

RAT CREEK PRESS

CIRCULATION 12,500

WWW.RATCREEK.ORG

MAY 2015

NEWS » EDUCATION

School fees a mixed bag

School fees are increasing, but fees vary by school board and school



Critics agree there is inadequate funding for school fees. » REBECCA LIPPIATT

MIMI WILLIAMS

According to a Statistics Canada report released in January, out-of-pocket costs to send a child to public school in Alberta nearly tripled in five years, with school boards levying \$142.6 million in fees in 2012, compared to \$46.1 million in 2008.

However, fees vary depending on the school board and school. Whether schools charge fees and how much they charge is determined at the school level.

Delton School charges no fees unless students require lunch supervision or bussing. Cathy Bush, Delton's assistant principal, said there are modest fees for field trips, which are charged on a cost-recovery basis.

"Last year we had a donation that enabled us to take all the students to the Telus World

of Science," Bush said. "If we didn't get that donation, that field trip wouldn't have been possible."

At St. Alphonsus School, the fee for grades one to six is \$70 per year, while the fee for kindergarten students is \$150, and the fee for junior high students is \$100. Parents facing financial hardship have the option to stagger payments throughout the year and the principal can waive fees entirely for those in dire straits.

St. Gerard School charges all grades a \$50 resource fee to cover the cost of agendas, materials, and supplies.

Ray Martin, the Edmonton Public Schools trustee for the area, said he has been fighting against school fees for years. He was the leader of the official opposition when school fees started in the early '90s. Martin said he believes students should be provided with all necessary

books and learning materials at no cost and that he and his colleagues would be glad to eliminate fees, but it's a matter of inadequate provincial funding.

"As trustees, we've got to be prepared to be firm advocates and stand up and say 'this is not good enough,'" Martin said. "It's our job to stand up and demand the province provide the funding so that we can offer a decent public education system."

NDP education critic Deron Bilous agrees there is inadequate funding.

"Continuous, predictable funding can be easily provided through a fair royalty program and by scrapping the province's flat tax on personal income in favour of a progressive taxation system that would see higher-income earners contributing a higher percentage of their earnings to the government."

Last fall, opposition parties

renewed their perennial calls for a reduction or elimination of fees. Then-Education Minister Jeff Johnson said eliminating the fees would cost the province about \$100 million.

I asked Education Minister Gordon Dirks if Alberta was planning to offer any relief. I received an e-mail reply from David Heyman, his press secretary.

"Alberta is a national leader in education funding. During the 2014/15 school year, we've invested nearly \$38 million every day students are in school," Heyman wrote. "Fees are not meant to fund the basics and students should never miss out on programming options just because their parents can't pay. Locally elected school boards are accountable to parents for how those fees are calculated and spent."

INSIDE:

Community News

Discover what political candidates have to say before the May 5 election.

» P2

Community News

Writer Dave Von Bieker learns to make Montreal bagels.

» P2



Eye on Community

Read about an upcoming mother-daughter collaboration at the Carrot Café.

» P5



Eye on Community

'Tis the season for garage sales. Learn about community garage sales in the area.

» P5

Perspectives

Discover where Edmonton and our neighbourhood is in regards to affordable housing.

» P7



Special Feature

Read reviews on three new restaurants on the Ave.

» P8-9

Everybody's Business

Mile Zero Dance now makes its home in Little Italy. Read about the new location.

» P11



pink polish
Nail Salon

(587) 521 - 8682

9001 - 118 AVE

EDMONTON, AB

20% OFF ON A MANI & PEDI COMBO

GIFT CERTIFICATES AVAILABLE

MOTHER'S DAY WEEKEND SPECIAL*

*BRING IN THIS COUPON FOR 20% OFF

NEWS » ELECTION

Political candidates speak

Alberta gets ready for the upcoming general election

ROB BERNSHAW

On April 7, Premier Jim Prentice announced voters would be heading to the polls on May 5. Elections are typically held every four to five years, but there has been only three years since the last election.

The *Rat Creek Press* circulation covers Edmonton-Highlands-Norwood and Edmonton-Calder.

Edmonton-Highlands-Norwood

In Edmonton-Highlands-Norwood, there are four candidates.

NDP Brian Mason, the incumbent candidate, explained why he is seeking another term.

“There is more to be done and that is why I am seeking another term because I think we have to work as a community to try and resolve these things and make steady improvements in our communities. At the same time, we need somebody that’s going to stand up to these PCs and their slash and burn agenda.”

Josh Loepky, the Wildrose party candidate, is running for the first time. “I’m a fan and a large proponent of fiscal conservatism in Alberta. The Wildrose party is the only party that has a chance of forming government who won’t raise your taxes.”

PC candidate Jonathan Dai said politics should be a form of community service. “Putting people first, community first, and focusing on local voices and local issues is my priority always.”

Liberal candidate Matthew Smith, another first-time candidate, said he wants to “be the change.” He added that he wants to “help the people change the issues that they [need] addressed, whether it be changing health care waiting times, helping the elderly with their living situations, helping students get out there and vote and [showing] them



NDP David Eggen is the incumbent candidate for Edmonton-Calder. » ROB BERNSHAW

that it’s not that hard, it’s really simple and it makes a big difference...”

There was no response from PC candidate Jonathan Dai. Liberal candidate Matthew Smith, couldn’t be reached in time for press deadline.

Edmonton-Calder

Voters have four candidates to choose from in the Edmonton-Calder riding.

NDP David Eggen is the incumbent candidate and he views the election as an opportunity.

“We know the vast majority of

Albertans are progressive, who want to look after each other. They want to ensure that the public things that we own together are strengthened, and that we have the money to pay for those things. So as New Democrats we offer a very moderate, hopeful alternative that I think reflects the desires and hopes and aspirations of Albertans here in this

their maximum health and affordable housing so every Albertan can enjoy their life,” said Batra.

Thomas Bradley, a PC candidate running for the first time, said “Edmonton-Calder is a vibrant and engaged community in need of a strong voice at the decision-making table. Albertans from every walk of life deserve experienced, skilled, and compassionate leadership. They deserve nothing less and that’s what I promise to deliver if I’m elected.”

Andrew Altimas, a Wildrose party candidate running for the first time said, “Beyond being part of a party committed to relieving tax burden on average Albertans, I see myself as a passionate advocate for the average person, contributing towards getting the message from the community level to the Alberta Legislature.”

There was no response from Andrew Altimas, the Wildrose party candidate.

Advance polls run April 29-30 and May 1-2. Where to Vote cards have been sent to registered voters. If you have not received a card, call Elections Alberta at 1-877-422-8683, email wheretovote@elections.ab.ca, go online at elections.ab.ca.

ALBERTA PROVINCIAL ELECTION

May 5

9 am-8 pm

Voting locations vary.

Call Elections Alberta at 1-877-422-8683, email wheretovote@elections.ab.ca, or go online at elections.ab.ca to find out where to vote.

ANOTHER OPPORTUNITY TO DISCUSS HOUSING OPTIONS IN THE INNER CITY

You’re invited to a second round of community meetings with the City of Edmonton’s Realizing Housing Potential project.

Come hear a summary of what’s been said at past meetings and give further input on potential housing solutions and priorities for **Alberta Avenue and Eastwood**.

Monday, May 4, 2015 6:30 p.m. – 9 p.m.
Alberta Avenue Community League Hall
9210 118 Avenue NW
Free childcare and refreshments provided

Visit the project website to find out about meetings in the other project neighbourhoods.

For more information

Phone: 780.496.6026

Email: innercityhousing@edmonton.ca

Web: edmonton.ca/realizinghousingpotential



REALIZING HOUSING
POTENTIAL

Edmonton

NEWS » FOOD

Making bagels

Class gave community members a chance to make Montreal bagels

DAVE VON BIEKER

It’s a little after noon on April 18. I have never made a bagel, but I am about to learn.

Three hours later, I am eating the first bagel I’ve ever made. It may be the best bagel I’ve eaten. I pull it apart and steam rises like some dreamy bakery commercial. But this is no dream. This is one of a dozen real bagels I’ve made, all for five dollars.

Siu To has taught many people to cook, but usually from a platform in an auditorium. To is a spry 75 year-old Chinese man who started the Mongolian Food Experience and apparently invented the green onion cake. This community class at the Alberta Avenue Community League is a new experience for all of us.

To wants us to learn by doing, guiding with examples and directions. Here are some things he teaches:

Active yeast is awesome. It comes in blocks like butter. It is fun to work with and very much alive. Active yeast makes me feel like some old-timey magician. Houdini in a bakery.

Make the water hot. When recipe books say “very warm”, they mean, “hot as your household tap can get”. Add this to active yeast and you get a party in a bowl!

Hands are powerful. We use only a bowl, measuring utensils and our hands. Our hands can stir, mix, knead and form.

You’ve got to feel it. Baking is as much art as

science. To sets the standard, but we must find our own path. Some like wet dough. Some like dry. There is room to play and experiment.

To is passionate about bagels, cooking, and sharing his experience.

Bagels started as practical provisions for soldiers. Bagels could easily be taken on a journey with a rope threaded through the hole in the centre. With bagels and water, you could survive.

He tells us how he came to make Montreal bagels. To had a restaurant with extra freezer space. A regular customer asked to store bagels he brought back from Montreal. One day the customer complained that the bagels were missing. To was apologetic. Embarrassed. Perplexed. Until he realized his own kids had been eating the bagels.

To vowed to make bagels for his customer. The customer was incredulous! To did not understand the craft or the pure art that is a Montreal bagel. But To was not deterred. He would learn from the Master.

He bought a plane ticket to Montreal and approached the Master. To, a prairie outsider, was refused and was asked to leave. To returned and was refused twice more. Then he went for the jugular. This man was in his 80s; he did not have long to live. Who would make the bagels then? What legacy would he leave? This got to the Master, who taught To how to make Montreal bagels after midnight in a small bakery.

For the past 40 years, To has made bagels in Edmonton, selling them on the weekends up to his recent retirement. Now To passes his legacy to us, a dozen curious neighbours of different ages and cultures.

alberta avenue COMMUNITY CENTRE Have a short conversation with us and get a **FREE** membership. **780.477.2773** or **info@albertaave.org**

NEWS » DEVELOPMENT

Plans halted for Salvation Army

The city's development board will issue a written decision on April 24

TALEA MEDYNSKI

On April 10, the Subdivision Development and Appeal Board (SDAB) sided with the community in their appeal to stop the Salvation Army Crossroads Church's from rebuilding their church on 95 Street and 116 Avenue.

