

A New Gathering Place

The Edmonton Federation of Community Leagues (EFCL) turns 100 next year. To celebrate, it teamed up with the City of Edmonton and other sponsors to build a fitting tribute in Hawrelak Park

By: Ragg-Times Staff

There are 161 community leagues in Edmonton, doing everything from maintaining rinks to organizing festivals to arranging for repairs to the community hall. Most importantly, they bring people together and build community, just as they have done for more than 100 years.

In 1921, the EFCL was created to support the individual leagues. To celebrate that centenary, the leagues came together with the City of Edmonton, the province, the federal government and a variety of corporate partners to build a new Community League Plaza in Hawrelak Park. It celebrates and recognizes the amazing contributions the leagues and their volunteers have made to the fabric and quality of life in Edmonton, while adding park features everyone can enjoy.

Located southeast of the lake,

the all-season plaza includes a natural-gas fireplace you can start with the press of a button, lake and creek viewing areas, historical displays and information about how Edmonton and the community leagues have grown together. The project also cleaned up the nearby stream, added a series of art installations and provides another spot to lace up your skates and access the lake when it's frozen.

“It is the sense of community that has always set Edmonton apart and that we absolutely should share with the world,” said Mayor Don Iveson at the official opening in October. “This very tangible representation of that history and that culture sets us on an inexorable trajectory to continue to be relevant not just for ourselves and future generations here, but more broadly. It may be trite to say, but the world needs more Edmonton.”



The all-season plaza includes a fireplace, lake and creek viewing areas, artwork, displays, and information about how Edmonton and the community league movement have grown together.

Each member league approved a five-year funding commitment of \$2,000, for a total of \$314,000. The federal government contributed \$355,000, the City \$1.35 million and the province \$1.5 million. The

organizing committee also thanks the Area Councils and the many corporate donors such as Capital Power, Stanley Construction, Western Archrib, Servus Credit Union and Foster Park Brokers.

Planning Underway for 53 Avenue Rehabilitation

The project includes repaving of the roadway with some roadway base and concrete repairs

By: City of Edmonton Staff

The City of Edmonton is currently planning for the roadway rehabilitation of 53 Avenue, between Whitemud Drive and Riverbend Road. The rehabilitation is planned to address some localized deterioration of the road and concrete in the area. Construction is anticipated to start and be completed within the 2021 construction season.

The project scope includes mill-and-overlay (repaving) of the roadway with some roadway

base and concrete repairs. Other improvements on the 53 Avenue corridor include:

1. Addition of a three-metre wide shared-use-path on the north side of 53 Avenue from Whitemud Drive to Riverbend Road in alignment with the City's approved bike network.
2. Right turn redesigns at the intersection of 53 Avenue and Riverbend Road, to improve the overall intersection safety by enhancing visibility of people walking and cycling. This

also helps bring the intersection to the current City standards.

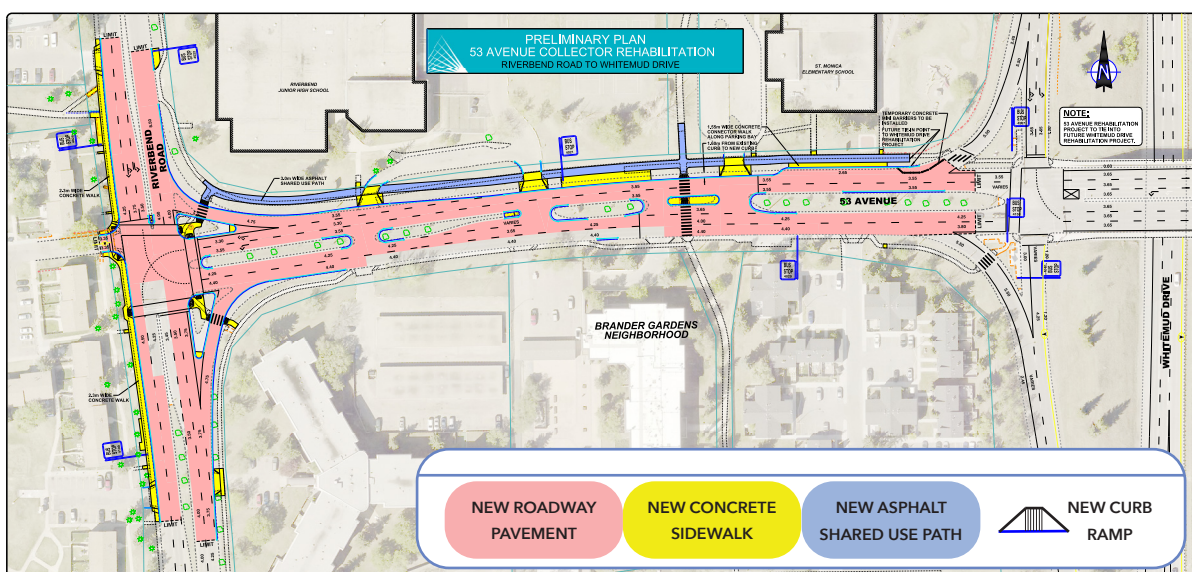
3. Addition of a parking bay in front of St. Monica School to better accommodate pick-up and drop-off activities during school hours.

To learn more about the project, please visit the City of Edmonton webpage at: edmonton.ca/53AvenueRehabilitation.

A short video from the project manager will be available on the webpage, walking viewers through the changes on 53 Avenue. If you have any questions about the plan or the construction of the project, you can submit a question to the project team on the webpage and a response will be provided to you.

You can also reach the project team directly by emailing them at: 53AveRehabilitation@edmonton.ca

While the COVID-19 pandemic has impacted nearly every aspect of daily life, it hasn't changed the fact that Edmonton is still the thriving city we love. We are continuing to build and better our city because robust and healthy infrastructure is critical to a safe and healthy Edmonton.



Riverbend Junior High Named Top Fundraising School for Stollery Children's Hospital

The school will be recognized on the Stollery's donor wall for its efforts

By: Ava San Agustin, Grade 9

The Riverbend Stollery Night Gala Dinner and Silent Auction was held on May 31, 2019 at the Blatchford Hangar in Fort Edmonton Park. The event included a three-course meal along with cocktails and a silent auction. It featured the live music of Martin Kerr, dancing and a live artist - Giselle Denis. Students, families and members of the community attended, all in support of making donations to the Stollery Children's Hospital Foundation.



The Riverbend Stollery Night Gala Dinner and Silent Auction was held on May 31, 2019 at the Blatchford Hangar in Fort Edmonton Park.

Riverbend Junior High met and exceeded the goal they had established of raising \$10,000, to the point where it tripled that number. As a result, our school is acknowledged as being

the top fundraising school for the Foundation for 2020. We will be receiving recognition on the Stollery Hospital's donor wall and on their website in the category for \$25,000-\$49,000.

The Stollery Children's Hospital has always been an important part of Edmonton's community. The hospital was named after Bob and Shirley Stollery, who made a donation that launched the campaign to create a first-rate hospital. It first opened its doors with 218 beds, with the goal of having dedicated care to its patients. Over the years, the Stollery has received donations through the Foundation, which are essential to improving almost everything from patient experience and comfort to the treatments to restore the patients' health.

