



August 2024 Issue

President’s Message

Hi all!

I hope that this newsletter finds you well and you are keeping cool during this scorching Edmonton summers.

Some things of note from us:

1. Community league day is September 21st and will see a celebration this year!!!

It will start with a Big Bin event from 9 - 4pm (membership required). Festivities will continue with outdoor fun like a bouncy castle, outdoor games, and a food truck all starting at 3:30pm.

The evening will end with a movie: free popcorn and pop/juice/candy for sale starting at 7:30pm. Bring your own chairs and blankets.

See posters inside the newsletter for more info.

2. The Rio seniors group have coffee time on the 3rd Tuesday of the month at 10 am.

The group would like to open all events up to retirees (semi and full) of all ages. If you are interested in participating, please reach out!

3. Community league swim is back at JP Leisure centre on Sundays from 4-6pm. A membership is required.

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A BIG thank you to our donors! See page 24 for those donors.

If you are interested in investing in our league, see page 24 of the newsletter for information on how to invest. All donations are tax deductible and donors will be recognized in the newsletter.

We hope that this message finds you well.

Stay healthy. Stay safe. Stay kind.

All the best,

Emma

Email contact: rtcl.president@gmail.com



Community Matters

Publication Info

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

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Proudly serving the neighbourhoods of Rio Terrace, Quesnell Heights and Patricia Heights.

15500 76 Avenue NW
Edmonton, Alberta, T5R 4L8
780-487-0610
www.rioterrace.ca

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

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

Next Issue: November 2024
Submission Deadline: Friday, October 25, 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



Community Matters

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Auriana Burns

Director at Large

Jen Osmond

Director at Large

Andrew Olsen

Director at Large

Sarah Spenrath



Rio Terrace Community Soccer

Register NOW for the Rio Terrace Youth Community Soccer for the Indoor Season !!

Registration is underway for the 2024 -2025 Indoor community level soccer season that will begin play in October. Players need to be registered by September 10 in order to be assured of being placed on a team. The community soccer program provides about 5 months of soccer activity from mid October through early March to children aged 4 through 19, so players born in 2006 through 2021 are eligible to participate.

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

There are 5 steps in the on-line registration process:

Step 1 - Review the Indoor Community Youth Soccer Program information on the EMSA West Soccer website or on the Rio Terrace Community League website www.rioterrace.ca/programs/soccer.

Step 2 - Ensure that you have or obtain a valid (current cards will start with 24-XXXXX) community league membership. This needs to be acquired in advance of proceeding with

the on-line player registration process. Most likely you will need to purchase a new membership as August 31 is the expiry date of the previous year memberships. Easiest way to purchase a current year membership is to do so online at

www.efcl.org/memberships.

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

Step 4 – Pay the EMSAWEST registration fee for Indoor soccer either on-line at time of player registration or through alternative arrangements by contacting the EMSAWEST office at 780-451-6453. Please note that player registration and placement on a team is not complete until the payment of the registration fee has been completed or payment arrangements have been made with the EMSA West soccer office.

Step 5 – Make payment to Rio Terrace Community League of the team based individual Indoor season player fee and the uniform deposit. Rio Terrace charges a player fee for players on teams that are U9 aged and older for the Indoor season of up to \$60 per player to cover Soccer Program costs incurred by Rio Terrace. An email will be