The issue was if the church functioned as a religious assembly or as a social services agency. To community residents and the Alberta Avenue Community League, the church wanted to operate social services in a residential zone.

"I think we're a little disappointed at the decision," said Maj. Danielle Strickland with the Salvation Army Crossroads Church.

Cris Basualdo, the development director for Alberta Avenue Community League, was pleased with the decision. "While I knew the law was on our side, sometimes the [development board] appeared to make a decision incongruent with what we expected."

"I'm just relieved that it's done," said Joanne Coleman, an affected neighbour who lives by the church.

Michelle Patterson Nipp, a long-time Alberta Avenue resident, helped get over 160 signatures for a petition from affected neighbours.

"No one in our group disagrees with the work the Salvation Army does. They wanted to operate it in an area that's not zoned for it," Patterson Nipp said. "It

was too intense; that's what neighbours were complaining about. Single-family homes were right next door," continued Patterson Nipp. "We've worked so hard to revitalize this area. Having [the rebuilding] approved would be a step down for our community."

Andrew Benson, manager of the Salvation Army's winter warming centre, was at the hearing. Benson recently moved to Edmonton to work at the winter warming centre.

"I knew there were some issues being raised in the community, but I didn't realize how deeply rooted they were," said Benson. "If I had better understood the situation, I would have gone down to the community league a long time ago." Benson said he'd like to find a way for the community and the church to reconcile. "I believe everybody wants good things for the community. It's not about a building anymore."

The development board will provide a written decision and explanation on April 24. At that point, the church can appeal to the provincial court to see if there is an error in the interpretation of the law or jurisdiction, apply for rezoning through city council, or wait to reapply to for another development permit.

"We're going to regroup and pray and consider the best options in front of us and find the option best for everybody," said Strickland.



The Salvation Army Crossroads Church lost their appeal to rebuild the church. >> TALEA MEDYNSKI

NEWS » EDUCATION

Citizenship for kids

City Hall School is a hands-on learning experience

CONSTANCE BRISSENDEN

A unique student program known as Inquiring Minds is making inroads in Edmonton. The concept, launched at the Calgary Zoo in 1993, features week-long, site-based learning. In Edmonton, 13 sites are available for grades one to nine, including Fort Edmonton Park, University of Alberta, and City Hall School. Edmonton and Calgary now lead the world in these site-based opportunities.

City Hall School draws rave reviews from Joanne Wynn, principal of Norwood Elementary School. Last year, her grade three students spent a busy week there. Teacher Mrs. Groff, parent volunteers, plus two dozen students attended this hands-on learning experience. A chartered ETS bus picked up students daily, and students took home good memories and motivation beyond their everyday routines.

"It was an incredible experience for city centre kids," said Wynn. "They walked everywhere, learning about the history of Edmonton and its buildings. They went to the Mustard Seed and made sandwiches for the hungry. City Hall School helped them see that Norwood is part of a bigger picture. They could say, 'The City of

Edmonton is us, this is my community.' Now they know they can attend festivals and events at city hall just blocks away. They know how decisions are made at city hall. They went home and told their parents about what the city has to offer."

Students are also encouraged to learn by meeting everyone from Mayor Don Iveson to firefighters, police officers, historians, and social workers.

Like all students attending City Hall School, Norwood's grade three students kept a daily journal, recording their feelings and adventures. Their comments show the variety of their reactions.

"Thank you for showing us the Winspear Centre. I thought the organ looked unique," wrote one student.

Another wrote, "I liked the 1881 school house. I learned that teachers were very mean and strict."

A third wrote, "Thank you for teaching us about quality of life. I had no idea that so many countries had bad quality of life. I am glad Edmonton has a good quality of life, yet I wish more places had a good quality of life."

Linda Hut, coordinator and teacher, has been with City Hall School for five years. "I'd like to see more schools from nearby



Students take in a poetry exhibit at the City Hall School. >> LINDA HUT

areas like Norwood attend our site," she said, sitting in the cozy classroom on the main floor of city hall. "The program requires a committed teacher, three parent volunteers for each day, and a fee of \$700 for the week, which includes transportation," she explained. In some

cases, a donor subsidizes the fee. In others, depending on the school's resources, the fee could be reduced.

"The more students learn, the more they want to learn," said Hut. "It's fun for them to learn new ideas. City Hall School plants the seeds of citizenship in

their hearts."

Twenty-four teachers and their classes are attending the 2014-2015 sessions at City Hall School. For more information, call 780.499.7307 or email CityHallSchool@edmonton.ca.

WHAT'S ON » ART

A mother's love

Collaboration captures the ups and downs of a special relationship

BRIANNA MCCUTCHEON

The bond between a mother and daughter is unique and cannot easily be matched by other relationships. Some could say that the longest standing relationship a woman will ever have will be with her mother.

Mother and daughter artists Mary Ann and Rebecca Lippiatt explore that relationship through storytelling and photography in their collaborative May 10 and 17 show at the Carrot Community Arts Coffeehouse.

Mary Ann has been performing as a storyteller for about 24 years. Yet she is also a grandmother, a mother, a wife, and a daughter. When speaking with her about the upcoming show, she talks of the collaboration with excitement.

"I want to evoke feeling, thought, awareness, enlightenment—it's not just about looking at pictures and telling a story," said Mary Ann.

Rebecca Lippiatt, Mary Ann's daughter, is displaying photographs during the performances and throughout the month of May. Rebecca has been a photographer for over

eight years and the photos displayed vary from family portraits to photographs of flowers which go hand-in-hand with the stories being told. Rebecca selected 10 mother-child photos and 11 flower photos; all are for sale at the Carrot.

"It wasn't until I was done [and the photos were printed of the flowers] that I realized the petals looked like they're embracing each other. Like family, they're supporting one another," said Rebecca.

This show didn't come together overnight; they have been preparing for over five months. Mary Ann reflects upon the long planning process they went through, adding "[We] started looking into venues and dates of the show back in December."

Preparing was one thing, but coming up with story ideas meant pulling from Mary Ann's own experiences. "In a story that I tell, there is a very strong underlying thread of how I visualize grandmothers. I didn't have a close bond with my grandmother, so as one now, I want so badly to be close to my grandchildren and give them what I didn't have when I was younger."

Rebecca states there is something for everyone at this show. "It's an all-encompassing art project because it takes on the visual and the auditory portion of the senses."

Mary Ann reveals that the audience will be given a chance to participate in one portion of the performance. "I am going to take them on a rollercoaster ride and even tell some interactive stories where I get the audience to respond and help out."

While the focus is mainly between a mother and daughter, it is also about belonging. This mother-daughter duo hopes to generate deep thought amongst the audience.

"I want people to feel things, like anyone's creative work," said Mary Ann.



Mary Ann (left) and Rebecca (right) are collaborating in the upcoming show, *Mother Love*. >> ROBERT LIPPIATT

MOTHER LOVE
May 10 and 17
3-5 pm

The Carrot Community
Arts Coffeehouse
9351 118 Ave
Free admission

All-ages show, but the
stories are directed more
to an adult audience

WHAT'S ON » SPORTS

The sport of kings

Summer racing begins at Northlands

CONSTANCE BRISSENDEN

The trickle of trucks pulling horse trailers starts mid-March. By early April, exercisers are out every morning on the Northlands Park racetrack putting their mounts through their training regimen.

The horses have arrived for the start of the thoroughbred racing season. With them are breeders, owners, trainers, jockeys, exercisers, barn assistants, and many more in the industry.

Northlands Park is the largest of Alberta's five racetracks. During the 77-day racing season this year, from May 1 to Oct. 24, more than one million people are expected to attend the meets on Wednesday and Friday nights at 6:30 pm, Saturdays at 1 pm, and the occasional holiday Mondays.

While the betting total is far less today than the daily average take of over \$670,000 in 1982, when even million dollar days were possible, it still represents a sizable economic boost for the province.

There are many current and previous owners, like senior Alyce Oppelt, who once owned two winning horses with Clifford Chow, the retired owner of Cliff's IGA. I know of at least three others who entered the winner's circle at Northlands as owners in the past.

More than 750 current owners are registered for the 2015 thoroughbred season with approximately 1,000 horses stabled at Northlands Park.

Owner and trainer Greg Tracy has about 60 horses coming in from training in Phoenix, Arizona. Tracy had a good summer at Northlands last year, and is excited to be back. "Like a lot of the owners, I get my horses ready in Arizona

during the winter and race at Northlands in the summer. It takes at least 90 days, maybe more, to get a horse in good shape and ready to run. My horses often race once in Arizona before heading to Edmonton," he said.

Chris Roberts, general manager of Northlands Park Racetrack & Casino, shares the excitement. "Thoroughbred season at Northlands Park is a great opportunity to enjoy the action of live racing. We have some of the best horses in Western Canada ridden by jockeys coming from as far as Barbados, Trinidad, and Jamaica to compete in front of our spectators. Whether you have been coming for years or are new to horse racing, there is something to enjoy at Northlands Park this summer."

Highlights of this year's season are the 86th Canadian Derby on Aug. 15, Western Canada's top racing crown, held for almost 60 years at Northlands Park. Derby weekend is a classy affair with racegoers dressed in their finest from the top of their colourful hats to their equally fancy footwear.

On Sept. 19, the Alberta Breeders' Fall Classic rounds out the season with the top horses vying for sizable purses.

The first track on the site opened in 1882 on what was then Rosedale Flats. Northlands opened in 1900. Race days attract all types, from singles to families. The track is free, outdoors, and exciting with thundering horses, barbecues on the patio, music, and comfortable seating next to the dirt track. More than 115 years after opening as Northlands, the sport of kings still reigns in Edmonton.

For more information about Northlands Park, visit www.northlandspark.ca.

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

Compost Sale

Thursday, May 14th from 5-7pm
Saturday, May 30th from 10am-3pm
(At the Bloomin' Garden and Art Show)



Second Nature Compost Cash sales. No pre-orders.
30 L bag \$6 albertaave.org
2 bags for \$10

Pick up at:

alberta avenue
COMMUNITY GARDEN

93 st & 118 ave
behind the building

Looking for post sec students for summer internship doing community development. info@albertaave.org

WHAT'S ON » COMMUNITY INITIATIVE

Finding hidden treasures

Community garage sales add value for buyers and sellers

HAMDY ISSAWI

Mike McLary knows firsthand the hard work it takes to hold a garage sale and the resolve needed to part ways with things you've always had but don't really know why.

"It is fun doing it, but setting it up is too much work," said McLary from the driveway of his Alberta Avenue home. "The last three nights I've been up 'til midnight. My feet are killing me."

