



A PUBLICATION OF THE RIVERBEND COMMUNITY LEAGUE

## Fort Edmonton Park Celebrates 50 Years

### Embodying Edmonton's History

By: Harold Hornig



I have been involved in volunteering in the Riverbend Terwillegar area for over 19 years, being one of the founding fathers of TRAC, heavily involved in the Brookview Homeowners' Association as well as working on the building committee for the Maclab Theatre at Osborne. I run several community websites and an email callout system that reaches over 1600 residents in the area spreading information about crime and community news happenings.

I am involved in yet another project, the **Fort Edmonton Park 50<sup>th</sup> Anniversary Homecoming** event for the Fort Edmonton Foundation on **Saturday, May 25, 2019**. Fort Edmonton Park was developed under the leadership of the Fort Edmonton Foundation. It was founded in 1969 and is now celebrating its 50<sup>th</sup> year of operation and the whole community is invited to join the festivities.

In the 1960s a few special Edmontonians had a dream to rebuild Edmonton's last fur trading post. The group that was formed in 1969 became the Fort Edmonton Foundation. Fifty years later Fort Edmonton Park has become one of the world's foremost living history museums. Despite its worldwide recognition, Fort Edmonton Park is still somewhat of a secret jewel in our own city. This year that is certain to change.

2019 marks 50 years since the Fort Edmonton Foundation began its ambitious mission. As such we will be spending the year looking back and celebrating the accomplishments of the many donors, volunteers and partners of the Foundation. There are many captivating stories to be told about the history of the Foundation and its work to embody the history of Edmonton. Many of those intriguing stories will soon be published in a 50<sup>th</sup> anniversary book. Including the tale of how the Foundation came to acquire and relocate the iconic steam engine from the United States. The book, along with a special edition Foundation wine, will be launched at the 50<sup>th</sup> Anniversary Homecoming on May 25.

Did you know that back when the Fort first began construction, a time capsule was buried! This capsule's contents will be officially revealed on May 25. How cool is that? In addition join the Foundation for a family-friendly celebration where guests will be treated to:

- A sneak preview of the new park with special tours of the Park's construction progress.

- Special guest speakers from the past 50 years ready to tell first hand stories that will keep you spellbound.
- The launch of the 50<sup>th</sup> Anniversary Book
- The launch and tasting of the inaugural Foundation Wine; and
- A traditional barbeque feast, live entertainment and activities for the whole family

The Fort Edmonton Foundation's 50<sup>th</sup> Anniversary History Book, will be available to purchase, and signed by the author. The delightful Fort Edmonton Foundation's 50<sup>th</sup> Anniversary's red wine will be a pleasure to drink, as well as, a wonderful collector's item.

Proceeds from the event, and sales of the book and wine, will help fund the expansion of Fort Edmonton Park. Currently the Park is engaged in a \$160,000,000+ capital improvement and expansion project. Funded in part by three levels of government. The Foundation is committed to raising \$11,000,000 in support of this project.

This project creates an exciting opportunity for Edmontonians to become a part of the Foundation's legacy. There are many opportunities for you and your family to play an historic role in this world class facility, Fort Edmonton Park. There are volunteer opportunities, sponsorship opportunities for the 50<sup>th</sup> Anniversary Homecoming event, and donations are always welcome. Your sponsorship will not only make this homecoming weekend happen, it will sustain and enhance the legacy of the Fort Edmonton Foundation, and the Park that many volunteers, 50 years ago, built to preserve our history.

For more information about the Fort Edmonton Foundation's four Capital Projects visit: [www.forted.ca](http://www.forted.ca).

If you want to volunteer at the park, you can email Janet Tryhuba, the Executive Director at Fort Edmonton Foundation at [jtryhuba@fortedmontonfoundation.org](mailto:jtryhuba@fortedmontonfoundation.org) or visit the [www.fortedmontonpark.ca](http://www.fortedmontonpark.ca) website to find out about volunteer opportunities.

Circle May 25, 2019 on your calendars and plan to attend a bit of history that belongs to you and the city of Edmonton. I am really honoured in being part of this historic event and I hope that you will share in the excitement.

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## 2019 Alberta Health Community Symposium

### Connecting Changemakers for Wellness

By: Living Local, EFCL E-News

**C**ommunities ChooseWell along with the Alberta Cancer Prevention Legacy Fund will be hosting their annual Healthy Community Symposium on March 7-8, 2019.

The theme of the event is 'Connecting Changemakers'. Changemakers use a deep-rooted sense of empathy for others, identify a specific problem or opportunity to tackle, and give themselves permission to do something about it. Communities ChooseWell and ACPLF are excited to bring together wellness changemakers and offer supports to help grow healthy change across Alberta.

There is also an Indigenous Champions Gathering on March 7. If you would like to take part in the Indigenous Champions' Community of Practice, please join Janet Naclia of the Alberta Recreation and Parks Association for the preconference Indigenous Champions' Gathering from 9:00 am to 12:00 pm, at the Santa Maria Goretti Centre. Please email Janet at [jnaclia@arpaonline.ca](mailto:jnaclia@arpaonline.ca) for more details. Or, alternatively, drop a note to Brenda Roland, Indigenous Community Coordinator at the Alberta Cancer Prevention Legacy Fund, at [brenda.roland@albertahealthservices.ca](mailto:brenda.roland@albertahealthservices.ca).

Registration is **free**, and anyone interested is welcome to attend. Limited travel subsidies are available to those travelling to attend.

#### 2019 Alberta Healthy Community Symposium

Thursday, March 7, 2019 (11 am to 5 pm)

Friday, March 8, 2019 (8:30 am to 3 pm)

Santa Maria Goretti Centre, 11050 90 Street NW

Keynote Speakers include [Andra Auger](#) and [Mark Cabaj](#).

To learn more and to register, visit [arpaonline.ca/choosewell/what-we-do/workshops/](http://arpaonline.ca/choosewell/what-we-do/workshops/).



# 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.

We look forward to seeing you soon!

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Owner

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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 \*\***

## Congratulations World Champions!

### Riverbend Terwillegar Teens Take the Podium

By: Dave Rumbold

Riverbend Terwillegar teens Stephanie Markowski (Defence) and Danielle Serdachny (Forward) were proud members of the Canadian Women's U18 Hockey Team which just won the International Ice Hockey Foundation - IIHF U18 Women's World Championship in Japan.

Both teens grew up playing local hockey, currently attend the Pursuit of Excellence Hockey Academy and play in the Canadian Sport School Hockey League (CSSHL). Danielle and Stephanie are looking forward to playing at the College level starting next year. Best wishes to our champions!



## Hot off the Press!

### The Latest Activities and Events being Offered at the Riverbend Library



By: Jessica Niemi, Community Librarian

Our popular new class for older adults, "Seniors Drop-In", resumed on January 22 from **10:30 - 12:00 pm**. Join us for exciting opportunities for participants to learn three new skills. Laughter and fun abounded as we attempted to master skills such as packing a suitcase, making an original origami creation, and learning how to tie a scarf in 20 different ways.

Join us on **Tuesday mornings** as we continue our classes and focus on in-demand topics like art fraud, music, healthy eating, travel, hygge, and phone fraud. Contact the Riverbend Library 780-944-5311 for more information about the program, including an up-to-date schedule of events.

In response to requests from the community, the Riverbend Library is going to be offering **special program for 4 to 5 year olds** accompanied by an adult, in February.

Come for stories, songs, movement and a variety of fun activities! Adults will actively participate and learn ideas to help their child get ready to read. This program is offered in collaboration with AHS Speech and Language

Services.

#### Sounds Like Fun: Getting Ready to Read

Wednesdays 1:30 – 2:15 pm  
February 13 – March 13

**Forward Thinking Speakers Series** Every February, libraries across Canada celebrate **Freedom to Read Week**. This annual celebration encourages Canadians to think about and reaffirm their commitment to intellectual freedom and access to information. Edmonton Public Library and the Edmonton Community Foundation are participating in Freedom to Read Week by welcoming Dr. Safiya Noble for the first Forward Thinking Speaker Series event of 2019. Her presentation, Algorithms of Oppression: How Search Engines Reinforce Racism will take place on February 20 at the Chateau Lacombe Hotel.

