



## Building the Foundation of Play this Christmas

### Less and Not Yet

By: Gigi Jobb

What if, instead of plumping up the toy box with standard issue fare this Christmas, we dig down into the foundation of wonder-making itself...and gift our kids with a deeper capacity for Play? That's what I want for my three year old! Even more self-led, solo play satisfaction and stamina, sailing away, wholehearted, with imagination aglow. What a forever-treasure it is -- to cultivate and protect the conditions that keep Wonder alive!

It requires some creative restraint however; holding back isn't easy in a culture that encourages us to give kids year round royal treatment. But it is vital to own this fact: as guardian of the threshold of their expectations only you can slow the deluge of entitlement. This is the foundation. The very capacity for rapturous creative Play begins in the epicentre of "Less and Not Yet."

If you can own those four words -- "less and not yet" -- you can say no to the cellphones on the Christmas list. Not this year honey! You can say no to excess, because you have the long game in mind. Waiting is a gift. Making do with little is what allows robust imagination and even gratitude itself to flourish.

That is why I ask myself at every turn -- how can I slow it all down and stretch out the savouring of each....little....thing?

I give a certain kind of Less. Brand new, still-in-the-wrapper merchandise is overrated compared with handmade, thrift store, kijiji, and antique mall treasures wrapped up in plush fabric and tied with real silk ribbons!

As for specific ideas, I like to begin with the classics. Authentic doll clothes, wooden blocks, a real antique toolbox filled with ropes and pulleys, an enchanting sewing kit with real wooden spools, previously owned by an actual old lady! A picnic basket with assorted secondhand dishes, faux wood fruit, and perhaps an ornate candelabra (can't get that at toys'r'us!)

How about a crate of glass jars filled with 'loose parts' for the play kitchen -- vintage buttons, marbles, beads, pieces of lace, seashells, and walnuts! The marvellous thing about Loose Parts is that they can be used again and again in different ways, each time enhancing the creative repertoire of the child. As I explore the shelves of Find (a fabulous secondhand charity shop) I look at every single item through "the eyes of Play." I think like a child. Divergent, open-ended thinking will see that a bookshelf is a doll's dreamhouse! An old steamer trunk could be filled with dry rice or beans; add some funnels, ice cream scoops, tubes, and gems to find. It's all in the artful composition -- showing a child that 'anything can be anything.'

A box of scrap wood with a carpenter's pencil, child-size hammer,

sandpaper, and pouch of shiny new nails evoke open-ended possibility and at the same time invoke identity -- "you are a builder." Or a beautiful apron -- "how delightful it is to serve." Old-fashioned items carry the essence and depth and values of another world and way of life. These treasures have evaded the garbage dump for a lifetime or two precisely because they embody usefulness, beauty, and quality. The message to the child is -- "cherish me." And our planet, already suffocating with too much stuff, thanks you for instilling that message in the next generation.

The final capstone -- if you wish to be lavish -- accompany your themed gift with a wonder-filled storybook! If you love this whole idea of rich, old-fashioned Play you will also simply adore those quiet moments curled up close with your kids and a great storybook.

*Gigi Jobb is mother to four and fairy godmother to many more. To hear an oral storytelling of *A Whole Other Magic* or discover more unique play and gift ideas, visit [www.parentbymagic.com](http://www.parentbymagic.com).*



Live and relax local! Photo contributed by: Tara Joose, Riverbend Community League



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## Supporting Ward 9 and Our Great City

### Update from Your Councilor

By: Tim Cartmell, P. Eng, City Councillor Ward 9



**T**here's no denying that winter is here more ways than one.

The 2019-2020 Provincial Budget included cuts to grants to cities that support infrastructure projects and operating budgets.

While losing the City Charter Fiscal Framework and its predictable funding for infrastructure projects is disappointing, the cuts did not come as a surprise to me.

Fiscal responsibility has been a priority for me since before I ran for Council.

In July, I wrote that "winter is coming" in reference to this provincial budget that I predicted would send a clear direction to

Edmonton to reduce spending. And now, winter is here.

During the City's budget deliberations in 2018, I talked about needing a different budgeting approach; that it was time to set clear priorities for when we had to choose between what to fund, what to defer, and what to stop; and using the resources we already have and not presuming property tax increases.

During the West LRT deliberations, my key priority was reducing spending on LRT and employing a more pragmatic approach to transit (BRT) that would increase service to more areas of the city. While the provincial government's budget didn't cancel the West LRT funding, it does delay it by at least a year, and that is significant. We should not risk borrowing yet more money for West LRT.

Terwillegar Drive remains my biggest priority for SW Edmonton. The provincial budget cut

\$24.6M (or 25% of the total cost) from the Terwillegar Drive expansion. I am in active conversations to find a solution. City Council can still decide to

move forward with this project. It impacts 120K vehicles on the Whitemud, 80K vehicles on the Henday and 44K vehicles on Terwillegar every workday.

I am not giving up on this vital project and will do everything I can to ensure that Terwillegar moves forward.

We have had recent conversations at Council about setting budget priorities. But those conversations have been about processes related to Priority Based Budgeting or Zero Based Budgets.

At this point, it's too late for processes. We need to set actual priorities - what we can do now, what will have to wait, and what we might not be able to do at all.

The provincial budget did not provide the best outcomes we could have hoped for. But it was a budget we should have anticipated. Edmontonians expect us to find a way to do more with less, to live within our means, just like they have. I completely agree. It's why I ran for Council.

As always, don't hesitate to contact my office with any feedback or questions you may have. We are available at [tim.cartmell@edmonton.ca](mailto:tim.cartmell@edmonton.ca), 780-496-8130, or on Facebook or Twitter.

I want to thank you, the residents of Ward 9, for the last 2+ years since the municipal election. It has been the privilege of my life so far to work in support of you and our great city. I wish you and your family a wonderful holiday season, a very Merry Christmas and all the best in 2020.



## Glass Monkey

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The Glass Monkey is a comfortable, casual, family friendly restaurant located in the Lendrum Shopping Mall, just minutes from Riverbend and Terwillegar. Locally owned and operated, we are open daily from 3:30pm until 10:00pm. Closed Tuesday.

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Owner

780.760.2228

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#### THANK YOU - RAGG DELIVERY VOLUNTEERS!

Thanks to the following volunteers who helped deliver our last issue to businesses, schools, and retirement residences.

**Lita Bablitz, Adnan Black, Jim Bradshaw, Daryl Matter, Jihan Marjan, Tara Martin, Christy Middleton, Karin Shott, Sabine Sintenis, Shelly and Leanne Stevens, Mary Wagner, Helma Voth, Joan Wood**

We're always looking for volunteers to help us deliver copies of *The Ragg-Times* to schools, businesses, and retirement homes. If you can deliver *The Ragg-Times* seven times a year, we'd love to hear from you!

