

The Riverbend Ragg-Times

A PUBLICATION OF THE RIVERBEND COMMUNITY LEAGUE

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Luxury Spa Gets Green Light

No plans to give top-of-bank access to the public

By Michael Ganley

Despite considerable opposition, Edmonton City Council unanimously approved a rezoning application for the Soaring property, in Brander Gardens, clearing the way for Scandinave Group to build a private spa on the site.

Former NHLer Vincent Damphousse – the co-founder, majority owner and executive chairman of Scandinave Group – appeared before Council to support the \$37.5 million project. He said the group started with a spa at Mont-Tremblant, in Quebec, in 1999. They expanded to Ontario’s Blue Mountain in 2006, to Old Montreal in 2009 and to Whistler in 2010. He called Soaring a breathtaking spot and said a spa will provide good jobs and boost the local economy.

The application was supported by the City of Edmonton’s destination marketing organization, Explore Edmonton, and by Edmonton Global, which works to attract investment to the region. “This is an economic opportunity that provides the visitor economy with more selection,” said Edmonton Global’s CEO, Malcolm Bruce.

Ward pihêsiwin Councillor Tim Cartmell also supported the project. “There’s really just an abundance of positives here that, for me, really outweigh the potential negatives,” he told CBC.

But several people opposed to the project also presented to Council. They focused on the ecological integrity of the river valley, on public



The City has approved rezoning for the Soaring property, making way for a Nordic spa in Brander Gardens.

access to the top of the riverbank, on increased traffic and on the exclusivity inherent in a luxury spa.

The land is zoned Rural Residential, but Council’s decision will switch that to Direct Control, which will allow Scandinave to build to

continued on p.5...

Shopping Local Makes a Difference

As Canadians rally together to buy Canadian, we can find so many benefits in supporting local small businesses

By Melissa Walker

All the friends, neighbours, and community members I’m bumping into these days are turning their attention to buying Canadian goods by shopping locally. Not only is this a good way to show Canadian pride and solidarity, but supporting local businesses can really benefit our local economy and, in turn, our community.

A new survey by Interac Corp. (Interac), conducted in February, revealed that 79 per cent of Canadians agree that supporting local businesses feels more important now than it did at this time last year.

When asked which businesses deserve support, most Canadians (82 per cent of those polled) prioritize micro and small businesses in their communities. Just over three quarters of respondents (76 per cent) believe local businesses are more important to their communities than online-only retailers (though, it should be noted that some small businesses start on the web and likely deserve our support as well).

If you’re spending your time and money shopping locally, you are helping to support your local economy. According to the Canadian government, almost two thirds

of the total private labour force are employed by small- to medium-sized businesses. Small businesses are some of the best job creators, so by keeping your dollars local, you could be helping to employ fellow community members.

The benefits don’t stop there. When we spend our dollars at local businesses, far more of them stay and recirculate in the local economy and even find their way to local charities. According to CapitalOne, local retailers retain 289 per cent more revenue for the local economy than chain stores do. Dollars spent at an independent business may

recirculate in the local economy an average of six to 15 times, and small businesses make up to 136 per cent more charitable donations per employee than businesses with 500 or more employees.

In and around Riverbend, we’re lucky to have lots of fantastic small business owners (and franchise owners) who work hard to bring us goods and services every day. They also add interest and personality to our community while being an integral part of it. Isn’t that worth more than anything money can buy?

Editor's Note

Ready for Anything

As editor, I hope to amplify the voices of community members who have knowledge and talents they would like to share

By Melissa Walker

Well, here it is. My first editor's note for the Riverbend Ragg-Times. I've been preparing, learning, and studying to get ready for this issue for some time now and I'm so thrilled to know it has landed in your mailboxes.

The Ragg, as we often call it, has been around since 1977 and I am honoured to be entrusted to continue its legacy. When I first moved to Riverbend in 2016, I was so delighted to receive a newspaper in my mailbox that told me all about our community and the news that mattered here. I think I have read every issue of the Ragg that I've received to ensure I didn't miss out on important community news or events.

I owe a big thank you to Michael Ganley for his five years of dedication to the Ragg-Times, bringing us news and information that matter to this community. Mike showed me the ropes, and helped me get ready for this issue. Most importantly, he also kindly answered my constant barrage of questions. I am delighted that Mike will continue to write some of the most important stories to our community, including this issue's cover story on recent developments in Brander Gardens.

I have big shoes to fill, but endeavour to continue to bring you stories relevant to your lives here in Riverbend and area and up-to-date information on the community we share. I also hope to bring you contributions from experts on areas that affect your lives. In this

issue we have a professional organizer giving us tips on helping our loved ones downsize, a chiropractor sharing how we can prevent and overcome pain and injuries, and a regular contribution from Staff Sergeant Michael Elliott, this time giving us tips on how to avoid being a victim of predatory towing.

