



The Spirit of Community

Brings the Warmth and Light to Our Homes

By: Tim Cartmell



The last several weeks have been very challenging in Edmonton.

For so many of us, the news of the crash of Flight 752 in Iran brought feelings of shock, grief and anger. The impact of this tremendous loss will forever be felt by families and communities here and around the world.

At the same time, Edmonton has been experiencing a depth of winter that is as cold and extreme as it gets. LRT rails cracked, buses were late, our cars stalled, and our water and power utilities have been tested.

No one would blame us for feeling low, vulnerable, isolated and angry.

And yet, we have been resilient.

The vigil at the Saville Centre for the lives lost in Iran was remarkable. An entire community grieving together, lamenting the incredible loss of family, friends, classmates, colleagues. The whole City holding those most directly affected firmly in its embrace, leaning on each other for support.

At the same time our city came together to make sure that our most vulnerable with nowhere to go received shelter and care from the cold. From city buses providing transport to the Commonwealth Recreation Centre for those seeking respite from the cold; to countless staff and volunteers from community organizations and neighbourhoods around the city putting in extra time to get basic essentials to those in need; to neighbours offering support to one another when pipes burst or cars stalled or childcare challenges came up.

The people of this city rallied together, like we always do when we are challenged.

This is the Edmonton that I love. Not the darkness that comes with loss or the cold that settles on us every winter.

But the spirit of community. In the most challenging moments, we come together. We take care of each other.

This is what pushes away the cold and dark, and brings the warmth and light to our home.

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, 780-496-8130, or on Facebook or Twitter.

Terwillegar Community Recreation Centre

STATUS: Aquatic Wide Closure
Dates: Mar 30, 2020 to Jun 21, 2020

Reason: Maintenance

Additional Information: The Aquatic Centre (including the hot tub and steam room) will be closed for maintenance starting March 30th to June 21st, 2020.

Re-opening on Jun 22, 2020.

Riverbend
Community League



Family Skate Fest

Saturday, February 22

9:00 am - Noon

Brookside Park

- Pancake Breakfast - \$1/plate
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Letter from the Editor

A Decade of Inspiration in Our Community

By: Sherri Henderson, Editor

Twelve years ago I moved from Calgary to Edmonton. I didn't know anyone other than my husband and his family and I knew from a previous experience that I likely needed to do something different as a stay-at-home mom, to make connections and meet new people in my community. For myself, my then young children, and ultimately my family. I also loved being active in my community, and wanted to contribute to my community in a meaningful way.

Seven times a year I would eagerly wait for and then read the *The Ragg-Times* to see what was happening in my community. The Editor at that time was Catherine Ripley who later became an Edmonton Public School Trustee and she always had a wonderful array of articles about community events or activities, general information, community league pages, Soul Salsa and the political corner.

Fast forward a year or two, I noticed an ad in *The Ragg-Times* looking for a new editor. I didn't know much about graphic design, but had done some layouts when I worked up in Inuvik. I also knew that my sister could help me get going. I had a background in Linguistics and loved getting to know the businesses, community organizations, families, elected officials and people while I lived in the arctic. As I walked my dog around Hadow Park that morning I was excited at the prospect of maybe becoming the new editor for *The Ragg-Times*.

I submitted my interest, went through the interview with some of the nicest members of Riverbend Community League, and was hired. I was delighted. I could work from home while I raised my children, meet new people, and have the inside scoop on all things community. I was excited!

Catherine quickly took me under her wing and invited me to I think the 2nd TRAC Community Run. I met her and she introduced me to all the key people in the neighbourhoods. Key community members from all the different leagues, Riverbend/Terwillegar movers and shakers, political figures like Bryan Anderson and Dave Hancock. The list went on and on. What I noticed instantly was that our community had a significant amount of

dedicated and passionate leaders who worked together to make Riverbend Terwillegar the BEST place to live, work and play. Fast forward through all the years since, and the same

is true. Our community leagues build parks, advocate for community, and host incredible annual events like: the New Year's Eve Fireworks (The Ridge Community League), Winter Festival (Oak Hills, Brookview, Riverbend Community League), Movie Nights (Brookview), Father's Day (Hodgson Community League), Plant Sale (Riverbend Community League), and once upon a time the Taste of Riverbend. And then in September for the past 10 years ALL of the area community leagues would come together to host Art in Our Park. Many of those same people, and countless others, also sit on TRAC and have been instrumental in the TCRC and the Lillian Osborne Theatre. And that isn't even mentioning all the parents and volunteers who support their children in sports, scouting, guiding, and of course seniors and youth and everyone else.

I'm incredibly grateful for my time with this paper. More so for the friends I have made, the stories that have been shared, and all the opportunities that have come along the way.

On page 4 you will see a Call for Interest for the next Editor. Whether you are young or old, new or a seasoned veteran of our community and looking for a way to engage with the community and connect into what is happening, consider contacting the President of Riverbend Community League to learn more!

As for me, I still have three more issues to go and will share more information in the next issue about the work I do as the Editor. Stay tuned!



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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 for more details.

