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FEBRUARY 2015

NEWS » REAL ESTATE

Alberta Avenue neighbourhood increasingly popular

Homebuyers, investors, and developers buying property on 118 Avenue



Homes in Alberta Avenue are being bought as investment property. »TALEA MEDYNSKI



Developers are building new homes in the Alberta Avenue area. »TALEA MEDYNSKI

PRISCILLA CLARK

Alberta Avenue homeowners can pat themselves on the back for their fine real estate investment acumen. *Avenue Magazine* has rated the area as the second best neighbourhood to purchase investment property in Edmonton, trumped only by hip and pricey Old Strathcona.

This position is based largely on Alberta Avenue's reasonable housing prices, making it easier for homebuyers to purchase property.

According to the Liv Real Estate website, the average listing price for an Alberta Avenue home is \$292,304, while the average selling price is \$276,000. The average cost of buying a home in Edmonton climbed to roughly \$360,000 in 2014.

Before you get carried away in visions of potential home equity increases, back up a moment and focus on the term "investment property."

It's important to understand

the typical Alberta Avenue investor and what this means in terms of neighbourhood development. A buyer purchasing rental property, a developer purchasing lots for infill, and a first-time homebuyer are all different types of investors. Each investor has its own unique implications on neighbourhood demographics and the area's goal of continued revitalization.

Cory Clendenning, a realtor from Royal LePage Noralta Real Estate, provided more clarity.

"Alberta Avenue has had the stigma as a problematic area, but there has been a shift in public perception. There are a number of investor profiles in the area. They are a mix of first time homebuyers (primarily millennials), young couples and young families just starting out, hip young professionals, artists, and house flippers. Developers attracted to lots with RF3 rating, where they can double their investment dollar by building duplexes or

small apartment blocks, are also in the mix. It is also a great investment area for rental property, as affordable listings translate into more affordable, easily rented properties. There are buyers looking for revenue generating basement and garden suites to help with mortgage payments. There is also a select group of homebuyers who are looking specifically for character homes, of which Edmonton has a limited supply," Clendenning explained.

Walkability and nearby amenities are important factors as well.

Alberta Avenue's advantage is its close proximity to downtown, an increasingly important commodity. A recent report released by the Urban Land Institute stated urbanization is the new normal, not an emerging trend. Twenty-seven per cent of Canada's population comprised of the millennial demographic has been the driving force behind this trend. The Real Estate Investment

Network states, "The baby boomers changed the real estate market towards the suburbs. Millennials are leaning towards greener choices. More village local feel, less reliability on automobile, more want of community feel are just some of the changes this next population cohort is demanding."

The Real Estate Investment Network added that because millennials are the new generation in the housing market, their preferences influence the next decade. This generation will affect Alberta, since a large population of millennials are moving to the province.

Consider Clendenning's parting words of advice:

"Always use a professional realtor. It is the safest course of action. Make an informed decision by looking at between six and eighteen properties. You get a sense of market value, and you'll be comfortable with your decision. Don't be afraid of a little elbow grease. Look for a home with good bones."

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What's On

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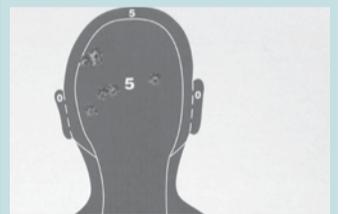
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NEWS » EASTWOOD

Big changes for Eastwood Community League

The new year ushers in a new board and ideas to the league

MARI SASANO

Eastwood Community League is bursting with energy with the election of a new board, said Franki Harrogate, the league's new vice president.

"We have an entirely new board with one exception. A new executive, new board members and everybody is excited to bring a whole bunch of new energy and cohesiveness to the league."

The outgoing president, Norm Aldi, had been involved on and off since 2004, but chose not to stand for office this year.

The new executive comprises Tish Prouse as president, Franki Harrogate as vice president, and Cheryl Atkins as treasurer. David Barker, Garry O'Brien, Teri Bulher, and Cole Dixon are all directors at large. Derek Dixon is past president, since he acted as president in Aldi's place.

The board members has a variety of skills, including business, law, science, non-profits, and experience on other boards. But the crucial thing, Harrogate said, is that the group is ready to take things on for the long term and everyone is strongly motivated to be more active in providing programs for the community.

"We're interested in reconnecting to the community, bringing in new programs, revitalizing the rink, park, and

sponsoring festivals like Avenue Goes to the Dogs, Eastwoodfest and maybe coming up with new ones," she said.

All community members are encouraged to suggest ideas for programs and projects, but some initial ideas include extended skating rink hours, renting to recreational teams, and collaborating with other community leagues. There are a number of ways to reach the board:

"Come to any board meeting. The dates are up on Facebook and Twitter. We haven't established a regular schedule yet, but it's always possible to get ahold of one of the executives. We'll try to get a message from the community league in the *Rat Creek Press* to let them know what we're doing and where they can get ahold of us if they want to get involved if there's any specific events, or if they want to be involved in any other way."

The board is also motivated to be more diverse and inclusive and welcomes different experiences and viewpoints.

"We're willing to admit that not only do we have a lot to learn, we want to learn and we're willing to make the effort to get out there and educate ourselves."

Outreach will also allow the league to connect with new residents—the neighbourhood is changing, and the board mem-



Eastwood Community League voted in nearly an entirely new board. >>TALEA MEDYNSKI

bers want league activities to reflect that. Once the board has determined what will serve the community best, they will apply for city funding to make things happen.

"With any luck, long term, it will be far more cohesive and involved, inclusive. You may

not hang out with your neighbours, but at least you'll know who they are. We'd like to see more block parties, more people just coming out of their houses and away from Netflix because there are things they want to see and do and participate in."

Eastwood Community League

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NEWS » EYE ON COMMUNITY

Policing changes coming to the Ave

Edmonton Police Service changing divisional boundaries and N.E.T. team

TALEA MEDYNSKI

Times are changing with Edmonton Police Service as divisional boundaries are reconfigured, and in the very near future, the loss of the 118 Avenue Neighbourhood Empowerment Team (N.E.T.).

Alberta Avenue, previously in the downtown division, is now part of the new northwest division.

"The divisional boundaries were changed to help balance workload across the divisions and to accommodate our growing city," said Lisa Kaye-Stanisky, EPS communications advisor.

A Jan. 23 event at Alberta Avenue Community League brought EPS, the Community Action Team (CAT), and community members together to discuss the northwest division and crime prevention strategies.

The four day CAT deployments, part of the EPS Violence Reduction Strategy, occurs twice a year in each division. From Jan. 21-24, the team

focused on reducing crime in the Alberta Avenue area. Details will follow in the March issue.

"[The change in divisional boundaries] is unique because we have an opportunity to take pieces from other divisions and create our own community. We want to get to know people. We have to re-introduce ourselves," said acting Staff Sgt. Curtis Hoople.

Superintendent Denis Jubinville said, "we're looking for some positive results in this area. We're going to work aggressively toward reducing crime and ensuring the safety of the community."

Residents can continue to report crimes at Calder station on 125 Street and 132 Avenue or at the downtown station on 96 Street and 103A Avenue. Minor crimes can be reported online or through the EPS app.

The N.E.T. team will be relocated to the downtown division.

