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SERVING 12,500 COMMUNITY MEMBERS WWW.RATCREEK.ORG DECEMBER 2016

## NAIT's new building draws students

The college's presence has a positive impact on nearby businesses and housing



NAIT's new CAT building on 118 Avenue and 106 Street is the size of Kingsway Mall and provides room for 1,700 new students. | Kate Wilson

### KATE WILSON

It's Canada's largest apprenticeship trainer. It's in our neighbourhood, and it just got bigger.

In September, NAIT opened its newest facility on the corner of 118 Ave and 106 Street. The five-storey Centre for Applied Technologies is NAIT's largest building—roughly the same size as Kingsway Mall. It increases enrollment capacity by 1,700 students in four programs.

While the addition revs up polytechnic training in Western Canada, it also adds to NAIT's benefits on the ground. The community continues to get an injection of diversity, with 2,000 international students from more than 80 countries. Businesses in the vicinity benefit as well.

Adam Hajar, co-manager at Donair Way in the Park Plaza Shopping Centre, said they've always had a strong customer base of NAIT students and staff.

"From ten in the morning til four in the afternoon, we get stu-

dents and even lots of teachers," Hajar said.

Once a NAIT student himself, Hajar knows the importance of access to a fast meal.

"They want something quick, food that is good, filling," Hajar said. "We get line ups of just students. They want a donair and a drink and then out the door."

And another new facility is coming—NAIT's Productivity and Innovation Centre, opening in 2018.

According to a staff member at The Duck Taphouse and Grill across from NAIT, their business relies on NAIT's patronage almost exclusively, which means their numbers drop during the summer.

"If NAIT weren't here, we wouldn't be here," he said.

It's not as clear what NAIT's impact is on business outside its immediate vicinity. Retail managers said the impact doesn't go much beyond the traffic circle at 101 Street. Canadian Dollar Store,

about 10 blocks away, gets no discernable student presence, while Fix My Phone, a cell service outlet on 101 Street, gets quite a few. Dave Dhaliwal, manager at Pizza 73, said he serves up both pizza and employment for students.

"We're connected in two ways. Students come as customers, and they drop in to ask about part-time jobs," said Dhaliwal.

Managers at two pharmacy franchises said NAIT made no difference to their business, but one commented that the campus does bring benefits when it comes to things like infrastructure and the higher profile from a leading polytechnic.

NAIT may have a greater stimulus in the housing sector. While older apartments in Westwood aren't seeing an influx of students, newer ones are. Helena Burgess, on-site manager for an older apartment on 103 Street, said they don't get NAIT students.

"A lot of students live in basement suites or in the newer apart-

ments. They want the new places," said Burgess.

A manager with Mainstreet Properties, which runs several upgraded or new multiplexes in the area, agreed, explaining many NAIT students seek short-term rentals every fall.

Burgess said NAIT is a definite boost to the community. Before the parkade and the more recent additions to campus like the HP Centre, Spartan Centre and Petro-Canada Centre, the neighbourhood was more derelict.

"Now, it's exponentially better. People care for their properties. I recommend people to move here now."

*Kate took up the reporter's pad and pen while living in northern Alberta. The writing bug stuck, and the next 20 years were spent covering everything from local politics to community happenings. She lives in Alberta Avenue with her daughter.*

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# Clearing roads and sidewalks during winter

Why it's important to know roles and responsibilities

**TALEA MEDYNSKI**

Winter brings cold weather along with snow and ice-covered roads and sidewalks.

With an approximate \$60-million annual budget for winter roadway maintenance, the city is responsible for sanding and plowing the streets and takes different approaches to each.

According to the City of Edmonton, sanding is done when needed. However, residents can report icy streets or intersections and request more sand by calling 311 and reporting the location.

Unlike sanding, the city plows by snowfall amount and by road priority. It's only when three centimetres of snow has fallen and more is expected that the city plows main roads. These roads include highways, freeways, arterial roads, and bus collector routes, and they're plowed in that order. The province is responsible for plowing the

Anthony Henday because it's a provincial road.

You may have noticed residential streets are plowed less frequently. That's because main roads must be completed first and because there must be a snowpack of over five centimetres.

Don't, however, expect residential roads to be plowed down to the pavement. According to the city website, plows "[smooth] the snow with blades into a 5 cm (or less) snowpack on which vehicles can drive."

Karey Steil, a community relations advisor with the city's community standards, said the city leaves a snowpack because it would be too expensive to plow everything and because of windrows.

"The windrows would be too big," Steil said. "The bigger the windrow, the narrower the street."

Drivers should also watch for seasonal parking bans from November until March. These bans, given with eight

hour's notice, allow the city to clear roads for emergency vehicles, buses, and motorists.

"The signage is on all those roads," said Steil. "People can also sign up for email notifications."

While the city takes care of roads, it's up to homeowners or tenants to shovel sidewalks and driveways within 48 hours of the last snowfall. Residents can report unshoveled sidewalks if there's a lot of snow, if there's compact snow, or if it's slippery. But Steil said, "You have to have a 48 hour window of no snow" before issuing a complaint.

Homeowners could be fined \$100 if they don't shovel within that time period. Bylaw officers will usually issue a warning first, but, "It depends. It's up to the discretion of the bylaw officer," said Steil, explaining bylaw officers may issue a ticket immediately if it's a problem property. If the sidewalk still isn't cleared after seven days, the city will fine the homeowner and send out a contractor to

clear the snow. While bylaw officers fine the homeowner, Steil said owners and tenants should discuss whose responsibility it is to shovel.

Talk to neighbours who aren't clearing snow and see if it's possible to resolve the problem. Call 311 or go to [edmonton.ca](http://edmonton.ca) and file a complaint if the problem can't be resolved. Complaints require your name, address, phone number, and situation details.

Some neighbours are unable to shovel snow, so you can be a Snow Angel and help. Find out more at [edmonton.ca/snowangels](http://edmonton.ca/snowangels).

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

## MORE INFORMATION

[edmonton.ca/winterroads](http://edmonton.ca/winterroads)



Plows clearing the snow on 156 St and 111 Ave. | City of Edmonton

## Change to city sandbox program

Residents will not find the green boxes with free sand at their local community centre this winter. If you want access to free sand, you will have to travel to the nearest roadway maintenance yard to fill your bucket. By putting the boxes in front of the yards, the resources to fill them will be minimal and will save the City of Edmonton approximately \$300,000 a year.

Find free sand near the entrance of the following maintenance yards:

**Central: 10517 95 St**  
**Northeast: 13003 56 St**  
**Northwest: 14320 114 Ave**  
**Southeast: 5409 59 Ave**  
**Southwest: 14710 Ellerslie Road**



Local community centres will no longer carry free sand. | Supplied

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

### ABOUT US

We are a non-profit community newspaper serving Alberta Avenue, Delton, Eastwood, Elmwood Park, Parkdale-Cromdale, Spruce Avenue, and Westwood. The opinions expressed in the paper are those of the people named as authors of the articles and do not necessarily reflect those of the board or staff.

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Build Community, Encourage Communication, Increase Capacity.

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### CONTRIBUTORS

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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RATCREEK.ORG

I ♥ my RCP

# Coalition seeks to improve inner city safety

Four new subcommittees formed to address concerns

**HAMDIISSAWI**

A coalition of community groups trying to improve inner city safety at the grassroots level has announced the next step of its plan.

