

## Edmonton Teen is Newest Member of Juno-nominated, Female Band

### "Girl Pow-r"

By: Angie Smith

Sixteen year old singer/songwriter/actress, Alexa Smith, joins the Toronto-based pop-rock group as they make history after becoming one of the first youth groups to be nominated for Children's Album of the Year at this year's Juno's.

The girl group is a huge advocate for social causes. This is abundantly clear in the songs they perform, both covers and originals, which empower youth of all ages with inspiring messages. "It moved me to see the kids smile, dance and sing-along," Alexa said of her recent performance with the group at Kidapalooza in Kitchener, Ontario just last month. "Looking back to when I was a little girl and all the memories, it was like fulfilling one of my many childhood dreams and knowing that I am unique, confident and that anything is possible," she explains.

And anything is possible for this eleventh-grader at Lillian Osbourne High School, as she continues to balance her studies and passion. Along with studying music, Alexa is developing her craft further by way of songwriting. She writes about personal stories and experiences that reflect the lives and loves of her family and friends. Currently, she is working on a song called "Lose you Tomorrow" which is about valuing one's friendship so much so that you will do everything in your power to keep them in your life forever. She hopes to record it one day. Alexa enjoys taking part in live performances around the Edmonton area. A few of her favourite venues to perform at have been Big Valley Jamboree, The Leduc Rodeo and The Edmonton Singing Christmas Tree to name a few. In the summer of 2019, Alexa won 2<sup>nd</sup> place in The Vancouver Vocal Contest. It was held at the Backstage Lounge

on Granville Island. Contestants were required to go through several rounds of auditions, and eventually 15 were chosen. Alexa, performed "More Hearts than Mine" by Ingrid Andress. Internationally acclaimed producer Oren Sharon (High School Musical, James Cameron, Paul Simon) chose Alexa as one of a select group of artists worldwide for his project "SurroundTheWorld" celebrating International Women's Day.



— "EVERY GIRL CAN ACHIEVE ... DREAMS DO COME TRUE!! I AM FOREVER GRATEFUL TO BE A PART OF OREN SHARON'S INSPIRATIONAL PROJECT" ~ ALEXA ~ MARCH 2017\_

Alexa looks forward to her future in music and is making a difference in her community and amongst her peers. Her mission to empower youth to tackle social issues such as bullying, body image, depression, and discrimination is at the forefront of all that she does. She is thrilled to align her self with "Girl Pow-r," to further this initiative.

YOU TUBE: <http://m.youtube.com/user/luxsmith4?>

INSTAGRAM: <https://www.instagram.com/aellesmith>

TWITTER: <https://twitter.com/AElleSmith>

GIRL POW-R WEBSITE: [www.girl-pow-r.com](http://www.girl-pow-r.com)

## Thank you To all of our community members for a great season

By: Rink Maintenance Team

Just a short note to thank everyone for coming out to skate at the community rinks this season. We had a great season, the rinks enjoyed a good deal of use. Even with the cold spell in January, we logged more open days this year than we have been able to for the last few years. As you hang up your skates for the year and find a corner to prop your stick in, we would like to make a few acknowledgements about things we observed.

We would like to commend those who played shinny; the games were always played with a spirit of joyfulness and respect. Friends getting together playing just for the pleasure of playing, no fights, no yelling - just pure fun. On any given night, those that wanted to join in a game were always welcome, no matter how young or old, beginner or expert - thank you for being so inclusive.

To the after school gang, you brought so much excitement and enthusiasm to the rinks, thank you for cheering when the rinks opened.

To the Brookside Elementary School staff and all the parent volunteers - thank you for your efforts and the time you took to organize and volunteer on skating days; oh and remember that day when the snow was still coming down at the commencement of the school skate time- thank you to all the parents and kids who grabbed a shovel and chipped in to get the snow cleared off the rink in record time- that was a magical day!

A special shout-out to the teenage community members who took the time to be aware of who was on the ice - we often saw that you encouraged timid skaters to share the ice with you, or quickly gave them the space they needed. I personally noticed this act of kindness on several occasions. Thank you for being so considerate.

These acts of kindness and thoughtfulness from all of you is why it has been such a pleasure to look after these rinks.



## Thank you for the fantastic season!

Though the hill is now closed for the season, the family fun doesn't stop!

Join us May Long Weekend for the Aerial Park opening.

[www.snowvalley.ca/aerial-park](http://www.snowvalley.ca/aerial-park)

780-434-3991

**snowvalley**  
EDMONTON

## Letter from the Editor

### No one does this alone

By: Sherri Henderson, Editor

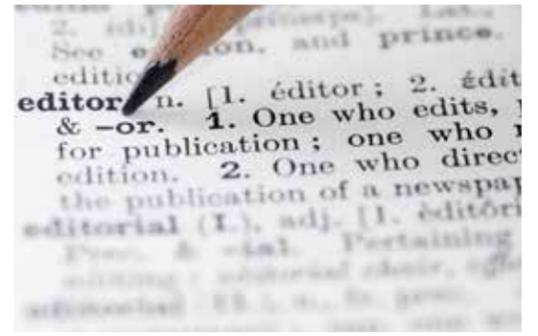
Since the last issue our world has certainly changed. As mentioned in the February issue I said I would talk about what I do as an editor. My first task as editor, is to build and maintain relationships in the community. Second, I look for stories. Most of the articles that I receive come from those relationships. People contacting me to tell me about a new event, a new community program (ie. Southwest Farmers' Market), an organization or an interesting person. Another way I kept my finger on the pulse of the community was by attending Community League Board meetings and TRAC meetings. Your community leagues are extremely well versed in what is happening in your communities. Whether that is changes from the city or province, new programs or activities, or interesting people or things that would make a great story. Lastly, I would like to believe that over time people have seen the articles I have chosen and have reached out to me to suggest articles. Whether that is articles like a new rising artist on the front page, the loss of someone who everyone knew in the community, a tribute to people who have given so much of their time to this community, or a new author or initiative that is underway to make our community a greater place to live. Staying in tune and connected with the community is the key requirement for a great editor. I am excited to seeing the next editor's special touches on this paper!

The more practical aspects of what an editor does is send out reminders to key people for content. Solicit key people to write content for an issue. And collect it all through email. While I wait for content to come in Elizabeth collects all of the advertisements. Once we know how much advertising we have we then determine the size of the issue. Since we operate on a 50/50 split in advertisements and editorial we truly rely on local businesses, community members and community leagues to support the paper. Once deadline day comes and goes my job is then to piece all the content together like a puzzle. Since you never really know what you will get, or how big a particular issue will be, you hope that there is balance. You also hope there is some synchronicity or alignment. Over the past 10 years, I am continuously astounded by how this happens and love pulling it all together in what at least

makes sense in my mind. Once the paper is pulled together, I send it off to Elizabeth to proof and then to the printer for printing and distribution to almost 10,000 single-dwelling homes by Canada Post, and delivered by volunteers in the community to local businesses and organizations.

