

The Riverbend Ragg-Times

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Rethinking the Terwillegar bus lane: a question of value and practicality

New transit infrastructure connecting 53rd Avenue to Terwillegar Drive prompts debate over cost, limited use and potential shared access solutions

By Jesse Hill

Residents of Riverbend will soon see the opening of a new bus-only lane connecting 53rd Avenue to Terwillegar Drive, part of the broader Terwillegar Drive expansion. While investments in infrastructure are essential to a growing city, this particular project raises an important question: are we getting appropriate value for our taxpayer dollars?

The lane, which city officials say cost approximately \$10 million to construct, including earthworks, paving, and a retaining wall, will be used by just one bus route at the time of opening: Route 31. This route operates on weekdays between 6:00 a.m. and 7:00 p.m., with service intervals ranging from 15 to 30 minutes. Outside of those hours, the lane will sit entirely unused. Even during operating times, the level of bus traffic appears limited, prompting concerns that this piece of infrastructure will remain significantly underutilized for the foreseeable future.

From a local perspective, the issue is not merely theoretical. Residents of nearby communities, such as Brookside and Brander Gardens, frequently travel southbound on Terwillegar Drive. Allow-



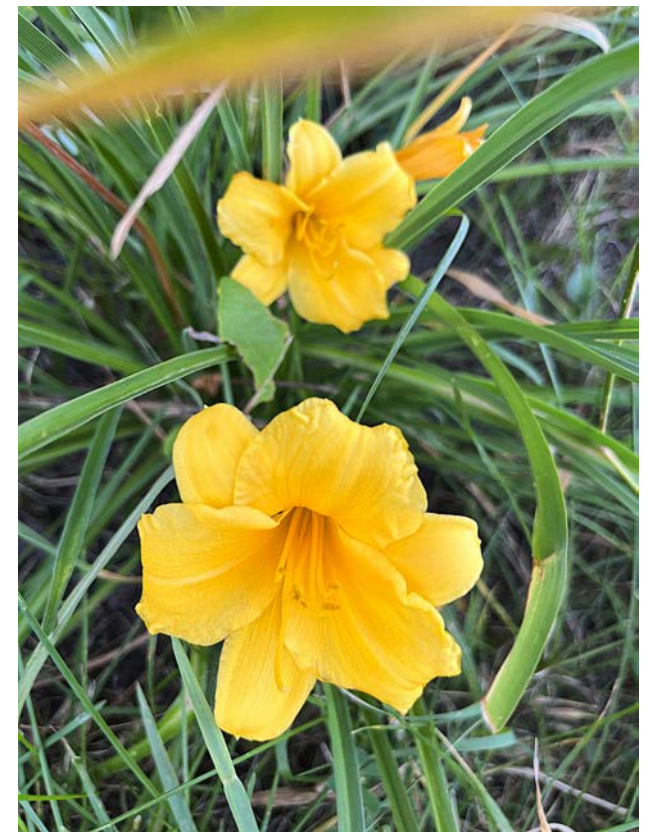
A newly constructed bus-only lane connects 53rd Avenue to Terwillegar Drive in Riverbend, part of a broader road expansion project aimed at improving transit flow.

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Brander Community Garden: growing community!

A collaborative gardening model in Riverbend is fostering community spirit, learning and shared harvests for residents of all ages and abilities

By Sheryl Bowhay



Flowers bloom at Brander Community Garden, a volunteer-run space where Riverbend residents come together to grow food, share knowledge and build community.

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Dr. Rob Agostinis' story of resilience and recovery

Local physician and volunteer shares his journey after a rare diagnosis, highlighting the role of aqua therapy and need to rebuild a key rehabilitation space

By Priyanka Kunyk

You may know him from around our shared neighbourhoods, the Oak Hills Community Hub, Riverbend ROCKS and so much more, but he's been through a lot. Four years ago, community member and volunteer Dr. Rob Agostinis was a healthy, active physician when a sudden illness changed the course of his life.

He was diagnosed with anti-neurofascin syndrome, an extremely rare autoimmune disorder in which antibodies attack the junctions between nerves. Within days, he lost the ability to speak, breathe and

move. He was paralyzed from the jaw down. At the time of his diagnosis, he was told that he was only the 17th documented case in the world.

After months in acute care and intensive treatment, Dr. Agostinis was transferred to the Glenrose Rehabilitation Hospital, where specialized rehabilitation began the long process of rebuilding his strength. Through coordinated physical and occupational therapy, clinics and advanced programs, his recovery progressed steadily. One space in particular became central to that progress: the therapeutic pool.

Today, that therapeutic pool sits empty following its closure in November 2024 owing to structural failure.

"Aqua therapy is the type of exercise that should be part of everyone's rehabilitation plan. The water allows you to move without restriction. It boosts your serotonin levels and lifts your mood. I'm proud we have the Glenrose in Edmonton, but we really need a new pool," says Dr. Agostinis.

On April 18, Dr. Agostinis shared his story of resilience, recovery and the impact of aqua therapy as keynote speaker at the Foundation's



Dr. Rob Agostinis is advocating for the return of aqua therapy at the Glenrose Rehabilitation Hospital. Alfie & Donvi Photography

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Infill, change and community

Infill prompts debate over sustainability, affordability and neighbourhood change

By Melissa Walker

Infill development has become one of the most talked-about topics in our city, and for good reason.

Edmonton is growing, and established neighbourhoods like those in Riverbend remain highly desirable places to live. With that demand comes pressure: where do new homes go, and how do we make space for new neighbours while preserving what we already love?

At its core, infill is the practice of building on vacant or underused land within the city, rather than expanding outward. There are clear advantages to this approach. Growing inward is more sustainable and cost-effective, reducing the need to extend roads, sewer lines and transit services to the edges of the city. Infill can also provide more housing choice in neighbourhoods where prices have risen significantly, while supporting walkability, transit use and more energy-efficient homes.

