



## Art in Our Park 2019

Saturday, September 21, 2019 - 12:00 - 5:00 pm - James Ramsey Park

By: Sheryl Bowhay



Our community is diverse and creative and Art in Our Park is an opportunity to celebrate it in a way that is inclusive and expressive. Join us in this grand celebration of community!

Riverbend Community League and all Area H Community Leagues are hosting the tenth annual Art in Our Park on Saturday, September 21, 2019 to help celebrate Edmonton's city-wide Community League Day. Bring the whole family! Listen to award winning music, browse the Art Market, enjoy local food vendors, be creative and try your hands...or feet at one of our awesome interactive experiences. Feature performers on the Myshak Main Stage are: Lyra Brown, 100 mile house, Fools Tongue and Arlo Maverick.

This year we are thrilled to highlight the ATB Emerging Artists Zone which features a Student Art Gallery displaying art work of students from local schools and a Youth Art Market where young artist entrepreneurs will sell their wares. This is in addition to the Emerging Artists Stage, which showcases young talent from our community. One of the mandates of Art in Our Park is to encourage and mentor young people and all individuals in exploring and appreciating the arts.

We want to acknowledge the exceptional and ongoing partnership of ATB Financial, the City of Edmonton, the Edmonton Arts Council, Myshak Group, PCL Construction Leaders, Patcher Energy, ReMax, and ATCO Gas for their role in providing festival infrastructure. We also applaud the commitment of Capital Vision Care, City Lumber and Fountain Tire: Riverbend. We appreciate the engagement of all of our community league partners and community sponsors and look forward to the best Art in Our Park yet!

There are 26 Interactive features this year for the everyone to enjoy! Workshops and activities include:

### Art is for Life

Riverbend by Revera is proud to be celebrating 20 years of supporting and being part of the community of Riverbend. Join our artist in residence and discover your creative side. *Sponsored by: Riverbend by Revera*

### Beading Bracelets

Make a bracelet for you or your bestie! With beads of all kinds, there's something for everyone! *Sponsored by: Peanut Butter & Jam Playgroup*

### Dream Catchers

Inspired by Traditional Cree and Ojibwa, the dream-catcher" is a charm to protect sleeping children from nightmares. The legend is that the bad dreams will get caught in the dreamcatcher's web. Use yarn and beads to make your own dream catcher and hang above your bed to keep the bad

dreams away! *Sponsored by: ReUse Centre*

### Drums & Noisemakers

Make a drum or a guitar and strike up your own band! *Sponsored by: Caesar's School of Music*

### Fabulous & Funky Newspaper Hats

Reduce, reuse, recycle...and get creative! Newspaper hats are the festival fashion favourite. We set you up for success and then your imagination takes it from there. *Sponsored by: Riverbend Cooperative Playschool*

### Interactive Canvas

Help create a themed canvas using acrylic paint and multi-media techniques. Drop into the Riverbend and Windermere locations of Capital Vision Eye Care to check out the canvases we did last year. They are awesome! *Sponsored by: Capital Vision Care*

### Paint-o-Rama Kids Canvas

Metres and metres of artist quality paper for you to map and explore with tempera paint. Look for us at the basketball courts. *Sponsored by: Options Academy and Fred Katz Photography*

### Paint-o-Rama Kids Castle

Your imagination and paint transform a cardboard castle into something spectacular. *Sponsored by: Riverbend Child's Pavilion & After School Care*

### Paint-o-Rama Kids Cottage

Imagination and paint transform a cardboard cottage into your dream home...well almost! *Sponsored by: River City Preschool*

### Prayer & Wish Flags

Prayer and wish flags are inspired by the tradition of Tibetan prayer flags. Individuals create a flag with fabric and decorate it with symbols and designs based on their dreams and wishes. Finally, the flags, similar to Tibetan prayer flags, are attached to a line and displayed. Individuals can retrieve their flags at any point and take them home or leave them to flutter in the breeze for the remainder of the event. This is an activity that inspires us to dream and project our prayers, dreams and wishes out into the universe. *Sponsored by: Hope City Church*

### Puzzle Board Painting

Paint a piece of the puzzle and see how it integrates into the big picture. Watch a masterpiece come to life before your eyes! *Sponsored by: Riverbend Dental Clinic. Prepared by: Tessa Stanley Art Studio*

*See more on pg. 2*

# Save 10% on Season Passes

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Until September 30  
See Guest Services for Details



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### Roots, Shoots, Buckets & Boots

Brander Community Garden embraces collaborative and multi-generational gardening. Come visit and create a nifty craft project. *Sponsored by: Brander Community Garden*

### Sidewalk Chalk Art

Toddlers and teens alike can't resist the canvas that never ends. Joins us as we turn sidewalks into blasts of colour and self-expression. *Sponsored by: Riverbend Christian Preschool*

### Balloon Art

What is a party without balloons? *Sponsored by: The Ridge Community League*

### Edmonton Chalk Art

Watch chalk artist, Jeff Maruniak, create a special image to help celebrate Art in Our Park's 10<sup>th</sup> anniversary. *Sponsored by: Riverbend Community League*

### EPL: Spread the Words

Express yourself and make a one-of-a-kind button. While you are here meet your community librarian and sign up for a free library card! *Sponsored by: Edmonton Public Library - Riverbend Branch*

### Face Painting

This team of face painters transform faces into works of art. This is a very popular station. Please be patient and enjoy the music and festival atmosphere as you wait for your child's turn. *Sponsored by: Terwillegar Community League*

### Glitter Tattoos

Brighten up your day with a bit of sparkle! *Sponsored by: Terwillegar Riverbend Advisory Council*

### Instrument Petting Zoo

Check out the musical instruments at the petting zoo and learn how to tame a flute, clarinet, French Horn or trumpet. *Sponsored by: Long & McQuade Music*

### Jumbo Jenga

A steady hand and a good eye for balance prevail with Jumbo Jenga. It

is a game of skill and cunning. Are you up to the challenge? *Sponsored by: Hodgson Community League*

### Hoop Dancing

Think you can dance? Try hoop dancing. Get your hoop on and practice your hippy, hippy shake! *Sponsored by: Terwillegar Riverbend Advisory Council - TRAC*

### Music for Young Children

Discover the pleasure and the joy of music making. Music for Young Children will be bringing the ever-popular percussion garden to Art in our Park 150. Come grab a spatula or spoon and jam to some kid-friendly tunes! Old MacDonald Had a Band, anyone? *Sponsored by: Music for Young Children*

### Play Challenge

The play challenge by Motivation works to support awareness related to the importance of the early years and child development related to play. Volunteers and play experts will guide and facilitate creative play opportunities and experiences for children and adults alike. Come out and play! *Sponsored by: Fountain Tire - Riverbend*

### Step Up Stilts

We have stilts of all sizes for people of all ages. Test your balance and try your feet at stilt walking! *Sponsored by: Southwest Area Council*

### Stiltwalker Troupe

We can't imagine Art in Our Park without our troupe of roving stiltwalkers. They are extraordinary and create energy and positive vibes wherever they go! *Sponsored by: Southwest Area Council*

### Twisted Hair Braiding

Twist your hair into something fun and funky with twisted hair braiding. The team of experts at Brander Garden ROCKS will braid a little or a lot... it is up to you! *Sponsored by: Brander Gardens ROCKS*

Check out page 12, 15, 16, 18 & 25 for the Artist Features.

Check out page 28 to check the schedule for the stages.



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

We look forward to seeing you soon!

Rob Filipchuk  
Owner

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5842-111 Street

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### THANK YOU - RAGG DELIVERY VOLUNTEERS!

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

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

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

Your gift of time and service would be greatly appreciated.

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

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

## Thanks David!

### For Your Community Spirit



After 15 years as founder and owner of Vines, Riverbend Wine Merchants, David Gummer has retired. He's sold the store to long time staff Steve Richmond (Sommelier and scotch expert) and William Bincoletto (Principal Sommelier).

David and Brenda Gummer have a long history in the Edmonton restaurant and hospitality industry and are longtime residents in our community. When they

established Vines in 2004 they actively contributed to the neighborhood from day one, seeking sponsorship opportunities, providing countless gift baskets and promoting many local causes. Many local hockey, soccer and other teams have benefited from Vines generosity over the years. Vines was integral to the revival of the 'Taste of Riverbend', which subsequently ran for 14 years and raised hundreds of thousands of dollars for local causes. Vines has also contributed significantly to community causes through the marketing of several special limited edition wines. Terwillegar Malbec, Riverbend Red, Rafa's Red and others raised thousands of dollars for Terwillegar Riverbend Advisory Council programs, the Humane Society, Dogs with Wings, and Fort Edmonton, just to name a few. Vines also built and continue to lead both the hugely successful Edmonton Whiskey Festival and the Edmonton Rum Festival, which fundraise for the MS Society.

William and Steve describe David as a great mentor and boss who led by example and was never too busy to visit with anyone. They are committed to

By: Dave Rumbold

continuing the charitable and community focus at Vines.

When asked, David commented on how supportive the community has been of Vines, and how many great relationships that were built through business have become lasting friendships. He says 'I've been very lucky to have had my passion become my profession!' Our community has been very fortunate to have David Gummer bring his philosophy of giving back to us. Best wishes David!

### Jewellery Repairs

Our in-house goldsmiths will make sure your jewellery repairs are completed to the highest of standards.



## Forest of Jewels

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## Southwest Edmonton Farmers' Market

### Seeking Volunteers for the SWEFM Steering Committee & Seniors' Day

By: Christie Anderson, Market Manager



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 Steering Committee members are wonderful people, committed to developing a vibrant gathering place for our community and they need more help. Meeting all year long, 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 expanding, 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? SWEFM is currently seeking volunteers for its Steering Committee. Proven leaders with board 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](mailto:swefm.manager@gmail.com)

September 4 is our very first Seniors' Day at the market, in collaboration with the Strathcona Place Society. We will have four extra tents and extra seating set up for this event. Join us for a lovely afternoon with free refreshments (provided by SWEFM vendors, and while quantities last), games, visiting with old and new friends, information, and shopping! This event is open to everyone. The Strathcona Place Society will be offering information on their intergenerational programming and outreach events and will have a mobile board game café set up on site along with other fun lawn games. There will also be a "store" selling items that have been made by seniors who participate in programming at Strathcona Place. Items

for sale will include sewing, woodworking (such as very reasonably priced birdhouses), and more!

MLA Rahki Pancholi will also be at the market with her great team. Stop by for a chat and get to know your local MLA.

To add to the excitement, we are having our final bouncy castle day of the year. Get rid of the back-to-school blues with an afternoon and evening of free bouncing, food trucks, treats, and great local shopping.

