

# The Riverbend Ragg-Times

A PUBLICATION OF THE RIVERBEND COMMUNITY LEAGUE

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## Nurse Practitioners Coming to a Mall Near You

Following client demand, River Stone adds NPs to their roster

By Ragg-Times Staff

About 20 per cent of Albertans don't have a family doctor. It's an ongoing crisis in our healthcare system that puts people's health at risk and taxes other areas of the system, like emergency rooms, that people use when they can't get primary care.

A group of women in southwest Edmonton is looking to help fill that gap. Thalia Hartson and her daughters, Tamara Hartson and Jennifer Wankiewicz, operate River Stone Wellness in the Magrath Business Centre (at the intersection of 23 Avenue and Rabbit Hill Road).

They are in the process of adding Nurse Practitioners (NPs) to their staff. Alberta Health Services (AHS) says NPs are registered nurses with graduate degrees and advanced knowledge and skills. They are trained to assess, diagnose, treat, order diagnostic tests, prescribe medications, make referrals to specialists and manage overall care. "We are looking to offer primary care to unattached individuals," says Thalia. "There will be a relationship built. Clients will agree together that the NP will

be their primary caregiver."

River Stone built its business by following the needs of customers. When it opened in 2015, it focused on massage and cosmetic services. But people were asking for help with neck and back pain and more, so the women quickly added therapeutic massage, osteopathy, physiotherapy, chiropractic services and acupuncture.

"We have always focused on an organic, sustainable business for us, our employees and our clients," Jennifer says. "When people were telling us, 'We need this,' we would do the research and figure it out and add it on."

Now, that demand is leading them into primary care. River Stone also expects to begin offering virtual medicine. Once a patient has a relationship with an NP, many of the services can be offered remotely. With the shortage of family physicians even more severe in rural areas, it's an important addition.

Thalia says changes to provincial policies would help NPs more fully contribute to the



Thalia Hartson (left) and daughters Tamara Hartson and Jennifer Wankiewicz are expanding River Stone to include Nurse Practitioners.

overtaxed healthcare system. Right now, either AHS pays NPs to work for the agency, or helps fund NPs in primary care networks, which are managed by doctors who determine what the NP can and cannot do. NPs themselves cannot directly bill AHS. "Hundreds of NPs in Alberta could be serving primary

care roles," Thalia says. "They're the only underemployed healthcare practitioners in Canada."

So, next time you or a loved one suffers a sprained ankle, cough or cold, or something else hurts, you might think of turning to an NP for care.

## What's to be Done With Soaring?

The University of Alberta Properties Trust is seeking public input into the property's future

The University of Alberta Properties Trust will host an open house on June 1 to discuss the rezoning and development of Soaring, a 10-acre parcel of land abutting the river valley on Whitemud Road in Brander Gardens.

Greg Dewling, the president and CEO of the UAPT, says the development will likely be residential, with the possibility of some commercial, but that just about anything is on the table this early in the process. "There will be opportunities for the trust just to sell lots," he says. "There will be opportunities where we will consider doing the building. In all

likelihood – no guarantee – we will put in the roads and subdivide it."

The City of Edmonton has made it clear that it wants there to be access through the property to the river valley. The City has an option to purchase a right-of-way along the northern edge of the property. "We anticipate it will be a requirement," says Dewling.

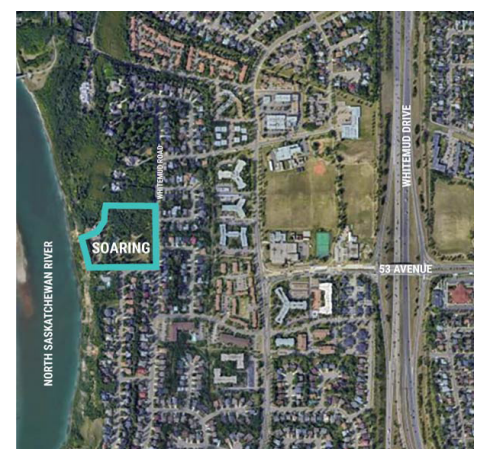
The UAPT has a mandate to deliver returns to the university, but Dewling says they want to work with the community to build something that has broad support. "We want to build something that fits in the community and that the market will respond to," says Dewling. "If we go too far one way or the other, you

can't sell it."

Businessman and philanthropist Sandy MacTaggart and his wife, Cecile, donated the property and the family's modernist mansion to the university in 2010. At the time, the estate was valued at \$26 million.

The university operated it as a meeting and convention centre for years but found that it was underused and declared it surplus. The university decommissioned the house in 2018, tore it down in 2021, and sold the property to the UAPT to be marketed and sold.

There will be a second open house in the fall and the final decision on what to do with the site is expected in February, 2024.



At the website [soaring.site](http://soaring.site), the UAPT describes Soaring as "a stunning development property in the coveted Riverbend community of Edmonton, situated along the picturesque North Saskatchewan River." Too right.



Editor's Note

# My Lesson in EVs

My first drive of a battery-powered car was sweetly stressful

By Michael Ganley



I flew to Toronto last week for work. When I got to the rental-car counter at Pearson Airport, the agent offered me a free upgrade to a Polestar 2, an electric vehicle made by Volvo. It was my first chance to drive an EV and I snapped it up, though maybe I shouldn't have.

My travels over the next three days would take me to downtown Toronto for work, then to Newmarket, north of the city, to visit my brother, then east to Peterborough to visit my mom; all told, a trip of about 350 kilometres.

The car battery had 90 per cent charge when I got it and the agent said I'd have to charge it at some point. I was fine with that. I'd find a charger and plug it in for a few hours and get a sense of how the whole thing worked. Or didn't.

I headed downtown on Highway 427 and, this being Toronto, construction was everywhere and the highway was packed. So it took a while before I could find a stretch of road to try out the EV acceleration I'd heard so much about. Now I'm not a gear head and wouldn't buy an EV for the acceleration, but when I jammed the pedal it reminded me of the day in high school when my friend's dad let us try out his Porsche 911. Unlike the 911, the Polestar was quiet, giving a gentle hum like the vehicles in Blade Runner. And it was fully digitised. I plugged my destination into the Google Maps app in the car and it gave me not only distance and directions, but how much charge it would take to get there and how much battery life would be left when I arrived. I was loving it.