The Stollery is known for being the only pediatric emergency in Northern Alberta with the most advanced care for the health issues of children. It serves patients not only from the Edmonton area, but also from across the province and the country, receiving more than 317,000 patient visits last year alone. The hospital holds the most comprehensive regional program for intensive and intermediate care for newborn children in our country, and is recognized for being a massive organ transplantation centre, directing all complex pediatric heart transplants and surgeries. From these significant roles, it is not a surprise that the Stollery has become one of the top three children's hospitals in our nation.

These heights that the Stollery has reached were accomplished through the generosity of donors and investors. The actions of these

people helps the hospital provide patients with the resources to make their visits and health the best they can possibly be. Donations help them to gain new equipment, such as leading-edge technology to reinstate patient health within the confines of their own hospital. This money also helps develop and fund new programs inside the Stollery. For instance, these contributions helped to provide the assets for pet and musical therapy to help children cope with their situation. Most importantly, the donations support new research, advancing studies which will

help children not only in our community, but children all around the world. The simple act of giving allows for the chance for these kids to have their lives changed, as well as altering the lives of those around them.

In one way or another, we have all been affected by the Stollery in the miracles they perform within their hospital and commitment they give to their patients. Whether this may be through family, friends, or even oneself, the Stollery has a particular meaning to all of us. Many students at Riverbend Junior High have been impacted in such a way, and wanted to give back by donating to the Foundation, which is exactly what we did almost a year and a half ago through hosting the Riverbend Stollery Night Gala.

A huge thank you goes out to the local businesses and community leaders who provided the funds to host such an event, and to all the students, staff, families and friends who were involved to make the gala come to life.



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Riverbend Community League President's Message

Building improvements and ice rinks on the agenda for the winter months

By: Miep Raedschelders, President, Riverbend Community League

Fresh off elections in the United States, and also at our Community League, we turn our eyes and hearts towards a season of giving and celebration in our Riverbend Community and great Winter City.

This year will be a holiday celebrated amidst COVID-19, and on behalf of the Community League I send out my very warmest thoughts and best wishes for our friends and neighbours impacted by the pandemic, my hope for a safe and happy celebration of family even when we cannot be with family, and a forward look to a happier, healthier 2021.

The Riverbend Community League remains active during these unpredictable times. Our buildings are seeing maintenance and improvements, including a new roof at Brookside Hall, upgraded high speed internet at Rhatigan Ridge Hall, and the near completion of the Ronning Street Neighbourhood Park renewal. We will work with our amazing ice team to once again offer skating at the Brookside rinks (Please contact efcf.

org to safely purchase membership and receive skate tags). Unfortunately, we will not have washroom and changeroom access available due

to COVID-19. However, we are arranging for additional outdoor benches to facilitate changing into your skates.

I want to take the opportunity to thank the



Tennis Director Ruma Daulay is the RCL Volunteer of the Year award winner for her tireless efforts with the tennis program this past summer. Her appreciation of the sport runs deep: she's seen here at the 2017 U.S. Open men's final between Rafael Nadal and Kevin Anderson.

Board of Directors of the Riverbend Community League for their gift of time this past year. This group of volunteers pour countless hours and

heart into their roles to make your community a better place to live. The recipient of our volunteer of the year award is our outstanding Tennis Director Ruma Daulay. It is thanks to Ruma that we were able to offer tennis lessons to the Brookview and Riverbend youth this past summer. We are incredibly grateful.

We are looking for community members to participate in rebuilding the tennis/pickleball courts in our community. We seek a champion to head up a committee and are also seeking support to raise funds and seek out grants for this ambitious effort. Please reach out to president@riverbendonline.ca to get more info or to volunteer. We have started on the path for the necessary renovation of the courts but we need your help.

The 50th Anniversary of the Riverbend Community League takes place in 2021. We look forward to this celebration of community, and will be inviting you all to commemorate this milestone very soon. Please remember to

support your league by purchasing a membership. Once again, I wish you a joyous holiday season and a wonderful New Year.

Daycation Nation

We've been told to get out, keep active and get our minds off COVID. But what to do?

By: Michael Ganley



We're all looking for things to do these days, things to get us out of the house and take our minds off the isolation we're enduring. How we long for the old days, when we could travel or go to a restaurant or a fan-packed stadium or theatre without a second thought and without a mask and a bottle of sanitizer.

So we talk about "staycations," and, more recently, "daycations," things close to home you can do that don't involve crowds. Fortunately,

here in Alberta, there is no shortage of world-class attractions, from the mountains to the hoodoos northern lakes.

And then there are the surprising gems. On a recent Saturday, my wife and kids and I headed to Wetaskiwin, to the Reynolds-Alberta Museum. We'd heard about it and seen the signs on the QE II Highway, but never found time to take it in. I'm glad we finally did.

The Reynolds is the legacy of pilot, car salesman and community builder Stan Reynolds. He flew in World War II and, when it ended, returned to Wetaskiwin to open a used car dealership and, soon enough, a new car dealership. His business interests quickly expanded, as did his personal and community ones. He's heavily credited with turning Wetaskiwin into the car-buying destination it is today and started collecting machinery, all kinds of it: planes, cars, tractors, heavy equipment. He built a small museum in Wetaskiwin to show off his wares, but it was soon bursting at the seams.

In 1992, Reynolds teamed up with the provincial government to build a couple of hangars to better store and show off his collection. And what a revelation it is. The collection is huge and really cool, from vintage cars (design peaked in the 1930s and 1940s, it seems) to every kind of tractor

and thresher you can imagine to a Hawker Hurricane and a replica of the first powered aircraft flown in Canada, the Silver Dart. It also includes some of the bizarre, such as the walking tractor built by Edmonton's Ward Snell in 1949, purportedly to better navigate muskeg and rough terrain than the traditional wheeled ones. It worked, but barely (check out "World's Only Walking Tractor" on YouTube).

The collection is supplemented by videos, a virtual scavenger hunt and interactive exhibits to help draw in the kids. And as for COVID concerns?



One of the oddities at the Reynolds Alberta Museum: The world's only walking tractor.

The hangars are huge and were not busy. We wore our masks and there was sanitizer everywhere.

So as you battle the COVID-exacerbated winter blues this season, you might think about a daycation in Wetaskiwin.



Riverbend Library Soldiers On

In person, curbside pickup and online all available

By: Ragg-Times Staff

The Riverbend branch of the Edmonton Public Library remains open for business and is following its regular hours. The entire collection is available for borrowing and all returned materials will be quarantined for 72 hours before being returned to the shelves. Other COVID-19 measures include limiting the number of people allowed in at any one time and limited access to computers. Holds are also available.

If a customer is uncomfortable going into the library, give them a call and they'll make holds available through curbside pickup.

