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The Aviary waits in the wings

Struggling through setbacks to open the doors of this venue



The delay in opening the new arts venue is due to bringing the building up to restaurant code. | Dave Von Bieker

DAVE VON BIEKER

I'd like to tell you about the Aviary's grand opening. Edmonton's latest arts venue seats 100, hosts concerts and art shows and brews a mean pot of coffee in the morning.

I'd like to tell you this but I cannot because it's not true yet. "It's looking like spring of next year is when we'll be open," said co-owner Philip Muz, "but I've kinda given up on a timeline."

The Muz brothers are used to setbacks. They purchased The Artery in 2012 and in 2015, they were given sudden notice that their building would be demolished to make way for the LRT expansion.

The search for a new home brought them to Queen Mary Park, with great neighbours like The Mercury Room, DC3 Art Projects, and Rogue Wave Coffee. When zoning restrictions struck this option down, the brothers looked at 111

Avenue.

Abandoned buildings elbow in with payday loans and pawn shops along the Norwood strip of 111 Avenue. There are signs of hope, but we can use all the positive energy we can get.

Philip and Mark Muz see potential here. Having been burned by landlords and limitations, the brothers bought their current building. Then more challenges began.

The first hurdle was parking. There is no space for the 26 spots required. With help from the community and Coun. Tony Caterina, a successful appeal led to a variance.

The brothers are confident they can make Aviary a profitable business, given the chance. Their plan meets a need in our city for affordable, flexible spaces for all-ages events. These venues are difficult to open in Edmonton, thanks in part to zoning and licensing restrictions.

Edmonton has no specific license for a live music venue. Since the Aviary will serve food and alcohol, and host all-ages shows, the closest fit might be as a restaurant—a tricky, \$50,000 word. Significant upgrades are required to bring the building up to restaurant code. Sitting across the table from Philip in a room that calls for new creative life, these roadblocks seem unnecessary. There must be a middle ground.

Perhaps upgrades could be completed as revenues roll in. A grandfather period could help businesses ease into the aging and abandoned storefronts in our area that require extra care.

"We're still very excited about the venue eventually opening," Philip said. Working to raise money, the brothers will keep "putting on shows at Bellevue Hall and Studio 96 for the time being. As well as building picnic tables, decks and fences."

There are simple ways we can help. Attend shows. Buy a picnic table (they deliver!) or hire them to build your fence or deck.

Our new neighbors could use a hand moving in.

Dave holds a Bachelor of Theology and is Artistic Director of the Bleeding Heart Art Space. He lives in the inner city with his wife, two children and dog.

THE AVIARY

[fb.com/artery.edmonton](https://www.facebook.com/artery.edmonton)

The Aviary Family Presents Groovy Times at Bellevue Hall June 10 at 7 p.m. Featuring Bombchan, Fever Feel, Cayley Thomas Band and Tropic Harbour \$10 in advance at YEGLive.ca

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City holds open house for 122 Avenue plans

Residents view city's recommended concept plan at Delton Community Hall

TALEA MEDYNSKI

The city's plans for 122 Avenue construction from 107 Street to Fort Road are drawing closer to completion.

At the April 27 open house at Delton Community Hall, the city's recommended concept plan was displayed for community members. The reconstruction will "include the complete removal and reconstruction of the roadway, curbs, gutters, sidewalks, bus stops, and streetlights." Five neighbourhoods between 107 Street and Fort Road access 122 Avenue, which is a collector road.

"The current road is built to standards 30 years ago," explained Satya Gadidasu, engineer for the city's integrated infrastructure services. He explained the road needed to have a consistent design and be updated.

Construction will likely start in early

2017 and is expected to take two years. Adjacent communities are Alberta Avenue, Delton, Eastwood, Elmwood Park and Westwood. Although the city will complete the construction in sections by those communities along the length of 122 Avenue, neighbourhood renewal will be completed separately.

City spokesperson Catherine Kloczkowski said the city received input from residents and everyday commuters, "We take a look at the coordinator road as a whole and neighbourhoods individually," Kloczkowski said. "We're trying to meet the needs of people now and in the future. It's important that communities are part of the project and process."

Community consultation revealed concerns around on-street parking, mature trees, speeding and shortcutting, pedestrian safety, and intersection congestion.

Proposed solutions included narrowing the avenue to prevent speeding and shortcutting, ensuring mature trees remain along 122 Avenue, and improving 97 Street and 82 Street intersections along with improving traffic signals. Boulevard widths will be increased and pedestrian crossings enhanced. On-street parking will remain because 122 Avenue is a collector road. However, there will be time restrictions when parking west of 105 Street.

Community members who attended the open house carefully inspected the plan.

"I think they're not talking about 124 Avenue. We live off of 124 Avenue, so we're going to end up with a lot of the traffic," said Donna Weber.

Crystal Cohen said she liked the increased safety measures proposed.

"What I love most is they're putting

in sidewalks on the north side on 122 Avenue from Fort Road heading west," said Cohen. "My kids always have to walk on people's lawns."

"I like the extension of boulevards proposed and the intersection changes (at 122 Avenue, 82 Street, and 97 Street) look lovely. I think it will decrease the number of accidents at corners," added Cassandra Waters.

Kloczkowski said she thinks impact to the communities during construction should be minimal. "That's why there's lots of consultation," she said.

For more information from the open house, the city website has everything posted online. Go to edmonton.ca and search "122 Avenue Collector Plan."

Talea is the Rat Creek Press editor. She loves sharing the stories of our diverse neighbourhoods.



Community members view the city's recommended concept plan. | Talea Medynski

City gets feedback for Stadium redevelopment

Stadium Station Area Redevelopment Plan aims to improve neighbourhood

ROB BERNSHAW

In an April meeting, residents from Parkdale-Cromdale, McCauley, Boyle Street and Alberta Avenue gave the city feedback about the Stadium Station Area Redevelopment Plan (ARP).

The plan addresses long-term development in the Stadium neighbourhoods. This includes more housing and business development and using the LRT station for transit-oriented development (TOD) to create a pedestrian and cycle-friendly neighbourhood.

Larry Ksionzyk, the principal planner, explained in his presentation that city council has allocated funds to construct the Stadium access street and other infrastructure supportive of transit-oriented

development.

The city and Brookfield Residential are partnering to design and construct new streets, two public plazas, an at-grade pedestrian connection to the station, a shared use path on the east side of the LRT corridor, and pedestrian-oriented streetscapes along 84 and 85 Streets and 106A Avenue. If funds permit, this construction will also include improved connections to the ravine and river valley.

In general, those attending the meeting were positive about the proposed development.

Eric Grant lives half a block from Commonwealth Stadium. He said, "[It's a] very positive development to improve vacant lands around the Stadium LRT station. A lot of details still need to be

very intentionally worked out. The general direction of developing the vacant space and former industrial lands and the parking lots around the station is a very positive step for everybody."

Traffic, parking and recreational opportunities were discussed along with ensuring Kinnaird Ravine has improved connectivity and is kept natural.

Sophia Tymchyshyn shared, "I like everything about it, just don't touch the ravine. That is major. Keep it natural, everybody loves nature."

Community members also want development to be family and community oriented and Stadium Station ARP to be integrated with Northlands' Vision 2020.

Ksionzyk said investment into the

project will pay off through private development, which increases property taxes and property values.

A public open house is expected to be scheduled for September. It's planned that the Stadium ARP goes to city council public hearing for adoption by the end of the year.

For more information: edmonton.ca/stadiumstationplan

"Community members also want development to be family and community oriented and Stadium Station ARP to be integrated with Northlands' Vision 2020."

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ABOUT US

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Build Community, Encourage Communication, Increase Capacity.

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Our writers vary from trained journalists to community residents with varying backgrounds. We strive to be a place where individuals can learn new skills and acquire experience—whether in writing, editing, photography, or illustration. We welcome letters, unsolicited submissions, and story ideas.

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Salvation Army Church re-opens its doors

Priority is healing relationship with community and focusing on local ministry

NICOLA DAKERS

With spring comes an interesting renewal at Crossroads Salvation Army Church on the corner of 95 Street and 116 Avenue: the church has re-opened its doors.

Boards are gone from the windows and doors and new church service signs are posted. Workers are removing old carpeting and laying new flooring, painting the walls and replacing old plumbing and electrical. Repairs to the façade are also planned for this year.

After a failed bid in 2015 to build a new church on the property, the Salvation Army has changed their focus to healing their relationship with the community. Connie Cristall was appointed the new ministry unit leader with that goal in mind.

As James McIntyre, a church member and area resident said,

“Our reconciliation is about getting back to the basics.”

These basics have included cancelling their contract with Homeward Trust for the winter warming drop-in program and focusing on local ministry. Current programming is centered on faith-based services like bible studies and disciple studies. They also provide lunches for children attending Norwood Elementary School and run the outreach van.

The van is a common sight in the neighbourhood. It provides at-risk women with food, clothing, toiletries, faith-based support and referrals to other programs. Salvation Army administers the van, but local churches such as Bethel help operate it. The program is gearing up to provide more preventative programming so at-risk women in our area avoid getting into prostitution.

“We want the same things the neighbourhood wants, to get these women off

the streets,” said Cristall.

As Cristall shows me around the uplifted building, she said, “We want to be good neighbours.”