Community Matters

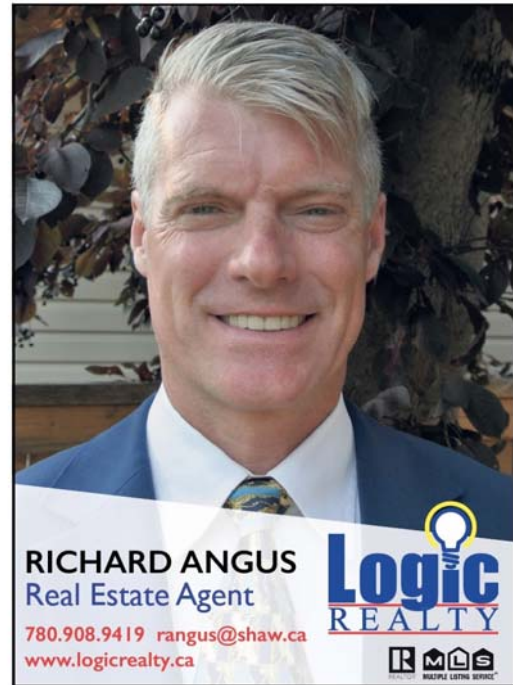
sent to all players' parents in late Sept or early Oct confirming these amounts and how to make payment via e-transfer.

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

Please register your child in the EMSA Soccer Portal by the end of August for the best chance of getting placed on the team that your child wishes to play on. Players registering after Sept 10 will only be added to a team if the team is in need of more players.

Perry Wynn, Rio Terrace Soccer Coordinator

rtcl.soccer@gmail.com



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DR. GRACE LEE

DR. MICHELLE BREAVLT

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adamwilson@remax.net | @wilsonyegre

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Rio Terrace Community Kitchen Events

Rio Terrace Dinner Making Events

These sessions are intended as cooking opportunities, where small groups prepare healthy meals together to take home. Led by Odilia Ruiz, our awesome cooking facilitator, it's a great chance to try new dishes, develop cooking skills, and save a lot of money!

The cost per session is \$5.00 per individual. Donations are optional. You will prepare and take home your own meal, 4-6 portion sizes, perfect for yourself with leftovers or your family.

Cooking sessions are held at Rio Terrace Church at 15108-76 Avenue in the main floor commercial kitchen. Sessions are offered

September-June, once or twice a month, usually on Sunday afternoons. You must register prior to each session.

To register, and for cooking sessions' information and dates, go to: rioterracechurch.org/kitchen or register through the QR code:



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

BACK TO SCHOOL! BACK TO LIFE



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Yuanita 780 634-0098

IG@collektivehair



2024 Outdoor Soccer Achievements

The 2024 Outdoor youth community soccer season is now over and we are again very proud of the achievements of the Rio Terrace soccer teams.

All Rio Terrace teams have a great season of skill development and improvement in play along with tons of fun. We had 100 of our community youth playing in the U4, U5 and U7 FunSoccer Program. We had ~180 players spread across 10 teams in the U9 through U17 age groups.

Notable standings based results from Rio Terrace teams included:

U15 (McKay) boys team achieving Silver medal in City of Edmonton Finals.

U13 (Machnik) girls team winning Silver medal at the Alberta Soccer Championships.

U17 (Klappstein) boys team winning 3rd / 4th (depends on your source) at the Alberta Soccer Championships. If you know a player or coach from this team, ask them about the sportsmanship and success demonstrated in the Bronze medal game that was decided on Penalty Kicks.

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




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:
shinyringette@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.



Buy/Sell Nothing Rio Terrace/ Quesnell Heights/Patricia Heights

The Buy/Sell Nothing Rio Terrace Facebook group is a vibrant community initiative dedicated to sharing and reusing items within the neighborhood.

By encouraging members to give away items they no longer need and find new homes for gently used goods, the group fosters a spirit of generosity and sustainability.

This practice not only supports individuals by providing access to free resources but also significantly reduces waste, keeping valuable items out of landfills and promoting an eco-friendly lifestyle.

Join the group to contribute to a greener, more connected community!

-by Nossy Freilich

Please message Joanne Hajjar Olsen on Facebook or send an email to joanneolsen2@gmail.com for further information.

Rio Terrace Church Room Rentals

Looking for space to rent, weekly, monthly, or for a single event?

Is your book club or yoga class looking for a meeting space?

Rio Terrace Church has various sized rooms for use, including a commercial kitchen.

The cost is \$25.00/hr for community service/non-profit users.

