

May 2025 Issue

President's Message

Spring has sprung! I hope you're getting outside and enjoying the mild temperatures.

Some upcoming events to keep your eyes open for (check out newsletter ads for more detail):

- Babysitter meet n greet - June 6th 7pm
- Family Fun day - June 7th 12pm
- Bike Parade - June 29th 10:30 am

As always, Rio Seniors meet for coffee time on the 3rd Tuesday of the month at 10 am and gentle (chair) yoga on the 2nd and 4th Tuesdays (1st session is FREE).

We are working on a game plan for the long term beautification of our hall. Would you like to see pickleball, a yoga space, or something else? Send your input to RTCL.president@gmail.com

We also have a new newsletter team. So, a big thank you to them for stepping up!!! And please bear with us all as we all learn the tools.

Ongoing things of note:

- Purchase a membership! (*see page 2*)
- Community league swim is at JP Leisure centre on Sundays from 4-6pm. A membership is required.
- Invest in our league! (*see page 32*)
All donations are tax deductible.

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Stay healthy. Stay safe. Stay kind.

All the best,
Emma

rtcl.president@gmail.com

Publication Info

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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

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Next Issue: August 2025

Submission Deadline: Friday, July 25, 2025

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

Rio Terrace Community League Membership Info

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.

Get your membership

- At community social events using cash, cheque or credit card.
- Online (pay with *Visa* or *Mastercard*) at <https://efcl.org/membership-purchase/>

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

Contact Info

President

Emma Woolner

rtcl.president@gmail.com

Past President

Lance Burns

Vice President

Assia Tarrabin

rtcl.vicepresident@gmail.com

Secretary

Sarah Spenrath

rtcl.secretary156@gmail.com

Treasurer

Jen Forsyth

rtcl.treasurer@gmail.com

Social Director

Tammy Snaychuk

Programs Director

YOUR NAME HERE

Rtcl.president@gmail.com

Soccer Director

Perry Wynn

rtcl.soccer@gmail.com

Membership Director

Marly Johnson

rtcl.membership@gmail.com

Maintenance Director

YOUR NAME HERE

rtcl.maintenance@gmail.com

Hall Rental Director

Carrie Anne Doucette

780-232-3399

rioterracecl@gmail.com

Newsletter Team

Vanessa Burke

Camille Sutton

Emma Woolner

rtcl.newsletter@gmail.com

Preschool

Auriana Burns

rtcl.preschool@gmail.com

Signs

Perry Wynn

Directors at Large

Tony Andrezejewski

Kristin Bauer

Auriana Burns

Catherine Darrah

Andrew Olsen

Jen Osmond

Camille Sutton

Rio Terrace Community Soccer

Indoor Soccer Successes Continue

Rio Terrace had 3 Indoor season teams in age groups U11 through U19 qualify for Tier 4 Provincial Championships, a major accomplishment. Congratulations go to all 3 teams for first qualifying for Provincials and secondly for their collective success at Provincials.

 All 3 teams were the Silver medalists in their age group - a great performance as each of these teams were in their 1st year of their 2 year age group.

Congrats to

- U13 boys Burrows/Rosenfeld team
- U15 girls Machnik team
- U19 boys Klappstein team

Outdoor Soccer is Underway!!

The 2025 outdoor Rio Terrace community soccer program is now underway – a sure sign for our community that Spring has arrived! Rio Terrace Soccer has over 290 soccer playing youth participating in the Rio Terrace community youth soccer program. Players and parents are thrilled to be back outside enjoying soccer.

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

In the U9 through U19 community soccer program, we have some **200** players populating the rosters of **11** Rio Terrace based teams.

- Rio Terrace is hosting 3 girls teams this season – one in each of U9, U13 & U15.
- On the boys side, Rio Terrace is hosting 8 teams – two in each of U11 & U19, and one team in each of U9, U13, U15 & U17.

All of these teams will generally play a 15 game schedule during May and June, with 2 games and 1 practice each week. They also are likely to play in at least 1 tournament and of course have the goal of qualifying for post-season playoffs. Good luck to all teams!

The Rio Terrace FunSoccer program serves as the introduction to soccer for the younger players in our community. We have over **90** players registered and playing in our U4 / U5 and U7 programs.

These players participate in skill development games and drills at the soccer field on the north side of the Rio Terrace School every Monday and Wednesday evening between 6:15 and 7:15 PM from May 5 through to June 25. Players and parents both participate in this program where fun, being active and learning soccer skills are the goals.

Stop by and check out the fun if you have the opportunity!