Your gift of time and service would be greatly appreciated.

Please call 780-437-7108 or email [info@riverbendonline.ca](mailto:info@riverbendonline.ca) for more details.

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**\*\* Ads Printed as Submitted \*\***

## Work Bee at Brookside Rinks

### Community coming together for a good cause

By: Sue Trigg

The first weekend of October saw dozens of community members come out to help refurbish the two rinks at Brookside Park. The weather cooperated and it felt like an old-fashioned work bee with friends and neighbors coming together for a good cause. A couple of young fellas' helping out were overheard saying "well we are here all the time using these rinks, it is only right that we help and maybe next time we can get more of our friends out".

These rinks were constructed in the early 1970's and have had a number of "face lifts" over the years, but this is likely the last one. Many of the supporting boards for the vertical rink boards you see are in very poor condition and everything has to be taken apart to replace them.

RCL has approved a capital project in the next 4-5 years with a budget of about \$500,000 for new outdoor rinks. This is going to involve fundraising and grant proposals. If you or your family members have ever enjoyed skating or playing shinny at the rinks, please consider getting involved to help and see the rebuild of this great facility.

Many thanks to the following people for all of their hard work on our rinks.

Nancy Wendt, Trevor Dawyd, Les Leeworthy, Dave Leeworthy, Paul Glassford, Monica Glassford, Chris Glassford, Thomas Glassford, Don Jackson, Kathy Jackson, Steph Schipper, Don Lore, Darren Lebeuf, Mike Gilles, Brian Ritchie, Matt Chapman, Karin Shott, Curtis Jabusch, Jenn Southcombe, Tom Kovacs, Ruby Kovacs, Rosa Kovacs, Sophie Hendricks, Mark Jorgensen, Colson Burgers, Ryan Rigakis, Sheryl Bowhay, Connor Bowhay, exchange student Zoe Bourdeaud'hui, Blair Trigg, Gary Trigg, Sue Trigg and students from Lillian Osborne Scott Strynadka, Vanshdeep Singh, Brian Oh, Evan Min, Saamy Thakur, Zara Iqbal, Hailey Truong, Noor Ein, Savina Banh, Mame Andoh and Carson Eamer.

A very special thank you to Orren from Edlund Construction for the use of his dump trailer and the trip to the dump with a very full trailer of refuse.



Before....and after! Photo contributed by: Sue Trigg



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## Terwillegar Riverbend Advisory Council (TRAC)

### Updates for our community

By: Karin Shott



### Community League Membership

Community league memberships for the eight community leagues in Area H are available at the TRAC Community Office which is conveniently located in the Terwillegar Community Recreation Centre. The office hours are:

- Tuesdays and Wednesdays: 9:00 am – 3:00 pm
- Thursdays: 4:00 – 9:00 pm
- 1<sup>st</sup> Saturday of the Month: 10:00 am – 2:00 pm

Please note: cash or cheque are the accepted method of payment.

Community league memberships are also available online via [www.efcl.org](http://www.efcl.org). An additional \$5 admin. fee will be charged for this convenience.

### Outdoor Soccer

It seems early to think about the 2020 Outdoor Soccer season, but registration will begin in the new year with the in-person payment dates sometime in January/February (exact dates TBD). For more information, please check [www.trsa.ca](http://www.trsa.ca)

A current Community League membership is required to play community soccer. Check your community league membership card to see if it is still valid. All community league memberships expire August 31, regardless of the date they were purchased.

### TRAC Wine

Looking for a Christmas gift for someone? How about a lovely Malbec from Bodega Sottano - 'The Ridge Vines', the 3<sup>rd</sup> in our series of celebrating the Community Leagues in Area H. It's a red wine with grape du jour, dark brooding oak laden version crammed with plums, damson and mulberry fruits. Five dollars from each bottle sold goes back to the Terwillegar Riverbend Advisory Council to support programming and operations of the area council.

### TRAC Community Run/Walk

The 15<sup>th</sup> Annual TRAC Community Run will be held on Sunday, May 24, 2020! We are looking for volunteers to be part of the committee to ensure that this fun annual community event continues. Please contact the TRAC Community Office at [tracmail@tracspirit.ca](mailto:tracmail@tracspirit.ca) or by calling 780-439-9394 if you are interested in being part of this event or would like more information.

### TRAC Meetings

Mark your calendar for the next TRAC Meeting dates at Lillian Osborne High School. Everyone is welcome to attend!

- Wednesday, January 15, 2020
- Wednesday, March 18, 2020
- Wednesday, April 22, 2020 \*AGM
- Wednesday, June 10, 2020

*At this time, the Terwillegar Riverbend Advisory Council (TRAC) would like to thank all of the supporters, the partnerships, sponsors and community leagues for their support & contributions in the past year and wish you all a joyous holiday season and Happy New Year!*

## Winter Dance Classes in Riverbend!!

### - January 14th to June 17th

- Tue 4:30pm - Ballet 3-5 yr (parented optional)
- Tue 5:05pm - Ballet 5-7yr
- Tue 6:00pm - Hip Hop 6-8 yr
- Tue 6:50pm - Hip Hop 9-11yr
- Tue 7:50pm - Hip Hop 11-15yr
- Wed 4:30pm - Mini Hip Hop 3-5yr

Also available at **ORANGE HUB 10045 156 St NW**

### - Saturdays Jan 18th to June 20th

- 10:00-10:35am Ballet 3-4 yr
- 10:40- 11:25am Ballet 4-5yr
- 11:30-12:25pm Ballet 6-8yr



Check out our website for class details & schedule.

