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## Red Chair Ave sparks conversations

Talk about your dreams, love, and thoughts of home



Wesley Andreas (left) and husband Ed Koehler (right), relax on a few of the chairs to be used on June 3. | Rebecca Lippiatt

### TALEA MEDYNSKI

On June 3, look for red muskoka chairs in small parks. Part of 100in1Day, Red Chair Ave aims to spark conversations and introduce people to underutilized parks.

Wesley Andreas, organizer of Red Chair Ave, said he often passes what he calls a “pocket park” on 96 Street and 116 Avenue.

“I don’t think I’ve ever seen someone there,” Andreas said.

He explained the city created these parks in vacant house lots in the ‘70s when they identified a need for more green spaces.

“Now it seems like they’re random lots and underused,” Andreas said.

He hopes to bring attention to this neighbourhood gap by placing red muskoka chairs in these parks on June 3 and encouraging people to sit down and have a conversation with others about their thoughts, love, or dreams of Canada, Edmonton, and

their neighbourhood.

“It’s about building community and having an intentional time to think about the place we live in or talk to people we wouldn’t normally meet,” he said. He supplied a list of questions because “it gives an entry point. It’s hard to meet people.”

Volunteers will help at the locations by explaining the idea to passersby and handing out postcards to complete afterwards. The postcards record the basic idea of the conversations.

Andreas said he plans to place chairs in pocket parks or smaller neighbourhood parks in Spruce Avenue, Delton, Alberta Avenue, Parkdale-Cromdale, Eastwood, and Elmwood Park. Some chairs may also be available outside businesses like The Carrot Coffeehouse. A map with locations will be available at the sites and online at [makesomethingedmonton.ca/events/1649-red-chair-ave-100in1dayyeg/](http://makesomethingedmonton.ca/events/1649-red-chair-ave-100in1dayyeg/).

“Everyone should have one

close to their house, ideally,” said Andreas, although he’s still working on a location for Westwood.

At least four or five parks around those neighbourhoods will have chairs, although he is aiming for 12 or 13 locations. A few examples are the 118 Avenue grassy space and the pocket park on 96 Street and 116 Avenue.

So why red chairs?

“Red is prominent, it’s visible. We want people to notice these unexpected spaces we don’t pay attention to usually,” said Andreas.

While Andreas hopes to obtain 100 chairs for Red Chair Ave, he said he will use fewer chairs if needed.

“The ones I like aren’t available in bulk,” he laughed. “We’ve been having to raid Home Depot.”

Andreas said he hopes to do something creative with the postcards afterwards, like create a poem or an art installation.

Participants can also continue

the conversation beyond June 3 by entering into a draw to win a pair of muskoka chairs. When completing the postcard, include your contact information and indicate if you want to be added to the draw by checking off the appropriate box. Volunteers will collect the postcards. Andreas said the intention is for the winners to place the chairs on their front lawn and encourage people to sit and talk.

Andreas also said he hopes the event will encourage people to use pocket parks more often for activities such as picnics, frisbee, or bocce ball.

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

### RED CHAIR AVE

June 3, 10 am to 3 pm  
[makesomethingedmonton.ca/events/1649-red-chair-ave-100in1dayyeg/](http://makesomethingedmonton.ca/events/1649-red-chair-ave-100in1dayyeg/)

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# Turning vacant lots into lush gardens

Local resident pitches solution for landowners

## STEPHEN STRAND

Vacant and underutilized lots can become an eyesore. For the most part, they lay bare, except for stray litter that blows in and finds its forever home.

Paul Farquhar has come up with a remedy: turn that land into gardens for community members to use.

“There is this kind of disconnect between a lot of newcomers and refugees and just general Canadians. It got me thinking about something that people could get their hands on and pull people in, pull people together and get them meeting each other,” said Farquhar.

This year, Farquhar said he wants to get landowners interested and start turning lots into gardens. The landowner would still own the land, but the com-

munity would take care of it.

“Essentially, when there is a garden, there isn’t any grass to cut or maintain. We would pick up any bottles or trash,” said Farquhar. Their ideal plot would be anything that “isn’t too rocky, but anything that is flat, grassy, or dirty.”

As opposed to a community garden, Farquhar said he would like to keep the cost of these gardens down. “For community gardens, the city generally owns the land and they let you use it. Or you use the land at a community league. So, they only have so much land. Lots of them already have gardens and there are usually fees associated with that.” Because of this, it becomes inaccessible to those without much money.

Farquhar said ideally there would be no cost to those who wish to garden, but added, “I

think we will probably have to get some cost looked after in terms of tools and equipment, but whether that be through donations by people looking to garden, or just general fundraising, [that] isn’t quite clear yet.”

Future gardeners would likely provide their own seeds, but if enough people want the same thing, the seeds may be provided. Farquhar added that he hopes to be able to provide tools.

The gardens would be available to everyone. Contact Paul Farquhar at farquhar657@gmail.com for more information.

*Stephen works in broadcasting and writes for fun. He can be seen walking through the neighbourhood with a bag covered in pins and filled with books and notepads.*



Paul Farquhar wants to turn some of the area’s vacant lots into gardens. | Stephen Strand

# Westwood community pond to be upgraded

The plan is a positive step in meeting community needs

## CHANTAL FIGEAT

Westwood’s ornamental pond is just north of my apartment building. I’ve often walked by it and regretted that I couldn’t use it for wading during hot summer days.

The pond was a community wading pool for several years. But in 2011, Alberta Health Services declared it unsafe for wading and it’s now designated as strictly ornamental, with signage in place to discourage use as a wading pool.

“Alberta Health Services identified the standing water as a health hazard,” said Kim Ellis, president of Westwood Community League.

Since then, the City of Edmonton and community members have worked to develop a plan for the pond.

“This has been a longstanding project all the way back to 2010,” said Ellis.

In 2012, Westwood Community League surveyed the surrounding community. In June of 2014, the city presented

two concept plans at a public open house and gathered feedback.

“The plan was narrowed down to a single plan,” said Ellis. “It was presented to us as something really unique. We finessed it down to what I think is a good compromise.”

By December 2014, project funding was approved in the 2015-2018 capital budget deliberations. The city presented the approved concept plan to Westwood Community League in March 2015.

The final plan sees the area as a quiet space with an ornamental fountain north of the site. This is for year-round use and will be a tranquil setting for community league events.

The south end of the park will have a ground spray deck where people can get wet and cool off. Grassy areas nearby will provide space to sunbathe. Increased seating, including picnic tables, will also be available.

Pedestrian movement areas at the park will be upgraded. A pathway through the park will

link the north and south sections. The concrete path around the park and the stairs leading to the community league will

be restored.

The pond’s mechanism will be upgraded to meet necessary standards. Concrete in the pond

will be recycled as fill material where possible throughout the city.

Construction is expected to start shortly and the project is slated to be complete in the fall. “We’re hoping it will be done in the fall,” said Ellis. “We’ve talked about it and worked on it for so long.”

*Chantal has worked in publications production for the government and has taught overseas in South Korea. She loves the ethnic diversity and history in Alberta Avenue and enjoys sharing it with the community.*



Westwood’s wading pool and park are slated for renovation. | Chantal Figeat

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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Jessica MacQueen, John Dunn, Nicole Malenczak, Joe Wong, Rob Bernshaw, Aydan Vickruck-Dunnigan, Patricia Dunnigan, Amanda Sokal. The board may be contacted at board@ratcreek.org.