But here's what I ideally hope that I do. The paper, established in 1977, is said to be an informative and lively newspaper that reports on community news and events, programs, schools, organizations, businesses and residents in the greater Riverbend Terwillegar area. For me, this means that this paper is one piece of the puzzle in developing a community that is safe, diverse, inclusive, accessible, collaborative, supportive, engaged, resourceful, resilient and promotes connection, health and well-being for ALL of its members. I hope that during my time and until my last issue in June, that I create a little place in my communities hearts and minds to feel connected to what's around them. For the opportunity within and amongst each other. And to create a sense that together we make our worlds, our homes, and our communities into what we envision. I think there is never a time more than right now, and amidst all of the turmoil felt in our city, province and the world. Throughout this issue, I hope to provide a few ideas, and spark conversations on how to connect in community, explore the outdoors and balance the virtual world with social distancing so we take care of each other and journey through the next few months together. I hope you will join me, play along, and share your experiences and creative ideas on our [Facebook](#) page, and by emailing me ([raggtimes@riverbendonline.ca](mailto:raggtimes@riverbendonline.ca)). COVID-19 certainly is challenging, but you are not alone, and we are in this together.

Next issue? Do you have suggestions about what you would like me to talk about? Maybe Ask the Editor? Please email me at: [raggtimes@riverbendonline.ca](mailto:raggtimes@riverbendonline.ca).



## Glass Monkey

GASTROPUB

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!

Rob Filipchuk  
Owner

780.760.2228

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

5842-111 Street

### EDITOR

Sherri Henderson

[raggtimes@riverbendonline.ca](mailto:raggtimes@riverbendonline.ca)

### ADVERTISING

Elizabeth Emslie

[ads@riverbendonline.ca](mailto:ads@riverbendonline.ca)

780-437-7108

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

### 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**

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.

### TABLE OF CONTENTS

SECTION	PAGE
Riverbend News	1-16
Riverbend Community League	13
Brookview Community League	15

*The opinions expressed in this publication may not necessarily be those of the publisher. No part of this publication may be reprinted without the written permission of the publisher.*

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

## Southwest Edmonton Farmers' Market

### Ten year anniversary and relocation of the market

By: Christie Anderson



The Southwest Edmonton Farmers' Market begins our 10<sup>th</sup> season on Wednesday, May 13, and we can't wait to see everyone there. And, we have big news to announce! In collaboration with the Terwillegar Community Recreation Centre, we have

decided to move the location of the market from Parking Lot E to Parking Lot D going forward. We are excited about this move as it will give us the opportunity for more growth. Unlike Lot E, the new location will be entirely dedicated to the farmers' market. While this means that patrons will need to park in other parking lots, it also means that we have plenty of room for more vendors, more community programs, and for a central seating area in the middle of the market. Aesthetically, the market will be more appealing as customers will enter directly into the market, rather than approaching from the rear through traffic and parking, as was the case in the old location. Stay tuned to our social media pages for more information on the move as draw closer to opening day.

Speaking of opening day, be sure to join us on Wednesday May 13 for the Grand Opening of the new location. We will have City

Councillor Tim Cartmell joining us, as well as MLA Rakhi Pancholi, for a ribbon cutting and more. And, you will get to be reunited with many of your favorite

returning vendors, as well as many new gems that will be joining us. Not only is the market a great place to shop for a huge variety of almost entirely local products, but it is a wonderful venue to catch up with friends and not-for-profit community organizations. This season we will be having more vendors, more tents, more buskers, and more activities. It's going to be a wonderful summer!

*The SWEFM runs every Wednesday from May 13 to October 7, from 4:00 - 7:30 pm at the Terwillegar Rec Center. We are still accepting vendor & Community Tent applications; visit [www.swefm.ca](http://www.swefm.ca) for more info.*

FB: @swefm.ca Twitter: @SWEFM\_YEG Insta: swefm



## Brander Community Gardens

### Preseason meeting and Riverbend Plant Sale

By: Natasha Martin

The days are getting longer... and some of them feel positively spring-like! Gardeners around the city are starting to turn their minds to the upcoming growing season. The really keen ones have already started their seeds and planned their plantings. As we move out of March, we at Brander Community Garden are dreaming of sunny spring mornings spent at our community garden, which are made even better by the presence of our fellow gardeners, coffee, tea and baked goodies!

Are you interested in learning more about the Brander Community Garden and what membership brings? There is something for everyone to participate in, even if you're not interested in getting dirt under your fingernails. If you'd like to learn more about the initiatives we have on the go for this year, come to our Pre Season Meeting on Sunday, April 26 at 6:00 pm at Brookside Community Hall (5320 - 143 Street NW). All are welcome! The Pre Season Meeting is a wonderful opportunity to meet people who are involved in the garden. You will find out how last season went (we did so many cool things, like adding a Little Free Library and painting an old tennis shack with a colourful mural!) and have an opportunity to have all your burning questions answered. Membership forms will be on hand too, in case you decide to join us for the upcoming season. Our motto is "Growing a Community" and

we love welcoming new members.

Also, don't forget about the Riverbend Community League Annual Plant Sale on Saturday, May 23 at noon. Mark your calendars! Our volunteers are coordinating the sale, which always provides a great opportunity to grab some plants and compost for your own garden. There will be plenty of experts on site to help you pick plants that will work best for your garden conditions. We are also planning some special treats to make the plant sale more of an afternoon out - including artisanal lemonade, cookies, a food vendor... and there might even be live music.

We hope to see you soon!

*Look us up on Facebook by searching "Brander Community Garden". We can be reached by email at [brandercommunitygarden@gmail.com](mailto:brandercommunitygarden@gmail.com). Our main gardening site is in the heart of old Riverbend right next to the Riverbend Junior High School (in the old batting cages).*

*Photo is from last years Garden Concert .*



NOW OPEN

3489

ALLAN DRIVE SW (NEXT TO SENTINEL STORAGE)

## Terwillegar Riverbend Advisory Council (TRAC)

Updates for our community By: Karin Shott

The Terwillegar Riverbend Advisory Council has been busy working on updating their website. Stay tuned for more details in the next issue.

### TRAC Community Office

Community league memberships always expire August 31st and are available at the TRAC Community Office which is located right in the Terwillegar Recreation Centre. 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
- Only cash or cheque accepted.
- For questions or concerns, please email [tracmail@tracspirit.ca](mailto:tracmail@tracspirit.ca) or call the office @ 780-439-9394.

### TRAC Community Run/Walk - 2020 - Cancelled

The Terwillegar Riverbend Advisory Council is sad to announce that the 15<sup>th</sup> year annual TRAC Community Run/Walk has been cancelled. **Save the Date for these Upcoming TRAC Events:**



- **\*TRAC AGM: Wednesday, April 22** (see below)
- Southwest Edmonton Farmers' Market Opening Day: Wednesday May 13
- TRAC Community Run/Walk: Sunday, May 24
- TRAC Meeting: Wednesday, June 10. Last meeting before summer break.

**TRAC Annual General Meeting**  
**Wednesday, April 22, 2020**  
**Lillian Osborne High School - Library**  
**7:00 PM**  
**EVERYONE IS WELCOME!**

### City of Edmonton

#### Financial Empowerment

In light of the recent situation with the COVID-19 Virus, a collated list is available on a regular basis about the emergency supports being provided by the Federal, Provincial, Municipal and private sectors. To subscribe to this list visit:

[edmonton.ca/financialempowerment](http://edmonton.ca/financialempowerment).