We hope that young or old, you come out to join us on September 4 for this bumpin' market day!!

**Wednesdays from 4:00-7:30 pm**  
**Terwillegar Rec Center Parking lot**  
 (Until October 9)



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# UNIVERSITY OF ALBERTA

Interested in telling us how your neighbourhood impacts your health and wellbeing?

Participate in a study about Brander Gardens!

If you are 65 or over, live independently, and can use a camera, you are invited to participate in the study.

What you will do:	What we will learn:
<ul style="list-style-type: none"> <li>Over 2-weeks take pictures of features in your neighbourhood that influences your health</li> <li>Participate in a 90-minute focus group to talk about your experiences and meanings of the pictures</li> </ul>	<ul style="list-style-type: none"> <li>Neighbourhood features that influence your experience of health and wellbeing</li> <li>How to improve neighbourhood design</li> </ul>

**Contact:**  
 If you have any questions about the study or are interested in participating, please contact the study coordinator through:  
 email at: [mrjackso@ualberta.ca](mailto:mrjackso@ualberta.ca)  
 or call: **780-387-8347**



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# YOGA at Riverbend Community Centre Fall 2019

## 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*



## **VOLUNTEERS** needed for **ART IN OUR PARK 2019**

**Set up/Tear Down:** Do you prefer to operate behind the scenes? We need a small army to help prepare and take down the site in the morning and post event.

**Interactives:** Volunteer at one of our interactive stations. Duties and responsibilities include assisting and encouraging participants as they create and interact. Shifts are two and a half hours long and will include set up/clean up of the station.

For more information or to volunteer please contact Tara at:  
[joosse.events@gmail.com](mailto:joosse.events@gmail.com)

## Photographers NEEDED

Volunteer to take photos at this years Art in Our Park. Photos may be used in the newspaper, on websites, social media pages and in Art in Our Park promotional material.

For more information or to volunteer please contact Sherri at:

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



# WE NEED YOU!

Art in Our Park - September 21

## Terwillegar Riverbend Advisory Council (TRAC)

### Updates for our community

By: Karin Shott & Sue Trigg

The next TRAC (Terwillegar Riverbend Advisory Council) meeting has been tentatively booked for Wednesday, September 18. Once the dates for the next year have been confirmed they will be posted on the TRAC website. Meetings are open to anyone.

#### TRAC Community Wine - Look Swirl Smell Taste

A number of years ago Vines Riverbend Wine Merchants approached TRAC with an idea to have a community wine fundraiser. The first wine we featured was "Terwillegar Malbec", the second "Riverbend Red" and now the third in this series is "The Ridge Vines". After months of tasting and testing, representatives from Vines and TRAC agreed upon choosing this lovely Malbec from Bodega Sottano

Sottano Winery is located in one of the most unique wine regions for growing high-end grapes in Mendoza. Thirty kilometres away from the City of Mendoza and on the way to Chile, Sottano Winery enjoys the magnificent Andes Mountain Range as its backdrop.

#### 2018 Sottano Malbec

The grape du jour for red wine fans, and Argentina excels with this variety. This is a dark, brooding, oak laden version, crammed with plums, damson and mulberry fruits. Total taste bud domination. Cries out for beef, Alberta style or Argentina's famous "asado". Delicioso!!

Five dollars from each bottle sold goes back to the Terwillegar Riverbend Advisory Council (TRAC) to support programming and operations of the area council. The official wine launch for the latest community wine will be held on Saturday, September 14 at Vines Wine Merchants from 2:00 – 4:00 pm. Hope to see you there!

Vines Wine Merchants: 780-434-9444, [www.vineswinemERCHANTS.com](http://www.vineswinemERCHANTS.com)

Community league memberships & skate tags are available at the TRAC Community Office, which is located in the Terwillegar Community Recreation Centre. The office hours are:

- Tuesdays & Wednesdays: 9:00 am – 3:00 pm



- Thursdays: 4:00 – 9:00 pm
- 1<sup>st</sup> Saturday of the month: 10:00 am – 2:00 pm
- \*only cash or cheque are accepted
- Phone number: 780-439-9394

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

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

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

When we all work together, we create safer, healthier and more enjoyable neighbourhoods – ones we are proud to call ours!

#### TRAC Messaging System:

Whether it's crime related activities or whether its items of great interest to the community, this is the email group that you need to part of!

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

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

# JAPANESE MOTOBU-RYU

# KARATE

PROGRAM

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## FALL 2019

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Photo: Saitama Japan (near Tokyo) where we performed our latest demonstration. Our instructors continue to train in Japan and Okinawa in Karate Do. They are tested, actively licensed and directly presented with hard earned authentic Japanese rank plus teaching credentials, while in Japan, by centuries old legitimate authorities. Our Mumonkan Dojo is listed, registered, recognized and recommended as the Canadian Dojo for students and instructors to train in, by several Japanese and Okinawan organizations.

Chief Instructor: 師範 6<sup>th</sup> Dan, Shihan Master Level (Osaka & Kyoto), former police officer with over 30 years of experience in martial arts and Director of two prominent martial art organizations in Japan

Our Organization in Japan: [WWW.MOTOBU-RYU.ORG](http://WWW.MOTOBU-RYU.ORG)

**Registration taken every class during FALL 2019.**  
Please call for more details. Starting dates on [WWW.MMK-KARATE.COM](http://WWW.MMK-KARATE.COM). Every student can attend several classes a week.

**CHILDREN'S AND YOUTH PROGRAMS ([WWW.MMK-KIDS.COM](http://WWW.MMK-KIDS.COM)):**

TERWILLEGAR 1: SATURDAYS,	3:00 PM - 4:00 PM,	TERWILLEGAR REC CTR	2051 LEGER RD.	(PROG ROOM 2)
TERWILLEGAR 2: SUNDAYS,	10:00 AM - 11:00 AM,	TERWILLEGAR REC CTR	2051 LEGER RD.	(MP ROOM B)
WINDERMERE :	THURSDAYS,	6:00 PM - 7:15 PM,	DR. MARGARET-ANN ARMOUR	3815 ALLAN DR.
SOUTHGATE :	TUESDAYS,	6:00 PM - 8:00 PM,	RICHARD SECORD	4025 - 117 ST.
WESTEND :	THURSDAYS,	6:00 PM - 8:00 PM,	THORNCLIFFE	8215 - 175 ST.
MILL WOODS :	SATURDAYS,	9:45 AM - 11:45 AM,	MENISA	933 KNOTTWOOD RD. S.
MEADOWS :	SUNDAYS,	12:30 PM - 1:30 PM,	MEADOWS REC CTR	2704 - 17 ST. (MP ROOM 207)
ELLERSLIE :	SUNDAYS,	10:00 AM - 11:00 AM,	SHAUNA MAY SENECA	2130 WONNACOTT WAY
NORTH :	WEDNESDAYS,	6:30 PM - 8:00 PM,	CLAREVIEW REC CTR	3804 - 139 AVE. (MP ROOM 3)

**TEENAGERS' / ADULTS' PROGRAMS ([WWW.MMK-KARATE.COM](http://WWW.MMK-KARATE.COM)):**

WINDERMERE :	THURSDAYS,	STARTS AT 7:30 PM,	DR. MARGARET-ANN ARMOUR	3815 ALLAN DR.
MILL WOODS :	MONDAYS,	STARTS AT 7:00 PM,	TIPASKAN	1200 LAKEWOOD RD. N.
	FRIDAYS,	STARTS AT 6:00 PM,	HOLY FAMILY	1710 MILL WOODS RD. E.

**FILIPINO MARTIAL ART FOR KIDS ([WWW.FMA-KIDS.COM](http://WWW.FMA-KIDS.COM)):**

TERWILLEGAR :	SUNDAYS,	5:00 PM - 6:00 PM,	TERWILLEGAR REC CTR	2051 LEGER RD. (FLEXI GYM 3)
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--- STUDENTS CAN ATTEND UNLIMITED CLASSES ONCE REGISTERED FOR THE SEMESTER ---  
--- KARATE OFFERED FOR PARENTS DURING KIDS CLASSES. ---  
--- WE ALSO OFFER PRIVATE INDIVIDUAL TRAINING CLASSES FOR THOSE INTERESTED. PLEASE ASK FOR DETAILS! ---

*Traditional. Authentic. Realistic.*

Programs taught by our Chief Instructor (6<sup>th</sup> Degree Black Belt with a Shihan Master title from Japan), who, being a former Police Officer, brings an advanced depth of knowledge, experience, psychology and situational readiness for maximum benefit of all our students, rare to any martial art program or club.

Only school in Canada to teach legendary Japanese Motobu-Ryu karate directly under Motobu Chosei Soke 10<sup>th</sup> Dan.

**Children's programs**, in addition to teaching fundamentals of karatedo, address the mindset of self-esteem, resistance to peer pressure, the art of paying attention, courtesy, responsibility, maturity and ethics, so many times neglected or lacking in our day and age. The students are also taught how to resolve conflict without resorting to physical aggression as well as how to avoid and get out of potentially dangerous situations, including bullying or physical attack. We accept children from 4y and up.

**Adults' (and Parents') program** through our unique teaching methodology offers solid physical training, teaching self-protection fundamentals, concepts and skill sets of Karate-do, Okinawan jujutsu and Kobudo with expertise like no other. Our goal is to turn you into an exceptionally skillful, efficient, knowledgeable and intelligent practitioner of the arts, both physically and mentally. And we know how to do it!

For over 25 years in Edmonton, on numerous occasions, our teachings have saved many of our students and family members from situations of immediate danger and bodily harm. This is a fact that we are very grateful for and a testament for the training we provide.

# The Paw

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Emergency  
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## Back to school safety

Alberta Health Services EMS would like to remind parents and students about some road safety tips, as streets become more congested, with the return of the school year. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

### Motorists

- Avoid talking on cell phones, texting, or any other behavior that diverts your attention away from driving;
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner;
- Remember, it is illegal to pass vehicles - other than those that are parked - in school zones or playground zones, during posted hours.

### Around school buses

- Flashing amber lights mean a bus is slowing down to stop – motorists should do likewise;
- No matter which direction you are coming from, STOP, when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you;
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

### Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions;
- Make eye contact with all drivers before crossing the street, and keep distractions to a minimum;
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop;
- Stay within the crosswalk lines until fully clear of the roadway;
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop;
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing;
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

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



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# Riverbend Community League

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

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

## President's Message Miep Raedschelders, RCL President

Back to school, in what will hopefully turn out to be a lovely fall in Edmonton. Although the summer was more wet than most would like, affecting the enjoyment of the lake or our wonderful river valley, our community kept active and engaged all season!

