

RAT CREEK PRESS

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DECEMBER 2015

NEWS » HOUSING

Paving the way for net zero housing

Edmonton organization talks about their green housing plan



Marcel Pereira (left) and Jud Dudley (right) from EICOS at one of their seminars. » RUSTI LEHAY

RUSTI LEHAY

The Edmonton Inner City Outreach Society (EICOS) is ready to bring green housing to prospective homeowners.

Jud Dudley, associate coordinator for EICOS, said, "I want to house every single person who is ready for housing. Provide everyone a great house that costs less than renting." EICOS hopes other developers will want to copy them. "As we house more of our neighbours in affordable green housing, Edmonton will be a greener and greener place to live."

Starting in the Alberta Avenue area, they are targeting empty lots and older houses throughout the inner city. "It's a great area to live. It's more cost efficient to tear down and replace old and derelict homes with a net zero house. It's almost impossible to green an old house," said Marcel Pereira, EICOS president.

Different from Habitat for

Humanity, EICOS approaches sweat equity in a variety of ways to achieve the hours. Prospective homeowners may benefit from the sweat equity of family, friends, and sources EICOS cultivates.

Dudley is advertising for volunteers, targeting service agencies, and approaching different service groups to provide needed sweat equity.

Since bulldozing a home creates waste, EICOS will salvage and reuse whenever possible. Green housing is also a key component in long-term affordability. Affording a mortgage is one thing. Utilities in an older home can break a budget. Net zero means producing more power than is needed, with potential to sell extra power back to the grid.

As for cold Alberta winters, think solar panels. Even the EICOS team were surprised attending a solar seminar to find costs significantly decreased while the performance has increased. And EICOS buys

direct from suppliers, working with volunteers to install the panels.

Their goals are to make Edmonton greener, provide houses 25 per cent below market value, and reduce cost of living for families. They will aim for even further reductions whenever possible. EICOS also offers mortgage assistance programs using a variety of mortgage brokers matched to applicants for the best fit.

To meet their reduced cost goals, EICOS will apply for grants and accept donations of land and houses, issuing tax receipts for time, cash, labour, and material valued above \$25.

Further savings is attributed to using LED lighting. The complete interior and exterior lighting for the first house that EICOS is building will cost pennies a month in power.

Additionally, volunteers receive on-the-job training. Anybody interested and showing aptitude can take further training to become more

employable, work in other areas of the green sector, and even become employees such as managers, foremen, or supervisors for EICOS. The organization calls this creating green specialists.

The goal with their seminars offered every month is to find the people who are ready for green housing. Dudley said, "My hope is that other people catch the green bug. We want to plant/build these green bugs everywhere, helping the city reach and surpass its green goals."

Further information

EICOS seminars
Last Saturday of every month (except for December)
Call ahead to book times between 11 am-5 pm
St. Faith's and St. Stephen's fellowship hall (east entrance off parking lot)
Contact Jud Dudley for more information at 780.288.0716

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Slice of Life
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» P10

DAVID SEDARIS' SANTALAND DIARIES

presented by BLARNEY PRODUCTIONS

December 15, 16, 17 & 19 at 8 PM, Fri the 18th at 9 PM

at The Nina Haggerty Centre for the Arts (in the Stollery Gallery)

Biting humorist David Sedaris's one man show about Crumpet the disgruntled department store elf. Anything but sentimental or saccharine—this ADULT piece of theatre is the antidote to the holidays.

ADMISSION IS FREE (but donations will not be denied)!

Part of ...



2015
Yule Ave
A MERRY CHRISTMAS

MORE INFO ONLINE AT WWW.YULEAVE.CA

FESTIVAL » CHRISTMAS

Celebrating the holiday season

Yule Ave artists talk about what makes Christmas special

TALEA MEDYNSKI

'Tis the holiday season, and that means Yule Ave is nearly here for a weekend of family-friendly activities. A free event created by Frank Zotter, Yule Ave focuses on creating memories and practicing charity. This year, Yule Ave artists talked about Christmas and their favourite traditions.

Tell me about yourself. What will you be doing at Yule Ave?

Twila Bakker, part of the team organizing *Unsilent Night*

I am a musicologist who studies music of the late-twentieth and early-twenty-first centuries and I am helping organize *Unsilent Night*, a tape composition/street promenade where participants play one of four pre-recorded tape parts through boomboxes or phones. It's mobile sound installation meets Christmas carolling.

Aimee Johnston, bellydancer from TriDevi Tribal & teacher at Bedouin Beats

I'm a 42-year-old mom who bellydances in a troupe and teaches bellydance at Bedouin Beats.

Our troupe, TriDevi Tribal, will be dancing at Yule Ave A Merry Christmas. We do an improvised style called American Tribal Style®.

Frank Zotter, Yule Ave organizer, artist, teacher

I'm the organizer and creator of Yule Ave a Merry Christmas. I'll be orchestrating in my elf outfit.

I'm acting in Yule Ave this year in the play *Santaland Diaries*. It's a really biting adult offering where retail collides with the holidays. Stories are told through the eyes of this jaded elf named Crumpet.

What are your favourite Christmas traditions?

Twila Bakker

Getting together with friends to attempt playing and singing Christmas carols because many of my musician friends are only ever home for the holidays and it's great fun to make music together at least once a year.

Aimee Johnston

I love to participate in a gift-giving initiative through my work in which I buy a gift for a person living in a home who doesn't have family or friends. The card gets signed "from an Angel". I love that,

it's what Christmas is all about to me. I started a tradition in my family by making advent calendars for my husband and my daughter, and I love filling them year after year. We really enjoy a stroll down Candy Cane Lane as well.

Frank Zotter

[During my childhood] on Christmas Eve, while my dad and I went for a drive, mom would stay home and invite Santa in. We would look for Santa in the sky. And then we'd come home and the cookies would be gone. We'd pepper my mom with questions about Santa. Because my last name starts with a Z, my parents said that Santa started at the end of the alphabet.

Yule Ave A Merry Christmas

Alberta Ave Community League (9210 118 Ave) & Nina Haggerty Stollery Gallery (9225 118 Ave)

Dec. 18, 7 pm: Yule Ave: A Blast Concert & then lighting of the Yule Ave Giving Tree.

Dec. 18, 6 pm: Jingle Jammin' Christmas Carolling starts at The Carrot.

Dec 15-19, 8 pm: *Santaland Diaries* at the Nina Haggerty Stollery Gallery, except for 9 pm on Dec. 18.

Dec. 19, 11:30 am- 2:30 pm: Santa's horse & wagon ride at Nina Haggerty.

Dec 19-20, noon-3 pm: Ornament Creation Station at Nina Haggerty Centre, Santa's Snow Village Spectacular at community league.

Dec 20, 4:30 pm: *Unsilent Night* begins at community league.



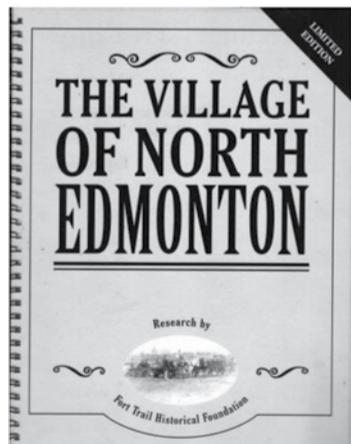
Participants take part in the Ornament Creation Station. >> FRANK ZOTTER



Santa sits on a snow-carved throne at Yule Ave last year. >> FRANK ZOTTER

Enjoy a little local history or share it as a gift

Support future history projects



Filled with interesting facts from the 1900s to the present day, this publication on the history of Fort Road is alive with pictures and stories.