Email the church at church@rioterracechurch.org, or contact the admin office at (780) 487-0211 for more information.

Rio Terrace Ice Cream Shack

If you're out walking or cycling in our lovely neighborhood, consider stopping by for a scoop!



- Open daily until the fall, 3:30 pm – 8:30 pm, weather permitting
- Located beside Rio Terrace Church, 15108-76 Avenue in Ken Poyser Park
- Scoops are \$3.00 or \$5.00 and debit, cash and visa payments are accepted

Ice cream is provided by Foothills Creamery and there are always a variety of flavors to choose from.

This year, a portion of the profits will be supporting the West End Seniors Centre.

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



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We live, work and play in this neighbourhood!

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

Felicia Dean 780.289.6670	Tatum Dean 780.863.7056	Jen Osmond 780.289.6671	RE/MAX EXCELLENCE
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Tips for Neighbourhood Safety

There has been an apparent rise in petty crime in our lovely neighbourhood. Reports of theft, break-ins, and vandalism have increased. As such, we recommend that residents are actively participating in the neighbourhood and reporting suspicious activity.

Watch out for each other; be the eyes and ears of the community; report, report, report; and please remain vigilant.

EPS tips on how to keep our properties, vehicles and community safer:

- Garage - is it closed? Is it locked?
- Vehicle(s) - are windows closed? Are there valuables within sight? Are all doors locked?

- Home - are all accessible windows closed? Are all doors locked? Are there valuables within sight from the exterior?

For more information, check out:

<https://www.edmontonpolice.ca/CrimePrevention/HomePropertySafety.aspx>


<https://www.edmontonpolice.ca/CrimePrevention/CommunitySafety/NeighbourhoodWatch.aspx>

Calling retirees of all ages!


The Rio Terrace seniors' group would like to welcome all retirees (semi, full, or otherwise; regardless of age)! Drop by the hall to one of our monthly coffee times every 3rd Tuesday of the month at 10 am to connect with us or contact Emma at RTCL.president@gmail.com if interested in more info or to be put on the email contact list.

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

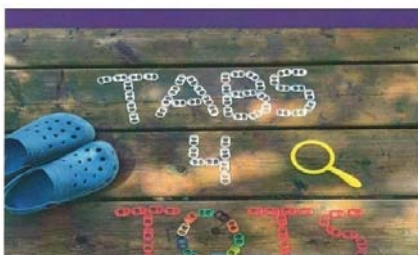
Thank You to the community for the wonderful response!
Noelle

 <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

-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



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CO-OWNER/Physiotherapist



MIKE ELLIS, MScPT
CO-OWNER/Physiotherapist

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- 10 YEARS SERVING THE COMMUNITY
- 100+ 5-STAR GOOGLE REVIEWS



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CHANTAL FLETCHER, MScPT
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- EXERCISE THERAPY
- MOTOR VEHICLE INJURY MANAGEMENT
- WORKERS COMPENSATION CLAIMS (WCB)



OLIVIA CHENG, PT
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Sticking to the Point

The Yin and Yang of Rest

by Jon McDonell, Dr. Ac

Most people have heard of “Yin” and “Yang” at some point. Maybe you’ve seen it referenced in an old kungfu film, or perhaps you have a piece of jewelry with the “taijitu” (often, and mistakenly, called a “yin-yang” here in the West). But how much do you actually know about this nebulous concept?

Yin represents qualities that are passive, cooling, slow, and inwardly-focused, while Yang embodies active, warming, rapid, and outwardly directed energies. Together, they create a harmonious balance that is essential for health and well-being. In order to experience a state of health - we require a balance of Yin and Yang in all areas of life from diet to activity.

When it comes to rest and recovery, understanding Yin and Yang can provide valuable insights. Rest, sleep, and relaxation are deeply rooted in Yin energy. It's the time when our body and mind turn inward, slowing down to rejuvenate and heal. Just as night follows day, our bodies naturally seek this Yin state to counterbalance the active, Yang energy we expend during our daily activities.

