RIO TERRACE COMMUNITY LEAGUE
RIO TERRACE
PATRICIA HEIGHTS
QUESNELL HEIGHTS

Community Matters

November 2026 Issue

President's Message

Hello all,

It's been a busy quarter this year!

Excitingly, the 10-week *Not Falling for You* seniors fall prevention workshop is full. We also hosted our Annual General Meeting, our preschool hosted their Halloween social & fundraiser, and despite the dreary weather, *Pie in the Park* served more than 200 pieces of pie.

The *Raise the Roof for Rio* hall renovation fundraiser, Community League Day & Big Bin, and Pie in the Park events were all well-attended. Of note, the fundraiser **raised over $20,000 for our hall renovation!** A big thank you to everyone who came and donated, to the volunteers, and to the organizers of the event: Jen, Felicia and Tatum.

Keep your eyes open for details in this newsletter for events happening within our community over the chilly months: *Breakfast with Santa* & *Illuminight* to name a few.

We are discussing new ideas for events and programs. If you have any ideas, please reach out! What would you like to see? A wine & whisky night? Trivia? Cards?

The plans for our hall beautification are progressing as we had hoped. Check out our community engagement survey on our website at RioTerrace.ca. On the site, there are also timelines, artist renderings, and more. There is also a physical copy for the technologically averse in this newsletter (which can be dropped off in our mailbox).

Lastly we're also looking for a new *Membership Director*. If you think this might interest you, get in touch!

Stay healthy. Stay safe. Stay kind.

All the best,
Emma
rtcl.president@gmail.com

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RIO TERRACE COMMUNITY LEAGUE
RIO TERRACE
PATRICIA HEIGHTS
QUESNELL HEIGHTS

Community Matters

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

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

Next Issue: February 2027
Submission Deadline: Sun, Jan 31, 2027

Connect with Us

Website: https://www.rioterrace.ca/
Twitter: @RioTerrace
Facebook: 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. Anyone residing in the Rio Terrace, Patricia Heights or Quesnell neighbourhoods is encouraged to 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://rio-terrace.getcommunal.com/memberships

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

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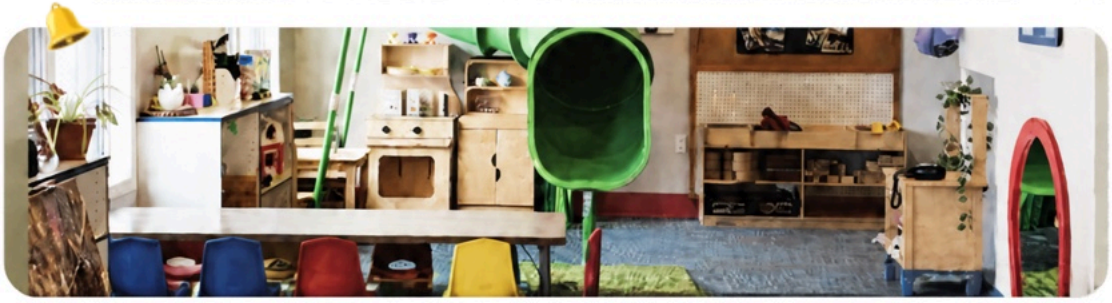
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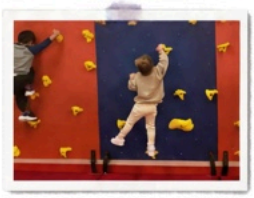
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Howard Jones 🎉
Michelle Robinson
Mike Rubens 🎉
William Sims
Alyce Tracey

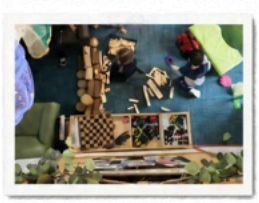
Welcome to our new volunteers! 🎉

Rio Terrace Community Preschool



RIO TERRACE PRESCHOOL OPEN HOUSE



Friday, February 5th
5:00-7:00 p.m.
15500 76 Ave NW

TOURS ALSO AVAILABLE BY APPOINTMENT

- JANUARY 4TH — CURRENT FAMILIES
- JANUARY 11TH — ALUMNI FAMILIES
- JANUARY 18TH — COMMUNITY MEMBERS
- JANUARY 25TH — GENERAL REGISTRATION

JOIN OUR VIBRANT COMMUNITY!

Rio Terrace Community Preschool is dedicated to fostering a love of learning in every child. As a parent cooperative preschool, we value family involvement and strive to create a vibrant community where children and their families can learn, grow, and thrive.

Spots fill up fast - mark your calendar with your desired registration date and get excited for a fantastic year!

www.rioterracepreschool.ca

780-718-0230



"Pumpkin soup! Pumpkin soup for sale!!"