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

City of Edmonton Looking at Ward Boundaries

Having a Unified Voice

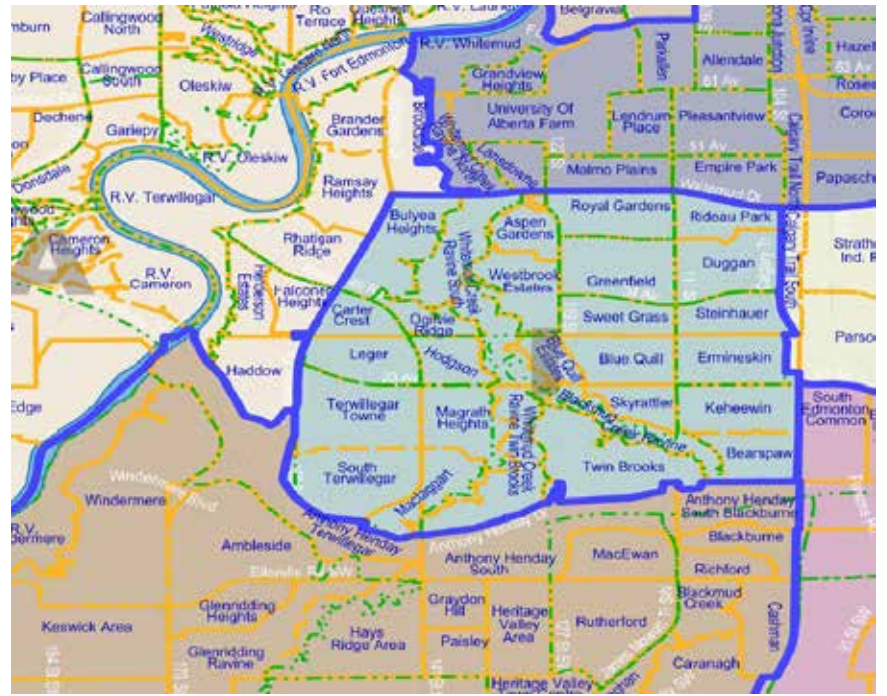
By: Dave Rumbold

The City of Edmonton has created a Ward Boundary Commission to review existing Wards and engage with citizens to create recommendations for new Ward boundaries. The Commission has been consulting with stakeholders since November, and held five public engagement information sessions in January, including one at the Terwillegar Community Recreation Centre.

The existing Ward populations have been growing at different rates, creating significant population differences which led to the Commission being created. For example, Ward 9 has experienced significant growth in its southern portion, and much more is expected. Our Ward is already significantly more populated than some other Wards which have no room to grow, so the problem will only get worse. Several other City Wards have similar growing imbalances. The City has recently annexed more surrounding land, adding to future growth which will add to this problem.

The Commission has created two 'Boundary Concepts' for feedback. Riverbend Community League has reviewed these and is providing formal feedback to the Commission. In brief, the League is concerned about any proposed Ward boundaries that separate areas of the existing Riverbend – Terwillegar – Windermere neighborhoods from each other. With our unique shared history and needs, it makes sense for our communities to speak with one voice, and not have other neighborhoods advocating for their interests over ours in the same Ward. For example, Terwillegar Drive is a very important issue to Ward 9 residents but isn't a concern for most people in adjacent Wards.

More information on the process is available on-line at involved.edmonton.ca, and 2019 neighborhood census data is available at edmonton.ca. The process will carry on to the City Executive Committee in April and then go to City Council starting in June. It is anticipated that an updated Ward Boundary Bylaw will pass final reading this September. Any changes passed into law would take effect after the 2021 Civic election.



Option 1 Close Up View



Option 2 Close Up View

More Males Mentoring

Where are the Men? Supporting and recruiting men in youth mentoring relationships, The Alberta Mentoring Partnership and the University of Alberta Faculty of Education invite you to join them for a research discussion and workshop on research and practices to help recruit, retain, engage and support more men in mentoring relationships.

Across the global mentoring community, there has been a reported gap in male mentors, in particular men of colour, indigenous men, or men of lower socioeconomic status, partially attributed to workforce characteristics. Compounding this challenge is the fact that there are a higher number of boys who are referred for a mentor.

<https://albertamentors.ca/more-males-mentoring/>



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Terwillegar Riverbend Advisory Council (TRAC)

Updates for our community

By: Karin Shott

It's hard to think about the outdoor soccer season already, but the **TRSA 2020 Outdoor Soccer registration** events will be this month! The dates are February 8 at Nellie Carlson School, February 15 at Dr. Margaret-Ann Armour School and February 22 at Riverbend Community Hall. More information can be found at www.trsa.ca

As a **community league membership** is required to register, please consider purchasing or renewing your membership prior to the registration/payment sessions. There are a number of ways to purchase your membership, but purchasing from the TRAC Community Office is one way, as well as online through www.efcl.org.

The hours for the TRAC Community Office, which is located in the Terwillegar Community Recreation Centre are Tuesdays & Wednesdays: 9:00 am – 3:00 pm, Thursdays: 4:00 – 9:00 pm, and the 1st Saturday of the Month: 10:00 am – 2:00 pm.