Unfortunately, there will be no in-branch, face-to-face programming, but branch manager Virginia Clevette points out that EPL does have a lot of online options, "Many families in this community loved coming to this branch for singalongs, laugh-and-learn and other programming," says Clevette, who recently joined the Riverbend branch after her time managing the Mill Woods branch. "I'm happy to let you know those activities are still available through Facebook Live and Zoom." For updated information, visit epl.ca.

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- ◆ Check our website regularly for special Advent and Christmas services and celebrations.



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Co-create a project vision and principles for a new pedestrian/cyclist bridge over Whitemud Drive.

This is the first of a series of engagement activities planned for the 142 Street Pedestrian/Cyclist Bridge project.

We want to hear from you! Your input will be used along side City plans and policies to create a project Vision and Principles.

Provide your feedback beginning November 2020.

Online Engagement Activities

- Share your **ideas** and what is important to you.
- Tell us what you see as **opportunities** and **issues**.
- Help us to develop project **priorities**.

Learn more by going to edmonton.ca/142streetbridge and sign up to receive updates.

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Update from Parliament Hill

Being a member of the House of Commons' Standing Committee on the Environment and Sustainable Development will be an opportunity to ensure Alberta is heard

By: Matt Jeneroux, MP, Edmonton Riverbend

We're nearing the end of what has been the most unpredictable year in our lifetime. We've all had to adjust our lifestyles accordingly, and that includes not seeing family members and friends to follow social distancing protocols. Many are still working from home and will be for the foreseeable future. As we enter the year 2021, some of the "new normal" will be here to stay for the time being.

We've been amazed at the generosity we've seen in our community over the past several months. People are rallying to help those in need, to support local businesses and to ensure children in our community are getting the education they need. If you're still in need of government help to pay the bills, I have more information about economic measures on my website at mattjeneroux.ca/covid-19/economic-measures.

Since September, Parliament has been meeting in a hybrid format, with some Members of Parliament attending virtually and some in person. I've been to Ottawa three times during the fall to represent our community in person, and have spoken in the House of Commons several times on behalf of our community.

Also in September, I was named to the House of Commons' Standing Committee on the Environment and Sustainable Development. I'm thrilled to be named to this committee at such

a pivotal time in Canada's history. As the only Alberta-based member, being on this committee is an opportunity to ensure that all regions of Canada are represented as we think about how to best move forward on issues of environment and climate change.




As you've likely noted, construction on the Terwillegar Drive expansion has begun. Funding for the project was approved in the summer and the three-stage plan will see a widening of Terwillegar Drive to four lanes in each direction between Anthony Henday Drive and Whitemud Drive, some interchange improvements, widening of bridges and the construction of a pedestrian bridge over Whitemud Drive at 142

Construction on the Terwillegar Drive expansion has begun, with a three-stage plan that will see the widening of Terwillegar Drive to four lanes in each direction.

Street. I've long been a proponent of this project and spearheaded a petition in the House of Commons two years ago, calling on the federal government to make this project a priority. We're all looking forward to seeing it come to fruition. I'll keep updates on my website at mattjeneroux.ca/terwillegar-drive.

As always, my office is here to help if you need it. If you have any questions about COVID-19 benefits or any other federal matters, please email Matt.Jeneroux.C1@parl.gc.ca or call 780-495-4351.



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Building a New Economic Strategy

The NDP Official Opposition has released a website at AlbertasFuture.ca to support a new economic strategy for Alberta

By: Rakhi Pancholi, MLA, Edmonton-Whitemud

This has certainly been an unprecedented year. Like many of you, my summer looked different than usual! I had planned to be out knocking on doors and attending community events so I could meet as many of you as possible in person. Instead, I spent my summer calling constituents and holding meetings by videoconference. I was thrilled to still participate in some outdoor events like Lemonade Stand Day for the Stollery and regularly attended the Southwest Edmonton Farmers' Market. But I missed getting out and meeting people face-to-face.

I know this has been a challenging year for many of you. Nearly two-thirds of all households in Edmonton-Whitemud are families with children. You've had your hands full managing in-school or at-home learning and child care, while trying to be back at work or find new ways to get your business back on track. Balancing work and family obligations is harder than ever, particularly with frequent isolation periods for adults and kids alike. As a parent of two young children myself, I understand only too well what many of you are experiencing.

But I also see reasons to be hopeful. I've talked to business owners who are adapting their business model to meet the realities of life during a pandemic. I've met entrepreneurs with exciting and innovative ideas for how we can diversify our economy and create jobs and opportunities in new industries. And I've talked to a range of stakeholders across the spectrum, including business leaders, families, community organizations and educators who agree that meaningful economic recovery will require investing in the supports that parents, particularly women, need to participate in our economy. There is a consensus that I've never seen before on these issues.

That's why I'm excited that the Alberta NDP Official Opposition has released a new website at AlbertasFuture.ca to build a new economic strategy for Alberta. The website includes detailed policy proposals on a number of initiatives that will be released over the coming weeks and provides opportunities for Albertans to offer feedback, including registering for virtual engagement sessions.

Our economic strategy to build Alberta's future is based on five key principles:

- Economic security – new, long-term jobs to sustain families & communities;
- Economic equality – recovery must include all

Albertans, leaving no one behind;

- Diversification – diversification is a priority, developing new opportunities while building on our strengths;
- Strategic public investment – recognizing the role of government & the public sector to support private sector growth;
- Strong Society, Stronger Economy – building a path to the top, rather than a race to the bottom.

We are proposing to build on Alberta's traditional strengths in the energy sector with new proposals on hydrogen, lithium and energy storage, geothermal energy and bitumen beyond combustion.

We need to support small businesses who have particularly suffered during the pandemic and who are the main drivers of our economy.

We need to take advantage of Alberta's amazing natural landscapes like our beautiful parks, cultural events like the Fringe Festival, and world-class attractions like Fort Edmonton Park, to build a thriving tourism sector.

We want to work with Alberta's emerging industries in the technology sector and green technology to help them grow, instead of abandoning them as the current government is doing.

We know that investing in the arts and Alberta's creative industries like the film and recording industries pays dividends to our economy, not to mention our quality of life.

We know more than ever the importance of manufacturing what we need here at home; the pandemic has reminded us just how fragile global supply chains can be.

Finally, we know that the foundation of Alberta's future economic success lies with Albertans themselves. That means investing in skills training and post-secondary education. That means ensuring that all Albertans can contribute to Alberta's economic recovery. And it means ensuring that parents, particularly women, are able to get back to work.

As part of this work, I'm proud to have put forward a proposal for investing in affordable, accessible, quality early learning and child care as a key part of our economic recovery. This plan will benefit not only working parents, but children as well by providing them the stability and supportive learning environment they need to thrive and live up to their full potential.

To learn more and to share your views, visit AlbertasFuture.ca.



In late October, MLA Rakhi Pancholi announced the NDP's child care plan, one of the first proposals to be released under the party's Alberta's Future economic plan.

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What? Zoominescence: A Festival of Light

When? Nov 26-Jan 3

Where? Edmonton Valley Zoo

Why? You've never seen the zoo like this before. Cavort with the creatures, slide into your skates, create a craft, admire the installations and generally brighten up your night. The festival celebrates light, artistry, imagination and the spirit of our winter community.