But alongside these benefits come very real concerns.

Residents have raised questions about increased traffic

and limited parking, as well as the impact of taller buildings on sunlight for gardens and solar panels. Others worry about preserving the unique character of our neighbourhoods — and it's true, Riverbend is home to many distinctive and well-loved properties.

Past infill hasn't always helped ease these concerns. In some past cases, large, out-of-place homes replaced older properties without reflecting the character of the surrounding area. That history shapes how many residents feel about what comes next.

There are also conversations about affordability and who new developments might bring into the community. It's important we approach that carefully as great neighbours come in all forms of housing. Many of our neighbourhoods, including Brander Gardens, already include a mix of renters and homeowners, and they are stronger for it. I live in a higher-density area myself, and I wouldn't trade my neighbours for the world.

City Council has made re-

cent changes to zoning and continues to review feedback from residents, including at a public hearing this spring. There is also growing focus on accountability, with discussions about stronger penalties for builders who do not meet standards.

Ultimately, this is about balance. We need to find a way to welcome growth while maintaining the character and livability of our neighbourhoods.

Change can be challenging, but it is also inevitable. How we respond to it will shape our community for years to come. No matter what happens, let's be welcoming to our new neighbours and community members, ensuring that Riverbend and area remain a wonderful place to call home.



Learn more about infill in Edmonton by scanning the QR code to visit the City's web page, **Infill in your Neighbourhood**.

Riverbendonline.ca

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President's Message



Finding the community feeling

From infrastructure projects to local programming, community leagues help residents stay informed, engaged and connected to their neighbourhood

By Mike Lupien

I recently attended the open house for Stage Three of the Terwillegar Drive Expansion that will see Terwillegar Drive and Anthony Henday Drive interchange upgrades, road widening, dedicated transit lanes and a shared pathway. Construction begins this spring and is expected to take approximately two years.

Seeing a steady stream of people coming and going, learning the fine details of the project and having their questions answered had me thinking about how community leagues help our residents connect, and voice their ideas, agreement or concerns with issues that affect the neighbourhood.

Community leagues bring neighbours closer together and are vital to building communities and

the city as a whole. Leagues like ours offer activities like skating at the Brookside rinks, yoga lessons and childcare at the Riverbend community centre, hall rentals and information sessions, to name a few. They also let residents have a say when it comes to shaping the amenities and values of their neighbourhoods. What should we do with our tennis courts? Should we expand our community gardens? What kind of special events should we organize?

A big part of engaging in your community is understanding what is going on in and around your neighbourhood and the impact it has. Reaching out to the community league to share your thoughts is a good start, and having a seat at the table as a board mem-

ber is even better.

We're lucky as a community league to have regular updates from our MP, MLA, City Councillor, Neighbourhood Resource Coordinator, and School Board Trustee. When issues arise, we can speak directly with our elected representatives, not just as individuals but as a united group to provide input, develop ideas around new services and amenities or find solutions to existing problems.

We all belong to a community of some kind that shares the same interests and values. Community leagues provide the space and structure to create community within your neighbourhood. They bring neighbours together, provide recreation and programming, develop and maintain amenities and repre-



Community leagues provide opportunities for residents to learn and engage with one another, highlighted by a recent falls prevention and preparedness information session.

sent community interests.

You have a voice when it comes to matters that are important to your neighbourhood, and community leagues are here to support you.



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6.30 pm doors open

7 pm Presentation and Discussion

Riverbend Community Centre

258 Rhatigan Road E

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Register Here



Presented by Don Brookwell, B.A., B.Ed. Educator with The Today Centre



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...Bus lane continued from p.1

ing controlled access to this new lane could meaningfully reduce travel times and improve traffic flow without materially impacting transit service. In aggregate, these time savings could translate into a meaningful benefit for the community.

City officials have indicated that allowing general traffic was considered but ultimately rejected following a technical assessment. The primary concern they cited was that opening the lane could encourage drivers to bypass the existing southbound exit from Whitemud Drive to Terwillegar Drive, potentially altering traffic patterns in unintended ways. While this concern is understandable, it is not insurmountable.

There are practical, balanced solutions that could address both efficiency and safety. For example:

- Restricting the lane to bus-only use during

peak commuting hours, while allowing general traffic during off-peak periods when demand is low.

- Implementing clear lane controls such as a solid white line leading up to key intersections to prevent unsafe merging or weaving.

These types of measures are already used effectively elsewhere in the city and could provide a compromise that maximizes the utility of the infrastructure while preserving transit reliability.

Public infrastructure should be designed not only for long-term vision but also for present-day practicality. In its current form, this project risks becoming an expensive asset that delivers limited real-world benefit. With modest adjustments, however, it could better serve both transit users and the broader driving public.

I invite residents who share these concerns to



A satellite view shows the new bus-only lane linking 53rd Avenue and Terwillegar Drive, highlighting its location within the Riverbend area.

contact jessehill7@gmail.com, and if there is sufficient interest, we can request a meeting with our Councillor and the traffic planning team.

...BCG continued from p.1

Brander Community Garden is a program of Riverbend Community League located in the old batting cage at 14710 53 Avenue, next to St. Monica Elementary School. We strive to create and foster a gardening community in our neighbourhood to promote personal, neighbourhood and environmental well-being. We are proud of our collaboration with the Complex Community Garden, a small but vibrant hub of social interaction and community connection. Both gardens provide much more than vegetables and more green space in the community; they create opportunities to connect with neighbours and learn from each other. It inspires leadership and teamwork, promotes learning and encourages collaboration and resilience.

We are always looking for new members who have an interest in gardening and cultivating community spirit in Riverbend. No one owns or rents a plot; everyone volunteers their time to make the garden a success. Produce is harvested and shared among gardeners and our community. As a program of Riverbend Community League, we do ask that all gardeners maintain a community league membership.