On Oct. 20, the Safety Summit Committee met at Alberta Avenue Community League to report its progress since June's meeting. Among the developments was the introduction of four subcommittees: business, child and youth safety, social issues, and research.

Fatmeh Kalouti, co-chair of the Safety Summit Committee, said the subcommittees were created in response to feedback collected from the last summit when it invited 75 businesses

and agencies to share their concerns.

"There's so many different people that sit at the table and represent the cause," Kalouti said. "The more diverse the population, the more it's going to represent the people that we work with and the people that we're trying to help."

The committee is made up of representatives from the City of Edmonton and non-profits like REACH Edmonton, an organization focused on crime prevention, and Wichitowin, an advocacy group for urban aboriginal people.

A problem identified in June is the lack of collaboration between community organizations competing for funding instead of pooling their resources

to provide better programs.

As an after-school program coordinator with the Boys & Girls Clubs Big Brothers Big Sisters of Edmonton, Kalouti, along with representatives of REACH, Wichitowin, and the City of Edmonton, shared how their organizations have collaborated.

Kalouti and Jan Fox, executive director of REACH, shared their work on the All In for Youth program. The program is a pilot project which, in partnership with Edmonton Public Schools, encourages high school completion by providing before- and after-school programming for students at five city schools.

The initiative joins therapists, nutritional support workers,

counsellors, and coordinators to provide students with support that extends beyond the classroom and into the home.

"We work as a team to make sure that each and every kid at the school gets the services that they need to be able to be successful and to graduate," Kalouti said.

Jordan Robinson, a worker with Wichitowin youth circle, said he hopes to see a research initiative emerge to identify and address problems like racism.

"You could actually have a quantifiable piece of evidence to base our solutions on because racism is a very subjective problem," Robinson said.

And he wasn't alone. The need for research was discussed in June—a need that Kalouti

hopes the research subcommittee, joined by University of Alberta researchers, can start working on.

"We've worked alongside them to formulate a survey that will be sent to community members," Kalouti said, and explained they'll be going door to door to talk to community members about safety and resource needs.

*Hamdi is a journalism student at MacEwan University. He cut his teeth as a contributor on Terra Informa, an award-winning, environmental news magazine. He's also written for The Gateway Online and The Griff. Find Hamdi on Twitter @hamdiissawi.*



Representative from city and community organizations gathered for the second safety summit at Alberta Avenue Community League. | Hamdi Issawi

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# The Santaland Diaries is here once again

David Sedaris' play takes a snarky look at the holidays

**TALEA MEDYNSKI**

If you feel cranky about the holiday spirit, join others who feel the same by attending David Sedaris' play *The Santaland Diaries* at this year's Yule Ave.

This is the second year people have an opportunity to watch the play for the price of a donation. While *The Santaland Diaries* isn't recommended for children, coordinator Frank Zotter explained he included the play as an offering for adults. Last year, it was such a success that he had to turn people away, and so he's including the play again this year. Zotter, an actor, will also star in the play, which runs from Dec. 15-23 at Nina Haggerty Centre for the Arts.

The play is about an unem-

ployed actor who takes a job as a Christmas elf in order to pay the bills. But this story isn't your usual warm-hearted view of the holiday season. Instead, *The Santaland Diaries* explores holiday consumerism with a cynical, satirical, and acerbic style of humour.

"It's such a great, sardonic take on the season," said Zotter. "There's not a heck of a lot of Christmas plays out there. Most are sentimental. This is the alternative. It's not your typical Christmas-themed story."

*The Santaland Diaries* is told through the eyes of a disgruntled, middle-aged actor known as Crumpet the Elf while he's working at Santaland. During the play, Crumpet explains how Christmas brings out the worst in people, with highlights like

deplorable customers, dubious parental behaviour, terrible children, and drunken Santas.

Zotter said he's looking forward to playing the role of Crumpet again. "I loved doing it and can't wait to do it again. It's such a pleasure to perform off-colour moments," he said. "I love to see people squirm in their seats and then laugh at an uncomfortable truth."

Sedaris wrote *The Santaland Diaries* as an essay based on his experience working as a Christmas elf at Macy's Department Store. Sedaris' essay became popular after he read it over the radio in 1992. Four years later, Joe Mantello adapted the essay into a one-person, one-act play.

"Sedaris has got a real biting sense of humour. The reveals

and satire of what he discovers is smart. He knows how to get under the skin of things and reveal the ugly truth," said Zotter.

The setting of the Nina Haggerty Centre for the Arts adds to the play's appeal. Wayne Paquette is directing and staging the play, and Zotter explained Paquette uses the art as part of the set.

"The whole room is my space. [Wayne] converts the space into Santa's village while keeping the Nina's holiday artwork. It's very festive in that room," Zotter said.

It remains to be seen if the play will become a Yule Ave tradition. Zotter said Edmonton has some die-hard fans of Sedaris' work and those fans came from across the city to see

the play last year.

"We'll see how it goes this year," said Zotter. Then he joked, "It could take the place of *A Christmas Carol*, give it a run for its money."

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

## THE SANTALAND DIARIES

Nina Haggerty Centre for the Arts

9225 118 Ave  
Dec. 15-23, 8-9 p.m.  
Dec 16, 9:30-10:30 p.m.  
No show on Dec. 19  
Admission by donation.  
[www.yuleave.com](http://www.yuleave.com)



Laugh at some uncomfortable truths during *The Santaland Diaries*. | Supplied

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arts on the ave presents

## Carrot Christmas Arts Bazaar!

Friday Dec 9, 2016 7pm-9pm  
Saturday Dec 10, 2016 10am-4pm

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Come join us for some chilli and caroling on the Ave!

Friday December 16<sup>th</sup> at The Carrot Community Arts Coffeehouse (9351-118 Ave)

Chilli at 6:00pm. Caroling begins at 7:00pm sharp!  
*Dress for the weather and bring your own flashlight.*

RSVP by December 13<sup>th</sup> to: [info@artsontheave.org](mailto:info@artsontheave.org)

edmonton arts council, Alberta Foundation for the Arts, Edmonton

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Festive drinks & art galore!

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7:00pm - 10:00pm

the nina  
Nina Haggerty Centre for the Arts  
9225 118 Avenue  
Edmonton

# Celebrate the holiday season locally

Six community events to get you in the holiday spirit

**TALEA MEDYNSKI**

This holiday season, enjoy festive events close to home. Throughout December, these events give you an opportunity to connect with friends, family, and neighbours. Need ideas for gifts? Jonesing to sing Christmas carols? Want to create precious holiday memories? Start here for some ideas.



## Upcycle Beautiful & Low-Cost Holiday Decor

Spruce Avenue Community League  
(10240 115 Ave)  
Dec. 8, 7-9 p.m.

Make holiday decorations in an environmentally-friendly way by using magazines and junk mail. Bring scissors and a stapler to the event; other supplies provided. Spruce Avenue Community League membership required. Fee by donation.

Bring your creativity, scissors, and a stapler. | Pixabay



## The Carrot Christmas Arts Bazaar

Dec. 9, 7-9 p.m.  
Dec. 10, 10 a.m-4 p.m.  
The Carrot Coffeehouse (9351 118 Ave)

Looking for that perfect gift? This unique boutique sale has been in the community for several years. Local artisans, crafters, and makers will have a variety of goods for sale. Get your shopping done early!

