

February 2024 Issue

President's Message

Hi all!

As we trade this winter's weird weather for warmer days, plenty of things are in the works in our community.

Our casino is in April, which provides a significant amount of our operating budget. Thank you to those that have signed up to volunteer for that!

Our seniors are having a morning coffee time on the 3rd Tuesday of the month and hosting Bridge on alternating Mondays (see inside the newsletter for more information). If you are interested in participating, please contact me!

Also, our social team is drumming up ideas for events in the spring and summer months.

We have had several inquiries about how to obtain skate tags/membership cards after purchasing a membership online. They are being sent by mail to the address indicated in the membership purchase. If you are eager to get on the ice before your tags arrive, please keep confirmation of membership purchase on hand.

To receive notifications about our league, sign up for email updates at www.rioterrace.ca under the "Subscribe" tab. I usually send communications out about once a month and once a week during REALLY event-heavy times.

Table of Contents

Publication Information.....	2
Contact Information.....	3
Rio Terrace Community Soccer.....	4
Manage Big Emotions.....	7
Rio Terrace Community Preschool.....	10
Community Kitchen.....	11
Community Garden.....	12
Silver Skate Festival.....	12
Die Kleine Kinderschule.....	13
Meet the Dogs of our Community.....	14
Ethical Wildlife Photography.....	15
Sleep Hygiene.....	16
February Snow.....	19
Tent Communities in History.....	21
Sturgeon Fossil Discovery.....	21
Comics.....	23
Call for Donations.....	24

Would you be interested in investing in our league? We are purchasing a new sign for the community league hall and could use your support to get something BEAUTIFUL. All donations are tax deductible and donors will be recognized in the next newsletter!!! See page **24** of the newsletter for information on how to invest.

We hope that this message finds you well.
Stay healthy. Stay safe. Stay kind.
All the best,

Emma

Email contact: rtcl.president@gmail.com

Publication Info

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

Copyright © 2024 by the Rio Terrace Community League.

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: May 2024
Submission Deadline: Friday, April 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)
Newsletter: rtcl.newsletter@gmail.com

Contact Information

President
Emma Woolner
rtcl.president@gmail.com

Past President
Lance Burns

Vice President
Assia Tarrabin
rtcl.vicepresident@gmail.com

Secretary
YOUR NAME HERE
rtcl.secretary156@gmail.com

Treasurer
Jen Forsyth
rtcl.treasurer@gmail.com

Social Director
Tammy Snaychuk

Programs Director
Alex Stefanov
Rtcl.president@gmail.com

Soccer Director
Perry Wynn
rtcl.soccer@gmail.com

Membership Director
Marly Johnson
rtcl.membership@gmail.com

Hall Rental Director
Carrie Anne Doucette
780-232-3399
rioterracecl@gmail.com

Maintenance Director
YOUR NAME HERE
(acting: Lance Burns)
rtcl.maintenance@gmail.com

Newsletter Director
Kristin Bauer
rtcl.newsletter@gmail.com

Newsletter Support
Marly Johnson
YOUR NAME HERE

Preschool
Auriana Burns
rtcl.preschool@gmail.com

Signs
Perry Wynn

Director at Large
Auriana Burns

Director at Large
Jen Osmond

Director at Large
Andrew Olsen

Community Matters



Rio Terrace Community Soccer

2024 Outdoor Community Soccer Registration

Registration for the 2024 Outdoor Community soccer season is underway and continues through to March 12, 2024. Player registration is completed on-line using the EMSA West soccer portal for player registration and payment needs to be completed **by March 12** to ensure placement on a team. Late registrations are accepted, but players may find themselves unable to be placed on the team or community that they have requested.

The Outdoor season is expected to start on Monday April 29 (weather and field conditions permitting) and runs through to the end June. City Championships take place the first week of July with the possibility of one further weekend of play in mid July if a team qualifies for further playoffs.

The 2024 Rio Terrace Community Outdoor soccer program is for players born in years from 2005 through 2020. Players born in 2005 through 2016 will play on community-based teams participating in the EMSA /EMSA West community soccer programs. These teams generally play twice a week and practice once per week. Teams in the U9 and U11 age groups will play their games only in the west end of Edmonton (with possibly a few games in Spruce Grove). Teams playing in U13 and older will play their games throughout Edmonton.

