

The Riverbend Ragg-Times

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Pretty as a Picture

Ali and Sherry Haeri run Riverbend Art n' Frame, one of the area's oldest businesses

By Ragg-Times Staff

Ali and Sherry Haeri had a hard time finding a job when they immigrated to Edmonton in 1990. They had left their native Iran in 1975, living for a few years in England before Ali was accepted to study agriculture at the University of Guelph, in Ontario. He studied for five years and then the couple moved to Greece, but they saw little opportunity there. "The economy there wasn't doing well and it was not easy to find work," Ali says.

The Haeris set their sights on a return to Canada and, attracted by its affordability, to Edmonton in particular. But despite their willingness to take on any job that might come their way, they had a hard time finding work. "Especially as a foreigner, you don't have too many chances," Ali says.

Sherry eventually found a job at Riverbend Art n' Frame, which at the time was in the mall in Brander Gardens. Six months later, when the man who had started the business in 1984 decided to sell it, the couple opted to invest their life savings, a move they have never regretted. "We love the business," Ali says. "The customers are wonderful.



Ali Haeri in the workshop

Now, we are serving the third generation of customers and we're very proud of it."

"Now, we are serving the third generation of customers and we're very proud of it." - Ali Haeri, owner, Riverbend Art n' Frame

About 20 years ago, as the City of Edmonton spread ever southward, the Haeris moved Riverbend Art n' Frame to the commercial district at 23 Avenue and Rabbit Hill Road. Then, a decade ago, they moved again, to their current location in Riverbend Square, where they have enjoyed strong support from the community.

Ali says business boomed



Most of the Haeris' business comes from custom framing, but you can also pick up art for just about any taste

during the COVID pandemic as people stayed home, renovated and painted. "They didn't go anywhere and had extra money and they started giving us some business," he says.

The couple plans to operate Riverbend Art n' Frame for a few more years before they retire. They will look to sell it if the right person comes along, but Ali knows that might be easier said than done. "People are not sure about the

nature of the business," he says. "If we were selling shoes, it would be easier, but with our business, people are concerned how they can run it and what is the nature of it." That said, the business could be a perfect fit for the right person.

In the meantime, the Haeris will continue matting, mounting and framing people's precious photos, art and awards for display, one memory at a time.

University of Alberta to Demolish 'Soaring'

The donated property didn't see much use and was shuttered in 2018

By Ragg-Times Staff

The University of Alberta has announced it will demolish the modernist mansion 'Soaring' by late October and sell the 4.8-hectare property on which it sits. The home on Whitemud Road was a gift to the University from businessman and philanthropist Sandy MacTaggart and his wife, Cecile, in 2010. At that point, the estate was valued at \$26 million.

The University used the location as a conference centre and rented it out for events, but noise and parking concerns from neighbours ensured that it never saw much activity. When the property was shuttered in 2018, the Edmonton Journal reported that in seven years, Soaring had

hosted just 36 events. Meanwhile, the University was spending more than \$260,000 per year on upkeep.

The University indicated that three options were being considered for Soaring: transferring the property to the University of Alberta Properties Trust; developing it; or selling it. The University made the decision to sell the property and part of the preparation for sale includes demolishing the main and associated structures on the site. The demolition is expected to be completed by late October.

There was an outpouring of disappointment on social media when the demolition was



Soaring rises above the river. Photo David Hasinoff announced, but the University has stood by its decision. It declined to comment for this story.

Elections Galore

Things are heating up on the hustings

By Michael Ganley

If you like civic participation, you have a great couple of months ahead of you. We have a Federal election on September 20 and Municipal, School Board and Senate nominee elections on October 18 (although that last one is not truly an election). Our October trip to the polls will also include a referendum asking the people of Alberta two questions: should the concept of equalization be eliminated from the Canadian Constitution and should the province cease to observe daylight savings time?

To familiarize our readers with the people running for office, we asked each of them a series of questions about their strengths and experience and their positions on some important issues. There is no shortage of concerns both locally and nationally, and these are the people who want to lead us in facing them. You'll find their responses beginning on page 12.

In addition to the political theatre, there are a number of non-electoral but also-important civic events in our communities this month. Community League Day comes on Saturday, September 18, and this year will be marked by two milestones in our communities: The Ridge Community League will open its fantastic new building and rink; and the Riverbend Community League will unveil the mural celebrating its 50th anniversary at the Riverbend Community Centre. If you time it right, you can make both. Further information can be found in this issue of the

paper or online at the relevant websites.

Finally, the grand opening of the all-new Ronning Street Park will be held on Saturday, September 25. The organizing committee has planned a mini-family festival that will include art, music, food and community. Come out and meet your neighbours, and don't be afraid to talk politics.



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President's Note



It's Been a Productive Summer

We will celebrate the grand opening of Ronning Street Neighbourhood Park September 25th with a folk-fest-inspired block party

By Miep Raedschelders, President, Riverbend Community League

Back to school (watch your speed!), multiple elections (so many signs!), harvest time (farmers' market bounty!), and a bumpy return to a post-pandemic normal keep many in our community busy! September also offers our Community League the opportunity to reflect on a productive summer.

We owe a debt of gratitude to the Federal Government's Canada Summer Jobs Program, which allowed us to hire two excellent young people, Jasper Bablitz and Nathan Patrick. They helped out in the Brander Community Garden, ensuring the garden thrived despite periods of extreme drought, and made our League shine! They helped spruce up the landscaping around the Brookside and Rhatigan buildings and prepared the rinks for the new boards purchased by the League so we can be ready for another great skating season. Thanks, Jasper and Nathan, for your hard work this summer!

Brookside Hall's facelift continues and the facility has a beautiful new floor. As stewards of community assets, your Community League Board continues to manage the maintenance and upkeep of buildings, amenities and parks in the neighbourhoods of Brookside, Brander Gardens, Ramsay Heights and Rhatigan Ridge.

Come check out the RCL's 50th Anniversary

mural on Community League Day (September 18th, 2pm-3pm) at Rhatigan Hall. We invite you to help celebrate and take in all the images that make Riverbend a special place to live, work and play. Join us and spot the tile you created or see how the contributions of many individuals develop a beautiful image of community! It's also an excellent opportunity to purchase a membership for the upcoming year ;).

I am ecstatic to announce that we will celebrate the grand opening of Ronning Street Neighbourhood Park on September 25th from 4pm-8pm with a folk-fest-inspired block party. All are welcome to join the family-friendly fun, including eats from Dedo's & Winston's Fish and Chips food truck, Confetti Express and of course, mini-doughnuts and kettle corn!

We are grateful to Bent Arrow Traditional Healing Society, who will participate in our programme, and to Ayla Brook & The Sound Men, who will bring their musical genius to the ATCO stage! Take home a balloon creation or a caricature of your family to frame and remember the day.



Jasper Bablitz and Nathan Patrick ensured the Brander Community Garden thrived and made our League shine!

Gather your family and friends, bring a lawn chair or blanket, and check out this beautiful new neighbourhood park!

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Bearing Witness to the Needs of Children

Spirit Bear and his siblings will grace Riverbend's new 50th Anniversary Mural

By Michael Ganley

The mural celebrating the Riverbend Community League's 50th anniversary will be unveiled on September 18 at the Riverbend Community Centre. Those who pay close attention will notice, in the mural's four corners, images of stuffed bears. They are Spirit Bear and his siblings Era Bear, Memengwe Bear and Cedar Bear.

The four are used by the First Nations Child & Family Caring Society and its Executive Director, Cindy Blackstock, to symbolize the need to focus on children and not political or legal interests when it comes to looking after Indigenous youth in Canada.

The First Nation Caring Society, together with the Assembly of First Nations, filed a claim against the Government of Canada in 2007 to get equitable public services for First Nations children. They argued before the Canadian Human Rights Tribunal that the Federal Government discriminates against children on reserves by failing to provide the same level of child welfare and health services as exists elsewhere in the country. "We filed the claim as a last resort because the government wasn't implementing the solutions to remedy the problem," Blackstock says.

Spirit Bear was given to Blackstock that same year, and his job became to remind everyone that the legal case was about the rights and needs of children. "He came to hearings and was on conference calls," Blackstock says. As the hearings proceeded, children who were

learning about residential schools would come to the hearings and they would play with Spirit Bear. "He would come back with notes, fan mail, maybe sunglasses," Blackstock says. "They started making regalia for him. They knew it was unfair for a First Nation child to get less education, less child welfare, less health support just because of their race." Word got out and kids

and by not implementing Jordan's Principle. The Tribunal ordered the government to cease their discriminatory conduct. "The government welcomed the decision politically and then they didn't do anything," Blackstock says. "We have since gotten 19 non-compliance and procedural orders." Those orders have generated some results, but there are still many gaps.



Spirit Bear and his siblings Era Bear, Memengwe Bear and Cedar Bear symbolize the need to focus on children and not political or legal interests when it comes to looking after Indigenous youth in Canada.

across the country wanted to meet him. He's been to Edmonton several times.

At the centre of the case was Jordan's Principle, named for Jordan Anderson, a five-year-old boy from Norway House Cree Nation in Manitoba who died in 2005 while federal and provincial governments argued over who would pay for his care. The case led to the adoption of a motion in support of Jordan's Principle in the House of Commons. Jordan's Principle argues that children in need of care should have their bills paid for by whichever government receives the request first, and the details of who is responsible can be worked out later.

In 2016, the Tribunal found that the federal government was racially discriminating by providing unequal child welfare and funding

Ottawa also appealed two of the Tribunal's findings, one that the discrimination was willful and reckless and another awarding each affected child \$40,000. The most recent round of hearings was in June 2021, two weeks after the public became aware of the 215 unmarked graves at the former Kamloops Indian Residential School. "The disappointing thing is that this litigation is about equitable services for children who have already endured multi-generational trauma from residential schools," Blackstock says. "And because they've been underfunded for so long, it's going to take additional funding to just give them the same opportunities as other children have enjoyed." Then she cites a principle that goes back as far as Aristotle. "There is no greater inequality than the equal treatment of unequals."