## Community Resources

### Options for Community Members

By: Miep Raedschelders

Physical distancing during the COVID-19 pandemic definitely presents challenges. Whether you are a returning snowbird and have to isolate, have respiratory symptoms, or have your hands full with kids and creating your new normal. Sometimes arranging for basics is not easy. Reaching out to a loved one, neighbour or friend for some support during this strange time can help grow connections, and create abundant communities where both someone who is reaching out for help, and someone being that support can feel better about their place in a new and different kind of social relationship.

For those who are struggling to arrange for groceries, there are a few options to try something new and have your needs met. Some grocery stores like Save-on-Foods, will deliver right to you, or you can try ordering your groceries online from Superstore through click and collect and pick them up in designated parking stalls at the store without having to leave your car. Local favorites like The Organic Box have been delivering fresh organic groceries to Edmontonian doors for years now! Newer to the market are meal kits such as Hello Fresh, Chef's Plate or Good Food among others. Perhaps trying a few of these kits (often at great introductory prices) can help stave off boredom and reignite a passion for cooking!

While many options for dining out are not available right now, Skip the Dishes and Door Dash still make restaurant meals available by delivery. These services deliver to your porch without having to interact with the driver, maintaining physical distance guidelines. Lastly, a new web site, created by Terwillegar residents Mark and Sharla Madsen highlights local restaurants and businesses that have online purchasing, delivery or curbside pickup options so that you can get access to wonderful meals and goods to meet your needs, while supporting our friends, neighbours and local economy. Please visit [www.shopyeg.ca](http://www.shopyeg.ca).

If finances are an issue, please call 2-1-1 Edmonton to find out about nutrition options at low or no cost. 2-1-1 can discuss your needs and the supports in the community available for you.

Keep an eye on Riverbend Community League's Facebook page as well, as we will update support and options for our community members.

### COVID-19 Information and Resources

Visit:

[https://www.edmonton.ca/programs\\_services/emergency\\_preparedness/covid-19.aspx](https://www.edmonton.ca/programs_services/emergency_preparedness/covid-19.aspx)

[alberta.ca](http://alberta.ca)

**STANDING UP FOR you.**

**RAKHI PANCHOLI**  
MLA for Edmonton - Whitemud

203, 596 Riverbend Square  
780.413.5970  
[Edmonton.Whitemud@assembly.ab.ca](mailto:Edmonton.Whitemud@assembly.ab.ca)

**GOD IS FOR YOU.**

**SO ARE WE.**

[HOPECITY.CA](http://HOPECITY.CA)



**HOPE CITY  
CHURCH**

[@HOPECITYYEG](https://www.instagram.com/HOPECITYYEG)

# REP

Your first choice for Exceptional Client Care!

---

# PHYSIO

\*formerly Resolve Physio and Wellness

**We offer:**

- Experienced Therapists
- Direct Billing
- IMS/Dry Needling
- Therapeutic Massage
- Acupuncture
- Women's Pelvic Health
- Personal Training
- Shockwave
- MVA/WCB

---

Visit us at our Westbrook/Aspen Gardens Neighborhood location:  
**23 Fairway Dr NW**  
 westbrook@repphysio.ca      **780.244.1095**

---

or at our Summerside location:  
**104, 1103-95 St SW**  
 info@repphysio.ca      **780.395.9170**

**www.repphysio.ca**

**Rehabilitation...Empowerment...Performance!**

## Retirement Living



# Q+A

**Real talk. Real advice. Real expertise.**

From what our suites look like to how to stay active, our Revera Experts can help answer all of your questions about retirement living in Edmonton.

**ReveraLiving.com/QandA**



**June & John**  
Revera Residents

**Cindy du Plessis**  
Executive Director

**Aziza Abawi**  
Director of Health & Wellness

**Riverbend**  
103 Rabbit Hill Ct NW, Edmonton • 780-438-2777

# PRE-KINDERGARTEN

## 100 VOICES PROGRAM FOR 3 & 4 YEAR OLDS

(3 years of age by December 31st)



**St. Monica**  
Catholic School

Learn English • Play • Meet friends  
 Literacy and numeracy • Faith-based • Certified teachers  
 Intervention • Extra supports as needed

**ALL CHILDREN WELCOME**

Your child may qualify for FREE programming.

14710-53 Avenue • 780 638-1884 • [www.genesis.ecsd.net](http://www.genesis.ecsd.net)




## RIVERBEND SPRING CLASSES

Check out these newly added Spring classes!

**Starting March/April to June 18th**

Tuesdays	4:30pm - Ballet 3-5 yr (parented optional)
Tuesdays	8:50pm - Adult Beginner Hip Hop
Wednesdays	8:45pm - Adult Beginner Salsa
Thursdays	5:00pm - Mini Hip Hop 4-6 yr
Thursdays	5:40pm - Hip Hop 6-8 yr
Thursdays	6:35pm - Hip Hop 9-13 yr



[elitestudioedmonton@gmail.com](mailto:elitestudioedmonton@gmail.com) [www.elitedancestudio.net](http://www.elitedancestudio.net)  
 Riverbend United Church, Downstairs Hall, 14907-45 Avenue NW



**Edmonton-Whitemud****Updates from your Member of Legislative Assembly**

By: Rakhi Pancholi, MLA Edmonton-Whitemud



Alberta seniors have made sacrifices to make this province a great place to live, work, raise a family and build a life. They put aside money for their retirement and made plans based on those investments. They should have a say over how their money is invested. It is unconscionable that the UCP government believes this money belongs to them and not to the people who paid into those pensions for decades.

Since the government passed Bill 22 in the fall to seize control of the pensions of public sector workers, my office has been flooded with e-mails and messages from people concerned about their retirement savings. My NDP Caucus colleagues and I support these pensioners and we will be introducing an Act to Restore and Protect Alberta Worker Pension Rights during the current legislative session. The intention of the bill would be to restore pension rights lost when Jason Kenney and the UCP passed Bill 22, while also preventing the government from withdrawing from the Canada Pension Plan.

Possible provisions of the Bill include:

- Rolling back the changes to pension plan administration, management and governance that were brought in through Bill 22;
- Protecting the assets of Albertans by preventing the Government from withdrawing from the CPP;
- Establishing that pension assets are the property of workers - not the government;
- Establishing a prescribed duty to consult - including length and composition - prior to implementing changes to pension plan administration, management or governance;
- Establishing rights for members of pension plans to pursue legal remedies.

Your pension belongs to you, not Jason Kenney. Jason Kenney and the UCP have no right to arbitrarily change the retirement savings of thousands

of Albertans, especially not behind their backs and without their permission.

We encourage you to sign our petition at [YourPensionIsYours.ca](http://YourPensionIsYours.ca) and to encourage your friends and colleagues to do the same. When you sign the petition, an email will be sent automatically to Minister of Finance Travis Toews telling him to keep his hands off Albertans' pensions. We will also table the petition this spring and share some of the tens of thousands of submissions we've received about the harm this Government is causing hard-working Albertans

Unfortunately, this is not the only move that Jason Kenney's government has made to attack seniors. The UCP's fall budget kicked 60,000 Albertans off the Seniors Drug Benefit Program. Now, in the spring budget, the government has announced another \$72 million in cuts to the senior drug benefit and an end to universal drug coverage for seniors.

The UCP is also planning to reduce eligibility for the seniors' financial benefit, they've frozen the Continuing Care budget, made cuts to the Seniors Dental, Optical and Supplemental Health Benefit and the Special Needs Assistance for Seniors program, which provides financial assistance to help low-income seniors afford the cost of health and personal supports.

