

November 2023 Issue

President's Message

Hi all! You may have noticed that we didn't have a hard copy newsletter last time... that was due to unexpected scope creep during our hall repair and renovation. We did offer a digital newsletter, but we recognize that it isn't the same. Aaaaaaand... NOW WE'RE BACK!!! Thanks to the City of Edmonton for topping up our infrastructure grant and keeping us going! Also, a **big** thank you to our grant writer extraordinaire. Without whom we would not have been able to do any of these improvements and keep the lights on.

With this top up, we can now have our annual Breakfast with Santa event and have an (albeit scaled back) ice rink in operation this winter season. Keep your eyes open for communications about our winter events! Sign up for email updates at www.rioterrace.ca under the "Subscribe" tab. At most, I send out 1 email a week during times which are event heavy. But usually once a month is the frequency of communications sent.

With that being said, our grant top up really only allows us to stay in operation with minimal programming and we have a long need/wishlist to keep us at FULL operation. As such, we could really use the help of our awesome league members. All donations are tax deductible!!!

For example, it costs \$200 per day to run the ice rink. We do not have the funds to run a full season (but are planning a scaled back version). Are you able and interested in donating to extend the season? Or perhaps you noticed that we need a sign for the hall? Because we do! Is that something you would be interested in sponsoring? Perhaps your business would be? Improvements to the

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interior, repaving the parking lot, all things kitchen, etc. The list is long!!! AND I repeat... all donations are tax deductible!!! See **page 25** of the newsletter for information on how to invest. Did I mention that all donations are tax deductible?

On a brighter note, we had the pleasure of having several new board members join us last month. Please help me in saying a big welcome to these lovely humans!!! WELCOME!!! Also, a big thank you to everyone who came to the annual general meeting, which we hosted in September. Thank you for caring about our neighborhood and being invested in its future.

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
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: February 2024
Submission Deadline: Friday, January 26, 2024

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)
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Community Matters

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Andrew Olsen

Illuminight



Wagon rides



*Hot
Chocolate
Cookies*

**Let's light up our neighborhood with
luminaria!**

**Order your \$15.00 candle kit by Sat. Dec. 9, 2023.
Join us at Rio Terrace Church - 15108 - 76 Ave**

Sun. Dec. 10, 2023

5:30 -8:00 pm

church@rioterracechurch.org

rioterracechurch.org/illuminight

Community Matters



Rio Terrace Community Soccer

Indoor Soccer is Underway!

The 2023–2024 indoor Rio Terrace community soccer program is now underway.

This season we have 2 girls U13 teams and 7 boys teams participating in the U9 through U17 age groups. We also have 1 team playing in the U7 age group.

The indoor season commenced their game schedule the weekend of October 14 & 15, and play continues on through to the end of February. Most of our teams will participate in the season ending Slush Cup soccer tournament that takes place March 1-3, 2024.

Thank you to our Soccer Coaches and Managers

We as a community owe a huge Thank You to all of the parents who give so generously their time, energy, knowledge, patience, etc., to coach or manage our youth in the game of soccer. Rio Terrace is the envy of most other community soccer programs as we have a great supportive group of knowledgeable

volunteers who make sure that there are coaches and managers for each and every soccer team. If we have enough players to form a team, I am always able to find parents willing to be the coaches and managers for these teams. Thank You all yet again.

2023 Outdoor Season Registration Information

Player registration for the 2024 outdoor season will take place during February 2024. The outdoor season play commences on May 1 and runs through the end of June.

Registration for soccer is an on-line process using the emsasoccerportal.com website. Further registration information will be available in the Feb edition of the RTCL newsletter and will also be posted on the RTCL website at rioterrace.ca in January.

Interested in Helping with the Soccer Program ?

I am looking to form a soccer committee, train and mentor my eventual successor as the Rio Terrace Soccer Coordinator. I am also very keen to have a leader for our U4 / U5 and U7 FunSoccer program.

