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NEWS » EDUCATION

Our neighbourhoods are changing

More families are settling in the Alberta Avenue, McCauley, and Norwood areas



Norwood is one neighbourhood in north-central Edmonton that is drawing in more families. As of September 2013, 230 students were enrolled in Norwood School. » REBECCA LIPPIATT

REBECCA LIPPIATT

The face of neighbourhoods in Alberta Avenue, McCauley and Norwood is changing.

Originally working class communities composed of families with children, and many schools, the neighbourhoods changed as families moved to the suburbs over the last half century. Now, the neighbourhoods are transitioning from stereotypical "inner city" to again becoming desirable places to live and raise children. Housing is more affordable here than in most of Edmonton, and more families are moving to these neighbourhoods.

Revitalization efforts, coming from community, arts groups, and the city are making the neighbourhoods more attractive to families. While some families live in the communities temporarily before moving on to other areas of the city, many people are setting down roots.

Two new major family

developments have been built. Norwood Village Apartments has enough two and three-bedroom suites to house 104 families. Melcor YMCA Village has 55 two-bedroom apartments as well as one-bedroom apartments.

Jackie McGowan, the centre manager of Melcor YMCA Welcome Village, estimates while there are fewer than 20 school age children, 30 to 40 children will enter the school system within the next few years. Currently, many of these children attend the on-site daycare, which has 80 spaces and serves people living in the building and parents working in the downtown core.

Norwood Village Apartments has already rented 65 of their units, primarily to families. Another 26 families are tentatively approved for residence. Their on-site daycare is also run by the YMCA and has space for 60 children, aged 19 months to six years. Families in the building get priority access to the daycare.

Bev Parks, executive director at Norwood Child and Family Resource Centre, agrees the neighbourhood is changing. Ongoing environmental scans show there are fewer transient families and more single-family housing available. There is an increase in the number of families in the neighbourhood, said Parks.

Three public schools serve the neighbourhoods: Norwood School, Delton School, and John A. McDougall School. Dr. Lorne Parker, managing director at Edmonton Public School Board, doesn't think school capacity will be an issue because there is currently more capacity than students. For example, while Norwood School's capacity is 403 students, there are currently 230 students in the school.

The EPSB monitors the numbers of children in the neighbourhood through a variety of sources including census, Capital Health data, and the school board's own data.

Capacity numbers are determined through the Area Capacity Utilization formula set by the province. However, that number would mean every classroom (including the library, computer room, and music room) would have to hold 29 students, not an optimal learning environment.

While the school board does not anticipate a huge influx of students, despite the new housing developments, the school board will continue to monitor the population of neighbourhood children.

Should schools start becoming crowded, the EPSB would alter the boundaries for the schools, restricting entry to neighbourhood children.

While out-of-area children currently attending the school, and their siblings, would be grandfathered in to attend, new attendance would be restricted to the attendance area. Maps are available online.

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NEWS » HOUSING

Secondary suite program

Offers eligible homeowners an opportunity for extra income

TALEA MEDYNSKI

Like many homeowners, Rebecca Lippiatt supplements her income by renting out a suite in her house.

When the single mom and photographer bought her home in the Norwood neighbourhood almost eight years ago, it already had a suite on the second and third floors. Lippiatt, in the midst of applying for the city's HOPE program, discovered her suite was illegal.

"I had no idea it was illegal," said Lippiatt, explaining the previous homeowners had never registered the secondary suite with the city.

According to the City of Edmonton website, homeowners may unknowingly be renting out their suites illegally due to zoning, invalid development or building permits, or fire or building code violations.

Lippiatt is considering applying for the city's Secondary Suite program for help in making her suite legal. The program receives funding from the Cornerstones II grant program, which provides up to \$20,000 towards upgrading existing suites or building new secondary, garden, or garage suites.

Any homeowner can apply for the program.

"As long as a homeowner is willing to abide by the terms of the ten year operating agreement as well as submit a complete application package, they can be approved for funding," said Valerie Ball, the city's secondary suites coordinator.

Building and development permits need to be approved before applying for the program, and the homeowner is responsible for providing quotes

from contractors.

The city reimburses homeowners after the work is completed, and all work must be completed within a year of approval. Eligible expenses includes labour, building supplies, and construction related to building or fire code, like installing fire alarms or building a separate entrance.

In order to qualify for the grant, homeowners must own the home for the next 10 years. Conditions vary depending on whether the homeowner is building a new secondary suite or is upgrading an existing suite.

"There are two programs... owner occupancy is for new construction. If there is an existing suite that requires upgrading, it can be a full rental (up and down). For upgrading of an existing suite, an owner cannot apply more than twice per program year," said Ball.

If the home is sold before the decade is over, the grant must be paid back, but would function like an interest-free loan.

Although Lippiatt hasn't been approved for the grant yet, she is going through the application process and working with the city to find out what needs to be brought up to code.

"Right now I'm still negotiating with them on fire code and building code," said Lippiatt, who hopes to have her one bedroom and den suite ready by summer.

Understanding building and fire codes can be challenging, said Lippiatt. She added that while bringing everything up to code isn't a huge job, "there is a fair bit of construction" and homeowners should be prepared for the time commitment.

Mostly electrical work is needed to make her suite fire code compliant, and she is gathering quotes from contractors. Lippiatt estimates the total cost will range from \$4,000-\$6,000.

"My whole goal with it [the program] is to make sure it's fire safe and to make sure it's safe for my renters," said Lippiatt.

A major part of the program is to provide more affordable housing for lower income households, but Ball explains there are also benefits for homeowners.

"First off, with the funding available, you can cover up to half the cost," said Ball.

Ball said secondary suites also increase the sale value of a home, and provide a place for family to rent, such as elderly parents or grown children going to college or university.

However, only tenants earning below a certain income can rent a funded suite. For example, a one-person household renting a funded suite can only make up to \$33,517 annually. It's assumed tenants will want to move to different housing once their income increases, but they're not required to move once they are in a funded suite.

Ball said while the city hopes homeowners charge affordable rent with the income level limit in place, they could charge any amount. Fortunately, existing tenants can stay in their upgraded suite regardless of their income.

Note that renting out a secondary suite is different from renting out a room. While homeowners can just rent out a room, proper permits are still needed. Homeowners interested in renting out separate rooms should look at the city's congre-



Homeowners like Rebecca Lippiatt can apply for funding from the city's Secondary Suite program. >> REBECCA LIPPIATT

gate living, boarding, and lodging requirements.

The city is inspecting all homes with secondary suites.

"The city is starting to crack down," said Ball. "It's in the homeowner's best interest to make sure the suite is compliant, especially if there is funding."

Fines could start at around \$400, said Ball, adding that homeowners are given time to take the steps required to make a suite legal. There's also another option.

"If you have an illegal secondary suite and have no intentions of renting it out, you must revert the property back to its original approved use which may be that of a single family dwelling," said Ball.

WHO QUALIFIES TO RENT
Income levels determine who is eligible to rent the suites and change slightly on a yearly basis.

- One person \$33,517
- Two person \$50,879
- Three person \$54,857
- Four person \$65,662
- Five plus person \$68,960

WHAT YOU NEED TO KNOW ABOUT SECONDARY SUITES, GARDEN SUITES, AND GARAGE SUITES

You can also generate extra income with a garden suite or a garage suite. There are some important differences between all three.

SECONDARY SUITES are only in single detached homes. These suites have separate entrances and their own kitchen, bedroom, and bathroom.

GARAGE SUITES are above, to the side, or in the back of a detached garage. These suites have a separate kitchen, bedroom, and bathroom. Entrances are external and separate from the vehicle entrance or are through an indoor landing.

GARDEN SUITES are single-story, separate from the single-story house, and with its own kitchen, bedroom, and bathroom.

For more information about the Secondary Suite program, check out the following link on the City of Edmonton website:
edmonton.ca/secondariesuites



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NEWS » CHARITY

The right to play

Local organization helps all children participate in sports

Laura Winopol

Walk into a sports equipment store and you'll discover merchandise can be pricey. For some families, that price tag means something like a bicycle is out of reach for a child. Thanks to The Brick Sport Central, its sponsors and volunteers, many Edmonton families still have an option.

For 23 years, this children's charity has fulfilled its mandate "to gather, recycle, and redistribute sports and recreational equipment to those kids who would otherwise be denied the opportunity to participate."

Andy Wigston, a Sport Central board member since 1996 and its current executive director, recalls its beginnings: "Sport Central opened its doors in 1991. It was the effort of a group of concerned Edmonton citizens who realized that there was a great need in the city for kids in need to be able to play the sports of their choice. Much like today, equipment, registration costs, travel and

emphasis on competitiveness made it impossible for families to enroll their children in sports. We outfitted just over 250 kids in the first six months."

Last year, the charity outfitted 8,300 children with more than 22,000 pieces of equipment: 50 per cent hockey, 25 per cent bicycles, and 25 per cent other sports, like soccer, softball, rollerblading, and skating.

"The majority of our equipment is donated either directly or through our drop-off locations throughout the city," said Wigston. "Thanks to our corporate partners, fund-raising initiatives, and donations, we are able to raise

the necessary funds to operate."

Steven Michos also appreciates the corporate partners and donations, as well as the hard-working volunteers who

repair and refurbish used equipment. Last fall Michos' son Dio received a used bike and new helmet from Sport Central.

"Dio's bike was too small and falling apart. He spends a lot of time biking in the

summer, so it was great that we had access to this program," said Michos.

His son agrees.

"The day I got my bike I was excited because now I get to do a lot of things like go on bike rides and also take it

SPORT CENTRAL



Continued from page 1.

Attendance maps for the schools are listed below. Click the Attendance Area Maps tab and then click the K-6 box to view the data.

NORWOOD SCHOOL
<http://www.epsb.ca/schools/norwood/>

DELTON SCHOOL
<http://www.epsb.ca/schools/delton/>

JOHN A MACDOUGALL SCHOOL
<http://www.epsb.ca/schools/johnamcdougall/>

SCHOOL ENROLMENT AS OF SEPTEMBER 30, 2013

- Norwood School: 230 students (provincial capacity 403)
- Students from inside Norwood's attendance area: 168
- Students from outside Norwood's attendance area: 62
- Delton School: 397 students (provincial capacity 650)
- Students from inside Delton's attendance area: 330
- Students from outside Delton's attendance area: 67
- John A. McDougall School: 283 students (provincial capacity 670)
- Students from inside John A. McDougall's attendance area: 213
- Students from outside John A. McDougall's attendance area: 70

THE BRICK SPORT CENTRAL
 11847 Wayne Gretzky Dr.
 Phone: 780.477.1166
 Fax: 780.474.9982
 Email: thekid@sportcentral.org
www.sportcentral.org

Helping communities help themselves

Action for Healthy Communities provides support to vulnerable groups

Dylan Thompson

Since 1995, the Action for Healthy Communities Society of Edmonton has promoted public participation in the process of strengthening communities.

The organization started as a partnership between a group of individuals in the health care sector. It has since blossomed into something quite bigger.

Chet Matthews is an outreach coordinator with AHC. He says the organization has programs tailored to serve many different groups.

"We have lots of different projects for vulnerable peoples, new immigrants and refugees. We try to help them understand Canada better and do a lot of bridging to Canadian culture.

How to use ETS for example, or not to be afraid of the police."

According to Matthews, AHC offers summer youth camps and liaises with schools to teach skills to vulnerable peoples throughout the year. It all depends on what each individual needs.