This season is going to see us expand our infrastructure by replacing two small, deteriorating beds in the batting cage with new, purpose-built

cedar beds. These beds will expand our growing space thus increasing the yield of our harvest.

The annual RCL Compost Sale will be hosted at The Cage on Saturday, May 16, 2026, from 12:00 to 4 :00 p.m. We encourage you to pre-order our mushroom manure compost as it is a favourite among serious gardeners. One of our new customers reached out to confirm this year's date and said "Your compost is great, I am really happy with the results!"

Keep your eyes open for the return of our Little Library! In addition to collecting and sharing books, we also have a seed library. A seed library creates the opportunity for gardeners to share leftover seeds with others once their own gardens and flower beds are planted.

Once spring has sprung, you will find us in the garden on Saturday mornings from 10:00 a.m. to 1:00 p.m. Members also have access to the garden at their convenience. Our first session, spring clean-up and early sowing, is on the same day as the compost sale. We welcome everyone to our gardening community regardless of age or ability. Drop in, join us and learn more about our collaborative gardening model. For more information about events and activities, get in touch by searching "Brander Community Garden" on Facebook, contacting Riverbend Community League, or



The Little Library at Brander Community Garden offers books and a seed exchange, encouraging residents to share resources and connect through gardening.

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More than ABCs: what kids need for kindergarten

From managing emotions to building confidence, families can support well-rounded development to ease the transition into school

By Riverbend Playschool

Kindergarten readiness is about much more than knowing letters and numbers — it's about helping children develop the social, emotional, physical and cognitive skills they need to thrive in a structured learning environment. While every child grows at their own pace, there are common areas that families and educators can focus on to support a smooth and confident transition into kindergarten.

One of the most important aspects of readiness is social and emotional development. Children entering kindergarten should be beginning to manage their emotions, follow simple routines and interact positively with peers. They'll need skills such as taking turns, sharing, listening to others and even manners! By kindergarten, expressing needs appropriately is essential in a classroom setting; children need to know how to ask for what they need or want but also employ patience and impulse control. Confidence and independence

also play a key role. A child who can separate from caregivers with minimal distress and try new activities is better equipped to engage in learning opportunities.

Communication and early literacy skills are another cornerstone of readiness. This doesn't mean children need to be able to read before kindergarten, but they should be comfortable expressing themselves, listening to stories and recognizing some letters or sounds. Regularly reading with children, singing songs and engaging in conversations helps build vocabulary and comprehension. Encouraging curiosity about books and storytelling lays a strong foundation for future reading success.

Basic numeracy and problem-solving skills are also helpful. Children benefit from recognizing numbers, counting objects and understanding simple concepts like sorting, patterns and sizes. These skills are developed naturally through play

— stacking blocks, playing with puzzles, sorting toys to put away or helping with everyday tasks like setting the table.

Physical development is another key component. Fine motor skills such as holding a pencil, using scissors or drawing shapes prepare children for writing and classroom tasks. Gross motor skills like running, jumping and balancing (for those who are able) support overall coordination and participation in physical activities. Providing opportunities for both structured and unstructured play helps strengthen these abilities.

Equally important are self-help skills. Children who can manage basic tasks — such as dressing themselves, using the washroom independently, washing hands and opening lunch containers — feel more confident and require less assistance throughout the day. Children need to be able to complete familiar tasks through their own decision-making process and focus without continual

prompting. Practicing these routines at home can make a significant difference in a child's comfort level at school.

Finally, fostering a positive attitude toward learning is perhaps the most valuable preparation of all. When children are encouraged to ask questions, explore and persist through challenges, they develop a love of learning that will carry them through their school years. Parents and caregivers can support this by creating a supportive environment where effort is praised and mistakes are seen as opportunities to grow.

Kindergarten readiness is not about perfection or meeting a rigid checklist. It is about nurturing well-rounded development and building the confidence children need to step into a new environment. With support, encouragement and opportunities to practice essential skills, children can begin kindergarten ready to learn, connect and succeed.

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Redrawing the lines: concerns over Alberta's electoral changes

Decision to sideline the independent boundaries commission raises questions about fairness, representation and the future of democratic norms in the province

Rakhi Pancholi, MLA, Edmonton-Whitemud and Deputy Leader of the Official Opposition



It took a long time, but spring is finally here! This is my favourite time of year - kids playing outside, more daylight and watching the green emerge all around us. I was also delighted to join so many Easter services in the community this spring. Many thanks to the congregations at Riverbend United Church, Terwillegar Community Church and Riverbend Lutheran Church for welcoming me so warmly.

It's also been a very busy time in our province. There is one key issue on my mind right now and I hope you'll forgive me if this article gets into details, but this is very important to the future of Alberta's democracy.

The UCP government recently decided to throw away the work of the independent Electoral Boundaries Commission and, for the first time in Canadian history, allow politicians to redraw the map of Alberta's electoral districts and prohibit any public consultation.

For generations across all Canadian jurisdictions, independent bodies have done the essential work of reviewing and updating electoral maps to

ensure ridings deliver fair representation to constituents and communities.

This work is deliberately set up to be independent to prevent political interference. Why? Because politicians should not get to choose their voters. In the US, redrawing of electoral districts to favour one political party has commonly been used by Trump. The term for it is "gerrymandering".

Here in Alberta, the independent Electoral Boundary Commission spent 18 months, conducted public hearings across the province, received thousands of written submissions, consulted on interim maps with the public and then issued a final report with maps of electoral districts for the province.

Those maps were based on the premise of 89 ridings in the province, a number that was set by the UCP government in 2024. Despite the significant increase in population in Alberta since the last time boundaries were established, they only added 2 new seats because they knew that most of the population growth had happened in Edmonton and Calgary. They did not want to add more seats in the major cities, where they view themselves at a political disadvantage.

The UCP government didn't like the maps the independent Boundary Commission produced because they wanted more rural ridings and to blend existing urban ridings with rural ones, which would have the effect of diluting the voices of voters in all these areas and dividing up communities of interest. The UCP perceives this to be politically advantageous for them.