If you've walked past the preschool yard lately, you might have heard this being yelled from our students at play. Our current seasonal special is made with grass, leaves, and a whole lot of imagination!

We've had a wonderful start to the year at Rio Terrace Preschool. This fall, we have 37 bright and curious learners across our three classes. Our days are already packed with new friendships, playdough sculpting, and some highly competitive monster truck races. We've also been spending a lot of time exploring the neighbourhood, watching the seasons change as we head out on walks down to the ravine with our Explorer class. At the heart of all this play is connection: it's where the kids learn to work together, share ideas, compromise, problem solve, and practice being kind, active citizens in their own little community.

As a parent cooperative, our school thrives because of the people who show up. We want to send a huge thank-you to everyone lending a hand—whether you're a parent volunteering in the classroom, a grandparent helping with pick-ups, a family taking on a board position, or a neighbour supporting fundraisers like our Rhythm and Boos social. There is something incredibly special about this cooperative model. When our children see the grown-ups in their lives showing up, working together, and investing in their school, they are learning exactly what it means to be part of a community. They notice when a parent stops to fix a toy, when a neighbour pitches in at an event, or when families gather just to support one another's children on the park. You are modelling a better, more connected world for them right here on the playground, and we hope you feel incredibly proud of the space you are helping to build. These early experiences teach them that they, too, have something valuable to contribute to the world around them.

If you happen to hear a chef shouting about soup next time you walk past the preschool, don't forget to wave. We hear the grass-and-leaf special is particularly good this time of year!

To learn more about our preschool, check out our website**!**
www.rioterracepreschool.com

A German Christmas: Three Beloved Holiday Traditions

By Die Kleine Kinderschule

Few countries have influenced the way the world celebrates Christmas quite like Germany. From the glow of a decorated *Tannenbaum* to the excitement of visiting a traditional *Weihnachtsmarkt*, many of the customs that define the holiday season today have deep roots in German history. Let's explore a few of them together.

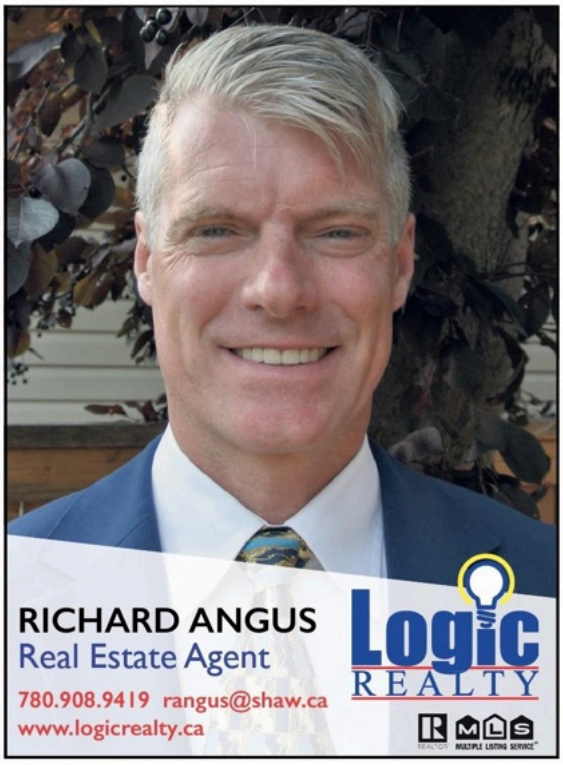
The Christmas tree, or *Tannenbaum*, is perhaps Germany's most recognizable contribution to Christmas celebrations worldwide. Although evergreen branches had been used for centuries to symbolize life and hope during the dark winter months, the tradition of bringing a decorated tree indoors is generally traced to 16th-century German-speaking regions. The tradition of adding candles or lights to the Christmas tree is often credited to Protestant reformer Martin Luther after being inspired by the sight of stars shining through evergreen branches on a winter evening. Although this story is difficult to verify, it remains a popular part of Christmas folklore. By the 19th century, Christmas trees had become increasingly popular throughout Germany and eventually spread across Europe and North America.