Rio Terrace runs an in-house FunSoccer soccer program for the players born in years 2017 through 2020. The combined U4/U5 as well as the U7 FunSoccer programs feature a focus on fun activities, drills and short games that promote fun and active learning and player skill development. These programs take place at the Rio Terrace School field on Monday and Wednesday evenings from 6:15 PM to 7:15 PM. Expected start date is May 6 and we will be done on June 26. **Lots of parental support and involvement are required for these age groups, so we need parents to sign up as volunteers in order for us to be able to run these programs. It is lots of fun and seeing the pure joy of the player participants is very rewarding.**

How to Register

Player registration for all age groups of community soccer takes place on-line using the soccer portal on the EMSA WEST soccer website.

<https://emsawest.com/play/register/outdoor-registration>

Player Registration steps that need to be completed are:

First step is to obtain / have a valid Community League membership. Current Community League memberships are numbered 23-XXXXX and are valid through Aug 31, 2024. A membership from any community in Edmonton is valid for soccer registration at Rio Terrace. If you do not already have a valid current community league membership, your first step in soccer registration is to purchase one. This is done most easily and fastest via on-line purchase at the EFCL (Edmonton Federation of Community Leagues) website.

Community Matters

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

How to Pay for Player Registration

Third step in the registration process is to complete payment of the registration fees. The player registration fees can be paid on-line at the same time as player registration is

completed. If other payment arrangements need to be made, please contact the EMSA West zone office at 780-451-6453 or the Rio Terrace soccer coordinator at pwynn1@telus.net.

Age Group & Registration Fee Details

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



FELICIA DEAN & JEN OSMOND

REAL ESTATE



TIME TO SELL!!

**IF YOU ARE THINKING ABOUT SELLING
IT'S A GREAT TIME!**

**INVENTORY IS LOW!
LOTS OF BUYERS LOOKING**

**CALL US DIRECT AT
780.289.6670 OR 780.289.6671**

Personal Passionate Proven

www.deanandosmond.com

780.289.6670

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

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



Community Matters



Simply **ORTHODONTICS**
...Beautifully different



Bringing smiles to life

Your Community Orthodontist
Specialist smile care for youth, teens and adults

780-756-7600
Stony Plain Rd & 150 St
SimplyOrtho.ca



2023 Market Statistics (single family)

Rio Terrace

- 18 sales, 41 Avg DOM
- Avg sale price: \$569,044

Patricia Heights

- 13 sales, 57 Avg DOM
- Avg sale price: \$443,736

Quesnell Heights

- 2 sales, 26 Avg DOM
- Avg sale price: \$1,397,500

ADAM T. WILSON | REALTOR®

I am proud to live in the Rio Terrace, Patricia Heights & Quesnell Heights area. I would be honoured to meet with you to discuss your real estate dreams!

C. 780-887-2162 | O. 780-962-8580
adamwilson@remax.net | [@wilsonyegre](https://www.instagram.com/wilsonyegre)

RE/MAX
PREFERRED CHOICE

Adam Wilson
Dedicated To Move You

Each office independently owned & operated. Not intended to solicit those currently under contract.

Community Matters



Quick Ways to Calm Down and Manage Big Emotions

Big feelings are a part of life—and not just for toddlers, either. Unfortunately, many of us have gotten the message that we should suppress and repress those feelings so we can continue to function. This is a bad idea, partly because those stuck emotions end up coming out in other ways, often as physical symptoms. Emotions aren't stressful in and of themselves—it's trying to make them go away that causes stress..

Here are some quick strategies for handling those big emotions without trying to make them go away:

1. Go with the flow.

The number one best way to deal with a big feeling is to feel it. Allow it to flow through

your body, relax and breathe into it. Allow crying, shaking, sobbing, yelling, and whatever else the emotion needs to be expressed and communicated. This can be done alone or with a safe person. Obviously, we're not always in an appropriate space to fully express our emotions, so we may need to hold them back until we have a chance to be present with it: see below for more ideas on that.