"We help them get citizenship," Matthews said. "And we help them on a client by client basis depending on what they're looking for, whether it's English language skills or computer skills."

Action for Healthy Communities hosts events throughout the year to fundraise and build awareness of their organization. These include the upcoming Community Action Dash and, in the fall, the Creative Expressions event, a "gala, dinner and show-type

thing."

"Probably every month we have a large event with over 150 people," Matthews said. "Whether it's a workplace diversity fair, teaching our immigrant population about jobs they can do here or we have a health fair about how to access health services in Edmonton."

A large part of what the organization does is support "community initiatives," where groups of people come together to target specific community issues and improve their surroundings. Action for Healthy Communities supports these initiatives by providing knowledge support, resource access, and seed grants.

According to their website, a seed grant is a sum of money allowing recipients to

buy resources "not available to them from other sources." The grants have been used to create community improvements and events lasting to this day.

"We have computer classes that were started with a seed grant," said Matthews. "That's how the Action Dash started back in the day. It's a really great way for people to see a project from start to finish and it builds a lot of skills for them as well."

The Community Action Dash partners with Start2Finish, an organization dedicated to eliminating child poverty.

"They do some really cool stuff with at-risk kids," said Matthews, who also works as a race coordinator for Community Action Dash. "They're elementary school students who come from low-income families. The

Action Dash is really a celebration for these kids. There's about 200 participants that come from Start2Finish and we usually have a total of 500 people there."

Even if you don't want to run, join your friends from AHC on May 24 and cheer on your favourite runners.

COMMUNITY ACTION DASH
 Saturday, May 24
 Registration at 9:30 am
 Race begins at 10:30 am
 Santa Maria Goretti Community Centre (11050 90 St NW)
 Regular registration: \$30
 Student registration: \$25
 Team Registration: \$100 for first five members (\$20 each additional member). Register online at <http://www.events.runningroom.com/site/?racelid=10254>



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WHAT'S ON » FESTIVAL

Myths bring us together

Join a diverse community at the Thousand Faces Festival

DAVE VON BIEKER

I sit across from Mark Henderson at Spinelli's Café and watch his eyes light up as we chat about the Thousand Faces Festival. Henderson is the producer of this festival, which is a mash-up of myths coming in May to the Alberta Avenue Community League.

I can almost see the flicker of a campfire where great stories are shared.

In fact, the festival is about stories; stories that shape cultures, stories that endure as myths, and global stories from English, Greek, African, North American Aboriginal and Indian societies. Myths will come to life through theatre, dance, music, storytelling, poetry and even a drive-in movie. And let's not forget about myths on stilts!

Visitors will be invited not only to experience, but also to help create these myths.

In *Epic!*, Randall Fraser and Alex Forsyth will guide the audience to create "the hero's journey" using items participants have with them. Painter Lorraine Shulba will help festivalgoers create mythology-inspired art. *The Interactive Family Dome* will invite mythic

heroes of all ages to play.

What is it about myths that transcend cultures and generations? How can this festival draw talent like Sterling Award winner Chris Craddock and Governor General Award winning African storyteller Tololwa Mollel?

How is it we can witness the convergence of Bimbavati Devi, a Manipuri dancer from India with singer and Sanskrit scholar Srijan Chatterjee and Odissi dancer Enakshi Sinha, from Windsor, Ontario?

Henderson often cites Joseph Campbell's book, *The Hero with a Thousand Faces*, as his inspiration. The book revealed mythology at the root of Henderson's diverse passions – from classical theatre to Indian music, and from Tolkien to *Star Wars*.

Henderson remembers sitting in a darkened movie theatre, an 11-year-old boy, seeing *Star Wars* for the first time with friends. He sensed the power and pull of myth.

"It was appealing to us on a level we had no idea of, but we were starved for something like this," Henderson remembers. "We'd gotten rid of the old heroes, but that didn't mean that we weren't genetically pre-

disposed to this journey."

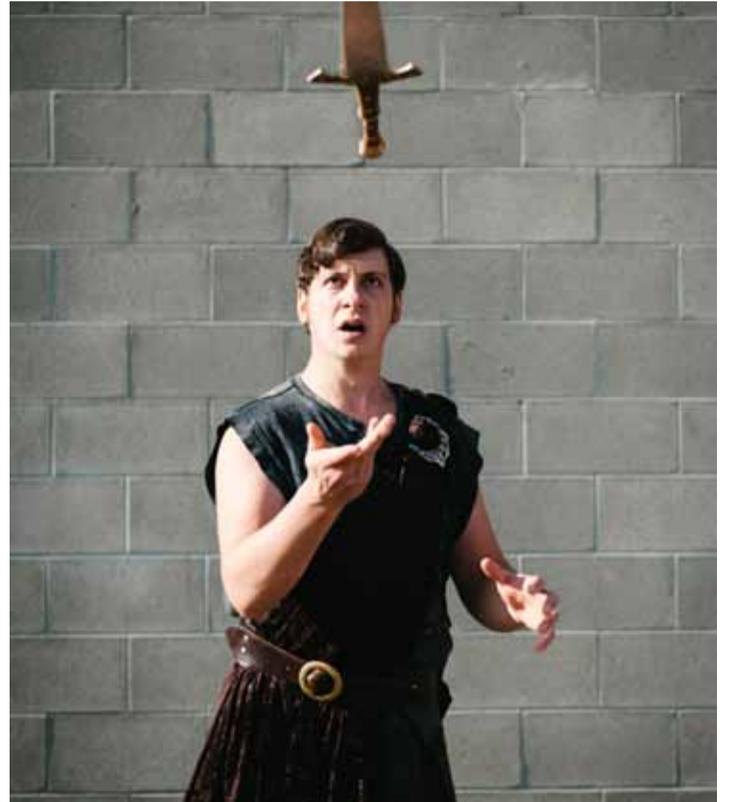
That same book influenced George Lucas when he was creating *Star Wars*. Perhaps it is no accident that last year's inaugural festival had the most resonance with children viewing matinee performances.

Henderson describes these school matinee crowds as "the most multi-cultural audiences I've ever seen. They have no idea they're seeing a playful fusion of Asian and First Nations culture ... they get wrapped up into the experience."

Matinee performances will play a big part again this year. It seems young people love old stories. Henderson sees hope in these kids' ability to embrace myths from varied cultures. Our neighbourhood is home to people from all over the world, but moments of deep cultural connection are perhaps rarer than they should be.

Henderson describes the great myths as roots running deep beneath our cultures to connect us all. He paints a beautiful, hopeful image of unity through diversity.

Henderson hopes that this year, the great myths will help everyone from artists to attendees "discover more about the



Elliot James performed in Theatre Prospero's production of *Macbeth* at the Thousand Faces Festival. » MAT SIMPSON

beauty, the wonder and the terror of being human. Joseph Campbell called mythology 'the song of the universe' and I'm hoping that they walk away with the tunes of that in their heads and their hearts."

After our meeting, I'll hit the Italian Centre Shop to buy items I never knew existed before moving into this neighbourhood. Here I've enjoyed Ethiopian flatbread, Somalian

spaghetti, Salvadorian papusas, and Vietnamese vermicelli. If food is one way we connect, stories are certainly another.

THOUSAND FACES FESTIVAL
 May 15-24, 2014
 Alberta Avenue Community League
 (9210 118 Ave)
 Admission by donation
 Look online for a full list of events:
www.thousandfaces.ca

Rubber Boots & Bow Tie Garden Party

May 30 Friday at 7:30 pm

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 More info at albertaave.org

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WHAT'S ON » GARDEN SHOW

That Bloomin' Garden Show is back!

Throw on your galoshes for the garden party or indulge your garden spirit on May 30 and 31

RUSTI LEHAY

Spring doesn't always arrive as early as you'd like. If your sun and colour-starved winter soul craves colour and artistic infusion, mark your calendar for May 31. All things artistic, green and flowering will revive you when That Bloomin' Garden Show & Art Sale visits the Avenue again with a few twists.

The new Rubber Boots & Bow Tie Garden Party invites you to dust off your best rubber boots (there will be prizes), knot your bow ties and if you like formal wear, dig out your evening gowns and tuxes. Or wear whatever you like, garden clothes included, to the Friday night party. For \$20, enjoy a sculpture garden, melodies spun out by Dale Ladouceur and Brett Miles on the saxophone while you watch Ritchie Velthuis sculpt. Velthuis, from the Sculptors' Association of Alberta (SAA), will complete one cement figure and artist Lorraine Shulba will finish a painting. The latter will be auctioned off during the evening.

Thirsty or hungry? Creative Quality Catering appetizers and wine tasting by Unix Imports can take care of any gap along with the cash bar. Sample responsibly as a clear head is the best way to enjoy Saturday's show.

Organizer Karen Mykietka says, "We moved away from the Mother's Day weekend to later in May in the hopes of warm

enough weather to have displays outside where the real fun of gardening happens."

Velthuis, SAA member for 12 years, says, "Several members of the SAA are sculpting significant pieces from two to six feet tall to create an aesthetic environment in the green space behind the hall." The sculpture garden will be open to the public on Saturday.

Visit and learn from the following vendors: The Edmonton Horticultural Society, Master Gardeners Association of Alberta, Svend's Organics, Edmonton Naturalization Group, City of Edmonton Waste Management, Prairie Gardens, and Sustainable Food Edmonton.

These groups will answer questions and share their gardening knowledge, such as worm composting and what plants grow naturally in our climate zone. Thean Pheh, a horticulturalist from Trees N More, will give a presentation on fruit trees and plants in the afternoon.

To help beautify your own spaces, there will be 30 litre bags of compost for \$6 or two for \$10 which can be picked up May 15 between 5 and 7 pm or on May 31. This year, you can also buy a 60 litre bag of wood chip mulch for \$5.

Live musicians entertain while you peruse the art, take in a permaculture film, swap seeds, create a garden ornament, and ask master gardeners your most perplexing questions like how

to avoid planting tulip bulbs upside down. Do not laugh, this writer has done just that.

Even if you know which way to plant tulip bulbs, the permaculture film followed by a question and answer session is not to be missed.

Sabrena Falcone, education and outreach director of the Edmonton Permaculture Guild, says, "Not only is permaculture really cool but I really do believe it is one of our biggest hopes for the future. Permaculture offers a joyful, resilient way out of the current food dilemmas."

Permaculture, as explained by Falcone, is a new design science.

"The best answer is that it's a landscape design science rooted in ethics. The ethics are simple and universal: you must care for people and the land and return any surplus goods, money, produce or share it fairly with your community. No hoarding resources or money at the expense of others."

Falcone adds, "We use those ethics to design landscapes that really take care of the earth and people. If it is not taking care of people to be happily, healthy, well fed in a supportive community, nothing else good can happen so people are taken care of first in a way that takes care of the earth."

The film is about 45 minutes long, showcasing what permaculture is, talking about the ethics and history, how and why it got started, and how it is being applied worldwide.

Come for the film, music,



Beautify your garden by buying some plants from vendors. » SUPPLIED

knowledge sharing, art, pottery, jewelry, artwork and more. Leave knowing there are answers that can feed communities not just in colour after a long grey winter, but also a way to garden that cares for families, communities, and the earth.

