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MARCH 2015

NEWS » FESTIVAL

Building community resilience

Resilience Festival offered opportunities to connect and share skills



People attend the canning workshop at the Edmonton Resilience Festival. » PAULA GEREIN

SHELAIN SPARROW

Almost 1,000 people attended the first Resilience Festival at Boyle Street Plaza, held from Feb. 7-8. The festival, hosted by The Local Good and in partnership with On the Spot Pop Ups and The Edmonton Permaculture Guild, seeks to connect community, share skills, and inspire a sustainable and promising future.

According to festival organizer Danielle Hiscock, resilience is about being able to respond positively to economic or environmental change coming our way.

“Community resilience means it would have strong connections, maps of resources and ability to come through those changes in ways that are not devastating,” Hiscock said. “In Edmonton, a city of a million people in such a cold climate, we need to be really intentional about connecting and being inclusive. The festival is to celebrate the skills

and drive to be together, to share skills with others and have conversation with like-minded people.”

Hiscock’s passion and commitment for sustainability have taken her across Canada and internationally prior to her moving to Edmonton. When Local Good founder and community connector Tad Hargrave asked her what project she would like to make happen, she told him about a resilience festival in Guelph, Ontario. Hargrave and the Local Good encouraged her idea and with that, the festival was initiated.

“I feel the Resilience Festival is maybe one of the best expressions yet of the mandate of The Local Good,” said Hargrave. “The heart of The Local Good is fundamentally about creating a more resilient community. Local Good is about bringing people together in live events—but not without purpose—to come together to do something, often to learn

something.”

There was a lot of opportunity to learn at the festival, with 36 workshops and 45 organizations available in an accessible and welcoming fair called Community Connections. Workshops ranged from wild crafting and willow basketry to pedal-powered cider making, net positive shelters, and permaculture.

A Conversation Café hosted open and intentional conversations in topics including Greening the Grid, Emergency Preparedness, and Aboriginal Renaissance.

Indeed, Hargrave talks passionately about creating change through the power of conversation. “Ask how any great project started and it is always with a conversation. Trust is a necessary component and that is built through organic relationships.”

The festival atmosphere was ripe with all these components, and the result was visible and palpable with the crowd of

people attending over the weekend.

“Our social networks are often limited to who we work with. Events like the Resilience Festival introduce and bring together people and resources and solutions. Unexpected growth can happen when there is a safe place,” said Hiscock, visibly inspired by the connections she was seeing.

Hiscock added: “How we practice resilience personally can mean a lot of different things. It could be learning to deal with stress levels and strategies to cope with change. We can make our voices heard and engage in processes that are in place (communicating with our governing leaders), organize events that bring people together. Resilience is definitely a buzzword. The festival proved that it is a conversation that Edmontonians need and want.”

To connect with green and local living events and opportunities, visit thelocalgood.ca.

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NEWS » GARDENING

March greenlit for indoor seeding

Local experts offer tips for starting seedlings indoors

HAMDI ISSAWI

Beginning this month, gardeners can get a head start by sowing seeds indoors.

Because Edmonton offers a relatively short frost-free season, gardeners should start growing some varieties of plants inside before transplanting outside to get the most out of the season.

According to Hole's Greenhouses in St. Albert, peppers and celery can be started between late February and early March, while tomatoes, eggplants, and onions should be saved for mid-March.

Despite the fact that most seeds are sold with their own instructions and schedules, some growers still make the mistake of sowing too soon.

"People often start too early and they can't manage them inside their home," said Jim Hole, a certified horticulturist and owner of Hole's Greenhouses.

To prevent overcrowding and unnecessary transplanting before spring, Hole recommends following each variety's unique schedule and staggering crops to minimize failures.

"You may want to sow some seed, wait, and give it a good five days to a week to sow some more. You may want to go for a few rounds just to ensure that you've got a good supply of what you really like because if you run into a problem, then you've got another one there that's backing you up," explained Hole.

Two such problems are etiolation, a stretching and weakening of the plant, and damping off, a fatal fungal infection. To

avoid these setbacks, Hole recommends sowing with a sterile seedling mix, not garden soil; maintaining a well-lit and cool environment after germination to build resilience; and avoiding overwatering by misting with a spray bottle to replace lost moisture after the first watering.

Travis Kennedy of Lactuca Corp., an urban farming operation growing salad mixes, also cautions against overwatering, but argues for what he calls a more effective, albeit advanced, watering technique.

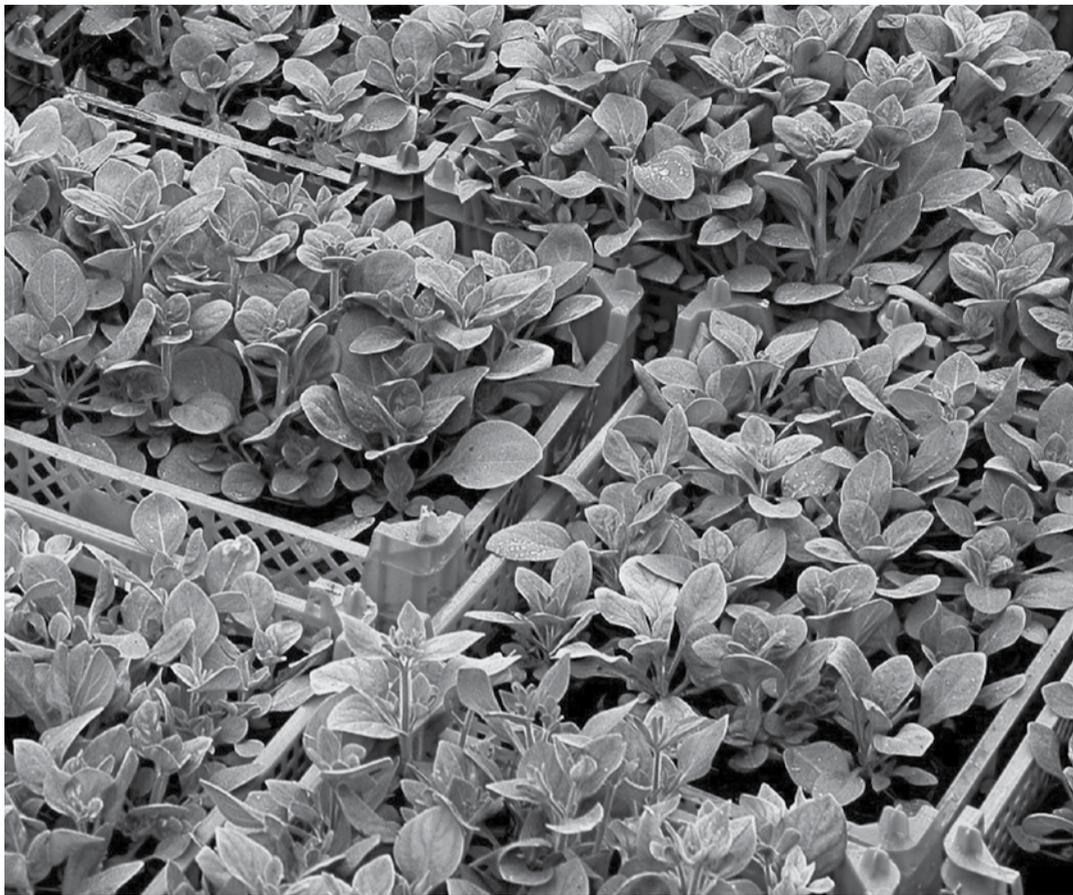
"I typically take a baby finger and put it into the soil up to the first knuckle. If I don't feel the presence of moisture, I soak every flat. When I say soak I mean I actually flood irrigate, so I use trays that don't have holes in the bottom," said Kennedy.

Also a horticulturist, Kennedy recommends draining the water after three to four hours to avoid waterlogging.

"If you're just sprinkling a little bit of water on top of your seed, what you're actually doing is making that seed dependent on you to be back there in a day or 18 hours to make sure that the moisture is remaining consistent. When I say flood irrigate, you saturate the soil column and then the soil column self-regulates to its drying potential," explained Kennedy.

Nevertheless, both experts agree that while failure can be daunting, it's an integral part of the process.

"Trial and error is your greatest teacher with seedlings," noted Kennedy. "They'll let you know."



Preparing plants indoors before spring can offer gardeners a more fruitful harvest. >>PIXABAY

SEEDY SUNDAY

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NEWS » COMMUNITY INITIATIVE

A place for pets

A pet co-operative on the Ave may be a possibility

SHELAINÉ SPARROW

Brendan Van Alstine, who owns two dogs and walks his neighbour's dogs twice a week, is familiar with the challenges of being a pet owner. Busy work schedules and health or mobility issues can make it difficult to meet all the needs of pets, especially dogs.

It's these challenges and the love of animals that inspired Van Alstine's idea of a pet co-operative on Alberta Avenue.

"It's a great neighbourhood to have pets. It's a great place to walk and there are lots of dogs, so lots of opportunity for socializing. And there is the off leash park on 86 Street."

He said Alberta Avenue is home to many dogs and cats.

He has a good point. I started thinking about my own neighbourhood and I was surprised

at how many pets there are, the dog-walking neighbours I see weekly, and the conversations about pets I have had with neighbours.

While the specifics of the pet co-operative have yet to be determined, Van Alstine has been mulling the idea for a couple of years. He envisions the co-operative as "some sort of pet store on the Ave where owners could also stop off for a warm up or a play break on their walks." He is also interested in seeing the co-op partner with animal rescue organizations for adoption events. Specifics would develop as more people get involved.

Van Alstine has been collecting information through an online survey. So far, the response has been positive. About 90 per cent of respondents so far are dog owners and

are supportive. They have given useful feedback on what services and products are desirable, including an interest in local, high-grade food.

In addition to meeting with potential collaborators, Van Alstine has been researching locations and suppliers and has also been meeting with people interested in the project.

"I'm hoping to have an initial/founding meeting, hopefully in April or May. Anyone who puts their email in on the survey expressing an interest can expect to get the details."

He gives a nod to the Carrot Café and the community for the inspiration to pursue the idea saying that "people [here] are great at coming together and making things happen."

Community input is welcome. Visit www.avenuepets.ca to complete a short survey.