2. Come back to the present.

There are countless simple ways to ground yourself into safety in the present to help calm down. Here are some examples:

- Cross your arms over your chest and tap alternately on your opposite shoulders. This can help bring the brain back into the present and calm the nervous system.
- Try a breathing technique like the Square Breath: count four beats for an inhale, four beats to pause, four beats to exhale, and four beats to pause. Repeat this until you feel better.
- Rub your hands together and stamp your feet on the ground.
- Look around the room, including above and behind you. Really notice your physical environment.
- Count five things you can see, four things you can touch, three things you can hear, two things you can smell, and one thing you can taste.
- Shake, jump, walk, or dance around—movement is a powerful way to come back to the body and out of the stress response.

3. Contain.

When you feel calm enough to settle down and you have a few minutes to yourself, imagine a container where you will put anything you don't have the resources to deal with right now. Imagine it in great detail: color, shape, size, texture, the type of lid or lock. Imagine

Community Matters

placing anything you can't deal with right now into the container, clarifying that you are holding it safe and sacred until you have the resources to open it up again.

4. Listen to the wisdom of the emotion.

All our emotions have a purpose, a function, and a meaning. What is the actual feeling you are feeling? Take out your journal and imagine the emotion could talk to you directly. What would it say?

5. Practice calm

The more calming practices you have in your life, the easier it is to access. Calm is a habit like anything else and needs practice. Here are some ideas:

- Calming movement practices like yoga, qi gong, or dance.
- Meditation.
- Take a short nap every day.
- Notice the calming practices you already have in your day to day life, such as cooking, doing the crossword, walking in nature etc. and make those activities a priority in your routine.
- Mindfully prioritize time with people who are also calm.



www.thewellnessclinic.ca



the wellnessclinic

MASSAGE THERAPY
ACUPUNCTURE
NATUROPATHIC MEDICINE
OSTEOPATHY
BODY-BASED COUNSELING
TAROT READINGS


Open 7 days a week
Direct Billing Available

7656 156 Street
780.484.5888
www.thewellnessclinic.ca

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



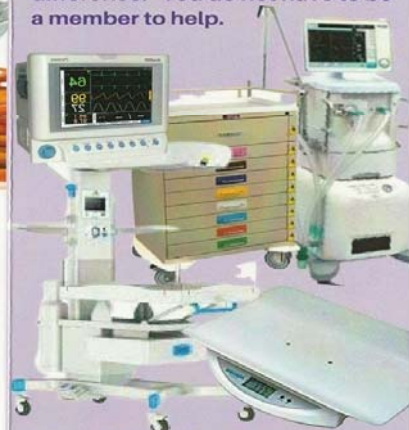
Did you know?

**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

Community Matters



The months have flown by and here we are already into the coldest days of the year and half way through the preschool year!

Our preschoolers continue to play, learn and grow everyday, exploring dramatic play, early literacy and numeracy, art, music, sensory play, gross motor play and of course outdoor adventures!

Some of our fall/winter highlights include nature walks to Patricia Ravine, sledding on tiny dusts of snow, a fused glass workshop, Sportball and the Merry Moosemas play put on by Kompany Family Theatre in the Rio Terrace Community League.

A big thank you to the Rio Terrace Community for your support of our preschool silent auction. We raised over \$9,000.00 which will be put directly to resources and experiences for our Rio Terrace mighty learners. Keep your eye open for more fundraisers coming in the next few months!

Registration for our 2024/25 year is open and we are excited to welcome new children and families to our community preschool! Our open house will be from 5:00 - 7:30 p.m. on February 5th. New families will have a chance to come in and meet the teachers, explore the space and get to know some of our board members. Check out our website at rioterracepreschool.ca for more information!

"It is the supreme art of the teacher to awaken joy in creative expression and knowledge" - Albert Einstein





Peter Leveille
Broker/Owner & Realtor®
 Seniors Real Estate Specialist, SRES®
 Real Estate Negotiation Expert, RENE®
 Over 17 years of Real Estate Experience!
www.abrealtylistings.com
780-487-4040



Rio Terrace Community Kitchen

Our local, community kitchen is intended as a cooking opportunity where small groups of people meet to cook healthy meals together. It's a great chance to try new dishes, build some food skills and connect with others!

The cost per session for each participating individual is \$5.00. There is a maximum of 10 participants per session. You will prepare and take home your own meal, which serves 4-6 people, perfect for yourself with leftovers or your family. Donations are optional.

Cooking sessions are held at Rio Terrace Church at 15108 -76 Avenue NW in the kitchen on the main floor. These sessions are held year-round, except for July and August.