So, for the first time ever, politicians will be redrawing Alberta's electoral maps, through a UCP-led committee that is prohibited from holding public hearings. And they will develop electoral maps that the governing party believe will favour them in elections far into the future.

It may seem dramatic, but there is only one way to characterize this. It is cheating. It is an attempt to rig the next elections. And it is a reminder that democracy is based on norms, traditions and conventions that are incredibly fragile when in the hands of those who do not respect it. We all need to use our voices to protect democracy.

If you share my concerns (and if you do not!), please reach out any time at Edmonton.Whiteemud@assembly.ab.ca.



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Residents invited to weigh in on snow removal and transit service changes

Councillor shares updates on road construction, transit planning and engagement opportunities, including a June town hall on snow and ice service

By Mike Elliott, City Councillor, Ward pihësiwin



Happy Spring! With the new season underway, I wanted to share an update on what's happening in the Ward and how you can stay engaged.

Snow & Ice Engagement

Many of you have raised concerns about the 2025-2026 snow and ice removal season. I want to better understand your experiences so I can advocate for improvements when this comes to Council later this year.

You can share your feedback through my Snow & Ice Survey on my website, mikeelliott.ca.

I will also be hosting a Snow and Ice Town Hall on Monday, June 29 from 6:30–8:00 p.m. in Multi-Purpose Room #4 at the Booster Juice Rec Centre (2051 Leger Rd NW). No RSVP is required. I'll be sharing survey results and collecting additional feedback.

Terwillegar Drive Expansion Project

Construction will continue through the warmer months. Here are key updates:

Stage 2 (nearing completion):

- Westbound Rainbow Valley Bridge is complete; eastbound bridge is expected by fall 2026
- Whitemud Drive interchange upgrades and road widening are largely complete, with final paving and landscaping scheduled for fall 2026
- Two new pedestrian bridges (Rainbow Valley and near 142 Street) will open in summer 2026
- New transit improvements, including a bus-only lane from 53 Avenue to Terwillegar Drive, are complete and expected to begin service in summer 2026

Stage 3 (starting Spring 2026):

- New interchange and pedestrian/cyclist bridge over Anthony Henday Drive
- Improvements aimed at increasing capacity, reducing congestion, and enhancing safety
- Funded by the Government of Alberta and managed by the City of Edmonton

Efforts are being made to minimize traffic disruptions by maintaining two lanes in each direction for the majority of the construction. Expect intermittent lane closures, reduced speeds and in-

creased activity.

Thank you for your patience as this work progresses.

2025/2026 ETS Annual Service Plan

ETS is refining service using data and rider feedback. Routes not meeting minimum ridership standards may see reduced frequency, adjustments, or cancellation, with service hours reallocated to higher-demand areas.

For details on changes affecting the Ward, please visit my Transportation Update Blog on my website.

If you have feedback on transit service, please share it with 311 by submitting an online request, calling 311 or using the 311 app.

Your input helps inform future improvements. Please continue to reach out with questions or concerns. You can contact my office at mike.elliott@edmonton.ca or 780-496-8130.



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Helping Kids When Things Feel Hard

Parents and caregivers can connect with local supports and attend expert talks at a free May 9 information fair

By Edmonton Public Library

Helping Kids When Things Feel Hard is a free community information fair and symposium hosted by the Edmonton Public Library, taking place on May 9, from 11 a.m. to 3 p.m. at the Stan-

ley A. Milner Library. The event is designed to support parents and caregivers in better understanding children's social-emotional development and mental health and wellness.

This is FREE drop-in event exhibiting 20 community organizations that support families and youth. It includes four Family Resource Networks, three organizations serving youth with autism, ADHD Association of Edmonton and Greater Area, CASA Mental Health, KickStand, BGCBigs, Aboriginal Counseling

Services of Alberta, Inclusion Alberta, Newcomer Centre and so many more.

The event features short talks from local experts and an information fair where parents and caregivers can connect with community organizations at their own pace — no referral, no diagnosis and no prior knowledge required.

The event will feature four presentations:

- 11:30 a.m. – Navigating Help and Personal Advocacy

- 12:30 p.m. – Different Brains, Different Needs (Neurodiversity)

- 1:30 p.m. – Managing Big Feelings

- 2:30 p.m. – Building Healthy Friendships

Children of any age are welcome but childcare is not provided. Family-friendly activities will be available in the Shelley Milner Children's Library throughout the event, see epl.ca/helpingkids-activities.

Lace up for the TRAC Community Run/Walk

Community Members are invited to take part in the May 31 event at Mother Margaret Mary School, with opportunities to participate or volunteer

By Karin Shott

SAVE THE DATE: May 31, 2026

SThe 2026 TRAC Community Run/Walk — in partnership with Crystal Glass, Omnia Dental Clinic, RE/MAX, Running Room and TD Wealth (Amy Tsang) — will take place on Sunday, May 31 at Mother Margaret Mary School (2010 Leger Road NW) at 9:00 a.m.

Register at runningroom.com or by scanning the red QR code.

This annual event would not be possible without the help of volunteers. If you have a few hours so spare that morning, please consider signing up using the black QR code.

If you have any questions or concerns, please contact the office by email at yegtrac@gmail.com or by phone at 780-439-9394.

We hope to see you there!

Community League Memberships

Community league memberships are available through the TRAC Community Office either in person during office hours or by sending an email to the office to arrange for an e-transfer payment.



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From fear to action: Riverbend mom drives heart research fundraising

After her son needed a transplant, Lindsey Kemp turned uncertainty into action — founding Big Gifts for Little Lives and raising nearly \$400,000 for pediatric cardiac research, and you can join her May 23 community run continuing to rally support for longer, healthier lives

By Kathy Trepanier

Imagine being told that your precious child needs a heart transplant in order to survive. After a long wait, the gift of a new heart is received. You are told that owing to many types of possible complications, the average transplanted heart usually lasts 15 to 20 years.

