

The Riverbend Ragg-Times

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More than a statistic

Family and friends remember Elaine Warren-Blais as a community-minded woman whose death has prompted her husband and sister to speak out about ambulance delays.

By Melissa Walker

In the early morning hours of July 24, 2026, local resident Dr. Guy Blais called 911 expecting an emergency response. His wife, Elaine Warren-Blais, had fainted and hit her head. As a family physician in Edmonton, Dr. Blais knew that this could be a sign of a serious problem.

What Dr. Blais didn't know is that it would take an ambulance an hour and 24 minutes to reach their home in the Riverbend area and that it would be just under two and a half hours before Elaine would reach the hospital and be seen by a doctor to receive the medical care that might have saved her life.

Elaine lost her life that day, and Dr. Blais and Elaine's sister, Mona Warren, are now speaking out because they believe her death could have been prevented. They want people to know that Elaine was a human being and community member, not just a statistic. Though grieving Elaine's loss, her sister and husband are advocating so that other Riverbend residents and Albertans will not suffer a tragedy due to an ambulance delay.

If you saw this story in the news recently, you may have thought: Who is Elaine? I probably never met her. But that may not be true.

Maybe she was the woman you watched



Elaine Warren-Blais and her husband, Dr. Guy Blais, with their dogs. Dr. Blais and Elaine's sister, Mona Warren, are advocating for changes they believe could help prevent another family from experiencing a similar loss.

dance at the opening or closing ceremonies of the 1978 Commonwealth Games or the 2001 World Athletic Championships. Maybe you met her dressed as Snow White at her door on Halloween, handing your children special treats or giving the adults a chocolate reward for taking them trick-or-treating.

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New traffic-safety measures near St. Mary

Flashing beacons and a 30 km/h speed limit are part of a City of Edmonton pilot aimed at improving safety around schools near arterial roads.

By Melissa Walker

Riverbend residents may have noticed new road markings and flashing signs appearing near St. Mary School. The changes are part of a City of Edmonton pilot project aimed at improving traffic safety around schools located near arterial roads.

St. Mary School is one of three Edmonton schools included in the pilot, which uses flashing beacons to activate a 30 km/h speed limit on arterial roads during key times when student activity and school drop-off and pick-up traffic are highest. Highlands School and St. Martin School are the other pilot locations.

The pilot is a different approach from a conventional playground zone. The City says playground zones are generally installed at schools on residential and collector roads, while schools near arterial roads can instead receive other traffic-safety measures, including flashing beacons, pedestrian crossings and pavement markings.

Riverbend Road has a history with Edmonton's playground-zone system.

In 2018, the City reviewed playground zones across Edmonton after introducing the current 30 km/h system. The review considered roadway characteristics, the

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New bridges connect southwest communities

Two new crossings near Terwillegar Drive and Whitemud Drive improve routes for cyclists and pedestrians.

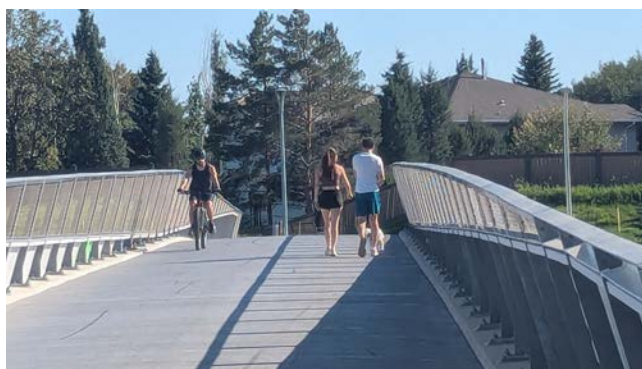
By Michael Ganley

In July, two new bridges for cyclists and pedestrians opened near the intersection of Terwillegar Drive and Whitemud Drive.

The first, the 142 Street Bridge, soars above the Whitemud as you drive west, up from Rainbow Valley. It connects the Brookside and Brookview neighbourhoods and helps overcome a significant barrier for cyclists and pedestrians who wish to cross the Whitemud.

The second, the Rainbow Valley Pedestrian Bridge, is the larger structure. Running parallel to Whitemud Drive, over Whitemud Creek, it provides a broad, safe route for cyclists, pedestrians and other active-mobility travellers.

The bridges are part of Stage Two of the long-running Terwillegar Drive Expansion. Stage One involved the widening of Terwillegar Drive between Rabbit Hill Road and Whitemud Drive.



The new 142 Street Bridge connects the Brookside and Brookview neighbourhoods, providing pedestrians and cyclists with a safer way to cross the Whitemud.

It started in spring 2021 and was completed in 2024. Stage Two, which also involves turning the Whitemud into four lanes in each direction over Rainbow Valley, is expected to wrap up this year.

Stage Three focuses on the interchange at



The new Rainbow Valley Pedestrian Bridge provides a broad route for cyclists, pedestrians and other active-mobility users over Whitemud Creek.

Anthony Henday Drive. Work has begun and is expected to take another two years. It includes a new northbound bridge over the Henday, two loop ramps and a pedestrian/cyclist bridge connecting the Windermere and Hadow communities.

A poem finds its way home

Naomi McIlwraith's journey from a pandemic poem to "The Great Gathering Place" celebrates nature, heritage and the importance of coming together.

By Kathy Trepanier

This summer a sold-out crowd filled the room at Audrey's Books for the launch of "The Great Gathering Place" by Riverbend author Naomi McIlwraith.