As Rick Brick, a district director of the National Association of Federal Retirees, pointed out, numerous seniors made decisions to retire based on the information they had available. Now those seniors are facing higher expenses and reduced services thanks to these cuts.

As your MLA, I will keep fighting to ensure that seniors are treated with dignity and that their retirement savings are protected.

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

# AN ADVENTURE BIRTHDAY PARTY THEY'LL NEVER FORGET!



**Snow Valley Aerial  
Park opens May  
Long Weekend!**

## snowvalley



**Book your Adventure  
Birthday today!**

Enjoy a 3 hour birthday adventure for the whole crew. With over 100 unique obstacles, there is something for everyone!

Party packages start at just \$275 for up to 10 participants, including chaperones. Additional participants may be added for just \$30/ea.

Birthday child must be 16 years old or younger.

Minimum height 125 cm (4' 1") with chaperone.

780-434-3991

climb@snowvalley.ca

www.snowvalley.ca/aerial-park



## Tissot Watches

Quality, affordable and luxurious. Swiss made Tissot watches for every occasion!



## Forest of Jewels

428 Riverbend Square  
780-438-3682  
[www.forestofjewels.com](http://www.forestofjewels.com)

Diamonds – Repairs – Custom Designs – Appraisals – Fine Jewellery and Gemstones  
Korite – Keith Jack – Crown Ring – Noam Carver – Swarovski – Tissot Watches

Follow Us on Facebook and Instagram!

Hours: Monday to Friday 10-6, Saturdays 10-5, Closed Sundays and Holidays

## Petrolia Seniors Group (55+)

Invites YOU to come to ENJOY

**Lunch and a Program** (\$18 except December \$25)

**Every Third Tuesday** (except July and August)  
11:45 am (sharp) to 2:00 pm at:

**Greenfield Community Hall**  
(3803 – 114th Street)

**April 21**

**The Power of Gardens to Drive Social Change**  
Dr. Lee Foote, Director, University of Alberta Botanic Garden. Field trip to the Botanic Garden to follow later.

**May 19**

**Advancements in Cancer Research and Therapy**  
David Dyer, Executive Director Cross Cancer Institute

**June 21**

**Updates on Current City Issues with time for Q & A**  
Councillors Andrew Knack and Michael Walters

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.

**We look forward to your participation!**

Your Home for Choral Excellence

# COME SING WITH US!

- Award winning organization
- Professional conductors
- Travel locally, nationally, internationally
- Variety of musical styles

**Junior Choirs - Ages 6-12**

**Junior High Choir - Ages 12-15**

**Youth Choir - Ages 15-24**

Contact us for more information about our choir programs

[info@EdmontonYouthChoir.ca](mailto:info@EdmontonYouthChoir.ca)

[www.EYCC.ab.ca](http://www.EYCC.ab.ca) | 780-994-6539



EDMONTON | Youth and Children's Choirs



**Pam Gill**  
Sutton Central  
Commercial Real Estate  
Broker / Owner

Ph:780-455-4088  
Cell: 780-907-4261  
[gillp@sutton.com](mailto:gillp@sutton.com)  
twitter- @pamgill9



This is a beautifully renovated medical professional office for lease. Located in the prime neighborhood of Riverbend in Terwillegar Professional Center. Finished main floor unit with 6 private offices/rooms. Reception area built out with a quartz reception desk, ceramic tile throughout, mahogany doors, specialty lights. 4 of the rooms have x-ray boards, sink and counters. Two public bathrooms, one wheelchair accessible, one staff bathroom with staff kitchenette in the back. Laundry hookups for easy install of washer/dryer. 6 powered reserved stalls. Ample customer parking. Excellent area close to Anthony Henday, Riverbend, Terwillegar Neighborhoods. Excellent corner exposure to Terwillegar Drive and 23 Avenue. A must see unit. Please email me at [gillp@sutton.com](mailto:gillp@sutton.com)

Unit 203 – 10330 – 124 Street Edmonton, Alberta T5N 1R2  
Ph: 780-455-4088 / Fax: 780-455-4048

# SHOP LOCAL!

Our local businesses are, and will be, relying on community members to weather COVID-19.

Connect with your favorite local businesses, subscribe to their email updates, or visit them online to see what creative things they are doing to continue to offer their services to our community.

I would like to connect with as many businesses owners in the Riverbend Terwillegar area to share ideas on how *The Ragg-Times* can support you. As a small business owner of 11 years, I have ideas but want to work with our business community to ensure we hit the target for you.

If you are a local business or a local resident who owns a business (ie. hairstylist, photographers, artist, storefront owner, restaurant owner, childcare worker, lawyer, doctor, dance studio, grocery store, stay-at-home mom, tutor ....or anything and everything in between) send me an email and we can set up at time to talk and share ideas. We are in this together!

[raggtimes@riverbendonline.ca](mailto:raggtimes@riverbendonline.ca)



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

By: Carol Vaage

*After that hard winter, one could not get enough of the nimble air. Every morning I wakened with a fresh consciousness that winter was over.  
~ Willa Cather*

With spring just around the corner, we can begin to shed the layers of coats, hats, boots. We can feel lighter, more free to be outside and feel the nimble air. This year we may need to take solo nature walks to see the signs of spring, of new life beginning to bud, the first dandelions, the peeks of green struggling through. And when we get home, we'll wash our hands diligently!

SWESA is taking precautions to protect its members from the pandemic covid19, so have closed all their centers. There will be a further announcement on March 27 about future plans. In the meantime, we will be socially distancing ourselves. It's almost like being grounded! Our childhood and teenage years where 'grounding' was far more common seem so long ago. But we know the protocols. No fun stuff for a few weeks.

But that's not true. There are many things that are not cancelled! Getting outdoors in the sunshine; listening to music; reading; singing; laughing; and having hope. We can celebrate what we do have.

There was a poster that showed a day split into time frames, including meals, but also time for fresh air, academics, creativity, physical activity and chores. We can adjust our daily schedule to include some of each. The Edmonton Public Library has so many online resources – you can call them to get help setting that up. There are courses, online books, and other opportunities. The partnership with Edmonton Public Library in offering the MOOC (Massive Open Online Course) was very positive, and we look forward to another one coming up.

SWESA is happy to announce our new part-time office administrator, Melissa McCuaig. Melissa is passionate professional with people and project management. We are fortunate to have her joining our team to support the streamlining of financial records and our MySeniorsCenter system. Melissa is an avid traveller and animal lover and we encourage you to learn more about her yourself once SWESA reopens.

Remember to check the Alberta Health Services website, and if you need help getting groceries or other supplies, ask a family member or neighbor to drop it off for you. We are in this together. This pandemic will change the world, but we will be able to pick up the pieces and recreate our world once again.

Our Spring Program Guide will be available by late April, so remain hopeful.

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

**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](#)

## Connect with your Community

While we self isolate or practice social distancing I am touched by the post on social media about people singing in Italy and shamrocks in windows for St. Patrick's Day.

For the month of April (the next deadline is April 24) I challenge the Riverbend/Terwillegar area to: **Connect with your Community.** For community members of all ages to find unique ways to encourage safe interaction, positive messaging, shared experiences, or ways to just show that we are all in this together.