I am not a professional writer, but have enjoyed writing my whole life. However, I hope to amplify the voices of many community members who have knowledge and talents they would like to share. I'd like to give David Rumbold a shout out for all of his work telling us about notable neighbours who have given so much to our community and the city we share. Don't miss his latest article in this issue — we have some amazing folks in our community and David will tell you about yet one more.

You don't have to be a professional, or even an enthusiast, to write for the Ragg-Times. If you have a topic that's important to you or an area in which you have expertise, don't hesitate to reach out. I'm happy to answer any questions you might have about submitting a story and to help you get an article ready for print.

You can reach me at raggtimes@riverbendonline.ca and be sure to follow us on social media as well! We can be found on Facebook (RiverbendRaggTimes) or Instagram (RaggTimes) and we would love to see you there.

Riverbendonline.ca

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President's Message



Let's get Together!

From recreation to events and volunteer opportunities, RCL is about coming together

By Mike Lupien

After a serious cold snap that forced the postponement of the Family Skate Fest, it was a pleasure to see so many community members out in full force on February 23 to enjoy some time on the Brookside skating rinks, games on the ice, snow creations, and hot chocolate with snacks by the fire. Thank you to Gina Thede and her volunteer team for making this event a success.

Events like this bring us together for fun and friendship; to mingle with our neighbours after being cooped up all winter and to celebrate the things we have in common. That's really what your community league is all about.

As a child, I remember the community league being the centre of the action in our neighbourhood for sports programs, social events, banquets, you name it. Everyone had a community league sticker on their front door, and all the skates on the rink had a colored tag. While community leagues have shifted with the times, it's comforting to know their purpose remains the largely unchanged. We're still the hub for activities and we continue to offer programs and services that bring our neighbours together. I'm excited for all the ideas our social committee plans to execute in the coming months.

Of course, we wouldn't be successful without our volunteers who give their time and expertise and our community members who share their talents, run clubs, or organize events like game nights and esports tournaments. All ideas are encouraged!

I'm proud to belong to the Riverbend community and honoured to serve as the president of the community league board. Thank you to Miep Raedschelders, our past president, for her leadership and guid-



Community members gather to celebrate Family Skate Fest and all of the hard work that went into the community rinks this year. Photo by Mary Lou Sedgwick.

ance for many years. And thanks to the current board members for their warm welcome and getting me up to speed with the activities of the board. It's a steep learning curve, and I'm jumping on for the ride.

The Riverbend Community League really is the heart of Riverbend, representing the communities of Brander Gardens, Brookside, Ramsay Heights and Rhatigan Ridge.

Remember to get your membership, participate in events, and let us know what you'd like to do with your neighbours. Keep up to date by reading the Riverbend Ragg-Times, visit our website at riverbendonline.ca, and follow us on Facebook ([riverbendCL](https://www.facebook.com/riverbendCL)) and Instagram ([riverbend_cl](https://www.instagram.com/riverbend_cl)).



Thank you for your time, expertise, and hard work throughout the ice skating season. We appreciate you and everything you do!



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Looking for a great facility for your group or event?



Conveniently located at 5320 143 Street, Brookside Hall has undergone a complete transformation, inside and outside! The hall features new flooring, kitchen, and security system. Solar panels were added and an exterior mural featuring four animals that are tied together with a series of Alberta rose images, wraps all the way around the hall. Two rinks and a playground are adjacent to this venue.

Daytime rentals are available! The hall is also suitable for birthday parties, smaller family functions, programming, or meetings.

To learn more about this amazing hall, visit www.riverbendonline.ca/hall-rentals/ or email rentals@riverbendonline.ca



TRAC Update

by Karin Shott

Ski Night @ Snow Valley

Luckily the extreme cold subsided for Saturday, February 8th and we were able to hold our annual Ski Night at Snow Valley. Participants were able to ski or snowboard from 6-9 p.m. at an excellent price point of \$30 which included a rental, lift ticket and a beginner lesson if needed. Thanks to everyone for attending, we hope you all enjoyed the event!

Looking to save the EFCL \$5 admin. fee on a community league membership purchase? Purchase your membership through the TRAC Community Office which is located inside the Terwillegar Recreation Centre (now called Booster Juice Recreation Centre in Terwillegar).

The office hours are: Mondays & Tuesdays 10 a.m. – 2 p.m.; Thursdays 4-8 p.m.; 1st & 3rd Saturday of the month 12 noon – 4 p.m. To contact the office, please email: yegtrac@gmail.com or call: 780-439-9394.

Community League memberships always have an August 31st expiry date.

“When you purchase a Community League membership, you help your Community League bring residents together, improve community amenities, and enhance the quality of life for you and your neighbours.” - www.efcl.org

TRAC Community Run/Walk - 2025

We are excited to announce that this year's TRAC Community Run/Walk will be held on

Sunday, May 25th at Mother Margaret Mary School (2010 Leger Road NW) @



9:00 a.m. We're always in need of sponsorship and volunteers to make this event happen. Please contact the TRAC Community Office if you're able to help or if you have any questions.