The Rio Terrace Soccer program is a great and rewarding way to be involved in our community and have a very positive impact on the youth of our community. Please consider your ability to get involved in the program. If you are interested or have any questions, please email me at rtcl.soccer@gmail.com

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RIO TERRACE




PUB
Night


LIVE MUSIC PERFORMED BY
Leo Martinez
PROVIDED BY JEN OSMOND & FELICIA DEAN

Saturday January 20, 2024
STARTS: 8 PM UNTIL WHENEVER
Location: Uncle Glenn's Pub
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Illuminight 2023

Sunday, Dec. 10, 2023

5:30 pm - 8:00 pm

Rio Terrace Church 15108 – 76 Avenue NW

Illuminight is an annual, holiday tradition of Rio Terrace, Quesnel Heights, and Patricia Heights as well as the surrounding communities of Laurier Heights, Lynnwood, and Elmwood. Organized by Rio Terrace Church, its purpose is to bring neighborhoods together and “shine a light” on poverty in the Edmonton area. This year, profits will be donated to the Butler Park initiative, a project dedicated to mitigating poverty in west Edmonton.

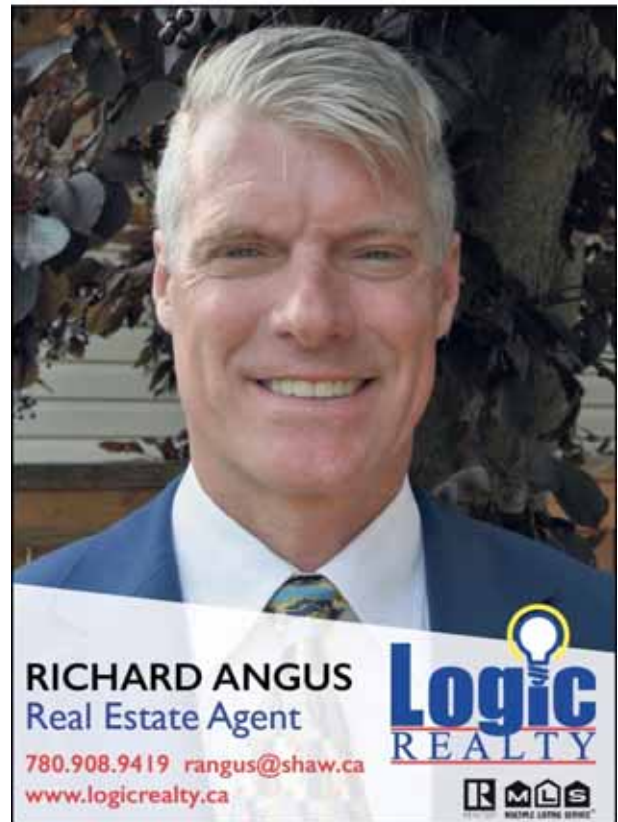
How do you participate? On Sunday, December 10, 2023, 5:30-8:00 pm, you are invited to display candles (luminaria) on your walkway, creating a warm festive glow on a cold winter’s night. Then you can head to the church and enjoy festive goodies, warm drinks, and horse-drawn wagon rides around our neighborhood.

Candle kits (luminaria) are \$15.00. To order kits, please visit rioterracechurch.org/illuminight. For those without internet access, please call (780) 487-0211. An additional number of kits will be available for order on the day of Illuminight.

Kits can be picked up on Saturday afternoon, Dec. 9, or anytime on Sunday, Dec. 10, prior to the event. Alternatively, for an extra \$10.00, you can have your kits delivered to you.

The church would like to acknowledge the generous support of Felicia Dean and Jennifer Osmond, our neighborhood Re/Max realtors.

For additional details about the event, contact Rio Terrace Church at (780) 487-0211 or email church@rioterracechurch.org.