Ayla Brook & The Sound Men to Headline Ronning Park Party

Ayla Brook & The Sound Men, featuring Riverbend resident Brent Oliver on bass, will play at the official opening of the Ronning Street park on Saturday, September 25. The band, which dropped an album on Friday, March 13 2020 - thereby probably causing the pandemic that subsequently shut everything down - is just getting back on its feet after being unable to play in front of a crowd for a long time. "We're all very excited to be playing again,"

says band leader and songwriter Ayla Brook. "Even just rehearsing has been a blessing."

The band had an Alberta tour scheduled to promote their album, entitled *Desolation Sounds*, but with all the festivals shutting down they were limited to online sets and small outdoor concerts. Fortunately, some events are back on. "Thankfully, those that are happening this year have booked us for the most part," Brook says.



In Memoriam

Students attach orange ribbons to fence as a memorial to unmarked graves

The students and staff at St. Mary Catholic School were saddened by the tragic discovery of hundreds of unmarked graves at the native residential school site in Kamloops and other locations. In memory, students and staff wore orange shirts on June 21, National Indigenous Peoples Day, just as they had last September 30.

before summer break, the school shared details of the tragedy with the students over morning announcements and teachers followed the discussion up in class. Students knew they themselves would be going home, but that not all of the residential school students did.

Everyone then attached orange ribbons on the Riverbend Road fence, where they remain as a memorial.

Then, on the last day of school



David Rumbold



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Hundreds of Paintings – One Mural

Unveiling of the Riverbend Community League's 50th Anniversary Mural

By Sheryl Bowhay

Join us to celebrate 50 years of community-building at the unveiling of our community mural on Saturday, September 18 from 2:00pm–3:00pm at the Riverbend Community Centre (258 Rhatigan Road East).

We are thrilled about our mural, and we haven't even seen it yet! That is because we have seen 400 individual paintings created by community members of all ages, and individuals representing various organizations, schools, churches and local businesses. We even had help from some of our Art in Our Park artists. We saw so many old friends and supporters of Riverbend Community League and we made many new friends as well. The outdoor paint workshops in June were socially-distanced but it felt so good to bring people together to celebrate our beautiful and diverse community.

When you see our community mural you will have a glimpse into the people, places and passions that have helped shape this area. Our beautiful river valley, shared by all four of our neighbourhoods, is the unifying image. However, within it you will see our playgrounds, gardens, bike trails, churches and schools, ice rinks, tennis courts, community sports and events. You will see some of our long-standing partnerships with local businesses and community organizations. You will also see our history and our hope for a future that is more inclusive of all members of



The outdoor paint workshops were a socially-distanced opportunity to see many old friends and make many new ones as well. The mural will be unveiled on September 18.

our community.

Special thanks to Phil Alain, Lewis Lavoie and the team from Mural Mosaics for making the process so rewarding for our community. This project would not have been possible without the financial commitment of the Riverbend Community League and the time and talents

of committee members Sheryl Bowhay, Deann Stein-Hasinoff, Gina Thede, Miep Raedschelders, and Sue Trigg.

Congratulations Riverbend Community League... here's to the next 50 years!

What's on at the EPL

Capital City Art project promotes and celebrates visual arts in our communities

By Sarah Foy, Community Librarian, Riverbend Branch

Congratulations to all the children who participated in *Summer Starts at EPL!* As of mid-August, more than 1,000 Riverbend kids had logged more than 7,200 hours of reading! Everyone had a blast participating in online programs, tracking their reading and entering to win prizes. We even had an Adult Summer Reading Program, so make sure you join us again next summer.

EPL's Capital City Art project promotes and celebrates visual arts in our communities, and Riverbend Branch is now accepting submissions by local artists. If you would like to make a submission to display in our gallery spaces, please head to epl.ca and search "Capital City Art." We are looking forward to showcasing the talent and creativity in our community.

In September, Riverbend will begin to offer in-person programs, with a weekly registered, Saturday-morning Family

Storytime (all ages and caregivers) and a Monday evening registered Sing, Sign, Laugh and Learn (stories and rhymes for children ages 0-3 and their caregivers). Thursday afternoon and evening Book Clubs will open in October.

These are all registered events, so please head to epl.ca and search "What's On" to sign up! Please also check out our online offerings of classes and events to enjoy from the comfort of home.

All EPL locations have extended their opening hours; Monday through Thursday from 10am-9pm, Friday and Saturday 10am-6pm and Sundays 1pm-5pm. Come in to browse for books, learn about our great digital content or use our computers, printer and photocopier.

You can enjoy our puzzle table and even try your hand at a scavenger hunt. See you soon!



Librarian Carolyn with the library cat

Seniors Connection News for those 55+



“Walk, don’t run,” they said

By Colleen Crozier

“Walk, don’t run” could be what *The Ventures* advised seniors in their 1960 debut album. Seniors must not have listened, so they re-released the title song in 1964. Could Cary Grant possibly have been giving the same questionable advice in 1955 when he starred in the movie by that name (his last cinematic performance) at age 62?

How many of us have heard that counsel, in its many forms: “Slow down, Grandpa,” “take it easy, Grannie,” “careful, now, folks”? We all have. But, wait: How many of us seniors find this advice annoying, if not insulting? We may be slowing down some (dratted Laws of Nature), but few of us appreciate the reminders.

Picture a group of seniors outside on a lovely day. Most are on foot, dressed for the weather, heading out for some exercise. Some are strolling, some are striding, some are shuffling, some have canes or walkers, some are jogging, some are limping, some are walking, some are dancing, and (gasp) some are running! It’s wonderful to see, and you can almost hear the hugely successful, catchy tune *The Ventures* created.

But there are things dear to SWESA seniors’ hearts that do need to run, not shuffle or limp: our programs. To provide the variety of classes and experiences our members have come to expect, and to keep them affordable, SWESA needs funds.

As a grassroots organization, SWESA works hard to secure funding from a number of sources — grants, membership fees, fundraising events



The SWESA Annual Appeal is an opportunity for people to support the classes and experiences our members have come to enjoy.

and our fall Annual Appeal. The Annual Appeal is an opportunity for both members and the public to support this resource for seniors in southwest Edmonton. Would you be part of SWESA’s 2021 Annual Appeal?

Donations go directly to providing affordable programming and social opportunities for people 55+ living in southwest Edmonton. All donations are appreciated. Use the “Donate Now” button on our website (swesa.ca) to donate online, print out the donation form and mail it in, or drop by.

Fall at SWESA

As summer programming drew to a close, staff and volunteers were excitedly preparing SWESA’s fall 2021 programs, setting up fitness, art and culture classes, games and learning experiences. You’ll find the information you need for an activity you’ll love when you visit our website. Program Coordinator April Williamson and front-line volunteers can provide you with details. All SWESA activities are carefully organized to respect participant safety, especially in respect to COVID-19.

Senior Home Supports Program Coordinator Barb Newell is just a 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.

SouthWest Edmonton Seniors, come join us, and let’s run, not just walk, together!

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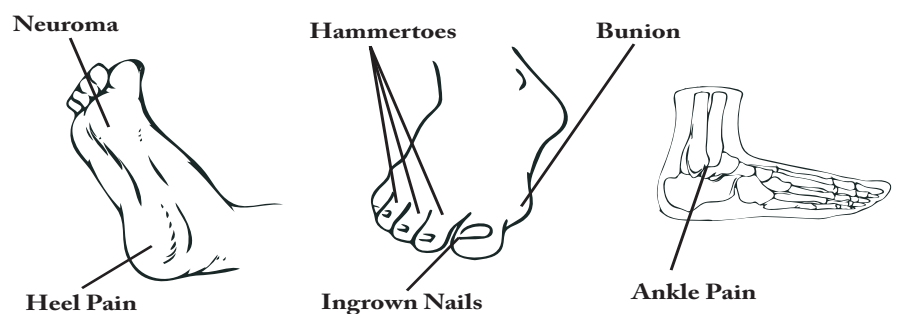
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Ride to Raise Money

Join the Kids with Cancer Society on September 12 for the 3rd Annual Family Fundo

By Madison McElligott

Family Fundo is a cycling event that brings together friends and families to Ride for a Reason and help raise money for children in our community who are battling cancer. If you have a bicycle, big heart and love to ride in Edmonton's river valley, this is the event for you. We are bringing back community!

To register your team today please visit <https://kwc.akaraisin.com/ui/familyfundo2021>. Come out and enjoy our SUNDAY FUNDAY!



The Future of Brookside

Survey will inform future development in the neighbourhood

The Brookside Future Vision Committee has been working on a survey that will form a vision document. We are pleased to share that the survey is ready to go!

We want to know what Brookside residents value about living in our area, what kinds of development you would like to see, and what amenities could be suggested to accompany any new development proposals. This information will be compiled in a vision document which we will share with the Brookside community this fall and submit to the City of Edmonton after consultation with the neighbourhood.

Development will take place in all neighbourhoods. This is our chance

to be proactive and influence the type and scope of what could be proposed in Brookside to maintain our love of living in Brookside.

Please take the time to fill out the online survey at bit.ly/brookside-YEG. The link will also be posted on our Facebook group. If you need assistance or are unable to complete the survey online, please contact Jenny at jennydrefs@gmail.com or call Melanie at 780-722-3342 or Barb at 780-499-4136. Finally, thank you Councillor Tim Cartmell, Deann Stein-Hasinoff and the Riverbend Community League for their continued support. We could not have progressed to this point without them.

Brookview Community League Update

Come celebrate the Greenspace Grand Opening on September 18

By Carol Paul

Brookview Community League AGM

Please circle September 9 on your calendar and plan to join us for our virtual AGM at 6:30pm.

Go to brookviewcommunityleague.com for details.

Celebrate our Park

We are having a party!!! The long overdue Greenspace Grand Opening is happening on September 18. There will be food trucks, live music and children's activities from 5:00pm-7:30pm, followed by an outdoor movie at dusk and fireworks. A more detailed schedule can be found on the website.

Community Garden

Meetings will begin this fall. Want to help move this project forward? There is still time to join the committee. The garden is on target for the 2022 season. Email us for more information.