COMPOST AND MULCH SALE
 Thursday, May 15 from 5 - 7 pm
 30 L bag compost for \$6 or two bags for \$10
 60 L bag wood chip mulch for \$5
 Cash sales
 Compost and mulch also for sale on May 31

RUBBER BOOTS AND BOW TIE GARDEN PARTY
 Friday, May 30
 Begins at 7:30 pm
 Tickets: \$20
 Alberta Avenue Community League
 (9210 118 Ave)

THAT BLOOMIN' GARDEN SHOW AND ART SALE
 Saturday, May 31
 10 am - 4 pm
 Free event
 Alberta Avenue Community League
<http://www.albertaave.org/bloomin-garden.html>

Share and share alike

Yard sharing is an innovative way to connect people

TALEA MEDYNSKI

Auston Mardon is looking for someone special, but not a romantic partner. Instead, he and his condominium board are offering space to gardeners.

"We felt that grass was a waste of space and we weren't getting anything out of it," said Mardon, board president of Villa Domenica, a condominium complex on 119 Avenue and 82 Street.

The complex has a shed, six fruit trees and enough garden space for two people. In return, they would like some produce to distribute amongst residents.

Mardon has been advertising for over a year and is working with Sustainable Food Edmonton, which launched a yard share program last year.

Yard sharing is a trade between those with gardening space and gardeners without space, allowing both parties to share resources.

Sustainable Food Edmonton, a non-profit organization focused on food and community, initiated the free program.

"It grew out of basically a need and a lot of asks," said Areni Kelleppan, executive director of Sustainable Food Edmonton.

Kelleppan explained that while yard sharing is common in cities like Toronto or Vancouver, there wasn't anything like it in Edmonton until last year's pilot program. The organization connected a senior couple with gardening space to some gardeners. The pilot was a success.

Yard sharing isn't for people interested in making a profit. Rather, it's about community, access to healthy food and sharing resources. Gardeners don't have to share produce with landowners, but they can.

"People are getting to know their neighbours in a unique and innovative way," said Kelleppan and laughs as she admits the

organization is a little like a matchmaker.

Landowners and gardeners contact the organization, and the organization matches them up. After that, an organization employee interviews the person with the land to ensure the space works for gardening. Then, the organization provides a land use agreement for both parties. While the agreement isn't legally binding, it outlines expectations and includes details such as contact information and garden rules, like pesticide use.

"You want to make sure the expectations of the homeowner and the gardener are similar," said Kelleppan.

Kelleppan said the organization's involvement usually ends after the agreement, but they can still be involved as mediator.

"We really take time to build capacity on both sides. We want to support success," said Kelleppan.



Yard sharing is a great way to share resources. » SUSTAINABLE FOOD EDMONTON

Sustainable Food Edmonton is a non-profit organization. Although the yard share program is free, donations are appreciated.
www.sustainablefoodedmonton.org/yard-share/

For more information, email Carla Meyer: cgfacilitator@sustainablefoodedmonton.org

Auston Mardon, Board president of Villa Domenica Ph: 587.783.0059



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EDITORIAL

Surviving infill

Be careful what you wish for

MIMI WILLIAMS

Of all I've read about urban planning and city-building, a book written before I was born remains the most influential. Jane Jacobs wrote *The Death and Life of Great American Cities* in 1961 and the insight she shared on topics such as urban sprawl, density and the environment could easily lead new readers to think the book was new.

"Thirty years from now, we shall have accumulated new problems of blight and decay over acreages so immense that in comparison the present problem of the great cities' gray belts will look piddling," Jacobs wrote so presciently 50 years ago. "Nor, however destructive, is this something which happens accidentally or without the use of the will. This is exactly what we, as a society, have willed to happen."

In one chapter, Jacobs argues every neighbourhood needs a mixture of newer and older buildings to allow a variety of uses, income levels, and even ideas to co-exist. The city, and all of us, would be well-served to keep that in mind as we proceed down the path of increasing infill development.

With a number of Jane's Walks taking place this month to commemorate Jacobs' influence on what we now call "urbanism", it occurs to me Edmonton will never be accused of the sentimental attachment to the past that Jacobs firmly advocated.

When I first moved here in 1986, I was struck by the lack of old buildings left standing to serve as ambassadors to the city's rich history. Over almost

three decades since, I've seen the same scene play repeatedly: we systematically tear down interesting aging structures that might need work, only to replace them with mediocre (or subpar) new ones that don't. I think it's fair to say we've treated our mature communities

“I'm a proponent of responsible infill development, but to me that means respecting the area's history, listening to the residents, and introducing gradual - not radical - change.”

in a similar fashion and we've paid the price for that with continued suburban flight and increased deterioration in the core. Infill, we are told, is the route to reversing that trend.

It's not hard to get outside the idea of new housing in established neighbourhoods. Over the past several years, construction has surrounded anyone living in neighbourhoods serviced by *Rat Creek Press* as secondary and garage suites, duplexes and triplexes

have popped up in communities along 118 Avenue.

We welcome this sort of development because it doesn't drastically change our communities in one fell swoop and we hope new housing will bring the new young families we need to keep our few remaining schools open. Whether we would be so accepting to have the city approve a 20-storey tower on that long-vacant space on 122 Avenue across from Delton School remains to be seen, but we might find out soon.

Last month, city council unanimously passed a bylaw to amend Oliver's area redevelopment plan to allow a 29-storey development to be built on a site previously zoned to allow four-storey buildings. Suddenly, to suggest that we might see towers approved on sites where we'd previously expected to see a fourplex isn't that far-fetched, is it?

I'm a proponent of responsible infill development, but to me that means respecting the area's history, listening to the residents, and introducing gradual - not radical - change.

Area redevelopment plans are put in place through bylaws after extensive consultation with residents with hundreds of volunteer hours put into each and every one. In the future, it's going to be increasingly difficult for the city to find residents willing to consult with them. Why, exactly, would they bother? If the Oliver case - where residents lined up to speak against the change - doesn't make it clear that such plans can be tossed aside easily, why should anyone bother participating in developing new ones?

COMMUNITY » NEIGHBOURING

Social networks

Connecting creates important bonds



Neighbours get to know one another at a CRUD event. » REBECCA LIPPIATT

KAREN MYKIETKA

We are sharing more and more of our lives with more people across the country and the world.

Social networking sites are very popular and they do serve a purpose. Yet it is vitally important in this fast-paced digital world that we not lose touch with the real people around us - our neighbours.

On April 15 at the Alberta Avenue Community League annual general meeting, residents heard Howard Lawrence from the Highlands community speak about the Abundant Community Initiative and tell stories of neighbouring. Then the room was abuzz with chatter as those present had the opportunity to have quick conversations with each other about their activities, interests, and skills. This exercise generated much excitement as people made connections; it was hard to get people to stop talking!

As Peter Kageyama explains in his book *For The Love of Cities*, "When we get people out of their cars, out of their homes and interacting with each other, we increase the possibility of them slamming headlong into an interesting person or idea."

In *The Abundant Community*, John McKnight and Peter Block say our lives are only half full: "Community life fills the glass the rest of the way, and this is why strong local community is not a luxury, it is a necessity."

Want to be safe in your home and on your block? Safety is produced by people spending time outside their house, from knowing neighbours, and being familiar with the comings and goings of the neighbourhood. Safety happens when you keep an eye on your neighbour's house, letting them know they forgot to close their garage door, watching their kids walk home from school, and standing outside

or calling the police when there are suspicious people lurking about.

The little things matter. Something as simple as a nod and smile to the senior next door, saying a few words, shoveling their walk or mowing their lawn can have a great impact. It makes them feel safe, protected, connected.

Need a hand moving a heavy piece of furniture? You should be able to call over a neighbour to assist. Got too much lettuce or zucchini? Bring some to the family next door.

Neighbourly sharing can also help our bank account and the environment. Does every person on the block really need to own a ladder, hedge trimmers, lawn mower, and snowblower? Many things we buy are only used occasionally - sometimes only once a year! Wouldn't it make more sense to share these with others on the block?

Lawrence shared a story of a guy whose basement had flooded and was about to drive to the nearest big box store to buy fans. Instead, he decided to knock on all his neighbours' doors and ask to borrow fans. Not only did he save himself money, he created opportunities for conversation and connection with his neighbours.

Spend some time on your local networks and you will have a stronger, safer, connected neighbourhood.

Share your perennials and seeds or books and magazines at the Bloomin' Garden Show on May 31. www.albertaave.org/

Have extra garden space? You can share that too.

www.sustainablefoodedmonton.org/yard-share/

GLOBAL SHARING DAY
Spread awareness of the sharing economy
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ABOUT US

The *Rat Creek Press* is a non-profit community newspaper in north central Edmonton serving the communities of Alberta Avenue, Delton, Eastwood, Elmwood Park, Parkdale-Cromdale, Spruce Avenue and Westwood.

COMMUNITY, COMMUNICATION, CAPACITY

The *Rat Creek Press* goals are to help connect residents with what is happening in the community, provide a forum where information and ideas can be exchanged, and help individuals learn new skills, acquire experience and develop leadership.

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EDITORIAL POLICY

The *Rat Creek Press* is a forum for all people. We encourage comments that further discussion on a given article or subject, provide constructive criticism, or offer an idea for community activity.

Letters should be no longer than 250 words and must include the full name, location and contact information of the author. **Op-Ed columns** should be 400-700 words and observe formal rules of spelling and grammar. The RCP reserves the right to edit all material and to remove any electronic comment at any time.

All columns, letters or cartoons submitted are attributed to the author and do not necessarily represent the views or opinions of the *Rat Creek Press*. Send submissions to the *Rat Creek Press* Editor via email at editor@ratcreek.org, or 9210-118 Avenue, Edmonton, AB T5G 0N2. Mail may also be dropped at the address above.

COMMUNITY CALENDAR

Space is available to non-profit groups for event and program listings as well as volunteer opportunities on a first-come first-serve basis and will be printed as space permits.

VOLUME 16, ISSUE 05 » MAY 2014

E: INFO@RATCREEK.ORG

W: RATCREEK.ORG

Westwood Community League
www.westwoodcl.ca 780-474-1979

Street light selection 7 pm on May 6 at 12139 105 St.  

KIDS' CORNER

Listen up!

Our city's youth has something to say

KATH MACLEAN

My bus driver stinks. Everyone should get a free dog. Live love dance. There are schools that believe in God and schools that don't. Why is there a huge cloud of smog floating above my head? Be happy.

This month we're launching our new column, *Kids' Corner*, featuring comments about Edmonton by students in schools in the Rat Creek community. This month, I visited Victoria School for the Performing Arts. I asked Mrs. Taylor's grade six class and Mrs. Atkins' grade four class to tell me what they might say if they could talk to the City of Edmonton.

Their responses reminded me of the *Edmonton Journal's* venting section, but with a more positive twist. Sure, we could change a lot about our city. We can fix our potholes, get another airport, improve our transportation system, get a better hockey team, and clean up downtown. Despite criticisms and suggestions, these young students also love their home and aren't afraid to admit it. Edmonton, you aren't so bad!

Here's a sampling of what some students had to say this month:

*I have kept spelling and punctuation the same to preserve the voice of these authors.