Although the building has been renovated, you can still see the period craftsmanship in the chapel’s vaulted roof and railings. There are a few administrative rooms and a small room for supplies from the outreach van and the Norwood School lunch program. A children’s anger management program will be hosted this fall for area children of all ages. The church also hopes to run family empowerment programs for people with family members struggling with addictions. All are Christian-based church programs and geared towards our community.

There’s no denying the community and the church have had problems in the past, particularly with the winter drop-in program run by Homeward

Trust and the city. Participants would leave trash strewn across the property and down the alley, abuse drugs and alcohol outside of the building, engage in prostitution, sell drugs and sometimes trespass on properties. Even once the church closed, this property continued to be a magnet for poor behaviour.

For many years, the church had become a community frustration as neighbours were dealing with the behaviour of some of the clients. As neighbour Gerard Forget noted, “Things were fine with the church when we first moved into our house in 2001, but around the time of the Avenue Revitalization in about 2006, things just started to go bad.”

Prostitution, drug usage and deals, noisy patrons, and loud arguments were common occurrences.

But Jocelyn Forget said, “Things seem to have gotten a

lot better since they re-opened.”

There are still concerns that the property will once again become a problem for neighbours, but Cristall and McIntyre say they are committed to dealing with any issues.

“Anyone is welcome to stop by any day or give us a call and if anyone has any concerns we will address them,” Cristall said.

Watch for an upcoming open house (date to be determined) in which everyone is invited. Call 780.474.4324 or sacrossroads.com for more information.

I remain cautiously optimistic that things can and will continue to improve.

Nicola has lived in the Alberta Avenue community for 10 years. She likes writing, reading, history, painting, gardening, animals, and the people in her community.



Connie Cristall (right) said the church wants to be a good neighbour. | Nicola Dakers

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Immersing in the mosaic of cultural stories

Local festival channels the power of myth with art, dance, music, and theatre

BRIANNA MCCUTCHEON

On June 17-18, experience the vast cultures Edmonton is home to with The Thousand Faces Festival.

The festival, which offers art, dance, song, and theatre, is currently celebrating its fifth year. Every year, Mark Henderson, artistic director, carefully plans the itinerary. "Year to year I think to myself, what would be fun for audiences to immerse themselves into," said Henderson. "It's a multicultural, multidisciplinary festival. We want performances from all cultures in all disciplines."

He added, "I like to think of it as the kind of entertainment that a king would have had in ancient times: dancers, jugglers, actors, musicians, poets, you name it." With a constant crowd of people coming and going, a new environment is constantly being formed.

New to the festival this year will be two different excerpts: one is from the pages of the *Zulu Epic* and will be read by Tololwa Mollel, a Tanzanian storyteller. The second is a Chinese excerpt from *The Monkey King*, told in Cantonese while actors perform the story.

Another new performance will be a take on Shakespeare's *A Midsummer Night's Dream*. *The Silliest Piece of Shakespeare Ever Written* is for anyone who enjoys watching theatre without the seriousness and literary background knowledge.

"Shakespeare deliberately wrote the worst play he possibly could and he put it inside one of his best plays to show how much fun a really, really bad play could be," laughed Henderson. "I like to think of it like truck drivers who have

never danced before are going to perform Swan Lake at the wedding of William and Kate."

The festival is split into two different time slots for children and adults. The afternoon portion referred to as the Mythic Family Jewels is aimed towards children while the Mythic String of Pearls is more for adult entertainment. With that said, Henderson said it is an all-ages show, safe and fun for the whole family. "When it comes down to it, it is a really cool afternoon for the kids."

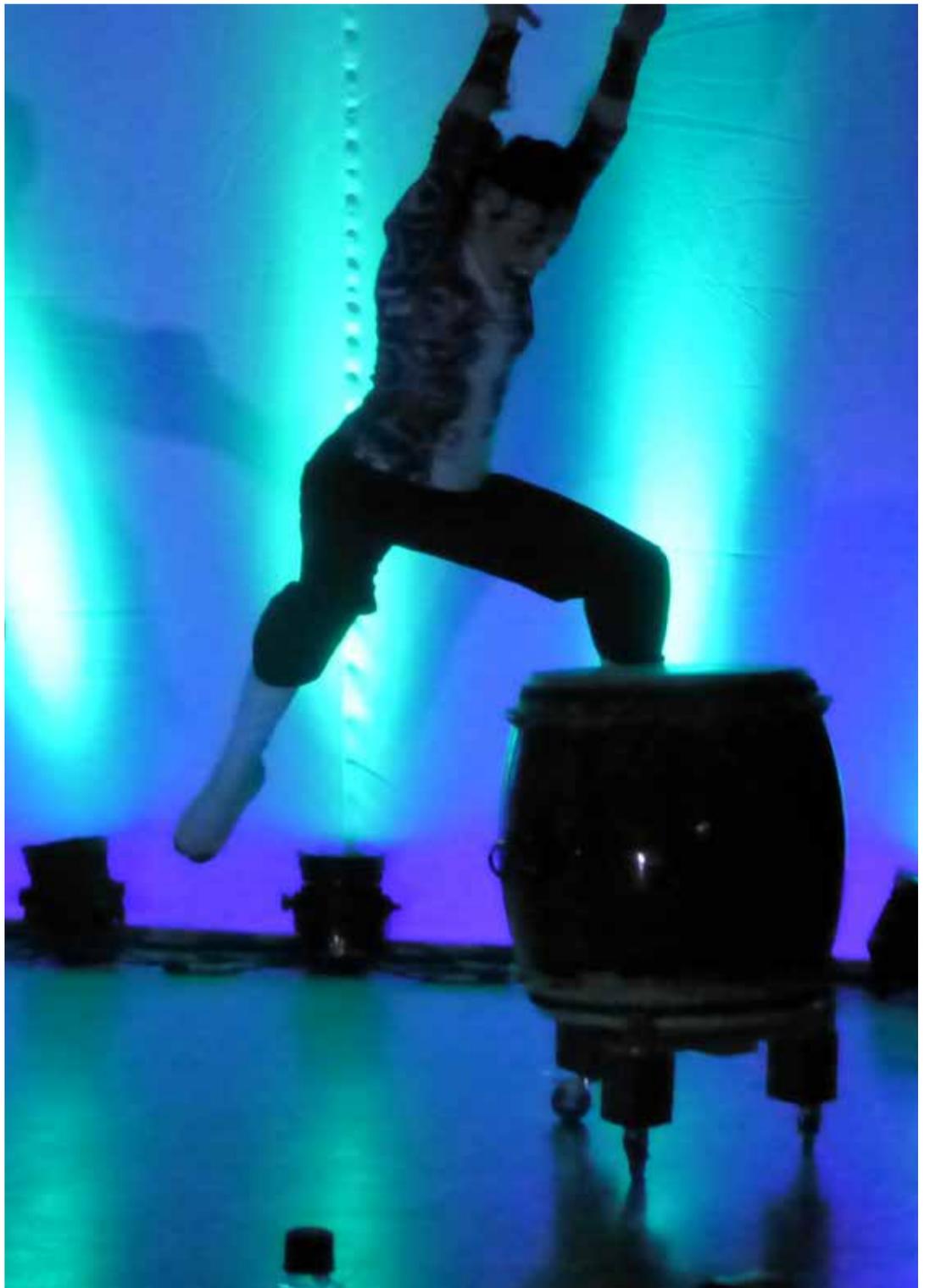
Although the festival is free for all to enjoy, a monetary donation is suggested upon arrival. For the Edmontonians who have not experienced the community and arts of The Thousand Faces Festival, Henderson boasts of a good time to be had. "You're going to see beautiful expressions in different forms of the best stories that the world's cultures have to offer, and that's never going to be boring."

Brianna has a college education in radio and television. In her spare time, you can find her writing on her blog or running to acting auditions.

THOUSAND FACES FESTIVAL

June 17 -18
1 to 4 p.m. and 7 p.m. to 10:30 p.m.

Alberta Avenue Hall
9210 118 Avenue
Admission: Free and or monetary donations accepted
All ages



Festival goers will be treated to performances from a variety of cultures. | Supplied

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Closing a decade-long chapter on a festival

Bridge Songs gave artists a chance to share their work

TALEA MEDYNSKI

On June 18, Bridge Songs will celebrate its 10 year anniversary and its last year.

Bridge Songs focuses on music, poetry, and visual art and has given artists an opportunity to gain exposure.

"It feels like the right time and it's felt like the right time potentially for the last couple of years," said Dave Von Bieker, event organizer. Many early artists are either no longer making music or have become established. Von Bieker is also getting busier with his art gallery, Bleeding Heart Art Space.

"Bleeding Heart carries out that same function [as Bridge Songs] more regularly and on a broader scale, while Bridge

Songs was once a year."

The festival began when songwriters at Urban Bridge Church wanted to share their music. "It soon became much more than that, with more and more artists not from that original church community."

For the past nine years, the festival has focused on a theme which artists interpret. During that time, Bridge Songs had its share of memorable years.

A few years ago, the theme was *Dear Edmonton*. One songwriter re-recorded the song she wrote to place on her own album. That same year, Mary Pinkowski, Edmonton's previous Poet Laureate, read a poem that had the audience in tears.