Such was the experience for Lindsey Kemp, a young mother living in Riverbend. Her young son George was on the wait list for a new heart. With this news, her world suddenly felt out of control and frightening, and like so many other brave women she wanted to take control of something, to feel hope for the future.

Her hope came when she understood the calibre of paediatric cardiac research being done through the Stollery Children's Hospital and the University of Alberta. It was possible that some day, one heart transplant would last a long lifetime. Support-

ing that research became her focus.

With no experience but the determination to just do it, Lindsey organized a fundraising run in May of 2017 and raised \$60,000 for paediatric heart transplant research. Shortly afterward she formed the non-profit Big Gifts for Little Lives (Big Gifts). Funds donated to Big Gifts go to the Stollery Children's Hospital Foundation, specifically to support paediatric heart research. In 10 years, Big Gifts has raised close to \$400,000!

"If you want to do something, just start" says Lindsey. "Ask questions, make mistakes and learn along the way. Big Gifts was a venture that started as a small idea and now has turned into something that will change lives. It means a lot to me and I am proud of it."

One of the researchers Lindsey met was Dr. Micheal Khoury, a Paediatric Cardiologist at the Stollery

Children's Hospital and Associate Professor at the University of Alberta. He is studying exercise interventions in children who have received heart transplants. Big Gifts has helped support his work evaluating a home-based, video game linked exercise bike that allows a health care team to virtually monitor a child's health. The ultimate goal of this work is to help children who have received heart transplants live their longest and best lives.

Today George is an active and healthy 10 year old who loves to ski. He knows he has a special heart, and George is rightfully proud of what he has gone through to be strong and resilient now. Lindsey has returned to work full-time as a high school teacher. It's a busy life in their household, but Lindsey still made time to host a Gala this February which raised another \$100,000.



George Kemp's journey from a young heart transplant patient to an active, thriving 10-year-old reflects both his resilience and the life-changing impact of pediatric cardiac care and research.

On Saturday, May 23rd, you can join the 10th annual Big Gifts for Little Lives Run. You can register for the run at biggiftsforlittlives.ca, where you can also make donations if you'd like to support research funding. You can also find Big Gifts on Facebook and Instagram if you'd like to keep up to date on their work. Most importantly, talk to your loved ones about organ and tissue donation and make your wishes known.

RIVERBEND COMMUNITY LEAGUE - MARK YOUR CALENDARS!

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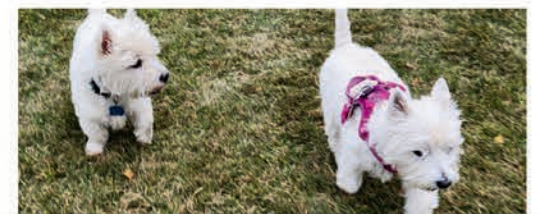
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Nine Edmonton school projects put forward for funding

Edmonton Public School Board trustees approve nine priority projects for provincial consideration, as enrolment growth drives demand for new and updated schools

By Julie Kusiek, Trustee, Edmonton Public School Board



Part of the role of the Board of Trustees is approving new school requests to the provincial government. At the April 14 Board meeting, the Board of Trustees approved a request for nine school projects as part of Alberta Budget 2027. This followed intense debate, including approving an amendment to remove the Autism Centre of Excellence from Edmonton Public Schools' Capital Plan. The Autism Centre of Excellence had previously been on our Capital Plan, as another educational program choice for families, alongside existing

choices for regular, alternative or specialized programming. This project had previously been funded by the provincial government for planning, which was completed by the Division, with support from several expert consultants, including those with lived experience. For the project to move forward, provincial approval for design and construction funding would have been required. A recording of the debate, as well as a link to the feasibility study is available within the Board meeting package at epsb.ca. In order of priority, here are the nine projects in year one of EPSB's Capital Plan approved to be submitted to the provincial government:

1. Ellerslie Campus K-9 Solution (1,200 capacity)
2. Alces K-9 (950 capacity)
3. Canossa K-6 (650 capacity)
4. Blatchford K-6 (650 capacity)
5. Belvedere K-6 Addition/Modernization
6. Lansdowne K-6 Addition/Modernization
7. Brander Gardens K-6 Addition/Modernization
8. Britannia 7-9 Replacement/Modernization
9. Winterburn K-6 Addition/Modernization

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What I really like about the projects that were approved is that they represent a range of locations across Edmonton. The modernization projects also include requests

Project	Provincial Funding Type Announced	Anticipated Opening
Delton K-6 replacement	Construction	Fall 2029
Edgemont K-9	Construction	TBD*
Glenriding Heights 7-12	Construction	Fall 2028
Glenriding Heights K-6	Construction	Fall 2028
McConachie 7-9	Construction	Fall 2028
Rosenthal K-6	Construction	TBD*
Spruce Avenue 7-9 replacement	Construction	Fall 2029
Dr. Anne Anderson addition	Design	Fall 2027 (tentative)
Hawks Ridge K-6	Design	Fall 2031 (tentative)
Aster K-9	Design	TBD
Stillwater K-9	Design	TBD
Autism Centre of Excellence (ACE)	Planning	TBD**
Castle Downs 10-12	Planning	TBD
Crystallina Nera K-6	Planning	TBD
The Grange 10-12	Planning	TBD
River's Edge K-9	Planning	TBD
Silver Berry K-6	Planning	TBD

*Edgemont K-9 and Rosenthal K-6 construction projects have encountered extended construction timelines due to geotechnical conditions; completion date to be determined.

**Due to the unique scope of the ACE project, it does not automatically progress to the design phase under the Schools Now program and thus remains a priority for submission.