To register, and for future cooking sessions' information and dates, go to:

rioterracechurch.org/kitchen

Or, register through the QR code:



Alternatively, for those without internet access, contact the church's office at (780) 487-0211.

Upcoming Community Kitchen Schedule

Sunday, January 28, 2024 - 12:30 to 3:30 pm

Dill pickle soup and buns

Please bring a container for soup.

Sunday, February 11, 2024 - 12:30 to 3:30 pm

Cheeseburger egg rolls with dip and cinnamon loaf

Please bring a loaf pan and container for the egg rolls and dip.

Sunday, February 18, 2024 - 12:30 to 3:30 pm

Tuna casserole and oatmeal cookies

Please bring 9 x 13 casserole and container.

Sunday, March 3, 2024 - 12:30 pm - 3:30 pm

Sheetpan pizza and ginger loaf

Please bring a cookie sheet and a loaf pan.

Sunday, March 24, 2024 - 12:30 pm - 3:30 pm

The braided ham and cheese sandwich and apple cake loaf

Please bring a cookie sheet and loaf pan.

Rio Terrace Community Garden

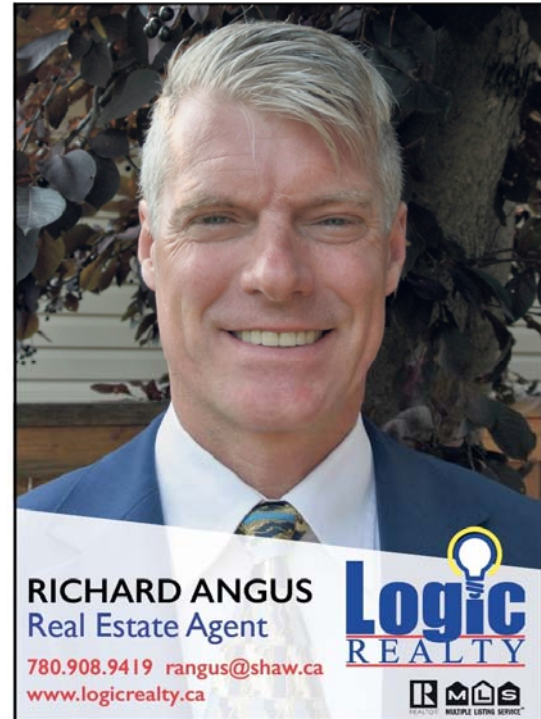
It's never too early to think about spring! Garden plots are available to rent on a first come/first served basis for the upcoming 2024 spring season. Some priority is given to residents of Rio Terrace, Quesnell Heights, Patricia Heights, or communities that reside just outside these neighborhoods.

Plot prices are yet to be determined, but they will be roughly \$20.00 - \$25.00 for the upcoming season.

Garden plots are located behind Rio Terrace Church/Poyser Park at 15108-76 Avenue NW.

It is the responsibility of each renter to maintain their garden plot and to oversee fall clean-up to prepare for the following year's usage. Watering and garden tools are available for use at the church.

To register, go to the rioterracechurch.org/community-garden website and complete the online form. Alternatively, for more information, you can email the church office at church@rioterracechurch.org or call (780) 487-0211.



Silver Skate Festival

The Silver Skate Festival is coming to Sir Wilfred Laurier Park Feb 9-19th!

We would love to invite your Rio Terrace Community League members to join in on the fun.

There will be snow sculptures, winter recreation activities, an Indigenous Village, lantern making, fire sculptures and of course skating to name a some of the things to come and enjoy to help make it happen.

A host of volunteer opportunities are also available.

www.silverskate.ca or volunteer@silverskate.ca



NO WORRIES
THERAPEUTIC
MASSAGE

UNWIND, RELAX, AND LEAVE
YOUR CARES BEHIND

- myofascial release
- cupping
- workplace injuries
- seniors massage
- chronic pain
- prenatal
- sports injury
- relaxation

** This type of massage takes into account the unique health conditions, mobility issues, and comfort levels commonly associated with aging.

