

The Riverbend Ragg-Times

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Four Friends Launch Cross-country Bike Trip from Ramsay Park

The four are raising money for You Can Ride 2, which helps kids with disabilities enjoy the thrill of bike riding

By (proud moms) Cynthia Reckhard and Taunya Wirzba

Four young men, having forged close friendships at Strathcona High School, wanted an adventure together after graduating from the University of Alberta. This grew into a cross-Canada, self-supported cycling trip starting from Ramsay Park on Friday, June 5th. The four friends are Ben Hallworth of Blue Quill, Isaac Wirzba of Brookside, Jacob Reckhard of Falconer Heights and Peter Elliot of Brookview. Each rider has about 100 pounds of gear, food and water strapped to his bike! They are headed to Jasper, then Canmore, where they will wait for the B.C. border to open in mid-June. Wirzba and Reckhard will continue on, making their way coast-to-coast from Vancouver to St. John's, Newfoundland. They expect the entire trip to take about four months.

The men are promoting a local organization called You Can Ride 2. YCR2 is a non-profit organization that offers children



(L to R) Ben Hallworth of Blue Quill, Isaac Wirzba of Brookside, Jacob Reckhard of Falconer Heights and Peter Elliot of Brookview.

with disabilities the opportunity to find joy and freedom through movement by reducing barriers to riding a bike. To learn more about YCR2, you can visit their website at youcanride2.ca. You can also donate to the fundraiser through that website by putting “Across

Canada” or one of the riders’ names in the message box. Canadian Tire's Jumpstart Charity and Goodwill are also supporting this event. You can follow and encourage the riders on Instagram at [ycr2acrosscanada](https://www.instagram.com/ycr2acrosscanada) or on Garmin at <https://share.garmin.com/YCR2AcrossCanada>.



The riders are raising money for the You Can Ride 2 non-profit, which you can learn more about at youcanride2.ca.



Each rider is carrying about 100 pounds of equipment and supplies.

Terwillegar Construction in Full Swing

Public input opportunities for Stage 2 will be available in late 2021 and early 2022

By Ragg-Times Staff

Stage One of the Terwillegar Drive Expansion Program is well underway and will be complete by the end of 2023. Stage One includes all road upgrades to Terwillegar Drive from Anthony Henday Drive to Whitemud Drive, including four lanes in each direction, upgrades to bus stops and intersections, and a shared-use path on the east side of the thoroughfare. Stage Two includes work on the Terwillegar Drive-Whitemud Drive interchange and the Rainbow Valley Bridge. The final stage, revamping the Terwillegar Drive-Anthony Henday Drive interchange, stretches out through 2025.

Currently, overnight construction is occurring at Whitemud Drive and 23 Avenue for underground work and streetlight construction. This work is expected to continue through the end of July. The work will be completed on one side of the road at a time and at least one lane of traffic will be open at all times. This work is being done at night and during off-peak hours, and additional noise is expected.

The Expansion Program includes a pedestrian and cyclist bridge over Whitemud Drive that will connect the neighbourhoods of Brookside and Brookview, essentially in line with 142 St NW. The City recently held public consultations to discuss the preferred bridge location and ask the



The Expansion Program includes a pedestrian and cyclist bridge over Whitemud Drive that will connect the neighbourhoods of Brookside and Brookview. Options include truss, girder and arch designs.

public for input on design, open space options and active transportation connections. “We received a lot of feedback and are currently gathering that input and evaluating it based on what we heard from the public, technical requirements, City policies, programs and cost,” says City communications advisor Kristi Bland. “A ‘What We Heard’ report is also being prepared and will be available publicly this summer.”

The City will seek public input for Stage Two in 2021 and 2022.

The Spirit (Bear) of Reconciliation

Evidence from Kamloops Indian Residential School is shocking, but not surprising

By Michael Ganley

The existence of 215 unmarked graves at the Kamloops Indian Residential School has shocked the Nation, although perhaps it shouldn't have. They were "discovered" with the help of ground-penetrating radar, but Indigenous people have long said that many children went missing while attending residential schools with little record of how or when and often no notice to their families.

It is just the latest example of the horrors of the institutions that were supported by federal governments of all stripes and operated by a variety of christian denominations for more than 100 years. Their creation, along with other methods of systemic discrimination against Indigenous people in Canada, is this country's original sin. In 2015, the Truth and Reconciliation Commission concluded that the school system amounted to cultural genocide. It is a long way from being properly accounted for and remedied.

But the evidence from Kamloops - and from the many other sites that will soon receive the same attention, no doubt - has at least brought us closer to a reckoning. It has caused more Canadians than ever to face the past and to ask what can and ought to be done to atone for it.

As Riverbend Community League President Miep Raedschelders says in her President's Note on page three, the RCL acknowledges that we in Edmonton have built our lives and our communities on the traditional

territories of the Indigenous peoples of the Treaty 6 region, as well as the Métis Settlements and Métis Nation of Alberta. She encourages everyone to read the Truth and Reconciliation Commission's final report, including the 94 calls to action, as a part of individual commitments to reconciliation.

We at the Ragg-Times would also like to play a small part as an instrument of reconciliation by featuring more Indigenous stories and more Indigenous writers. First up, an interview in the next issue with Cindy Blackstock, a member of the Gitksan First Nation and the Executive Director of the First Nations Child & Family Caring Society. The Society has developed the Spirit Bear Plan to end inequities in public services for First Nations children, youth and families. Blackstock has given the RCL

permission to use the images of Spirit Bear and the sister bears (Era, Memengwe and Cedar) in the League's 50th anniversary mural (for more on that, see page five). The Society uses these bears as reconciliation ambassadors and we are honoured to be able to include them.

In addition, we are seeking Indigenous storytellers and journalists. If you are or know someone who is an Indigenous writer interested in contributing to the Ragg-Times, please get in touch with me at raggtimes@riverbendonline.ca.



The Spirit Bears are used as reconciliation ambassadors and we are honoured to include them in the 50th anniversary mural.

The Riverbend Ragg-Times is published six times per year by The Riverbend Community League. No part of this publication may be reproduced without the written consent of the publisher. The views and opinions herein do not necessarily represent those of the publisher or editor.

We acknowledge that we are on Treaty 6 territory, a traditional meeting grounds, gathering place, and travelling route to the Cree, Saulteaux, Blackfoot, Métis, Dene and Nakota Sioux.



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President's Note



A June Like no Other

This month is tinged by both sadness and vibrancy

By Miep Raedschelders, President, Riverbend Community League

June is a month like no other: it rewards with its beauty, its emergence of colour, and its promise of summer to come. This June, however, is tinged by both sadness and vibrancy.

June is National Indigenous History month, a time to reflect upon and learn the history, sacrifices, cultures, contributions and strength of First Nations, Inuit and Métis people. Yet, this year we are experiencing a month of profound nationwide sadness. Two hundred and fifteen children were buried in unmarked graves at a residential school in Kamloops, BC. Thousands of Indigenous children remain unaccounted for, wrongly taken from their families, leaving their communities destroyed. These atrocities also took place in Alberta. Every missing child must be searched for and found. The Riverbend Community League (RCL) acknowledges that we have built our lives and our community on Treaty 6 territory. We encourage all our members to read the Truth and Reconciliation Commission's final report, including the 94 calls to action.

June is also Pride Month, a time to reflect on equity, diversity and inclusivity. The Riverbend Community League dedicates itself to building a respectful, inclusive, and supportive society where all members of the LGBTQ2S+ community belong, free from harassment, discrimination and intolerance. We recognize that Pride is a protest as well as a celebration.

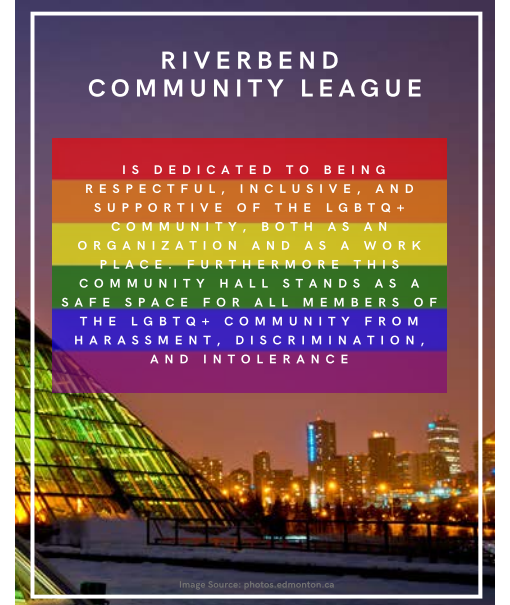
Finally, June marks the end of the school year. Our Community League thanks teachers and school staff for their extraordinary work this month and every other month this year, keeping our children safe and learning. We wish all of our community members a restful and rejuvenating summer,

filled with gatherings, smiles and plenty of hugs.

This past year has amplified the importance of family, community and celebration. The bright light of neighbourliness was a lifeline to many and will continue to help our community heal.

Please remember our small businesses as the world opens up. They welcome your support! Thank you to everyone who supported the RCL compost sale. I hope your tomatoes are as happy as mine, knowing that their nutrient-rich soil helped fund the Brander Community Garden and other RCL programs and events! Thank you also to the RCL Board volunteers for your dedication and resilience. Our League excels because of our volunteers and members.

If you have ideas for events in your neighbourhood, are looking for a venue for your program or activity, or wonder about volunteer opportunities, reach out to us! Please consider purchasing a membership to support your League, and help continue to build community!