However, it's not just about taking time to rest. The quality of our rest is equally important. True Yin activities involve more than just lying on the couch watching TV. They require us to engage in practices that calm the mind and restore the body at a deeper level, such as meditation, gentle stretching, or soaking in a warm bath. These

activities help replenish our energy reserves and maintain the delicate balance between Yin and Yang.

Conversely, Yang energy plays a crucial role in how we recover. Activities that stimulate and energize us, like exercise, social interactions, and creative pursuits, fall under Yang. After periods of rest, engaging in these Yang activities helps us to reawaken our bodies and minds, ensuring that we remain vibrant and dynamic.

Unfortunately, in modern life, many of us tend to be overly Yang in our lifestyles, constantly on the go and neglecting the essential Yin aspects of rest and relaxation. This imbalance can lead to burnout, stress, and various health issues. For most people, the answer to combatting stress is not to do *more*, but to do *less*. You may think that going out for a run after a long day of work is “just what you need” to wind down — but your body may actually be craving quiet and solitude. By consciously incorporating both Yin and Yang activities into our daily routine, we can achieve a more harmonious and healthy lifestyle.

So, the next time you feel exhausted or out of sorts, take a moment to consider your Yin and Yang balance. Are you giving yourself enough true rest, or are you pushing yourself too hard without adequate recovery? By aligning with these ancient principles, you can enhance your well-being and find a natural rhythm that supports both your body and spirit.

the
wellnessclinic

www.thewellnessclinic.ca



Aphids leaving sticky stuff on cars and sidewalks

Miriam Valdes-Carletti photo

Aphids feed on the sap from trees and other plants, and the by-product of that has recently left some Edmonton neighbourhoods feeling a little tacky. "Their excrement is what we call honeydew," arborist Felix Reichel said. "When there's a really large population, they just go ham and everything gets sticky."

Streets with older trees, like elms, are more likely to see large aphid populations. While the insects are more active in the spring, Reichel said the recent heat is helping the population boom. That's thanks to a prolific reproduction rate, said Mike Jenkins, a senior scientist with the City of Edmonton.

Healthy trees are not generally at risk from aphid activity, but Jenkins said the little green bugs can stress or damage smaller garden plants in large numbers. To keep them under control, Jenkins and Reichel recommend releasing a few ladybugs, a main predator for aphids, or spraying plants down with water to knock the aphids off.

As for the honeydew, it's harmless to humans, so the best strategy is to hit the car wash. "In terms of aphids and trees, they're

usually not really considered a pest except for the amount of honeydew that they're producing," Jenkins

said. <https://edmonton.ctvnews.ca/they-just-go-ham-how-a-small-insect-is-leaving-a-big-mess-in-some-edmonton-neighbourhoods-1.6962970>

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

Staying active in hot weather



Summer is a great time for being active but heat and humidity can present challenges. If the temperature is lower than 27°C, you usually can be active outside without taking extra precautions, depending on how active you already are and how much you are used to hot weather. These tips can help you stay safe when being active as the summer months heat up.

- Drink plenty of water. You lose fluid when you are active. If you lose too much, it can result in dehydration, muscle cramps, or even heat exhaustion. In hot weather, drink plenty of fluids before, during, and after activity. For longer exercise periods, sports drinks contain carbohydrates and minerals called electrolytes that may help prevent dehydration.

- Don't exercise as hard when it's hot. Take rest breaks. Exercise more slowly than usual or for a shorter time.
- Stay in the shade when you can.
- Wear light-coloured, breathable clothes.
- Always wear sunscreen.
- Watch for signs of dehydration and heat-related illnesses such as heat exhaustion and heatstroke. Signs of [dehydration](#) include having a dry mouth and eyes and feeling dizzy.