When purchasing your community league membership at the TRAC Office, you can pick up your skate tags at the same time.

FYI: Did you know?

Fees collected from membership sales provide much needed funds for community leagues to accomplish their mandate of improving the community and the quality of life for all residents.

Leagues accomplish this through organizing various recreational, educational and sport programming, hosting community events, developing amenities such as water parks, community halls, tennis courts, skating rinks, and by being the voice of the community when it comes to civic engagement with the City of Edmonton.

Separate funding raising activities and grant applications must be undertaken to support capital projects like park development or hall construction.

Become a member, learn more about your community league and get involved. The best way to create the type of community you want to live in



is to get active and get engaged with your neighbours and with your league!

Mark your calendars for the TRAC Community Run. This will be the 15th year for the event and it will be held on Sunday, May 24th at Mother Margaret Mary School.

If you haven't yet purchased a bottle of the latest **community wine** "The Ridge Vines", please stop by Vines Wine Merchants to pick one up. This wine is a lovely Malbec from Bodega Sottano. Five dollars from each bottle sold goes back to the Terwillegar Riverbend Advisory Council to support programming and operations of the area council.

TRAC's next meetings are scheduled for Wednesday March 18, Wednesday April 22 (AGM), and Wednesday June 10. All will be held at Lillian Osborne High School, beginning at 7:00 pm. Everyone is welcome to attend!

Save the Date!

**15th Annual
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Sunday, May 24th, 2020
www.tracspirit.ca

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Call for Interest

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Edmonton-Whitemud

Updates from Your Member of Legislative Assembly

By: Rakhi Pancholi, MLA Edmonton-Whitemud



I'm often asked what I think is the most important part of my job as an MLA. My job has a lot of different elements to it. At its core, it's about listening to and representing the people of Edmonton-Whitemud. It also includes casework for constituents, debating legislation and budgets in the Assembly, and meeting with members of the public to talk about their concerns.

But I believe the most important part of my job is to make informed decisions about what I think will make peoples' lives better and more affordable, what will make southwest Edmonton a better place in which to build lives, and raise families, and what will contribute to a stronger future for Alberta.

With that in mind, I look at the Alberta government's decision to cut taxes for the biggest corporations by \$4.7 billion. Premier Kenney and the UCP promised that this tax cut would bring back lost jobs in the oil and gas sector. But it hasn't worked. There are fewer rigs operating and fewer people working. In fact, the Alberta economy has lost 50,000 jobs since the corporate tax cut. Instead of investing in Alberta or creating jobs, these large corporations have pocketed millions of dollars and are investing in other provinces and countries.

So the corporate handout hasn't created jobs. Meanwhile, the big cuts the Alberta government has made to make up for this lost revenue have increased costs to families in Edmonton-Whitemud by hundreds, if not thousands, of dollars a year.

- The amount of income you can earn tax-free will no longer be indexed to inflation, meaning that every Albertan is paying more in provincial income tax.
- Changes in school bus fees will cost parents hundreds of dollars a year.
- Removing the 5% cap on increases in auto insurance rates that was in place under the NDP means many are now paying a lot more for auto

insurance.

- Removing the cap on electricity rates that was in place under the previous NDP government means that families are facing higher costs and less certainty when it comes to budgeting for the cost of utilities.
- 46,000 Albertans are being kicked off the Senior's Drug Plan, meaning some seniors will be playing hundreds or even thousands of dollars a month for prescription drugs.
- Childcare fees will go up to make up for cuts to all accredited childcare operators and the end of the \$25/day childcare program means affordable childcare is even more out of reach for families.
- Most households are facing property tax increases and/or higher user fees for City of Edmonton services thanks to provincial cuts in municipal funding.
- University tuition will increase by up to 7% a year for the next three years for a 21% total increase.
- Hundreds of you have written to me worried about the security of your retirement savings after the government moved to take control of pensions of public sector workers.

We are facing uncertain times because of the choices the government has made to prioritize corporate handouts over public services and affordability for Albertans. I will never stop fighting to make life more affordable for you and your family. As the government prepares to release another budget this Spring, it's more important than ever that your voice is heard. Please reach out to me to share your ideas, your stories and your thoughts on how we can work together to make your life better.

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. We would be pleased to assist you.

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Feb 29 - Girls Gathering

Mar 1 - Triple Down @ Snow Valley

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

By: Carol Vaage

"Sometimes you will never know the value of a moment until it becomes a memory." ~ Dr. Seuss
"Time has a wonderful way of showing us what really matters." ~Margaret Peters

These cold months tend to nudge us into a bit of hibernating or cocooning. We have time to read, relax, think. This time and space we have from being retired, gives us a different perspective from those still actively raising children or aspiring to reach new career goals. We remember our own youthful days of feeling invincible, of trying to get ahead. If you're like me, perhaps you wish you'd had more time when you were younger. The moments we had flashed by so quickly, and often, our advice to the next generation is to enjoy the present moment. Your youth, your health, your energy.