What? Winter Wonder Forest

When? Nov 27-Jan 3

Where? Rainbow Valley Campground

Why? More than 115,000 square feet of campground are transformed into a breathtaking Holiday light display to look at from the warmth of your own vehicle. Book your slot at winterwonderforest.ca.



What? Luminaria

When? Dec 1 - Dec 31

Where? University of Alberta Botanic Gardens

Why? Escape to an oasis of peace and light. Stroll the candle-lit pathways of the Kurimoto Japanese Garden, sip hot apple cider beside a bonfire, enjoy a capella singers and spot snow sprites in glittering ice sculptures.



What? Deep Freeze: A Byzantine Winter Festival

When? Jan 11 - Jan 12

Where? Alberta Avenue, 118 Avenue NW & 91 Street,

Why? Enjoy artistic panache and authentic cultural and heritage winter games and fun. Saturday will be Ukrainian Cultural Day and Sunday will be Francophone Cultural Day, with Indigenous performances all weekend long. Festival stages will feature world music on Saturday.



What? Silverskate Festival

When? February

Where? Hawrelak Park

Why? Discover breathtaking snow sculpture, winter sports, horse-drawn sleighs rides, music and theatre. Sit in a Cree winter camp and cook bannock over an open fire. Compete in the winter triathlon or speed skating events.



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Community and Connecting in the Time of COVID

This festive season will look and feel different, but let our empathy, care and love say volumes

By: Sodhi Pillay

I vividly remember the feel of winter's cool air on my face as the collective eyes of the community of revelers feasted on the vibrant fireworks display that joyously danced in the night sky. Music booming, kids hollering, and happy families frolicking on the snow-bedecked grounds of Hadow Park, ushering in a new year with the vigor and excitement of new possibilities and optimism for the year 2020 (20/20 vision we said...every pun intended!). The community space was turned into a celebratory continuum connecting the old year with the new year.

Had anyone pulled me aside then and said, "bubble, bubble... toilet paper and baking yeast, stock up now for there will soon be supply trouble. Hospitals overwhelmed and fevers bubble... face masks, hand sanitizer a mighty sword wielded against a deadly virus." I would have dismissively retorted that the eggnog must have had some mind altering ingredients and obliviously laughed off the dystopian picture painted by the Shakespearian doomsayer.

Fast-forward 11 months into 2020 and we see desolate public spaces, shuttered sports arenas, and contracted social circles, while personal protective gear ubiquitously doubles up as our second skin. These were not scenes from a screenwriter's imagination brought to life in a sci-fi film, but rather the honest, everyday reality of a world grappling with a very contagious and devastating pandemic.

We navigated this new normal of working from home and online schooling. We nervously engaged in the two-metre social distance dance, through the shopping aisles, racing to secure the last packet of instant yeast. Freshly baked bread artfully photographed became the rock stars of Instagram posts. Shabby chic was not just a decorating term that extended to furniture, but also to our personal appearances, as lycra became the spring, summer and fall fabric of choice. Hairstylists and barbers switched off their dryers and laid down their hair clippers. COVID hairstyles took root on Twitter and the

term "going back to my roots" was embraced and celebrated. "CLOSED" signs began to ominously appear on shop windows all over our city. The economic engine of our province and country slowed then stalled to a halt.

As the weeks wore on, we began to develop a sincere appreciation for teachers, schools and energetic gym instructors. Dr. Deena Hinshaw became our collective hero and flattening the curve was no longer a diet term but an epidemiologically important construct that we began to drop into everyday household conversations.

Our outside world shrank and our homes

two metre shout away was important. Children learned anew that iPhones had a "phone-call" function while grandparents excitedly realized that a cellphone or tablet would now become a window to their grandkids lives. Zoom was not the sound of a fast car racing by but a platform to connect businesses or people to each other. We learned what essential services looked like—a healthcare worker, a lab technician, a grocery store employee and a garbage collector toiling away to keep us healthy, fed and not drowning in the discarded remnants of our consumer habits.

We became acutely aware that not all homes are safe havens and that for the abused, neglected and vulnerable members of our community, COVID lockdown was a menacing threat that exacerbated existing hardships.

Our collective mental health was fragile and needed to be guarded and checked in on. Reaching out a helping hand, in a safe way, was important as our food banks and community organizations buckled under the economic pressure of servicing increased numbers due to job losses.

Community, connecting and celebrating began to innovatively evolve in a COVID-proofed way. Drive-by birthday and graduation honking, a virtual thanksgiving dinner and virtual parent-teacher meetings kept us feeling special, connected and informed.

No doubt this festive season will look and feel different. We may ditch the malls for doorstep deliveries, the turkey may have to be 10kg smaller, the clinking of wine glasses a tad bit quieter than last year but let our empathy, care and love scream volumes instead. For those of us that can help the vulnerable, let this festive season be a season of giving, of charity in addition to joy, light, and bling-encrusted face masks.

COVID has taken away many precious loved ones from us, and created ghost towns of our community spaces that we used to congregate in. We miss the physical connection of hugs and must look closely for eye crinkles above masks covering friendly smiles. We're bereft of sporting activities to raise our adrenaline and our voices in loud cheering screams. As COVID taketh from

(continued)



Illustration by Jane Henderson

grew louder with boisterous family chatter. Families began to reacquaint themselves with their dinner tables as sit down dinners and home cooked meals became the norm not the exception. Spring-cleaning became cathartic and home organization took root as we reconnected to our inner Marie Kondo.

The quiet roads and the dust accumulating on our cars signaled a calendar devoid of frantic driving to extra mural activities and appointments. The only rush was who was to be the first to the Netflix remote. Anxieties increased a bit and garage real estate dwindled as 99 empty wine bottles up took residence.

The initial change to our routines heralded the holiday that we relished but there was no escaping the resident restlessness that lingered deep within us. The draw of communal activities from our caveman days around a fire to present day around a coffee shop table—reinforces that we are community spirited beings and that we thrive on community and collaboration. "Apart but together in this" became our collective COVID mantra.

How to stay connected in our community, within our friendship, family and business circles started to take on a more intense and intentional meaning. Letting our vulnerable neighbour, friends or family know that our help was a



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us it also giveth to us a new appreciation for the things we have perhaps taken for granted like connection, community and celebration.

Like all past upheavals, this too shall pass and when it does our resilience, reliance and resoluteness as a community of caregivers will be stronger. We will come to realize at a personal level that being part of a community means we have to look out and take care of each other. Being part of a community means that our actions and sometimes inaction on both the big and small things can sometimes make or break the cohesion that keeps a healthy progressive community growing and developing. Never before has the phrase, “we are as strong as our weakest link” been so true. We can innovatively and proactively embrace our innate need to connect while balancing our civic duty to protect each other. The past eight months has no doubt brought on a fatigue of the fastidiousness of our safe routines but we still need to keep our guard up and carry on until we vanquish COVID.

We will no doubt, in the future, gaze into a dark sky lit up by fireworks and think of happy future possibilities and how perhaps being fully present and engaged in the moment is sometimes all we have to hang onto.