To find out more about this session, and the entire series of Forward Thinking Speakers, visit <https://www.eventbrite.ca/edmonton-public-library-9378930138>.





## WINE EVENTS

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## Edmonton Whitemud

### Updates from your MLA

By: Dr. Bob Turner, MLA Edmonton Whitemud



To all the Constituents of Edmonton-Whitemud,

With 2019 and a new provincial election on the horizon, I've been taking some time to reflect on the incredible honour I've had in serving as the MLA for Edmonton-Whitemud.

When I ran, first in 2014, and again in 2015, it was because I truly believed Rachel Notley was the best candidate for Premier of Alberta and a leader I could work with to accomplish great things for our community.

From the beginning, I spoke about the need to move forward in building Nellie Carlson School, with upgrading the Misericordia Hospital and eliminating flavoured tobacco. I've been proud to see all of these goals accomplished.

That's who we are as Alberta New Democrats. We keep our promises. We've invested in education, made great progress in diversifying our economy and cleaned up after the years of waste and mismanagement of Progressive Conservative governments. And I'm particularly proud of our leadership in acting on climate change, improving many aspects of health care, updating condo regulations (which affect 20% of Whitemud residents), improving access to AISH and indexing benefits and updating the Municipal Government Act to enable the City Charters.

Now that this work has been accomplished, I've given much thought as to how I can best help support our Premier and my colleagues in continuing it. And while I've had many express support and have truly valued the opportunity I've had, I've decided that I will not be seeking re-election as the MLA for Edmonton-Whitemud.

In 2019, I will be continuing to work hard for all of my constituents and, with every moment of free time I have, working to support Premier Notley and ensure our community will have a strong Alberta NDP candidate to work alongside her.

I want to thank the voters of Edmonton-Whitemud for their support over the years and for trusting me to get the job done. Together, we will get a new hospital and high school in Southwest Edmonton and make progress on the Terwillegar expressway project and the long-overdue expansion of Anthony Henday Drive in the Whitemud area.

There is still a lot of work to do, but I know Rachel Notley will keep fighting for you and your family.



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*Riverbend*  
Community League



# Family Skate Fest

**Saturday, February 23**  
**9:00 am - Noon**  
**Brookside Park**

- Pancake Breakfast - \$1/plate
- Coffee & Hot Chocolate
- Enjoy the new playground
- Skating on both rinks
- No hockey allowed until 12:00 noon.

## Ensuring Safety and Decreasing Crime

### Working Together to Make a Difference

By: Julie Ali

Although crime is rare in my mind, in my neighborhood in Riverbend, I have noticed over the past two years, that there has been an increase in petty acts of theft. Our old next door neighbor had his BBQ stolen and the new neighbor has had his garage invaded and personal items removed from his vehicles. Even my car parked overnight on the parking pad has been inspected by travelers.

With any downturn in the economy there may be an associated increase in opportunistic thefts. Social media depicts lawless individuals smashing into cars in parking lots and making off with personal goods. We're lucky in Riverbend to avoid much of this criminal activity but we're not immune.

The best way to avoid notice by thieves is to park cars in the garage and have them locked. Cameras also help to decrease opportunistic theft. I keep my exterior house lights on at night so that the garage area is visible to neighbors. Prompt reporting of any sort of vandalism is also useful; one year we had our door spray painted and we immediately reported the incident to police. Another time an intoxicated man arrived at our door and we had to call for medical assistance. Repeated accidents by intoxicated individuals into community trees have lead to further contact with the police.

Vigilance by all of us in the community will ensure safety and a decrease in crime. The police are only as effective as the citizens are. We act as information funnels for the police force and without us, our community would be more vulnerable to theft and other criminal activity. I encourage everyone to keep an eye out for suspicious cars parked in the neighborhood and report any odd activity to the police.

Read more about how you can support your community on pg. 13 by signing up for the TRAC Messaging System

**Riverbend Community League**  
**Skating Snapshot Contest!**  
 Show us your skates and smiles!  
 We want to see pics of you and yours enjoying the Brookside rinks!  
 5320 143 St NW

Send your picture to [info@riverbendonline.ca](mailto:info@riverbendonline.ca) before February 26, 2019 to be entered into the prize draw! Winners will be chosen randomly and announced on March 4.  
 Submissions may be shared online and in the Riverbend Ragg-Times.

**Give the Gift of a Second Language**

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DKK is a non-profit preschool for 3-5 year olds taught in both English & German. No parent duty days.

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[DKKplayschool.org](http://DKKplayschool.org) [DieKleineKinderschule](https://www.facebook.com/DieKleineKinderschule)



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## Let's Talk Grapes

### One Life...Drink it Well

By: William Bincoletto

In our discovery of that great grape, how do you choose which grape is better than the other?

Well first let me say that there are many families of grapes but it is primarily the *Vitis Vinifera* family that grape growers discuss when selecting grapes to make wine. And within that family there are well over 5000 grapes varieties to choose from, so the winemaker and winery have a lot to consider.

Some grapes are so popular that everyone wants to grow them and every consumer recognizes them as in Chardonnay, Sauvignon Blanc, Cabernet Sauvignon, Merlot, Pinot Noir, and Shiraz. Some others are still only what I call regional oddities. For example the Mencia grown in the Bierzo region of Spain, the Carmènere very well known in Chile, but less throughout the world, the Aglianico from Italy or Baga from Portugal. Others have a growing reputation, and becoming more and more popular. For instance, the Malbec, once known only in France, but now getting a name for itself thanks mainly to Argentina; Sangiovese which is native to Tuscany, but now grown in the Okanagan.

What is important to remember is to recognize that every grape has its own character profile, distinctiveness and uniqueness. For example, the Pinot Noir is light coloured and less tannic than Cabernet Sauvignon. Or, what gives that rich truffle like quality to Nebbiolo? Why does Sauvignon

Blanc remind us so much of citrus fruits?

That is what makes the grape variety so interesting.

But besides their intrinsic characteristics, we also need to take into account how and where they are grown (viticulture) and what the winemaker does to differentiate his Chardonnay from his neighbours (vinification)

Understanding the grape style will also make you appreciate the style of wine made. If you like easy to drink light reds think Pinot Noir or Gamay. If you love full bodied reds think Cabernet Sauvignon, Nebbiolo or even Shiraz. If you enjoy aromatic whites, think Riesling or Gewurztraminer.

It really takes a lifetime to understand the world of grapes. Jancis Robinson's book *Wine Grapes* highlights the "ouvrage" on grapes. Available at Chapters and Amazon, this is a must read for all grape aficionados and future sommeliers.

So next time you pick up a bottle think about the grape and feel free to drop in and learn more.

Our picks this time represent the wonderful diversity of grapes!

#### Sauvignon Blanc

##### • 2017 Rapuara Springs Sauvignon Blanc-Marlborough, New Zealand

Sauvignon Blanc's greatest attributes lie in its fabulous array of aromatic qualities, which vary according to growing location and its treatment in the cellar. In New Zealand's Marlborough, it produces a stunning array of pungently, assertive characters, from the green grass, green bean, tinned pea and asparagus flavours to the more tropical, ripe spectrum of grapefruit, guava, passion fruit and mango. The Sauvignon cause has also been taken up to good and affordable effect by Chile and South Africa, whose cooler spots are proving ideal for this wonderfully zingy, fresh grape variety.

#### Carmènere

##### • 2014 Falernia carmenere Reserva Pedriscal Single Vineyard- Valle de Elqui- Chile

Carmènere is a medium-bodied red wine that originated in Bordeaux, France and now grows almost only in Chile. The wine is treasured for its supple red-and-black berry flavors (in a similar style to Merlot) and herbaceous notes of green peppercorn.