We now have time to invest in what we choose, but perhaps are limited by health concerns or lack of opportunity. What we learned about enjoying the present moment applies every day to us, and not just to the next generations. We have the chance to make new memories, of living a life with what really matters.

SWESA is striving to offer opportunities for seniors to do just that. We have a new winter program guide that is rich with learning, social activities, creative and fitness options.

One of our newest programs is called the Art Hive and is being facilitated by Marie Muggeridge, an art therapist. It starts Feb 6th, on Thursday mornings from 10 - noon, at the Blue Quill site (11304 - 25 Ave). An Art Hive is a community-centered space where art making is the main form of connection. Anyone interested in making art or connecting with others is welcome whether they have artistic ability or not.

The making during the Art Hive is very flexible and fluid and encourages art projects in the community of others. Participants can bring a project they are already working on, for example, some knitting, or be inspired by the available art materials, or maybe do the simple project that is being instructed by the facilitator and take a creative spin on it. Some of the projects might be painting, creating a collage, using mixed media or working with a drawing technique which is accessible to all abilities. The Art Hive would welcome materials like old calendars, magazines, yogurt tubs, yarn, fabric scraps, scrap-booking paper, paints of all kinds, corks, beads, buttons, shoe boxes, and cereal boxes. All materials are welcome, and the Art Hive facilitator will re-donate excess materials to other community programs.

Geri Actors is offering the Senior Actor program through storytelling, theatre games, improvisation and laughter. This will be held on Fridays from 4 - 6 pm. Dance, yoga, Essentrics, Golden Gloves, Zumba and tai chi are all being offered as part of the fitness lineup. There are many Toonie Talks and Field Trips planned with

such a variety of topics to interest most everyone. You are welcome to drop in for a coffee and see what's going on, or participate in one of the offered classes, or come to a talk, or even join in a field trip.

Spoiler alert! SWESA has been working behind the scenes to update our website, so expect to be surprised at a fresh new look one of these days!

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 or 780-860-2931

SWESA Seniors Centre
Yellowbird East Community Centre, 10710-19 Avenue - **SWESA Seniors Lounge**
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Christmas Bird Count Results

Another Pleasant Day of Birding

By: John Chapman

We were monitoring the weather forecast for the week prior to the count day, watching as the temperature trend continued downwards. Just three days before it looked as if we would be facing a minus 20C windy day. To our surprise, the morning of the count was about minus nine and it looked as if it would continue to rise later in the day. Until that morning I had looked at the count with some trepidation. Although we had a keen group of bush beaters and an outstanding list of feeder watchers, the perception of low bird numbers left us with some concern. Anecdotally there was some anxiety amongst local birders that there were not as many birds around as usual. Various articles in the press had recently raised alarm about the disturbing decrease in some species, with this trend being worldwide. We started the count day with enthusiasm and determination to find as many bird species and numbers and determine how numbers stood locally.

Bright and early on Sunday morning 13 bush beaters set out towards their assigned areas to survey. The feeder watchers selected their preferred and most productive times of the day to monitor their bird feeders. All the participants were now comfortable with the recently updated computer system which enabling results to be easily forwarded. By early afternoon the results started to come at a rapid rate. By the end of the day, results were in from 13 bush beaters and the phenomenal number of 55 feeder watchers (last year there were only 27). This latter number was not only the largest number of feeder watchers we have had locally but was the highest number in all of the city zones. I was confident with this participation our count would be outstanding. I was pleasantly pleased with the results.

The total of bird species seen that day was 21 individual species and a total count of 1821 birds. Last year our total species count was 24 and total birds counted 1234. Compared to the previous year these results appear to reflect both our concerns regarding the species decline, but our record number of feeder watchers managed to record a larger number of individual birds. These results are best compared to the total city count. In 2018 there was a total of 16,289 birds counted composed of 48 species. The total count this year was 19,270 composed of 48 species.

In our zone, unfortunately, we missed several birds we would normally expect to see. Among these were Gray Partridges, a Bald Eagle, and a Sharp-shinned Hawk. But on a positive note, we did see a Northern Goshawk and several of our regular birds were in really sizable numbers. We counted higher numbers of Blue Jays, 78 this year compared to 59 in 2018, Black-backed Chickadees 446, (397 last

year), Pine Siskins 56, (25), Red-breasted Nuthatches 79 (33) and American Crows. One other positive finding was the appearance of the Bohemian Waxwings that appeared on cue by arriving the day before the count in small numbers but in the hundreds a few days later.

The picture looks very interesting when specific species are compared to 2018. This year there were several new records for the city: Pine Siskins (432 counted), Pine Grosbeaks (50), Black-backed Woodpeckers (12), Sharp-shinned Hawk (3) and Townsend Solitaire (5). One species, the Pileated Woodpecker broke the all-time Canadian record with 87. Some species were more numerous than last year but not at record numbers: Bohemian Waxwings, Hairy Woodpeckers, Northern Flickers, Black-billed Magpies, Red-breasted Nuthatches, and American Crows.