The Polestar 2 retails for around \$55,000, so it's not cheap. That said – and this shocks

me – that's right around the average price of a new vehicle in Canada.

So what about range anxiety? I didn't have any the first few days, creeping down the 427 and along the Gardiner Expressway to downtown, then the next evening proceeding even more slowly up the Don Valley Parkway to Newmarket. The battery went down slowly. I knew how far I could still go. Everything was fine. It was kind of like tracking the battery on your phone. What's so hard? When I got to my brother's place I charged for half an hour at a nearby car dealership; I got about 10 per cent charge for \$1.50.

My troubles didn't start until the morning I was to leave Peterborough and return to Pearson, a drive of about 150 kilometres. I checked the onboard computer and it told me I would get to my destination with minus-seven per cent on the battery, so I had to charge. I searched up a Level 2 charger. That was my first mistake. I should have searched Level 3, which is a lot faster.

As it was, I plugged in and went for a walk for an hour. When I got back, I was only at one per cent. I didn't want to take a chance, so went away for another hour. Now I was getting a little critical for my flight time, but I didn't want to run dry somewhere along the highway. I got it up to six per cent and took off, anxiously watching the battery drain as I travelled.

Fortunately, there wasn't stop-and-go traffic or major headwinds, so I got to the airport in time and with a few per cent left on the battery. No harm, no foul.

So I'd rate my first EV drive as a qualified success. I love the idea of an emissions-free vehicle and the performance was amazing. I just need a bit more experience with the new tech.

Riverbendonline.ca

**Publisher** Riverbend Community League

**Editor** Michael Ganley

**Designer** Megan Ganley

**Advertising Sales** Correna Craig

**Editorial Board** Miep Raedschelders, David Rumbold

**Copy Editor** Cam Fahlman

**Contributors** Tim Cartmell, Colleen Crozier, Andrea Dreger, Matt Jeneroux, Julie Kusiek, Eilish Lemieux, Rakhi Pancholi, Miep Raedschelders, Raj Sherman, Donna Wilson

**Volunteer Delivery Crew** Lita Bablitz, Jim Bradshaw, Gord Edmiston, Daryl Matter, Jihan Marjan, Karin Shott, Sabine Sintenis, Shelly and Leanne Stevens, Mary Wagner, Helma Voth. If you would like to help deliver the Ragg-Times, please get in touch.

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258 Rhatigan Rd E Northwest

Edmonton, AB, T6R 2P7

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**President's Note**



# Spring is a Time to get out and Enjoy Your Community!

Follow us on Facebook or Instagram for info about the annual compost sale, the TRAC Run/Walk and so much more!

By Miep Raedschelders, President, Riverbend Community League

**B**irds singing, leaves and flowers emerging, streets swept, neighbours out for walks and bike rides; Spring in Edmonton is just awesome! In addition to nature's spring colours, election signs are popping up everywhere reminding us to cast our votes on May 29!

The Riverbend Community League has many exciting events and initiatives in the works for spring and beyond! We are grateful for the support from friends and neighbours who joined us for the Spring Fling Gala, benefiting Brookside Hall, on April 29. Thank you to all those who generously donated unbelievable silent auction treasures as well! Please check out [riverbendonline.ca](http://riverbendonline.ca) for pictures and prize info, including the results of the 50/50 raffle. Many thanks to the performers who donated their time, including DJ Harman B, the incomparable Kent Wong, Dr. Michael van Manen and the talented Lillian Osborne Jazz Trio! (See more photos on the next page.)

The rebuild of Brookside Hall continues, as does the planning for a grand re-opening

celebration on Community League day! Brookside will host a summer green shack, a pop-up community garden and Pedalheads bike camps!

We are thrilled that the Brookside rinks will be home to Community League/NFL Flag Football in the fall! Register your U4-U12 kiddos at [edmontonflag.ca](http://edmontonflag.ca). Registration includes a uniform and instruction from professional coaches. An early bird discount is in effect until May 31!

Thank you community residents for weighing in on the future of the tennis courts in Brander Gardens. The work to maintain neighbourhood amenities including halls, courts and rinks continues and we welcome volunteers interested in contributing to those and other league initiatives.

Riverbend will have Green Shacks in Brander Gardens, Brookside, Ramsay Heights and Rhatigan Ridge. Each site will be supplied with a porta-potty to support outdoor enthusiasts and family park time this summer! There are so many ways to get out and enjoy



Thanks to all who came out for the Spring Fling Gala, benefiting Brookside Hall, on April 29. Thank you also to all those who generously donated unbelievable silent auction treasures!

this amazing neighbourhood! Follow us on Facebook or Instagram for info about RCL's annual compost sale, the TRAC Run/Walk, updates on events and initiatives and so much more! Your league is here to celebrate your community! Please support us by purchasing a membership in person at our office or online at [riverbendonline.ca](http://riverbendonline.ca).

## WE ARE **HIRING!** Summer Community Workers

Tasks and responsibilities will include:

Painting Jobs

Rink Repairs

Landscape Projects

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Teamwork skills are an asset. Must have own transportation.

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

Please send to:  
[info@riverbendonline.ca](mailto:info@riverbendonline.ca)



## HALL RENTALS

Looking for a great hall facility in our community?

### FACILITY 01

The Riverbend Community Centre at 258 Rhatigan Road East is ideally suited for family and community gatherings. This facility includes a kitchen, dance floor, outdoor patio, large washrooms, lots of free parking, and is wheelchair-accessible.

### FACILITY 02

Brookside Hall, located at 5320 143 Street, is great for birthday parties, smaller family functions or meetings. Two skating rinks and a playground are adjacent to this venue.

