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NEWS » DEVELOPMENT

Plans for Stadium LRT station area

Focus on LRT security and residential and commercial development



(Above) City council is considering the security of the Stadium LRT station and the use of surrounding lands. » CADENCE BERGMAN (Right) These are the areas impacted by the Stadium station TOD plan. » SUPPLIED

CADENCE BERGMAN

The Stadium LRT station transports commuters daily and is a vital part of the system bringing thousands of people to and from Commonwealth Stadium events. However, station security and the use of surrounding lands have come to the attention of city council.

As part of a network of present and future LRT stations in Edmonton, the city has produced Transit Oriented Development plans (TODs). They cast a vision of more walkable, cycle-friendly and transit-oriented neighbourhoods, with higher density housing, shopping and employment nearby.

After stalling for a few years, city council requested an implementation strategy, including an updated business case and timelines for the Stadium TOD plan.

The first phase involves redevelopment of the Muttart site—the mostly empty former lumberyard south of the sta-

tion. A walking and cycle-oriented main street would run from Jasper Avenue, across the LRT tracks, and come out at Commonwealth Stadium. Once developed, the site would have a retail area, several residential towers, and 1,115 new neighbourhood housing units.

The city is now negotiating with a prospective developer and hopes the public cost of approximately \$11 million for the new main street can be included in the capital budget this fall so work can begin.

Councillor Tony Caterina considers the development a critical step forward.

“This project has the potential to be the most successful TOD in the city. The top goals are increased safety and security of the LRT station, better access to the surrounding neighbourhoods, and increased infill. We want to see the same kind of planning and investment for Norwood Boulevard as we have seen for 118 Avenue.”

Other new projects are

already underway nearby, including the Buchanan Centre at the corner of 112 Avenue and 86 Street. Buchanan Centre will house Parkinson Alberta and a wellness centre for people with Parkinson’s disease.

According to the reports for council, surrounding neighbourhoods saw much higher growth compared to the city average last year and can accommodate more housing.

Long-time development advocate and community member Cris Basualdo is concerned.

“This could impact the possible revitalization and development interest on Norwood Avenue, which still has many vacant or derelict businesses. Appropriate timing is essential and the focus should be placed first on the revitalization of Norwood Boulevard before adding more commercial space.”

Basualdo also points out the higher-than-average housing starts in the area include

supportive and non-market housing, something already of concern.

“(The project) should most definitely be market housing, and not built in a way that is intended to be transitional but with the idea that this development will attract long-term residents. Ideally, much of this housing should be intended for families which might, in the future, allow us to have a viable school again.”

A second part of the plan is the possible development of the park-and-ride lot north of the station. Caterina said that part of the plan “is down the road, and will depend on whether there may be a second stop near Commonwealth Stadium. We know it is very important after games to move thousands of people,” said Caterina.

Mayor Don Iveson’s recent trip to Glasgow to promote Edmonton’s bid for the 2022 Commonwealth Games could be part of a larger infrastructure plan.

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NEWS » COMMUNITY LEAGUES

Elmwood Park a hidden gem with potential

Residents need to participate in their league or risk its collapse

KAREN MYKIETKA

Eight years ago during the boom times, Tracy Richard and her husband Gord were frantically looking for a house before their family expanded to three. They landed in Elmwood Park, a small neighbourhood of about 650 households bound by the Yellowhead, 82 Street, Fort Road and 122 Avenue.

"This little old house in this little old neighbourhood was the exact thing we were looking for. It was affordable and seemed like the perfect place to raise a family," said Richard.

Gord works downtown and rides his bike whenever possible and Tracy works at Northlands, making the location very convenient for them both.

The Richard's treed backyard isn't conducive to gardening, so Tracy takes advantage of the league's community garden.

"This is my fifth year and the rewards are bountiful! My garden is my favourite part of my summer, though the spring is the most exciting because the perfectly turned-over soil has so much potential. That is when I dream big."

The league also has much potential.

There is an energy-efficient hall with a fireplace and cozy couches that accommodates 20 to 40 people plus a boardroom for 10 to 12 people. A patio, a grassy area, and a community garden with twelve large plots is also available.

And next to the league grounds: a newer playground with a tot play area and an area for bigger kids, swings, ball hoop, gazebo, numerous picnic tables and benches, mature trees providing shade

on hot summer days, and a new spray park with a caterpillar and ladybug to watch over the children. Besides that, there is another huge grassy space and kid's baseball diamond.

What the league and playground are missing is people. These fantastic facilities and resources should be in high use by children and adults. The possibilities are endless.

Melanie Spitzer and her husband Ricky were drawn to this "tucked away" community with easy access to major traffic routes. They moved into Elmwood Park five-and-a-half years ago and now have three young children.

"The quiet roads where each house shows character have kept me enthralled," said Spitzer.

"I wanted to make a difference," she said about getting involved in the league board. "I wanted my kids to see that it is good to get involved and help serve those around you."

Unfortunately, three of her fellow board members who were renters moved out of the neighbourhood leaving Spitzer by herself on the board. Thankfully, another person, Spinder Shergill, stepped up at that time.

As has happened numerous times over the years, the Elmwood Park Community League is in crisis, needing more board members if it is to continue. Rocky Pilisko, community recreation coordinator with the City of Edmonton, is working with Spitzer to engage more residents.

"A number of people each doing their small part would bring this league together," said Pilisko.

The heart of community



Elmwood Park Community Garden has been successful and prolific. Volunteers are needed to help start new programs and plan special events. >> KAREN MYKIETKA

leagues is summed up in the Edmonton Federation of Community Leagues (EFCL) slogan: Where neighbours meet and great things happen.

"Prior to last year, the league was basically a one-man show," said Richard. "Glenn Tarkowski was the president. He ran the garden; he did most everything. But after many years of bearing the brunt, he burnt himself out from doing it all."

When Tarkowski stepped down, Richard took on the organizing role for the community garden.

While one person can do great things, that's not fair or the point. The purpose is for neighbours to engage with each other and do things together to improve their neighbourhood.

About 1,100 people live in Elmwood Park; 40 per cent of those own their homes. Regardless of whether you rent

or own, there is tremendous benefit to being involved in the place where you live, such as giving input or creating the things you want.

There have to be at least ten people who can give a few hours a month of their time and talent to help build up their community league.

"Melanie, Tracy and Spinder are great examples of people who see a need and realize they have the skills and experience to help," said Pilisko. "Each one of them is doing something small but together they are keeping the league operating until the AGM this fall. Without them it would have collapsed already."

"The people in our community don't know how easy it can be to get involved," said Spitzer, who wants to see more children's programs bringing neighbourhood kids together.

What activities would you

participate in with neighbours? What interests would you enjoy discussing? Do you have skills, gifts or abilities you would be willing to share? Join your community league, start a neighbourhood conversation.

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Elmwood Park Community League Upcoming Events

COMMUNITY LEAGUE DAY
Elmwood Park Community Hall
12505 75 St
Saturday, Sept 20 from 11 am to 3 pm

Free BBQ lunch. Games and activities.
Tours of the hall and grounds.
Free memberships available.

ANNUAL GENERAL MEETING
Sands Hotel
12340 Fort Road
Tuesday, Sept 30 from 7 to 8 pm

Receive updates on the state of the community. Elect a new board. Free memberships available. Refreshments provided.