If funded as part of Alberta Budget 2027, the nine submitted projects will build on the 16 school projects above, already underway.

for additional capacity, which is needed to accommodate continued student enrolment growth. There are also two Ward F schools on the list.

Thank you for your patience, as we continue to advocate for more new and

modernized schools. We are making progress. Please don't hesitate to get in touch about this or anything else to do with public education at trustee.julie.kusiek@epsb.ca.

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Responding to anxiety in times of heightened stress

Widespread uncertainty and daily pressures can intensify anxiety, but understanding physical responses, practising calming techniques and accessing appropriate supports can help individuals cope more effectively

By Leslie Block M.Ed., R.Psych (Registered Psychologist)

Rolls and surveys suggest we may be experiencing some of the most stressful times of all, which some view as evidence of “end times.” We are flooded with information that exceeds our capacity to process, causing overload. The uncertainty of life, global instability, inflation and social unrest can lead to high levels of worry and anxiety. Personal problems (e.g., financial strain, loss, changing circumstances or work issues) become intermingled, creating further commotion. In turn, we can become irritable, restless and easily startled, with a growing sense of dread or being overwhelmed.

When we are stressed or anxious, the body becomes tense, stomach upset can occur and restful sleep is lost.

Brain fog and confusion may follow, fueling the cycle and creating a sense of mayhem. Yet efforts to stem this rising tide can rob us of opportunities to find meaning in dark times, uncover important personal issues or discover inner strengths.

Before turning to psychiatric medication, we can learn to first take stock and practise appreciation, even when grief or pain is present. Being grateful to ourselves for the “warning,” validating the urgency and practising self-acceptance can teach new ways to listen to the body, thoughts and feelings. Practise staying calm, even when it is stormy out there. Self-talk may include comforting words you heard as a child, such as “I’m right here,” “slow it down” and “breathe.”

Box breathing (inhale to the count of four, hold for four, exhale for four, hold for four and repeat for two to three minutes) can help ground you. Playing calm music or going for a brisk walk may also help. Once you begin to feel settled, acknowledge your efforts and consider the possibilities for change that now await you. Look for the positive in what you are experiencing. In this way, the problem can become the solution.

We should never deny the distress or pain we face, but we can learn to think differently about potential solutions. Rather than fighting the experience by forcing sleep, trying to stop thinking or attempting to feel differently, avoid minimizing or ignoring it. Instead, surrender to the experience as you learn to listen

and be still. See whether you can find an inner calm that allows clearer thinking. Rather than trying to defeat anxiety, allow yourself to move through it safely.

If available, reach out to a friend, spouse, doctor, pastor or therapist. And if you notice someone struggling with worry or anxiety, be quick to offer support. In new ways, we can learn to understand and survive these difficult times.

Some individuals may require professional care, including medication, to manage anxiety or related conditions. If distress becomes severe or persistent, or includes thoughts of self-harm, immediate support is recommended. In Canada, the Suicide Crisis Helpline is available 24/7 by calling or texting 988.



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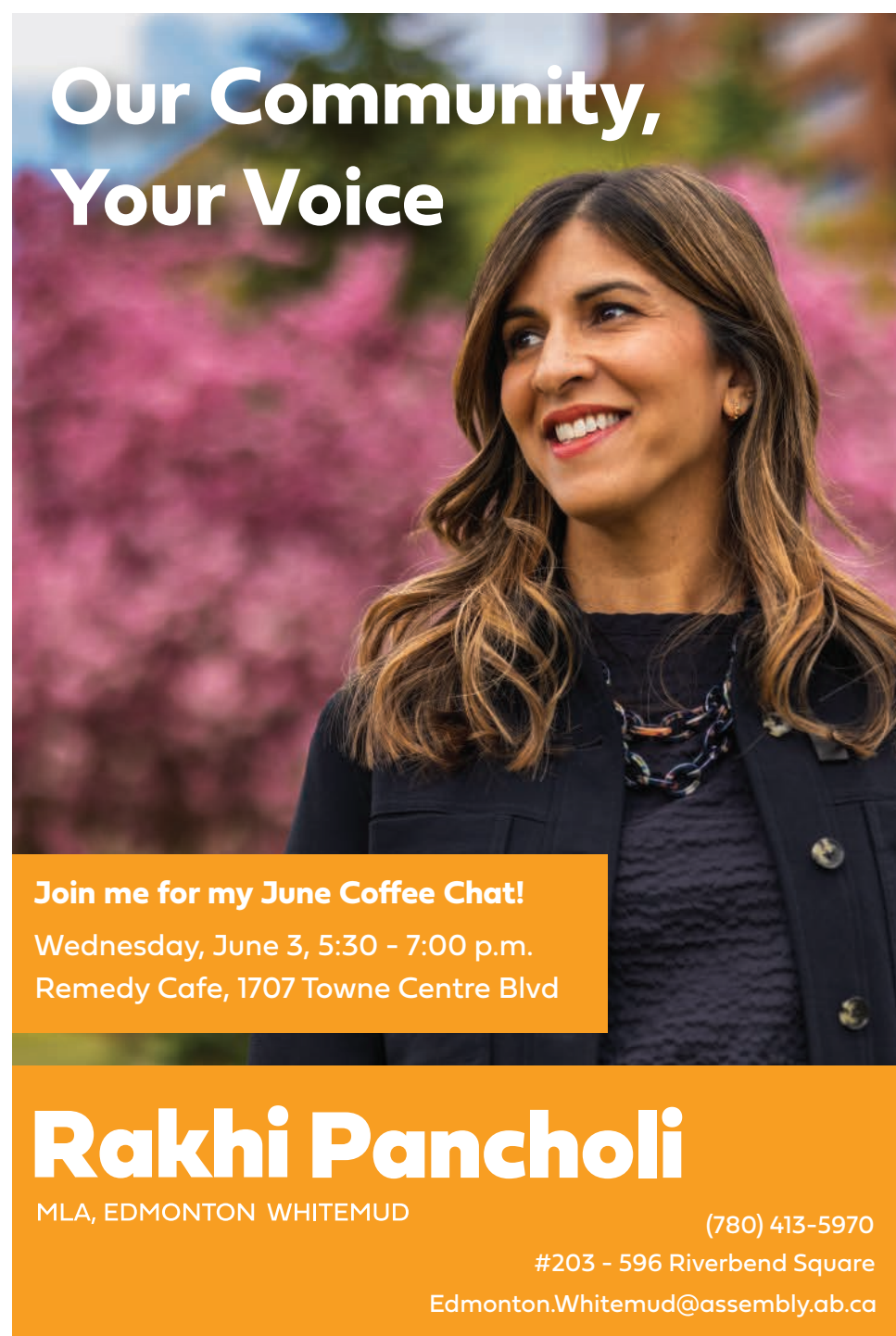
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...continued from p.1