### PRODUCTION STAFF

PUBLISHER Karen Mykietka info@ratcreek.org  
EDITOR Talea Medynski editor@ratcreek.org  
DESIGNER Lorraine Shulba design@ratcreek.org  
ADVERTISING ads@ratcreek.org

### 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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# Healing stories of Truth and Reconciliation

Local installation prompts us to share and listen

**TALEA MEDYNSKI**

A traditional Métis story used to teach values of honesty and sharing is being shared once again for Truth and Reconciliation during Medicine Stories/Maskihkîy Âcimowin.

The installation, which runs May 27 to June 21, features a 12-foot steel tree based on The Giving Tree story. The tree, placed in the 118 Avenue and 92 Street grassy space, will be used for Truth and Reconciliation through storytelling, songs, and art.

As the story goes, a family stops on a trip for tea but realize they didn't bring sugar. The mother asks her son to reach into the hollow of a Manitoba maple tree, where he discovers sugar, tea, tobacco, letters, flour, and moccasins. In return, the family leaves something for other travellers.

Just like in the story, the steel tree has a hollow. But instead,

people can take or leave stories of reconciliation.

"It's a metaphor of the tree being a place of gathering, sharing, healing," said Dave Von Bieker, one of the organizers and arts chaplain of Bleeding Heart Art Space.

Lori Calkins, the team lead, a Métis woman, and an Anglican priest, said the story teaches us that "each one of us has a gift to offer."

Medicine Stories/Maskihkîy Âcimowin in Cree, follows up on last year's installation about missing and murdered indigenous women. The project started last June when Bleeding Heart Art Space and the Diocese of Edmonton's Indigenous Ministries Initiative applied for a \$10,000 grant from the Anglican Foundation of Canada geared toward Truth and Reconciliation efforts.

"The Anglican Church was complicit with residential schools," said Von Bieker.

Calkins added, "The Anglican Church is making sincere efforts to make reparation and to learn."

Von Bieker explained the tree intrigued organizers, who learned of the story from Leah Dorion, a Métis artist, author and speaker.

"The tree is representative of the central place where the stories are shared." Von Bieker explained anyone involved in reconciliation in some way can share their stories.

Calkins explained stories have a spiritual component. "They open us to something larger than ourselves and they open us to one another. One of the Cree words for truth means speaking from the heart. The truth teaches us to quiet our own assumptions and our own voices to listen with our heart open. Some of the elders have used that word with Truth and Reconciliation."

"Shared stories may give

people an idea. It may inspire us to do acts of reconciliation in our own lives," Von Bieker added.

Calkins said the installation is a relationship-building project, creating a space where participants are not spectators.

"Art and story open a backdoor into our hearts and minds that only information doesn't do. We're hoping the installation takes down some of the censors and barriers that have come out of the colonial experience," she said. "I'm hoping people will have their imaginations inspired on how we can live together on the land."

Besides the tree, live events will take place from 1 to 3 pm on the Saturdays during the installation. Between those live events, people are invited to share stories.

Participants can also listen to guided audio tours on the 118 Avenue grassy space using Detour, a new cell phone app.

"Go on to the land to turn the app on. It'll know where you are because of GPS. Specify what you want to hear about," said Von Bieker.

After the installation is over, organizers hope to publish material from the project so people can continue to access it.

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

**MEDICINE STORIES/  
MASKIHKÎY ÂCIMOWIN**

May 27-June 21  
118 Avenue and 92 Street  
grassy space

Free admission

Schedule and more info:  
<https://bleedingheartart.space/medicinstories>



Artist Stephanie Medford (pictured) helped build the natural elements of the tree. Joanne Guthrie built the steel structure with design help from Marcie Rohr, Christopher Vander Hoek, and Marina Hulzenga. | Rebecca Lippiatt

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# Beautifying a community one garden at a time

## Celebrate with Rubber Boots and Bow Tie Garden Party

### MAEGAN SAUNDERS

Alberta Avenue Community League (AACL) has dedicated the past six years to beautifying its multi-use outdoor space in an effort to join nature and community. Set behind the league building, this little hide-away is home to a thriving community garden and year-round events.

One of those events is the Rubber Boots and Bow Tie Garden Party on June 24. It's an opportunity to enjoy an adult night out in the peaceful space, and if you wish, to contribute to the ongoing beautification through garden installations and a collaborative project.

The garden party, now in its fourth year, is a way of enjoying the work put into the beautification, which grew out of a need to create a functional space for community members.

The project began with a community garden and has grown each year to include installation art, paintings, seating areas, and a supply shed. Home to 50 plots and a range of trees and bushes such as raspberries, saskatoon berries, grapes, and pears, the garden provides community members with a sustainable source of food and a chance to socialize.

Karen Mykietka, former league president, has been there since the beginning and remembers thinking, "rototill and they will come." Since then, the garden and multi-use space has been used for all kinds of events and activities including festivals, Spark! youth camp, a winter rink, weddings, lawn games, and exercise classes.

League members who want to contribute to the beautification project can purchase a garden plot, donate supplies or art, volunteer for events, or help

with space maintenance.

Community gardeners supply seeds and plants for their own gardens, but community members often donate trees, plants, and supplies. Additionally, the City of Edmonton occasionally donates leftover plants and trees. Due to high demand, the league is only renting plots to Alberta Avenue residents for an annual plot fee of \$20. Gardeners must also volunteer at least four hours per year towards the community league.

Lorraine Shulba, mural artist and designer for the garden party poster, said "there are a lot of beautiful people in the neighbourhood."

Shelaine Sparrow couldn't agree more. A resident of Alberta Avenue for 16 years, Sparrow originally became involved with the community garden to support Edmonton's garden culture but now enjoys teaching her 8-year-old that "when you

cultivate care through beautiful spaces, things will be prosperous in so many ways." She explained the community "is so creative and willing" and enjoys the garden for its food security, sustainable food options, nurturing space, and fun ambience.

Garden party participants can enjoy this ambience. A pergola, adorned with Edison bulbs and a bee hotel, will set the mood for the party's relaxing evening of local music and mingling. Appetizers, a cash bar, and plenty of lawn games accompany this evening in nature. Friendly competitions for most creative rubber boots or bow tie, along with a People's Choice Award for favourite garden installation piece will also take place. Register by June 17 to ensure your garden installation is entered in the competition.

Visit the AACL events page here to purchase tickets for the garden party, or for more

information about the ongoing beautification project. Tickets are \$10 in advance or \$20 at the door.

*Maegan studied 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.*

### RUBBER BOOTS & BOW TIE GARDEN PARTY

June 24, 7:30 pm

Alberta Avenue  
Community Garden  
9210 118 Avenue

Tickets \$10 in advance,  
\$20 at the door  
[www.albertaave.org](http://www.albertaave.org)



The Garden Party is an opportunity to enjoy the ambiance of the garden, enter an installation, have fun with friendly competitions for most creative rubber boots or bow tie, and eat great food.

# Two more tours scheduled for Eats on 118

June tour will feature different restaurants on the Ave

TALEA MEDYNSKI

Last year's Eats on 118 food tour, which encouraged people to try 118 Avenue area restaurants, was such a success that three tours are being held this year. April's tour is already past, but two tours are scheduled for June 28 and August 30.

"What got it started was a workshop called Leading the Way," said Joachim Holtz, executive director of Alberta Avenue Business Association (AABA). "We thought, 'what can we do to help the hospitality businesses?' Restaurants feel recessions a lot on their bottom lines."

June's tour will feature The Duck Taphouse and Grill, Lan's Asian Grill, Plaza Bowling Co, and possibly one more.

Julian Halabi has owned The Duck Taphouse and Grill on 118 Avenue and 104 Street since 2004. The area has changed since then, due in large part to the Avenue Initiative Revitalization.