At the end of the day, it was a pleasant day of birding and the results exceeded our worst fears. There is little doubt that bird numbers over time appear to be slowly falling but as this year's numbers indicate Edmonton is still a healthy place for our winter birds to gather to overwinter. Our ability to demonstrate this is the result of our dedicated bush beaters and, in particular, the feeder watchers to record our contribution to this important citizen science.

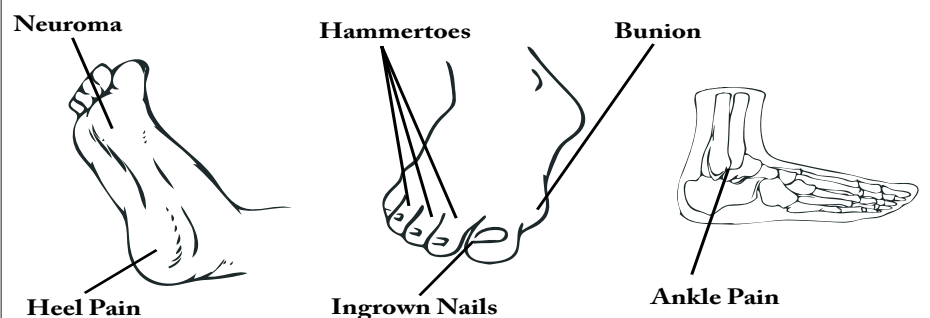
I was again pleased with how all the persons who contributed this year proved again to be an enthusiastic and reliable group of birders. If anyone is interested in participating with us next year please check the Christmas Bird Count website at www.edmontonchristmasbirdcount.ca. where you will find all the information you need and can even register online for next year's count. If you have any questions call me at the contact below.

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Edmonton Riverbend

Updates from Your Member of Parliament

By: Matt Jeneroux, MP for Edmonton Riverbend



We're a few months into the new minority parliament, and things are really starting to get moving. This spring, I have a Private Members' Bill coming up for debate in the House of Commons and will continue to fulfill my duties in the Official Opposition Shadow Cabinet.

In late 2019, I was fortunate to draw a high number in the lottery system that determines the Order of Precedence

for the introduction of Private Members' Bills. This means I will have the opportunity to introduce a bill for debate in the House of Commons in the spring. I put out the call for ideas and suggestions for the bill and am grateful for the high volume of suggestions I received. Thank you to everyone who put ideas forward; we truly have some thoughtful and innovative people in our community. I will be making regular updates about the bill on my Facebook page (Matt Jeneroux) and on my website, www.mattjeneroux.ca.

I'll be continuing my role as the Shadow Minister of Infrastructure and Communities in the Official Opposition Shadow Cabinet. I'm thrilled to continue in that role, as it's a great opportunity to engage with many stakeholders across the country and get feedback on how we can best deliver infrastructure for all Canadians. As part of this role, I will also sit on the House of Commons' Standing Committee of Transportation, Infrastructure and Communities.

Nominations are now open for our 2020 MP Youth Leadership Award. This award is an opportunity to recognize students in Edmonton Riverbend who have shown outstanding leadership in their school or community. There are two categories for this award: students in Grades 7-9 and those in Grades 10-12. This year's deadline for nominations is March 30. To nominate an outstanding young person, please email my office at Matt.Jeneroux.C1@parl.gc.ca.

As always, if you have any comments or require assistance with a federal matter, please contact my Edmonton constituency office at 780-495-4351 or Matt.Jeneroux.C1@parl.gc.ca. We would be pleased to assist you.

Photo is Matt being sworn into Parliament in December 2019.

Alberta Health Services

Emergency Medical Services

Toboggan Safety

Emergency Medical Services (EMS) would like to remind parents and children of a few toboggan/sledding safety tips as the winter season continues. Injuries may result from collisions with stationary objects on the hill, such as trees or rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these reminders.

Equipment	Plan ahead
<ul style="list-style-type: none"> Always ensure your toboggan or sledding device is in good repair. Inspect it for any damaged or missing parts before each use; Be certain the operator is fully capable of staying in control of the sled at all times; Children should wear a certified, properly fitted helmet designed for other high impact sports such as hockey, cycling, or climbing. 	<ul style="list-style-type: none"> Dress warmly in layers and anticipate weather changes; Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones; Take breaks, out of the cold, to warm up; Cover any exposed skin; Even when properly protected from the elements, the finger tips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite; If frost bite has occurred, treat it by first removing the individual out of the cold environment; Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm, <i>not hot</i>, water, until re-warmed.
Hazards	
<ul style="list-style-type: none"> Avoid hills that are too steep or too icy; Choose hills free of all obstacles such as trees, rocks, utility poles, or fences; Beware of loose scarves or clothing containing drawstrings which could present a strangulation hazard if they become caught or snagged. 	

www.albertahealthservices.ca

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Southwest Edmonton Farmers' Market

Winter Update

By: Christie Anderson



We at the SWEFM hope that you had a wonderful holiday season. We are just over three months off from opening day of the 2020 market season, and it is time for us to start looking for Vendors, Sponsors, Community Tent groups, and Young

Vendors to join us next year.