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 large supportive group of knowledgeable volunteers who continue to make sure that we have great 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.

rtcl.soccer@gmail.com

Summer

SPORTS AND TENNIS CAMPS ARE OPEN FOR REGISTRATION

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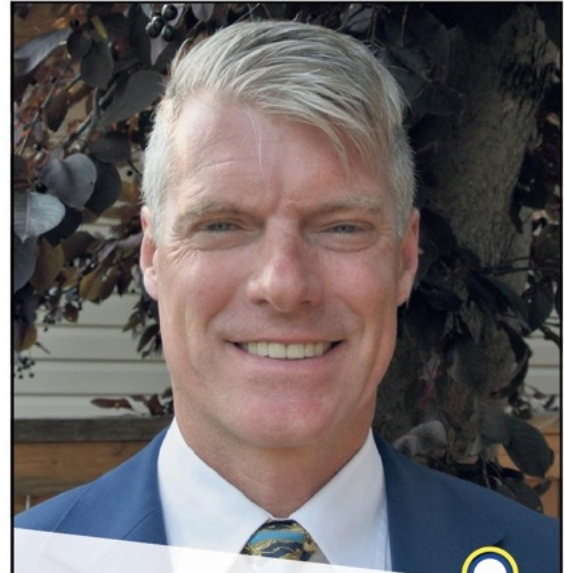
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- St. Albert Centre
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DIE KLEINE KINDERSCHULE



Die Kleine Kinderschule teaches a second language through play

Are you looking for a nurturing, fun, and enriching environment for your child to grow and learn? At Die Kleine Kinderschule, which is right inside Rio Terrace School, we offer a unique opportunity for children to become fluent in both German and English from 3-5 years of age. Our bilingual preschool is designed to foster creativity, curiosity, and language development through play.

Why Choose a Bilingual Preschool?

Exposure to a second language has lifelong benefits. Children who learn two languages develop stronger cognitive skills, better problem-solving abilities, and improved multitasking. At Die Kleine Kinderschule, your child will have the chance to become fully immersed in both German and English, gaining confidence and fluency in both languages.



What We Offer

Both German and English are used throughout the day, encouraging natural language acquisition.

Experienced Teachers

Our team of qualified and caring teachers are passionate about bilingualism and child development.

- Active listening
- Patience (wait your turn and don't get upset, if it's not your turn to speak)
- Speaking in front of the class
- Learn how to manage feelings
- Discuss topics (voicing your opinion, accepting other kids' opinion)
- Paraphrasing stories (helps them comprehend)
- Working in groups (everyone matters to fulfill the task)
- Number recognition and counting 1-10 (different way to show numbers)
- Recognizing shapes, colors, opposites, and sizes
- Practice cutting
- Pre-writing skills (letter recognition, beginning sounds and writing of own name)

Play-Based Learning

We believe in the power of play. Our activities and lessons are designed to make learning fun and engaging. We also offer fun and educational field trips including off-site Edmonton attractions & in-class experiences.

Small Class Sizes

Our smaller class sizes ensure a personalized, close-knit environment where every child receives the attention and support they need.

Why choose DKK:

- **Qualified German bilingual teachers**
- **Language & social development**
- **No parent duty days**
- **No mandatory fundraising**

Die Kleine Kinderschule, also prepares your little one for Kindergarten, with more development of listening skills, independence, creativity, and confidence.

DKK is also excited to share that our Rio Terrace location now offers a convenient and secure bus transfer service to Kidswise Montessori Daycare in Laurier Heights for families seeking an engaging after-care program once our bilingual preschool program ends.

This seamless transition is already being enjoyed by several children currently enrolled in our German-English bilingual

preschool program in the mornings, followed by enriching care at Kidswise Montessori in the afternoons.

Why this is great for your family:

- *Stress-free logistics:* No need to worry about mid-day pickups—your child is safely transported between locations.
- *Extended learning:* Your child continues their day in a nurturing, educational environment.
- *Peace of mind:* We ensure a smooth and secure handover between both programs.
- *Enriched experience:* A full day of bilingual learning and Montessori-based exploration.

Enrollment for the new school year is open. For more information & online registration visit **www.dkkplayschool.org** to secure your spot.

Give your child the gift of a second language, now is the perfect time to join our vibrant preschool community.



Rio Terrace Community Preschool



Spring has sprung, and signs of growth can be found both outside and inside our classroom. As we near the end of our preschool year, we can see the incredible progress the children have made in their confidence, friendships, creativity, and independence. Each day, they continue to explore, imagine, and connect, reminding us how much they have blossomed over the year.

This spring we are excited to enjoy some adventures in our community at the Edmonton Valley Zoo, the Edmonton Public Library, Wilfred Laurier Park, the Whitemud Ravine and of course our local ravine in Patricia Heights. Field trips are a wonderful way for preschoolers to connect with the wider community, spark their curiosity, and experience new environments that make learning exciting and meaningful.

Our preschoolers and families are so excited for the **Family Fun Day on June 7th!** Please come out and join us for crafts, face painting, bouncy castles, bbq, live music and more!!

Registrations are now open for our 2025/26 preschool year. Check out our website for more information!