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

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

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Yuanita 780 634 0098

Visit us at

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The Raging Rio Seniors

Come join us for Seniors coffeetime – each third Wednesday of the month, from 10 until 11 am. Next November 15, December 20, January 17 – mark your calendars please



This is just one of the stories you'll hear. Jeannette Flannagan's story as told to Gale Arneson:

It was 1964, when a young couple by the name of Flannagan moved into the beautiful neighbourhood of Rio Terrace. Jim was a firefighter with Jasper Place (because Jasper Place paid more money than the city of Edmonton); and Jeannette at the time, was a stay-at-home mom, with their two-and-a-half-year-old toddler, Patrick.

Jeannette had never heard of this place called Rio Terrace, until she went to work at the Parade of Homes showcase on 75th Avenue and she learned about Rio. Although there were only five homes being shown; all five homes were different and unique and fit different income levels. So, soon all the homes sold out like wildfire.

Just looking at these new home really excited Jeannette. She and Jim had been living in a small basement apartment in Jasper Place; because the rule was, that to work in Jasper Place, you had to live in JP. But there were no

additional homes to buy. So that was a disappointment.

Soon Jeannette took to driving around Rio Terrace everyday looking to see if any houses had come on the market. One day, lo and behold, a house had come up for sale, as an Imperial Oil employee was moving to Calgary. The Flannagan's immediately snatched up the house for the exorbitant price of \$14,000.

As soon as they moved in Jeannette busied herself with interior decorating. First off, they installed a moss green carpet in the livingroom. Then at a store called the "House of Modern" they purchased a pure wool brown sofa; with two complimentary matching gold chairs. Jeannette, then imported orange fabric from Sweden and had drapes made.

It was also in 1964, that Jasper Place merged with the city of Edmonton. Originally, people coming home to Rio Terrace had to come down 149 Street through a ravine because the Whitemud wasn't there. But once the Whitemud was built, two new streets emerged, as 156 and 159 streets, along with two new bridges right over the Whitemud.

In 1968, Jeannette and Jim had a daughter who they called Robin. Robin was born with a hole in her heart and at first there was not much hope for her. But the miracle baby survived and grew to be a healthy young woman, who ended up being the bat catcher on an all-boys softball team. Both Flannagan children, Patrick and Robin attended Rio Terrace School which must have been a high-profile school back then, as it was the only school in Edmonton to offer French Immersion. But French Immersion did not start until grade four; so, it was Robin and

Community Matters

some of the other grade four students that broke the ice into French Immersion.

Jeannette has now lived in her beautiful home in Rio Terrace for fifty-nine years. For many years Jeannette worked for Imperial Oil. And she has loved travelling to different parts of the world and wintering in Palm Springs. Today she tends her yard and enjoys gardening. She's also a prolific reader and enjoys good music.



My name is Ms. Jules and I am Rio Terrace Preschool's new head teacher! My friend Ms. Jess is the assistant teacher and we are so excited to be bringing our love of play, exploration, music, arts, STEM and the outdoors to the children at Rio Terrace Preschool. It has been a wonderful start to the school year with happy and excited children making connections with each other and learning the new routines of preschool. We are 6 weeks in and already gearing up for

Halloween parties, nature walks, a workshop with Creative Arts Caravan, yoga and Sportball field trips.

Our incredible fundraising team, along with our preschool families have been working hard getting ready for our annual Silent Auction. Mark November 24 on your calendar, get a sitter, and gather your family, friends, and neighbours for this wonderful night out of shopping, snacks, drinks and building community! If you are interested in donating anything new and unused from your own business please contact fundraising.rtcps@gmail.com.

We still have a few spaces available in our afternoon class on Tuesday, Wednesday and Thursdays from 12:30-3:00 p.m. and our Tuesday/Thursday morning class from 9-11:30. If you are interested please contact Jules at rtp.edm@gmail.com.

At Rio Terrace Preschool we focus on children learning through play by immersing themselves in activities that spark their curiosity and creativity. Whether exploring unfamiliar materials, imagining in role-play, creating art, or solving problems, each playful moment nurtures various developmental skills and provides a holistic foundation for learning.