THE LEAGUE NEEDS PEOPLE TO:
Sort mail, voicemails and emails and direct to the appropriate person (1 hr/week). Communicate with residents by website, email, newsletter, newspaper submissions (2 hrs/month). Shovel sidewalks around league building as needed (1 hr/snowfall). Respond to rental inquiries, make bookings, meet renters (1 hr/week). Clean the hall or complete small repairs and maintenance (1 hr/week). Organize a special event or program (variable).

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Monday Sept 8, 6-8pm
Thursday Sept 11, 6-8pm
Saturday Sept 20, 11am-2pm

Payment Sessions at Delton Hall
Visit: www.deltoncommunity.com
for registration forms
Email: soccer@deltoncommunity.com
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NEWS » OUTDOOR FILMS

A reel experience

Drive-in movie to play for the second year

CONSTANCE BRISSENDEN

Think about it: the night sky overhead, a free movie, and popcorn from a concession. For the second year in a row, Northlands, with the support of Bellevue Community League, combines this perfect trio to host a family-friendly community night on Friday, Sept. 19.

“Bellevue/Northlands Drive-In Movie Night was a great success last year,” said Bellevue Community League president Janice Fleming. “Once again this year, everyone is invited, whether families or singles.”

Between 200 and 300 people attended last year, a number that Northlands community relations director Darryl Szafranski expects to match or exceed this year. His advice: “Come a little early, bring your lawn chairs or blankets, a warm jacket in case it gets cold,

and then sit back and enjoy. Or stay inside your vehicle, turn on your car radio, and listen to the movie broadcast from a transmitter provided by the movie screen provider. The local signal is determined on the night of the event.”

This year’s movie, *Back to the Future*, begins at 7:45 pm at the baseball field in Borden Park adjacent to Northlands. The comedy, starring a young Michael J. Fox, was the blockbuster hit of 1985. A fan favorite, *Back to the Future* is ideal for family viewing, appealing to both adults and children. The movie runs just under two hours.

Bellevue Community League will provide concession items. The league also promises more door prizes than last year.

“Partnering with Northlands allows us to have a great event for the community,”

said Fleming. “We encourage everyone who loves movies or is looking for a free, fun date night to come out and meet other people in the community, relax with some treats, and enjoy the flick.”

“It’s not a new thing for Northlands to do something for the community,” added Szafranski. “We’re a not-for-profit society. The movie night was such a big success last year, we couldn’t wait to bring it back this year.”

BELLEVUE/NORTHLANDS DRIVE-IN MOVIE NIGHT
Back to the Future
 Friday, Sept. 19 begins at 7:45 pm
 Bellevue Community Hall parking lot, 7308 112 Ave
 Movie will be shown outside to the north of the hall near Borden Park
 Free admission
 Concession available

FOLLOW THE LAUGHTER

CONSTANCE BRISSENDEN

Leave your car at home for the outdoor movie on Friday, Sept. 12, showing behind the Alberta Avenue Community Centre. The free evening event, part of Kaleido Festival’s launch, requires nothing more than a lawn chair or a blanket.

For organizer Wayne Thomas, the annual outdoor movie is worth the effort of hiring a company to set up a huge inflatable screen. What makes it priceless is the sight of families watching a movie together, sharing laughter and fun. “My four sons are age four to 11 and they love it,” said

Thomas, pastor of the Avenue Vineyard Community Church. “They like watching a movie outside and being with their friends.”

The community has proved it also loves the event. Last year it attracted just over 300 people. This year’s offering, *Mr. Peabody & Sherman*, features Mr. Peabody, the most amazing dog in history, and his adopted son Sherman, in an animated time travel adventure.

The 92-minute movie is followed by Kaleido’s lantern parade and free musical performances on the main stage.

OUTDOOR MOVIE AT KALEIDO FESTIVAL
Mr. Peabody & Sherman
 Friday, Sept. 12
 Movie begins at 8:10 pm
 Free admission

**** SAVE THE DATE! ****

THANKSGIVING DRIVE-IN
 Sunday, Oct. 12
 Hosted by Frank Zotter and team
 Watch for more details in the October issue or at www.albertaave.org

NEWS » TECHNOLOGY

New 311 app

Have a smartphone? Report a problem!



Over 7,000 people have downloaded the new 311 app. » CITY OF EDMONTON

TALEA MEDYNSKI

Edmontonians now have another option for reporting concerns to the city.

On July 14, the city introduced its 311 app for residents to report graffiti, litter, damaged trees and sidewalks, and potholes.

According to the City of Edmonton website, “Your request receives the same priority whether it is phoned in, reported online or through the mobile app. Response time may vary based on severity, location, weather, workload and other factors.”

To use the app, take a photo of the issue (such as graffiti), write a description, provide the location through the phone’s GPS, and upload the report. The city’s 311 contact centre receives the report and forwards it to the proper city department.

Rob Klatchuk, the city’s customer information services branch manager, said there’s been a positive response.

“A little over 7,000 people have downloaded the app since we launched it and we’ve had about 1,250 reports.” At the time this article was written, the app had been available for about a month.

Klatchuk added that the app isn’t meant to replace the 311 phone line or website. Rather, it was created to give people another choice when communicating with the city.

“The purpose is to make it easier for citizens to report stuff that they see when they’re out and about with their mobile device.”

The app will continue to be updated. In the future, residents may also be able to report on issues like snow, ice, and park trail conditions.

“We’ll be adding [the additions] as we move through the seasons,” said Klatchuk, and suggested people check out the app’s icon for feedback and support.

The free app can be downloaded on to iPhones or Android smartphone and is available from the iTunes App Store or Google Play.

WHAT YOU NEED TO KNOW
 Report graffiti, potholes, litter, or damaged sidewalks and trees.
 Download the app to the iPhone or Android smartphones. Available from iTunes App Store or Google Play.
 Call 311 for more information or go online at edmonton.ca/311
 Email: 311@edmonton.ca


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WHAT'S ON » BOOKS

New library wows Highlands community

Edmonton Public Library starts a new chapter in Highlands



The Highlands library was designed as an open pavilion, conveying the idea of democracy and openness. >> MARK PARSONS

MARK PARSONS

Pass through the apple green doors and be transported to the new Highlands branch of the Edmonton Public Library (EPL). Redesigned and rebuilt from the ground up, the Highlands Branch is a fusion of modern design and leading-edge eco-technology.

When the new building opened its doors on July 30, it marked a new era in the long history of the library. The branch, formed in 1962, has moved several times, including spending one year in an old cottage on the corner of 118

Avenue and 86 Street.

The Highlands library has been at the same location on the corner of 67 Street and 118 Avenue since 1964. Since then, the community grew, there were more resources available to the EPL, and the building itself aged and needed work.

Now modernized, the new library stands two stories tall and has become a major landmark in the Highlands community. The inside is stunning as well.

"I love all the light in the building and how the windows and high ceilings give us a great natural light," said Joanne de

Groot, Highlands manager.

Redesigning the building allowed EPL the opportunity to stock the library with more materials. The new building is approximately 11,800 square feet over two floors. Library patrons can now choose from 30,000 items—more than double the capacity of the previous building. There are expanded children and adult reading areas, 18 new computer stations, and a quiet study area. Future plans include an aquarium and a Makerspace, mirroring the creative center in the Stanley Milner Library.