MAY 2025

www.rioterracepreschool.ca

Rio Terrace Community Preschool

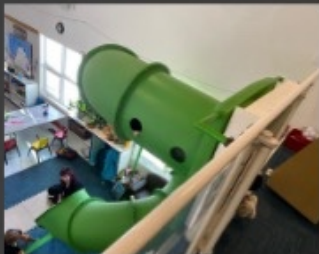





REGISTER NOW TO SECURE YOUR SPOT FOR 2025/26



JACK RABBIT
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CARIBOU
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MONDAY, WEDNESDAYS AND FRIDAYS
9-11:30 A.M.



THE EXPLORERS
4 YEAR OLD AND KINDER PROGRAM
TUESDAY, WEDNESDAY AND THURSDAYS
12:30- 3 P.M.



Rio Terrace Community Preschool
Annual Family Fun Day
Saturday June 7th 12-5pm

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Cash preferred | Tap available

BOTTLE DRIVE TRAILER ON SITE
15500 76 ave Rioterracepreschool.ca



Bike Parade June 29!

Join us for another fun and exciting Bike Parade on Sunday, June 29!

Bike decorating at 10:30am at the park gazebo
Decorations provided by the Community League

Parade start time: 10:45am

Free popcorn and freezies after the parade!



There will be signage along the route

Little ones must be accompanied by an adult

All ages and capabilities welcome!



Rio Terrace Ice Cream Shack

Opening May 2025 long weekend!
3:30 - 8:30 pm Daily
Poyser Park, next to Rio Terrace Church
15108- 76 Avenue NW





Need Help with Schoolwork?

Get tutored by a French Immersion Gr 12 Honours student with 3+ years of tutoring experience.

\$25 - 55 mins

Sessions available after school, evenings, and weekends at the Jasper Place - Edmonton Public Library

Tutoring and Homework help for students **1st to 9th grade**, in **all subjects**, in English or French.

Scan the QR code to sign up!

"Amber worked with our daughter in French immersion to improve her reading, writing, and spoken language comprehension across all subjects. She established a strong connection with her in a way that made the learning fun and effective. It made a big difference to her confidence and learning."
-Parent of a 6th grade student



9010 156 St NW, Edmonton, AB T5R 5C4

amberedmontontutor@gmail.com

Rio Terrace Garden Plots – Now Available to Rent!

Looking to grow your own veggies or flowers this season? Garden plots are now available for rent at the Rio Terrace Community Garden—perfect for green thumbs of all experience levels!

Plots are available first come, first served, with priority given to residents of Rio Terrace, Quesnell Heights, Patricia Heights, and nearby neighbors.

Cost

- \$25 rental fee
- \$20 refundable deposit (returned by cheque in the fall once your plot is cleaned up)
- Total upfront: \$45

Extras included

- ✓ Access to water
- ✓ Shared garden tools
- ✓ A beautiful, local space to connect with your community

Location

Behind Rio Terrace Church next to Poyser Park (15108 - 76 Avenue NW)



Ready to get growing?

 Email:

rioterracecommunitygarden@gmail.com

 Call: Rio Terrace Church Office at (780) 487-0211

 Learn more:

rioterracechurch.org/community-garden

Buy Nothing Group

A Community Member's Story

Before joining the Buy Nothing RT/Q/PH group, I had been on two other Facebook based platforms for decluttering our household, and had expected it to be much the same, but with the merit of not driving all over the city. Immediately, however, I realized the entire feel of this group is unique due to the premise of sharing with one's neighbours, asking for help, and the connections built in the process.

In an era where admittedly most do not know their neighbours, one of the greatest benefits of participating in our neighbourhood Buy Nothing group has been the improved sense of community and new friendships garnered. I can't begin to count how many neighbours I have met since joining, and consequently my regard for our neighbourhood has evolved.

Here are some experiences I'd like to share, in the hopes they may illustrate some of the many positive interactions that take place, almost daily, in this special group. Perhaps, some of you readers might consider joining us too. The more the merrier.

Join us on Facebook!

*Buy Nothing Rio Terrace/
Quesnell Heights/ Patricia
Heights Edmonton, AB*



“Borrow something, Create something, Bake something, Plan something, Donate Something”

BORROW: A teen in our household decided to try out for her school rugby team and gave me about 7 hours to find her proper cleats. After a trip to Sport Chek, calling some friends, and searching Kijiji proved fruitless, I posted a query as to whether anyone might have some cleats we could borrow, while we waited for the pair I ordered online to arrive. Amazingly enough, a neighbour indeed lent us her daughter's cleats, hand delivered no less, that afternoon, and I raced them over to my daughter in the nick of time (and happily she made the team).

CREATE: As an avid gardener, I have loved sharing plants and seedlings with other like minded neighbours. I was introduced to growing tomatillos from one such neighbour, other neighbours have provided useful tips on growing various plants (this shared knowledge is so appreciated!) and rescued a diseased umbrella plant from another neighbour. I've enjoyed lovely conversations with neighbours while picking raspberries from their prolific bushes, and depending on the season, have often left thank you gifts of homegrown lettuce or herbs when picking up donated items.