Courage Gala, which raised some critical funds to support the \$6.5 million redevelopment of the therapeutic pool.

Since its closure, thousands of Albertans each year have lost access to this essential component of rehabilitation. Aqua therapy provides unique benefits not available in land-based rehabilitation alone, allowing for earlier and safer movement, reduced pain and supporting both physical recovery and emotional wellbeing.

“Rob’s journey reminds us why rehabilitation matters,” says Mark Korthuis, President and CEO of the Glenrose Hospital Foundation. “For decades, the therapeutic pool has been integral to care at the Glenrose and a life-changing resource for thousands of Albertans. Rebuilding it restores access to a specialized environment that supports dignity, independence, and possibility. We are grateful to the community for recognizing its importance across Alberta.”

To support the therapeutic pool, visit glenrosefoundation.com or phone the Glenrose Hospital Foundation at 780-735-6024. If you have questions for the Glenrose Hospital Foundation, you can email them at info@glenrosefoundation.com. And



Dr. Rob Agostinis stands in front of the therapeutic pool at the Glenrose Rehabilitation Hospital, a key part of his recovery and now the focus of efforts to restore access for patients.

Tyler Sirman/Keen Creative

if you see Dr. Rob Agostinis out and about in the community, give him a high five! He worked hard for his recovery.



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More than produce: market strengthens local community

Opening May 13, Southwest Edmonton Farmers' Market offers fresh, locally grown products while supporting small businesses and community life

By Lisa Jodoin, Market Manager

Recently, I did an interview with CBC regarding the impact of Farmers' Markets on local communities in my capacity as a board member of Alberta Farmers' Market Association (AFMA) and my role as Market Manager for Southwest Edmonton Farmers' Market (SWEFM). After that interview, I thought that my update this month should be about how our farmers' market impacts our community.

First and foremost, SWEFM would not exist without the Terwillegar Riverbend Advisory Council (TRAC) and the 18 neighborhoods plus outlying areas that are part of the organization, as well as the SWEFM Steering Committee. These organizations are run by volunteers and strive to make our community a more engaging and livelier place to live. Our location at the Booster Juice Recreation Centre in Terwillegar is centrally located to service all of our surrounding communities.

Farmers' markets aren't just about buying vegetables — they're small economic and social ecosystems that tie a community together in ways large retail chains usually don't. Produce sold at

farmers' markets is often harvested shortly before sale, so it tends to be fresher and more nutrient-rich. This also gives our communities the opportunity to explore where their food and products come from at the local level, supporting community engagement and education.

Financially, farmers' markets have an impact on our customers' wallets. While large retail stores need to increase the prices of produce, a local grower is not charging tariffs or gas surcharges. It is also helpful that our market is placed in a location that is on a bus route, and we love it when our customers join us by riding their bicycles. All of these small things can add up to some great financial savings for our community as a whole.

SWEFM is a "Make, Bake or Grow" market, which is part of the mandate of being a member of AFMA. This has made our market a very special place to be every week as each of our vendors are independent entrepreneurs sharing their passions and talents with our community.

Since 2011, SWEFM has made an impact on our community by offering a space to meet



Where Communities, Farmers and Artisans come together

neighbours, family and friends on a weekly basis, bringing in a diverse selection of vendors and educating our young customers about good nutrition and where their food comes from with our Sprouts Program.

Join us for our first Market on May 13 from 3:30 to 7:30 p.m. If you have some time to spare this summer, please see our volunteer information at swefm.ca.

Please follow us on Facebook and Instagram to continue to get updates as we get closer to opening day.

We would like to send out a sincere thank you to our entire community for your continued support of SWEFM and our vendors.

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Riverbend ROCKS programs show measurable results

From financial stability to academic confidence, participants report significant improvements across community-based programs in 2025

By Fisher Smith

At Riverbend Reaching Out to Community and Kids Society (Riverbend ROCKS), we have just completed our annual report for 2025. Here's what we heard from programming participants last year.

Our Economic Mobility Programming had 125 participants and 90 practicum students and volunteers who contributed a total of 1,692 hours. 68% of participants experienced positive changes in their money management skills and financial literacy including budgeting, asset building, government benefits and subsidies, savings and decreased debt. Over three quarters (76%) of participants experienced positive changes regarding access to resources that promote financial stability such as employment opportunities, career counselling, financial literacy training and more. 91% of participants

experienced a positive change in having sources of personal, cultural, community or professional support.

Child and Youth Daily Programming saw 122 participants and 102 practicum students and volunteers contributing 3,503 hours total. 96% of participants indicated that they have improved their personal and social skills, communication skills, problem-solving skills or coping skills. And all of the participants indicated that they have sources of personal, cultural, community or professional support while 100% of caregivers reported that they have the tools and supports necessary to support health social development in their children.