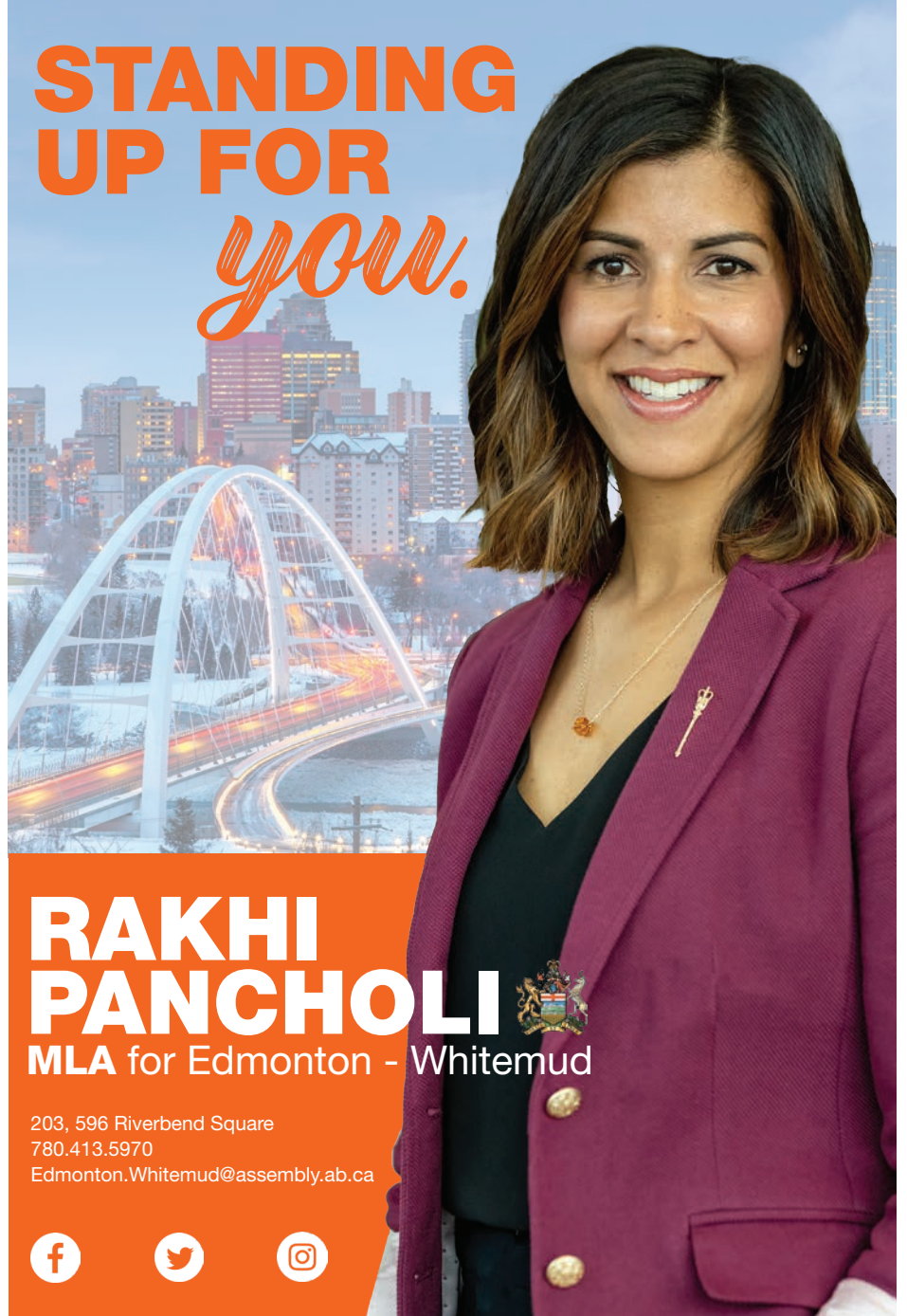
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A 14,000-Smile Legacy

Orthodontist and long-time community supporter retires from dental practice, moves on to grandkids

By Dave Rumbold

Well-known orthodontist Dr. Terry Carlyle is winding things down after 45 years of practice in the dental profession. Terry estimates that he and his orthodontic team have treated about 14,000 patients over the years and smiles when he acknowledges that he can't go anywhere without running into them, even out of town!

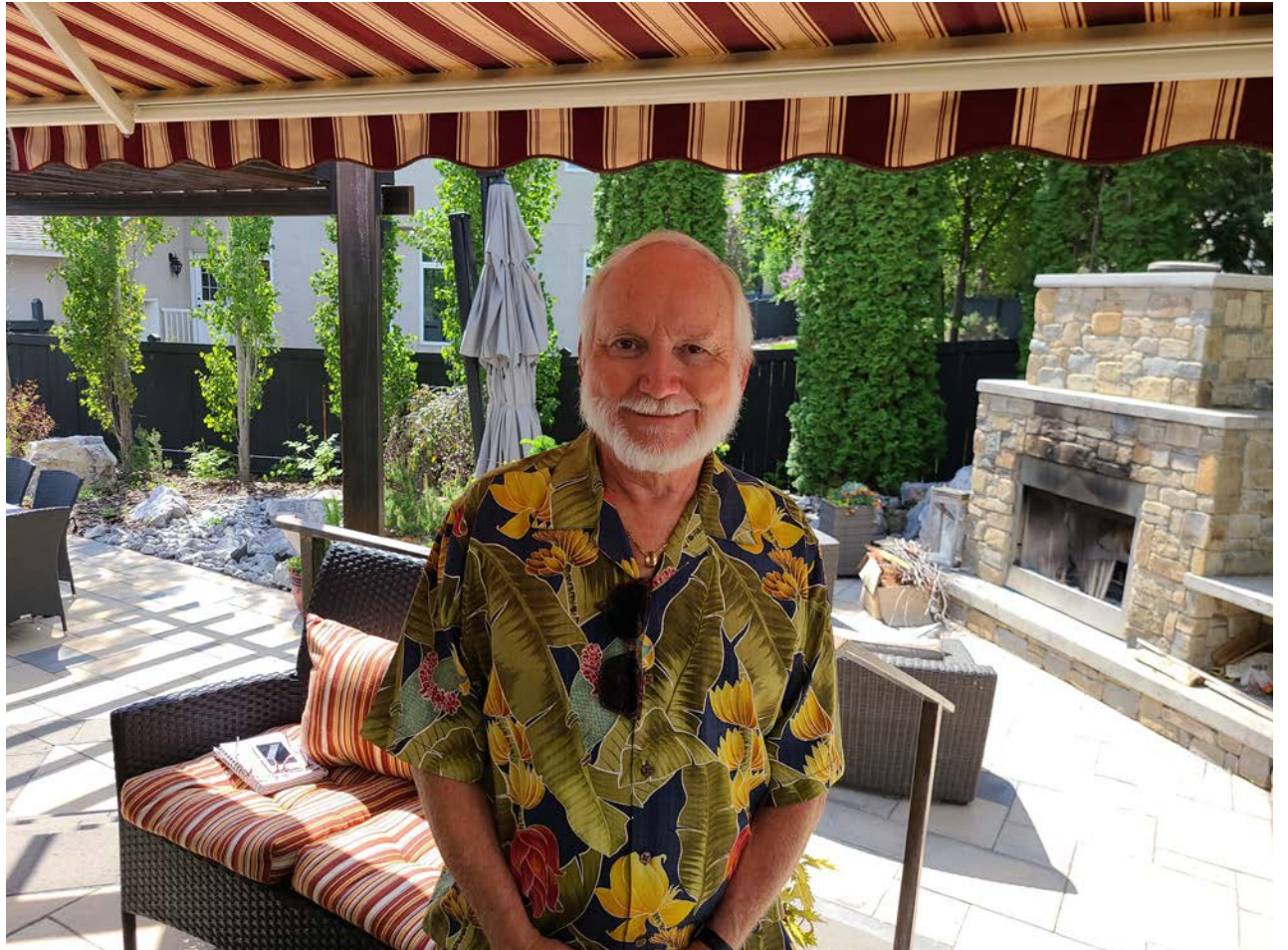
Terry graduated from the University of Alberta's Faculty of Dentistry in 1973 and practiced general dentistry in Grande Prairie for a couple of years before enrolling in orthodontics at the University of Manitoba. Upon completion of that program, Terry returned briefly to teach orthodontics at the University of Alberta, then established his original orthodontic practice at Pleasantview Shopping Centre. He later moved to the Weber Centre and then to his final location in Old Strathcona.

Terry's office was an early adopter of computers and technology in radiographic 3-D imaging. At the same time, he and his team created a relaxing environment with the help of Feng Shui principles, Hawaiian décor and a huge aquarium. Terry was known for his trademark Hawaiian shirts and credits his long-term staff with much of his success. Some of the staff are still at Strathcona Orthodontics after more than 30 years.

In 1981, Terry and his wife Dawne moved into the third house completed in Terwillegar Park Estates, where they raised their two sons, Geoff and Cameron, and daughter Kristy. Their backyard had one of the first trampolines and quickly became a favourite hangout for neighborhood kids. Terry was involved in the community, serving on the board of his Homeowners Association, coaching soccer teams and Bantam hockey and serving as a hockey director, among other roles.

Terry and Strathcona Orthodontics were contributors to the development of Ramsay Park and long-term sponsors of Riverbend Softball, Riverbend Hockey and events such as the Taste of Riverbend and the TRAC 10K. Most recently, he has sponsored a memorial bench for Dawne in the new Ronning Street Park.

Terry says he didn't have much time to volunteer, but he could still make a difference by sponsoring community activities. He also took time to run marathons and get on the local



David Rumbold

Dr. Terry Carlyle supported the development of Ramsay Park and sponsored Riverbend Softball, Riverbend Hockey and events such as the Taste of Riverbend and the TRAC 10K.

trails on his mountain bike. Terry also served his profession extensively, with nine years on the Board of the Alberta Dental Association and College and eight years on the Canadian Association of Orthodontics Board, including a term as President in 1992.

Terry's office was an early adopter of computers and technology in radiographic 3-D imaging. At the same time, he and his team created a relaxing environment with the help of Feng Shui principles, Hawaiian décor and a huge aquarium.

Terry sold Strathcona Orthodontics to Dr Tehnia Aziz in 2016, but has stayed on part-time the last few years. He continues to consult on dental matters with Alberta Health Services and

the Bigstone Cree Nation, and to lecture in the continuing education program at the University of Alberta.

Terry loves to fish, and is now able to take his camper and jet boat out more often to the lakes and rivers that call him. Fresh walleye and winter pike from local lakes remain favourites and the elusive North Saskatchewan sturgeon is still on his bucket list! He currently serves as Secretary of both the Edmonton Scottish Society and the Northern Lights Fly Fishers, but his greatest joy is spending time with his six grandchildren. Terry has many great memories and fondly recalls the people from all walks of life whom he has met in our neighbourhoods over the years, and he says his family has connections that will always be with them.

He has definitely made a difference in generations of smiles here!