BAKE: No stranger to some of the common Covid fads, I, too, was baking sourdough bread and brewing kombucha, and gifted several neighbours both the baked bread, as well as the yeast starters and scobis needed

Community Matters

so they could try their hand at these pursuits too.

DONATE: I have found new homes for so many items, and it truly pleases me knowing that items are getting a new life with someone who appreciates them more. I strive for a minimalist design, but must fight hoarding tendencies, so I find my purging efforts are encouraged by the knowledge that certain items are now more useful for neighbours. This is especially so when someone has made an ISO (in search of) for a specific item, which helps me pass along items that are no longer useful for my family, and it's just taking up space. A win - win situation for both the giver and the recipient.

PLAN: While I haven't actually planned anything with this group, being a member did help me to get to know some of my neighbours better, which in turn encouraged me to host a block party last summer for my street.

As stated, the spirit of giving, sharing, and helping one another is such a wonderful tenet of this special group and it truly helps make connections with one's neighbours, which in and of itself is invaluable. I am certainly glad I joined. My husband would be happier if more was going out than coming in, and that is indeed my aspiration too. Wish me luck with my decluttering. ;)

– Sea

Need a date night? Or a few hours to yourself?
Come meet our amazing newly trained neighbourhood babysitters
Red Cross certified!



Babysitter Meet & Greet
Friday June 6
7:30-8:30pm
RTCL Hall

Sign up: catherinedarrah@gmail.com

Understanding Acupuncture vs. Dry Needling: What Patients Should Know

One of the most frequent things people ask about in the clinic is the difference between *Acupuncture* and *Dry Needling*. Though Acupuncture and Dry Needling may appear identical to the untrained eye—both involving the insertion of fine needles into the body—their origins, philosophies, techniques, and applications differ significantly. Understanding these differences can empower patients to make more informed decisions about their healthcare, especially when seeking treatment for pain, injury, or chronic conditions.

Acupuncture is a foundational practice of Traditional Chinese Medicine (TCM), developed over 2,000 years ago. It operates within a holistic framework that sees the body as an interconnected system of energy pathways called meridians. According to TCM theory, when qi (vital energy) is disrupted, illness or pain can arise. Acupuncture aims to restore balance by stimulating specific points on the meridians to promote healing, regulate bodily functions, and enhance overall well-being. Its scope is much larger as a result.

Dry Needling, by contrast, is a modern Western technique developed primarily by physical therapists and chiropractors. It's

based on anatomical and neurophysiological principles rather than energetic ones. The focus is on targeting myofascial trigger points—knots in muscle tissue thought to cause pain and dysfunction. By inserting needles directly into these tight bands of muscle, practitioners aim to reduce tension, improve mobility, and alleviate pain.

While both modalities use the same tool—the acupuncture needle—their underlying frameworks and objectives differ. Acupuncture draws from an extensive diagnostic system that considers the patient's entire constitution, including emotional, digestive, and hormonal health. Dry needling, on the other hand, tends to be more focused on localized pain or dysfunction in the muscles and joints.

As a patient, it's important to understand what kind of treatment philosophy and clinical outcome you're looking for. Are you hoping for long-term regulation of your nervous system, support for digestion and sleep, or emotional balance? Acupuncture might be the better fit. Are you recovering from a sports injury or dealing with chronic muscular tension? Then dry needling may be a useful tool in your healing process.

In essence: same tools, very different maps. By knowing the difference, patients can choose the right navigator for their journey.

Jon McDonell, Dr. Ac.

Community Matters



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Reducing household food waste: planning, shopping and storage

Food waste is food that was grown or harvested, but never eaten. Some food waste at home can't be avoided, like egg shells, bones, tea bags or coffee grounds, but some food waste can. Avoidable food waste is food that is thrown out because we don't store it properly, buy too much, or cook too much.

A 2022 study showed that **63%** of food Canadians throw away could have been eaten

While all types of foods are wasted, the top foods that are thrown away are: **vegetables** and **fruits**, **leftovers**, and **bread**.

This article includes tips and resources to reduce your food waste at home.

Planning your meals

Planning meals a few days or a week ahead of time may prevent you from buying too much food.

Consider what food items you already have.

Check your fridge and cupboards carefully to see how much is left in containers or packages.

Checking best before dates is helpful so you can use up food while it's at its freshest. Note that 'best before' dates are not the

same as expiration dates. Expiration dates are about food safety, whereas 'best before' dates are about freshness. So just because a food is past its 'best before' date doesn't mean it needs to be tossed.

Then, think about some meals that you like or can easily make with items you already have. Create a list on paper or your phone of items you do not have.

Grocery shopping

When buying fresh, consider what options are best for your family, for example, pre-washed and pre-cut fruits, vegetables and salads can be convenient, but are more expensive. However, if this means you are more likely to eat them instead of throwing out unprepared produce, then this may be an option for you.

It can also be helpful to pre-wash and cut your produce for easy access during the week, so you are more likely to eat it and less likely to have waste.