PURCHASE for only \$20.

Funds raised will be used to install an antique map in Dwyer Square at Station Pointe development on Fort Road.

Contact Fort Road Historical Foundation
fortroad@telusplanet.net or 780.472.2562

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3rd Sunday - Aboriginal Form
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4:00 pm - Mass, Sunday, Eritrean Catholic Community

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VOLUNTEER » FESTIVAL

The quest to reach volunteers

How festivals must become creative in recruiting volunteers

TALEA MEDYNSKI

When a festival grows, the volunteer base must grow with it.

Arts on the Ave (AOTA) have realized this fact with its festivals such as Deep Freeze, which draws in people to celebrate from all over the city.

The fact that Deep Freeze is growing is good news, but it also means the organization's volunteer coordinators had to become creative in recruiting enough volunteers to support the festival.

Will Kunyk and Mike Kunicki are the volunteer coordinators for Deep Freeze. When I interviewed them in early November, they were in the second week of recruiting. "This year we're hoping to get 350 volunteers," explained Kunyk. They are making good progress, but want to sign up all volunteers before Christmas because people get busy during the holiday season.

In the past, volunteer events were larger and it was difficult to meet everyone. The new tactic lies in talking to volunteers individually at smaller events in order to understand their skill set and how they want to contribute.

"I talked to a woman last night who said, 'put me anywhere', but the more questions I asked, the

more I found out she loved art, so I placed her in the Deep Freeze gallery," said Kunyk. "We want volunteers doing what they want, doing what they're good at, and keeping on doing it."

Kunyk and Kunicki have started the events. In November, they talked to prospective volunteers at the Carrot's Fabulous Over 40 event. "Everyone talked. Volunteers talked to non-volunteers, sharing experiences," said Kunyk.

Next are the Dec. 1 volunteer concert and the Dec. 18 Jingle Jammin' Christmas Caroling. Kunyk explains Christmas caroling is an opportunity for prospective volunteers who don't know the area to become more familiar with it. "It really highlights the work AOTA has done to revitalize the community."

Their efforts aren't limited to community events. Kunicki said they're reaching out to local schools.

"We're hopefully collaborating with leadership teams, promoting volunteering as an awesome opportunity. We're definitely targeting Eastglen and McNally, but also outlying schools who may not have a great view of 118 Ave."

Kunicki said youth avidly uses social media, making it easier

to share events. The volunteer coordinators are also contacting other community groups, like the Rotary Club and Lions Club. Kunicki said it's important to go to the volunteers.

"We go into their world, rather than people coming to us. It's more proactive."

Other opportunities have been helping in the efforts. GozAround, an Edmonton-created volunteer social network, contacted them. Deep Freeze is now listed on the website.

Equally as important is retaining existing volunteers. Kunyk said that they get many new volunteers, but not as many returning volunteers.

"We want to keep local volunteers. At the Kaleido festival orientation, it was highlighted that some community members have been here since day one."

The volunteer coordinators will be talking to existing volunteers as well. "Existing volunteers are invited to all of our events," said Kunyk.

Go to deepfreezefest.ca/volunteers, GozAround, or complete an application at the Carrot to volunteer and to find out about volunteer events.



Deep Freeze volunteer coordinators are organizing a number of volunteer events. >> EPIC PHOTOGRAPHY

Apply to volunteer

The Carrot Coffeehouse - 9351 118 Ave
780.471.1580
deepfreezefest.ca/volunteers
<https://www.gozaround.com/>

Deep Freeze: A Byzantine Winter Festival
Jan 9-10

INTERVIEW » POLITICIAN

A conversation with MP Kerry Diotte

Questions and answers about his plans for Edmonton-Griesbach

STEPHEN STRAND

On Oct. 19, Conservative MP Kerry Diotte won a seat in the newly formed Edmonton-Griesbach riding.

Diotte grew up in Sault Ste. Marie, where he looked up to his older brother Bob, who was then working at the *Sault Daily Star*. This led Diotte into a career of journalism.

After graduating from Carleton University, Diotte moved West.

"I moved to Alberta (Calgary) from Ontario in winter of 1982 to work as a reporter for the *Calgary Sun* and I moved to Edmonton in fall of 1985 when they [*Edmonton Sun*] offered me a job as a copy editor. I love my adopted hometown," said Diotte.

He worked as an opinion columnist at the *Edmonton Sun* for years and "frequently spoke out about injustice and sought solutions, specializing in city hall and civic issues." Then, in 2010, with his philosophy of helping and empowering people, and with an interest in politics since childhood, Diotte ran for city council. He won and held a seat until 2013, the year he ran for mayor

against Mayor Iveson.

We talked about his upcoming plans.

Why did you choose to run with the Conservative party?

I've long been a fiscal conservative and showed that when I was an Edmonton city councillor from 2010-2013, so the Conservative Party of Canada was a natural fit.

What is the first thing you are planning on doing in your riding?

There are scores of details to take care of in the coming days and a key one is finding office space in our riding and getting a couple of highly qualified staff hired in my Edmonton constituency office.

What do you think is the most important issue for your

riding and how are you going to approach the issue?

The most important issue in the riding is serving people well as an MP, especially on any case files. It's also important for me to continue to have close contact with my constituents. I met thousands of them while door-knocking in our campaign and we have some fantastic people in the various neighbourhoods of Edmonton-Griesbach.

What was your take on the election?

The Edmonton-Griesbach election result was, of course, fantastic. Hard work and extensive door-knocking was what won it for our team. I'd been campaigning for almost two years. Hard work almost always pays off. It certainly did for our team.

Of course, the national result was not what we'd hoped for. But we're lucky to live in a great democracy like Canada where people have the right to choose

their politicians and governing party. We Conservatives will be a strong opposition and all of our constituents can count on us to hold the Liberals accountable.



Conservative Kerry Diotte is now a Member of Parliament for Edmonton-Griesbach. >> SUPPLIED

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WHAT'S ON » OUTDOOR ART WALK

Transforming vandalism into art

A community working together can bring about positive change

JACOB BOS

It took an angry rant about graffiti along Kinnaird Ravine's retaining walls to create one of Edmonton's largest outdoor art installations.

Sebastian Barrera, president of Parkdale-Cromdale Community League, spearheaded the project. In just over a month, his team of over 120 people developed 1,900 square feet of art that replaced the graffiti-laden retaining walls.

With more than 60 pieces of art required to fill the massive space, Barrera needed to overcome some obstacles.

"The area of my work is all related

to community development. After you work hard for a couple of years by volunteering your time, people start to know you and you can set up projects more easily," Barrera said with a smile.

The project was in partnership with several inner city organizations. Youth from organizations like iHuman and the Boyle Street Community League played roles in the production.

Dream Mercredi, a youth affiliate to the Boyle Street Community League said, "I was with Sebastian since day one. He introduced me to a lot of really cool characters, a lot of artists. Ever since then I've been his right-hand man."