The lighter tannin and higher acidity in Carmènere wine make it quite an easy red to pair with a great variety of dishes. Ideally, leaner grilled meats with savory sauces like Chimichurri (a cilantro-based sauce), green salsas, mint, or parsley pesto will complement the herbal qualities of the wine and make it taste more fruity. Carmènere will even do well alongside darker white meats, including turkey and duck.

#### Shiraz

##### • 2017 Two Hands Gnarly Dudes-Barossa Valley, Australia

When it comes to Australian wine no other grape is more synonymous than Shiraz. Almost universally planted, capable of everything from affordable, quaffable BBQ reds to magnificent, age-worthy classics that are truly world-class. Shiraz has it all.

As previously mentioned in my previous articles, Albertans love the shiraz grape. While syrah and shiraz grapes are identical, it is their provenance that distinguishes their differences. Syrah (French style) has deep colour, accentuated spice aromas with some bacon fat/gamey flavours. Shiraz (Aussie style) is more fruit forward often labelled "fruit bomb, jammy" with high alcohol flavours.



And there are so many more to discover. Remember our motto: One life...drink it well.

William Bincoletto (principal sommelier) at Vines Wine Merchants can be reached at 780-434-9444 for any questions or inquiries.

## Call for Abstracts - Bike 2019 - February 22, 2019

The Centre for Active Living is pleased to issue a Call for Abstracts for Bike 2019, a key conference that will explore and engage in conversation about the research, policy and practice around cycling as a mode of active transport. The suggested areas of focus include:

Policy ~ Environment ~ Health Benefits ~ Emerging Trends and Technologies (e.g. e-bikes, bike share) ~ Bike Culture  
~ Year-round Cycling ~ Infrastructure ~ Awareness and Education ~ Wayfinding ~ Liability

Visit [www.centre4activeliving.ca/bike2019/abstracts/](http://www.centre4activeliving.ca/bike2019/abstracts/) for details about submissions.

For more information about the Bike 2019 conference on May 7, 2019, visit: <https://www.centre4activeliving.ca/bike2019/>



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**February Is Heart Month**



Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing, may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

**Common signs of a heart attack**  
*(Any, or all, of these signs & symptoms may occur)*

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or simply a 'heavy' sensation;
- Discomfort may move to the shoulders, arm, neck, or jaw;
- May include shortness of breath, sweating, or nausea / vomiting.
- Signs may vary person to person and can differ between men and women, and the elderly.

**Heart attack Risk Factors**

- Obesity\*
- Sedentary lifestyle\*
- Smoking\*
- High cholesterol\*
- Age / gender
- Family history

Speak with your doctor about how to treat your modifiable (\*) risk factors and learn to be heart safe.

**What to do when seconds count**

- Call 9-1-1 immediately. Early treatment can greatly reduce heart damage and make the difference of life and death;
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous and perform an electrocardiogram (ECG);
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage;
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival;
- Take a CPR / AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.

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



**Archbishop Joseph MacNeil Catholic Elementary/Junior High School**



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**February 19** – Frank Robinson,  
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**“What’s Behind the Barn Door”**  
discussing hormones in meat’ types of eggs; etc

To **CONFIRM** your attendance or for more information,  
**CALL:** Nick 780-435-1045 or Betty 780-434-0711.

An additional **“outing”** is offered each month for your enjoyment.

For information call Joyce – 780-435-6388.

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1-CUT OUT. 2-ATTACH TO FRIDGE. 3-POST PHOTO ON INSTAGRAM. 4-TAG @LOHS\_Legends



## Seniors Connection News for those 55+

### Southwest Edmonton Seniors Association (SWESA)

By: Carol Vaage

*"The only thing that is constant is change." ~ Heraclitus*

Clack, clack, clack. I read a book the other day that described the sound of the typewriter and it brought back the memory of typing classes in high school. That old manual Remington had such a satisfying sound when you returned the carriage. We used carbon paper for copies. Then came the electric typewriter with whiteout. The first computer I had used a split screen and I had to have my file card with instructions nearby in order to operate it. Now we have the fastest, lightest and smallest computers.

Many of us will remember the phones from our childhood. My Granny had a big wooden wall phone that had a crank on the side, which connected to the operator. On the farm where I grew up, we had a party line and knew our own ring, but could also hear the 'rubbernecks' who could also pick up their phones and listen to our conversations. From single line rotary dial phones, to portable land lines, to cell phones, to smart phones. I watched a video the other day of two young men given a rotary phone to try to figure out how it worked. It seemed to take them forever to figure out that you couldn't just press the numbers, but actually had to insert your finger and pull the number all the way around.

Our generation has seen a huge change with technologies - from tube radios, to transistor radios, to Alexa or Apple Music, or Satellite radio.

What a joy it was to be able to search for information with the ease of typing in a word or two compared to hours of searching in the card catalogue or walking between the shelves in the library to find what you wanted. Now we just ask Alexa or Siri and answers are instantaneous.

The movie theatre used to cost 15 cents for admission and 10 cents for a bag of popcorn. The Lone Ranger and Roy Rogers were the hits of the day. Now we can view thousands of movies anywhere on our phones, tablets, iPads, computers or big screen TVs.

Some of us have tried to keep up with the accelerated progress of

technology and others of us have thrown up our hands choosing a more simplified way to live. One thing is true though, 15 years ago, the Internet was a way to escape from the real world. Today the real world is an escape from the Internet. (Anonymous)

SWESA is moving into a new phase using technology to ease the load on our volunteers. The MySeniorCenter is a complete system that will safely monitor our members and the classes they've enrolled in or whether they are just visiting. The statistics generated by this computer system will help us apply for grants. Our front desk volunteers will be there to assist any of our members on how to use the system and it is very user friendly.

SWESA has also partnered with Edmonton Public Library to assist older adults with their electronic devices, like smart phones and tablets. One-on-one coaching is possible as well. Please check out our Winter Program Guide for the dates of these sessions.

SWESA welcomes all newcomers to join us for any of our social events - coffee, lunches, book club, games (cribbage, hand and foot canasta, American mahjong, and contract bridge). Wonderful opportunities are available for those interested in the arts - a favorite is the Friday morning art group, where you bring your own art supplies and create art in a social and supportive environment. Our fitness programs are also a place to participate with a group to keep ourselves active and energized.

For more details, please check our website for the 2019 Winter Program Guide for talks, classes, and photos. Our motto is to be very welcoming to all who join us!

We hope to see you soon! <http://swedmontonseniors.ca/>

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

#### SWESA Seniors Centre

Yellowbird East Community Centre, 10710-19 Avenue - **SWESA Seniors Lounge**

Terwillegar Community Recreation Centre, 2051 Leger Road

**SWESA phone** - 587-987-3200 ~ **SWESA email** - [swedmontonseniors@gmail.com](mailto:swedmontonseniors@gmail.com)

**SWESA website** [www.swedmontonseniors.ca](http://www.swedmontonseniors.ca) ~ [LIKE Us on Facebook](#)



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## Southwest Edmonton Farmers' Market Update

### Looking Ahead to the 2019 Season

By: Christie, Anderson, Market Manager



**WANTED:  
AMAZING  
VENDORS**

The 2019 outdoor farmers' market season is just over three months away, and we on the SWEFM team are super excited to get rolling with the 9<sup>th</sup> season of our fabulous community market. We

have a ton of special events and theme days for you this year, including Seniors' Day, bouncy castle days, a Corn-fest, Bee Day, and monthly "Artisan Alley" days where we will have additional crafters and non-food vendors set up in a special row. The request for more crafts, art, and handmade products was heard loud and clear, and we hope that you will come out to support and enjoy the creativity of our wonderful artisans. The calendar for all events will be posted in May, so stay tuned!