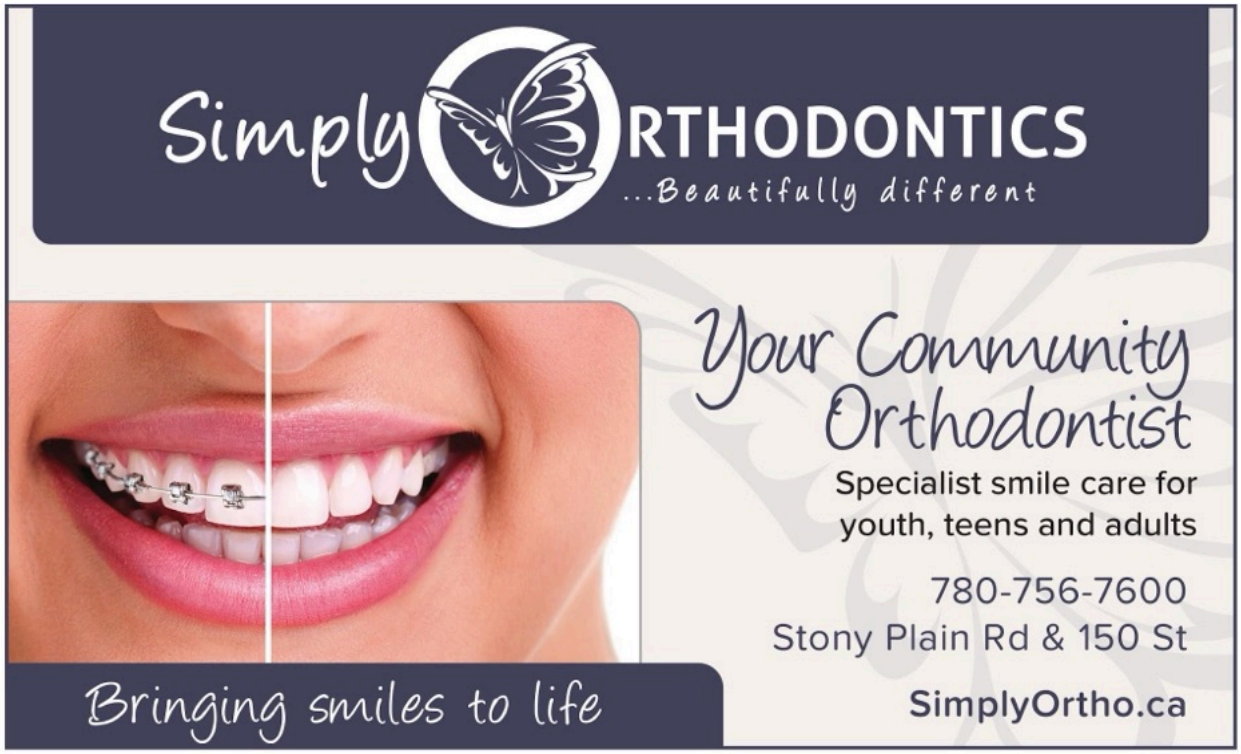
Celebrated on December 5-6, *Nikolaustag*, or St. Nicholas Day, is another important German Christmas tradition. Its origins are connected to St. Nicholas, a Christian bishop who lived during the 4th century in Myra, in what is now modern-day Turkey. Remembered for his generosity and kindness, particularly toward children and those in need, he eventually became one of the most beloved figures in European Christmas folklore. In Germany, children traditionally celebrate St. Nicholas Day by polishing their boots and leaving them outside their bedroom doors or by the front door on the evening of December 5. During the night, St. Nicholas is said to visit and fill their footwear with chocolates, nuts, mandarins, and small gifts. At Die Kleine Kinderschule, a German bilingual playschool, we love introducing our students to this meaningful German Christmas tradition.

Few experiences capture the atmosphere of a German Christmas quite like its traditional Christmas markets, known as *Weihnacht-smärkte*. These markets originated in medieval times, initially serving as seasonal trading events where communities could purchase food, household necessities, and supplies for the winter months. Over time, craftsmen, bakers, toy makers, and confectioners began selling their goods, transforming these practical markets into festive gatherings. Today, German Christmas markets are filled with stalls selling handcrafted ornaments, traditional nutcrackers, gingerbread (Lebkuchen), roasted almonds, and seasonal decorations. Visitors can enjoy a steaming mug of Glühwein (mulled wine), listen to Christmas music, and experience the welcoming atmosphere of a centuries-old tradition. Starting in Germany these handcrafted markets have become a

global Christmas tradition bringing great joy and showcasing incredible creativity.

We hope you enjoyed learning a little more about these unique Christmas traditions with German roots. As we enter the Christmas season we hope you make time to enjoy your families' traditions. Maybe it is enjoying a delicious treat or listening to Christmas music as you decorate the tree. Maybe you will spot one of our Die Kleine Kinderschule team members at a Christmas market here in Edmonton or on December 6th you might just discover a treat in your shoe. Whatever your Christmas season looks like, we hope it will be filled with lots of smiles and making lots of memories.





Rio Terrace Community Soccer

Indoor Soccer is Underway!!