Find one-of-a-kind gifts at The Carrot Christmas Arts Bazaar. | Supplied



## Parkdale-Cromdale Caroling

Dec. 10, 6 p.m.  
Parkdale-Cromdale Community League Hall (11335 85 St)

Sing classic Christmas carols! Meet at the hall at 6 p.m. and then sing around the neighbourhood. All are welcome! Song lyrics provided. Bring a flashlight and dress for the weather. More: removingtheladder@gmail.com.

Sing classic Christmas carols. | CC by 2.0, Massachusetts Office of Travel and Tourism via Flickr.com



## Jingle Jammin' Christmas Caroling

Dec. 16  
Chili at 6 p.m. and caroling at 7 p.m.  
The Carrot (9351 118 Ave)

Serenade the community! Before caroling, eat chili and listen to a reading of the poem A Child's Christmas in Wales. Then, sing in the neighbourhoods bordering 118 Avenue. Song lyrics are provided. Bring a flashlight and dress for the weather. RSVP by Dec. 13: info@artsontheave.org.

Take part in a Carrot tradition and join the Jingle Jammers! | Pixabay



## Parkdale-Cromdale Christmas Party

Dec. 17, 5 p.m.  
Parkdale-Cromdale Community Hall (11335 85 St)

Join other community members to celebrate the holidays during Parkdale-Cromdale's Christmas party. Enjoy a meal, listen to live music courtesy of CreArt, build a gingerbread house, and craft ornaments. Santa will be at the party with gifts for children. More: removingtheladder@gmail.com.

Join your neighbours for food, music, and fun. | Pixabay



## Yule Ave

Dec. 16-18  
All around 118 Ave. www.yuleave.com.

This free family-friendly event embraces Christmas through charity and quality time with loved ones. Attend Yule Ave: A Blast concert and witness the lighting of the Giving Tree. Create ornaments, see snow sculptures, join the Unsilent Night parade, take a horse and wagon ride, or watch The Santaland Diaries (see page 4).

There's a whole weekend of holiday festivities with Yule Ave. | Frank Zotter

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## EDITORIAL

# Making giving a blessing and not a burden

What organizations really need during the holidays

DAVE VON BIEKER

It's 5 p.m. on a Monday in early December. I've got my camera ready, waiting to capture hungry and homeless guests who enter the dining hall at the downtown Hope Mission. I hope to share their smiles as they see the placemat a donor has signed for them. I want pictures of these guests laughing between bites of turkey and gravy so that I can share them on our website. Near the end of the meal, I'll ask some of these guests to speak a thank you message into the camera so our donors know their money has been well spent.

Volunteers lucky or savvy enough to have applied months earlier serve holiday meals with a smile. Come January and February, when winter is cruellest to the homeless, our volunteer coordinator will return to her daily grind, filling a mass of

vacant slots at a regular meal.

In my leadership role at Bleeding Heart Art Space, I've felt that tight-chested dread, needing to fill a shift with just a day left. I now work alongside Ruth, the volunteer coordinator for a regular meal program at St. Faith's Anglican Church. Finding volunteers in the lean times is hard. Unlike a boss with paid staff, there is little we can do about last-minute cancellations, except to smile graciously and say "I understand".

I understand that holidays, and Christmas especially, remind us of the importance of family and fellowship. We experience family ourselves, or we miss them acutely this time of year. All of this leads to empathy and the desire to help others. Considering the increased needs of agencies providing extra meals and shelter for cold nights, this aid is a blessing.

I understand that during the season, we are all caught up in 'the spirit of giving'. Or, at least, the spirit of spending. The appeals come often. Year-end is looming, with government tax rebates tied to our financial donations.

There is nothing wrong, to my mind, with a gift that helps the giver as much as the receiver. That good feeling we get serving a meal to a homeless family is good for a reason. This is how we are supposed to feel in life when we help one another, and we are meant to feel this way often.

It is when our generosity comes just once a year, like a snowstorm, and especially with strings attached, that problems arise. For some non-profit staff, the hardest part of Christmas is managing expectations of volunteers who are incredulous that there is no room for them and donors with very specific

expectations.

Might I suggest some simple principles to keep in mind as we head into this season of generosity?

If you want to serve a Christmas meal to the hungry or homeless, contact organizations months in advance.

Capitalise on your holiday-themed desire to help by signing up for a volunteer position after the holidays. Your passion now can fuel valuable volunteerism later.

Give what money you can, without strings attached. Give to organizations you trust and then let them do their best work, because the greatest needs may not be what (or when) you expect. Those needs may be anything from toilet paper to floor washers; from data entry to deodorant.

Set up a recurring, monthly gift or a regular shift with your favourite non-profit. Small,

regular contributions have a big impact.

Whenever you give, ask the organization "what do you need the most right now?" Non-profits will love you for this question. Just call me up and ask me this and I'll prove it to you.

I've walked the tense tight-rope between the wants of the donor and the needs of the recipient, my camera in hand. I've worked in fundraising and I've coordinated volunteers. I've learned that giving does help, and the greatest gifts are those given selflessly, in times of great need, with no strings attached.

*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.*



Contact organizations months ahead of time to volunteer at Christmas. | Unsplash

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St. Faith: 780.477.5931

**Sunday Worship:**  
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2nd Sunday - Traditional Anglican  
3rd Sunday - Aboriginal Form  
4th Sunday - Traditional Anglican

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11739 94 Street (The Studio)  
www.avenuechurch.ca

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Eph. 4:32, 1 Th. 5:11a  
12317-82 St. 780.474.4830

Sunday School 10:00 am  
Sunday Worship 11:00 am  
Wed. Study/Prayer 6:30 pm

### 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

English Classes  
(Seasonal - call for more info.)

St. Vincent de Paul Food Help Hotline:  
780.471.5577

### ST. ANDREW'S PRESBYTERIAN CHURCH

8715 118 Avenue 780-477-8677

### Service Times:

Sundays at 11 am  
A caring and loving church in your community where everyone is welcome.

### CHRISTMAS SERVICES

Dec. 18, 7:00 p.m. at St. Faith's. Lessons and carols for advent.  
Dec. 24, 5:30 p.m. at St. Faith's. Family service with pageant and Holy Communion.  
11:00 p.m. at St. Stephen the Martyr. Choral mass.  
Dec. 25, 9:30 a.m. at St. Stephen the Martyr. Choral mass.  
11:00 a.m. at St. Faith's. Service of Holy Communion.



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# Northlands is home to horse racing until 2018

## Victory and heartbreak mark last day of thoroughbred season

**CONSTANCE BRISSENDEN**

Horse racing will continue at Northlands until 2018. In November, Northlands and Horse Racing Alberta (HRA) reached an agreement to continue racing at the park until July 2018, when Century Mile, the new track outside the city, is ready.

Mat Monaco, executive director of The Horsemen's Benevolent and Protective Association of Alberta (HBPA), said it's a positive commitment.

"We have more clarity now on Northlands with the announcement on Nov. 3 that we will have a 2017 season there," Monaco said.

But on Oct. 22, when the

future of Northlands Park race-track was still undecided, the last day of the 2016 thoroughbred racing season took on a special significance for fans.

As the horses prepared for the first of 11 races, realtor Maureen Nicolson expressed strong hopes for the future. "If the track does move to a site near the Edmonton International Airport, let's make it a spectacular place with vastly improved facilities," Nicolson said. "The racing industry deserves new barns and modern amenities."