"Community involvement is so important. Ten years ago, it was really rough. It's gotten a lot better—cleaner, safer. You just need to get people to come here and check it out," he said.

Customers like city staff, NAIT instructors, and NAIT students love frequenting The Duck Taphouse and Grill. Signatures from students in trade programs like millwrighting adorn walls and areas around the bar.

Since I interview Halabi in the early afternoon, it's quiet but has a friendly feel. Halabi offers a mixture of pub fare such as a steak sandwich or pizza and Mediterranean food like hummus and babaganoush. He's not sure what he'll be offering tour participants, but people can look forward to a great experience.

"It's pretty nice here," said Halabi. "Quiet, clean, good atmosphere."

Right around the corner is Lan's Asian Grill.

Tom Lim is one of the owners of the family-owned business on 118 Avenue and 103 Street. They serve southeast Asian cuisine, or as Lim explained, "Mainly Thai with spots of Vietnamese." They also make their own ice cream, which Lim said they try to keep as natural as possible.

The brightly-light and simply decorated restaurant has been in the 118 Avenue location for almost 10 years. Lim said he thinks Eats on 118 is a great idea.

"I think it's something 118 should have," he said. "We have some fantastic restaurants on the Ave. It's an opportunity to bring people to us."

He said it's also a chance to change people's perception of the area.

"There are some great business owners around here who've made it a great place to eat and to play," he said.

Lim hasn't yet decided what Lan's Asian Grill will be offering, since at the time of the interview he had just confirmed participation in the tour. But if the amazing smells are any indication, participants will be in for a treat.

"What better excuse to come and visit?" asked Lim. "You've got tickets!"

Tickets are \$40 and are available on [alberta-avenue.com](http://alberta-avenue.com).

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

EATS ON 118

June 28, 6-8 pm

[alberta-avenue.com](http://alberta-avenue.com)



Tom Lim, one of the owners of Lan's Asian Grill, holds ice cream made in-house. | Talea Medynski

# The Aviary will be well worth the wait

Fundraiser could cover remaining renovations

DAVE VON BIEKER

A year ago, I interviewed Philip Muz about The Aviary. We talked building permits and funding needs; revised plans and hopes deferred.

Today this community arts hub remains unopened, but that is about to change. City permits have been issued and renovations are in full swing.

According to Muz, the reasons behind the delay are complicated.

"Before we bought the building, we asked all the right questions," said Muz. While he and his brother Mark have past experience with permits, an old building brings surprises. The city's requirements were over and above what the brothers expected. "Bringing that old building up to 2017 code, that was the tricky part," said Muz.

The Aviary will be licensed as a restaurant so that events can be all-ages. As a musician whose kids can't attend many of my shows, I welcome this. A restaurant designation brings major costs and delays though, such as a ventilation system with a lengthy approval process.

Every dollar Muz could find went into the down payment for the 111 Ave building, leaving a daunting

\$30,000 to renovate to code.

Only it didn't cost \$30,000. The required renovations will total \$100,000 in the end.

"This winter was dark," Muz told me. "I was getting really negative."

The Muz brothers have been building fences, decks, and picnic tables and applying elbow grease to earn the cash, but the process hasn't been fast enough to



Philip (left) and Mark (right) Muz are currently knee-deep in renovations. | Dave Von Bieker

stop their building permit from expiring and having to be re-filed.

Huge sacrifices are needed to bring a venue to life, but the Muz brothers are up to the challenge. He cracks a wide smile about using a jackhammer. "I'm really enjoying this whole renovation thing, and knowing that we're starting to see the finish line, it's given me this little boost of energy."

The darkness cleared, he can now see an upside to waiting. "We've changed a whole bunch of things and that wouldn't have happened if we'd have been approved right away. We would have gone with our original design, which is a terrible design," Muz laughed. The revised design brings a lobby space, a huge art feature wall, as well as a reconfigured kitchen and stage layout.

Expect a rotating menu with a cast of guest chefs. I'm looking forward to Sunday brunch. Plenty of music will join other arts to fill the space. There will be great handicap accessibility, and The Aviary will be open as often as possible for events and rentals.

There is still one hurdle to clear. The brothers are short \$25,000 of that \$100,000 reno bill.

A major two-night fundraiser is coming up at The Mercury Room from June 17-18 to push past the finish line. Expect a silent auction, live music, and sweet surprises.

With our help, the Muz brothers will put down their jackhammers and open The Aviary later this summer.

To find out more on Facebook or Instagram, just search "Aviary Norwood".

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

## EDITORIAL

# Considering the impact of digital devices

Addiction to technology can impact relationships

FRANKI HARROGATE

Next time you're in a lineup or at a coffee shop, look around. What are other people doing? Chances are they're staring down at a handheld computer of some type, be it a smartphone or tablet. Perhaps they're even typing furiously on a laptop. Digital devices are ubiquitous.

It's handy to be able to look up the hours of a store, directions to your destination, or even read a novel on a vacation (without the actual weight of War and Peace interfering with your carry-on allowance). However, with increased access to technology and the almost constant ability to remain connected, are primary relationships being harmed? And is it possible to become addicted to digital devices?

Addiction is best characterized as any behaviour performed consistently and chronically, leading to a disruption in usual routines and dysfunctional behaviour. Some examples would include going out for coffee with friends who keep their face buried in their phone or going on vacation and being unable to stop checking emails or responding to texts, even when the purpose of the trip is to disconnect.

Do you find yourself getting edgy or feeling anxious about not having your smartphone when waiting in a line? Are you unable to sustain concentration on a task, instead surfing social media every five minutes or searching for kitten memes?

Researchers have coined the

term "technoference" to refer to the everyday intrusions or interruptions of technology on time spent with another person, whether or not that person is a romantic partner. Various research studies indicate negative results on interpersonal relationships because of technology.

In one example, researchers found even just having a phone on the table during a conversa-

tion can adversely affect the quality of the interaction. The amount of interpersonal closeness and trust participants felt toward their partner was diminished, as well as feeling a decreased sense of empathy and understanding from their partner. People who actively text during a conversation are considered less polite and attentive, and the quality of the conversation itself was rated lower

at a digital device might actually interfere with maintaining levels of executive functioning.

The time has come to consider the impact constantly checking emails, Facebook, and other social media have on our levels of interaction. My partner and I struggle to put down our phones or tablets during meals—there's always one more interesting article, one more funny meme—but if we don't, we miss out on connecting while sharing physical space. We miss out on creating our own moments, rather than vicariously participating in those of others.

Try a small experiment: the next time you're waiting (in line, for an appointment, whatever), don't reach for your phone. Instead, spend the time looking around or thinking whatever thoughts come into your head. At home or during your next social engagement, leave your phone out of sight. Take the time to fully participate in whatever you're doing.

If you think you have an addiction to digital devices, please contact a mental health professional for help.

Please note technology and tech devices can provide significant support to people who are neurodivergent (e.g., on the autism spectrum, with ADHD, and/or suffering from mental illness). Such support devices are as important as mobility aides and should be considered in that context.

*Franki is a graduate student in counselling psychology and an active volunteer. She's happily married to a talented acupuncturist, and mama to two fascinating miniature humans.*



Technoference is the term used to describe how technology interferes with time spent with others. | Pixabay

term "technoference" to refer to the everyday intrusions or interruptions of technology on time spent with another person,

tion can adversely affect the quality of the interaction. The amount of interpersonal closeness and trust participants

(regardless of whether the relationship is new or established).