- If you are a vendor looking to participate (either full-time or part-time), be sure to apply by March 31st. Our 2020 Vendor Application Form is now available online at <http://www.swefm.ca/become-a-vendor>. If you are considering becoming a vendor for the first time, consider that farmers' markets are a business incubator where new businesses can start selling direct to consumers. You get immediate feedback and learn quickly how to market and hone your skills. Participating is also a great way to enjoy our summer and to meet a ton of fun and interesting contacts from the SW Edmonton communities.
- Every year the Sprouts program (our free kids' nutrition program) grows, and we need to find sponsors to cover the costs of running this fantastic flagship program. For as little as \$500, you can have the opportunity to hand out pre-approved swag, brochures, business cards, or materials in the 1000 children's shopping bags that we give out each year (organized and

distributed by SWEFM). This is GREAT exposure for your company. We also have several other sponsorship tiers with many perks and benefits. If you are interested in sponsoring Sprouts, please contact Emily at: swefm.sprouts@gmail.com

- We will be hosting young entrepreneurs aged 13-17 at our market again in 2020 as part of our FREE Young Vendors' Program. Youth are encouraged to highlight and sell the products that they have made. Visit www.swefm.ca and click on the Young Vendors tab for more information. Last year we hosted many groups and individuals, selling everything from scrunchies, baking, herb & zen gardens, jewelry, paintings and cards, and much more. If you are accepted, the SWEFM will provide a tent, table, chairs, and a market stall free of cost.
- Every week during the market season, we host a non-profit organization in our Community Tent so they can connect with you about their invaluable work and services. We have hosted groups such as the Edmonton Food Bank, the Valley Zoo Society, Big Brothers/Big Sisters, Metro Continuing Education, Canadian Blood Services, and many more. If you belong to a not-for-profit group and wish to apply, visit our website (swefm.ca) and click on the Community tab.

That's all for now. Stay warm, stay safe, and see you in a few months!

Greetings from Riverbend EPL Branch

Winter Programming

By: Ben Ehlers, Community Librarian

With any luck the worst of the winter weather is behind us—but just in case you are still looking for something indoors, we have a great lineup of classes and activities!

Sounds Like Fun: Getting Ready to Read

Wednesdays 1:30 pm – 2:15 pm

Children, ages 4 – 5

Your little ones might be too big for Baby Lap Time, but our programming is growing up, too!

Come for stories, songs, movement and a variety of fun activities designed for your active preschooler. Adults will also actively participate and learn ideas to help their child get ready to read.



School's Out

Thursdays 3:00 pm – 4:00pm

Children, ages 6 – 12

When school is out, the library is in! Complete challenges, play games, or learn something new! Whether we are building cardboard towers, or learning how to program robots, there is always something new to explore.



DISCOVER: A Post-Secondary Prep Program

Thursdays, 4:30pm – 6:30pm

DISCOVER is a post-secondary prep program that prepares students for life after high school! We focus on building skills that will lead students to post-secondary success and helping students discover their optimal academic path. Free weekly sessions are run by university students and recent alumni who have invaluable experience in post-secondary education and a broad variety of career fields and will guide students to unlock their full potential!



Seniors' Drop-In Program

Tuesdays, 10:30am – 11:30am

Join us on Tuesday mornings as we continue our popular community drop-in program and focus on a variety of topics. Recently we have explored making bread, river valley coyotes, Chinese paper cutting, and the slow food movement. Come by and visit for a taste of what's next.

We have also finalized our Spring Break program plans! For more details (as well as information on our other programs, including drop-in coding classes, more speakers from the University of Alberta, and more), please visit www.epl.ca.



Riverbend Community League

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

Join in! Visit www.riverbendonline.ca for updates on community league programs.

President's Message Miep Raedschelders, RCL President

Happy New Year to all our members, neighbours and friends! We wish you a very happy and healthy 2020 and hope you will get to know your league a little bit better this year!

We have a lot of opportunity for those of you with resolutions to be more involved in building community through volunteerism. Are you interested in helping Riverbend with recreational events? Perhaps you love fundraising? Are you interested in community-based journalism and want to contribute to the RAGG? Perhaps you want to mesh your social media savvy with helping us reach out to the people in our neighbourhood? Would you like to tackle a project like rebuilding tennis courts? Please contact me at info@riverbendonline.ca and we can definitely talk about a meaningful volunteer experience on our team!

Your Riverbend Community League Board hopes you've had a chance to take advantage of our wonderful Brookside Rinks to skate this winter! If not, come on out to our Family Skate Fest on February 22nd to say hello, enjoy a loonie pancake breakfast and have a great skate with neighbours and friends. Community League memberships will be available for sale as well.

I am happy to introduce Ben Ehlers as our new Vice-President on the Riverbend Community League Board. Welcome to the team Ben!

Hosting an event? Looking for meeting space or needing gathering space? Consider renting one of our halls for your function, event or on an ongoing basis. Check out our rental options at riverbendonline.ca.

Thank you for supporting your league by purchasing a membership!



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.

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.