To learn more about these wonderful spaces, visit [www.riverbendonline.ca/hall-rentals/](http://www.riverbendonline.ca/hall-rentals/) or email [rentals@riverbendonline.ca](mailto:rentals@riverbendonline.ca)

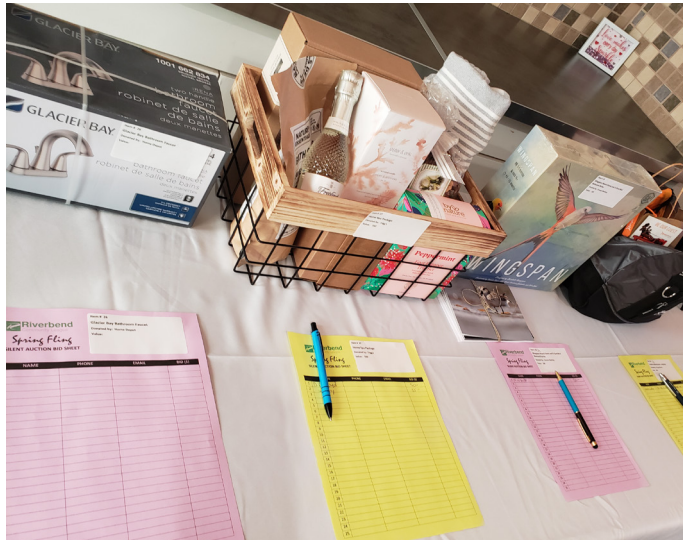




# The RCL Spring Fling!

Thanks to everyone who attended the Spring Fling Gala, benefiting Brookside Hall, on April 29. An especially big thanks to those who generously donated silent auction items! Please check [riverbendonline.ca](http://riverbendonline.ca) for prize info, including the results of the 50/50 raffle.

Many thanks to the performers who donated their time, including DJ Harman B, the incomparable Kent Wong, Dr. Michael van Manen and the talented Lillian Osborne Jazz Trio! And thanks to Kent Wong for the fabulous photos!



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Established in 1977, The Riverbend Ragg-Times is an informative and lively newspaper that reports on community news and events, programs, schools, organizations, businesses, and residents within the greater Riverbend-Terwillegar area.

The newspaper is published six times per year and distributed by Canada Post to 10,000 homes. Copies can also be found at local businesses, organizations, and online at [riverbendonline.ca](http://riverbendonline.ca).

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# Brander Community Garden

Growing community near you!

By the BCG Committee

Are you someone who loves growing vegetables, flowers, herbs, fruit and basically all things green? Do you want to increase your connectedness to the community?

Brander Community Garden aims to create a gardening community that makes Riverbend a greener and more beautiful place. We are a communal garden which is gardened collectively by volunteers. The resulting produce is shared by volunteers and anything extra is donated.

Whether you are just starting out or an experienced gardener, the communal garden is a great place to connect with others, get some green exercise, gain new skills, improve the local environment, grow tasty vegetables and bask in a lovely space filled with flowers.

We garden on Saturday mornings from 10:30 am – 1:00 pm. We are located in the old batting cage at 14710 53 Avenue – next to St. Monica Elementary School. Come join us when you can and stay as long as you like!

#### Upcoming Events:

Spring Clean Up	Saturday, May 6	10:30 am – 1:00 pm
Compost Sale	Saturday, May 13	12:00 pm – 4:00 pm
Open Garden Event	Saturday, May 27	10:30 am – 1:00 pm

Brander Community Garden is a program of Riverbend Community League. If you have questions or want more information, please reach out to us at [info@riverbendonline.ca](mailto:info@riverbendonline.ca) or [brandercommunitygarden@gmail.com](mailto:brandercommunitygarden@gmail.com).

## Nice to meet you!

My name is Max Yasinski. I am a trustworthy and reliable teenager who has been offering lawn care and snow shoveling services in the Riverbend area for several years. Along with my dad, Mike, brother, Zach, and friends, I have been offering this neighbourhood fully insured services that are both reliable and affordable. If you're looking for professional and dependable lawn care or snow shoveling services, Max Snow & Mow is the right choice for you!

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# Library Extends Hours

The Riverbend Branch of the Edmonton Public Library is now open on Sundays from 10 a.m. until 5 p.m.

Spend even more time at the library on Sunday mornings, where you can enjoy quality family time; find books, games, movies and music; read the paper or a magazine; check out our world language collection; study for that big exam; use a computer to finish that resume or connect with friends; access print, fax and photocopy services; participate in library programs and activities for all ages; and more!

The Riverbend Branch has all

kinds of activities all week long: Baby Laptime is fun for babies and caregivers with songs, books, rhymes and more (registration required); Sing, Sign, Laugh and Learn classes are available Monday through Saturday (registration required); Seniors' Drop-In (Tuesday, 10:30 am) offers coffee and a chance to learn about library services, collections and more; Teen Book Club runs on the first Wednesday of the month.

Can't get enough book



clubbing? Check out other book clubs available in the branch. For a full listing of classes and events, visit [epl.ca](http://epl.ca) for dates and times. We look forward to seeing you at the library soon!

# Update from Parliament

Federal budget does little to address growing concerns in areas such as housing

By Matt Jeneroux, Member of Parliament for Edmonton Riverbend



The last month has been an incredibly busy time on Parliament Hill. I wanted to provide you with an update on what's been happening in Ottawa. This has included the introduction of the 2023 Federal Budget, approval of the Rogers-Shaw merger and further updates on Bill C-11.

On April 3, the federal government announced its proposed budget for 2023. At a time when Canadians are struggling, Canada's Conservatives have been pushing for targeted measures which help bring home results for our families, workers and struggling businesses. Rather, in a brief overview, the government introduced a budget which fails to provide sufficient relief for Canadians or reverse

inflationary deficits and taxes.

Despite the budget including some \$43 billion in new net spending over the next six years, it does little to address growing concerns in areas such as housing while continuing to enforce already problematic programs, such as the inflationary carbon tax. My colleagues and I were disappointed in the contents of this budget, but we will continue to push for meaningful results for Canadians as conversations on this budget continue.

Aside from the budget, another issue of focus this past month has been on further developments with the Rogers-Shaw merger. On March 31, the deal received the sign-off from Canada's industry minister to proceed. There have been many concerns raised that this deal will further decrease choice for consumers and eventually lead to increased costs. I'm eager to hear your

thoughts on this merger.

Lastly, in continuing our advocacy against this legislation, I want to give an update on Bill C-11, an act that, if passed, will give power to the government to decide what Canadians view and listen to online. On March 31, the House of Commons passed further amendments to the Bill, while also rejecting amendments reflecting critiques and comments from online services and platforms. It now goes back to the Senate for deliberations on these adjustments. At this time of print, the final version of the Bill continues to sit within the Senate.

Of course, as always if you have any comments about what's happening in federal politics, I'd be more than happy to discuss. Please contact my office at [Matt.Jeneroux.C1@parl.gc.ca](mailto:Matt.Jeneroux.C1@parl.gc.ca). We would be pleased to help.