The installation is expected to last until next spring. By then, the team at the Parkdale-Cromdale Community League plan to have free schools of muralism and spray painting up and running. They also want to encourage the city to open more public spaces to art while maintaining the Kinnaird Ravine murals. The project in its entirety is anticipated to last five years.

As for future community plans, Barrera said, "We need to open more spaces for youth. Community should be a main factor of youth developments. Community can build those bridges and set up safe spaces for youth."

The project demonstrates how a community league and the people in a community have a say in how their community develops. The more we develop community, the further grassroots projects like the Kinnaird Ravine installation can take us.

Finding solutions to problems like graffiti and vandalism is just the beginning. As Barrera said, "We need to work together to make a better Edmonton, and at the end a better world, but we start in Parkdale!"



Kinnaird Ravine's mural installation covered up the graffiti-laden retaining walls. » JACOB BOS





Yule Ave

2015

A MERRY CHRISTMAS

FRIDAY, SATURDAY & SUNDAY DEC 18 - 20

Featuring David Sedaris' Santaland Diaries, Jingle Jammin' at the Carrot, Unsilent Night, The Yule Ave Giving Tree, Blue Christmas, Decoration Creation Station, Santa's Snow Village Spectacular, Santa's Horse Wagon Ride, and ...

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MORE INFO AVAILABLE ONLINE AT WWW.YULEAVE.CA

WHAT'S ON » LOCAL GALLERIES

An Alberta Avenue art walk

This December, enjoy art exhibitions at local galleries



Desiree Stewart shows off her photonegative Mickey Mouse. » REBECCA LIPPIATT

REBECCA LIPPIATT

There is a lot of beauty to celebrate in December, especially with local art galleries within walking distance holding a variety of exhibitions.

Nina Haggerty will host *Joyeux Visages*, created by artists at the organization. Many of the artists had worked in clay before, but this work is bigger and according to Carolyn Gingrich, lead artist at the ceramics studio, “exploded into an awesome show.”

Desiree Stewart said this was her first time working with clay. She created a photonegative Mickey Mouse, an animatronic chicken and a baby owl. She bases her work on “whatever pops into my head.”

The exhibition starts Dec. 9.

The Bleeding Heart Art Space will be an oasis of calm with *Waiting Room*, a site-

specific installation by Alysha Creighton. From Nov. 21-Jan. 15, the gallery will host a multimedia installation highlighting running water. Our early sunsets will allow the art to be projected onto the window. If the snow co-operates, the rushing water will run in juxtaposition to the frozen water outside.

The show will run nightly and on Saturdays, audiences can participate in the auditory portion of the show inside the gallery. Creighton’s work was in *Nuit Blanche* and gallery operator Dave Von Bieker is “excited to have her here”.

On Dec. 20 from 3-4 pm, the gallery is also holding a small reprise of *Blue Christmas*, a space for people to process grief or loss over the holidays. After a liturgy at St. Faith’s, participants will walk to the gallery, where blue glass teardrops created by Keith Walker will be

on display in the foyer.

The Carrot’s exhibition, now on display, features Naomi Pahl and Mark Hughes’ work. Pahl produces art in various mediums, but her paintings are in this exhibition. “I am so inspired by nature, specifically birch trees. The knots look like eyes and it imbues a personality to each tree I paint.”

Hughes explained, “Fallen is an exploration of the textures and details of autumn expressed as a series of photographic prints of colourful leaves against weathered wood that are in turn mounted on a wood substrate.”

The Studio is owned and operated by Glen Ronald, who paints, draws and occasionally has painting parties. Ronald will host an open house show for art buyers on Dec. 12. If you see his art and are interested in purchasing it, his gallery hours are by appointment.



The Studio gallery features art by Glen Ronald. » REBECCA LIPPIATT



Waiting Room begins Nov. 21 at The Bleeding Heart Art Space. » REBECCA LIPPIATT

Exhibitions	
<p>Nina Haggerty Centre for the Arts 9225 118 Ave Joyeux Visage Opening: Dec. 9, 5-7 pm Exhibit from Dec. 9-23 Gallery hours: M-F: 10 am- 2 pm, Th 6-8 pm, Sat 1-3 pm</p>	<p>The Carrot 9351 118 Ave Oct. 25-Dec. 24 Normal Carrot hours Art of Naomi Pahl and Mark Hughes Dec. 18: Reading of <i>A Child's Christmas in Wales</i> at 6 pm & Jingle Jammin' Christmas Carolling at 7 pm</p>
<p>Bleeding Heart Art Space 9132 118 Ave Waiting Room Opening and artist talk Nov. 21 Nov. 21-Jan. 15 Blue Christmas: Dec. 20 from 3-4 pm Gallery hours: Saturdays from 11 am-3 pm</p>	<p>The Studio 11739 94 St Open house Dec. 12, 4-10 pm and by appointment info@glenronald.com</p>

EDITORIAL

Engage in good citizenship

Respect for others goes a long way in finding solutions and spreading positivity

KAREN MYKIETKA

"My desire to be well-informed is currently at odds with my desire to remain sane." - Origin unknown

I shared a cartoon with this quote on my Facebook page during the federal election campaign.

This sentiment has not diminished. In fact, I would say it has only gotten worse.

I feel overwhelmed.

Plummeting oil prices, recession, unemployment, homelessness, increased crime, debt, austerity, world poverty, Daesh/ISIS/ISIL, terror attacks, war, refugee crisis, natural disasters, environmental fiascos, climate change.

I would like to disconnect, hide, give up.

Two elections in the last six months nearly did me in with their negativity, fear mongering, endless partisan battles, racism and misinformation. It all starts with lack of respect.

You don't have to respect (a.k.a. admire) someone in order to act respectfully towards them (a.k.a. behave in a courteous and considerate manner). I'm appalled by the disrespect I saw and

continue to see people spewing online.

I wonder if those people would actually say that stuff to someone's face. Perhaps hiding behind an electronic device provides a physical and psychological distance, allowing a level of disrespect that wouldn't happen in face-to-face interactions, at least for some people.

"We don't have to agree on anything to be kind to one another."

Other people have progressed well past disrespect to hate. In order to hate someone, you have to dehumanize them: make them out to be different than you, make them something to be feared, a threat. In other words, you demonize them.

Some people think a piece of cloth wrapped around someone's head represents a threat to them and their way of life and that this gives them the right to verbally abuse or physically assault that person. Others think it's okay to demonize their government and leaders to the point of inciting death threats.

"Hate has caused a lot of problems in this world, but it has not solved one yet." - Maya Angelou

"Violence and arms can never resolve the problems of men." - Pope John Paul II

Misinformation and disinformation lead to wrong attitudes, opinions and actions. Many of the attitudes about refugees are based on incorrect information about who they are, the screening process, and the cost to Canadians.

A variety of claims are circulating online that refugees receive as much as \$2,500/month in government assistance, which would be significantly more than pensioners; however this figure is completely false. A single government-assisted refugee gets about \$800/month while a single pensioner at the lowest income gets \$1,300. The truth is that refugees start their life in Canada in debt because they have to repay the cost of their transportation to Canada and other related expenses with interest.

"Nothing in the world is more dangerous than sincere ignorance and conscientious stupidity." - Martin Luther King Jr.