Frozen and canned options are also time-savers as the preparation has already been done for you. They last a lot longer than fresh, so are less likely to go bad before you can use them up. Buying frozen or canned produce offers year-round variety that otherwise might not be available.

Try adding frozen or canned vegetables into pasta sauce, casseroles, soups or stir-fry. Frozen or canned fruit can be added to yogurt, cereal, baking or smoothies.

Storing foods

Consider the order that you use some foods as some foods can keep longer in the fridge than others.

Produce

Most fresh vegetables and fruits will stay fresh longer if they are unrinsed. Consider washing produce before preparing, freezing or eating it.

Some produce give off a gas (ethylene) that speeds up ripening-apples, bananas, kiwis, tomatoes, avocados. Keep these vegetables and fruits in a loosely tied bag away from already ripe produce.

Some produce will also stay fresh longer than others so consider using produce like kale, chard, carrots and cabbage later in the week.

Breads & Baking

Since bread and baked goods are among the top foods that are thrown away, store bread and buns in a cool, dark and dry place in the original packing. Or consider freezing if you don't think you will be able to use up the bread by the best before date. Storing bread in the fridge may make it go stale more quickly.

Leftovers

If you have leftovers, it's important to store them properly. Wrap leftovers or place them in a covered container. Place them in a refrigerator within two hours of preparing or

cooking. Consider labelling them with a date and remember to use the oldest ones first.

Leftovers like soup can be safely eaten within 2-3 days after cooking, while other cooked dishes containing eggs, meat and vegetables or cooked fish, poultry can be safely eating with 3-4 days of being stored at the correct temperature in the fridge. Leftovers can be frozen for longer.



Making some or all of these choices when shopping or storing food can play a part in reducing your food waste at home.

For more helpful tips on food storage and safety, visit Canada.ca and search: "Storing Vegetables and Fruits" and "Food Safety"

For more ideas to reduce food waste visit: ahs.ca/nutritionhandouts and search "Reduce Food Waste."

Shared with permission by Alberta Health Services.

Rio Terrace Community Kitchen Sessions

Come cook, connect, and take home a delicious meal!

Looking for a fun way to spend a Sunday afternoon? Join our *Cook and Connect* dinner sessions! This is a hands-on cooking experience where small groups come together to prepare tasty, healthy meals. Whether you're looking to spice up your recipe repertoire, meet new people, or just save a few dollars, consider grabbing your apron and joining one of our sessions!

With Odilia Ruiz guiding the way, you'll learn practical cooking skills in a fun and welcoming setting. You'll leave with a hearty meal (serves 4–6), perfect for sharing with family or enjoying as delicious leftovers!

- **Cost:** \$10 per session (includes all ingredients)
- **Donations:** Gratefully accepted! Tax receipts are available for donations of \$20 or more.
- **Location:** Rio Terrace Church in the main floor kitchen (15108 - 76 Avenue NW)
- **When:** Bi-weekly on Sundays from May 18-June 22, 2025, 1:30 PM-4:00 PM

We purchase ingredients based on the number of participants, so be sure to register in advance.

Upcoming Schedule

May 18, 2025: Creamy Tomato Tortellini Skillet and Dinner Rolls

- ❖ Please bring a pot or skillet with lid and a cookie sheet or Pyrex 9X13 pan for rolls

May 25, 2025: Sesame Noodles and Ground Sesame Chicken

- ❖ Please bring a bowl with cover for chicken and a bowl with cover to take home noodles

June 8, 2025: White Chili and Oatmeal Muffins

- ❖ Please bring a pot with lid for white chili and a container with lid to take home muffin mix for baking at home

June 22, 2025*: Mexican Rice and Taco Beef

- ❖ Please bring a bowl with cover for rice and a container with lid for the taco beef

**Last kitchen until September 2025*

Registration is required!

Contact Rio Terrace Church for details: (780) 487-0211

rioterracechurch.org/kitchen
church@rioterracechurch.org



RIO TERRACE CHURCH



COMMUNITY KITCHEN SESSIONS

\$10.00

LET'S DO DINNER

**SUNDAYS
BI-MONTHLY
1:30-4:00 PM**

MAY 18 - JUNE 22, 2025

Meal Plans and Registration



City aims to co-exist with coyotes in new public awareness campaign



Keith Szafranski photo

With coyote denning season underway, the city is expanding a public awareness campaign to help Edmontonians and coyotes co-exist safely. This campaign aims to educate the public on the City's science-backed coyote management strategies.

"Coyotes are a natural part of Edmonton's ecosystem, and we strive for coexistence," said John Wilson, Director, Animal Care and Park Rangers. "Our approach is science-based, prioritizing humane hazing techniques to modify coyote behaviour and discourage them from approaching humans and pets. We want to ensure residents feel informed and know what to do during coyote encounters."

The City's methods, which include the use of kinetic impact launchers with inert projectiles, help train coyotes to avoid areas where

people are active. Park Ranger Peace Officers stress that understanding coyote behaviour and implementing proactive measures are key to a safe community.