Formerly the owner of EC Automotive Machining, McLary has been a member of the community for 30 years. Last month he held a moving sale before relocating to Sherwood Park. On the driveway sat a car seat, a sofa bed and a deck umbrella, while DVDs, video games, tools, cameras and more were neatly arranged on tables and shelves inside the garage. While he hopes that this sale (his third) will be the last, he admits that the effort is not without reward: "It's a win-win: people make money, people get what they're looking for."

For those looking to avoid the hassle of hosting their own sales, there are other options. Since 1996, the Spruce Avenue Community League (SACL) has held an annual community garage sale that

now draws people from all over the city to buy and sell everything from children's toys and clothes to handmade jewelry.

Over May 1-2, participating vendors can rent tables at \$10 a piece to sell their own wares while the community league sells donated items in tandem to help fund the redevelopment of its park. According to secretary and treasurer Verna Stainthorp, the garage sale has raised \$9,200 over the past six years.

This money has helped to redevelop the park playground, install a spray park and add a pathway for easier access. This year, SACL hopes to raise money to renovate the front of the hall to provide a seating area for families and seniors.

Stainthorp credits the popularity of the event to the regular support of sellers and donors who offer buyers a diverse range of merchandise under one roof. "It's evolved into a huge, huge, sale," she said. "We do attract a lot of people. Sometimes we get up to 200 people a day because we have a huge variety of things. The hall is just full of stuff."

The community league passes any unsold items to those in need or to charity

groups like the Bissell Centre.

Toward the end of the month, the Carrot Café and Parkdale-Cromdale Community League (PCCL) are holding similar sales to the same effect. While the Carrot will be accepting donated items to help support Arts on the Ave, PCCL will play host to a variety of sellers wanting to sell their unwanted or handcrafted goods.

In addition to raising money, the goal is to familiarize people with their community. Brendan Van Alstine, one of the organizers of the Carrot's Ultimate Garage Sale on May 30, hopes people will take the opportunity to explore the Ave and learn about different businesses in the neighborhood. The garage sale is set up to occur alongside the Bloomin' Garden Show and Art Sale happening on the same day.

"The Bloomin' Garden, it's a little bit more established. They've been around for a few years and so they've got more of a following," said Van Alstine. "But if you're just coming for the garden show, and then walking out to the parking lot and driving out to the neighborhood, then you're not seeing everything that's happening or the bigger picture of the neighborhood."



By coming together as a group, sellers can maximize exposure and reduce effort while helping to serve the community. >>MARIE HABIB

UPCOMING COMMUNITY GARAGE SALES

19th Annual Spruce Avenue Community League Garage Sale
10240 115 Ave
May 1, 9 to 7 pm and May 2, 9 to 4 pm
Donations accepted beginning April 27. Small, working, gently-used items only. Call Verna at 780.479.8019

The Carrot's Ultimate Garage Sale
9351 118 Ave
May 30, 9:30 to 4:30 pm
Donations accepted May 26-29. Small, working, gently-used items

only. Email carrotassist@gmail.com

Parkdale-Cromdale 5th Annual Community Garage Sale
11335 85 St
May 30-31, 10 to 4 pm
\$10 per table for sellers. Call to reserve.

Small, working, gently-used items only. Call Margaret at 780.479.8134

St. Alphonsus CWL Annual Spring Garage Sale
St. Alphonsus Parish Hall (11828 85 St)
May 23, 10 to 5 pm



Is there a problem property in your neighbourhood?

Please report! The more reports and complaints the more likely action will be taken.

NUISANCE PROPERTY

Any property that is untidy, unsightly, offensive, dangerous, or interferes with the use or enjoyment of neighbouring properties is a nuisance property.

For example:

Uncut grass, weeds and overgrown vegetation. broken fences, wrecked or dismantled vehicles, derelict (vacant) buildings Report to 311.

Give the address and a description of the problem/building.

Make sure you get the file number so you can follow up.

The city aims to respond to nuisance complaints within four business days.

Reporting to 311
Call 3-1-1. Email 311@edmonton.ca
Online at edmonton.ca/311
Select "Contact 311" in the left sidebar for a generic form OR scroll down the page to find your specific concern and the related form.
Download the "Edmonton 311" App on your mobile device

HEALTH AND SAFETY CONCERNS

If rental properties are run down and unsafe:
Call Alberta Health Services at 780-496-3626.

CONCERNS REGARDING CHILDREN

If you suspect children are living in unsafe conditions or are being abused or neglected, call Children's Services Crisis Unit 780-422-2001 or EPS 780-423-4567.

BUILDINGS WITH QUESTIONABLE OR ILLEGAL ACTIVITIES

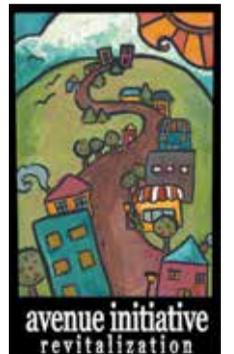
For disruptive behaviour, noise, or suspected drug activity:
Call Edmonton Police 780-423-4567 or #377 from a mobile.
Ask for the file number to enable follow up.

Buildings used for illegal activities can be investigated and shut down by Safer Communities and Neighbourhoods (SCAN).

All reports are confidential.

Call SCAN at 1-886-960-7226 or report online at www.scan.alberta.ca

Please also email problemproperty@gmail.com to inform the area development group about the issue as they are tracking problems. Note who you have reported the issue to and the response you received.



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

ELECTION » EDITORIAL

Numbers don't lie

Low voter turnout is a growing trend across Canada

MIMI WILLIAMS

If you're reading this, there's a good chance you didn't vote in the 2012 Alberta election.

Only 54.4 per cent of eligible voters cast a ballot in 2012. In Edmonton-Highlands-Norwood and Edmonton-Calder, the constituencies encompassing the communities receiving the *Rat Creek Press*, turnouts were 45 per cent and 50.9 per cent, respectively.

The lowest turnout in Alberta's history was 2008, when only 41 per cent of voters turned out. The highest was 81.8 per cent during the 1935 election, when the newly formed Social Credit party wiped out the 14-year reign of the United Farmers of Alberta government. Voters were particularly displeased that the premier resigned in scandal the previous year when he was sued and found liable for seducing a young government stenographer. Despite changing leaders, all of the party's MLAs lost their seats. The Social Credit party took over half the popular vote and nearly all the seats in the legislature. Turnout dropped steadily from that point. Between 1961 and 2004, voter turnout averaged 59 per cent before plunging in 2008.

Albertans aren't alone in their apathy. In fact, the trend is consistent across Canada. Voter turnout in the last federal election was 61 per cent, the third lowest in history. Ranging from a low of 39 per cent in Nunavut to 74 per cent in Prince Edward Island, Alberta had the third lowest voter turnout in the nation at slightly over 52 per cent. The highest turnout in a federal election was in 1958 when 79.4 per cent of those registered voted; the lowest was 2008 when below 59 per cent of people voted.

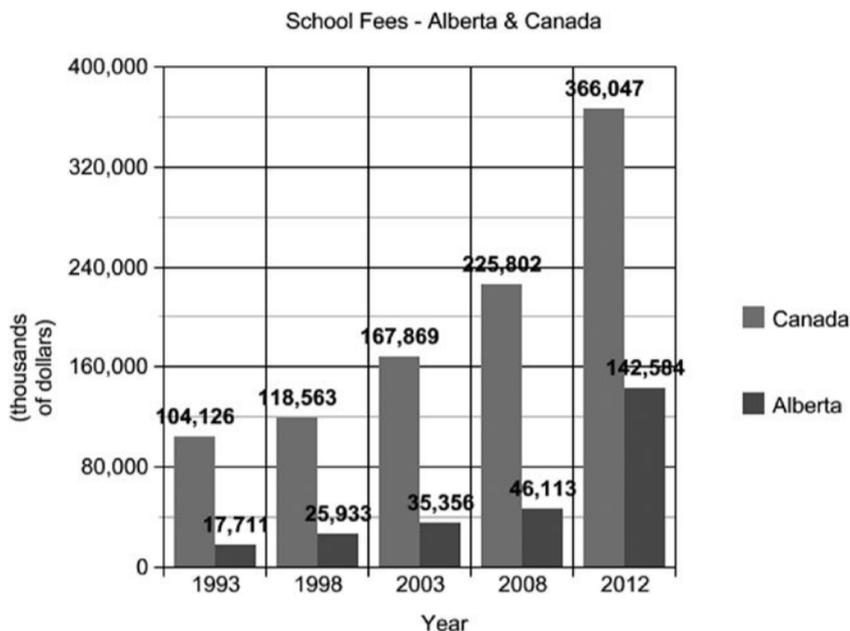
Elections Canada analysis following the 2011 election showed age was the strongest indicator of whether or not someone voted. While just 38.8 per cent of Canadians aged 18-24 participated, 75 per cent of those aged 65-74 showed up at the polls. Education also mattered: 78 per cent of people with a university

degree voted compared to 60 per cent or less for those with a high school diploma or less. Women up to age 64 voted at slightly higher rates than men, after which it was the reverse.

Single people are less likely to vote. Only 36 per cent of single parents voting with children under the age of five voted compared to 60 per cent of couples with children the same age. Immigrants were less likely to

Why does this matter? Well, a government concerned about high voter turnout is more likely to ensure that its policies reflect the interests of a larger share of the population. When you think about the lack of quality, affordable childcare, consider the low voter turnout of the single parents most likely to need it. When you hear that the Harper government's income splitting and child tax benefit programs favour the wealthiest, two-parent families where one spouse can afford to stay at home, remember that these people are a vote-rich demographic for a government looking to be re-elected.

Here at home, there's no end of examples of the 44-year Progressive Conservative dynasty ignoring the needs of the working class and the poor, while catering to the interests of big oil companies and multinational corporations. They rely on the millions of dollars in donations it receives from those corporate interests. At the same time, they count on you neglecting to assert yours. Unlike many of the ways we might find the decks stacked against us in life, in this we hold the power to tip the scales, if even for only one day. Corporations can't vote. But you can.



Statistics Canada. Table 478-0010 - School board revenues, by direct source of funds, annual (X thousand dollars)

Only 54.4 per cent of voters cast a ballot in 2012's election.

vote than Canadian-born citizens, and home owners were more likely to vote than renters.

Many cite a busy schedule as a reason for not voting, particularly 25 to 34-year-olds, who are more likely to be in their early years of parenting. More people didn't vote because they were too busy (40 per cent) than because they weren't interested or didn't care (35 per cent).

A study conducted by Leger Marketing for Elections Alberta following the 2008 election had similar results. 4 in ten non-voters said they were busy with other commitments and about 20 per cent said they chose not to vote.