Save the Date for these Upcoming TRAC Events:

- TRAC AGM April: TBD
- Southwest Edmonton Farmers' Market - Opening Day: Wed. May 14, 2025
- TRAC Community Run/Walk: Sunday, May 25, 2025



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a maximum height of 16 metres.

The 4.8-hectare Soaring property, on Whitemud Road, was donated to the University of Alberta in 2010 by businessman and philanthropist Sandy MacTaggart and his wife, Cecile. At that point, the estate was valued at \$26 million. For a time, the university used it to host events and special occasions, but ultimately determined the property was not essential to academic purposes. The original home was demolished in 2018 and the property has sat vacant since then.

In the fall of 2022, the university asked the University of Alberta Properties Trust (UAPT) to redevelop the property. UAPT has a mandate to make a financial return to the university, but it has also always said it wants to ensure any development works for the community.

The development is opposed by the Edmonton River Valley Conservation Coalition and by the Confederacy of Treaty Six First Nations. The Confederacy's executive director, Kayli Avveduti, cited concern over the sale of river valley land to private owners and the lack of First Nations input in the decision making.

Local resident Deann Stein Hasinoff also spoke against the development, highlighting the need to minimize the impact of development on the river valley and expressing concern about uplighting, fencing and building height.

"It is disappointing that once again a Brander Gardens property is considered an exception to the top-of-bank policy," she said, referring to the City's Policy C542, which requires all new or redeveloping areas abutting the river valley to separate development from the valley. "We have a mixed population both socio-economically and in terms of age, with many residents choosing



The City plans to purchase a 10-metre strip of land at the northern edge of the property to build stairs to the Fort Edmonton Footbridge but is so far giving up the opportunity to build a top-of-bank pathway.

to age-in-place. I know residents who, as they age, find it difficult to walk into and out of the river valley but they love being in proximity to it. While the city plans to exercise its option to purchase the 10-metre strip of land to hopefully build stairs and a safer access point down into the valley, it is giving up the opportunity to build a top-of-bank pathway."

Scandinave has plans for patio space at the top

of bank, with glorious views of the river valley stretching out to the west, but no public access is in the plans for the approximately 200-metre stretch that runs along the Soaring property. "Whether in the valley or looking down onto it, this is an opportunity to give this to all residents of the community, not just those who can afford to use the spa," said Stein Hasinoff.



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A Leader in Tech and Community Involvement

Yasmin Jivraj emphasizes the importance of education and giving back

By Dave Rumbold

Local community and business leader, Yasmin Jivraj has had a remarkable impact in Edmonton, both in business and in community affairs. She's built several thriving businesses and has also managed to find the time to distinguish herself by giving back extensively to our shared community.

Yasmin's family came to Canada from Tanzania in east Africa in the 1970's, drawn by the access to quality education and diverse learning experiences available here. Always interested in technology, she graduated from Computing Science at the University of Alberta and began a career path in technology and automation that continues to this day. She started out as a developer of business software for financial and human resource systems. Sensing entrepreneurial opportunities, Yasmin and her husband Nadir established Edmonton based Atlas Systems in the late 1980's. Yasmin served as President, leading the growth of this successful enterprise which provided business software solutions to both the public and private sectors. Within 10 years, the company had merged with others to become Acrodex, also headquartered in Edmonton, growing to over 600 employees nationally, led by Yasmin as President. Acrodex grew to become one of the top 10 solutions providers in Canada and was bought by a US public firm in 2015. Not content to sit back, Yasmin and Nadir established Dexcent, an Engineering automation company where she currently serves on the Board and provides strategic guidance. Yasmin has been involved in her professional organization, the Canadian Information Processing Society (CIPS) throughout her career, in both local and national leadership roles.

Yasmin was in the first group to be awarded a

CIPS Fellowship in 2005, NAIT awarded her an Honorary Bachelor of Technology in Technology Management in 2011, and the University of Alberta awarded her an Alumni Award in 2012. In 2023, she was inducted into the Northern Alberta Business Hall of Fame by Junior Achievement Northern Alberta and received Alberta's Queen Elizabeth II Platinum Jubilee Medal. In the past she received the Premier's Award of Excellence (on behalf of Acrodex), and Chatelaine Magazine featured her as one of Canada's 100 women entrepreneurs.

Yasmin has made a profound impact here in Edmonton for decades. She has contributed to a long list of community organizations over the years, such as the Alberta Blue Cross, Alberta Foundation for the Arts, Edmonton Economic Development Corporation, Alberta Economic Development Authority, United Way of the Alberta Capital Region, and the local chapter of the Institute of Corporate Directors, amongst others. Nationally, she has served on the board of Aga Khan Foundation Canada, on the board of CBC Radio Canada, as Chair of Focus Canadian Humanitarian Assistance, and locally with the Aga Khan Council for Edmonton. She also finds time to serve as current Chair of the NAIT Board of Governors! Yasmin advocates for giving back — she feels that people should consider volunteering in their communities and helping impact others. It's a great way to grow personal and professional skills, learn to adapt and become more flexible, all while directly impacting others.