The Brander Community Garden grew strong once again. A special thanks to Margo Fiddes for spearheading and guiding the lovely mural work on the old Tennis shack. I loved seeing neighbourhood kids involved in the painting and appreciate the way the mural makes me smile as I drive by this happy addition to the neighbourhood. With the painted shack, little free library and garden, what a destination the old batting cage has become!

The garden was transformed for its third annual concert in the cage this August, with lights and candles and new faces joining the crowd of members, volunteers and friends of the garden. A wonderful experience to build a sense of community, with delicious food and a soundtrack provided by musical acts: The Gentle Yeti and David Jay: The Spaniard. Anyone interested in finding out more about our community garden can check out our website: [riverbendonline.ca](http://riverbendonline.ca) or pop by on a Saturday morning for a friendly chat or to lend a hand.

Once again, Ruma Daulay and Elizabeth Emslie stepped up to organize tennis instruction for kids this summer. The program was very well received and our fantastic instructor, Sidney Yap kept kids active and learning week after week at the Brookview courts. A huge thank you to our tennis team! These were our best attended tennis lessons yet!

After last year's unfortunate weather event, we are all very excited to once again celebrate our creative community at the 10th annual Art in our Park at James Ramsay Park on September 21stn from noon-5pm! Come out and join us as we take in award-winning music, browse the art market, eat delicious local food and explore our artistic sides with the interactive elements and activities. This is a can't-miss-event with fun for the whole family! Anyone interested in a rewarding volunteer experience can contact Tara Jooisse [[jooisse.events@gmail.com](mailto:jooisse.events@gmail.com)].

September of course marks back to school, and a return to scheduled activities for all. This year, why not try something new? Your Community League offers affordable Yoga classes right close to home, with talented instructors and convenient class times! Check [riverbendonline.ca](http://riverbendonline.ca) for more information!

There is still time to enjoy the Southwest Edmonton Farmers Market on Wednesday evenings in the parking lot of the Terwillegar Recreation Centre. I love seeing the harvest vegetables appear, begging to become warm meals around which to discuss the happenings of back to school!

If you would like the opportunity to become a part of our board, please feel free to contact me at [president@riverbendonline.ca](mailto:president@riverbendonline.ca) and inquire about board positions available. If you would prefer to volunteer on a committee or in another capacity, please reach out! We'd love to hear from you.

The Riverbend Community League is the HEART of old Riverbend, representing the communities of Brander Gardens, Brookside, Ramsay Heights and Rhatigan Ridge. Please remember to purchase your membership in support of your league!

## Free Community League Swim

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

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

### INDOOR POOLS

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

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

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

## Riverbend Bridge Club

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

## Membership Info

Riverbend Community League boundaries include: Brander Gardens, Brookside, Ramsay Heights and Rhatigan Ridge. Memberships can be purchased online at [www.efcl.org](http://www.efcl.org), at the TRAC office in the Terwillegar Community Recreation Centre, by mailing in the membership form on pg. 19 or dropping it off at the RCL office. For more information about the Riverbend Community League, visit [www.riverbendonline.ca](http://www.riverbendonline.ca). Thank you for supporting the Riverbend Community League.

## Hall Rentals

*Celebrate close to home!*

**The Riverbend Community Centre** & **Brookside Hall**  
258 Rhatigan Road East      5320 - 143 St.

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



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

## 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)



## Brander Garden ROCKS

### Summer Wrap Up

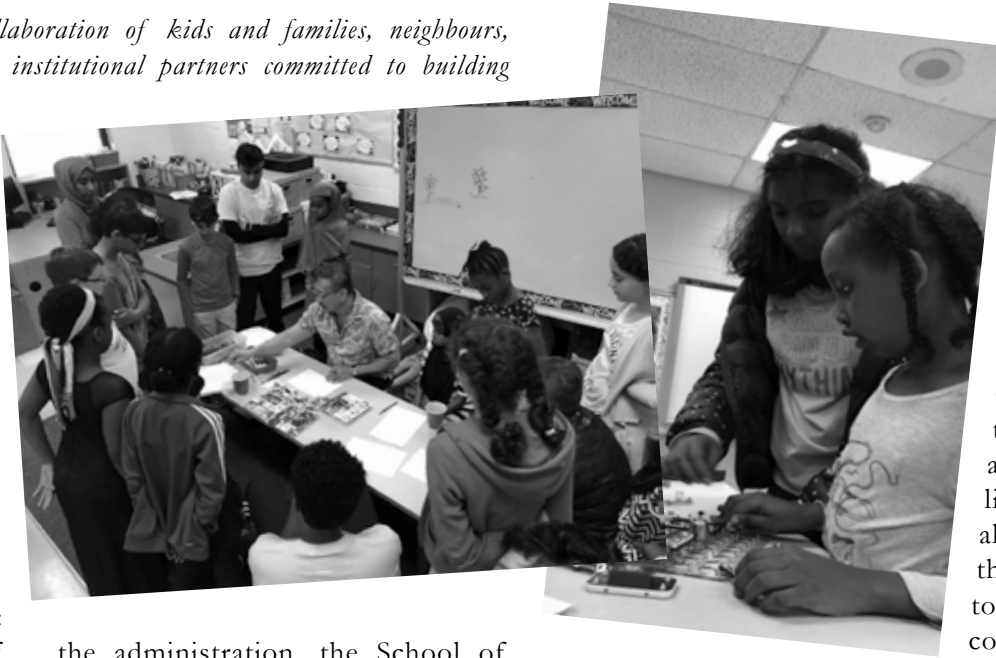
By: Sharon Gritter

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

According to Oxford Learning, the facts of summer learning loss is that the equivalent of two months of reading and 2.6 months of math skills are lost over the summer. Six weeks are spent re-learning old material in the fall to make up for summer learning loss.

Thanks to Edmonton Public Schools, and the support of the administration, the School of ROCKS ran for the month of July in Brander Gardens Elementary School. Three days a week, students came to summer school to learn new skills and participate in the Edmonton Public Library Summer Reading Program.

The Canada Summer Jobs grant gave Brander Gardens ROCKS the opportunity to hire six young people for the summer. Each student was responsible to create their own lesson plan and teach math and science. They were also responsible to facilitate the writing program as well as read a novel out loud and encourage the students to enjoy a few moments to read to themselves.



Each gathering, students reviewed continents, oceans and provinces/territories, often using a web-site to learn. To test your own geography, try the on-line tests on [www.seterra.com](http://www.seterra.com). It is such a fun way to expand your knowledge and review your geographical skills.

Two special artists Willie Wong and Reckie Lloyd each came for an afternoon to share their artist gifts with the children. They taught them painting as well as drumming. The summer librarian came for two visits and brought along various computer “toys” where the children were able to experience how to operate robots, and fun skills on the computer.

Thanks to Brander Gardens Elementary School staff, Edmonton Public Library, Brander Gardens community volunteers and summer staff for making summer learning so fun!

## Does Your Home Have Egress Windows?

### Read About The Requirements

By: Marius Walczak

**W**hether you're building a new house or renovating an old one, finishing a basement suite for aging parents or expanding it for children who have grown old enough to need more space, it is essential to remember the need for windows that can be used as an alternative exit in case of emergency, particularly if other routes are blocked. Government regulations such as the Alberta Building Code require that each bedroom and habitable basement have windows that provide an exit route from the house. The only two exceptions to this rule are if a bedroom has a door that leads directly outside or if a sprinkler system has been installed, otherwise egress windows are essential.

Because the purpose of the egress window is to provide a safe passage out of the house, it needs to meet several requirements: first, it must be large enough to allow an adult to fit through it; second, it must be located at an accessible height (no higher than 1.5 metres above the floor); and third, one must be able to open it easily from inside the house, without needing any tools. In the case of a habitable basement or a basement suite, these requirements may be complicated by the depth of the basement itself, and may necessitate the addition of a ladder to allow for safe egress. Of course adding a window large enough to perform its emergency exit function has the added benefit of allowing more daylight into what is typically a darker space.

Spring and summer are the perfect time for adding improvements to your home, but before you do, it is best to ensure that whatever changes you are planning meet the latest municipal and provincial regulations. Before you begin your renovations, please check out the latest regulations in the Alberta Building Code (Alberta Building Code 2014 Division B 9.9.10. Egress from Bedrooms), which can be found here: [https://www.edmonton.ca/residential\\_neighbourhoods/documents/PDF/sleeping\\_room\\_egress\\_window\\_window\\_well.pdf](https://www.edmonton.ca/residential_neighbourhoods/documents/PDF/sleeping_room_egress_window_window_well.pdf) and confirm that your project meets all of the building codes and guidelines, while providing a beautiful and safe space for you and your family to enjoy in the years to come.

For more information, Marius can be reached at 780 995-1731 or [mariusz@walbertwindows.ca](mailto:mariusz@walbertwindows.ca)

## Future of Urban Work Summit

October 16-20, 2019

The future of work should be defined by youth. That's why Youthful Cities is hosting the Future of Urban Work Summit, bringing together a cohort of 60 Canadian youth leaders to shape work in their cities.

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<https://www.youthfulcities.com/future-of-work-summit>

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James Ramsey Park

Saturday, September 21, 2019

12:00 – 5:00 pm



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ATB Emerging Artists Stage Emerging Talent and Rising Stars!



# Art Market Artist 2019

**ART**  
*in our*  
**PARK**



## Kristina Hahn Eleniak

Peacock & Lime creates local artisan handcrafted jewellery, accessories and art objects that are artsy, eclectic and a little bit quirky. With a passion for old things & good stories and working in a range of styles -from bohemian/free spirit, vintage-inspired, steampunk and geek -all pieces play off of a love for tiny treasures and strive to add colour and pretty things to the every day.

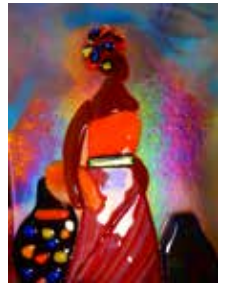


## Holly Hahn

Local Artist Holle Hahn has exhibited her artwork extensively in Galleries and group shows in Alberta, Ontario, Quebec and on the internet. Never one to take herself too seriously she likes to focus on colour, composition and humour in her paintings – “hopefully people will smile when they view my work and enjoy it”.

## Laura Melnyk

Laura Melnyk, of Firefly Glassworks Studio is a self-taught glass artist who lives in the Riverbend community. Her passion for working with glass is reflected in her love of color. Laura enjoys making one-of-a-kind functional glass art...sun catchers, jewelry, plates, mosaic garden balls, glass buttons and much more.