direct billing available



scan to book your appointment




JANA CAVALIERI, RMT
780.999.2499
NOWORRIES@LIVE.CA
HOME BASED CLINIC IN RIO TERRACE

@noworriesmassage



DIE KLEINE KINDERSCHULE



Are you looking for an amazing preschool for your child or children? One where a second language is taught through play? Then we have the perfect solution for you. Die Kleine Kinderschule has **three locations**, to better serve families from all around the Edmonton area. One in **Forest Heights**, one in **Rideau Park (German Club)** and one is **directly located in Rio Terrace School!** The program is perfect for your child/children to get used to the school setting and to make long lasting friendships. And the best thing is, **no pre knowledge of German or English is required nor are the parents expected to know German.** The wonderful/dedicated teachers help to prepare for Kindergarten with a lot of planned and fun activities for your little one(s), to nurture their curiosity and cultural sensitivity through activities such as songs, crafts, and story time - in both German and English. The cognitive benefits of learning a second language will boost your kid(s) academic achievement and social development. As research shows, learning a second language, improves memory, concentration, as well as the ability to multitask and in addition boosts, critical.

thinking, listening and problem-solving skills.

If you are interested and want to learn more about our bilingual preschool program, stop by at our **Open House**

Rio Terrace School:

Date: February 8th, 2024

Time: 6:30pm - 8:00pm

Location: Rio Terrace School, 7608 154 St. NW, Edmonton T5R1R7.

Take your time to meet our wonderful and dedicated teachers, ask questions and explore the classroom. **Online registration opens on February 8th, 2024.**

Spaces are assigned on a first-come first-serve basis so register early to secure your spot. 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.

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



Community Matters



Name: Skye

Age: 10

Breed: Golden Retriever

Favorites: Squeaky gator

Fun Fact: Skye survived a house fire and now doesn't appreciate the oven when it beeps (all other beeps are fine).



Name: Charleigh

Age: 2

Breed: Golden Retriever

Favorites: Orange ball and chucker

Fun Fact: Charleigh does an adorable pretty sit that she was never taught. She just does it!!



Name: Bella

Age: 8

Breed: Bullmastiff

Favorites: Liver treats and her giant stuffed bone toy.

Fun Fact: You can hear her snore anywhere in the house!



Name: Mable

Age: 11 months

Breed: Red Golden Retriever

Favorites: Squeaky toys, our kitten Murray, and potato chips

Fun Fact: Mabel searches for pine cones, and holds a record of 7 in her mouth at once.



Name: Lucy

Age: 1.5

Breed: Black Lab Mix

Favorites: Dried liver treats

Fun Fact: Lucy is on neighbourhood watch and makes sure she barks at everyone walking by.



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



Practicing ethical wildlife photography means minimal impact

John E. Marriott photo

There is no singular definition for what constitutes ethical wildlife photography, but it means having as minimal an impact as possible on an animal. Baiting wildlife with food to bring them closer, as well as intentionally causing disturbance or distress, is seriously frowned upon.

The goal is to act like a fly on the wall while the animal exhibits its natural behaviours: eating, hunting, sleeping. As more people start wildlife photography as a hobby or career, ethics and education become ever more important. Especially as social media enables spectacular images to be circulated more widely than ever before.

Detailed, thoughtful guidelines for ethical wildlife photography are readily available, and yet photographer faux pas remain widespread. Last June, for example, a post on the Ontario Parks blog stated that some photographers had smeared peanut butter

and cat food on trees to attract pine marten and cut branches off pine trees to get a better shot.

When John E. Marriott was working on his photography book *The Kootenay Wolves* back in the mid-2010s, he made a pact with himself: if a wolf spotted him at a rendezvous site, where they raise their pups, he would never return. About a year into the project, one noticed him and sounded the alarm among the pack. "That was the last time I ever went in there," Marriott says. <https://canadiangeographic.ca/articles/do-not-disturb-practicing-ethical-wildlife-photography/>

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

Neighbourhood PAID Help Sign-up

Are you looking for paid odd jobs around the community such as grocery shopping or ferrying a neighbour to and from appointments? Please reach out to rtcl.president@gmail.com so we can add your name to our list!



TY-RYGHY INC..

HOME RENOVATIONS & MAINTENANCE
WINDOW & DOOR REPLACEMENT & REPAIR
INTERIOR FINISHING & REPAIRS
FLOORING & PAINTING
EXTERIOR MAINTENANCE

BARRY RIMMER
780-908-4093

TYRYGHY@TELUSPLANET.NET

Community Matters

Sleep Hygiene: what is it and why do you need it?