Library patrons can expect to



The new Highlands library has two floors. >> MARK PARSONS

see some art, including a 900-pound glass art piece created by local artist Dana Videla from Flux Glass Studio.

Highlands branch is working towards its Leadership in Energy and Environmental Design (LEED) Gold Certification. Participation in this program sets a high bar for new buildings to come in the City of Edmonton. Recently, Highlands branch took its first step by passing the LEED Indoor Air Quality Test. This means the new building passes very strict regulations, ensuring the highest air quality within its walls.

"The response to the new building has been tremendous!" said de Groot. "Our very first visitors on opening day were two families who were waiting at the front doors for us to unlock them. The children were so happy to be able to take brand new books home to read!"

**EDMONTON PUBLIC LIBRARY,
HIGHLANDS BRANCH**
6710 118 Ave
Mon-Thu: 10 am to 9 pm
Fri and Sat: 10 am to 6 pm
Sun: 1 pm to 5 pm
Phone: 780.496.1806

WHAT'S ON » PROGRAM

Making music with Creart

Creativity, art, and community thrive in Parkdale-Cromdale

ALOUISE DITTRICK

Sebastian Barrera is a man with passion and a vision, but he admits his energy wasn't always used constructively. Growing up in Chile, Barrera had free time and little supervision; this combination resulted in destructive energy until a theatre teacher enrolled him in a program, allowing him to channel his energy for creative good.

Barrera came to Edmonton four years ago. He had only a tourist visa and couldn't legally work, so he created a free volunteer-based program called Creart Edmonton (Creart combining the words create and art). Every Saturday, Barrera teaches free drop-in music lessons (for guitar, piano, and drums) at the Parkdale-Cromdale Community League. The lessons are available to anyone, but at-risk youth (eight to 11 years old) are the main target for Creart Edmonton.

Barrera knows not all kids in the neighbourhood have finan-

cial access to arts programs, or a mentor to help them use their energy constructively.

Barrera tells me of how he once saw a couple of kids destroying a picnic table outside the community league. After talking to them, one of the boys said he had always wanted to learn how to play the flute, so Barrera went out and got him one.

"He moved to Vancouver. I don't know if he still has the flute, but that isn't the point," said Barrera.

With Creart, the concern isn't that people pay for their music lessons, or that they return any donated instruments they may be given. The goal is to teach skills in the arts, inspiring creativity and empowering people to give back to others and the community.

Community is evident during a Creart music lesson. It starts with a small group of three teens. The lessons are informal and friendly, but still cover important topics like music theory and proper tech-

nique for playing guitar. Soon more students come in. Some are regulars to Creart, and some are coming for the first time. Another volunteer instructor helps teach, but teaching is open to anyone. If students are picking up something easily, then they can help teach students who might be struggling. Everyone works together.

Helping the community is an important goal of Creart. Aside from the space for the weekly music lessons, the Parkdale-Cromdale Community League lends space to Creart for a monthly family-friendly music night. Held on the last Friday of the month, the music night offers Creart students a chance to perform for friends and family. It also acts as a fundraising event. At the last event, Creart received a donation of guitars and violins.

Barrera is happy to accept any donations and community support for Creart, and he believes these music lessons are just the beginning. Barrera would like to increase the music



Students participate in a jam session at one of the weekly free music lessons provided by Creart Edmonton. >> ALOUISE DITTRICK

lessons to two or three times a week, and hopes to include lessons in other subjects like photography, computer skills, and graphic design.

Right now, it might be music lessons on Saturday mornings, but with the passion and support of the community, the creative and artistic limits of Creart and community members are wide open.

FREE MUSIC LESSONS
Creart Edmonton
Saturday mornings
9 am to noon
Parkdale-Cromdale Community
League Hall, 11335 85 St
Free admission
For more information, visit www.facebook.com/creart.edmonton or
www.parkdalecromdale.org

WHAT'S ON » AWARENESS MARCH

Take Back the Night

Over 40 years of protesting gender-based sexual violence



Take Back the Night is an international event that's been going for over 40 years. >> SACE

RUSTIL L. LEHAY

Chuck Yeager is credited with breaking the sound barrier in 1947, but breaking the silence for victims of sexual violence is the real challenge. Victims often suffer alone and when they do speak out, they rarely escape being judged.

An internationally held event, Take Back the Night (TBTN) seeks to change that. The earliest marches took place in the 1970s throughout the United States, Europe, and the United Kingdom. The demand in Germany was "the right to move freely in their communities at day and night without harassment and sexual assault."

Historically, several not-for-profits and summer student organizers have collaborated in organizing Edmonton's own TBTN with the Sexual Assault Centre of Edmonton (SACE), making it difficult to establish when Edmonton's first march and rally was held. Even though the event has not always been organized by SACE, and this year's event is hosted by four collaborating organizations, it has always stayed true to its grassroots foundation.

The event provides people an opportunity to gather and demand an end to violence against women. The event also supports survivors and honours the lives of those women who did not survive.

Every year, Nikki Bernier, director of public education at SACE, looks forward to the people of all ages, genders, and walks of life participating as activists, demonstrating their support and passion for the event. "People usually come in groups. Even when they come alone, they don't end up being alone long. The energy just buzzes."

Bernier said, "The march portion of the evening is reserved women only, and is trans inclusive. It is meant to

represent women reclaiming the night and their right to exist in public space, a right that is often curtailed by legitimate fears of experiencing violence in those spaces." It also maintains the symbolic nature of the event's grassroots foundation.

During the march, the event organizers encourage men to join in a discussion regarding their role in addressing and ending violence against women. Bernier said, "We invite men and anyone else not marching to demonstrate their solidarity by participating in the facilitated discussions and therefore be allies in the decisions, choices, options and actions to take in preventing violence."

Marc Huot from Consent Ed, and Michael Hoyt, a City of Edmonton social worker, will facilitate conversations and share how everyone can work for the safety of women. Both men have a passion for anti-violence activism.

During the speak-out, anyone interested in sharing is invited to come forward and talk about how gender-based violence has impacted their lives.

Sadly, the rest of the year, on a daily basis, Bernier still sees too much stigma, silence, and secrecy around violence against women. One in three women and at least one in six men experience sexual violence.

"It is not an issue people should have to deal with on their own." When survivors are believed and supported, the long-term impacts of the trauma are drastically reduced. "I think the event is beautiful, hopeful and it speaks to the importance of community support," said Bernier.

The event organizers aim to break the silence, challenge the myths, erase the stigma and let people know that not only are there other people who experience fear, violence,

and assaults, but there are also many places providing support and help. If you are a victim stuck in silence, choose one safe person to tell. That is one giant step towards becoming a survivor.

If you find yourself being a confidante, listen. A respectful, caring, quiet presence creates the best tool for breaking the silence.

One protest sign from years gone by states, "I can't believe I still have to protest this s—t."

Listen. You rarely hear about Jacqueline Cochran, the first female aviator breaking the sound barrier flying at Mach 1. Together, communities of acceptance and support can break the barriers of silence forever.

Take Back The Night is organized for everyone in the community to come together and demand a stop to gender-based violence as well as support women who have been victims. The organizing committee honours the traditional format with a rally first, where invited Edmonton organizations set up information booths.

People can create signs to take on the march and see what the organizations have to offer. The march lasts about 35 minutes followed by a speak out. People can talk about how they have been impacted or how their community has been impacted. Some people may disclose their own experience. Some may share what this event means to them.