If you are overweight, have health problems, take medicines, or use alcohol, you may be at a higher risk for heat-related illness. You may also have trouble if you are not used to exercising in warmer weather. Older adults and children are at a higher risk for heat-related illness and should be extra cautious. Remind children to drink plenty of fluids before, during, and after activity.

Taking extra precautions

When it's hot and humid out, take extra precautions when you're active. This might mean you change your activity or when you choose to do it. Here are some ideas to try:

- Take morning or evening walks.
- Walking the dog or walking with a partner helps you make it part of your routine.
- Go for a bike ride.
- Find shaded areas, and ride during cooler times of day.
- Go swimming on hot days. This is a healthy family activity for summer.
- Do light yard work or gardening. You'll burn calories while you keep the yard

looking good.

- Wash your car. This gets you outside and helps you burn calories. Give yourself a splash to stay cool.

Sometimes it isn't safe to be active outdoors. Here are a few ideas to be active indoors:

- Go for walks—indoors. Take a walk at the mall with a friend. Or check with local schools or places of worship. They may have indoor gyms where you can walk.
- Get fit while you watch TV or listen to music. Get some hand weights or stretch bands. You can use cans of food as weights if you don't want to buy weights.
- Use an online exercise video or a smartphone app. This can be a fun way to stay active at home.
- Do active housework. This may include activities such as sweeping, mopping, vacuuming, doing laundry, or washing the windows.
- Join a gym or health club. You can use equipment like weights, treadmills, stair-climbers, or exercise bikes.
- Try a fitness class or a new indoor activity. Examples include dancing and water aerobics. Many cities have community centres that offer affordable fitness classes.
- Get involved in indoor sports leagues. Many cities offer indoor sports like basketball, volleyball, indoor soccer, or swimming.

<https://www.albertahealthservices.ca/assets/news/wa/ne-wa-2024-07-08-staying-active-in-hot-weather.pdf>

Shared with permission by Alberta Health Services.



**SAVE YOUR
EMPTYIES**

15504 76 AVE
RIO TERRACE COMMUNITY
PRESCHOOL

SEPTEMBER 21
9.00 AM - 4.00 PM

Bring your bottles to the community hall during the Big Bin event and donate them to the community preschool. Every dollar goes directly to funding an unforgettable education experience for our preschoolers. Can't make it? Give us a text or call and we'll arrange pickup in the area. 780-267-4070



COMING UP

Rio Preschool Preschool AGM **September 4, 7 p.m.**

Rio Terrace Community League
(Preschool parents)

Introduction to our preschool community, vote on the new parent board, share your ideas, ask questions, sign up for parent jobs and celebrate the beginning of another wonderful year at preschool!

First Days of School **September 16th and 17th**

*Staggered entry will begin the week before with more details at the AGM for our preschool families.

Keep your eyes open for our fall fundraiser with :



WHY PRESCHOOL?

At Rio Terrace preschool we see each child as unique, curious and capable. As educators, we are passionate to nurture each child's interests and wonders as we guide and support their cognitive, social and emotional development through play.

Our beautiful preschool spaces include a classroom filled with natural light, a climbing wall and an indoor slide. We offer an array of art, sensory, STEM, dramatic play, loose parts, music, gross motor and literacy opportunities to engage our mighty learners.

Families are a big part of our success story and are invited to be involved in a variety of ways- from participating in classroom activities, fundraisers and field trips to joining the parent board. We are so excited to welcome your child and family to our thriving preschool community!

You can register your child on our website:
www.rioterrace.ca

See you in September!

August 2024

www.rioterracepreschool.ca



RIO TERRACE
PATRICIA HEIGHTS
QUESNELL HEIGHTS

Community Matters



Rio Terrace Community Preschool 2024/25



Is your baby 3 already?
It's time to sign up for preschool!