The EMSA indoor community youth soccer program is now underway for the 2026/2027 season. Rio Terrace is hosting 3 girls teams and 6 boys teams, with these teams participating in the U9 through U19 age groups. The indoor season teams commenced their game schedule the weekend of October 17/18 and play continues on through to the end of February. ❄ Many of our teams will participate in the season ending Slush Cup soccer tournament that takes place Feb 25-28, 2027.

Good luck to all of the Rio Terrace teams and have a great and fun filled season.

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 and so on to coach or manage our community youth in the game of soccer. Rio Terrace is the envy of most other community youth 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.

2027 Outdoor Season Registration Information

Player registration for the 2027 community youth outdoor season will take place during February 2027. The outdoor season play usually commences on May 1 and runs through to the end of June. Registration for soccer is an on-line process using the portal.emsamain.com/login website. Further registration information will be available in the Feb edition of the RTCL newsletter and will also be posted on the RTCL website (rioterrace.ca) in January.

Interested in Helping with the Soccer Program?

I am looking to form a soccer committee as well as train and mentor my eventual successor as the Rio Terrace Soccer Coordinator.

I would also like to recruit someone to act as the lead person for our U4/U5 FunSoccer program. I will still be involved and will get you fully prepared to take this on.

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.

THANK YOU FOR COMING TO PIE IN THE PARK

RAIN, SNOW OR SHINE... YOU SHOWED UP! 🥧🍂🧡

16 years of Pie in the Park, and this one was another for the books! Over 250 pieces of pie served, countless cups of hot chocolate, and a whole lot of laughter, hugs, and wonderful conversations!

Mother Nature threw a little bit of everything our way, but that didn't stop our incredible community from showing up and making the day so special. To our amazing clients, family, friends, colleagues, and neighbours—THANK YOU!
Seeing familiar faces, meeting new ones, and sharing these moments together reminds us why we love this tradition so much.

Our hearts are full, and our gratitude is endless. We truly couldn't ask for a better community to be part of! ❤️

Until next year, same sweet tradition, whatever the weather! 🥧🧡

With love,
Felicia, Jen & Tatum 🧡

Thank You! ♡

FOR HELPING US RAISE THE ROOF!

On September 12, Rio Terrace, Patricia Heights & Quesnell came together as one community, and what a night it was! Thank you to everyone who bought a ticket, made a donation, hit the dance floor or simply came by to say hello. Every dollar raised helps keep our hall a place where neighbours gather for generations to come.

A Special Thank You

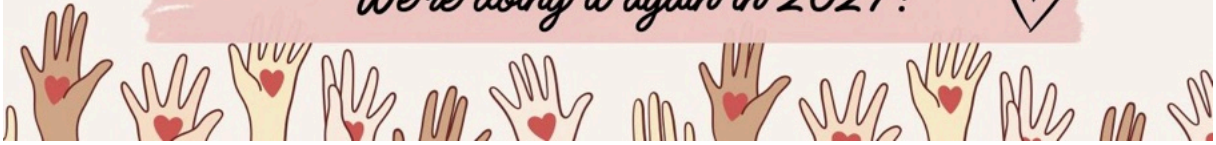
To our musicians, The Incorrigibles and The Acoustics, who donated their time and talent and played for free. You kept the energy up all night!

And to our vendors, Dawg Gone It!, Prairie Scoops & Drinks and BREWCO Craft Brewery WEM, for keeping everyone fed, sweet and cheers-ing.

To everyone who stayed to stack chairs and haul tables: you're the real MVPs. To everyone else... we noticed. 😉 Next year we'll need more hands, so if you've got a strong back, a free Saturday or (bonus points) a truck, fire pits and lawn furniture. Consider this your official invitation to step up!

Help shape the future of our hall! Watch for our signs at the four-way stop and the turn into Patricia Heights, then scan the QR code to fill out a short survey. Tell us what you'd love to see in the hall, and take a peek at some AI renderings of what it could become.

We're doing it again in 2027! ♡



THANK YOU TO OUR DONORS!

• Pillar of the Community • $2,500+

Prairie Gold Scaffolding Ltd.

• Community Benefactor • $500 – $999

Alexandra McMillan • ATW Group Inc. • C&I Power • Jonathan MacLeod

• Community Champion • $250 – $499

Kristen Visser • RE/MAX Excellence

• Community Contributor • $100 – $249

Body Essential Therapeutics • Carol Weber • Tatum Dean • Cheri Treasure • Chic Chic Readymades • Ellie Fett • Jen Osmond • Kathy MacDonald • Kristopher Britch • Louise Chan • Michelle Robinson • Felicia Dean • Roman & Janet Seniuk • Teresa Delamont • The Carlsons • Ben Zittlau

• Community Supporter • Up to $99

Barbara Sheehan • Brian Hutcheon • Candice Hinchey • Carly Sponarski • Cherene Cox • Christine Bly • Darrel Shire • Deana Gosselin • Elaine Seibel • Jacalyn Nysetvold • Jack Norris • Janet Laurie • Jen McCormack • John Hudson • Judy Smolak • Lauren Wagner • Matt Seguin • Tara Leishman

...plus 16 generous donors who chose to give anonymously. Thank you!