If you are looking to start your own small business (and you make, bake, or grow your own products), consider joining our market full-time or part-

time this season! We are accepting Vendor Applications up until March 31 for our main market schedule. Although we do accept applications on a wait-list basis all season, we highly encourage all potential vendors to apply by the cut-off date, as many categories fill up very quickly. We have an online application process this year, to make the process even simpler. More information & the application form can be found at: [www.swefm.ca/become-a-vendor](http://www.swefm.ca/become-a-vendor)

We are pleased to be hosting year two of our Young Vendors' program. This no-cost program allows young entrepreneurs aged 13-17 to have a chance to sell their self-made products at the SWEFM. Depending on demand, would-be Young Vendors can book one or several dates throughout the regular season. Check [www.swefm.ca](http://www.swefm.ca) and click on the "Young Vendors" tab for all the details!

The Southwest Edmonton Farmers' Market is located at the Terwillegar Recreation Centre parking lot, and will run from 4:00 - 7:30 pm every Wednesday from May 15 – October 2, rain or shine. See you in a few months!

## Edmonton Riverbend

### Updates from your Member of Parliament

By: Matt Jeneroux, MP for Edmonton Riverbend



Happy New Year. I wish everyone a healthy and prosperous 2019.

I'm excited to announce that once again we'll be accepting nominations for our annual MP Youth Leadership Awards. I launched these awards in 2016 as a way to recognize the work and leadership of our youth in Edmonton Riverbend in response to the tremendous outpouring of support during the Fort McMurray wildfires. There are two age categories for the awards: Grades 7-9 and Grades 10-12. If you know a young person who has shown leadership in our schools or our community, I ask that you

nominate them for an award. The deadline for nominations is March 31, 2019 and you can submit the nomination using the electronic form on my website at [www.mattjeneroux.ca](http://www.mattjeneroux.ca).

We're also starting the year with many uncertainties, which will be an immediate area of focus for Parliament, the biggest one being pipelines and the Trans Mountain Expansion Project. The government, which bought the pipeline for \$4.5 billion more than six months ago, still has not indicated a specific construction timeline with consultations with First Nations communities along the pipeline route expected to wrap up in the spring. In the meantime, and as many of us are aware, Alberta is losing millions of

dollars a day because of our inability to get oil to new markets. In December, Western Canadian Select sunk to record low prices. I've prepared a more in-depth analysis of the energy sector situation on my website at [www.mattjeneroux.ca/oil-prices](http://www.mattjeneroux.ca/oil-prices).

Thank you to everyone who completed our recent survey on the impact of Statistics Canada decisions regarding our privacy. I appreciate all the responses. I recently circulated a survey on the deficit, which is estimated to be more than \$30 billion by 2020. I am always interested in our community's opinions on these important issues so I can ensure I'm best representing our community in Parliament. Please feel free to send your thoughts back. I have also recently created a more detailed analysis of ongoing issues at [www.mattjeneroux.ca/issues-tracker](http://www.mattjeneroux.ca/issues-tracker).

As always, if you have any comments or require assistance with a federal matter, please contact my Edmonton office at 780-495-4351 or [matt.jeneroux.c1@parl.gc.ca](mailto:matt.jeneroux.c1@parl.gc.ca). We would be pleased to assist you.

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## The 2018 Christmas Bird Count

### The Importance of Keeping a Keen Eye on Feeders

By: John Chapman

As we prepared for the 70<sup>th</sup> Edmonton city Christmas Bird count we were concerned the recent mild weather might have driven the birds away from the feeders back into the river valley. Fortunately, the cooler weather arrived two days before the count day. As the bush beaters met Sunday morning, the temperature was minus 12C with little hope of warming as the day wore on. In fact, a strong wind appeared mid-morning and lasted much of the day.

In spite of the weather, the local birds proved to be less evasive than our worst fear. Our group of volunteer bush beaters was able to cover the zone at a comfortable pace. This year the return of our core group, together with several new members, the bush beater team was boosted to 21, our largest group ever. Unfortunately, there was less participation from our list of feeder watchers with 27 sending in their results. I understand the disappointment of looking into your backyard and seeing fewer birds at the feeder compared to previous years. Perhaps it was the unpredictable winter weather, or were there really fewer birds around than in the past? Our results seem to suggest that both reasons could be the cause.

The annual snapshot of local birds ended up to be much the same total as in previous years. There were, of course, the expected variations but the total species count did not disappoint. The total number of birds seen was less than we had hoped but we ended up with similar numbers to other years when compared the counts throughout the city. The feeder watcher counts were down but with the greater bush beater penetration of the wooded areas, excellent numbers of birds were discovered. In our zone, Zone 4, we collectively reported a total of 25 species which compared very well to the 26 species counted in 2017. There were unusually low numbers of two species; Bohemian and Cedar Waxwings, which were in very low numbers. The total number of birds counted in Zone 4 was 1234 and for the city count 16055.

The total city count reported 39 species out of total 45 in the A-List of the more common birds. Although listed as common, these birds are historically considered the most likely to be seen in any one year. The less common or rare birds counted this year was a commendable count of eight other species for a total city count of 47 species. The more unusual birds counted in the Christmas Bird count were 234 Canada Geese, three Black-backed Woodpeckers, two Lesser Scaup and one Common Merganser. In recent years the total counts have been around 50 species.

The year to year variation was really evident in 2018. There were hardly any Bohemian Waxwings reported, with the citywide count of only 180. There were none seen in our area. In past counts, Bohemian Waxwing counts were as numerous as 20,000 birds counted with the Edmonton city record a phenomenal count of 35,298 in 2005. We now know a large flock of Bohemian Waxwing arrived in the area on New Year's day. Other species with lower counts city wide included Black-billed Magpies 2037 compared to 2389 last year, Red-breasted Nuthatch 531 (585 last year) although the White-breasted Nuthatch count of 279 (186) was considerably higher, Common Ravens 396 (525) and Pine Siskins 61 (137).

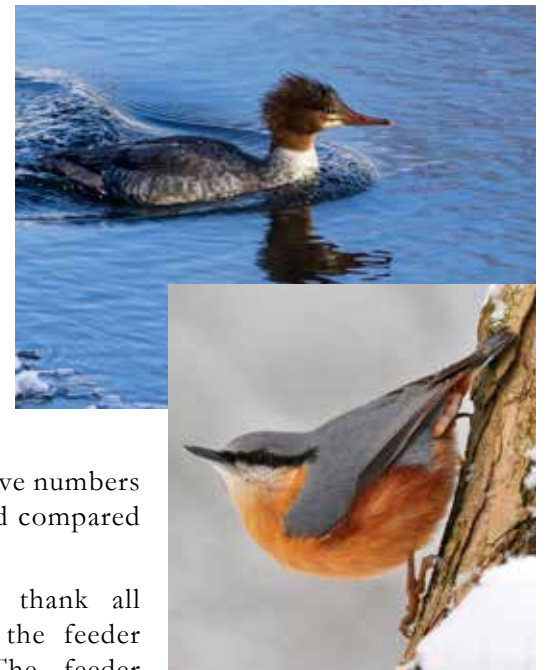
Some species did particularly well, the Downey Woodpecker count was 465 (313) although our zone count of 33 was nowhere near our last year's zone record of 61. House Sparrows were counted 4355 times (2779) and House Finches 1011 (135). All other species counts were within the

historical variations. We used an internet reporting method again this year and the process proved generally efficient. Unfortunately, a computer hiccup during the afternoon delayed reporting of some observer's results. All of the above numbers are the final results for 2018 and compared to last years final results.

I would like to especially thank all enthusiastic bush beaters and the feeder watchers who participated. The feeder watcher participation was down but I appreciate this is a busy time of the year. As much of our natural habitat is being rapidly lost to development, the keen eye of the feeder watchers ensures the consistent and representative counts for each year.