Every moment of fun and laughter is a learning opportunity, and every new discovery is a stepping stone to growth. Jess and I strive to make every day a canvas of opportunity, ensuring every child's earliest experiences are joyous and enriching.

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Adventsbasar

What is the Adventsbasar? A traditional German Christmas Market.

When? Friday, December 8th, 4-10pm

This year's event is hosted by a group of parents at Rio Terrace and supported by the Rio Terrace Parent Council. Proceeds will be donated to charity. Join us for a traditional German Christmas Market including baked goods, delicious candied almonds, music, crafts by our students, and hot German food and drinks supplied by BaconRanch! This year we will also be adding a food drive parade through the neighborhood with special guests, Mr and Mrs Claus.

The Merry Makers Christmas Market is back!

Saturday, Dec. 9, 2023

10:00 am – 3:00 pm

Rio Terrace Hall – 15504 -76 Avenue NW

Come for your Christmas shopping needs, and support Edmonton-based hobbyists and small businesses, including some from our neighborhood.

There will be a wide variety of handcrafted items to choose from including:

- Christmas décor
- Kitchen and dining accessories
- Artwork
- Baking
- Kids' toys

Complimentary drinks, Christmas goodies, and patron draws are included.

All ages welcome. There is no entrance fee, however, please consider bringing an optional donation to Edmonton's Food Bank.

Follow the Rio Terrace market's Instagram and Facebook page at [rtmerrymakersmarket](https://www.instagram.com/rtmerrymakersmarket) or, for questions, email Jen at rtmerrymakersmarket@gmail.com.



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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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Challenge Realty

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Name: Zoe

Age: 10

Breed: Maltipoo

Favorites: Walks & cookies

Fun Fact: Zoe has the most colorful tail in the community!



Name: Denver

Age: 4

Breed: Schnoodle

Favorites: My 17 year old hand me down blue ball

Fun Fact: I howl at fire trucks when they drive by to cheer them on!



Name: Shasta

Age: 8 or 9

Breed: She's a mix

Favorites: Her squeaky elephant and her parents

Fun Fact: Aside from her squeaky toy, she does not make any noise at all!



Name: Leela

Age: About 11

Breed: Boston Terrier

Favorites: Dino Stuffie and any dog treats

Fun Fact: She has no eyeballs but is living her best retired life!



Name: Bowie

Age: 2

Breed: Golden Retriever

Favorites: Ball all the way

Fun Fact: Bowie is a search and rescue dog for all the balls hit out of the community league tennis courts

IF YOU WOULD LIKE YOUR DOG
 FEATURED IN THE NEWSLETTER
 PLEASE EMAIL

JENMODRY@GMAIL.COM

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Visit us Here
to Register!

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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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Buy Nothing Rio/Quesnell/Patricia Heights

"I really dislike throwing things out, especially perfectly good things that just don't have a role in our lives anymore - I can't deal with sending these to a landfill! Throwing out food? FORGET IT! I will definitely try to eat those new granola bars I hate... And so, when we first moved to Rio Terrace in 2019, one of the first things I did was search for a local Buy Nothing group. Having had a Buy Nothing group in my Ottawa neighbourhood, I was looking forward to finding one here and connecting with neighbours, and so I was totally thrilled when Joanne started this one.

The Buy Nothing group is such a fantastic thing in so many ways. Through this group, I've met so many neighbours I otherwise likely wouldn't have even crossed paths with. It's such a good feeling to have that connection with people and with the community around us. I think this is my number one reason for loving the Buy Nothing group - all these small connections made through simple ways of helping each other add up to a network of connectedness that has totally transformed the way I feel living in this neighbourhood, and it's great.

That community network is a great place to go to ask for or share advice and to lend/borrow handy things. I recently avoided spending a pile of money on a multimeter we needed for one day, just by asking on the Buy

Nothing group if anyone had one we could borrow (thanks, Kara!).