Educating ourselves takes time and work. Unfortunately, many people have no desire to learn or to find the truth. They just want to confirm their preconceived notions or ideologies. What we need, what society needs, is a daily dose of logical reasoning and critical thinking.

It is not logical to blame the NDP government that has just recently assumed power for all the ills in the province. The job losses in the oil patch are due

to the price of oil nothing else. This in turn causes many other spinoff job losses. The gloom and doom attitude towards the \$6.1 billion NDP budget deficit isn't fair. They inherited a \$5 billion deficit from the PC government; there was no "sky is falling" when the PCs tabled their budget in the spring.

"The most fundamental attack on freedom is the attack on critical thinking skills." - Travis Nichols

Headlines were made in November when the NDP and Wildrose leaders both heralded the decision to move the planned continuing care centre in Fort McMurray from the outskirts to a downtown location: "a rare moment of political co-operation". If compromise and co-operation were the norm instead of "rare", we could and would find solutions and do great things benefiting the majority of people.

I need to stay engaged, participate, help.

Learn, listen to other points of view, discuss issues, solve problems, find solutions, spread positive ideas, be inspirational, have vision.

I want to feel empowered.

LETTER

re: Policing, crime and citizen reporting

The major point made in the article was that reporting and statistical analysis informs decisions about police resource allocation.

I wonder if the constable can read his own organization's statistics via its

online crime map, which indicates overall a worse 2015 so far than crimes reported for 2013 or 2014.

I also wonder if he is aware just how visibly he and his organization are kicking the can down the road by asserting

that the primary issue falls to a lack of reports by citizens. We know there is crime. More of it than there has been in the last couple years. We have been reporting it. We call often. As do many. The only people who haven't caught

up with that fact seem to belong to EPS and council, a striking discourtesy to the law-abiding residents in the area who rely on them.

Sincerely,
An anonymous homeowner

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ABOUT US

The Rat Creek Press is a non-profit community newspaper in north central Edmonton serving the communities of Alberta Avenue, Delton, Eastwood, Elmwood Park, Parkdale-Cromdale, Spruce Avenue, and Westwood.

COMMUNITY, COMMUNICATION, CAPACITY

The Rat Creek Press goals are to help connect residents with what is happening in the community, provide a forum where information and ideas can be exchanged, and help individuals learn new skills, acquire experience and develop leadership.

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EDITORIAL POLICY

The Rat Creek Press is a forum for all people. We encourage comments that further discussion on a given article or subject, provide constructive criticism, or offer an idea for community activity. Letters should be no longer than 250 words and must include the full name, location and contact information of the author. Op-Ed columns should be 400-700 words and observe formal rules of spelling and grammar. The RCP reserves the right to edit all material and to remove any electronic comment at any time.

All columns, letters or cartoons submitted are attributed to the author and do not necessarily represent the views or opinions of the Rat Creek Press. Send submissions to the Rat Creek Press Editor via email at editor@ratcreek.org, or 9210-118 Avenue, Edmonton, AB T5G 0N2. Mail may also be dropped at the address above.

COMMUNITY CALENDAR

Space is available to non-profit groups for event and program listings as well as volunteer opportunities on a first-come first-serve basis and will be printed as space permits.



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HAPPY COMMUNITIES

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It takes effort from residents to create a thriving community

AYDAN DUNNIGAN-VICKRUCK

Where there is a will, there is a way. And apparently these days there is a will. The new federal government, days after being sworn in, announced that Canada will open its doors to 25,000 Syrian refugees. Enough of the political wrangling over “offensive” cultural dress or the installation of a “barbaric cultural practices hotline.” We have returned to our humanitarian roots and are once again prepared to do our bit as international citizens.

But let’s not delude ourselves. We do not accept immigrants into Canada just to be nice. Immigrants contribute immensely to Canadian culture and economy.

First and foremost, immigration increases our population. For a long time now, Canada’s population has been close to levelling off. Canadian families are no longer baby crazy. For our economy to grow, we need population to grow. Over the last four years, 80 per cent of our population growth has

been through immigration.

Immigrants are not simply warm bodies. They bring with them a resource of skills, wisdom, culture and education. Looking at our own neighbourhood, consider how much economic activity has been generated by recent waves of immigrants. Nearly every second store is catering to an immigrated customer base.

But a vibrant culture is as important as commerce to a happy community. The original push about 10 years ago to re-establish the Ave as a safe, liveable family neighbourhood went hand-in-hand with creating a thriving arts community. This initiative has been complemented by the cultural diversity of the immigrant communities. Every time I attend a festival on the Ave, I feel like I am in the league of nations. The diversity of cultural expression in dress and language is expansive, enlivening, invigorating.

None of this happens automatically. This transition from recent immigrant to welcome resident is not seamless or

problem-free, and takes a lot more than best intentions or positive attitude.

It’s a herculean effort to move from one part of the world to another. It can involve a different language, climate, culture, values. Cultural integration must be an ongoing commitment by both the host country and the new arrivals. Education for immigrants and our community can be a monumental task. This education means familiarizing immigrants with our language and cultural practices and it also means we must understand the values, skills, and traditions they bring with them. Diversity without the effort on all sides to understand, accept and accommodate risks developing into prejudice and racism.

Fortunately, we have agencies such as Multicultural Health Broker Co-op Ltd, Edmonton Mennonite Centre for Newcomers, Catholic Social Services, and Edmonton Immigrant Service Association to address these concerns and assist everyone with this steep learning curve. Recently, I was privileged to attend a presentation by Karin

Linschoten from the Mennonite Centre for Newcomers. She explained the investment government and communities need to make in establishing and maintaining infrastructure and support systems to transition immigrants and refugees.

One of the encouraging points she made was that immigrant and refugee families who develop a friendship with an established Canadian family have an easier and more positive experience integrating into Canadian culture. This is something that all of us can participate in to make immigration work.

Back to our original consideration: What makes for happy communities? We all do - “old stock” Canadians and new arrivals. Happy communities don’t just happen: they are created by the conscientious effort of the residents. Newcomers can enrich our lives and enliven our communities if we create the space, opportunities and support.



Multicultural communities make huge contributions to events like Kaleido Festival. >> AYDAN DUNNIGAN-VICKRUCK



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BUSINESS » LEMONADE STAND

It's all in the story

This Christmas, let us remember the reason for the season

HENRI YAUCK

In the last few issues of the Rat Creek Press, there were many articles about stories. Your story. My story. The customer's story. The business's story.

Telling stories and listening to stories is hardwired into our brain. The first Facebook was sitting around a fire in the cave and sharing stories. It was the social media of the day.

As we moved forward, the printing press made stories available to a larger audience. Then the party line telephone became the active social media. Today

the smart phone, iPad and computer have become the contact point for many in continuing the need for shared story.

Through generations of storytelling, we have often found meaning where there appeared to be none. Stories convey information, meaning, and foster trust.

This month, many will celebrate what has often been called "the greatest story ever told." The lights, trees, garlands and wreaths have become the symbols of that story.

This story has stood for peace, sharing, good cheer and fellowship. Amazingly,

it is still with us, even though many have tried to suppress it, or trivialize it into nothingness.