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NEWS » EYE ON COMMUNITY

CAT cracks down on crime on the Ave

Police discuss CAT results, strategy, and new team

TALEA MEDYNSKI

From Jan. 21-24, the Community Action Team (CAT) focused on the Alberta Avenue area. According to Edmonton Police Services, there were: “57 arrests, 63 charges including 19 drug-related and six weapons-related, 204 warrant executions, 92 vehicle stops with one vehicle seizure, 120 traffic tickets, and three alcohol-related tickets.”

The team, part of the EPS Violence Reduction Strategy, deploys twice a year in each division. Although CAT focused on property crimes, drugs (meth, cocaine, marijuana, MDMA, GHB, prescription drugs) throwing knives, a sawed-off high-power rifle, and ammunition were among the items seized. They also helped get a 15-year-old female allegedly involved in the sex trade into a supportive environment.

Acting Staff Sgt. Curtis Hoople said he thought the deployment was a “great success.” Since the press release, calls for service have fallen from 85-100 calls a night to 64 calls.

When CAT was preparing for deployment, they tracked crimes and examined the types of crimes taking place in the area. There is a

crime map for each division. This technique is called hot spot policing and EPS uses this technique daily and yearly to analyze crime trends and send in appropriate police presence.

“When an area glows red, that’s when we flood it with police presence. It’s all statistical data,” said Hoople. “That’s where and how they bring focus for the deployment. That’s why every CAT is different.”

Police will continue to focus on property crime in the area, following up with hot spot policing everyday. Hoople also wants to get his team up to full numbers to address new and old issues.

“The division is very motivated to get this done by summer,” said Hoople. “Now is the work. We’ve identified issues in the area, now the fun begins.”

New division, new team

The northwest division is divided into four districts, and the F3 district encompasses Alberta Avenue, Eastwood, Westwood, Delton, Parkdale, Spruce Avenue, Elmwood Park, and the Yellowhead Corridor East.

The team for F3 includes Hoople, who is the community beat sergeant, two beat officers, community liaison officer

(CLC) Jeff Thomsen, analyst Sean McKittrick, and divisional intelligence officer Const. Stacy Miskolczi.

Two senior officers were recently moved to other parts of the division. Two new officers will join beat officers Const. Carusi and Const. Pagnucco by the end of February.

“We moved other officers based on need,” said Hoople.

As the CLC, Thomsen connects community members and the police, informing residents whom they should contact with concerns.

“Jeff and I are the face of the team,” said Hoople. “I know the ins and outs of what the community needs.”

Hoople knows the Alberta Avenue community well. He worked as a beat officer for several years and said beat officers “are the ones in the trenches, identifying people we need to know about. The majority of them work nights. We need to have boots on the ground when crime is happening.” He added that the “118 Avenue beat’s primary focus is between 78 Street and 97 Street, but will proactively reach out to additional areas near the Avenue.”

Thomsen and the beat officers

work under one umbrella.

“We’re all very clear about roles and responsibilities in the unit. There is constant communication. Jeff works the same days as beat officers, but not the same hours.”

Community members can also be proactive. Hoople suggests get-

ting to know your neighbours so that you know when there is someone new or suspicious. Installing motion sensors, not leaving valuables in vehicles, or using tools such as clubs for steering wheels will also help prevent theft.



Community Liaison Cst Jeff Thomsen and Acting Staff Sgt Curtis Hoople are two of the EPS members in the new Northwest Division. Stop by The Carrot on Tuesday, March 10 and March 24 from 10-11:30 am to chat with Cst. Thomsen about neighbourhood concerns. >> REBECCA LIPPIATT

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WHAT'S ON » FINANCIAL LITERACY

Show your kids the money

How teaching kids financial literacy will secure them a better future

RUSTI LEHAY

Kids growing up in the age of plastic money may not know or learn how to handle cash. It must seem like magic when parents slide credit and debit cards through a machine. Parents take groceries home, furniture arrives in delivery trucks, toys show up under the Christmas tree.

Canadian statistics show four in 10 high school youth have insufficient reading skills. Financial literacy rates may be even more frightening. Ipsos-Reid research says 72 per cent of Canadians are not fully confident their math and money management skills will help them plan a secure future. There are few resources for children to learn financial literacy.

Rayanne Doucet, Edmonton Poetry Festival executive director, has two teenage sons. She would like to see courses on money management and literacy for kids. Limited resources for teaching financial literacy and an absence of financial training in school curriculums are frustrating. When her oldest talked about moving out, she drew up a budget for him on his costs, including splitting the rent with friends.

Even without a car payment, food, entertainment, utilities, rent and other miscellaneous costs added up to nearly \$3,000. He had to agree his McDonald's minimum wage job was inadequate. Two full-time jobs might cover expenses, leaving no time for further education. This scenario traps many young people into dead-end jobs.

If you are struggling to teach your kids about money, borrow this practice of Jennifer Balan. She hands the household shopping over to her seven and eight-year-old daughters,

Virginia and Magdalen. They make a list with information from flyers, choosing the store by the best offers for most of the items on their list.

The girls have leeway choosing fruit or snacks for their lunch, provided they figure out the best prices per pound and quantity. Other shoppers have laughed when they overhear Balan, "You can do better. I can see non-bruised fruit from here." The girls develop a sense of pride in helping run their household and also see how much money it takes to feed a family of five.

Another tip is to use to cash whenever possible. Nichole Quiring, local author and mom, recently rediscovered the awareness of limited funds as opposed to instant credit. "It felt great to limit my spending to the cash I had in my pocket."

Teaching children to both save for larger purchases and to be a philanthropist can start young. Help them plan for a larger purchase and offer a choice in charities to share their incoming funds. Then apply a 10 per cent rule. Regardless what amount they receive through gifts, allowance, or odd jobs, the first 30 per cent is split three ways. One third for savings, one third for giving away to a cause of their choice, and one third for immediate spending, with the rest split between long-term and short-term savings.

ATB offers kids a chance to lock even the small amount of \$100 into a GIC at 1.5 per cent. Safa Elchammouri, ATB personal banking specialist, suggests, "Throw money in a jar" or one of the piggy banks ATB gives to kids opening accounts. "Kids receive their own pass-books." It is fun for them to watch their money add up.



Teaching kids financial literacy can start early and simply. >>RUSTI LEHAY

Elchammouri also has clients that put 10 per cent into their savings from every paycheque.

Magdalen is proud to share her knowledge. "I've learned that just because a dime is smaller than a nickel, doesn't mean it's smaller than a nickel."

Both girls have to save \$400 for their upcoming trip to England to visit their aunt and have two piggy banks to differentiate their short and long-term savings. They are also thrilled to know that their Christmas gift of 30 pounds in British currency is worth three times as much Canadian.

One philosophy about giving even with limited resources is best imagined by holding all your money in your tightly-closed fists. It is impossible to receive unless you open your hands. As H. Jackson Brown, Jr. said, "Remember that the

happiest people are not those getting more, but those giving more."

Lynne Twist, author of *The Soul Of Money: Transforming Your Relationship with Money and Life*, speaks about raising young philanthropists. When her grandchildren request new things, she puts the cash equivalent in a jar at home, then discusses alternative possibilities using that money. One example is how buying a goat for a family to provide a milk and food source offers benefits far outlasting the toy.

Time is the truest currency. You can also tell children how many hours of work needed for an item and offer that much time on their favourite activity with you. It is almost a guarantee they will remember the time spent with you over a toy.

INFORMATION ON FINANCIAL LITERACY

Centre for Family Literacy - Financial Literacy

www.familit.ca/programs_and_projects/programs/financial.shtml

Women's Financial Literacy Program

Elizabeth Fry Society
www.efryedmonton.ab.ca/Programs/Womens-Financial-Literacy-Program

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WHAT'S ON » FESTIVAL

Celebrating women and the arts

SkirtsAfire Festival returns to Alberta Ave for its third year

ALOUISE DITTRICK

No one could say Edmonton suffers from a lack of interesting festivals, but the SkirtsAfire herArts Festival is unique because it showcases works by women.

Now in its third year, SkirtsAfire is a multidisciplinary arts festival featuring works in theatre, visual arts, dance, cabaret, comedy, and spoken word performances, held at various locations on Alberta Avenue, between 92 and 95 Street.

This year, there are several returning favourite events, including the Thursday evening opening night cabaret, A-Line Variety Show, at Cabaret Space (inside Alberta Avenue Community League), and Ask Aggie at the Cabaret Space on Friday night.

A first is the premiere of a full play, a new work called *The Mothers*, written by local playwright Nicole Moeller. *The Mothers* will run at Alberta Avenue Community League for 10 days, starting before the festival on Feb. 26 and running most days until March 8. See the schedule below for specific dates. Previous years of the festival have included staged readings of plays in development, and an event called Peep Show, which is a small preview of new plays.

"In our first two years we haven't had a big enough budget to be able to produce the premier of a play, which has been our goal right from the start," said SkirtsAfire Festival director Annette Loiselle. "Ideally we would love to see a play start in Peep Show, get a staged reading, and eventually get a full production."

Other new events include a singer-songwriter series at Sloppy Hoggs Roed Hus on Friday and Saturday evening and at the Carrot Community Arts Coffeehouse on Sunday evening. Families can take in the show *For When She Wakes* on Friday and Sunday morning at Nina Haggerty Centre for the Arts.

SkirtsAfire also has participation events, including several workshops. There is a drumming workshop led by ASANI at the Cabaret Space on Friday morning, a yoga workshop at the Nina Haggerty Centre for the Arts on Saturday morning, and a belly-dancing workshop at Bedouin Beats on Sunday morning.

Showcasing the variety of talents and works from local women is one of the goals of the festival.

"SkirtsAfire provides opportunities and a platform for women to showcase their work

as artists. It is also a springboard for new work by women and encourages women to take leading roles in the arts as curators, directors, writers and producers," said Loiselle.

The festival brings out work and collaboration from women in a variety of artistic disciplines. Loiselle points out that *Words Unzipped*, a spoken word performance, is a collaboration between artists in spoken word, music, and dance.