In many ways, Oct. 22 was a typical day, with good crowds, a full racing card, and the occasional light skiff of snow.

Jockeys raced after \$50,000 purses, one for each of the fol-

lowing races: the 15th running of the Freedom of the City, the 43rd running of the Duchess of York, the 20th running of the Canadian Juvenile, and the eighth running of the Harvest Gold Plate.

Jockey Renaldo Cumberbatch rode two-time winner Can't Use Nellie to victory in the Duchess of York. Can't Use Nellie was shipped in from Winnipeg to win the handicap stakes for fillies and mares.

Tragedy struck during the Canadian Juvenile. Norm's Big Bucks, a loveable two-year-old ridden by jockey Rico W. Walcott, was making a strong move to the lead. Suddenly, it was obvious Norm's Big Bucks was hurt. The way was open

for Trooper John and jockey Keishan Balgobin to capture a stunning eight-and-a-half-length first-place win.

Norm's Big Bucks' right front knee was fractured. Riversedge Racing Stables Ltd. bought him in 2015 at the Alberta Yearling Sale for \$95,000, a record price for an Alberta-bred horse, and the thoroughbred had already proven his worth in three high-stakes races.

"Norm's Big Bucks was making another of his winning moves and he took a bad step. I didn't even go to the winner's circle with my other horse, Trooper John. I had to focus on what was best for Norm's Big Bucks," said distraught trainer Tim Rycroft. "Everybody loved

that colt." Norm's Big Bucks was euthanized that night to prevent him from suffering further.

Racing is a sport noteworthy for victories as well as the rare tragedy. That day was marked by both.

Although the thoroughbred season is finished for 2016, harness racing runs Nov. 18 to Dec. 26. Friday and Saturday night races begin at 6:30 p.m. There is no racing on Dec. 24, but fans can take in a special 1 p.m. program on Dec. 26, the final day of racing in 2016.

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



Can't Use Nellie, ridden by Renaldo Cumberbatch, wins the 43rd running of the Duchess of York. | Constance Brissenden



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# Cooking healthy meals on a limited budget

Rising food costs have exposed a need for education

**SIERRA BILTON**

After Edmonton Food Bank's shocking realization that some clients didn't know how to use the staple ingredients in their food hampers, the organization teamed up with Shaw TV Edmonton.

The result was Cook it Simple,

a show hosted by chef Stanley Townsend, who was chair of NAIT's culinary arts program for 25 years. The show's purpose is to inspire Edmontonians to cook delicious and healthy food on a limited budget.

The plan was originally to film one episode, but that soon expanded to six episodes. Better yet, viewers can find full epi-

sodes on YouTube and recipes at [edmontonsfoodbank.com](http://edmontonsfoodbank.com). Find the recipes by going to the blog and searching under April 7, 2016 and Sept. 29, 2016.

"What actually sparked it was we had a client hold up a potato and say,

'What do I do with this?'" said Mark Doram, director of operations at the Edmonton

Food Bank.

This realization motivated the organization to help educate clients and the public on the endless meal options using basic ingredients found in a typical hamper.

The organization began their search at NAIT in the culinary arts program and found Townsend, who seemed a perfect candidate with his warm and jovial demeanour, not to mention over 45 years of experience.

Growing up in Dawson Creek with his four brothers, Townsend joked he quickly gravitated to the kitchen to ensure he was ahead of the line. He explained he's always understood the necessity of feeding many on a small budget, citing porridge, turnip and moose meat as staples he grew up on.

"In our hampers they'll get a lot of fresh produce," Doram said. "For example, depending on what's in season, they may get a leek," a potentially new ingredient for some.

Townsend explained, "the message is that everybody can do this, that's what I try to deliver in Cook it Simple. These recipes, they're colourful and accessible, so anyone can cook them."

Food security has become an issue felt by many with the rising cost of groceries. Cooking a healthy and tasty dinner can also appear to be a large task that requires excessive amounts of time after work. Townsend and the Edmonton Food Bank have tackled this claim by featuring three straightforward recipes using simple ingredients per 30 minute show.

David Berger, who was involved in the project from

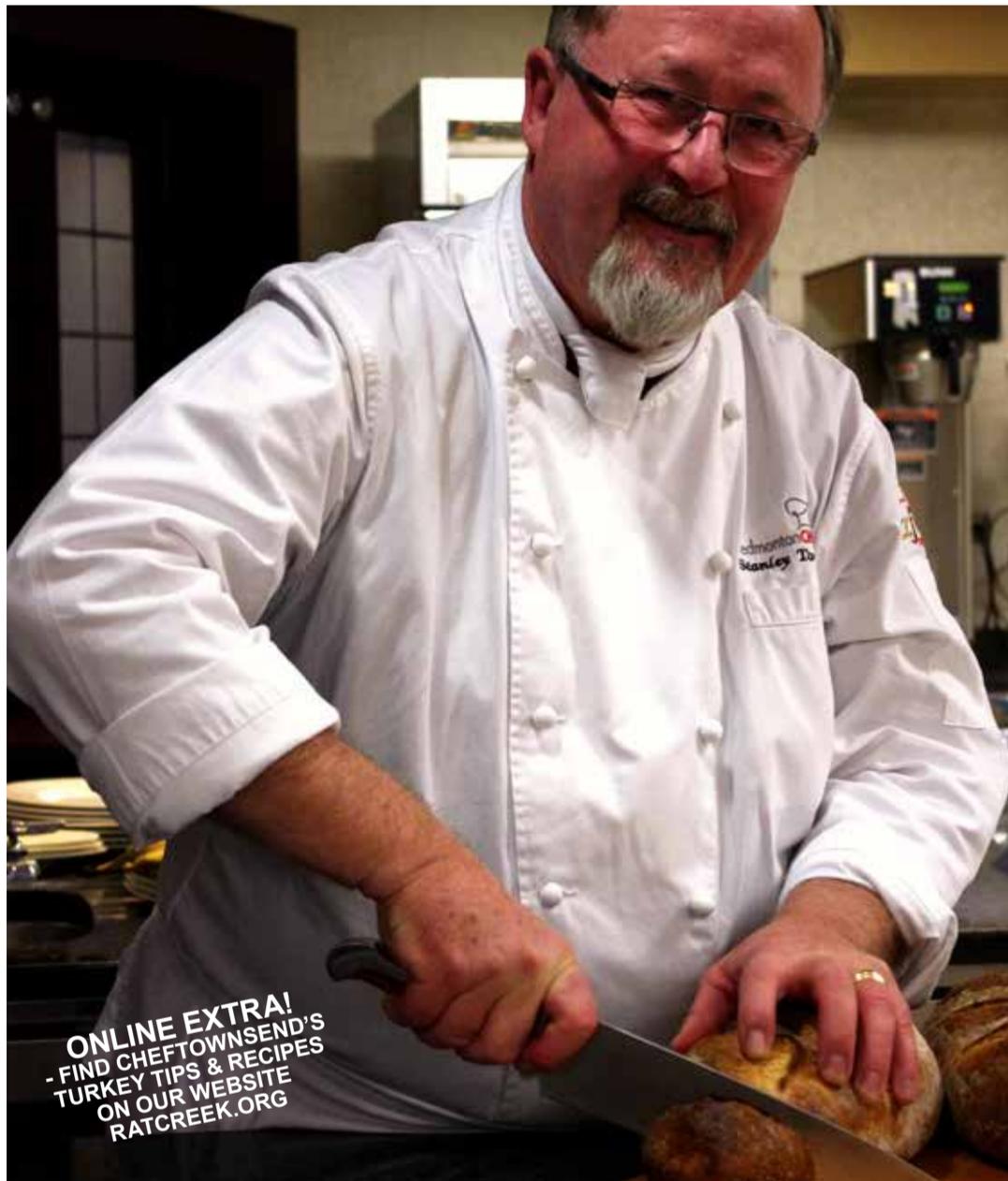
the beginning, said the decision hinged on building self-reliance and skills beyond dependence on pre-made and fast food. Berger explained limited incomes challenge many people to pragmatically stretch meals and maintain healthy eating on their incomes.