Another year, the festival was held in Avenue Theatre. "It

was a remarkable space. One of the artists constructed a camera obscura."

Von Bieker said relationships are the most important thing to come from Bridge Songs. He's met artists he's continuing to perform with into the future. "Personally, it was a huge learning curve. It was the first place I ever shared poetry," he said. "It was also the thing that introduced us to St. Faith's Anglican Church." Bridge Songs was scheduled in the Alberta Cycle Building, which ended up being condemned. Organizers had to find another venue: St. Faith's Anglican Church. The loss of the Alberta Cycle Building led to a productive relationship with the church.

Fans can expect some changes

to the festival. While the musicians normally record an album, there won't be one this year, although music from past years will be available online.

"I invited anyone who's been involved for two years or more," said Von Bieker. "This year ends up being our strongest work over the past nine years, the greatest works of people who were still able to be involved [from the beginning]. We're trying to honour all the 100 plus songs we've done."

During the performance, Bernice Caligiuri will read poetry. Afterwards, a gala and group art show will feature artists from past years, with Caligiuri's exhibit on display at Bleeding Heart Art Space across the street.

While Von Bieker sees this last year as a clean break, he liked that the festival was themed. "I have a dream about a podcast that would happen live once or twice a year. The idea of bringing artists together to speak on a topic was super valuable and I'd like to see that continue."

Talea is the Rat Creek Press editor. She loves sharing the stories of our diverse neighbourhoods.

BRIDGE SONGS

June 18, 7:30 p.m.
St. Faith's Anglican Church

11725 93 Street
Tickets online at
bridgesongs.ca



Left to right: Zadok Hamar, Dave Von Bieker, Cynthia Hamar, and Devon Allman perform at 2014's *Dear Edmonton*. | We Are YEG



Co-producer Heather Ritz and performer Eli Ritz check out the art at 2012's *New Eyes*. | Howard Cameron

Basking in the beauty of art and gardens

Mingle with neighbours at Alberta Avenue's garden party

ALOUISE DITTRICK

A few things in Edmonton seem to be irrefutable: the gardening season isn't long enough and there aren't enough adult-only neighbourhood events. The solution: a garden party.

On June 25, the Alberta Avenue Community League is holding its third annual Rubber Boots and Bow Tie Garden Party. The event is a way for people in Alberta Avenue to get to know each other, but all area residents are invited.

Karen Mykietka, the lead event organizer said, "We have lots of family-oriented festivals and events and wanted an event where adults could have a fun night out, meet and get to know their neighbours."

In past years, the event was held the same weekend as the Bloomin' Garden Show and Art Sale. This year, event organizers wanted to separate the two events.

Mykietka said, "The benefit of having [this event] at the end of June is that gardens are going to have more than just dirt." And hopefully the weather will be warmer.

For \$20 (or \$10 if you buy tickets in advance), the Garden Party is a relaxing way to spend an evening. The party features live music, appetizers, a cash bar and is held in the fenced yard behind the community centre which is surrounded by over 40 community garden plots.

The Sculptors' Association of Alberta is holding a sculpting workshop beforehand and

will have cement sculptures on display and for sale during the event and throughout the rest of the summer. Local artwork will also beautify the garden and be for sale. For those who enjoy hands-on activities, join in garden games such as bocce ball or ladder golf or add your touch to the garage door mural.

For anyone interested in gardening, art, or decor, there is a call for garden installations again this year. Enter your DIY creation in one of two categories: creative gardening (creating pieces to showcase flowers, herbs, or vegetables) or garden decor (creating an art piece to beautify a garden). Everyone attending the party can vote for their favourite pieces. The grand prize winner in each category will get \$100, and there is

a \$50 for each runner up.

Last year, John and Margaret Larsen won a prize with their entry *The Tower of Flowers*, which layered large flower pots filled with flowers on top of one another. The Larsens will enter the competition again but under separate entries. They loved seeing everyone's entries last year and hope more people will enter the competition this year. Margaret's advice is for everyone to have fun with their entries.

People are encouraged to wear bow ties and rubber boots, although it is not required. Prizes will be given for the best rubber boots and the best bow tie. As a bonus, wearing rubber boots means you are prepared for the outdoor party no matter the weather.

For more information about buying tickets or submitting an art installation, visit www.albertaave.org or call 780.477.2773.

Alouise is a professional writer and graduate of MacEwan University. She writes about travel and the performing arts at takemetotheworld.com.

RUBBER BOOTS AND BOW TIE GARDEN PARTY

Alberta Avenue
Community Garden
93 Street and 118
Avenue

Tickets: \$10 in advance,
\$20 at the door.
June 25 at 7:30 p.m.



Some of the garden installation features at last year's Rubber Boots and Bow Tie Garden Party. | Rebecca Lippiatt

EDITORIAL

An economic beautiful mess

Celebrate Global Sharing Week this June

DAVE VON BIEKER

My lawn is shaggy and ready for the first haircut of summer. It's time to pry my creaky garage door open and unearth the old electric mower—the tiny plastic broken-handled mower. I'll tread back and forth, leaving rows of sub-par lawncare in my wake, then hide the mower for another week or three.

My neighbours will do the same, but not on the same day. Each of us has bought a mower, only to shelve it for 355 days a year. It doesn't have to be this way. My neighbours and I could pool our money to buy a great mower, twice the width and power of my own. We could take turns using and storing it. Our street would win an award for the city's best-kept lawns. We'd save some cash and Mother Earth would smile.

Global Sharing Week is from June 5-11. According to The People Who Share website, this is “the largest people-driven campaign helping millions discover the rapidly growing Sharing Economy.” The site defines sharing economy as “a socio-economic ecosystem built around the sharing of human, physical and intellectual resources.”

We've heard a lot about this concept recently, with Uber and Airbnb making headlines. People have always shared and redistributed goods, but technology is enabling sharing at a new, massive scale. With Uber, car owners can use their vehicles to provide transport

tation to those who need it. With Airbnb, a spare bedroom can host a revolving parade of adventurous travellers.

My first Uber was magic. The friendly driver I summoned from my phone quickly whisked me from Seattle's Space Needle to my Airbnb accommodations. There, my family pretended to live in a posh loft for a week. It cost us less than a hotel and allowed us to invite Seattle friends for a home-cooked meal.

Some services empower users to make a profit while others involve little to no money. Edmonton's planned tool library will let members sign out tools rather than buying them. Really, how often do you need a faucet wrench?

The benefits of sharing are plentiful. Savvy library users have known for decades that it costs less to borrow than to buy. Shared stuff doesn't take up storage space. Fewer goods produced and consumed reduces environmental impact. Imagine if your street used one or two shared cars rather than one or two per family. According to the Reinventing Parking website, the average car sits parked 95 per cent of the time.

There are many ways to participate in the sharing economy now. A potluck dinner. A clothing swap. Community gardening. Collective kitchens. Pogo Carshare lets Edmontonians share a fleet of vehicles. Operation Fruit Rescue helps neighbourhood residents share the bounty of their fruit trees. Second-hand shopping at

Bissell Centre Thrift Shoppe is always an adventure. Right outside the Carrot, you'll find a Little Free Library where books can be left or taken, right next to a public piano where we can all share music.

Before you sell everything and knock on your neighbour's door to borrow a lawn mower, be aware of the downsides. You lose the convenient access that ownership offers. Uber and Airbnb bring issues of insurance, permits, licensing and safety to light. No one designed current rules and regulations with a sharing takeover in mind.

Issues of trust and control will be familiar to anyone in a human relationship, which is why the sharing economy could be called the human economy. In place of large corporations, I encounter my neighbours, with all the promise and mess of a community.

People are risky, but we are worth the effort. An economy that brings personal connections back to our daily transactions is a beautiful thing. Messy, sure. But beautiful.

Visit ThePeopleWhoShare.com to discover how you can participate in Global Sharing Week from June 5-11.

Oh, and let me know if you need to borrow a chocolate fountain.

Dave holds a Bachelor of Theology and is Artistic Director of the Bleeding Heart Art Space. He lives in the inner city with his wife, two children and dog.



A Little Free Library is an opportunity for community members to share books. | Unsplash



Neighbourhood residents could pool money on larger purchases like lawn mowers. | Pixabay



HISTORY

LITTLE POLAND

CHANTAL FIGEAT

On May 7, Wesley Andreas hosted a Jane's Walk through Spruce Avenue. He discussed the neighbourhood's general history and the strong Polish presence.

Southwest of Alberta Avenue are several Polish businesses and community hubs. Polish settlers have been in Alberta for over a century, but plenty of immigration occurred after the Second World War. The Polish suffered much hardship during the Nazi occupation. Poland developed a strong resistance movement and brought that spirit here.

A central fixture in Edmonton's Polish community is the 1913-built Holy Rosary Church on 106 Street and 114

Avenue. Mass is usually in Polish. East of Holy Rosary is St. Basil School, which boasts the only publicly-funded English-Polish school program in North America.

Surrounding the traffic circle to the west of Alberta Avenue are three Polish businesses which started in the 1980s: Polish Food Centre, Polonia Sausage and Deli, and Camelot Travel and Tours. These businesses can be traced to the second post Second World War wave of immigration when Poland was transitioning from Soviet rule to independence. At the time, Poland was subjected to martial law due to a strong solidarity movement operating separately from the Communist government.