TAKE BACK THE NIGHT
Friday, Sept. 26
6-10 pm
Event with information booths, march and speak-out begins at Alberta Avenue Community Hall 9210 118 Ave
The march will happen regardless of weather. All other activities will take place inside the hall.

Brian Mason, MLA

EDMONTON HIGHLANDS-NORWOOD



Proud to represent the community voices of Alberta Avenue, Parkdale, Delton, Eastwood and Elmwood Park in the Alberta Legislature.

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Connect with Brian!

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Friday, Sept. 12
at 8:00 pm

9210 118 Avenue behind the community centre.

sponsored by Alberta Avenue Community District

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EDITORIAL

Halloween already?

Stores keep pushing the shopping seasons closer together

DYLAN THOMPSON

I recently accompanied my fiancée to the local Shoppers Drug Mart to pick up some supplies for a party. On our way to the checkout, a strange sight struck me: a display of Halloween candy. Had I fallen asleep for a few months or perhaps fallen into some kind of time warp? I checked my phone for the date. It was the middle of August.

Surely, this is too early for Halloween sales. As I approached the display, my questions were answered. A sign saying “back to school candy” adorned the display. No harm done, right? My mistake! Nothing kids need more than piles of tiny candy packages accompanying them back to class a few weeks before they get an entire pillowcase full of the stuff.

A few days later, though, I was at a local Dollarama looking for garage sale signs. What

I found instead was an entire aisle full of Halloween paraphernalia. No back to school sale here—there was costumes, make-up, candy—the works.

Having seen this, I can't help but ask myself: do we really need two-and-a-half months to shop for Halloween? I mean, I've never needed more than an evening to get a costume. And it takes about 10 minutes to pick up a box of candy.

Of course, once the middle of October rolls around, it will probably be difficult to find Halloween supplies because most stores will have made room for their newly-arrived Christmas section, which will naturally be accompanied by the two months or so of Christmas music.

Full disclosure: as someone who worked retail for several years, I can say wholeheartedly that I hate Christmas music. Of course, if a lowly retail worker ever commits the cardinal sin of changing the station (if only

for a short reprieve from hearing the same song for the millionth time) some disgruntled customer who spends only a half hour in the store rather than eight



hours is sure to complain. “Where’s your holiday spirit?” they would ask. Sorry miss or mister hypothetical shopper, that spirit was swallowed whole in mid-

November.

It does not seem that long ago when October was Halloween’s month and December was Christmas’ month. I don’t remember ever hearing a public outcry for that to change. Of course, there are those people who like to beat the rush and get everything done well in advance, but I don’t think they’re in the majority.

Then there is Black Friday, which has started to bleed into gray Thursday.

It seems like more and more stores are adopting the fashion industry’s model of shopping seasons. Want to buy some light clothes to deal with that hot August weather? Too bad! All of the summer stuff is gone. Stores are selling clothes for fall now. Then when it starts getting cooler and the leaves change colour, all I will be able to find are winter jackets.

Need a new winter coat in February? You should have

thought ahead and bought it in October!

This is leading to a seasonal fatigue. By the time a season or holiday shows up, I’m already sick of it and frankly it’s a relief when it’s over. I thought these things were supposed to be fun.

How far will this go? Will there ever be a point where seasons and sales are pushed far enough? If Christmas starts in October and Halloween starts in August, what else can we expect in the future?

I guess we should probably start planning for Canada Day in May. Mother’s Day sales will have to be pushed into March. Then there’s Easter. We’re going to have to think about grabbing those chocolate bunnies in February to stay on top of the game. You wouldn’t want to miss those sales and disappoint your family! Then, Valentine’s Day will have to be pushed back to December, right into...

Maybe I should just get another credit card.

7/11 PARTY AT LOCAL 7-ELEVEN STORE DRAWS CROWD



Sangea Africa. Drumming and Dance group include local youth in a dance workshop on August 16. >> SUPPLIED



A community member connects with neighbours at the 7/11 party. >> SUPPLIED

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

ABOUT US

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

COMMUNITY, COMMUNICATION, CAPACITY

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

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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.

RAT CREEK PRESS
ACCOUNT EXECUTIVE
POSITION

REPRESENT THE RAT CREEK PRESS
AN AWARD WINNING COMMUNITY
NEWSPAPER.

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CLIENT DEVELOPMENT IN THE 118 AVE AREA.
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 EMAIL PUBLISHER KAREN MYKIETKA AT INFO@RATCREEK.ORG

VOLUME 16, ISSUE 09 >> SEPTEMBER 2014 E: INFO@RATCREEK.ORG W: RATCREEK.ORG

Westwood Community League Community League Day pancake breakfast & big bin from 9 am to noon on Saturday, Sept 20.  

www.westwoodcl.ca 780-474-1979

DEVELOPMENT » HOUSING

Infill round up

Opinions vary on this timely discussion

Infill development is a hot topic in this city as well as our neighbourhoods.

Infill is the help these [mature] communities—and our city—needs in order to restore cultural and commercial vibrancy, to support roads, pipes and sidewalks, and especially to justify retaining more schools.

~ Mayor Don Iveson

I applaud efforts to spur infill development in mature neighborhoods, but I am extremely disappointed that at this time, the focus is on lots and areas that developers hope to capitalize on due to high current costs.

Much of our Parkdale neighborhood is zoned RF3 and receives none of the care, support and effort that we have seen in this current debate. Please ensure neighborhoods like Parkdale are treated equally and respectfully in the future. Up to this point, I do not feel as though the city has given our area its due consideration.

Otherwise, good work. We have seen lots of infill in our area and our neighbors in Alberta Ave have had the highest rate of small scale infill in the city over the last five years. I hope lessons learned here can be implemented elsewhere.

~ Chris Wagner, Parkdale

On the one hand, infill is a good idea: we need to stop sprawl, we need to bring people back to older neighbourhoods (so we don't lose more schools, especially!), and we need to utilize lots that are currently sitting empty.

However, putting up more huge houses on skinny lots doesn't equal increasing density in a way that allows more people to access home ownership or even housing. All it means is that we have more huge, ugly wanna-be mansion yuckfests created by developers whose sole interest is in lining their pockets.

It doesn't do a single thing to address people who are holding on to vacant lots, refusing to do a single thing with them. It doesn't address the fact that higher-density equals more apartment buildings and more low-income/subsidized housing.

Garden and garage suites are great, but once again, I bet this will come down to certain neighbourhoods only, while others (Terwillegar, I'm lookin' at you) will continue to whine and moan about even the possibility of opening up their neighbourhoods to "those people."

Infill is a great idea—let's not ruin it by leaving it up to developers to define what infill means, what it should look like, and how it should integrate with—not replace—a community's character. Let's make sure that it extends to all communities, not just those of us in the core.

~ Franki Harrogate, Eastwood

We are again encouraging city council to create a neighbourhood redevelopment agency which would mobilize resources to develop neighbourhood-desired infill on problem properties such as abandoned gas station sites, derelict strip malls, rundown houses and vacant lots.

Once again, EFCL is also requesting incentives for young families to move to mature neighbourhoods, improved public amenities for neighbourhoods needing or experiencing infill, and enhanced monitoring and enforcement of development permits.