Happy holidays and here’s hoping that 2021 brings us an effective vaccine to obliterate COVID while ushering in a celebration of greater awareness and appreciation of what connects us as a diverse, caring community whose spirit is as vibrant and dynamic as fireworks lighting up a night!

PettyNicks Band Rocks Riverbend!



Outdoor concerts were held around Edmonton over the summer as artists and audiences alike sought respite from the pandemic. On any given day you might have heard the music of Bill Bourne, Scott Cook or Arlo Maverick wafting around the neighbourhoods. Edmonton tribute band PettyNicks played a fantastic concert on the grass boulevard at 147 Street and Riverbend Road on September 19th. Several hundred neighbours brought out their lawn chairs and took in classic hits as the sun set. PettyNicks covers Tom Petty and Stevie Nicks songs and includes two Riverbend residents: Maurie Fontaine on the keyboards and Ruth Blais as the brilliant Stevie Nicks. - *Dave Rumbold*

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Seniors Connection News for Those 55+

The Way We ~~Were~~ Are

By: Colleen Crozier

Remember the 1973 movie “The Way We Were,” starring Robert Redford and Barbra Streisand? The title song, by the same name, is a tear-jerker, full of longing for the simplicity of their shared past. The life lesson in the closing lines, so beautifully sung, is to forget those things that are too painful to remember, and to focus on the happy memories.

SouthWest Edmonton Seniors Association (SWESA), in this time of a global pandemic, is singing the same tune, but with a difference. Our members, board and staff have countless fond memories of SWESA activities. They long for the day when “normal” activities can resume, filled with fun, fitness, learning, and laughing. The difference is that we know that better days are coming, and our focus is on “the now.” SWESA is preparing safe, interesting programs for the short term. It is also looking to the future to “pick up where we left off” pre-COVID. Barbra and Robert’s characters never had that kind of forward focus, hence the sad song.

Need a Christmas gift suggestion for a senior on your list? Through a credit card company, purchase a generic prepaid gift card that could be used for a SWESA membership and program fees in 2021. “Give experiences, not things.”

Program staff and volunteers came up with an impressive lineup of activities for this fall, as they have done for several years. The challenge for 2020 has been to make those activities safe. And so there are all kinds of socially distanced fun and fitness choices, such as: Total Fitness for Active Agers; Line Dancing; Latin Grooves; Stretch, Strengthen and Rejuvenate Yoga; Zumba; Gentle Yoga; Age-Reversing Essentrics; and The Core and All. For the artistically-inclined, there is Watercolours with Willie Wong and Introduction to Drawing. For seniors who want to socialize (and who doesn’t?), there is Coffee and Chat, both in person and via Zoom.

Most of these programs continue into December, and it’s not too late to join. All are held at the Blue Quill Community Hall, where SWESA has consolidated its operations during COVID.

For details, go the SWESA website and select “Program Guide”

from the Programs menu. Then click on the link to the listing of current programs. Or, contact the SWESA office.

Good news! You can look forward to the same or similar program offerings after Christmas. As our staff and volunteers act upon your suggestions, more activities will be added to the list of COVID-compliant programs.

SWESA also offers seniors an excellent Home Supports Program. Co-ordinator Barb Newell works with those who need some help with snow removal, housekeeping, minor home repairs, etc. Details and Barb’s contact information are on the SWESA website under “Resources.”



SWESA continues to offer all kinds of socially distanced fun and fitness choices, such as Total Fitness for Active Agers, Line Dancing, Latin Grooves and more.

Annual Fundraising Appeal

SWESA’s annual fundraising drive is underway. Donations are most welcome and another way you can support seniors in southwest Edmonton. Funds will contribute greatly to current and future programming. Payment options are on the website.

SWESA Office
Blue Quill Community Hall, 11304-25 Ave. NW
780 860 3603
swesa.ca

Help us Celebrate the 50th anniversary of the Riverbend Community League!

The RCL turns 50 in 2021, and the Ragg-Times is planning a year-long celebration and a dedicated issue in May



Riverbend
Community League

Do you have Photos to Share?
Stories to tell? Know an early Board member or volunteer?

Please get in touch with Mike Ganley, editor, at
Raggtimes@riverbendonline.ca.

Thank you!

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*Comparison between 10 drops of F.O.L. and different food sources



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Why Join a Board?

Build skills and relationships, give back to your community and see the way people can change the world

By: Colin Johnson, Deputy Executive Director, Edmonton Federation of Community Leagues

When I chose to join the board of a small non-profit shortly after leaving university, it was one of the best choices I have ever made. It changed my life personally and professionally, let me have an impact on my city and helped me build great relationships. Being on a board wasn't always easy (at times it was a lot of work), but looking back, that work is some of the best times of my life.

“Working with a board presents challenges, not just around skills like reading a budget, but soft skills like relationship building and negotiation.”

My name is Colin and currently I am the Deputy Executive Director with the Edmonton Federation of Community Leagues. We support Community Leagues in creating the community that they want to see in their neighbourhood. Without the time that I have spent on boards, I don't think I would have the skills that brought me to the place I am at in my career. Volunteerism was important to me from a young age, but that looked different. I would help where I could with school organized activities, civic events in my hometown, and helping out around the offices

of a few non-profits in my hometown.

After finishing university, I joined a board and started to experience a new world. I was responsible for supervising people, managing budgets, strategic planning and writing policy to name a few things. After spending time on boards (yes, I joined a few more at this time in my life), I started talking about what I was doing with co-workers and supervisors. This led to me getting new projects that used the skills I was learning in my board work. Before I knew it I was a supervisor, then a manager, then a director.

Working with a board can present challenges, not just the ones around skills like learning to read a budget, but soft skills like relationship building, negotiation and mediation. Boards are groups of diverse people coming from different backgrounds and experiences, so there will always be times where they experience conflict. Experiencing and working through this conflict has taught me a wide variety of skills

and techniques that I have been able to apply in my personal and professional relationships. It has taught me how to effectively collaborate, compromise and admit when my perspective isn't necessarily the best approach to a situation.

When I bundle all this together, these things are great reasons to join a board, but I left the best part to last. Through my time on boards I have gotten the opportunity to give back to the community, to see the great things volunteers do, and see the way people change their world. It has made me more caring and compassionate.



Colin Johnson, Deputy Executive Director of the Edmonton Federation of Community Leagues, outside the EFCL office



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Terwillegar Riverbend Advisory Council (TRAC) Update

Please check out our wonderful new website at TracSpirit.ca

By: Karin Shott

The Terwillegar Riverbend Advisory Council (TRAC) is very pleased to announce that their new website is up! We encourage everyone to check out TracSpirit.ca. Thanks to Alison with Digital Rose Inc. for all her work on it. If anyone is looking for website work, we would highly recommend her.