Edmonton is a wonderful centre of Alberta and is also a wonderful capital of Alberta. There is countless things I love about the city I am a citizen of. My favorite is the architecture, like the Art Gallery of Alberta, the EPCOR Tower, and the uncompleted Rogers

Place which will soon become a Canadian landmark. There are some things, however, that we could possibly change to make Edmonton even better. One is the LRT. I know that most LRT stations are downtown, so I would enjoy it if the city had a West or Southeast LRT line. It doesn't matter what is happy: whether it is Amarjeet Singh happy or Andre Knock happy, I just want people on any end, not just downtown, to be happy that they have 2 different public transportation systems. – Alex S, Grade 6

I love how we have so many Leisure centers like terwillegar. I also love all the gymnastics centers and indoor running tracks. I dislike all the crime that happens. Also some buildings really need to be taken down they are covered with pigeon poop and are wearing down. I wish we could have more ski hills and snow tubing sounds really fun. I wish that we could also have some more sledding hills. Maybe we could have a NO SMOKING and NO LITTERING law that would make this place alot nicer. Also everyone should get a free dog. – Alex Cross, Grade 6

People out there are starving and just look at us we are eating like kings. People are struggling to get water *us aww man not water can I have a soda.* People are walking kilometers to get to school we are thinking *aww man school again.* (italics mine). So come on people let's think about others. – Teio Syar, Grade 6

I think the city of Edmonton should be more efficient school bus drivers, ones that actually stop when they see you running to your stop instead of



Our younger generation loves Edmonton and has great insights. >> REBECCA LIPPIATT

driving off as fast [as] they can. I'm tired of being late to school, because my bus driver stinks. – Julia, Grade 6

Hi Edmonton, you should make a giant arena for dancing. Live Love Dance. Kids get there licen at the age of 12. Everyone who's name is Paris get \$1000000000. – Scarlett, Grade 6

...I apreasate the way [Edmonton] is a safe place to live and how many people enjoy living here. I also like that there are schools for every type of child there are schools that beleave in God and schools that don't that way every child

feels like they belong there. – Victoria Franczuk, Grade 4

I feel bad for all of the cats at the Edmonton Humane society. I counted online and there are 86, if there is anything you can do please do it. – Rowan Daestrela, Grade 4

I am really worried about how your going to take down the Riverdale foot bridge and replace it with a very loud noisy LRT train. It will really bother are nice peaceful River Valley. I am really hoping for you to change your mind. – Stellen Donszermann, Grade 4

... I would say why are there people on the streets fighting

for a decent place in line for a soup kitchen. Why is there huge clouds of smog floating above my head. Why am I scared to wait at a bus stop when a homeless man is asking me for some change. I feel like Edmonton is ignoring these big problems even when their all up in their face. But how can they ignore us, where here and we're here to stay. – Dylan Lake, Grade 6.

If your school would like to participate and contribute to this column, please email us at editor@ratcreek.org with the reference line: Kids' Corner.

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DEVELOPMENT » COMMERCIAL

Something old and a lot of something new

Commercial development is exploding on the Avenue



Handy Bakery accessed the city's improvement program. >> REBECCA LIPPIATT



ArtsCommon is the newly-approved arts facility on 91 Street and 118 Avenue. >> ARCHITECTURE I ATB

DYLAN THOMPSON

You don't need keen observation skills to see that things are changing along Alberta Avenue. Everywhere you look, something old is improved or something new is popping up.

Joachim Holtz is the executive director of the Alberta Avenue Business Association (AABA). He said people are starting to believe in the Avenue again.

"When you're a potential developer, before you put your money anywhere, you do your research," said Holtz. "Assessments, land costs, leasing costs, everything is still a bit lower here than elsewhere. Is it cheap like it used to be? No. But it's still more affordable."

It wasn't always like this, though. As little as a decade ago, it was a tough sell to get investors to put their capital into Alberta Avenue.

"Everyone was sitting on the fence at that time," said Holtz. "No one wanted to do anything. Fast forward to 2014, we're getting more and more calls coming in, 'is there any land available?'"

On 118 Avenue and 92 Street, a new building is going up, a four-story mixed-use building with room for businesses on the ground floor and residential units on top.

"That's what we want to see: it provides retail on the ground but it also gives space for people

to live here and come down and support the businesses right on the Avenue," said Holtz. "It makes it more of a walkable Avenue. That's what we want this to be. We want the Avenue to become more and more walkable."

There is also a proposed retail, convenience store, and health services building for 97 Street and 121 Avenue.

Improvements really got going in 2008 when the city invested in a streetscaping project to improve walkability.

"Alberta Avenue was one of the first Business Revitalization Zones where the city came in, put shovels in the ground, ripped up the roads, dug everything up, repacked the roads, widened the sidewalks, put up new light stands, planted new trees, and everything," said Holtz.

But even with fresh new streets, there was something missing.

"I was driving one day," said Holtz. "I stopped the car and I looked down. I'm looking at this beautiful pavement, nice lights and trees, and then I see some of these ugly buildings on the side and I thought 'something's not right here.'"

The AABA, under Holtz's leadership, began pushing the city's Facade and Storefront Improvement program. According to the city's website, "provide[s] an incentive to

conduct building improvements that make streets a more interesting and appealing environment, and attract people and businesses to the area." The program provides grants to business owners to help them cover the costs of improvements to business fronts.

The city has also invested in the area through the Development Incentive Program, which, according to the city's website, provides financial incentive to building owners to, "invest in new development, redevelopment, and/or conversion of their properties for Mixed-use, Multi-unit Residential, and/or eligible Retail and Commercial Use Storefront occupancy."

"When I got here in 2008, there were 32 empty storefronts—empty!" Holtz said. "Most of the buildings were horribly dirty. It was unbelievable. I thought, we need some sort of incentive for property owners who have empty buildings to fix up their buildings so when prospective tenants come by they're like, 'oh let's sign a lease!'"

Unfortunately, not everyone qualifies for financing through these programs. That hasn't stopped local business owners from investing in the area, though. Jim Cua Nguyen is the owner of Downtown Auto and Encore Eyecare. He is also a board member with the AABA. Despite being denied

funding assistance through the Development Incentive Program, Nguyen has done extensive upgrading to his properties.

"I don't mind spending my own money to make my unit look good," said Nguyen. "This area is good for small retail businesses because it's a highly populated area—lots of foot traffic."

Encore Eyecare, on 95 Street and 117 Avenue, is another recently opened business. Nguyen believes the investment in the area is going to be worth it.

"I've been here in this corner for 15 years—since 1999," said Nguyen. "I've seen all the changes and I'm very happy."

Another new development is the recently approved arts facility on 91 Street and 118 Avenue, ArtsCommon. Aaron Au is a board member with Arts on the Avenue. His enthusiasm for the approval of the ArtsCommon is palpable.

"The building is going to be a collaboration between the city, Arts Habitat, and Arts on the Avenue," said Au. "We're really excited that the city continues to see the transformation that's been happening on the Avenue and realizes it is a place [they] want to continue investing in."

The proposed two-story structure would have a theatre, art gallery, suites and workspaces for 10 artists, and a coffee shop.

"All indications are pointing to The Carrot moving into the location," said Au.

The approval of this project is expected to spur further development along the Avenue.

"In terms of beautification, the drawings look incredible for the building," said Au. "It's going to look great. I think any time you introduce beauty into an environment it inspires further beauty. It makes it attractive to other businesses who say, 'I want to capture this excitement.'"

Some developments are hitting snags, however. The community league has appealed the development on 118 Avenue and 94 Street because the proposed plan includes only six parking spaces.

"We're not against development—we want a project like that!" Holtz said. "But there has to be enough parking. It's very high density there."

All the development is spurring more interest, which will lead to more interest. Holtz said that was the plan all along.

"Years ago, I met with a few reluctant developers, and I asked them, 'what would it take?'" Holtz said. "He responded 'all it takes is for one developer to have the courage to put something up on 118 Avenue' and I asked him 'then what?' and he said 'the rest would follow.'"

And indeed they have.



Jim Cua Nguyen, owner of Downtown Auto, recently opened Encore Eyecare. >> REBECCA LIPPIATT

DEVELOPMENT » RESIDENTIAL

Avenue neighbourhoods desirable to many

Resale housing and infill development opportunities drawing new residents and developers

KAREN MYKIETKA

Choosing resale single-family homes

Just over a year ago George Blanchette, an artist and postal carrier, and his fiancée Lise Frigault, a lawyer, bought a 1958 house in Elmwood Park from the original owner.

"We love the multicultural aspect of the neighbourhood and the combination of mature residents and young families," said Blanchette. He has Portuguese, Vietnamese, and Italian neighbours. The Italian neighbour, a retired contractor and expert tile setter, helped Blanchette during renovations.

When asked if they had ever considered buying a new home rather than an older home, Blanchette responded, "I'm from the Maritimes originally. This is not an old house... It was structurally sound and just needed some updating and upgrading."

Blanchette and Frigault spent a year and a half looking at over 60 houses, all in the Alberta Avenue neighbourhoods. Why here? Besides the fact they wanted something central, they also specifically wanted this area.

"We like the neighbourhood. We love the atmosphere, the fact it was being revitalized, Arts on the Ave. We like the types of homes and the yards."

The price of houses was also a bonus. "In another neighbourhood like Bonnie Doon, this house would have cost twice the amount."

"The Carrot [coffeehouse] is what initially brought us into the neighbourhood. I stopped in to check it out after doing one of my routes...it spiraled into us falling in love with the neighbourhood."

Single-family housing

Every house hunter has a list of must-haves, whether it be for their house or their neighbourhood. Families who want a large, brand new home will most likely be looking in new neighbourhoods in the suburbs, not mature ones.

For others like Blanchette and Frigault, the appeal of centrally-located established neighbourhoods is greater. Others must feel the same, as sales are strong.

In 2013, 317 houses were purchased in the seven Rat Creek neighbourhoods through the Edmonton MLS*. One-third of homes sold were in the Alberta Avenue neighbourhood with a median price of \$215,000—the lowest in the area. There were 57 sales in Parkdale and 46 in Eastwood with median prices of \$259,950 and \$228,700 respectively. The median sale price in the city as a whole in 2013 was \$380,000.

These numbers suggest that our housing is more affordable



George Blanchette and Lise Frigault are happy to have bought a house in a neighbourhood they have fallen in love with.

>> REBECCA LIPPIATT

and in a sense it is. But the "affordable" houses are older homes not yet renovated. So buyers need to be prepared to live with old house issues or put cash and sweat equity into renovations.

The community is happy to see owner-occupied homes, especially owners who restore or renovate our character homes. However, it is always a concern that affordable homes will be bought and rented by absentee or slum landlords.

Not surprisingly, local residents at an Evolving Infill discussion in January identified the removal of derelict or problem houses as an advantage of infill development.

New single-family infill housing is on the rise. Alberta Avenue had 11 house permits issued in 2013 up from five in 2012. Parkdale was up to six in 2013 from only one the previous year. A check on the addresses given house permits in 2013 revealed that of the 12 houses started, eight were bi-levels and four were two-storeys. Many would likely argue that the two-storeys fit better with the character of our neighbourhood.

These new homes usually sell for \$380,000 to \$420,000; not much different than prices of new homes elsewhere in the city.

At the infill discussion, Mark Dakers, an Alberta Avenue resident, expressed the concern that new infill may be coming at the expense of good existing homes: "Infill should increase densification, not just be bigger houses replacing existing houses."

The city encourages housing diversity and densification in established neighbourhoods. Multi-housing, whether it be duplex, row housing, or apartment housing, is attractive to developers because it's more profitable and to homeowners because it is usually more affordable and involves less

upkeep.

Choosing new multi-housing

Tired of commuting from the Hamptons in the far west to the Kingsway area, Phil Ney moved into a rental in Eastwood. In October, he started looking to buy in the area.

"I was motivated by realizing I really liked this neighbourhood and could live here long term," said Ney.

He looked at many houses. "I eventually came to the realization that I wasn't the person to fix up an older house. I wanted something that wasn't as demanding on my time."