Sleep profoundly impacts our physical, mental, and emotional well-being, and is just as vital to our health as a balanced diet and exercise.

Sleep hygiene is a term that encompasses a set of practices, habits, or routines that can help you achieve restful, high quality sleep each and every night. By adopting good sleep practices and making them part of your daily routine, you can support your body and mind in functioning at their best.

Why is good Sleep Hygiene important?

Getting a good night's rest can do wonders for pretty much every function in our body. It's important for physical health, aiding in the body's repair and rejuvenation and muscle recovery. Sleep can improve our immune systems and help us fight off illnesses, including infections and viruses. Adequate sleep helps us maintain a healthy weight and good heart health; enhances our ability to think clearly and make sound decisions; and helps us with mood and emotional regulation. We perform better and are more productive.

Ensuring good sleep hygiene can help improve the quality of our sleep and, in turn, helps us achieve a better quality of life!

Improving your sleep hygiene

Here are some practical tips to help you improve your sleep hygiene:

Create a Consistent Schedule – Anchor your wake up at the same time every day, even on weekends. Consistency, particularly with the time that you wake up, helps regulate your body's internal clock.

Create a comfortable sleep environment – Ensure your bedroom is conducive to sleep.

This means a cool, dark, and quiet room with a comfortable mattress and pillows.

Limit screen time – The blue light from screens can disrupt your body's natural sleep-wake cycle. Avoid screens at least an hour before bedtime.

Be mindful of your diet – Avoid heavy or spicy meals, caffeine, and alcohol close to bedtime, as they can interfere with sleep.

Exercise regularly – Engaging in physical activity during the day can help you sleep better at night. However, try to finish exercising at least a few hours before bedtime.

Relaxation techniques – Consider trying relaxation methods in a quiet area of your home such as deep breathing, meditation, or gentle stretches to calm your mind if you find yourself wakeful when you would like to sleep.

Switch it up! – Try to avoid lying awake in bed if you remain wakeful despite trying to sleep. Sometimes, leaving the bedroom to do something relaxing in a low light environment and returning to bed when sleepy can help to improve sleep continuity.

Limit Naps – While short power naps can be rejuvenating, long or irregular daytime naps can disrupt your sleep patterns. Sleep hygiene is a cornerstone of our health and well-being. By adopting good sleep practices and making them a part of your daily routine, you can enjoy the numerous physical, mental, and emotional benefits of a well-rested life. Prioritizing sleep hygiene is an investment in yourself and your future, and it's a simple yet effective way to enhance your quality of life.

Shared with permission by Alberta Health Services (AHS).

Community Matters

Rio Terrace Garden Plots

FOR RENT



Rio Terrace Church | [rioterracechurch.org/
community-garden](http://rioterracechurch.org/community-garden)

(780) 487-0211



Rio Terrace **Community Kitchen**

January 28, 2024 12:30 - 3:30 pm
February 11 & 18, 2024 12:30 - 3:30 pm
March 3 & 24, 2024 12:30 - 3:30 pm

\$5.00

Rio Terrace Church - 15108 - 76 Avenue NW

To register or for future 2024 session dates:
rioterracechurch.org/kitchen

Or by QR code: 

SIGN UP FOR PARKING BAN NOTIFICATIONS

**Help crews clear
faster by signing up
for notifications.**

- Text or email
- 24 hr notice for your street

my.edmonton.ca



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.



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

We love what we do!

Finding your perfect home or selling your current one is what we're here for. With hard work, transparency and excellent communication, we are committed to creating the best experience possible while tailoring our services to your unique client needs. Whether you are buying your first home, moving on to something bigger, downsizing or wherever you are in your real estate journey, we are there for you every step of the way.



February Snow

By Garth Paul Ukrainetz
Poet of the Blackmud Creek

February snow can't miss your falling
Always sure to drift my way
Cling to pant legs, holding tightly
Begging me to come and play

Slide upon a long toboggan
Skate across a pond of ice
Downhill ski on powdered mountain
Friendly little snowball fight

February snow I know you're lonely
This time of year I feel it too
Maybe we should get together
Wintertime is over soon

Glide along the trails cross country
Snowshoe thru the meadows white
Snowmen build in brightest sunshine
Angels make on moonlit night

2024 Garth Paul Ukrainetz

From Dog owner to Dog owner

Our community loves and cherishes its pets.