A reminder that your community league needs your support now more than ever. Community league memberships are available through a variety of ways:

- by mailing the membership form (which can be found on page 15 of the paper) and payment to the mailing address on the form. Once received you will receive an email confirmation and your membership card and requested skate tags will be mailed out to you;

- online via efcl.org (there will be an additional \$5 administration fee added & you will receive a digital copy of your membership card);
- contacting the TRAC Community Office by telephone: 780-439-9394 (messages are checked regularly), or email yegtrac@gmail.com to arrange for a community league membership purchase.

The TRAC Community Office is currently still closed to the public due to limited access in the Terwillegar Recreation Centre. This may change as we move forward in the weeks and months ahead.

The Ridge Vines, which is the latest of the TRAC Community Wines in celebration of the community leagues in Area H, is still available at Vines Wine Merchants (2331 Rabbit Hill Road).

Hurry in to pick up a bottle or two before this limited edition is gone!

As we are nearing the end of 2020, the Terwillegar Riverbend Advisory Council would like to wish everyone a safe, healthy & happy holiday season and best wishes for 2021!



Brookview Community League has a New Board of Governors!

Thanks to all who stepped forward to lead. We're always looking for feedback and ideas

By: Carol Paul

We are excited to introduce our 2020/2021 Brookview Community League board:

Lauren Dary, President
Tao Jin, Vice President
Purnima Prasad, Treasurer
Bonnie Lakusta, Secretary
Kyle Fodchuk, Sports Director
Ken Lister, Programs Director
Cindy Martin, Social Director
Amin Jivraj, Seniors Director
Madan Prasad-Casino, Chair and Director
Rupesh Patel, BHOA Liaison Director
Carol Paul, Ragg-Times News Director
Tony Tang, Webmaster
Peter Farnden, Past President.

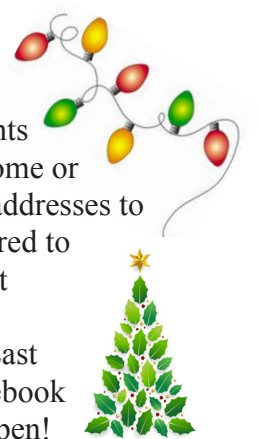
The board would love to hear your feedback and ideas. We are excited to pursue new programs and initiatives to build a stronger, healthier community and want your input! Contact us on our website at brookviewcommunityleague.ca

MISS YOUR YOGA? Check this out!

BCL wants to support community health and wellness. This fall, we have asked yoga instructor Paige Elniski to run an interactive Gentle Hatha Yoga class on Thursday evenings from 7:00-8:15. This opportunity will be offered initially from November 19-December 10. Our hope is to offer classes in four-week blocks starting in the New Year (if there is sufficient demand). The class will be delivered through the instructor's website on an interactive zoom platform. For more information, please go to brookviewcommunityleague.ca

LIGHT UP THE NEIGHBOURHOOD BROOKVIEW

Help us to celebrate the winter festive season with our traditional Holiday Lights Contest. Show your appreciation for their efforts by nominating a decorated home or homes (up to three) that contribute to the holiday spirit! Email your favourite addresses to social@brookviewcommunityleague.ca by December 20th so they can be entered to win prizes and bragging rights. We are also looking forward to judging the best decorated cul-de-sac/groups of houses! Let's make the neighbourhood sparkle! We are once again hoping to host a community sleigh ride over the holidays. Last year's event was magical and enjoyed by all. Check the BCL website and Facebook page for more information and opportunities to help make this great event happen!



DO YOU HAVE A PASSION FOR ICE, HOCKEY, SKATING?

The BCL board is seeking candidates for a paid Rink Manager position. This is a well paid position that typically runs from mid-December to March, depending on weather. For more information go to the "Contact Us" option on the BCL webpage brookviewcommunityleague.ca/contact-us.

In addition, we are always looking for volunteers to help out at the rink as well!

Wishing you all a wonderful fall and holiday season.
Stay healthy and look after each other!

News from City Hall

Road work, speed limits and budget deliberations all in the mix

By: Councillor Tim Cartmell

Greetings Everyone! I'm happy to share a few updates with you. If you have any questions or want more information, feel free to contact me at tim.cartmell@edmonton.ca.

53 Ave Reconstruction

Reconstruction of 53rd Avenue east of Whitemud Drive was one of the projects the City started this summer. This work was mostly completed, but some work will carry over into 2021, including the new street lighting and landscaping.

Next summer, some maintenance work will take place on 53rd Avenue between Riverbend Road and Whitemud Drive. This will consist mainly of grinding and repaving of the asphalt. Watch for further updates on this project on the City website (edmonton.ca) under Projects & Plans, then Roads, and 53 Ave Rehabilitation.

Terwillegar Drive

Terwillegar Drive construction got started at the end of September, and construction will really get going next spring. Your patience is appreciated during construction. Watch for notices about construction detours and closures on the City website under Projects & Plans, then Terwillegar Drive.

Part of the Terwillegar Drive project includes a pedestrian bridge between Brookside and Brookview. Watch for future engagement opportunities on this important link. I welcome your comments about the bridge and the paths that will lead to it.

Residential Speed Limit Reductions

In early November, City Council decided to reduce speed limits on local residential and collector roads (generally the street in front of your home) to 40kph. These changes do not include the busier arterial roads, such as Riverbend Road and Rabbit Hill Road.

In my time on Council, I have had many residents observe disruptive driver behavior on their street, and ask the City to take active steps to make their road safer. And they ask me to lobby on their behalf.

When considering such traffic calming measures, City Administration often starts with a speed study of the area. These speed studies consistently show most residential drivers are

already travelling at less than 40kph most of the time. And from a road engineering perspective, these speeds don't support traffic calming measures, and usually City Administration does not support their installation.

But from a livability perspective, these measures make all the sense in the world. A speed bump tells drivers to watch their speed, every time. Curb extensions force a driver to slow down, every time. A four-way stop requires drivers to take their turn, every time.

In contrast, a speed limit sign becomes part of the routine scenery that we do not see as drivers on our daily commute. They are passive, not active solutions.

I voted against the reduced speed limits. I firmly believe our dollars would be better spent on active measures that actually address specific problems.

EPCOR's E.L. Smith Solar Water Treatment Plant

On October 6, City Council voted 7-6 in favour of the development of a solar farm adjacent to Epcor's E.L. Smith water treatment plant. I voted against this project. While I support moving to renewable energy generation, I thought we had better options and did not think it was necessary to sacrifice part of our river valley to build this project. More information on the project can be found at epcor.com.

Budget Deliberations & My Upcoming Community Meeting

Looking forward, City Council will be debating budget adjustments in the next few weeks. All of the issues we have discussed this year will have an effect on this debate, from police budget discussions to COVID related costs to Council's goal to not increase property taxes. Council will be attempting to reduce the 2021 operating budget by \$145 million, and that means some very difficult choices and conversations about priorities.

In preparation of those discussions, I will be hosting a Virtual Community Meeting on

Wednesday, November 25th at 6:30pm. See Facebook, Twitter or email my office for more information including the meeting link. More than ever, I need your input and feedback on your priorities and what you want the City to spend your money on.