Ultimately, Townsend said, buying fast food ends up being more expensive because of the lower quality of ingredients. Sarah Halton, public health dietician noted convenience foods often use ingredients such as simple starches (potatoes and noodles) that don't make you feel full the same way whole grains do.

Pre-made foods also cut costs by using fewer expensive ingredients like meat, which also make you feel full. These ingredients lead to needing more food to feel full. She agrees with Townsend that buying raw ingredients and cooking at home will save you money and lead to healthier, more filling meals. Halton added, "the number one way to save money is buy only what you need and actually use it."

Townsend added, "Love food and love yourself; sit down, celebrate and share."

*Sierra is a communications student specializing in journalism at MacEwan University. She has a particular love of the art and culture found nestled in Edmonton's Alberta Avenue communities and beyond.*



Chef Stanley Townsend has been a teacher and mentor to many students over the years noting, "It's not the mountain I've climbed. It's the people I've helped climb the mountain." | Sierra Bilton

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## BEST ITEMS TO DONATE

- Sturdy vegetables
- Pasta & sauces
- Peanut butter
- Beans and lentils
- Canned meats (tuna, salmon, ham)

# Comparing chickens to chickens

	Fried Chicken	Rotisserie Chicken	Home-Cooked
What you get	10 chicken pieces: \$20.99 at KFC.  Save-on-Foods or Safeway: 9 pieces for \$14.99.	\$9.99 at Safeway and Save-On-Foods.	Safeway \$2.99/lb: 3-5 lb chickens range from \$8.97 to \$14.95.
Savings	KFC coupons.  \$9.99 special on Thursdays at Safeway deli.	\$7.99 special on Wednesdays at Safeway.	Watch for sales. Bulk (2 or 3 pack). Frozen is usually cheaper than fresh.
Bonus	Fast is really the only convenience when looking at the price.	Low price and convenient. Can be healthy, especially if skin is removed.	Many ways to cook. You can use carcass to make stock. Less expensive per lb than rotisserie chicken, according to <a href="http://Priceonomics.com">Priceonomics.com</a> .



Fried chicken isn't economical, but it is quick. | Pixabay

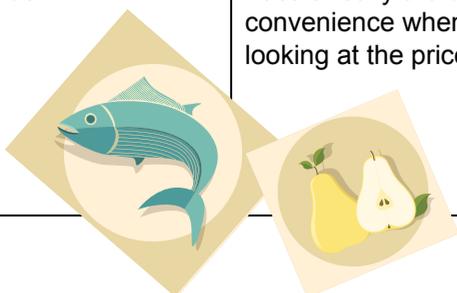


Rotisserie chicken is affordable and can be used in many ways. | Pixabay



Cooking your own chicken is affordable and you can use it in several ways. | Sierra Bilton.

\*All prices shown do not include tax





# Grocery shopping - SHOP AROUND!

Prices of groceries can vary greatly from store to store and week to week depending on sales. Here are some price comparisons and tips to help you in your search for affordable food.

## GROCERY BASKET COMPARISON

Grocery item	Dollar Store	7-Eleven	Save-On	Safeway	Italian Store	Superstore
2% milk, 4 L	5.69	5.49	4.69	3.66 (sale) 4.66 (regular)	3.49/2L	3.43
Dozen eggs, large	3.29	3.49	2.99	3.59	3.70	2.49
Loaf of white bread	2.99	3.99	1.49 (sale) 2.69 (regular)	1.69	1.89	1.38
Peanut butter, 500g	3.79	5.99	3.49 (sale) 4.49 (regular)	2.59	5.79	2.97
Apples, gala	1.49/each	1.50/each	6.29/5 lb bag 0.79/lb (sale)	3.99/3 lb bag 1.99/lb	0.99/lb (sale)	0.78/lb
Bananas	0.89/each	2/1.75	0.78/lb	0.79/lb	0.89/lb	0.77/lb

## Food Tips!

**TIP:** Use protein substitutes such as beans, lentils, pasta, or mushrooms. Go meatless at least two days a week.



Stock up on vegetable protein. | Paul Goyette CC BY-SA 2.0, via Flickr

**TIP:** Use a slow cooker to make one-pot meals.



There are many meal options with slow cookers. | Patty Ho CC BY 2.0 via Flickr

**TIP:** Check your grocery store for “ugly” fruits & vegetables. Stores like Superstore, No Frills and Save-On-Foods offer discounted misfit produce.



Many stores sell imperfect produce for a discount. | Joe Shlabotnik CC BY 2.0, via Flickr

### BEST PLACES TO BUY SPECIFIC GROCERIES

Low-cost produce → H&W Produce and Lucky 97 Superstore

Discount meats → The Grocery People

Affordable spices → Paradiso Tropical, Bulk Barn, Superstore

### WECAN FOOD BASKET SOCIETY

Order a monthly basket (\$5 membership fee), 6 kg produce for \$10, 2 kg meat for \$15

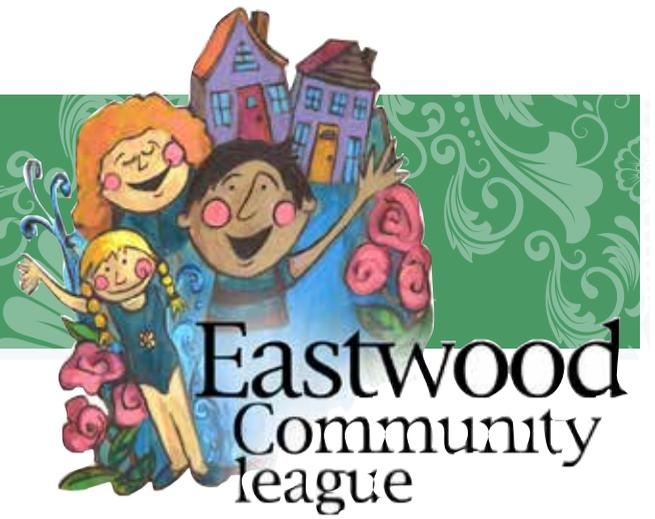
**TIP:** Check out a cookbook from the library. There’s plenty to choose from.

**TIP:** Shop at Asian or Latin grocery stores. They often have good prices and ingredients with plenty of flavour for low-cost.



# 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  
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## JOIN THE COMMUNITY

The league currently has several activities in place. Check out the youth/adolescent choir on Wednesday evenings, free to any league member in the Alberta Avenue network. Come out and sing contemporary songs and pieces in a choir setting. Or, join the adult choir on Thursdays. Also free to league members is children's dance lessons on Sunday afternoons from 1 - 3 p.m.

On Sunday evenings beginning at 7 p.m., the Native Outreach Church holds its weekly services.