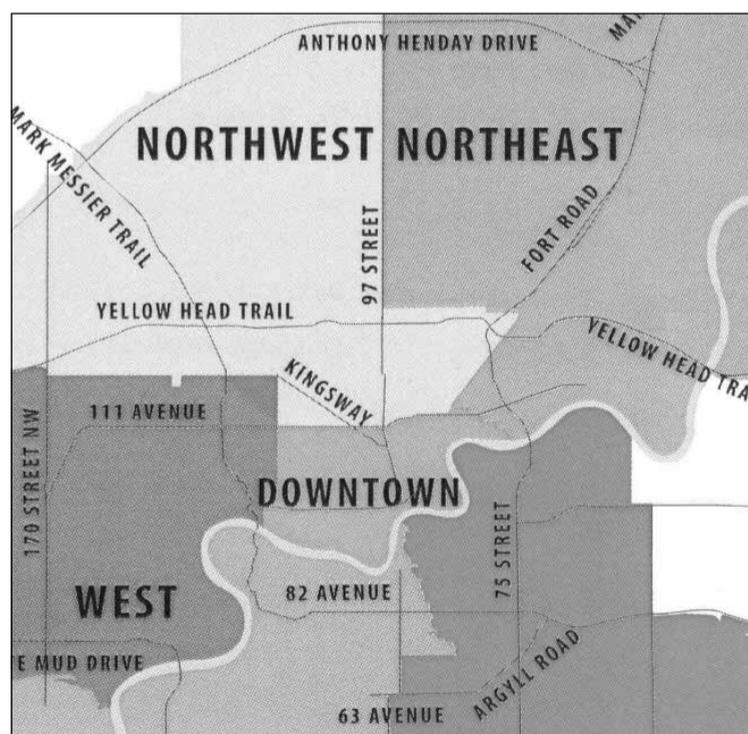
"We're no longer attached to one community, we're attached to an entire division," explained Alec Stratford, a N.E.T. social

worker.

The team has provided support to the Alberta Avenue community for nearly seven years. A team is typically in a community for two to four years. The idea is for teams to go where they're needed rather than focus on one community. Stratford explained N.E.T. is working on a new model of practice, where the goal is to prevent crime. "It's based on analytics and where violent crime is most likely to occur."

"I think in Alberta Avenue we've made some really great progress," added Stratford, who explained perceptions of 118 Avenue have changed over the past seven years. The team has raised awareness of issues like sexual exploitation, sexual assault, and break and enter crimes.

Plans to have a team working in the northwest division are in



EPS has added a northwest division resulting in boundary changes for all divisions. >>EPS

the works, although there is no specific timeline identified.

"The N.E.T. partnership will always look towards building a N.E.T. team in every division,"

said Kaye-Stanisky.

NEWS » HEALTHCARE

Outpatient office an access point

Partnership between Aboriginal organizations provides more options

TALEA MEDYNSKI

The Canadian Native Friendship Centre on 117 Avenue and 95 Street is the site of a new outpatient office, which opened Jan. 20, 2015.

According to the Poundmaker's Lodge website, the office will, "assist clients in maintaining their sobriety and provide aftercare services to patients who struggle with addiction."

The outpatient office, a partnership between Poundmaker's Lodge Treatment Centres and Canadian Native Friendship Centre, runs Tuesdays and Thursdays in the upper floor of the Canadian Native Friendship Centre. Tuesdays will have counselling and therapy services and Thursdays will focus on support group services for former clients to maintain sobriety.

At the grand opening on Jan. 16, representatives from both organizations were present.

"This is something we really need in our community," said Brad Cardinal, executive director of Poundmaker's Lodge Treatment Centres. "We need

to create an open door for Aboriginal people."

The office also serves as an access point for further information or acts as a referral service for other addictions treatment programs offered.

"We'd like to welcome community members to drop in and view the space," said Cardinal. "We want to ensure that we're engaging with the community around us."

Poundmaker's Lodge Treatment Centre will provide the counselling, while Canadian Native Friendship Centre will provide the facility.

"The outpatient office allows you to approach things one day at a time," said Fay Lawrence, an addictions counsellor.



On Jan. 20, an outpatient office opened on 117 Ave and 95 St. >> TALEA MEDYNSKI

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WHAT'S ON » COMMUNITY PROJECT

Once upon a community

Connect with others and tell your story in a supportive setting

TALEA MEDYNSKI

It's a chilly January afternoon when I meet Lindsay Ruth Hunt at Popular Bakery to talk about the Live Story Project, a grant-funded initiative she co-created and that begins on Jan 20.

"It's multi-faceted—it's about using [people's] stories to connect community members. Stories connect people—they're a good way to build community and capacity."

Hunt, who studied theatre and development at Concordia University in Montreal, has combined her education and interest in social justice. She works as a "theatre practitioner, critical educator, and community development worker."

"I really believe in the capacity of art for personal community and social development," said Hunt.

Communities usually invite Hunt to do her work. As she puts it, "I'm a guest in their community. I work with people who are not actors to address issues in a community and ultimately work toward positive social change."

This time, she's working in her own community. Last February, Hunt and her husband bought a house in the Alberta Avenue neighbourhood. She was soon mingling with other artists and community members and asked herself why she wasn't doing something in her community.

"I discovered there could be room for a dream project." Hunt and her co-facilitator, Cortney Lohnes, applied for a revitalization grant in the summer. The women took the same program at Concordia University.

There is a lot of experience between the women. Lohnes is a "very experienced facilitator



Lindsay Hunt and Cortney Lohnes are running the Live Story Project. >>TALEA MEDYNSKI

and community engagement worker." Hunt has worked with iHuman Youth Society, facilitated a leadership program called Next Up for social justice and environmental leaders, and guided "The Coming Out Monologues", a performance during University of Alberta's Pride Week. She's also pursuing a PhD in community-engaged art and is a stand-up comedian and a clown.

The project, open to people of all ages, begins with an eight-week drop-in workshop.

"Each session will have a different way to provoke stories. People like to share stories. Sometimes they need a little

nudge." One workshop may feature a potluck to show how food connects to the past or a cultural background.

The eight-week period functions as a brainstorming period. Each session will have an informal meet and greet time, followed by guided storytelling activities, group activities, and a longer storytelling activity. Sessions are casual and participants can engage as much as they want.

"I'm not expecting people to stand up and perform right away. It is an easy going, story sharing atmosphere that we hope to create."

Afterwards, those who wish

to commit to the project and perform will develop and rehearse the stories for six to eight weeks. The group may fine-tune individual stories or explore connections between stories. It depends on the group and the material.

Participants will perform in a local venue in late April or early May, likely telling the stories as monologues, but it depends on the group. Hunt said the final performance, "[Is] as theatrical as they want to make it. It's a nice, supportive space."

The overall goal of the project, said Hunt, is to connect people, built capacity, relationships, and community.

"All the stories that live in this community are quite exciting. I'm excited to meet with people and engage with them," said Hunt.

LIVE STORY PROJECT

AB Ave Community League lobby

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WHAT'S ON » FASHION

African Fashion Event on the Ave

Dress up and take in fashion from local designers at this gala

RUSTIL LEHAY

On Feb. 21, Gilles Wouanko will add more flair and colour to the Avenue with the second annual African Fashion Event.

Wouanko, who arrived from Montreal a year ago, said of creating and organizing the event: "There was nothing like it here. I saw a need."

Last year's event spread over two days. This year, Wouanko said, "[we] are combining all the best stuff and a few extras into one gala evening."

Wouanko invites local businesses to collaborate and hopes to write a huge cheque to their partnering charity, the Children's Heart Foundation.

"A win-win for everyone. Sponsors will be recognized. People will be able to meet the models, designers, artists, view art, hear poetry, and enjoy traditional African dance performances."