“ Elections Canada analysis following the 2011 election showed age was the strongest indicator of whether or not someone voted. While just 38.8 per cent of Canadians aged 18-24 participated, 75 per cent of those aged 65-74 showed up at the polls. ”

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.

PUBLISHER

Karen Mykietka

info@ratcreek.org

EDITORS

Talea Medynski

editor@ratcreek.org

LITERARY EDITOR

Rusti L. Leahy

lit@ratcreek.org

PHOTO EDITOR

Rebecca Lippiatt

photo@ratcreek.org

DESIGNER

Lorraine Shulba

design@ratcreek.org

ADVERTISING

position open

ads@ratcreek.org

PROOFREADING

Cath Jackel

CONTRIBUTORS

Mimi Williams, Rob Bernshaw, Dave Von Bieker, Talea Medynski, Constance Brissenden, Brianna McCutcheon, Hamdi Issawi, Karen Mykietka, Rusti Leahy, Chantal Figeat, Alouise Dittrick, Kath MacLean, Rebecca Lippiatt, and Henri Yauck.

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.



BOOKING NOW for residential and commercial lawn maintenance, spring cleanups and rototilling for the 2015 season.

CALL TODAY 780.471.5322

TripleRLawnsandSnow@gmail.com

We are your company from start to finish - winter, spring, summer and fall

"We'll Keep You Happy for Life"



FAMILY BUSINESS SINCE 1952

FLEXSTEEL GALLERY · LA-Z-BOY · SIMMONS BEAUTYREST

11349 - 95 street | 780.477.2213 | info@xlfurniture.com | xlfurniture.com
tues - sat: 10 am to 5:30 pm | mon - sun: closed | evenings by appointment

VOLUME 17, ISSUE 5 » MAY 2015

E: INFO@RATCREEK.ORG

W: RATCREEK.ORG

Spruce Avenue Community
10240 - 115 Avenue

Start your spring cleaning. Community Garage Sale
May 1 & 2. Call 780-479-8019

OPINION » AFFORDABLE HOUSING

A little housing math

KAREN MYKIETKA

Many things draw homebuyers to our neighbourhoods—the central location, the mature trees, the historic houses, the growing arts scene. Over the years, one of the biggest lures to the Alberta Avenue area has been affordable house prices. I venture to say that is still one of the main reasons people buy here.

Last spring, I bought a house in Parkdale. Built in 1943, it's one-and-a-half stories and 965 square feet. It needed a little fixing up, but it was completely liveable as is. When I was looking for a house, developers were snapping up properties, especially small houses on bigger lots. And we all know they weren't planning to renovate them.

Are there houses in the neighbourhood beyond repair or just not worth fixing? Absolutely. But a good majority of our housing stock is decent quality; they just need repairs and maintenance.

You won't find many 2,700 square foot homes unless they are new, but let's be honest: not everyone needs, wants, or can afford this new modern standard of house.

Let's talk about affordability

According to a RentSeeker.ca infographic, you need to earn \$74,817 to afford the average house price of \$359,392 in Edmonton. The median household income in Edmonton is \$72,248. So about half the population can afford an average house. However, the March 2015 average selling house price was actually \$438,880.

The median household income in Alberta Avenue in 2011 was only \$52,911. Thankfully the average resale home price that year was \$225,000. Unfortunately, more and more houses

are being demolished and replaced with duplexes. And each time an older home is torn down and replaced with a new one, there is one less affordable home.

My housing story

I had been living in an affordable two-bedroom apartment with two opposite sex pre-teens. They were not happy about sharing a room. When my rent was increased for a second time to \$1,000, I decided to explore housing options.

Our neighbourhood has a whole spectrum of housing options: rental apartments, multi-housing or houses, knock-downers (lot value), fixer-uppers, renovated houses, condos, and duplexes.

At that time, Norwood Village apartments were taking renters. They had a few three-bedroom apartments, but none were subsidized. Rent would be \$1,550 plus \$45 for underground parking. I could rent a rowhouse or even a small house for \$1,400 plus utilities. So that would be \$1,600-1,700 per month.

I started looking at buying. A look at properties on yegishome.ca quickly revealed that multi-housing was not an affordable option for me. All the new duplexes popping up in the hood are \$325,000 to \$425,000. An older 70s or '80s duplex will still run you \$280,000 to \$350,000, depending how much they've been upgraded.

I turned my sights to finding a three-bedroom house with a legal basement suite to help with the mortgage, but I didn't have any luck. Renovated houses were \$270,000 to \$350,000. This was still beyond my price range. Finally, I found my fixer-upper for \$207,000. My income is significantly below the median neighbourhood income, but luckily I had a down payment and I qualified for

the City's HOPE program to assist with home repairs.

My mortgage came in at \$968, taxes \$168, and utilities averaged to \$270 per month over the past year. That's \$1,406 per month for my own house with more space where I won't have to deal with rent increases and I build equity. Good for me, but who cares?

Perhaps the family who was able to get into an affordable apartment because I vacated it cares. I think my neighbours who have a responsible homeowner fixing up an older home rather than a rental or a monstrous new house care. I think my community which has retained an active and contributing member cares. There's lots of benefits and not just for me.

The math on affordable rentals

Norwood Village Apartments is a four-storey building with 154 units, 80 of that at 10 to 15 per cent below market rates. This private developer received \$8.9 million in provincial funding and \$2 million from the city—that's almost \$124,000 per affordable unit. They are required to rent at the set affordable rates for 20 years.

The value of that monthly discount for their two-bedroom unit when they opened last March was \$352. Over 20 years, that discount amounts to \$84,480. That amount is less than the grant they received and after 20 years, the units are theirs to do with as they wish. Whereas when non-profits like Habitat for Humanity or Edmonton Inner City Housing Society build new units, they will always remain new units. Their homes are truly affordable with rent or mortgage geared to income or rents at 60 per cent of market value.

Imagine if the powers that be used that

\$10.9 million to directly help families like me get into home ownership in our neighbourhood. For \$124,000, a family could have been given 20 per cent down or more on a house and a renovation grant, leaving them with an affordable mortgage. Or better yet, 160 families could have been helped into ownership with \$60,000 each or even 320 families with \$30,000.

We have great programs, like Habitat for Humanity who "firmly believe that home ownership breaks the cycle of poverty." But not our governments. They would rather give \$10.9 million to a private developer, not \$30,000 to a family to help them out of poverty for life.

There is a program to assist moderate income families become homeowners. The Home Program (www.thehomeprogram.ca) helps with education, support and advocacy and matches up to \$3,000 toward a down payment—a little less than the \$124,000 per unit Norwood Village received.

Home ownership isn't for everyone, but some renters could be moved into ownership with some financial assistance and support which would free up rental units.

Taking over and rehabilitating existing housing stock (house or apartment building) is cheaper than building new and can greatly aid in getting and keeping these properties out of the hands of slum landlords.

And really, if you are going to give government money to someone to build new rental units, why would you give it to private developers? We have many non-profit housing organizations that do a fantastic job.

I did my math. Now the government should.

WHAT'S ON » GARDENING

Getting the dirt on soil

The importance of creating a healthy growing foundation

TALEA MEDYNSKI

If you talk to Mark Stumpf-Allen, the compost programs coordinator with the city, he'll give you practical advice on what you should look for in healthy soil.

"Dig and look at colour and texture. You want a crumbly texture, not powdery," Stumpf-Allen said. "You should be able to dig half a shovel into the soil without much effort. The colour should be dark brown, with flecks of grey, brown or red. Smell it—it should smell earthy, not acidic or like chemicals, gas, or oil."

If soil is contaminated, take it to an Eco Station. However, if it's compact and difficult to dig into, it may be time to add compost.

Composting creates soil texture and nutrients that plants can use. For those inclined, composting is easy enough. Using a compost bin, start with a layer of compost or topsoil. Then, alternate with layers of dried brown material like dried leaves, branches, or paper with moist green material, like grass clippings or vegetable or fruit kitchen waste. Don't add dairy, meat, fish, bones, oil, grease, pet feces, diseased plants, seeding weeds

or weeds with big roots.

Make sure to add new materials, mix the compost once a week, and add water or dry materials to keep the compost as wet "as a wrung-out sponge." It typically takes four to six months to create

Much like composting at home, it takes about six months.

"It's a continuing, slow process," said Brent Hamilton, who works in compost sales and marketing at Inglis Environmental. Under contract, Inglis

and May 30. Compost is also available at Eco Stations and from the Edmonton Composting Facility.

A little compost goes far. Add less than a centimetre on top of the soil and then work it in. In general, add compost once a year. The more you use soil (grow in it), the more nutrients are leached from it.

"Treat it like a living thing that needs to be watered once a week and fed once a year," advised Stumpf-Allen. He added that it's important to water evenly.

Soil doesn't just help grow plants, though.

"Healthy soil will also attack diseased organisms and kill them," said Stumpf-Allen. "It's infinitely amazing. If you're not eating healthy food, you're not having a healthy life. It all goes back to the soil. Soil is vital to our life," he said.

It takes at least 100 years to create an inch of topsoil and it's currently disappearing at a rate of one centimetre every 1-10 years due to factors like deforestation, expanding cities, and pollution.

INFORMATION ON HOW TO MAKE OR BUY COMPOST

City of Edmonton composting workshops coming up on May 6, 7, 8, & 11

http://www.edmonton.ca/residential_neighbourhoods/gardens_lawns_trees/composting.aspx

Email compost@edmonton.ca or call 780.496.5526

BUY COMPOST LOCALLY

9210 118 Ave
Thursday, May 14 from 5-7 pm
Saturday, May 30 from 10am - 3pm (at Bloomin' Garden Show)

30L bag for \$6 or two bags for \$10

Cash sales only

compost.

Even if you don't compost at home, the city uses organic waste from garbage collection and biosolids or biosolids and wood chips to create compost. The compost created from the biosolids and wood chips is distributed within the city.

Environmental distributes Second Nature Compost for the city.

For those who want compost ready for gardening, the Alberta Avenue Community Garden holds a compost sale every May. Buy a 30L bag for \$6 or buy two bags for \$10 from on May 14

REVIEW » FOOD

Enjoy a taste of Caribbean's Finest


 4 FORKS
» OUT OF FIVE

New restaurant offers plenty of options to please the palate

RUSTI LEHAY

When writing a restaurant review, it's easier to pay attention when there is time to pour over menu items. It's hard to keep one's mind on track when the food is good like it is at Caribbean's Finest (88 Street and 118 Avenue) and when you have an exceptional conversationalist as a lunch companion.