Some of my former professors used to insist that phones be turned off prior to class in an attempt to reduce the likelihood of students texting during the lecture. Other professors went so far as to refuse the use of laptops in order to cut down on social media surfing and bolster learning opportunities, based on studies which show that learning and memory are increased when writing information as opposed to typing it. So in addition to decreasing the quality of interpersonal interactions, staring constantly

## Brian Mason, MLA

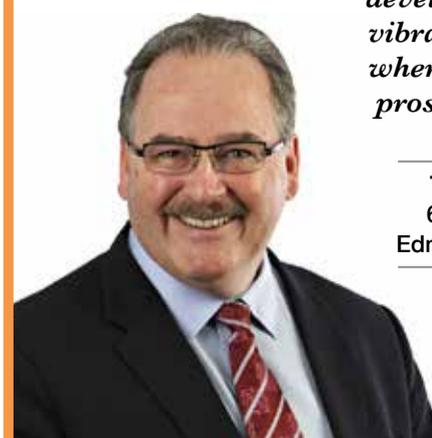
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# Teaching youth to be safe while online

The importance of boundaries, respect and safety

**RUSTI LEHAY**

Parents teach their children to look both ways to safely cross roadways, but it's equally important to teach them to navigate Snapchat, Twitter, Facebook, or any other social media.

Craig Krieger, Crown prosecutor, Technology and Internet Crimes, spoke at the April 25 Internet and Technology Safety for Children and Youth event during the Sexual Exploitation Week of Awareness.

"Youth run blindly across the intersections of the Internet; most make it safely across, some do not," said Krieger.

Parents can access multiple resources.

One of those resources is The Sexual Exploitation Working Group (SEWG). The Edmonton-based leadership group, comprised of 11 representatives from various groups, collaborates to create awareness of sexual exploitation and its causes and impacts.

Another resource is The

Sexual Assault Centre of Edmonton (SACE), one of the partner agencies of SEWG. Nikki Bernier is the director of community engagement and a trained sexual violence intervention specialist on SACE's public education team.

"Technology-assisted sexual violence is the new frontier that needs specific attention," said Bernier. While some may wish to ban smartphones and social media, technology alone is not the issue. These mediums are not going away and can be used appropriately and inappropriately. "We have to teach youth how to use technology in a consensual, non-abusive way," said Bernier.

Teaching, Bernier explained, starts with educating youth and even adults that images, once released, may be permanent. Sexually explicit photos, often shared consensually (sexting) in a trusting relationship, may be maliciously distributed after a breakup.

"It is inaccurate to think this is different than what we have experienced before. It is still

sexual violence. Victim blaming hasn't changed. Community attitudes towards sexual assault and technologically assisted sexual violence are similar. It is all sexual violence," said Bernier.

During normal adolescent development, body image acceptance is tough. Ryan Myers, associate from Respect Education for the Canadian Red Cross said, "Appreciating one's sexuality, preparing for sexual relationships, how to deal with intense urges, understanding gender identity, sexual orientation is no longer a binary concept."

All these developmental paths compound one another and affect decision-making abilities. When most youth are in trouble, they seek peers for advice and support.

Bernier added, "Technology and the teen brain are incompatible. Giving your child a mobile device is not just a phone. It is a powerful tool."

Producing, sharing, and distributing images involve risk. SACE offers presentations, listens to youth, addresses their

concerns, and engages in age-appropriate conversations.

That includes conversations about sexting. Any sexually explicit image of youth under 18 is considered child pornography. A young person may send an image of themselves to someone they trust. Bernier said, "Do not tell youth they can be charged with child porn. This scare tactic can backfire badly, possibly resulting in suicides, isolation, cutting, depression, bullying and blackmail."

Myers said, "As of 2012, one quarter of youth have sent sexual images to feel sexy, some due to pressure. Sexting is going to happen."

As adults, it is important to shift away from victim blaming messages. Youth may be seeking to enhance intimate relationships. Meyers discourages sexting and instead focuses on respecting boundaries. "Don't share images of others without permission. If anyone shares or pressures you to share images of youth online, talk to someone."

Most importantly, make sure the children or youth in your

life know any assault is not their fault. Self-blame is a long-lasting legacy of sexual assault.

*A member of the Professional Writers Association of Canada since 2003, Rusti has been writing professionally since 1999. Her favourite word activity is immersion editing with memoir writers.*

## INTERNET SAFETY RESOURCES FOR PARENTS & YOUTH

**SACE: Sexual Assault Centre of Edmonton (SACE): 780.423.4121**  
Contact SACE to ask them for their "Youth, Technology and Sexual Violence Resources" sheet with 15 helpful links.

**CEASE: Centre to End All Sexual Exploitation: 780.471.6137**  
The Family Centre: 780.423.2831



Kate Quinn, executive director of CEASE and chair of SEWG, speaks at the event. | Rusti Leahay

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# Learn Cree with free language programs

Preserving indigenous languages is crucial

MIMI WILLIAMS

Did you know that Amiskwaskahikan is the Nehiyaw (Cree) word for Edmonton? Or that what we think of as the Cree language is actually a continuum of eleven dialects that differ across the country? It's important to remember our country was inhabited for far longer than 150 years by people who spoke languages that were neither French nor English.

According to the Assembly of First Nations (AFN), there are 11 indigenous language families in Canada, with over 60 unique language dialects. Except for Inuktitut, the language spoken by Inuit, all are considered critically endangered.

Data from the 2006 census indicated approximately 117,000 Cree speakers throughout Canada. By 2011, the latest date for which Statistics Canada has data available, this number dropped to just under 83,500.

Ron Walker, the executive director of the Canadian Native Friendship Centre, thinks those numbers might be misleading and that the Cree language is not only maintaining but also rejuvenating itself.

"Despite so many years of racism and systemic colonialism, the Cree language is thriving," Walker said, mentioning the recent Ben Calf Robe Pow Wow. "There were many Cree speakers there and lots of songs in Cree."

Language is inextricably tied to culture. Of all the lasting legacies of the residential school system, the loss of language has, perhaps, had the most far-reaching effect.

From the late 1800s to as late as the 1980s, more than 100,000 First Nations children were taken from their families and communities and placed in residential schools. Some of the worst abuses were doled out as punishment for children speaking their native language.

With a great deal of First

Nations spirituality and knowledge passed on orally by elders through storytelling and performing sacred rituals, generations of children were unable to learn their history and were disconnected from their culture and belief systems. While Prime Minister Justin Trudeau promised last December that his government would introduce measures to help protect these languages, we have yet to see what those measures will entail. For Walker, it doesn't matter.

"It would be nice for the government to recognize the need but it's going to happen anyway. Our language has been our indigenous right since time immemorial," he said. "We don't need a bill or legislation. We know that language needs to be learned. For us, it's about building community and identity because without language, there's no culture."

Walker is proud of the success of the two Cree language learning programs his organization initiated.

Edmontonians wishing to learn Cree or improve their Cree language skills have two opportunities each week to do so. Each Monday evening from 6 to 8 pm at the Highlands library, the Canadian Native Friendship Centre hosts a Cree Language Conversation Circle. They also host a Cree for Tea Talking Circle on Thursday afternoons from 1 to 3 pm at their offices at 11728 95 Street. Both are free and require no pre-registration.

As the effects of residential schools on First Nations' language and culture continue to be felt, it is critical for indigenous people to preserve their linguistic and cultural traditions. Language learning programs are important tools in the reconciliation tool box. But for Walker, it goes much farther than that.

"There's power in language," he said. "What the mainstream needs to understand is that we are a living culture and there is no question of our existence

and there is no going back to the days when assimilation was the goal."