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Painters, Start your Brushes!

An update on the Riverbend Community League's 50th Anniversary Mural

By Ragg-Times Staff

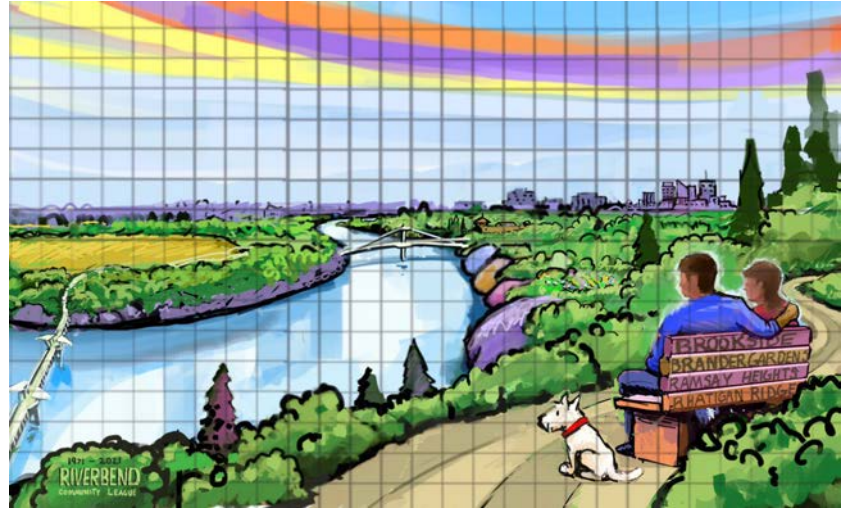
The Riverbend Community League has begun a series of paint workshops to prepare the tiles for the League's 50th Anniversary mural. The RCL has an inspiring history of community engagement. As a valued member of our community, we invite you to participate by painting an image on a 4" by 4" tile – your own personal artwork – for inclusion in the mural. Once completed, this public art will then be mounted and permanently displayed at the Riverbend Community Centre at 258 Rhatigan Road East.

We hope that our community mural will reflect the many facets of our vibrant and diverse neighbourhoods. As you prepare to paint your tile, think about what you love about living or working in Riverbend. What are your favourite RCL events or programs? How do you and your family spend your leisure time? What makes your neighbourhood special or unique?

We are grateful for your contributions to our community. You have engaged with us at

events and fundraisers and have helped us to build parks and playgrounds, skating rinks and community gardens. Truly, you have helped us build community! Some workshops will be by invitation only and others will be open to the public. You and your family will have the opportunity to sign up for a specific time on a specific date to come out and paint your tile!

Alternatively, you may sign out a paint kit to take home and an online video will guide you through the creative process. Once you have painted your tile, return it and the kit or arrange for pick up. We understand that not everyone will be comfortable with small gatherings and want as many people as possible to have access to this opportunity. The above options will allow us to plan and execute



An artist's concept of what the mural will look like. Community members are invited to put their own personal artwork on a 4" by 4" tile.

the workshops in accordance with COVID-19 restrictions.

Look for more information on our sign at Ramsay Park, the RCL Facebook page, and our website, riverbendonline.ca.

Riverbend Retrospective

1971  2021

Riverbend
Community League

The story of Dr. Terry Carlyle is part of Riverbend Retrospective, a year-long celebration of the community in recognition of the 50th Anniversary of the Riverbend Community League. If you have story ideas or photos, please get in touch at raggtimes@riverbendonline.ca.

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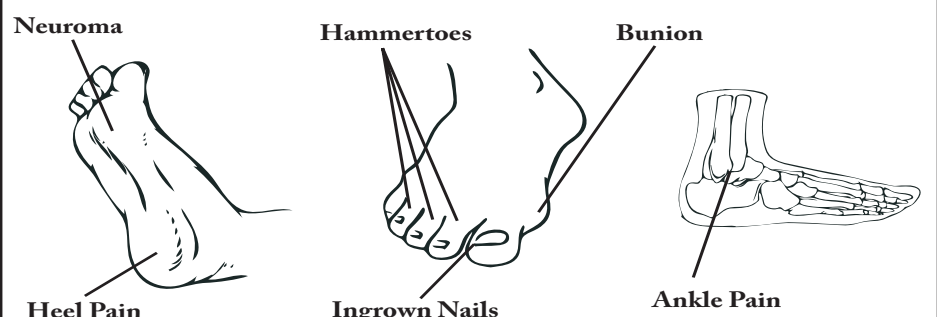
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A Hero of the Pandemic

Dayna Leighton, an anaesthesiologist at Grey Nuns Hospital, talks about work during the pandemic and about making a difference

By Krishni Malhotra, Grade 10, Lillian Osborne High School

What is a hero? For some, it's Spider-Man, Superman, or Deadpool, but for me and many others, it's anyone who helps and cares for the people around them. In these tough times with COVID-19 being the big, evil antagonist in our lives, our saviours are our healthcare workers. Dayna Leighton, an anaesthesiologist at Grey Nuns Community Hospital, is one such hero. She gives us an insight into her job and what it entails.

What was a typical day at work like for you in pre-COVID times?

In my work as an anaesthesiologist, each day typically brings much variety because we work in quite a few areas of the hospital. A typical day for me at the Grey Nuns Hospital will see me giving anesthetics for surgery, on the labour and delivery floor with women in labour, or providing sedation in the endoscopy suite. The anaesthesiologist must examine the patient, decide on an anesthesia plan, induce unconsciousness, keep them out, avoid mishaps, deal with emergencies, bring them back to consciousness, and manage their post-operative pain.

When COVID arrived, a few things changed; there was a sudden increase in protocols, all meant to keep hospital staff and patients safe. My colleagues and I had to practise and feel comfortable "donning and doffing" the different layers of personal protective equipment (PPE) that would keep us safe when working with patients with COVID. We had to change our technique of securing an airway safely and become comfortable functioning in the operating room wearing heavier, more cumbersome safety equipment.

During the second wave of COVID this past December, we assisted on the critical care team in the ICU, where we helped care for those sickest with COVID, typically the hands-on work of helping put patients on ventilators, starting intravenous access, and initiating life-saving medications.

Because of COVID, there are restrictions on visitors, so often patients find themselves without family support that was typical before COVID. This has been challenging in the ICU, where the patients are often incredibly sick and having support is so crucial, so using technology like iPads to communicate with families has become common.

How has the workplace changed since COVID started?

The Grey Nuns Hospital has undergone some critical changes over this past year. One of the biggest changes is the level of protection for ourselves when caring for patients with COVID. PPE consists of a special gown, goggles, face shield, hair net, gloves and an N95 mask. It all must be put on and taken off in a distinct order. Initially, there was a fear and uncertainty of our own heightened risk of infection, and I worried that I would infect my family. When

ICU beds, ventilators or staffing have proven inadequate to meet demand, some healthcare workers have had to make enormously difficult ethical decisions. This, coupled with increasing demands on those same healthcare workers, has led to increased levels of burnout. At times, there has been an intense mental and emotional stress, coupled with the worry of potential shortage of supplies and manpower. Also changed since COVID are the visiting rules for family and friends. Prior to COVID, patients could bring who they wished with them for support, but now it is limited to very few family members. As a doctor who sees patients during very stressful times, I can see how limited family support can amplify feelings of isolation and loneliness. As hard as it is for patients and families, I have observed countless times when my healthcare colleagues have stepped in to offer reassurance or hold a hand.

What is your favourite thing about your job?

Honestly, it is difficult to pinpoint one favourite thing about my job as an anaesthesiologist.

When people think of an anaesthesiologist, they might think of a doctor who knows the scientific side of keeping patients "asleep" during surgery, and the technology and drugs involved. Or they might think about having an epidural for having a baby, or sedation for a gastroscopy.

I enjoy the science that anaesthesiology is rooted upon, but what brings me joy is the interaction I have with patients and colleagues. Becoming a physician is about helping people, and it's also about making your own life have a greater purpose. Medicine is a profession. A career in medicine is an opportunity to entwine your work life with other people's lives in a meaningful and remarkable way.

"We can all make a difference - social distancing and masking is not hype and it's not rooted in panic. It's a strategy rooted in science."

For many people, anesthesia is a source of both fear and fascination and seen as a fundamental mystery. You may be familiar with having a mask over your face and having a chat with the anaesthesiologist, feeling a little dizzy, and then suddenly becoming aware of your surroundings, perhaps many hours later, with absolutely zero recollection of what happened during the interval. It is that critical interval, that in-between time, that patients trust me to watch over them and be their voice. I enjoy the constant vigilance and meticulous attention to detail, but



Dayna Leighton

Dayna Leighton says that when ICU beds, ventilators or staffing have proven inadequate to meet demand, some healthcare workers have had to make enormously difficult ethical decisions.

what I value the most is the trust that my patients place in me, and I consider it such a privilege to work in an area of medicine that is, for most of us, a mystery.

If there was one thing you could tell your fellow Edmontonians, what would it be?

For all of us, it can be overwhelming if we look out into the distant future and wonder, "Is this pandemic ever going to be over?" and, "Will life ever get back to normal?" I know that I was asking those exact questions today in the operating room. When I give an anesthetic, I do it in tiny chunks of time, with attention to all the details. A colleague of mine suggested we take life in smaller segments of time right now, just like I do when I care for you during surgery.

If you have a loved one in the hospital with COVID, please know that the healthcare professionals who are there caring for your loved one are doing their best to convey the compassion and empathy that every patient deserves. My goal, and our goal as those who care for you, is to support the ongoing COVID-19 response while strengthening our own resilience. We can all make a difference - social distancing and masking is not hype and it's not rooted in panic. It's a strategy rooted in science. What we each do can radically help others. Where I work, we still have smiling faces and jokes and dreams about the future, and I see firsthand how my colleagues have pulled together to work as a strong and empathetic team. If I can help somebody, I want to and I will be there for you. That's where I want to be.

Bill Extending Bereavement Leave passes House

But time running out for it to get through Senate

By Matt Jeneroux, MP, Edmonton Riverbend



I have some great news to start off this column: Our Private Member's Bill to extend bereavement leave unanimously passed in the House of Commons on May 12. This Bill proposes to extend bereavement leave for all workers covered under the Canada Labour Code to 10 days following the death of a family member.