The festival has gotten a lot of support from the local community, and organizers want to continue to be a part of the growing and dynamic neighbourhood. In fact, one of their mandates is to be a part of the Alberta Avenue revitalization process.

"[For SkirtsAfire] being a part of that movement [Alberta Avenue revitalization] is an exciting thing," said Loiselle.

It's evident that the festival continues to grow as an event. It's another great festival arts event for Alberta Avenue to be a part of.



Lauren Mann and the Fairly Odd Folk will be performing during the festival. >> SUPPLIED

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SKIRTSAFIRE FESTIVAL VENUES

- 1. Cabaret Space & Black Box Theatre: Alberta Avenue Community League 9210 118 Ave
- 2. Nina Haggerty Centre for the Arts 9225 118 Ave
- 3. The Carrot Community Arts Coffeehouse 9351 118 Ave
- 4. Bedouin Beats 11805 94 Street
- 5. Sloppy Hoggs Roed Hus BBQ 9563 118 Ave



FESTIVAL EVENT / DATE	VENUE	TIME
MARCH 5 - THURSDAY		
Opening Ceremonies	2. Nina Haggerty Gallery	5:00 pm - 7:00 pm
A-Line Variety Show	1. Cabaret Space	7:30 pm - 10:00 pm
MARCH 6 - FRIDAY		
Hear Me Roar-Asani (Workshop)	1. Cabaret Space	10:00 am - 11:30 am
For When She Wakes (Family)	2. Nina Haggerty Gallery	11:00 am and 12:00 pm
Singer/Songwriter Vicky Berg	5. Sloppy Hoggs Roed Hus BBQ	6:00 pm - 7:00 pm
Words Unzipped	2. Nina Haggerty Gallery	7:00 pm - 9:00 pm
The Mothers	1. Black Box Theatre	7:30 pm - 8:45 pm
Ask Aggie (Opener)	1. Cabaret Space	9:00 pm - 9:30 pm
Lauren Mann and the Fairly Odd Folk	1. Cabaret Space	9:30 pm - 11:00 pm
MARCH 7 - SATURDAY		
Yoga in the Art	2. Nina Haggerty Gallery	9:45 am, 10:45 am, and 11:45 am
The Key of She	3. The Carrot	1:00 pm - 3:00 pm
Art Unhemmed (Gallery Viewing and Artist Talk)	2. Nina Haggerty Gallery	1:00 - 3:00 pm
A Place for Prose	2. Nina Haggerty Gallery	3:00 pm - 5:00 pm
Singer/Songwriter Sierra Jamerson	5. Sloppy Hoggs Roed Hus BBQ	6:00 pm - 7:00 pm
Staged Readings	2. Nina Haggerty Gallery	7:00 pm - 9:00 pm
The Mothers	1. Black Box Theatre	7:30 pm - 8:45 pm
A Princess Cabaret (Opener)	1. Cabaret Space	9:00 pm - 9:30 pm
The Switches	1. Cabaret Space	9:30 pm - 11:00 pm
MARCH 8 - SUNDAY		
Belly Dancing Workshop	4. Bedouin Beats	11:00 am - 12:00 pm
For When She Wakes (Family)	2. Nina Haggerty Gallery	12:30 pm - 1:00 pm
The Key of She	3. The Carrot	1:00 pm - 3:00 pm
The Mothers	1. Cabaret Space	1:30 pm - 2:45 pm
Peep Show	2. Nina Haggerty Gallery	3:00 pm - 4:00 pm
Equity in Theatre Panel Discussion	2. Nina Haggerty Gallery	4:10 pm - 5:30 pm

INTERNATIONAL WOMEN'S DAY ALL WEEKEND!

Save the date: Rubber Boots & Bow Tie Garden Party, Friday, May 29.

EDITORIAL

The reality of poverty economics

KAREN MYKIETKA

No one would argue that sticking to a budget and saving for large expenses (like Christmas) is better, but it is certainly easier said than done. Saving money requires skills and discipline, even if you have money to spare after covering your basic needs. In this instant gratification society, many people have no willpower to make hard choices now for future gain.

If you are one of the many people living in poverty, then your chances of successfully budgeting and saving are low. That's not to say that people in poverty shouldn't try. Financial literacy skills are essential for

everyone, and everyone should be doing their best to live responsibly.

I recently gave some suggestions to someone struggling financially on ways to save. She shot them all down with valid reasons why she couldn't afford to do them. Driving to a grocery store instead of walking to the convenience store requires gas, which she doesn't always have. Shopping in bulk is more cost effective, but her grocery budget is so tight she can barely afford one pound of hamburger, never mind five pounds. Buying clothing on sale at the end of the season to wear later may be a good suggestion, but what if you don't even have the money to buy what you need now?

As Linda Tirado pointed out in her book *Hand to Mouth: Living in Bootstrap America*: "It actually costs money to save money. It is impossible to be good with money when you don't have any." An excerpt from her book on slate.com states, "When you're poor, life's little annoyances actually ruin your life."

For instance, if your vehicle gets towed and you don't have the money to get it out, then it sits in compound racking up more and more fees. This might mean forfeiting the only vehicle you have or using your rent money to get it out. Getting sick or having a sick child can also spell disaster if you don't have health benefits with sick

days.

When you are living on a shoestring budget with no wiggle room, then every little extra expense puts you further and further behind. Extra laundry because you are dealing with bed bugs or lice. School fees. A flat tire. Winter boots. A parking ticket. The microwave or toaster dying. Prescription medication. Moving costs.

Tirado's book is a good eye-opener for those who are judgemental of people living in poverty. In Emma Brockes' review of the book in *The Guardian*, she says "*Hand to Mouth* is an exhausting read, but an important one, given the casual assumptions made in ignorance by the wealthy about the lives of

the poor."

Others have pointed out that Tirado actually lives well above the U.S. federal poverty guidelines. Her family income is closer to the median income; they are the working poor. And she had a relatively privileged background and education.

So many others are much worse off. Unemployed. Homeless. Uneducated. Addicted. Mental health issues. Imagine how impossible and hopeless their lives must be. So appreciate what you have and be generous in your thoughts of and actions toward others.

KINDNESS MATTERS

Share stories of kindness

Share your stories of kindness in new column

LINDA WILKINSON

Kindness Matters is a new column dedicated to random or strategically planned acts of kindness in the communities of Alberta Avenue, Delton, Eastwood, Elmwood Park, Parkdale, Spruce Avenue, and Westwood. The goal? To celebrate kindness in all realms of life: your home, your neighbourhood, your community.

Has someone been extraordinarily compassionate to you or your family? Have you witnessed such kindness to an animal or a stranger that it brightened your day? Are you part of a team or an organization that regularly reaches out

to help people? I'd love to share those stories in this column.

Sharing your story will not only inspire others to be kind, but by focusing on acts of kindness, you can also actually change your outlook on life. While that may sound simplistic, I have learned through personal experience that kindness can change a life: it has changed mine.

It was acts of kindness in times of desperation that helped me to change my focus. Now, instead of recalling harsh words or actions, I replay acts of kindness in my life and in the lives of others, like the yoga instructor who gave me her mat when I was a few minutes late for

class or a neighbour who always smiles and waves when I see him.

In a world that sometimes seems filled with pain, we can all do something to ease the harshness of life. We can show simple acts of kindness—a smile, a listening ear, kind words, homemade goodies, free child care and the list goes on. It doesn't really take much to show kindness to others, and it really does make a difference... because Kindness Matters.

Please send your stories of kindness to me at linda@linda-wilkinson.com. I look forward to sharing them in upcoming issues of the *Rat Creek Press*.

LETTER TO THE EDITOR

Development woes

A previous issue had a front page picture of a home under construction where a neighbor had a stop work issue applied for obvious reasons. The February front page has an article praising new developments in the area...contradictory?

How about an in-depth article about how the homeowners in Parkdale and surrounding communities really feel about this? Most are against multiple family dwellings for many very good reasons:

- Parking, since it is only available on one side of each street.

- Homes finished and rented without any permit approvals.

- Increased garbage.

- Homeowners getting trapped in between large dwellings, causing loss of privacy, sunlight etc.

- Increased crime, noise, and parties!

This list goes on and on, with all valid reasons that we

are fighting this. We get the runaround from the city when we ask for answers. They have no information on one particular four-plex built, finished, rented out, and already causing problems for us.

We find it insulting to have an article printed about one home construction halted and another one about how the community is looking up with the home builds.

People in this community would be more than happy to tell our side of the story. This is our neighborhood, talk to us! *K Marshall*

Editorial note:

We love and welcome your thoughts and stories on development. Development has upsides and downsides. We plan to continue covering this hot topic in upcoming issues. Some stories will highlight problems, issues and frustrations and others will highlight positive aspects of development, such as good builds, people restoring houses, and great new people buying and moving into the neighbourhood. Email us at info@ratcreek.org or leave a voicemail at 780.479.6285.

RAT CREEK PRESS ASSOCIATION 9210 118 AVENUE, EDMONTON, AB T5G 0N2 | T: 780.479.6285

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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DISTRIBUTION

John Larsen, Margaret Larsen, Arlene Kemble, Cantelon Family, and Karen Mykietka.

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.

VOLUME 17, ISSUE 3 >> MARCH 2015

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AWARENESS » RADICALIZATION

Understanding radicalization

The truth behind violent radicalization

FRANKI HARROGATE

When discussing radicalization, we may as well begin with the definition. The online Oxford English Dictionary defines radicalize as: “verb 1) Cause (someone) to become an advocate of radical political or social reform; 2) Introduce fundamental or far-reaching changes in.”

You could say, then, that radicalization is a response to political or social systems from which people feel disenfranchised or unheard.

Defining radicalization as good or bad are value judgments based on whether or not the system in question serves us. The fusion of radicalization and terrorism in Canada, in recent years, has been deliberate, and strongly encouraged by specific organizations and institutions who stand to gain from an increase in fear among the general population.

For example, in 2012, Joe Oliver (then-minister of natural resources) wrote an open letter in which he chastised “environmental and other radical groups” for impeding forestry, mining, and energy projects. He went on to say “These groups threaten to hijack our regulatory system to achieve their radical ideological agenda.”