*Mimi is a writer who first moved to the Alberta Avenue area over 20 years ago. She has participated in a number of revitalization initiatives and continues to promote the Ave as one of the best areas to live, work and play in Edmonton.*

## CREE LANGUAGE CONVERSATION CIRCLE

Mondays, 6 to 8 pm at the Highlands library (6710 118 Ave)

## CREE FOR TEA TALKING CIRCLE

Canadian Native Friendship Centre (Room 200, 11728 95 St)  
Thursdays from 1-3 pm  
Both classes are free; no registration required.



Edmontonians have two options to learn or improve upon their Cree language skills with free language programs. | Pixabay



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**NORTHLANDS  
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# Elder in residence available at the library

Learn indigenous culture and find spiritual support

**MIMI WILLIAMS**

After a month on the job, the only complaint Elder Wilson Bearhead has is that he's not as busy as he'd like. As Edmonton Public Library's (EPL's) first elder in residence, Bearhead is available twice a week for anyone who wants to learn about indigenous culture or to receive spiritual support.

"Historically, an elder is someone who has lived a life and had a lot of experiences and also learned about our relationship with the land, our relationship with spirituality," he explained as we sit near the front window of the Abbottsfield branch on a sunny spring morning.

Bearhead is a member of the Wabamun Lake Indian Band and has done work in schools and in the community educating people about traditional indigenous culture and traditions. As elder in residence, he's available one day a week at Abbottsfield and one day a week at the temporary Enterprise Square location for one-on-one conversations.

"The teaching of the elders when I grew up was that the most important thing to look after is your spirit," he said. "Because it came from the heavens and comes to this world and eventually it's going to go back to the spirit world." Bearhead explained we each have a great responsibility to ensure our spirit is well looked after while

we are here.

We discuss addictions and despair as symptoms of broken spirits and our conversation turns to the lives of street-involved people, a couple of whom are outside in the library's parking lot. Bearhead said his schedule limits the extent to which he can offer counsel and guidance.

"Because I am only here two days, I can't make a commitment that some of these people need," he lamented, adding that Edmonton is fortunate to have many agencies and societies available to those who want assistance.

Part of Bearhead's role is to create and implement work-

shops and programs based on identified community needs and feedback. So far, he has started a Men's Healing Circle which will meet at the Abbottsfield branch on Fridays in June (except June 23) from 4:00 to 5:00 pm. As he gets more settled in the role and works with EPL staff, he expects to offer similar programs in the future.

Bearhead and his wife have also been working with APTN (Aboriginal Peoples Television Network) planning National Aboriginal Day celebrations for Wednesday, June 21.

"There will be a host of activities at Victoria Park downtown beginning at 10:00 am," he enthused. The day kicks off

with "the world's biggest round dance" which will see dances occurring at seven sites across Canada. A powwow will follow and the day will be capped off with a live broadcast of entertainment on APTN from 8:00 to 10:00 pm.

"It's going to be a busy day!" he said.

*Mimi is a writer who first moved to the Alberta Avenue area over 20 years ago. She has participated in a number of revitalization initiatives and continues to promote the Ave as one of the best areas to live, work and play in Edmonton.*



Elder Wilson Bearhead is available two days a week at EPL's Abbottsfield and Enterprise Square branches. | Shawna Lemay

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**Randy.Boissonnault@parl.gc.ca**



# A beginner's guide to creating compost

Making compost to use in your garden is easy

**RANDI LETENDRE**

Did you know the City of Edmonton creates compost out of your organic garbage? Your taxes pay for pick up, hauling, and processing, and then you can buy it back from the city. But you can also create your own, higher quality compost.

Composting is a simple way to reduce waste, save energy, and create a great product to use for free in your home and community. Compost is a balance of greens (G), browns (B), water (W), and air (A). Greens are anything fresh while browns are old and dry. A good way to

tell if something is a green or brown is to consider: in a wet pile of itself, will it rot? A wet pile of grass clippings definitely rots, while a wet pile of leaves won't.

There can be some debate about the best way to compost, but the best way is the way that works best for you! No two compost piles or bins are the same. All you need is either a bin for worm composting (vermicompost) and worms, or a space in your yard for an outdoor pile. A bin is not necessary. Add your greens, browns, water, and air, and that's it. You're composting!

Put as much energy and time into it as you want and have fresh product yearly or seasonally. Just don't add dairy, meat, bones, or human or pet waste.

A good compost pile has a balance of all four ingredients (GBWA). An imbalanced pile can create problems through bad odours, pests, or even working too slowly. Add twice as many browns as greens, and finely chop the greens. Keep the pile as wet as a wrung out sponge, so if you grab a handful and squeeze it one or two drops of water come out. It's important to aerate compost by adding twigs or materials

that don't clump when wet, as well as 'fluffing' the pile once a week.

Use finished compost whenever you like. Turn it into your garden beds, sprinkle on your potted plants, or top dress your lawn. Most compost must be diluted or mixed into other soil mediums, as the high nutrient content might be too much for plants.

Ensure your compost is done before using it, as anything still active in the pile will happily eat your plant roots as well. To test, put some compost in a sealable bag or jar and let it sit for a day. If there is gas or

odour produced in the container, the compost isn't done and should sit for a month to finish. Test again before using.

Have questions, or want more information on how it all works? Check [Edmonton.ca/compost](http://Edmonton.ca/compost) or contact one of the city's volunteer master composter recyclers at 780.496.5051 or [MCRP@edmonton.ca](mailto:MCRP@edmonton.ca). Have fun composting!

*Randi is a recent graduate of the Master Composter Recycler program through City of Edmonton's Waste Services. When not talking about garbage, she loves napping with her cats.*

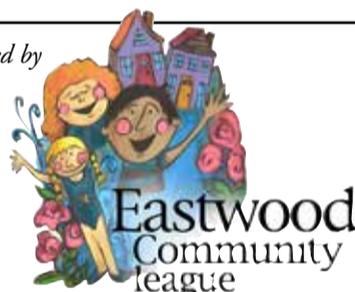


Check [edmonton.ca/compost](http://edmonton.ca/compost) on where to get worms. Worms prefer dark, warm areas and won't escape if the bin is healthy. | Randi Letendre

## your eastwood news

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**Rock On! Summer Day Camp:** Play air guitar, learn about dance routines and design your very own album cover at Eastwood this summer! Rock on! July 4-7 from 9 am-4 pm for youth 8-12 years. Course Code: 596965. Cost: \$103. Registrations: phone 311.

**Eastwood Community Garden Co-Operative:** We are partnering with the Edmonton Mennonite Centre for Newcomers (EMCN) to start an communal organic garden co-op with all neighbours interested in growing food together. Raised garden beds as well as grow bags will grow a wide variety of fruits, vegetables, and flowers. If interested in being involved, please call or email us. Email [mtaylor@emcn.ab.ca](mailto:mtaylor@emcn.ab.ca) or call 780.423.9691 to speak with our garden coordinator.

**Garden Seeding Party:** We are seeding the raised garden beds on June 3 at 10 am. Come out and plant with us! We will meet at the garden, behind the rink shack.

**Muttstock Festival:** Come out with your trusted canine companion for Muttstock's annual dog festival on July 8 in Eastwood Park!

**E-Town Vocal Music Society:** Every week, we partner with E-Town choir at Eastwood hall to bring cappella music to all ages, taught by professional voice instructors! They teach youth and adults. If interested, email [ETownVMS@gmail.com](mailto:ETownVMS@gmail.com) and visit their website at [www.ETownVMS.com](http://www.ETownVMS.com).