As a new mom, I've also benefited tremendously from the gifts others have shared via the group. I can't even list all the things that have been passed on to us for our new baby, but some of my favourites include clothes galore (between gifts from friends and family and the buy nothing group, we haven't yet needed to buy our baby any new clothing), a high chair and swing chair (both of which we ended up not needing and passed on), and, my favourite Buy Nothing nursery gift, a beautiful CRIB! Wow!

At the same time, it also makes it easier for me to not worry so much about that *thing* we're buying that our 8 month old is going to outgrow in about five minutes...that blue dinosaur Halloween costume that will be useless for us after this year? No problem! Someone else in the neighbourhood can use it next year! This has also been a great way to connect with other parents with young children and/or parents who are expecting!

Of course, it's not just baby stuff. We've been able to share loads of things - everything from bigger household items to posts of "we bought too much spinach - anyone want some?" - it's all fair game, and everything we save from being wasted feels like a win to me. Another win is having a place to post about the painted rock snake we started on our front lawn and get people involved in this fun community art project. It's so fun to see this grow every year and to watch people of all ages check it out!

I think the reason why this group is so important to me is because it offers a space

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for me to live out some of my values and aspirations around community and environmental stewardship. I'm currently reading "The Story of More" by Hope Jahren, and the further I get into it, the more grateful I feel for this group!! Thanks, neighbours!!"

If you are on Facebook, please join our Facebook Buy Nothing group. Look up Buy Nothing Rio Terrace/Quesnell Heights/Patricia Heights and make sure you answer all 3 membership questions. Connect with Joanne Olsen at joanneolsen2@gmail.com should you have any questions.

O'er the Cliffs of Rio Terrace

By Garth Paul Ukrainetz
Poet of the Blackmud Creek

O'er the cliffs of Rio Terrace
Sacred river solemn flowing
Still the same directions going
Future, present, and the past

O'er the cliffs of Rio Terrace
Time is flying, nothing changes
River drifting through the ages
From the first unto the last

O'er the cliffs of Rio Terrace
Rising fog and secrets hiding
Misty morning train arriving
Timeless journey to the sea

O'er the cliffs of Rio Terrace
Weathered fortress in the distance
Guarding path of least resistance
What will be will always be

2023 Garth Paul Ukrainetz

What is Process Focused Tarot Reading?

When you think of a Tarot card reading, you might imagine a dark room, thick with incense, a crystal ball before you, and a mysterious woman telling your future. Yes, for some people, that's what Tarot is. Not for me.

I first learned about the term process-focused or process-oriented Tarot reading from Jessica Dore, a Tarot reader and teacher whose first book, *Tarot for Change*, just hit the shelves. Her approach is so much more intuitive than I had often seen when I was trying to leaf through guidebooks and memorize the meaning of each card. She offers Tarot the way I had already been reading it: by observing the images of each card and noticing what comes up. Sure, I had wanted my Tarot cards to tell me the future, but the more I worked with them, the more I discovered they really just don't work like that. In her book, Dore refers to each of the cards as "secrets," each archetype holding not so much answers but questions to help guide us on a path that is meaningful, if not linear. She writes,

"Tarot, as you'll see if you have not already, provides a path toward reclaiming the imagination from the grips of doubt and rationalism. Towards reawakening the part of us with the audacity to know without material evidence."

When I read Tarot—or, I should say, when my client and I read Tarot together, we collaborate on exploring the problem or question that the client came in with. We talk about it and feel around it. Before I say anything about what the cards "mean," I

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want to know what the image feels like for you. What details do you notice? What story do you begin to tell about the card in your mind?

One of the reasons I am drawn to Jessica Dore is that she makes an explicit parallel between Tarot and psychology. The secrets contained within the cards are much like the secrets in our dreams, in the places we hold in our bodies. They reveal something about the world we are living in that we haven't been able to consciously acknowledge. They are telling secrets about our deepest truths that we cannot face on our own. Together, we witness these unacknowledged truths coming forward.