Need some examples?

- Take photos of our community and the activities you are doing with your family and outside (e.g. signs of spring?)
- Tell us how your family is blowing off steam (ie. sock fight anyone?, music, best show/movie, etc)
- Draw or write encouraging messages on your driveway or sidewalk with chalk. Then take a walk, look for other prints and messages written by your neighbours
- Start a "Random Acts of Kindness" virtual group and then make a difference somehow
- Show us how you are making our virtual world a little more fun and creative. How are you engaging in the arts?
- Tell us about your greatest virtual finds (ie. Glenbow Museum has programming for kids, explore the surface of Mars.

Share your photos, stories, ideas with us on [Facebook](#) and by email at [raggtimes@riverbendonline.ca](mailto:raggtimes@riverbendonline.ca).

In the May issue I will share your stories, your photos, and your post on social media about how you Connected with Your Community. Bonus points if you can engage others safely in your adventures! Deadline is April 24 for your submission!

# FREE DROP-IN SPRING GREEN SHACK

LOCATION	DATES	DAYS & TIMES
Henderson Park 3408 Riverbend Rd	April 25—May 22	Tues & Thurs: 3:30-6:00pm Sat: 1:00-5:00pm

Get active this spring and learn games, crafts, outdoor cooking and so much more! Join us three days a week for free, active programming!

**Outdoor Recreation Experiences 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/Greenshacks](http://edmonton.ca/Greenshacks) or call 311.

GET IN TOUCH WITH US

@GreenShacks

[Greenshack@edmonton.ca](mailto:Greenshack@edmonton.ca)

LIVE  
ACTIVE

## Stuck at Home?

You can still visit the library!

By: Ben Ehlers, Community Librarian

Normally this is the part of the paper where I take a moment to plug all our interesting programs, classes, and events that your local branch of Edmonton Public Library is putting on. Unfortunately, as I write this, the library has been closed for an indeterminate period of time.

Instead, I want to take a moment to tell you about some of our digital resources that might help you and your families during these tricky times.

**Solaro** provides the same great Alberta specific curriculum information you find in their Keys and SNAP publications. You can take a quick quiz or create a Solaro account and work through course lessons, reviews and quizzes. If you create an account your lesson progress and results will be tracked to help you. Covers grade 3 through grade 12 Alberta curriculum. (<https://www.epl.ca/teen-subject/learn/>)

**World Book Encyclopedia** Includes more than 25,000 World Book Encyclopedia articles, edited to suit students from grades 4 through 12 and adults. Also includes more than 1,800 tables, 100 animations and videos, 10,000 pictures, 500 maps. Has Teacher's resources, current news, special reports and historical articles. (<https://www.epl.ca/resources/research/>)

**Early World of Learning**, brought to you by World Book, is a wealth of

resources to help preschoolers and children in the early grades grasp critical early childhood themes. (<https://www.epl.ca/teen-subject/watch/>)

**Lynda.com** (aka LinkedIn Learning) is an online learning library that helps anyone learn business, software, technology, and creative skills from over 3,100 engaging video courses taught by recognized industry experts. To get started simply login with your library card and PIN. (<https://www.epl.ca/teen-subject/learn/>)

There is much more to explore on our website, so please continue to visit us at [www.epl.ca](http://www.epl.ca).

I would also encourage you to continue to reach out to us via email, phone, or online live chat! Questions, comments, or suggestions—we still want to hear from you.



### Music Soothes the Soul and Brings Community Together!

#### Online Concerts

Check out the [Luck Reunion](#), featuring artist like Paul Simon, Nathaniel Rateliff and Willie Nelson. Or check out [Instagram with Keith Urban](#).

Many artist are live streaming music on various social media sites.

If you see something and want to share with the community, post on our [Facebook page](#).

#### Are you a local artist wanting to livestream?

The National Arts Centre (NAC) has partnered with Facebook Canada to offer artist opportunities for \$1000 grants.

More info available on the [CKUA website](#).

If you are a local artist and plan to host an event, please let us know on our [Facebook page](#) or by emailing [raggtimes@riverbendonline.ca](mailto:raggtimes@riverbendonline.ca)



### DIANNE'S DOGGIE DEN

Because Loving Them Sometimes Means Leaving Them...

In the comfort of my Riverbend home, your small and medium-sized dogs will receive professional and loving care.

After working with dogs for 20+ years, canine behavior has become second nature to me. These furry friends are intelligent, interesting, entertaining, challenging, and best of all...they can still surprise me with their unpredictable behavior!

I look forward to providing **daycare, boarding, walking, playing, and training** for your dog.

What fun we will have!

Dianne Koehli  
(780) 430-6914

### GIBBS FOOT AND ANKLE CLINIC

Medical and surgical treatment of the foot and ankle  
**Dr. David Gibbs, DPM**

紀耀偉 腳科醫生 醫生可說國語及英語



4632 Calgary Trail  
For an appointment call 780-432-7877

General Family Dental Care | We Are Taking New Patients!



**PETROLIA DENTAL**  
We'll treat your family like our family!

Dr. Jody Varughese      Dr. Rachelle Carson



PHONE 780-435-3784 | 14034-23 Avenue (Beside UPS Store)  
[www.familydentistedmonton.com](http://www.familydentistedmonton.com)  
Services provided by a General Dentist



### Riverbend Dental Clinic

Dr. Wayne E. Hackman, B.Sc., D.D.S.

#### Dr. Wayne E. Hackman

Dentist

#### Hours of Operation

Monday	1:00 p.m. – 8:00 p.m.
Tuesday & Friday	9:00 a.m. – 5:00 p.m.
Wednesday	1:00 p.m. – 8:00 p.m.
Thursday	8:00 a.m. – 4:00 p.m.
Every 2nd Saturday	10:00 a.m. – 2:00 p.m.

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

**Phone (780) 435-3555**

## Edmonton Riverbend

### Updates from your Member of Parliament

By: Matt Jeneroux, MP for Edmonton Riverbend

On February 25, I tabled my Private Members' Bill C-220: An Act to amend the Canada Labour Code (compassionate care leave) in the House of Commons. This bill proposes to allow employees using Compassionate Care Leave to care for a gravely ill loved one up to an additional three weeks of job-protected leave following the death of their loved one. Currently, employees who take Compassionate Care Leave are expected to be back at work within days of their loved one's death. I believe having this extra time off allows caregiving employees to take care of practical necessities and have more time to grieve. The bill will be working its way through the House of Commons in the coming months and I will keep you updated on its progress here and on my website at [www.mattjeneroux.ca/compassionate-care](http://www.mattjeneroux.ca/compassionate-care).

I was recently named the Official Opposition Shadow Minister for Health and vice-chair of the House of Commons Health Committee in addition to my regular duties as your Member of Parliament. I'm picking up this file at a busy time: the COVID-19 outbreak, amendments to Medical Assistance in Dying (MAiD) and pharmacare are all issues my office has been working on over the past several weeks. Health care is an issue that impacts all Canadians and I'm humbled to receive this role. If you have any health-related legislation suggestions or inquiries, please contact my office at [Matt.Jeneroux@parl.gc.ca](mailto:Matt.Jeneroux@parl.gc.ca).

Nominations remain 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 visit [www.mattjeneroux.ca](http://www.mattjeneroux.ca).