This Bill is the culmination of work by many from right here in our community. During the last election, we talked a lot about the need for more compassionate supports because we will all unfortunately experience loss in our lifetimes. The COVID-19 pandemic has highlighted that grief supports are insufficient.

The Bill has passed both first and second reading in the Senate and, as of this writing, is now being studied by a Senate committee, which is the same process the Bill went through in the House of Commons over the past number of

months. We have a strong ally in local Senator Paula Simons, who has really taken on this Bill in a leading role. If an election is called before the Bill passes its third reading in the Senate and receives Royal Assent to become law, we'll have to start the process from scratch and reintroduce the Bill again in the next Parliament.

In other news, I recently hosted a mental-health panel alongside Movember and the Mental Health Commission of Canada as part of our fourth annual Father's Day on the Hill event. This panel brought together mental health advocates and policymakers to discuss men's mental health. I have more information about the event on my website at mattjeneroux.ca.

As of this writing, the Bill is being studied by a Senate committee.

We appear to be on the cusp of an election being called, so as always, connect with my office for any thoughts or suggestions you'd like to see debated on the campaign trail or brought forward as policy ideas. We're also here to help if you need it. If you have any questions about federal matters and need assistance, please email Matt.Jeneroux.C1@parl.gc.ca or call 780-495-4351.

forward as policy ideas. We're also here to help if you need it. If you have any questions about federal matters and need assistance, please email Matt.Jeneroux.C1@parl.gc.ca or call 780-495-4351.

Tree Preservation on Private Property

City Council to consider bylaw for public tree preservation and protection

By Harvey Voogd, North Saskatchewan River Valley Conservation Society

Edmonton City Council's Urban Planning Committee has approved a motion to look at possible tools to protect and encourage tree preservation on private property. A report is due from City Administration in response to this motion in Spring 2022.

The motion arose out of a recent discussion on a bylaw to protect and preserve trees on public property. Public trees, which are referred to as the city's urban forest, consist of 380,000 boulevard and open space trees and 3,000 hectares of natural stands. Mature trees make up 15 per cent of the total inventory for boulevard and open space trees, excluding natural stands.

The proposed bylaw for public tree preservation and protection was referred to City Administration to complete engagement with stakeholders regarding permit review, site inspection capacity, managing the permitting program and other related concerns. It is due back at the Committee on August 24. For more information, search "trees and urban forestry" at edmonton.ca.





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Post COVID-19 Syndrome Rehabilitation

What is it?

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The most common symptoms are:

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Summer Starts at EPL Launches on June 26

The program includes a reading challenge, online videos and events, a weekly contest and great prizes

By Virginia Clevette, Manager, Riverbend Branch

With Alberta's move to Stage 2 on Thursday, June 10, the Riverbend Branch of the Edmonton Public Library reopened to limited in-person services on Monday, June 14. EPL is excited to welcome library lovers back into most of our branches.

As EPL locations reopen, customers can once again enjoy in-person services and resources such as browsing our collections; accessing public computer seating and study rooms; printing, copying, scanning and fax services; signing up for a library card; access to outreach social workers; and limited services in our Makerspace.

EPL classes and events will continue to be held virtually until further notice. If you enjoyed our contactless pickup service, Library Takeout, it will continue to be available. Visit epl.ca/reopening for details.

EPL remains committed to the health and safety of our staff and customers and asks customers to review our health measures before each visit. They include a face mask requirement for anyone aged two and older, physical distancing of at least two metres, a reduced branch capacity and hand sanitization upon entering the branch and before using the computers.

Summer Starts at EPL is the Library's annual program to help minimize summer learning loss by motivating kids to read, learn and explore, even when they're not in school! In 2019, more than 20,000 kids across Edmonton registered for the summer reading challenge and recorded a total of 138,840 hours of reading! *Summer Starts at EPL* launches on Saturday, June 26. The program includes:

- A summer reading challenge: Kids can track their reading minutes with a log sheet. For every six hours they read, they'll receive one entry into our grand prize draw and a free keychain. Pick up a registration package at the branch.



- Online videos and events: *Summer Starts at EPL* features a variety of online events, including an amazing array of guest performers and exciting and educational content created by EPL staff. There will be magic shows, acrobatics, K-Pop lessons, wacky experiments, stunt birds, improv workshops and more!
- A weekly contest: Kids can visit the Riverbend Branch each week to look for this summer's mascot, Octopus Prime. If they find him, they can enter their name in a weekly draw to win a free book! This year, kids can also email Octopus Prime directly at octopusprime@epl.ca with jokes, questions and ideas. We'll post some of the comments on our website!
- Prizes! This year, our grand prizes include a Nintendo Switch, a Samsung tablet and other great prizes.

Constables Corner



EDMONTON POLICE SERVICE

Break and Enter thefts are often crimes of opportunity. Is your home an easy target? Here are a few tips on what you can do to prevent these types of crimes.

Trim back trees and shrubs. While they can give you privacy, they can also give criminals privacy to access your windows and/or doors.

Install motion-activated lights at the front and back of your home, as well as garage doors.

Install deadbolt locks on front and back doors. Deadbolts make it more difficult for an intruder to enter.

Keep screen doors locked. This adds an extra layer of protection while still being able to talk to visitors.

Invest in surveillance cameras. There are many options to choose from including doorbell cameras and those with cell phone notification options.

Install a security bar on sliding doors and windows. A wood dowel of any kind in the bottom track would work.

Keep valuables in a safe place. Try not to leave keys, wallets and purses near the front door or in view. Also, consider keeping valuables in a fire proof lock box.

When You're Away leave lights on timers, have your mail picked up, and have your lawn cut or snow shoveled. Never post vacation plans on social media. Friends and family may be following however criminals could be as well. Wait until you are home to share your vacation photos.

Be a good neighbour. Look out for each other. Getting to know your neighbours can help keep your property safe day-to-day.

Who We Are

Cst. Anne Wasylyshen and Cst. Corinne Kline are members of the Edmonton Police Service Community Engagement Team, assigned to Southwest Division. They are writing articles to provide useful tips to help people in the community in preventing crime. If you have any ideas or suggestions on crime prevention topics, please email communityengagement@edmontonpolice.ca.

Follow us on: [communityengagement_eps](https://www.instagram.com/communityengagement_eps) | [epscommunityengagement](https://www.tiktok.com/@epscommunityengagement)

Of Parks and Public Spaces

The NDP has introduced a bill that would require the government to conduct public consultation before decreasing the size or changing the designation of a park or recreation area

By Rakhi Pancholi, MLA, Edmonton-Whitemud



Albertans are united by our love of our parks and beautiful, extraordinary public lands. For many families, these parks and public lands are an affordable way to make our own province their top vacation choice. The opportunities they provide for outdoor recreation have also attracted a great many people to move to our province over the years.

Alberta's parks and public spaces are also a crucial part of our natural heritage and a pillar of our province's tourism industry. Many are major tourist destinations that bring money into the province, creating jobs and helping to build our economy.

Over the past year, the importance of protecting Alberta parks and outdoor public spaces has become clearer than ever. This is no doubt why hundreds of you have written to me, angered by the UCP government's plans to open up the Eastern Slopes to coal mining, to close or delist 175 provincial parks and campgrounds, to introduce new access fees to Kananaskis Country and to impose new fees for camping on public lands.

My NDP Caucus colleagues and I have spoken out against these plans, echoing the arguments many of you have made about the importance of these spaces to your family. We did our best to amplify your voices. In the case of the UCP government's plans to close provincial parks, it worked - at least for now. After months of pressure and thousands of letters from Albertans, the government announced that all of the parks previously slated to be delisted or closed will now retain their current designations and associated protections. This would not have happened if Albertans hadn't spoken out.

But we know that we need to act to ensure this never happens again. That is why Official Opposition Critic for Environment & Parks, MLA Marlin Schmidt, has introduced a private member's bill that would require

the government to conduct public consultation before decreasing the size or changing the designation of a park or recreation area. Further, any changes to parks would require approval by the Legislature.

The UCP has also reinstated the 1976 Coal Policy after Albertans were unanimous in their opposition to coal-mining in our beautiful Eastern Slopes of the Rockies. They have introduced a new coal consultation process but the potential impact on groundwater resources was specifically excluded from this consultation, despite the fact that this is the issue of concern most commonly cited by those of you who have written to me on this topic.

That is why NDP Leader Rachel Notley has proposed the Eastern Slopes Protection Act. This bill would:

- Put an immediate stop to any coal development and exploration on the Eastern Slopes;
- Permanently cancel all coal leases and applications in Categories 1 and 2 lands and cancel all other leases issued after May 2019;
- Stop currently planned changes to water allocations, including from the Old Man River Basin, and prioritize community, agricultural and ecological needs and health;
- Permanently ban any future coal activities in Categories 1 and 2 as a minimum; and
- Suspend further future coal activity on the remainder of the Eastern Slopes pending further consultation and establishment of new legislated protections for lands, headwaters, and biodiversity.

Unfortunately, the UCP voted against debating this Bill during this session of the Legislature. I will continue to advocate for the protection of Alberta's parks, public lands and Eastern Slopes. As always, feel free to write to me at Edmonton.whitemud@assembly.ab.ca.

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*Riverbend!***



TUESDAYS (July 6 – Aug 17)
6:00p Latin & Ballroom beginner 8-14yr
6:00p Hip Hop 4-6yr (outdoor)
6:50p Hip Hop 7-11yr (outdoor)
7:05p Adult social Latin & Ballroom

WEDNESDAYS (July 7 – Aug 18)
5:00p Creative Movement 3-5yr
5:50p Ballet 4-6yr
6:40p Ballet 7-11yr

SATURDAYS (July 10 – Aug 21)
11:00a Hip Hop 4-6yr (outdoor)
11:45a Hip hop 7-11yr (outdoor)

Tentative recital: August 24
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The Wisdom of Children

Parents understandably worry about the things their children have missed because of COVID. But then the kids show us how wise they are

By Riverbend Playschool teachers Becky, Laurel and Lita

The kids are alright.