The book itself has a story. It started with a poem Naomi wrote during the pandemic for an online presentation to a seniors' group. The poem was "My Big Red Canoe." Two years later, Naomi was invited to read her poem for the International Women's Federation, which was visiting Fort Edmonton Park. Her poem then travelled among admirers until an editor from Kids Can Press in Toronto phoned Naomi some time later, asking if she would like to publish it.

Over the next few years, working with editors, an Indigenous illustrator and advisers on the Cree language, the book was written and entitled "The Great Gathering Place."

The book opens with an invitation: "Let's go to the Great Gathering Place. Come, I'll take you in my big red canoe." The verse in English and Cree draws readers down the river, sharing traditional Indigenous values of kindness, understanding and gratitude. Illustrations by Cree and Métis artist Onedove exquisitely give life and colour to Naomi's words. Readers travel to a special place on the riverbank where people meet to celebrate nature and each other.

Naomi's book is a beautiful and memorable gift for children of all ages. It inspires us to be grateful for and protect the places in nature where we gather. The story is also about finding a way to bridge our differences and honour those who came before us.

Over coffee with Naomi, it was quickly



Naomi McIlwraith with her book, "The Great Gathering Place," inspired by her poem "My Big Red Canoe."

apparent that "The Great Gathering Place" is rooted well within her family heritage. Naomi is proudly Métis and has a family history that has lovingly brought together the best of both Indigenous and European cultures. The analogy of a riverbank gathering place came to Naomi in her travels, biking and canoeing throughout Canada.

"Now more than ever, when there is hate and misunderstanding, it is important for us to come together in gratitude and celebration," says Naomi.

"The Great Gathering Place" is available at Audrey's Books and other outlets, as well as online. Naomi also has a book of poetry, "kiyâm." Her next project will be a tribute to her parents and their blend of Métis and European heritage.

Riverbendonline.ca

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Volunteer at the casino to support your community!

Community League casino proceeds have helped fund improvements to Riverbend’s halls and rinks, and volunteers are needed for the Nov. 11 and 12 casinos.

By Priya Nelson

Have you checked out the Riverbend Community League’s buildings and rinks lately? If so, you might have noticed some new things!

The new LED lighting and rink upgrades were completed earlier this year. The new security system at the main hall to keep our renters, staff and infrastructure safe was installed to years ago. When at Brookside Hall, look up at the solar panels that

were installed two years ago. All of these things can be done thanks to money raised from previous casinos.

The items named above are just the things you might have noticed! Casino dollars also support the community league behind the scenes — we use funds for janitorial services, furnace room remediation at the main hall, new brooms and supplies for the rinks and much more!

We need your help again for our

upcoming casino. Set aside some time on November 11 or 12 and pick up a shift. Grab a friend or a neighbour and volunteer at Pure Casino Yellowhead.

There are various shifts from chip runners to count room staff. Or, be in the cash cage as a banker or cashier. All roles are supported by casino advisors so you are never left without knowing what to do — all positions have training provided

at the start of your shift. As a volunteer, you also receive a free meal and snacks while on shift. Best of all, no experience is required for you to help us raise between \$75,000 and \$80,000 over just two days.

Please scan the QR code for a list of shifts available. If you have any questions, please email us at info@riverbendonline.ca.



A New Community League Membership Year Has Begun!

The 2026–27 Community League membership year is now underway, with memberships offering a range of local programs, events, discounts and other benefits.

By Terra Cook

Did you know that The Edmonton Federation of Community Leagues (EFCL) changed the annual Community League membership term? Previously, memberships ran from September 1 to August 31. Beginning this year, memberships run from August 1 to July 31.

Memberships for the 2026–27 year are available now and will remain valid until July 31, 2027.

Purchasing a membership is an easy way to support your Community League and the local activities, programs and events that help bring neighbours together. Members can also access a variety of benefits, including discounts on City of Edmonton recreation memberships and passes; free skating at participating outdoor Community League rinks; free community swims at designated times at nearby City of

Edmonton facilities; discounts and special offers from local businesses and other organizations; and access to Community League programs, activities and events.

A current membership in your home Community League is also required to register for programs offered by the Terwillegar Riverbend Soccer Association (TRSA).

Purchase your 2026–27 Community League membership

online through EFCL at efcl.org/membership-purchase. Please note that EFCL charges a \$5 online administration fee, and the full membership fee goes to your Community League.

To learn more about the Riverbend Community League and its locally based programs, activities and events, visit Riverbend Community League online at riverbendonline.ca.

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- Cost: Free with valid Ridge or Riverbend Community League Membership
- Requirements: Comfortable indoor shoes and a water bottle
- Capacity: Limited to 15 participants

For more information, contact us at 780-437-7108 or info@riverbendonline.ca.

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Presented By



...more than a statistic, continued from p.1

Maybe you met her while she completed 13½ half-marathons in Edmonton. Or perhaps you passed her house while walking your dog and Elaine raced over to talk to you — but really, to talk to your dog. She would ask about the puppy, then about you, until her husband came over to remind her that you needed to finish your walk. Elaine loved dogs.

Maybe you met her when she taught you about curling at the Jasper Place Curling Club. She loved curling.

Maybe you saw her competitive side on the ball diamond, where she played second base in EMSPA mixed slow-pitch baseball, or on the volleyball court, diving to keep a play alive. Or perhaps you missed meeting her altogether, unknowingly benefiting from her generosity when she paid for your gas at an Esso or Shell station in Riverbend and left you wondering who would do such a thing.