Such strong language is not an accident, and serves to promote the idea that anyone who seeks to limit industrial exploitation of natural resources and the Harper government’s support of same is out to destroy the state and/or society. Which brings us back to the idea that radicals are those on whose behalf the state and/or society is not functioning; those who

are unrepresented or are unable to have their voices heard by those in power.

There are actually two sides of the coin. On the one hand, we have positive radicalization, which may be defined as those individuals and/or organizations who become driven to intervene in fundamentally oppressive or harmful governmental decisions or policies.

On the other hand, we have negative radicalization, in which individuals and/or organizations seek to use violence to further a specific agenda, without regard for the harm they inflict upon others. In most cases, perpetrators have been disaffected and disaffiliated rather than part of any movement, but they’ve picked up broader currents of hatred and conspiracy theorizing.

How does one get from feeling unheard and isolated from systems of power to desiring, and sometimes actually engaging in, acts of violence? At what point does lack of representation change into the desire for violence? Add in religious fanaticism, and lines become further blurred. With an additional complication like mental illness, the process becomes even more puzzling.

Mental illness is not synonymous with radicalization.

There is a misconception that being mentally ill predisposes people to engage in criminal behaviour. In fact, people with mental illnesses are more likely to be victims of crime, and of violent crime in particular. The stereotype of the angry, mentally ill, violent loner is merely that: “a fixed, over-generalized belief about a particular group or class of people.” (Cardwell,

1996).

One study by the University of College London found that people with schizophrenia are not only more likely to experience violent crime, they are also far more likely to experience domestic violence, whether at the hands of family members or intimate partners (including emotional, sexual, and/or physical abuse). While people with schizophrenia tend to be greatly overrepresented in prison and homeless populations, this is due to the extreme gaps in our mental health system and the sheer lack of treatments available.

Where we tend to see an overlap of criminality and mental illness is in personality disorders. Specifically, antisocial personality disorder, narcissistic personality disorder, and psychopathy. Antisocial personalities and psychopathy demonstrate traits of amoral, asocial, impulsive behaviour; callousness; lack of empathy and remorse; superficial charm and manipulative behaviour.

Obviously, there are other factors affecting negative radicalization. What we tend to see in people who gravitate towards negative radicalization are the same factors driving people to join cults, become gang members, or join hate groups like the Ku Klux Klan. They have a sense of disenfranchisement and feel that rights or privileges which should be theirs are instead being given, unfairly and undeservedly, to others. Finally, in most cases, individuals are initially alienated and disconnected rather than part of any formal movement, but they’ve picked up broader currents of hatred and conspiracy.

They tend to be isolated, without a peer group or other social interactions. Intervention techniques for youth that establish healthy connections to positive groups (like sports, art, dance, or other community-building activities) have been shown to significantly reduce the likelihood of gang involvement. It stands to reason that the same community responses will have very similar results when it comes to negative radicalization.

Such community initiatives may also be able to assist with monitoring and maintaining mental health. People with support systems tend to experience less stress, even during major upheaval in their lives. For example, stress is usually a precipitating factor with respect to the onset of major depression, so ensuring that community support systems are in place is crucial.

Another point to remember is that negative radicalization is not the issue of a single community. Despite legislation that

singles out particular groups or religions, any disenfranchised, lonely, vulnerable person is open to exploitation by groups seeking to advance their agenda through violence. Increasing representation is the responsibility of everyone, including community members, legislators, boards, and for- and non-profit organizations.

Communities must actively recruit residents to spearhead and be involved in local initiatives, and put in the work to be as inclusive as possible. Partnering with local multi-faith and/or multi-cultural organizations is often a great way to establish a solid foundation.

Negative radicalization and mental illness are ultimately two different things. However, by creating community-based programs focusing on support and cohesiveness, we decrease the potential for many types of harm simply because the vast majority of individuals respond well to feeling cared for and heard.

“Mental illness is not synonymous with radicalization. There is a misconception that being mentally ill predisposes people to engage in criminal behaviour. In fact, people with mental illnesses are more likely to be victims of crime, and of violent crime in particular.”

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

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INTERNATIONAL WOMEN'S DAY » PROFILE

Forging a path as a plumber

Ups and downs of working in a male-dominated trade

PRISCILLA CLARK

In your mind's eye, imagine what you think a female plumber looks like. Is she stocky and androgynous by chance?

Lisa Baillargeon is none of the above. With her easy, winning personality and natural girl-next-door good looks, one is more likely to mistake her for a kindergarten teacher than a tradesperson. She is living proof that stereotypes feed misconceptions, and that a woman can do a job in a male-dominated field equally as well without sacrificing her femininity.

"I just fell into the trade," Baillargeon explained. "I was on a waiting list to train in psychiatric nursing, and was introduced to a female plumber by a pipefitter friend of my dad's. She was petite, pretty, and could have been a model. She advised me: 'just do it. By becoming a plumber, you'll be putting yourself into a position where you'll always have work.'"

The rest is plumbing history. Baillargeon has been her own boss for eight out of her 10 years in the industry. She and her husband Glen co-own Delton-based ALAAS Plumbing and Gasfitting. Their service menu includes repairs, renos, new installs, in-floor heating, furnace repairs, hot water tanks, gas lines, and drain cleaning. They started out as a plumbing

duo, but expanded their service team to four people.

"One of our journeyman plumbers is a woman."

Baillargeon explained that she had been looking for some time for another woman interested in taking up the trade. One evening, the couple was at a local bar, discussing over drinks how difficult it was to recruit women into the industry, and her server piped up, "I'll do it." At 40 years of age, her employee made the career transition from waitressing to plumbing, and couldn't be happier. "She's now invested in her future," Baillargeon said.

When asked about the challenges of being a woman in a male-dominated industry, Baillargeon responded, "I need to find ways to do the work differently to compensate for upper body strength, but it's doable."

For the most part, Baillargeon has encountered very little sexism in the trade. "Once I had an older male client who said he'd rather have a guy. I explained to him that I was there to help him, but would send someone else if he wanted. He was skeptical at first, but I won him over. He's now a client for life."

There are some definite advantages to being a female plumber. "Trust and word of mouth," Baillargeon said.

"People remember a woman, and they trust you more. They know I won't take advantage, or sell them stuff they don't need. I also clean up after myself. As a woman, you have to be much more diligent—it's your reputation on the line." Baillargeon explained the company has cultivated a customer base that prefers women working in their homes. Her services are especially popular with seniors.

"Some definite perks to the job are the ability to set my own hours, the job security, and the people I meet always keep it interesting. No day is ever the same."

However, there are cons to every career. The hours can be very long. A workweek can vary anywhere from six to 14 hours a day, to five to seven days a week.

"I can't make plans very easily. With service and repair you can never predict when a hot water tank will go."

Baillargeon gives the following advice to women considering entering the field of plumbing:

"As a woman, it's important not to take criticism personally. Let the customer see who you are first. Remember, you may get dirty at work, but you can go home and get cleaned up. Then you can dress up, go out, and buy a very nice pair of shoes."



Lisa Baillargeon is a plumber and co-owner of Delton-based ALAAS Plumbing and Gasfitting. >>REBECCA LIPPIATT

“For the most part, Baillargeon has encountered very little sexism in the trade. ‘Once I had an older male client who said he’d rather have a guy. I explained to him that I was there to help him, but would send someone else if he wanted. He was skeptical at first, but I won him over. He’s now a client for life.’”

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from Trunk Theatre
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INTERNATIONAL WOMEN'S DAY » FEMINISM

Riding the waves of feminism

Despite progress made, there's still work to be done

MIMI WILLIAMS

Beyoncé's performance at last year's MTV Video Music Awards, which ended with her standing in silhouette with the word "FEMINIST" blazing behind her, brought feminism back into the limelight. Even *Time Magazine* weighed in with an article entitled "How to Reclaim the F-Word? Just Call Beyoncé."

International Women's Day is a good time to look at feminism and examine why so many young women—despite celebrity role models like Beyoncé, Taylor Swift, and Lena Dunham championing the cause—resist calling themselves "the F-Word".

Feminism grew to prominence in the early 20th century with the suffrage movement. Dominated by white women of a particular economic class, this period is referred to as feminism's first wave. Looking back, it's clear that many of these women's fight for the vote had little to do with addressing inequality between the sexes.

The desire to advance certain social causes (such as the Woman's Christian Temperance Union's fight to prohibit alcohol) or the right to vote on municipal matters affecting property they owned was of greater concern. Little effort was made to address inequality between women.

Suffrage came slowly and gradually. Many Canadian women were able to vote in

the 1921 federal election (a few earlier if they had a familial connection to a man away at war), but women of colour (Chinese, Japanese, East Indian) weren't able to vote provincially or federally until the late 1940s and under the Indian Act, Aboriginal women couldn't vote in federal elections until 1960.

The '60s birthed a new women's liberation movement, which rallied around issues like equal pay for equal work, violence against women, and sexual and reproductive rights. But like its predecessor, this second wave of feminism failed to consider diversity among women.

Alice Walker, who won a Pulitzer Prize for her novel *The Color Purple*, was among many American activists who criticized women's liberation for failing to recognize that black women experienced different and more intense oppression because of race and class than the white middle-class women dominating the movement.

In Canada, the same was true for Aboriginal women, with the organized women's movement generally ignoring issues around colonialism and cultural discrimination.

Criticisms that feminism was blind to the intersections of oppression due to race, class, or sexual orientation mounted throughout the '90s and from this rose a third wave characterized by a more decentralized and grassroots kind of organizing. Despite this, the movement



Persistence » LORRAINE SHULBA

struggles to maintain legitimacy.

The rise of new social movements has played a part, with young women joining men in targeted activism focusing on matters like post-secondary education, the environment, and indigenous rights. With these movements focused on anti-colonialism in the first case or anti-capitalism in the second, gender equality often takes a back seat.

In the meantime, feminists are still caricatured as bra-burning, man-hating lesbians. Surely, this factored into Beyoncé embarking on the "Mrs. Carter World Tour" a few years back. (Mr. Carter is rap icon Jay Z.) Beyoncé's message is clear: "I'm a wife. I'm a mother. I'm a sexual being. And I'm a feminist."

I don't blame young women who don't identify as feminists.

Feminism hasn't been particularly inclusive. However, many gender-based challenges still need to be addressed.