Scan to donate!

Missed your chance to give? It's not too late! Every donation helps keep our community hall standing for generations to come.

PROUDLY SUPPORTED BY
DEAN & OSMOND
REAL ESTATE


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://elksofalberta.ca
Alberta Elks Foundation
TABS FOR TOTS
Helping Regional Hospitals Since 2000
TABS FOR TOTS
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

Help Shape the Future of Our Hall: Community Survey

The Rio Terrace Community League is planning an interior renovation of our community hall. Our hall is home to seniors' programs, martial arts, skating and hockey, preschool, private rentals and more, but the inside hasn't kept up. A 2024 infrastructure assessment found life-safety and accessibility gaps, and the washrooms, kitchen and storage no longer meet our needs.

This is an interior renovation within the existing building: not an expansion, and no changes to the rink or tennis courts. It is planned around grant funding (City of Edmonton CLIP and Province of Alberta CFEP), not membership fees, with construction possibly phased between 2027 and 2028. The survey takes about 5 minutes.

Survey closes: December 15, 2026

Return your completed survey to: the hall mailbox, 15504 76 Avenue, Edmonton, AB T5R 4L8

Prefer to answer online? Scan the QR code or visit **rioterrace.ca/hall-renovations**. The website also has photos of every space today and larger versions of the renderings.

Questions? Email rtclhallrenovation@gmail.com

Scan to answer online

What's proposed

Artist's renderings, for illustration only. They show the intent, not final finishes or furnishings.



Main Hall

Open ceiling with exposed trusses, acoustic baffles, LED lighting, new flooring



Kitchen & Canteen

New cabinets and counters, better layout, indoor/outdoor service window



Washrooms

Modern all-gender washrooms with enclosed private stalls, incl. a barrier-free stall



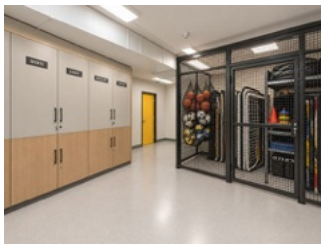
Entrance & Foyer

Welcoming foyer with a new coat room and storage; bike racks outside



Meeting Room

Two small rooms combined into one bright meeting room with new windows



Storage

Consolidated, lockable cabinets and a storage cage for user groups



Dressing Room

Refreshed change space for skaters and players, new finishes and lighting

Every renovated space also gets:

new ceiling, new flooring, LED lighting, new paint and updated exit signage where needed.

See larger renderings and photos of each space today at rioterrace.ca/hall-renovations

How to fill this out: ☐ = tick all that apply (or up to the limit shown). ○ = choose one. Questions marked * are required.

Section 1: About you

Helps us understand who we heard from.

1. What's your connection to the hall? *

Tick all that apply

- ☐ Rio Terrace / Patricia Heights / Quesnell Heights resident
- ☐ Community League member
- ☐ Participant in a regular program at the hall
- ☐ Parent/guardian of a program attendee
- ☐ Preschool family attendee
- ☐ Have rented the hall for an event
- ☐ Live in a nearby neighbourhood

2. How often did you use the hall in the past year? *

Choose one

- ○ Never
- ○ 1–2 times
- ○ A few times
- ○ About monthly
- ○ Weekly or more

3. Your age range

Optional · choose one

- ○ Under 25
- ○ 25–39
- ○ 40–54
- ○ 55–69
- ○ 70+

Section 2: The proposed plan

Refers to "What's proposed" above.

4. Overall, how well does the proposed plan meet the community's needs? *

Choose one

○	○	○	○	○
1 Not well	**2**	**3**	**4**	**5 Very well**

5. How important is each improvement to you? *

Choose one per row

	Not important	Somewhat important	Very important
Barrier-free, all-gender washrooms	○	○	○
Updated kitchen & indoor/outdoor service window	○	○	○
New meeting room	○	○	○
Main hall ceiling, lighting & acoustics	○	○	○
AV equipment and retractable screen	○	○	○
Consolidated, lockable storage	○	○	○
Welcoming foyer & coat room	○	○	○
Refreshed dressing room	○	○	○
Bike racks	○	○	○

6. If the work has to be done in phases, which areas matter most to finish first? *

Choose up to 2

- ☐ Barrier-free, all-gender washrooms
- ☐ Updated kitchen & indoor/outdoor service window
- ☐ New meeting room
- ☐ Main hall ceiling, lighting & acoustics
- ☐ AV equipment and retractable screen
- ☐ Consolidated, lockable storage
- ☐ Welcoming foyer & coat room
- ☐ Refreshed dressing room
- ☐ Bike racks

Section 3: Looking ahead

Help us picture how a renovated hall could serve Rio Terrace.