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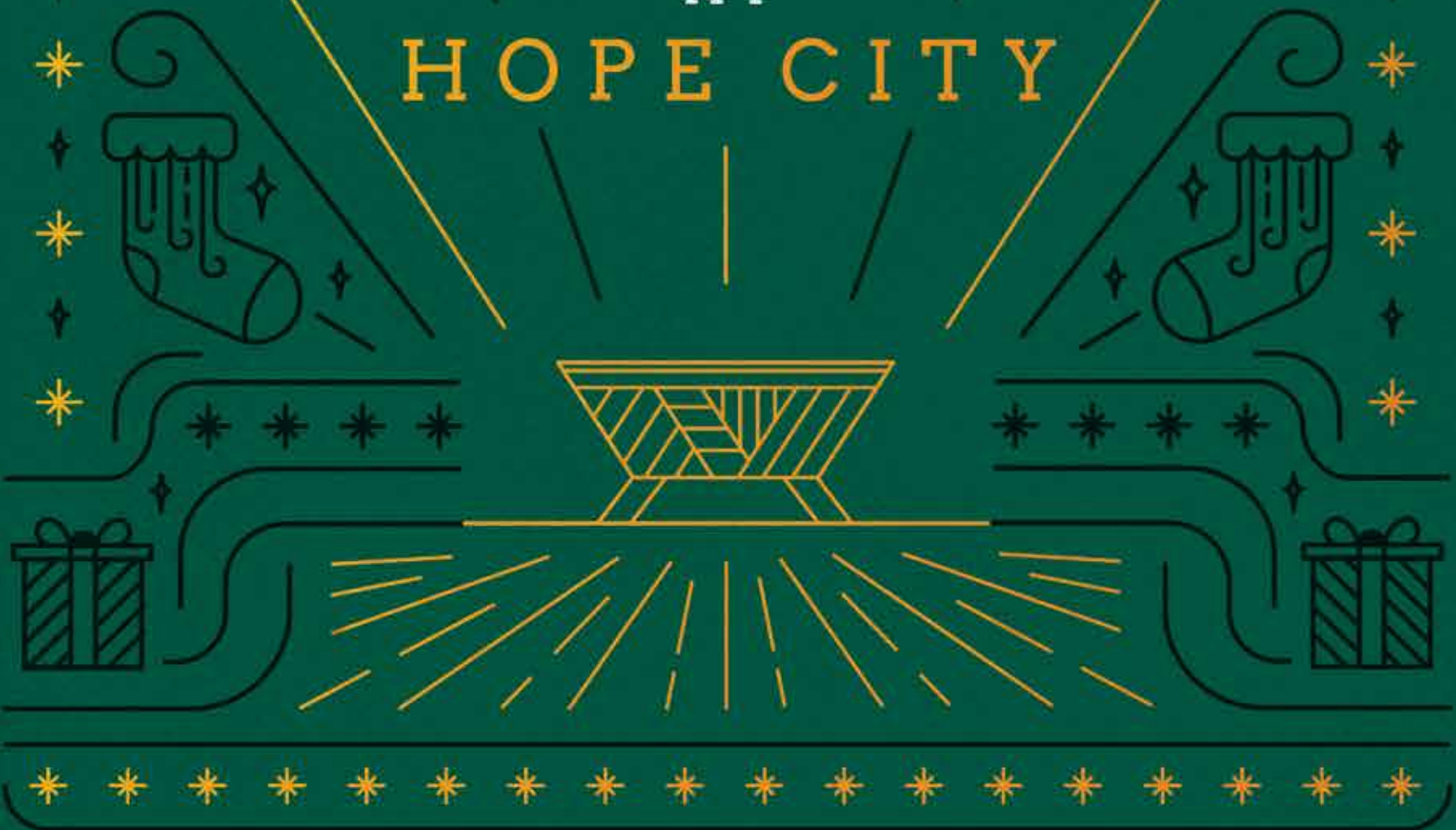


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## Instructor Paige Elniski

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Tuesdays 9:15–10:45 a.m. (strong)

Thursdays 9:15–10:45 a.m.

### Hatha I Beginner

Fridays 9:15–10:45 a.m.

For more information visit [www.riverbendonline.ca](http://www.riverbendonline.ca)  
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## Edmonton-Whitemud

### Updates from Your Member of Legislative Assembly

By: Rakhi Pancholi, MLA Edmonton-Whitemud



As usual, fall has been a busy time in Edmonton-Whitemud! Back to school, Community League meetings, and School Council meetings have kept many of us bustling.

I was thrilled to speak at the launch of Read-In Week at our very own Esther Starkman School in October and to meet Ms. Starkman herself, the driving force behind Read-In Week 30 years ago. I shared my own love for books by reading to 16 different classes at eight different schools in our community during that week. It was

also a great experience speaking at Career Days at both Mother Margaret Mary School and Lillian Osborne School this fall - I had such engaging discussions with the students! Along with attending various community league AGMs, TRAC meetings, Remembrance Day ceremonies and the public meetings on the Terwillegar Drive expansion, I have been actively connecting with residents on the issues that matter most to you.

It has also been an incredibly busy time at the Legislature. Fall session began October 8 and continues until the middle of December. The government tabled its first budget on October 24 and my office has received many letters and emails expressing concerns about the budget's impact on Albertans.

The budget will have a significant impact on low-income Albertans as cuts are being made to AISH, seniors benefits, and income support benefits. However, the budget and corresponding legislation will also result in increases to personal income taxes, removal of caps on electricity and insurance rates, removal of tuition and education credits, increased post-secondary tuition costs, increased school fees, and reduced education funding, among other things. The budget also cuts the \$24 million promised by the provincial government to support the Terwillegar Drive expansion.

If you have concerns or questions regarding the budget or any other provincial matter, please do not hesitate to contact my constituency office at 780-413-5970 or by email at [Edmonton.Whitemud@assembly.ab.ca](mailto:Edmonton.Whitemud@assembly.ab.ca). We would be pleased to assist you.

As we enter the holiday season, I am always impressed by the compassion and generosity of our community. I wish you and your families a safe, joyous, and festive Christmas and New Year!

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- Dec 14 - Snowboarding Appreciation Day
- Dec 24 - Santa on the slope

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# The Ridge Community League

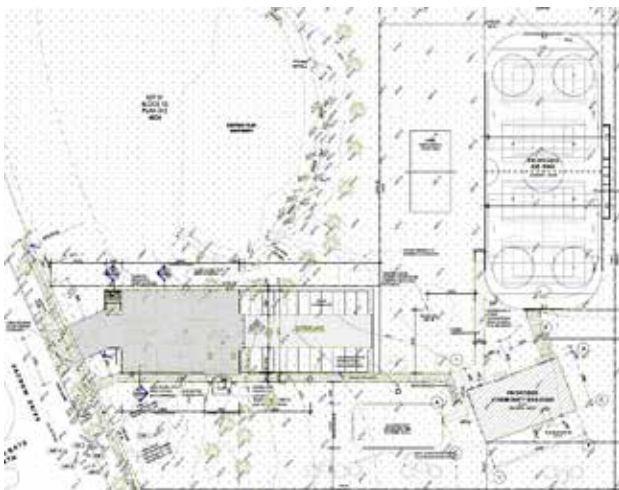
Neighbourhoods of Falconer Heights (Terwillegar Hill Estates),  
Henderson Estates (River Ridge, Eagle Ridge, Promontory Point),  
& Haddow (Riverside, College Woods)