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# To the Polling Stations!

There's only one poll that matters, and that's the one on election day. In Alberta, that means May 29, when the governing United Conservative Party, the Official Opposition Alberta NDP, the Green Party of Alberta and the Alberta Liberal Party put their records and visions to the people.

The Ragg-Times put a series of questions to the four people running in Edmonton-Whitemud. Below are the answers from three of them (we did not hear back from the Green Party).

Be sure to register to vote (if you haven't already) at [elections.ab.ca](https://elections.ab.ca), then get out on May 29 and have your say! (The Riverbend Community League and the Ragg-Times are non-partisan and do not endorse any particular candidate. endorse

## Rakhi Pancholi, Alberta NDP



**On improving safety on public transit** Public safety in Edmonton's downtown and on public transit is a genuine concern. An Alberta NDP government will improve public safety and address the root causes of social disorder by ensuring properly-funded police forces are working together as a team with community and social service providers.

We will restore the \$32 million in cuts to municipal police funding made in 2019 by the UCP, so that municipalities can hire 150 police officers. These officers will be paired with 150 social workers, mental health workers, addictions counsellors and community outreach workers as a part of integrated teams.

We will also direct resources to enhance teams already established, including the Community Outreach Transit Team in Edmonton to improve safety on public transit.

**On the ideological and political divides in Alberta** The most important thing we can do is actually talk to each other, not just rely on social media. My experience has been that when I speak to people in person, we almost always find common ground. We may have disagreements on how to address issues, but we can find opportunities for collaboration by honestly engaging with each other.

Governments and political leaders can play a role by making decisions based on evidence and sharing that with the public so they can see the basis upon which decisions are made.

It is also critical to restore Albertan's confidence in the independence of decision-making processes that should remain free from political interference. That includes respecting agreements that have already been negotiated and signed, such as the province's contracts with doctors, as well as respecting the independence of the judicial system. These processes are cornerstones of our democracy and trust in their outcomes depends on their independence.

**On the compatibility of Alberta's oil and gas industry with efforts to address climate change** The fact is that if we pit the economy against the environment, we will fail at both.

Oil and gas is a significant driver of both Alberta and Canada's economy, employing thousands of Albertans, and I am proud of the work

former Premier Rachel Notley did to get the Trans Mountain Pipeline built – the first to tidewater in over 50 years. At the same time, global investors and the oil and gas industry recognize the need to reduce carbon emissions and the Pathways Alliance has set a goal to achieve net zero emissions by 2050.

The Alberta NDP has committed to achieving a net-zero electricity grid by 2035 and a net-zero economy by 2050. We will do so by working with industry to create the proper regulatory framework and market structure. We will also provide incentives, like the Alberta Future Tax Credit and the Alberta Investor Tax Credit, for clean technologies, carbon materials, alternative fuels, and advanced manufacturing to reduce emissions. This will restore our competitiveness and attract investment so Alberta can compete on the global stage and continue to be an energy leader.

**On ensuring affordability for post-secondary students** An Alberta NDP government will freeze post-secondary tuition at 2022-23 levels, reverse the latest round of tuition hikes and cap any future increases to inflation. This will save nearly 300,000 Alberta students a collective \$102 million. We will also conduct a full review of Alberta post-secondary funding and tuition, one that will include students as an important voice at the table. Affordable post-secondary education is key for student's success, economic growth and research and innovation in Alberta.

**If you could have one superpower, what would it be and why?** The ability to feel well-rested on only 4 hours sleep!

**Is there anything else you would like to comment on?** I know health care is the top concern for many of you right now and it is mine too. Valuing and respecting health care workers, providing more Albertans access to a family doctor and a primary family health team, building the South Edmonton Hospital and protecting public health care are priorities for me. You can read more at [albertasfuture.ca](https://albertasfuture.ca).

I am also fiercely committed to building more schools in southwest Edmonton to take the pressure off schools like Lillian Osborne High School and Riverbend Junior High. Kids deserve smaller classes, more teachers and educational assistants and a strong curriculum for success.

Serving the people of Edmonton-Whitemud for the past four years has been an incredible privilege. I have met you on your doorsteps, at the Southwest Edmonton Farmers' Market, at community league events and in our schools. Thank you for the inspiring conversations and for letting me pet your dogs!

## Donna Wilson, Alberta Liberal Party



**Regarding safety on public transit** Public safety is a major concern. If elected, I would support the new working group set up by the City of Edmonton, Edmonton Transit, Edmonton Police Service and Bent Arrow Society to make public transit safe. I would monitor the recent provincial announcement to fund 100 more police officers in Edmonton and Calgary to see this happen. I would support organizations focused on reducing homelessness, untreated mental illness and drug addiction. Public transit is used by many

people, and it is important for reducing greenhouse gas emissions.

**On the ideological and political divides in Alberta** The highly divisive UCP/NDP fight for votes and power may provide entertainment, but this does not serve people in Edmonton or Alberta well. Good governments make sensible, evidence-based decisions. Ideologically-based decisions usually start with a politically-satisfying solution, with cherry-picked information for justification. We know from past experience in this province that having more than two political parties in the Legislature results in better representation for Albertans.

Where there are only two parties, those who voted for the ruling political party are winners and all others losers. More than two political

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parties ensures fresh new ideas, with elected representatives encouraged to work productively for the benefit of all Albertans. As a nurse and a professor, I learned to work with a wide range of people. Respect for every person and the use of listening skills over talking skills are essential for me to help others. I appreciate that MLAs have good intentions; I want to be in the middle to bridge good ideas from the right and left political spectrums and to raise new ideas.

**On the compatibility of Alberta's oil and gas industry with efforts to address climate change** A thriving oil and gas industry is important for Alberta's economy and people. Surplus government revenues should be used to diversify our economy for a greener future, including retraining of oilpatch workers so they have good jobs here and they start businesses that lead the world in environmentally-sound products and practices. Buildings across Alberta are a priority, as they need to become carbon neutral to address the 2050 net zero world target. Universities need targeted funding to focus researchers on finding ways to take carbon dioxide out of the air. Edmonton and other Alberta cities must never have another brown-out day. Citizens (old and young) need to be able to go outside without risking their health. Over time, as demand for oil and gas declines worldwide, Alberta should become a leader in reversing climate change.