If you are interested but were not able to participate in this year's count, or would like to be involved in next years count, give me a call and I will put you on the mailing list for next year. John Chapman, (780) 436-6598 or [johnchapman@shaw.ca](mailto:johnchapman@shaw.ca)

Photo: Common Merganser and Red Breasted Nuthatch



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## Little Aspen Playschool

### OPEN HOUSE

Wednesday February 6, 2018 (6-8 pm)

Aspen Gardens Community League Building  
12015 - 39A Avenue



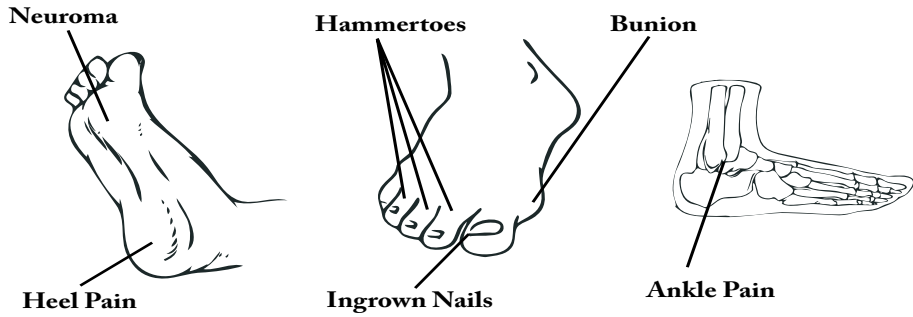
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## Terwillegar Riverbend Advisory Council (TRAC)

### Updates for our community

By: Karin Shott

The Terwillegar Riverbend Advisory Council had their last meeting on Wednesday, January 16, at Lillian Osborne High School with updates from the Southwest Edmonton Farmers' Market (SWEFM), the EFCL Area H Rep, the Brander Gardens ROCKS Program, our Riverbend Librarian, our Neighbourhood Resource Coordinator (NRC), our Ward 9 City Councillor, as well as the community representatives.

Community league memberships for all 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 & 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.

Membership applications and cheques made payable to the applicable community league may also be dropped off in the mailbox beside the TRAC Office. Your membership card and skate tags (if requested) will be mailed out the next business day.



**Outdoor Soccer Registration/Payment sessions** will be held **Saturday, February 9, 16, and 23, 2019**. For more information, please check [www.trsa.ca](http://www.trsa.ca)

A current Community League Membership is required to play soccer. Check your membership card to see if it is still valid. All community league memberships expire August 31.

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.

*"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. When we all work together, we create safer, healthier and more enjoyable neighbourhoods – ones we are proud to call ours."* – Edmonton Federation of Community Leagues

The **TRAC Messaging System** is a part of a network of email groups in the Terwillegar/Riverbend/Windermere area that reaches over 1600 residents, announcing community events and bringing crime alerts and updates to the attention of all of us! This significantly improves our awareness and our sense of community and with the help of Sgt. Larry Langley of the EPS, we are able to utilize this network to reduce crime and bring justice to those that choose to do harm to our area.

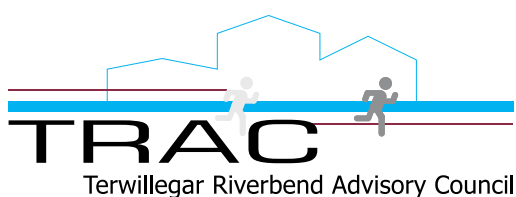
It's easy to sign up – just go to [www.tracspirit.ca](http://www.tracspirit.ca), click on "To become a TRAC VIP Member and receive important e-mails from TRAC, click here". If you are legitimate, you will be registered and receive a confirmation email.

The date has been set for the **2019 TRAC Community Run!** Mark your calendars for **Sunday, May 26h, 2019**. We are always in need of volunteers to make this annual community event such a successful event. Please contact the TRAC Community Office at [tracmail@tracspirit.ca](mailto:tracmail@tracspirit.ca) or call 780-439-9394 if you are interested in being part of the event or would like more information.

**Mark Your Calendar** For These Upcoming Events:

- Wednesday, March 20, 2019: TRAC Meeting
- Wednesday, April 24, 2019: \*TRAC AGM
- Wednesday, May 15, 2019: Opening day for SWEFM
- Sunday, May 26, 2019: 14<sup>th</sup> Annual TRAC Community Run
- Wednesday, June 12, 2019: TRAC Meeting

For more information about TRAC, please visit: [www.tracspirit.ca](http://www.tracspirit.ca).



# Save the Date!



## 14<sup>th</sup> Annual TRAC Community Run Sunday, May 26, 2019

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**Wedgewood Heights \$3,499,000**  
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**Crestwood \$3,498,000**  
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**Twin Brooks \$3,498,000**  
One of a kind gated estate nestled on 1/2 acre prime ravine lot, 4725 sq.ft. ML# E4125936



**Wolf Willow Ridge Estates \$3,195,000**  
2 storey walk-out estate, 8100 sq.ft, gourmet kitchen. ML# E4126439



**Rural Sturgeon County \$2,998,000**  
1/2 acre lot with serene views. Over 11,000 sq.ft on 3 levels, 5 bedrooms, 7 bath. ML# E4135527



**Donsdale \$2,800,000**  
Gated community of River Heights. Breathtaking river lot! 11,000 sq.ft. ML# E4098216



**Windermere \$2,298,000**  
1.15 acre South facing estate. 6 bedrooms, 5 full bath. Vaulted ceilings. ML# E4082930



**Wedgewood Heights \$1,698,000**  
Spectacular ravine lot. Custom built 7241 sq.ft, finished walk out basement. ML# E4114577



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**Haddow \$1,548,000**  
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**Potter Greens \$599,900**  
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**Windermere \$589,900**  
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# 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

Cold and snow and the promise of a new day! January sees your community league hitting the ground running in 2019, planning for an exciting year! We send our best wishes for a very Happy New Year to each one of you!

Please join in the fun and come for a skate on February 23 at Brookside hall! (see pg. 4) Your league will be serving a loonie pancake breakfast, and host a family skate with music, fire barrels and lots of fun for friends and neighbours. The family skate fest was a huge hit last year and we appreciated the feedback. We are so excited to hold this event once more. Hope to see meet many of you there.

The Riverbend Community League is coming up on 50 years and we would love your help in planning our celebration. Please let us know if you would like to volunteer on the planning committee for our 50<sup>th</sup> anniversary. If you are interested in other committee positions, or in gaining valuable board experience, please contact us about how to get involved.

I am happy to introduce Tara Joose as our new Vice-President on the Riverbend Community League Board. Tara brings energy and dedication to the role and will continue as our volunteer coordinator as well. Welcome to your new role on the board Tara!

If you, or someone you know would like to give voice to events and happenings in our wonderful community as a contributor or writer for *The Ragg-Times*, we would love to hear from you! Please contact the Riverbend Community League to express your interest at [info@riverbendonline.ca](mailto:info@riverbendonline.ca).

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](http://riverbendonline.ca).

Thank you for supporting your league by purchasing a membership!



## 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.

## 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.

## Membership Info

Riverbend Community League boundaries include: Brander Gardens, Brookside, Ramsay Heights and Rhatigan Ridge. Memberships can be purchased online at [www.efcl.org](http://www.efcl.org), at the TRAC office in the Terwillegar Community Recreation Centre, by mailing in the membership form on pg. 23, or dropping it off at the RCL office. For more information about the Riverbend Community League, visit [www.riverbendonline.ca](http://www.riverbendonline.ca). Thank you for supporting the Riverbend Community League.

## Hall Rentals

*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](mailto:rentals@riverbendonline.ca)



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

### INDOOR POOLS

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

**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.)

## 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)

## Fun Ways to Spend Your Winter

### Top Eight Nature Activities for Kids in the Winter

By: Edmonton and Area Land Trust

Here are eight fun activities for kids and families to participate in this winter.

#### 8. Quite Observation

Bundle up and find a quiet space outdoors where you can think. Take a few minutes to observe the nature around you using your five senses. What do you see, hear, feel, smell, and taste (taking a deep breath, how does the air taste or if it's snowing, can you catch a snowflake on your tongue)? Focus and think of times you have enjoyed outdoor activities.