“Mona and I have high praise for the EMTs/paramedics that came out to the house and cared for her,” said Dr. Blais. “We do not find fault with them, but the system they are operating in and the delay in ambulances reaching the patient needing care after calling 911.

“Mona and I have the analogy of our broken healthcare as such: Our Alberta health care system is like the mighty Titanic that has sunk to the bottom under water and the four health care ministers are on the deck, re-arranging the chairs... There is no way they are going to bring it up (the Alberta health care system) by doing this.”

The Hospital and Surgical Health Services Minister was contacted for comment on ambulance wait times and referred questions to Acute Care Alberta. No response had been received from Acute Care Alberta by press time.

MLA Rakhi Pancholi stated, “You call for

an ambulance because you need help right away. But it feels like that help isn’t going to be there anymore.

“Albertans are dying waiting for access to health care. Waiting for ambulances, in the ER and for surgery and treatment.

“There are real people affected by the provincial government’s choice to dismantle and defund public health care. And their choice to prioritize separatism and division over the health of Albertans.

“All Elaine’s family wants is for this not to happen to another Albertan. That’s what we all want.”

If you take away only one thing from this story, Dr. Blais wants to remind you to hug your loved ones tight and tell them you love them.

More than a market

SWEFM brings farmers, bakers, makers, artisans and neighbours together each Wednesday, with programs for young vendors and budding food enthusiasts.

By Lisa Jodoin, Market Manager

Let’s talk about the summer so far! Even though Mother Nature is having her issues with all the rain she has been sending us, the Southwest Edmonton Farmers’ Market (SWEFM) team and our vendors keep our spirits high. We want to thank our community for your continued support for our little market every Wednesday, no matter the weather.

From spring through early fall, the Southwest Edmonton Farmers’ Market brings a lively mix of local food, handmade goods and community spirit to Terwillegar. Our market is more than a place to buy groceries — It is a community gathering place for neighbours to say hello to one another and catch up on local topics of interest. We are an Alberta Farmers’ Market Association approved market, which means we adhere to qualifying standards of excellence and work within all of our Provincial regulations. Each week we are proud to present local farmers, bakers, makers and artisans for our customers.

One of our market’s biggest strengths is its community focus. SWEFM is a program of the non-profit Terwillegar-Riverbend Advisory Council and is organized with the help of community volunteers. Our Community Tent gives local charities, non-profit



Where Communities, Farmers and Artisans come together

organizations and community groups an opportunity to connect directly with residents.

Our Sprouts program is once again extremely popular this season! The program encourages children to learn about healthy food and local agriculture. Our Young Vendors Program has been such a great success again this season! This program gives entrepreneurs between the ages of 10 and 17 an opportunity to showcase products they make, bake or grow. Both of these programs help introduce our younger community members to healthy eating and entrepreneurship.

We are located in Parking Lot E at the Booster Juice Recreation Centre at 2051 Leger Road NW and run every Wednesday between May 13 to September 30th, from 3:30 to 7:30 p.m. and our last market of the season will be October 7th from 3:30 to 7:00 p.m.

...traffic safety, continued from p.1

location of playground equipment and other safety features.

At Ramsay Park, the City specifically reviewed the playground zone along Riverbend Road. Administration recommended removing the 30 km/h speed limit and replacing it with playground-area signs, stating that the location did not meet provincial criteria for a playground-zone speed limit. The report described Riverbend Road as a collector that functioned as an arterial roadway.

The Riverbend Road location continued to generate discussion later that year, with councillors raising concerns about delays in changing playground-zone signs.

The current St. Mary pilot takes a different approach. Rather than applying a conventional playground-zone speed limit, the 30 km/h limit is activated when flashing beacons are operating during periods of increased school activity.

The City says traffic data will be collected to assess the pilot and help inform how Edmonton addresses safety at schools near arterial roads where conventional playground zones are not available.

For Riverbend residents, the changes are already becoming visible, with new road markings and flashing signs now in place near St. Mary School.

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It Takes a Community: Celebrating a Summer of Togetherness

Strong partnerships, generous supporters, and engaged families came together to make Riverbend ROCKS' full-time summer program a meaningful and memorable experience for children, youth and families across our community.

By Reem Razzouk, Executive Director, Riverbend ROCKS

Riverbend ROCKS is rooted in the belief that strong communities are built through relationships. The success of our full-time summer program would not have been possible without the strong partnerships and connections we have built within our community. Each partner played an important role in helping us create a summer program that was accessible, engaging and meaningful.

Our partnerships with the Out of School Time (OST) collaboration, Edmonton Public Library, Brander Gardens Elementary School, Joint Use, Civida, Norquest College, Riverbend United Church and the Food Bank helped us bring together spaces, resources, activities and community connections that allowed the program to run successfully throughout the summer. These collaborations made it possible for us to offer children consistent programming, opportunities to learn and explore and a welcoming space where kids could meet new friends and celebrate diversity.

We are especially grateful to the families and neighbours who participated in and supported the program throughout the summer activities, such as in gardening, community dinners, field trips and daily programming. Their engagement and trust helped make the summer program and initiatives stronger and contributed to creating a safe, diverse and intergenerational environment that is

foundational to the development of our children and youth.

We would also like to extend a sincere thank-you to our funders and supporters: Family and Community Support Services (FCSS), Canada Summer Jobs (CSJ), OST and Humanserve. Their financial support was essential in helping Riverbend ROCKS deliver a full-time summer program offering a broad range of STEAM-based, academic, entertaining, intercultural, intergenerational, environmental and physical activities as well as field trips.