## Greg & Amanda Arenburg

Greg and Amanda Arenburg are the neighborhood cryptkeepers who tend the “Hodgson Hollow”. Every Halloween children are treated to a larger-than-life projection show and epic yard display at the Hollow in the Hodgson community. All yard props are homemade and one of a kind. Just in time for Halloween, the Arenburg Ghouls are sharing their unique hand-crafted props with their community to bring the spirit to Art in Our Park.

## Brenda Philp

Brenda Philp is a fibre artist who creates unique visual art and functional wearable pieces through the process of felting. Her passion for colour, composition and texture is influenced by a lifelong love of art and music. Practical by nature, she uses traditional techniques and organic materials to produce useful and durable pieces. Her studio practice continues to expand and evolve as she pursues new ways to share by teaching, presenting, and being a positive advocate for the arts. Contact [artdog@shaw.ca](mailto:artdog@shaw.ca) or view facebook at Brenda Philp - Art Dog Studio for more information.



## Kathy Usher

I'm an Edmonton-based fine artist, and a graduate from Bachelor of Fine Art & Design at the University of Alberta. My art covers a vast verity of textural abstract, impressionism, and my passion lies in charcoal figurative drawing. My travels bring inspiration into my art. I love to explore the finest of art works in New York: MOMA, MET, Guggenheim, and in Chicago. Expressing myself and entertaining others through art definitely helped me grow. In fact, my entire life, I would allow my art to take precedence in most of my encounters with crowds to break the ice and impress the viewer, then start a conversation, and somehow get through my fear of the spot light. Each artwork I create is created with love, and I hope the public feels the same attraction to my work when they acquire a piece. Enjoy!

## Joanne Libke

I work in acrylic, using people, places, animals and fun themes as my inspiration. I enjoy researching animal families, such as the Gombe chimps studied by Jane Goodall. Each family member is unique and I try to represent individuality in expression and color. I accept animal and human commissions, and occasionally paint subjects from vintage photos, imagining the colors that could be correct and developing a finished painting that is reminiscent of historic times. I love the use of bold vibrant color.



## Jennifer Bourret

Fused glass is fun and colourful and so many different pieces can be created. I started out with plates, sun catchers and ornaments but I continue to learn new techniques and have started to make larger art pieces, jewelry and fused wine bottles! I love experimenting with different colours and patterns, mistakes and surprises! I live right here in Riverbend and this is my favourite show all year!

## Karen Loranger

Karen will be showcasing her series of urban night scenes called “Nights on Whyte”. She will also have a large variety of oil landscapes, depicting the beauty of Alberta, from the majestic mountains to the colourful prairies Her work can be viewed on [www.facebook.com/Loranger.Originals](http://www.facebook.com/Loranger.Originals)



## Sara Bowe



I make art to emphasize hidden beauty. Cows and related animals are often overlooked. The African buffalo possesses an intricate beauty seen in the curvature of its horns and mirror-like eyes. The drawing of two tigers suggests that in the midst of violence there is beauty in the way the animals move and interact with each other. My zodiac-themed drawings are an attempt to expand the idea of what a dragon can be while maintaining its fundamental qualities as an enigmatic and intriguing creature.

## Payal Sahay

I am a self-taught artist. Growing up, painting started as a hobby and then became a passion. My love for art grew stronger and the beauty of this country inspired me to paint the nature. I took some art lessons in Edmonton by few accomplished artists to enhance my skill. I love painting the river, mountains, waterfalls, trees and the trails. I mostly do wet on wet landscapes and rich portraits by the process of layering.



## Mysterious Barricades

### Cross Canada Concert for Suicide Awareness, Prevention and Hope

By: Harold Hornig, Riverbend/Terwillegar Resident and Volunteer

Back in September of 2016, I first wrote in *The Ragg-Times* of an adventurous and ambitious project that I was part of - the Mysterious Barricades Concert Society's Cross-Canada Concert for Suicide and Mental Health Awareness. It was only meant to be a one-time event. Every year I have been writing updates and now we are now getting ready to hold the annual event again for the fourth year on September 14 at Convocation Hall at 4:30 pm.

Featuring many of Canada's finest professionally trained musicians and performers, many of whom called us of their own accord to see if they could be involved, this series of concerts raises awareness of the mysterious barricades that exist between mental illness and health, between the darkness of depression and the light of hope, between death and life. All of the concerts will be synchronized and broadcast as one continuous, globally live-streamed event. The past three year's events were deemed a technical marvel, running continuously and seamlessly for 18, 22 and 13 hours with viewers joining in from 48 countries. We are anticipating the audience to be even larger this year as concern over suicide as well as interest in the event continues to build. To our knowledge (and we certainly asked around), our concert was the first time a linearly synchronized, truly cross-country series of concerts had been performed and broadcast live in Canada. The event also received recognition and full-feature interviews on many major Alberta radio and television networks and even captured the attention of CBC Television's iconic program, *The National*, on which Mysterious Barricades founder, Elizabeth Turnbull, was interviewed. The attention received speaks to the importance the public places on the issue of suicide, as well as perhaps the innovative manner in which musicians are banding together to be part of the solution. The truth of the matter is, most of our volunteers are doing this out of love; love for someone they have lost, or almost lost; the love of beautiful music; the love required to be a good global citizen and be remembered for the kindness you showed to others. Those ideals in themselves, regardless of corporate sponsors or grants, will assure the future of this important initiative.

The quality of the musical performances in each of our Mysterious Barricades concerts has been, and will continue to be, exceptional. Many of Canada's professional classical choral and opera singers of the highest national and international artistic caliber have taken part, including Russell Braun, Tracy Dahl, and their contemporaries. Solo performances through to 50-voice choirs have graced our stages. Each year has involved more than 150 musical performances and the participation of more than 300 performers. We are now being contacted on a regular basis by performers asking us to allow them to give of their time and talent to perform in our event.

This last year, Kelowna was added to the list of concerts which include St. John's, Halifax, Sackville, Montreal, Ottawa, Toronto, London, Kitchener/Waterloo, Winnipeg, Saskatoon, Edmonton, Calgary, Vancouver and Victoria. The livestream ensures that all Canadians, if they so wish and have access to the Internet, will be able to participate in this event and reap the benefits of the music as well as the access to important resources made available throughout the day. The livestream will be available on our website at: <http://www.mysteriousbarricades.org/>.

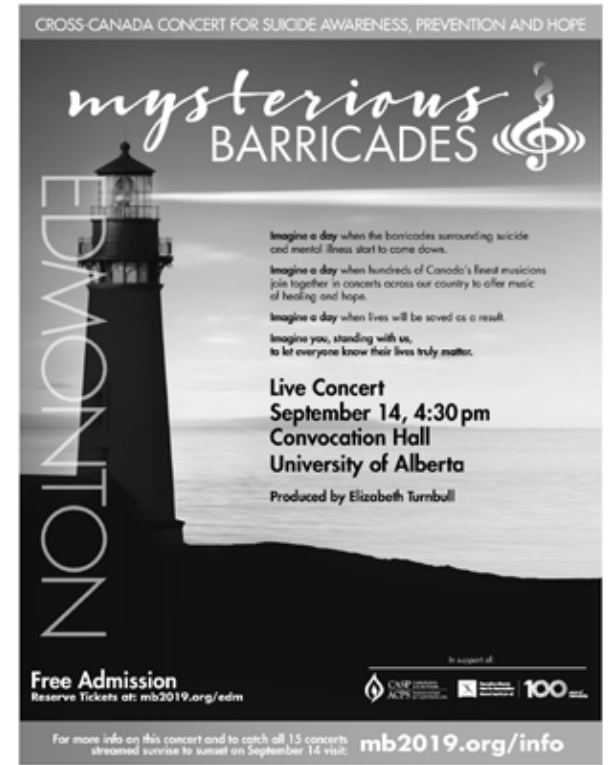
Contrary to public perception, figures from Statistics Canada indicate that middle-age and older Canadians are at significantly higher risk of suicide than those below 40 years of age. We also target university students, because we know that they too are affected by mental health issues: their struggles, and the struggles of others of a similar age often make headlines. We also believe that they, as a generation, are motivated to make positive change for our collective future. Therefore, to date almost all of our concerts have been held on university campuses, places where the suicide rate is of particular concern. In 2019, 14 of our 15 concerts will be held on university campuses. University Mental Health Services are on-site at each University concert venue, along with Canadian Mental Health Association staff, to provide information and support for attendees.

Over the past three years approximately 3800 people have attended the Mysterious Barricades live events and listened to mental health and suicide prevention speeches as outlined above. Attendees were also provided with information and support from our professional mental health and suicide prevention partners' personnel. 11,000 people have viewed the livestream which includes all of the mental health speeches. Our 2019 venues range from intimate environments to large concert halls; our total capacity for the 15 live concerts this year exceeds 4500 audience members. We focus our efforts on promotions and marketing to ensure that our venues will be full and that the messages from our speakers reach as many individuals as

possible.

Each and every concert – 41 over the previous three years, and 15 more in 2019 – has been free to attend. All of the performers have given of their time and talents to participate; our concert halls have freely welcomed anyone who has wished to attend. It is free to attend and enjoy but it certainly isn't free to run this event. Even though we get a lot of venues for free, there are still technical costs involved in creating such a project. Please consider a donation to help us. We have applied for and are waiting for charitable status, but we can't give tax receipts yet and may not before this year's concerts. I am the treasurer for Mysterious Barricades so fund raising is near and dear to my heart.

Please visit our website at [www.mysteriousbarricades.org](http://www.mysteriousbarricades.org) for more details about the upcoming concert and please try to attend and watch the whole 15 concerts live streamed on our website from our website. If you like what you see and support the effort that we are pointing into this project, consider donating to help make this possible. If you plan on attending, please follow the links to Eventbrite on our website and register because room is limited at Convocation Hall at the University of Alberta.



## Our Digital Future Edmonton/Milan Social Relations November 29-30, 2019

The 24-hour Thinkathon will simultaneously take place in Edmonton and Milan. For 24 hours you work closely with like-minded people from Edmonton and Milan as well as with motivated online participants; constantly exchanging your ideas, progress and results with participants from both your city and the partner city.

The objective is to make your opinion count while building bridges between governments to ensure a future with an inclusive digital society!