Enhancing educational and STEM opportunities for young women and increasing their participation in the technology workforce is Yasmin's goal. She co-founded the CIPS Women in Technology initiative which promotes STEM



Yasmin Jivraj is an award-winning community and business leader.

programming and careers to hundreds of grade nine girls each year and she's the co-founder of AlbertaWoman.AI which educates women on the career possibilities of artificial intelligence. She also Co-Chairs Junior Achievement She LEADS, a mentorship movement to involve more girls in entrepreneurship.

When asked, Yasmin references education as crucial in developing individual confidence and in strengthening communities. She is a lifelong student and works continuously to improve herself and her leadership skills. She believes in surrounding herself with creative, smart growth-minded people and in taking risks. Yasmin has achieved incredible success in everything she's been involved with over the years — and she's not planning to slow down anytime soon!

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Overcoming the Overwhelm of Downsizing

Practical advice for downsizing your loved ones

By Susan Pointe, MMSt



Downsizing your parent or parents is an emotional and complex logistical undertaking, requiring careful planning. It's more than just moving furniture; it's about navigating cherished memories and emotional attachments. To facilitate a smooth transition, consider these 10 key steps.

1. Begin early

The new space will inevitably be smaller, necessitating the selling, donation, or disposal of valued household items. The few charities that pick-up for free book 2-3 weeks in advance, and selling takes time. Spread out furniture shedding and packing days, elderly parents do not have the energy for a 5-day pack/move marathon.

2. Move First, Downsize After

Many do not consider this strategy but it can be helpful for some. It offers the possibility of more time.

3. Create an Inventory List

Go room by room, documenting each item and listing small but valuable items as single entries or "sets" (china, stemware, trains etc.). This inventory serves as a valuable tool allowing you and your parents to review belongings in a re-

laxed setting. It also enables you to categorize items for keeping, selling, donating or disposing, and to obtain accurate moving quotes.

4. Create a Floorplan.

Obtain a floor plan of their new home with measurements or measure the space yourself to create a layout. This helps visualize furniture placement, ensures everything will fit comfortably and aids decisions on what to let go.

5. Approach decluttering thoughtfully

Review the inventory list, encouraging your parents to discuss the practicality and emotional value of each item. Respect their decisions, even if you disagree, and consider temporary storage if needed. Be mindful of the current market for items like china and crystal, which may not hold as much value as anticipated.

6. Explore Selling Items

If you wish to recoup some financial value, consider hiring someone to list items on online marketplaces or contacting auction houses. Auction houses are interested in a wider range of items than many realize, including hand and power tools, garden tools, dolls, good quality children's toys, and sports memorabilia. Contact sellers with one clear photograph of each item. Seller fees typically range from 25 to 40 percent.

7. Listen & Empathize

Sentimental items are the most challenging

to part with. Discuss giving meaningful items to family members. Consider creating memory boxes, albums or digitizing photos. Make the time and encourage your parents to share their stories about these items. When discussions about sentimental items become emotionally taxing, shift to less demanding tasks like sorting clothing or books.

8. Consider Professional Assistance

Professional organizers will project manage your entire downsize and move. Professional movers are invaluable, consider them for pre-move packing of delicate items.

9. Create Comfort & Familiarity in the New Space

Make sure enough treasured items are retained (wall mounted art/photographs, decor) to personalize the new space to ensure it reflects your parents' personalities and feels like home.

10. Provide ongoing support

Moving to a smaller home can be challenging. Help your parents connect with their new community, visit regularly and address their concerns. Remember that this is a process, not a single event, and your ongoing support is crucial.

Susan Pointe is a professional organizer and downsizing coach in Riverbend.



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Teachers, Going Above and Beyond

Celebrating Exceptional Teachers with the Edwin Parr Award

By Julie Kusiek, Trustee and Board Chair, Edmonton Public School Board



The prestigious Edwin Parr Award celebrates educators who demonstrate exemplary teaching qualities early in their careers and is a tribute to Edwin Parr's commitment to education. Edwin Parr was the chair of

Athabasca School Division board, president of the Alberta School Trustees' Association from 1956 to 1962, and was on the County of Athabasca council from its formation in 1959 until his death in 1963. He always put students first and his commitment inspired the same dedication in many teachers. In 1964, to honour the influence and dedication of this educator and community leader, the Edwin Parr Teacher Award was established.

The award is presented annually to a first-

year teacher who exemplifies dedication to students. Trustees in each of the five Alberta School Boards Association (ASBA) provincial zones select a first-year teacher for special recognition at the ASBA Fall General Meeting. As a large metro school division hiring hundreds of new teachers each year, Edmonton Public School selects one recipient from our division.