7. Which programs would you or your household attend in the renovated hall? *

Choose up to 3

- ☐ Fitness / yoga
- ☐ Seniors' social & active-aging programs
- ☐ Parent & tot playgroups
- ☐ Youth / teen drop-in
- ☐ Arts & crafts workshops
- ☐ Cooking classes
- ☐ Community dinners or markets
- ☐ Games nights
- ☐ Clubs & meetings
- ☐ Martial arts / sport
- ☐ Other: _____

8. Which ideas might best help the hall generate revenue? *

Choose up to 3

- ☐ Private event rentals (weddings, birthdays, celebrations)
- ☐ Personal/special events and celebrations
- ☐ Catered events using the new kitchen
- ☐ Regular program rentals (classes, clubs)
- ☐ Meeting room rentals for businesses or groups
- ☐ Canteen during rink season
- ☐ Markets & fundraisers
- ☐ Community events

9. After the renovation, how likely are you to use the hall more? *

Choose one

○ Much more ○ Somewhat more ○ About the same ○ Unsure

10. Would you consider renting the hall for a private event? *

Choose one

○ Yes ○ Maybe ○ No

11. Please provide a short reason why you would consider renting the hall (or why not)

Optional

Section 4: Stay involved

Optional

12. Would you like to stay involved?

Tick all that apply

☐ Email me project updates
☐ I'm interested in volunteering
☐ I'd like to become a League member

13. Your name and email (or phone if you don't use email)

Only needed if you ticked an option above. Used only for this project.

14. Anything else the committee should know?

Optional · a sentence or two

Thank you! Please drop your survey in the hall mailbox (15504 76 Avenue) by December 15, 2026. We'll share a "What We Heard" summary on rioterrace.ca and in the newsletter.

Office use only: Entered online ☐ Date _____ Initials _____

PATRICIA HEIGHTS DENTAL CENTRE
SERVING THE COMMUNITY SINCE 1990!



ALWAYS WELCOMING NEW PATIENTS!

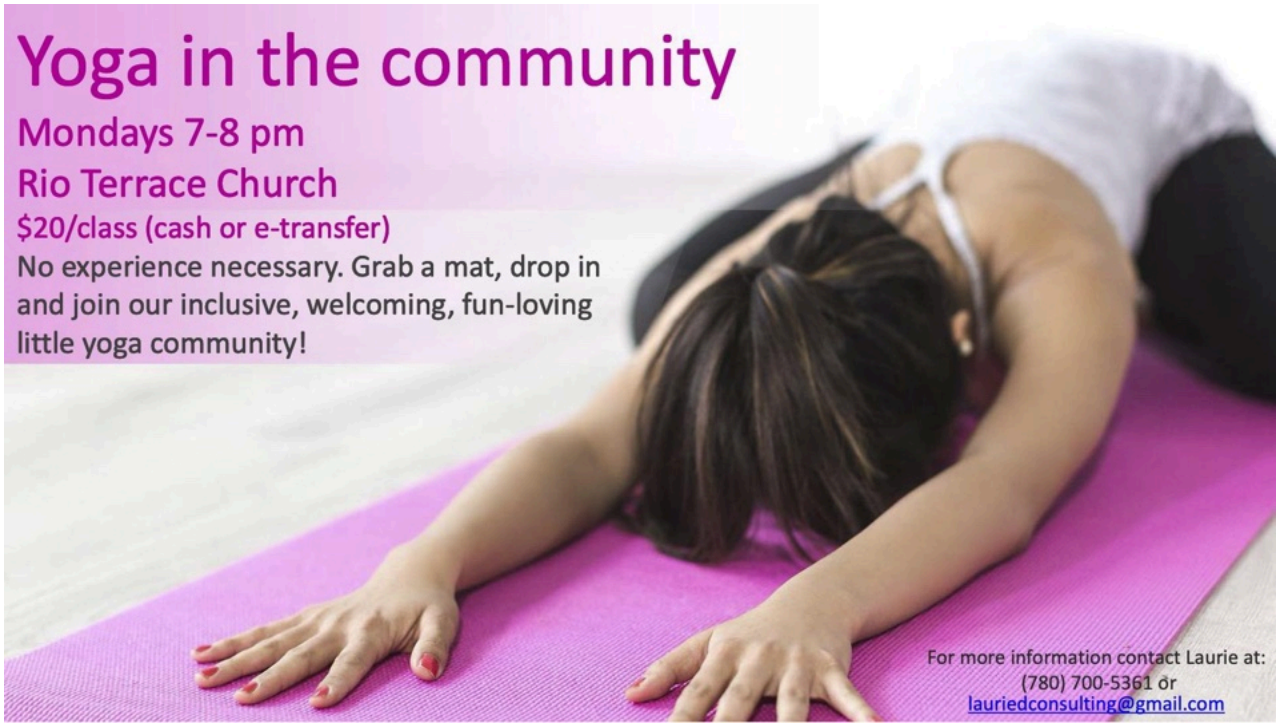
7640 156 Street, Edmonton, AB
Open Thursday evenings until 7PM and Saturday appointments available.