**Eastwood Board:** We are looking for passionate community dreamers, storytellers, green thumbs and event planners to join our community board! Sages and kickstarters needed! We care about supporting a thriving Eastwood community, but we are short-staffed and seek your gifts and abilities. We meet every first Wednesday of the month. Our next meeting is June 7 at 7 pm.



# Volunteer & Notices

**BIG BIN EVENTS**

Dispose of household items too large for regular collection at no charge. 9 am - 5 pm.

June 17 & 18, Sept 23 & 24 Commonwealth Stadium.

**SWIM FREE AT OUTDOOR POOLS**

Anyone can buy an Alberta Avenue league membership and access this program. Various free swim times daily at the four outdoor pools. More: [albertaave.org](http://albertaave.org)

**CASINO VOLUNTEERS NEEDED**

Rat Creek Press, Sept 10 & 11. [timecounts.org/rat-creek-press/events/947](http://timecounts.org/rat-creek-press/events/947)

**OPEN MIC HOSTS & SOUND TECHS**

Looking to participate in YEG's music scene on Saturdays? Help make the stage welcoming or do the tech stuff at The Carrot on Saturdays, 6:30-9:30 pm. Email [volunteer@thecarrot.ca](mailto:volunteer@thecarrot.ca).

**SUPPORT MUTTSTOCK**

Support this dog & music festival which benefits local animal rescues. Sponsorship and vendor opportunities. More: [fb.com/muttstock](http://fb.com/muttstock). Contact: [muttstock@gmail.com](mailto:muttstock@gmail.com).

**SEEKING PERFORMERS**

Kaleido welcomes arts & cultural experiences with multi-arts collaborative performances such as music, dance, theatre, film, literary and visual arts with performances on rooftops, sides of buildings, back alleys, parks and found spaces. Apply: [kaleidofest.ca/performers](http://kaleidofest.ca/performers)

**PLAY IN CHALK**

Edmonton artists are invited to submit their work for our Chalk It Up Community Celebration on July 22. Submission form at [www.thecarrot.ca/news/](http://www.thecarrot.ca/news/).

**ALL WE NEED IS A PORCH**

Seeking a porch two blocks north or south of 118 Ave from 90 to 94 St to use during Kaleido Festival, Sept 15-17. | [program@kaleidofest.ca](mailto:program@kaleidofest.ca) or 780.471.1580.

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**CONSTRUCTION** - The ornamental pond next to the hall is being removed and replaced with a fountain and spray deck.

**NO GREENSHACK** in Westwood this summer. Find alternative sites: [Edmonton.ca/playgrounds](http://Edmonton.ca/playgrounds)

**RESEARCH THE HISTORY OF YOUR HERITAGE HOME**

A hands-on workshop  
Wednesday, June 14, 6:30-8:30 pm

Register on Eventbrite.com search Sprucewood Library  
More info: Wesley 780.885.5670 or [spruceavehistory@gmail.com](mailto:spruceavehistory@gmail.com)

**FREE OUTDOOR SWIMS**

Anyone can purchase an Alberta Avenue Community League membership and enjoy free swimming at Edmonton's outdoor pools during select times all summer long!

**Millcreek** 7-9 pm, 7 days a week  
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**Oliver**, Sun-Wed 6-8 pm  
**Queen E**, Mon & Wed 6-8 pm; Tue 5-7 pm

[Edmonton.ca/OutdoorPools](http://Edmonton.ca/OutdoorPools)

# Discover the history of your old house

Workshop offers opportunity to learn research skills

MARI SASANO

When thinking of historical houses, we usually imagine well-preserved old mansions where important people lived. But throughout our inner-city neighbourhoods are homes with histories that haven't been uncovered yet.

All it takes is one interested person to start the process, said Wesley Andreas, who first started researching his own home when he moved to Spruce Avenue with his husband in 2012.

"There were three houses on the block that were the same, and I thought that was interesting," Andreas said. "I looked into it and found out that all three of those houses were owned by people with the same last name, and I did more research

and found out they were the Upright brothers, who owned Upright Brothers Tinsmiths, and then they went into doing furnaces and air conditioning. Their office was where the Nina Haggerty is now."

On June 14, Spruce Avenue Community League is offering a free workshop about researching historical houses, with Andreas leading the workshop. This workshop is part of Spruce Avenue's skill-sharing workshop series that began in December with a class on upcycled Christmas decorations, followed by another on making no-sew rugs. It's also part of the Spruce Avenue history project, motivated by the league's 65th anniversary and the quickly disappearing information on the area. Andreas said very little documentation exists from the pre-settlement era, before the

Hudson's Bay Company set up Spruce Avenue as a reserve.

"Spruce Avenue is one of the newer neighbourhoods in the area; most of the houses date from the late '40s to the early '60s. Not a lot has been documented, and there were a lot of older residents who grew up and lived here, sometimes since when the house was built, and they're moving on or moving out."

He said he hopes residents will research the histories of their old houses, which will eventually be shared on lawn or window signs. The workshop will take participants through the process, using the oldest house in Spruce Avenue as the example. He stresses that you don't need to have an academic background in history. This workshop aims to de-mystify the historical research process.

"I want to show people how much they can find out on their laptop or smartphone. People think they have to dig through dusty papers somewhere, but it's actually available online. Once you find one piece of information, you can start looking up who lived in your house and what they did, where did they live before, when did they come to Edmonton, and who else moved in."

He continued: "I think it's good to have skills and pass skills around, and I think this is an important skill to have, especially in this neighbourhood with a lot of older houses. It's a way to have a bit more of a personal connection with the house they live in and appreciate the social history of their house."

The workshop is geared toward Spruce Avenue, but is open to anyone who wishes to

attend.

To register for the workshop, go to [eventbrite.com/event/research-the-history-of-your-heritage-home-tickets-33783014907?aff=es2](https://eventbrite.com/event/research-the-history-of-your-heritage-home-tickets-33783014907?aff=es2)

*Mari is a writer and civil servant.*

## HERITAGE HOME RESEARCH WORKSHOP

June 14, 6:30-8:30 pm

Free workshop

Sprucewood library  
11555 95 St  
More info:  
[spruceavehistory@gmail.com](mailto:spruceavehistory@gmail.com)



Workshop participants will research the oldest house in Spruce Avenue (pictured) as part of the process. | Stanley Marcinkowski

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# Getting your bicycle ready for riding

Tips to ensure your bike is safe for the road

**ADAM MILLIE**

For many of us, June is when we dust off the saddle and venture out on our bicycles. Whether that's across town or into the river valley, it pays to do some mechanical checks and preparation first.

Plan to bring a few things with you: water, a snack, and tools like a folding Allen key, an adjustable wrench, a tire patch kit, levers, and a pump. Having these items can make a roadside breakdown a minor inconvenience instead of a terrible end to your day. It's always wise to bring a bus ticket just in case you can't fix things on the road and need to get home.

I also asked Bob Duerr what should be checked. Duerr builds motorized bicycles in his

shed and is known for doing small repairs for friends and neighbours. His motorized bikes use a 49cc engine and cost around \$1,700 to build.

Duerr advised to first check that the tires have air. Read the side of the tire for the recommended pressure. Skinny tired road bikes will range from 70-90 PSI (pound force per square inch) while mountain bikes will be around 30-50 PSI.

"I like going a little low on the pressure. Because of the potholes, that's a little bit easier on the tubes and on the wheels themselves," said Duerr.

Next, check the brakes. Ensure that both wheels stop, that the pads aren't worn through, and that the cables are in good condition and aren't rusted, frayed, or loose.