At a recent Board meeting, we honoured five incredible first-year teachers. These finalists for Edmonton Public Schools were selected by their principals, based on the knowledge, skills, attitudes and commitment they have demonstrated in their schools. Each of these teachers strives to provide dynamic and engaging learning environments and experiences for their students. They are not only teachers; they're also inspirational leaders and role models who are devoted to students, both inside and outside the classroom.

The five nominees are:

Prerak Shah (Elder Dr. Francis Whiskeyjack School), Derek Repchuk (Highlands School), Lauren McDonald (Mayfield School), Sagan Speer (Westglen School) and Breanna Tran-Ly (Weinlos School).

Congratulations to all nominees and to the Edmonton Public Schools Edwin Parr recipient Breanna Tran-Ly.

I invite you to learn more about the incredible ways these teachers help to motivate students to develop a love of learning, often bringing new approaches and ideas to their classrooms and school communities. You can watch the recording at the 2:50:22 mark of the March 4, 2025 Board meeting, which can be found on the EPSB page on YouTube.

Congratulations teachers!

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Feeling Overwhelmed? You're Not Alone

While uncertainty abounds, we're coming together to get through it

By Rakhi Pancholi, MLA, Edmonton-Whitemud



Friends, there is a lot happening right now. If you're feeling overwhelmed and reading the news or social media seems like too much, you're not alone. Even as I write this, I know that by the time this article is published, even more might have changed. So, I ask for your patience if that has happened!

Global events and recent actions by the President of the US are having direct impacts on us and will continue to do so for some time. Tariffs and the "will-they-won't-they" situation we've been living in for months will affect the cost of goods and services, the free flow of our goods to market, the bottom line of our small businesses and the jobs of Canadians. It will affect our household budgets, which were already strained. It is understandable to be worried about this, as well as I know many of you are worried for family and friends in Ukraine.

Yet perhaps you are also feeling a reinvigorated sense of pride in our country and connection to fellow Canadians. I know I am. In this time of uncertainty, we can find certainty in our commitment to stand up for our country and each other. We can make a promise to spend our hard-earned money here on Canadian goods, in the small businesses in our community and in our local economy. We can display and wave our flag with pride. We can support each other and remember that it's not just that "I am Canadian", but that "We are Canadian."

During challenging times, we need focused, ethical, and competent leadership. However, many of you are aware of the recent allegations of UCP political interference and government pressure into very lucrative public contracts for private surgical facilities on behalf of their friends. It is also alleged that both the Minister of Health and Premier attempted to cover this up by firing the CEO and the Board of Alberta Health Services. It amounts to the worst allegations of corruption in Alberta's history and nothing short of a full public inquiry will give Albertans the answers they deserve.

This is at a time when Albertans continue to struggle with access to health care, such as surgeries, treatments and a family doctor. A government that is more focused on enriching their friends with taxpayer dollars — while also introducing a deficit budget with no plan to meet the economic and social challenges ahead — is not one that is focused on the priorities of you and your family.

I remain focused on the needs of our community and what lies ahead for our city, province and country. By the time you read this, I will have held a town hall in Brookview and if you were not able to attend, I hope you will still take the time to reach out to me so I can answer your questions and listen to your concerns and ideas. As always, you can reach me at Edmonton.Whitemud@assembly.ab.ca or (780) 413-5970. Be well and elbows up!



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Get Growing with the Green & Gold Community Garden

A call for volunteers to grow food for a cause

By Margaret Milner

Want to get your hands dirty? The Green & Gold Community Garden (GGCG) is always looking for new volunteers interested in being part of a vibrant, land-based learning community that is passionate about growing food. Funds raised from the sale of produce from our garden supports the Tubahumurize Association in Rwanda, a not-for-profit organization that supports socially and economically marginalized women through counselling, vocational training, health education, microcredit loans and employment opportunities. We also have connections with many local organizations that support our efforts to grow food using sustainable and alternative gardening methods.

The GGCG is situated on the University of Alberta farm on south Campus in the heart of Edmonton. We welcome folks of all ages (including families with young children) and structure volunteer activities to suit varying abilities — no gardening experience is necessary!

Two orientation dates are scheduled for new and returning volunteers for the 2025 growing season:

- Saturday April 12th from 11:00 a.m. to 12:30 p.m.
- Saturday April 19th from 11:00 a.m. to 12:30 p.m.

For additional information to sign up to volunteer or join our mailing list, please visit our



Volunteers at the Green and Gold Garden get to enjoy a beautiful setting while exercising their green thumbs. Photo by Margaret Milner.

website greengoldgarden.com or email us at gsgarden@ualberta.ca.

Have your say!