Designers will showcase their collections, speak about their work and inspiration, and models will mingle with the crowd.

Hollee McKerchar, a full-time model, first met Wouanko at last year's casting call. McKerchar previously worked exclusively with one designer. Meeting with other designers and a hair and makeup artist led to her walking the Western Canada Fashion Week (WCFW) runway.

"I now have more friends who are models and recruited them for this year's event."

Organizers are creating a different ambiance this year. Wouanko said, "With this gala, there is the opportunity to dress well, enjoy an amazing panorama of multi-cultural food offerings and learn."

Attendants will learn insider information peeking behind the curtain of the design industry. Wouanko hopes people love the show and learn about the designers, especially local ones.

Wetaskiwin designer Miriam Makau has also showcased her collections at local community events, WCFW, and worked with famous designers in Dubai. Makau started designing in 2001, and at the event, "[hopes] to make a bigger breakthrough in marketing and have people learn about my label." In Dubai, Makau designed haute couture. "Anything can inspire me, from places, people to situations. Events, moods, even little things."

Designing mostly for women and children, for this event, Makau will offer a fusion between haute couture and classic wear. Makau's Marie Allure label can be found by her name on LinkedIn or Facebook.

Wouanko wants designers to have the spotlight. "We have ideas we want to share and hope people can share in our vision,

see the beauty and feel the same things we feel."

Choosing February to align with Black History Month, Wouanko said, "We know our stories. We know our fashion. We want the party to be for everyone from everywhere."

The event will connect people to designers from the Avenue, Calgary, Wetaskiwin, Toronto and Washington, D.C.

McKerchar feels the event will "break down barriers, create a niche for everyone, share with Edmontonians and community. It is not an African event for African people. It's for anyone who wears clothes, enjoys cultural events and wants to have fun."

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Hollee McKerchar walks the runway. » TIMOTHY GARDNER

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EDITORIAL

Are we a little extreme?

Why the blame game doesn't work to explain extremism

DYLAN THOMPSON

Addiction is a terrible thing. In our seemingly prosperous times, it is an all too prevalent vice. According to alcoholrehab.com, one thing most addicts share is their tendency for blame.

Blaming means never having to say sorry, says the website's page on blame and addiction.

"If other people are responsible for the bad things that happen in life then the individual can avoid feelings of culpability. Blame involves making a judgment about other people.... Those who fall into addiction will frequently blame other people for their predicament."

The West in general, and Canada specifically, are like an alcoholic who perpetually blames his ills on someone else instead of acknowledging that he is the architect of his own troubles.

So, to what are we addicted? It depends on whom you ask. Some say we're addicted to oil. Others say we are addicted to money, or power, or television, or whatever. The important thing is we love to assign blame for our troubles.

This is especially true when the spectre of violence rises, gripping our minds and hogging our television screens. Only a specific kind of violence, mind you. The government would call it terrorist violence. After the tragic events of October,

extremism is a word on our minds in Canada.

When it comes to the kind of violence that gets the most play in the media, there are many roots to the tree but two stand out. Social decay and military interventionism are two catalysts that can make a person desperate enough to commit an extremist act.

Lacking the space to delve into the long history of violence around the world, let's just quote my mother and say that violence doesn't solve anything. Sure, exacting revenge might be cathartic temporarily, but the long-term damage only leaves us all weaker.

Unfortunately, military interventionism is a subject beyond the scope of this editorial, but social decay is much closer to home.

On Dec. 1, 2014, an Ontario Court of Appeal struck down a charter challenge that would have guaranteed affordable housing as a fundamental human right under the Canadian Charter of Rights and Freedoms. Fiscal hawks and "bootstrap" conservatives might cheer this as a win for small government, but the damage being done will harm us all.

Just because you refuse to provide for homeless people or install spikes to encourage them to go elsewhere doesn't mean they go away. In fact, given that the OECD (Organization for Economic Co-operation and Development) listed Canada as

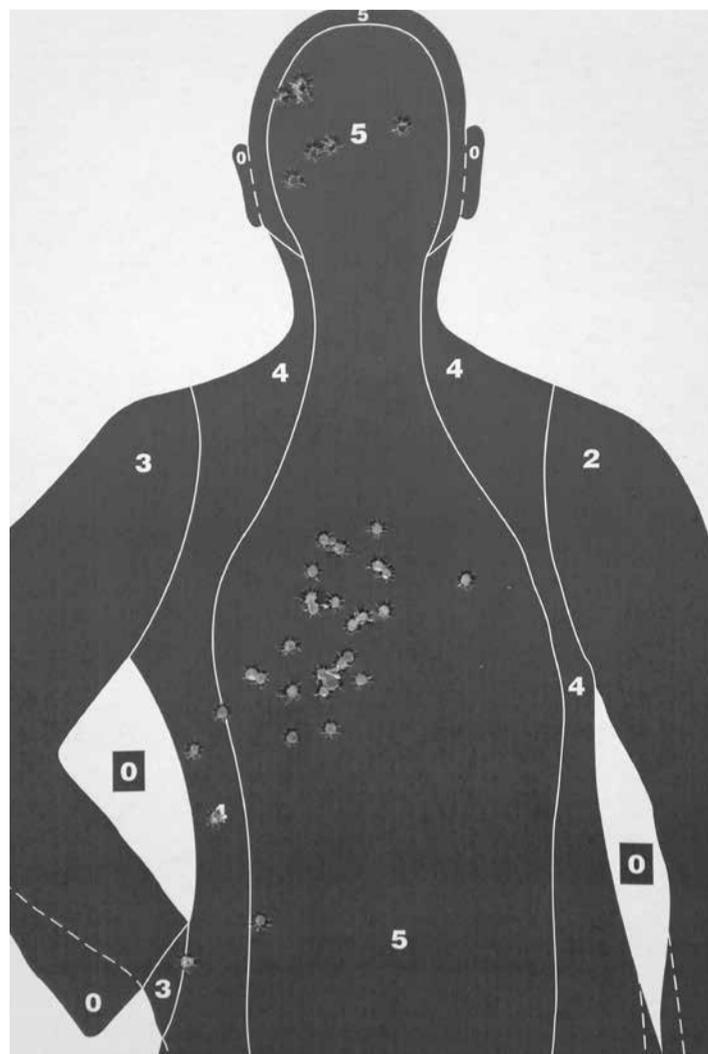
having among the fastest growing income gaps of all developed countries, it seems likely our homeless population will continue to grow.

When you put people into desperate situations, they become desperate people. Tibetan monks didn't start immolating themselves because it was the first option that occurred to them. They did it because they saw no other recourse.

Michael Zehaf-Bibeau was a mentally ill drug addict. Ignoring our own culpability in the construction of a system producing desperate people and placing the blame on shadowy "others" gives us no reason to change.

In the aftermath of the shooting, our own prime minister, before giving adequate time for concrete facts to emerge, linked the Parliament shooting to other ISIS-inspired violence and vowed, "to work with our allies around the world and fight against the terrorist organizations who brutalize those in other countries with the hope of bringing their savagery to our shores. They will have no safe haven."

Instead of jumping to conclusions and pointing fingers around the world for our problems, we should first look at ourselves. What can we do to tackle these issues? What can we do to fix our desperation problem?



Social decay and military interventionism are two causes of extremism. >> FREERANGESTOCK

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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.

LETTER TO THE EDITOR

Parading and protesting

This is apparently the second year running that there have been protests about parading the roasted pig through the middle of Deep Freeze Festival. Although I did not witness the controversy, I did overhear a lot of ancillary conversation, mostly expressing nervousness about people exercising their democratic rights.