"Lubricate the cables with-

shed and is known for doing small repairs for friends and neighbours. His motorized bikes use a 49cc engine and cost around \$1,700 to build. Duerr advised to first check that the tires have air. Read the side of the tire for the recommended pressure. Skinny tired road bikes will range from 70-90 PSI (pound force per square inch) while mountain bikes will be around 30-50 PSI. "I like going a little low on the pressure. Because of the potholes, that's a little bit easier on the tubes and on the wheels themselves," said Duerr. Next, check the brakes. Ensure that both wheels stop, that the pads aren't worn through, and that the cables are in good condition and aren't rusted, frayed, or loose. "Lubricate the cables with-

WD-40, because that just makes things worse. You have to pull the cables out of the casing and lubricate them. I use a silicone-based lubricant on all my cables and derailleurs." He added, "Get good brake pads, don't buy the cheap ones. There's different compounds out there for brake pads. I use the brake pads that have kevlar in it."

The drivetrain requires oil. Again, don't use WD-40 or other penetrating oil. It isn't designed for lubricating chains and can damage components.

"For the chain, the best stuff is...Castrol motorcycle chain oil," he said. Other mechanics in the area use bicycle-specific oils from Mountain Equipment Co-op. They're friendlier to the environment, but may lack the

lubricating qualities of a motorcycle grade oil.

Also check to ensure your bearings are tight. Grab hold of the wheel and move it sideways to check for play. Do the same thing with the pedals, the handlebars, and the bottom bracket (the big bearing between the pedals). Bearings should move freely in one direction only and shouldn't wiggle side to side. Repairing a loose bearing isn't complicated, but it requires specialized tools.

If you need to repair your bicycle, check out Edmonton Bicycle Commuters Society at 9305 111 Avenue. They have all the tools you need to fix your project, no matter how big or complicated. This not-for-profit organization rents repair stands where an experienced mechanic will show

you how to fix your bike or help you get fitted to a used bike. They have a wide selection of new and used parts and offer specialized programming for beginners, youth, women, trans, and non-binary persons. For more information, visit [www.edmontonbikes.ca](http://www.edmontonbikes.ca).

After everything is ready to go, enjoy your time outside. Duerr has some great advice about where to ride this summer.

"I like riding in the river valley. Lots of good paved trails, but I like taking the nature trails. A lot more fun and more interesting."

*Adam lives in Alberta Avenue. He wants to make the world a better place.*



Checking your bicycle ahead of time ensures a safer ride. | Adam Millie

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# The importance of fathers in a child's life

Fathers are important to a child's development

## CHANTAL FIGEAT

Father's Day brings to mind a father's role in child development and how a father is an important role model who affects a child's future relationships.

I am the product of a traditional 1950s marriage. As the major breadwinner, my dad was often away from home. He made sincere efforts to be a good father despite the situation. I'm grateful for the quality books he would bring me. I have fond memories of trips to historic sites and the zoo. I'm still an avid reader who loves history and furry creatures.

He wasn't perfect. Basically a kind person, my father had an explosive temper. I was a sensitive child who dealt with this through withdrawal. When I began dating, men who

reminded me my father would trigger a negative reaction. This led to incompatible relationships. I could not escape the early development formed by relating to my father. Making peace with dad resulted in having a healthy relationship with a male partner.

Being the breadwinner or the stay-at-home-parent brings different challenges.



Sam Wagar made the unusual decision to stay home with his sons Gwydion (left) and Julian (left). | Monica Sjoo

Carmen Covey worked in construction while his wife

cared for the children at home. "I would try to have quality time with them, but it had to be squeezed in," said Covey. Today he is grateful his grown son calls him for advice "despite being at opposite ends of the country."

Society's attitude toward stay-at-home fathers tends to be negative. Sam Wagar spent eight years at home caring for his two sons. Needing adult company, Wagar would seek out stay-at-home mothers. "They thought I was weird," said Wagar. "There's no support for stay-at-home fathers."

Simple economics is another factor keeping women at home with young children. Women still tend to earn less money than men, despite being equally qualified. Childcare costs are high. This means many women

stay at home with young children while their husband is on the job.

Ron and Heather Ferguson are parents to five-year-old Rosie. A happy and affectionate child, Rosie is almost non-verbal. Heather cares for Rosie while Ron works in Sherwood Park.

"Ron gets to spend little time with Rosie," said Heather. Rosie's almost one-on-one relationship with her mother means she gets needed attention. The downside is that Rosie is growing up with the idea that men are mainly out of the home.

Sadly, the high prevalence of divorce can result in male parental alienation, such as with Michel Figeat's difficult relationships with his teenaged son and daughter. Figeat has not spoken to his son for two years, although he has a decent relationship with his daughter

after a long struggle.

Men are socialized to be proud of their role as a breadwinner. This means men may spend long hours away from their children. As an elementary school teacher in South Korea, I spoke to a father who felt lost when he had time off work. I told him to "take your daughter to the park; you're all she's got." The father returned saying, "you're a wise woman."

The attitude towards the role of fathers needs to change to create healthy child development. Let's do what we can to give children a better break in life.

*Chantal has worked in publications production for the government and has taught overseas in South Korea. She loves the ethnic diversity and history in Alberta Avenue and enjoys sharing it with the community.*



## ANNUAL GENERAL MEETING

July 31 at 7pm at The Carrot Coffeehouse 9351 118 Ave.

Norwood Neighbourhood Association has been a staple in our community for over 40 years. We believe in Neighbourhood power.



You and your friends are invited to join us as we plan for the year ahead and celebrate the past together.

## RUN WALK RIDE FOR VISION ZERO

JOIN US THIS FATHER'S DAY FOR THE RUN WALK RIDE FOR VISION ZERO!

**When:** Sunday June 18, 2017

**What:** 5k run/walk, 10k run and 10k cycle

**Who:** This event is for all ages and abilities. You can walk, run, or bike. Dogs on leash and strollers welcome! There will be giveaways, free juice, snacks, and a hot dog lunch following the race.

**Race Start Time:** 10am

**Where:** Concordia University of Edmonton, 7128 Ada Blvd

**Registration:** Visit [edmonton.ca/runwalkride](http://edmonton.ca/runwalkride)

VISION ZERO:  
zero traffic  
fatalities and  
major injuries



Edmonton

Bubble tea | Pastries  
French & Vietnamese Food  
Board Games | Wifi

Open 8:30 am - 7 pm  
Closed Tuesday 8702 118 Ave.

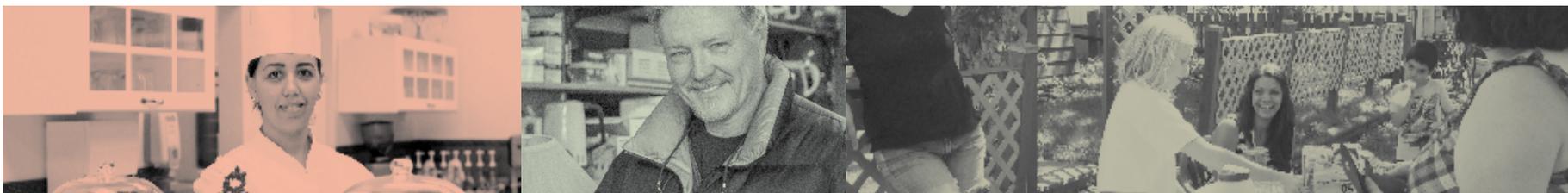


## Call for Garden Installations

Let your creativity flow.  
Create an installation to  
beautify the Alberta Avenue  
Community Garden space.