We received a note from a fellow dog owner to please share a concern. Some neighbourhood dogs are occasionally left outside barking for extended periods of time with their owners not knowing or not aware of the barking causing sensory distress.

Barking travels and is easily heard inside other peoples' houses. As fellow pet owners and pet lovers, please keep an ear on your pup and assist our community in reducing the noise level in our neighbourhood.

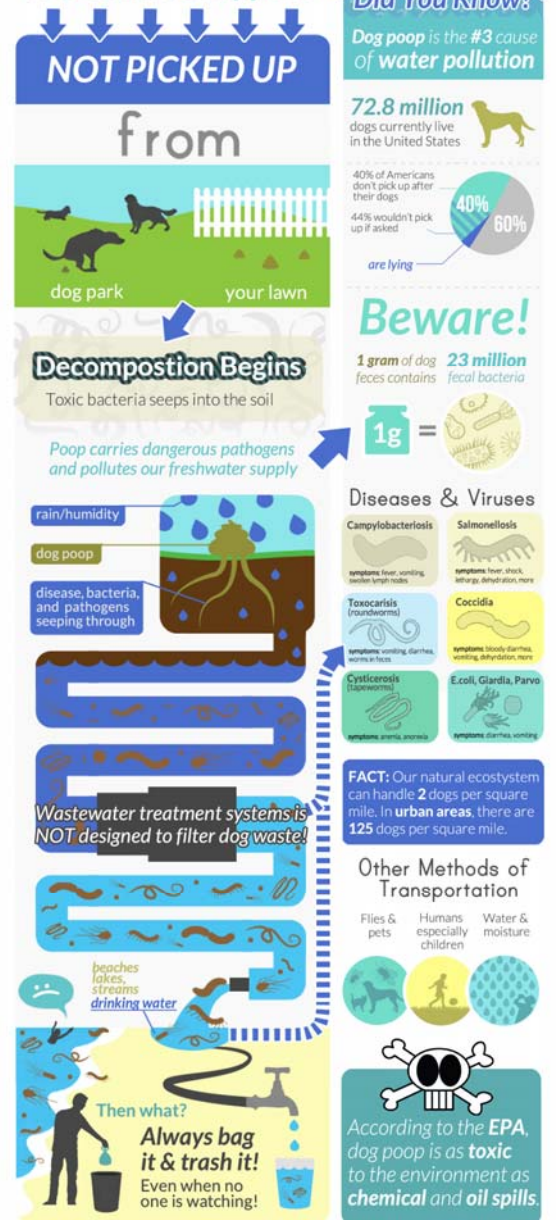
With much appreciation and all the pets for your pups!

RTCL Newsletter Team

Ever leave poop behind?

In your yard, on the trail, out of sight?

Here's what happens



Never forget a bag again.

PoopBuddy aims to inspire responsibility among dog owners by introducing fun to an otherwise stinky task. Learn more at poopbuddy.com.

SOURCES: GreenvilleCounty.org, National Resources Defense Council, Alamo Area, Partners for Animal Welfare, Keep It Clean Partnership, Environmental Protection Agency, Cable News Network

Community Matters



Your
Trusted
Neighbourhood
Plumbing and
Heating
Experts!

From new construction
to leaky faucets...

WE PLUMB IT ALL!

Reliable
Knowledgeable
Affordable
Friendly

Call us at 780-913-9093

For more details visit www.watermenmechanical.ca



FELICIA DEAN & JEN OSMOND
REAL ESTATE

RE/MAX
EXCELLENCE

**ARE YOU A BUYER TRYING TO
NAVIGATE A SELLER'S MARKET?**

WE CAN HELP!

CALL US DIRECT AT
FELICIA 780.289.6670

OR

JEN 780.289.6671

Personal Passionate Proven

www.deanandosmond.com

780.289.6670

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

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





Tent communities not new to Edmonton

By the 1900s Edmonton was growing quickly, and high housing costs and low availability forced many people to find diverse ways to live. A 1907 survey conducted by the Edmonton Bulletin showed that there were 1,098 tents in Edmonton, sheltering 3,294 people. Considering Edmonton's population in 1906 was just over 14,000, this was a staggering number.