Happy Holidays

Finally, while it feels early, I want to wish you and yours the very best this holiday season. We know it's going to be different than last year. We might not see everyone we usually do. We may not get together with our faith communities. We may not get to experience all the traditions, sights and sounds we usually enjoy. All of the challenges this year has brought serve as a reminder not to take for granted all those persons, places and experiences we truly cherish that enrich our lives.

While I will really miss some of my own family traditions this year, our goal is to embrace the unique experiences that will replace those traditions. It will be different but my family is determined to be grateful and appreciate all that we do have while looking forward to continued growth in 2021. I hope you all enjoy the same peace and love with your friends, family and those you hold dear this holiday season.



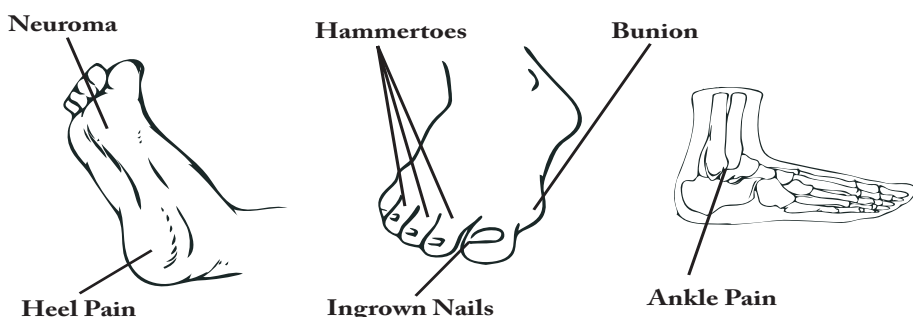
Merry Christmas, Happy Holidays and Happy New Year to you all!

Tim

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

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The Southwest Edmonton Farmers' Market Needs You!

Seeking volunteers for the SWEFM Steering Committee and 2021 Vendors

By: Christie Anderson, Market Manager



Where Communities, Farmers and Artisans come together

Do you love our local farmers' market? Did you know that it is a not-for-profit organization, run by volunteers from many of the neighbourhoods that make up the Southwest Edmonton area? Its volunteers and Steering Committee members are wonderful people, committed to developing a vibrant gathering place for our community, and we need more help. Meeting year-round (remotely, at the moment!), the SWEFM Steering Committee schemes and plots, creates and dreams, crunches numbers and makes phone calls, problem solves and forges connections as it plans the next stage of growth for its successful market.

SWEFM volunteers are a hard-working bunch, dedicated to the market's vision of creating a unique, vibrant community gathering place where local farmers, producers and artisans provide fresh, locally grown and homemade food and handmade goods to the people of southwest Edmonton. They are passionately committed to fostering community relationships, helping their neighbours, friends, and family to create strong ties to the community, and strengthening

the local economy. Does this sound like you? Individuals with board or administrative experience, financial know-how and community mindedness would be definite assets to the organization.

If you are looking for a fun, social opportunity and would like to become involved in this exciting, vital and successful organization, please contact us at: swefm.manager@gmail.com.



SWEFM is seeking local artisans, growers, producers, cooks and farmers who want to apply for the 2021 season.

In addition, we are encouraging local artisans, growers, producers, cooks, and farmers to apply for our 2021 market season (May 19th – Oct. 6th). Check out swefm.ca/become-a-vendor for more details. The application submission deadline for the 2021 master schedule is March 31st, 2021.

Stay up-to-date with what is happening with the market by visiting swefm.ca or by following us on social media: Facebook @SWEFM.ca; Instagram [swefm/](https://www.instagram.com/swefm/); Twitter @SWEFM_YEG.

Trustee Talk

Does the new plan from the City of Edmonton support strong schools and communities?

By Michael Janz, Edmonton Public School Trustee

As I reflect on my 10 years and three terms at your EPSB Trustee, I have come to realize even more how school systems are impacted by municipal context.

In 2015, I was EPSB Board Chair and Alberta was in a \$5-billion school building boom. We opened 19 new schools, many in suburban neighbourhoods outside the Henday. Five years later with our current economic situation, I don't know when we will see an investment like that ever again.

Looking ahead, it makes more social and fiscal sense to help families live closer to existing schools and playgrounds anyway, neighbourhoods like this one.

The proposed City of Edmonton plan targets a balance of 50/50 infill housing with suburban development. If the infill is affordable, family-friendly, and accessible for all wages, ages, and stages, this could be a major contribution to welcoming more young families, reducing transportation costs and keeping schools open.

In 2010, I supported a two-year moratorium on school closures. We worked with partners to bring more families back into mature neighbourhoods. We identified barriers to family-friendly housing and pushed recommendations to city hall and the legislature.

A decade later, many of the neighbourhoods we hoped to revitalize with new family-friendly housing received infill, but too

often it was not family friendly or affordable, the opposite of the multi-family Brooklyn brownstones we desperately needed. Down the block, many seniors still face a lack of choices for downsizing. Until recently, even with density, adult-only condo buildings shut out children. We need more housing choice.

The City's plan has the right language to help reduce new building and transportation costs, but will council remain committed?

The City's plan has the right language to help reduce new building and transportation costs for schools with commitments to family-friendly housing. However, will future councillors remain committed to the plan? As someone who built an infill, I know it is not without challenge. Will developers prefer to stay the course on the easy money of new neighbourhoods? Will we accept the one car family life and choose transit or to walk or wheel more often? These are complicated issues but if we get them right, we can keep costs down and ensure strong schools and strong communities, a necessary response to our looming climate emergency.

Ultimately, any plan is only as good as its implementation. I would appreciate your observations. You can reach me at 780-288-9866 or michael@michaeljanz.ca.

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The SWEFM Wishes a Fond Farewell to Sprouts Coordinator

Emily Hendsbee and family were instrumental in founding and operating the beloved children’s program

By: Christie Anderson, Marketing Manager, Southwest Edmonton Farmers' Market

The Southwest Edmonton Farmers’ Market is sad to say goodbye to our longest-standing volunteer, Emily Hendsbee. Emily and her mother, Sheri, are the founders of the beloved Sprouts children’s program at the market, which many of you know and love. The number of hours that Emily and her family have put into this program over the past decade is immeasurable.

Months before we opened for the season each year, Emily and family were busy fundraising, finding sponsors, designing the beloved kids’ shopping bags and working on the kid-friendly recipes (creating them from scratch!) that were handed out at each market.

Emily’s grandfather hand-crafted the hundreds of wooden tokens that were handed out to local kids, who would then use them to buy healthy fruit, local veggies, and bedding plants.

Emily’s dedication, grace, and commitment to our market and the families who visit the SWEFM are something we will be forever thankful for. Emily recently obtained her master’s degree in human ecology and is now giving her passion and attention to her role as the client services manager at the Dogs With Wings Assistance Dog Society.

Emily, you will be sorely missed. We wish you nothing but the best in your future endeavors. We will certainly miss working with you, but we look forward to staying in touch with you for years to come, and to see what greatness you accomplish!