History records show that many thousands have lost their lives for it. The meaning and identity it provided for them meant more than their own lives. It gave them hope, and the realization that the people of the world could find peace, friendship and abundance. It laid the foundation through its inspiration for Canada and the society we enjoy.

In our hardwiring for stories, humanity has preserved the story. Some say it could well be this story that will protect

the human race from self-destruction.

People have shared the story every December during banquets, feasts, and over almost bare tables. The story has helped provide hope where there appears to be none, and has encouraged the building of better communities for all.

It really is the reason for the season.

Is it your reason for the season? Or is that longing in the season your desire to know and experience the reason in the story?

A merry Christmas to all!

BUSINESS » SHOP LOCAL

Nolan Drugs' store is designed for customers

Pharmacy offers a variety of important services to the community

NOLAN DRUGS

OWNER/DIRECTORS: ZAHER SAMNANI AND

MOHIB SAMNANI

8731 118 AVE

780.477.2748

HOURS: M-F 9 AM-6 PM, SAT 9 AM-5 PM; ON-CALL

24/7 FOR EMERGENCY PRESCRIPTIONS

FREE PRESCRIPTION DELIVERY

WWW.NOLANDRUGS.CA

REBECCA LIPPIATT

Nolan Drugs has been a fixture in our community for over 60 years. On Nov 9, brothers Mohib and Zaher Samnani opened their newly designed and renovated pharmacy on 87 Street and 118 Avenue. These community-minded pharmacists are happy to be in their new building.

The new space will allow the pharmacists and owners to be innovative in the way they provide services. The new store was designed with the customer in mind. It is bright and welcoming with several private rooms so patients can meet privately with pharmacists.

Nolan Drugs serves walk-in clients, provides home delivery and consultation for patients in 12 different languages, and offers at-home patient care. For example, if a hospital sends a patient home with injectable medication, a pharmacist will teach that patient to do the injection properly

and then follow up.

Clients with chronic conditions can access education in-services. Several specialised pharmacists are on staff, including a diabetic educator and a geriatric pharmacist. In an emergency, pharmacists can adapt a prescription, or prescribe when it's urgent and impossible for the client to see the prescriber. Pharmacists can also prescribe medication and order lab tests for patients continually treated for conditions like asthma.

Since taking over Nolan Drugs 15 years ago, the brothers have grown to serve not only the community, but have also expanded their services across the region.

In 2007, Nolan Drugs was the first pharmacy in Alberta to implement an automated packaging and verification system and an online medication administration system for clients in group homes, long-term care, and assisted living facilities. Nolan Drugs staff works with nurse practitioners and doctors as part of a multidisciplinary team to improve the quality of patients' lives.

Mohib and Zaher Samnani commit to giving back locally and globally. They support and participate in various healthcare initiatives and support Crystal Kids, Sign of HOPE and World Partnership Walk. They have participated in this community for over 20 years as pharmacists, and are mentors and board members in various organizations.

Zaher said their goal is to "go above and beyond to provide their patients with quality of life."



Mohib and Zaher Samnani stand in Nolan Drugs' new location. » REBECCA LIPPIATT



A NEW YEAR'S EVE CELEBRATION: HOLLYWOOD STYLE!

RACING

DINING

CASINO



Northlands
PARK
Racetrack & Casino

DRESS UP FOR THE RED CARPET WHEN HOLLYWOOD GLAMOUR COMES TO NORTHLANDS PARK this New Year's Eve. Your golden ticket will get you exclusive access to a delicious Colours Restaurant buffet and entries to \$10,000 worth of prize draws, as well as live Harness Racing and Casino entertainment!

DECEMBER 31

NORTHLANDSPARK.CA

FREE COMMUNITY ACCESS FOR LEAGUE MEMBERS AT COMMONWEALTH REC CENTRE ON SATURDAYS 5-7 PM

SPECIAL FEATURE » FITNESS

Yoga for a toonie

Mile Zero Dance offers yoga classes to benefit community health

SHELAINÉ SPARROW

The benefits of yoga are widely known, celebrated, and a multi-billion dollar industry. Classes often range from \$10-\$20, which can be tough on the budget. But how about a toonie?

Mile Zero Dance, known for its bold and experimental movement-based art, offers Toonie Yoga on Mondays. I was curious how the yoga class fit into the mix.

One Monday evening, I attended the class. There were six of us in the class. We were not trendy lululemon-dressed yogis, but a more diverse and textured group.

David Garfinkle, the instructor and the group's board president, warmly welcomed everyone. His class was admittedly unique in my yoga experience. With no spiritual music in the background, the sequences felt more like an exercise class with yoga postures. He took care to check in with us and monitored our safety and experience. He also visibly challenged himself with us.

By the end of the class, I felt the positive results of yoga: greater presence, less tension, increased mobility. It was much more valuable than the two dollars I had paid. I spoke with Garfinkle a few days later to find out more about the genesis and intention of the class.

He explained that when Mile Zero Dance moved into the studio, they immediately wanted to animate it in ways that would engage and contribute to community life in McCauley and take advantage of the visibility offered by the location.

In addition to inviting guest curators and having a visual coordinator for the window displays, they offer space rental and a variety of interesting classes such as Rebel Ballet and Contact Improv.

Garfinkle, an instructor in Communication Studies at MacEwan University, has an interesting yoga background. In the 90s, he ran a business teaching yoga in Vancouver. He studied various wellness paradigms during his academic performing arts training. One thing led to another and he found himself involved in initiatives to establish province-wide standards for yoga teacher training in B.C., which would minimize risk and increase safety.