I like the idea of protesting the pig march. I also like the idea of parading the pig. Both approaches stem from an interest in honouring the humble animal.

In the case of the Viking ritual (a festival theme), this was a way of honouring a valued food source, very critical to the survival of the community. It is perhaps a bit of a stretch to add similar significance to the slaughtering of an animal in our society since, although many of us eat meat, we don't need to. We won't go malnourished. Nonetheless, if we are going

to kill animals for food, then it is still very appropriate to honour the animal's sacrifice. A parade, although perhaps offending our urbanized sensitivities (we have lost all sense of where our food comes from), is an appropriate way to do this.

Or we could choose not to eat pork at all, which is another obvious and perhaps better way of honouring the pig. For vegetarians, it is a case of not eating any meat, but other cultures and religions single out the pig as one animal we should leave off our plate. For people of such persuasions, it is very appropriate to take offense.

So, in the name of diversity, which the festival certainly promotes, let's make room for a divergence of opinion. My suggestion is that next year, while the pig is being paraded, protesters are invited to costume up and parade alongside.

Aydan Dunnigan-Vickruck



BUSINESS » THE LEMONADE STAND

Step into the future

What 15 minutes of fame means to your business

HENRI YAUCK

"In the future, everyone will be world-famous for 15 minutes" - Andy Warhol

Warhol was a world-renowned modern artist of the late '60s. His quote was a little ahead of his time. Well, almost.

Today, millions of people walk around with miniature TV sets allowing them to watch movies and broadcasts any time. This technology also doubles as phones, calculators, miniature computers and cameras.

We can also use this technology like a typewriter. You can type out a note, or use it like that other antique: the telegraph. You can send a note to any group of people in the world and it will instantly appear on their little screens.

Since these messages and pictures travel at the speed of light, anyone can deliver their creations to almost every person in the world in a millionth of a minute.

The day Warhol spoke of has arrived. But our 15 minutes of fame is given to us in microbursts of one millionth of a minute. Fifteen million flashes of worldwide fame takes quite awhile to create, as it turns out. Yet, no one really cares. They are too busy sending out their own microbursts of hoped-for

fame, while yours gets even less than a glance.

Amazing! Has anything really changed? What do you think? Through the '80s into the 2000s, we lived through the "me" generation, with boldness and assertiveness being desirable traits.

Well, the pendulum has swung into what appears to be the "we" generation. Now, we tend to admire considerate people. Business people are discovering ethical behaviour and customer-friendly businesses are edging their way to the top of the heap.

Maybe, just maybe something has changed. Today, unethical business behaviour is noticed not just by the recipients of it, but also in an instant by thousands of potential customers. The business gets its just reward that much sooner.

Here are two steps for making the most of your microburst or 15 minutes of fame.

Step one: communicate a powerful value proposition so your prospective customer will want to get to know you and your business.

Step two: present a number of powerful compelling offers to get those interested individuals into your place of business so you can give them their 15 minutes of attention and make

them feel valuable (their personalized 15 minutes of fame).

The attrition rate for most smaller and middle-sized companies is around 17 per cent. That means in the course of 12 months, you can expect to lose 17 per cent of your customers. Some move away, some just decide to meet their needs some other way or try something different, some die, and so on. In business, there is no such thing as zero growth; you either grow or fall behind. Falling behind is a lot easier today than it was years ago because of the huge choice people have in every product and service category.

If you don't communicate a powerful value proposition and present compelling offers to your market, someone else will. If you develop one new compelling offer every month, you will have 12 fifteen-minute bursts of fame in 2015...imagine what that will do for your business.

For more information on developing a value proposition and creating compelling offers, check the January 2015 Lemonade Stand article.

Today is the day to build a better lemonade stand. Just for 15 minutes, work on your business, not in it.

BUSINESS » SHOP LOCAL

Indulge in decadent treats

Alberta Ave's newest bakery gives customers a taste of France

PASSION DE FRANCE

11812 86 ST

OWNER: MELANIE DOVALE

PH: 780.257.2092

HOURS: MON TO WED 9 AM-5 PM, THURS TO FRI 9 AM-7 PM, SAT 9 AM-6 PM

REBECCA LIPPIATT

Passion de France has been open on the Avenue for two months. Located behind (north) of MB's Barber Shop, and across from Eastwood Park, the elegant French bakery hosts eight seats and a plethora of delectable baked goods.

Melanie Dovale, the owner, chose the location due to bakeries already existing in the west and south sides of the city.

Pastry chef Fadoua Derbel's specialities include French pastries: brioche, millefeuille, almond croissants, pain au chocolate, madeleines—all made from scratch. The delightfully coloured and tasting macarons are imported from France. All baked goods are halal.

For savoury treats, lunch is served daily. Starting at \$12, you receive the daily soup and quiche or a sandwich. Included in the price are a drink and a desert. The soup is only occa-

sionally vegetarian, but there is always a vegetarian quiche and sandwich option. Smoked salmon and asparagus are also on the menu.

Trained in Austria and Germany, Derbel moved to Edmonton with her husband, also a pastry chef, to be with their family. For five years previously, she was the pastry production manager at Paul, a 125-year-old boulangerie (bakery) and patisserie (pastry shop) in Dubai.

In addition to their in-store treats, Passion de France has an extensive catering menu, which includes salads, sandwiches, and platters, as well as sweets, pastries and cakes. They cater for business functions, family parties and can create lovely wedding or birthday cakes.

In the summer, the patio, surrounded by a wrought iron fence and overlooking Eastwood Park, will be the perfect place to read the paper, sip a coffee and enjoy pastries.

Valentine's Day specials are on the menu. Derbel plans to prepare Charlotte chocolate raspberry mousse cake, cookies and truffles.

BUSINESS » SHOP LOCAL

Rethink tossing broken appliances

Give your appliances a new lease on life

VETERANS SALES SERVICE

11502 85 ST

OWNER: WAYNE COFFIN

PH: 780.477.5555

HOURS: MON-WED 10 AM-3 PM,

THURS, FRI 10 AM-5 PM,

SAT BY APPOINTMENT

REBECCA LIPPIATT

Toaster stopped working? Curling iron on the fritz? Your favourite lamp seems to have

given up the ghost? Wayne Coffin can fix that for you.

Veterans Sales Service is located at the corner of 115 Avenue and 85 Street. In the summer, a row of lawn mowers awaiting new parts sits at the garage-style door. However, Coffin and his staff fix more than lawn mowers. They repair small appliances like vacuums, shavers, and hair appliances. They also sell new and used applian-

es, shaver parts, vacuum bags, and an interesting selection of paraphernalia, including an old army telephone and licence plates. Repairs are limited to small appliances.

Model cars and trains are one of Coffin's hobbies and if you are very nice, he may sell one of his collections to you.

Three men returning home from the Second World War started the business, originally located on 82 Street and 118 Avenue. It moved several times and in 1958, Coffin's father partnered with the original owners. Coffin's father later built a store at 110A Street and 95 Avenue and bought out his partners. Coffin worked with his father until he closed the business in 1975. Coffin reopened the business in 1986 after buying the present location's building.

Coffin is looking for a part-time lawn mower technician. Give him a call if you have the skills.



Wayne Coffin with some of the small appliances he repairs. » REBECCA LIPPIATT



Pastry chef Fadoua Derbel brings impressive experience to Passion de France. » REBECCA LIPPIATT



Boost Your Sales!

Run six ads and your seventh ad is FREE.