Flouride Treatment to Resume November 30

Epcor has not put fluoride in water since 2019

By: Ragg-Times Staff

Epcor has announced that it will reintroduce fluoride to the water treated at the E.L. Smith Water Treatment Plant on November 30. The utility stopped putting fluoride in the water in September of 2019 to rehabilitate the plant’s fluoridation facilities, anticipating that the work would take seven months.

The company says it had to postpone the commissioning of the new fluoride system to ensure that social distancing guidelines were met during the pandemic and that staff were kept safe. Affected areas included most of southern and western Edmonton and the

communities of Beaumont, Leduc, Morinville, Nisku, Onoway, Spruce Grove, St. Albert, Stony Plain and Sturgeon County.

Fluoride is a natural mineral that exists in fresh water and is known to prevent tooth decay. Under direction from City Council, EPCOR has fluoridated Edmonton’s water since 1966. Fluoridation is a safe and effective public health measure and is the easiest, most practical way to improve dental health. In the absence of fluoridation, Alberta Health Services recommends using fluoridated toothpaste, avoiding sugar and scheduling a regular dental checkup.

The Rinks are in Play!

Most change rooms will not be open, but outdoor seating will be available

By: Ragg-Times Staff

Community Leagues in Edmonton operate about 120 outdoor rinks. They have been given the green light to operate the rinks this winter, despite COVID-19, while following Government of Alberta guidelines for sport and recreation. Leagues will use disinfectants that are Health Canada approved for use against COVID-19, and will follow all public health guidelines as indicated on this Alberta Health Biz Connect webpage.

Capacity limits are based on activities and were recommended by Alberta Health Services based on current cohort guidelines:

- Free-skate activities are capped at how many people can safely physically distance by two metres on the ice, to a maximum of 50 people.
- A 15-person limit will still be in place for shinny and other unstructured activities where two metres of physical distancing isn’t possible and where the gathering is self-organized by league members.
- Sports cohorts are defined as structured or organized activities (i.e., hockey, ringette and figure skating) that can play in-region only cohorts of up to 50 players and coaching staff.

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

Adult #1: _____

Date: _____

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

Adult #2: _____

Membership Type:

Address: _____

Seniors/Single/Couple/Family (circle one)

“The Community League’s Name”
c/o TRAC at Terwillegar Community
#5, 2051 Leger Road NW
Edmonton, Alberta, Y6R 0R9

Postal Code: _____

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

Phone number: _____

Are you willing to volunteer? Y/N

Email: _____

Fee (visit Community League website): _____

Child/Children’s names(s):

Donation: _____

Total Paid: _____

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

Cash: Cheque:

No. of skate tags required: _____

*Cheque Payable to the Applicable Community League

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Let's talk about retirement living and what you want to know right now.



At Riverbend, we're committed to ensuring you experience a warm safe welcome.

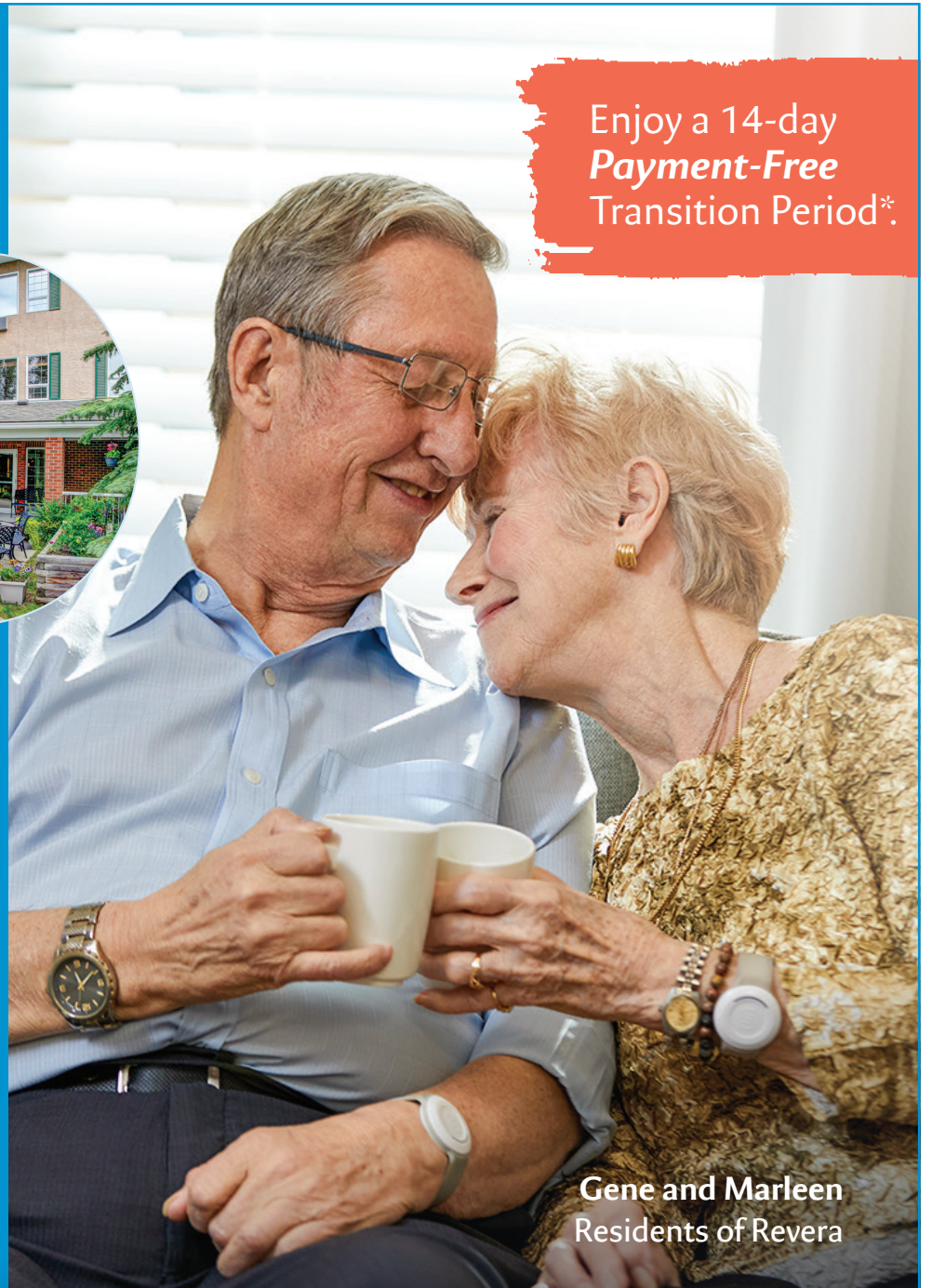
Settle in Safe™ connects you with our team from day one, and helps you create a schedule of daily activities. After your transition period, you'll enjoy all the benefits our community has to offer – knowing your health and safety are our top priority.

Call **1-844-568-7982** to speak to a Senior Living Advisor today.

revera
Retirement Living
Your kind of place

*Limited-time Offer. Visit reveraliving.com/letstalkoffer for full terms and conditions.

Enjoy a 14-day **Payment-Free Transition Period***



Gene and Marleen
Residents of Revera