Public safety remains the top priority. Residents are encouraged to be proactive in reducing coyote encounters. Key tips include: securing food sources to avoid attracting coyotes, keeping pets on leash to prevent confrontations, and deterring denning on private property.

It is only necessary to report a coyote sighting if: a coyote bites, nips, or makes physical contact with a pet or person, a coyote is injured or sick and cannot move, or if an individual is feeding the coyote. Lethal removal is only considered as a last resort when absolutely necessary.

Statistics show that while the number of coyote complaints has increased slightly, the number of lethal removals due to aggressive or predatory behavior remains low. In 2024, there were 1,694 total complaints and 25 removals, with 53 aggressive complaints. Find more information on the City's coyote management strategies here edmonton.ca/coyotes.

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

Community Matters

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DID YOU KNOW?

Outreach Workers Support Seniors and Their Families

Navigating the complexities of life as we age can sometimes feel overwhelming. That's where our Outreach Department at the Westend Seniors Activity Centre (weseniors.ca) steps in! Here's how we support seniors and their families:

Form Completion

Paperwork doesn't have to feel like a tidal wave! If you're unsure about filling out forms like the Canada Pension Plan (CPP), Old Age Security (OAS), Guaranteed Income Supplement (GIS), or Alberta Seniors Benefits, we're here to help.

We'll sit down with you to guide you through the process, explain confusing terms, and ensure your forms are filled out accurately. Whether it's housing applications or medical paperwork, don't hesitate to reach out.

Emotional Support

Sometimes, having someone to talk to can make a world of difference. Aging brings unique challenges, and it's okay to seek emotional support. We can connect you with:

Counseling services for personalized guidance

Support groups to share experiences and build community.

Whether you're feeling lonely or facing life changes, we're here to listen and help you find the support you need.

Understanding Seniors' Benefits

Do you feel confident you're receiving all the benefits you're entitled to? If not, we've got you covered! We can review your benefits, including:

- Canada Pension Plan (CPP)
- Old Age Security (OAS)
- Guaranteed Income Supplement (GIS)
- Alberta Seniors Benefits

If something's missing, we'll guide you through the next steps to ensure you receive what you deserve.

Financial Support

If finances are tight, you're not alone. Programs like the Alberta Special Needs Benefits are designed to provide a helping hand. Unsure if you qualify or how to apply? We can:

- Explain your options.
- Help with applications.
- Answer your questions.

We are here to help.

Meals and Nutrition

Eating well is essential for staying healthy. If you need help accessing prepared meals, grocery deliveries, or nutritional support services, we can connect you with:

- The Food Bank.
- Grocery delivery programs.

Community Matters

- Other community resources.

The Westend Seniors Activity Centre also offers a Frozen Meal Program with free delivery for seniors.

Our Outreach worker can help connect you with the services you need.

Mental Health and Grief Services

Life's challenges, like anxiety, depression, or grief, can feel heavy. Our Outreach Department offers resources to support your mental well-being.

We can connect you with professionals, community programs, or just be a listening ear when you need it most. Remember, you don't have to face these challenges alone.

Transportation Options

Getting around shouldn't be a struggle. Need a ride? We've got you covered with resources like:

- DATS Bus services.
- Drive Happiness, our partner organization offering reliable and friendly rides.

Whether it's a doctor's appointment or a visit with friends, we'll help you find the best transportation solutions.

Learn more about the Westend Seniors Activity Centre

No matter the challenge, our Outreach Department is here to support you every step of the way. Have questions? Need assistance?

- Call us at 780 483-1209 and ask for our Outreach team
- Email us at outreach@weseniors.ca
- Come for a tour - 9629 176 Street NW Edmonton.
- Visit our website www.weseniors.ca

We are open Monday to Friday 9:00 a.m. to 4:00 p.m.

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EFCL Board Position Available 🧑

The *Edmonton Federation of Community Leagues* (EFCL) is looking for an individual from the **Jasper Place** district (which includes the community league serving Rio Terrace, Patricia Heights, and Quesnell Heights) to join the EFCL board and represent our area.

The EFCL is governed by an 11-person volunteer board of directors. They're actively involved with their own Community Leagues, and believe that when neighbours come together we build a greater city for all.

The board member of EFCL provides direction to EFCL staff, which support Community Leagues across Edmonton. This person would be responsible for organizing a meeting with the community leagues in their district twice a year, and attending monthly EFCL board meetings. This person would also engage with Community Leagues throughout their district as needed, including attending meetings and events.

If you are interested, find more information at efcl.org/about/efcl-board/ or contact the EFCL board: laura.cshpeley@efcl.org and president@efcl.org.



Need a Space to Gather? We've Got You Covered!

Whether you're planning a one-time event, a weekly class, or a monthly meeting, Rio Terrace Church has rooms for rent.

From a cozy room perfect for smaller groups, to larger areas ideally suited for a workshop or event, consider these options! We also have a commercial kitchen as well.

Email us at church@rioterracechurch.org or call (780) 487-0211 for more details.