It's been a really long COVID year. So long that "COVIDING" has become a verb; it's what we do now. It's been more than a year since COVID began to flood our news feeds and affect every aspect of how we work, play, eat and live. It has stopped us from celebrating, mourning and gathering and pitched our emotions onto a seemingly never-ending wheel of anxiety, frustration, sadness and isolation. It's as if someone hit a global pause button and nothing can be normal again until it's switched off.

Meanwhile, every media platform has weighed in on how COVID has affected the kids, what COVID is taking from the kids and why we all need to be worried about the kids. And they're right; but they're also wrong. We all worried that we needed to shelter kids from the realities of the pandemic, but it turns out that was impossible and, more importantly, wrong. Not talking to kids about the pandemic just meant they would hear about it in other places, just like anything else that parents, caregivers or teachers might be tempted to hide from them.

It turns out kids are best served by hearing the truth from trusted adults. Being honest builds trust. Studies done on resilience in children find that some of the key factors in building resilient kids are caring bonds with the adults in their lives, valuing a growth mindset (focusing on the process of living not the successes or failures along the way), adopting a positive attitude, not shielding children from life's ups and downs, practicing, modeling and teaching self regulation and finding ways to feel good about life.

It is the last one we have watched parents struggle with the most. As COVID paused so many of the things we feel good about (sports, celebrations, family gatherings, clubs, worship, activities, formalized cultural and artistic pursuits,

travel, etc etc etc), parents have worried deeply about what their kids are missing. We have too. But then, as kids always do, they showed us just how wise they really are.

Recently, we asked children in two classes (all aged four or five) what they wanted to do this summer. Their responses, gathered below, are illustrative. Not one child said "join a hockey team" or "visit Disneyland" or "go to a festival." Those things are nice, important even, but the kids are alright without them. Without any prompting or suggestion, they all picked simple things that are mostly already adapted to COVID. It really touched us all. Kids know how to find joy where joy can be found. They know a simple truth we grown-ups have forgotten: Joy is not an extravagance to be planned for; rather, it is waiting to be found in the everyday. And isn't that the very meaning of resilience? To know that joy exists and to allow yourself to experience it?

COVID-19 will end. We will emerge from this and we will work together to make sure the kids are doing well, because that is our job. But we must acknowledge the powerful wisdom they already possess:

- It's important to be loved. It is enough to be loved.
- From boredom comes imagination.
- There is always something interesting because you decided to be interested in it.
- Finding the fun is almost always possible.
- You can do hard things.
- It's ok to cry, but you might miss your turn on the swing.
- The best thing about things is probably the box it came in.

"A child of five could understand this," said Groucho Marx. "Fetch me a child of five." We're with Groucho.



Kids know that joy is not an extravagance to be planned for. It is waiting to be found in the everyday.

Out of the Mouths of Babes

The teachers at Riverbend Playschool asked children in two classes (all aged four or five) what they wanted to do this summer. Their responses?

- Play basketball/baseball/hockey
- Go in the pool (two kids)
- Search for birds
- Play some games
- Colour and do summersaults
- Pick flowers and look at them
- Play with the sprinkler (three kids)
- Go to a water park
- Play on the monkey bars
- Play on the trampoline
- Wear my sandals
- Play outside (three kids)
- Go on really big walks
- Go camping
- Lay in the sun
- Play at Ramsay Park
- Climb trees
- Play transformers
- Go for a picnic (two kids)
- Play in the yard (two kids)
- Play in the basement with my dad
- Bounce in the bouncy castle
- Go in a water bouncy castle
- Play in my little blue pool with my sister
- Go bike riding
- Play with my water rocket
- Play with our water shooters
- Have a water balloon fight
- Play and play and play and play
- Have a dance party
- Jump from my playground into a leaf pile
- Go places with my dad



LILLIAN OSBORNE HIGH SCHOOL CLASS OF 2021

AANANDAN MURALIKRISHNA, AKAASH · ABBAS, DANİYAL · ABBASI, AFRA · ABDELWAHAB, SOLARA · ABDULREHMAN, EISSA
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 ADIGUN, OLUWASEYI · AERY, RUCHALI · AGARWAL, PRANAV · AGYAPONG-OPOKU, GERALD · AHMAD SHA, SAMIR · AHMAD, ISMAEEL
 AHMADYAR, NAAZY · AHMED, DANIAL · AHMED, MOHAMMAD · AHMED, MUAZ · AHMED, SARAF · AHUJA, ISHAAN · AIRI, SHIVAM · AKBARI, MATA
 AL-ABBASI, FAISAL · AL-BAGHDADI, LINA · AL-NAAMI, DANA · ALAM, SHAH · ALEX, AMY · ALLISON, HANNAH · ALNAAMI, YAZAN
 ALVAREZ, GWYNETH · AMARAL PEREIRA, JOAO PEDRO · AMARAWICKRAMA, VIRUN · AMIR, MOHAMMAD · ANDRAWES, NATHALIE · ANISH, ALI
 ANUGULA, RACHIT · ARAN, BERN · ARCHER, GABRIEL · ARENDS, ETHAN · ARGANDONA, LUIS · ARIF, HAYAN · ARORA, KIRTI · ASIF, NEHA
 ASIF, RAFAT · ASSAF, ADAM · ATHWAL, SIMRAN · ATWOOD, ETHAN · AULAKH, GHUNTAS · AULD, EMMA · AZZOLINI, MARIA · BACH, KRISTI
 BADIAL, MAHEK · BAEHR, KIERA · BAJWA, GURKIRT · BALI, JANVI · BANKOLE, ANDREW · BANMAN-FISCHER, BROOKE · BANSAL, SAHIL
 BASI, ASHLEEN · BATOOL, SANEA · BEACH, AMBER · BEDARD, MAXIME · BEKHEET, OMAR · BELCOURT-BLUE, JACOB · BENJAMIN, KIROLOS
 BENNETT, MORGAN · BENVENUTO, KAITLYN · BERNARD, KATE · BHATTI, YOUSUF · BONDY, LOGAN · BOSTON, EVAN · BOYLE, SCOTT
 BROCKIE, GRACE · BROWN, BRIANNA · BROWN, WESLEY · BURGHARDT, JACOB · BURNS, LIAM · BYRNE, RACHEL · CADIEUX, DALLEN
 CAIRNS, VICTORIA · CARLYLE, SAMUEL · CARRERA, NIKOLE · CETINKAYA, FURKAN · CHADALAVADA, RESHMA · CHAFFMAN, NATHAN
 CHAN, CHEUK HIM · CHANDEL, ISHAAN · CHAUDHRY, MUSFIRAH · CHAUVET HOLMAN, ABBY · CHEEMA, YOUSAF · CHEHAYEB, NADIM
 CHEKANI, DORSA · CHEN, ANSEL · CHEN, ANTHONY · CHEN, CHELSEA · CHEN, JIAJING · CHEN, STEPHANIE · CHEPEL, NATALIA · CHEUNG, JESSICA
 CHING, QUEENIE · CHO, HELENA · CHOHAN, YUVRAJ · CHOI, CELINE · CHOI, JAY · CHOI, MILA · CHONG, JOCELYN · CHOPRA, SHAUN
 CHOUDARY, AYESHA · CHOWDHURY, ABHRAJYOTI · CHOWDHURY, MONWARA · CHUNARA, RAIAN · CHUNG, DAVID · CLARK, BRONWEN
 CLARK, CASEY · CLARK, LAURA · CLARKE, JORDYN · COLTMAN, SASHA · CONDE, BRYAN · COOMBS, KAELI · COPP, LAUREN · CORDERO, BRUNO
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 FREED, JORDI · FU, JAMES · FUNG, ERIC · GAO, MATTHEW · GAO, MICHELLE · GARBUTT, MEGAN · GARTLY, JOSHUA · GEORGE, SARAH · GIL, MIGUEL
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 HASTINGS, NATALIE · HEALY, KAIYA · HEGAZY, HAMIS · HEPWORTH, STEVEN · HERBERT, HANNAH · HICKEY, EMILY · HICKSON, ELLEN
 HILL, VERONICA · HILLENBRAND, KENDALL · HILTS, ALEXIS · HO, ISABELLA · HO, NICHOLAS · HOGVEEN, AYDEN · HOUSE, ETTA
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 KAHLON, SAHAJ · KAM, OBI · KAMAL, ISHRAT · KANDAGE, THASANKA · KANDHOLA, KIRAN · KANG, MINJUN · KARGALTSEV, VLAD
 KAROUT, SALMAN · KASHIF, IMAN · KAUR, JASHANPREET · KHADER, SARAH · KHAN, ISHRATH · KHAN, SHAHMEER · KHILJI, UMAR · KIM, JESSICA
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 MARKINE, JACK · MARSHALL, ANNA · MASUD, ALIF · MATA MONDRAGON, DAVID · MATHAROO, JASHAN · MATHRANI, ASHLESH
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 NANDIRAJU, ANANYA · NASH, HALEY · NAVEED, ELSA · NAYAR, RIYA · NDANSI, FAITH · NELSON, TEJ · NG, BRADEN · NGO, KATELYN
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CONGRATULATIONS LEGENDS!
FROM THE STAFF AT LILLIAN OSBORNE HIGH SCHOOL



SW Edmonton Farmers' Market Update

Kudos to the market's hardworking vendors, who show up rain or shine

By Lisa Jodoin, Market Manager

The 2021 SWEFM market season is in full swing! The weather is finally cooperating and our market is busy with returning vendors and a number of new options for our customers to investigate. We at the SWEFM make a real effort to bring our supporters the best variety of market produce and goods. While the gorgeous fruit and veggies are the stars of the show (who can resist plump Rainier cherries, bushels of garden carrots, garden peas, and the juiciest berries you'll ever see?), we also have a huge variety of prepared foods. This includes Thai, Greek, vegan, gluten-free and Jamaican cuisine, as well as carefully selected artists, bakers and meat vendors to ensure there is something for everyone.

While we have a fantastic core group of full-time vendors, be sure to keep your eye out for the part-time and casual vendors who come in on rotating schedules, bringing even more variety to our ever-growing market.

On that note, we'd like to give kudos to our hardworking vendors, who show up rain or shine. These folks put incredible amounts of time and love



into their small businesses and are the heartbeat of Edmonton's fabulous market scene.