Spruce Avenue and area have a Polish history. | Chantal Figeat

Lessons in community decision making

Norwood Grade 3 students participate in Norwood Square Park project

SARAH WIATR & NORWOOD SCHOOL GRADE 3 CLASS

Two Norwood School Grade 3 classes worked with Rocky Pilisko, one of the city's community recreation coordinators, in a project aimed at redeveloping Norwood Square Park. The students shared what they learned about the decision-making process used to make changes within a community park.

First, the students walked to the park and evaluated possible improvements or changes. Lucas and Riyadh said, "I picked three ideas on how to change the park." Charlie explained, "We looked around the park and saw some things

that needed replacing, fixing, and adding. I noticed that we need little ramps for the kids and parents in wheelchairs." Through the process we found out these are part of the approved concept design. Dakota said he'd like to see a garden added. Aisha noted, "We were not allowed to pick the playground equipment." The new design does not include playground equipment, but is focused on the remaining space around it.

On April 27, the students had a visitor. "Rocky came to room 7, Grade 3 and talked about changing the park," said Jakob. Pilisko explained how the project started and its journey up until this point.

"In the community, we settle things with a committee. Also, a survey is another way of solving problems," said Chidinma. Sky, Terek, and Cashis know a committee has to agree on an idea.

After the initial ideas were gathered, the committee needed community input. Anneliese explained, "They made a plan. Then they made a map and sent a survey to the neighbourhood. After all that, they found out they did not like it at all, so they made another plan and it worked!" Tram and Jason remembered the survey had options such as keeping or removing fences and trees. After considering the feedback given by community members,

the committee adapted their proposed plan.

"Rocky came with a map of the old project and gave us a new one on paper of the new project," said Andrew. Pilisko and the class discussed the changes. After that, the students participated in a mock survey, which evaluated whether or not the fence should be removed. The class voted no.

Looking at the final map of the proposed Norwood Square Park, Joey was excited. He said, "There will be brand new basketball nets!" Ava was disappointed there wasn't going to be any washrooms or a spray park since each neighbourhood is only allowed one spray park and Alberta Avenue already has

one, although it needs redeveloping. Sahar and Chloe were happy their original ideas on park improvements were considered.

The students enjoyed their time with Pilisko and the project. They are proud members of Norwood and surrounding communities. The Grade 3 class is grateful to Alberta Avenue and the city for involving them in community development projects.

Email rocky.pilisko@edmonton.ca for information about the approved concept plan, the project's next steps, or to help with Alberta Avenue spray park redevelopment.



A Grade 3 class at Norwood School worked with the city to learn about decision making. | Sarah Wiatr



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CHURCH SERVICES

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This summer, enjoy the benefits of biking

Celebrate Bicycle Month this June with these tips

ERIC GRANT

June is Bike Month, a time when summer weather beckons us to enjoy the simple freedom of riding a bicycle.

Edmontonians in the Rat Creek area are fortunate to live in a flat, compact neighbourhood well suited for cyclists. We have a variety of local shops and tree-lined streets that make short trips for errands a pleasure. Within a kilometre of my home, I'm blessed with multiple grocery stores, restaurants and parks, plus a recreation centre and library. Visiting these places by bicycle is quick and easy.

One of the joys of cycling is how affordable it is. Almost any bike will do for getting around town. There may

already be a bike in your garage. If it needs a tune-up, take it to BikeWorks at 93 Street and 111 Avenue. The volunteers of the Edmonton Bicycle Commuters Society (EBC) are happy to help budding cyclists get their bikes road ready and teach you basic maintenance. They even have a wide selection of used bicycles for sale as low as \$10 and will help you find one to fit any size rider and riding style. This past winter, I rode a beater mountain bike I bought from BikeWorks for \$60. I souped it up with some studded winter tires and fenders and it easily handled the snow and ice.

Ideally, all our roads would be bicycle-friendly. In reality, many roads are not welcoming to cyclists, which makes careful

route choice important. With a little planning and helpful tools like Google Maps, it's easy to find routes that take advantage of quiet side streets and trails while avoiding busy thoroughfares.

For example, instead of biking along busy Norwood Boulevard (111 Avenue) or 115 Avenue, take laidback 114 Avenue. It extends from the LRT trail near 82 Street to 106 Street and the bike route parallels the Metro Line. Additionally, 92 Street is a great north-south route extending all the way to Jasper Avenue and connects with the LRT trail for easy access to downtown. If you're curious about a new route, check Google Maps or drive it first, though many of the best routes are in parks and

trails where cars are not allowed.

Keeping safe while biking is simple. Follow the rules of the road, signal before you turn and make sure other road users see you by using a bell and lights. A helmet is required for riders under 18 and it's a good idea for adults, too. Check your brakes frequently to ensure they have enough stopping power and keep your tires inflated. If your bike hasn't been ridden in awhile, ensure the wheels are straight and the chain is oiled and free of debris.

Edmonton's cold winters deter many people from cycling and encourage habits that keep people in their cars year-round. Winter cycling isn't for everyone, but it's easy with the right gear. With winter still months

away, embrace summer and enjoy the pleasure and freedom of bicycling. In a few months, read the Rat Creek Press for information on how to transition into winter cycling.

Eric lives, bicycles and gardens in Alberta Avenue.

JUNE IS BIKE MONTH

bikeology.ca
Edmontonbikes.ca

BikeWorks

9305 111 Ave
780.433.2453



These cyclists are correctly signalling a left turn on 92 Street. | Eric Grant

RACING

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NOON-7 P.M.**

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Remembering our past helps us learn and plan

Sharing our connections with gratitude and a smile

LANA WHISKEYJACK

I have a lot of blessings to smile about when I think about being *nehiyaw*, a Cree person.

Smiling is an act of gratitude and connection, and there are so many blessings I am grateful for as a *nehiyawiskwew* (Cree woman). The act of introduction in *nehiyawewin* (Cree language) is a reminder of the physical, emotional, mental, and spiritual response that evokes a smile (*pahpiwânâkosiwin*).

When I say “Lana Whiskeyjack *nitsiyihkâson*”, the prosaic translation is “my name is...”, but the phrase is more than just a name. It is a sacred and relational connection. The root word for *nitsiyihkâson* is *nitsiyi*: my belly button. When I intro-

duce myself in my beautiful *nehiyawewin*, I share with you the deep maternal bond of my belly button.

My belly button is connected to my mother’s belly, and her mother’s belly, my late *nohkom* Caroline Whiskeyjack. My *nohkom* was the first generation of my family to attend Blue Quills residential school, built in 1931 and now a university. Although she rarely spoke of her experience there, I know the assimilation story well. Children were herded into wagons like cattle while their parents protested. They were brought to a massive three story brick building, marched into the basement and were forced to remove any reminders of home. Separated from their siblings, these children were then deloused and had their hair cut. Their given

names were changed to numbers, to which they had to answer. The assimilation was a dehumanizing process.

I share these facts to remind myself and others of where we come from in order to learn where we must go and how we should get there.

Remembering your past is important traditional teaching, one I discovered when I was about to move 500 kilometres to attend college. My grandmother, who was a quilt maker, gave me a quilt, along with a braid of sweetgrass tied with four colours of ribbons. As she handed me the cultural gift, she said, “*nitanis* (my daughter), don’t forget where you come from.”

I smile every time I think about that moment. In fact, the memory of her gift has been my

guiding philosophy ever since. The importance of remembering this dark history is not to lay blame or assign guilt. It is necessary to understand the present and make wiser decisions for the future. My history reminds me to be empathetic to my family, to my communities, and to our nation of Canada and First Nations.

Relearning and revitalizing my language is part of my commitment to reconciliation. Due to the many impacts of Indian residential schools, I wasn’t blessed to learn my mother’s tongue when I was little because I didn’t live in homes where *nehiyawewin* was spoken. When I returned home 10 years ago, I made my offerings and commitment to learn *nehiyawewin*. There is something physically transformative when I speak it.

Perhaps it is that inherit connection of belonging and purpose to the many women and the land I come from. As my smile reflects, speaking Cree is an act of personal sovereignty and happiness, a profound sacred connection and reminder of who I am and where I come from, and my relationship to you. I am grateful, thankful and blessed (*ninanaskomitanawaw*).

Lana is a Cree multidisciplinary artist from Saddle Lake Cree Nation. She researches, writes and creates to educate and decolonize one creation at a time.

NATIONAL ABORIGINAL DAY

June 21
edmonton.ca/aboriginal



Lana holds a painting she made of her grandmother (*nohkom*). | Rebecca Lippiatt

Taking the time to foster inclusivity

Thanking those who broke down walls

STEVEN TOWNSEND

June is LGBTQ Pride Month. For many people in our city, it is a time for celebration and showing pride in who they are. The Edmonton Pride Festival has become one of the largest festivals in Edmonton, drawing nearly 40,000 people to the parade alone. Edmonton’s Pride Festival, June 3 to 12, is officially endorsed by the city and attended by both the mayor and premier. Last year, even the future Prime Minister Justin Trudeau marched in the parade.

I have been thinking lately about how lucky I am to live in this day and age. This past winter, my partner and I did a

segment on CTV News about our Christmas lights and how we use them to connect with the community. It was not all that long ago we would have never seen a story like ours air on the six o’clock news. A gay couple connecting a neighbourhood would be unheard of in the media.