~ Edmonton Federation of Community Leagues



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Want to explore housing options in the inner city?

You're invited to a community meeting

REALIZING HOUSING POTENTIAL, a City of Edmonton project, wants to talk with you about how housing policies, programs and developments can positively impact five inner city neighbourhoods.

Attend a community meeting and be a part of the discussion to shape future housing priorities in the inner city.

UPCOMING MEETINGS:

Queen Mary Park

Community League Hall, 10844 117 Street NW
Saturday, **September 20**, 2014, 11:30 a.m. – 2:00 p.m.
Lunch provided

McCauley

Ital-Canadian Seniors Association, 9111 110 Avenue NW
Monday, **September 22**, 2014, 6:30 p.m. – 9:00 p.m.
Refreshments provided

Central McDougall

St. John's Cultural Centre, 10611 101 Avenue NW
Wednesday, **September 24**, 2014, 6:30 p.m. – 9:00 p.m.
Refreshments provided

Alberta Avenue and Eastwood

Alberta Avenue Community League Hall, 9210 118 Avenue NW
Thursday, **September 25**, 2014, 6:30 p.m. – 9:00 p.m.
Refreshments provided

For more information call: **780.496.6026**
or email: innercityhousing@edmonton.ca



edmonton.ca/RealizingHousing



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KALEIDO » ABORIGINAL VILLAGE

New cultures add colour to Kaleido

Step into an Aboriginal village



Celebrate Aboriginal culture in Takwakin Village. >> BRICE FERRE PHOTOGRAPHY



A variety of entertainment will be available in the village and on Kaleido's main stage. >> EPIC PHOTOGRAPHY

TALEA MEDYNSKI

When Kaleido Family Arts Festival takes place on September 12 to 14, it will be the end of summer and the beginning of fall. It's fitting that Kaleido's newest addition is called Takwakin Village, which means autumn village. The village will be a hub of First Nations and Métis culture and will include traditional activities.

I talk to Mary Rankin, the program director of Kaleido festival, about what people can expect to find in the village. Adding new programs to an already packed festival can be an intensive process, but even over the phone, Rankin's enthusiasm is obvious.

"Alberta is full of history and Aboriginal culture," said Rankin, explaining why Arts On The Ave decided to include an Aboriginal village. "When I am in the presence of Aboriginal culture, I feel like I have been

transported to a different time. It brings me back to my roots."

The village is available for people to visit from noon to 6 pm every day. Specific programming will be available for certain activities like dancing workshops and singing and storytelling performances. Other activities, like crafts, traditional games and bannock cooking, will be available throughout the festival.

"Everyone is invited to join us," said Rankin.

The festival, which debuted in 2005, has become a popular, annual event. Organized by Arts On The Ave, Kaleido celebrates culture, arts, and community. Rankin explains that they really enjoy shining the spotlight on different cultures. Before each year's festival, the Kaleido festival team discusses what they love about the previous year, what they want to bring back, and what other cultures they want to include.

"Sometimes we just go with

what feels right," said Rankin. "We like to explore different cultures."

The village will include culturally significant food and activities, like games, storytelling, crafts, and entertainment. The Poundmaker's Lodge and Bent Arrow Traditional Healing Society are helping with activities, said Rankin.

A number of traditional First Nations games will be taught to participants, like Run and Scream, a race where participants run for as long as they can scream. People can also play Double Ball, which is a game similar to lacrosse. There's also Make the Stick Jump, which is reminiscent of horseshoes.

Craft tables will be available for those interested in learning about arts and crafts, including fish scale art, moose hair tufting, bead and leather work.

"First Nations and Métis art was made from natural things," explained Rankin, who also talked about some of the artists

available in the village. "Emily Sewepagaham is a fish scale artist. M-J Belcourt Moses will be demonstrating the art of moose hair tufting, medicine bags, and other crafts. Visual artist Jesse Gouchey works with youth to create fabulous pieces of art."

Oral storytelling is traditional, and elders will be in the village to share stories with festivalgoers.

"There's a lot of wonderful stories about the natural world."

For those who like to learn about cultures through their taste buds, traditional food will be on hand. Stations will be set up for those who would like to make bannock, an indigenous flatbread. Or, just watch others make it and taste a bannock sample.

Other entertainment includes dancing, drumming, and singing. The Asham Stompers, a Manitoban dancing group, will be teaching a Red River Jig dancing workshop on Saturday

and will be performing on the main stage soon after.

Rankin mentions groups such as Chipay Isawew, a group of female singers using rattles and drums, as well as Ron Walker and his daughter Demaris Moon Walker. Rankin is hoping to bring a champion traditional singing and drumming group to the festival.

Many of the performers at the village will be on the main stage during the weekend as well. The full list of performers will be available online at the Kaleido festival website and published in the festival program.

"The village will enrich everyone's experience," said Rankin.

KALEIDO FAMILY ARTS FESTIVAL

90-94 Street, along 118 Avenue
September 12-14

Admission: pay what you can
See the festival program online at kaleidofest.ca or through published programs available at the festival.



This year, part of the festival site will be turned into an Aboriginal village. >> EPIC PHOTOGRAPHY

WHAT'S GOING ON AT TAKWAKIN VILLAGE?

SATURDAY, SEPT. 13 SCHEDULE

Noon – 6 pm	Craft making
Noon – 6 pm	Bannock cooking
Noon – 6 pm	Traditional games
12:30 pm	Elder teachings
1:15 pm	Ron and Demaris Moon Walker; storytelling and music
2:15 pm	Chipay Iskwew Singers; performance and workshop
3 pm	Asham Stompers; Métis dancing workshop
4 pm	Elder teachings

SUNDAY, SEPT. 14 SCHEDULE

Noon – 6 pm	Craft making
Noon – 6 pm	Bannock cooking
Noon – 6 pm	Traditional games
12:30 pm	Elder teachings
1:15 pm	Chipay Iskwew Singers; performance and workshop
2 pm	Ron and Demaris Moon Walker; storytelling and music
4 pm	Elder teachings

KICK OFF KALEIDO WITH AN OUTDOOR MOVIE. FRIDAY, SEPT 13 AT 8 PM AT ALBERTA AVE.

KALEIDO » INTERACTIVE

Walk among giants at Kaleido Festival

Interactive displays allow people to engage in art

TALEA MEDYNSKI

This year at Kaleido, there will be giants.

Along 118 Avenue, three constructed giants will be attached to lampposts: an ent-like creature inspired by *Lord of the Rings*; an ancient, mythological sea creature from the Hawaiian pantheon; and a Cyclops or kinetic troll.

These moveable and interactive giants are some of Kaleido's art installations. If you've attended Kaleido Family Arts Festival before, you probably noticed the decorated lampposts and other installations, like the 12 Foot 12 installation challenge, which is "creations that fit within a 12x12x12 foot space down 118th Avenue."

The 12 Foot 12 art installation is also interactive, such as last year's functioning kaleidoscope. This year, the two creations include a small labyrinth inspired from tombs in Ireland and a geometric construction created using string. Next year, there may be up to five 12 Foot 12 installations.

According to Allison Argy-Burgess, manager of art installations for Kaleido, the point of having interactive displays during the festival is to have something people can watch or engage in. Argy-Burgess, a watercolour artist, has spent a good part of her career working with arts organizations, councils, and foundations.

