place when the Air Quality Index was 7 or worse.

Our U4/U5 and U7 FunSoccer programs had 90 eager and enthusiastic players playing soccer twice a week during May and June. The hour long sessions were a mix of skills drills and fun games followed by 25 - 30 minute long matches against the other teams in the same Rio Terrace based age groups. The soccer field north of Rio Terrace School was a beehive of activity on Monday and Wednesday evenings as players, coaches, parents, grandparents and others gathered for fun and entertainment. A great big thanks to all parents who volunteered to act as coaches - the FunSoccer program does require a high ratio of coaches to players in order to be successful.

The U9 through U19 soccer program was also a great success this season player number wise and results on the field wise. Finally putting Covid-19 behind us, players (and parents) were eager to get back to community soccer and enjoying playing

soccer with their friends and developing their skills. Rio Terrace hosted 11 teams and had 190+ players participate on these teams. We are very fortunate in Rio Terrace to have so many capable parents who volunteer their time, energy and effort to coach and manage teams in our community youth soccer program. Adding in skilled and energetic players who continue to learn and perfect their skills leads to our teams have loads of fun and achieving lots of success during their seasons. Congrats to all of our teams for their success this season in both league and tournament play, but more importantly the growth in the players in both their soccer and general life skills.

More Rio Terrace Team Successes for the Outdoor Season

The Rio Terrace (Klappstein) U17 Boys team are headed to the Outdoor Tier 4 Provincial Championships in mid-August. Good luck to the team as they play in the Outdoor Championships for the second year in a row. Rio Terrace team successes in the City of Edmonton Championships also are a great indicator of the strength of our community soccer program. 5 of our 11 Rio Terrace based teams moved on to City Finals in July. The U17 boys team coached by Dave Ainsworth were City Champions at the tier 6 level and the U13 girls team coached by Amy Machnik finished 2nd in the Tier 5 Championships. The other Rio Terrace teams that participated in City Championships performed well, learned lots and will be even better next season!! Congratulations to the coaches, players and parents for all of their hard work and efforts.

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While community youth soccer is certainly not defining success based on the win/loss record of games played, it is great to see that the hard work of the players and coaches translates to their performance on the field. Our community teams are both very competitive and very focussed on ensuring players have fun while developing their soccer skills.

Perry Wynn, Rio Terrace Soccer Coordinator

Staying Healthy as We Age

Seniors Week in Alberta takes place the first week of June.

While we celebrate all that older adults have done for our society, let's talk about how to stay strong and healthy as we age.

Adults can start to lose muscle as early as age 30, but the loss increases quickly after age 70. Protein is a nutrient that helps you to build muscle and keep the muscles you already have.

But many seniors do not get enough protein. Since your body can't store it, you need to eat protein at least three times a day, every day, to keep the muscle you have.

Often, adults tend to eat less protein at breakfast. Here are a few ways to increase your protein at breakfast:

- Have a glass of milk or fortified soy beverage with your meal.
- Add cheese or beans to toast.
- Mix one to two tablespoons of skim or whole milk powder or a scoop of protein powder into your cereal or yogurt.
- Make an omelette.

You can also try these tips:

- Add meat including wild game or poultry to pasta or vegetable dishes.
- Try a plant-based protein; for example, try chickpea falafel or tofu added to a stir-fry.
- Add canned beans or lentils to soups.
- Choose nuts, boiled eggs, Greek yogurt or cottage cheese as a snack.

Protein alone does not build muscle.

Movement helps older adults stay strong, mentally fit and independent.

Here are some suggestions from the 24-Hour Canadian Movement Guidelines (csepguidelines.ca):

- Try to get 2.5 hours (150 minutes) of moderate (example, brisk walking) to vigorous (example, cross country skiing) intensity aerobic activity each week. You don't have to do it all at once. You can break up the time into smaller sessions of 10 minutes or more.
- Engage in muscle and bone-strengthening activities at least twice a week. These activities include climbing stairs, gardening and housework such as vacuuming or washing the floor.
- Include activities that challenge your balance, such as Tai Chi or Yoga
- Limit time sitting to eight hours or less. That includes less than three hours a day of screen time (in front of a TV, computer, tablet, or phone.)
- Get seven to eight hours of good-quality sleep each night.

If you would like more tips on staying strong and healthy as you age, search 'Staying Strong' at ahs.ca/NutritionWorkshops.

~Shared with permission by Alberta Health Services

2023 Big Bin Events

There will be no Big Bin Event in Rio Terrace, Patricia Heights, and Quesnell Heights in 2023.

The City of Edmonton will be hosting big bin events this summer and fall though!