Call 780.479.6285 to book your ads or e-mail ads@ratcreek.org.

HISTORY » COMMUNITY

The Parkdale variety shop

Original owner sold groceries to neighbours and schoolchildren

CHANTAL FIGEAT

The first time I saw the house at 116 Avenue and 85 Street, I thought it dated from the Roaring 20s. To my surprise, research revealed it was built in 1914.

The Nicolas house is stylish for 1914. It is done in the Craftsman style, but it wasn't until the late 20s that Craftsman houses really caught on in Parkdale. The home also has interesting details unique to this structure, including a large bay window at the rear and large roof brackets. Original clapboard siding and wooden shingles in the gable ends remain. An enclosed front porch with eight over four windowpanes adds charm to the building.

Operating under the name

Campbell's Bakery, original owner John Nicolas lived here while making and selling baked goods. He diversified by also selling groceries. It was a good place for such a store, as the building is directly across the street from Parkdale School. No doubt, the young students enjoyed getting their treats at this handy location.

The City of Edmonton 118 Avenue Historical Survey states that, "[this house] is significant because of its association with the theme of early development in Parkdale."

Parkdale began in 1907 and grew rapidly as it was close to the streetcar line. Although the house was built seven years after Parkdale began, it is one of the oldest remaining structures in the neighbourhood.

Nicolas ran his store through the lean wartime years. Many nearby homes in Parkdale are listed as being vacant at the time as the area depopulated. By 1920, the Edmonton economy was recovering. Businessman Mayer Sheckter bought a former grocery at 117 Avenue and 90 Street and established the Alberta Bakery. Nicolas moved out of the house on 85 Street, giving up his own business to work as a baker for Sheckter. After operating through some tough years, per-

haps Nicolas thought it better to work for Sheckter than compete with him.

Nicolas disappears from the Edmonton records after 1920. He likely left town to seek his fortune elsewhere.

After Nicolas left, a series of residents lived in the house. William Dunalk, who appears to have been unemployed, lived in the house briefly in 1921. James Hakin, a motorman for the Edmonton Street Railway, lived there from 1922 until 1926. Thomas Malone, a clerk

for the P. Burns and Co. meat packing plant, moved into the home in 1927. Then James Gilfallin, a driver for McGavin's Bakery, was there in 1928. This rapid turnover of tenants reflects the large amount of single men living in Edmonton at the time. Many were recent immigrants.

The house is currently undergoing renovation. As it is a designated historic property, any changes will have to respect the historical character of the building.



This Craftsman-style house was a community activity centre in the early days of Parkdale.

» CHANTAL FIGEAT

We are Seeking an
events planner
for the..
**Pop up market
Street Sale**

Alberta Avenue Business Association is seeking a part time experienced creative Events Planner to organize 2 summer Pop Up Markets on Alberta Avenue, March 1 – August 31, 2015.

Must have excellent communication & organizational skills and the ability to work independently in a diverse environment.

The Pop Up Events Planner will work in conjunction with the Marketing Committee to organize, promote and implement the events.



ALBERTA AVENUE
BUSINESS ASSOCIATION

Rising up!

Interested individuals are invited to submit their resumes to:
Joachim Holtz, P.Mgr, Executive Director
e: director@alberta-avenue.com

alberta-avenue.com

Councillor Tony Caterina

Ward 7 - Communities to be proud of



Phone: 780.496.8333

Fax: 780.420.4867

Email: tony.caterina@edmonton.ca
www.edmonton.ca

2015 NORTH CENTRAL OUTDOOR SOCCER REGISTRATION

Outdoor Soccer registration for those living in the following communities: Delton, Elmwood, Eastwood, Westwood, Alberta Avenue, Spruce Avenue, and Parkdale/Cromdale.

REGISTRATION AND PAYMENT SESSIONS:

Located at the Delton Community League (123 Ave and 88 St)

Sunday, February 15 from 11:00 - 1:00

Saturday, March 7 from 11:00 - 1:00

Tuesday, March 10 from 6:00 - 8:00

Please note that teams may fill quickly-so register EARLY to ensure that your child has a spot on a DELTON team. Kidsport application forms also available.

PLEASE BRING: cheque or cash for payment, cheque for volunteer deposits (2 bingo shifts per soccer registrant to a maximum of 3 shifts per family), and a cheque for uniform deposit.

Community League Memberships will be available to purchase. Interested in Coaching or Refereeing please attend the registration or contact Laura at 780-982-5823 or soccer@deltoncommunity.com

For fees and playing dates www.deltoncommunity.com

TheAveWeHad.org

A LIVING HISTORY PROJECT

A collection of oral history interviews, reports, articles, photos and more.

FINANCE » STRATEGY

Recovering from overspending

RCP contributor collaboration

The new year has many of us recovering from overspending during the holidays and playing catch up.

Here are some ideas from our RCP contributors on how they approach paying off debts and budgeting after Christmas.

Take stock of your situation

Review all your Christmas debts. Be honest, how much do you owe? How much is coming in and how much do you need to pay out on rent, food and so on. Now the big questions: how much are you going to pay off every month? How long will it take you to pay your Christmas debts? Make a plan and stick to it. And next year, don't spend so much!

– Constance Brissenden

Less is more

I'm going to be watching what I buy and eat: already on hand are lots of goodies. Stay in and eat simple and healthy foods. I'm also going to be careful how much gas I use. I made way too many extra trips everywhere so I need to be careful not to overspend here too.

– Kath MacLean

Be willing to make hard choices

Pay off the higher-interest debt first. Before buying anything, ask yourself if it's a need or a want, and if you have anything that will make do. Look at your cable costs. Is it really worth spending money on TV cable? Can you get used to listening to your CD collection instead? Can you get used to getting your news fix from the Internet rather than the TV?

– Chantal Figeat

Start planning for next year now

In order to stave off significant spending during the holiday season, we purchase gifts year-round and just store them. It breaks up the costs and means that January is much less stressful. We've also set a limit on how much we spend per gift and try to go for more hand-made/small-ticket items. My partner and I have also decided that we're going to discontinue "official" gifts for each other. Instead, we'll do a gift here and there throughout the year.

– Franki Harrogate

Buy supplies in advance

I buy Christmas decorations the first week of January. I bought a 70 light string (and LED, so it uses 98 per cent less energy than regular light bulbs) for \$6, two boxes of Christmas crackers for \$6 and napkins for 30 cents. I do the same with Halloween decorations.

– Rebecca Lippiatt

Use tools to track and budget your money

I like to use the free budget tools at Mint.com to keep track of my expenses and incomes. It hooks up your bank accounts, RRSPs, as well as other accounts (like loan accounts, mortgages, etc). It's easy for me to see where my money is going, and I can create a budget for different categories (like entertainment) to see where I can save my money.

– Alouise Dittrick

Customize what works best for you

I really like the feeling of paying off things as fast as possible, so I tackle the smallest debts first so that I feel a sense of accomplishment. I break it down into more tangible chunks and then take them on. I refuse to cut back on social activities when trying to pay off bills, as for me it leads to depression and sometimes overspending again on a whim to make myself feel better. Sometimes it means taking longer to pay off my debts, but it also means taking care of my health and being happy.

– Anonymous RCP contributor

The bottom line

My husband and I have the same spending philosophy: Don't spend what you don't have. We pay cash for most of our purchases, and with careful budgeting, we are always able to pay our bills on time.

– Linda Wilkinson

Savings ideas

In order to have money to spend, saving some is usually required. Here are some ideas:

Keep a change jar and put your change in at the end of the day (loonies and toonies are what you really want to save).