Dr. Donald Chin
Dr. Grace Lee
Dr. Michelle Breault
Dr. David Hayashi

CALL FOR AN APPOINTMENT! (780) 444-7333 info@patriciaheightsdental.ca

Yoga in the community

Mondays 7-8 pm
Rio Terrace Church
$20/class (cash or e-transfer)
No experience necessary. Grab a mat, drop in and join our inclusive, welcoming, fun-loving little yoga community!



For more information contact Laurie at:
(780) 700-5361 or
lauriedconsulting@gmail.com

Illuminight – Let's Light Up Our Neighbourhood!

Sunday, December 13, 2026 | 5:30–8:00 pm
Rio Terrace Church | 15108 – 76 Avenue NW

Join us for **Illuminight**, a holiday tradition that brings together Rio Terrace, Quesnell Heights and Patricia Heights neighbourhoods to celebrate our communities and shine a light on poverty in Edmonton.

Light up your driveway or walkway with luminaria candles by 5:30 pm, then enjoy the neighbourhood lights or head to Rio Terrace Church for free horse-drawn wagon rides, photos with Santa, warm drinks and treats!

Candle kits will be delivered to homes along the horse and wagon routes December 5–8. Didn't receive one? Pick up a free kit in the church's front entrance between December 9 and 13.

This is a free event. Donations are welcomed, with this year's proceeds after expenses supporting **Edmonton's Food Bank**.

Questions? Visit illuminight.ca, email church@rioterracechurch.org or call (780) 487-0211.





Rio Terrace Community Kitchen Sessions

Join a hands-on cooking session where small groups gather to prepare tasty, healthy meals to take home. It's a chance to try new recipes, meet friendly faces, and save on groceries! Led by a facilitator, each participant prepares their own meal to take home (serves 4-6).

- **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-monthly, Saturdays 12:00-2:00 pm & Thursdays 6:00-8:00 pm

Register at:
rioterracechurch.org/kitchen

Ingredients purchased based on number of participants, please register in advance.

Upcoming Schedule

- **Saturday, Dec. 12 – 12:00 - 2:00 pm**
  Due to popular demand, we've added an extra session!
  Make batter for 5 types of Christmas cookies. Bring 5 containers.



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HELLO, NEIGHBOUR

Under the tree-lined canopies, the charming 1960s homes first drew us to Rio Terrace in 2009 and inspired the watercolour on the front. Then we discovered the neighbourhood's location above the river valley, and knew we'd found something truly special. After 17 years of teaching, I'm excited to begin a new chapter as a REALTOR®. I'm grateful for the opportunity to guide families, couples, and entrepreneurs through some of life's biggest decisions. You'll often find me painting neighbourhood homes in watercolour, exploring the river valley with my family and our two dogs, or chatting with neighbours.

- ✓ HELPING PEOPLE IN THE COMMUNITY I LOVE.
- ✓ HONEST ADVICE.
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I hope your home will become one of my watercolour paintings someday.



ANNA SLUSAREK
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READ MY STORY

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WELLNESS

The Things We Mistake for Ourselves

On Chinese Medicine, emotional balance, and reconnecting with our authentic nature.

What is the goal of Acupuncture and Chinese Medicine?

For many people, the first answer that comes to mind is "pain relief." For others, it might be something more holistic, like "returning the body to a state of balance."

Neither answer is wrong. But after years of practicing Chinese Medicine, I've come to believe there's something even deeper beneath these goals: *helping people reconnect with their authentic selves*.

I know, it might sound a little esoteric, but stay with me for a minute.

Chinese Medicine is a holistic system that considers not just the individual, but the environment in which they live. Our bodies are constantly responding to our surroundings, from the changing seasons and foods we eat to our relationships, routines, and emotional experiences. In Chinese Medicine, we recognize influences such as Cold, Heat, Dampness, Dryness, and Wind. These concepts help us describe patterns of imbalance that can develop within the body.