Front Yards in Bloom Contest

Brookview homeowners have been busy in their yards this summer, despite the heat and drought! It has been a pleasure to walk through our neighbourhood and enjoy the beautiful yards. Thanks to all residents and the City of Edmonton "Yards in Bloom" volunteers who sent in Nominations. Congratulations to the four finalists: 450 Butchart Drive, 919 Burley Drive, 1004 Buchanan Road and 9 Butterworth Point. All finalists received Pizza Hut gift cards. Special thanks to Aly and Shamex Jivraj

from Marble Group for donating the prizes!

BCL Landscaping Volunteers

We have had a couple of work bees this summer, pruning the shrubs, weeding and tidying the area around the BCL hall. Thank you to Grace Wong, John Sexsmith, Maria Golberg, Lindsay Walker, Carol Paul and Murray Cooper. We have more volunteer opportunities scheduled in the fall. Your help is greatly appreciated!

Hatha Yoga with Paige Elniski

BCL will again be offering Hatha yoga classes for the fall term over the instructor's very effective Zoom platform. Classes will be Wednesday mornings at 10:00am and Thursday evenings at 7:00pm. Go to yegtownyoga.ca to register or for more information. We are hoping to offer in person, on site classes starting in January 2022!

Keep checking the BCL website for more programs coming this Fall/Winter.



Fall 2021 Rhythmic Gymnastics Classes

Rhythmic gymnastics is a unique sport that blends the graceful elements of dance with the technical skills of gymnastics. Regardless of age, gender, or experience, gymnasts learn the balance of rhythm, enhance their strength, and harness the art of flexibility through Alpha Rhythmic Gymnastics Club's affordable and fun programs. Everyone—preschool to adults—can choose a program based on comfort level, preference, and experience. From recreational team-building classes to individual/group competitions, choose how you would like to practice whether it be on the local or international stage.

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Fall 2021 Dance Classes in Riverbend!

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4:30p Hip Hop 3-5 yr (parented optional)
5:15p Hip Hop 6-9yr Year-long (Sep-Jun)
6:15p Latin & Ballroom beginner 6-8yr
7:10p Latin & Ballroom beginner 9-15yr

WEDNESDAYS (Sept 15 – Dec 15)

5:00p Ballet 3-5yr (parented optional)
5:45p Ballet 5-7yr
6:35p Hip Hop 10-15yr Year-long (Sep-Jun)

SATURDAYS (Sept 18 – Dec 18)

11:00a Ballet 4-6yr
11:50a Hip Hop 6-8yr
12:45p Hip Hop 9-13yr

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Top Five Native Plants for Birds in a City Garden

Native plants will bring insects, pollinators and birds to your garden

By Melissa Penney. All photos except Yarrow by Edmonton Native Plant Society volunteers

With so many choices for native plants that benefit birds it's really hard to pick just five! But since most city yards are small, you have to make the most of what you have.

Why do birds need native plants? Despite our cold winters and sometimes searing hot summers, they return season after season. Native plants also attract the insects that birds want to eat. By attracting beneficial insects, your whole garden will get better pollination. This will give you more flowers, which means more seeds and berries for birds! You may recognize some of the names in my Top Five from the garden centre. But the versions of these plants sold there are typically cultivars (not true native plants) so they are less attractive to birds, insects and pollinators. All of my top five plants are easy to grow from seed and readily available for purchase in Edmonton.

In addition to deciding what to plant, it's important to consider where to plant to maximize the benefit for birds. Birds (and pollinators) enjoy mass plantings. You do not want to scatter your plants around the yard and make it a scavenger hunt for them! You are bringing birds to your garden so you can enjoy them, so plant where you can watch them!

You will probably notice that my top five native plants share some important features. They have flowers that attract bees, butterflies and beneficial insects as well as seeds for the birds to eat in the fall (and even over the winter). Planting a native flowering shrub that produces berries will ensure that you have even more birds stopping by your yard. My picks would be red osier dogwood and common snowberry. If you are looking for more tips on how to create habitat for birds in your yard, you can follow me on Instagram: @urban_bird_garden.

Meadow Blazingstar (full sun)

Meadow Blazingstar blooms in July and August with tall fluffy purple-ish spikes. It's a magnet for bees, butterflies and other beneficial insects (like flower flies). It's also attractive to ruby throated hummingbirds! And when the flowers die, the seeds stay on the plant providing a feast for black-capped chickadees, pine siskins, goldfinches and other birds. Of course, all those bees, butterflies and insects will also provide a feast for your birds!



Giant Hyssop (full/part sun)

True to its name, Giant Hyssop grows up to three feet and is capped with a light purple spike of flowers! Another summer bloomer, its flowers will attract pollinators and then its spikes will save their seeds for hungry birds. Most songbirds eat seeds, especially those in the finch family like goldfinches, pine siskins, and house finches. They will gorge themselves on this plant. Giant Hyssop is fast growing and thus a great choice for mass planting. The seeds that the birds don't eat will fall to the ground and give you even more plants next year!

Yarrow (full sun, it can grow in the shade but might get floppy)

Another important pollinator plant, this typically white (or sometimes light pink) flower will attract many beneficial insects, butterflies and bees. The long-blooming yarrow often displays its flowers from June all the



way through August! It spreads vigorously, so be careful where you plant it. Most migratory birds are insectivores, so Yarrow will bring a smorgasbord of insects! Since birds do not love its seeds as much as others, you can control their spread by snipping off the flowers before the seeds fall and make beautiful dried-cut flowers. It is

also a great choice for difficult growing areas: Yarrow will persevere!

Wild Bergamot

Wild bergamot (or monarda) is a lovely, delicate-looking pink-ish flower that is a major attractant for ruby-throated hummingbirds. Like the giant hyssop, it is tall and elegant and will create a mass planting quickly on its own. After the ruby-throated, bees and butterflies have finished gorging on the nectar, the inside of the flower (the nutlet) dries and becomes extremely attractive to songbirds. The nutlet reminds me of a sunflower head with all the seeds packed tightly inside (except that the Wild Bergamot seeds are much smaller).



Common Tall Sunflower

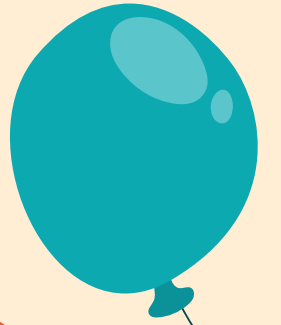
This sunflower is very tall indeed, but has smaller heads than most. Its seeds are also small, which makes them easier for smaller birds to eat. After enjoying their sunny faces in the late summer, birds will camp out and pick their heads clean! The Common Tall Sunflower's nutritious seeds

are ready just in time for the migratory birds who are storing up energy for their long flight south. Being a native plant, this sunflower will also attract the kinds of bugs that birds love. And unlike many of the sunflowers sold at garden centres or sprouting near your bird feeder, the common tall sunflower is perennial.

You can control the size of the patch by digging up the small unwanted plants.



Come celebrate with us and join the fun!

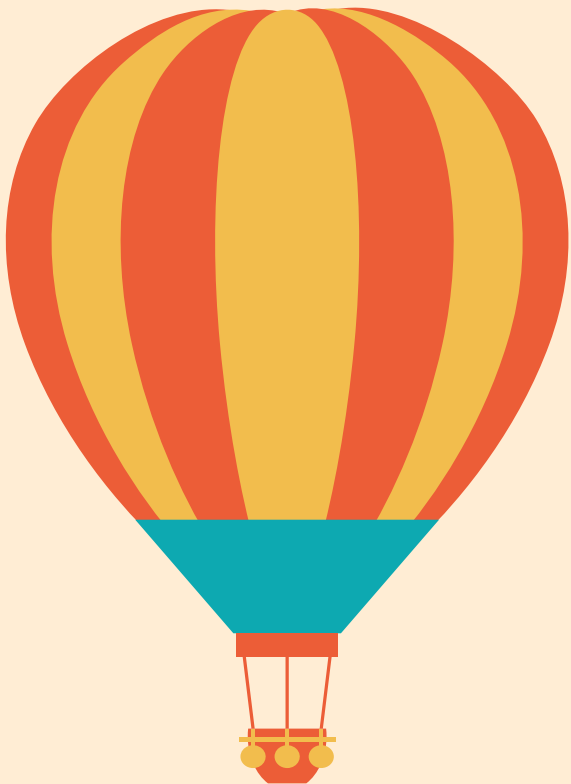


GRAND OPENING!

**The Ridge
Community League
Building & Rink**

2111 Haddow Drive

SEPT. 18



12:00 - 4:00 P.M. Festivities

1:00 P.M. Ribbon Cutting Ceremony



- ★ Face painting
- ★ Balloon artist
- ★ Petting zoo
- ★ Food trucks

- ★ Tethered balloon rides
- ★ Outdoor games
- ★ Art sale
- ★ Tours



Special thanks to ReMax for sponsoring our event!



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Everything

‘Tis the season to vote. Hope you’re ready for it

Well, I hope you like to talk about politics. With Federal, Municipal, School Board and Senate nominee campaigns underway (voting is on Monday, September 20 for the Federal election and Monday, October 18 for the remainder), there are a lot of people vying for your attention.

There are, as always, lots of important issues to consider. For this

edition of The Ragg-Times, we asked everyone who is putting their name forward to serve the public to answer a few questions about their strengths and about the most important issues within their purview. Herewith, their responses. (We did not get responses from Federal Liberal candidate Tariq Chaudary in time for publication.) And don’t forget, GO VOTE!

Edmonton Public School Board Trustee - Ward F

Nancy Hunt



Strengths? I have more than eight years of experience leading and advocating within EPSB and provincially, including five years as Chair of the CSC Parents’ Society at Garneau School. I was also a delegate at the Alberta School Council Association annual conference.

I have an MBA, BSc (Math) and business management background, which enable me to advance our strategic planning, measurement and research for the Division. I am also a freelance music teacher with my business, Nancy's Notes.

I bring a personal view of all education levels! My children are currently in elementary, junior high and high school!

I have a track record of overcoming obstacles, and of standing up for communities. I am known as a great listener and representative of community interests.

Most Important Issue? Equity. Edmonton has a great reputation for quality education, both nationally and internationally. With deteriorating funding, reduced early intervention supports

and too little space for our growing student population, my primary focus is to raise the voices of parents to ensure that all Edmonton children have a fair and equitable start with high quality, free and accessible public education.