We ended our summer program with a Back-to-School Bazaar, bringing the summer to a meaningful close while helping children and families prepare for the new school year. We are especially grateful to MLA Rakhi Pancholi and her generous network, who provided the majority of the donations and helped make the event possible. We also truly appreciate the generous contributions from Riverbend Community Church and Terwillegar Community Church. These donations provided much-needed school supplies for children and families in our community. We deeply appreciate everyone who contributed, donated, volunteered and helped make the bazaar a welcoming and supportive celebration for our community.

This summer was a wonderful example of



Children and families gathered at the Riverbend ROCKS Back-to-School Bazaar, which helped provide school supplies and marked the end of the organization's summer program.

building community together as community organizations, families, schools, collaborators, and funders who come together with a shared commitment to enhancing the experiences of children, youth and families. These relationships are at the heart of Riverbend ROCKS, and we are grateful to everyone who contributed to making this summer such a successful, meaningful and positive experience for our community.



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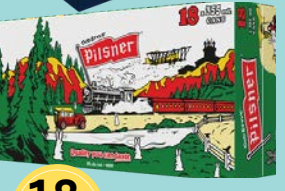
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What Adults Get Wrong About Teen Stress

Behind a teen’s frustration or difficult behaviour may be stress they’re struggling to manage. A little curiosity, compassion and listening can go a long way.

By Sara Borchellini, B.Ed, MACP

From the outside, many teens appear to be doing well. Their grades are good, they have friends and they are participating in their favourite activities. However, many of them describe feeling overwhelmed, stressed and emotionally exhausted. As parents, it is hard not to compare our own adolescent years to what our teens are going through. The challenge is that adolescence looks very different than it did even a generation ago.

The teens I work with, both as a teacher and a therapist, often talk about how much they are carrying, how they are barely hanging on and, most notably, how much they try to hide their stress from their parents. They recognize that their parents are stressed, too, and quietly choose to hide their stress so they don’t add to that load. Some of the teens who appear to be thriving are the ones trying the hardest to stay afloat. It’s no surprise that many parents are left wondering, “Is my kid ok?”

Here are some ideas to ponder the next time your teen huffs in frustration as they storm away from you:

- Teens are doing the best they can. In my experience, teens are rarely being difficult for the sake of being difficult. They may seem irritable, dramatic, disrespectful, lazy or argumentative — try to remember that these outward struggles are often signs of inward turmoil.
- Pause and remember that stress is not measured by age. Just because kids don’t have mortgages and car payments doesn’t mean they don’t have stress. Additionally, their prefrontal cortex (the decision-making, organizing, thinking part of their brain) is not fully developed until their mid-20s.
- The pressures they feel are constant, public and relentless: pressure to achieve, pressure to belong, pressure to figure out who they are, pressure to stay connected and pressure to appear ok through it all.
- Have I offered advice when all my kid wanted was someone to listen? While our teens do come to us for advice, sometimes they need to vent and feel heard. Next time they’re telling you about how hard their day was, try saying, “That sounds hard.”



Teens can face constant pressure to achieve, belong and appear as though everything is OK, even when they are feeling overwhelmed.
Photo: Kaboompics/Pexels

Do you want advice or do you want me just to listen?” or “I’m sorry things are tough right now. Do you want a hug?” Full stop. No advice. Just validation.

- Could they be carrying pressures I don’t fully see? Such as friendship struggles, worries about the future, perfectionism, anxiety or fears they don’t yet have words for?

Parenting teens can be incredibly challenging, and if you’re reading this chances are you are doing a great job.

Your teen is also doing a great job, even though some days it may not feel that way. Continue to be curious about what their behaviour is telling you and compassionate towards their struggles, and trust that feeling seen and understood can go further than having the perfect response. And about that hug I mentioned earlier — don’t be the first to let go. You may be surprised at how long they hold on.

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Riverbend Men’s Shed opens doors this fall

The new group offers men 18 and older a welcoming place to connect, contribute and feel at home while enjoying activities, outings and good company.

By Lorena Smalley

A new opportunity for men in the Riverbend area is taking shape this fall. The Riverbend Men’s Shed, hosted at Riverbend United Church (14907 45 Ave NW), is opening its doors to men aged 18 and older who want a relaxed place to connect, learn and enjoy good company. The Shed will meet weekly on Wednesdays, offering a simple, low cost way to participate at \$2.00 per attendance, plus \$1.00 for coffee and \$1.00 for a muffin.

Men’s Sheds are part of a growing movement across Canada, built on a simple idea: men thrive when they have a place to gather “shoulder to shoulder.” Social isolation — especially for men in mid life and retirement — can quietly affect mental and physical health. A Men’s Shed creates space for friendships, purpose and shared experiences without pressure, expectations or formal membership requirements.

Each week at the Riverbend Men’s Shed will look a little different. Some weeks will be games and cards. Other weeks will feature guest speakers on

topics men care about. There will also be outings to local attractions, bowling, golfing, distillery tours and more. The goal is straightforward: give men a place where they can show up, feel welcome and enjoy time with others.

David James, President of the Riverbend Men’s Shed, says the impact can be life changing. “Men’s Sheds give men something most don’t realize they’re missing until they find it: connection, purpose and a place to just be themselves. Research shows Men’s Sheds reduce loneliness, improve mood and strengthen wellbeing by giving men somewhere to go, something to do and someone to talk to. When men have a place where they feel comfortable and connected, everything changes. You see confidence grow, friendships form, and a real sense of belonging. That’s what we want to build here in Riverbend.”