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.

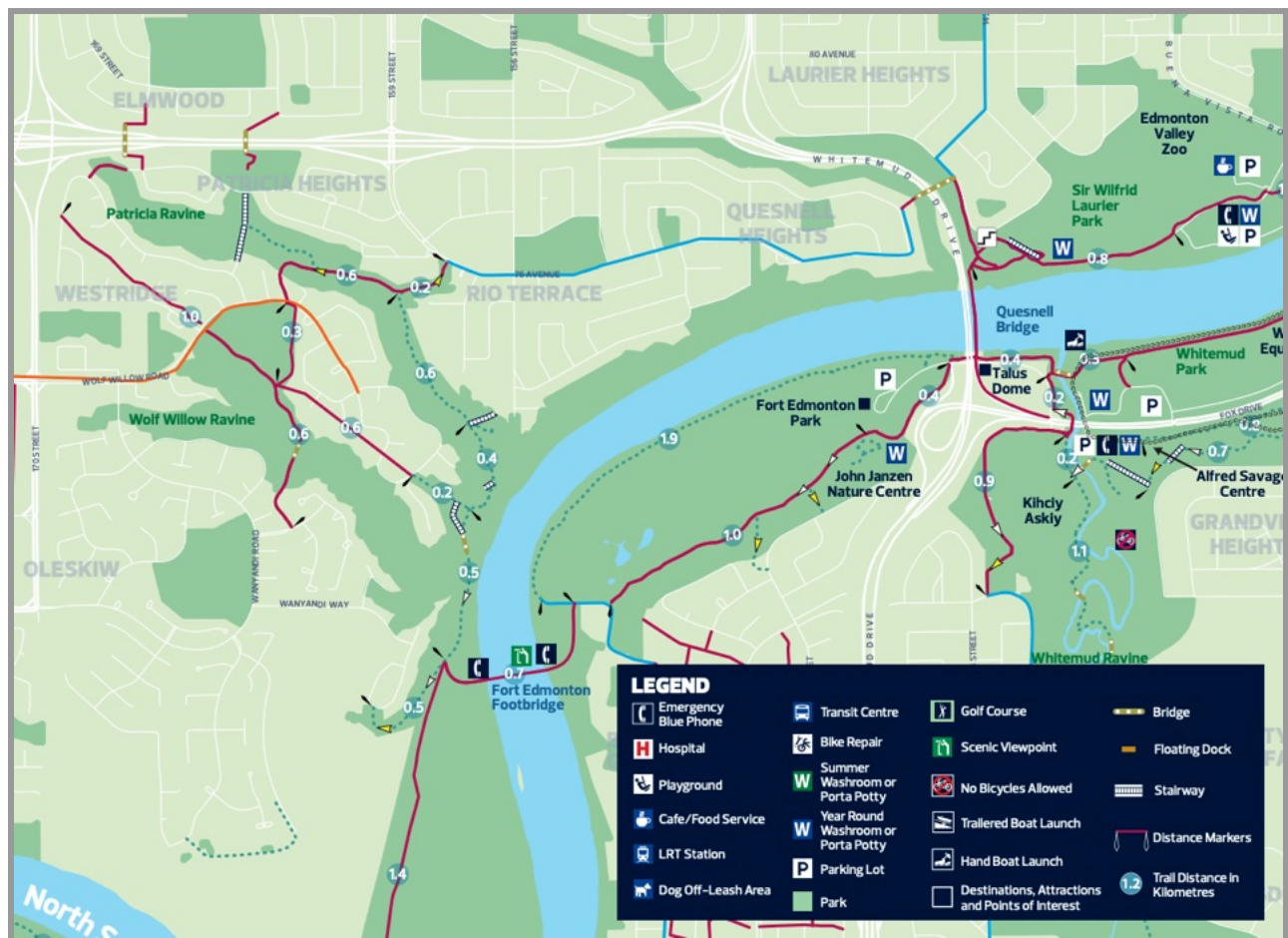
Edmonton's River Valley

As the largest urban park in Canada, with more than 160 kilometres of maintained pathways and 20 major parks, the River Valley is a natural wonder for all Edmontonians to be proud of.

The parks, trails and attraction facilities in the River Valley offer Edmontonians unparalleled opportunities to connect to nature, get outside and play.

West River Valley Trail Map

Explore the trails that connect our communities!



Full-size copies (31" x 20") of these maps are available at all City Libraries and City Hall.

https://www.edmonton.ca/activities_parks_recreation/parks_rivervalley/trail-system

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://elkssofarberta.ca>

Alberta Elks Foundation



TABS FOR TOTS
Helping Regional
Hospitals
Since 2000



**WHAT IS
TABS FOR TOTS?**

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

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

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

HOW CAN I HELP

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



Did you know?