My partner and I bought a house in Parkdale three years ago. Our house was built in 1912, which was a very different time. In those days, there was no pride parades or celebrations of diversity. People who identified as LGBTQ would have lived closeted lives or would have been shunned by society. My partner and I would have had to live our lives in secret. If we would have

lived together back in 1912, people would have referred to us as roommates or some other colourful term. The fact that we were lovers would have been a taboo subject.

However, society has changed immensely since our house was built. Now over 100 years later, it almost seems normal for a couple like us to be living in the community. Really, not many people even bat an eye. Our neighbours want to be our friends. They are curious and want to be part of breaking down those barriers; they want to be part of a more inclusive community.

I am so happy and proud to be part of such an amazing diverse community of caring people. Sometimes we need to take a

moment and really appreciate how lucky we are to be living in the time that we are now. It’s important to appreciate those who came before us because they are the people who forged a new path.

But it’s also important to realize that sometimes it’s our turn to step up and break down walls. We can’t become complacent. The more we strive to change outdated, false, or discriminatory perceptions, the more inclusive our society will become.

Steven is an Edmonton native, community organizer and small business owner. His twitter handle is @grimacstv.



Writer Steven Townsend (left) and his partner Kevin (right) brought their community together at Christmas. | Steven Townsend

PRIDE FESTIVAL

June 3 - 12
edmontonpride.ca

your eastwood news

This page sponsored by Eastwood Community League



Connect with Eastwood!

Hall: 11803-86 St Phone: 780.477.2354

Email: ewcl@shaw.ca

FB.com/edmontoneastwoodcommunityleague

Twitter @EastwoodCL



We Need YOU!

The league is off in a new direction, integrating its society status with a more focused approach to community needs. But we need help from all of you. There are vacancies on the board for official positions, but more importantly, we need the input of our fellow residents. Contact the board if you are interested in becoming a block coordinator, are interested in one of our upcoming activities, or would like to start your own social group using our society's status for support. Follow league events and news on Facebook and twitter, and contact us through email for quick response.



Eastwood Business Community

On April 21st, the league hosted its first business mixer. Alberta Treasury Branch, BusinessLink, and the City of Edmonton had representatives to answer questions people had from topics such as loans and financing, business networking and advertising for effective growth and sustainability, to permits, landlord-tenant questions for commercial real estate, and bylaws that affect business growth.

The event provided the more important aspect of bringing together business owners, both shop owners and home-based businesses, into dialogue, sharing information, and learning how to help each other in customer attraction, networking, and mutual benefit. The evening included food from Passion de France, which highlighted one of the Avenue's newest businesses.

We look forward to more business mixers and opportunities to bring the businesses of our community together, and in front of the residents to advertise their goods and services. We are looking for a coordinator to make these events possible and more frequent, so if you are a business owner, or would like to see Eastwood small business prosper, contact the league.

COMMUNITY EVENTS

Eastwood Community Garden

The gardening group is growing (literally)! Eastwood has partnered with the Edmonton Mennonite Centre for Newcomers, and will be offering monthly sessions with information from expert gardeners on everything from the types of plants best suited for areas around the yard and how to keep pests away to the inclusion of food plants in the garden and how to improve the quality of one's diet. If you would like to use a space, please get in contact with Eastwood Community League at either 780-477-2354, or ewcl@shaw.ca. Gardening, as well as high-quality compost, is free to all community league members who are paid-up in membership fees.

Cider Fest 2016

We are excited to be planning the first Eastwood Cider Day! This opportunity helps use the often-neglected fruit on the trees in the neighbourhood, to teach people skills related to healthy living and nutrition, and to encourage new networking circles within our community and with surrounding communities.

Tell your friends and neighbours to save the fruit on their trees, and keep them healthy, so that, come the autumn, we can have a gathering

to celebrate the harvest and make fresh, non-alcoholic cider. Learn how to grow abundant fruit, keep pests at bay, and to care for fruit-bearing trees through the gardening club until the festival.

If you are interested in helping to coordinate, this activity, please get in touch with the league.

Muttstock

Save the date, dog lovers! July 9th, from 12 – 8 p.m. will be packed with food, entertainment, educational sessions, vendor stations for all sorts of dog-related products and services. The festival is held at the dog park section of Eastwood Park, to the east of the rink shack on 85th Street and 119th Avenue. The event is hosted in partnership with Greater Edmonton Animal Rescue Society, and funded by the Alberta Avenue Initiative.

Eastwood is also pleased to be offering, for the first time, community-sponsored dog training classes. These classes will be held regularly at the Eastwood Community Rink, and are open to any community league member from Eastwood and surrounding communities. For further information, contact the league.

ATTENTION: We need a few volunteers to help run some of the activities this year. The festival is becoming larger, with several kiosks of clubs and societies for all age groups, as well as activities throughout the day. To ensure a smooth festival, we are looking for ten people to help at various times of the day with aspects of the festival. If you are able to volunteer for a few hours that day, please contact the league.

Eastwoodfest

Saturday
June 4, 2016

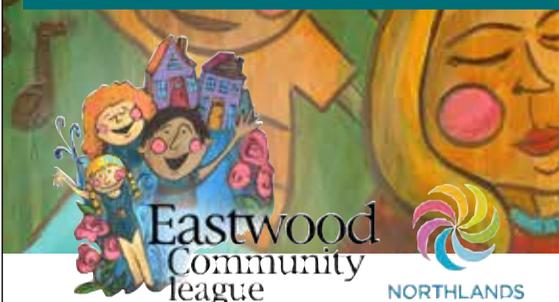
Eastwood Park
11803 - 86 St.

10:00 - 5:00 pm

FREE Community Festival!

Join us at Eastwood Festival for a free morning yoga class, live music all day, free activities and demonstrations for the family, vendors and food trucks.

Come meet your neighbours and get to know your community better!



Live Music | Archery | Horse & Carriage Rides | Edm. Historical Society | Live Performances | Stilt Walking | Ball Hockey

Helping immigrants settle and integrate

Organization helps African immigrant youth and families make Edmonton home

REBECCA LIPPIATT

Through the Sinkunia Community Development Organization (SCDO), Issa Kamara has translated a passion for helping his community in Sierra Leone into helping his adopted community of Edmonton.

Everyone in Kamara's rural hometown supported him as he completed his bachelor's degree. In 2000, he moved to Canada and completed a master's degree in social work. In 2008, Kamara started Sinkunia as a way to return the support he had been given throughout his life. His hometown now boasts wells, a community garden, and a community ranch through his efforts.

In Edmonton, Sinkunia aids the successful settlement and integration of African immigrant youth and families. Working out of Eastwood School, Sinkunia offers an after-school program, a mentorship program, and anti-racism

programming.

While immigrant children are no more likely to be involved in crime than their Canadian-born peers, they have four times higher of an incarceration rate. Kamara saw this inequity while he was completing his master's degree. After founding Sinkunia, he began to work to change it.

"Many people see immigrant African children as black kids with hoodies," said Kamara, who provides a variety of programs to help youth combat that perception.

The anti-racism African Youth Tell It Like It Is program works by "empowering immigrant kids to deal with racism in an appropriate manner," he said.

While planning the program, he asked parents how they supported children who experienced racism. Although parents often took their concerns to teachers and principals, they felt their children were not being acknowledged or supported. Parents would end up telling

their children "stand up for yourself and fight if you need to."

Kamara knew there needed to be a better way. The program was "developed to change the mindset of fighting to defend oneself, to empower and give youth tools to deal with it (racism) appropriately, and create youth with resilience in the community."

In the program, youth leaders talk to other youth, share strategies, and receive information from facilitators.

Sinkunia offers other programs to support African-Canadian youth. These include a partnership with the Compass Centre for Sexual Wellness and a local Nepalese group to teach sexual health strategies and provide information. A partnership with the University of Alberta has university students spending 20 hours working with elementary, junior and senior high students at Eastwood School on Saturdays. School work help, social, and recreational activities are provided. Mentorship programs

pair youth in a mentor/mentee relationship to provide support in making healthy life choices and leadership skills.

Kamara also has plans to offer a course on financial literacy for immigrants.