August 19-20, Callingwood, 17740 69 Ave

September 9-10, Ellerslie Facility, 2415 101 St

September 16-17, Castle Downs, 11520 153 Ave

https://www.edmonton.ca/programs_services/garbage_waste/big-bin-events

Materials Accepted at No Cost

- Couches, chairs, mattresses and other household furniture items too large for curbside pickup
- Fridges, freezers, washers, dryers and other large household appliances (will be recycled)
- Computers, televisions and other household electronics (will be recycled)
- Tires and scrap metal (will be recycled)
- Yard waste, including branches no longer than 1.2 metres (4 feet) by 0.75 metres (2.5 feet) in diameter

Materials Not Accepted


- Commercial waste
- Gas-powered equipment (i.e. lawnmowers)
- Household hazardous waste
- Reusable items. Please take these to the Reuse Centre.



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://elksfcalberta.ca>

Alberta Elks Foundation



TABS FOR TOTS
Helping Regional
Hospitals
Since 2000



WHAT IS TABS FOR TOTS?

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

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

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

HOW CAN I HELP

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



Did you know?

TABS ARE BEING COLLECTED IN 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



The Raging Rio Seniors

The Raging Rio Seniors (including Rio Terrace, Patricia Heights, Quesnell Heights) want you to come out for coffee – PLEASE!

Enjoy our fellowship, with many activities anticipated to come in the fall. Voice your input to our community, become a friend to us all, or just enjoy the company.

In June, we had a senior inspector with the Edmonton Police Service come present and answer questions in general. In July, we were hosted by a lovely couple, with a wonderful and beautiful garden.

Let us know what interests you – we are anxious to meet you 😊

Or sign up for our email to keep informed on our meets, with helpful information. Send a note to Deb at rtcl.secretary156@gmail.com. Hoping to see you, every third Wednesday of the month, from 10-11 am.



Harmony Wolgemuth photo

YEG Will Keep Control if River Valley Becomes a National Urban Park

Urban planning committee voted to recommend that council proceed to the planning stage of the National Urban Park initiative. While Mayor Sohi advocated for the river valley's national urban park status, he said certain things are non-negotiable for him.

"One of them is there will not be a transfer of river valley lands to the federal government," he said during the meeting. "That Edmontonians will retain ownership and control of the river valley, that land use and other permitted activities are determined by the City of Edmonton as we do now, and that access to the river valley will be same for Edmontonians as it has always been, which is free of charge."

Theo Peters, spokesperson for Métis Nation of Alberta, told councillors a survey found a majority of its citizens approve of the river valley as a national urban park, as well as preserving the nature there. "There was a large consensus toward retaining the natural

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features of the park ... and a focus on minimal development to avoid anything that had the potential to change the naturally occurring landscape,” he said.

Linda Duncan with the North Saskatchewan River Valley Conservation Society was mostly supportive but said there needs to be more transparency with the public throughout this process. (<https://edmontonjournal.com/news/local-news/edmontons-mayor-says-city-must-keep-control-if-river-valley-becomes-national-urban-park>).

~Shared with permission by the North Saskatchewan River Valley Conservation Society



Hopefully you have been enjoying some sunshine, being outside, and every moment of summer!

We had an incredible Family Fun Day in June with so many community members and preschool families in attendance! We had an amazing face painter, glitter tattoos, bouncy castles, a Beer Garden, food, a dunk tank, and a garage sale!

Our preschool fundraising team and parent volunteers worked so hard executing this event and it was a true reflection of the dedication, commitment, and heart that our families, parent executive team, and Rio Terrace, Quesnell, and Patricia Heights communities pour into the success of Rio Terrace Preschool.

We are looking forward to the 2023/2024 school year and our incoming parent executive team is already discussing plans for our Silent Auction in November, and our Third Annual Family Fun Day next June!

Rio Terrace Preschool is always evolving and growing our program based on research and best practice. Our entire preschool team is deeply committed to supporting children’s social, emotional, cognitive, and physical development through a play-based approach that offers hands-on, relevant, and meaningful ways for children learn and grow. We have a few spots available for our 2023/2024 school year for both 3- and 4-year-old children.

If you are interested in more information, or a registration form, please check our website www.rioterracepreschool.ca or email rtpedm@gmail.com

We look forward to another year of connection and partnership in nurturing a lifelong love of learning in our preschoolers!

“Play is not a luxury. Play is a necessity” ~Kay Redfield Jamison

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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,

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.





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Buy Nothing Rio Terrace/Quesnell Heights/Patricia Heights

A story of how our buy nothing group gifted me a new friendship

I've been a member of our neighborhood buy nothing group for a couple years, and have been the happy recipient of many pre loved items from my neighbours. Some items that come to mind include a strider bike for my toddler, megablocks, a very nifty "woof cycle" dog bike attachment that finally lets us meet our husky's energy demands, a ladybug crate that reminds me of the nickname my late mom used to always call me, several baby toys and clothing items, many books, refrigerator filters, a children's picnic table, and more.