**On ensuring affordability for post-secondary students** When growing up on a farm in Alberta, money was tight. I was able to put myself through university because tuition was affordable then. Tuition is too high now for most Albertan families, and we have a record number of high

school students and young adults who should be going to our colleges, tech schools, and universities. I would reduce post-secondary tuition for Alberta residents so it is the lowest in Canada. Post-secondary programs need to be expanded, so all Albertans who want to get or upgrade their credentials can do so. Albertans typically stay in Alberta; they are a major asset for our province!

**On your chosen superpower** If I had a superpower, it would be to have a magic wand. The first wave of it would expand our public healthcare system through having nurse practitioners in emergency departments to accept patients so paramedic/ambulance teams can quickly get out on the road again. These nurses would also care for patients with minor health issues to reduce ER wait times and so ER physicians can concentrate on seriously-ill patients.

The second wave of my wand would result in more than two political parties in our Legislature. The third would expand home and community care services to keep people out of hospital and out of nursing homes. Advice from citizen groups would be sought for subsequent waves of this magic wand!

We have the opportunity now that the pandemic is over to focus on advancing our great province. Alberta is blessed with hard-working people, great agricultural and natural resources, and a drive to do better. Advocating for Alberta and Albertans is an MLA's job, and I am keen to do this.

# Raj Sherman, United Conservative Party



## What will your government do to improve safety on public transit?

- Address the underlying cause with compassion – house the houseless and provide mental health and addiction supports with wrap-around services.
- Fund 100 new police officers in Edmonton and Calgary.
- Work with our city leaders to ensure there are turnstiles on the LRT.
- Provide a \$5 million transit safety grant to help Edmonton clean up transit stations.
- Launch the Edmonton Public Safety and Community Response Task Force.
- Deploy provincial sheriffs to assist police in Edmonton's downtown core.

## What can be done to bridge the ideological and political divides in Alberta?

- Elect a representative that can see both sides of a problem.
- As a former PC MLA, Independent MLA and business-friendly Liberal leader, I always prioritized finding a common-ground compromise where possible.
- We can disagree, but let's do it respectfully.

## Is the development of Alberta's oil and gas industry compatible with addressing climate change?

- World energy and oil consumption is expected to increase in the foreseeable future.
- Alberta has amongst the strongest environmental regulations in the world. Solutions lie in investing in innovation and technology, which we can share with large emitting countries like the U.S.A., China and India.
- United Conservatives care deeply about the environment and reducing emissions, so we invest in oil well remediation, hydrogen development, carbon capture usage and storage and more.
- Let's discuss modular nuclear power, more hydroelectric power and a 500KV line from east to west connecting Alberta to Manitoba and B.C. hydroelectric power.
- Caring for the environment and supporting the energy industry are not

mutually exclusive concepts.

## Tuition for post-secondary students has risen dramatically in recent years. What will you do to ensure affordability for all students?

- I am an assistant clinical professor in the Faculty of Medicine and was on the University of Alberta Senate in 2007 when we were ranked 40th in the world, and we need to do better!
- As part of Budget 2023, United Conservatives are capping tuition increases at two per cent from the 2024-25 year onwards, reducing the interest rate on student loans to the prime rate, extending the student loan grace period from six to 12 months, and increasing eligibility for the Repayment Assistance Plan.
- Conservative fiscal and economic policies will ensure a robust economy and that Alberta continues to have the highest paying jobs with the lowest taxes in the country, advantages that parents currently enjoy and students will enjoy when they start their careers.

## If you could have one superpower, what would it be and why?

- The power to heal emotional wounds and make this a kinder world.
- The world has gone through a challenging time over the last few years.
- At any one time, someone in every family struggles with a significant mental health problem that manifests in various ways, leading to personal, family and societal discord.
- As a civilized society, we can and must do better.

## Is there anything else you would like to comment on?

According to the pundits and pollsters, the NDP is winning almost all of Edmonton and the UCP is forming a majority government.

I am the underdog and ask the good people of Edmonton-Whitemud to be strategic and consider two things:

- Do you want a seat at the decision-making table in government and possibly cabinet, like my mentor the Hon. Dave Hancock had for five elections?
- I've spent 30 years as an inner-city ER physician and clinical health educator and run a small construction business. Who is most qualified to improve healthcare, education and issues of homelessness, mental health, addictions and crime while we protect our economy?

My name is Raj Sherman, and on May 29, I ask for your VOTE!



# Diver City

Seniors Connection News for those 55+

By Colleen Crozier

**S**outh West Edmonton Seniors Association (SWESA) is located in Diver City. It's a place where you can deep sea dive, dive off a board at the pool or even skydive! One of our members is 82 years old. Last summer, she actually went skydiving, and proudly added that breath-taking earthward plunge to her long list of lifetime achievements.

Whoa, whoa, whoa! Wait just a minute! We want to talk about DIVERSITY, not Diver City...who made that up, anyways?

Diversity involves the deliberate inclusion in a group or activity of people who are, for example, of different races, genders, and religions.

Let's add to those examples. Diversity

among seniors 55+ also covers their interests, their physical abilities and health, their jobs (current or pre-retirement), their finances and their families, just to name a few things.

Tens of thousands of seniors call the southwest sector of the city home. At SWESA, all are invited. Our staff and volunteers are ready and waiting for the chance to meet you.

SWESA's spring and summer programs are ready to go. You can visit our website to view our program guide, or drop in to our office and meet us.

A side note for the very adventurous: Sorry, we don't offer any diving adventures. Yet...



SWESA member, 82, dives earthward.