Be sure to keep an eye on our social media pages for updates include our Fresh Sheet (detailed vendor and programs list) and announcements of special events. We also have our Artisan Alley days, the first Wednesday of the month. This year also sees the return of our Young Vendors program! We have four amazing young entrepreneurs who will be joining us on a rotating schedule throughout the summer, including Sloan and Avery (left), who started a craft business called Resin & Jewels, making jewellery, bookmarks, keychains and more. Find them on our social media and website!

The SWEFM runs every Wednesday from May 19th to Oct. 6th, from 4-7:30pm in the Terwillegar Rec Center parking lot D. Visit swefm.ca



Green & Gold Goodies

The planting is done, now comes the tending

By Patti Hartnagel

Warmer weather, occasional steady rain - and no snow! That means things are busy at the Green & Gold Community Garden on the South Campus of the University of Alberta as we prepare for our 13th season!

Virtually all of the seeding and transplanting is done and now our volunteers will be tending our two acres of 50+ varieties of veggies, herbs and flowers. The orchard volunteers will oversee the 100+ fruit trees and our berry "patch"... which is close to 1/2 acre! All of our produce is grown using organic growing principles.

Do follow us on our website, greengoldgarden.com, to see our garden grow. Sign up for weekly e-news during the season to keep up-to-date on what is being harvested and available at our market days.

We are an all-volunteer "garden with a difference." All money raised



from the sale of our produce supports the Tubahumurize Project in Rwanda. Since 1994, following the Rwandan genocide, Tubahumurize has provided programmes

for socially and economically marginalized women, services like trauma counseling, vocational training and opportunities for sustainable income-generating activities. Read more about Tubahumurize on the Green & Gold Garden website.

If you haven't been to our garden, do visit this special local project with global impact. If you have been to the garden, we look forward to welcoming you back! If you have any questions, email gkgarden@ualberta.ca.

For the safety of our customers and volunteers, the Green & Gold Garden operation is strictly adhering to AHS Covid Protocols.

Green & Gold
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The Power of Recognition

Despite the pandemic, Albertans expressed their appreciation for seniors in creative ways, online and live

By Colleen Crozier



Seniors' Week just wound up here in Alberta. Celebrated annually, it is a whole week in which seniors are recognized for their achievements and contributions to the Province. Generally, communities and organizations plan special senior-centred events. It is a week of honours, story-telling, fun and satisfaction.

Recognition. Acknowledgement. Honour. These are words that describe something so human, so basic. They are not just reserved for seniors, but are common to all age groups. People do great things because we are asked to, or because they need to be done, not because we expect to be honoured for having done them. Few among us act only to seek fame, and even fewer are so humble that they shun any form of public recognition. But when the recognition comes, in any of its many forms, are we not secretly, or not so secretly, pleased?

This year, Seniors' Week activities and events were a challenge due to public health restrictions as we coped with the COVID-19 pandemic. As we've said many times in this column, seniors love to gather, but gathering was curtailed. In spite of that, Albertans expressed their appreciation for seniors in creative ways, online and live. We, in turn, appreciate their making us feel valued.

The power in this type of public recognition is immeasurable. It

is directed to a group of people rather than to individuals, some of whom would be uncomfortable to be singled out. We hear and see and feel the appreciation of our peers and those younger than we are. We feel united, part of a vast group, just like when we are part of a successful sports team or citizens of a fine city. We reflect on our lives, and in spite of our shortcomings, see them as valuable and valued by those around us. We are happy to have a whole week set aside for us. We think, "Look what we did," and, "Look what we can still do."

With the recent announcement of Alberta's reopening plan for summer, SWESA's Board, staff and members are excited for what the next few months will bring. We will be rolling out our tried-and-true fitness, educational and artistic programs. At the moment, SWESA is offering online fitness and art classes. You get all the benefits, but you participate from home, via Zoom! Check our website often in the coming weeks as we keep you up-to-date on our latest program offerings. You can register online or by phone for:

Fitness (virtual): The Core & All; Age-Reversing Essentrics; Yoga Stretch & Strengthen; Zumba Gold; Essentrics Tone for Golf; Gentle Yoga; Total Body Bootcamp

Art (virtual): Introduction to Drawing; Watercolors

Coffee and Chat (free)
Senior Home Supports Program
Co-ordinator Barb Newell is just a



Fund-raising co-chair Tony Montrose presents Audrey O'Brien with her cheque for winning the Mother's Day 50/50 Draw.

phone call away (780-860-2931) to help you access services such as minor home repairs, yard care, cleaning and personal services like foot care, nursing etc. She is only too happy to provide options that will keep you safe and comfortable in your home.

SWESA does special fund-raising events. In May, Audrey O'Brien was the lucky winner in the Mother's Day 50/50 Draw. Fund-raising co-chair Tony Montrose presented her with a cheque for \$2,029!

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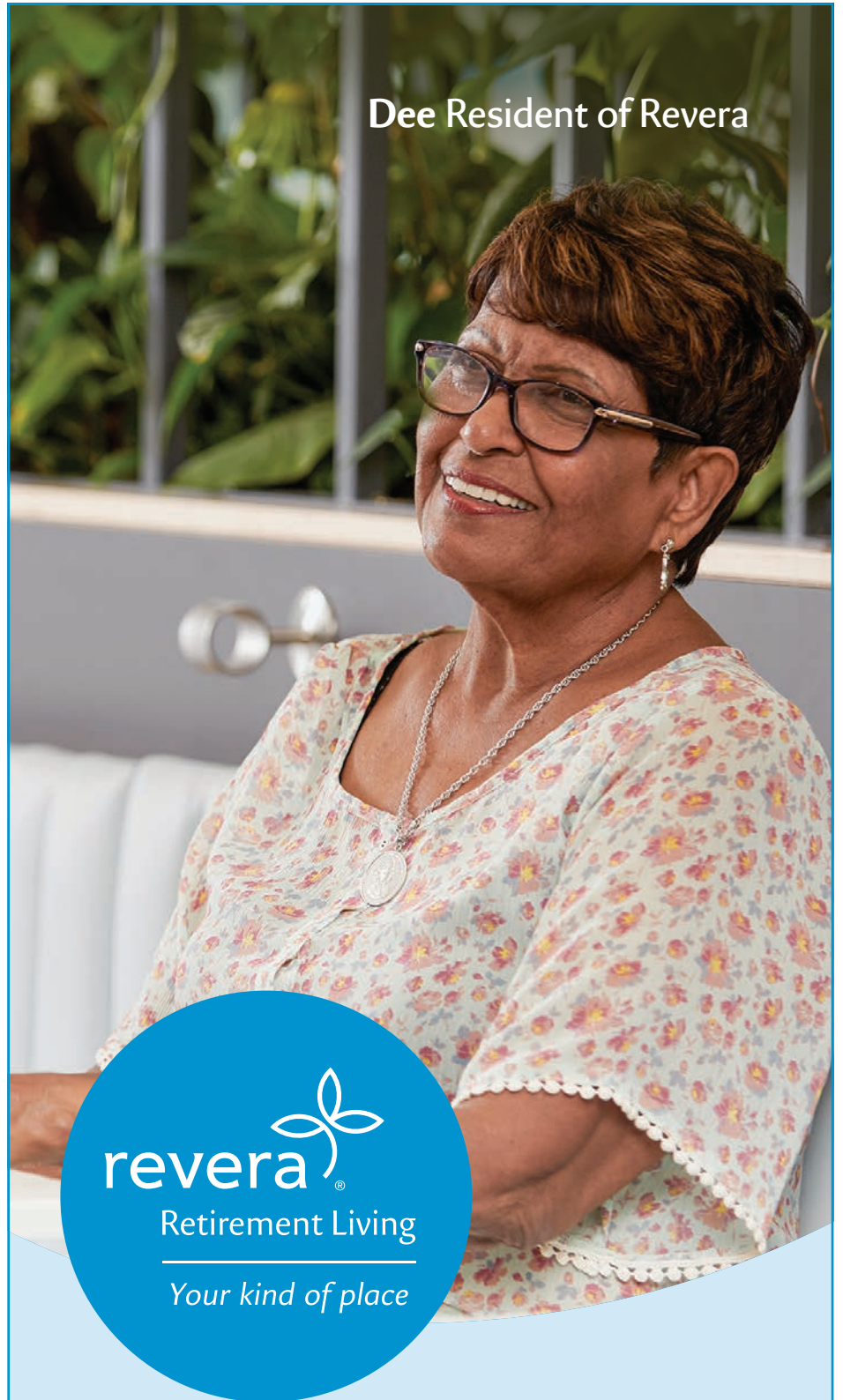
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Get Active, Get Fit, Get Points

Track your minutes and contribute to our communities' total score

By Karin Shott



It's not too late to join The TRAC Community Challenge, being run in conjunction with ParticipACTION! Challenge yourself and others to stay active. Download the free ParticipACTION app at participaction.com to track your minutes of physical activity. Every minute tracked on the app from June 1-30 supports our community score.

A huge thanks to Jessica Zapata for hosting the Facebook live kick-off event on Sunday, May 30th. Special guests included Edmonton-Whitemud MLA Rakhi Pancholi and Edmonton-Riverbend MP Matt Jeneroux. Ward 9 (pihêsiwin) City Councillor Tim Cartmell also delivered a special message.

Draw prizes were made possible by donations from Art n' Frame - Riverbend Square, Simply Supper, Panago Pizza - Riverbend, Secret Sweets, Pome Baker and Vines-Riverbend Wine Merchants. Thank

you from all the prize recipients. At the conclusion of the challenge, one community will earn the top prize of \$100,000 and the title of being Canada's most active community. In addition to the national winner, there will be prizes for the most active community in each province and territory. Register at events.runningroom.com and let's all get active!

Thanks also to our wonderful sponsors! We couldn't have made the event happen without your continued support.

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Lending a Hand to Small Businesses During a Global Pandemic

Many consumers have made a point of supporting small, local businesses during tough times

By Kashmala Yousafzai, Grade 10, Lillian Osborne High School

COVID-19 has played a significant role in how small businesses have changed. The pandemic has proven detrimental to the economy and to private enterprises. Statistics Canada reports that small businesses are the most severely impacted by the decrease of sales.