I've also been able to pass on many items to a new home that I would've otherwise sent to a landfill or thrift shop, like a new curtain rod, a lazy susan, kettle, artwork, cookbooks, puzzles, and more.

But the most unexpected gift I received from this group came in the form of a wonderful new friendship. In February 2022 we welcomed home our first baby - our daughter Emmy Lou. She was a jaundice baby who spent a couple extra days in the hospital under the "bili lights", and while I was getting the hang of nursing and we were trying to clear that bilirubin, we used some ready to feed infant formula to supplement.

This was in the peak of the pandemic which also brought with it a global formula shortage. A week or two after she was born, I was able and happy to continue nursing exclusively, and we fortunately did not need to add to the extreme demands for the very little (or no) formula on shelves in stores. A few months after the postpartum fog began to lift, I was tidying up and found a box of some of the infant ready to feed formula remaining. I checked the expiry and knew it was still good and decided to offer it in our buy nothing group first before donating to a different charity. Quickly, a request for the formula popped into my feed and I responded.

We began chatting, and I soon found out that she was a brand new mom to a 2 week old girl who was also a jaundice baby that needed a little extra formula to kick the bilirubin too. We kept chatting and decided to meet for a neighbourhood stroller walk soon. Upon our first walk, we quickly learned just how much we had in common such as shared interests, education and careers (we are both teachers in the same school district!), our infant daughters, and our husbands even had the same first name! The more we talked we realized we had many friends in common and it is crazy that we never crossed paths sooner, living just a couple blocks apart.

With both of us on maternity leave, we began to meet for more walks, indoor play and coffee dates, playground visits and even to torture ourselves running the Wolf Willow stairs together. When our leaves ended, we were a support system for each other - a

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space to share all the worries and questions and anxieties about going back to work, and picking the right daycare, and how to balance it all. I have appreciated our friendship so much over the last year and a bit, and look forward to raising our kids in the neighborhood together. I never would have ever expected this little Facebook buy nothing group to have gifted me something quite so great, but I'm so glad that it did.



New members are always welcome. To join the Buy Nothing Rio Terrace/Quesnell Heights/Patricia Heights Facebook group, visit <https://www.facebook.com/groups/107970551065040>.

Just a friendly reminder to answer all 3 of the membership questions prior to clicking submit. Please reach out to Joanne Olsen at joanneolsen2@gmail.com if you have any questions.

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Matthew James Weigel wins three awards for Whitemud Walking

Within a single month, UofA doctoral student Matthew James Weigel won national, provincial and local literary awards for Whitemud Walking. His first published volume of poetry is a collection of poetry, photographs and documents exploring the Dene and Métis poet's place in Edmonton's history of colonization and erasure.

The book's structure, entirely designed by Weigel, is based on his walks through Whitemud Creek at the University of Alberta's Mactaggart Sanctuary. In June, the book won the Stephan G. Stephansson Award for Poetry from the Writers' Guild of Alberta, and in May the Robert Kroetsch City of Edmonton Book Prize and the Gerald Lampert Memorial Award from the League of Canadian Poets.

The Gerald Lampert jury described Whitemud Walking as "a remarkable work of resistance historiography" and a "masterclass in experimental form ... re-visioning of family stories and the poet's loving and attentive relationship with a particular place. You do not just read this book but experience it with your mind, heart and spirit.

" <https://www.ualberta.ca/folio/2023/06/phd-student-wins-trio-of-awards-for-first-poetry-collection.html>

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Households with a bird feeder and backing onto greenspace, needed for study

Prior research has shown that coyotes eat a surprising amount of birdseed, usually after it spills from suspended bird feeders. Both birdseed and the rodents that eat it attract coyotes, and coyotes that eat human sources of food are more likely to approach people and pets.

Master student Abby Keller is seeking 60 volunteer households in Edmonton that have a yard that backs directly onto a greenspace, ravine or river valley, lacks a coyote-proof fence, and either has a bird feeder or would be willing to install one. She will study the extent of attraction to birdseed in residential yards by coyotes and their prey, and whether coyote and prey access to birdseed can be reduced using a simple device called a seed hoop.

A seed hoop is a mesh hoop that can be installed below a bird feeder to prevent birdseed from falling to the ground. To monitor coyote and prey activity at bird feeders, Abby will install a remote camera and rodent track/hair tube at a bird feeder in the yards of project volunteers. Seed hoops will be installed at half of the yards, but every participant will receive a complimentary seed hoop at the end of the study.

Email coyotes@ualberta.ca to express interest or request more information. Abby Keller information at <https://abbylkeller.weebly.com/>
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Life With Teens



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Most Annoying Dishes to Hand Wash

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