If you are feeling disconnected from yourself and your intuition, if you are feeling lost or confused or having trouble seeing where you

next want to go, process-focused Tarot might be able to help you. It won't tell your future or give you the answers, necessarily, though clarity may certainly be on the menu. But it will give you questions that will help you access your intuition, your erotic energy, the power that you already possess within you. It will help you find your path.

For further read see juliepeters.ca

Julie Peters is an intuitive body-based counselor and Tarot reader at The Wellness Clinic. She is a staff writer for Spirituality and Health Magazine and is the author of three books.



www.thewellnessclinic.ca

A Night Before Christmas with Doe Doe

'Twas the night before Christmas, many decades ago,
And the story I'm telling, in my memory I've stowed,
It's about a friendly old cat, who was tattered and grey,
An amicable old fellow, and definitely a stray.

My story begins on that pre-Christmas morn,
With delight and great gusto, the tree we adorned,
On completing our task, we whooped with great glee,
For the branches reached right to the ceiling you see.

Then off to the kitchen mamma left with great speed,
To do all the things that were motherly deeds,
Like removing the giblets, that were part of the turkey back then,
And singeing the hair off the turkey's rear end.

Please give me those giblets, my sister requested,
My old cat has no presents, because he's detested.
I'll wrap them, and hang them, on the top of the tree,
They'll be safe from old Doe Doe, you just wait and see.

On the first stroke of eight, Dad banked up the fire,
Then sent all the kids off to bed to retire,
Old Doe Doe curled up by my sister to sleep,
A near perfect vision of celestial peace.

But in the deep of the night, there arose such a clatter,
Each sprang from their beds to see what had shattered,
And what with our wondering eyes did we see,
But a cat swaying recklessly on the top of the tree.

Catapulting into the air, like a rock from a sling,
That crafty old cat, sure knew how to swing,
Then down with a crash came cat, tree and all,
A remarkable sight for children so small.

In the midst of the mayhem standing swishing his tail,
Old Doe Doe stood firmly, before uttering a wail,
Then grabbing his giblets, paper and all,
That sneaky old thief, escaped down the hall.

Now this moral for Christmas, I give in detail:
Buy turkeys without giblets, and cats without tails,
Be moderate with tree size, keep children at bay,
Who insist on presents for cats who are strays.

Gale Arneson

Community Matters



Come Sing with ChandraTala!

Hello neighbours!

On Wednesday January 24th, 2024, from 7:30-9:30pm I'll be bringing my upper-voices choir to our neighbourhood to host an evening of singing and sound bathing at [Rio Terrace Community Church](#) (15108 76 Ave NW, Edmonton, AB T5R 2Z9). ChandraTala is an auditioned, adult upper-voices ensemble for experienced soprano and alto singers of any gender identity. We are part of the Korora Choir Association.

We're coming to spend one of our regular Wednesday rehearsal evenings in Rio Terrace and opening our doors to any sopranos and altos who would like to join us that evening! The evening will include many of the regular parts of our choral rehearsal - a physical and vocal warm-up, grounding and connection, and music rehearsal, but as a special treat, one of our members will also facilitate a relaxation session of "sound bathing" for us to all enjoy.

Our goal in offering this event is to share the many tremendous social, psychological, educational, and physical benefits of singing with local communities. As a life-long choral singer and now professional choral specialist, I truly believe in the transformative power of singing in a choir - powerful for the

individuals who do it, and powerful for the world!

No experience is necessary to come and enjoy this evening with us! Please wear comfortable clothing and bring a water bottle. For the "sound bath" component, we will be lying on the floor, so please bring a yoga mat, pillow, blanket and anything else you'd like to use for your own comfort.

Please email me at laura@kororachoirs.ca by January 17th if you'd like to attend or if you have any questions.