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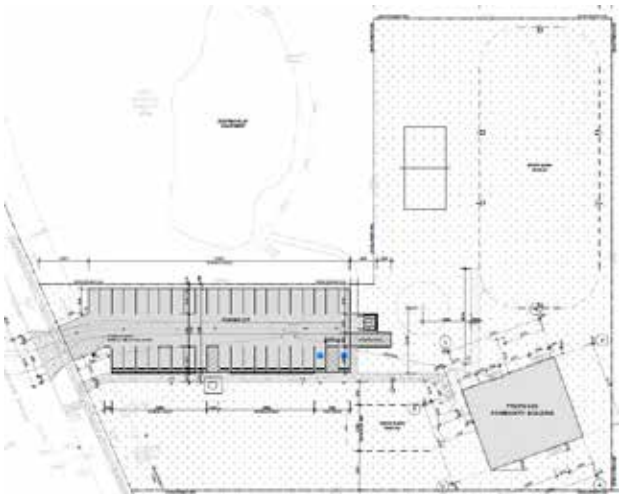
## The Ridge CL Community Building Update

The Ridge Community League is going out for tender on our building in December! We should have sufficient funds in hand to start construction of our long-awaited community league building at Haddow Park in the spring 2020!

Our one-year old drawings are currently being updated to incorporate any changes to City of Edmonton or code requirements such as an energy audit, and to allow for two different footprints. The original drawings had a building with a footprint of 2900 ft<sup>2</sup>, with a dashed footprint for 4300 ft<sup>2</sup> for a future expansion. We will get quotes on both the 2900 and 4300 ft<sup>2</sup> footprint, and the required larger parking lot.



The Ridge CL had intended to start construction of our building and rink in 2018 but the quotes came in considerably higher than budgeted. The building and parking lot came in at about \$1.5M, and the multipurpose concrete pad with rink boards came in at an additional \$750K. Poor soil conditions are a major factor. We currently have about \$1.4M in grants and saved funds. We had hoped to obtain a CFEP grant this month for \$125K but were unsuccessful.



The Ridge board has set construction of the building as a priority over the permanent rink due to the necessity of

services such as water and a place to store a snowblower and hoses. Until a rink with boards is built, snowbank rinks will be supported from the building.

- We would appreciate any donations or in-kind contributions you could make towards this great community project. We are currently setting up a separate society with charitable status.
- Let us know if you would be interested in long term rentals or programs for the new building. We are creating a list of all interested stakeholder groups.
- Do you have a knack for fundraising? We really could use the help.

Contact [info@theridgeonline.ca](mailto:info@theridgeonline.ca) to donate, help or for inquiries.



*Happy Holidays to you and yours  
from the board of The Ridge CL!*

## Family New Year's Eve Party and Fireworks!



We're having a party and all of Riverbend and Terwillegar (and beyond) are invited! Join us for winter activities like tobogganing, horse-drawn sleigh rides, and hot chocolate, finishing off with a "bang" with an amazing fireworks display around 8:00 pm, so the kids don't have to stay up late.

NOTES: Some party events are subject to cancellation if it is colder than -20° C. The fireworks will launch even with cold temperatures but not if it is too windy. Come early for the horse drawn sleigh rides as they run from 5:00 to 7:30 but are popular and get very busy later in the evening. Watch for updates on Facebook and Twitter. Bring your donations of food or money for the Foodbank! Seriously consider walking into the Haddow area to avoid traffic congestion.

One major change this year is the use of a food truck. Due to a shortage of volunteers to prepare and host the event, we are unable to offer free hot chocolate and cookies as in the past. There will be a charge for items from the food truck (see the menu and prices at [Streeteats.org](http://Streeteats.org)) so don't forget to bring cash for food for you and yours, and to donate to the Food Bank!

**Can you help us for one hour with this great family event? Please contact Jim at 780-434-0058 or [info@theridgeonline.ca](mailto:info@theridgeonline.ca) today to volunteer for:**

Dec 31	10:00am - 2:00pm	tents and site set up
Dec 31	5:00pm - 7:30pm	sleigh line control
Dec 31	8:00pm - 9:00pm	fireworks perimeter control
Jan 1	Noon - 2:00pm	site cleanup

## Watch for our Snowbank Rink!

Winter is coming and so is The Ridge CL snowbank rink! It will be between the playground and Haddow Landing once again. There will be some lighting for evening use. A big thank you to a two generous neighbours for the power. As the name implies the perimeter is a snowbank so you need to look for it. Unless you are driving a zamboni the City of Edmonton requires that all vehicles remain on the road. Our warming hut will be next to the rink for a place to warm up in.

We have contracted Playquest once again to maintain the rink. A fire hydrant is used for flooding and The Ridge CL pays EPCOR for the water used.

- Open to the public. Regular winter hours are 9:00am to 9:00pm.
- No smoking, and no dogs are permitted around the skating areas.
- This is an unsupervised rink. Skate at your own risk.
- Helmets are strongly recommended for all ages
- Vehicles other than Zambonis are to remain on the road.



## Free Swimming and Use of the Rec Centre

The community swims at Terwillegar Community Recreation Centre are on Sundays from 5 - 7pm as a shared swim with the public and other community leagues.

The Ridge Community League has a contract with the City of Edmonton that we pay for on behalf of our members. CL members may use all public areas of the facility for those 2 hours but are required to bring a valid community league membership card for a participating league with them to the facility.

You can purchase a Ridge CL membership from the TRAC office at the Rec Centre, on-line at [www.efcl.org](http://www.efcl.org) or at your local Servus branch. The same membership will give you a 10% discount off the purchase of a Rec Centre membership!

## AGM

Our AGM was held on October 22. Thank you to councillor Tim Cartmell and MLA Rakhi Pancholi for taking time from their busy schedules to drop in and chat with us!

President	Jim Bradshaw	Social Director	Dianne Kossowan
Vice-President	Dave Wilson	Rink Project Chairman	Barry Kossowan
Vice-President	Barry Kossowan	Communications Director	Gary Greenough
Secretary	Peter Kunkel	Director at Large	Larry Shaben
Treasurer	Andrew Martin	Director at Large	Gordon Edmiston
Membership Director	Martina Kunkel	Director at Large	Richard Svekla
Digital Com. Director	Trevor Mayowski	Director at Large	Loretta Bieneck
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	TRAC Ambassador for Falconer Heights		Loretta Bieneck
	TRAC Ambassador for Henderson Estates		Peter Kunkel



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## Seniors Connection News for those 55+ Southwest Edmonton Seniors Association (SWESA)

By: Carol Vaage

*There is no winter without snow, no spring without  
sunshine, and no happiness without companions.*  
~ Korean Proverb

Yesterday, I had a visitor come over for coffee and a chat. That's not an unusual activity for us older adults, as we grew up in a time when face to face encounters were the best communication. However, I noticed how much different I felt after my visitor left. My heart felt lighter, I was smiling and happy, and my day seemed to fly by. I promised myself to make more opportunities like this for myself. Friendship is so powerful.