Women's income still lags behind men by about 20 per cent. Senior Canadian women are at particular risk of poverty, according to a 2013 Organization for Economic Co-operation and Development study.

"Higher poverty among older women reflects lower wages, more part-time work and career gaps during women's working lives," the report said. Reduced earnings means reduced pensions, a problem exacerbated for Aboriginal women, women of colour, and women of diminished physical or mental abilities. The Edmonton Social Planning Council's poverty profile, released in January, reported women are twice as

likely to live in poverty in their senior years as men.

Women still suffer as victims of violence, both at home and at the hands of strangers, and though we are seeing encouraging signs that attitudes about rape culture are evolving, we're still seeing enough sexual violence against women to know there's a lot of work to do. Women are still under-represented politically, holding under 25 per cent of seats federally and about the same in the Alberta legislature. A woman occupies only one of the 13 seats on Edmonton city council.

International Women's Day is intended to celebrate the social, political and economic achievements of women. Let's not forget that there's a lot of important work to be done, no matter what we call ourselves.

The top five myths about feminism

NICOLA DAKERS

In celebration of International Women's Day, let's take a quick look at an often misunderstood movement: feminism. Some people fear it, some people love it, and some people have no idea what it means. Hopefully these top five myths will help clear it up for everyone.

Men can't be feminists

One of the biggest myths is that only women can be feminists. Not true! Feminism demands that women receive the same equal rights and opportunities as men. If you think women should receive equal pay for equal work and that all people have the right to

choose the life that is right for them, you are yourself a feminist. There are some notable male members of society who are openly feminists including President Obama, George Clooney, and Ryan Gosling.

Feminists hate men

Feminists are not seeking to destroy men. In fact, feminism seeks to find equality and fairness for everyone, with both men and women having equal opportunities and equal rights. Feminists believe men should not have the right to make decisions about a woman's body or life, nor should a woman have the right to make decisions about a man's body or life. Hating someone based on

gender is NOT feminism.

Feminists are anti-children and anti-marriage

Many feminists are married and many feminists have children. The desire to have a meaningful career, be paid a fair wage, and make one's own life choices does not mean that feminists are against marriage and having children. In fact, it was the feminist movement that lobbied governments for the creation of maternity leave. Feminists simply support the right to choose, including the right to be a stay-at-home mom. Even Gloria Steinem, one of the most prominent feminist thinkers, married at the age of 66.

Feminism hurts men

Feminism seeks to break down the barriers preventing women from taking on roles in senior positions or male-dominated careers. However, feminism also wants to end the idea that men have to behave in a certain way or work in certain jobs simply because they are men. Men should be free to be who they are and do whatever job suits them. So should women. Feminism wants everyone to get paid fairly for whatever job they do.

Feminists are anti-God and anti-religion

This is not true at all. Some feminists challenge the male-dominated structures of certain

religions, but that doesn't mean all feminists are against religion or God. Malala Yousafzai, the young Pakistani girl shot in the head for supporting women's education, is a devout Muslim. Women have the right to a relationship with God on their own terms. Women may also choose not to believe in God at all. It is up to each woman.

That is feminism: the right to choose and to have equal rights and freedoms under the law. If you think there is no need for feminism anymore, think about this: women working full-time in Canada only make 71 cents for every dollar that men make.



Speaking the truth

Anything worth doing takes practice

RUSTI L LEHAY

The well-intentioned statement of “you can be anything” is a lie. If you are six feet tall, it is unlikely you will work as a jockey thundering around the track, immersed in galloping hoofbeats. Or pirouette as the lead ballerina in *Swan Lake*.

Here is one truth. On the page, in words, you can be anything and create whatever you like, explore past, present or future issues, and possibly inspire someone else. When bumblebees dance around Jennifer Eagle’s blue heart, pollinating her chest, it is possible the next *Avatar*-like movie might be conceived.

Anything worthwhile takes effort. The timeless book, *Becoming a Writer*, was written in 1937 by Dorothea Brande, and speaks to how the skill can be learned and taught. The other lie that often accompanies “you can be anything,” is that of being led to believe you deserve everything you desire instantaneously.

A surgeon once said to a writer patient, “When I retire, I’ll become a writer.” The writer said, “When I retire, I’ll become a surgeon.” Nothing is instant. Practicing delayed gratification is the best way for all ages to learn whatever is worth having is also worth the wait. Whatever you want to learn is worth the effort.

Yes, writing takes practice. If you find yourself sur-

prised and dismayed by the distant memory of January and a bit chagrined that February is gone, along with some New Year’s resolutions, take heart. Every day is a new day and the time to delve into a new craft, learn a new skill, practice a new art form, or hone a new sport is now. Right now. Every “now” in every moment when you find yourself wanting.

Dale Carnegie suggests, “Let’s be content to live the only time we can possibly live: from now until bedtime.” Decide right now what you want to do between now and bedtime.

Send in your poems, your prose to lit@ratcreek.org.

QUEEN BEE - Jennifer Eagle

Bumblebees dance around my blue heart
pollinating my chest
their noses drunk on my morning dance,
singing ‘I will survive’ on repeat

I’ve convinced them of their singular immortality
now they defy their beehive
and their Queen

I am not that easily fooled
the Queen bee colours my beehive heart
reminds me daily of mortality

Death for bees is certain

I don’t have the luxury of forgetting Death’s
warning aggression

I have no stinger

I know I am bone, flesh, droning heart
my death sudden

Still nothingness
abandoned cathedrals
the silence of a thousand flapping doves

What Grim Reaper will threaten my fate?
Where is my blackened Achilles heel?

Steeped in imagination
a beautiful boundless grace
screaming with the flapping mortal bees

Not soon, Queen Bee, not soon
carry me from this uplifting resonance

FEASTING ON WINGS - Jennifer Eagle

Birds migrate
Throw themselves against glass windows
Their bones ripped crisp

Sullen children wait to rescue them with butterfly hands
Place them in shoebox sanctuaries, newspaper graves

She picks greasy bones out of her teeth

A whisky jack steals a cold dead chicken thigh off her plate
Flies heavy, uneven

Slams his body into a clear glass house
Bone caught in his throat

She prowls industrial playgrounds
Laying in wait to kill an archangel
Feast off the flesh of his wings

Towering children’s blocks, upending colour
Repeating patterns of dinosaur yellow

She captures an archangel, roasts his wings
Fat dripping off of her chin
Downy tufts crack open her shoulder blades
Excruciating feathers, blazing light floods in

Her wing span amazes her as she bursts into flight
Screams into knowledge
Freed by fierce wings

LEAVING FOR HOLLYWOOD

- Jennifer Eagle

It was Flower Power
I screech beside you in neon brilliance
free love, free love, free love

all I could think of was the Laugh In

Tiny Tim played his tinny tiny tuned guitar
to tiptoe through the tulips
with his white picket fence vocal chords

the shimmy girls danced

Gerbera flower in hand
popped like an Andy Warhol
I puckered my lips like a saloon girl
kicked up my heels, breathed you in

the sky was an unearthly blue
I wanted to jump, scream my clothes off
roll around in the fur of the unruly perfection of the
clouds

If Flower Power danced inside my head
I stood alone with naked gawking gerbera
consigned to your blueberry cage
a domesticated bird, fed berry by berry

This careful gardening of your heart
to tend to it slowly, to harvest the weeds

I loathe gardening
prefer the Scarlett O’Hara drama of life

Maybe I will start with a houseplant
burst my own sunshine

Or maybe, like Vivien Leigh
the plant will suffer a far worse fate
As I drip my salty tears into its soil
calling “Rhett, Rhett!”

Still straining towards the spotlight
always seeking the full zoom
yet lingering a plant-like silver screen death
into everyone’s heart and imagination

NORTH CENTRAL OUTDOOR SOCCER REGISTRATION

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

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 88delton@gmail.com.

For fees and playing dates www.deltoncommunity.com

BUSINESS » THE LEMONADE STAND

An unlikely strategy

Use strategic laziness to grow your business

HENRI YAUCK

By now, many New Year's resolutions are well on the way to being broken yet again. That's why I made a resolution that's a little harder to break.

This year, I have decided to take strategic laziness to a new level. Even more importantly, I think you should do the same, especially if you are an entrepreneur or work in management.

"What in the world is strategic laziness?" you ask.

Only the most important strategy I've developed during my career in business. I know, it's a strange name. But it is catchy!

You see, most people are working too hard to build their business. In fact, they're making things harder than they need to be. Building a business is difficult enough; you don't need to make it harder!

Strategic laziness is all about selectively choosing the things that are going to get the highest return for the work you are doing.

It's really about working on your business, not in it. If you are a manager, it is working on managing for results, not trying to be the best employee by doing everything no one else is doing or filling in for employees not doing specific tasks.

It's about having the right focus. Focus on systems, not goals. The difference between goals and systems is goals are the intended result. Systems are what get the result.

For example, a hockey coach's goal may be to win a certain cup or medal. The system is what the team does at practice each day.

A novelist's goal is to write a book. The system is the research and writing schedule.

A business owner's goal may

be to build a million dollar business. The system is the product selection process and the sales and marketing process.

Here's the reality. If you completely ignored your goals and focused solely on your best systems, would you still reach your goal? Enough said. Focusing on one thing moves you one step ahead each week. By the end of the year, you would have accomplished 52 things toward your goal. Now that is how the system of strategic laziness works.

The synergistic effect of strategic laziness

If you took this approach, applied it to your business, and came up with one new offer each week for five weeks in a row, you would have five traffic and sale-generating offers. Lazily applying one to your business every month would have a compounding effect. By the way, this strategy is how one Brick found its way to being the largest retail of its kind within a few years.

That's also how a lazy little retailer of small electronic components and hobby-related electronics built a network of tiny stores that for several years in a row achieved a higher gross volume in sales than both General Motors and Chrysler during the same period. This retailer was Radio Shack, before it was sold.

Now you know why some of those lazy scoundrels do so well. Go now and do likewise.

Come to think of it, what if you presented a new compelling offer to the more than 12,000 *Rat Creek* readers every month for the remaining nine months of this year? What would that do for your business? Could it be the lazy entrepreneur's road to easy riches?