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<https://thinkathon.agorize.com/en/challenges/24-hours-thinkathon-edmonton-milan>

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# Art Market Artist 2019

**ART**  
in our  
**PARK**



## Stan Kwong

Born in China, Stan moved to Edmonton in 1960 with his family as a young boy and later became a Canadian citizen. Self-taught, Stan's love of art had already emerged by this point, spending his free time exploring painting and sketching. Graduated from NAIT in Exploration Technology (Mining), although he later merged business and passion as owner of a successful graphic design business. He eventually sold the business to focus more on his own artistic pursuits. Visit [www.stankwong.com](http://www.stankwong.com)



## Donna Chamberland



Donna has been interested in art since childhood and, as a teenager in Wetaskiwin, attended U. of A. Extension Courses and the Banff School of Fine Arts. In recent years she has painted almost exclusively in watercolours. She has exhibited in juried shows with the Federation of Canadian Artists, SWCA, and the Edmonton Art Club as well as in numerous community group shows. Her paintings hang in homes and offices throughout Alberta, B.C., Great Britain and the U.S.A. She and her husband have recently moved to Edmonton where she continues to paint.

## Rhea Jansen

Rhea lives in Edmonton where she works in her home studio painting watercolours and acrylics. She has always loved painting and now that she has retired from teaching is able to devote more time to creative endeavors. Rhea has participated in numerous workshops, notably with Mike Svob and Stephen Quiller. In 2011, Rhea became a member of the Edmonton Art Club and is currently serving as president. Painting is an important part of her life.



## Melanie Schoenberger

Melanie Schoenberger (MelsBigArt) was born and raised in southern Alberta but currently resides in Edmonton, Alberta and works full time in the woodworking industry. She is a self taught artist who's themes include wildlife, portraits, designs. Her mediums include painting, drawing with focus on woodburning (furniture, panels, skate/longboard decks, just to list a few). She has had the pleasure of showing her work at various local cafes, yoga studios, and Art Galleries in Edmonton. She was featured at the Art World Expo for the last two years in 2018/19. Currently her work is being shown at Monikas Art Boutique in Vancouver, BC. Melanie is always inspired to work on new projects to challenge herself and follow her path as a Artist.

## Lucia MacQuarrie

Lucy, Just Lucy Jewelry, designs a wide range of trendy jewelry, from bold to delicate to edgy. The focus is on creating styles for girls and women, casual and dressy. Materials include semi-precious stones, sterling silver, pounded brass, and funky pieces mostly with nature and inspiration in mind. Popular items include stackable bracelets of all sizes, customized wedding sets, long funky necklaces and one one of a kind earrings. Silver monogrammed necklaces for Moms or bridesmaids or best friends are also available. Lucy customizes jewelry pieces as well including meditation malas.



## Molly Houle

Molly Houle is an aspiring mixed media artist located in Alberta, who loves to paint and draw. Her paintings are usually a mixture of inks, acrylic paints, and markers. Throughout her paintings she tries to express a feeling of organized chaos while staying true to a more modern/contemporary feel.

## Debra Bryan

Debra Bryan is a Canadian ceramic artist who has lived in Alberta for over 30 years. She was born in 1962 in Edmonton, Alberta. From 1969 to 1980 she lived in Saskatoon, Saskatchewan where she was influenced by the brilliant ceramic works of Joe Fafard. From 1979 to 1986 she attended post-secondary education where she learned everything from animation and design to welding. Her work has been displayed at fine art and craft galleries across Canada. Most of her time is now spent on Artist in Education programs where she works as a lead artist in the construction of large scale mosaic murals.



## Seraya Smit

Seraya Smit is a visual artist and art instructor who is an adjudicated member of the Edmonton Art Club (the oldest art society in Alberta, formed in 1921 with 14 charter members). Her medium is acrylic, charcoal, pastel, incorporating an assemblage of gels, pastes and mediums. Impasto technique influences her current trend of artistic exploration on stretched canvas, wood panels, boards and metal. Seraya is the recipient of the Mildred Nelson Scholarship Award 2017.

## Andy Brooks

As a long-time wood-turner I have always appreciated form and function, while experimenting with exotic or unusual materials. As a hardwood flooring contractor I worked beside passionate floor tilers whose passion for natural stone rubbed off on me. All my hobbies and interests have developed from curiosity in manipulating natural materials.



## Debra Luhoway

I create chainmaille bracelets and purse charms using my imagination as my inspiration. My love for colour and design encourages and pushes me to explore the infinite variety of weaves, design and colour combinations I can create out of a ring or bead and transform it into a wearable piece of art. I find it so gratifying to create pieces that people desire and want to wear.



## David Luhoway

I have always had a connection and appreciation of wood even as a child. It has always inspired me in all its variation, versatility and its beauty. I am continually amazed by the fine work nature offers and I attempt to translate that raw piece into a finished work that is both fresh yet familiar. I use wood's intrinsic beauty to breathe life into my cutting and serving boards.



# Art Market Artist 2019

## Luc Josh

Located in Edmonton, Alberta. Member of the National Curving Team. In a small and comfortable one person shop, there are created unique wood items for function, beauty and curve appeal. Finely worked woods of North American tree species are occasionally paired with exotic hardwoods to accent and contrast. Stocking a modest selection of consignment items, and working closely with clients on commission pieces, Luc Josh enhances the unique and alternative. Wood you can live with.



## Gloria Nicholson & Gisele Viau

Gisele Viau is a mosaic and stained glass artist. She loves to showcase nature scenes. Her sister Gloria Nicholson is an acrylic portrait artist and enjoys to express her art deco style in glass mosaic as well. Each art piece contains hand cut glass, beads and found objects.

## Cassandra Plester

I'm a self-taught resin artist. I love the freedom fluid art gives you. Being able to create something without having any say in how it ends up is both a rush and terrifying at the same time. Resin is an awesome medium for that as there are so many things you can do and it will surprise you each time you do it. Plus, it gives you this fantastic finish and the colors are out of this world. My favourite obsession is the ocean. Looking at it, playing in it, standing on a board on top of it, or recreating the beauty of the blues, greens, and bubbly whites can't be beat. I'm pretty sure I am really a misplaced tropical human. I love basically anything that has to do with Hawaii, palm trees, pineapple, hibiscus, and warm everything. With our winters a beach escape, even if on canvas, is sometimes much required.



## Judy Madden

Judy Madden is an Edmonton artist who enjoys making prints using a wide variety of print making techniques. Some of her prints have a touch of whimsy. Others use symbolism, or carry messages using a combination of words and symbols. She enjoys using colour and layering to create textures or to enhance the meaning or feeling of her prints.

## Marilynn Carley

When my house overfilled with painted furniture I turned to canvas and wooden useful items. My medium is acrylics, and my subjects vary. I'm so grateful to be able to share in this wonderful venue.

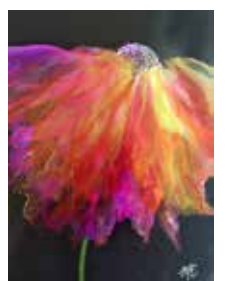


## Jody Wedman

My artistic abilities took me through school and into college for fine arts, graphic design, photography, interior decorating and metalsmithing. Once I completed my education, work consisted of graphic designing, marketing and destination wedding photography, jewelry making, interior design, painting, decorating, and mural work. These various artistic endeavors have me working for myself and other people to this day. I currently work solo, my creations are all done from my home studio located in Edmonton Alberta. I'm presently focused on mixed media painting on canvas, and papers, portraiture in pastel, and mixed media, watercolours and photography. I also conduct workshops and have done public speaking topics on Art and its importance. Some of my public shows include "The Works" art and design festivals, Art Walk, Western Canadian Fashion Week in Edmonton, Womans shows in various cities of Canada, and Spruce Meadows events in Calgary. I invite you to view more of my work on my website: [www.ni4art.com](http://www.ni4art.com)

## Michelle Erickson

Michelle creates vibrant, colourful and fluid works of art with alcohol inks. Her expressive paintings establish a link between reality and her imagination. They embrace the beauty of nature and represent the vibrancy and uniqueness of the natural world. Colour, shapes and movement play a key role in her work. The quick drying time encourages spontaneity and an organic method of painting. The unpredictability and fluidity of alcohol inks combined with the vibrant colours allow for stylized interpretation bursting with individuality. Visit me at: [www.mericksonfineart.com](http://www.mericksonfineart.com)



## Leanne Schnierer

Leanne is an Edmonton born landscape artist with a love of colour. She is drawn to city skylines, mountains, water and reflections. As your eye moves through her paintings, you discover subtle bits of whimsy that surprise and charm you. In 2016, Leanne became a full time artist dividing her time between Edmonton and Canmore, Alberta where she is active in both art communities. Her work can be found in various art markets, group shows and through her website. She is a member of the Society of Western Canadian Artists, the Night of Artists, The Canmore Art Guild, Visual Arts Alberta and her Cityscape Series is represented through Tix on the Square in Edmonton's Churchill Square. [leannesfineart.com](http://leannesfineart.com)

## Cathy Bible

Cathy's paintings are never preconceived. It is the process of using acrylics, plaster and mixed media that allows her to express her inner emotions. She loves the freedom to create and the excitement of discovery as she manipulates the mediums. Her art becomes a powerful image of her inspirations. With Rheumatoid Arthritis, Cathy has found using her hands and fingers to move through the paint the easiest and most rewarding.



## Cena LaBarge

Cena LaBarge has been doing Stained Glass for over 25 years and specializes in smaller art and decorative pieces. Each creation is an original design, often whimsical, and is intended to put a smile on one's face.



See more artist on pg. 18, 25



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## News

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### Brookview Family Movie Night

This year's Family Movie Night will not take place in September as initially planned due to continued construction in the fields around the community hall. We will reschedule for the spring when we can celebrate our wonderful new green space!

### Brookview Park Greenspace Development

The city has been busy over the summer realigning the sports fields. We are expecting this to be completed by the end of August. Construction of the walking trails, connection nodes and phase 1 of the landscaping will be started in early September with completion in the late fall. There are plans to maintain and groom cross country ski tracks along these new trails for the winter.

Brookview Community League will be hosting a community party in the spring to celebrate the new greenspace development. We will keep you posted on this event in The Ragg-Times and on the BCL website.

### Terwillegar Drive Expressway

The city will be meeting with Brookview Community League (BCL) and the Brookview Home Owners Association (BHOA) this fall to discuss the plans for the Terwillegar Expressway and how it will affect our community. Check out our website or watch for more details in The Ragg-Times.

### Front Yards in Bloom 2019

Once again Brookview participated in the city wide Front Yards in Bloom program. Congratulations to the homeowners who received Arch Greenhouse gift certificates for their outstanding yards. We are lucky to live in such a beautiful community!