39 young people participated in the Child and Youth Tutoring Program, learning from seven part-time staff, who contributed a total of 824 tutoring hours. 91% of participants



Riverbend ROCKS continues to make a positive impact through programs that build confidence, strengthen skills and connect families to community supports.

indicated that their academic performance and progress in school improved, and areas of improvement spanned across all subject areas. 95% of participants indicated that participating in the tutoring program boosts their confidence in their abilities while in school. All of the participants indicated that they would

recommend Riverbend ROCKS tutoring to a friend and that they would like to continue attending tutoring in 2026, if possible.

To find out more about Riverbend ROCKS, read the report and check out some year end highlights, visit riverbendrocks.ca.



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Parents, guardians and caregivers can help teens build healthy dating relationships

With nearly half of teens reporting some form of dating violence, early conversations about respect and boundaries are more important than ever

By Don Brookwell

Dating can be a natural part of a teenager's development, but parents may feel it's too early or simply be uncomfortable at the prospect of their child entering relationships with greater emotional investment and greater risks.

When I deliver workshops on healthy relationships to middle school groups, most kids are confident in their views and their ability to navigate relationships safely. However, when speaking with young adults at our universities, I hear many stories of unhealthy and abusive relationships, and the challenges of leaving harmful relationships.

The years between the confidence of pre-teens and the negative experiences and life lessons of young adults are challenging. According to Statistics Canada, more than four in 10 (45%) teens aged 15 to 17 have experienced some form of dating violence, including emotional, physical or sexual harm. Emotional abuse, such as controlling behav-

our, jealousy or put-downs, is the most common and often the first warning sign.

Early relationships help teens learn how to communicate, manage their emotions as well as establish and respect personal boundaries. Healthy dating relationships build social skills, confidence and emotional intelligence, and help teens make good long term relationship decisions as adults. Parents have a role in supporting their child through adolescence, ensuring their early dating experience is positive, safe and fun.

There is no exact age when a child can begin dating. Every young person develops at their own pace, and readiness depends more on maturity than a number. For teens who may not be ready for dating, there are safer alternatives like group outings or supervised social activities that allow teens to explore relationships while maintaining appropriate boundaries and support.

Parents can focus on guiding how youth approach relationships in an appropriate and safe way by giving them the skills through modelling and ongoing conversations. Teens learn as much from what parents do as from what they say. When kids see open communication, mutual respect and clear boundaries modeled in their everyday environment, they are more likely to carry those habits into their own relationships.

To learn more about the role you can play in your child's dating journey, join me for a free presentation on Thursday, June 4 at 7 p.m. at the Riverbend Community Centre, 258 Rhatigan Road East. Visit riverbendonline.ca to register.

Don Brookwell is an educator with The Today Centre, an Edmonton-based organization that promotes a healthy community, safe and free of family violence.

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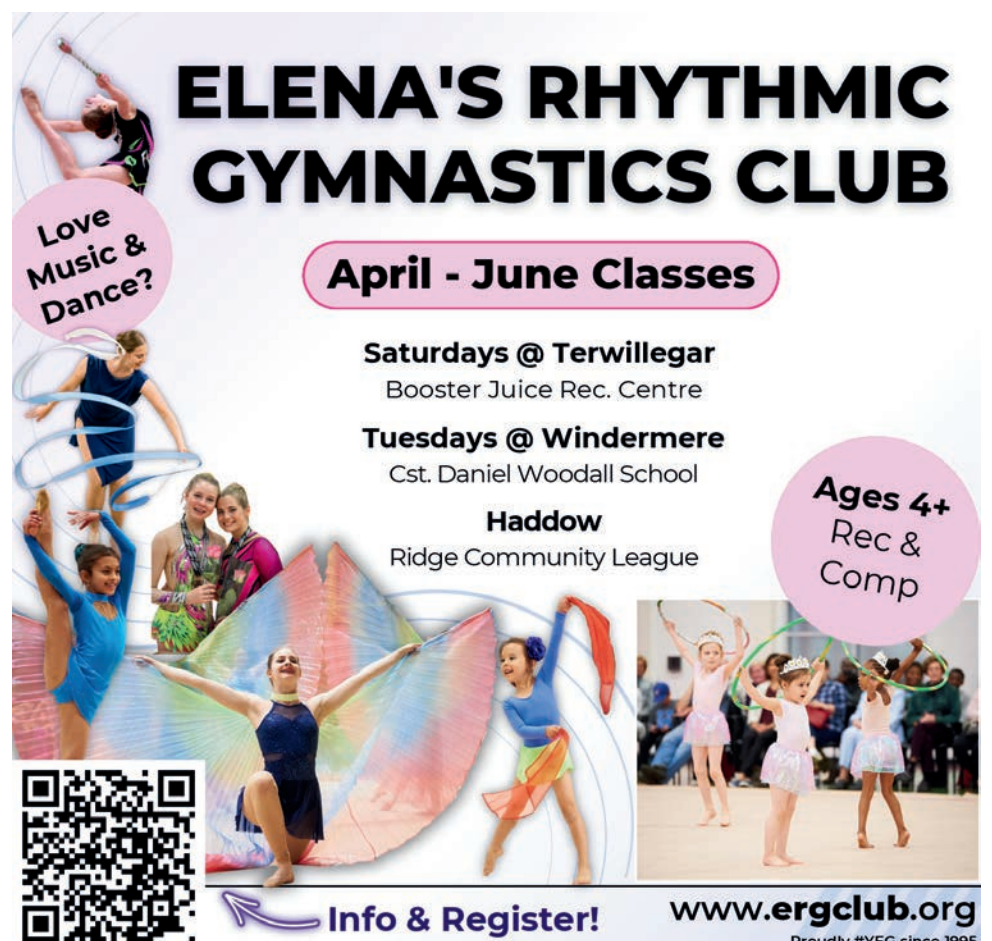
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Luxury 2 Bed 1944 sq ft Bungalow backing onto the Golf Course. Must See!
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The Churchill Exchange \$468,800
New York Style Loft. 1,147sqft. 1 bed, 1 bath. Chique downtown living! Must See.
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Westwood \$449,900
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