Connecting Online

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



Riverbend Community League

www.facebook.com/RiverbendCL

The Riverbend Ragg-Times

www.facebook.com/RiverbendRaggTimes

INDOOR POOLS

Confederation Pool (11204 - 43 Ave)
Saturdays 4:00 - 5:30 pm

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

*Note Aquatic Pool Closure on pg. 1

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

Celebrate close to home!

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



Brookside Hall
5320 - 143 St.

To view or book, call
Rod Ponech
780-217-1636
rentals@riverbendonline.ca



Learn more about both
facilities at
www.riverbendonline.ca

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

Layers of Flavours

Try some delicious options from Spain

By: William Bincoletto

Christmas has come and gone; the old man of 2019 has disappeared, leaving in his wake the promise of 2020. Resolutions are being implemented or at least considered, one of which is telling myself that I need to find great quality bargains. Like many of you my “winebank” is sounding rather empty so my continuous search for “values” during the early winter months is at an all time high. However trying to find that wine that “over delivers” sometimes means that price can be somewhat relative



And let’s not forget that February temperature encourages us to still think and focus on red wines that offer layers of flavours.

So when looking for good values, I encourage seeking out the neighbours - appellations that sit next to a more famous region, meaning its producers have to work hard to get your attention. Other times look for lesser known wine districts that are on the off beaten paths or even consider the second or third labels of very famous wineries. They can offer some spectacular values.

However let’s not forget that perhaps the most important aspect of a great buy is the knowledge that a wine shop staff can offer you.

One of the most common questions I get asked is “Which country would you say is offering the best value wines, and can you recommend some great bottles?”

While I would say you could find great value wines in any country, I think Spain has been on my radar for the past few years, always producing excellent wines, with very fair and attractive prices. Whether you’re looking for a white, red, or sparkling wine, Spain pretty much covers it when it comes to value.

So here are three delicious “Best Buys from Spain” from three different wine regions that deserve your attention!

2016 Faustino Art Collection Crianza-Rioja

Definitely a “best buy” tempranillo. Clean, bright, medium layer. Beautiful cherry red colour with garnet evolution. Intense. Barrel notes are very present. Sweet sensations, lightly toasted. Very well integrated with notes of slightly ripe fruits of the forest. Pleasant in the mouth. The tannins are very well integrated, round. Medium finish marked by toasted barrels. It matches with any kind of meat and mushrooms rice. Some tasty or oily fish such as tuna or cod. Medium-aged cheese such as manchego or piave vecchio

2017 La Traca Bobal-Valencia

A native grape of Valencia, Bobal makes wines known for their dark color, chewy tannins and spicy dark fruit notes with a juicy acidity. It is also widely used for rosé. This wine however is a lovely easy-drinking red wine comes from a specific vineyard south of Requena, in Valencia, called El Ardal. Planted to sandy clay soils, these old vines (58+ years old) are bush trained and have always been treated organically. The grapes are hand-harvested, fermented with native yeasts in stainless and cement tanks, and aged mostly in stainless with a small amount in old foudres for 3 months. The wine was bottled unfiltered and lightly filtered.

This is a fantastic juicy, earthy light red fruited wine, with a beautiful finish that keeps you coming back for more.

2017 Gota de Arena Tempranillo- Castilla y Leon

Dark, opaque ruby color. Seductive aromatics of blackberry. Black cherry fruit, wood-smoke, and clove. On the on palate, lush ribbons of black plum and cassis finishing with a slight toast note amid ultra-smooth tannins with mineral character. A beautifully balanced wine, rich, lush but not heavy. An incredible value, possessing fantastic fruit, excellent mid-palate depth and ripe tannins.

As for food pairings think chorizo and shrimp paella. And don’t be shy with the paprika, green olives, and garlic.

William Bincoletto is the Principal sommelier and new owner of Vines

How Birds Keep Warm in the Winter

Keep your eye out for these birds this winter

By: Meghan Jacklin

A bird’s first method of defense against the cold weather is its feathers. Not only do they provide insulation from the cold, but they also have a waterproofing factor. Birds produce a special oil called Preen Oil which some cold savvy birds use to waterproof their feathers. This is important because the only thing worse than a cold bird is a cold, wet bird! Feathers trap pockets of air around the body and the birds internal body temperature will then warm up the trapped air. Birds will fluff their feathers in the cold so that they can trap as much air as possible. To maintain the pockets of air, a birds feathers must be flexible, clean, and dry. This is where the Preen Oil comes in and it allows the bird to have a water resistant top layer and a heated inner layer.



Torpor is a state of reduced metabolism that is induced when a bird’s body temperature is lowered so that it will require fewer calories to maintain appropriate heat levels. Many birds will enter torpor to save energy during chilly winter nights, especially Hummingbirds who undergo this process nightly. Torpor is not very common in winter birds (like the Black-capped Chickadee) because warming back up in the morning takes up too much extra energy. Instead, they experience a more moderate version of torpor called regulated hypothermia. Entering torpor can sometimes be dangerous as the reduced temperature can lead to slower reaction times which increases the bird’s vulnerability to predators.