Own a dog? You may be interested in the Dog Club, which meets at various times throughout the week for walks, play, socialization, lessons and lectures. If there is an activity you think would benefit the community, contact the league and present it to the board. There is plenty of funding for community activities, so don't hesitate to get in touch with your ideas and requests.

### WINTER SKATING & SUMMER SOCCER

The rink will be open regularly throughout the season and is located just north of the hall. Community league members from any community are welcome to skate. We also have a boots-for-skates program with plenty of sizes and styles for all ages and abilities. The community will also be renting the rink for shinny games, so if you are interested in playing hockey with other people of all abilities, contact the league for more information. For parents with children interested in soccer, register with Delton Community League because they look after soccer programs for several communities in the area. Children from ages 3 to 16 can



register. Begin registering in January, as the season needs to be set by early spring. If you are interested in coaching or helping out with the season, please let Delton know right away. We would also like to begin an adult group, so talk to your friends and neighbours to plan for next spring.

### JOBS WITH EASTWOOD

Are you looking for part-time work? Interested in adding to the benefit of the community as a regular, paid member? Eastwood is looking for the following positions: Casino Advisor (approximately \$2,500 per casino. Paid training and accreditation); Rink Maintenance Person (approximately \$4,000/season; paid training); Abundant Community Initiative Coordinator (\$20,000 for a one-year contract). If interested, contact the community league for more information, including required qualifications.



Eastwood community garden harvest | Supplied

## NEW BOARD ELECTED

On Nov. 2, Eastwood Community League held its annual general meeting with great success. Eastwood is in a healthy state, and the positive and exciting regrowth and rejuvenation we all want to see in the area is happening. Board meetings will be held the first Wednesday of every month at 7 p.m.

### Meet the new board members:

**PRESIDENT:** Elana Papin, a long-time resident of Edmonton and Eastwood, and very well connected with the Alberta Avenue scene.

**VICE-PRESIDENT:** David Barker, continuing from last year, also volunteers his time and expertise for the Edmonton Community Law Centre.

**PROTHONOTARY (THE REPLACED TERM FOR SECRETARY):** Lenn Wheatley has lived in the area for almost a decade, first in Alberta Avenue, where he helped get the Abundant Community Initiative going.

**TREASURER:** Tao Liu, new to Eastwood and Canada, is studying to be a chartered accountant. New directors: Jane Slessor, Caleb Nelson, Keith LaRoy, and Cheryl Atkins.

We wish to thank everyone who participated last year, making our community a little bit better, and helping to build a vibrant and integral place in the city: Tish Prouse, Misha Nelson, Victor Benitez, Barbara Heather, Anjie Robinson, Jazmine Peterson, Garry O'Brien, Steve Gower, Marina Pruden, Norm and Linda Burns, and Andrea Walker.



Eastwood community league | Supplied

**Volunteer & Notices**

**NOTICE LEAGUE MEMBERS**

No community swim/gym time at Commonwealth Rec Centre on Dec 24 or 31.

**DO YOU LOVE COFFEE? COMMUNITY? ARTS?**

Be part of a great team by volunteering as a barista at The Carrot! If you'd love to learn coffee art and the ins & outs of being a barista, or just want to get involved in the community, contact [volunteer@thecarrot.ca](mailto:volunteer@thecarrot.ca).

**LOVE THE WINTER? WANT TO BE PART OF A WINTER FESTIVAL?**

We are seeking volunteers for Deep Freeze Festival from Jan. 14-15 Watch [www.deepfreezefest.ca](http://www.deepfreezefest.ca) for volunteer dinners & events!

**WANTED...**

Musicians, dancers, artists, artisans, thespians, sculptors, and more! Submissions are open for Deep Freeze: A Byzantine Winter Festival. Go to [www.deepfreezefest.ca](http://www.deepfreezefest.ca) or call 780-471-1580 to join in the fun!

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A very *community* Christmas

**December 10, 6pm: Community caroling**

Meet at the hall and then venture out to serenade your neighbours and friends!

**December 17, 4-7pm: Community party!**

Seasonal crafts, children's activities, and a **free** community dinner at 5:30pm



*Parkdale Cromdale Community League*

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**Create upcycled holiday décor**

Thursday, December 8

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**SPECIAL GENERAL MEETING**

Tuesday, December 13 at 7 pm

Approval of new bylaws presented at the October AGM

**ELMWOOD PARK COMMUNITY LEAGUE**

12505 75 St | [epcl@shawbiz.ca](mailto:epcl@shawbiz.ca) | [elmwoodparkcommunity.org](http://elmwoodparkcommunity.org)

**Monthly Board Meeting**

Thursday, December 8 at 7 pm

At the hall

League memberships are free. Contact us!

All community members welcome!



**DELTON COMMUNITY LEAGUE**



**Winter Wonderland Painting Party**

Sunday, December 4 from 1-3 pm

Cost: \$40. You must reserve your spot on Eventbrite.

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# Learning to cook food across cultures

## Global Cooking is a social and learning opportunity

**REBECCA LIPPIATT**

The Edmonton Mennonite Centre for Newcomers (EMCN) has discovered food is the ultimate ice breaker.

The organization, which helps new immigrants integrate and settle in Canada, offers a Global Cooking Class on Mondays at Alberta Avenue Community League.

Each week, a group member teaches other participants recipes from their homeland. While the goal is to learn to cook, the class has many benefits. The leader practices his or her leadership, teaching, and language skills. It is also a social occasion, crossing cultural and gender barriers, and the group shares stories and translates for each other. Spontaneous song, dancing and laughter help participants feel welcomed and included.

For more information about the program or other programs offered by EMCN, contact Steffanie Beekman at [sbeekman@emcna.ab.ca](mailto:sbeekman@emcna.ab.ca) or 780.423.9692.

*Rebecca has been a full-time photographer for the last 9 years and is a mother to two boys and stepmother to two girls.*



On the right, Sonia Habashy, community facilitator with EMCN, laughs with Tahany (left), who emigrated from Syria with her three children 11 months ago. Tahany's husband died in the war and she lives with her sister and her children in Edmonton. | Rebecca Lippiatt



Mohaba, Zafar, Basel and Daro (left to right) prepare yalngy, grape leaves rolled with rice, vegetables and spices. Daro is homesick for his family, who are Syrian refugees in Lebanon, and is anticipating a taste of his homeland. Basel is dressed as Thor for Halloween, celebrated in Syria as St. Barbara's Day. The group encourages Mohaba to lead the next cooking class as they would like to try Somali food. | Rebecca Lippiatt



Grape leaves look a lot like maple leaves. Everyone expresses gratitude that they are able to share their traditions with their new Canadian community. | Rebecca Lippiatt



The class is multi-ethnic and inclusive. | Rebecca Lippiatt



A glass jar shapes the dough for the meat dumplings called shishparak, served in a cream sauce. Preparing them is similar to making perogies. | Rebecca Lippiatt



Lila, who immigrated from Syria 11 months ago, leads this week's class. She breaks into a song and dance while she teaches the group to cook traditional Syrian food. Lila wants to open her own restaurant in Edmonton. | Rebecca Lippiatt

# Ahmed Abdulkadir breaks down barriers

Community advocate strives to create strong communities

ADAM MILLIE

Big ideas for change has taken root on Norwood Boulevard.