COVID? Regarding health measures, be adaptable. I support the current Board’s work to implement strong health measures. My focus will be to provide a school environment that makes parents and students feel safe, while providing a stimulating, challenging and enriching school experience to achieve educational outcomes.

Regarding student wellness and outcomes, we need more accessible mental health support for all students, and learning support to address learning gaps at all levels.

Proposed K-6 Curriculum? The new draft curriculum should not be implemented and we need a new approach. My strategies include 1) continue to demand a redraft before any implementation, 2) work with other boards across the province to advocate for change, and 3) start more conversation regarding the process. If we get all the stakeholders to agree on a transparent and inclusive process, we will

have a much better chance of a curriculum that is supported by all Albertans.

We need a long-term solution for curriculum that will transcend provincial governments, so we have stability for our students and teachers. When teachers, curriculum experts, Indigenous leaders and parents are happy, I will be too.

“I’m running for Trustee because I care deeply about public education and maintaining a system that is free, accessible and high quality.”

Additional Comments? I’m running for Trustee because I care deeply about public education and maintaining a system that is free, accessible and high quality. As a mom, educator, and community leader, I understand the pressures that we are currently facing and I will hit the ground running as a strong voice for post pandemic support, fair funding, and supported curriculum. My mandate is kids first; I’ve demonstrated my long-term commitment to kids and education through my work and volunteerism.

Ken Lister



Strengths? My biggest strength is my experience. I am the only candidate who has been an EPSB teacher and Trustee. So I know what it takes to serve students and parents as a Trustee.

I had many achievements as a Trustee in Toronto, including serving as Chair of the Budget Committee with a \$3.1-billion operating budget. I’ve gone through budgets line-by-line and when I had to make cuts to eliminate the structural deficit, the cuts were all outside the classroom. I cut the budgets for Trustees by 50 per cent and cut the budgets for superintendents.

Another strength is that I know Riverbend because I live here too. I recently joined Friends

of Terwillegar Park and I’m the Program Director for the Brookview Community League. I graduated from three Ward F schools: Westbrook, Grandview and Scona. In addition, I completed teaching practicums at two schools in our Ward and volunteered at a third.

I am also described as honest, hard-working, and caring.

“The proposed K-6 curriculum is deeply flawed in many critical areas.”

Most Important Issue? The most important issues facing the Board are COVID safety and the new curriculum. Other key issues are improving equity, fixing our schools, building

new schools to support the population growth in the southwest, expanding specialty programs and increasing mental health supports.

COVID? I believe we should test, trace and isolate. Additionally, parents should be informed if a student in their child’s class tests positive.

I will also fight for:

- HEPA filtration unit and CO2 monitor to test air quality for every K-6 classroom;
- Reducing large class sizes to reduce the number of students and families exposed;
- Funding commitments to replace aging ventilation systems in our schools;
- More mental health supports for students and staff.

Proposed K-6 Curriculum? The proposed K-6 continued...

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curriculum is deeply flawed in many critical areas. Feedback must be sought and incorporated from not only teachers but also educational curriculum experts and First Nations leaders. It must be based on modern education principles of how children learn best and the changes must also comply with the recommendations of

Canada's Truth & Reconciliation Commission.

Additional Comment. There are four great candidates running to be your Trustee and we agree on most of the issues. Like my opponents, I have served my community league and done some amazing things. However, unlike my

opponents, I have actually served as a Trustee. Also, I'm the only candidate who has been an EPSB teacher. I believe I'm best qualified to serve as your Trustee and I hope you'll vote for me on October 18.

Kimberley McMann



Strengths? I grew up in the public school system and proudly send my child (eventually both children) to public school, which makes me personally invested in a strong public school system. I have two

university degrees (Dalhousie, UofA) and value education and expertise. I have been a teacher for 15 years and therefore can appreciate the challenges of teachers and the crucial role they play in the development of students' minds and self esteem. Being a professional conductor and artistic director has allowed me to develop strong leadership and budgetary management skills, to anticipate problems and have solutions at the ready, to inspire an ensemble to work together, to be unafraid of making tough decisions and to be creative with tight budgets.

Most important issue? This is a difficult question because I feel like the answer changes on an almost weekly basis. At this moment, I would say that COVID re-entry plans and the draft curriculum are the top two, though I

wouldn't want to forget the huge cuts made to Program Unit Funding and other important student supports such as those supporting First Nations, Métis and Inuit.

“It is clear the Provincial Government has no intention of prioritizing the health and safety of students and teachers.”

COVID? It is clear the Provincial Government has no intention of prioritizing the health and safety of students and teachers, so though it is unusual and not ideal, the Board needs to use its autonomy to mandate the use of masks, cohorting and stay-at-home policies. The Board needs to be a strong advocate for testing, tracing, and isolating. I would also like to see funds set aside for improved ventilation and smaller class sizes, which of course is beneficial at any time, not just during a pandemic.

Draft curriculum? It's hard to know where to begin, but put plainly, it is a dangerous and regressive document that cannot be implemented.

It is largely plagiarised, full of factual errors, and full of age-inappropriate content. It has almost no LGBTQ representation, no anti-racist content, minimal Indigenous content and is heavily Christo-centric. To be clear, I believe it to be an ill-conceived and ill-thought-out political stunt, and I will do everything I can to ensure that my own eight-year-old and yours will not be subjected to the memorization of facts about Ghengis Khan and the feudal system.

Other thoughts? Other key issues for me are arts funding and ending period poverty in schools. The arts are a part of a well-rounded education. You can look back as far as Aristotle and Plato to see that music was valued as much as math and physics.

As for period poverty, I believe that it should be an expectation that in all school washrooms (and truly, in all public washrooms everywhere) that there are four staples present at all times; toilet paper, soap, paper towel and menstrual hygiene products. There is a pilot program starting this year with EPSB, but we need to ensure that funding is secured and expanded for this to reach all washrooms in all schools.

Julie Kusiek



Strengths? As a community advocate, I know collaboration is essential to creating positive change. Over the past decade, I've brought together government, communities, and other stakeholders to make things happen when others said it couldn't be done. This work has been featured in media outlets, podcasts and Dave Meslin's book *Teardown: Rebuilding Democracy from the Ground Up*. Public education is under immense pressure. The

collaborative, forward-focused approach I bring to advocacy is what will build the momentum we need for equitable, quality, public education.

My education includes a master's degree focused on youth engagement. This experience will allow me to involve students in the decisions that impact them. In fact, I'm already doing that through this campaign's youth committee. Students are important stakeholders in education and I want to make sure they're part of the discussion.

I've held executive positions on several boards, including as past president of my community league. My experience as a former dance and piano teacher show me how vital a strong connection between student and teacher is for learning. Advocacy for Scona Pool, bike lanes and more has taught me that relentless persistence is what's needed to make things happen. As a mom of four children and parent of EPSB students, I also

have experience with parent councils and fundraising societies.

It takes a village to raise a child. That's why my vision for intergovernmental cooperation is so important. Together, we can maximize school board, provincial, municipal and community resources for the benefit of all children.

Most important issue? With only two of nine current Trustees running for re-election, the most important issue will be maintaining the strong advocacy, leadership and professionalism that the current School Board has shown. Public education is at a crossroads. We will need the new School Board to quickly form a cohesive team. This will mean rising above partisan and divisive politics. It will mean relentless advocacy for strong, equitable, barrier-free public education. This includes continuing to push back against the draft K-6 curriculum. It means keeping public health measures to protect unvaccinated children. The School Board must advocate for a “growing district

top up” that will make up for the annual loss in funding that EPSB is seeing due to a change in the funding formula. We need Trustees who will inspire hope and confidence from those who elect them.

Regarding the ongoing pandemic: With kids under 12 unvaccinated and the Provincial Government looking to move away from testing, tracing and isolating as early as September 27, the School Board must do all it can to

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keep our schools safe. We must protect each other through masking at schools, cohorting, increased sanitation and improved ventilation. I support calls by health professionals who advocate for measures to decrease COVID transmission. This includes a direct call for federal support to school boards in Alberta.

On the proposed K-6 curriculum: All students need to see themselves reflected in an age-appropriate curriculum. The current draft, especially social studies content, doesn't provide that. No new curriculum should hit

classrooms until the province addresses these issues. I support delaying implementation until we undertake a robust and transparent re-writing process.

Something as important as a provincial curriculum for K-6 students should bring us together. We should be excited and proud of that curriculum for our students to learn from. That's not what we have drafted in front of us today.

Any additional comments? Public education is under intense pressure. COVID-19 recovery, the draft provincial curriculum and funding cuts

require strategic action. Students with complex learning needs require more support, as do their teachers.

There are so many things to celebrate about Edmonton Public Schools right now. I've featured good news stories on topics like Riverbend Rocks, student advocacy, school and community gardens and more. You can see recordings of this #KusiekChats series on my website. I'd like to amplify your stories, too. I also want to hear about your struggles. Get in touch anytime. Together, let's continue building great public education.

Edmonton-Riverbend (Federal)

Matt Jeneroux, Conservative Party of Canada



Strengths? A long-time resident of south Edmonton, I have been the Member of Parliament for Edmonton-Riverbend since 2015. After hearing about the concern individuals had in our community about compassionate and bereavement benefits, I made it a focus of my last term to push hard to accomplish the rare feat of passing a private members' bill (available to opposition members) that enhanced bereavement benefits in our community. Additionally, I took a leading role in advocating for support for mental health initiatives with a particular focus on addressing the stigma of mental health in young men and for girls and women involved in Science, Technology, Engineering and Math (STEM)-related fields of study and work.

I believe my experience as a community builder, which has allowed me to collaborate with MPs from across the country and from different parties to support legislation that best represents our community, to be my biggest strength.

Most important issue? Where we go next when it comes to our COVID recovery. Many small businesses have suffered, many people have lost loved ones and a compassionate but focused economic recovery is crucial and needed right now.

On climate change: We must not ignore the reality of climate change. It is affecting our ecosystems, hurting our communities, and damaging our infrastructure. We must work towards protecting the environment and ensure that the carbon price is affordable, starting at \$20 per tonne and increasing to \$50 per tonne, but no further. We have to make sure it is not a burden on low-income Canadians. We must also protect farmers by ensuring they have affordable options. Businesses that aren't subject to the Output Based Pricing System but buy fuel will have a Small Business Low Carbon Savings Account that will operate similarly. Canada is well-positioned to succeed in a world where climate action will be an important consideration in international trade.