**Blue Quill Community Centre 11304 - 25 Ave NW**  
**Phone: 587-987-3200 Email: info@swesa.ca Web: swesa.ca**

## Brander Gardens

	<u>Single Family</u>	<u>Condo</u>
Active	2 listings AV LP \$864,500	9 listings AV LP \$202,399
Sold (last 60 days)	2 listings AV SP \$824,300	7 listings AV SP \$216,500

## Ramsay Heights

	<u>Single Family</u>	<u>Condo</u>
Active	7 listings AV LP \$903,128	4 listings AV LP \$275,650
Sold (last 60 days)	3 listings AV SP \$618,333	3 listings AV SP \$272,416

INFORMATION SOURCED FROM REALTORS® ASSOC OF EDMONTON AS OF APRIL 18TH

AV LP= Average List Price  
AV SP= Average Sold Price

## Brookside

	<u>Single Family</u>	<u>Condo</u>
Active	8 listings AV LP \$831,675	N/A
Sold (last 60 days)	7 listings AV SP \$579,642	N/A

## Rhatigan Ridge

	<u>Single Family</u>	<u>Condo</u>
Active	2 listings AV LP \$574,950	3 listings AV LP \$335,966
Sold (last 60 days)	1 listing AV SP \$800,000	N/A

*Contact me for a free market evaluation of your home!*

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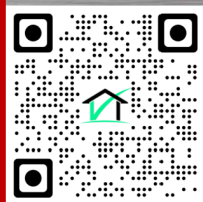
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# Looking Forward and Back

## City seeks feedback on naturalization and snow clearing

By Tim Cartmell, Councillor, Ward pihësiwin



**H**appy Spring Everyone! We are all looking forward to warmer weather and longer days. Following are a few updates for you.

**Naturalization** City Administration will continue engagement on the naturalization of select open spaces, including most of the stormwater retention ponds in ward pihësiwin. Please watch my social media channels and website for engagement session details.

Naturalization is an important component of the City Plan and Edmonton's goal to significantly expand our tree canopy, but it will mean considerable change and transition in some locations from manicured to natural landscapes.

The coming engagement sessions are your opportunity to provide your input into these changes. These sessions will start at a high level to discuss overall goals and objectives of the City's naturalization plans. From there, the City will move to more site-specific engagement to discuss actual changes at each location. Engagement sessions will start this year and likely continue into next spring.

At the same time, Epcor is reviewing the

safety of all stormwater retention ponds. The space around each pond is managed and maintained by the City, but the pond itself and the banks around it are managed by Epcor. The line between areas of responsibility is different at each pond.

With two different organizations each bringing changes to stormwater retention ponds, the way each pond changes over the next several years will likely get complicated. I am working to get all work properly coordinated and communicated, and I appreciate your feedback as this work evolves.

**Snow Clearing** It was another challenging year for the City's snow clearing crews, despite a winter with relatively low snow accumulation. Warm weather in January caused early melting of the snowpack. While addressing those conditions, crews created large windrows on residential roads, repeating the errors of the 2021-22 winter season. Council will review this winter's plowing program in June.

We need to continue to find ways to improve our snow-clearing efforts, and I welcome your comments while they are still top-of-mind ahead of that June meeting.

If you have any municipal questions or concerns to share with me, please feel free to contact my office at [tim.cartmell@edmonton.ca](mailto:tim.cartmell@edmonton.ca) or by calling 780-496-8130.

## Community Notes

### Spring into Form!

It's not too late to register for the 18th Annual TRAC Community Run/Walk, which will be held on Sunday, May 28 at Mother Margaret Mary Catholic High School (directly behind the Terwillegar Community Recreation Centre).

The event includes 10K, 5K and 3K individual chip-timed races, a 3K family run/walk and a 1K kids fun run for children ages eight and under.

To register, please go to [runningroom.com](http://runningroom.com) and search under "races".

For more information on the event and to find out how you can get involved as a volunteer or sponsor, please contact the TRAC Community Office by email at [yegTRAC@gmail.com](mailto:yegTRAC@gmail.com) or call 780-439-9394.

See you on May 28!

### It's Picnic Season

Celebrate the beginning of summer with your neighbours! The Brookside Community Picnic will be held on Sunday, June 25 from 1 p.m. - 4 p.m. at Brookside Park.

There will be food trucks, family activities, door prizes and free hot dogs and beverages while supplies last!

All Brookside residents are welcome to attend. We hope to see you there!

## Brookview Community League Update

Play an integral role in our community. Volunteer!

**BCL AGM June 13, 2023, 5 – 6 p.m.** Please join us for the Brookview Community League (BCL) Annual General Meeting. You can attend virtually or in person at the community hall at 280 Bulyea Road. Come and hear what BCL has done over the last year. And, if you want to help make Brookview a better place to live, there are open board positions for Newsletter Editor, Casino Director and Civics Director. For more information including the link to the virtual meeting, visit [brookviewcommunityleague.ca](http://brookviewcommunityleague.ca).

**Pop-Up Community Garden** Brookview has been approved for Edmonton's Pop-up Community Garden Program. The temporary vegetable gardens will feature raised planter beds. We are looking for volunteers to set up and maintain our gardens. If you have a green thumb or just like digging in the dirt, contact [Lauren.Law@brookviewcommuitleague.ca](mailto:Lauren.Law@brookviewcommuitleague.ca).

**Brookview Preschool Registrations** for September 2023 Brookview Preschool offers a structured, play-based program in which students develop their social, emotional, physical and intellectual

self through a thoughtful curriculum with emphasis on emergent literacy, numeracy, art, health and the development of fundamental milestones. They are now accepting registrations for September 2023. For more info, see [brookviewpreschool.com](http://brookviewpreschool.com).

**The courts are open!** Tennis anyone? Grab a racquet and ball; it's time to play tennis and pickleball! The nets are up and waiting for you in G.H.V Bulyea Park. Just contact the league through the BCL website to get the gate code. And don't forget the volleyball court at Frank Victor Burton Field!

**BCL Community Swim, Sundays 5 – 7 p.m.** Looking for a family activity on Sunday evenings? Come to the Terwillegar Recreation Centre for the BCL Community Swim (and facility access). A current BCL membership card is required.

**BCL Website** For more Brookview news, check out [brookviewcommunityleague.ca](http://brookviewcommunityleague.ca).



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**HERE ARE THE FACTS:**

- Terwillegar Drive completion**
- New South Edmonton hospital**
- HEALTHCARE:**  
Hiring 3,600 new doctors, nurses, paramedics and health workers & 120 more Medical school seats
- EDUCATION:**  
New schools - hiring 3,000 more teachers and support staff
- AFFORDABILITY:**  
Support for families & Seniors, Lower fuel & utility costs
- CHILDCARE:**  
More spaces, higher quality, & lower cost
- SAFE COMMUNITIES:**  
Supporting our Police Officers and investing in Mental Health & Addictions support
- FISCAL RESPONSIBILITY:**  
\$13.4 Billion Debt repayment, investment of \$2 Billion into the Alberta Heritage Savings Trust Fund & \$2.4 Billion Surplus
- STRONGER ECONOMY:**  
Diversification - more jobs & higher wages

Premier Smith & Budget 2023 is investing in *Edmonton-Whitemud!*

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# Antioxidants vs. Free Radicals

There's a battle going on, and you should get involved

By Andrea Dreger, N.C, MCISc AHS



**D**uring my time in public health practice, I have heard many questions about nutrition and healthy living and often the same themes surface. One of the most common questions is, "Why do I need to eat fruits and vegetables?" I like to rephrase the question: "What is it about fruits and vegetables that make them so important to eat?"