Although birds have many adaptations to conserve heat, bird mortality can be very high during harsh winters or in sudden cold snaps. To give your neighbourhood birds an advantage during Arctic-like conditions, make sure you keep your bird feeders stocked with foods that are high in fat and calories such as seeds, peanut butter, and nuts. These fill birds with plenty of energy that enable them to generate more body heat. Birds can use energy to melt snow into water that they can drink, but this will lower their body temperature. Providing water from a heated bird bath will give your neighbourhood birds a much better chance of survival.

—Don’t worry about how backyard birds keep warm when the temperature starts to drop, they have plenty of effective adaptations that allow them to survive even the coldest nights. Bird lovers who understand these adaptations and help birds by providing them with suitable food and shelter will be sure to enjoy warm and healthy backyard birds no matter what the temperature is.

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Families in our neighbourhood gathered at the Brookview Community hall for a great time at the Family Sleigh Ride on December 30. The weather was perfect: just cold enough to make the wintery evening feel magical but warm enough to enjoy the horse-drawn wagon rides, outdoor skating, and snacks around the outdoor fire pit. Families also enjoyed activities in the hall while they waited, along with cookies, drinks, hot chocolate and popcorn. It was a wonderful example of community coming together to enjoy themselves and meet their neighbours! Thank you to all the volunteers who helped spearhead and make this wonderful evening happen. Special thanks go out to the event organizer Melanie Ross and her team, Cindy and Murray Martin, Kyle Fodchuk, Nicolas Farnden. Events like this will hopefully inspire community members to initiate and volunteer, continuing to make Brookview a great place to live in!



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

The drop-in “Learn to Skate” program will continue at our rink on Tuesdays from 4:30 to 7:30 until February 11, weather permitting (lessons are cancelled at -23 C). The lessons are free of charge but participants must provide their own CSA approved helmets and skates. This City of Edmonton program is open to all. Come out and embrace winter!!

Brookview Ice Rink (300 Bulyea Road)

Regular rink and change room hours are Monday-Friday from 4-9, Saturdays from 12-9 and Sunday from 1-6. Family Skate hours are from 1-3 every Sunday- no pucks or sticks are allowed on the ice at this time. BCL skate tags or proof of community membership are required to use the BCL rink. Check our website for ice closures due to weather or poor conditions.

Community Swim and Facility Access at TCRC

Sunday evening swim and facility access continues at the TCRC for all Brookview Community League members from 5:00-7:00pm. Arrive early with your BCL card, as admission is on a first come-first serve basis. Facility access includes the fitness centre, open gym, indoor running track and children’s indoor playground. (***)Please note the Aquatic Closure on pg. 4)

Ballroom Dancing Lessons

The Ballroom Dance program began January 19 at the BCL hall. Check our website for the upcoming spring session registration details.

Brookview Preschool

Online registration for the Fall 2020 term opens February 1. In-person registration takes place February 5 from 6-8pm at the Brookview Community Hall.

Yoga with Sandy Mah

Winter session yoga with Sandy Mah will begin in February. Please see our website for further details.

Winter Green Shack Program

LOCATION	DATES	DAYS & TIMES
Bulyea Heights 300 Bulyea Rd	February 1 - February 23	Tues and Thurs: 1:30-6:00pm Sat: 1:00-5:00pm

Get active this winter and learn to kicksled, snowshoe, cook outdoors and so much more! Join us three days a week for free winter programming!

Neighbourhood Recreation would like to acknowledge that our programs respectfully take place on Treaty 6 Territory, and Metis Nation Region 4.

This program is targeted for children aged 6-12, but all children accompanied by an adult are welcome to attend.

For more information, please visit: edmonton.ca/greeshacks or call 311.

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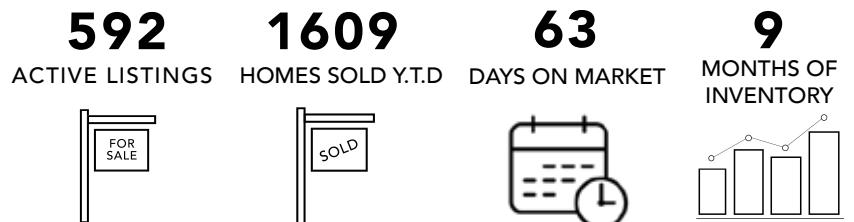
The Pearl in Oliver \$1,498,000
 29th floor breathtaking river views. 2 bdrm, 2.5 bath, 1856 sqft Suite. A must see!
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Rhatigan Ridge \$759,900
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MARKET SUMMARY Y.T.D 2019



AVERAGE SOLD PRICE 2019



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



Cameron Heights \$1,425,000
 On the ravine exctive walk-out bungalow. 4800 sq.ft of contemporary finished space.
 ML# E4173742



Ardrossan Acreage \$1,170,000
 Gated estate on 2 acres. 4,000sf of gorgeous custom built space. Immaculate yard.
 ML# E4182932



Windermere \$599,999
 Upper Windermere elegant living. 2372 sq ft 3 bedroom 2 bath. Great location
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Richford Condo \$434,900
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