My office recently received an interesting complaint about drivers using Bulyea Road as a shortcut rather than using Terwillegar Drive on weekday mornings and afternoons. I've noticed some of this myself at times, but curious to know your thoughts. My initial thoughts are that there are a lot of children playing nearby. But again curious as to your feedback, which I'll



share with our city councillor.

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](mailto:Matt.Jeneroux.C1@parl.gc.ca). We would be pleased to assist you.

## CLASSIFIED ADS

**"AFFORDABLE ARBOR CARE"** Tree pruning, hedge trimming, spring cleanup & stump grinding available. Call or text Steve @ 780-809-4399 to schedule your estimate.

**HOME HANDYMAN "THE CONSTRUCTION GUY INC"** Do you have a "To do List" or maintenance items that are not getting done? Call Jay at 780 994-9418 or [dgendall@shaw.ca](mailto:dgendall@shaw.ca)

**I FIX THINGS!** I build, repair, modify and do light refinishing on wood items. Small projects welcome. Vance: [pwrsl@telus.net](mailto:pwrsl@telus.net) 780-436-9008.

**"STEVE'S GARAGE"** Time to switch out your winter tires for summer rubber? Book your appointment now! General vehicle repairs done as well. More info & reviews at [fb.me/YEGgarage](https://fb.me/YEGgarage) or call/text 587-772-5522.

**SINGING LESSONS IN TERWILLEGAR** for children, teens and adults. Enthusiastic and experienced teacher. For details, visit [www.mairi-irene.com](http://www.mairi-irene.com) or email [mairi.irene@gmail.com](mailto:mairi.irene@gmail.com)

WANT TO TAKE OUT A CLASSIFIED AD?  
 CONTACT ELIZABETH AT:  
[ADS@RIVERBENDONLINE.CA](mailto:ADS@RIVERBENDONLINE.CA)  
 OR 780-437-7108

# I've Out Grown It Sale

**Saturday April 29, 2017**  
**9 am to 1 pm**  
**Admission \$2**  
**Riverbend Community Center**  
**258 Rhatigan Road East**

For more information email [pbj4events@gmail.com](mailto:pbj4events@gmail.com)  
 Or visit our website at [WWW.PEANUTBUTTERANDJAM.CA](http://WWW.PEANUTBUTTERANDJAM.CA)

## Brander Garden ROCKS

*Its tenth year!*

By: Sharon Gritter

It's been over ten years ago, when a few people from Brander Gardens sat around a kitchen table wondering what they could do to enhance the lives of their children. One was a single mom, another a newcomer to Canada, but what everyone around the table wanted was to give their family the best chance to thrive.

The first idea that was implemented was having a local librarian come and simply to read to all the kids around the housing project. At that time, families were asked to share their ideas as to what they wanted for their neighbourhood. Most folks talked about after school and summer programs for their children.

The ideas started to multiply and Brander Garden ROCKS (Reaching Out to Community Kids) was born. With help from a host of community partners including T.R.A.C, Riverbend Community League, schools, Edmonton Public Library, Riverbend United Church and Terwillegar/Riverbend Soccer Association, Brander Gardens began to grow. In 2013, United Way and the City of Edmonton funded the program.

Soon after, and with the support of the principal of Riverbend Junior High, an after-school program was launched. Soon after that, a \$10,000 grant was secured and a music school complete with guitars, keyboards and drums and music lessons began.

Various families wanted to have early childhood programs for their children to socialize with other children and to meet other moms and Peanut Butter and Jam opened one afternoon per week for that purpose.

Thanks to a Canada Summer Jobs grant, six positions were made available

in the summer to provide jobs for high school students from Brander Gardens to learn leadership, job skills and financial management. The program these students made possible provided academic and recreational opportunities and field trips for families living in the area.

During tax time, a free tax clinic emerged for individuals who needed help doing their taxes. During the clinic, families filled out a survey on the "You Can Benefit" web-site to discover if they qualified for any government benefits.

An amazing gardening club started in the former batting cages of Riverbend Junior High. Families were able to learn gardening skills and eat healthy produce from the gardens. Subsequently, another garden was started in the Brander Garden complex itself.

Over the years, Brander Garden ROCKS has become so much more than a program. It has become a vibrant community. One in which families love to cook community meals with each other to share the unique cuisine of their country of origin. It has become a community of acceptance, neighbouring, sharing and flourishing; just what its founders envisioned.

In celebration of its 10<sup>th</sup> anniversary, on April 25 in the afternoon, Riverbend United Church is opening its doors once again to celebrate the good things that have happened, to thank the Riverbend community, but also to ask the question, "What does the next 10 years look like?" For more information, please contact Sharon Gritter at [bgrockstone@live.com](mailto:bgrockstone@live.com)

## How to Grow a Stump Kitchen

*Supporting your child's imagination with mud*

By: Gigi Jobbs

Nothing says Spring like mud. And nothing supports a child's imagination like the blank canvas of a perfect stump. Combine mud and stump, and you have the idyllic setting for a gourmet childhood. (Plus a good little flu clinic, featuring nature's favourite immunity booster -- microbial mud muffins!) We have our little semi-circle of castaway stumps and logs out back and it has been restaurant, climbing structure, fairy house, science lab, campsite, and a heck of a place to practise hammering nails. Here are a few tips from our stump kitchen to yours!

1. Get your hands on a stump or dozen (the more the better!) Ask a neighbour, check kijiji, put out a facebook request, or source rurally.
2. Dig them into the ground if kids will be climbing on them, but don't be afraid to leave a few loose for rolling and moving about -- they'll learn the laws of physics even better that way!
3. If you have a toddler, nailing tinkertoys into the stumps makes an AMAZING activity station.
4. Pound a few nails into a fence, tree, or stump to hang old pots and pans, ladles and spoons.
5. A camper jug with a spigot is a great way to offer water -- they can self-serve!

6. For ingredients, kids love hand-outs like dry lentils, oats, and other bulk section dry goods.
7. Birdseed is a super eco-friendly choice, as are the local pine needles, twigs, and cones.
8. I've also offered compostables like leek rings, washed egg shells, and espresso coffee pucks :)
9. You can raid the back of your spice cupboard for stale spices to offer -- so fun to shake!
10. Coloured chalk and a cheese grater....rainbow dust garnish! (age appropriate)
11. Add food colouring and a drop of vinegar to dry rice, shake in a jar....it's rainbow confetti! Crush in a salt grinder to make sprinkles.
12. A favourite accessory of mine is a vintage flour sifter -- with sand or dirt! Grab an old one at a thrift store and get mixing!

All this muddy fun doesn't depend on stumps, but the rustic ambiance of having their own natural counterspace is pretty special.

Enjoy!

*Gigi Jobb, play advocate, author, blogger, teacher, mom of 4. [www.parentbymagic.com](http://www.parentbymagic.com) and doing chi gong.*

### Laughter Yoga Session

Wednesday, April 1

12:00 to 12:30pm

<https://us04web.zoom.us/j/6608187357>

Zoom Meeting ID: 660 818 7357

Join the Edmonton Laughter Club in this special online edition of our monthly gathering. Everyone is welcome for this **free drop-in**. We will engage in laughter exercises, gentle breathing and stretching, and there will be a few tips for having laughter and humour during these challenging times. *Led by Billy Strean, Ph.D., Certified Laughter Yoga Teacher*

# 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

Spring is slowly coming our way. With it, hopefully some fresh perspective and a chance to regroup after the heightened alert that is gripping our neighbourhood, city, province and world. Your league is looking to hire a tennis instructor for our summer tennis programming for kids. Sherri Henderson, our Editor, is moving on and exploring other opportunities and we are now accepting applicants for the position of *Ragg-Times* editor. Please check out our *Ragg-Times* posting on pg. 16 for more information if you are interested.