Next week, Ney moves into a new duplex in Alberta Avenue.

"I feel because my duplex is a front back one it doesn't look gargantuan from the street. It's not really any wider than other houses."

Lenn Wheatley, a friend Ney made at a local house church, will also be moving in. Wheatley, a student at King's College, is already renting in the neighbourhood and wants to stay.

"It feels different here, people want to come out and get involved." And he enjoys geographically being central and close to major commercial districts.

When asked how the price of the duplex compared to single-family homes, Ney responded, "The price of a new duplex is comparable to a completely renovated 70 year old house."

A search of home listings on YEGisHome.ca found row housing under construction in Spruce Avenue selling for \$329,000.

More multi-housing

The Alberta Avenue neighbourhood has 78 per cent single-family dwellings, next only to Delton at 80 per cent. However, multi-family housing is rapidly increasing in Alberta Avenue.

The Norwood Village

Apartments on 95 Street are wrapping up construction and 154 new families are moving in. A 22-unit apartment building on 112 Avenue should start construction this summer and two mixed-use buildings with 18 and 14 dwellings have been approved for 118 Avenue. A number of duplexes or rowing house projects are also underway.

In the Parkdale neighbourhood, 63 per cent of the dwellings were single-family in 2012 but developers have been busy building multi-housing.

The Edmonton Inner City Housing Society (EICHS) built the 82 Street Corner Homes townhouses, 14 bi-level units. Capital Region Housing completed a 66-unit apartment building near Save-On-Foods on 112 Avenue in February 2013. This summer, a 34-unit apartment project just north of the stadium will get underway—the first development by a new company called Red Brick.

Paul Gibson, one of the company founders, says they chose the Parkdale site for its transit-oriented development (only two blocks from the Stadium LRT). "We love the area. It's an area in transition and we believe in sustainable real estate."

The foundation has already been poured and Gibson expects the four-storey building to be completed by the end of June. The neighbours, however, will not be subject to much construction; the building is all being built in modules in a factory.

This has many advantages. "You are not beholden to weather delays. It's more efficient having all the trades building together in a factory. The timeline on-site is greater reduced which means impacts on the community are also reduced," said Gibson.

The development incorpo-

rates flexhousing and sustainable design principles. Red Brick will rent the units, four of which are barrier free. Find out more at: redbrickinc.ca.

The Eastwood and Westwood neighbourhoods already have high proportions of multi-housing, mostly in the form of walk-up apartment buildings, leaving them with only 33 and 25 percent single-family homes respectively.

Kim Ellis, Westwood Community League president, finds having a lot of rental multi-housing poses difficulties.

"The league's job is to engage residents which is tough when we can't gain access to the multi-units to post a newsletter or event poster. It's further compounded by the number of NAIT students in the area short term."

Community vision

Residents who gathered to answer the City of Edmonton's Evolving Infill questions identified five elements they felt were important if infill development was going to make positive contributions to established neighbourhoods:

- Intentional long-range planning
- Fit with neighbourhood
- Balance of housing types
- Focus on owner-occupied housing
- Accountability of developers
- A local area development group meets monthly to discuss development issues and review permit applications. To find out more, contact Judy Allan, 780.496.1918 or judy.allan@edmonton.ca.

YEGISHOME.CA

Investigating neighbourhoods, whether you are looking to buy a home or are just curious, is now easier with the new website YEGisHome.ca. The website by the REALTORS® Association of Edmonton provides all sorts of useful community information from homes for sale, businesses, public places, local events and news.

Go to the communities page, find a neighbourhood and see how it scores on homes, family, safety, recreation and lifestyle. You can also find statistics on average property value, average household income, population (including age breakdown), percentage of owned versus rented. Each neighbourhood is also given a walkability and transit rating.

Embedded social media on each neighbourhood page can be used by residents, businesses and organizations like community leagues to spread messages about their community. See all Twitter messages (tweets) tagged with #YEG and the community name or post information via the Facebook comment plugin.

EDITORIAL » LITERARY

Nurture seeds sown

RUSTI L. LEHAY

May, the month to garden, the month to be inspired by new life, and maybe the month to stop living in-between the pages of reality and practicality. What seeds are you planting in your life and how are you tending them?

Several great poets have sprinkled their works with odes to spring, gardens and growing things. Local poet Kath MacLean with her book *Kat Among the Tigers* holds her own on that stage with poems like "Breath of time (it means nothing)," or "When the Aloe Blooms," featured this month and "Spring, maniac, maniac."

Anna Mioduchowska's poem from *In-Between Seasons* cuts into the core of motherhood

with its beginnings and endings. How often we plant dreams in our children. There is no time but the now. No one to live your dreams but you. While there is great wisdom in being patient for spring, Napoleon Hill suggests, "Don't wait. The time will never be just right."

You can take control like the narrator in Neha Sonpar's post-card story from her book *Not Made in Canada* who will use her silk saris to provide colour after the marigolds die.

Decorate your life with living, colourful memories and then create some more with each precious moment as this season of light returns to wake us from our long winter's sleep. What have you been waiting to do? Do it now!

SINGING IN THE GARDEN

ANNA MIODUCHOWSKA

I will search for a warm den
my child
when your time to be has
arrived
I will search in the softest
the blackest soil I can find
plant you knee-deep my child
as I would any rose bush
or an apricot tree

my child
day and night especially
to lay traps for seductive moths
dragons who with their flashy
wares
distract the most vigilant of
souls
with cockatrice eyes
will I watch over you day and
night.

I will build an enormous fence
my child
to shield you from the north
from the wicked Arctic winds
their fury shocking
no matter how regularly
and how often they come
I will build an impenetrable
fence
to the north
maybe to the west as well.

Then
one sunny morning in late
summer
that ruby studded morning
I'll try not to wail
when you sprint
to the top of the wicked fence
to the north
maybe to the west
your eyes into the gale
I'll try not to claw my face
when you wave good-bye
when you wave good-bye.

Night and day I will watch
over you

WHEN THE ALOE BLOOMS - BANDOL, FEBRUARY, 1916

KAT MACLEAN

Perhaps the new man will not live.

To speak of the old days, to walk in the garden,
to wait for the aloe to blossom, now, this moment;
there are daisies on the table
a poppy's bowed head.

There are daisies on the table and the sun
rising, breaks the night's gloom, unravels its dark
thread by thread between here
and here and you and me.

Where night rains a halo, a dark hat.
The poppy's bowed head laughs at my imprecision,
my stiff arm, my weightless words laugh
at nothing, nothing at all—

Oh take the day and divide it into four, then six
days of unfinished memory where daisies bow their heads,
and the garden speaks of poppies leaning towards the light—
perhaps
perhaps then, this new man will not live.

Memory choosing now, this very minute when
the aloe blooms nothing words, nothing days, nothing
circles about the window, back and forth and back
to you and me, to this new him—

Who nearly remembered bows his head,
and the garden, walking, leans on a stick
snuffs out my cigarette, burns your empty hand
and forces poppies to lean in towards the light.

I've decided this very moment, now—
this new man shall not live.



WINTER END

YUKARI MELDRUM

Winter-end snow comes
as roadside snow piles melt
while we are longing for signs of spring

It comes down
chuckling and whispering —

Don't be hasty, don't rush things,
they are the way they're meant to be —
be patient little ones



AFTER THE WINTER SOLSTICE

NAOMI MCILWRAITH

December, a dark cave
and the January moon
is a spelunker's head-lamp
that helps us see ourselves
to the other side
of the abyss.

MARRIED TO MARIGOLDS

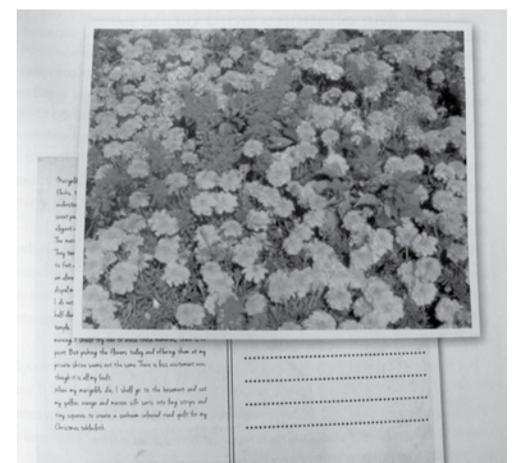
NEHA SONPAR

Marigolds tell me I am not alone. Yellow-orange with maroon flecks, they promise to stand by me in an Edmonton summer, understanding my shameless flirtations with red roses and pink sweet peas. I know they watch me when my eyes slyly caress the elegant clematis.

The marigolds are so secure in their complete pure yellowness. They teach me to let go of my anxiety, telling me there is no need to fret and fume, no need to bite my fingernails when I think I am alone. Watching them radiate like sunbeams every morning will dispel my internal wintry darkness; they reassure me.

I do not tell them about my past. In India, the marigolds lay half-dead, threaded on garlands at the flower shop outside the temple, wilting in the sunny glare. I visited them every Monday morning. I should try now to erase those memories; there is no point. But picking the flowers today and offering them at my private shrine seems not the same. There is less excitement now; though it is all my fault.

When my marigolds die, I shall go to the basement and cut my yellow, orange and maroon silk saris into long strips and tiny squares to create a sunbeam-coloured road quilt for my Christmas tablecloth.





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BUSINESS » THE LEMONADE STAND

Something is missing

Don't worry, you have the tools to fix it

HENRI YAUCK

"Something's missing, and I don't know how to fix it. Something's missing and I don't know what it is."

Do you remember those lyrics from John Mayer's song, "Something's Missing"?

While he's talking about feeling lonely despite having friends and a significant other, that feeling applies to many things in life, most especially to small businesses.

Your shelves are stocked with excellent products, yet you have too few customers. Your business is just not making enough money. You work long hours, and it seems all you are getting paid is minimum wage.

Something's missing.

Could that something be Plan M?

The majority of small and even mid-sized businesses look on advertising and promotions as an expense. Yet, Plan M, your marketing strategy and process, is a business investment. It is possibly more important than even your product or service. It is the only investment you, as an entrepreneur, can make that can yield as much as a 300 percent return.

You serve the best ribs in town, the hottest wings, the tastiest dessert. Yet, there are too few customers. Orders are too small. Yes, something's missing.

Maybe you do the best renovations in town. Your potential customers ask for bids and the other guys get the best jobs. Those customers you do get have trouble paying. "Something's missing, and I

don't know how to fix it."

So the song goes on, and so does your business.

You are totally committed and ready to give the best real estate service in your area. Why then do some of the best listings go to realtors not even living in your area? Could it be that something's missing, but what?



Maybe you went into business because you wanted to be independent. You wanted to run your own show, have your own lifestyle. It's not working out that way for some reason. Something's missing. Probably good clients or customers who will pay what your service is worth on a regular and continuing basis.

Let's face it. In almost every product and service category in every area of this great city there are individuals with money or credit cards in hand, looking for what you may have. Yet, you are not connecting.

Our society is distracted – people are skeptical, overloaded with technology. While the information age has brought

information to us in the blink of an eye, it has also put distance between us all. That's the bad news.

The good news is we can re-connect. Relationships and trust can be re-established, with the distinct advantage of connecting with highly targeted individuals predisposed to using your service, or buying your offering. It is possible today, as never before in history, to connect with the right people.

Your first step as an entrepreneur is not so difficult: it's just being willing to find out what's missing. Then, be willing to take the second step filling in the missing ingredient. Believe it. It's just that simple. But believe this also: no one is going to do it for you.