Shawn Gray, New Democratic Party



Strengths? My background is in urban agriculture and waste management, two critical pillars for a functional society. Both are in desperate need of innovation and investment to help fight global pollution, environmental degradation and excessive waste. I sit on the board of directors for Waste Free Edmonton, a grassroots, non-profit organization working to reduce the amount of waste created in Edmonton.

We must address systematic issues in our society to combat and prepare for climate change. Most of these issues, from poverty to homelessness to global pollution to mental health supports to good-paying jobs in a sustainable economy, are all intersectional. They must be addressed together with intelligent community-based solutions. Harm reduction

On homelessness and poverty: There needs to be a better focus on housing, which is being ignored by the current government. This would aid in the fight against Canada's addictions crisis by investing \$325 million over the next three years to create 1,000 residential drug treatment beds and build 50 recovery community centres across the country. We'd also revise the Federal Government's substance abuse policy framework to make recovery the ultimate goal and focus attention on things such as land-based treatment programs developed and managed by Indigenous communities as part of a plan to enhance the delivery of culturally appropriate addictions treatment and prevention services in First Nations communities with high needs.

Underappreciated problem? If we have learned anything from the pandemic it is that ensuring quality time with family and loved-ones is essential - especially near the end of life. Although I have already taken the rare step and passed two Private Member's Bills around bereavement leave and Compassionate Care Leave, as your MP I will continue to advocate to increase these supports so Canadians are ensured job security while taking care of a terminally ill loved one or to grieve after the death of a loved one.

“If we have learned anything from the pandemic it is that ensuring quality time with family and loved-ones is essential.”

On the private sector: I believe the Federal government should strongly consider reversing the tax changes to professional corporations that were imposed in 2017. These tax changes unfairly targeted our small business owners, who are the fabric of our communities and job creators. If re-elected, I will continue to advocate for positive policy changes that impact small business owners.

Other comments: My job as your MP is to bring local issues to Ottawa. I am passionate about improving the day-to-day lives of our residents. This includes making our environment a priority through initiatives such as the Residential Retrofit Initiative, which will help homeowners access programs and information. I will also advocate for enhanced access to our remarkable river valley network.

and preventative measures are more fiscally responsible than harmful conservative austerity cuts and trickle-down economics.

On climate change: New Democrats will set a target to power Canada with net-zero electricity by 2030 and move to 100 per cent non-emitting electricity by 2040. To drive this progress, we will establish a new Canadian Climate Bank that will help boost investment in renewable energy, energy efficiency, and low-carbon technology across the country. It will also support interested provinces to interconnect power grids and introduce smart grid technology to bolster Canada's energy security and distribute clean power across the country. We will support made-in-Canada manufacturing of renewable energy components and technologies and help scale up Canada's clean energy industry. Alberta is the perfect place for investment in clean energy innovation, recycling, and waste management.

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Any underappreciated problem? Food security is a crucial issue that often falls under the radar. As we proceed further into a climate crisis, we must be prepared to provide locally grown food for Albertans. There's massive potential to invest in our communities and urban agriculture, such as hydroponics and aquaponics. That investment would create jobs and reduce the emissions from food imports, securing our communities in the face of crisis.

“New Democrats will set a target to power Canada with net-zero electricity by 2030 and move to 100 per cent non-emitting electricity by 2040.”

Final comment: I don't have all the answers to the complex problems we as Canadians face. However, I believe that the constituents of Edmonton Riverbend are ready for something new, ready to end the Conservative-Liberal pendulum swing. All I'm asking for is a chance to prove to you that I can offer something different. This land is my home. I grew up in these communities. I desperately want to see them thrive and succeed.

And Then There's the Referendum!

In conjunction with the municipal election, Albertans will be asked two questions in a referendum. Get your Google going to see what people are saying about these two questions and prepare your response.

Should Section 36(2) of the Constitution Act, 1982 - Parliament and the Government of Canada's commitment to the principle of making equalization payments - be removed from the Constitution?

Do you want Alberta to adopt year-round Daylight Saving Time, which is summer hours, eliminating the need to change our clocks twice a year?

Melanie Hoffman, Green Party of Canada



Strengths? Teamwork, truth, and tenacity. Representing all of you, and governing our country with many fellow MPs, I will draw on my excellence in working together. As a scientist and educator,

I seek truth with curiosity and openness. Committing to participatory democracy means you can easily engage with me as your MP. I am committed to global Green values, not my party whip. Lastly, as the oldest child of a single mother, I am a trailblazer. I advocate with tenacity. With a strong moral compass, I will be vocal on what matters to Edmonton-Riverbend.

What is the most important issue facing the country? A breakdown in relationships, currently most visible in our relationship with Indigenous peoples. Many major issues are rooted in a lack of relations and reciprocity, be it Truth and Reconciliation, the opioid crisis, elder care, or climate and environmental degradation threatening the physical health and mental wellness of all people in Canada, particularly our youth.

On climate change: We already have everything we need to build back better and lead through the 21st century, a turn we have yet to take. The Federal Government must focus on democracy, equity and well-being - all in the face of developments in artificial intelligence. It must strengthen life-giving local business through programs stimulating the new economy, increasing demand for the regeneration workforce. To support this from the grassroots, I co-founded the Drawdown Alberta movement. Drawdown demonstrates the jobs we want today. Let's make the models of New Zealand, Iceland, and Wales uniquely Canadian, and establish an economy based on the well-being of the people, which is always grounded in the well-being of the land.

“The Federal Government must focus on democracy, equity and well-being.”

Any underappreciated problems? Establishing good relations with all Indigenous peoples of this land is underappreciated in the sense that it is horrendously attended to. This issue requires not simply money, it requires true,

humble engagement. It is also an important door through which to step into respect for diversity, and a future in which we thrive together. I will advocate for a policy that replaces the Indian Act - a policy that includes a vision forward which draws on the strengths and ingenuity of diverse Indigenous groups, Albertans, and Canadians as we build our modern country together.

On the private sector: Vital to thriving together is a localization of those goods and services that can be provided by local small businesses. I am passionate about efficiency, and will work hard with other levels of government to simplify processes that inhibit local economies, and advocate for regulation of transnational corporations. In the spirit of reciprocity, everyone must give what they can to uplift all people - in the spirit of my alma mater, the University of Alberta.

An additional comment: As a community-builder, mother, and scientist, I seek to represent the people of Riverbend with ecological wisdom. I offer you collaborative, bold and humble representation - bold in parliament, humble in my research and communication of the issues on which I am your voice, your channel. Let's build back better and thrive together!

Edmonton City Council - Ward 9

Tim Cartmell

Strengths? I have been a lifelong resident of Edmonton, as has my wife, and together we have raised our children in Ward 9 (soon to be Ward pihêsiwin). My professional experience includes the management and structural design of building projects, and I have



those amenities that our community desired, including the Terwillegar Recreation Centre, the Go Centre and the community theatre at Lillian Osborne High School to name just

a few. My combination of education and experience provides the wisdom and perspective to effectively represent our community. I believe

that I demonstrated during the past Council term that I was effective in leveraging those strengths to the benefit of Ward 9, resulting in the upgrading and expansion of Terwillegar Drive, the development of a new master plan of Bryan Anderson Athletic Grounds to include an artificial turf field and new Riverbend Library Branch, and the adoption of a new prioritized budgeting approach for the City as a few examples.

Most important issue? Our recovery from the COVID pandemic. As a city, we will need to work hard to restore public confidence in transit, in our recreation centres and in our public spaces. At the same time, the City faces serious financial challenges. We will be recovering from extraordinary costs related to COVID, while also recovering from significantly diminished revenues. We can expect that support from other levels of government to individuals and businesses will end.

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Some, perhaps many, people in our city will struggle to cover everyday costs. Careful management of the City, setting priorities, making difficult decisions about what the City can do and what it can't will be a primary focus for the next four years.

On climate change: Council has done some good things to address climate change, which includes the recent approval of a pilot project for property owners. They will have the option to obtain loans through the City to upgrade their property. Repayment of the loan is attached to the tax bill, making the investment and repayment attached to the property. Council must continue to think of solutions to allow people from all social and economic situations to contribute to climate change solutions.

Council's adoption of the Energy Transition Framework will guide these strategies in the years to come. However, there is more work to do. Climate change conversations need to be based on more than notions and aspirations. Our climate change efforts need to be grounded in metrics and outcomes.

Simply incorporating ecological and climate responsibility into our everyday city-building work will allow us to achieve faster results.

On homelessness and poverty: Expressing this issue as one of homelessness and poverty is an oversimplification. The City has a number of agencies that help with "houselessness" from an income or cost perspective. We should acknowledge that a person that finds themselves without a house because of an unaddressed mental health issue soon develops an addiction problem as well, and vice versa. So, our challenge is in supporting those that suffer from homelessness, addiction and mental health challenges together.

At its core, this is a health issue. And that means that the City, as well as the Province, must collaborate on solutions. We can begin to address these matters by having discussions that involve the Province, the City, the organizations that make up our social service ecosystem and our Police Service. We have a good idea of which strategies work and which do not. It's time to get started.

Any underappreciated problem? Rather than a specific policy, I will advocate for a specific principle: scale our City's budget, accumulated debt and other financial metrics to the size of our economy and our capacity to pay. At the City, we don't measure our spending that way. For example, the City's debt service (our loan payments) is limited to a percentage of its revenue. But over 60 per cent of the City's revenue is property taxes. Every time property

On a healthy private sector: We need to make Edmonton as attractive as possible to business. We should get out of the way wherever and whenever we can. We should reduce the time from application to the issuance of a permit. We should not do things the private sector can do better and faster. The private sector is more nimble, more innovative and faster to react to market forces. As examples, we should not develop land and compete with land developers.

“As a City, we will need to work hard to restore public confidence in transit, in our recreation centres and in our public spaces.”

taxes are increased, revenue is increased and the City's debt limits are increased. In this way, our debt isn't limited at all, nor is our budget or the size of our workforce.