After she posted the requests for artwork in June on the Kaleido website, she carefully assessed all the applications. When looking at the applications, Argy-Burgess said she considered a few things: "Does it seem feasible, can it be done in 24 hours, have [the artists] done something similar in the past?" Because the festival is family-friendly, she didn't want anything too terrifying or disturbing. She looked for artwork that was "fun, quiz-able, interactive."

Out of the five or six applications she received for each display contest, she chose three for the lampposts contest and two for the 12 Foot 12 contest.

"We would like to get more people involved—there's quite a design community in Edmonton," said Argy-Burgess. "[Kaleido] is a great place for designers to get their ideas seen." Around 60,000 people visit the festival over the weekend.

Being chosen seems like it's the easy part; the artists can't create their installation ahead of time, unless there are certain components that must be prepared in advance (like pre-cut wood pieces). During the festival, the artists have only 24 hours to finish. During that time, people can watch and ask questions. Kaleido volunteers will be there if the artists need help.

Three jurors will select the winning installations for both



This functioning kaleidoscope was one of the 12 Foot 12 installations last year. >> EPIC PHOTOGRAPHY

contests and award the winners \$1,000.

While the lampposts and 12 Foot 12 installations allow people actually to interact with the art, a display in the Carrot Café window will be no less engaging. Passers-by strolling by the café can check out the front window, which will con-

tain a display of translucent and colourful skins made from acrylic material.

For those who want to get hands-on, the fence behind Alberta Avenue Community League can be used for cross-stitching. Patterns and surveyor's tape will be provided.

Argy-Burgess explained that

Lindsay Drennan, Arts On The Ave festival assistant, researched art in France and discovered the cross-stitch fences.

"It's bright, whimsical art. It's something the whole family can do," she said, adding that people don't need to sign up to take part. The fence will surround the Aboriginal village.

THE WORD'S THE THING

TALEA MEDYNSKI

Fancy the written word? Find inspiration in a stanza, or in the drama of a play?

This year, Kaleido has added more opportunities to enjoy that art form—and places to enjoy them, such as the outdoor living room called The Salon. It's located in an alley, where people can sit and enjoy poetry, music, and tea.

Mary Rankin, Kaleido's programming director, said acoustic musicians will play music for the people there, and a group called CommuniTEA will offer free tea. Additionally, a group of poets called Poetry Picnic will visit The Salon and the ArtsCommon grassy space during the days of the festival.

"They'll custom create a poem for a person," said Rankin, adding that the service is free. The group will also offer an after-dark session called Poetry Brothel. The adults-only event will be held on Friday, Sept. 12 at the Kaleido Theatre in Alberta Avenue Community League.

Rankin explains Poetry Brothel is "kind of like a burlesque show. Bring your pocketbooks, pay [the poets] a tip and they'll write you a poem," said Rankin. Or, simply enjoy the burlesque show.

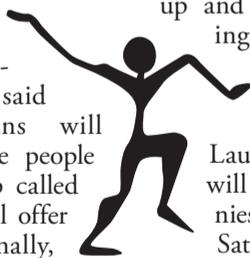
Keep an eye—and ear—out for the Bard of the Ave, Marlene Salmonson. She'll be roving up and down the Ave reciting poetry and dressed in a Shakespearean outfit.

Edmonton's Poet Laureate Mary Pinkoski will be master of ceremonies at the central stage on Saturday morning.

"There's going to be a lot of spoken word," said Rankin.

Drama fans can participate in a family-oriented interactive play called Epic. Organized by Randall Fraser and the National Stilt Walkers of Canada, Epic will be staged Saturday and Sunday at 3 pm. Epic is part of Kaleido Kids World and will be in the dome tent, said Rankin.

"The play includes elements of improvisation and silly costumes. Everyone is invited to join in or watch."



FAMILY-FRIENDLY ACTIVITIES

A mini-carnival organized by the Edmonton John Howard Society will be located on the ArtsCommon grassy space. The carnival will include games and other kid-friendly entertainment.

WORKSHOPS
Papermaking workshop
St. Faith's Anglican Church
September 13-14
11725 93 St.

Visual arts workshops
Nina Haggerty Centre
September 13-14
9225 118 Ave

Check the festival program for specific times. The program will be available at the festival and online at www.kaleidofest.ca.

VOLUNTEERING OPPORTUNITIES
Kaleido Family Arts Festival is still in need of volunteers. Contact kaleido-volunteers@gmail.com for more information.

REVEL IN THE WRITTEN WORD

POETRY PICNIC
This group of poets will be available on the Kaleido grounds at The Salon, the ArtsCommon grassy space, and the Poetry Brothel.

POETRY BROTHEL
Alberta Avenue Community League
Kaleido Theatre
9210 118 Ave
Friday, Sept. 12
Show starts at 8 pm

THE WORDS WE 'AVE
POETRY SLAM
Alberta Avenue Community League
Kaleido Theatre
9210 118 Ave
Saturday, Sept. 13
6-7:30 pm

First prize: \$100
Second prize: \$75
Third prize: \$50

Email Rusti L. Leahy at lit@ratcreek.org to register. Registration deadline: Sept. 10.

KALEIDO ART INSTALLATIONS

DECK-OUT A LAMPOST CONTEST
Installations begin on Saturday, Sept. 13 and end 24 hours later
\$1,000 prize for 1st place
\$500 prize for 2nd place

12 FOOT 12
Installations begin Friday, Sept. 12 and end 24 hours later \$1,000 prize

CROSS-STITCH FENCE
Help create a cross-stitch pattern on the fence by the Alberta Avenue Community League

No sign-up required
Supplies provided



ROCK IT SATURDAY NIGHT WITH *DELHI 2 DUBLIN* ON THE KALEIDO MAIN STAGE AT 9:45 PM.

EDITORIAL » LITERARY

WORDS HEAL: BRAVE ACTIONS HELP WOMEN WALK FEARLESSLY

RUSTI L. LEHAY

In New Mexico in 1993, I attended my first Take Back the Night march and rally. As a survivor of four sexual abusers during my own childhood, a bus bench late-night purse snatching, and an attempted rape in 1989, I know what it's like to jump at the sound of footsteps behind me and look over my shoulder in the dark. Street lights offer little comfort.

Much of my healing has come through writing. I AM a survivor. Yet Kathy King's experience stalls my heart. How does a mother survive a daughter's unsolved homicide?

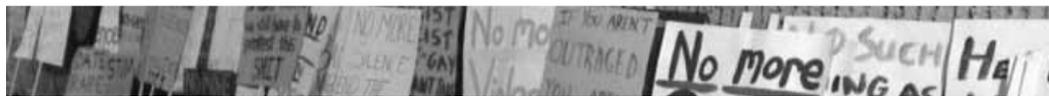
In 1997, her daughter Cara was murdered. King wins my Academy Award for courage. Examining her own role in her blog (soon to become a book), King is brutally honest with her own flaws and wounds that contributed to the tragedy. Her blog also offers harsh insights on the cracks in the system that Cara plummeted through.

Join me in the hope that politicians have the bravery and half the accountability of King and step forward to make a difference for all those at-risk on the streets. Words have power to change, to heal, to communicate what is

needed. Words guiding reform may even bring about the freedom allowing daughters, sisters, cousins, and mothers to walk fearlessly wherever we all choose to walk.