Ahmed Abdulkadir, executive director of the Ogaden Somali Community of Alberta (OSCAR), operates a community centre on 111 Avenue. He's also one of the partners of the Safety Summit, an alliance of aboriginal, Somali, and community groups who have partnered with Edmonton Police Services and the City of Edmonton.

"[We are] working with mainstream organizations and working with community leagues to break down barriers between neighbours," said Abdulkadir.

He has brought diverse groups of people together to find common solutions to

community problems. So far he has contacted 80 organizations and has the goal of contacting 20 more by the end of the year.

For the past year-and-a-half, he and his organization of 350 members have worked out of a former payday loan office on Norwood Boulevard.

"We celebrate black culture, we talk about the contributions of black Canadians since the inception of Canada, and we talk about how Canada was the first country to free the slaves," said Abdulkadir. "There were bad things that happened in the past, but we move forward collectively."

When he's not at his office, he's shuttling his three kids to school, coaching soccer, and leading youth basketball programs. He sits on several committees and is involved with Black History Month and

Black Lives Matter.

By bringing groups together, he has been able to take on bigger projects than many community organizations can manage.

"We're already working on so many issues that are affecting the community, whether it's the safety of downtown communities, or it's economic development on the north side," he said. "We had our Cross Cultural Leaders Summit on Community Economic Development where we brought together regional communities and cultural communities to work on the elimination of racism and the creation of jobs."

The summit was well attended, with municipal and provincial governments at the table along with agencies and community leaders. Business success

stories were told to the forum, and solutions were presented for implementing diverse and inclusive board appointments.

But the work isn't done, and his next project will involve working with the school board to ensure schools are safe, inclusive, and provide quality education for all students. Abdulkadir said he intends to ensure the board addresses what he calls "the failure of government to change attitudes and mindsets of the community."

Part of changing perceptions is working with youth so they don't learn prejudice, to build stronger communities by shaping the adults of tomorrow.

"That is my project for 2017 in the schools: change the attitudes of the youth early, and then we can bring justice to all communities."

He said he wants to improve

the lives of children and ensure we all contribute to making public spaces safe for everyone.

"When I see the needles and the drugs are everywhere in community parks, and no one is picking it up? If it's not safe for a Somali kid, it's not safe for a white kid or an aboriginal kid either. It's our park for God's sake and we should work together to clean it up."

With the work he's already done, it's fair to say we can expect more from Abdulkadir in the future. Our entire community has been improved by his presence on Norwood Boulevard. He is a positive agent of change.

*Adam works as a mechanic and lives in Alberta Avenue.*



Abdul Abdulkadir is a community advocate working to build stronger communities. | Adam Millie



Edmonton-Delcore MLA Chris Nielsen and city Counc. Dave Loken hear Abdulkadir's message of unity at a rally. | Adam Millie

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# Understanding the meaning and origin of Yule

## Celebrating the season by looking into familiar symbols

**AMANDA SOKAL**

Yule or the winter solstice is the shortest day of the year and Pagans celebrate it around the same time as Christmas. In fact, Yule is the precursor to Christmas. When Christianity was being spread throughout Europe, many of the same symbols and traditions were assimilated into Christianity as a means to ease the recently converted Pagans into the faith.

So if we share similar traditions and symbols, what do they mean? Where did these familiar holiday decorations come from? I started thinking about this, as the Yule season is upon us and it is time to start planning the holiday and the ritual. We celebrate the holiday in many of the same ways as Christmas is cel-

ebrated. We give gifts, prepare a special meal and get together with loved ones.

An important part of the celebration is the ritual, which is where and how Pagans do spiritual work and our magic. Each ritual has a specific purpose and Yule is no exception. Ravenna (a Wiccan) wrote the ritual I chose this year and I found it on her website ([angelfire.com/wa3/angelline/yule\\_solitary\\_ritual.htm](http://angelfire.com/wa3/angelline/yule_solitary_ritual.htm)). The ritual acknowledges the darkness of winter, the dying of the Sun and his rebirth as the days get longer. It gives thanks to the Mother for our continued survival, protection and prosperity. The days are cold and dark, but we still have much to celebrate. We have enough food to sustain us. We have friends and loved ones to warm our homes and hearts. We know each day brings warmth, sunlight

and growth back to us again. We have survived.

As I chose and prepared for the ritual, I pondered the meanings of these familiar symbols. Part of the joy of Yule is decorating in preparation of the ritual and the season's festivities. Chances are most of us have fond memories of decorating a tree, lighting candles, and hanging mistletoe.

According to the Sacred Earth Journeys blog, these decorations have a Pagan origin. Pagans also decorated evergreen trees, but not because they liked the piney scent in their home. Evergreens were special because their colour never faded, and Pagans brought them indoors to symbolically protect life from the cold of winter. As for the tradition of kissing a sweetheart under the mistletoe? Pagans

hung mistletoe to promote fertility in the coming year. Candles were more than just sources of light. They represent the light of the Sun and Pagans lit them to celebrate his return as the days grow longer. And a wreath on the door represents the circle of life, and the knowledge that winter will end.

No matter how you choose to celebrate or what you choose to call the holiday, the meanings are universal: peace, light, love, and health to everyone. May those same blessings come to all of you.

*Amanda is a budding entrepreneur, a practicing Wiccan, a burgeoning gardener and an herbalist who is working to obtain a degree as a naturopathic practitioner.*



Christmas has many Pagan symbols. | Pixabay

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Pagans celebrate Yule in ways that are similar to Christmas celebrations. | Pixabay

**CONNECTED**



**transitions**

## Feeling BLUE over the holidays?

The holidays can be a trying time for many folks. Please join Connected Transitions in sharing and gaining support in tough times. Complimentary chili will be served!

**RSVP to Jo-Anne Kobyłka**

780-394-1282 Jo-Anne@connectedtransition.com

**December 11, 2016**

Alberta Avenue Community Centre  
93st - 118 ave. 5:30pm

[www.connectedtransition.com](http://www.connectedtransition.com)



# WHAT'S ON IN DECEMBER

Brought to you in partnership with [NorwoodNeighbourhoodAssociation.ca](http://NorwoodNeighbourhoodAssociation.ca)

## COFFEE WITH COPS

Dec. 6, 10-11:30 am | The Carrot (9351 118 Ave). Chat about neighbourhood concerns with Cst. Challenger.



## SALE AT THE NINA

Dec. 9-22, Mon-Fri: 9:30 am-2:30 pm & Sat 1-3 pm. Show & sale Dec. 9 at 5 pm. | Nina Haggerty Centre for the Arts (9225 118 Ave)

## CARROT CHRISTMAS ARTS BAZAAR

Dec. 9, 7-9 pm & Dec. 10, 10 am-4 pm. | The Carrot Coffeehouse

## INDIGENOUS MARKET PLACE

Dec. 11, 10am - 4 pm. | Bent Arrow in gym at Parkdale School 11648 85 St.

## JINGLE JAMMIN' CHRISTMAS CAROLING

Dec. 16, 6 pm. | The Carrot Coffeehouse

## YULE AVE

Dec. 16-18. [www.yuleave.com](http://www.yuleave.com). | All around 118 Ave



## PARKDALE XMAS PARTY

Dec. 17, 5 pm. | Parkdale-Cromdale Community Hall (11335 85 St)

## ALBERTA AVE NEW YEAR'S EVE SKATING & FIREPIT PARTY

Dec. 31, 6 pm-1 am | Alberta Ave Community League (9210 118 Ave). Free, family-

friendly event with music, skating & firepits. See Facebook & [albertave.org](http://albertave.org) for details.