These two steps are a YOU – executed proposition.

Over the past year, The Lemonade Stand has described ways and suggested ideas on how to re-connect by using simple easy-to-do proven processes. If you have missed those articles, or are now just plain ready to look into Plan M and just maybe find out what's missing, you can do so by visiting the below website.

There is no cost. No obligation. Check it out now.

<http://www.ratcreek.org/the-lemonade-stand.html>

If you have any questions or comments when you are on the blog, just click on **contact** and send me an email.

"Something's missing, and I can find out what it is, and fix it."

Let that be your song for 2014.

BUSINESS » SHOP LOCAL

Your vision is safe

See the quality of Encore Eyecare



Optician Minh Truong and business partner Jim Nguyen, owner of the Nguyen Plaza, recently opened Encore Eyecare. » REBECCA LIPPIATT

ENCORE EYECARE

11749 95 STREET
OWNER: MINH TRUONG
HOURS: MON-FRI 9 AM-7 PM,
SAT 9 AM-6 PM, SUN 11 AM-5 PM
WWW.ENCOREEYECARE.CA

REBECCA LIPPIATT

Do you need new eyeglasses? Maybe it's time for an eye exam? Then check out Encore Eyecare, a new addition to the 118 Avenue business community. Minh Truong opened the business with Plaza owner Jim Nguyen in March.

An optician for 10 years, Truong formerly worked as a district manager for a large optical chain. He's looking forward to providing eyecare services to the community. In fact, he chooses all the frames at Encore Eyecare himself. It

makes him happy to improve his clients' vision and provide quality eyewear.

Encore Eyecare offers a full range of optical services, including comprehensive eye exams and fittings for contact lenses, prescription eyeglasses and sunglasses. Frames come in a range of styles from functional and durable to very fashionable. An optometrist is on site three days a week.

Truong is passionate about his job and dedicated to helping people see. He offers full coverage for eyecare services covered by Alberta Child Health Benefit, Alberta Works, AISH and Alberta Blue Cross for Seniors. He is committed to ensuring clients with these plans are provided with quality eyewear at no additional charges over what their plan covers.

BUSINESS » SHOP LOCAL

Let the music move you

Myhre's Music's relaxed atmosphere meets all your musical needs

MYHRE'S MUSIC

8735 118 AVENUE
OWNER: BYRON MYHRE
HOURS: MON-WED 9:30 AM-5:30 PM THURS 9:30 AM-7:30 PM FRI-SAT 9:30 AM-5:30 PM CLOSED SUNDAYS
WWW.MYHRESMUSIC.COM

CHANTAL FIGEAT

The urge to express myself musically became impossible to ignore. I didn't want to return to the rigours of classical piano, so I opted for the simplicity of folk music.

Drawn into Myhre's Music, I spied the rows of guitars hanging on the walls and couldn't resist sitting down and trying some out.

Alfie Myhre immediately reacted to my casual approach by saying, "just step right in and make yourself at home."

As a teenager, I loved being close to a guitar, so this was a logical extension of my youth.

The enthusiastic, elder Myhre gave me just the right amount of attention as I played an accompaniment to the traditional Child ballad *Geordie*.

Before Myhre's Music was House of Banjo. Fiddler Alfie Myhre and banjoist Don Evoy founded the business in 1967.

"We were two musicians who needed to make some money," said Myhre. The first shop was located at 95 Street and 102 Avenue and included a teaching studio as well as instru-

ment sales and repairs. In the early years, Myhre and Evoy put in long hours establishing the business. Evoy died in 1987 and the family business known as Myhre's Music was born.

Alfie and Lydia's youngest son Byron became the owner in 1995. The younger Myhre is also a fiddler and guitar player active both on stage and in the recording studio.

Myhre still works three days a week in the shop "but they give me enough work for five days." He plays fiddle with the Legends of Country Music. Lydia's quiet and warm-hearted presence can be seen behind the counter.

The family business has long-time staff; tenor banjo player



Alfie Myhre (left) co-founded House of Banjo in 1967 and established Myhre's Music in 1987. His son Byron (right) now owns the business. » CHANTAL FIGEAT

George Bach has been with them since 1973.

Myhre's Music offers a wide range of guitars, banjos, mandolins, resonators, and bowed instruments. They also carry sheet music and provide instrument maintenance and repairs.

Spruce Avenue Community
10240 - 115 Avenue

18th Annual Community Garage Sale
Friday, May 2 from 9 am to 7 pm & Saturday, May 3 from 9 am to 4:30 pm

MOTHER'S DAY » CELEBRATE

Sole food

Pamper your mother or yourself with this Mother's Day treat

TALEA MEDYNSKI

My mom lives in Manitoba and we have a ritual when she comes to visit.

"Can you bring your pedicure supplies?" I ask.

She always agrees. My mother is trained as an esthetician and loves working with feet, which is lucky for me because I'm terrible at taking care of my feet. I'll use a pumice stone, but that's as fancy as I get.

Yet, there is something about a pedicure. My mother and I bond as she makes my feet beautiful again. I always feel amazing when the pedicure is over; the experience makes me feel treasured and special and loved. After all, she makes my feet fit for human sight again.

The truth is, you don't need to go as far as a pedicure, but you can create and give your mother or yourself a foot scrub.

With Mother's Day approaching, a foot scrub is an easy yet personal gift and easily created with ingredients from home. Spas are great, but a thoughtful, handmade gift is also amazing. It's also a well-known fact moms love home-made gifts.

I asked my mom for a few tips



Enjoy the soft and smooth result of a foot scrub. >>STOCK

on creating and giving a foot scrub. She suggested Epsom salts for the foot soak and ingredients like sugar, cornmeal, and sea salt for the scrub.

"Don't use anything with hard shells or anything too coarse. You want it quite fine," she advised.

Add coconut, grapeseed, or olive oil, and make the scrub smell heavenly.

"Scent it up with vanilla," said my mom. She also suggested using lemon juice, almond extract, or an essential oil.

I invited two of my best friends over to try out the scrub. I don't have a basin, so I used some large pots and a roaster to soak our feet. It looked silly, but it worked.

We relaxed in the dining

room with a bottle of wine, some snacks, and each other's company.

As we talked, I discovered my friends already have their own beauty regimes.

"I soak in the bathtub with honey on my face like Cleopatra," said my cousin Elizabeth.

My friend Kelsey makes her own body scrubs using coconut oil, coffee, salt, and cinnamon.

After we soaked our feet, we used the scrubs. Kelsey used Epsom salts and vanilla while Elizabeth used Demerara sugar and almond extract. I used cornmeal and lemon essential oil. It smelled as if we were in a bakery.

After we finished, our feet and legs were soft and smooth. I'll do it again, except this time I'll give my mom the foot scrub.

BASIC FOOT SCRUB RECIPE

This foot scrub is easy to make with ingredients from your home. Prepare the scrub before soaking your feet.

SCRUB

¼ cup material such as cornmeal, sugar, sea salt, ground coffee, oatmeal, or ground, blanched almonds

2-4 Tbsp honey or oil (coconut, olive, or grapeseed oil)

1-2 tsp vanilla, lemon juice, almond or peppermint extract or 5-10 drops of essential oil

1 spoon to mix the scrub

FOOT SOAK

A basin, large pot, or roaster

Warm water (enough to cover your feet)

¼ cup Epsom salt

1-2 tsp peppermint or almond extract, lemon juice, or a few drops of essential oil

1-2 towels

Your favourite body lotion

INSTRUCTIONS

Mix foot scrub materials together to form a paste.

Fill a container with enough warm water to cover your feet. Stir in the Epsom salts and lemon juice, extract, or essential oil. Soak your feet for 15 minutes. Afterwards, remove your feet and pat dry with a towel. If you like, trim and file your toenails. If using Epsom salts, drink at least a glass of water because the salt is dehydrating.

Spoon out a small amount of the scrub and scrub from the feet to the knees in a circular motion, upwards towards the heart. Take your time on heels and calluses.

When finished, use the water to rinse off and then discard it. Pat your feet and legs dry with the towel.

Use a generous amount of lotion and massage into your feet and legs. If you have sweaty feet, moisturize lightly and pat dry.

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FOOD: Poutine \$6, Wings 75¢, Nachos \$8

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BRIAN MASON, MLA
 Edmonton Highlands-Norwood

The voice of Alberta Avenue,
 Parkdale, Delton, Eastwood and
 Elmwood Park in the Alberta Legislature

I'm excited to head back to the Legislature on March 3rd to work on the issues that matter to you, the citizens. Please contact my office or interact online with me to share your views, issues and concerns that impact our community and our democratic values.

Connect with Brian
 E-mail: Edmonton.HighlandsNorwood@assembly.ab.ca
 Phone: 780.414.0682 Fax: 780.414.0684
 6519-112 Avenue

Celebrate Spring with the family and Drive-In to nostalgia....

Drive-In on the Ave
 Back by popular demand!

AMERICAN GRAFFITI

In association with the 1000 faces festival

The Princess Bride
 May 17 @ 9:15 pm

American Graffiti
 May 18 @ 9:15 pm

This is a Free Event

At the Alberta Avenue Community League parking lot
 The corner of 93 st and 118 Ave

HEALTH » FITNESS

Neighbourhood walkability

How walkable is Alberta Avenue and why does it matter?

SHELAINÉ SPARROW

One of the greatest gifts of travel is walking the streets of beautiful cities. Immersing ourselves in the texture of street culture brings us alive. We feel connected to life and in contact with the physical and social environment. We celebrate spontaneous encounters resulting from being on the streets with others. And, there is something about strolling to get what we need – be it a bottle of wine, a meal, entertainment, or the pleasure of being with others and experiencing local culture.

Often, we are shocked by the isolation we feel when we return home and get back to a lifestyle serviced from a car. What is often lost is what the design of great cities naturally offers – walkability.

This aspect of Alberta Avenue has increased dramatically over the last decade. When I moved into the Ave in 2000, street life was best described as surviving rather than thriving. Even then, there was a strong spirit of place felt when walking the tree-lined boulevards. Our streets, though obviously neglected and often abused, always held the truth of a thriving past – and the potential for a blossoming future.

The spirit of place, the central location, and bones of the neighbourhood (including local retail and community services) held remarkable walkability potential. That potential drew me to buy into the neighbourhood.

To my delight, this potential has since been on a steady path of realization. The city, in partnership with our incredible community, has substan-



A walk in your neighbourhood can be rewarding and healthy. » STOCK

tially invested into streetscape upgrades, improvements to the built environment, and support for cultural and business success.

The city recognizes the value to health, environment and economy that walkability benefits. According to the city's Walkability Strategy, residents of these neighbourhoods tend to weigh less, pollute less and be more community involved. Walkable places make people happier and healthier.

So what makes a place walkable? Places with a centre, enough people of mixed income for business to flourish, plenty of public places, schools and workplaces residents can walk to and from, and good pedestrian design.

The Seattle-based company Walk Score offers to help find a "walkable place to live" by generating a Walk Score between 0 and 100. According to their metrics, Montreal, Vancouver, and Toronto are Canada's most walkable cities; Calgary is one of the least. Alberta Avenue earns a Walk Score of 76.

PlaceShaping, an Edmonton-based company, recently

launched a downloadable app that helps rate your neighbourhood with respect to overall health potential. Founder Laura-Belle Robinson tells me walkability is a big part of the calculation. Neighbourhoods fostering genuine health will be walkable for people of all ages.

According to the app, the design of my neighbourhood is "brilliant! It is an environment for cultivating health in all residents."