The first thing we did was order an appetizer, which took the edge off our hunger. Griot Amuse Gueule, fairly priced at only \$6, consisted of savoury chunks of pork, Spicy Hot Slaw, crispy plantain chips and two Creole Fritters. The pork might have been slow-cooked in a cast iron pot in a wood stove just the way your great grandmother prepared seasoned roasts that came close to melting in your mouth. The fritters managed to be just the right kind of chewy and happily weren't deep-fried crispy or greasy in our hands. They begged tastebuds to return just for them alone. The Spicy Hot Slaw, tinged with a bit of a spicy bite, pleased the tender palates at the table as well as intrigued those who liked some

zing.

Delightful presentation of the Caribbean's Finest Fried Snapper with Sesame Lemon Ginger Sauce (\$18) managed to stop all conversation, demanding a moment of reverence. The snapper arrived curled in a beautiful pottery bowl, its skin covered with a tasty, crunchy layer of the sauce. Underneath, the fish was moist and succulent.

The Chicken Skewer (\$12) was pleasant in a mild sense and didn't excite the tastebuds like the pork, making it a dish excellent for the less adventurous.

The Vegetable Rice Pilaf arrived on side plates in the shape of an upside down bowl. Flavourful and moist, the rice was cooked to perfection.

When sitting down to enjoy a meal, pausing to taste the blending of spices and flavours takes real concentration and an open schedule. Rushing around is not conducive to savouring the moment. If you wonder why this is important, the enjoyment factor when eating helps keep you aware of your body's sense of satiation. Sadly, it is sometimes too easy to ignore

what we are putting in our mouth when it tastes good and may only notice when tastes or textures shock or disappoint.

While the decor is plain, the food tantalizes the senses enough to occupy your brain. Portions were a good size. The simple menu, on a single sheet of paper sheathed in plastic, offered enough choices to sample the cuisine many of us may never taste in the land of its origin.

Overall, Caribbean's Finest may be destined to become one of those little hole-in-the-wall type cafés only locals know about. Try it out, tell your friends, and help a local business survive and thrive. This is one place to enjoy a reasonably priced meal.

CARIBBEAN'S FINEST
8815 118 Avenue

Mon-Thurs, 11-9 pm
Fri-Sat, 11-11 pm
Sun, 11-6 pm



Caribbean's Finest Fried Snapper came with a flavourful sauce. >> RUSTI LEHAY

REVIEW » FOOD

Native Delights puts a twist on fast food


 4 FORKS
» OUT OF FIVE

New restaurant shares indigenous culture with Alberta Avenue

CHANTAL FIGEAT

Ian Gladue was cooking with Rez Boys on the Pow Wow trail ten years ago when he had a vision to bring indigenous culture to a wider audience. "We strongly believe that the environment is a reflection of what's in our hearts," said Gladue.

Gladue set up a food cart and then a food truck of his own. Native Delights restaurant on Alberta Avenue is the latest incarnation of his vision, where is the chef and owner.

When I walked in, I was impressed by the positive and friendly atmosphere. It was like visiting a family.

After checking out the menu, I opted for the Cheddar Bacon Burger and made it a combo by adding fries and a soft drink. Kayla, the waitress, quickly served a complimentary pot of their peppermint tea, and advised me to let it steep. After a few minutes, I had a sip and was rewarded by the fresh lively taste of local indigenous peppermint. So much for old dry peppermint leaves. I'm converted!

The burger and fries arrived in a timely fashion. All burgers are served on bannock. This was no ordinary bread. The fresh

oven-baked bannock has a soft interior with the right balance of salt, butter, flour, and baking powder. It was topped with a handcrafted patty made from lean beef, and piled high with bacon, melted cheddar, lettuce, and tomatoes.

I strolled over to the condiments bar to find a nice stock of additional toppings. My palate adores strong flavours, so I was delighted to see fresh jalapeno slices. Diabetic-friendly sugar, agave syrup, and honey are included amongst the sweeteners.

After tasting many previously frozen french fries, the freshly made hand-cut fries were a refreshing change.

While I was munching away, Gladue came out of the kitchen to check on me. Kayla was also very attentive and stopped by for a casual chat.

Kayla said the bannock also comes infused with cheddar cheese as well as a chocolate chip variety. The supplier let them down and they were not available when I stopped by.

When taking in the décor, I broke into a smile when I saw "make bannock, no war" painted onto the wall. Now, that's good attitude. I was curious

about the indigenous articles in the glass case. Despite being in the midst of serving, Gladue took the time to explain they are a collection of gifts given to him over the years. He used the gifts to form a vision for his restaurant. I complimented him on the job he was doing but commented he wasn't playing any music by native performers. Pop music was coming through the speakers. Gladue said they normally have native music, but he didn't have the tapes that day.

Despite the minor glitches, Native Delights is working hard to offer patrons a memorable experience. Good restaurants are marked by food quality, service, and general atmosphere. Native Delights is doing well where it matters and provides a rewarding visit.

NATIVE DELIGHTS
10406 118 AVE

MON-THURS 10-8 PM
FRI-SAT 10-10 PM
SUN 10-8 PM



Visit Native Delights for oven-baked bannock and more.

>> CHANTAL FIGEAT

To find more great eats, download "Flavours of the Ave" brochure at www.alberta-avenue.com

REVIEW » FOOD

Taking a bite of The Dog



New Alberta Ave restaurant offers a taste of gourmet hot dogs

ALOUISE DITTRICK

Hot dog aficionados, rejoice! No longer just available from street vendors, hot dogs are celebrated in The Dog, a new Alberta Ave restaurant.

Run by Brenda & Bjorn, the owners of Absolutely Edibles and Sloppy Hoggs Roed Hus, The Dog specializes in hot dogs and sausages. The restaurant has a signature hot dog menu, but people can customize their own hot dog.

I order a pop, and start with an appetizer. The Hot Dog Slider (\$6) features three of the signature hot dogs. First is the New York, a beef-pork blend with pushcart onions and mustard. On first bite, the hot dog is juicy, and the bun is soft and fresh. The pushcart onions are sweet with a slight hint of spice.

Next, The Coney Island is a beef hot dog topped with beef chili, cheddar cheese, yellow mustard, and onions. The chili is a little spicy, and the mustard adds a nice tang. The last of the sliders is a Seattle-style hot dog served with cream cheese and caramelized onions. It is a sweeter hot dog that feels like I should have saved it for dessert.

For the main course, I try the signature Narita hot dog. It is a beef-pork mix, with wasabi mayonnaise, kimchee, sesame sauce, Do Chua (pickled carrots and radish), pickled ginger, bonito, and topped with dried ramen noodles. There is a slight



The Narita, a signature hot dog.

>> ALOUISE DITTRICK

spice with the wasabi mayo and kimchee, but balances well with the sweetness from the pickled ginger and tanginess from the Do Chua. The ramen noodles add a wonderful crunchy texture.

While my slider hot dogs were boiled, the Narita, like most of the main hot dogs, is cooked with a rolling method. This gives more of a grilled flavour. Customers can specify the cook-

ing method preferred.

The hot dogs are made of either a beef or a beef-pork blend. Local butchery Real Deal Meats are used for most of the hot dogs and sausages on the menu. While there is standard sausage fare like Italian and bratwurst, more exotic fare includes elk, boar, alligator, and kangaroo. The Dog also has vegetarian and gluten-free offerings.

Buns and condiments (pickles, mustards, and relishes) are made in-house, and several condiments are available for purchase. Aside from hot dogs and sausages, The Dog has several different appetizers, a dessert menu, and a full bar.

The hot dogs here are different and delicious, albeit slightly messy (napkin use recommended). The restaurant is nice, and the service was friendly and attentive. My meal came to \$15 before tax and tip, a decent price for a casual lunch or dinner. It might be my first visit, but it will not be my last. The Dog is another great restaurant addition to Alberta Ave.

THE DOG
9567A 118 AVE

MON-THURS 11-8 PM
FRI-SUNDAY 11-9 PM
PRICE RANGE: \$6-15
PER ENTREE

Tickets \$20 Tickets \$10 in advance

Rubber Boots & Bow Tie Garden Party

Friday
May 29 at 7:30 pm

Alberta Avenue Community Centre
93 st-118 avenue

More info at albertaave.org

MUSIC • THEATRE • DANCE • VISUAL ART • MYTHIC POETRY • STORYTELLING

Thousand Faces Festival provides opportunities for artists of diverse cultures to create and share works of art inspired by the mythologies of the world with a broad audience.

All ages welcome!

THOUSAND FACES FESTIVAL

MAY 20-26 2015

Alberta Avenue Community Centre 9210 118 Ave

thousandfaces.ca

EDITORIAL » LITERARY

Speaking the words aloud

Indulge in a little otherworldly poetry this spring

RUSTI L LEHAY

If you missed that exact moment when spring sprung and the Edmonton Poetry Festival came and went, one event still lingers here on the Avenue: Kelly Shepherd's poetic exhibit *The First Metaphor*, held at the Bleeding Heart Art Space (9132 118 Ave).

The First Metaphor is a collaborative gallery show made up of 14 linocut images by Valemount, BC visual artist Alison Kubbos, paired with 14 poems by Edmonton poet Kelly Shepherd.

The exhibit pairs poetry and visual art in an effort to smudge the lines between awareness and conscious thought. Shepherd's poems show a connection between the human and other-than-human worlds, especially in his delightfully evocative poem "Water Dreams."

Shepherd goes on to blur the lines between the cosmos and planet Earth by bringing starlight down to lie on the earth, condensing sunspots, marmot fur, nuthatch feathers, and endowing planets with appetites, then making snowberries into constellations. Whimsical work indeed that creates delightful images

in the mind. It will be interesting to see the visual artistry paired with these poetic musings.

"Grasslands Ecology" is a poem that rewards you more each time you revisit it. Try reading it aloud. Poetry often yields more when spoken aloud. It is a performance art.

Back to that idea of April racing away; if you are that rare person enjoying the slow passing of time, please use some of that free time to write and send your particular musings to lit@ratcreek.org.

Cosmos: Walking Path

Starlight prisms
through atmosphere
and lies with the earth.

Spirit and matter
are symbiotic, eat
and drink and breathe
one another in and out,

condense into sunspots
of marmot fur and nuthatch feathers,
gopher snake scales and deer mouse bones,
planets with appetites
and constellations of snowberries.

Water Dreams

When the ocean dreams about people,
it's actually dreaming about sex.

Human beings, whether we believe
in a personal creation or an impersonal evolution,
can agree on one thing: it all began in the water.