Pick an amount to save each week and place the cash in an envelope or transfer the money into a savings account. Five dollars a week will get you \$260 or \$10 a week will amount to \$520.

Try the 52 week challenge, where you increase your savings by a dollar every week. For example, you start at week one with \$1 and end at week 52 with \$52. This will give you \$1,378 at the end of 52 weeks. Or some variation of this.

Cut down on something like coffees out, smoking, etc and put aside that money for something you are saving.

The idea is to set a goal and create a strategy to reach it in a set timeframe.

– Karen Mykietka



FIVE GREAT REASONS TO MAKE NORTHLANDS YOUR DESTINATION

These are the kind of events worth getting excited about!

MAPLE LEAF MONSTER JAM – February 7 & 8

TRAGICALLY HIP – February 12

NICKELBACK – March 13

NORTHLANDS FARM & RANCH SHOW – March 26, 27 & 28

CANADIAN COLLEGE FINALS RODEO – March 26, 27 & 28



northlands.com

Elmwood Park Community League

780-479-1035 Call for your free membership

EDITORIAL » LITERARY

Bearing witness

Some memoirs are more honest than others

RUSTI L LEHAY

Annette Erickson writes a bone-wrenchingly honest memoir. I read through it twice. In one month. You might argue memoirs are supposed to be honest. True. An attempt to define this memoir is like trying to define life in one breath. As reader, you are invited to bear witness to the power of a single vision experienced by Lou, the then five-year-old Erickson.

Lou's vision carries, holds and guides her through years of silence and being silenced. By living her truth,

speaking her voice and finding her life partner, Lou finds and lays out a map for everyone to use. Driven by her vision, Lou searches for the oneness of deep unconditional love only found when everyone in a circle of truth experience and live in a state of reverence for each other. Everyone is safe. Everyone is nurtured. People are seen and heard. Feelings are accepted.

Who listens to a five-year-old in a family of secrets and silence, especially when the adults are bound by their own hidden shames and wounds? Lou's vision beckons from deep inside her, weaving throughout

her life like Ariadne's yarn in the minotaur's labyrinth. Walk this winding path of memory, voice-finding, and compassion with Lou and you will see how to emerge triumphant as well. I cannot promise you to be free of tears. I sobbed till my eyes ached in a few sections. I can promise if you step inside her pages you will find a warm place to curl up in shared connections. To hear a sample of the book, come to the launch of *In Search of Oneness* at the Carrot Café on Feb.22, 2015 at 7:00 pm. For now, peruse these two poems found in Erickson's prose.

Born Questioning

ANNETTE ERICKSON

I was born questioning
Not with words but within
my heart and soul
An inquisitive but sensitive
child
Wandering through the
forest of humanity
Looking, feeling, touching,
smelling
With the innocence of a
child

Finding Voice

ANNETTE ERICKSON

Etched within
my woman self,
residues
of a child
once silenced
like a fetus
stripped of womb
causing
fear and doubt
to cast shadows
on my path
of becoming
who I am
meant to be
today.
Watching the sunrise
allows my spirit

to lift high
Essence stirs within,
searching to come forth
from the depths
of my being
Expression from the heart
seeking connection
with Voice,
a natural flow
aspiring to emerge,
urging
never ceasing.
Dreams and visions
take form
in the outer world,
bringing synchronicity
to an inner world
so I can dance
in union

In Search of Oneness



A Memoir of Hope and Healing
Annette Erickson

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Attend our **OPEN HOUSE,**
March 25, 5:30-7:30 pm.
Check Riverdale.epsb.ca for details on our kindergarten info-sessions.



PETER GOLDRING
Member of Parliament
Edmonton East



HELPING SAVE UCAMA

Member of Parliament for Edmonton East, Peter Goldring has actively supported a new site for the future of the Ukrainian Canadian Archives and Museum of Alberta (UCAMA) to help ensure that Ukrainian-Canadian culture and heritage is preserved and remembered for many future generations.

This new facility in the former Lodge Hotel will mean a great deal to Edmonton's Downtown East. The site will be in close proximity to St. Barbara's Cathedral, the origin of Ukrainian Orthodox worshipping in Northern Alberta, being built in

1905, and will help revitalize the area. UCAMA's new building will draw people to the area to experience the museum's educational and cultural offerings, with an accompanying economic boost. However, without adequate funding the completion of this project might not be possible.

After two years, construction has come to a halt due to financial difficulty. As the current building does not provide a suitable venue to house the organization's extensive collections, federal, provincial, and municipal governments have each provided upwards of \$3 million, while private donors have raised \$1.2 million to help the organization relocate to a new facility. Currently, the museum needs \$5 million to complete the renovations.

Mr. Goldring has long been a proponent of the project, and continues to actively campaign for support from all three-levels of government. The museum will showcase the histories and accomplishments of Ukrainian immigrants and their families of Edmonton East since the early 1900s. These include many elected leaders like William Lesick, MP (1984-1988); William Yurko, MP (1969-1979) and MLA (1979-1984); William Skoreyko, MP (1958-1979); Ambrose Holowach, MP (1953-1958) and MLA (1959-1971); and Edmonton East's Member of Parliament since 1997, and his wife, Lorraine Taschuk, and her family.

Ukrainian immigrants contributed greatly to the settlement and growth of Western Canada. What do you think about the future of UCAMA?

780-495-3261

www.petergoldring.ca

Got story ideas? Want to share your thoughts or opinions? ratcreek.org

COMMUNITY CALENDAR

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

Notices

CASINO VOLUNTEERS NEEDED

Arts on the Ave is in need of volunteers to help at their casino fundraiser on Feb 12 & 13. If you are interested, please contact carrotassist@gmail.com.

CALL FOR PERFORMERS & ARTISANS

We are looking for performers and artisans for Black History Month in February. If you are interested or require more info, please contact carrotassist@gmail.com.

THE CARROT STAGE

9351 118 Ave, 780.471.1580
thecarrot.ca
Fridays: Live music starts at 7:30 pm. Check website for line up. \$5 cover, all ages welcome.
Saturdays: Open mic 7-9:30 pm. Share original music, poetry or comedy. Free admission for all ages. \$1.25 minimum food charge.

Programs/Classes

POP-UP MAKERSPACE

All ages. 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. Feb. 21 from 1-2 pm at Highlands Library (6516 118 Ave). Drop in.

FREE FAMILY ZUMBA CLASS

Tuesdays 7-8 pm (except March 26th and April 2 for spring break, and it does not run in the summer) at St. Alphonsus School 11624 81 St. Children ages 5 and up are welcome with parents but they must participate in the class.

FREE COMMUNITY ART NIGHT

For adults. Tuesdays from 6:30-8:30 pm at The Nina (9225 118 Ave). Sponsored by Alberta Jubilee Auditoria Society.

FREE FAMILY ART NIGHT

A variety of art activities for school age children accompanied by adults. Wednesdays from 6:30-8 pm at The Nina (9225 118 Ave).

SPIRIT ART

An opportunity to explore your spirit through art. 1st and 3rd Wednesday of the month from 10 am to noon at St. Faith/St. Stephen (11725 93 St).

FREE MUSIC LESSONS BY CREART

Every Saturday, free group lessons are offered to members at Parkdale-Cromdale Community Hall (11335 85 St). Singing lessons from 9-10 am and guitar lessons from 10 am to 12 pm. Play and meet others. More info: call 780.878.8265.