Now, I want you to imagine these influences not simply as contributors to physical symptoms, but as "distorting influences" that can affect how we perceive ourselves and engage with the world.

For example, someone experiencing a pattern of *Heat* might struggle with restlessness, irritability, and impatience. Perhaps they find themselves snapping at loved ones over insignificant things, or reacting to situations with more frustration than they'd like.

Someone experiencing *Cold*, meanwhile, might feel physically contracted, uncomfortable, or depleted, leaving them with less energy for socializing, spontaneity, or emotional connection.

So, what happens when we begin to mistake these patterns for parts of our personality?

Maybe you've spent years telling yourself that you're just an anxious person. That you're naturally impatient, easily overwhelmed, or someone who struggles to connect with others. And perhaps some of those characteristics really are part of your temperament. Chinese Medicine recognizes that each of us has a unique constitution.

But what if some of the things you've come to identify with are actually expressions of a body and nervous system struggling to find equilibrium?

What if there's a difference between who you are and the state you're in?

The goal of Chinese Medicine isn't to transform everyone into someone who never experiences anger, sadness, or fear. These emotions are natural, meaningful parts of

being human. Sometimes anger tells us a boundary has been crossed. Sometimes sadness is an appropriate response to loss.

Balance isn't about eliminating these feelings. It's about developing the capacity to experience them without becoming completely overwhelmed or defined by them.

Can we feel anger without allowing it to dictate our actions? Can we experience fear while still making choices that reflect our values?

When we support someone's physical and emotional well-being, we're not trying to change who they are. We're helping create conditions in which they may feel more grounded, aware, and capable of responding to life with intention.

For me, this is one of the deeper possibilities of Acupuncture and Chinese Medicine.

Not simply relieving pain or correcting imbalances, although those are worthwhile goals, but helping people find greater freedom in how they experience themselves and the world around them.

Because sometimes healing isn't about becoming someone new. It's about rediscovering the parts of ourselves that have been difficult to access for a while.

Jon McDonell is a Doctor of Acupuncture and Chinese Medicine at The Wellness Clinic



Community Men's Group – Free Breakfast

This is a non-religious, social gathering for men in Rio Terrace, Quesnell Heights and Patricia Heights communities. Voluntary donations accepted to offset food costs. No registration needed.

- **Where**: Rio Terrace Church at 15108-76 Avenue NW
- **When**: Third Saturday of each month, Nov. 21, Dec. 19, Jan. 16 between 8:30-9:45 am

For more info, call (780) 487-0211 or email church@rioterracechurch.org.

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Get Involved!

Community Shout Out 🌟

Is there someone special in our community you would like to highlight in the newsletter? Send us your shoutout to rtcl.newsletter@gmail.com!

Anna Slusarek

*It Takes a Village! A little shoutout to our wonderful Rio Terrace neighbour, **Kaare**! Somewhere along the way, my dog Jasper won over Kaare's heart, and now Kaare happily takes him for walks, asking for very little in return. But it's more than just dog walks. As I navigate the beginnings of a new career, it's people like Kaare who remind me how special our little community is. Thank you, Kaare, for your kindness, generosity, and support. It truly takes a village, and I'm so grateful you're part of ours! 7 **dogs** was Kaare's record!*



I Spy 👀

Can you find each of these winter emojis throughout the newsletter?

🎄 🎁 🔔 ❄️ ⛸️ 🕯️





Comics!



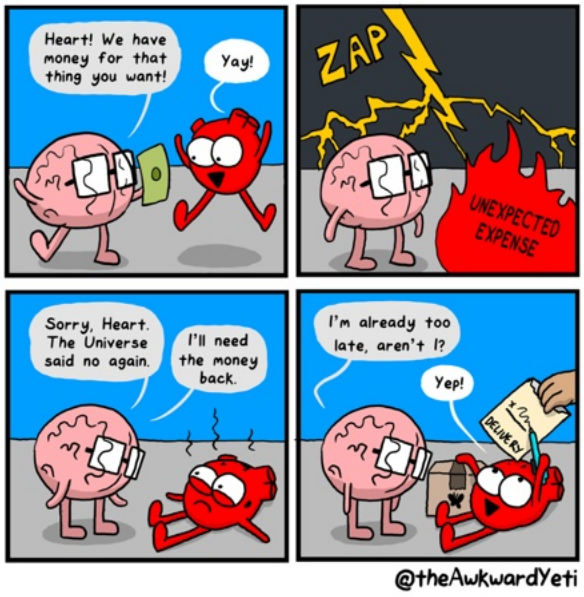
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