The Shed will host an open house on Wednesday, October 7, 2026, at 6:30 p.m. Organizers know that sometimes men hesitate



Games and good company are part of the Riverbend Men’s Shed, which will meet weekly this fall.

to join something new, so they’re encouraging women to bring the men in their lives — partners, fathers, brothers, neighbours and friends. The evening will include a short presentation about the Men’s Shed movement, upcoming activities and the goals for the Riverbend group. Guests can take home information, sign up for the newsletter and meet the team. There is no membership fee.

Coordinator Lorena Smalley has

helped launch three sheds and has seen firsthand how powerful they can be. She notes that sheds in Sherwood Park and at the Westend Seniors Activity Centre have grown strong connections among men both inside and outside weekly meetings.

People are asked to pre register for the open house to help with planning. Everyone is welcome. For questions, contact David James at David@riverbendmensshed.com or call 780 266 1351.

LEARN THROUGH
PLAY!

A photograph of three young children playing in a room filled with colorful toys and furniture. One child is standing, another is sitting, and a third is lying on the floor. They are all smiling and appear to be having fun.

A stylized illustration of a child wearing a green raincoat and yellow boots, jumping into a puddle. The child is holding a yellow umbrella. The background is a light blue sky with white clouds.

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Your Voice

A portrait of Rakhi Pancholi, a woman with long brown hair, smiling and looking slightly to the side. She is wearing a dark jacket over a black top. The background is a soft-focus image of pink flowers.

Join me for an information session on the October 19 referendum

Saturday, October 3, 11:30 a.m.-12:30 p.m.

NEW LOCATION: Riverbend United Church (14907 45 Ave NW)

Rakhi Pancholi

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Sustainable Fashion: Mending and Making Meet up

From patches and darning to Sashiko embroidery, simple mending techniques can help reduce textile waste while giving old clothes a second life.

By Deann Stein Hasinoff

What we wear, whether it’s for functionality, style or a mix of the two, fashion is a part of our everyday lives.

We don’t often think about fashion as an industry, or an industry that has a major environmental and social impact. The rise of ultra fast and fast fashion companies like Shein, Zara, Uniqlo and H&M, and the general practice of overproduction, make fashion one of the more polluting industries. From water consumption, water pollution, energy use, the manufacturing of synthetics, overall waste and low pay and poor labour conditions for workers, there is much to be concerned about. So, what can we do?

One place to start is extending the life of the clothes we already own. Mending, repairing and maintaining our items and using them for just nine months longer can cut carbon, water and waste footprints by up to 20

per cent. This would save about \$9 billion (CAD) annually in resources.

I started mending when I wanted to see how long I could extend the life of a favourite pair of jeans. It has now been 5 years. Along the way, I have learned about visible and invisible mending and have expanded from that one pair of jeans to multiple pairs of pants, shirts, sweaters and socks. I love that in my household there is a mending pile and we ask if something can be repaired or repurposed before considering donating for recycling. There are many ways to mend garments that do not require sewing machine skills.

Patches, Sashiko embroidery, felting, and traditional and speed darning are just some of the methods available for clothing repair and reuse. Cover up a stain, repair a tear, mend a hole, repurpose, use to repair other things or upcycle an item — with each action we extend the life of



Mending techniques such as patching, darning and Sashiko embroidery can repair damaged clothing and extend the life of garments.

clothing and fabric.

Want to learn or share knowledge about basic mending and meet people in your neighbourhood? Join the Riverbend Community League Mending and Making Meet up. There’s no sewing machine required,

just some simple supplies. All levels of ability and experience are welcome. Bring your mending, a project you want to work on or something you want to mend but don’t know where to start. Go to riverbendonline.ca for more information.

RIVERBEND COMMUNITY LEAGUE - MARK YOUR CALENDARS!

BRIDGE PROGRAM – EVERY WEDNESDAY

Looking to play? Drop in every Wednesday from 12:30–2:30 pm at Riverbend Community Centre, 258 Rhatigan Road East. No registration needed. Some prior knowledge of the game is recommended. A valid Community League membership and \$5 cash only drop-in fee are required.

HAPPY HOWL’OWEEN! FRIDAY, OCTOBER 30, 6–7 PM **Pet Planet**

Join us for a **Puppy Costume Party** at the Brookside Off-Leash Dog Park! Dress your pup in their best outfit for a chance to win frightfully fun prizes, proudly sponsored by **Pet Planet Riverbend**.

Located at 5320 143 Street, our off-leash dog park is open daily from 7 am to 9 pm until Sunday, November 1 (weather permitting). To keep the park safe and clean for everyone, please follow the posted rules and tidy up after your pet.

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VOLUNTEER INFORMATION NIGHT

Give back to your community! Discover rewarding volunteer roles with the Riverbend Community League. Come to our Volunteer Information Night to find the perfect fit for you on **Thursday, October 15, 7 pm**, at Riverbend Community Centre, 258 Rhatigan Road East. Scan the QR code to sign up now.

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When doing your job no longer feels right

When workplace expectations and ethical standards no longer align with our sense of right and wrong, the resulting conflict can take an emotional toll and leave people questioning work they once found meaningful.

By D. Cheryl Kalinowski, MSc, Registered Psychologist



Have you ever heard someone say, “Even though my life is good, why do I feel ‘off’?” Have you been asking yourself the same thing? In both my psychological practice and in my personal life, I have noticed an increase of people asking this question and I wonder how many people have been experiencing a moral injury without realizing it.