This time of the year we remember past winters, and the joys but also losses of friends and/or family. Bittersweet. Being with friends gives us the opportunity to share those memories and celebrate the present moments. Perhaps joking or teasing each other about how things have changed, about our experiences and travels. Dialogue helps us feel connected.

SWESA is one of several seniors' associations that the City of Edmonton has created for opportunities to connect, to feel like you belong to a community, to build friendships. In my personal experience, SWESA was the place where I met many new friends, created a new network of like-minded people. I read the other day that sometimes older adults feel invisible. That's impossible when you're part of a thriving group like SWESA.

You are welcome to drop in for a coffee and see what's going on, or to join in one of the classes that are being offered, or come to a talk, or join in on a field trip. There are so many options!

Our social events are the most attended, because SWESA has a motto to be very welcoming to all who join us! The monthly luncheons are very popular with great food and entertainment- a perfect outing at a reasonable price. Our games groups are dynamic as well – crib, hand and foot canasta, American mahjong, contract bridge, and euchre. They have added beginner tables to help others learn.

The Blue Quill Community Center (11304 25 Ave, Edmonton) is our newest location for some events. It's a renovated space that is bright and roomy.

Oktoberfest 2019 was a great success. We had 255 in attendance and made \$10,000 in profits. We would like to thank our main sponsors (see graphic) and a Special Thanks to: ATB - Rabbit Hill Branch, Carol Bigam, GEF Seniors Housing (Program Design & Printing), Gerri Clark (Business Development), GT Metal, Hanni Fritz (German Canadian Cultural Association), Jennifer Hanrahan (SWESA Program Coordinator), Stephen Hanrahan, Barry Headrick (Photographer), Lil Johns Sign Shop, MLA Richard Feehan (Edmonton- Rutherford), MLA Rakhi Pancholi (EdmontonWhitemud), Peters Print House, Promotion Tours, Josie Richardson, Schuhplattlers (German Cultural Entertainers), Lynn Shaw, The Alberta Feet Warmers (band), SWESA volunteers at the Front Desk and the SWESA Board of Directors.

The Oktoberfest Planning Committee Members include: Shirley Adam, Rob Agostinis (Co-Chair), Marie Degenstein, Sandy Girvan, Dianne Heykants, Grace Koenig, Terry Krissie, Anne McNabb, Tony Montrose, Dennis T. Moore, Marilyn Nurse, Bob Power (Co-Chair), Cristina Rubio, Sharon Schiewe and Barbara Villanueva.

Save the date for our Summer 2020 Fling, themed Hawaiian Luau. The event is happening on Friday, June 19, 2020 at the Blatchford Hangar in Fort Edmonton Park.

A complete list of all our programs can be found on the website or stop in at the YECC site to pick up a print copy. We hope to see you soon! <http://swedmontonseniors.ca>

Don't forget that we have a dynamic Home Supports Program operated by Barbara Newell coordinating the services for our community, including snow removal, yard work, housekeeping and minor repairs. Contact her at [Hs@swedmontonseniors.ca](mailto:Hs@swedmontonseniors.ca) or 780-860-2931.

St. Thomas More Music Ministry  
*presents*

## Scripture and Song

*Music to prepare for Christmas*

**Sunday Dec. 15**  
at 2:30 pm



**St. Thomas More Catholic Church**  
210 Hadow Close (corner of 23 Ave and Terwillegar Drive)

A freewill offering will be taken



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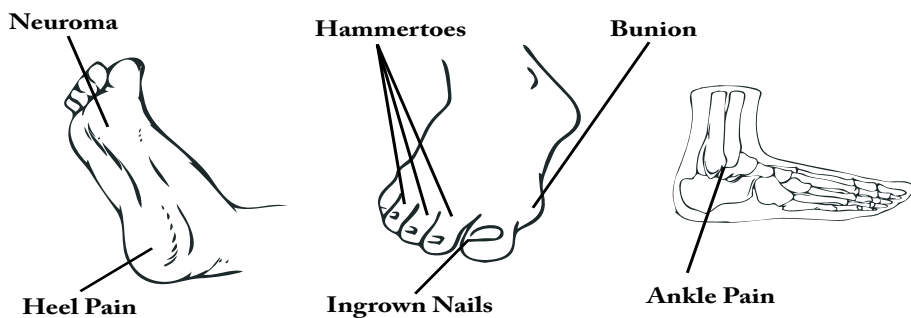
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Monday	1:00 p.m. – 8:00 p.m.
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Every 2nd Saturday	10:00 a.m. – 2:00 p.m.

Suite 200, 5651 Riverbend Road  
Edmonton, Alberta T6H 5K4

**Phone (780) 435-3555**

**Christmas Bird Count**

December 15, 2019

By: John Chapman

The two heavy dumps of snow in the first week of November were a stark reminder that winter is upon us. We realize the world around us has changed for the next few months.

Many noticed how quickly there were no longer flocks of robins gorging berries in the fruit trees, the last of the Canada geese had passed overhead and ring-billed gulls were no longer circling the supermarket parking lots. The migrating birds had finally followed their instincts and moved south for the winter.

With all the news and discussion of global warming these days there is a renewed awareness of the effects on our native wildlife. A surge in the interest of citizen science is seen in the formation of groups that observe, monitor, or count various aspects of our surrounding flora and fauna. A very good example of this is the feeder and backyard watcher programs organized across Canada by Bird Studies Canada. Perhaps the best-known program and longest-running is the Christmas Bird Count (CBC).

The Christmas bird count is an important example of this citizen science. Data gathered from worldwide counts has been collected for over a hundred years. It provides a huge database that is used by biologists and many other scientists. For example, bird population data has been shown to be an important tool in monitoring the effects of climate change. The annual count gives a once a year snapshot of all the birds in any single location at a set time of the year. Counts take place on a selected day within a two-week period either side of Christmas day. This year the Edmonton count will take place on Sunday, December 15.

The first Christmas bird count was started by Frank Chapman in 1900. Citizens of Edmonton have been active participants in the Christmas bird count since Sidney Stanstall started the first Edmonton count in 1906. Although not continuous, this year will be Edmonton's 71<sup>st</sup> count. The city count area is a circle with a 24 km diameter centered at the University of Alberta and divided into 15 zones. The Riverbend area is zone 4, and spans an area along the Whitemud freeway, following Whitemud creek south to 23<sup>rd</sup> Avenue, the Anthony Henday Bridge then follows the river back to the Quesnel Bridge.