PRESCHOOL PROGRAMS AT SPRUCEWOOD LIBRARY

11555 95 ST, 780.496.7099
Family Storytime Stories, songs and games for the whole family. Sundays 2:30 pm.
Baby Laptime (up to 12 months) Stories, songs, books, rhymes, finger play. Mondays, 10:30 am. No program Feb. 16.
Sing, Sign, Laugh & Learn (for caregivers and children up to age 3) Enhance communication and development through repetition, visuals and movement. Tuesdays, 10:30 am and Wednesdays, 6:30 pm.

TODDLER TUMBLE BABY BOUNCE

(facilitated by Bent Arrow Parent Link Association) All young parents or grandparents may bring pre-school aged children for gym play time on kid-friendly equipment followed by our Little Peoples Lunch. Tuesdays from 11:30 am-12:45 pm at Crystal Kids (8718 118 Ave).

FREE PARENT & TOT ENGLISH CLASS

ECALA English for Community Integration. Bring along your babies/toddlers and learn basic English skills for everyday situations. Fridays from 9-11 am at Parkdale-Cromdale Community Hall (11335 85 St). More info: contact Sarah at 780.887.6825 or email sarahdelano@hotmail.com.

PRESCHOOL PROGRAMS AT HIGHLANDS LIBRARY

6516 118 AVE, 780-496-7099
Family Storytime: Stories, songs and games for the whole family. Mondays at 6:45 pm & Saturdays, 11am.

Baby Laptime (up to 12 months): Stories, songs, books, rhymes, finger play. Thursdays, 10:30 am.
Sing, Sign, Laugh & Learn (for caregivers and children up to age 3): Enhance communication and development through repetition, visuals and movement. Wednesdays, 10:30 am.

Share a Story: Listen, Move, Play Attention preschoolers (3-5 years)

and their grownup! Join us for stories, activities, technology and fun just for you! Drop-in. Sundays, Feb. 8 to May 3 at 1:30 pm.

LIVELY LEARNING AT THE LIBRARY!

For grades 1-9. Our school-aged programming presented at the library and designed with homeschooling families in mind. Explore interesting topics with hands-on activities. Feb. 18, 1:30 pm. Drop-in, limit 20 people. Highlands Library (6516 118 Ave).

ADULT READING & WRITING

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

TECH HELP @ EPL

Have a tech question like computer basics, email, iPads, eBooks and more. Learn how to access and play with EPL's fabulous eCollection, including eBooks, eReaders, audiobooks, databases and the library catalogue. You're welcome to bring your own tablet, laptop or phone. Tuesdays, 10:30-11:30 am at Highlands Library (6516 118 Ave) or one-on-one at Sprucewood Library (call 780.496.7099 to register).

STOP-MOTION ANIMATION WORKSHOP

Make your own stop-motion movies! You build the background. You create the characters. You direct the action. You film the movie one shot at a time. It's all up to you! Tuesdays, Feb 3 to March 10, 4-5 pm for children 8-14 years old. Drop-in. Sprucewood Library (11555 95 St).

COLLECTIVE KITCHEN

Cook with friends, try new recipes, help your food budget at PrayerWorks Collective Kitchen. Second Wednesday of each month, 5:30-8:00 pm, St. Faith / St. Stephen Anglican Church, 11725-93 Street. Cost is \$3 for one serving of each of 4 different meals. For info, please call Trish at 780.464.5444.

Social Activities

NASHVILLE SONGWRITERS GROUP

Feb 2 from 7-9 pm at the Carrot Community Arts Coffeehouse (9351 118 Ave). More: Colleen col_kside@hotmail.com

CARROT BY MIDNIGHT

Come enjoy a special evening of chocolate making and wine pairing with the people you love. Bring companions, groups of friends, your sweetheart, or just people you like hanging out with. Feb 13 at 7:30 pm at the Carrot (9351 118 Ave). Limited space. Visit thecarrot.ca for more info.

DINOSAUR ADVENTURES

Travel back in time to the world of dinosaurs with the John Janzen Nature Centre! Join us to examine real and model fossils, search for dino puzzle pieces and do some dinosaur dancing. Feb 16 1:30-2:30 pm. For children up to 8 years old. Drop-in at Sprucewood Library (11555 95 St). Limit of 30 children.

AFRICAN DANCE WORKSHOP

Experience art and culture at an African Dance Workshop run by Masani St. Rose-Toth. Born and raised in Calgary, Masani immersed into the art of Caribbean folk dancing at the tender age of 3. In her early beginnings, Masani found passion in the West African culture and style. It was through training under Michèle Moss-Johnston at Decidedly Jazz Danceworks, she found her true calling in West African and Caribbean dance. She has built her foundation of growing and creating community through expression of art and culture with body movement. Feb. 22, 1:30-3 pm at The Carrot (9351 118 Ave). Limited space. Please RSVP to carrotassist@gmail.com.

RHYTHMS OF THE EARTH

Featuring the visual art of Lorien Maheu and Aneta Staniszewski, an all-ages African textile workshop run by Jean Walrond (Feb 21, 1-5 pm) as well as Friday night performances celebrating African and Afro-Canadian culture and other events throughout the month. Please visit thecarrot.ca for more information.

BOARD GAMES NIGHT

Challenge your friends or strangers to a fun night of board games. All ages welcome. Games provided or bring your own games. Feb. 24 at 7 pm at The Carrot (9351 118 Ave). Sponsored by NNA.

TABULA RASA

Watch for the St. Paddy's Day Tabula Rasa in March when we celebrate all things green. Buy a blank canvas and we'll supply paint and brushes, food and wine... everything you need to free your inner artist. Our crew will provide encouragement, insight and inspiration to aid you throughout your creative journey. Bring your friends, party and raise funds to support The Carrot. Be inspired! Visit www.artsontheave.org for more information.

PRAYERWORKS COMMON

Hot complimentary meals & warm friendship at St. Faith/St. Stephen (11725 93 St). Every Thursday lunch 10 am-2 pm. 1st, 2nd & 3rd Friday supper 5-6:30 pm with MusicJam on the third Friday. Every 2nd and 4th Saturday breakfast 8:30-9:30 am.

BABES IN ARMS

A casual parent group every Friday from 10 am to noon at The Carrot (9351 118 Ave).

TWEEN LOUNGE

For ages 8-13. Play video games, make a DIY project, meet friends, hang out. Thursdays at 3:30-5 pm at Sprucewood Library (11555 95 St) or Highlands Library (6516 118 Ave).

TEEN LOUNGE

For ages 13-17. Join other teens to play video games, make a DIY project, meet friends or just hang out. Feb. 27 6:30-8:30 pm at Highlands Library (6516 118 Ave). Drop-in: Free tickets available starting at 10:00 am that day. Teens with tickets will be given access between 6:15-6:30 pm. Doors close at 6:30 pm.

TEEN GAMING

For ages 12-17. Come to the

library to play some great games! Thursdays from 6:30-8:30 pm. Sprucewood Library (11555 95 St). More info: 780.496.7099.

NFB FILM CLUB

The best in animated and documentary film from the National Film Board of Canada. Featuring stories from at home and around the world, NFB Film Club is your window to issues shaping our world. From geopolitics to animated frolics, there's something for everyone. Feb. 21 at 1:30 pm at Sprucewood Library (11555 95 St). Feb. 28 at 1:30 pm at Highlands Library (6516 118 Ave).

ENGLISH CONVERSATION CIRCLE

Drop in and join others who also want to practice their English. Mondays 6 pm at Sprucewood Library (11555 95 St) or Fridays 10:30 am to noon at Highlands Library (6516 118 Ave). No program Feb. 16 at Sprucewood.