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## Fall Programs

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### Ballroom Dancing

Brookview Community League will again be offering ballroom dancing lessons for 8 weeks in September. Learn how to waltz, cha-cha, rumba, swing and more. And if you are a pro at any of these, come anyway to learn some new moves and to inspire the rest of the class.

The lessons start on Sunday, September 8 at 2:00-3:00 pm.

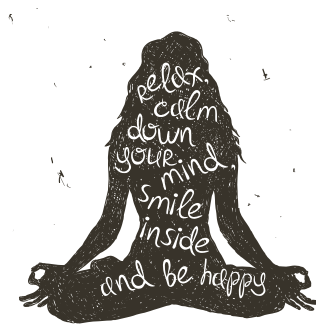
The cost is \$120 per couple. However, if you are a single individual, do not be deterred. You will most likely get more individual attention from one of the two teachers; the cost is \$100.

If you have questions or if you would like to register please go to [programs@brookviewcommunityleague.ca](mailto:programs@brookviewcommunityleague.ca)

Place: Brookview Community League at 280 Bulyea Rd

### Brookview Yoga

Instructor Sandy Mah will be offering drop in yoga classes on Tuesday evenings from 7:00 - 8:15 pm at the Brookview Community League Hall. See website for further information.



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## Opportunity

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### Brookview Rink Manager

Brookview Community League is looking for a Rink Manager for our always popular outdoor skating rink. Contact us at: [brookviewcommunityleague.ca](http://brookviewcommunityleague.ca) for more information.

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



**FALL 2019 DANCE CLASSES IN Riverbend!**

From September 17th to December 18th

**TUESDAYS**

- 4:30p Ballet & Creative movement 3-5yr
- 5:05p Ballet 5-7yr
- 6:00p Hip Hop 6-8yr
- 6:50p Hip Hop 9-11yr
- 7:50p Hip Hop 11-15yr

**WEDNESDAYS**

- 4:30p Mini Hip Hop 3-5yr
- 5:05p Hip Hop year-long 7-11yr

Recital: December 14th



Check out our website for class details & schedule.

Web: [www.elitedancestudio.net](http://www.elitedancestudio.net)  
 Email: [elitestudioedmonton@gmail.com](mailto:elitestudioedmonton@gmail.com)  
 Phone: 780-953-0041

**Riverbend United Church**

Sunday Services at 10:30 a.m.

All are welcome!



**This September Welcome Back to Church!**

... after summer fun ... after your last wedding ... or after a long time! Join the vibrant & welcoming community of Riverbend United Church. Our dynamic Sunday service with **Rev. Valerie Oden** is at 10:30 a.m. and includes children and youth programming. We are an Affirming congregation and welcome everyone.

**Upcoming events:**

- **Annual Garage Sale:** One day only, Saturday, **September 7<sup>th</sup>** from 9:00 a.m. to 3:00 p.m. Community donations of gently used clothing, household and kitchen items, sports equipment, toys, books, CDs, DVDs, and tools accepted beginning August 29<sup>th</sup>. Furniture donations must be pre-approved. We DO NOT accept any appliances or offer pick-up or delivery service.
- **Sundaes on Sunday** - join us for Welcome Sunday on **September 8<sup>th</sup>** and enjoy *Sundaes on Sunday* following the 10:30 a.m. worship service. Children & youth programming starts September 8<sup>th</sup>.

14907—45 Avenue NW  
Edmonton

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

**25<sup>TH</sup>**

**Alumni Awards**

**Congratulations Riverbend and Bulyea Heights residents!**



**Reza Nasserli, '70 BSc(ElecEng)**  
Distinguished Alumni Award



**Gary L.W. Lobay, '68 MD**  
Alumni Honour Award



**Lubna Zaeem, '07 MEd**  
Alumni Honour Award



**Dick Wilson, '74 BA, '75 LLB**  
Alumni Service Award

**Join us at the ceremony:**

Sept. 19, 2019 | 7 p.m. | Northern Alberta Jubilee Auditorium

Get free tickets at [uab.ca/aw2019](http://uab.ca/aw2019)

Proudly supported by:



# Art Market Artist 2019

**ART**  
in our  
**PARK**



## Carolyn Burke

Through the Window Pane. Artist Carolyn Burke offers a Unique view through an old pane. Carolyn is a self taught stained glass mosaic artist. The beauty of the glass along with the classic old wooden window frames gives us stunning art that can be displayed in your home or in your garden. Carolyn has enjoyed a variety of artist expressions over the years from pottery to paint. She is happy to share her art with you.



## Lochlann Kerr

Lochlann Kerr and Reese Simoneau, both 18, are avid photographers that have been shooting together for over four years in Edmonton and the Rocky Mountains. Reese and Lochlann love landscape and nature photography, as well as photographing Edmonton's landmarks and events throughout the year. From early rises to catch the sunrise to waiting for the stars to appear in the sky, they both love learning and improving as photographers whenever possible.

## Lisa Walters, Shauna Vollmer and Barry Kostiuk

Stone Shaper Studio. We are trio of stone sculptors who, after taking a few initial lessons several years ago, have continued to carve and develop our own unique styles. We work primarily with soapstone and our works range from abstract to Canadiana. We collectively teach and promote sculpture as a means of drawing people together as well as for the healing properties of a very tactile art form.



## Karen Selinger

Beginning as a hobby, Signature Silk Scarves was founded in July of 2017. Since then we have been bringing the art of water marbling to the Edmonton area through markets, workshops and home parties. Customers explore their creativity by designing their own custom made silk scarf. Enjoy the hands-on art form of water marbling - a truly magical experience.

## Rachel Tanner

I am a 15 year old artist who likes to create with different mediums. From an early age, art was something that always made me feel that I have a sense of belonging in my own little world. Then as I started to grow up it helped my small voice become louder. I love looking for new ideas and adding my own twist to the creative piece.



## Jani Galarneau

Canadian artist Jani Galarneau has created a name for herself within her local community as a woman with infectious energy and a fierce passion for painting. This enthusiasm has inspired her work to spread upon several formats such as wood, walls and canvas with acrylic as her medium of choice. With whimsical textures and vivid color, Jani brings a new feeling to intuitive and abstract art. Her vibrant pieces have been featured at Gossamer Treasures Gallery in Wabamun, Edmonton Whyte Ave Art Walk, Muttart Conservatory and at the New Royal Alberta Museum due to open this year.



See more artist on pg. 25

# ESSEINTRICS<sup>®</sup>



A dynamic, full body workout that combines stretching and strengthening to rebalances all your muscles, joints and fascia for a healthy, toned and pain-free body



eOne Fitness

**September is Buddy Month!**  
Come try out Essentrics and bring a buddy 😊  
Buddy Pack 4- \$45  
Buddy Pack 8 - \$90

**Register Now for Fall Classes!**







**eOne New Discover Essentrics Programs this Fall**

1. Tone for Pickleball Tues 2-3pm, Sept 17-Oct 22
1. Essentrics for Pain Relief with Liz Olson Weds 2:30-3:30 Sat 1:00-2:00

Register early to save your spot!

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**Contact: Lori Griffith**  
780-916-4483  
info@eonefitness.ca  
www.eonefitness.ca

**3474 Allan Drive SW**  
**Edmonton, AB**



# FREE COMMUNITY BLOCK PARTY

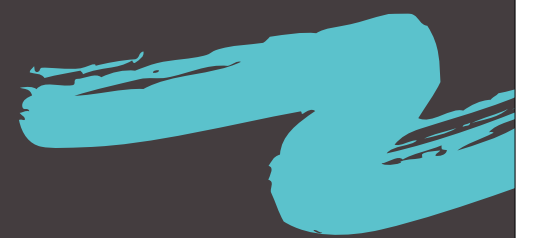
**SEPT 22 // 12-3PM**

**LILLIAN OSBORNE HIGH SCHOOL**

BOUNCY HOUSES, PETTING ZOO, BBQ, GAMES,  
FACE PAINTING, MUSIC, COTTON CANDY



**HOPE CITY  
CHURCH**



## CLASSIFIED ADS

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

**GOING ON HOLIDAYS?** We provide House Checks, Pet Care, Watering and Lawn Services. Bonded, Insured, Licensed. Book online! [Customhomewatchservices.com](http://Customhomewatchservices.com) 780-992-2275

**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).

**HOUSE CLEANING** Very meticulous cleaning Lady wants to offer her services. Very honest, Sincere, Hardworking, and Reliable. Available Saturday & Sunday. For M-F please call in advance. Call Ram at 780-708-7167.

**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.

**MAUI OCEAN VIEW VACATION CONDO FOR RENT** Kihei Garden Estates. 2 Bedroom, 2 Bath. [www.mauibeachholidays.com](http://www.mauibeachholidays.com). Email: [gns@mauibeachholidays.com](mailto:gns@mauibeachholidays.com)

**PANORAMA MOUNTAIN VILLAGE** 1000 Peaks Summit Lodge Located in the Upper Village. 2 Bedroom, 2 Bath. [www.panoramaskivacations.com](http://www.panoramaskivacations.com). Email: [gns@panoramaskivacations.com](mailto:gns@panoramaskivacations.com)

**PANORAMA MOUNTAIN VILLAGE** Tamarack lodge. Located in the Upper Village. 2 Bedroom, 2 Bath [www.panoramaskivacations.com](http://www.panoramaskivacations.com). Email: [gns@panoramaskivacations.com](mailto:gns@panoramaskivacations.com)

**ROYAL KAHANA OCEAN FRONT CONDO FOR RENT** Studio unit. [www.mauibeachholidays.com](http://www.mauibeachholidays.com). Email: [gns@mauibeachholidays.com](mailto:gns@mauibeachholidays.com)

**SAVE THE DATE** Thursday, October 24, 2019. Brookside School celebrates 50 Years! Open House - 4:30 - 7:30 pm. 5504-143 Street Refreshments and appetizers will be served.

**STEVE'S GARAGE** Specializing in brakes, steering, & suspension work (+more) for all makes & models. Summer/winter tire swaps too! More info & reviews [@fb.me/YEGgarage](https://fb.me/YEGgarage) or call/text 587-772-5522.

**WANT HELP WRITING YOUR RESUME?** I am an experienced HR professional and certified career consultant. I can write a great resume for you. Contact Barb at 780 224 6884 or [WinningResumes@icloud.com](mailto:WinningResumes@icloud.com)

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**CONTACT ELIZABETH AT:  
ADS@RIVERBENDONLINE.CA  
OR 780-437-7108**

## Trustee Talk

### Our Children Need YOU. Won't YOU be My Neighbour?

By: Michael Janz, Edmonton Public School Trustee

Last September, I organized a special back-to-school volunteer appreciation screening of "Won't you be my neighbour?" a 2018 documentary of Mr. Fred Rogers (now available on Netflix). There was not a dry eye in the theatre and you'll understand immediately the connection between this program, public education, and the call to action for our neighbourhood.