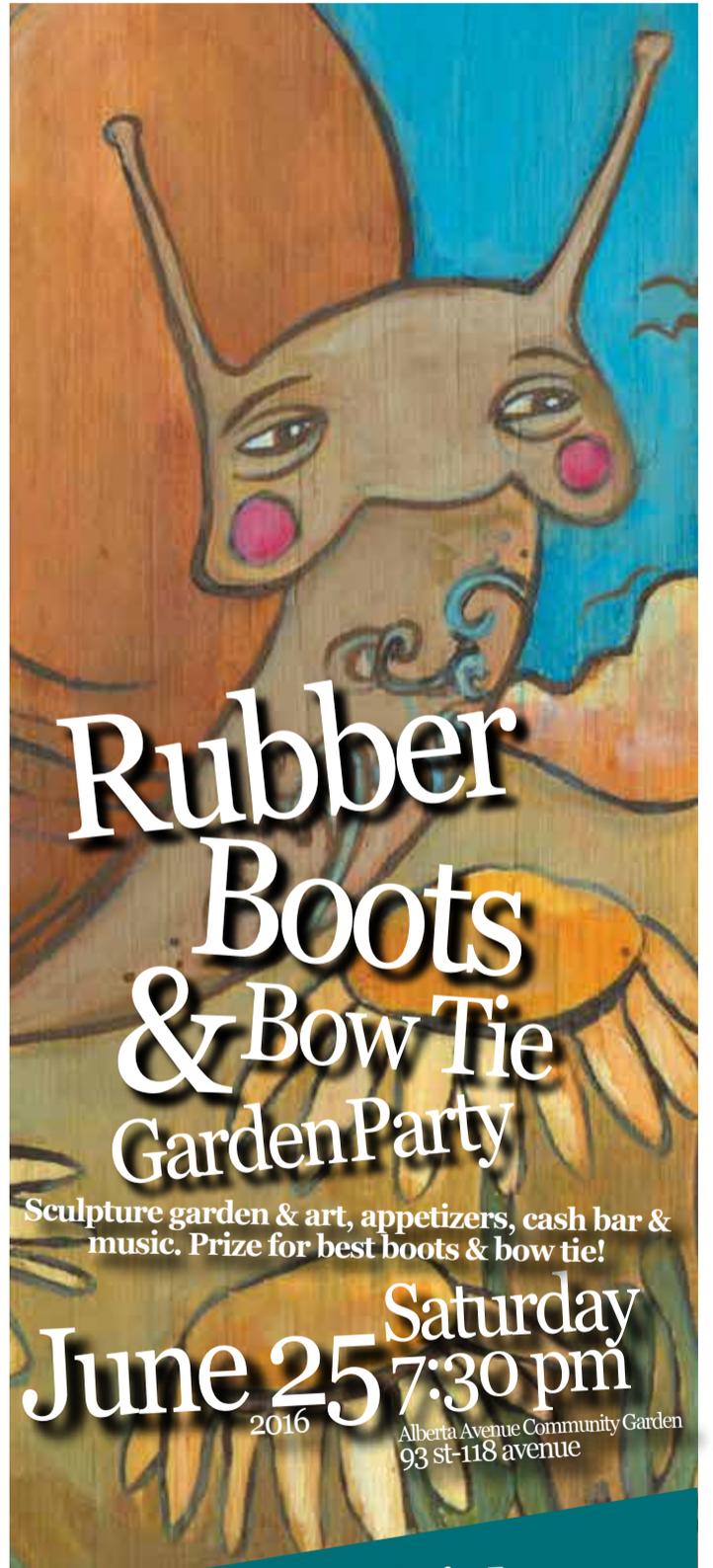
Community members can support the program by volunteering or by encouraging youth to attend. All immigrant youth from African countries are served by the programs, regardless of country or religion, although programs may soon open up to other immigrant populations.

More information is available at sinkuniacommunity.org.

Rebecca has attended free concerts as a bouncer, juggled plates as a waitress, completed a degree in microbiology, laboured in the oilfield cleaning storage tanks and worked as an editor for the Government of Alberta. In her current incarnation, she has been a full-time photographer for the last 9 years and is a mother to two boys and stepmother to two girls.



Issa Kamara created Sinkunia as a way of returning the support he received from his community. | Rebecca Lippiatt



Rubber Boots & Bow Tie Garden Party

Sculpture garden & art, appetizers, cash bar & music. Prize for best boots & bow tie!

June 25 ^{Saturday} 7:30 pm
2016

Alberta Avenue Community Garden
93 st-118 avenue

Tickets
\$10 advance
\$20 door



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Pests, be gone! Creating a healthy garden

How to keep destructive insects away from plants

NIKKI-KARYSSA SCOTT

We all want glorious gardens where pests don't pester. The unseasonably warm weather has meant our plants are starting to thrive. But healthy plants are attractive to insects and other pests, which can decimate a garden in no time.

We don't always think about the pests, but certain plants will keep away pests. Mint, chives and basil keep aphids at bay, while thyme, dill and cilantro will keep leafhoppers away. If you're growing potatoes, garlic, catnip and yarrow ward off potato beetles. Although not a plant-eating pest, mosquitoes are unwelcome for everyone. Eucalyptol products or eucalyptus plants will discourage mosquitoes from invading outdoor spaces.

Most garden pests are small and not always identifiable, but feeding damage is a sign you have pests. Routine inspections are necessary and a great way to learn about plants and pests. If you can't identify a pest, most local independent garden centres and nurseries can help. Take a sample of the damage or the pest in as soon as possible. Staff may also be able to provide you with treatment options. University extension services or programs are an excellent resource and are available online.

If slugs are an issue, trick these hungry invaders with the beer in a yellow bowl trick. Pour an inch of beer into an open plastic container. Budweiser is great, but any brand works. Bury the container in your garden so the top is level with the soil. Slugs will fall into the container. Dump the dead slugs into your compost

bin and refresh the beverage.

Rabbits and small rodents can also be a problem if there isn't enough natural vegetation. Chicken wire or a mesh fence will deter these critters from enjoying your vegetables.

Other strategies include:

- Planting early. This can be risky in cooler climates such as ours, but it is a great way to prevent initial pest problems since many insects and pests are not around during these early months.
- Weeding regularly. Healthy soil and a clean, weed-free garden is a good way to keep pests away.
- Covering your crops if you can. A simple plastic mesh or remay cloth is great for keeping caterpillars and beetles away.
- Rotating crops to decrease damage caused by over-wintering pests living in the soil. This will also promote healthier soils in the fall.
- Removing infested plants as soon as possible to prevent further spread. Damaged or weak plants should also be removed as they will attract pests as easy targets.

Some insects are beneficial. Ladybugs, spiders, ground beetles and wasps all eat destructive insects. Attract spiders by applying a thin layer of mulch in the spring. This provides them the cool environment they like, so they will stay and eat aphids or other pests. Planting herbs, flowers and clover around garden borders will attract pollinators and beneficial predator insects.

A balanced, healthy garden is achievable with time and without commercial



Gardeners can keep pests out naturally. | Pixabay

chemicals.

For more information, check out www.pesticideresearch.com/site/?page_id=244.

Nikki-Karyssa grew up in the Okanagan

Valley working in orchards and vineyards and received her BSc in Production Horticulture in 2012. She lives in Alberta Avenue and is the plant growth manager at the University of Alberta's research greenhouse.

your neighbourhood... your community league!

Westwood

12139 105 St
westwoodcommunity2@gmail.com

Special half-day rental for members, only \$60.
rental@westwoodcl.ca

Spruce Avenue

10240 115 Ave
spruceaveleague@shaw.ca

Nominations open:
FrontYardsinBloom.ca, 311@edmonton.ca, or call 311.

Delton

12325 88 St
admin@deltoncommunity.com
Father's Day Brunch June 19,
9 am - 1 pm. Check website
for ticket prices.

Elmwood Park

12505 75 St
epcl@shawbiz.ca

Your FREE membership gives you access to FREE swims at our outdoor pools.

Eastwood

11803 86 St
ewcl@shaw.ca

Save the date: Muttstock
July 9, 12-8 pm. Dog-related products & services.

Parkdale-Cromdale

11335 85 St
pccl.info@gmail.com

Free kids dance class by Mile Zero
Dance June 3, 17, 24 from 5-6 pm

Alberta Avenue

9210 - 118 Ave
info@albertaave.org

Garden Party, June 25, 7:30 pm. Tickets:
\$10 in advance; \$20 at the door.



WHERE NEIGHBOURS MEET
and GREAT THINGS HAPPEN
EDMONTON FEDERATION OF COMMUNITY LEAGUES

EFCL

Connect with your league on their Facebook page

Edmonton's Front Yards are in Bloom

SUPPLIED

Spring is here, and we want to see your bloomin' great yards! The Front Yards in Bloom program is all about recognizing neighbours who make an effort to beautify their front yards.

Front Yards in Bloom started in 1999, with 150 nominations in its first year. It is now the largest program of its kind in Canada. Last year, we received over 4,221 nominations city-wide. This year, our goal is to receive 5,000 nominations. Nominations can be submitted from May 20 – June 30.

Front Yards can be nominated in one of four categories:

General: Appealing front yards that makes people smile as they pass by! These yards could include a variety of colours, textures, plants, and garden features. Must have at least 25% flowering plants, but can still include pots and containers.

Natural: Yards with native plants that attract local wildlife such as birds, bees, butterflies and other insects. A natural yard is one with 60% native plants (compared to all plants) or more.

Edible: Yards incorporating edible fruits, flowers, and leaves into the landscape design. An edible yard is one with 60% edible plants (compared to all plants) or more.

Public Spaces: Yards with landscaping features and aesthetic appeal in front of a public building (including schools, businesses/offices, multi-unit residences, churches, and community league halls).

After the nomination deadline, volunteers deliver a sign and brochure to each nominated yard, and also choose some top yards for recognition. Edmonton Native Plant Group and Sustainable Food Edmonton judge the top Natural and Edible yards, respectively. Results will be announced during the Edmonton in Bloom Awards on Thursday, August 25, 2016 from 7-9pm at the Citadel Theatre. Everyone is invited to attend the celebration!

It's Easy to Nominate!