Any additional comment? Government should do for people what the private sector won't or can't, and what people cannot do for themselves. The private sector cannot properly or effectively provide affordable transit, operate a fire department or a police service. Only the City can provide those services, and it is those services that should be our top priorities. From there, our decisions on what we can do as a City should start with an honest evaluation of what we can afford, and a prioritization of services we currently provide.

Guiscela Perez Arellano



Strengths? Ward pihêsiwin is young. The majority of our population is under 40 and female. We are professionals and tradespeople. We are multicultural and speak many languages. I am a reflection of our community and, as such, can make the connections needed for residents to feel included in our city.

I will bring a young, female, global perspective to City Council. I understand Council's role versus Administration's and what it takes to build a successful and inclusive city. If we want to see change, innovation, and inclusion in our city, it starts with who is sitting at the table making governance and budget decisions on our collective future.

I am a go-getter with a fresh perspective, like many of us in Ward pihêsiwin. It's time to change the make-up of City Council to reflect us, our ideas and our community. A vote for me will break the patterns of the "same old" and bring in an opportunity for a new, more inclusive Edmonton.

“We need to invest in more climate-resilient materials for City infrastructure and our homes, while taking advantage of smart technology and energy efficiency.”

Most Important Issue? The most important issue facing the City is its financial health and sustainability. This needs to be the main focus so we can have a resilient city, where we successfully recover from the pandemic and become more financially sustainable and self-sufficient. We need to make sure the City's house is in order so we can address important issues such as climate change adaptation and mitigation, homelessness, economic development, business supports, etc. As an organization, the City needs to look at greater investments and revenue generation, with less reliance on the Province of Alberta and taxpayers, to secure our sustainable future

On social and economic resilience: The pandemic has been hard on so many of us and as we come out of it, I believe the City needs to look beyond recovery and focus on our collective resilience. This resilience must be holistic and requires a fulsome approach that addresses economic, social, cultural, and environmental factors.

The City has accomplished much in recent years, from creating plans to address the climate emergency, developing a nationally award-winning City Plan and taking tangible actions toward Indigenous reconciliation. We have also seen strong leadership across the City throughout the pandemic.

I believe this has created a great foundation for the work that still needs to be done. If we really want to build social and economic resilience, I believe it starts with inclusion, and making sure that a diversity of voices and ideas are heard and implemented.

On homelessness and poverty: Homelessness and poverty are complicated because it's not just about finding homes for Edmontonians. It's about basic human rights, and often comes down to issues of inclusion, mental health, economic disparity and the provision of a minimum living wage. The City does not directly build, operate or maintain public housing; it works with non-profit housing providers. But the City can and does plan for it and negotiate with developers. I believe there needs to be more public housing, better mental health support and employment re-entry programming.

I am committed to working with the City's partners to provide needed social inclusion services and to support the creation of affordable and public housing.

Any underappreciated problems facing the City? We need to invest in more climate-resilient materials for City infrastructure and our homes, while taking advantage of smart technology and energy efficiency. By doing so, we will all save money in the long-term. This will include changes to provincial building codes (which the City can advocate for), along with changes to development and construction models. I want to work with the development community and homeowners to explore how best these changes can be made. I will work to ensure that all new City infrastructure and replacement infrastructure, along with new houses, infill, and renovations, are climate-resilient and energy efficient.

Edmonton Catholic School Board Trustee - Ward 76

Lisa Turchansky



Strengths? I was raised in my Ward and attended Edmonton Catholic Schools, as do my children.

When I first ran as a Trustee four years ago, I brought a parent's perspective to the role, having been involved with their Parent Councils. This point of view remains along with a deeper understanding of the Board and our Administration. I always had a great deal of respect for our staff and their calling to serve our families and students, but

it has been amplified during the last 18 months of the pandemic. I am also deeply committed to advocating for infrastructure and new schools in my ward. In fact, one of the things I enjoy the most is knowing there is a gap and meeting with various levels of government to fill it.

Weaknesses? Saying 'no' (or not saying 'no') is my weakness. I want to find a way to say 'yes' to every need that our students, staff, families and schools have. It is so hard to see a shortfall and not be able to find a way to manage it. I also need more hours in my day. I want to attend everything that I am invited to. It is such a joy and I always leave the schools feeling

so grateful to have been given the gift of their time.

Most important issue? Funding. Funding will always be our biggest challenge. Everything that an effective Division needs to educate our students for their future requires funding. There is only one source of funding and it's not endless, yet we need new schools in growing areas and maintenance on schools in established areas to effectively educate our students.

“Everything that an effective Division needs to educate our students for their future requires funding.”

Regarding the COVID pandemic: We must continue to keep the safety and mental health of our students, staff and families at the forefront. This is a challenging area, because families differ greatly on what this means to them. So many families have advocated for their children, and I am grateful to have their perspective.

Regarding the proposed K-6 curriculum? We were so fortunate to have our experts - teachers and administrators - do a deep dive through the proposed curriculum. Our staff spent over two weeks going through it in its entirety and they came up with a 170+ page document with their recommendations of areas that required change and areas that were appropriate. Based on their suggestions, it needs work.

Harvest-Time Recipes

By Miep Raedschelders

Every August, my kitchen comes to life in preparation for returning to school and returning to our busy calendar of activity. My garden guides and inspires with its bounty of vegetables ripening. Two of my favourite easy recipes work so well together as a lunch or light supper and freeze beautifully!

Easy Instant Pot Zucchini Soup

Ingredients:

1 onion, diced
4 Cups zucchini, cubed (or more if you like)
1 clove garlic, minced
2 Tsp olive oil
1 Tbsp butter
1L broth (or bouillon cubes and water, I like McCormick all-vegetable chicken-flavoured bouillon cubes.)
Salt, pepper and parsley to taste
Half/half cream to finish

Instructions:

1. Sauté the diced onion in the butter and oil until translucent.
2. Add the zucchini and garlic and sauté for 2 minutes.
3. Pour broth over the vegetables.
4. Hit the Soup setting for 8 minutes.
5. Mix the soup with an immersion blender and add salt, pepper and parsley to taste.
6. Finish the soup with a spoonful of fresh cream in your bowl if desired.

(You can make this soup stove top as well, just bring it to a boil and simmer for at least 15 minutes)



Zucchini-Cheddar-Beer Muffins

These muffins make an excellent savoury lunch side and beautifully complement any soup. I love snipping chives from my yard to complete the intense flavour of these freezer-friendly muffins and toss them frozen into my kids' lunch bags as a favourite throughout the fall. I like using Stella Artois beer (perhaps nostalgia for my homeland), but any pilsner or light beer will work.

Ingredients:

3 Cups all-purpose flour
1 Tbsp baking powder
1 Tsp salt
2 cloves garlic, minced
1 Cup sharp cheddar cheese (I like using the 2-year-old Balderson cheddar... it's worth it)
1 Cup shredded zucchini
3 Tbsp chopped chives (I use fresh from the garden, but freeze-dried works in a pinch)
2 Tbsp honey (mine comes from a local hive, and it's delicious!)
1 bottle of beer
2-3 Tbsp butter, melted.

Instructions:

1. Stir together flour, baking powder, salt and garlic.
2. Add shredded cheese, zucchini, chives, beer and honey.
3. Stir to combine.
4. Grease a muffin tin and divide the batter between the 12 cups.
5. Generously apply the melted butter atop the batter with a silicone brush or small spoon.
6. Bake at 350 degrees for 25 minutes or until a toothpick comes out clean.
7. Allow cooling before removing muffins.



Bikers Roll Along

Brookside's Isaac Wirzba and Falconer Heights' Jacob Reckhard continue cross-country ride to raise money for You Can Ride 2

In the last issue of the Ragg-Times, we featured the cross-country bike trip being undertaken by Brookside's Isaac Wirzba and Falconer Heights' Jacob Reckhard. The two are raising money for the non-profit You Can Ride 2, which provides adapted bicycles to children with disabilities.

We caught up with the riders at the head of the Great Lakes, in Thunder Bay, Ontario to get

were interesting and beautiful and we strongly recommend them to any Albertans wanting to see more of their province.

Saskatchewan blessed us with strong tailwinds and cooler days. This allowed us to pass through the province in just five days. We headed north into Riding Mountain National Park in Manitoba. We were able to spend four days in the park, going to the beach and hiking. The

some watermelon was recovered in a scavenging mission.

Going through Alberta was a nice change of pace for us, but we took a very indirect route. We entered through the Crowsnest Pass, biked up to Calgary, then south through Lethbridge to Writing-on-Stone Provincial Park, then back north to Medicine Hat, where we crossed into Saskatchewan through the Cypress Hills.

In the prairies, there were many cows that appeared to have never seen a cyclist. They acted so confused when we biked past, sometimes mooing, sometimes stampeding away, sometimes just stopping to lounge around to stare. It made



Pounding over the Crowsnest Pass.

an update. At the time, they had raised \$3,000 of their \$8,000 goal. You can follow them on Instagram at [ycr2acrosscanada](#) and donate at [youcanride2.ca](#).

Isaac Wirzba

We left Vancouver on June 19th. British Columbia was stunning but had many steep climbs and hot days. On the hottest day of the trip, our Garmin recorded a temperature of 45°C, not accounting for humidity. It was a great surprise when a passerby gave us a cold watermelon. Unfortunately he dropped the watermelon while offering it to us and it rolled down a cliff, but the gesture lightened our day!



The Winnipeg warehouse of Freedom Concepts, an adapted-bikes maker You Can Ride 2.