In our work and art, in our bodies and dreams
we're drawn to the ocean.
To the tides, the ice, the foam, the waves.

Human beings, products of the imaginations of oceans,
breathe water before we breathe air,
eat fish, cry and sweat salt, and build boats.

Whenever we laugh, or cry, or love, or remember
the turtle-slumbering ocean is dreaming.

Grasslands Ecology

"religion" from Latin: to bind together

every third year Daur Mongol villagers held a ceremony
which would
remind them of their economic, spiritual, and kinship
relations

a long leather rope was looped around the
entire community, every person, and then
gradually drawn tighter until the
people were pulled up against one another

even when it was no longer funny, no longer
comfortable, no longer easy,
still the rope was drawn tighter:
we are not alone, we are together
in everything
this is who we are

Church spirit belief

CHURCH SERVICES

ANGLICAN PARISHES ON ALBERTA AVE
ST. FAITH AND ST. STEPHEN
Two Traditions – One Faith.
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

AVENUE VINEYARD CHURCH
A friendly, informal, non-judgmental and safe place to grow spiritually. Traditional Christian values in a non-traditional way.
8718 118 Avenue (Crystal Kids building)
www.avenuevineyard.com
Sundays at 10:30 am

AVENUE CHURCH
A community to belong in...a community to serve with.
9351 118 Avenue (The Carrot Cafe)
www.avenuechurch.ca
Sundays 10:00 am Coffee Fellowship
10:30 am Service

BETHEL GOSPEL CHAPEL
A Bible-based, multi-ethnic fellowship.
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

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
English Classes and Collective Kitchen (Seasonal - call for more info.)
St. Vincent de Paul Food Help Hotline: 780.471.5577

Church spirit belief faith



Roxanne Litwyn
REALTOR®
Selling Homes Since 1990
direct 780.907.7589
For more info & photos visit
www.roxannehomes.com

FREE HOME EVALUATION
"Some restrictions apply"
Call now 780.907.7589
Your neighborhood Realtor

Wanted! I have clients looking for 2 or 3 bedroom homes in the area, any size, any condition.

STERLING REAL ESTATE     11155-65 Street Edmonton, AB T5W 4K2

BUSINESS » THE LEMONADE STAND

Managing an extraordinary business

The importance of turning goals into actionable steps

HENRI YAUCK

The answer may be found in one word: empirical. As defined in dictionaries, it is “an adjective, based on, concerned with, or verifiable by observation rather than theory or pure logic.”

It’s really, in a certain way, the difference between goal setting as taught by most gurus and practiced by most. I’m not a fan of what most call “goal setting.”

This isn’t because I have no goals. Rather, it is because

goal setting isn’t approached constructively. Most of what is described as goal setting is really articulating aspirations, hopes and dreams in an impressive way. It’s wishful thinking.

“My goal is to be a millionaire by the time I’m 30.”

“My goal is to be president of a Fortune 500 company.”

“My goal is to be a bestselling professional artist.”

Wouldn’t you agree these look more like outcomes, byproducts or maybe even consequences?

In my belief system, every honest goal:

1. Has an explicit action plan embedded within it.

2. Can have its progress monitored and measured by the goal setter as well as observers

3. Follows a path of actions or specific actionable events, building on each successive step. It’s empirical.

Maybe you’re thinking that guy is full of it.

Consider this: in the early

1900s, an itinerant and illiterate dock worker had a dream: to become a novelist.

Can you imagine, a man who can neither read nor write, who is not even earning enough to put a roof over his head or to provide more than two very meager meals a day wanting to be a novelist?

You may have read one of his novels or seen a movie based on one of his many novels. He wrote *Call of the Wild*, *White Fang*, and others.

Before long, he became one of the highest paid novelists

of all time. He turned a dream (goal) into a series of actionable steps. Empirical.

There’s that word again.

You can do it too, but you will need to turn that goal or dream into actionable empirical steps. In the coming articles, we will go into the actual empirical steps that can make it happen for you. Dreams into goals, goals into actionable and empirical steps.

BUSINESS » SHOP LOCAL

Mile Zero Dance hits a milestone

The dance organization celebrates 30 years with a move to Little Italy

MILE ZERO DANCE

10816 95 ST

ARTISTIC DIRECTOR: GERRY MORITA

PH: 780.424.1573

HOURS: MON-FRI 10-2 PM

CALL AHEAD BEFORE DROPPING IN.

WWW.MILEZERODANCE.COM

REBECCA LIPPIATT

April 23 was a big day for Mile Zero Dance. Not only did the dance company celebrate its 30th anniversary, they also moved from Jasper Avenue to Little Italy. In keeping with their tradition of naming their spaces, and to honour Little Italy, the new studio is called Spazio Performativo (performance space).

Gerry Morita, the artistic director, is excited about the move. She hopes to use the storefront in interesting ways to engage people passing by.

“Basically anything Sesame Street did is still worth doing,” Morita said.

But the dance company is not just about dance. Morita plans to host salon events, believing it is important to cross-pollinate with people from disciplines as diverse as scientists and engineers in order to find a common ground. Morita invites the community to come and participate.

Beginning May 19, there will be a monthly cabaret. People are invited to bring their short artistic works (less than 10 minutes), share new collaborations, works in process, or new performances to try in front of an audience for the first time. The space can also be used to host workshops. If community members have an idea, Mile Zero would like to hear about it and work with the community to make it happen.

Mile Zero has a mandate of paying artists what they are worth. Morita said artists should be paid a living wage and be “able to survive and not expected to work for free.” They want to see artists remain in Edmonton.

Meeting this mandate is challenging; Mile Zero Dance is a registered charity and relies on casino funds, donations, and arts grants. However, an investment in the arts stays in the community and enriches the people who live there.

New class offerings include Rebel Ballet, Contact Improvisation and Theatre Improv. Their Facebook page will carry up-to-date information about registration and times. The classes are designed to include people who might think of dance as exercise rather than recreation. The classes will be fun, provide a space for discovery, and provide an opportunity to meet new people in different situations.

Look for Mile Zero Dance at the Heart of the City Festival on June 6 and 7 at Giovanni Caboto Park and on the Cloverdale Footbridge this summer.



Scenographer Patrick Arès-Pilon, Choreographer Gerry Morita and performers Amber Borotsik and Richard Lee rehearse for Mile Zero’s 30th Anniversary in front of their new space on 95 Avenue.. »REBECCA LIPPIATT



Your health. Our priority.

The Medicine Shoppe[®]

P H A R M A C Y

Professional Services

- Free Prescription Delivery
- Comprehensive Medication Reviews
- Accu-Pak™ Bubble Packaging
- Health and Wellness Events
- Community Immunization Centre
- Custom Medication Compounding
- PACMED Pouch Packaging

Parminder Bhui

B.Sc. Pharm.
Pharmacy Manager

(780) 477-1192

8111 - 118th Avenue

Store Hours

Monday to Friday: 9:00 am - 6:00 pm
Weekends & Holidays: 10:00 am - 2:00 pm

TECHNOLOGY » MUSIC

Life in hi fidelity

Going back to a simpler, more compatible time

DAVE VON BIEKER

In 2065, you sit with family or friends around an old iPhone. Its warm glow reminds you of a simpler time, an era where you had to touch your tools—to engage on a level beyond thought and intention. One of you tries to play a song you remember from junior high dances. She thinks hard, but nothing changes. You all laugh while she grabs the phone to swipe through the list of songs. With her finger. How times have changed.

This will never happen. First and foremost, technology is intentionally planned to become obsolete. There won't be a working iPhone in 2065 outside of technology preservation museums. I have a dead iPhone in my house already, joining a couple of iPods. Damaged charging cables are no longer made. Irreplaceable batteries are depleted. Screens have shattered beyond comprehension.

By 2065, the iClouds will have parted and iTunes will likely have died or transfigured into some other incompatible form. Your computer will no longer talk to it. You won't have a computer.

Or maybe, if futurist Ray Kurzweil is right, you will basically be a computer.

All this pondering gets my head spinning like a 45. A 45 RPM record, that is. A 45 of Dean Martin, to be exact.

My wife and I are in need of quality time. I've just brought home a stray, a 1965 cabinet stereo—an Emerson Esquire—from a kind old woman who cannot imagine who would want it. She gave it to me for free, records still inside. She hoped I might enjoy them as she had with her family.

We sit on the basement carpet with our new hi-fi and a bottle of wine. We listen. We talk.

We listen. We get up and dance. Seriously, like some scene from a bad rom-com, we dance.

This cabinet sits 59 inches wide. So unlike our tiny iDevices, stereos were once considered furniture. They required space. They demanded attention. They were heavy as all get out.

The Dean Martin record whisks us away to some *Mad Men* evening. The sound, rich through the oak, is overlaid with crackles from the dust of forgotten LPs.

A second record spinning, a phrase begins to repeat. Over and over and over again. The record is skipping. I had forgotten this. We laugh as I get up to lift the needle out of its rut. This is the sort of happy imperfection that we program out of existence.

My wife recalls lying on the carpet with her siblings, listening to her parents' folk records. Peter, Paul and Mary. Simon and Garfunkel. We listened to full albums because it was a pain in the butt to change the record. Because it was hard to drop the needle at the right spot to choose your song. It was hard to fast forward.

We listened with people because there were no headphone jacks.

Edmonton's own Marshall McLuhan observed that "we shape our tools, and afterwards our tools shape us." As these records spin, I feel something unravel. I am being unmade. I am repeating the past, like a broken record. I am imagining my kids, discovering these records and lying on the carpet for an hour, just listening.

Garage sale season is upon us. Maybe there's a "hi-fi" out there, gathering dust, waiting to transport you and your family to another time and place.

Waiting to remind you that music, once upon a time, was shared.



Record players made music a shared experience.

>> DAVE VON BIEKER

that **Bloomin'**
garden show
& art sale

Saturday, May 30
10:00 am - 4:00 pm

Alberta Avenue Community Centre
93 St & 118 Ave
More info at albertaave.org

FREE!
admission

PLANTS ARTISAN GIFTS COMPOST SALE ACTIVITIES PRIZES

RECYCLE

Computer equipment to The Electronic Recycling Assoc. Depot
12815 66 St. 780.455.2088

Arts and crafts supplies, office & school supplies, paper and plastic products and much more. Reuse Centre 6835 83 St. 780.442.4380.
edmonton.ca/waste or call 311.

WWW.ABCHEADSTART.ORG

780-461-5353

September 2015
EARLY LEARNING SPACES AVAILABLE

OPENING DOORS FOR CHILDREN AND FAMILIES

FOR 30 YEARS!