Most often, we choose careers or organizations with ethical standards (professional and/or legal guidelines) that support our morals. Ethics are the rules of conduct in a particular organization or group. Morals are our internal compass — our conscience that tells us what is right or wrong. Moral injury may occur when there is a conflict between our morals and ethical standards we must follow. This often happens when the ethical standards of the organization or group change and

no longer align with our morals. People often feel betrayed and it isn't easy to cope with.

Moral injury is often associated in professions where 'life or death' decisions need to be made, such as with military personnel. Other professions prone to moral injury include law enforcement, medical professionals, emergency service workers and veterinarians. Due to the dynamics of our changing world, I wonder if other professions not associated with "life or death" decisions are also prone to moral injury. This includes the teaching profession.

For example, a teacher friend recently told me she reluctantly retired early as she was unable to cope any longer with the changes in ethical standards in the education system. She was passionate about being a teacher and believed it was her moral obligation to help students learn and develop skills that would assist them in a successful future. Since the changes, she was required to pass students even though they did not fulfill the class

requirements. She struggled with the change as she did not believe she was helping students with the knowledge and skills necessary for a successful future and was concerned that she was giving the students the wrong message.

The ongoing betrayal of her morals created an internal conflict for her. Perhaps by leaving the profession prematurely, she may have prevented a moral injury.

In such a situation, our options are limited. Sometimes we can't leave due to financial or other constraints. The best we can hope for is to cope for as long as possible. Effective coping strategies are essential in addition to supportive co-workers and a supportive home environment. If you reach the point where you are questioning the ethical standards of your organization or group, then it may be time to seek professional help.

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Understanding rotator cuff injuries

Shoulder pain is common, but many rotator cuff injuries can be successfully managed with physiotherapy and an active exercise program.

By Miles Morgan, MScPT, MPA, BA(hons)

Shoulder pain is well established as one of the most common complaints affecting our musculoskeletal system that is managed by physicians and physiotherapists. In fact, up to half the population experiences at least one episode of shoulder pain per year and nearly 50 per cent of these are related to some type of rotator cuff injury.

The rotator cuff consists of four muscles (supraspinatus, infraspinatus, teres minor and subscapularis) that originate on the shoulder blade. These muscles converge together to form a common tissue (the rotator cuff tendon) that attaches onto the ball portion of the shoulder (“ball and socket”) joint. The rotator cuff functions to rotate the arm, as well as helping to stabilize the shoulder joint by centering the ball within the socket.

Rotator cuff injuries can occur through several different mechanisms. Injuries can be divided into two categories: 1) traumatic injuries, meaning there is a specific, well-defined injury, such as a fall on an outstretched hand or high-impact contact in hockey; or 2) atraumatic injuries, where the cause is unknown or less clear, but pain and worsening shoulder function develop over time.

An important subset of these two main categories is rotator cuff injuries that occur as a consequence of normal, degenerative changes

associated with aging. Like all tissues in the body, the rotator cuff undergoes changes with age, and in some cases, these changes can lead to pain and dysfunction.

Some of the conditions affecting the rotator cuff include: 1) injury to one or more of the rotator cuff tendons, often referred to as tendonitis or tendinopathy, 2) muscle strains affecting one or more of the rotator cuff muscles and 3) tears of one or more of the rotator cuff tendons, usually described as either partial-thickness or full-thickness. Rotator cuff injuries affect individuals across the lifespan; common in young individuals, overhead athletes (throwers, swimmers, etc.) as well as individuals 65 years and older.

Most patients with a rotator cuff injury complain of pain worsened with overhead activities, some sense of weakness and impairment of functional activities that are overhead and involve repetition and/or heavier loads. These symptoms can cause significant disruption of an individual’s physical functioning within activities of daily life, work and/or recreational activities as well as negatively affect one’s mental health and social participation.

The good news is that the large majority of injuries affecting the rotator cuff can be successfully managed by a physiotherapist with



Shoulder pain is common and can result from a variety of causes, including injuries affecting the rotator cuff. Pain, weakness and difficulty with overhead activities can interfere with everyday tasks activities. Photo: Towfiqu Barbhuiya

a well-designed, active exercise program. This should include exercises specifically for the rotator cuff as well as the supporting muscles around the upper back and arm. In some instances, further investigation and additional treatments may be required if an exercise-based program fails to improve function after 3 months.

Interested in learning more? Join us on Thursday, October 22 at 6:30 p.m. at the Riverbend Community League for a physiotherapist-led Rotator Cuff Injury session.



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- ◆ Don’t forget our Evening of Marvelous Music on November 7th at 7:30 p.m., free admission for all.

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A new school year, a new vision

Trustee Julie Kusiek welcomes students, families and staff to the 2026–27 school year and highlights Edmonton Public Schools’ new strategic plan.

By Julie Kusiek, EPSB Trustee, Edmonton Public School Board



I want to extend a warm welcome to students, families and staff across Edmonton Public Schools. I am excited to see our school communities come back together and to welcome the many students and families beginning a new chapter this fall.

This school year also marks the launch of Edmonton Public Schools’ new Strategic Plan. Thank you to everyone who shared their perspectives and feedback throughout its development. The new plan builds on the important work and progress made through the previous Strategic Plan while continuing to move our

division forward with a renewed focus for the years ahead.

Our vision for 2026-2030 is strong: Empowering students to shape their futures and communities.