Riverbend Community League wants to know what you think

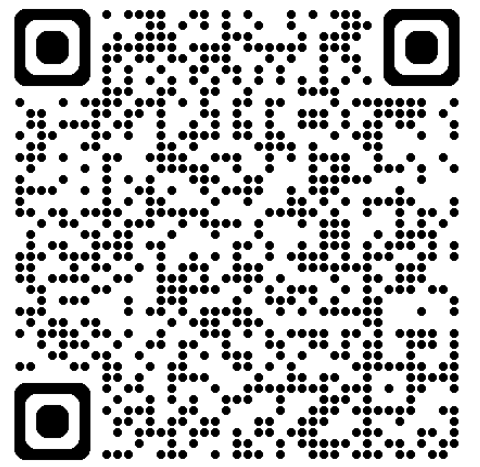
Is having access to the Riverbend Community League – Brookside Hall skating change room and washrooms important to you?

Riverbend Community League responded to community requests for access to the Brookside Hall skating change room by organizing a pilot project in January and February, 2025.

The Brookside Hall change room and washrooms were open most Fridays (4-8 pm) Saturdays (4-8 pm)

and Sundays (1-5 pm) with an attendant on site.

Whether or not you were able to experience the change room, please answer our six-question survey by scanning the nearby QR code. The purpose of the survey is to collect information to supplement Brookside Hall usage statistics collected during the pilot project. The survey will remain active until March 31, 2025.



Riverbend Community League - Brookside Hall Skating Change room/ Washroom Community Survey.



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A Practical, Collaborative Approach for Edmonton

Whether it's supporting the local economy or building infrastructure, we can make improvements when we work together

By Tim Cartmell, City Councillor, Ward pihêsiwin



After our long, cold winter, it's a relief to see temperatures warming and snow finally melting as we emerge from our collective hibernation. Of course, with the thaw comes Edmonton's unofficial fifth season —

pothole season! While City crews are working overtime to fill these car-swallowing craters, it's a perfect reminder of why I've been reflecting on what "Building it Better" truly means for our city and southwest communities.

Building Our Local Economy Together

The recently approved rezoning in Brander Gardens for a Nordic spa represents the kind of thoughtful development we need — one that enhances our natural assets while creating local economic opportunities. After hearing from over 90 residents with diverse perspectives, I supported this high-quality wellness facility that will operate year-round, complementing our winter city identity while preserving the river valley's beauty. I understand not everyone agrees, and I remain committed to ensuring this development respects our community character as it progress-

es.

This local project connects to a larger economic picture: investing strategically to strengthen Edmonton's resilience. The proposed Downtown Community Revitalization Levy extension exemplifies this approach. By generating up to \$975 million for catalyst projects downtown, we create a stronger economic core that benefits all Edmontonians. Since 2015, this approach has attracted \$4.7 billion in development, generating tax revenue that takes pressure off residential neighbourhoods like ours.

This local economic focus becomes even more critical as we face the unpredictable nature of the US-Canada trade relationship. With the threat of tariffs creating uncertainty for the 15-20% of Edmonton businesses exporting directly to the US and nearly all feeling supply chain impacts, we must support our neighbours who own and operate local businesses. This isn't about turning inward but rather recognizing the strength in our community connections — whether at farmers' markets, neighbourhood shops, or even your local franchises, which employ our neighbours and often source Alberta products.

Building Better Infrastructure

Our approach to building infrastructure needs

the same thoughtful consideration. The Complete Streets Design Standards, despite good intentions, require practical refinement. With industry partners raising 800 comments about implementation challenges, from construction costs to snow clearing practicalities, we need flexible guidelines that create great streets while respecting neighbourhood character and fiscal responsibility.

This connects directly to our infrastructure management. As an engineer with 30+ years of experience, I know we can coordinate our major projects better — from delayed LRT construction to the upcoming bridge closures that will dramatically impact river crossings for years to come. Without better coordination, Edmonton risks becoming one giant construction zone. Building it better means minimizing disruption while delivering needed infrastructure that serves our growing city efficiently and affordably.

In these interconnected challenges, I see tremendous opportunity for Edmonton when we take a practical, collaborative approach. I'd love to continue this conversation — reach me at info@timcartmell.ca.

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Aches, Pains & Stiffness: Is It Aging or Something Else?

How getting up and moving can help you feel better

By Dr. Joseph Tanti



Have you ever thought your aches, pains and stiffness were just part of getting older — and that nothing can be done about it? If so, this may be the most important thing you

Close your eyes and remember — you felt great! But it wasn't just your age; your lifestyle was different.

You slept 10 hours, ate home-cooked meals and spent your day running, playing and being active. Gym class, recess, sports and more play after school. You fought bedtime, arguing you weren't tired — though you were exhausted.

Now? Long work hours, occasional exercise and hours of sitting. While sitting may (or may not) be the new smoking, over time your activity levels dropped. Stiffness crept in, followed by pain — slowly at first, then all at once.

What Can You Do?

Get moving again! The Canadian Movement and Activity Guidelines recommend a minimum of 150 minutes of moderate to vigorous activity per week — just 30 minutes a day, five days a week. More is even better!