Unlike anyone on television, he spoke to children directly as small adults. His show dealt with serious adult issues like the assassination of a President and helped a generation of children grapple with trauma-- always with compassion and love. In many ways, Fred Rogers is my favorite rebel of the 21<sup>st</sup> Century. He communicated anti-racism against segregation, pacifism against the war in Vietnam, and protected children against rampant consumerism treating them as mere pathways to parental wallets.

But his greatest message of all? Love. Love for your neighbour. His song "it's you I like" reminds each child they are intrinsically special and worthy of love and respect, a message critical for all of us to hear in our own hearts and model to each young person we meet.

As we look ahead to the school year, let all of us model that spirit of Mr. Rogers in our neighbourhoods, playgrounds, and parks. We have to look out for one another. There is no such thing as other people's children. We are one big neighbourhood.

Mr. Rogers cautioned us to always look for the helpers. How are you a helper? According to End Poverty Edmonton's Poverty Profile 2019, 1/10 or 119,950 Edmontonians are experiencing poverty (including 9,705 lone parent families). According to the Alberta Mentoring Partnership, there are over 3000 young people waiting for a mentor—a caring adult just like you. Strong developmental relationships to wrap around young people are just as essential to breaking the cycle of poverty.

Become a Mentor, a reading volunteer, or a coach. You can make an enormous difference in the life of a young person, in some cases for as little as one hour a week.

In a media world telling us to fear, Mr. Rogers told us to love. Get involved and spread the love.

*Young People are Wanted...*

### *Stars of Alberta Volunteer Awards*

YOUNG people with creative ideas, passion for their community and commitment to making a difference are wanted as nominees for the 2019 Stars of Alberta Volunteer Awards (youth category)!

We need your help to hear about these exceptional young individuals as we can only celebrate those we know about. Share their stories with us and let's celebrate their selfless spirit with the Stars of Alberta Volunteer Awards.

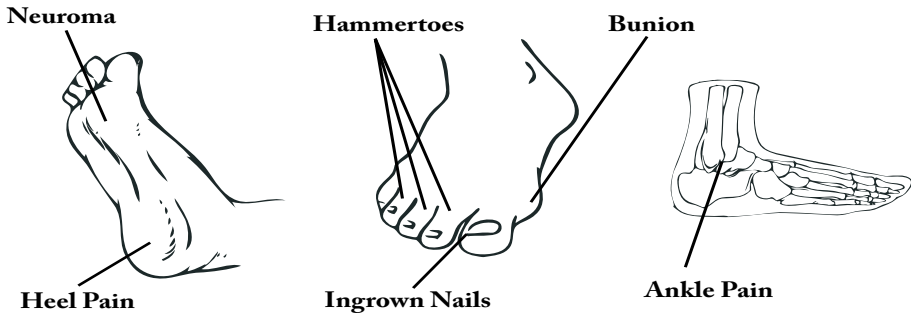
**The 2019 nominations are accepted till September 20, 2019!**

<https://www.alberta.ca/stars-alberta-volunteer-awards.aspx?>

## GIBBS FOOT AND ANKLE CLINIC

Medical and surgical treatment of the foot and ankle  
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**4632 Calgary Trail**  
 For an appointment call 780-432-7877

## Edmonton Riverbend

### Updates from Your Member of Parliament

By: Matt Jeneroux, MP for Edmonton Riverbend

In July, we held our annual KDays barbecue, helped out by our amazing team of dedicated volunteers. Thank you everyone who took the time to join us in the Riverbend Square parking lot for this event, as more than 1400 people attended, including Conservative Party leader Andrew Scheer and a number of Edmonton area politicians and community figures. For photos from the annual event, please feel free to visit our website at [www.mattjeneroux.ca/kdays-community-barbecue](http://www.mattjeneroux.ca/kdays-community-barbecue).



This is also the time of year when we announce the recipients of our annual MP Youth Leadership Awards:

Arjun Hothi, Andy Xia, Edward Li, Sierra Lazaruk, and Carter Moroz. Every year, a handful of Riverbend's exceptional young leaders receive this award in recognition of their contributions to our community. We received an overwhelming number of applications this year, but to all our recipients and applicants: I want to sincerely thank you for helping make our community such a great place to live.

As we head into the federal election, I would just like to confirm that our constituency office in Riverbend Square will remain open and here to help our community. In addition to the regular office, our campaign office will focus on exclusively campaign related activities. It can be found at 4113-106 Street NW, and will be open seven days a week from now until the election. Thank you for your patience during this time; it's an honour to serve our community.

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.

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

## Register Online

[www.riverbenddance.com](http://www.riverbenddance.com)

or  
 Come visit us at the studio on Wednesday August 21<sup>st</sup>, 28<sup>th</sup> or September 4<sup>th</sup> for our Open House & In-Person Registration Nights!  
 5637A Riverbend Road Edmonton, AB



- Tap, Jazz, Ballet, Lyrical, Acro, Hip-Hop
- All Levels All Classes Beginner to Advanced
- Ages 3 to Adult

Email Marilyn for more info  
[marilyn.riverbend@gmail.com](mailto:marilyn.riverbend@gmail.com)



Mention this ad and receive a \$10 Dance Attire Credit  
 Offer expires Sept 10<sup>th</sup>

## Introduction to Community Walking Leadership Training September 14

Walking is a simple form of physical activity that tends to be more popular as we age. One of the benefits of community walking is feeling a sense of belonging. The Community League Walking Program increases social engagement and inclusion through an accessible activity.

The EFCL is offering an Introduction to Community Walking: Leadership Training session on September 14 for Community League members who want to lead a walking group in their neighbourhood.

Training is FREE and once completed, participants will be certified to teach others how to use Urban Poles! And Community Leagues who have volunteers register for the training and start a walking group will also get three sets of Urban Poles for their Community League!

Sign-up early through Eventbrite as spots are limited.

<https://www.eventbrite.ca/e/introduction-to-community-walking-leadership-training-tickets-62507525692>



## 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**

## Seniors Connection News for those 55+

### Southwest Edmonton Seniors Association (SWESA)

By: Carol Vaage

*Good shoes take you good places. ~A quote from the COI/ETEUR*

*You have brains in your head, you have feet in your shoes,  
you can steer yourself any direction you choose. ~Dr. Seuss*

Recently, I was in a shopping mall waiting for my family, and I noticed the variety of footwear of the people rushing by. I remembered the status-quo thoughts on shoes, and how they represented status, or fashion, or occupation. Very few people seemed to be following those older standards.

A pair of stilettos, a few flip-flops, the odd dress men's shoes. Most people however, were wearing varieties of sneakers - colourful, comfortable, and age/gender neutral! Isn't that a freeing concept to embrace as we grow older? We can choose our shoes and head in any direction we wish to.

Because of demographics, we know that 'seniors' are becoming more significant in living life to the fullest. Some of us are still working, many of us are volunteering, and most of us are seeking ways to find a social connection. SWESA is a perfect conduit to support these pathways.

There is a new Fall Program available now, and it features a variety of courses, informative talks, and social opportunities for those of us over 55. You can view this program online at our website ([www.swedmontonseniors.ca](http://www.swedmontonseniors.ca)) or pick one up at the Yellowbird East Community Center.

Our signature event for this year is detailed in the Program Guide, but it promises to be a lot of fun - Oktoberfest! Save the date of October 19, from 4:00 pm - midnight. Guests will be immersed into this annual German folk fest - a tradition that has been in existence for many years. Our German-themed evening at the German-Canadian Cultural Centre (8310 Roper Road) will include Schuhplattler performers, a silent auction, dancing, door prizes, 50/50, and litres of beer. So wear your lederhosen or dirndl or dinner casual attire and enjoy the festivities. Tickets are now on sale at our YECC site for \$60 per person

One of my favorite events is the monthly luncheon, which offers good food, social engagement, and entertainment. There is often a theme that corresponds to the time of year.

Fitness opportunities include Essentrics, pickleball, yoga, non-contact boxing, walking groups, and dancing.

Toonie Talks help us stay informed of current topics regarding health, technology, finances, or novel ideas like eyebrow fads. Each talk costs a toonie, and all are welcome to attend.

There are adventure excursions listed in the program, where groups can head off to explore different locations throughout the year.

Courses are offered for those who'd like to learn and update techniques - watercolour painting, paper quilling, chronic pain management, and photography. There are one day workshops as well.

The cards and games people are looking for new members to join

their groups - cribbage, hand and foot canasta, mahjong, contract bridge, and euchre. Our art group that meets Friday mornings is very welcoming and encourages anyone who'd like to join in for some informal studio time.



So, get those shoes on your feet and start walking to SWESA events!

We are so proud of our SWESA community because its foundation is built on incredible volunteer support. This summer, we had a dedicated group of volunteers who helped sell tickets at The Taste of Edmonton food fair. This was a fundraising event for SWESA, so many thanks to those volunteers!

Need help with yard work? SWESA acts as a Seniors Home Supports hub, with Barb Newell co-ordinating the services for our community - including snow removal, yard work, housekeeping and minor repairs. The Seniors Home Supports Coordinator for our district is Barbara Newell.

Contact her at [Hs@swedmontonseniors.ca](mailto:Hs@swedmontonseniors.ca) or 780-860-2931.

## 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)

September 17

Dr. Melanie Moore - Historian  
Trials, Tribulations & Triumphs of a One-Room  
School Teacher in Early Edmonton"

October 15

Brad Ward, Auctioneer  
Antique Road Show comes to Petrolia Seniors  
Bring a unique treasure for Brad to assess.

November 19

TBA

December 10

Turkey Dinner with trimmings \$25  
Musical Entertainment and Carol Sing

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!

### 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

## Edmonton Whitemud

### Updates from Your Member of Legislative Assembly

By: Rakhi Pancholi, MLA for Edmonton-Whitemud

Another Edmonton summer is drawing to a close, bringing with it the excitement and busy times that go along with the start of a new school year. While this summer didn't bring the good weather we usually enjoy, I was thrilled to see that it didn't affect the great community events in Edmonton-Whitemud (well, the volunteers of the Terwillegar Community League Canada Day Event might disagree with that!).

Community garage sales, summer carnivals, the Southwest Edmonton Farmers' Market, Brander Gardens ROCKS community dinners, TRAC meetings, lemonade stands, neighborhood BBQ's – the list of activities and events within our riding could keep one busy all summer long. I have loved being out and about this summer meeting or reconnecting with many of you in the community.