FULL CIRCLE

A safe and comfortable place for men and women of a distinguished age (55 years +) to share their life experiences and ideas, and to learn new skills and knowledge while getting to know other local residents. Wednesdays at 6:45 pm at Parkdale-Cromdale Community Hall (11335 85 St). More info: contact Helen 780.454.4886.

NORWOOD LEGION SENIORS GROUP

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

PARKDALE-CROMDALE SENIORS GROUP

Seniors bingo takes place every Monday from 10:30 am to 1 pm at Parkdale-Cromdale Community Hall (11335 85 St). Coffee and snack provided.

SENIORS BREAKFAST & SOCIAL

All seniors 55+ are welcome to join us for breakfast, then stay for a visit, play some cards or billiards and if you like, you can watch a movie! Wednesdays from 11:30 am-12:45 pm at Crystal Kids Youth Centre (8715 118 Ave).

Sports & Rec

SPRUCE AVENUE RINK

Public skate Hours: Sunday 2-5pm; Monday thru to Saturday 4-6:30 pm and 7-8 pm (except Thursdays). Shinny hockey: Thursdays only 7-9 pm.

ALBERTA AVENUE RINK

Public Skating: Monday to Friday 4-8 pm; Saturday & Sunday 1-6 pm. Note: no facility access. Benches outside for putting on skates.

FREE DROP-IN LEARN TO SKATE

Learn basic skating skills and have fun. For all ages. Children 5 and under require a guardian to attend. Stay the whole 3 hours or drop-in for a short while. Participants must have their own skates and a CSA approved helmet is mandatory.

Contact Verna at 780.479.8019 for a Sports Central referral if needed. The program will be cancelled at -20 with wind chill. Spruce Avenue (10240 115 Ave) Saturdays, Feb. 7 to Feb. 28 (no class Feb. 15).

1:30-2:15 Ages 4-6
2:15-3:15 Ages 7-12
3:15-4:30 Family lessons
Parkdale Cromdale (11335 85 St)
Tuesday, Feb. 17 & 24
5:30-8:30 pm Family lessons

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.

Church spirit belief

CHURCH SERVICES

<p>ANGLICAN PARISHES ON ALBERTA AVE ST. FAITH AND ST. STEPHEN <i>Two Traditions – One Faith.</i> 11725 93 Street St. Stephen: 780.422.3240 Sunday Worship: 8:30 am - Low Mass 9:00 am - Morning Prayer 9:30 am - High Mass 7:00 pm - Evensong St. Faith: 780.477.5931 Sunday Worship: Morning Prayer Fridays at 9:00 a.m. 11:00 am - Sunday Worship 1st Sunday - Worship in the Common 2nd Sunday - Traditional Anglican 3rd Sunday - Aboriginal Form 4th Sunday - Traditional Anglican</p> <p>AVENUE VINEYARD CHURCH <i>A friendly, informal, non-judgmental and safe place to grow spiritually. Traditional Christian values in a non-traditional way.</i> 8718 118 Avenue (Crystal Kids building) www.avenuevineyard.com Sundays at 10:30 am</p>	<p>AVENUE CHURCH <i>A community to belong in...a community to serve with.</i> 9351 118 Avenue (The Carrot Cafe) www.avenuechurch.ca Sundays 10:00 am Coffee Fellowship 10:30 am Service</p> <p>BETHEL GOSPEL CHAPEL <i>A Bible-based, multi-ethnic fellowship.</i> 11461 95 Street 780.477.3341 Sunday Meetings: 9:30 am - Lord's Supper 11:00 am - Family Bible Hour Saturdays - Free English Conversation Café for immigrants</p>	<p>ST. ALPHONSUS CATHOLIC CHURCH 11828 85th Street 780.474.5434 Service Times: 7:30 am - Mass, Tuesday to Friday 4:00 pm - Mass, Saturday Vigil of Sunday 11:00 am - Mass, Sunday Main Celebration 4:00 pm - Mass, Sunday, Eritrean Catholic Community</p> <p>English Classes and Collective Kitchen (Seasonal - call for more info.) St. Vincent de Paul Food Help Hotline: 780.471.5577</p>
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Church spirit belief love



At Deep Freeze Festival, a volunteer holds up an ice-carved Viking helmet available for photo opportunities. >>TALEA MEDYNSKI



At Deep Freeze Festival, this dragon was part of the ice bar. >>TALEA MEDYNSKI

Brian Mason, MLA

EDMONTON-HIGHLANDS-NORWOOD



Proud to represent the community voices of Alberta Avenue, Parkdale, Delton, Eastwood and Elmwood Park in the Alberta Legislature.

Please contact my office or interact with me online to share your views, issues and concerns that impact our community and our democratic values.

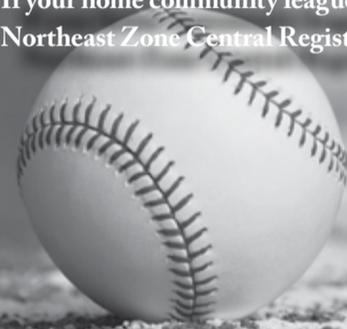
Connect with Brian!

6519 - 112 Avenue Edmonton, AB T5W 0P1
 Phone: 780-414-0682 • Fax: 780-414-0684
 Email: edmonton.highlandsnorwood@assembly.ab.ca

North East Zone BASEBALL Registration for the 2015 Season:

Watch for registration dates in your home community. This is where you should register if they are taking baseball registration.

If your home community league is not taking registrations then register at Northeast Zone Central Registration.



- Saturday, February 21 12:00 pm to 3:00 pm
- Saturday, February 28 12:00 pm to 3:00 pm
- Sunday, March 8 12:00 pm to 3:00 pm
- Wednesday, March 18 6:30 pm to 8:00 pm
- Wednesday, March 25 6:30 pm to 8:00 pm

NEZ Office: 7515 Borden Park Road (behind the tennis courts in Borden Park).

www.playnezbball.ca

Do You Love Alberta Avenue?

Come and be inspired by the ideas and creativity in the community.

Do you have an idea that would be great on the Ave or in your community? Be a part of something fun, creative and unique, maybe even a little crazy. Get involved by turning ideas into action!

- 6:30 - 7:00 Mix and Mingle
(enjoy yummy snacks and dessert)
- 7:00 - 7:30 Be inspired
- 7:30 - 9:00 Create and Plan

Join us for a night to brainstorm and plan projects that will bring beauty and vibrancy to the Alberta Avenue area. Please RSVP to judy.allan@edmonton.ca or 780-496-1913

Monday, March 2
 Carrot Coffeehouse 9351 - 118 Avenue



More info email: judy.allan@edmonton.ca or call 780-496-1913
avenueinitiative.ca

Citizens for strong neighbourhoods

(formerly Crime Council)

We are a community of concerned citizens who are striving towards healthier and safer neighbourhoods. We work to empower, educate, and engage our fellow citizens to build a stronger, more cohesive community. Meetings are every third Thursday of the month.

Contact alec.stratford@edmonton.ca

Area Development Group

New commercial developments, infill, non-market housing, derelict buildings, rooming houses, zoning, development permits—there is no shortage of topics for this group to discuss!

Residents interested in local development meet monthly to review and discuss permit applications and development issues. In 2015, the group is planning an information panel with a variety of city officials involved in the development process as well as some key actions to address issues. Join the conversation and action. Second Monday of the month. For details: judy.allan@edmonton.ca.