On Sunday, December 15, a number of people in the area will participate by monitoring their bird feeders and report their findings of both bird numbers and species seen. Also, during the day a dedicated group called bush beaters will walk through the various open and wooded areas as well as back alleys and walkways. A simple fully automated reporting system is now in place and all results are submitted by completing a prepared count form on-line. The results for the Riverbend zone will be tallied at the end of the day together with the results of the whole city. In the Edmonton region there are also eleven other counts within this period. Edmonton is one of over 400 individual count locations in Canada. Results from all the counts worldwide are submitted to National Audubon Society and Bird Studies Canada, with final results published later in the spring.

Participants from last year's count will be contacted with all the information on how to complete their submissions. We welcome anyone who would like to participate as a feeder watcher or as a bush beater. The easiest way is to contact the following link for the Christmas bird count at <http://www.edmontonchristmasbirdcount.ca/> where the signup form and all the necessary information is available. You will also find information and photographs of all our winter birds. Other useful sites may be found at [edmontonnatureclub.org](http://edmontonnatureclub.org) and [Aududon.org](http://Aududon.org).

I would like to thank all of the contributors and volunteers that participate each year. It is a pleasure to have such a willing and keen group of enthusiasts. If you would like to participate in this year's count, register at the above CBC link. Give me a call if you have any questions or have problems with registering.

John Chapman at 780-436-6598 or [johnccchapman@shaw.ca](mailto:johnccchapman@shaw.ca)

## Riverbend United Church

All are welcome!

Sunday worship service at 10:30 a.m.



### Christmas services & events

- **Christmas Healing Service:** December 12<sup>th</sup> at 7:00 p.m.
- **Community Christmas Carol Sing:** December 14<sup>th</sup> at 4:00 p.m.
- **Children's Christmas Pageant:** December 15<sup>th</sup> at 10:30 a.m.
- **Christmas Eve Services, Tuesday December 24<sup>th</sup>**
  - 5:00 p.m. Candlelight Service with choir
  - 7:00 p.m. Candlelight Service with choir & handbells
  - 9:00 p.m. Candlelight Service & communion
- **Sunday, December 29<sup>th</sup>**
  - 10:30 a.m. Worship Service



Riverbend United Church  
14907—45 Avenue NW  
Edmonton

780.430.7275  
[www.riverbendunited.org](http://www.riverbendunited.org)

## Edmonton Riverbend

### Updates from Your Member of Parliament

By: Matt Jeneroux, MP for Edmonton Riverbend



Quite simply: thank you. We've just finished a hard-fought election and I want to thank everyone who participated, whether it was through voting in the advance polls or on Election Day, volunteering on a campaign or working for Elections Canada. I want to send a special thank you to Tariq Chaudary, Valerie Kennedy, Audrey Redman and Kevin Morris for putting their names forward. I can't thank everyone enough for continuing to participate in democracy to make Edmonton Riverbend the best community in the country.

The 43<sup>rd</sup> Parliament opens on Thursday, December 5 and will continue to nearly Christmas Day. This will allow many Members of Parliament, myself included, to re-table some of the legislation, including my two Private Members' Motions, that we were working on when Parliament was dissolved for the election. As well, I'm always looking for suggestions on how we can improve our community. If you have any federal priorities you would like to see discussed in Parliament, please email [Matt.Jeneroux@parl.gc.ca](mailto:Matt.Jeneroux@parl.gc.ca).

I also want to send my best wishes for a safe and happy holiday season and a great new year.

As always, if you have any comments or require assistance with a federal matter, please contact my Edmonton office by phone at 780-495-4351 or by email at [Matt.Jeneroux.C1@parl.gc.ca](mailto:Matt.Jeneroux.C1@parl.gc.ca). We would be more than pleased to assist you.

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**January 15, 2020**  
**6-8 PM**

  
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Meet our teachers and see the playschool at 12105-39A Avenue!

**Online registration opens January 20:**  
<https://littleaspenplayschool.com/>



**Mark Your Calendars!**

## Open House and Online Registration Dates 2020/2021

Mark your calendars for some important Registration dates coming up in the New Year!

**Open House - Wednesday, January 29, 2020 - 6:00 - 7:30 pm**

**Current/Alumni Registration - Thursday, January 30, 2020 - 7:00 pm**

**Public Registration - Saturday, February 1, 2020 - 8:00 am**

[www.riverbendplayschool.ca](http://www.riverbendplayschool.ca)

# Riverbend Community League

Serving the Neighbourhoods of Brander Gardens, Brookside,  
Ramsay Heights, and Rhatigan Ridge.

Join in! Visit [www.riverbendonline.ca](http://www.riverbendonline.ca)  
for updates on community league programs.

## President's Message Miep Raedschelders, RCL President

December once again! We live in a wonderful winter city, and Riverbend is the perfect community to enjoy all the season has to offer. We hope you come out to skate at our Brookside rinks, and see why we are so proud of our beautiful ice, and grateful to the Glassford family for making it so. Perhaps this is the year to try cross-country skiing, or snowshoeing, or putting on some boots and trekking through the snow in our beautiful river valley.

If you visit us at the Rhatigan Hall, you may see that we have brand new red chairs defining a patio space that will hopefully spark conversation and build community. These operation friendship chairs were a successful idea for the City of Edmonton's "Pitch your Project" competition. In fact, Riverbend's idea was voted first place!

Thank you to our members who attended our AGM on November 25th, joining our outgoing board for the meeting and getting to know our new board at the wine and cheese social. I want to extend my thanks to the community members who have served as volunteer board members this past year and welcome those who are stepping up to lend their gifts to the community for the upcoming year. We are still seeking a building maintenance director, and welcome volunteers for upcoming events and initiatives. Please reach out if you have skills and volunteer time to share with us.

After 10 years of Art in Our Park, we are thrilled to honour and thank the volunteers who made it all possible. The committee for Art in Our Park was the recipient of the Riverbend Community League Volunteer award. To Sheryl Bowhay, Sue Trigg, Sherri Henderson, Susan Point, Shelley Stevens, Karen Stewart, Elizabeth Emslie, Tara Joosse and Iryna Scott... You made magic happen in Riverbend this past decade. Art in Our Park was an amazing celebration of the arts, and our community is better for having hosted this defining event! Thank you.