My first term as your MLA began with a busy Summer Session in the Legislature. I was proud to have many opportunities to speak in the House to the legislation introduced by the government. I rose many times in the House to debate, ask questions of the Premier and Ministers, and to provide members' statements on issues ranging from child care, climate change, economic diversification, youth minimum wage, adoption, child intervention, senate reform, corporate tax rates, foreign credential recognition, to education and protection of LGBTQ+ youth.

I believe an effective and strong Official Opposition is critical to hold the government to account on behalf of all Albertans and is essential to a healthy democracy. I am proud to be your representative in the Legislative Assembly.

I am also proud to serve as the Official Opposition Critic on Children's Services and to advocate strongly for the most vulnerable children in our communities, for child care, and for early childhood learning. I have been meeting with many people in our community who care about these issues as well.

My constituency office in Riverbend Square has been open for a few months now and I hope all members of the community will feel welcome to stop by to say hello and share your views or concerns. I take seriously my role to represent all constituents of Edmonton-Whitemud and my job is to serve you, the members of this community.

As the busy fall season begins, I look forward to seeing many of you again at school council meetings, community league meetings, and other events in the riding. Fall Session of the Legislature is scheduled to begin October 22, so if you have issues or concerns you would like to share with me, please don't hesitate to reach out to me by stopping by the constituency office (#203, 596 Riverbend Square), emailing me at [Edmonton.Whitemud@assembly.ab.ca](mailto:Edmonton.Whitemud@assembly.ab.ca), or by calling the office at (780) 413-5970.

Happy Fall to all of you!



Sept thru Apr  
\$290.00

Youthful people 7 - 70

### Classes Available

Sun, Terwillegar Rec Ctr  
Mon, AJ MacNeil School  
Thu, St. T. Aquinas School  
Fri, St. John XXIII School

### REGISTER

Sept 12th, 6:30 - 8:30 PM  
Riverbend Community League  
258 Rhatigan Road East

More info on our website:

[riverbend-karate.com](http://riverbend-karate.com)

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Elegance and refined taste. Gated estate on 1/2 acre prime ravine lot. 4725 sq ft. ML# E4169203



**Rural Parkland County \$2,990,000**  
Custom design on 1 acre in Walker Lake Estates. Over 9272 sq ft finished space. ML# E4155330



**Windermere \$2,050,000**  
7600 sq ft of total finished space nestled on a A PRIME RAVINE LOT. ML# E4158299



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



**Oliver \$1,549,000**  
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# Art Market Artist 2019

## Mirka Adler

A world traveller with the Black Light Theatre of Prague, painting and drawing have been an inseparable part of Mirka Adler's creative life. In Canada, choreographing numerous dance shows, she has been designing elaborate stage sets.

Working in oil, watercolour, pastel and acrylics, Mirka is an open-minded artist who loves and paints people and nature.



## Mike Fournier

Micheal Fournier of Walden Woodworks, enjoys the challenge and precision of custom furniture and architectural millwork utilizing traditional joinery techniques as well as veneering techniques. Maintaining a clean and subtle presence while revealing the best aspects from each species of timber are key elements in his joinery and design choices.

## Patt Nearingburg

Patt Nearingburg Photography. Through my landscape and nature photography I endeavour to capture and relate the beauty and emotion associated with my travels and adventures in the Canadian Rocky Mountain backcountry and abroad. I have exhibited at the Jeff Allen Gallery in Edmonton, Strathearn Arts Festival and previous Art in Our Park events.



## Andrea Itzeck

Andrea Itzeck is a local goldsmith and printmaking artist, born and raised in Bavaria, Germany. Since 2007, she has been living in Edmonton where she opened her studio, 'Suigeneris'. Expanding her artistic ventures, Andrea has discovered a passion for printmaking and is now working in both genres, jewelry making and printmaking.



## Cam Wilson

My watercolours are a journey from my Country Canada to the other side of the world in Southeast Asia, particularly Thailand where I have roamed, photographed, sketched, and painted for many years. The west coast of Canada is also the focus of many of my seascapes and landscapes. I have exhibited in many shows over the last several years.



## Elliot Engley

I'm a landscape painter and illustrator born and raised in Edmonton, AB. I received some formal art training but am primarily self-taught. My landscapes consist primarily of acrylic paint on canvas and computer-generated typographic images.

## Jeanett Flynn

Jeanett Flynn is an artist who feels that photography and traditional painting both speak to her soul. With a love of exploring, her art shows the world as she sees and feels it. Jeanett has been honored with numerous artistic prizes as well as gallery showings.



## Ann Valentine

A group of women meet weekly to paint and socialize. Of the members, two do water colours, the others work in acrylic. Our styles range through primitive, impressionist, realism and abstract. One member is a previous participant in the Whyte Art Walk.



## Valerie Hornby

I first studied glass and mosaics with world renown artist Margo Anton. Five years ago I experimented with fusing glass, and I was hooked. Being able to take glass to 1500' to change its' shape and structure continues to peak my passion. Watching people interact with the texture of glass gives me great joy.

## Jill Boychuk

Join the Groovement!! Purchase a locally high quality handmade item from Earthgroove Activewear. All designed, created and sewn in Edmonton. High quality fabric, plant based inks in unique designs that make you feel like you want to groove! Soft absorbent fabric that are comfortable and fit well for ANYbody. Pump up your fitness wear while making a statement by buying from a local Activewear company. "Wear something that means something...".












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## Summer Tennis Program

### Game, Set and Match!

By: Ruma Daulay



**G**ame, Set and Match! The 2019 Tennis season this summer has been a great success for community tennis. We had a record high enrolment by children, who were taught by a highly experienced instructor, who thoroughly enjoyed his time with the kids.

Our instructor, Sidney says that the program was “fantastic”. The 45 minute lessons worked well, as

the kids were able to stay engaged and focused on learning the new skills. The program gave an opportunity for new, and previous kids to enhance and embark on their journey to find the same passion for the sport that he has.

Sidney enjoyed teaching the kids; they were all very enthusiastic and excited to be there. Overall, the kids enjoyed playing games and being able to rally together. Sidney was able to spend a lot of time with the kids as many participated in more than one week of lessons, and as such he was thrilled to see them improve quite a bit from when they first started playing. We are all excited in anticipation to see and coach the kids again next summer.

We are grateful that everything went smoothly, with the changeover in programming from Tennis/Pickleball to Tennis. As well, we appreciate the co-operation of parents in the rescheduling of children for the revised classes.

We were appreciative of positive feedback from the parents such as:

“My kids enjoyed the tennis lessons. They were introduced to a new sport and had a lot of fun with the instructor learning to play. I like how the lessons are so close and in our community and we will definitely be back next summer!”

“The instructor is awesome”

“The kids had fun and Sidney seemed to know what he was doing and how to engage them. We’ll do them next year for sure. “

We want to extend our thanks to Brookview Community League for being an excellent partner to the Riverbend Community League and sharing their wonderful courts with us.

Thank you to Elizabeth Emslie at the Riverbend Community League Office for her assistance in coordinating the lessons.

Also, a special thank you to our new coach Sidney. Without him, this program would not have been able to be put into practice. We appreciate his time, effort, and dedication to the Learn to Play Summer Tennis program, and hope to see him again on the courts next summer.

## Brander Community Garden

### Growing Community

By: Sheryl Bowhay

**S**ummer months are busy at Brander Community Garden. In addition to our weekly gardening sessions on Saturday morning we have been expanding our garden’s reach and beautifying the community.

Over the course of a handful of sunny summer days Margo Fiddes and a team of community kids and volunteers executed the transformation of the old RCL tennis shack into a bright and optimistic garden mural. The positive comments, encouragement and engagement of people passing by was overwhelming. Everyone loves the new extension of Brander Community Garden. Special thanks to Renee Medele at Benjamin Moore -My Favourite Paint Store: Riverbend for your ongoing commitment to community.



The third annual Concert in the Cage was a tremendous success! Our garden was transformed by an array of twinkling lights and candles. There was an abundance of food and beverage. Music by The Gentle Yeti and David Jay: The Spaniard was inspiring and energetic. However, the best part was the incredible sense of community with many new faces joining the crowd of members, volunteers and friends of the garden.

*It was an absolute pleasure to play in front of all you amazing people. You made me feel so welcome. Thank you for letting me play my music for you. I wish you all the best and I hope our paths cross again soon.*  
~The Gentle Yeti

*What a beautiful set-up for the party...I did not expect such a lovely party. Good music, food and warm & friendly people too-we had a wonderful evening! Thanks again for inviting us.* ~Yasmin & Nazir



Composting is going strong at the garden and we appreciate the contributions of our friends that drop off and deposit their kitchen scraps. Stay tuned for more information about a workshop this fall to further explore the many composting techniques and alternatives available all year round.

We want to thank Aiman Altaf for joining us this summer as our Community Engagement Coordinator. We will miss your energy and positive attitude and appreciate the numerous connections and relationships that you helped foster for Brander Community Garden.



**LOOKING FOR FUN economical ACTIVITY FOR YOUR CHILD? COME JOIN US!**

We have an indoor facility, large selection of toys and great conversation  
Program runs 9:15 am to 11:15 am Tuesday through Friday  
A Riverbend Community League Program located at Brookside Hall  
Contact us at [www.peanutbutterandjam.ca](http://www.peanutbutterandjam.ca)  
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Contact our Registrar at [pbjreg@gmail.com](mailto:pbjreg@gmail.com) for your complimentary session

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Edmonton Federation of Community Leagues  
presents....

## Leagues Alive

October 26, 2019

Registration for Leagues Alive 2019 is now open!

The EFCL is hosting our annual full-day board development conference on October 26, 2019, at the Robbin’s Health Learning Centre at MacEwan University.

Register by September 15 to get early bird prices!

<https://efcl.org/events--projects/leagues-alive-2019/>

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

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

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

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

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

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

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

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

### DISTRIBUTION

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5679 Riverbend Road

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

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

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

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

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

**Vines Riverbend Wine Merchant**  
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**TRAC Office**  
Terwillegar Community Recreation Centre

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*They support us so please support them.*

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

## Community League Membership Application

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

# ART IN OUR PARK 🎵

Bring a blanket or a lawn chair for the concerts!

## Myshak Main Stage

12:20 Lyra Brown  
1:35 100 mile house  
2:40 Fools Tongue  
4:00 Arlo Maverick

Food and refreshments  
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Sidewalk Chalk Art - Step Up Stilts  
Paint-O-Rama Kids Canvas  
Fit on 45th - Balloon Art  
Puzzle Board Painting

To **Volunteer** please  
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