Highway 3A after Nelson was one of the highlights of the trip. The twisty highway was beautiful and a stop at the Black Salt Cafe for tiramisu was amazing. After B.C., we traveled up the Cowboy Trail (Highway 22) to Calgary to see family and friends. We then headed south towards Lethbridge to visit Writing-on-Stone Provincial Park. We continued to stay south, passing through Cypress Hills Interprovincial Park and into Saskatchewan. These two parks

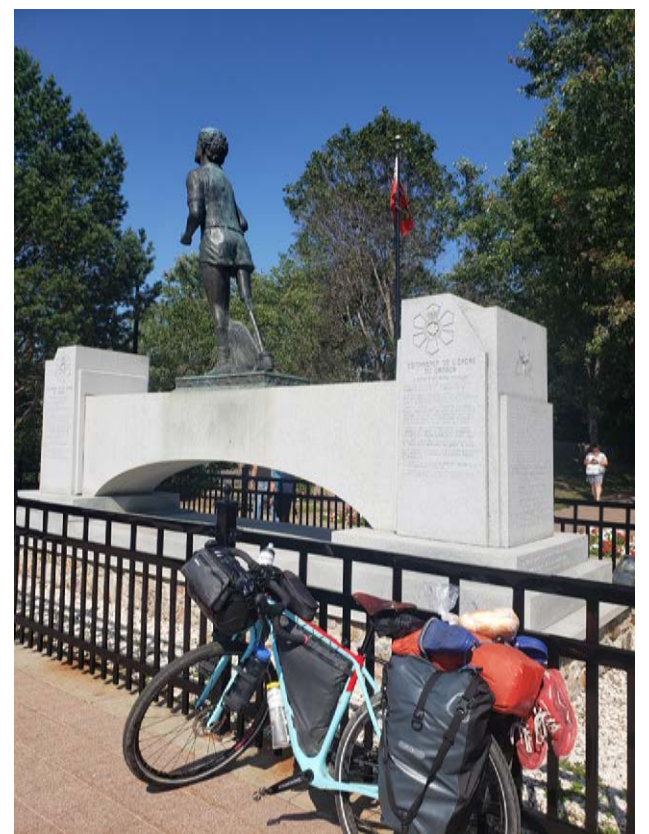
lakes in the park were absolutely stunning and the ice cream was fantastic as always. We then spent the next couple days riding into Winnipeg, enjoying the small elevation change. We spent five days in Winnipeg with friends. The food, art and music scene was thoroughly enjoyable.



Jacob repairing a flat.

Jacob Reckhard

We started biking during the heat dome, so there were too many hot days biking up mountains followed by hot nights in tents. The hottest day was 45°C, and that was a 150-kilometre leg for us. Fortunately, we met plenty of kind people to help us along. One kind soul offered us a watermelon, which in a tragic turn of events ended up rolling down the mountain into a lake -



Isaac's bike in front of the Terry Fox Monument near Thunder Bay, Ontario.

for some mild entertainment.

Saskatchewan gave us our best taste of prairie winds! With some great winds at our back, and totally flat terrain, we had plenty of long rides which we did in very little time.

In Manitoba, we detoured through Riding Mountain National Park. We stopped to do some hiking and rest before continuing to Winnipeg. I came down with a cold shortly before Winnipeg, which, as Manitoba was under fairly strict pandemic regulations, meant I needed to take a COVID test and self isolate. Fortunately, the test came back negative. We rested up in Winnipeg before continuing. The day we left Winnipeg, we passed the center of Canada. There's a big sign to mark the halfway point of our, and every other, cross-Canada trip!

The day after that we crossed into Ontario and the change was almost immediate! The prairies ended and the Canadian Shield — rolling hills, pretty stone lakes and so many trees! — started. We hit Lake Superior and arrived in Thunder Bay. I've never seen such a massive lake before! Overall, the trip has been excellent so far. We're a long way from home now, and are looking forward to continuing around the Great Lakes and seeing the Maritimes. Excited for all that's yet to come!

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\$10-a-day Childcare Could be a Reality

Alberta families could save over \$9,600 per year on childcare fees

By MLA Rakhi Pancholi



It's been great to see more of you face-to-face over the summer. I've knocked on doors in South Terwillegar and Leger, attended the Southwest Edmonton Farmers' Market and other community events like Lemonade Stand Day, and met with local businesspeople.

It's been a particular pleasure to connect with community leaders who are working to make southwest Edmonton a great place to live, work and build a life. Riverbend ROCKS resumed summer programming. The Ridge Community League will celebrate the opening of its new building and rink in September, and I was thrilled to be a part of the Riverbend Community League's 50th anniversary commemorative mural project.

These have been encouraging signs of a return to some semblance of normal after a challenging year and a half. Like many of you, my husband and I had to make adjustments to our daily routine to manage the responsibilities

of raising two young children. And like many of you, I saw more clearly than ever that quality, affordable early learning and childcare is essential to economic recovery and growth. It would allow more women to participate in the workforce, create jobs in early childhood education, increase household spending in the local economy and invest in children.

The recent federal budget gave Albertans and Canadians hope that families were finally going to see the investment in childcare our economy needs. Ottawa pledged \$30 billion over the next five years for \$10-a-day childcare programs. For context, Alberta families currently pay an average of \$50/day (with some paying a lot more than that). This plan would mean Alberta families could save over \$9,600 per year on childcare fees.

My colleagues and I have worked out what this could mean for Alberta. Based on agreements with other provinces, and Alberta's needs (including the fact that we have the youngest population in Canada), we believe an Alberta agreement should include:

- Matched federal-provincial dollars of \$5.6

billion by 2026 to support families seeking childcare, \$3.8 billion of which would be from the federal government;

- Eligibility for all licensed care, whether it be in not-for-profit or for-profit daycare centres or dayhomes;
- Reduced fees in childcare programs by an average of 50% by 2022 and to \$10/day by 2026;
- 25,000+ families receiving \$10/day childcare by 2023;
- Dedicated funding in all years to Indigenous care and inclusive child care;
- Wage top-ups, wage grid & professional development for early childhood educators.

We cannot afford to leave this money on the table. Working parents need it and our economic recovery depends on it. My NDP colleagues and I will keep fighting to deliver quality, affordable early learning and childcare for families in Edmonton-Whitemud and across Alberta.

If you would like to share your thoughts, please feel free to email me at edmonton.whitemud@assembly.ab.ca.

Petrolia Seniors Group

Find fellowship, support and caring the third Tuesday of each month

By Betty Mullen

Except for July and August, the Petrolia Seniors Group meets the third Tuesday of each month in Greenfield Community Hall (3803 - 114 Street) for lunch and a program. It has flourished since 1987 and continues to be a popular, informal group offering an opportunity for seniors in Southwest Edmonton neighborhoods to meet, socialize, enjoy informative and entertaining programs and other outings. Of benefit to many seniors has been the opportunity for fellowship, friendship, support, sharing, and caring, regardless of creed, colour, religious affiliation or politics.

Originally, the Group was organized in 1986 by the Outreach Committee of Southminster-Steinhauer United Church members in response to a need determined by a survey of seniors. The seniors attending soon took over the planning and organizing and a small executive committee continues

to plan Petrolia Seniors activities. From 50-105 people attend each month with an average attendance of 75-80.

Over the years, in addition to outings and field trips between regular meetings, the group has been treated to interesting speakers, entertainers and excellent meals at a reasonable cost. The luncheon registration fee covers the cost of the buffet meal, extra supplies, the hall rental, liability insurance, a newsletter and the program. All seniors (55+) are welcome. There is no membership fee and little structure. Petrolia Seniors' aim is to have the most fun with the least amount of red tape, rules or regulations.

To enquire about what is planned for upcoming meetings, please call Clair at 780-435-3051 or Betty at 780-434-0711. You are extended a warm invitation to attend and would be welcome!

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A Day to Reflect on Canada's Often-Overlooked Past

Federal government sets aside September 30 as a national day for Truth and Reconciliation

By Aidan Fernandes, Sandy Iligan and Krishni Malhotra, Lillian Osborne High School

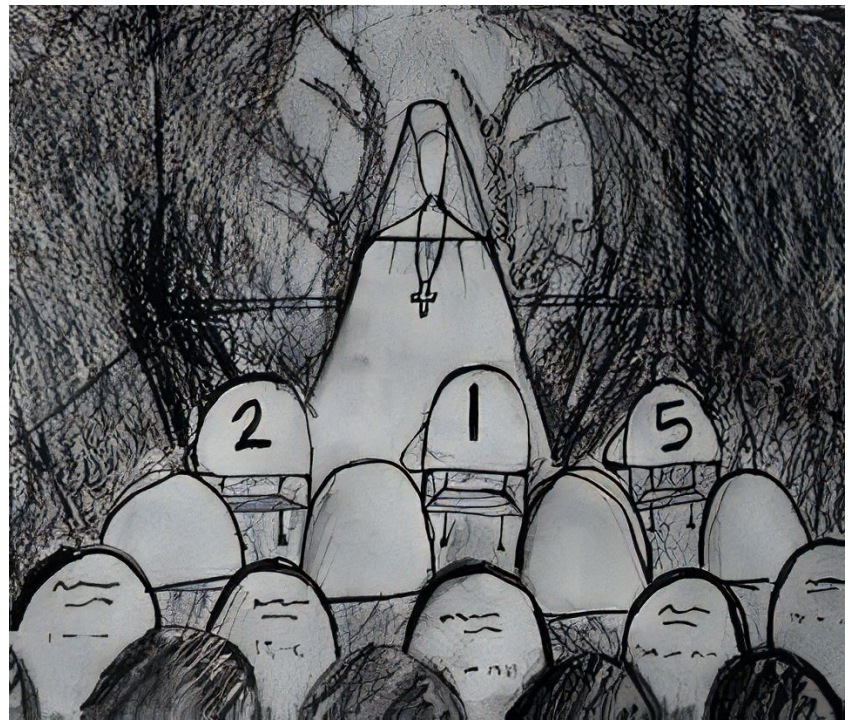
What started as 215 unmarked graves at the former Kamloops Indian Residential School has become thousands of unmarked graves across Canada. One result is that the Federal Government has introduced a national holiday for Truth and Reconciliation on September 30th. It fulfills the 80th Call to Action of The Truth and Reconciliation Commission, which called for a day to commemorate the legacy of residential schools and to reflect on a dark chapter in Canadian history.

One member of the Indigenous community in Edmonton, Johnny Oum, says he hopes reconciliation will bring change, but he has his doubts. "I have become apathetic because of all the discrimination I have been through," Oum says, and he is not alone. Many Indigenous people across Canada feel this way. Oum wants the Canadian government to "make a commitment to change first," and only then he will believe in reconciliation. "There still needs to be lots of education of the truth, both historically and contemporarily."