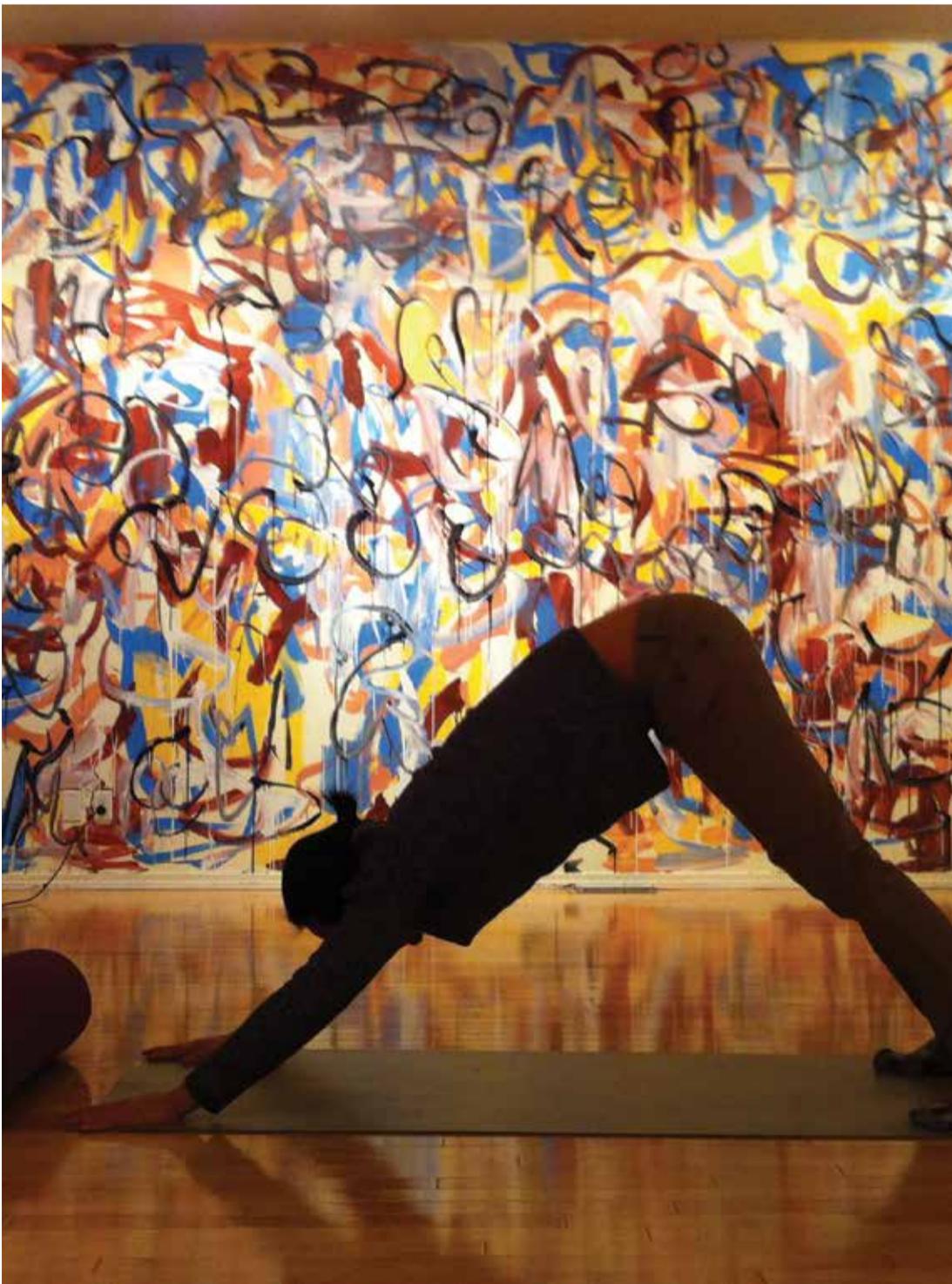
He talked about his commitment to safety and accessibility. He told me of different academic teachings and explorations on community wellness that he had studied or been influenced by over the years.

The new space created an opportunity and he wanted to contribute. "When I teach yoga, I benefit," he said.

Why charge only two dollars? "Many believe that people don't value things unless they are charged enough, but I don't adhere to that." He wanted to ensure there was no financial barrier.

He explained the class is for "local residents age 13 to 70 to have a safe place to focus on their own well-being."

Mile Zero Dance offers Toonie Yoga on Monday evenings from 5:30 to 6:40 pm for as long as Garfinkle's schedule and the studio schedule allows.



Community health is the motivation behind offering Toonie Yoga. >> SHELAINÉ SPARROW

Brian Mason, MLA

EDMONTON-HIGHLANDS-NORWOOD

On behalf of the Alberta Legislature, I wish everyone a very

Merry Christmas and a safe and Happy New Year!



Ph: 780-414-0682
6519 112 Avenue
Edmonton, Alberta

Search for "Brian Mason Edmonton" to find me on Twitter and Facebook



edmonton.highlandsnorwood@assembly.ab.ca

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REFLECTIONS » FRIENDSHIP

A well-seasoned pot of soup

A new season begins with my favourite recipe

LORRAINE BERGSTROM

This time of year represents a new beginning for me. It's when I plan for a new season. I stop investing emotionally in everything I didn't accomplish over the summer and fall. A new season awaits, a new opportunity to give it my all.

I scurry around like a squirrel to assemble things like food and warm clothing. I rake the leaves and put the yard to bed. I compile comfort food recipes and plan for Christmas. A certain security manifests itself once these chores are accomplished. Security brings the need to nurture and be nurtured. That's when I remember my friend Celia the most.

Celia passed away during October many years ago. I don't know how old she was when she died because she never liked to talk about age. I saw her almost daily and so did many others. Her house was always full and so was her heart. She never criticized or judged people; she just accepted them. I thought she must have been so tired with people in and out of her house constantly. But she always had energy, a smile, and a real hug for me—not the polite pats some people give, but a true

warm hug.

A pot of homemade soup was always on the stove. Everyone sat around her big, old kitchen table to visit. Although the chairs were hard and upright, I don't remember ever being so comfortable. She would peel and chop vegetables for her soup while she chatted with her guests. Sometimes, she would hand us a knife and cutting board, but only if she felt that we weren't participating enough in the togetherness or the conversation. She knew that at times, we just needed to chop vegetables. It was Celia's therapy for whatever ailed you.

She always fed us. It didn't matter what time of day it was or whether we were hungry or not. Her soup bowls were old and chipped, and the flower borders on them were faded and worn. None of her dishes or cutlery matched, but it didn't matter. Her soup was warm and wholesome.

"The perfect food," she used to say.

After a while, I adopted Celia's culinary habits—a pinch of this and a touch of that. My soup never tasted the same as hers, which was better and somehow addictive.

As the days increased, so did the people around her kitchen table. I would wash dishes before I left, only to find another sink full later on in the day when I returned. The pile of dirty dishes, like our friendship, grew. Celia's kitchen became my second home and my haven. It is where I learned to believe in myself and trust others. It is where I learned to love soup.

A few years later, Celia told me that she was going to die and that she was ready. I was scared and angry and refused to believe her. I dropped in more often to check on her, but she just hugged me and told me not to worry. She died peacefully in her sleep one night. I cried for days and I miss her very much.

Shortly after her death, her sister delivered a parcel to my home. When I opened up the cardboard box, it contained Celia's favorite old soup pot. Celia had willed it to me. I still use that pot.

My soup is still not as good as Celia's was, but it will get better as I age. When people drop in, I like to feed them soup. It can easily be stretched to include a friend.

Lorraine Bergstrom is the founder of the Avenue Book Club. Check the calendar for details.

PETS » LOST & FOUND

Searching for Pandora

The five week journey of losing and finding a family pet

NICOLA DAKERS

My cat Pandora didn't like wearing her collar. We would put it on her; she would struggle, and fight until she ripped off the collar. We tried harnesses. They didn't work either. We accepted that she wasn't going to wear her collar and were thankful she was microchipped and tattooed. I ended up regretting not finding a collar or harness she would tolerate.

On Saturday mornings in the summer, I let the cats out to roll in the garden dirt and chase butterflies while I clean up the yard and pull weeds. One Saturday in August, I let the cats out and ran back inside to send an urgent email. I would only be 10 minutes. I was sure it would be fine! I finished and went outside to collect the cats.

Simon: check. Lucy: check. Teddy: running away from me down the alley like usual, he will be back. Pandora was nowhere to be seen

She had done this before. We found her two houses down under a truck. This time she wasn't two houses down. She wasn't under trucks, or cars, or hiding under lounge chairs or verandas. Panic set in. We searched for hours, but didn't find her.

The next day, we posted her picture on lost pet websites, with the pound, and on Facebook. Our family helped us put up posters and talk to store owners and neighbours. Nothing.

The weeks moved on and our hearts broke a little more each day. We got leads from thoughtful people, some who were sure people in the area were trapping cats, but we did not find her. Coyote season was upon us and we were worried that our toy-sized cat had become easy prey.