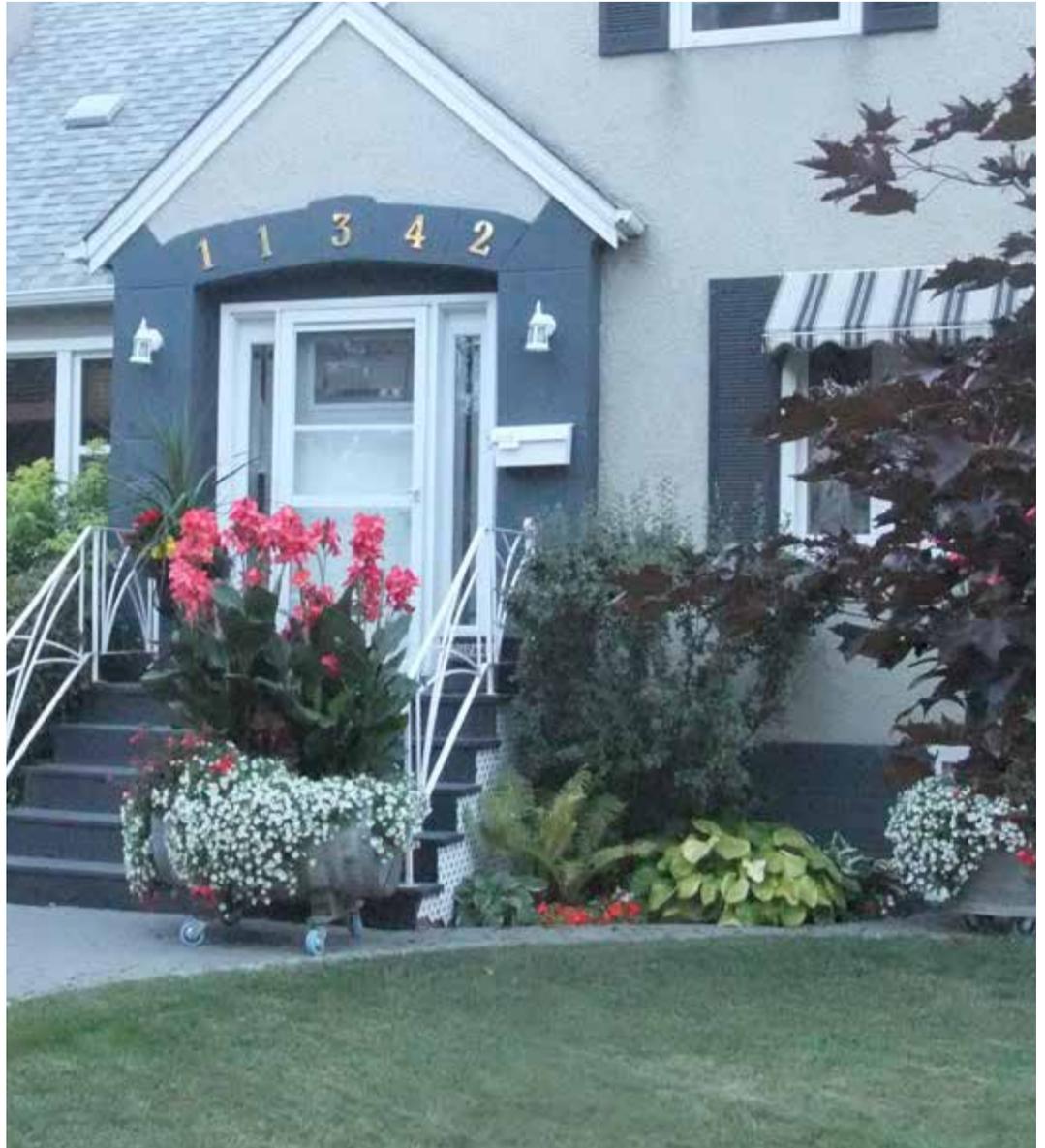
Anyone can submit a nomination. Nominations must be for a front yard or a yard visible by everyone. You can submit nominations via:

Online submission form: www.frontyardsinbloom.ca

Phone 311 or email 311@edmonton.ca

Front Yards in Bloom is a partnership between the Edmonton Horticultural Society, the City of Edmonton, and the Canadian Union of Postal Workers.

Questions? Visit: www.frontyardsinbloom.ca or email frontyards@edmonton.ca



Long time Spruce Avenue home owner Mr. Bergman is nominated most years for Front Yards in Bloom. His tenant is the one who cares for the yard. | Spruce Avenue Community League

Norwood Boulevard - An 'Aspiring' Main Street



What

Our first public meeting about the *Norwood Boulevard Corridor Study* is happening!

When

Wednesday, June 22, 2016 from 6:00pm to 8:30 pm

Where

Ital Canadian Seniors Association, 9111 110 Ave NW, Edmonton

Why

We are beginning to work on a corridor study to transform Norwood Boulevard (111/112 Avenue) from 109 Street to 82 Street

How

By potentially seeking to update current land use policies, improving transportation (particularly for pedestrians and cyclists) and promoting new design policies to assist in creating a 'main street' for all people to work, live, learn and play.

Come and share in the excitement of recreating this great Edmonton street!



Bring your sunscreen and smiles for AveFest

Free festival engages community and unites neighbours

MAEGAN SAUNDERS

AveFest is back for more community fun on the Canada Day long weekend, where festival goers will be treated to free food and entertainment such as lawn games, crafts, face painting, a watermelon eating contest and tug of war.

“This is going to be a community event that seeks to engage the community. The idea is that we’re able to bring together different parts of the community into a festival that is designed not just for observers but for participants,” explained Arthur Dyck, festival organizer.

Sunday will close the festival with celebrations at 11 a.m. Community churches are presenting the activities comprised of music and dancing.

Last year’s inaugural event saw approximately 500 attendees.

“We were just thrilled with the response we got,” said Dyck. “We are building a stronger community as we get to know our neighbours, especially the neighbours that we may not come into contact with during our regular day-to-day activities. People came and participated who hadn’t felt like they were part of the community for a long time and they were just so happy to see this event going on.”

One of the most popular stations at last year’s event was the woodpile. Children and their families had the opportunity to grab hammers and pieces of wood to make their own unique structures.

Dyck reminisces about the children building their masterpieces. “I’m sure some of them had never touched a hammer in their lives, but all day you could hear the sound of hammers hitting nails,” he said. “They came up with all these interesting shapes. They were painting them and then bringing them up to the stage to show them. It was really quite amazing.”

Dyck explained everyone is invited to attend the free event. “I’m looking forward to having fun and seeing friends and making new ones,” he added.

Several donors such as community churches, Fusion Canada, and City of Edmonton support the festival. Volunteers are needed to help set up the festival, supervise craft tables and games, barbecue hot dogs and hand out water.

A volunteer orientation will be held on June 22 at 6 p.m. at Alberta Avenue Community League. Anyone wishing to volunteer can pre-register on avefest.com, inquire at info@avefest.com, or attend the volunteer orientation (pre-registration is preferred). Food will be provided.

For more information, visit avefest.com.

Maegan has university education in professional writing and fund development, combining her love of writing with her desire to make a difference. Maegan is also the founder of a local body positivity blog and brand.



Community children enjoy lawn games at last year’s AveFest. | Arthur Dyck

AVEFEST

July 1-2, noon to 3 p.m.	118 Avenue & 92 Street Old Alberta	Cycle lot Free admission avefest.com
July 3, 11 a.m.		

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!

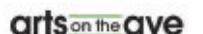
THOUSAND FACES FESTIVAL

June 17-19 2016

Alberta Avenue Community Centre 9210 118 Ave

thousandfaces.ca

Inner Voice, by L.Shulba
www.Lshulba.com





WHAT'S ON IN JUNE

EVENTS

PARKDALE-CROMDALE GARAGE SALE

Saturday & Sunday, June 4 & 5 from 10 am to 4 pm at 11335 85 St.

EASTWOODFEST

Morning yoga, live music, free activities and demonstrations, vendors, food trucks. Saturday, June 4 from 10 am to 5 pm at Eastwood Park (119 Ave & 86 St).

ANIMATE THE ALLEYS

June 4 | 10 am - 4 pm
Start 97-101 St alley north of 116 Ave.

ARTS ON THE AVE AGM

June 6 at 7 pm at The Carrot. artsontheave.org

COFFEE WITH COPS

EPS invites you to chat about neighbourhood concerns.

Tuesday, June 7 from 10-11:30 am at The Carrot.

SPRING PUB FUNDRAISER

Live music, sliders, cash bar, silent auction. Friday, June 10 from 7-11 pm. Parkdale Cromdale Hall. Tickets \$20 at The Carrot or YEGlive.ca.

BRIDGE SONGS TEN

June 18 at 7 pm at St. Faith's. Tickets: bleedingheartartspace.com

THE CARROT'S BBQ BIRTHDAY PARTY - FREE!

Celebrating The Carrot's 9th birthday with family activities and good eats! Saturday, June 25 from 12 -3 pm.

SAVE THE DATE

Ave Fest July 1-2

ENTERTAINMENT

BOWLING

Retro 5 pin bowling everyday 10 am - 10 pm at Plaza Bowl (10418 118 Avenue).

KARAOKE

Wednesday to Saturday from 9 pm to 2 am at Mona Lisa's Pub.

POETRY NIGHT

Last Thursday of the month, 7:30-9 pm at The Carrot.