This means providing high-quality public education that supports students’ academic success and builds compassion. Our priorities are to expand impactful and innovative learning; advance anti-racism, Truth and Reconciliation and inclusion to support student learning; and to center good relationships to enhance safety, well-being and belonging.

Thank you to our students, families, and staff for everything you do to make our school communities strong. I am looking forward to the year ahead and all that we will learn and accomplish together.

Vision

Empowering students to shape their futures and communities

Mission

We provide high-quality public education that supports students’ academic success and builds compassion and connection.

Values

Accountability, collaboration, equity and integrity

The new Edmonton Public Schools Strategic Plan sets out the division’s mission, vision and values, along with priorities for 2026–30.

Here’s to an exciting 2026–2027 school year. If you’d like to get in touch, please reach out anytime to trustee.julie.kusiek@epsb.ca or by phone to 780-429-8087.

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BOOK ONLINE!

October 19 referendum puts 10 questions to Albertans

Albertans will vote on questions covering immigration, constitutional issues and the future of Alberta's relationship with Canada on October 19.

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



On October 19, 2026, Albertans will vote in a referendum on ten separate questions. While most people know one question is about whether Alberta should remain in Canada, many are not aware of the nine other questions.

None of these questions came directly from Albertans through a citizen-initiative petition. Every question has come from the Premier and the UCP government.

The questions can be grouped into three categories:

1. Immigration

Questions one to five relate to whether Alberta should deny or charge for health care and education to individuals living here under temporary work or study permits — individuals who pay provincial taxes, have children and were encouraged

to come here. Several sectors of our economy rely on them.

These questions blame newcomers for the provincial government's inadequate funding of public services. Because many temporary residents are people of colour, the questions are also fueling racism in our province. Immigration levels have dropped significantly in the past two years and there is no evidence that temporary residents "cost" more in public services than any other resident and they pay the same level of taxes.

I will be voting "NO" to all these questions. A society that denies children education or withholds health care from those in need is poorer and weaker for doing so.

2. Constitutional

Questions six to nine focus on constitutional grievances held by the UCP government. They propose changes to judicial appointments, the application of provincial law,

federal funding to provinces without conditions and the abolishment of the Senate.

I will be voting "NO" because none of the issues can be changed by Alberta alone through a referendum. They require constitutional amendments and support from other provinces and the federal government. These questions are distractions that keep Albertans angry without solving any problems.

3. Separatism

Question ten is about separatism. Unlike the other nine questions, this is not a "yes" or "no" question. Albertans will choose between two options:

Option 1: Alberta should remain in Canada.

Option 2: Alberta should start the legal process to hold a binding referendum on whether Alberta should separate from Canada.

Along with most Albertans, I strongly support Option 1, and you

can find my rationale in past articles, social media posts, public statements, and legislative debates.

The precise wording of each referendum question is on elections.ab.ca. Please read them carefully. Many are written in confusing ways to produce the outcome the UCP government supports.

There will be a separate ballot for each question. This could mean long lines on voting day. I strongly encourage you to request a special ballot before September 25, 2026 from Elections Alberta.

It is critical that every eligible Albertan gets out to vote. We cannot risk the future of Alberta and Canada because of low voter turnout. Make your voice heard!

Join me for a referendum information session on Saturday, October 3 from 11:30 am – 12:30 pm, now at Riverbend United Church (14907 45 Ave NW).

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Building for Alberta's future

MP Matt Jeneroux highlights recent investments in housing and infrastructure, along with developments supporting Canada's energy sector.

By Matt Jeneroux, MP, Edmonton Riverbend



As summer draws to a close, I'm pleased to share some important developments over the past month that will help support Alberta's economic growth while addressing the infrastructure and housing needs of our growing communities.

On July 29, the federal government and the Government of Alberta announced a new partnership under the Canada Housing Infrastructure Fund, committing more than \$510 million in federal funding over the next eight years for local infrastructure needed to support Alberta's goal of providing affordable housing for an additional 25,000 households by 2031.

This builds on direct local investments, including the July 22 federal announcement of \$30 million for 70 new townhomes in southwest Edmonton. Built on a surplus school site in partnership with the City of Edmonton and HomeEd, the Ogilvie Ridge project demonstrates what can be achieved when governments and community partners work together to turn available land into much-needed housing. Construction is underway, with completion expected in Winter 2028.

Following these milestones, the federal government further expanded local housing supply on

August 25 by announcing \$51.2 million in low-cost loans through the Apartment Construction Loan Program. This funding will build 199 new rental homes at the Gilbertson Block in southeast Edmonton, a project delivered in partnership with Rohit Group and Covenant Health to integrate accessible housing with community health services.

Together, these investments address two sides of the housing challenge: providing the infrastructure needed to support new development while increasing the supply of homes. By investing in water, wastewater and other essential infrastructure, as well as supporting projects like the new Edmonton townhomes and apartments, we are helping our growing communities prepare for the future.

Turning to Alberta's economy, on July 29, Canada took another important step toward strengthening its position as a global energy supplier. The Ksi Lisims LNG project in northern British Columbia has signed a long-term agreement of up to 20 years with German energy company Uniper. Under the agreement, Uniper will purchase two million tonnes of LNG annually, with deliveries expected to begin in 2032. The agreement is the first major long-term LNG supply agreement between Canada and Germany.