Our bodies are constantly filtering harmful molecules found in our environment called free radicals. Air, water and byproducts from breathing and digestion all contribute free radicals. Although largely unavoidable, there are ways to combat the damage free radicals do by what we eat and the choices we make.

Free radicals are as spunky as they sound. Essentially, they are incomplete compounds that seek out other healthy and complete cells in our bodies and attack them. They can rob from the healthy cell in a way that impairs its function in that organ group (e.g. heart, muscle, eye), and even change the coded instructions in a strand of DNA. Although our bodies are able to replenish billions of cells a day, as we age our bodies become less efficient at keeping up with these attacks.

After research in the 1990s, scientists began to understand more about free radical damage and the role antioxidants play. Antioxidants work by providing a sacrificial molecule to the free radical so that your healthy cell is left untouched. However, this is only an option if there are antioxidants available. Food consumption that includes antioxidants helps prevent chronic disease, cancer, heart disease and vision impairments.

Many of us have heard the phrase "eat your colours." Choosing vibrant-coloured produce is an easy way to know you're picking something loaded with antioxidants and other vitamins and minerals. It's important to keep in mind, however, that antioxidants are not all the same and their roles are not interchangeable. Beta Carotene, vitamin C and vitamin E are some



common antioxidants, but each have unique behaviours and biological properties in the body: Beta Carotene (peppers, carrots, tomatoes, green leafy vegetables) stimulates white blood cell activity and regulates cell growth and division involved in reproduction; Vitamin C controls infections and fosters wound healing; Vitamin E enhances immune function and prevents clots in cardiac arteries.

Although this is not an exhaustive list, it gives an idea of the powerful impact food has and how it can work in our favour for long-term health and quality of life. Patients sometimes ask how long they need to eat a certain way to achieve the health benefits they are looking for. My response is: however long they want to maintain those improvements. My other response is that we can never underestimate the value of a healthy choice.

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## SOARING LANDS

Pre-Concept Open House

**Thursday, June 1, 2023**

5:30 pm to 8:00 pm (Drop-In)

Brander Gardens School, Gymnasium

14865 56 Avenue NW

For more information about the project visit [www.soaring.site](http://www.soaring.site)

The University of Alberta Properties Trust is preparing a development concept to guide the rezoning and subdivision of the Soaring Lands, a 10-acre site located in Brander Gardens.

Join us at the pre-concept open house to learn about the project, share ideas, and give input on the draft vision for the Soaring Lands. Your feedback at the pre-concept event will be used to inform the creation of future draft concepts. Draft concepts will not be part of the pre-concept open house.

A second open house is planned for fall 2023 where you will be able to see draft concepts and provide feedback.






# Details of the EPSB Budget

School board seeks to communicate the budget process

By Julie Kusiek, Trustee, Ward F



**A**s a Board of Trustees, we all want to do an excellent job for kids and for our communities. In last year's board self-evaluation, we identified the need to do more when it comes to communicating the budget process for the Edmonton Public School Board. This includes clear information on when and how feedback from parents, students, schools and constituents is incorporated into the budget process. I

invite you to look at this infographic (which can be seen in full at [epsb.ca/ourdistrict/budget](https://epsb.ca/ourdistrict/budget)) and to email me if you have any questions. (We are, of course, happy to hear from you any time in the year!)

Our board also developed election advocacy materials related to public education. They prioritize infrastructure, mental health and funding. I invite you to view these non-partisan documents and to ask these questions to provincial election candidates. We also invite you to share these documents widely. You can find a link to them from my website ([juliekusiek.ca](https://juliekusiek.ca)).



## How we distribute education funding to schools

### Education funding at a glance

Education funding in Alberta comes from the provincial government.

Like every child, each school is *unique*. Edmonton Public Schools distributes the funding to schools based on the number of students, learning needs, and other factors like building operations.

### School fees and fundraising

Families may be charged **school fees** for items or services related to enhancing educational experiences. The province's *School Fees Regulation* outlines the types of fees schools can and cannot charge for. School fees make up 2.4% of the total Division's annual revenue.

Many schools **fundraise** for special initiatives or events at a school. Fundraising is carried out with a specific purpose in mind for any funds raised.

**15.7%**

#### Operations and maintenance

- school building maintenance and repairs
- utility costs
- insurance
- custodial services

**3.6%**

#### Student transportation

- funding to transport students to schools

**3.1%**

#### Board and system administration

- Board of Trustees and related expenses
- administration includes costs associated with the operations of the Division, such as software licences, and legal and financial services

**76.5%**

#### Instruction

- salaries of school staff, including teachers, support staff and administration
- supplies and materials for teaching
- support for new provincial curriculum

**1.1%**

#### External services (offset by related revenue)

- school cafeteria
- community use of schools
- continuing education programs

**Division's expenses\***

\*based on 2022-23 budget

### How education funding flows to schools

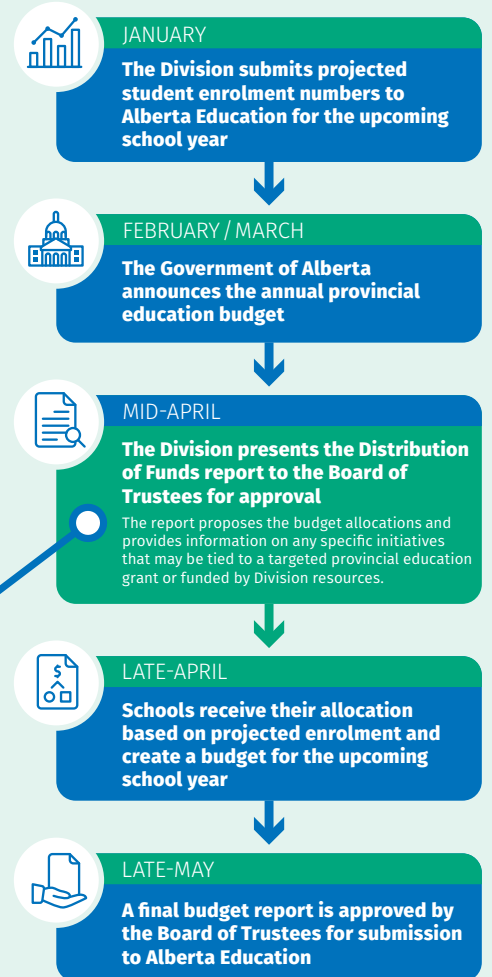
Funding comes from the province, and the Division distributes it to schools based on a number of factors, including:

- ✓ **number of students at a school**
- ✓ **students who require specialized learning supports**
- ✓ **supports for newcomers to Canada**
- ✓ **social vulnerability of the overall school population**
- ✓ **supports for First Nations, Métis, and Inuit students and initiatives**

The Division's budget aligns with the priorities set out in the **2022-26 Strategic Plan**:

- build on outstanding learning opportunities for all students
  - advance action towards anti-racism and reconciliation
  - promote a comprehensive approach to student and staff well-being and mental health
- Learn more about the 2022-26 Strategic Plan on [epsb.ca](https://epsb.ca).

### How it happens



Visit [epsb.ca/ourdistrict/budget](https://epsb.ca/ourdistrict/budget) for more information.



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Bulyea Heights  
Brander Gardens



# Home Fire Escape Planning

Make a plan - and make sure everyone knows it

**D**o you know what to do if there was a fire in your home? Being prepared for a fire emergency could save valuable time in the event of an emergency. Ensure every member of your home is familiar with this plan and that you practice it regularly:

- Draw a map of your home, including all doors and windows, and identify two ways out of every room.
- Make sure doors and windows are opened regularly to ensure they will work in an

- emergency.
  - Choose a meeting place a safe distance from your home. Ensure all members of the household know to meet there in case of an emergency.
  - Practice your home fire drill at night time and during the day.
  - If there were a real fire, once at the meeting place, you would call 9-1-1.
- For more information, read our Home Fire Escape Plan at [edmonton.ca](http://edmonton.ca).



## Top 5 Reasons to Visit the Southwest Edmonton Farmers' Market

SWEFM is back, open Wednesdays 3:30 - 7:30 p.m. in the Terwillegar Rec Centre Parking Lot E!

**Produce at its peak** Our vendors specialize in providing you with fruits and vegetables grown and harvested during their natural seasons, when produce is at its best and most affordable!



**So. Many. Options** Not looking for fruit or vegetables? SWEFM offers a variety of options including meat, sauces, spirits, ciders, canned jams and jellies and baked goods. Don't forget that the first Wednesday of each month features arts and crafts vendors in our Artisan Alley!!

**Build Community** SWEFM is a program of the Terwillegar-Riverbend Advisory Council, founded with a goal of building a gathering place for local residents where they can meet neighbors, make friends and support local business!

**Sprouts Club for Kids!** All kids aged 4-12 are invited to join this free club to learn about healthy eating, cooking, and supporting local farmers. Every week, kids receive a wooden token worth \$2 to spend at our fruit and vegetable vendors. The program is completely free and open to children from all communities.

**Support Small Business** When you shop at SWEFM, not only are you buying fresh and healthy food, you're also supporting the livelihood of the many hardworking people that grow, raise and make the food we eat and create the art we enjoy.

Join us for fun, food, & community connections!

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# Being Safe in Your Community

Vibrant neighbourhoods are safe neighbourhoods

By Eilish Lemieux, Edmonton-Riverbend Neighbourhood Watch Representative

Lately we all seem to be hearing about more crime happening in our communities. Whether you read it in the news or social media, learned about it from a friend of a friend, or even had something happen to you, it's distressing to hear. We all feel alarmed – even violated – when we hear about incidents of thefts, vandalism, threats or violence. Even more so when they happen close to home.

I'm writing this not to debate if there is an actual rise in crime or not, but because – whether it's a few crimes or more than a few – when people don't FEEL safe in their neighbourhoods, we have a problem.

A community where everyone sticks to themselves is just a group of buildings. What makes a community a community is interaction with others. How can interaction occur when people are afraid to go out? It can become a vicious circle: feeling unsafe causes people to stay home, but deserted streets and neighbourhoods can be a magnet for criminal activity. However, it doesn't have to be like this.

People are the lifeblood of a neighbourhood. In addition to animating a community, having more people out and about is a great crime prevention tool. Thriving neighbourhoods are busy neighbourhoods – ones where people are providing eyes and ears (intentionally or

unintentionally). The presence of people is key to deterring suspicious behaviour.

We want people to get outside and enjoy our trails, neighbourhoods and local businesses. And we want them to feel safe doing so. Just as we are not immune to crime, we aren't helpless either. There are some basic things we can all do to help notice potential crimes and suspicious behaviour.

Get out and about in your neighbourhood and try to meet your neighbours. Find a walking buddy and walk your block regularly. If you see something suspicious, report it to the Edmonton Police Service non-emergency line (780-423-4567). Make it part of your evening routine to do a 9 pm check, ensuring your cars, garages, windows and doors are locked and that valuables are not left in plain sight. Lock your doors when you leave the house – even if it's just to mow your lawn!

Try to crime-proof your property. Don't leave ladders and tools lying around that intruders could use to break into your home. Make it look like someone is always home and take care of your property; leave lights on, tend to your sidewalks and yard. Ask a trusted neighbour to look in on your house, check your mail and



shovel your sidewalks or mow your lawn while you're away.

Stay aware of your surroundings and try to avoid unnecessary risks.

Riverbend is an active and vibrant community, and we all want it to stay that way. Please check out the Neighbourhood Watch section of our website (under programs and initiatives at riverbendonline.ca). Your Riverbend Community League has the safety of its members top of mind and is working to provide relevant programs to meet your needs. Stay tuned for upcoming tips and best practices to help you stay safe in your community.



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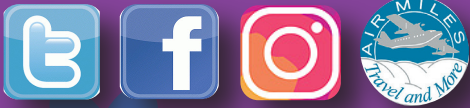
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