TABS ARE BEING COLLECTED IN COMMUNITIES IN A NUMBER OF DIFFERENT WAYS, INVOLVING SCHOOLS, DAY CARES AND BY LOCAL TRADES DONATING MATERIALS AFTER A JOB HAS BEEN COMPLETED



**THE POWER OF
TOGETHER**

Collecting 58,246lbs. of tabs is no easy task. Together it is possible. Together we can supply much needed medical equipment to local hospitals all over Alberta. Together we can make a difference. You do not have to be a member to help.



PULL.COLLECT.DONATE

Rebus puzzles

Can you guess the words and expressions?

MY LIFE	Get it Get it Get it Get it	Try $\frac{\text{stand}}{2}$
TRAVEL ----- CCCCCC	FAST	T O W N
EYE EYE	father 	ONCE 
POT oo oo oo oo oo	D movie D movie D movie	SECRET ← SECRET SECRET

A **rebus puzzle** is a visual riddle where pictures, words, and symbols are used to represent words or phrases, often using the sounds or visual likeness of the objects depicted. For example, the word "heels" appearing under the word "head" would mean "head over heels".

(Answers on page 32)

Get Involved!

Little Free Libraries

Little Free Library is a nonprofit organization with a mission to be a catalyst for building community, inspiring readers, and expanding book access for all through a global network of volunteer-led *Little Free Library* book-exchange boxes.

There are a number of little free libraries in our community! Did you know you could register your library to have it included on the *Little Free Library* world map?

Check it out!

- Become a steward:
<https://littlefreelibrary.org/stewards/registration/>
- Add your library to the map:
<https://littlefreelibrary.org/map-library/>

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



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

Calling Community Kids

Have your artwork published in our next newsletter! Create some artwork around one of the following themes

- My favourite thing to do in my neighbourhood
- Back to school, or
- Halloween

And we'll do our best to include it in our next newsletter in August!

Submit your artwork here →

Or email it to us at

rtcl.newsletter@gmail.com



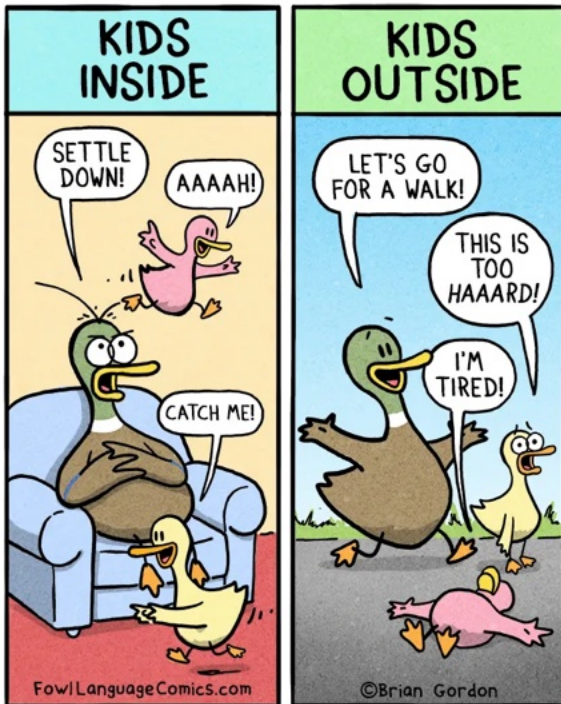
IF YOU WOULD LIKE YOUR DOG
FEATURED IN THE NEWSLETTER
PLEASE EMAIL
JENMODRY@GMAIL.COM

Give Us Feedback!

As mentioned, we are a new newsletter team and are open to feedback!

Take this short survey to let us know what you liked about this issue or what you might like to see in the future.





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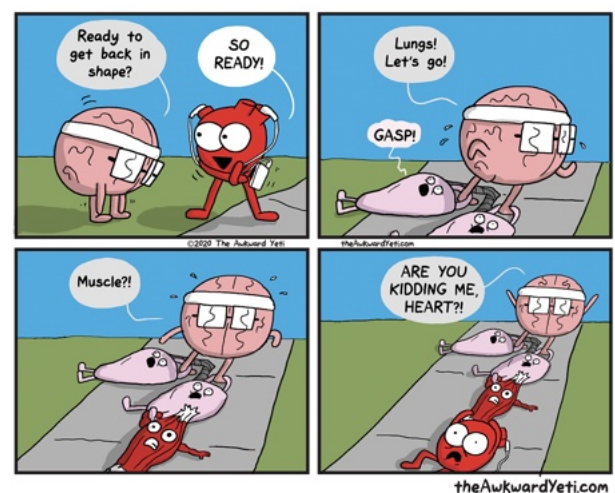


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Summer Fails



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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 Ave NW,
Edmonton AB T5R 4L8



QR TO DONORBOX



Rebus answers: 1 – For once in my life (four ones in my life); 2 – Forget it; 3 – Try to understand; 4 – Travel overseas or overseas travel; 5 – Breakfast; 6 – Downtown; 7 – Eyeshadow; 8 – Stepfather; 9 – Once upon a time; 10 – Potatoes (pot 8 O's); 11 – 3D movie; 12 – Top secret