Your Riverbend Community League is making its operational decisions based on the Alberta Health guidelines shared by Alberta's Chief Medical Officer Dr. Deena Hinshaw. We hope all our community members, neighbours and friends stay healthy and well as we navigate this pandemic with calm resolve.

While spring break plans took a detour for many families, and others are nervous to visit public places, I have been focused on getting outside to walk in our beautiful Riverbend, and encourage you to do the same! Social distancing is easier to accept in the great outdoors surrounded by the emerging spring.

I have heard from Riverbend residents who are completing minor home renovation projects and painting a few rooms in their home. My favorite Paint, a Riverbend Square business can help you out should you want to do the same! I also learned about visiting many of the world's best museums that have free online tours! I myself, have been eagerly watching the tree buds swell and started planting my seeds and planning my summer garden.

Please consider supporting your local small businesses and restaurants where you can, as the impact of this virus is far-reaching. We are fortunate to live in a part of the world that views our Public Health as a priority. Your Riverbend Community League encourages you all to keep calm, be well, and wash your hands!



**Free Community League Swim**  
**\*\*Closed Due to COVID-19**

**Riverbend Bridge Club**  
**\*\*Cancelled due to COVID-19**

For more information, call the community league office at: 780-437-7108.

## Thank you to everyone who came out and volunteered to make Skate Fest 2020 a wonderful day!



## 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)

## The Art of Deciphering

### Try some delicious options from Spain

By: William Bincoletto

**T**ruth be told, we shop by label. Is it pretty to look at? Does it contain the information I need? Or is it too complicated to understand? Brand merchandisers are always looking for ways to attract your attention to one brand instead of another.

Those same questions are asked every time a customer walks in a wine shop. Remember, the first most important information you receive is through the label.

The label can and will offer some basic information regarding: alcohol, grape variety; region or sub-region; producer; classification; vintage; style of wine. Once you are able to decipher the data, this information will not necessarily guarantee you quality, but will offer a better understanding of where the wine comes from and how it was made.

How do wine labels present some idea of flavour characteristics? Each wine-producing area has practices and traditions that determine label information from the point of origin. These labelling practices vary a great deal from one country to another and even from region to region within a country's borders. Although they can be quite complex in reflecting these sundry customs and regulations, all of the wine labels of the world can be broken down into three basic categories:

- **APPELLATION:** named for the place where the wine is made.

This is still mainly an Old World concept where the sense of place is key. We have all heard of Beaujolais, Chablis, Piesporter, Valpolicella or Barolo which are all names of individual geographical regions great or small.

- **VARIETAL:** named for the predominate type of grape used

This is predominantly a New World concept, with simple yet straight forward information. If I love Shiraz or Cabernet Sauvignon, I know where to go.

- **PROPRIETARY:** name created and owned by the brand.

Many more producers are creating individual wines with individual names that become proprietary names. We certainly remember names such as Mouton Cadet, Mateus, Blue Nun and Yellow Label. Today there are literally thousands of names that try to attract your attention or seduce your senses.

But always remember that when the label is just not enough, it is up to the wine merchant's expertise to answer any or all of your questions.

So here are three great examples:

#### 2017 Gautheron Chablis Vieilles Vignes-Chablis, France

One of my customers favourites, Chablis is one of the most recognized regions of France. Knowing Chablis, you then know that the only grape allowed is Chardonnay, usually unoaked. This is a very traditional Chablis fermented and matured in steel vats to preserve the fresh steely flavours. It has fresh, floral aromas, apple fruit and complex, rich mineral notes. In the mouth it is fruity and well balanced, long and with good acidity and a complex finish.

#### 2017 Undurraga "Terroir Hunter" Syrah- Limari-Chile

International wine laws dictate that if you label the wine by varietal, it has to contain at least 85% of that varietal. So beware of many labels as they may have up to 15% of other grapes, thereby changing the character profile of the wine dramatically.

This 100% Syrah comes from a cool climate district and has spicy, peppery aromas and notes of fresh wild herbs and subtle tar surround a core of fresh raspberries and wild berries. Mineral on the palate, with a tense tannin structure and a vibrant acidity that gives freshness and identity to the wine.

#### 2016 Tommasi Poggio al Tufo "Rompicollo"- Toscana- Italy

Italy is offering more and more wines at a better and better price points. A blend of 60 % Sangiovese and 50% Cabernet Sauvignon, this Tuscan estate is situated on volcanic soil, rich in Tufo (Tuff) and the Rompicollo is the name of the vineyard with south exposure.

Sweet cherry and blackberry aromas are followed by a mild mouthfeel. There is initial plushness here but the wine's texture is compact and streamlined overall.

*William Bincoletto is the Principal sommelier and new owner of Vines Riverbend Wine Merchants.*

**Note from Editor:** I know Vines is offering unique ways to support customers and the community over the next few months. Call or visit their website for more info.



## Steep Valley Walls, Old Growth Forest and Hoodoos

### An enchanting hike in Devon/Parkland river valley

By: Mark Gibbons

**P**ure magic.

That's how Edmonton Outdoor Club (EOC) President Mark Gibbons describes an evening trek through the river valley with his group of nature enthusiasts.

"There was enough ambient light and moonlight to see the dark trees silhouetted along the trail as it weaved along our route," says Gibbons. "As our eyes and senses adjusted to the night, we could see stars above us through the old growth forest we were trekking.

The smell of the frozen forest, the

crunching of snow under our ice grips, our breath coming out in clouds of condensation untouched by the wind outside the forest... amazing." These trails become even more beautiful during the daylight hours when the sun illuminates the forested trails, and the birds are singing.

What piqued the group's interest to trek the trails in this area? With the wide river curving around Devon, the river valley park is quite unique on both the townside trails and across the river on the Parkland County trail system. This area is also visually striking because it has steeper valley walls than other parts of the North Saskatchewan River.

"The surrounding picturesque forest and hoodoo formations that cover the riverbank below the town contain a maze of beautiful double-wide trails," says Gibbons. "The connected trails include a somewhat lesser-known ravine with a plethora of other trails to explore as well, if you give yourself enough time."

Gibbon says his favourite route in Devon is the Pileated Woodpecker Trail up the ravine from the Hoodoo Trail. After hiking up the Pileated Woodpecker Trail alongside the creek there are offshoot single track trails that crisscross to the north leading back to the Wye Birch Trail, or you can double back to the Pileated Woodpecker Trail and Beaver Loop bridge across the creek – a true "choose your own adventure".

When it comes to Parkland County trail routes, it's Bunchberry Meadows that tops his list. Located just outside of West Edmonton, Bunchberry Meadows is a 640-acre (260-hectare) conservation site. It's made up of old-growth forests, open meadows and wetlands. In the fall, the Tamarack (Larch) Trail through the meadows is a destination location when the tamarack needles turn a bright orange. In the area there are also a few different loop trails that parallel the Devonian Way trail system. These trails are set for Nordic cross-country skiing in the winter.