Peoples' Choice Award  
1st \$100, 2nd \$50

Register:  
[info@albertaave.org](mailto:info@albertaave.org)  
by June 17.



# WHAT'S ON IN JUNE

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

## JAZZ JAMS

June 1 & July 6, 7-9:30 pm. Join the coolest cats on the block at Carrot Coffeehouse.

## COFFEE WITH COPS

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



## 100IN1DAY

June 3, all day. Create a project for this community-led event! [makesomethingedmonton.ca/100in1day](http://makesomethingedmonton.ca/100in1day).

## THE PEAR PROCESS GALLERY OPENING

June 7, 7 pm. Nilsson-

Grabinsky uses nontraditional watercolour methods to explore themes of sensuality, health, and longevity. | Carrot Coffeehouse.

## KALEIDO'S FIRST VOLUNTEER RECRUITMENT DINNER

June 13, 6 pm. | Parkdale Cromdale Community League (11335 85 St)

## YEG HIP HOP NIGHT SHOWCASE AT THE CARROT

June 21, 7:30 pm. Locution Revolution scouts the best hip hop talent YEG has to offer for The Carrot's stage! | Carrot Coffeehouse.

## RUBBER BOOTS & BOW TIE GARDEN PARTY

June 24, 7:30 pm. Art, games, food & music! Prize for best rubber boots & bow tie. | [albertave.org](http://albertave.org) for tickets & info.

## ARTS ON THE AVE GENERAL MEETING

June 26, 7 pm. Members must have purchased membership 30 days prior to AGM (2016/017) in order to vote. Buy at [www.thecarrot.ca](http://www.thecarrot.ca).

## ENTERTAINMENT

### 5 PIN BOWLING

Every day, 10 am-10 pm. | Plaza Bowl.

### CARROT POETS SOCIETY

Last Wed of the month, 7:30 pm. Pay-what-you-can. | Carrot Coffeehouse.

### KARAOKE

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

### LIVE MUSIC

Fridays, 7:30-9:30 pm. Cover: \$5, children free. | Carrot Coffeehouse.

### OPEN MIC

Saturdays, 6:30 pm. Sign upon arrival to guarantee a spot. | Carrot Coffeehouse.

### PRO WRESTLING

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



## SAVE THE DATE

### MONSTER PRO WRESTLING

July 1 | Alberta Avenue Garden

### MUTTSTOCK DOG & MUSIC FESTIVAL

July 8 | Eastwood Park

### EL RANCHO MI TIERRA CALLE 87

July 14-16 | 87 St north of 118

### CHALK IT UP COMMUNITY CELEBRATION

July 22, 9 am-4 pm. | Outside The Carrot Coffeehouse.



### KALEIDO FAMILY ARTS FESTIVAL

Sept 15-17 | 90-94 St, along 118 Ave.

# 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 and Thursdays at 10:30 am at Highlands Library. More: 780.496.1806.

**BABY LAPTIME**  
Stories, songs, books, rhymes, finger play for baby up to 12 months. Tuesdays 10:15-10:45 am at Highlands Library

## CHILDREN

**LEGO AT THE LIBRARY**  
Design and build a lego creation. Ages 6-12. Third Saturday of the month 3-4 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.

**TEEN LOUNGE JR**  
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, 6:00-8:30 pm. at Sprucewood Library.

## ADULTS

**ADULT COLORING**  
Coloring and creativity. Books, felts and pencil crayons provided or bring your own. Second Wednesday of month, 7-8 pm at Highlands Library.

**AVENUE BOOK CLUB**  
Meets the first 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. Returning in September

**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 6:30 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 6710 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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# CHURCH SERVICES

**ANGELICAN PARISHES ON ALBERTA AVE ST. FAITH AND ST. STEPHEN**

*Two Traditions – One Faith.*  
**11725 93 Street**

**St. Stephen: 780.422.3240**  
**Sunday Worship:**  
 8:30 am - Low Mass  
 9:00 am - Morning Prayer  
 9:30 am - High Mass  
 7:00 pm - Evensong

**St. Faith: 780.477.5931**  
**Sunday Worship:**  
 Morning Prayer Fridays at 9:00 a.m.  
 11:00 am - Sunday Worship  
 1st Sunday - Worship in the Common  
 2nd Sunday - Traditional Anglican  
 3rd Sunday - Aboriginal Form  
 4th Sunday - Traditional Anglican

**AVENUE VINEYARD CHURCH**

*A friendly, informal, non-judgmental and safe place to grow spiritually. Traditional Christian values in a non-traditional way.*

**8718 118 Avenue (Crystal Kids Building)**  
 avenuevineyard.com  
**Sundays at 10:30 am**

**AVENUE CHURCH**

*A community to belong in...a community to serve with.*

**11335 85 Street (Parkdale Hall)**  
 avenuechurch.ca

**Sundays 10:00 am** Coffee Fellowship  
**10:30 am Service**

**BETHEL GOSPEL CHAPEL**

*A Bible-based, multi-ethnic fellowship.*  
**11461 95 Street**  
**780.477.3341**

**Sunday Meetings:**  
 9:30 am - Lord's Supper  
 11:00 am - Family Bible Hour  
 Saturdays - Free English Conversation Café for immigrants

**EVANGELICAL BAPTIST CHURCH**

*'Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you... Therefore encourage one another and build each other up' 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. 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.



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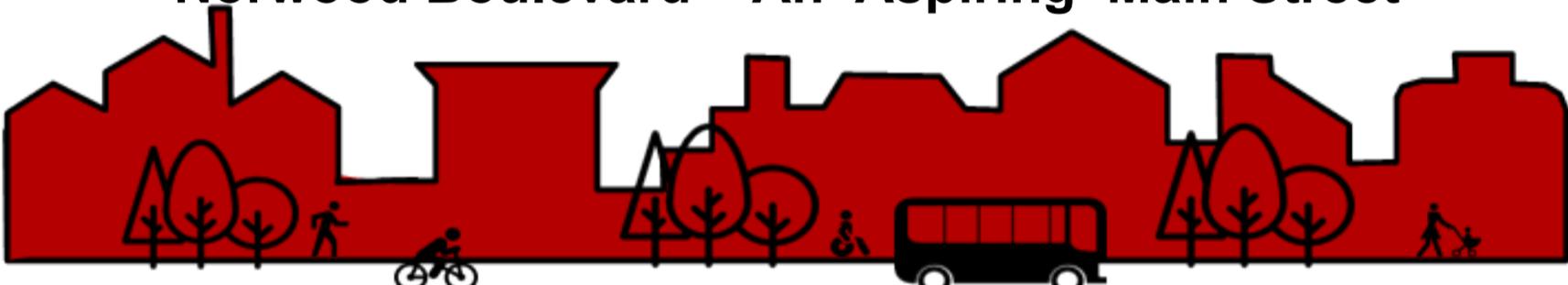
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 www.edmonton.ca

2nd Floor City Hall, 1 Sir Winston Churchill Square, Edmonton, AB T5J 2R7



## Norwood Boulevard – An 'Aspiring' Main Street



**Together let's recreate a Main Street!**

**What:** Our third public event for the Norwood Boulevard Corridor Study is coming up soon!

**When:** Wednesday, June 28, 2017 from 6:00pm to 8:30 pm

**Where:** Ital Canadian Seniors Association, 9111 110 Ave NW, Edmonton

**Why:** To begin work on recreating Norwood Boulevard by:

- Receive any and all feedback on the final reports by the consultants;
- Ask you to provide some feedback on the draft Area Redevelopment Plan for the study area; and
- To give staff a chance to update you on the next stages of the process.