LIVE MUSIC

Fridays, 7:30 pm at The Carrot. Cover: \$5, children under 18 free.

OPEN MIC

Original music, poetry, or comedy. Saturdays, 6:30 pm at The Carrot. Free. For all ages.



FREE COMMUNITY PROGRAMS

Go to ratcreek.org for more information

ESL & LANGUAGE

CREE CONVERSATION CIRCLE

Free drop-in program by the Canadian Native Friendship Centre. Mondays 6-8 pm at Highlands Library.

PRACTICE ENGLISH

Conversations about many different topics using library materials. Mondays 7 pm at Sprucewood Library.

GLOBAL VOICES CHOIR

An informal way to practice English. No experience with singing or English is required. Lunch is provided. Thursdays noon - 1 pm at Mennonite Centre. More: Digna 780.424.7709.

ESL PROGRAM

Including free parent & tot classes. Wednesdays & Fridays 9:15-11:15 am at Parkdale-Cromdale. More: Sarah 780.887.6825 or sarahdelano@hotmail.com.

ENGLISH CONVERSATION CIRCLE

Drop in and practice your English (LACE program). Fridays 10:30 am at Highlands Library. More: 780.424.3545.

LANGUAGE INSTRUCTION FOR NEWCOMERS TO CANADA (LINC)

More: Edmonton Mennonite Centre 780.423.9522 or info@emcn.ab.ca

FOOD & SUPPORT

PRAYERWORKS COMMON

Hot complimentary meals & warm friendship at St. Faith/St. Stephen. Thursday drop-in 10 am - 2 pm. Friday community supper, 5 pm. Saturday breakfasts 8:30-9:30 am. More: 780.477.5931.

COLLECTIVE KITCHEN

Third Wednesday of every month at St Faith's. \$3.00 per meal serving. Space for 6-8 people. More: Amanda 587.930.8238.

PARENTS & PRE-SCHOOLERS GROWING TOGETHER

A free drop-in group for pregnant women and women with babies up to 3 months of age. Free resources including milk coupons and prenatal vitamins. Tuesdays

1:30-3 pm at Norwood Centre. More: 780.471.3737.

STAY AND PLAY

Free indoor play space and unstructured group for parents and children. Snack included. Mondays 10 am - noon at Norwood Centre.

RHYMES THAT BIND

Rhymes, finger play, songs and simple movement games. Wednesdays and Fridays from 11:30 am - 1:30 pm. More: Sarah 780.887.6825 or sarahdelano@hotmail.com.

BABES IN ARMS

A wonderful casual parent group Fridays 10 am - noon at The Carrot.

SPRUCEWOOD LIBRARY

Sing, Sign, Laugh & Learn, Sundays 2:30 pm and Tuesdays 10:30 am. Baby Laptime, Mondays 10:30 am. Family Storytime Wednesdays 6:30 pm. More: 780.496.7099.

HIGHLANDS LIBRARY

Family Storytime, Mondays 10:30 am. Sing, Sign, Laugh & Learn, Wednesdays & Thursdays 10:30 am. More: 780.496.1806.

CHILDREN

LEGO AT THE LIBRARY

Design and build a lego creation. Ages 6-12. Second Saturday of the month 2-3 pm at Highlands Library.

GIRL GUIDES

Girl Guides meeting Mondays from September to June at St. Andrew's. More: 39thedmontonguiding@gmail.com or 1.800.565.8111 (answered locally).

YOUTH

SMART SPACE

Do homework, work on projects, or learn about tech gadgets and other online tools. Ages 13-18. Thursdays 4-5 pm at Highlands Library.

TWEEN LOUNGE

Play video games, make a DIY project, or just hang out. Thursdays 3:30-5 pm at Sprucewood Library and Fridays 4-5 pm at Highlands Library.

TEEN GAMING

Hone your skills by playing some of the best games out there! Thursdays 6:30-8:30 pm at Sprucewood Library.

ADULTS

SITTING MEDITATION

A period of mindfulness meditation in the Buddhist tradition and a short reading and group discussion. Tuesdays 7-8:30 pm at Parkdale-Cromdale. More: charlesmorrow@yahoo.ca.

AVENUE BOOK CLUB

Meets the last Wednesday of each month 7 pm at The Carrot. More: Lorraine 780.934.3209.

COMMUNITY ART NIGHT

Free art workshop for adults. Tuesdays 6:30-8:30 pm at The Nina.

NASHVILLE SONGWRITERS ASSOC

INTERNATIONAL (NSAI)
Second Monday of the month 6:30-10 pm at The Carrot. RSVP: Colleen_col_kside@hotmail.com

SENIORS

NORWOOD LEGION SENIORS GROUP

Darts and pool, Tuesdays at 10 am; Cribbage, Wednesdays at 1 pm at Norwood Legion.

PARKDALE SENIORS SOCIAL

Bingo, snacks and conversation. Mondays 10:30 am - 1 pm at Parkdale. More: PCCL.info@gmail.com.

SENIORS BREAKFAST & SOCIAL (55+)

Join us for breakfast, visit, play cards, or billiards. Wednesdays 11:30 am - 12:45 pm at Crystal Kids.

FAMILIES

POP-UP MAKERSPACE

Robot challenges, Makey Makey hacks, DIY music, Art and 3-D design. Try things and make fun stuff. June 1 from 6:30-7:30 pm at Highlands Library. All ages.

BOARD GAMES NIGHT

Plenty of games to choose from or bring your own. Last Tuesday of the month 7 pm at The Carrot.

FAMILY ART WORKSHOPS

Dive into the wonderful world of art with FREE all-age workshops Tuesdays 6:30-8 pm at Parkdale-Cromdale.

FAMILY ART NIGHT

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

MUSIC LESSONS BY CREART

Free group music lessons Saturdays at Parkdale-Cromdale. Voice 10-11 am, guitar 11 am-2 pm, and violin from 12-1 pm. More: Mackensie@cheftthemusical@gmail.com.

FREE REC CENTRE ACCESS

Free access to Commonwealth Recreation Centre on Saturdays from 5-7 pm for members of participating leagues. Eastwood does not participate.

LOCATIONS

- Community Leagues - see page 12
- St. Faith/St. Stephen Church 11725 93 St
- Highlands Library 6516 118 Ave
- Sprucewood Library 11555 95 St
- Norwood Family Centre 9516 114 Ave
- Carrot Coffeehouse 9351 118 Ave
- The Nina 9225 118 Ave
- Norwood Legion 11150 82 St
- Crystal Kids 8715 118 Ave
- St. Andrew's Church 8715 118 Ave
- Bethel Gospel 11461 95 St
- Mennonite Centre 11713 82 St

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Cool off in pools and spray parks this summer

Have fun with affordable entertainment

CONSTANCE BRISSENDEN

The City of Edmonton offers four outdoor pools and numerous spray parks for cooling down on hot summer days.

Two community leagues, Elmwood Park and Alberta Avenue, are diving in with memberships that provide free access to all outdoor pools. Local residents, as well as those living outside the community borders, are eligible for membership.

Elmwood Park Community League offers a free membership, while the Alberta Avenue Community League membership is \$20 for families or \$10 for individuals.

Said Melanie Spitzer, Elmwood Park Community League president, "It's important to us that families can have fun in a way that is inexpensive or free. All ages love pools and spray parks. My father down to my toddler love playing in the water."

Get a community league membership with outdoor pool access:

Elmwood Park: epcl@shawbiz.ca

Alberta Avenue: albertaave.org

COMMUNITY LEAGUE FREE SWIM HOURS

Show your community league membership for family fun (participating leagues only). Times listed below are outdoor pool hours for league members.

For information on regular City of Edmonton outdoor pool hours, call 311 or email: 311@edmonton.ca.

Fred Broadstock Outdoor Pool (15720 105 Ave)

Sun-Wed from 5-7 pm

Mill Creek Outdoor Pool (9555 84 Ave)

Daily from 7-9 pm

Queen Elizabeth Outdoor Pool (Kinsmen Park: 9100

Walterdale Hill)

Sun & Tue 5-7 pm

Mon & Wed 6-8 pm

Oliver Outdoor Pool (10315 119 St)

Sun-Wed 6-8 pm

NEW OUTDOOR POOL SEASON PASS

Available at any City of Edmonton Recreation Centre, the pass gives individuals and families unlimited access to all of the city's four outdoor pools.

Child: \$49, Adult: \$75, Youth/Senior: \$59, Family: \$199

SPRAY PARKS

Five local spray parks within close proximity of Borden Park are free and fun for families:

Alberta Avenue Park - 9210 118 Avenue

Eastwood Park - 11803 86 Street

Elmwood Park - 12505 75 Street

Highlands Park - 6112 113 Avenue

Montrose Park - 5920 119 Avenue

More info: edmonton.ca/waterplay

Constance's writing and editing career spans more than 40 years. She lives in Parkdale-Cromdale.

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LOOKING FOR AN INTERCULTURAL DAYCARE?



The Intercultural Child and Family Centre at McCauley School (9538-107ave) has child care spaces for children from 12 months to 12 years and is open from 6am to 530pm. ICFC is a non-profit, accredited centre providing a culturally enriched play and learning environment. Two healthy snacks and lunch are provided. Subsidy is available.

FOR INFORMATION OR TO APPLY
CALL 780.441.1443