This year's recipient of the President's award is Deann Stein, who led the Brander Gardens Visioning Committee to create a vision for how they want to see their neighbourhood grow and evolve. Deann worked to engage her neighbours to speak up and share their voices in an effective and ground-breaking way. Her leadership and contributions to community are an inspiration. Thank you Deann! You are a champion for community.

One of the best gifts, both to give and to receive, is the gift of time. Whether you choose to volunteer, spend some time being a snow angel and clearing a walk or two for a neighbour in need, or putting down your phone and spending some real time engaging with family and friends, the gift of time really does warm hearts.

On behalf of the entire RCL board of Directors, I extend to you and yours our warmest greetings for a wonderful Holiday Season and a very Happy New Year!



*Celebrate close to home!*

**The Riverbend  
Community Centre**  
258 Rhatigan Road East

&

**Brookside Hall**  
5320 - 143 St.

To view or book, call  
Rod Ponch  
780-217-1636  
[rentals@riverbendonline.ca](mailto:rentals@riverbendonline.ca)

Learn more about both  
facilities at  
[www.riverbendonline.ca](http://www.riverbendonline.ca)

## Free Community League Swim

Riverbend Community League has **FREE community league swims at two indoor pools.**

Show your valid Riverbend Community League membership card at the pools listed below for free access during the designated community league swim times. Children eight years of age or under require adult supervision in the water at a ratio not to exceed three children to one adult. Children six years of age and over must change in the change room of their gender. Family change rooms are available at some facilities.

### INDOOR POOLS

**Confederation Pool** (11204 - 43 Ave)

**Terwillegar Community Recreation Centre (TCRC)** (2051 Leger Road)  
Sundays 5:00 to 7:00 pm\*

(\*Note that your CL Membership Card gives all access at the TCRC during the Community Swim times.)

## Riverbend Bridge Club

If you know how to play bridge, and want to enjoy a relaxing afternoon join us at: Drop-in bridge on Thursday afternoons from 12:00 - 3:00 pm at the Riverbend Community Centre (258 Rhatigan Road E.). Open to all. Community League membership is required. For more information, call the community league office at: 780-437-7108.

## Connecting Online

Stay Up-to-Date on the Latest Events in Your Community!



Riverbend Community League  
[www.facebook.com/RiverbendCL](http://www.facebook.com/RiverbendCL)

The Riverbend Ragg-Times  
[www.facebook.com/RiverbendRaggTimes](http://www.facebook.com/RiverbendRaggTimes)



**Riverbend Community League Office Open - Tuesdays & Wednesdays 10:00 am - 2:00 pm**  
258 Rhatigan Road East • 780-437-7108 • [info@riverbendonline.ca](mailto:info@riverbendonline.ca)

## Toys for Kids and Privacy this Holiday Season

### Free play for kids

By: Shannyn Rus, Coordinator of Southwest Early Years Coalition

The countdown to the holiday season is on, toy sales have begun, and parents everywhere are looking to place a smile on their child's face with personally selected gifts to suit their child's unique personality. And, no matter the age of the child you are shopping for, you will have affordable toy options like never before, enhanced with Wi-Fi features standalone or via the accompanying device applications. It sounds exciting to have a Barbie who can have a two way conversation, or a soccer ball which offers feedback to its user to increase their skill set, even stuffies have easy press buttons allowing personal voice messages to play aloud to young children allowing the connection of friends and family all over the world.

With all this excitement, it is important to remember to exercise caution and be wary enough to research the personal privacy implications which may result in Wi-Fi connected children's toys. Toys with microphones, cameras, and facial recognition pose as security risks to the whole family's personal lives and information, opening the door to privacy breaches and identity theft. Adding to the risk, a requirement to play with the selected toy generally requires an account be created, sometimes, for each member of the family.

The good news is that the Office of the Privacy Commissioner of Canada has released tips to help Canadians choose and enjoy new toys, while also protecting their valuable personal information and themselves. Shop wise this season with these tips!

[https://www.priv.gc.ca/en/opc-news/news-and-announcements/2009/nrc\\_091218/](https://www.priv.gc.ca/en/opc-news/news-and-announcements/2009/nrc_091218/)

#### Pay attention to privacy settings and parental controls

Under Canadian Law, when your information is used, collected, and/or disclosed by a business, certain guidelines must be adhered to. Decide how much of your family's information you are willing to share and how far you are willing to let collected personal data go.

#### Understand new toys and their capabilities

It is important to understand the capabilities of new toys and how your children will use them. Speak with children about how they will use the toy and, where appropriate, agree on guidelines and limits.

#### Wi-Fi access

Wi-Fi connectivity poses a security risk to personal information as hackers relentlessly gain identity theft victims worldwide. Wi-Fi also provides easy web access for children to use within or away from their home and your supervision across different services or platforms.

### Update from Southwest Early Years (SWEY) Coalition

It does take a village to raise a child. In Alberta we called those "villages" the Early Years/Childhood (ECD) Coalitions. Across Alberta for nearly a decade, unique partnerships in nearly 100 communities have experienced countless success stories.

Parents, child caregivers, grandparents, librarians, parent link centres, local law enforcement, teachers, community leagues, medical professionals and more have been collaborating and leveraging resources to promote positive early childhood outcomes and supports for families and the professionals who support them.

Alberta has seen hundreds of workshops hosted by ECD coalitions on a wide range of topics to help families navigate the first 2000 days of each of their child's lives, which is the most critical time for healthy brain development. The work of the coalitions was led by the EDI results.

Across Alberta the results were translated into dozens of languages to ensure there were no barriers to sharing the community results. Thousands of parents and professionals have experienced the Brain Architecture Game embracing the powerful role of relationships on early brain development.

Libraries have seen additional early childhood resources added to their supply sponsored by ECD coalitions. Schools have Digital Literacy Kits created in partnership. Families have experienced learning & fun events at no cost due to meticulous planning of the coalitions annual funding. Children's lives have changed thanks to dedicated provincial funding, community commitment to the early years, and parents ready to learn! ECD coalitions have kept the thousands of childcare workers, up to date on current early childhood development research, statistics, and resources.

This grassroots approach, based on local data, to assist families in growing happy and healthy children will be deeply missed in major cities and rural centres Alberta-wide after March 31, 2020 as early childhood coalitions were cut in the recent UCP provincial budget. Thank you South West Edmonton for embracing the South West Early Years Coalition.

## Going Batty at Larch Sanctuary

### Conserving habitat for bats in urban Edmonton

By: Meghan Jacklin

Larch Sanctuary is currently the Edmonton and Area Land Trust's (EALT) only conservation land within city limits, and while the City of Edmonton owns Larch Sanctuary, EALT has a Conservation Easement on the land, which helps conserve it by restricting the activities that take place there.