## POP-UP XMAS PRESERVES SWAP

Dec. 1-24 | The Carrot Coffeehouse. Bring a jar of your favourite preserve and take another jar home! Label your jar with ingredients.



## BUILT TO LAST

Dec. 3-Jan. 21 | [bleedingheartart.space](http://bleedingheartart.space) (9132 118 Ave). Installation artist Carly Greene explores the idea of shelter ([carlygreene.com](http://carlygreene.com)).

## ENTERTAINMENT

**PRO WRESTLING**  
First Saturday of the month. | Alberta Avenue. Tickets: \$20. More: [monsterprowrestling.com](http://monsterprowrestling.com)

**5 PIN BOWLING**  
Every day, 10 am-10 pm. | Plaza Bowl.

**KARAOKE**  
Wednesday to Saturday, 9 pm-2 am. | Mona Lisa's Pub.

**LIVE MUSIC**  
Fridays, 7:30-9:30 pm. Cover: \$5, children free. | The Carrot.

**OPEN MIC**  
Saturdays, 6:30 pm. | The Carrot.

## SAVE THE DATE

**DEEP FREEZE FESTIVAL**  
Jan. 14-15, noon-6 pm. Special events until 10 pm on Jan. 14. | 118 Avenue between 90-94 Street. [deepfreeze.org](http://deepfreeze.org)

# FREE COMMUNITY PROGRAMS

Go to [ratcreek.org](http://ratcreek.org) for more information

## ESL & LANGUAGE

**PRACTICE ENGLISH**  
Conversation circle, Mondays 7-8 pm at Sprucewood Library. Fridays, 10:30 am - noon at Highlands Library.

**CREE LANGUAGE**  
Conversation circle by Canadian Native Friendship Centre. Mondays 6-8 pm at Highlands Library.

**ECALA ENGLISH**  
For community integration Mondays and Thursdays from 11:15 am to 1:15 pm at Parkdale-Cromdale. More: Sarah 780.887.6825 or [sarahdelano@hotmail.com](mailto:sarahdelano@hotmail.com).

**BOOK CLUB**  
For literacy learners, Fridays 10 am to noon at Parkdale-Cromdale.

**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.

**CONVERSATION CAFE**  
Practice speaking English and learn about Western Canadian culture. Childcare provided. Saturdays 10-11:30 am from mid-September to end of May at Bethel Gospel.

**LANGUAGE INSTRUCTION FOR NEWCOMERS TO CANADA (LINC)**  
More: Edmonton Mennonite Centre 780.423.9522 or [info@emcn.ab.ca](mailto: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**  
Cook with friends, try new recipes, help your food budget at St. Faith/St. Stephen. Cost: \$3. Second Tuesday: 1-3:30 pm. Trish 780.464.5444. Third Wednesday, 5:30-8 pm. Amanda: 587.930.8238.

## PARENTS & PRE-SCHOOLERS

**COW BUS**  
Edmonton Literacy Classroom on wheels every Friday from 8:30-10 am at Parkdale hall.

**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.

**MULTICULTURAL RHYMES THAT BIND**  
Pre-literacy program for families with babies & children pre-kinder age. Mondays 9:30-11:30 am at Parkdale-Cromdale. More: Sarah 780.887.6825.

**BABES IN ARMS**  
A wonderful casual parent group Fridays 10 am - noon at The Carrot.

**SING, SIGN, LAUGH & LEARN**  
Mondays and Tuesdays 10:30 am at Sprucewood Library. More: 780.496.7099. Wednesdays 10:30 am at Highlands Library. More: 780.496.1806.

## CHILDREN

**LEGO AT THE LIBRARY**  
Design and build a lego creation. Ages 6-12. Third 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](mailto:39thedmontonguiding@gmail.com) or 1.800.565.8111 (answered locally).

## YOUTH

**EVIL GENIUS CLUB**  
Robot battles, Arduino hacks, DIY music, art, Minecraft, photography, 3-D design and printing are just the beginning for this club of maniacal makers. Fridays, 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 3:30-4:30 pm at Highlands Library.

**TEEN LOUNGE**  
Play video games, make a DIY project, or just hang out. Thursdays, 6:30-8:30 pm at Sprucewood Library.

## ADULTS

**ADULT COLORING**  
Coloring and creativity. Books, felts and pencil crayons provided or bring your own. Third Wednesday of month, 2-3 pm at Highlands Library.

**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](mailto: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](mailto: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

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

**MUSIC LESSONS BY CREART**  
Free group music lessons Saturdays at Parkdale-Cromdale from 10 am to 12 pm. More: [creartedmonton@gmail.com](mailto:creartedmonton@gmail.com) or 587.336.5480.

**FREE REC CENTRE ACCESS**  
Free access to Commonwealth Recreation Centre on Saturdays from 5-7 pm for members of Elmwood Park, Spruce Avenue & Westwood and on Sundays from 1-3 pm for members of Alberta Avenue, Delton, Parkdale/Cromdale. 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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Holidays!*

*From all of  
us at the  
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**Brian Mason, MLA**

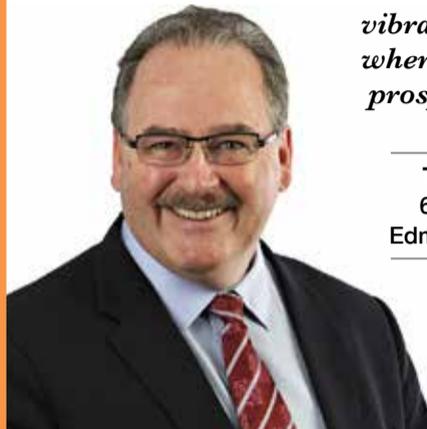
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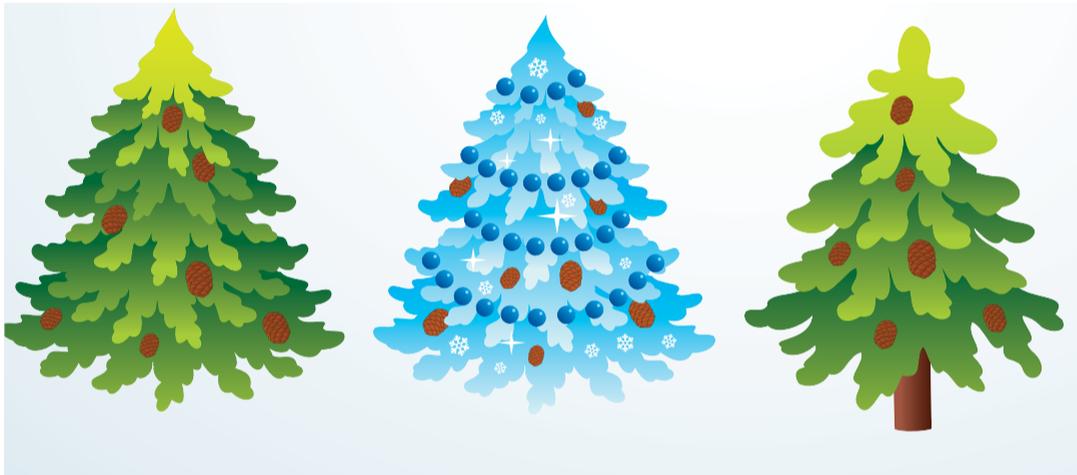


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