Given the restrictions by which people must abide, many consumers are switching to online shopping. Small businesses struggle to transition to an online marketing system and to deliver their goods and services amid the restrictions. Many affected businesses have been closed. Employees have been laid off. With the absence of employees, businesses are less able to fulfil certain tasks. Many businesses are grappling to find new ways to promote their products and services in the midst of restrictions and closures.

In hopes of supporting businesses amid the difficulties, government programs such as the Canada Small Business Financing Program, the Canada Emergency Business Account and the Canada Emergency Rent Subsidy provide subsidies for struggling businesses. Contrary to loans, small businesses do not have to pay back any financial obligations. Whether a private enterprise is struggling to start a business in these times or to fund exportation costs, government support can help alleviate these financial burdens.



People have become confined within their homes to prevent the spread of COVID-19, limiting how often they venture outdoors. Therefore, large e-commerce companies have accrued billions of dollars in profit since the pandemic began. Small business owners have had to shift their system online to please the consumer. Many consumers empathize with those small businesses facing adversity and have given support in different ways. "I suppose you can always donate or fundraise money for the smaller businesses," says Angelina Khurram, a Grade 10 student at Lillian Osborne High School. "We can also rely less on multinational companies and more on small, local businesses."

With purchases and therefore economic benefits trending towards larger e-commerce businesses or multinational corporations, it is necessary to fill the gap and direct purchases to small businesses. Perhaps you have chosen to purchase from Amazon less, or you may have bought gift cards for a struggling hair salon business. Either way, you are reassuring small business owners that amidst the darkest times, light is prevalent in the form of local support.

Undoubtedly, the economy will remain unpredictable, but what is significant is how you can support those local enterprises and entrepreneurs that need it the most.



The Ridge Community League

Serving the neighbourhoods of Falconer Heights (Terwillegar Hill Estates), Henderson Estates (River Ridge, Eagle Ridge, Promontory Point) and Hadow (Riverside, College Woods)

By Jim Bradshaw

Fundraising For Our New Community Hall, Rink and Courts

The cost of our new, 4,300-square-foot hall, parking lot, landscaping and NHL-sized rink/courts is more than \$2.3 million. To afford the concrete slab for the rink, we stripped out any items that could be added at a later date.

The project is nearing completion, but to get full use of it, provide a high-quality winter ice surface and a multi-season amenity for the community, we face a critical, time-sensitive fundraising hurdle. We currently do not have nets, lines on the concrete, ice maintenance equipment, signs, tables and chairs for the hall or kitchen appliances. The Ridge has reached this point of development through a decade of effort by our dedicated Board members. We have not sought donations from the community, until now. Our target is to raise \$100,000 for the additional items to complete this project. We are a not-for-profit society, but unfortunately not a charitable society capable of issuing tax receipts. We are considering a plaque or possible donor wall to thank donors. To donate or inquire, reach out to us at info@theridgeonline.ca.

Building Rental

The Ridge CL is looking for expressions of interest from groups who want to offer programs at our new building. Not-for-profit status has historically been a requirement and is still preferred, but there is now opportunity for for-profit groups to offer programs. We are not currently contemplating opening the building to party rentals.

Looking for a Treasurer

How are you with a balance sheet and income statement? Or, would you happen to be an accountant that is looking for a few more professional development hours? The Ridge CL is looking for a treasurer. Andrew Martin has done a phenomenal job but will soon be stepping aside as his family grows. Fortunately, his expertise will still be available to us. This is a critical position for us and we would appreciate your time every now and then. Contact info@theridgeonline.ca or Jim at 780-231-2266.

Summer Green Shack Programs

Free Drop-In Summer Green Shack season is just about upon us! Presently scheduled for July 12 to August 27, this program is targeted to children aged 6-12, but all children accompanied by an adult are welcome. Kids will get active and experience crafts, games, sports and free play! The City of Edmonton is following Government of Alberta guidelines, and start dates may be subject to change. For more information, visit edmonton.ca/Greenshacks or call 311.

Henderson Estates playground	Monday to Friday	10:30 to 1:30
Falconer Heights playground	Monday to Friday	2:30 to 5:30
Hadow playground	Monday to Friday	2:30 to 5:30

Casino June 24 and 25

Providing that casino openings go as planned, we are currently scheduled for an AGLC casino on June 24 and 25 at the Starlight Casino. Therefore, we are looking for volunteers. Signup sheet at <https://volunteersignup.org/W9P3L>.

50th Anniversary Crossword Puzzle - The Answers

For our May issue in which we celebrated the 50th anniversary of the Riverbend Community League, we prepared a crossword puzzle to test your knowledge of Riverbend and area.

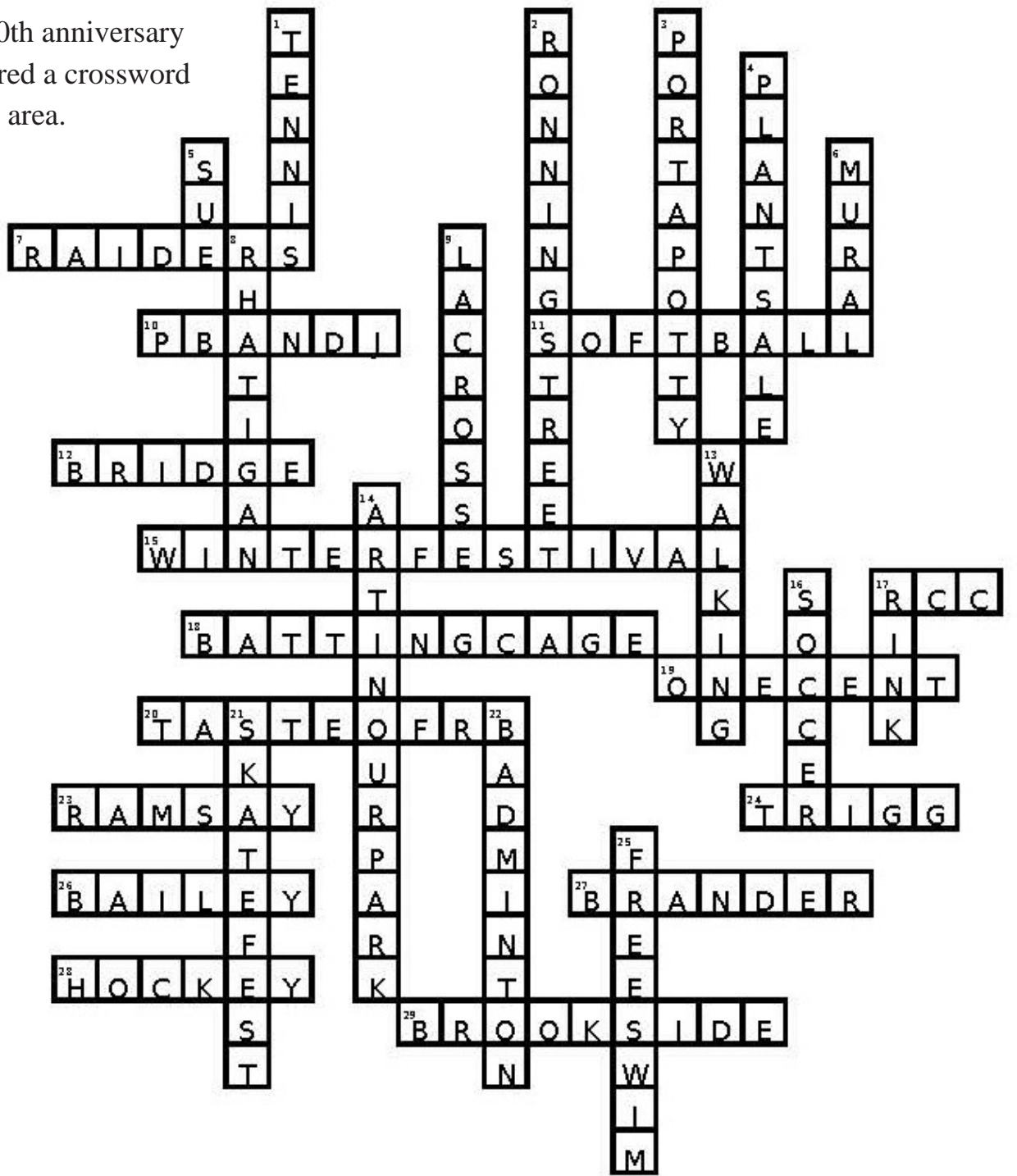
Herewith, the answer key.

Down:

1. Courts developed in Brander
2. RCL's Latest Park Redevelopment (2wds)
3. Provider of Essential Park Service(2wds)
4. Annual RCL Spring Fundraiser (2wds)
5. Longest Serving RCL Board Member
6. RCL's 50th Anniversary Project
8. Fourth Neighbourhood to join RCL
9. Alternative Sport Played in Rink
13. A Type of Map Developed for RB
14. RCL's Summer Festival (4wds)
16. A Big Summer Sport Program
17. First RCL Structure
21. Newest RCL Winter Event (2wds)
22. Another RCL Racket Sport Program
25. Perk of RCL Membership (2wds)

Across:

7. Boys Under 12 Soccer Provincial Winners
10. Mom and Tots Program(abv)
11. Another RCL Summer Sport Program
12. RCL's Longest Running Seniors' Club
15. Former Event in February (2wds)
17. Second RCL Hall Name (abv)
18. Community Garden Location (2wds)
19. Delivery Cost of First RAGG (2wds)
20. Food and Beverage Event (3wds+abv)
23. RCL's Biggest Park Redevelopment
24. Natural Area Namesake
26. First RCL President
27. Second Neighbourhood join RCL
28. First RCL Program
29. RCL's Last Park Redevelopment



Sunset Over the North Saskatchewan

Thanks to Ben Ehlers for this great sunset shot looking southwest over Terwillegar Park and the Terwillegar Park Footbridge.



Ben Ehlers

Interested in joining
the Riverbend
Community League?

Open the camera app on your
phone and scan the image below
to get all the important details!



Welcome to the (new and improved) Ronning Street Neighbourhood Park

We now have a modern playground, with more than 50 play elements, tucked into the back of our park

By Miep Raedschelders

The Ronning Street Neighbourhood Park's redevelopment is near completion, and its popularity has skyrocketed. Families gather for picnics under the trees while children run around, squealing with excitement, playing games, tackling the playground and making friends. Neighbours are walking on the new trails and fitness enthusiasts are using the latest equipment in their routines.