- 4 HALF DAY PROGRAM / WEEK (TUESDAY-FRIDAY)
- LEARN THROUGH PLAY CLASSROOM EXPERIENCE
- FREE BUSSING FOR QUALIFYING FAMILIES
- NUTRITIONAL SNACKS
- FAMILY & COMMUNITY SUPPORTS FOR FAMILIES OF LOW INCOME
- PROGRAM SITES ACROSS THE CITY

CONTACT US TO LEARN ABOUT OUR PROGRAM TODAY!

Toy Story 3 Drive-In at Alberta Ave, Friday May 1st around 9 pm

ART » PROFILE

New artistic approach

Local dancer persevered and blossomed despite struggles

KATH MACLEAN

"I want to dance," Raena Waddell exclaimed to her parents when she was an 11-year-old in Yellowknife.

She still recalls the moment, almost 25 years later, relaxed and chatting in my kitchen as she describes how a shy girl suddenly recognized her passion for dance.

There weren't many opportunities at the time in Yellowknife, but she took what she could and enrolled in the modern jazz class—the only available dance instruction.

She was fortunate to find wonderful mentors and went on to attend and graduate from the now-defunct MacEwan University dance program. Since then, she has become accomplished in her profession and remains determined to keep pursuing her passion.

"I danced," she told me. "I danced and danced and didn't focus on competing."

Instead, she has nurtured the artist within, and has premiered over 10 of her own choreographic works in Western Canada, working with such notable choreographers as Heidi Bunting and Brian Webb.

"I'm doing what I'm supposed to do," explained Waddell.

Waddell said dancing isn't easy. Since her revelation in Yellowknife, she has experienced financial, physical and spiritual setbacks, but has prevailed.

Here. Now. is her latest work, born as a creative result of a 2012 back injury. The performance premiered in November as part of the Brian Webb Dance Company Prairie Dance

Circuit.

Two years in the making, the piece is a collaborative, multimedia effort with dancer Deanne Underwood and videographer Marc Chalifoux. Integrating film into the dance movement, the performers demonstrate the



Raena Waddell is a local dancer and fitness instructor. » REBECCA LIPPIATT

effects of loss, recovery, and the healing bonds of friendship. The unusual and haunting piece demonstrates two dancers remembering themselves on screen only to question, "What is memory, what is pain?"

Fascinated with the human body and how it moves and communicates, Waddell's injury also led her to Garuda, a system of exercise utilizing principles of yoga, Pilates, and dance. After studying with a Garuda master in Red Deer, she is still the only instructor in Edmonton certified in the discipline, which she describes as, "an intelligent form" of exercise.

Garuda takes its name from a mythological bird of India that changes its shape to suit a situation. It requires concentration, quality of movement (not repetition), and the continual motion and athleticism of dance. Endorsed by celebrities such as Madonna, Garuda has swept through England, but has not yet achieved a similar popularity in Canada or the United States.

In fact, Waddell is one of the very few North American instructors. Training with the founder of the movement, James D'Silva, she counts herself lucky to have found the discipline at a crucial time in her life.

"It spins my creative wheels," she said of Garuda. "It saved me."

Indeed, watching videos of Garuda on YouTube, one can see why she is so enthusiastic.

Those with similar injuries know the pain of repetitive and static exercises that numb the mind and leave us zoned out. Garuda, very much a dance and a series of movements linked through breath, engages virtually every muscle in the body and makes us mindful.

The effect is something to be shared and communicated. "I absolutely love the human body," Waddell explained.

Her approach and commit-

ment is apparent in her dance, in her performances, and in how she conducts her classes.

In addition to embodying her passion for dance and creativity, Waddell is also an attentive fitness and Pilates instructor. Perhaps having her own injury has made her more aware of

the needs and physical limitations of others. She goes to great lengths to reach all of her participants, stopping to correct form as needed, but doing so in a non-threatening way that serves only to encourage us all to try harder, do better. And in the end, that is all we can hope for.

ALBERTA AVENUE
BUSINESS ASSOCIATION

Rising up!

shop local!
dine local!

Think
the beyond
BigBox

alberta-avenue.com

Show off your **DIY** creativity!

Call for creative gardening or garden décor installations at the Bloomin' Garden Show.

Bring something you've created already or design something new. Creative gardening installations must be for and include plants (flowers, herbs, vegetables). Garden décor can be large or small items to beautify the garden or yard.

Installations must be completed and installed by Thursday, May 28 at 8 pm.

First and second place People's Choice Awards will be selected for each category by attendees at the Rubber Boots & Bow Tie Garden Party on Friday, May 29.

The Rat Creek Press is sponsoring \$100 for first place and \$50 for second place cash prizes. You may put your installation for sale (30 per cent commission on sales), donate it to our silent auction, leave it in the community garden or take it home.

RAT CREEK PRESS
Apply online at www.albertaave.org/bloomin.html

Commonwealth Rec Centre closed to public May 27 to July 7

HISTORY » COMMUNITY

A suburban house financed by railway wages

The 1914 Nelson home in Parkdale was one of the first on the block

CHANTAL FIGEAT

When I first viewed the exterior of the American Foursquare house on 117 Avenue and 88 Street, I was struck by how well suited it is to Edmonton weather conditions.

Purchased four years ago by enthusiastic owners Mike and Tiffany Serpe, the home has quite the history, starting with Arthur Nelson.

Nelson had a steady job working as a telegraph line inspector for the Canadian Northern Railway. In early 1914, he moved north from Fraser Street (now 98 Street) a new home on Marten Street (now 88 Street) in the new suburb of north Parkdale.

North Parkdale was still in the early stages of development. There were few homes on the north end of Marten Street and many were unnumbered. Large tracts of brush separated the houses on the unpaved street. The city was struggling to procure a reliable source of natural gas, so coal heated many homes.

In fact, the design is very clever. The house has a central chimney and furnace, taking advantage of peripheral heating. The usual wide-open porch seen on foursquare homes has been eschewed in favour of an enclosed Craftsman veranda. This keeps drafts out of the house and provides a protected area for people entering and leaving.

The house has a typical Foursquare floor plan with four rooms on each floor. The side staircase opens onto a round central second floor hallway with the rooms surrounding it. Many interior doors have the five horizontal recessed panels common in Foursquare housing. The front door has interesting dual wreath motifs extending from the wood.

As with many older homes, this 88 Street house reflects the historical periods it has gone through.

Nelson lived in the house for fourteen years until

1928 when Canadian railways began to experience economic hardship. During the Depression, there was a rapid turnover of residents. Exceptions are a vacancy in 1931 and 1932, and the period between 1933 and 1936 when streetcar driver Joshua Johnston rented the home.

Stability returned with WWII, when Thomas Huston, a line foreman for the City of Edmonton, moved in with his wife and female relatives in 1940. Anna, Ella, Irene, and Margaret Huston worked at administrative jobs around the city. Huston retired in 1946 and died in 1947. In 1948, his widow and family left the house.

The long history of the home appeals to the Serpes.

"We love the house. It was one we were looking for and we like the history of old houses," said Mike. "I think of this as my dream home," Tiffany chimed in. The couple was attracted by the large amount of interior wood, which was refinished before they moved in. The Serpes are in the process of renovating the basement to match the upper floors and include a second bathroom.

I was pleased to see the back shed, which probably dates from when the house was built. Alas, as with many such out buildings in older homes, it is in bad shape. "I think we're probably going to take it down," said Mike.

I still have unanswered questions about the Nelson house. Who was Edith who carved her name into the clapboard on the side of the building? Is this a Sears mail order home that was shipped here by rail and assembled by Thomas Nelson himself?



This conservative 1914 house has the hipped roof common in American Foursquare homes. >> CHANTAL FIGEAT



PETER GOLDRING
Member of Parliament
Edmonton East



PETER GOLDRING ENCOURAGES ORGAN DONATIONS

Inspired by a gift received by my sister, I delivered a statement in the House of Commons praising those who donate organs and encouraged others to do the same. It is important that we contribute to the well-being and lives of others, through whatever means possible.

Organ donation is a simple act that can have a profound effect on those waiting for transplants and their families, such as my own. My sister survives today because of such a gift, a Godsend, to which we are all eternally grateful.

While some organ donations are from living donors, I encourage people to donate their organs after death. On average, organs from one individual can be used in eight life-saving procedures such as heart transplants. A further 50 people can be positively affected through donations of tissue or other organs.

In 2012, 3,404 Canadians had health needs requiring such a transplant, but only 2,124 took place. A total of 256 people died while on the waiting list. Many more donations are needed. On the whole, Canada's organ donation rate is behind that of countries such as the US, Italy, Belgium and Spain.

Individuals and families selflessly become organ donors, contributing this wonderful gift of life when others are most often in moments of deep sadness and despair, about to lose a loved one.

Having experienced this personally with my sister, I encourage this generosity and compassion for a second chance to be repeated many fold. When the opportunity for a renewed life is available, we must think of others for both the sake of those dying and their families. What do you think?

For more information, please contact: 'Organ, Tissue and Eye Donation' (Formerly 'HOPE Program') at MyHealth.Alberta.ca or through the Government of Canada at <http://healthy Canadians.gc.ca/diseases-conditions-maladies-affections/donation-contribution-eng.php>

780-495-3261

www.petergoldring.ca

DONATE

Musical instruments to CreArt Edmonton.
Sebastian 780.878.8265

Gently used sports gear to Sports Central
780.477.1166

New or gently used baby items to Terra Centre
780.428.3772

Clothing, household items, books, to Bissell Thrift
Shoppe (8818 118 Ave) or Value Village (11850
103 St).

Home improvement items and appliances to
Habitat for Humanity Restore
(www.hfh.org/restore/donations
or call 780.477.4057) or
Architectural Clearinghouse
(achouse.ca or 780.436.1222)

SALE SPRING18!

Now till the end of May take 18% OFF!
On all Granite Monuments and Memorials

**SPRING
MEMORIALS**
Tributes in stone...

12459 - 97 Street (two doors up from Hobby Alley)
springmemorials.com

TheAveWeHad.org

A LIVING HISTORY PROJECT

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

COMMUNITY CALENDAR

Free happenings and volunteer opportunities. Send listings to info@ratcreek.org

EVENTS

MOTHER LOVE

A celebration of the relationship between a mother and a daughter and an illustration of the nature of family. Sunday, May 10 & 17 from 3-5pm. Storytelling by Mary Ann Lippiatt, accompanied by a collection of photographs of mothers and children by her daughter local photographer Rebecca Lippiatt. Photos on display at The Carrot Gallery for the month of May.