Sometimes my partner Mark would cry, worried she was alone and cold and hurt. I felt bad, but promised myself I would stay optimistic and find my cat.

Five weeks passed and Mark and I had slowly

become depressed. We missed the cat that slept on our chests at night, who didn't meow but barked and who proudly brought us toys, barking and meowing to show off. I finally burst into tears as we talked about the inevitable. Maybe she was gone forever.

We decided to give it another week. We don't like to give up easily and we loved her too much.

The next day at work, co-workers asked after her, but she still wasn't found. I held back tears and cheerfully responded "Not yet!" But I felt hopeless.

Then Mark called me from work and said gleefully, "They found her!"

A kind neighbour found her eight blocks away roaming the streets.

She is home now, still barking instead of meowing and back to sleeping on our chests. She wears her collar now and is (thankfully) not at all interested in going outside anymore.



Pandora after a neighbour found her wandering the streets. » SUPPLIED



Pandora, a beloved pet, was lost for five weeks. » SUPPLIED

COMMUNITY CALENDAR

For the communities of Alberta Avenue, Delton, Eastwood, Elmwood Park, Parkdale-Cromdale, Spruce Avenue and Westwood.

events

JINGLE JAMMIN' CHRISTMAS CAROLLING

Get into the spirit of Christmas and join us for some chill and carolling on the Ave! Dec. 18 at The Carrot (9351 118 Ave). Enjoy a performance of A Child's Christmas in Wales while the chili is served at 6:00 pm. Carolling will begin at 7:00 pm sharp! Dress for the weather and bring your own flashlight.

FOUR NOBLE TRUTHS

Learn the core philosophies of Buddhism from Tibetan monk Kushok Lobsang Dhamchoe. Join our next 6-week course from this highly skilled teacher who trained with the Dalai Lama. Tuesdays (Nov 3 to Dec 8) from 7:00-8:30 pm at 11403 101 St. Phone 780.479.0014 or visit www.gasamling.ca to register.

CITIZEN'S POLICE ACADEMY

On Tuesdays from Sept. 15 to Dec. 15, Bent Arrow is running a free Citizen's Police Academy at Parkdale School (11648 85 St). The academy covers many policing topics. Classes go from 6:30-9:30 pm. Call Sherry at 780-486-2543 to register. Classes will take place in the gym.

COFFEE WITH COPS

Join Cst. Thomsen to chat about neighbourhood concerns. Dec. 1 from 10-11:30 am at The Carrot (9351 118 Ave).

art & music

COMMUNITY DANCE CLASSES

Mile Zero Dance Society offers an opportunity for free community dance/movement classes that can come to YOU. We have highly skilled instructors who can provide a dance/movement workshop or classes to your community. Email [Jodie Vandekerkhove education@milezerodance.com](mailto:Jodie.Vandekerkhove@milezerodance.com) or call 780.719.6585

THE CARROT'S POETRY NIGHT

Join us Dec. 17 from 7:30-9 pm for poetry night. A wonderful time to share your work and enjoy a night out with an encouraging crowd.

JOIN EMCN's GLOBAL SINGERS

Eat a delicious lunch, learn new songs and meet new people. Thursdays from 12-1 pm. Room 2-4, Mennonite Centre (11713 82 St).

NASHVILLE SONGWRITERS ASSOC INTERNATIONAL (NSAI)

Dec. 14 from 6:30-10pm at the Carrot (9351 118 Ave). Subject to change. Confirm your attendance by emailing Colleen: col_kside@hotmail.com

FAMILY ART WORKSHOPS

Dive into the wonderful world of art with FREE all-age workshops every Tuesday from 6:30-8 pm at Parkdale (11335 85 St).

COMMUNITY ART NIGHT

Free workshop for adults. Tuesdays from 6:30-8:30 pm at The Nina (9225 118 Ave).

FAMILY ART NIGHT

A variety of free art activities for school age children

accompanied by adults. Wednesdays from 6:30-8 pm at The Nina (9225 118 Ave).

MUSIC LESSONS BY CREART

Free group music lessons Saturdays from 9 am – 12 pm and violin lessons from 12-1 pm at Parkdale (11335 85 St). Sebastian 780.878.8265.

THE CARROT STAGE

9351 118 Ave, 780.471.1580, thecarrot.ca
The Carrot explodes Saturdays for open mic from 7-9:30 pm. Share original music, poetry or comedy. Free admission for all ages.

programs

LEGO AT THE LIBRARY

Calling all Lego lovers! Come to the library to design and build a Lego creation. Share your building tips and tricks with others. Ages 6–12. Dec. 19, 2 pm at Highlands Library (6516 118 Ave).

GIRL GUIDES

Girl Guides meeting Monday evenings from Sept-June at St Andrew's Church. Email 39thedmingtonguiding@gmail.com or call 1-800-565-8111 (answered locally) for more info.

ESL PROGRAM

ECALA English for Community Integration offers free Parent-Tot English classes. Bring along your babies and toddlers and learn basic English skills for everyday situations. Join us on Fridays from 9 to 11 am at the Parkdale-Cromdale (11335 85 Street). More info: Sarah 780.887.6825 or email sarahdelano@hotmail.com.

FREE ENGLISH CLASSES

Are you learning English? Practice your English language skills, meet new friends and have some fun. We'll have conversations about many different topics, using materials from the library. A library staff member will lead the group. English speakers at all levels are welcome! Mondays from 7 – 8 pm, Sept. 14 to Dec. 14 at Sprucewood Library (11555 95 St).

ENGLISH CONVERSATION CIRCLE (LACE Program)

Drop in and join others who also want to practice their English. English Conversation Circle is part of Catholic Social Services' Learning and Community Enrichment (LACE) program. Call 780.424.3545 for more information. Fridays at 10:30 am at Highlands Library (6516 118 Ave). No class Dec. 25.

SMART SPACE

You're smart; EPL is giving you a place to get smarter. Join other youth ages 13 to 18 at the library who are doing homework, working on projects, or learning about tech gadgets and other online tools to help get things done. Be creative, get help, be smart! Thursdays at Highlands Library (6516 118 Ave) at 4 pm. No classes Dec. 24 & 31.

POP-UP MAKERSPACE

Robot challenges, Makey Makey hacks, DIY music, Art and 3-D design are just the beginning at this Pop-Up maker event. You're invited to drop-in, hang out, bring friends, try things and make fun stuff. Dec. 2 from 6:30-7:30 pm at Highlands Library (6516 118 Ave). All ages.

PRAYERWORKS COLLECTIVE KITCHEN

Cook with friends, try new recipes, help your food budget. Second Wednesday of each month, 5:30-8 pm at St. Faith / St. Stephen Anglican Church (11725-93 St). Cost: 4 one serving meals \$3. Trish 780.464.5444.

ADULT READING & WRITING

A new program using mainly Aboriginal materials. Thursdays, 9:30 am to 12 pm at St. Faith/St. Stephen (11725 93 St).

sports & rec

FREE COMMUNITY ACCESS AT COMMONWEALTH REC CENTRE

Use any of the amenities at the rec centre on Saturdays from 5-7 pm with your community league membership.