#### 7. Snowshoeing

Strap on some snowshoes and go for a walk through your nearby park. It's so much fun to walk on top of the snow drifts. What do your tracks look like? Do you see any other tracks?

#### 6. Hibernating Frog-sicles

In winter, wood frogs freeze, essentially becoming frog-sicles. But sugars in their bodies prevent their organs from being damaged. Try this experiment to see how this works. Gather supplies including two small containers, syrup, water and a plate. Fill one container with water and the other with syrup. Freeze both containers for several hours. Empty the contents of each onto a plate to compare.

#### 5. DIY Bird Seed Feeders

Boil ½ cup of water and 3 tbsp of corn syrup in a saucepan. Reduce heat and add 2 ½ tsp (1 packet) of gelatin; stirring until it dissolves. Pour it in a mixing bowl and stir in ¾ of a cup of flour and 4 cups of bird seed mix. Grease your favourite cookie cutters and your hands and press the mixture firmly into the shapes. Poke a hole with a skewer and remove the new bird feeders from the cutters. Place them outside or in the freezer overnight. Thread string or twine through the hole to make a hanger and place the feeders on your tree. Watch the birds that come to feed on them.



#### 4. Wildlife Tracking

Bundle up and head outside in your backyard and neighbourhood park to look for signs of wildlife. Study your own tracks in the snow, and then look for other tracks nearby. How big are these tracks compared to yours? See if you can guess what kind of animal made the tracks. Also look for other signs of wildlife, such as scat (poop) and chewed on branches near to the ground. You are almost sure to find Jackrabbit tracks, scat and twigs near the ground with all the bark eaten off.

#### 3. Make a snowman

Best activity for heavy wet snow! Get the whole family working together in the yard to roll the biggest snowball you can for the base, and then two smaller snowballs to stack on top. Borrow some items from nature to make buttons, nose, arms, eyes and a great big smile. Add other accessories like a scarf or hat to make it even more unique.

#### 2. Snowball fight with your snowman

Have a snowball fight with your snowman. Have competitions to see who can hit the buttons, or nose with a snowball.

#### 1. Tobogganing and Skating

Head out to your local park with a hill to go tobogganing or grab your skates and head to your nearby community rink. This time spent outdoors is great exercise and a fun way to make new friends in the neighbourhood!

If you're interested in finding more nature activities for kids, check out <https://www.ealt.ca/kids/>.

## Making Tax Time Pay

### Brander Garden ROCKS Partners with E4C

By: Sharon Gritter

Brander Gardens ROCKS is partnering with E4C to give FREE tax services. The times are **Fridays, March 22** and **April 26** at 6:00 - 8:00 pm, or **Saturdays, March 23, April 27** at 10:00 am - 3:00 pm. Riverbend United Church has kindly donated space for the tax clinic. To make an appointment email, [bgrocksone@live.com](mailto:bgrocksone@live.com) or call 211 after March 1.

You are eligible if: your income is equal to or below the following: 1 person - \$30,000, 2 persons, \$37,000 and each additional person \$3,000.

We provide you with information on: Registered Education Savings Plan (government money for your child), Registered Disability Savings Plan, Leisure Access Card, Bus Passes and Benefits for Seniors. The website <https://youcanbenefit.edmonton.ca> is designed to search for social benefits with data from 28 government and nonprofit programs.

Volunteers are welcome, although they need to be screened and registered first, so please contact myself at [bgrocksone@live.com](mailto:bgrocksone@live.com).

Who is not eligible: MTTP does not do taxes for people who are: Self-Employed, Bankrupt, Deceased and anyone with: Employment expenses, capital gains or losses, Business or Rental income or expenses, Interest income over \$1,000 and other complex returns.

For more information contact Sharon Gritter at [bgrocksone@live.com](mailto:bgrocksone@live.com)

Brander Gardens ROCKS is a growing collaboration of kids and families, neighbours, community organizations and institutional partners committed to building community capacities and resilience to create a neighbourhood where diversity is celebrated, neighbours know one another, and all kids and families flourish.

**BRANDER GARDENS ROCKS**

**Nature Kids** NATURE ALBERTA

**FAMILY NATURE NIGHTS 2019**

FOR FAMILIES WITH KIDS AGED 4-12 BUT EVERYONE IS WELCOME

**Winter**

**FEBRUARY 24 2019**

**RUNDLE PARK EDMONTON**

EVENT WILL TAKE PLACE AT THE RUNDLE FAMILY CENTRE. FOR PROPER MAP DIRECTIONS, SEARCH FOR RUNDLE FAMILY CENTRE ON GPS.

**REGISTRATION: 12:45-1:00 PM**

**EVENT: 1:00-3:00 PM**

**EXPERTS**

ALYSSA BOHART, MASTERS STUDENT AT THE UNIVERSITY OF ALBERTA.

BEAVERHILL BIRD OBSERVATORY EDUCATION TEAM

Join us to learn about arctic animals and birds of Alberta, and meet a live Northern Saw-Whet Owl, followed by a nature walk led by our many knowledgeable volunteers.

In the event of extreme weather, notice of cancellation will be posted on our Facebook page. For a detailed map of our location, please see our Nature Alberta Facebook page the day before the event.

We can only accommodate a limited number of families at these events. To guarantee your family a spot, be sure to arrive early. This is a free event however, donations are appreciated.

**A community connected by a love of nature.**

FOR MORE INFO: Facebook.com/NatureAB or naturakids@naturealberta.ca naturealberta.ca

Nature Alberta, University of Alberta, Beaverhill Bird Observatory, Alberta Environment and Sustainable Development, Alberta Parks, Alberta Health Services, Alberta Education, Alberta Culture and Heritage, Alberta Labour, Alberta Infrastructure and Transportation, Alberta Justice and Solicitor General, Alberta Municipal Affairs, Alberta Social Services, Alberta Small Business Development Bank, Alberta Tax and Revenue Services, Alberta Workers' Compensation Board, Alberta Youth and Family Services, Alberta Environment and Parks, Alberta Health Services, Alberta Education, Alberta Culture and Heritage, Alberta Labour, Alberta Infrastructure and Transportation, Alberta Justice and Solicitor General, Alberta Municipal Affairs, Alberta Social Services, Alberta Small Business Development Bank, Alberta Tax and Revenue Services, Alberta Workers' Compensation Board, Alberta Youth and Family Services.



## Keeping Your Youth Active During Our Canadian Winters

### Let Your Children Try New Activities

By: DarleeAnn Mathieson R.M.T.

No doubt about it, winter has officially arrived! With a new season often comes the start of another season of sports. For many Canadian families that more often than not means hockey. The Canadian winter can seem to last forever unless you're having fun outdoors in the snow! Practicing winter sports is the perfect way to stay active and get you through the cold months with a smile. Sure, there's hockey, skiing and snowboarding, but have you ever tried out curling?

Curling has been a passion of mine for 47 years. Why you ask? At the age of eight, June King, the mom of Canadian Curler, Cathy King took me out on a sheet of ice. With a rock in both hands and with all my might, I was able to get that 40 pound rock down to the other end of the sheet and I was hooked!

Did you know that beginner curlers can get started as young as age seven, but age is less important than the ability to pay attention for at least 30 minutes to an hour. And that's why I'm beyond thrilled to be able to share my love of curling with youth in our very own community through sponsorship of "Rocks & Rings." This program introduces the Olympic sport of curling to elementary school kids in their school gymnasium. Through various drills, relays and team-building activities are used to introduce students to the curling, with the emphasis on fun!

Kids will express their interest in sports at different ages. And while some parents may think "the younger, the better," this is not always the case. There are some children who are physically ready but are not quite emotionally and mentally prepared. Or they may not have a desire for sports whatsoever. And then there are kids who are very keen but may still be considered too young for organized sports.

#### There's Still Time to Start a New Sport

If your child simply wants to try a new sport, or play it for fun, it's never too late. After all, trying is how we figure out what we like. Helping your child connect with a physical activity he/she enjoys is much more important, for his/her lifelong health, than getting him/her onto a high-level team.