BUSINESS » SHOP LOCAL

Empowering women through education

Muna Mohamud follows her family's example by creating positive change

CLI COLLEGE OF BUSINESS, HEALTH & TECHNOLOGY
8706 118 AVENUE AND 10575 114 STREET, UNIT 1
PH: 780.421.0224
WWW.CLICOLLEGE.CA
INFO@CLICOLLEGE.CA

REBECCA LIPPIATT

Muna Mohamud comes from a line of strong, passionate women. Born in Somalia, Mohamud moved to Canada in 1991. She worked in Ontario as a social worker for years before moving to Alberta to help open the Alberta branch of CLI College as programs director. The college, which held its first class in March of 2013, offers health care aid and hair-styling diploma programs and are working towards offering online classes for an Alberta high school diploma.

Her grandmother, Hawa Jibril, was a freedom fighter, a poet, and an advocate for gender justice. Born into a nomadic family in Somalia, Jibril was a lifelong poet in the oral tradition. Working as a hotel maid in Italian-colonized Somalia, she taught herself to read. As a single mother, Jibril was passionate about education and worked hard to help her children obtain scholarships to university in Egypt.

Actively involved in the independence movement in Somalia, Jibril went on to defend and advocate on behalf of women excluded from the official narrative of the struggle for sovereignty. In 1993, Jibril immigrated to Canada, where she became actively engaged in her new home.

After the Somalian war was over, Jibril was asked if she would return home. She responded, "I am a nomad. Canada is my home. Where I die is my home." In the last months of her life, she was surrounded by the community and family she had created in Toronto. She had so many well-wishers and visitors, the hospital provided a lounge for them to meet. She insisted that immigrants embrace their new country. "This is your home. Be part of your community."

Mohamud's mother, Faduma Ahmed Alim, immigrated to Canada in 1992 and worked as a linguist, speaking fluent Somali, Arabic, Italian and English, she worked in multiple, high-profile positions to support both women and immigrants.

Like her grandmother and mother, Mohamud is passionate about what we can do to empower women. While the majority of CLI College's students are immigrant women, Mohamud also works with CEASE (Centre to End All Sexual Exploitation) and is a member of AABA (Alberta Avenue Business Association). She believes in empowering mothers; if the mother doesn't have skills to succeed, the family collectively lacks skills.

College staff looks at the needs of the students. Being a new immigrant to Canada is difficult. People's lives are in transition and often isolation is a serious issue—not being able to speak English, not knowing what services and programs are available, not feeling that they can fully participate in life in Canada. Sometimes that stress results in family physical

abuse. Transition is hard on families and often women carry the burden. At CLI College, women are connected with resources where they can find help and support. Often the other women students provide the support. Through their education, women are empowered during their family adjustment, which makes family life easier.

Education takes a woman out of isolation. She becomes an example to her children. Mohamud states that when you educate a woman, you can see a change within her in three months. The outlook of the whole family changes. The focus becomes doing something constructive together as a family. The change is visible in the way the woman carries herself.

Mohamud shines when she talks about the students who have graduated. Students come back to visit and say, "I got a job. I bought a house. I am so proud."

Her goal is to make this a reality for all students through the community school. When women obtain an education and gain respect for themselves, other people respect them as well.

Mohamud states, "You can only help someone when you help yourself. Women are receptive as long as they have support."

To learn more about the experience of Somalian women, read *And Then She Said: The Poetry and Times of Hawa Jibril (Saa Saxay Tiri: Maansadii iyo Waayihii Xaawa Jibriil)*, by Hawa Jibril and translated by her daughter, Faduma Ahmed Alim.



Muna Mohamud believes that you can only help someone when you help yourself. >> REBECCA LIPPIATT

PENNY CARNIVAL

Come one, come all! The penny is gone, but the fun remains. Join us to play games for all ages and abilities. Old-fashioned amusement at an old-fashioned price, with prizes and food too. Admission is 50¢ AND you can play all the games you want!

APRIL 11 1:30pm - 4:00pm

Alberta Avenue Hall
9210 118 Avenue

Sponsored by Avenue Vineyard Community Church
www.avenuevineyard.com
 For more info call 780-716-6823

REFLECTION » MOMENTS

Carrying the torch

Opportunities are all around us: do we have the eyes to see them?

ROB BERNSHAW

Jan 17, 2010 was the eighty-first day of the Olympic torch relay. It was a cold, wintry day when I carried the Olympic flame in Grassy Lake, a town in southern Alberta between Medicine Hat and Taber. Even though it was cold, the energy and passion of carrying the Olympic flame and being part of something bigger than myself kept me warm.

My journey to being an official torchbearer began with a bottle cap.

In the summer of 2006, I picked up an innocuous-looking bottle cap lying in a 7-Eleven parking lot. For some reason, I was drawn to pick up that bottle cap. The inscription on the bottle cap directed me to the iCoke website. Coca-Cola, a worldwide partner and sponsor of the Vancouver 2010 Olympic Winter Games, was holding a contest giving Canadians the chance to become torchbearers. The process involved me answering daily trivia draws, and afterwards, writing a 200-word essay.

I was one of approximately 12,000 Canadian torchbearers carrying the Olympic flame in the cross Canada torch relay for the 2010 Winter Olympics.

Since then, I have spoken at a couple of schools and the General Hospital about the importance of participation as well as the experience of being part of something bigger.

After all, this historic event was not about me, but about lending my energy and passion along with the energy and passion of millions of Canadians on the path to the Olympics.

The experience of carrying the Olympic flame humbled me, empowered me, and made me realize that I am but a small cog in the bigger picture of the local and global community around me.

Who would have thought that simple act of picking up a bottle cap would set into motion a series of events that provided me with the once-in-a-lifetime opportunity?

Opportunities to participate, improve one's life, and make connections are all around us. The experiences help shape and mold us into the person we will become. Of course, sometimes we miss these moments because they come disguised and we do not recognize them in our mad rush to more visible opportunities. Seize these chances, as sometimes they are rare and may not appear again.



Writer Rob Bernshaw was an official torchbearer for the 2010 Winter Olympics. >> STAND OUT PHOTOGRAPHY

CREATING COMMUNITY CHANGE LEADERSHIP SERIES

Location: Alberta Ave Community League - 9210 118 Ave

Please contact Lindsay Ruth
creatingcommunitychange@gmail.com
780-496-1913 to register.

Are you interested in developing your community-oriented leadership skills? Are you already, or do you want to become a leader/organizer/volunteer in your community?

The Creating Community Change Leadership Series is offering three workshops, all lead by experienced practitioners and change-makers. You will learn about varied aspects of community-minded social change and leadership, with the aim of developing and supporting our community leaders!

Time: 12:00 pm – 4:00 pm - Lunch: 12:00 pm Workshop: 12:45 pm

Sunday, March 15 - Understanding Diversity

Participants will learn to recognize the oppressions that exist in our society, and attempts to mitigate its affects and eventually equalize the power imbalance in our communities.

Sunday, April 12 - Organizing in your Community

This session will focus on how to organize a community campaign that builds partnership with organizers and communities to create spaces for participatory learning, networking, and resource sharing in order to affect positive community change.

Sunday, April 26 - Story Telling for Community Change

By telling stories community organizers can build power and envision new community possibilities. The session will focus on the developing the skills and knowledge for effective story telling for positive community change.



Perennial/seed swap and book/magazine exchange, Saturday, May 30 at Bloomin Garden Show & Art Sale

GOALS » ACCOMPLISHMENT

A tale of determination

Staying the course when your goal is out of sight

CONSTANCE BRISSENDEN

We set new goals every new year. This week, I'll stop smoking. This month, I'll walk more.

But what if your goal takes longer? In my case, my goal took 21 years of research, 12 years of planning, and three years of hard slogging to bring to fruition. It was worth every minute. I dove into creative depths. I faced down anxiety attacks at dawn. I challenged myself to find solutions. I found strength in teamwork. In the end, I felt immense satisfaction.

I sit here with the completion of a beautifully published book, *Residential Schools, With the Words and Images of Survivors*, written by my partner, Cree writer Larry Loyie. Wayne K. Spear (Mohawk) and I (non-Aboriginal) are co-authors. Wayne and Larry brought inside knowledge to the subject; I brought 40 years of editing skills.

I met Larry in 1993 while I was teaching a creative writing class in Vancouver's Downtown Eastside. He wanted to be a writer, a goal he made at 12 years old in residential school in Grouard, Alberta. Larry wanted

to see libraries filled with books written by Aboriginal people.

Working with Larry gave me a sense of inner accomplishment. I directed his play about his years in residential school. I edited his award-winning children's book, *As Long as the Rivers Flow*, and its sequel, *Goodbye Buffalo Bay*, both about his school experiences. After a decade, we had six bins of research on the subject of residential schools, and had done more than 200 interviews.

Larry wanted to write an accessible history of residential schools. I was determined to work with him on it.

Back in 2003, we even had a contract. We walked away from that one. The publisher wanted us to write it their way, and not Larry's way. Secretly, I was relieved. The task of writing a national history of residential schools seemed too immense.

Three years ago, a call from our Buddhist friend Lynne got us rolling again. "If you don't write that book now, when are you going to do it?" she challenged us. "This is a book that needs to be written."