FREE SPORTS EQUIPMENT

All kinds of sports equipment for kids in need. sportscentral.org or 780.477.1166.

social

AVENUE BOOK CLUB

Meets the last Wednesday of each month at the Carrot Community Coffee House at 7 pm. If interested, please contact Lorraine at 780.934.3209.

FATHER CLUB

A place for fathers to talk about guy stuff and do guy things. Supper and childcare included. Dec. 9. from 5:30-7:30 pm at Norwood Centre (9516 114 Ave). Register: 780.471.3737.

GROWING TOGETHER GROUP

A FREE drop-in group for pregnant women and women with babies up to 3 months of age. Enjoy fun activities, meet other moms, and learn information about pregnancy, nutrition, baby care, and parenting. FREE resources including milk coupons and prenatal vitamins, and great support for mother and baby. Tuesdays from 1:30-3 pm at Norwood Child and Family Resource Centre (9516 114 Ave). For more information please contact: 780.471.3737.

BOARD GAMES NIGHT

Games provided or bring your own games. Dec. 22 from 7-9 pm at The Carrot (9351 118 Ave). Sponsored by NNA.

PRAYERWORKS COMMON

Hot complimentary meals & warm friendship at St. Faith/St. Stephen (11725 93 St). Thursday drop-in 10 am-2 pm. Friday community supper first three Fridays of the month, 5 pm. Saturday breakfasts 8:30-

9:30 am. For more info, call 780.477.5931.

TWEEN LOUNGE

Join other kids in the program room to play video games, make a DIY project, meet friends or just hang out. Thursdays at 3:30 pm at Sprucewood Library (11555 95 St) and Fridays at 4 pm at Highlands Library (6516 118 Ave). No class Dec. 24, 25 & 31.

TEEN GAMING

Come to the library to play some great games! Thursdays from 6:30-8:30 pm at Sprucewood Library (11555 95 St). No classes Dec. 24 & 31.

pre-schoolers

GIVE YOUR CHILD A HEAD START

Free preschool program for ages 3 ½ - 5 runs four half days a week at Norwood Child and Family Resource Centre (9516-114 Ave). Free busing, nutritious snack, health and dental services, and a high quality child-focused program. Taking registrations for fall 2015: 780.471.3737.

NORWOOD CENTRE COME AND PLAY

Enjoy our free indoor play space and meet new friends in this unstructured group for parents and children. Snack included. Mondays from 10 am – noon (9516 114 Ave).

BABES IN ARMS

A wonderful casual parent group Friday mornings from 10 am-noon at The Carrot (9351 118 Ave). Join us with your little carrot!

PROGRAMS AT SPRUCEWOOD LIBRARY

11555 95 ST, 780.496.7099
Family Storytime, Wednesdays 6:30 pm. No classes Dec. 23 & 30.
Baby Laptime (up to 12 months), Mondays, 10:30 am. No classes Dec. 21 & 28.
Sing, Sign, Laugh & Learn (for caregivers and children up to age 3), Sundays, 2:30 pm and Tuesdays, 10:30 am. No classes Dec. 22, 27 & 29.

PROGRAMS AT HIGHLANDS LIBRARY

6516 118 AVE, 780.496.1806
Family Storytime, Mondays at 10:30 am. No classes Dec. 21 & 28.
Sing, Sign, Laugh & Learn (for caregivers and children up to age 3), Wednesdays and Thursdays 10:30 am. No classes Dec. 23, 24, 30 & 31.

seniors

NORWOOD LEGION SENIORS GROUP

Play darts, shuffleboard and pool. Socialize over coffee and desserts. Tuesdays at 10:30 am. Cribbage, Wednesdays at 1 pm. At Norwood Legion (11150 82 St).

PARKDALE-CROMDALE SENIORS SOCIAL

Seniors bingo, coffee and snack. Mondays from 10:30 am - 1 pm at Parkdale (11335 85 St).

SENIORS BREAKFAST & SOCIAL (55+)

Join us for breakfast, visit, play cards or billiards or watch a movie! Wednesdays from 11:30 am - 12:45 pm at Crystal Kids (8715 118 Ave).

volunteer

DEEP FREEZE FESTIVAL

Volunteer with us! The Freeze is coming! Email deepfreezevolunteers@gmail.com for more info or visit deepfreezefest.ca/volunteer. Sign up now and attend our free coffeehouses, games nights, and concert. Indoor and outdoor volunteer opportunities are available.

NORWOOD SCHOOL CASINO

Volunteers needed on Jan. 3 -4, 2016. Norwood School uses the casino money to provide educational experiences for the children that would not otherwise be available. Help is very appreciated! Please contact Rebecca at RMLL@shaw.ca or Norwood School at 780.477.1002.

RCP CASINO

Volunteers needed. Thu & Fri, Feb. 4 & 5

SHARE YOUR ARTISTIC TALENTS

Join CreArt Edmonton—a social movement of free art spaces and education. Sebastian 780.878.8265.

VOLUNTEER AT THE CARROT

Be part of a great team by volunteering as a barista at the Carrot by emailing Eva at carrotassist@gmail.com. Volunteers can enjoy get-togethers throughout the year, as well as incentives & gifts.

need help?

CALL 211 or visit ab.211.ca Community and social services information and referral.

CALL 311 or visit Edmonton.ca/311 or download the "Edmonton 311" app Report concerns to the City of Edmonton or obtain information on City programs and services

CALL 780-423-4567 for Edmonton Police non-emergency complaints Visit edmontonpolice.ca or download the EPS app

CALL 811 Health Link Alberta 24-7 health advice and information or visit MyHealth.Alberta.ca

dispose

Household hazardous waste, electrical appliances, large items, household recyclables, reuse items to Eco Stations edmonton.ca/waste or call 311.

Big Bin Events for household items that can't be set out for regular waste collection. Check for dates and locations www.edmonton.ca/waste or call 311.

NNA

A big thank you to our community calendar sponsor!

PAID INTERNSHIP OPPORTUNITY

Working on an exciting community engagement / community building initiative in the Alberta Avenue neighbourhood



TASKS – review and organize existing data, help create a strategic engagement plan, make initial contact with residents, collect community resources, create resources for engagement and connecting, plan & pilot engagement activities.

REQUIREMENTS – Must qualify for \$1000 SCiP bursary (see joinSCiP.ca). Must live in north central Edmonton. Available 10-15 hours/month from January to May. Friendly, outgoing, with great communication skills.

CONTACT – Karen Mykietka, Alberta Avenue Community League at info@albertaave.org or 780.477.2773 to discuss further.

Season's Greetings
FROM
COUNCILLOR TONY CATERINA
WARD 7: COMMUNITIES TO BE PROUD OF

Wishing everyone Merry Christmas and a very happy holiday season filled with joy and laughter! In lieu of Christmas cards this year, a donation has been made to Santa's Anonymous.

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 Edmonton AB, T5J 2R7 www.edmonton.ca

Season's Greetings

We would like to sincerely wish you and your family Season's Greetings and a happy and safe Holiday season. We hope that the upcoming year will bring you the best of health, happiness and prosperity.

Nolan Drugs has been serving the community for over 60 years. We customize our services to meet your needs. We sincerely thank you for your continued patronage and look forward to serving you for many more years to come.

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Hours:
 Mon – Fri: 9am – 6pm
 Sat: 9am – 5pm
 Sun & Holidays: Closed

Advice for Life