COFFEE WITH COPS

Join Cst. Thomsen to chat about neighbourhood concerns. Tuesday, May 5 & 19 from 10-11:30 am at The Carrot (9351 118 Ave).

SPRUCE AVENUE GARAGE SALE

Friday, May 1 from 9 am - 7 pm and Saturday, May 2 from 9 am - 4 pm (10240 115 Ave).

ST ALPHONSUS CWL ANNUAL SPRING GARAGE SALE

Saturday, May 23 from 10 am – 5 pm (Parish Hall 11828 85 St).

SPRING FLING AT PARKDALE APARTMENTS

Come over to meet your neighbours and have some fun! Get to know some of your community services and enjoy some music. Food provided by Save-On Foods and refreshments by the Skills Society CommuniTea Van. Tuesday, May 28 from 1-4 pm (8329 113 Ave). RSVP 780.720.1448.

BLOOMIN GARDEN SHOW & ART SALE

Saturday, May 30 from 10 am - 4 pm at Alberta Ave (9210 118 Ave).

THE CARROT'S ULTIMATE GARAGE SALE

Saturday, May 30 at 9 am – 4:30 pm. Join us rain or shine at the Carrot (94 St – North Side – and 118 Ave) for our Ultimate Garage Sale. Drop off boxed items that are gently used and in working order from May 26-29 (9351 118 Ave). All proceeds go back to projects in the community!

ART & MUSIC

THE CARROT'S POETRY NIGHT

Join us for a poetry open mic hosted by Dhalia Ross. Thursday, May 28 from 7:30-9 pm.

JOIN EMCN's GLOBAL SINGERS

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

NASHVILLE SONGWRITERS GROUP

Monday, May 11 from 6:30-10 pm at The Carrot (9351 118 Ave). Colleen col_kside@hotmail.com.

FAMILY ART WORKSHOPS

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

COMMUNITY ART NIGHT

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

FAMILY ART NIGHT

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

SPIRIT ART

Explore your spirit through art. First and third Wednesday of the month from 10 am – 12 pm at St. Faith/St. Stephen (11725 93 St).

MUSIC LESSONS BY CREART

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

PROGRAMS

POP-UP MAKERSPACE

Robot challenges, Makey Makey hacks, DIY music, art and 3-D design. Saturday, May 16 from 1-2 pm at Highlands Library (6516 118 Ave). All ages.

LIVELY LEARNING AT THE LIBRARY!

School-aged programming for homeschoolers. Explore interesting topics with hands-on activities. For grades 1-9. Wednesday, May 20 and June 17 at 1:30 pm. Drop-in. Highlands Library (6516 118 Ave).

PRAYERWORKS COLLECTIVE KITCHEN

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

ADULT READING & WRITING

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

SPORTS & REC

WOMEN'S ACTIVE YOGA CLUB

Get active and learn yoga you can practice at home. Bring comfortable clothing. Tuesdays from 12-1 pm in room 2-4 at Mennonite Centre (11713 82 St).

FREE FAMILY ZUMBA CLASS

Tuesdays 7-8 pm 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 ACCESS AT COMMONWEALTH REC CENTRE

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

FREE SPORTS EQUIPMENT

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

SOCIAL

YOUNG LIFE IS COMING TO ALBERTA AVE

Are you interested in supporting a Young Life club in the Alberta Ave communities? Join us Sunday, May 24 at the Carrot Coffeehouse at 7 pm (9351- 118 Ave) as we dream, share and discuss this opportunity. Join the Adventure as we reach out to youth in our neighborhoods. Please RSVP to AbAveYL@gmail.com or call 780.965.3585. www.younglife.ca

FATHERS' CLUB

A place for fathers to talk about guy stuff and do guy things. Supper and childcare included. Wednesday, May 13 from 5:30-7:30pm at Norwood Centre (9516 114 Ave). Register: 780.471.3737 or tristanh@norwoodcentre.com.

NFB FILM CLUB

Animated and documentary film from the National Film Board of Canada. Fort McMurray: The Film on Saturday, May 16 at 1:30 pm at Sprucewood Library (11555 95 St). Saturday, May 30 at 1:30 pm at Highlands Library (6516 118 Ave).

BOARD GAMES NIGHT

Games provided or bring your own games. Tuesday, May 26 from 7-9 pm at The Carrot (9351 118 Ave). Sponsored by NNA.

PRAYERWORKS COMMON

Hot complimentary meals & warm friendship at St. Faith/St. Stephen (11725 93 St). Lunch every Thursday from 10 am–2 pm. Supper 1st, 2nd & 3rd Friday from 5–6:30 pm. MusicJam on the third Friday. Breakfast every 2nd and 4th Saturday from 8:30–9:30 am.

TWEEN LOUNGE

Play video games, make a DIY project, meet friends, hang out. For ages 7-13. Thursdays from 3:30-5 pm at Sprucewood Library (11555 95 St) or Highlands Library (6516 118 Ave).

TEEN LOUNGE

Play video games, make a DIY project, meet friends or hang out. For ages 13-17. Friday, May 22 from 6:30-8:30 pm at Highlands Library (6516 118 Ave). Drop-in. Free tickets available starting at 10 am that day. Teens with tickets will be given access between 6:15-6:30 pm. Doors close at 6:30 pm.

TEEN GAMING

Come to the library to play some great games! For ages 12-17. Thursdays from 6:30-8:30 pm at Sprucewood Library (11555 95 St).

PRE-SCHOOLERS

DISCOVERY TIME

A 4 week group session which encourages parents and their 3-5 year olds to explore literacy through songs and stories. Enjoy our free indoor play space, snack and meet other parents. Starts Thursday, May 7 from 10-11 am at Norwood Family Centre (9516 114 Ave). Register: 780.471.3737. Siblings welcome.

GIVE YOUR CHILD A HEAD START

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

NORWOOD CENTRE COME AND PLAY

Enjoy our free indoor play space and meet new friends in this unstructured group for parents and children. Snack included. Mondays from 10 am – 12 pm (9516 114 Ave).

BABES IN ARMS

A casual parent group every Friday from 10 am – 12 pm at The Carrot (9351 118 Ave).

PROGRAMS AT SPRUCEWOOD LIBRARY

11555 95 ST, 780.496.7099
Family Storytime, Sundays 2:30 pm.
Baby Laptime (up to 12 months), Mondays, 10:30 am.
Sing, Sign, Laugh & Learn (for caregivers and children up to age 3), Tuesdays, 10:30 am and Wednesdays, 6:30 pm.

PROGRAMS AT HIGHLANDS LIBRARY

6516 118 AVE, 780-496.1806
Family Storytime, Mondays at 6:45 pm & Saturdays, 11am.
Baby Laptime (up to 12 months), Thursdays, 10:30 am.
Sing, Sign, Laugh & Learn (for caregivers and children up to age 3), Wednesdays, 10:30 am.
Share a Story: Listen, Move, Play (3-5 years and their grownup), Sundays, Feb. 8 to May 3 at 1:30 pm.

SENIORS

NORWOOD LEGION SENIORS GROUP

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

PARKDALE-CROMDALE SENIORS SOCIAL

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

SENIORS BREAKFAST & SOCIAL (55+)

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

VOLUNTEER

HELP WITH THE CARROT GARAGE SALE

As with everything else we do - we need volunteers to help! If you're interested in helping out with this year's garage sale taking place on May 30 from 9am-4:30pm, please contact Brendan at carrotassist@gmail.com.

RUN A BEVERAGE STAND

Fresh squeezed lemonade, brewed ice tea, gourmet coffee, and tea – we need people to make it and serve it at Bloomin Garden Show, May 30. Also looking for bartenders for the garden party on May 29. bloomin@albertaave.org or 780.477.2773.

GET TOGETHER WITH OTHER DOG LOVERS

Help organize some dog related events. judy.allan@edmonton.ca or 780.496.1913.

SAY HELLO

Are you friendly and outgoing? We need people to work the info, silent auction, and exchange/swap tables at Bloomin Garden on May 30. bloomin@albertaave.org or 780.477.2773.

CALLING GARDENERS

If you have a green thumb or just love to garden, we are looking for a volunteer to help us plant the flower barrels outside of The Carrot. Contact info@artsontheave.org.

EASTWOOD SHARE YOUR INPUT AND SKILLS

The new Eastwood Community League board is still seeking a secretary and board members at large. Help shape the future of your neighbourhood. ewcl@shaw.ca

PROJECT CHAMPIONS NEEDED FOR KALEIDO

Kaleido Festival is turning 10 this year and is looking for project champions to bring their magic to the Ave! If you have a project idea that you think would be a great addition to Kaleido Festival that fits our theme "Hoopla", let us know! Project champions will receive an honorarium. To submit ideas, please email info@artsontheave.org.

GOT MUSCLES AND A COUPLE HOURS TO SPARE?

Helped needed setting up and tearing down for the garden party and garden show on May 29 & 30. Lend your brawn. bloomin@albertaave.org or 780.477.2773.

SHARE YOUR ARTISTIC TALENTS

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

BE PART OF A GREAT TEAM OF BARISTAS

If you have a hankering to learn coffee art and the ins & outs of being a barista, or just getting involved in the community, please contact Brendan at carrotassist@gmail.com. Volunteers can enjoy get-togethers throughout the year, as well as incentives & gifts.



Get the training

and get the work.

Start earning good money and building a career by preparing yourself for entry-level employment in the electrical, welding, steamfitting or pipefitting trades.

Electrical Basics
Starts June 1, 2015

Welding Basics
Starts August 17, 2015

Demand from employers is high, and student financing is available to qualified applicants.

Start building your future. Apply today.

womenbuildingfutures.com
Toll-free 1-866-452-1201 Office 780-452-1200



» Do you want to join local free arts and recreation activities?

» Do you want to meet your neighbours?

» Do you want to feel safer in your community?

Join us for the Parkdale Cromdale Community League AGM Celebration!

Wine, Cheese, Conversation and Board Member elections

Thursday, May 7th
6:30 - 9:00 pm
11338 - 88 ST

Mother Love

An oral and visual storytelling

The Carrot
9351- 118 Ave
May 10 and 17, 2015 from 3:00-5:00 pm

Open to the general public, with adults as target audience

For further information
RMLL@shaw.ca
780-641-9417

It's all yours.

So make it the best one yet!

Without volunteers, Edmonton's hottest 10-day summer festival wouldn't be the same. Take part in the action! Help us make this year's K-Days bigger and better than ever!

Sign up at northlands.com/volunteers

K DAYS
JULY 17-26

NORTHLANDS EVENT



Shop Alberta Avenue...Shop Local.

Ph: 780.471.2602
www.alberta-avenue.com