We began again. Larry was calm, but I was still afraid. How

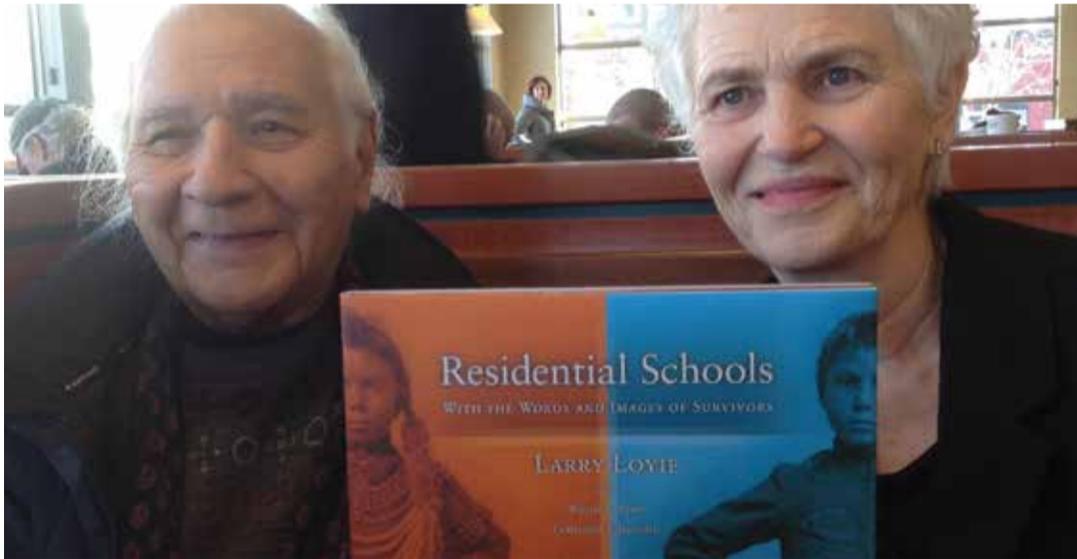
would we handle the historical material? The memories of the survivors? What images would we choose? Many Skype meetings with Wayne followed. We put in 10-hour writing days.

We found a great book designer, Dean Pickup of Canada Book Design. We wrote and paid for a 27-page sample that Dean designed. The gamble paid off. Before the sample, four publishers had rejected us. With it, we attracted two superb co-publishers.

Finally, the book is published. We have accomplished the goal. Larry has added another Aboriginal book to the library shelves, and I am proud to be part of the team that made it happen.

If you have a goal that seems out of reach, maybe it's not. Strategize, be creative in your approach, work hard, believe in your goal, find friends who may be able to help, and don't give up. Wherever it takes you, the pursuit is worth it.

For more information, see www.firstnationswriter.com. *Residential Schools* is available at Audreys Books at 10702 Jasper Avenue.



Constance and Larry's feeling of accomplishment was huge after years of work. >> ANN BLAKELY

CALL FOR PARTICIPATION
Rubber Boots & Bow Tie Garden Party
 Friday May 29
Bloomin Garden Show & Art Sale
 Saturday, May 30

Call for: garden vendors and information booths; local artisans; gallery art submissions; creative gardening installations; and garden decor installations.

More details and applications at albertaave.org

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Call **780.425.7600** for more information or to arrange a tour.

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

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Edmonton Seedy Sunday

Buy or swap seeds! Learn about gardening!
 FREE! Fun for all ages! Win a door prize!

DATE: March 22, 2015
 TIME: 11:00am - 4:00pm
 PLACE: Alberta Avenue Community Hall
 9210 118 Avenue
 Edmonton

FREE LECTURE SERIES:
 11:30 No Till Gardening: Thean Pheh
 12:30 Native Bees: Ashton Sturm
 1:30 Fruit Growing in Alberta: Sherwood Botsford
 2:30 Grow a Bed-Head Garden: Claudia Bolli

FREE DEMONSTRATIONS:
 12:00 Grafting: Richard Heetun
 2:00 Hydroponics for Beginners: Adrian Thornton

Visit us here for more info:
www.edmontonseedsunday.org

Free League members access at the Commonwealth Rec Centre, Saturdays 5pm to 7pm

HISTORY » FAMILY

The Sheckter home: now in loving hands

Life in the bakery owner's gingerbread house

CHANTAL FIGEAT

As with many older houses in the Alberta Avenue neighbourhood, the Sheckter family home on 88 Street went through hard times before again becoming a comfortable abode.

In my previous article published in last October's issue of *Rat Creek Press*, I covered some of the historic background of this Tudor Revival house built in the early '30s. I recently met with owners Mike and Denise Harmon to discuss their interesting historic home.

The Harmons bought this house from the Sheckter family in May of 2000. Samuel Sheckter was reluctant to part with the house, which had been his family home. "The real estate agent sold us to him. [He said] these people will take care of it," said Mike.

The couple were attracted by the large yard, the two stories, and the unusual floor plan where rooms added over the years; this floor plan was inspired by medieval homes in Europe. Undaunted by the disrepair of the house and the overgrown trees and shrubs, they set to work on turning it into a home once more.

The interior reflects the large family for whom the house was built. The dining room pro-

vided ample room for Mayer and Fanny Sheckter's ten children and their guests. "They had a rabbi living here," said Denise. The original fireplace is in a recessed alcove of the large living room. This gives the living room a cozy feeling despite its size.

The house stood empty and unheated for years and was vandalized during this time. All the indoor fixtures were missing.

The Harmons replaced the missing fixtures with tasteful modern ones in the art deco style, which harmonize well with the house. The built-in kitchen cupboard has been retained but has been painted a lively green with glass doors added for interest. The interior walls have been repainted and some are finished with a textured surface. Mike built a large gazebo in the backyard.

"An old house has good bones," said Denise.

But the charming old house was not without its problems. A leaky bathroom pipe caused damage to the living room ceiling, which had to be repaired. The former horse barn in the backyard was beyond hope and had to be dismantled. They now use the space for gardening tools. The roof of the house was deteriorating. The old cedar shakes had to be replaced to

prevent interior damage.

The Harmons take delight in the details of this house and its special history. "Most of the ceilings are coved," Denise said. A coved ceiling is a concave sur-

face forming a junction between the ceiling and wall.

Photos of original owner Mayer Sheckter and his family adorn the hallway on the lower floor. "[Mayer] Sheckter was

this tiny man who would carry 200 pound bags of flour on his back," said Mike.

The Harmons plan to refinish the hardwood flooring as their next major renovation.



The original fireplace adds a cozy touch to the living room. » CHANTAL FIGEAT



PETER GOLDRING
Member of Parliament
Edmonton East



CANADA'S FLAG

On February 3, I rose in the House of Commons to deliver the following message regarding the upcoming celebration of our country's flag 50 years on.

"Mr. Speaker,
How a nation views itself is a measure of its pride and self-esteem. How a nation is viewed by the world is a reflection of its collective deeds. How a nation projects this image is through its national symbol, its flag.

Our nation is known throughout the world for its deeds in war and peace. Canada's symbol is its flag, which floats supremely over this very House. Our flag is the embodiment of our nation's heart and soul.

For 50 years, our flag's symbolism has been world renown, of a nation that serves mankind by supporting freedom, justice, and tolerance in the God given belief that all mankind should share these virtues together in harmony.

Canada's flag is not merely a symbol for our country, but is truly emblematic throughout the world as a symbol of hopefulness, as a symbol of the desire for peace, and as a symbol of the Canadian way."

This occasion, as well as Canada Day, celebrates Canadian unity and Canada's flag, the symbol of our country's unity, both of which are very important to me.

Before politics, I worked towards and organized unity efforts held across Canada for the Special Committee for Canadian Unity (SCCU). This is a Montreal-based organization that I brought to Western Canada and organized a chapter in Edmonton, in 1997, to further a nationwide call for unity and ensure our country's prosperous future. As a proud Canadian and monarchist, I am satisfied with my efforts for Queen and country over the course of 20 years. Our flag remains the essence and symbol of the heritage and unity of Canada.

What do you think?

780-495-3261

www.petergoldring.ca

International Women's Day events

5th Annual International Women's Day Celebration

Celebrating women's achievements in the community and worldwide

March 4, from 11:30 am -1:30 pm

Free admission

NorQuest College

10215 108 Street

For more information, call Amanda Bereska at 780.644.5922

We are the Women Exhibition

March 4-22

Featuring portraits of over 350 local women.

Portraits were part of a fundraiser for IJM Canada and CEASE Edmonton.

Portraits are in part of the gallery that is accessible without paying admission.

View during gallery hours.

Art Gallery of Alberta

2 Sir Winston Churchill Square

www.thewomen.ca/ more information.

The Alberta Disadvantage: Gender, Taxation, and Income Inequality

This event is about gender income gaps in Alberta, lack of affordable childcare, and other barriers regarding equality for women in the workforce.

March 4 from 7-9 pm

Free admission

Edmonton Clinic Health Academy (ECHA)

Room 1-190 (south corner of 87 Ave and 114 St, U of A campus)

Free childcare will be available upon request. If you require childcare, contact the Parkland Institute at parkland@ualberta.ca or 780.492.8558 by March 1 at 4 pm.

International Women's Day march and forum

March 8 at 1 pm

Corbett Hall

8205 114 Street

COMMUNITY CALENDAR

Sponsored by the Norwood Neighbourhood Association whose vision is to support good projects and activities that benefit the neighbourhood.

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

NOTICES

BRAZILIAN PERFORMANCE

Come to Parkdale-Cromdale Community Hall (11335 85 St) to see free capoeira performances every Saturday from 1-2 pm! Capoeira is a mix of Brazilian martial arts, music, and dance. Various classes are offered throughout the week at the hall. More info: www.capoeiraacademy.ca

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.

RECYCLE YOUR COMPUTER ITEMS

The Electronic Recycling Association will refurbish used computers and IT equipment and donate to non-profit organizations. Go to www.era.ca for more info.

PROGRAMS/CLASSES

ALBERTA AVENUE OUTDOOR PLAY PROGRAM

Modeled on the City's Green Shack program, staff will lead children and families in games and activities in Alberta Avenue Park. Free Drop In for ages 6-12 and families. No registration required. Contact rocky.pilisko@edmonton.ca if you have questions. Saturdays, March 14 - April 18 from 12-3 pm.

BOOKS FOR BABIES

Beginning April 9 from 10-11 am at Norwood Child and Family Resource Centre (9516-114 Ave) This is a 4 week group session which encourages parents and their infants (under 12 months) to explore literacy through songs and stories. A great opportunity to enjoy our free indoor play space, snack and meet other parents with infants. Please register at 780-471-3737, siblings are welcome.

GIVE YOUR CHILD A HEAD START

Registration is now open for fall 2015 for children ages 3 ½ - 5 years old for our FREE preschool which runs 4 half days a week at Norwood Child and Family Resource Centre (9516-114 Ave). We offer free busing (for families within bussing boundaries), nutritious snack, health and dental services and a high quality child-focused program. For more information call (780) 471-3737.

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. March 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).