Whenever you or your child try a new sport, regardless of season, you should expect sore muscles. Just like adults, the physical demands on the body are the same and kids experience the same aches and pains.

#### What are some of the benefits can you enjoy from sports massage?


Keeps the body in better physical condition, decreases muscle aches and pains from over use, helps reduce the possibility of injury by maintaining range of motion and keeping muscles relaxed and improves performance and allows your muscles to recover quickly. With regular sessions, your muscles will be relaxed, loose and ready, no matter what your activity or sport may be.

Good luck to you and your athlete and enjoy your winter to the fullest!

To learn more about the  
Canadian Physical Activity Guidelines  
for all ages visit:

[csep.ca/CMFiles/Guidelines/CSEP\\_PAGuidelines\\_0-65plus\\_en.pdf](http://csep.ca/CMFiles/Guidelines/CSEP_PAGuidelines_0-65plus_en.pdf)

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# Brookview Community League

## Holiday Glow

Every year our neighbourhood looks wonderful and festive with a variety of beautiful holiday decorations lighting up our streets and houses. As always, it was a hard decision but here are a list of this year's top picks. Thanks so much for Forest of Jewels for once again donating the first place prize of a Swarovski crystal ornament. Also a huge thank you to Donna Funk, Carol Pauland Vesna Farnden for braving the cold, congratulating the winners and taking such great pictures.

### Honourable Mentions:

327 Bulyea Road



400 Butchart Drive



### First Place Winner: 507 Buchanan Road



434 Butchart Drive



## Winter Wonderland Photo Contest

Congratulations to the Andrews' family who we know you have seen pulling one or two sleds, dog walking beside and happily enjoying the outdoor weather on all of the walking paths our fine community has to offer. Your \$25 Tim Hortons Gift Card will be mailed out to you. Thank you to all who participated in the contest.

## Brookview Casino Night - Volunteers Needed

Saturday April 13 and Sunday April 14

Please contact Madan Prasad, Casino Chairman for BCL at 780-438-5586 / 780-218-5586 or email to [prasadmadan45@gmail.com](mailto:prasadmadan45@gmail.com)

## Brookview Preschool Fall 2019 Registration

Registration Night February 7~ 6:30 - 8:00 pm at the Brookview Community League Building

Any questions about joining the preschool please contact Natalie Lawson at [registrar@brookviewpreschool.com](mailto:registrar@brookviewpreschool.com)

## Greenspace Committee Members Needed!

We are working with the City to re-design our greenspace around GHJ School and need a few more enthusiastic members to help us move this project forward and over the finish line. It's not time intensive, and you'll be part of making our community a better place to live. If interested, please contact [vicepresident@brookviewcommunityleague.ca](mailto:vicepresident@brookviewcommunityleague.ca).

## Skating Rink

We are OPEN unless its -21C (which includes wind chill)

Monday ~ Friday 4:00 - 9:00 pm

Saturday ~ 12:00 noon - 9:00 pm

Sunday 1:00 - 6:00 pm ~ FAMILY SKATE 1:00 -3:00 pm (no sticks or pucks)

Free Learn to Skate programs for 6-12 years of age is offered in various neighboring communities. For times and places please see the brochure below. Please note that the city does not offer "learn to skate" in Brookview this year.



## Thank you!

\*Special thanks to SWAC (especially you Ron Francoeur) for grooming a cross country ski track at the GHV Bulyea Park. This is greatly appreciated and well utilized!!!

## Ballroom Dancing at Brookview Community League

Kicks off Sunday, February 3 and runs until March 24 from 2:00 - 3:00 pm.

These lessons are a great introduction to Ballroom Dance with a focus on the most popular dances such as the Rumba, Cha-Cha-Cha, Swing and Waltz. Cost is \$120 / couple for 8 weeks or \$80 per person. Contact Vesna at [programs@brookviewcommunityleague.ca](mailto:programs@brookviewcommunityleague.ca) for more info or to register.

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

<b>RIVERBEND COMMUNITY LEAGUE</b>		
Serving the residents of Brookside, Brander Gardens, Ramsay Heights, and Rhatigan Ridge. <a href="http://www.riverbendonline.ca">www.riverbendonline.ca</a>		
<b>Cost of membership</b> Family \$45/Single or Couple \$35/Senior (65+) \$25		
RCL Office	Elizabeth Emslie	780-437-7108 <a href="mailto:info@riverbendonline.ca">info@riverbendonline.ca</a>
President	Miep Raedschelders	<a href="mailto:president@riverbendonline.ca">president@riverbendonline.ca</a>
Vice-President	Tara Joosse	<a href="mailto:info@riverbendonline.ca">info@riverbendonline.ca</a>
Social Media	<b>VACANT</b>	<a href="mailto:info@riverbendonline.ca">info@riverbendonline.ca</a>
Secretary	Leslie Leeworthy	<a href="mailto:secretary@riverbendonline.ca">secretary@riverbendonline.ca</a>
Treasurer	Nancy Wendt	<a href="mailto:info@riverbendonline.ca">info@riverbendonline.ca</a>
Memberships	Karin Shott	<a href="mailto:memberships@riverbendonline.ca">memberships@riverbendonline.ca</a>
Seniors	Judy Robinson	<a href="mailto:info@riverbendonline.ca">info@riverbendonline.ca</a>
Volunteer Coordinator	Tara Joosse	<a href="mailto:info@riverbendonline.ca">info@riverbendonline.ca</a>
Community Liason (Civics)	Sheryl Bowhay	<a href="mailto:info@riverbendonline.ca">info@riverbendonline.ca</a>
Neighbourhood Watch	Barb Scott	<a href="mailto:info@riverbendonline.ca">info@riverbendonline.ca</a>
Programs	<b>VACANT</b>	<a href="mailto:info@riverbendonline.ca">info@riverbendonline.ca</a>
Events/Fundraising	Sue Trigg	<a href="mailto:info@riverbendonline.ca">info@riverbendonline.ca</a>
Facilities/Maintenance	Howard Nash	<a href="mailto:info@riverbendonline.ca">info@riverbendonline.ca</a>
Rinks	Sue Trigg	<a href="mailto:info@riverbendonline.ca">info@riverbendonline.ca</a>
<b>RIVERBEND COMMUNITY LEAGUE BUILDINGS</b> Brookside Building (5320 – 143 Street) (780-437-7108) Riverbend Community Centre (258 Rhatigan Rd. E)		
Buildings Rentals	Rod Ponech	780-217-1636 <a href="mailto:rentals@riverbendonline.ca">rentals@riverbendonline.ca</a>
The Riverbend Ragg-Times	Sherri Henderson, Editorial	<a href="mailto:raggtimes@riverbendonline.ca">raggtimes@riverbendonline.ca</a> Elizabeth Emslie, Advertising 780-437-7108 <a href="mailto:ads@riverbendonline.ca">ads@riverbendonline.ca</a>

<b>BROOKVIEW COMMUNITY LEAGUE</b>	
Serving the residents of Bulyea Heights. Community League Memberships can be purchased at the TRAC Office, <a href="mailto:tracmail@tracspirit.ca">tracmail@tracspirit.ca</a> or 780-439-9394 <a href="http://www.brookviewcommunityleague.ca">www.brookviewcommunityleague.ca</a>	
<b>Cost of Membership</b> Family \$45/Single or Couple \$35/Senior (65+) \$25	
President	Peter Farnden
Vice President	Donna Funk
Treasurer	Purnima Prasad
Secretary	Claire Jarock
Seniors Director	<b>Vacant</b>
Newsletter Director	Lisa Bergman
Sports Committee	Kyle Fodchuck
Membership Director	Heather Schmidt
Playschool Liason	<b>Vacant</b>
Casino Chair	Madan Prasad
TRAC Ambassador	Elmar Klapstein
Programs Director	Vesna Farden
Brookview Community Centre, 280 Bulyea Road.	