If you'd like to know more about the choir, you can find some of our performances on YouTube (for those reading the digital newsletter, [here](#) and [here](#) are two examples) or [head to our website](#) (<https://kororachoirs.ca/choirs/chandratala>) to learn more about us and about our [upcoming performances](#) (<https://kororachoirs.ca/performances/upcoming-events>). Our next concert appearance is December 16th.

Ladies Drop-In Basketball

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Most Thursday evenings, usually at
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Contact: jayspix@gmail.com



Program of Parkview Community League

Community Matters



Community Matters

Protecting Yourself and Your Family From Illness

This fall, and always, reducing the spread of illness remains top of mind around Alberta.

Staying home when sick and practicing proper respiratory etiquette and hand hygiene are important. In addition, your single most effective means of protection is prevention through immunization.

Influenza and COVID-19 immunizations help Albertans stay healthy, protect others and reduce pressure on Alberta's health-care system. Learn more at ahs.ca/immunize.

Here are a few quick facts to support your immunization decision making.

You cannot get the disease from a vaccine.

Most vaccines are inactivated vaccines. This means they have no living bacteria or viruses in them, so they cannot cause disease.

Some of the vaccines for [COVID-19](#) are mRNA vaccines. These types of vaccines also do not contain any living bacteria or viruses and cannot cause disease.

Some vaccines, such as vaccines that protect against [measles](#), [mumps](#), [rubella](#), [varicella \(chickenpox\)](#), or [rotavirus](#), have weakened forms of these viruses. These are called live vaccines, but also do not contain enough virus to transmit disease through immunization.

Your healthcare provider will always ask you questions about your health and medicines before you get a vaccine to make sure the vaccine is safe for you.

Healthy diet and lifestyle are not enough to protect against infectious diseases.

A healthy diet and lifestyle are important for overall health, but they do not provide direct immunity against the diseases that vaccines can prevent.

Without immunization, your body will not have specific antibodies to fight off vaccine-preventable diseases. No matter how healthy your diet or lifestyle, without immunization, you are at risk for serious diseases. You are also more likely to spread these diseases to others.

Most vaccines protect 90 per cent to 100 per cent of children who get their recommended doses. Without immunization, your child is facing possibly diseases without protection. Getting your child immunized at the right ages and the right times is the best way to protect them from serious disease.

Homeopathic or naturopathic nosodes do not protect you from diseases.

Homeopathic or naturopathic solutions, often called "nosodes," are sometimes marketed as vaccines or immunizations. But they do not replace immunizations.

Health Canada has not approved nosodes as vaccines. Nosodes are not tested or monitored for safety the same way that vaccines are. All vaccines in Canada are carefully tested and continually monitored for safety.

For tools, resources and answers to common immunization questions, visit ahs.ca/immunize.

Shared with permission by Alberta Health Services (AHS).

Community Matters



New Name Proposed for Oliver Neighbourhood

Robyn Paches, the president of the Oliver Community League, confirmed that an agreement has been reached on a new name, but it has yet to be made public. The Naming Circle is working on a way to work with Indigenous leaders to make a “respectful” announcement.

The neighbourhood was named for Frank Oliver, the former Liberal politician and newspaperman who championed many racist views. He supported legislation that restricted immigration based on ethnicity, and championed regulations that restricted the movement of Indigenous peoples.

The Oliver name has been a contentious issue for several years, as more and more people learned about his time as both a writer and political leader. A Naming Circle was created to take in community input on how the community should move forward.

Members of the City’s Naming Committee lauded the Oliver process. The Urban Planning Committee was told that the way the Oliver community decided on the new name is a blueprint for how other neighbourhoods should undertake these processes going forward. <https://urbanaffairs.ca/edmonton-ish/oliver-no-more/>

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Rio Terrace Community League invites you to

BREAKFAST



with Santa
*10am
12pm*



Breakfast includes:

- Pancakes
- Fruit
- Juice
- Coffee
- Hot Chocolate



Holiday Craft



Cookie Decorating

PHOTOS WITH SANTA ARE \$10

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WWW.RIOTERRACE.CA

Community Matters