In fall of 2019, we installed a rocket bat box at Larch Sanctuary. Volunteers and donors are what made it happen – as a small non-profit, we rely on help to achieve our conservation goals. Three groups were critical to the success of this installation – the

support of the City of Edmonton, funding from Lafarge, and the volunteers who helped us do the installation. EALT staff established Larch Sanctuary as a Conservation Easement in 2017, and staff worked with the City of Edmonton to finalize all the paperwork for the installation of a bat box in fall 2018. Lafarge stepped in to provide funding for materials, equipment rental, and other costs, and they sent a representative to assist in the installation of the box as well. Finally, volunteers were needed to place the box itself – a 21 foot metal pole and four foot high multi chambered bat box are pretty heavy!

Bats are affected by many changes to our landscape and habitat, but the biggest threat they face is called White-nosed fungus. There is currently no cure for this fungus, which affects hibernating bats and can kill off most to all of every population it encounters. You can read more about the impacts of this fungus here. Bat boxes do not address white-nose fungus, but they provide artificial habitat in a landscape where natural habitat is being lost, which reduces stresses facing our vulnerable bat populations.

Despite the dangers of this fungus, many people remain misinformed about bats, and the issues they face. The bat box has two purposes – providing safe habitat for a whole colony of roosting bats, and to educate the public about our bats and how to help them. Larch Sanctuary is within Edmonton's river valley, where bats already live, but surrounded by urban areas where their habitat has been lost. With this box, there is now additional space for a colony of bats to establish in this small but interconnected patch of nature. The box is placed high off the ground, so there is space for the bats to enter and exit, and it is very close to Whitemud Creek – essential for bats to drink and to find water loving insects to eat. [www.ealt.ca](http://www.ealt.ca)



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Program runs 9:15 am to 11:15 am Tuesday through Friday  
A Riverbend Community League Program located at Brookside Hall  
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or follow us on [f https://www.facebook.com/PBJPlaygroup](https://www.facebook.com/PBJPlaygroup)  
Contact our Registrar at [pjreg@gmail.com](mailto:pjreg@gmail.com) for your complimentary session

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## Community Swim

Community Swim and Facility Access is available at the Terwillegar Recreation Centre (TCRC) Sundays 5:00 to 7:00 pm. FREE admission! Just show your current Brookview Community League membership card. Please arrive early, as admission is on a first come first served basis. Facility access includes access to the fitness centre, open gym, indoor running track, and children's indoor playground. Please note there are age restrictions for use of indoor track and fitness centre at the TCRC. The TCRC will reschedule their Pool Shut Down. Please watch our website for more details.

## “Learn to Skate” Program at the Brookview Outdoor Rink (300 Bulyea Road)

Join us on Tuesdays from 4:30-7:30 pm starting January 7 to February 11, 2020 for the free City of Edmonton “Learn to Skate” program. Instructors will be there to give lessons and get the family skating, while enjoying fun on-ice activities. Community league membership is not required for this wonderful city run program!

Please see our website for further details.

## Winter Green Shack Program

Brookview will be hosting this city program for children aged 6-12 from February 1-February 27 on Tuesdays and Thursdays from 3:30-6:00 pm and Saturdays from 1:00 - 5:00 pm. Leaders will organize games, outdoor cooking, sports, crafts, music and imaginative play. Children younger than six are welcome but must be accompanied by an adult.

## Ballroom Dancing Lessons

Ballroom dance lessons will again be offered at the Brookview hall starting January 19, 2020. Please see our website for further details regarding registration and times.

## Yoga with Sandy Mah

Yoga with Sandy Mah will continue in January. For the last 10 years, Sandy has been sharing her expertise in Hatha and Yin yoga, focusing on proper, safe body alignment. She believes that flexibility, strength and stability are all important in yoga practice and shares this with students using precise language and repetition.

Please join Sandy during her Tuesday night classes in December for a free try-out class! See website for further details.



## Park Development

The park redevelopment is halfway finished with the recent completion of paved trails and connection nodes in the park. The wet weather this summer delayed the start of construction, putting the project behind schedule. We now must wait until spring to complete the planting of hundreds of trees throughout the park. This space will be beautifully transformed as those trees mature and develop!

Unfortunately, over the winter, the City has determined that some fencing must remain in place until the landscaping is completed in the spring, as some areas of unfinished development could create hazards.

The areas behind the hall and school will remain open, including the little hill that is used for sledding. We are hoping to again track set some cross-country ski trails in the park.

Despite the restrictions the construction has created, we are happy that the project is finally being completed! A community event will be organized in the late spring to celebrate the park completion. Stay tuned for updates.

Check us out online at: [brookviewcommunityleague.ca](http://brookviewcommunityleague.ca)



# Happy Holidays

With deepest gratitude and appreciation, thank you for your loyalty and support! From our home to your home we wish you a very Merry Christmas and a Happy New Year.

Grand Centurion

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ML# E4127024



**Edgemont \$2,598,000**  
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ML# E4174519

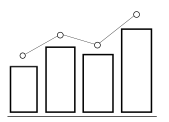


**Haddow \$1,548,000**  
Walk-out bungalow in College Woods. 5477 sq.ft of luxuriously finished space.  
ML# E4160153

### NOVEMBER 30 2019 | EDMONTON SOUTHWEST MARKET SNAPSHOT

MARKET SUMMARY Y.T.D 2019

**307** ACTIVE LISTINGS    **1,040** HOMES SOLD Y.T.D    **58** DAYS ON MARKET    **6** MONTHS OF INVENTORY



AVERAGE SOLD PRICE 2019



**\$527,894**  
BUNGALOW



**\$561,694**  
2-STORY



**\$230,250**  
CONDO



**Wolf Willow Ridge Estates \$2,998,000**  
2 storey walk-out estate, 8100 sq.ft, gourmet kitchen with expansive island  
ML# E4126439



**Twin Brooks \$2,998,000**  
Elegance and refined taste. Gated estate on 1/2 acre prime ravine lot. 4725 sq ft.  
ML# E4169203



**Strathearn Drive \$1,798,000**  
Georgian style brick mansion. 6000 sq ft of total finished space. City views.  
ML# E4167060



**Cameron Heights \$1,549,000**  
On the ravine executive walk-out bungalow. 4800 sq.ft of contemporary finished space.  
ML# E4173742



**Oliver \$1,449,900**  
The prestigious Carlisle. Fully renovated in 2019, 2082 sq ft 16th floor unit.  
ML # E4157637



**Rhatigan Ridge \$795,000**  
Terwillegar Park Estates, close to ravine! Beautifully renovated. 2390 sq ft 2 storey.  
ML# E4175078

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