<b>HODGSON COMMUNITY LEAGUE</b>	
Serving the residents of Whitemud Ridge. For more informations visit: <a href="http://www.ourhodgson.com">www.ourhodgson.com</a> or email: <a href="mailto:hclcommunications22@gmail.com">hclcommunications22@gmail.com</a> .	
<b>Cost of Membership</b> Family \$45/Single, Couple, or Senior \$35	
President	Taniya Birbeck <a href="mailto:hclpresident@gmail.com">hclpresident@gmail.com</a>
Vice President	Tania Hrebicek
Membership Director	Janna Kirkup <a href="mailto:hclmemberships@gmail.com">hclmemberships@gmail.com</a>

<b>OAK HILLS COMMUNITY LEAGUE</b>	
Serving the residents of Whitemud Oaks (Leger) and Whitemud Hills (Carter Crest). <a href="mailto:oakhills.cl@gmail.com">oakhills.cl@gmail.com</a>	
<b>Cost of Membership</b> Family \$45/Single, Couple, or Senior \$35	
President	Mike Boychuk
Vice-president	Brian Boswell
Secretary	Sandra Boyes
Civics/Seniors	Rob Agostinis
Sports Director	Armando Pinedo
Program Director	Afroz Farjoo
Memberships	Garnett Schommer & <a href="mailto:tracmail@tracspirit.ca">tracmail@tracspirit.ca</a>

<b>GREATER WINDERMERE COMMUNITY LEAGUE</b>	
Serving the residents of Glenridding, Windermere, Upper Windermere, Windermere South, Windermere North, Langdale, Riverpoint, Keswick, South Rural and West Point. GWCL, 18102-8 Ave SW, T6W 1A5 <a href="http://www.gwcl.ca">www.gwcl.ca</a>	
<b>Cost of Membership</b> Family \$45/Single or Couple \$35/ Senior single \$30	
President	Janet Ho <a href="mailto:gwclpresident@gmail.com">gwclpresident@gmail.com</a>
Memberships	<b>VACANT</b> <a href="mailto:tracmail@tracspirit.ca">tracmail@tracspirit.ca</a>

<b>PROGRAMS</b> (Open to members of any community league.)		
PB&J Playgroup	<a href="mailto:pbjchair@gmail.com">pbjchair@gmail.com</a>	
Riverbend Cooperative Playschool	<a href="http://www.riverbendplayschool.ca">www.riverbendplayschool.ca</a>	
Adult Yoga	Bev Moore Paige Elniski	780-437-7108
Bridge	Open	780-437-7108

<b>THE RIDGE COMMUNITY LEAGUE</b>	
Serving the residents of Henderson Estates, Falconer Heights and Haddow. P.O. Box 21063, Edmonton, AB, T6R 2V4. Memberships are available at: the TRAC Office, or online at <a href="http://www.efcl.org">www.efcl.org</a> . <a href="http://www.theridgeonline.ca">www.theridgeonline.ca</a> <a href="mailto:info@theridgeonline.ca">info@theridgeonline.ca</a>	
<b>Cost of Membership</b> Family \$45, Single or Couple \$35, Senior Single \$25, Senior Couple 30	
President	Jim Bradshaw 780-434-0058 <a href="mailto:info@theridgeonline.ca">info@theridgeonline.ca</a>
Memberships	Martina Kunkel <a href="mailto:memberships@theridgeonline.ca">memberships@theridgeonline.ca</a>

<b>SPORTS PROGRAMS</b>		
These programs are open to all Riverbend-Terwillegar residents holding current Community League memberships.		
Basketball (Youth)	<a href="http://www.southwestbasketball.com">www.southwestbasketball.com</a>	
Edmonton Girls Hockey	Registrar	780-868-2801
Ringette	<a href="http://ringette-edmonton.com">ringette-edmonton.com</a>	
Softball (SEMS)	<a href="mailto:meldawn@telus.net">meldawn@telus.net</a>	
SWAT Hockey	<a href="http://swat.ca">swat.ca</a>	
TRSA Soccer	Charlane Gorsak	780-437-1331

### DISTRIBUTION

The Ragg-Times is distributed by Canada Post directly to nearly 10,000 homes, online at [www.riverbendonline.ca](http://www.riverbendonline.ca), and on-site at several locations throughout the Riverbend area:

**The Paw Pet Spa & Boutique**  
266 Bulyea Road

**ATB Financial**  
14236-23 Ave.

**Secret Sweets**  
14910-45 Ave

**7 Eleven Food Store**  
149108 45 Ave

**Easy Mart**  
5679 Riverbend Road

**Mac's Convenience & Esso**  
Terwillegar Drive & 40 Avenue

**Safeway, Shoppers Drug Mart, and the Riverbend Public Library**  
Terwillegar Drive & Rabbit Hill Road

**Second Cup**  
Riverbend Square, and in the Terwillegar Community Recreation Centre

**Snow Valley Ski Club**  
13204 Rainbow Valley Rd.

**Riverbend Community Centre**  
258 Rhatigan Road E.

**Vines Riverbend Wine Merchant**  
2331 Rabbit Hill Rd NW

**TRAC Office**  
Terwillegar Community Recreation Centre

The Riverbend Ragg-Times thanks these businesses for their community service in carrying the newspaper.

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is funded and published solely through the support of advertisers, sponsors, and community leagues in and around the Riverbend/Terwillegar area.  
*They support us so please support them.*

<b>OTHER AREA COMMUNITY LEAGUES MEMBERSHIP CONTACTS</b>	
Ogilvie Ridge	Membership Director <a href="mailto:orcl@whitemudcreek.ca">orcl@whitemudcreek.ca</a> Cost of Membership Family \$45/Single, Couple, or Senior \$35
Terwillegar	<a href="http://www.terwillegar.org">www.terwillegar.org</a> Cost of Membership Family \$45/Single, Couple, or Senior \$35

## Community League Membership Application

To verify your League, or purchase a membership online, please visit the Edmonton Federation of Community Leagues (EFCL) website, [www.efcl.org](http://www.efcl.org)

**Adult #1:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Adult #2:** \_\_\_\_\_ **Membership Type:**

**Address:** \_\_\_\_\_ Seniors/Single/Couple/Family (circle one)

\_\_\_\_\_ May we send you news by email? Y/N (circle)

**Postal code:** \_\_\_\_\_ **Are you willing to volunteer?** Y/N (circle)

**Phone number:** \_\_\_\_\_ **Fee** (please see CL info on page above): \_\_\_\_\_

**Email:** \_\_\_\_\_ **Donation:** \_\_\_\_\_

**Children's names:** \_\_\_\_\_ **Total Paid:** \_\_\_\_\_

\_\_\_\_\_ **Cash:**  **Cheque:**

\_\_\_\_\_ **No. of skate tags required:** \_\_\_\_\_

Mail completed form, along with payment, to the address below:

**"The Community League's Name"**  
c/o TRAC at Terwillegar Community Recreation Centre  
#5, 2051 Leger Road NW  
Edmonton, Alberta, T6R 0R9

Forms and payment may also be dropped off at the TRAC office.

**\*Cheque Payable to the Applicable Community League.**



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[WWW.BROOKSIDERENOVIATION.CA](http://WWW.BROOKSIDERENOVIATION.CA)



Brookside

**6107-144ST - \$750,000**

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- Bedrooms Upper Level
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- Main Floor Laundry

[WWW.BROOKSIDEBUNGALOW.CA](http://WWW.BROOKSIDEBUNGALOW.CA)



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[WWW.RAMSAYHEIGHTS.CA](http://WWW.RAMSAYHEIGHTS.CA)



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- Sunny Corner Lot
- Wine Cellar

[WWW.14721RAMSAY.INFO](http://WWW.14721RAMSAY.INFO)



Ramsay Heights

**14721-47 AVE - \$650,000**

- 2300 Square Feet 2 Storey
- 3 Bedrooms / 2.5 Baths
- Dream Mud-Room
- Beautifully Renovated
- Large Bedrooms
- Sunny South Private Yard



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