**TUESDAY AND THURSDAY
MORNINGS
9:30- 11 a.m.**

www.rioterracepreschool.ca



YOU'RE INVITED TO

PIE IN THE PARK

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

Where: RIO TERRACE PARK (15500 76 Avenue)

When: Saturday October 12, 2024

Time: 2 p.M - 4 p.M





Community Matters



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RIO TERRACE COMMUNITY LEAGUE

BIG BIN

Save
THE
Date



9:00 am - 4:00 pm



MEMBERSHIP
REQUIRED

15504 - 76 AVENUE NW
WWW.RIOTERRACE.CA

Community Matters



Rio Terrace Community League
invites you to

Community League Day

15504 - 76 Ave NW

Join the festivities:

Bouncy Castle & Outdoor Games:
Starting at 3:30 pm

Food Truck (DEDO's): 4 pm - 8 pm


Movie ("IF"): Starting at 7:30 pm

- Bring your own blanket and chairs
- Free popcorn
- Candy, juice, & pop available for purchase



Rio Terrace Summer Word Search



Find the following words in the puzzle.
Words are hidden     and .

BARBEQUE
BEACH
CAMP
HAMMOCK
ICE CREAM
LEMONADE
MOSQUITOES
PARK

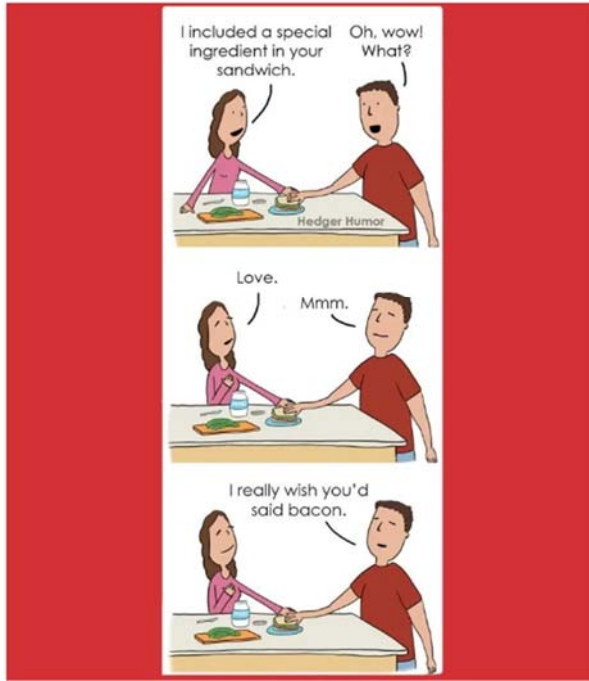
PATRICIA HEIGHTS
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QUESNELL HEIGHTS
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SANDALS
SHADE
SPRAY PARK
SPRINKLER
SUNSCREEN
SUNSET
SUNSHINE
THUNDERSTORM

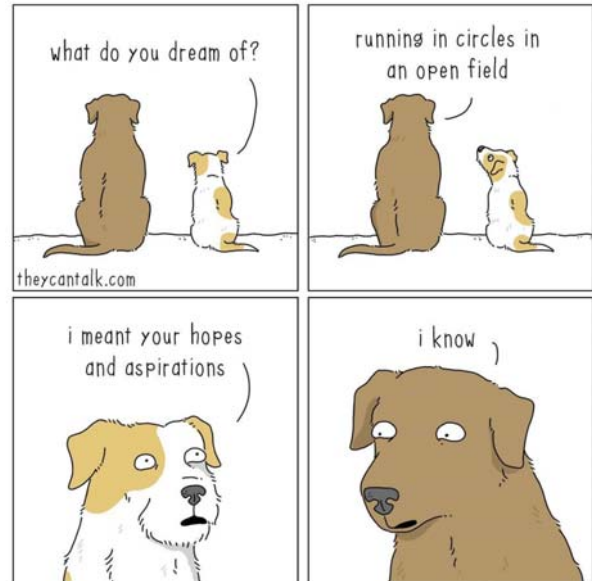
TRAVEL
WATERMELON

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