The Ronning Street Neighbourhood Park Redevelopment Committee is grateful for the financial support from community members and neighbours who adopted the vision of a new park and contributed over \$75,000 to the project. We extend our gratitude to the Newell Family Foundation and to our business supporters: Par2Pro Golf Simulators & Analyzers; Norpoint Sandblasting & Painting; and Kira Harrington with YEGPro Realty.

**Thank you to the Ronning Street
Neighbourhood Park Redevelopment
Committee for their gift of time and talent!**
Alison Adams, Harman Brar, Kim Carpenter, Kira
Harrington, Erin Newell-Lupien, Mike Lupien
and Miep Raedschelders

The renovation of this park could not have happened without the cooperation of the Government of Alberta, the City of Edmonton, the Riverbend Community League and Terwillegar Park Estates I and II Homeowner Associations. Thank you to MLA Rakhi Pancholi and City Councillor Tim Cartmell for their advocacy and support of the project. Finally, we express thanks to Chris Auton and Paul Samboryk, our Neighbourhood Resource Coordinators, for guiding the process these last eight years!

Feedback from our community informed the project every step of the way. We now have a modern playground, with more than 50 play elements, tucked into the back of a park filled with mature trees and a sizable all-season field for activities like tag, soccer, skating and hockey!

Highlights of the play area include new tot swings on rubber surfacing, big kid swings and a parkour-style configuration for climbing, gliding and playing games, all supporting children's social and gross motor development. Take a ride in the ever-popular tot car or get dizzy on a spinner.



A before shot of the Ronning Street Neighbourhood Park. The park's redevelopment is near completion, and its popularity has skyrocketed.

Four exercise pods with instruction placards are situated in the park and enjoyed by kids and adults alike. We paid particular attention to build with multiple sensory materials including sand, rubber and engineered wood chip playing surfaces.

Our new wide asphalt pathways increase safety and accessibility and make the park area pleasant to walk through. History buffs will enjoy the five plaques affixed to large boulders along the trail, highlighting named streets in Terwillegar Park Estates. Come take in the splendour on one of the commemorative benches in the shade, read at a picnic table, and share messages with the community on the information pillar in the new plaza area.



History buffs will enjoy the five plaques affixed to large boulders along the trail, highlighting named streets in Terwillegar Park Estates, including this one about Alex Romaniuk.

The Park Committee thanks you for your patience and positive feedback! For all park users' enjoyment and safety, dogs must be on leash in this and all City of Edmonton parks. Please pick up after your pets.

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Brookview Community League Update

There are lots of ways to get active and get involved this summer

By Carol Paul

ParticipACTION - June 26

Everything gets better when you get active... even communities! Come out to Brookview Park on June 26 and try the free outdoor classes organized as part of ParticipACTION month. Master Jennifer Gu will lead a Tai Chi class from 11:00 a.m. - 12:00 p.m. Zumba instructor Krista Maine will teach you some smooth moves to get your heart rate up from 1:00-2:00 p.m. Brookview's F45 will lead us through a one-hour Functional Training workout from 4:00-5:00 p.m. (June 27 is the alternate date in case of rain.) Current AHS guidelines will determine class sizes and social distancing requirements. Sign up at brookviewcommunityleague.ca to reserve your spot.

If all that exercise works up an appetite, come back to the BCL parking lot later for a snack or dinner. We have arranged for a couple of food trucks to be on site between 5:00 and 7:00 p.m. Enjoy a safe, distanced outdoor picnic in the park with family and neighbours. See the website for information on the menus/prices offered by each truck.

Youth Tennis Lessons

We are working to offer youth tennis lessons in July and August at the BCL courts. Details will be posted on the BCL website if we can get the program going. We are still looking for instructors and volunteers to help supervise some sessions. If you can help in this area, please contact us!

BCL Zoom Yoga

Yoga with Paige will continue over the summer on some Wednesday mornings from 11:00 a.m. - 12:15 pm. Details are still being finalized. For information and registration, go to the instructor's website at yegtownyoga.ca. No previous yoga experience necessary.

Green Shack Program

The popular Green Shack program returns to GHV Bulyea Park this summer. It will run from July 12 - August 27, Monday - Friday from 2:30 p.m. - 5:30 p.m.

Community Garden Update

We are excited to have a sufficient number of garden volunteers to go ahead with the project!! Meetings will start this fall to get the program and funding in place for next Spring. If gardening is your passion or interest, we would love to hear from you. Contact us through our website for more information.

City of Edmonton - Yards in Bloom contest July 7-17

Brookview yards are already looking fabulous. Thank you all for the beauty you bring to our neighbourhood!

Nominate your favourite front yards in our community at Social@brookviewcommunityleague.ca. BCL volunteers will walk around the neighbourhood in the next few weeks to nominate homes that demonstrate exceptional front yards and to place nomination signs on lawns. The top three yards will each receive a gift card!



Brookview Park Celebration

In September, we are hoping to have a grand opening celebration to mark the completion of Brookview Park (this had to be put on hold last year due to COVID). As plans evolve over the summer, please check out our website and Facebook pages for more information.

Keep our Neighbourhood Clean

Thank you to all those families and individuals that participated in our community cleanup event in May.

And thank you to all those pet owners who are vigilant about picking up and properly disposing of their pet's waste. We have noticed more pet waste being left in the enclosed skating rink area. This makes it difficult for our volunteers to mow and maintain the grass and unpleasant for others trying to use this enclosure. Please be considerate when sharing our green spaces!



Rink Manager Position

We are seeking candidates for a paid Rink Manager position for the 2021/22 season. This well-paid position runs from mid-December until March, depending on weather. For more details, contact us through the website.

Brookview Community League AGM

The BCL AGM is scheduled for September 9/21. We are hoping for an in-person meeting this year! Several board positions are becoming vacant. We are seeking people to fill the roles for Sports Director, Programme Director, Treasurer and Newsletter Director. Please consider volunteering for these roles. We need your ideas and experience to keep our community vibrant!

Volunteer Spotlight

Brookview appreciates the many people who volunteer and serve on the committees that look after our neighbourhood and programs. One of those volunteers is Grade 12 student Tony Tang. Tony has lived in Brookview for about four years and is currently our webmaster. He uses his tech skills to keep our website up-to-date and running smoothly.

When asked why he volunteers, he said that it's great being able to contribute to the community and he likes knowing what events are going on. He holds a black belt in Tae Kwon Do and enjoys volunteering his skills in that as well. He plans to continue volunteering with BCL next year as he begins the neuroscience program at the University of Alberta.



**Do you want to see more fun stuff happen
in Riverbend?**

Do you like planning events?

Would you like to work with others?

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**The Riverbend Community League wants to
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The Emily Murphy District Girl Guides is looking for young women leaders

Hello! We are in need of female leaders 18+ to join a unit one night a week. While we hope meetings will be in-person for most of the Girl Guide year, we understand that circumstances may necessitate virtual meetings for the first part of the year.

Volunteering with Girl Guides helps you become a catalyst for girls empowering themselves to take the lead, jump into some awesome activities, explore what matters to them and make friends. You will have access to a wide range of training opportunities. Please consider joining and helping make a positive impact on girls in the community. If you are interested, please e-mail me at sshewrin@ualberta.ca.

- Samantha Shewring, Emily Murphy District Girl Guides



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Should the North Saskatchewan be a heritage river?

City Council endorses an initiative for the river to be part of the Canadian Heritage River System

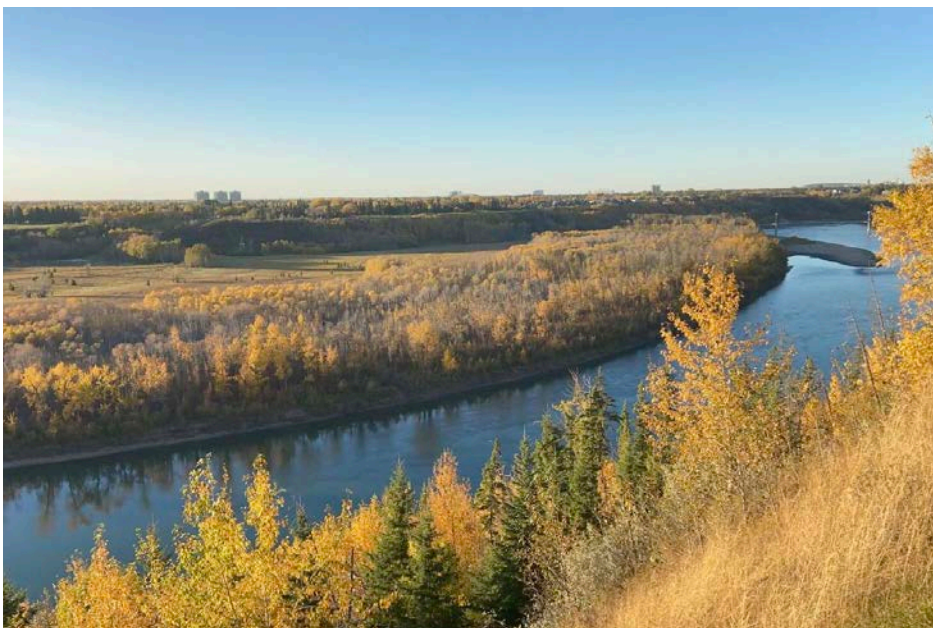
By Harvey Voogd, North Saskatchewan River Valley Conservation Society

In April, Edmonton City Council endorsed an initiative for the complete length of the North Saskatchewan River in Alberta to be designated as part of the Canadian Heritage River System. The system is a joint provincial, territorial and federal program that aims to promote and conserve rivers with cultural and environmental value.

Though the designation may impact decision making when it comes to policies that affect the river, it does not come with concrete regulations or legislation. But what if the river had the legal rights of a person and a corporation?

In February, the Innu Council of Ekuanitshit and the Minganie Regional County Municipality declared the 300-kilometre Muteshekau Shipu River in Quebec a legal person, a move that may provide greater certainty for this majestic river's future.

While a first in Canada, granting legal personhood to natural entities is part of a global movement to recognize the rights of nature in law. Indigenous communities around the world are leading the way in upholding the rights of sacred and ancestral rivers, forests and mountains.



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