**Here are five tips for being mindful of social distancing while hiking this spring:**

**1. Create social space.** Avoid greeting each other where there is the potential for skin-to-skin contact, such as hugs or on-gloved handshakes or high-fives. When in doubt, share a friendly wave and 'hello'. Blow your nose, cough, sneeze, or clear your airway at least two metres away from others (six feet). Don't use clothing to wipe.

**2. Are you in a high-risk category?** Consider self-isolating if you are in a category with an immunocompromised system. Consultations with respiratory therapists indicate that individuals who suffer from asthma should exercise the same level of care they would exercise with other viruses. Alberta's Chief Medical Officer has stated individuals over 60, or anybody with pre-existing medical conditions are at increased risk of complications from Coronavirus (COVID-19).

**3. Have you been traveling?** The Chief Medical Officer has directed all individuals returning to Alberta from any travel outside Canada to self-isolate for two weeks. We support the CME's direction and encourage any returning travelers to heed this advice.

**4. Are you feeling unwell?** STAY HOME! If you have a cough or flu-like symptoms, stay home and consider getting yourself tested by calling 8-1-1.

With Spring upon us, we currently can get out into the sunshine and visit local walking and hiking trails. Please watch for updates on [alberta.ca](http://alberta.ca), keep your distance from others, stay safe and enjoy the trails this spring.

Mark Gibbons joined the Edmonton Outdoor Club in 2007. To join and learn more about the club and its various trips/activities visit: <https://www.edmontonoutdoorclub.com/>





## Community Swim Update and COVID-19

Due to the closure of all City of Edmonton Recreation Centres, Community Swim and Facility Access is cancelled until further notice.

Check back to our Community Swim page on the BCL website for updates.

Thank you for your support, understanding and patience during this difficult time as we work together to ensure the well being of all Edmontonians.

## Brookview Ice Rink (300 Bulyea Road)

The Brookview Outdoor Ice Rink is now **closed** for the season. Thanks to our icemakers and attendants who worked hard to keep this popular facility in good shape.

## Yoga with Sandy Mah and Ballroom Dancing

Both may be offered again over the spring session at the Brookview Community Hall. Please continue to check our website at [www.brookviewcommunityleague.ca](http://www.brookviewcommunityleague.ca) for further information on dates and registration.

## Tennis Lessons and Tennis Courts

Tennis lessons will be offered again this summer at the Brookview courts. Registration will be through the Riverbend Community League.

RCL is actively looking for a tennis instructor for this program (see pg. 16). Please contact RCL if this is an opportunity you might be interested in.

## Green Space/Park Development

We are expecting construction in Brookview Park to be completed by late spring or early summer. The time line to finish with the tree plantings and paved trails largely depends on the weather, but the city has assured us that it will be completed in a timely manner, so that we can all enjoy this space over our wonderful Edmonton summer!

To celebrate, **BCL is hosting a grand opening celebration on Saturday September 12, 2020 at the park.** This will be combined with a BBQ, family activities, and a Movie Night in the Park when the sun goes down. Save the date and plan to join us!

## Volunteer Appreciation Night

We are planning a special evening on June 6, 2020 to recognize and thank the many volunteers who help the community league and the community events that we initiate. We will provide further details on the website and in the next *Ragg-Times* edition.

## Brookview Community League Annual General Meeting

The ANNUAL GENERAL MEETING for BCL is scheduled for mid-June. A date will be set soon and posted on the website. Please try to attend, as we need and value your feedback, ideas and talents.

## Do you have activities, programs or workshops that you might be interested in participating or organizing/instructing?

We want to hear from you! Please drop us a note at [www.brookviewcommunityleague.ca](http://www.brookviewcommunityleague.ca). We look forward to offering more programs that will bring our community together!

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

**Riverbend Community League and Brookview Community League are hiring a Summer Tennis Instructor!**

Brookview Tennis Courts  
280 Bulyea Road

Hours: 9:00 AM– 3:00 PM Monday – Friday

30 hour work week (except statutory holidays)  
Commencing Monday, July 6, 2020 and concluding Friday, August 28, 2020  
The rate of pay rate of pay is based on qualifications and experience.

The qualified instructor must have coaching/teaching experience and have a comfort level working with children/youth in an outdoor recreation environment.

**First Aid Certification is required.**

Interested applicants should submit a resume and cover letter to Riverbend Community League

**Application deadline is April 12th, 2020**

Drop off at:  
Riverbend Community League  
258 Rhatigan Road East  
Edmonton, Alberta T6R 2P7

Mailing address:  
Box 21038 Terwillegar RPO  
Edmonton, Alberta T6R 2V4

Phone: (780) 437-7108  
Email: [info@riverbendonline.ca](mailto:info@riverbendonline.ca)

**Please mark your material:  
Summer Tennis Instructor – Attention: Elizabeth Emslie**

## EDITOR REQUIRED

*The Riverbend Ragg-Times*, a publication of the Riverbend Community League, with a circulation of 11,000 copies, requires an Editor for the 2020-2021 season. (six issues).

Working on a contract basis, and using his or her own equipment, the new editor will plan the content, prepare one major feature on a community event or person or project for each edition, solicit material, edit volunteer contributions, lay out the entire paper (on average 24-28 pages), proof and submit the paper to printer and web master five days after the issue deadline and liaise with the advertising manager, printer, distributor, Riverbend Community League Board of Directors and an editorial committee in addition to attending monthly Riverbend Community League Board meetings and community events. The advertising sales are handled independently. Past issues can be perused online at [www.riverbendonline.ca](http://www.riverbendonline.ca)

Requirements:

- 1) Superb time management and organizational skills.
- 2) Excellent writing and editing skills.
- 3) Proven experience in desktop publishing, and comfort with Adobe InDesign.
- 4) Understanding and comfort with Social Media and Internet.
- 5) Hardware and Software capability to handle large files (eg. 25 MB), work in colour, create pdfs, crop and edit photos.
- 6) Respectful and courteous communication skills.
- 7) Familiarity with the Brookview, The Ridge, and Riverbend neighbourhood and the work of Community Leagues.

**Deadline for application: April 6, 2020.**

A resume including names of three references and an expression of interest may be e-mailed to [president@riverbendonline.ca](mailto:president@riverbendonline.ca).

# YOGA at Riverbend Community Centre Spring 2020

## Instructor Bev Moore

Certified by Yoga Association of Alberta  
Desikachar lineage yoga (Viniyoga)  
Teaching since 2001, Senior Teacher

### Multilevel Hatha

Mondays 8:00-9:30am  
9:30-11am  
Wednesdays 8:00— 9:30am  
9:45-11:15am

## Instructor Paige Elniski

Traditional Hatha Yoga  
Myofascial Release, Somatic Yoga  
Teaching since 2006

### Hatha I Gentle

Mondays 1:30—3pm

### Hatha II Carry-on

Tuesdays 9:15—10:45am  
Thursdays 9:15—10:45am

### Hatha I Beginner

Fridays 9:15—10:45am

**Small Classes – maximum 10 students**

*Register early to ensure your space*

*For more information visit [riverbendonline.ca](http://riverbendonline.ca)*

*To register call Riverbend Community League at 780 437-7108*

*Community League Membership required*