Yet here's the catch: If movement causes pain, you may want to stop altogether. While rest may feel good short-term, it often makes things worse over time. You've heard the saying, "Move it or lose it." It's true — if you stop moving, eventually you may not be able to.

That's where chiropractors, physiotherapists and massage therapists help — getting you out of pain so you can get active again.

Yes, aging changes your muscles, joints and tendons, but it doesn't mean you have to live with stiffness, soreness and pain. What you do matters. So get moving, stay active and enjoy the spring while it lasts — winter will be back before we know it!

Dr. Joseph Tanti is a chiropractor and chiropractic orthopaedic specialist practising in Riverbend.

read all year.

I hear it every day: "Doc, it's because I'm getting older." "Ever since I turned X..." What's funny is that "X" is never the same!

People tell me, "I wake up stiff, my knees crack, stairs are harder and my back aches when I walk or bend." Sound familiar?

Many assume it's just aging. Some blame genetics. Yet often the real issue is something else.

Let's Go Back in Time

Think about when you were 13. Seriously.

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- Good Friday, April 18th 10:30 a.m. Worship
- Easter Sunday, April 20th 10:30 a.m. Worship

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Family Fun at Family Skate Fest

Melting ice didn't slow anyone down

It was over five degrees and sunny but that didn't stop dozens of families from coming out to enjoy the Riverbend Community League's annual Family Skate Fest on February 23 at the Brookside Rinks. They built snowmen, gathered around the fire pit, splashed through the puddles and threw snowballs. A few brave souls even ventured out onto the ice.

The Skate Fest was initially scheduled for the previous Monday -- Family Day -- but daytime highs around minus 25 caused the organizing committee to postpone the event for a few days. Then the weather broke mid-week and by Sunday it was starting to feel like spring. "We didn't want to postpone it any longer," said organizer Gina Thede. "We might not have any ice by next week!"

Skating and shinny took a bit of a back seat since the ice was getting pretty chopped up, but there were still cookies and hot chocolate to be enjoyed and neighbours to catch up with.

Thanks to the RCL and the organizing committee for putting the Skate Fest together and to all the people from Riverbend and beyond who came out to enjoy the day.

While the weather has been either very cold or unseasonably warm throughout this skating season, rink volunteers worked hard to make sure the community rinks could be enjoyed when conditions allowed. Thank you to the hard-working volunteers this 2024-25 season.



Community members had a blast on and off the ice at Family Skate Fest, despite the warmer than average temperatures.



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Watch Out for Predatory Towing

Know your rights when having your vehicle towed

By Staff Sergeant Michael Elliott, Edmonton Police Service

Getting into a collision or breaking down on the side of the road can be stressful and creates anxiety and potentially confusion. If you have road side assistance, you are a call away from having a reputable tow truck to assist. If you do not have roadside assistance, you have to connect with a reputable tow company to help.

Today, I'd like to touch of the topic of predatory towing and knowing your rights. What is it? Predatory towing is when a tow truck arrives at a collision or breakdown, uninvited. Upon arrival, they usually then pressure you to use their services and charge inflated prices. They will also hold your vehicle until you pay an inflated price to release your it from their tow lot.

What are your rights?

1. You have the right to refuse unsolicited towing services. Please use a reputable company, such as AMA, when seeking services from a

tow company.

2. You have the right to choose who tows your vehicle and where, unless directed by the Edmonton Police.
3. You have the right to access your vehicle to acquire your personal items at the tow lot/storage area during their business hours.
4. You have the right to ask for a quote prior for any tow service taking your vehicle, including the impound fees. Ask for a detailed invoice when you pay for the service.
5. If a tow company recommends bringing your vehicle to a specific lot or garage, ask if they received a kick back from the location. You have the right to tow your vehicle to a specific location.

I hope these tips provide you with clarity if you are faced with an unfortunate incident on the side of the road.

Tariffs and Threats to Our Sovereignty

America's tariffs on some Canadian goods have landed and there could be consequences for everyone

By Matt Jeneroux, MP, Edmonton Riverbend



Many in our community have reached out regarding the escalating trade tensions with the U.S. I wanted to provide a summary of the situation and its potential impact.

On February 1, 2025, U.S. President Donald Trump announced a 25% tariff on all imports from Canada and Mexico, except for Canadian energy exports, which face a 10% tariff. Originally set to take effect on February 4, the tariffs were delayed to March 4. Despite conflicting signals from Trump and the White House thereafter, the tariffs took effect on March 4, with some exceptions made on March 6.

Alberta, heavily reliant on resource exports, faces serious consequences. The tariff on energy exports threatens profit margins and jobs, while Canada's \$15 billion in retaliatory tariffs on U.S. goods—targeting agricultural products, cars, and consumer goods—may drive up costs for Canadian businesses and consumers. The Bank of Canada has warned that these tariffs pose a major risk to inflation, growth, and financial stability, with analysts cautioning that Canada and Mexico could face recessionary pressures if the dispute escalates further.