Politicians, show the people your power. Let everyone touched by gender-based violence challenge politicians to be brave like young women such as Titilope Sonuga. Listen to her here: <http://www.canadianpoetries.com/poetries/titilope>.

Neighbours, what do you want to say to our politicians? Send in your poems or your prose to lit@ratcreek.org.



CARASTILLWAITING

KATHY KING [HTTP://CARACANADA1974.BLOGSPOT.CA/](http://CARACANADA1974.BLOGSPOT.CA/)

AUGUST 8, 2014 - ANGER UNDERMINES GOOD PARENTING

1997: Friday: Six days since I spoke with you, four days since I went to pick you up and you weren't there, three days since you were supposed to be in court, I wonder if you are hiding... this is a long time for you not to phone.

AUGUST 16, 2014 - ACCOUNTABILITY AND COSTS

1997: Saturday: YOU ARE STILL MISSING - DAY #14.

1993: Dear Cara,

Some of the neighbours at the apartment complained to me that your friends had bikes in the hallway. I couldn't quite imagine that any of your friends would have been athletic or ambitious enough to carry bikes to the third floor... And sure enough it was the daughter of another tenant. ... You requested a ride to the east end on an errand about a show ticket, and I was annoyed at being taken advantage of for chauffeur duty. If only my worries were limited to bikes in the hallway.

2005: Today there was an article about letting go of anger. It contained such helpful insights as "anger can undermine our ability to enjoy inner peace, solve problems, and feel good." That is something most of us can recognize. Learning how to manage our anger is more difficult. We need to recognize and understand the emotional pain or fear that precedes an angry response and to identify what needs or values are being thwarted. After cooling down, we can take time to address the core issues and develop a plan of action to meet our needs in a healthy and productive manner.

I was angry for much of my life without understanding why. It came from a sense of being unrecognized and unappreciated, generally feeling unloved as a child. I remember thinking that my mother liked to hurt little kids and I hated her for that. In a protective move, I remember hiding my favourite teddy bear inside the foundation of our old house so it would not get hurt. It was hidden away so well I forgot it existed and that happened to my feelings as well. I lived a superficial life, secluded in my room with my books, uncomfortable in the outside world, indulging in fantasies.

1987: Dear Cara,

I remember your grade seven teacher telling me she had never met anyone as angry as you and my reaction was, "yeah, try living with her." You complained that I never listened to you. I realize now that I did not really hear you because I saw your anger as a judgement against me so became defensive instead of listening. If I had been more secure within myself, maybe I would have been more able to hear and accept your feelings and help you work through them.

I am so sorry. At times I wondered why, if you were really so troubled, that no one told me sooner. Yet this lady tried and I didn't understand. I don't remember when your temper tantrums and acting out started. It seems grade six was the beginning with budding adolescence. Your grade seven was in a new school in a new province with a new extended step-family so it may have been too much... I wish I had been more patient and encouraging, able to hear your frustrations and help you feel more confident, secure enough to put your needs ahead of my own sense of failure.

TAKE BACK THE NIGHT

TITILOPE SONUGA

There are few things more beautiful
than the sunset
how light scatters across the horizon
the way the sun torments the sky
with this final gesture of beauty
it is enough to make your heart flutter
and it does
butterflies dance across your belly
and take flight
it's nighttime and somewhere a woman is afraid for her life
there are no metaphors for that
she becomes an unarmed soldier in a wide open battlefield
in a war
she never asked for
she will remember
the lessons drilled into her head
from the day she entered the world
already kicking and screaming
don't talk to strangers
do not enter their car
never leave your drink unattended
no means no
your body is a temple
but these lessons
are only relevant
when you are given a choice
there are no negotiations
between a switchblade
and a chokehold
and they will ask you
how short your skirt was
did you smile
a little too wide
hold his gaze
a little too long
maybe your body was saying
yes
even when your mouth
whispered no
maybe it was the whisper
maybe he didn't catch it
that almost inaudible resistance
maybe you should have taken
the main street
never walk through the back alley
maybe it was the way you
walked
hips moving free as if your
body
might actually be your own
but this is the simple truth
sometimes
strangers are not strangers at all
they are our brothers
a friend
a friend of a friend
a good Samaritan
with a smile that
reminded you of someone you

must've met somewhere
sometimes it is in your own car
sometimes it is your own drink
with your grip firm around the glass
sometimes it happens quicker
than a
"no"
and this temple becomes a
place
for broken men to practice new
types
of blasphemy
often
we are fully clothed
hoodie, sweatpants and running
shoes
minding our business
on the main street
on the same route
we take every single day
around the corner from our
front doors
inside our own homes
where shadows turn friends
into predators
and "no"
becomes merely a suggestion
it's nighttime
and somewhere a child is born
we inherit fear
like a birthright
administered intravenously
every drip drop an unsolicited
affirmation
that tells her
your body is not your own
is not your own
is not your own
somewhere
a woman is taking
an inventory of her body
of breasts
of hips
of thighs
doing the mathematic
of how many hurried steps she
will need to take
to arrive home intact
she is
watching as shadows turn her
lover's face
into someone she doesn't
recognize
she is taking the last sip
of a funny tasting drink
and suddenly everything is
unfamiliar
but at least for tonight
we become the watchmen
an army where no one gets left
behind
we will cover all her blind spots
and we are not afraid
to take back the night

Rock the STAGE with some Savoury Words

The Rat Creek Press seeks poets of all kinds to share their words at our "Words We 'Ave Poetry Slam" at Kaleido Festival on Saturday, September 13 from 6 to 7:30 pm. \$225 in prizes will be awarded to the judge's top three picks (1st \$100; 2nd \$75; 3rd \$50). To register email: Rusti L. Leahay at lit@ratcreek.org Registration deadline: Sept. 10, 2014

ratcreek.org kaleidofest.ca

BUSINESS » THE LEMONADE STAND

Wow! That's some story!

Everyone loves a good story

HENRI YAUCK

If you are an entrepreneur, a story is always good for business. It can be your story, your business's story. A product story or a happy customer story.

The story that is right at your fingertips could be a game changer for your business.

A number of years ago, the partners of a new start-up business approached me for marketing help. They had gone through several salespeople and telemarketers, and the partners were at a loss as what to do.

We discussed their business, products, and why their business was needed by the current marketplace. We put together their story. A story about two small town guys who were very much concerned about the food working families were eating. We coupled it with a solid guarantee and ran a half page ad in a regional newspaper. The result: the same as before. Nothing to write home about.

This was followed up with a second ad repeating the same story, featuring the same guarantee, but now with a unique offer. Within a few days, calls started coming in. By the end of the week, sales

passed the \$10,000 mark—a new achievement for them.

Below I have included a fascinating true story—a great example of a good story.

BANNED GEMSTONE NOW 100% LEGAL

In Ancient Rome, this necklace could have been the end of you. The tyrian purple colour was reserved for emperors only. Back then, breaking the law to make a fashion statement meant risking your life.



But today, you're free to flaunt this strand without repercussion. History's luxury law has been repealed. And, thanks to a very special offer, you don't even have to be afraid of the price.

Today, you can bring home

this stunning 100-cw tyrian amethyst necklace for only xxxxxxx.

The above has been excerpted from a product story told by Stauer in a full-page ad featured in *National Geographic*. Stauer grew their business from a small closet-sized business to a billion dollar (in sales) business with stories: stories about their owner, their gemologist, and their products.