A few elements affect walkability that neither of these tools can fully measure. These are subjective experiences that we residents hold the power to transform – beauty and sense of safety.

The garbage littering our streets and alleys, the ubiquitous chain link and derelict fences, or many barren landscapes still undermine neighbourhood walkability and quality of life.

Surely though, we can address these things with some individual and collective care? The potential for achieving thriving neighbourhood life lies largely with those that live here. A walk will show you possibilities.

EXPLORE YOUR NEIGHBOURHOOD WITH JANE'S WALK

Jane's Walk, a free yearly walking tour in cities worldwide, brings people together to explore and discuss their neighbourhoods. Jane Jacobs lived in New York and Toronto and was very involved in her city and neighbourhood. Jane's friends started Jane's Walk in her memory after she died in 2006.

The walks vary depending on the person organizing and leading them, but can focus on any neighbourhood aspect. The idea is that anyone can be an expert of their community and lead a walk.

So far, there are nine Jane's Walks organized this year during May in neighbourhoods across Edmonton. Check out the website below to select and join a walk or create one.

JANE'S WALK LAUNCH

Friday, May 2 at noon
City Hall Plaza (between steps and wading pool)
<http://www.janeswalk.org/canada/edmonton/>

LEARN HOW THE NORWOOD NEIGHBOURHOOD BEGAN AND EVOLVED

Edmonton's Norwood neighbourhood is rich in history. Many historical buildings still stand today and have fascinating stories behind them. In 2012, a group of passionate people created The Ave We had: A Living History. This project team gathered historical information about the area as well as created the Norwood historical walking tour.

Walk the tour any time. Discover the route and historical information through www.theavewehad.org or pick up a pamphlet at the Alberta Avenue Community League.

Join a tour this July with *Rat Creek Press* writer Chantal Figeat. Chantal is a life-long amateur historian who loves to discover and share the history of the Norwood neighbourhood. She will lead the walk and talk about historical building construction and architecture as well as how the streetcar on 118 Avenue changed the neighbourhood.

Sunday, July 13 at 1:30 pm
This walk is still being planned. Stay tuned for updates or changes on www.ratcreek.org or the *Rat Creek Press* Facebook page.

Length: approximately an hour and a half
Meeting place: Alberta Avenue Community League (9210 118 Ave)

WALKING IN YOUR COMMUNITY

Explore your community with the help of community maps. The City of Edmonton has walking maps for several neighbourhoods available. Walking routes are divided by colour on the map and the distance of the routes is given. Check out the website below and download whatever maps you'd like:

http://www.edmonton.ca/transportation/cycling_walking/community-walking-maps.aspx

Pick up a free community walking map at Alberta Avenue Community League (9210 118 Ave), City Hall, or at one of the Edmonton Public Libraries.

COMPOST AND MULCH SALE

THURSDAY, MAY 15 from 5 - 7 PM

SATURDAY, MAY 31 from 10 AM to 3 PM
(at the Bloomin Garden Show)



Wood Chip Mulch
60 L bags \$5



Second Nature Compost
30 L bag \$6
2 for \$10

Cash Sales. No pre-orders.

Sale by the Alberta Avenue Community Garden (albertaave.org)

Pick up at:

Alberta Avenue Community Centre (93 St & 118 Ave)

In the garden behind the building

DRIVE-IN ON THE AVE



This drive-in theatre is held in association with the Thousand Faces Festival. Enjoy these classic movies:

THE PRINCESS BRIDE
Saturday, May 17
9:15 PM

AMERICAN GRAFFITI
Sunday, May 18
9:15 PM

Alberta Avenue Community League parking lot (9210 118 Ave.)
Admission: free

Hot dogs, popcorn, licorice, and chocolate bars available for purchase at on-site concession.

Councillor Tony Caterina

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HISTORY » COMMUNITY

Breathing new life into the MacLachlan house

Care and attention turned this neighbourhood eyesore into a beautiful and unique home

CHANTAL FIGEAT

In over 100 years, the MacLachlan house has come full circle from a home to a criminal hang-out and back to a cosy home again.

The house, now a neighbourhood gem, was in the process of being condemned when Shelaine Sparrow bought it in 2000. Sparrow saw the potential and her renovations truly transformed the home.

The house, located at 116 Avenue and 95A Street, has quite a history. It was built in 1912 at the height of a real estate boom. Geo Barrett bought the home for his family after they moved Geo's son, Thomas J., moved into the house.

The architectural design is American foursquare. Common in streetcar suburbs at the time, the square boxy design makes efficient use of space and energy. Both floors of the house are divided into four rooms, with a staircase opening into a central hallway on the second floor.

Extensive use of wood as a building material shows respect for craftsmanship. Unlike other foursquare homes in the

neighbourhood, it retains a wide front porch, a hallmark of this architectural style.

The younger Barrett managed the Barrett & Co. grocery store on Alberta Avenue. He was surely influenced by the aggressive, forward-thinking economic atmosphere in Edmonton at the time. This was a desirable neighbourhood. After all, Alberta Avenue had a streetcar line with easy access to downtown and commerce would thrive from the presence of the streetcar and patronage of families living on the nearby streets.

Unfortunately, Barrett was not able to enjoy his new home for long. In 1915, Barrett left when the real estate boom went bust due to the Hudson's Bay Reserve land sale flooding the market with overpriced land. Barrett wasn't alone; several other homeowners faced the same situation. Unable to pay taxes and mortgages, many people left to seek their fortune elsewhere.

The house stood empty in 1917/18, when the economy continued to suffer due to the First World War. Money was going into the war effort, there was high unemployment, and

many men enlisted and went overseas.

From 1921 to 1940 James W. Chapman, a land assessor for the Alberta government, lived in the house. As a career government employee, Chapman would have been able to weather the high unemployment during the Great Depression.

In 1941, A.O. MacLachlan and his family moved in and stayed until 1957. MacLachlan ran a delivery service, and after his death in 1946, his widow Anna and daughter Donella remained. The property was named after them due to their long-term residence.

However, the neighbourhood declined in the 1970s. During that time, the house became rental property and was subjected to neglect and vandalism. It attracted a criminal element, bringing substance abuse and violence into the neighbourhood. The house was in rough shape by the time Sparrow bought it.

Renovations have transformed the house and given it new life and beauty. While the renovations are impressive, Sparrow isn't afraid to say it's a lot of work.

"An old house (at the best



After a century, this Prairie Box style home has developed great character.

» SHELAIN SPARROW

of times) is a commitment...a relationship...I wouldn't necessarily recommend it to everyone," said Sparrow.

She emphasizes renovating her home is an ongoing labour fuelled by love of character and story.

The backyard has also undergone changes. Sparrow has a passion for permaculture and she has turned her

backyard into a lush, natural landscape. With the spring weather, the former parking lot in the backyard is now home to sprouting trees, medicinal plants, and perennial flowers.

The MacLachlan house has come back to life.

Information sourced from *Henderson's City Directory*, *The Edmonton Story* by Tony Cashman, and Wikipedia.



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PETER GOLDRING
Member of Parliament
Edmonton East



RELIGIOUS LEADERSHIP CAN HELP SOLVE UKRAINE'S CRISIS

The church is the most trusted institution in Ukraine, more trusted than political or academic institutions. If the leaders of Ukraine's churches (and other religious groups) were to unite and make a joint proclamation of the Ukrainian embracement of linguistic and cultural diversity and inclusivity, it would go far in reducing tensions in that country.

Those tensions stem from actions by the new government in Kyiv that were perceived to weaken Russian-language protection. Many of those in the eastern, predominantly Russian-speaking, area of the country, who are proud Ukrainians, saw it as an erosion of their linguistic rights. It is these linguistic and cultural issues that religious leaders are best positioned to address, offering a non-partisan, cross-cultural approach.

I have discussed this at length with Bishop Job of Edmonton, and Archbishop Gabriel of Montreal, both of the Russian Orthodox Church, also with Ambassador Vadym Prystaiko of Ukraine and Igor Girenko of the Embassy of Russia, as well as Dr. Andrew Bennett, Canada's Ambassador for Religious Freedom. All concur that if the All-Ukrainian Council of Churches and Religious Organizations in Kyiv were to agree on a Ukrainian national message to be delivered through all churches in all regions of Ukraine, it would have great value.

The All-Ukrainian Council of Churches and Religious Organizations could dialogue with Ukrainians, seeing what they want in terms of linguistic and cultural inclusivity for the future of Ukraine, then take this instruction from the people to the presidential candidates. This should be done immediately so that the presidential candidates for the May 25 election will have the opportunity to campaign on this inclusivity message to take to the parliament for reinforcing legislation upon becoming president.

The time for the religious leaders to act is now. Let them listen to the people then speak with a united voice.

What do you think?

780-495-3261

www.petergoldring.ca

TheAveWeHad.org

A LIVING HISTORY PROJECT

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

COMMUNITY CALENDAR

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

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

EVENTS

FAMILY MOVIE NIGHT

Come see *Despicable Me 2* on Friday, May 2 from 6-8 pm at Parkdale School gym (11648 85St). \$5/family or \$1/person. Concession. All children must be accompanied by an adult. This is a Bent Arrow round dance fundraiser.

SPRUCE AVENUE GARAGE SALE

May 2 & 3. Tables available for rent at \$10 per table. Donations of gently used items would be appreciated. Proceeds going to the park re-development project. Call 780.479.8019.

KAREN PORKKA RECITAL

Monday, May 26 from 5:30-8:30 pm at The Carrot (9351 118 Ave).

GAMES NIGHT

Please feel free to bring your favourite board games to share. We'll also have plenty of games to choose from. Invite whoever you like - the more the merrier! Tuesday, May 27 from 7-9 pm at The Carrot (9351 118 Ave).

PARKDALE/CROMDALE GARAGE SALE

Our 4th annual Garage Sale is being held on Saturday, May 31 and Sunday, June 1 from 10 am-5 pm at 11335 85 St. Everything from toys to antiques. There are a few tables left (\$10 a table for both days).

NOTICES

AREA DEVELOPMENT MEETING

Join in on discussions regarding development in your neighbourhood. Monday, May 12, 6:30 pm. More info: judy.allan@edmonton.ca.

AREA CRIME COUNCIL MEETING

Thursday, May 15 at 6:30 pm. More info: judy.allan@edmonton.ca.

ARTS ON THE AVE AGM

Sunday, June 1st from 3pm to 5pm at the Carrot (9351 118 Ave). You must be a member to vote. To become a member of Arts on the Ave, go to <http://artsontheave.org/about-us/become-a-member/> Forms are also available at the Carrot. Yearly memberships are \$5. Light refreshments and snacks provided. Live music. Guest Speaker

Linda Huffman, Executive director of Arts Habitat. This is a great way to connect with community and those involved in the Edmonton Arts scene.

YARD SHARE GARDEN

Garden space available for 1-2 people at 119 Ave and 82 St. Access to tool shed and water. Share produce. Contact Auston 587.783.0059.

COMMUNITY GARDEN

Alberta Avenue has room for new gardeners! Call 780.477.2773.

BRAZILIAN PERFORMANCE

Come to the Parkdale-Cromdale Community Hall (11335 85 St) to see free capoeira performances every Saturday from 1-2 pm! More info: www.capoeiraacademy.ca

THE CARROT STAGE

9351 118 Avenue, 780.471.1580 www.thecarrot.ca

Thursdays: Open Mic Returns! A variety of entertainment. Adult performers are welcome to our stage – music, song or spoken word from 1:30-3:30 pm. Fridays: Live music starts at 7:30 pm. Check website for line-up. \$5 cover, all ages welcome. Saturdays: Open mic 7-9:30 pm. Great time to share your newest tune, poem or comedy act! Free for all ages. \$1.25 minimum charge.