For Alberta and the broader Western Canadian economy, expanding access to international



The Ogilvie Ridge project in southwest Edmonton will provide 70 new townhomes on a surplus school site.

energy markets creates new opportunities for our energy sector and strengthens Canada's position as a reliable supplier to global partners.

These developments reflect an important part of the path forward for Alberta: growing our economy while making the investments needed to support the communities where people live and work. By expanding access to international markets and

investing in the infrastructure and housing our communities need, we can create jobs, strengthen our economy and build for the future.

Going forward, I welcome your feedback and will continue to bring your priorities to Ottawa, stand up for Alberta, and work to ensure that our communities benefit from federal investments and the economic opportunities ahead.



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Updates on Terwillegar Drive project

Councillor Mike Elliott answers residents’ questions about the 142 Street Pedestrian Bridge and provides an update on the Rainbow Valley Bridge opening.

By Mike Elliott, City Councillor, Ward pihêsiwin



Happy Fall! I hope everyone has had a smooth transition into the new school year for those who are returning to the classroom. I hope the start of the season has been a positive one for you and your families!

A friendly reminder that, as a community, we all have a role to play in keeping our streets safe. Together, we can help keep our communities safe and ensure that every child gets to school — and home — safely.

Over the last several weeks, I have received some questions regarding the elements of the Terwillegar Drive project.

142 Street Pedestrian Bridge Fence around the bridge: The City of Edmonton follows provincial and national building and structural codes for bridge design and construction. Cages or enclosures are not required on pedestrian bridges,

and many bridges across the city are designed without them. For this bridge, the City used inward-sloping railings with minimal horizontal elements to discourage climbing and promote safety. Full enclosures or wire cages are not currently recommended due to operational, maintenance, loading, aesthetic and user-experience considerations.

Barriers on either side of the entrances to the bridge: The pathway on both sides of the bridge incorporates curves and bollards to slow cyclists approaching the bridge. The entrance is wide enough to allow pedestrians and cyclists to safely enter and navigate the bridge, while landscaping will help guide users and encourage them to remain on the designated pathway. I recognize that these changes may be disappointing. However, the design must comply with the City’s applicable policies and standards governing how these projects are designed and implemented.

Timing of Full Opening of



The Rainbow Valley Bridge is now open as part of Stage 2 of the Terwillegar Drive Expansion project, with remaining work on Whitemud Drive expected to wrap up this fall. Photo: Michael Ganley

Rainbow Valley Bridge:

The eastbound Rainbow Valley Bridge is now open! This milestone wraps up the major bridge work for Stage 2 of the Terwillegar Drive Expansion project.

Ongoing work involves crews remaining on site on Whitemud Drive/the Rainbow Valley Bridge to complete median barriers, paving

and other minor work. Expect intermittent lane closures in both directions as work wraps up. All four lanes in each direction will fully open this fall.

I strongly encourage you to sign up for my newsletter at mikeelliott.ca/join, where my team will continue to send timely updates.

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ML# E4495451

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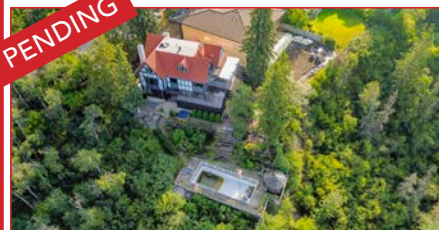
Twin Brooks \$2,798,000
Brookhollow on the Ravine. 6 bed, 5 bath, 4 car garage. 11,245 Sq Ft of luxury Estate.
ML# E4480008

AVAILABLE



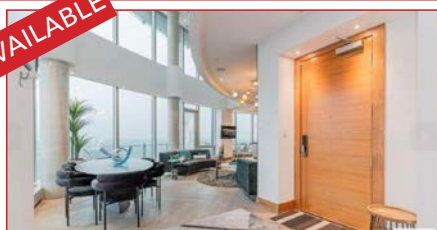
Windermere Ridge Estates \$2,199,000
Over 28,000 sq ft lot (.66 of an acre.) Backs onto North Saskatchewan River
ML# E4487731

PENDING



Windsor Park \$1,980,000
Spectacular River Property! 7 bed, 8 bath. 5279 sqft of spacious living. Stunning river views
ML# E501779

AVAILABLE



The Sky Villa at The Pearl \$1,950,000
Furnished New York-style, 2-storey sub-penthouse. Breathtaking views. 3bed, 2 bath
ML# E4484667

AVAILABLE



Rural Parkland County \$1,890,000
On the North Sask. River. 4.87 7acres. 5570 sqft, 4 Bed, 4 Bath. Indoor pool. Must See!
ML# E4479606

AVAILABLE



WinterRidge Estates \$1,750,000
2.1 acres backing onto environmental reserve. 5,900sqft of prestigious living space
ML# E4478263

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SOLD



Chappelle \$1,848,000
Custom Built estate on 2 acres. 4985 sq ft, 5 bed. Incredible investment opportunity.
ML#E4483474

AVAILABLE



West Block Glenora \$1,699,000
Sub Penthouse. Stunning views with over 2000 sqft of luxury living.
ML#E4488168

AVAILABLE



Campbelltown Heights \$1,450,000
Country living within city limits! 3 bed bungalow on over 3 acres. A rare find!
ML#E4499878

AVAILABLE



Jasper Properties Penthouse \$850,000
1,705.75 sq ft of refined living space. 2 bed, 2 bath. Stunning views!
ML#E4489260

SOLD



Belgravia

SOLD



River Park Penthouse

SOLD



Larkspur

SOLD



Canyon Ridge Penthouse

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