FAMILY ART WORKSHOPS

Dive into the wonderful world of art with FREE all age workshops every Thursday from 6:30-8 pm starting in March at Parkdale-Cromdale Community Hall (11335 85 St). Inspired by famous artists and your creative imagination, kids and parents alike, will explore a variety of materials and techniques in drawing, painting and sculpture.

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.
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.

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!

Our school-aged programming presented at the library and designed with homeschooling families in mind. Explore interesting topics with hands on activities. For grades 1-9. March 18 at 1:30 pm. Drop-in. 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).

LITTLE BITS SYNTH: NINE VOLTS OF NOISE

Using the Little Bits Synth Kits, we are going to snap together electronic tracks and perform them for each other. We're going to make noise, have fun and learn a few things about circuits, conductors, and electricity. Drop-in. For ages 8-12. March 31 at 2 pm. Sprucewood Library (11555 95 ST). March 31 at 3 pm at Highlands Library (6516 118 Ave).

MAKEY MAKEY FUN!

Using a gizmo called a MaKey MaKey and a computer, you'll turn everyday objects into computer keys that control your keyboard. Hack a banana and turn it into a piano, design playdough video game controllers or create whatever else you can dream up. For ages 8-12. Drop-in. March 30 at 11:30 am. Sprucewood Library (11555 95 ST).

MINECRAFT TOURNAMENT

Build, mine, and explore together in this award winning, blocktastic multiplayer game. March 29 at 11 am. For ages 7-16 years. Drop-in. Sprucewood Library (11555 95 ST) and Highlands Library (6516 118 Ave).

RABBIT AND BEAR PAWS PUPPET SHOW

Join us for a lively, fun puppet show based on the Aboriginal stories of Dreamcatcher and the Seven Grandfathers, presented by the Rabbit and Bear Paws puppet troupe. March 30 at 2:30 pm. For ages 3-12. Drop-in. Sprucewood Library (11555 95 ST).

SANDY SEASONS MAGIC SHOW

Join Sandy as she performs a magic show inspired by the changing seasons. Her tricks will amaze and delight families with children of all ages. Drop-in. March 30 at 2 pm. Highlands Library (6516 118 Ave)

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

NORWOOD COME AND PLAY

Join us on Monday mornings 10:00am-12:00pm at Norwood Child and Family Resource Centre (9516- 114 Ave). This is an unstructured group that offers parents and their children an opportunity to enjoy our free indoor play space and meet new friends. No need to register, just come and play! Everyone is welcome and snack is included.

NASHVILLE SONGWRITERS GROUP

March 16 from 6:30-10 pm at the Carrot Community Arts Coffeehouse (9351 118 Ave). More: Colleen col_side@hotmail.com

POETRY WITHIN

Listen to poetry readings on March 10 & 11 from 7:30-9 pm at the Carrot (9351 118 Ave).

WANDERING WOOLIES

Join a local knitting group on March 4 from 7-9 pm at the Carrot (9351 118 Ave).

COFFEE WITH COPS

Join Cst. Jeffrey Thomsen to chat about any neighbourhood concerns on March 10 and March 24 from 10-11:30 am at the Carrot (9351 118 Ave).

TABULA RASA

Watch for the St. Pattie'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. Bring your friends, party and raise funds to support the Carrot. Be inspired! More: artsontheave.org.

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.

TWEEN LOUNGE

For ages 7-13. 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. March 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.

NFB FILM CLUB

Featuring stories from at home and around the world, National Film Board documentaries are your window to issues shaping our world. From geopolitics to animated frolics, there's something for everyone. March 21 at 1:30 pm at Sprucewood Library (11555 95 St). March 28 at 1:30 pm at Highlands Library (6516 118 Ave).

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).

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

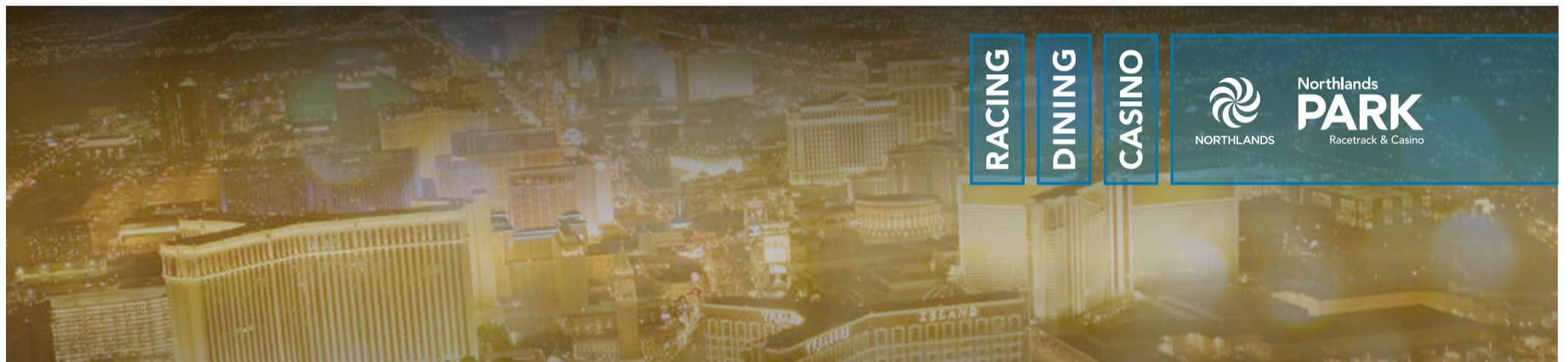
Councillor Tony Caterina
 Ward 7 - Communities to be proud of



Phone: 780.496.8333
 Fax: 780.420.4867
 Email: tony.caterina@edmonton.ca
www.edmonton.ca



The Mothers, written by local playwright Nicole Moeller, is a new play premiering during the SkirtsAfire Festival. See page 5 for more details. >>MATT SIMPSON



RACING

DINING

CASINO



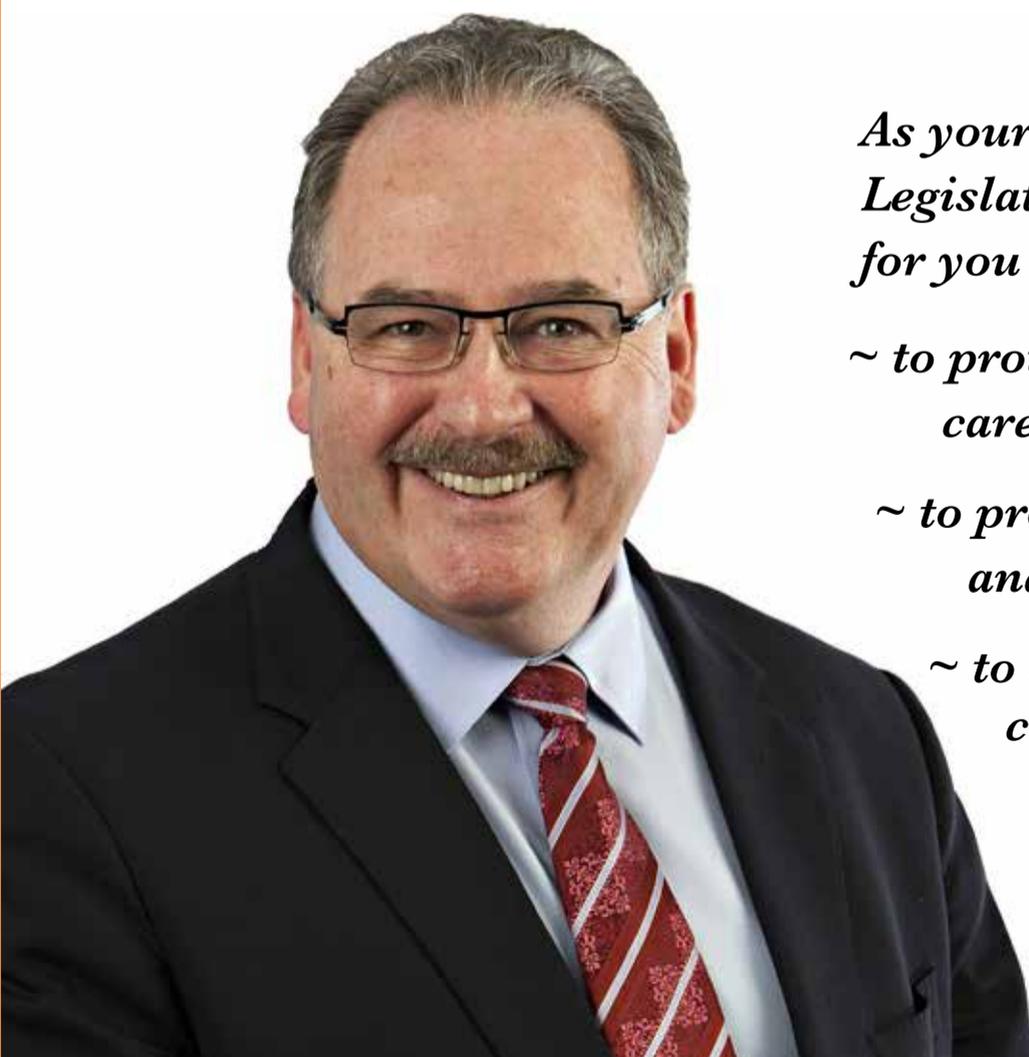
MEMBERSHIP HAS ITS REWARDS

MARCH & APRIL
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JOIN THE PLAYER'S CLUB IN MARCH AND APRIL TO RECEIVE OVER \$50 IN EXCLUSIVE OFFERS AVAILABLE ONLY TO NEW MEMBERS. Better yet, bring in your Las Vegas "premium" casino rewards cards when you join and receive up to \$100 in free play! As a member you can enter our weekly Members Only Slot Tournaments for your chance to win VIP vacations to Las Vegas and New Orleans, along with thousands in cash and prizes!

Brian Mason, MLA

EDMONTON
 HIGHLANDS-NORWOOD



As your representative in the Alberta Legislature, I continue to work hard for you and your family:

- ~ to protect key services, like health care and education
- ~ to promote a government that is fair and responsible to all of its citizens
- ~ to develop strong and vibrant communities where everyone can prosper

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