Compounding his tariff announcements, Trump has repeatedly suggested that Canada should become the 51st U.S. state, framing it as a solution to trade and security issues. While dismissed by many as unrealistic, his remarks have fueled concerns about the direction of Canada-U.S. relations under his administration. This continued escalation threatens our industries, jobs, and economic confidence. A diplomatic resolution is critical to preventing lasting damage to Canada-U.S. trade relations and economic stability.

At this critical moment, the government's decision to prorogue Parliament until March 24 has left Canada without a fully engaged parliament (and opposition) to respond to the crisis. We have repeatedly urged the Liberals to take action—Parliament must be recalled immediately to address the current national crisis. It's time for the Liberal government to put our country ahead of its party.

My colleagues and I are committed to advocating for Canadians. A key part of this process is hearing directly from you. Please don't hesitate to reach out to my office with your thoughts.

Rain or Shine, SWEFM will be back!

May will be here before we know it and so will the Southwest Edmonton Farmers' Market

By Karin Shott

We are so excited to be back again this year for our 14th season of the Southwest Edmonton Farmers' Market. There are so many exciting things we will be bringing to the Terwillegar neighbourhood, so let's get started!

Our season starts on Wednesday May 14th from 3:30 p.m. to 7:30 p.m. rain or shine in Lot E (Front Lot) at the Terwillegar Recreation Centre. We run every Wednesday until October 8th. SWEFM is a make, bake or grow market with a variety of amazing vendors to supply our community with fresh products and handmade goods.

The most exciting news we have for this season is that we are pleased to announce that the much loved 'Sprouts Program' will be continuing! This is a free nutrition program for children ages 4-12 years old that gives them the opportunity to purchase fruits, vegetables, and food plants with a "Sprouts Token". The purpose of the program is to introduce kids to nutritional food choices, empower children to make their own healthy eating choices, educate them about where their food comes from, and encourage them to lead a healthy lifestyle. Part of running the Sprouts program is community sponsorship. If you or your company think you might want to

proudly sponsor this fantastic program, please contact the Sprouts Coordinator at: swefm.sprouts@gmail.com.

Other news is that we will again have the Community Tent Program. This tent is available for not-for-profit organizations who wish to introduce themselves into our community to help raise their profile. For more information stop by www.swefm.ca and click on the Community page.

SWEFM is always looking for volunteers to help with our market each Wednesday throughout the summer. This is a great opportunity for high school students or retirees to support their community and be part of our amazing market.

Again, this season, we will be offering our Young Vendors Program. Last season our Young Vendors were an enjoyable addition to our market each week. This program recognizes young entrepreneurs between the ages of 13 to 17 who want to explore the world of Farmers' Markets to sell their products. For more information, visit our website www.swefm.ca and click on Young Vendors.

Keep up to date with all of our news and events at www.swefm.ca, Facebook, Twitter and Instagram. See you all in May!



We have Spring Inventory... And more to come!



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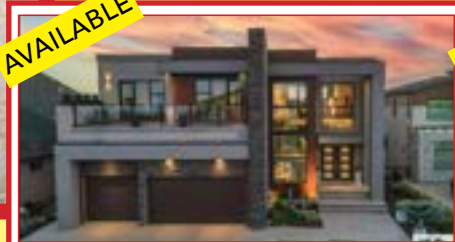
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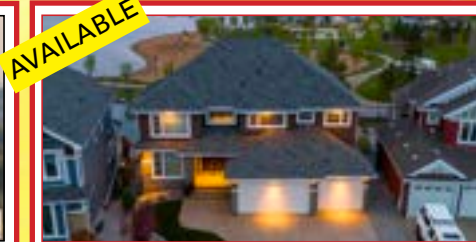
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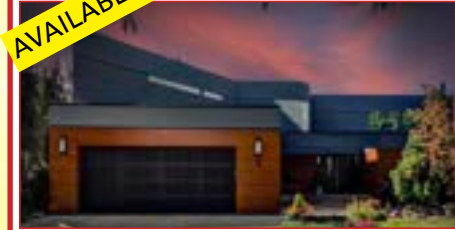
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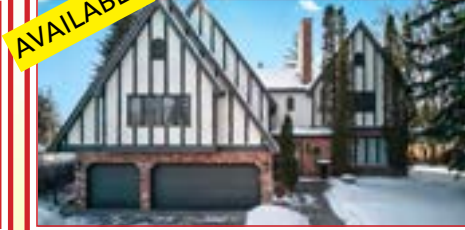
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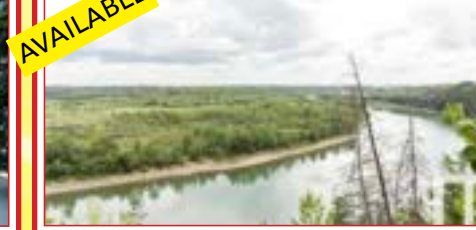
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