Tent communities developed all over Edmonton, including in Fraser Flat (Riverdale), Gallagher Flat (Cloverdale), past the Canadian Pacific Railway tracks (109 Street) in the west end (Oliver), behind the Dreamland Theatre on Jasper Avenue, and east of 95 Street near the Canadian Northern Railway tracks (between 104 and 105 Avenues).

Reacting to the growing number of tent dwellers in the City, Council passed Bylaw 121, stipulating that people could live in tents, but only if they applied for a licence and paid a \$1 fee.

These tents would then be known by health officials and would have to conform to the local health code. In 1912 the Edmonton Bulletin published another survey, counting 2,671 tenters in the City.

https://www.edmonton.ca/city_government/edmonton_archives/early-tent-communities

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

Sturgeon fossil discovered in YEG river valley

A fragment of a 72-million-year-old sturgeon has been unearthed in Edmonton's River Valley. The discovery was made by hikers in Capilano Park in February 2023. What they thought might be a fragment of dinosaur skin turned out to be a skull belonging to an ancient sturgeon.

Researchers at the University of Alberta believe the fish would have been two metres long when it was alive. This is the first new species of fossil fish discovered within Edmonton, according to researchers, who have named the species *Boreiosturion labyrinthicus*. The name references the labyrinth or maze-like patterns on the skull.

Sturgeons are found in North American freshwater environments and still exist and live in the North Saskatchewan River as a protected species. <https://globalnews.ca/news/10219279/edmonton-sturgeon-skull-fossil-discovery/>

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

Community Matters

PATRICIA HEIGHTS DENTAL CENTRE

7640 156 Street, Edmonton

ALWAYS WELCOMING NEW PATIENTS!

DR. DONALD CHIN

DR. GRACE LEE

DR. MICHELLE BREAU

DR. JOEL LUSSIER

Open Thursday evenings until
7pm and Saturday appointments
available

**Serving the community
since 1990!**

CALL FOR APPOINTMENT

780-444-7333



Ladies Drop-In Basketball

Come laugh and play with us. Ages 18 to 108.
Low key and all skill levels welcome. Exercise,
laughter and lots of fun. See: www.pvcl.ca

Covid Vaccinations required



Most Thursday evenings, usually at
Lynnwood School. Try it once!
New people say "It's so much fun.
I'm glad I came!"

Contact: jayspix@gmail.com

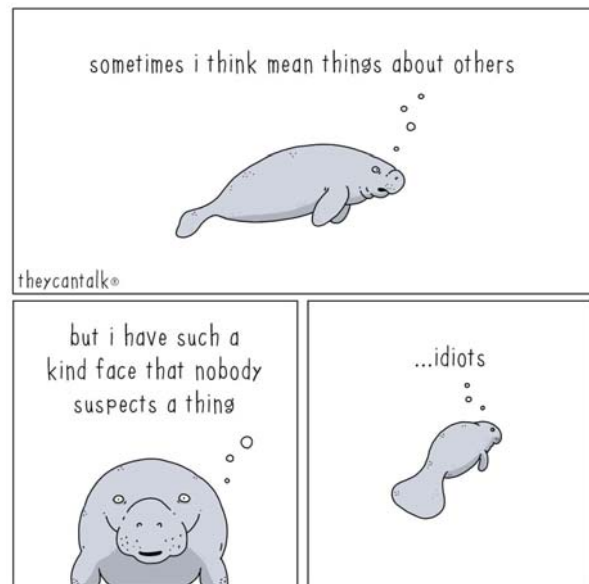


Program of Parkview Community League

Community Matters



Shared with permission by Adrienne Hedger
(hedgerhumor.com)



Shared with permission by Jimmy Craig
(theycantalk.com)



Shared with permission by Jimmy Craig
(theycantalk.com)



Shared with permission
(lunarbaboon.com)



RIO TERRACE
PATRICIA HEIGHTS
QUESNELL HEIGHTS

Community Matters



CALL FOR DONATIONS TAX DEDUCTIBLE RECEIPTS!

CURRENT AREAS OF NEED

- Building Signage
- Social Events
- Hall Improvements



**Please consider making a donation to help
the Rio Terrace Community League.**

SEND YOUR DONATION



donorbox.org/rio-terrace-donations



Mail or drop off to:
15504 76 Street NW,
Edmonton AB T5R 4L8



QR TO DONORBOX