RECYCLE YOUR COMPUTER ITEMS

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

PROGRAMS/CLASSES

POSITIVE DISCIPLINE

Come learn how to help children develop self-discipline, responsibility, cooperation and problem-solving skills. At Norwood Centre (9516 114 Ave). Call 780.471.3737 to register. It's free!

TODDLER TUMBLE BABY BOUNCE

(by Bent Arrow Parent Link Assoc.) All young parents, or grandparents may bring pre-school aged children for gym play time on kid-friendly equipment followed by our Little Peoples Lunch. Tuesdays from 11:30-12:45 pm at Crystal Kids (8718 118 Ave).

SING, SIGN, LAUGH AND LEARN

For children up to age three accompanied by a grown-up. Tuesdays from 10:30-11:15 am at Sprucewood Library (11555 95 St). More info: 780.496.7099.

PARKDALE/CROMDALE PLAY RANGERS

Come explore Kinnaird Ravine, learn new, exciting skills like orienteering, shelter building, GPS geocaching, and much more! A FREE outdoor drop-in program at Sheriff Robertson Park (8112 111 Ave) for youth between 7 and 12 years of age. Fridays, May 16 to June 20 from 4:30-6:30 pm.

COOKING GROUP

Meet new people while learning to make something delicious! Wednesday, May 14 from 5:30-7:30 pm and Saturday, May 31 from 1:30-3:30 pm at Norwood Centre (9516 114 Ave). Call 780.471.3737 to register. It's free!

COLLECTIVE KITCHEN

Cook with friends, try new recipes, help your food budget at PrayerWorks Collective Kitchen. Second Wednesday of each month, 5:30-8:00 pm, St. Faith/St. Stephen Anglican Church (11725 93 St). Cost is \$3 for one serving of each of four different meals. More info: Trish at 780.464.5444.

FREE MUSIC LESSONS BY CREART!

Every Saturday at Parkdale-Cromdale Hall (11335 85 St) free group lessons will be offered to members. Singing lessons from 9-10 am and Guitar lessons from 10 am-12 pm. Play and meet others. Contact 780.878.8265 or createedmonton@hotmail.com

FREE ART NIGHTS AT THE NINA

Community Art Nights, Tuesdays, 6:30-8:30 pm. Family Art Nights, Wednesdays, 6:30-8 pm. The Nina Haggerty Centre for the Arts (9225 118 Ave). www.thenina.ca.

ENGLISH CONVERSATION CIRCLE

Drop in and join others who also want to practice their English. Mondays, 2:30 pm at Sprucewood Library (11555 95 St). More info: 780.424.3545.

IMPROVE YOUR ENGLISH

ECALA English for Community Integration offers free Parent-Tot English

classes. Bring along your little ones and learn basic English skills for everyday situations. Tuesdays and Thursdays from 9-11 am at Parkdale-Cromdale Community Hall (11335 85 St). More info: Sarah at 780.887.6825.

ALATEEN MEETINGS

Help for young people whose parent, relative or friend is a problem drinker. Saturdays at 10 am at 11107 129 St (backdoor, downstairs). More info: call 1.866.322.6902 or Google alateen edmonton. Al-Anon and Alcoholics Anonymous meet at the same time, in the same building.

JUST FOR TODAY AFG

Are you troubled by someone's drinking? Al-Anon meeting, Mondays at 10 am at St. Stephen Anglican Church (11725 93 St). Entrance is at back door by handicap access. For more information, phone: 1.888.322.6902.

SOCIAL ACTIVITIES

WANDERING WOOLIES

Wednesday, May 7 from 7-9 pm at The Carrot (9351 118 Ave).

BROWNCOATS KNITTING GROUP

Wednesday, May 14 and 28 from 6:30-9 pm at The Carrot (9351 118 Ave).

LADIES COFFEE

St. Faith's Women's Fellowship Guild Cosy Coffee Club at 11725 93 St. in Prayerworks Hall (entrance off the parking lot facing 92 St). Wednesday, May 21 from 10-11.30 am. Come and join other women in the parish for a cup of coffee, a snack and conversation. Open to all ages, children welcome.

PRAYERWORKS COMMON

Hot complimentary meals and warm friendship at St. Faith/St. Stephen (11725 93 St). Every Thursday lunch 10 am-2 pm. Every Friday supper 5-8 pm with MusicJam on the third Friday. Saturday breakfast 8:30-9:30 am.

CRUD DINNER CLUB

Everyone welcome. To stay informed about upcoming dinners on the Avenue join CRUD on Facebook.

FAMILY MUSIC POTLUCK NIGHT

Join us on Friday, May 30 from 7-11 pm at the Parkdale-Cromdale Community Hall (11335 85 St) for our monthly family friendly arts party and potluck. Enjoy live professional and emerging musicians or take part in the open mic.

BABES IN ARMS

A casual parent group every Friday from 10 am to noon at The Carrot (9351 118 Ave).

LI'L SPROUTS PLAYGROUP

Parkdale-Cromdale Community League is looking for a responsible parent to lead this fun Li'l Playgroup. If you can help out please call 780.471.4410.

FAMILY STORYTIME

Share stories, songs and games for the whole family. Sundays from 2:30-3 pm at Sprucewood Library (11555 95 St). More info: 780.496.7099.

TWEEN LOUNGE

Play video games, make a DIY project, meet friends or just hang out. For ages 7-13. Thursdays from 3:30-5 pm. Sprucewood Library (11555 95 St). More info: 780.496.7099.

TEEN GAMING

Come to the library to play some great games! For ages 12-17. Thursdays from 6:30-8:30 pm. Sprucewood

Library (11555 95 St). More info: 780.496.7099.

NORWOOD LEGION SENIORS GROUP

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

PARKDALE-CROMDALE SENIORS GROUP

Seniors bingo and social takes place every Monday from 10 am-2 pm at the Community Hall (11335 85 St). Coffee and snack provided.

SENIORS BREAKFAST AND SOCIAL

All seniors 55+ are welcome to join us for breakfast, then stay for a visit, play some cards or billiards and if you like, you can watch a movie! Wednesdays from 11:30 am-12:45 pm at Crystal Kids Youth Centre (8715 118 Ave).

SPORTS/REC

LAWN BOWLING OPEN HOUSE

Come to Highlands Lawn Bowling Club to try out the gentle but challenging game of Lawn Bowls, Sunday, May 25 from noon to 5 pm (6112 113 Ave). It's like curling on grass! All ages from 8 and up are welcome and we have all the necessary equipment. Please wear flat-soled shoes with no heels or tread. More info: www.highlandsbowls.com, email: highlandslawnbowlingclub@gmail.com or leave a message 780.686.9493.

FREE COMMUNITY ACCESS AT COMMONWEALTH REC CENTRE

Enjoy the fitness centre at Commonwealth for free on Saturdays from 5-7 pm with your community league membership.

FREE SPORTS EQUIPMENT

All kinds of sports equipment to kids in need, including hockey, skates, bicycles, soccer, softball, rollerblades, racquets, snow sliders and more. More info at 780.477.1166 or www.sportscentral.org. Also accept donations of gently used sports gear.

FREE QIGONG CLASS

YiXue Lotus practice (Lotus Qigong) for a calm, stable heart and overall well-being. Weekly class, No fee. Call Astrid 780.477.0683.

VOLUNTEER

BLOOMIN GARDEN SHOW

Help out at this fantastic community event on May 31 or with planning and set up. Email: bloomin@albertaave.org or call 780.477.2773

RAT CREEK PRESS CASINO

The casino funds pay for the printing and delivery of this paper! Help us out. May 13 and 14 at Baccarat casino. info@ratcreek.org or 780.479.6285.

VOLUNTEER AT THE CARROT

Daytime and evening shifts at the Carrot need volunteers. More info: carrotassist@gmail.com

DRIVE A SENIOR

Be a volunteer driver who spends 3-4 hours once a month to drive an elderly senior to appointments or shopping. Gas reimbursed. Call 780.732.1221.

Listings for free events and programs as well as volunteer opportunities. Email your listings to: info@ratcreek.org.

CHURCH SERVICES

ANGLICAN PARISHES ON ALBERTA AVE ST. FAITH AND ST. STEPHEN

Two Traditions – One Faith.
11725 93 Street

St. Stephen: 780.422.3240

Sunday Worship:

8:30 am - Low Mass
9:00 am - Morning Prayer
9:30 am - High Mass
7:00 pm - Evensong

St. Faith: 780.477.5931

Sunday Worship:

11:00 am - Sunday Worship
1st Sunday - Worship in the Common
2nd Sunday - Traditional Anglican
3rd Sunday - Aboriginal Form
4th Sunday - Traditional Anglican

AVENUE VINEYARD CHURCH

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

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

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

CHRISTIAN LIFE CENTER

Our Vision is to be a growing community of believers who are woven together by the love of God for support, fellowship and prayer.

10123 Princess Eliz. Avenue
780.471.2250 www.clifec.ca

Service Times:

9:40 am - Pre-service Prayer
10:30 am - Worship Service
10:45 am - Kzamm Kids
Child care provided for ages 0 to 12 yrs.

CARISMA CHURCH

Our vision is to EMBRACE a relationship with Jesus and share it with others. Come and experience a multicultural worship service in an informal, friendly environment.

8401 114 Avenue 780.477.1235
www.carismachurch.org

Sundays at 10:00am

Kids Ministries for ages 2 to 12 yrs.
Come as you are. All welcome!

ST. ALPHONSUS CATHOLIC CHURCH

11828 85th Street 780.474.5434

Service Times:

7:30 am - Mass, Tuesday to Friday
4:00 pm - Mass, Saturday Vigil of Sunday
11:00 am - Mass, Sunday Main Celebration
4:00 pm - Mass, Sunday, Eritrean Catholic Community

English Classes and Collective Kitchen (Seasonal - call for more info.)

St. Vincent de Paul Food Help Hotline:
780.471.5577

Advertise your church here for only \$180/year. Contact info@ratcreek.org

Celebrate spring on the Ave!



Thousand Faces FESTIVAL

May 15 - 24

Alberta Avenue Community Centre
93 st-118 avenue

thousandfaces.ca

Drive in on The Ave

The Princess Bride
May 17 9:15 pm

American Graffiti
May 18 9:15 pm

Alberta Avenue Community Centre
93 st-118 avenue

Fun for all ages!

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

Saturday, May 31
10:00 am - 4:00 pm

Alberta Avenue Community Centre
93 st-118 avenue
More info at albertaave.org

FREE!
admission

PLANTS ARTISAN GIFTS COMPOST SALE ACTIVITIES RAFFLE




jiffy lube

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13004 82 Street
NORTHSIDE: 780.478.9617

13731 97 Street
NORTHSIDE: 780.478.7553

11503 104 Avenue
DOWNTOWN: 780.425.7562

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\$39.99

REGULAR OIL CHANGE UP TO 5 LITRES

COUPON EXPIRES JUNE 30/14



DAYS

JULY 18-27, 2014

YOUR TICKET IN.

THE PARTY NEVER STOPS DURING K-DAYS

Volunteer at Edmonton's hottest 10-day summer festival! It's your chance to help out and be part of the action at K-Days!

Find out more at northlands.com/volunteers



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