Will Robertson, the head of social studies at Lillian Osborne High School, says the national day is just one of many steps that need to be taken to continue the process of reconciliation. The CBC reports that just 13 of the TRC's 94 Calls to Action have been completed, and that 20 have not yet started. Some of the Calls to Action

advocate for reform in the justice and education systems, which have gained attention from the media in recent years. "I just don't want to talk about the stereotypes anymore. People should go and educate themselves and learn the truth," Robertson says. He provides sources to promote education surrounding Canada's history with residential schools and Indigenous relations. "There are few formally organized events, other than a call to wear an orange shirt for the day, so this would be an excellent opportunity to take advantage of some of the learning opportunities already available," he says. "The Indigenous Peoples Experience at Fort Edmonton Park is a great start, and there are other resources available to learn about reconciliation."

Robertson suggests reading Canadian Geographic's *Indigenous Peoples Atlas of Canada*, which is available on the internet, for an introduction to terminology and general information. He also recommends Groundwork for Change, a website that helps non-Indigenous people educate themselves about Indigenous



Sandy Iligan

issues based on solidarity and justice. "If there is a real interest in exploring and learning more about the Indigenous Peoples of Canada, the University of Alberta offers an excellent online course," he says. The course covers Indigenous histories and contemporary issues, covering topics such as land claims, political activism and art. "Finally, there are some excellent documentaries and series on APTN which can be accessed for free through their site," he says.

Green & Gold Garden Draws to a Close for another Season

By Patricia Hartnagel

With Fall on its way, the 13th season of the Green & Gold Community Garden will soon be drawing to a close. Our last market day will be the Saturday of Thanksgiving weekend (October 9th). We invite you to come to our beautiful garden and select from our wide and colourful array of organically grown fruits and veggies. We also feature "bulk buy" bags for your canning and freezing convenience.

All the money raised from the sale of our produce goes to the Tubahumize Women's Project in Rwanda. Our all-volunteer operation is proud of our "think globally, act

locally" garden and appreciates your ongoing support. Thank you!

Check our website for updated information on our Fall market hours, what produce is available, maps and directions to the garden and a wealth of information about our history and ongoing operations. Our hours are Tuesday 7pm-8:30pm and Saturday 11am-2pm, but please note that our hours change slightly as the days become shorter. Before heading out to the garden, check our current market times in the Produce Available updates at greengoldgarden.com. You can email us at gggarden@ualberta.ca.



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An Iconic Edmontonian

Jim Edwards has packed a lot into his life so far - broadcaster, businessman, MP - and he's not done yet

By Dave Rumbold

An Edmonton native and long-time resident of our southwest neighborhoods, Jim Edwards worked in construction after high school to help pay his way through his University of Alberta history degree. He began his career in broadcasting at the university, first with a part time job at CKUA and then as news director, where he introduced local arts features, overseas military coverage and national arts premieres. He went on to CHQM FM in Vancouver for a couple of years, and then back here to Sunwapta Broadcasting. During this time, Edwards originated live broadcasts of the Edmonton Symphony Orchestra and established an acclaimed public affairs show. He also found time to serve as president of the Edmonton Kiwanis Club, chair of the Kiwanis Music Festival and board member of the Edmonton Symphony Orchestra, Edmonton Opera, Grant MacEwan Community College Advisory Council and the Misericordia Hospital!

Edwards says today's polarized politics is missing the benefit of friendships and dialogue across party lines.

Edwards was always interested in politics. He succumbed to the political bug in 1984 when he ran for the federal Progressive Conservative Party in Edmonton South, winning it in two elections. He believes in a public-service model where different points of view are sought and listened to when developing a position or policy, and where personal judgement and experience are included in decisions for the greater good of all.

Edwards served Parliament as Chair of the Standing Committee on Communications and Culture and the Standing Committees on

Official Languages. After efforts to amend the Constitution failed in 1987, Prime Minister Brian Mulroney asked Edwards and Senator Gerald Beaudoin to co-Chair the Special Joint Committee on Amending Canada's Constitution (the Beaudoin-Edwards Committee). What followed was a difficult process of reconciling the views of the Senate, the House of Commons and multi-party, multi-region groups into a near unanimous report.

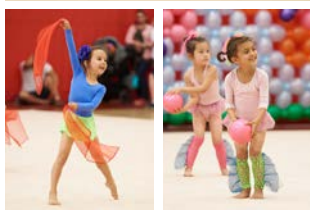
Edwards recalls relentless advocacy on behalf of Edmonton, lending his influence to support the creation of the Winspear Centre, the Edmonton Art Gallery and Festival Place in Sherwood Park. He fondly remembers the hundreds of local volunteers who supported him during his active political years, and has kept all the names. He is proudest of the work and accomplishments of his office staff who were tireless in their pursuit of solutions for constituents, transforming lives on more than one occasion. He says today's polarized politics is missing the benefit of friendships and dialogue across party lines. Edwards ran for the leadership of the PC Party 1993, losing to Kim Campbell.

Edwards returned to private industry, spending 10 years as Chair of ZCL Composites, an Edmonton-based public company. He served as President and CEO at Economic Development Edmonton, designing a regional competitiveness strategy and overseeing a period of nation-leading growth in our economy. At his retirement party from this role, he was recruited to be the Chair of the Board of Governors for the University of Alberta, a role he held for more than four years. Edwards has received awards and recognition over the years, such as the Confederation of Canada Medal, the Queen's Golden Jubilee



Edmonds' grandfather brought the family to Edmonton in 1906 because he thought the future was bright. He was right.

Medal and the Alberta Centennial Medal. He continues to be active in our community, and you will often see him out and about. He will retire as President of the Probus Club of South Edmonton in September, shortly after his 85th birthday. He and his wife Bette Anne look forward to spending time with their blended family of 11 grandchildren and one great granddaughter! He says his grandfather brought the family to Edmonton in 1906 because he thought the future was bright, and he was right!



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Since 2017

A Community Initiative that Bears Fruit (and Veggies!)

Southwest Edmonton Farmers' Market open Wednesdays through October 6

By Lisa Jodoin

It has been an incredible season so far and the Southwest Edmonton Farmers' Market (SWEFM) is grateful to our vendors, customers, staff and community for your support and enthusiasm to keep our market an amazing place for everyone to enjoy. We would like to give a huge shout-out to our volunteers, who donate their time to keep the market running smoothly. They help us set up, clean up and perform a variety of tasks during market hours that make the market the fun, vibrant community gathering place we all love.

Our market continues to grow with new vendors each week. Last year, we needed to limit the number of vendors because of the COVID restrictions, but now we are able to once again offer samples and add more vendors to our space in Lot D at the Terwillegar Recreation Centre. On that note, I'd like to give a huge thank you to our hardworking vendors, who show up rain or shine and sometimes even snow! These folks put incredible amounts of time and love into their small businesses, and are the heartbeat of Edmonton's fabulous market scene.

We reintroduced our Young Vendors

program this season and it has been an amazing success for everyone. We have four young vendors that join our market on a rotating basis. Each has seen a great deal of success and have been warmly welcomed by our vendors and customers.

As always, our Alberta weather has been a challenge this season. We had snow the day before our season started, 40-degree temperatures in July and rain and 45-kph winds a few times. But through all of that, we have persevered and continue to have the market each Wednesday.

The season has also been such a huge success with our Artisan Alley Showcase, which happens the first Wednesday of the month. Our talented artisan's keep upping their game with new and artistic items for our customers.

Our curbside program is still available for those customers that prefer to do their shopping online and we will continue this for the rest of the season. Stop by our website to find out more. Lastly, thank you southwest Edmonton and everyone else who makes the trip to join us at the



Market every Wednesday. Our market is a true community initiative, and the SWEFM belongs to the people. Your loyalty has made our market one of the best in the city!

The SWEFM runs Wednesdays until October 6th, from 4pm-7:30pm in the Terwillegar Rec Center Lot D. Web: Swefm.ca



@swefm.ca



swefm



@SWEFM_YEG

TRAC Run went Virtual - and National - this Year

Fifty-seven families from TRAC communities participated in most-active-community challenge

By Jessica Zapata

After the cancellation of our 2020 event and knowing pretty early on that 2021 wasn't looking to be in our favour, we had to pivot. As we brainstormed a virtual event, we discovered that ParticipACTION was running a Community Better Challenge at the perfect time! The challenge was for a community to accumulate as many activity minutes as possible and record them on the ParticipACTION app or website for the month of June. Canada's most active community was to be awarded \$100,000!



With more than 57 families participating in the event from all the TRAC communities, we set out to show Canada that we deserved the grand prize! Our event kicked off with MP Matt Jeneroux, MLA Rakhi Pancholi and City Councillor Tim Cartmell challenging us and each other to be as active as possible. All three of them were committed to showing each other up, which does leave us wondering, who was the winner?

In the end, almost 400 million activity minutes were tracked by

Canadians in June. North Greenville, Ontario was awarded the title of Canada's Most Active Community. We would like to thank all of our community members that participated in this virtual event and we hope to return to a more "normal" event in 2022!

If anyone is interested in purchasing a TRAC Run shirt, there are a limited number of sizes available. Please contact the TRAC Community Office for more details.

TRAC Update

By Karin Shott

The Terwillegar Riverbend Advisory Council (TRAC) has been taking a break from regular meetings but is looking forward to having its next meeting Tuesday, September 21st.

A friendly reminder that your Community League needs your support more than ever. Community league memberships are available online at efcl.org or by contacting the TRAC Community Office by telephone (780-439-9394) or email (yegtrac@gmail.com). The TRAC office is open Tuesdays 9am-12noon and Thursdays 4pm-7pm.

The latest of the TRAC Community Wines in celebration of the community leagues in Area H is available at Vines Wine Merchants (2331 Rabbit Hill Road). Hurry in to pick up a bottle(s) before this limited edition is gone! For your convenience, curbside pick-up is also available.





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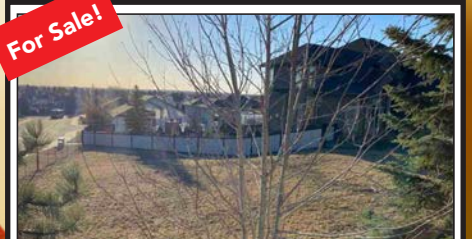
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