Their secret sauce? Stories coupled with compelling offers.

What's your story? What would make a compelling offer to your market? (not necessarily price, either).

Believe it. Your business has a story in it, and a compelling offer, too.

Advertising and marketing is all about clear, imaginative communication. Stories and metaphors are the language of communication. Compelling offers are the stuff of persuasion.

Hey, if you have a story and offer that will get me to rave about your business, let me know, like many others who want to hear your story. I don't have a way of finding out about you and your story unless you tell me. I, like over 12,000 good neighbors, read the *Rat Creek Press* and would love to find out about you.

BUSINESS » SHOP LOCAL

Heeling soles

Apprenticeship turned life-long trade



Gino Gugliotta repairs shoes by hand and by using his manual Singer sewing machine. » REBECCA LIPPIATT

FAST SHOE REPAIRS

8652 118 AVENUE
OWNER: GINO GUGLIOTTA
HOURS: TUES-FRI 10 AM-5 PM,
SAT 10 AM-4 PM
PH: 780.477.2876

REBECCA LIPPIATT

In the years following the Second World War in Italy, with six rambunctious boys to raise, Mrs. Gugliotta decided her boys would become apprentices. Two became cabinetmakers, one trained as a barber, one raced bicycles, and five-year-old Gino was sent to a cobbler to learn how to fix shoes. His small hands fit neatly inside shoes and he was taught how to repair shoes by hand.

Nearly 60 years later, Gugliotta's hands are worn, calloused, and strong from the years spent at his trade. He will fix shoes, boots, back-

packs, chaps and jackets. His clients include jockeys who race at Northlands; tango and ballroom dancers; ladies who love their purple shoes and need them to fit just a little bit better; and mothers who want their children's winter jackets repaired.

Treasures clutter his shop. A bag holds a patchwork of leather pieces. There are tools, beautiful and functional, and tiny drawers containing needles and thimbles. Photographs of his two daughters are pinned to the wall, easy to see when he sits at his sewing machine. Past newspaper articles vie with notices for dance events.

In his spare time, Gino dances the cha cha, the rumba, the waltz and the jive. The things he likes most about his job are fixing things for people and the feeling of completion from working with his hands.

**SHARE YOUR STORY OR
MAKE AN OFFER TO RCP'S 12,000 READERS!
AN AFFORDABLE WAY TO SPREAD THE WORD.
ADS@RATCREEK.ORG**

BUSINESS » SHOP LOCAL

Veterinarian the heart of Edmonton

Blue Cross Animal Hospital will move to a new location in the neighbourhood

BLUE CROSS ANIMAL HOSPITAL

11051 97 STREET
OWNERS: DR. DAVID AND KELLY LITTLEJOHN
HOURS: MON-FRI 8:30 AM-5 PM
CLOSED SAT-SUN & HOLIDAYS
PH: 780.424.0025

REBECCA LIPPIATT

For pet owners, the blue and glass building on the corner of 97 Street and 111 Avenue is a familiar sight. The Blue Cross Animal Hospital was built in 1948 and has been a fixture of the community since then.

Dr. Littlejohn operates as a general practitioner veterinarian, primarily treating cats and dogs. Clients will be glad to

hear that while the rumours of a move for the hospital are true, he will stay in the neighbourhood.

Littlejohn and his wife Kelly bought the practice in 1999, but the building has become impossible to repair. The couple will build a new clinic on an empty plot of land and are planning to open in the fall of 2015. The new location will move the veterinary practice down 111 Avenue to be closer to the Stadium.

The Littlejohns put clients and patients at the top of their list and appreciate their clients' trust. The day I visited, a client and her son had the sad task of having Littlejohn put their pet to sleep. Littlejohn came



David and Kelly Littlejohn have owned and operated Blue Cross Animal Hospital since 1999. » REBECCA LIPPIATT

out to the waiting room and comforted the two as he told them their pet passed peacefully. He treated the clients with gentleness and sensitivity and his compassion was evi-

dent. Anytime there are tears, the Littlejohns' hearts are with their clients.

Clinic fees closely follow the fee guide set out by the Alberta Veterinary Medical Association.

Services include vaccinations, dental procedures, x-rays, and general surgery (including spays and neuters, microchips, laboratory services and nutritional consultations.)

**Spruce Avenue Community
10240 - 115 Avenue**

**Harvestfest and membership drive
Saturday, Sept 20 from 1 to 5 pm**

PARENTING » BACK-TO-SCHOOL

Taking the milk truck to school

We must all find a way to get our kids to class on time

DAVE VON BIEKER

Come September, kids will be driven, walked and bussed back to school. I was delivered by a milk truck.

I'm somewhere in the first four grades. I climb into a sleeping bag on metal shelves, four feet from the steel truck floor. My sister is across from me on another shelf. Through the early dawn, I wake repeatedly as sunlight spills through the back doors, creaking open. Blue plastic milk crates scrape the floor as my dad drags out a delivery.

I smell sour milk from the inevitable leaks. I am scared of the York Hotel's "no knives allowed" sign. I tour downtown restaurants by their back alleys.

Eventually I wake up as my dad drops me off for another day of school.

My dad is a milkman into my early teens, long after my mom and dad get divorced. My mom spends a lot of time in the hospital with a mental illness. My dad has to care for my sister and me.

In the '80s, milkmen work long, early hours. We should not be waking up at 4 am, or even earlier, but my dad sees no

other option. He has to get us to school, somehow.

Sometime in the pre-dawn, my dad shakes my sister and me awake enough to get dressed and then tucks us into our makeshift milk truck bunks. He heads off to work and somehow we sleep. When he makes a run by the elementary school, maybe he wakes us or maybe we are already up, sitting in the wheel well. Perhaps I am on a pile of crates, drinking recently expired chocolate milk.

My dad must think this is less than ideal. Now a dad myself, I cannot imagine this being my only option.

I don't remember feeling embarrassed getting driven to school in a milk truck. I don't remember this experience as anything but normal.

As another September approaches, parents everywhere are devising ways to get our kids to school while we get ourselves to work. We are trading rides and nervously prepping our kids for public transit.

We will shell out hundreds of dollars for surprise school supplies. We are scouring the bottom of Target bins for the last \$2 pencil crayons. We are



Every parent makes sacrifices getting their children to school. >> GRATISOGRAPHY.COM

buying name brand pencils on the school's insistence.

We will rise early to assemble nut-free lunches.

When the snow falls, getting our kids to school becomes harder—all of that scraping and shoveling and the mismatched mittens.

Some mornings I would trudge two mummy-wrapped

kids in a double stroller, only their eyes showing through slits. We forged through a foot of snow, I swear, our untrained dog pulling constantly from one side. Both ways.

Mom and dad, I know your sacrifice. The universe knows your sacrifice. One day, your kids will know your sacrifice, too. They may not tell you, but

they will be grateful you did what we all find a way to do.

You got them to school. Every day. Almost.

From those milk truck mornings, our kids will choose to remember the warmth of that sleeping bag and the silhouette of their hero against the sunshine of another morning as the doors creak open.

Councillor Tony Caterina
Ward 7 - Communities to be proud of



Phone: 780.496.8333
Fax: 780.420.4867
Email: tony.caterina@edmonton.ca
www.edmonton.ca



head start

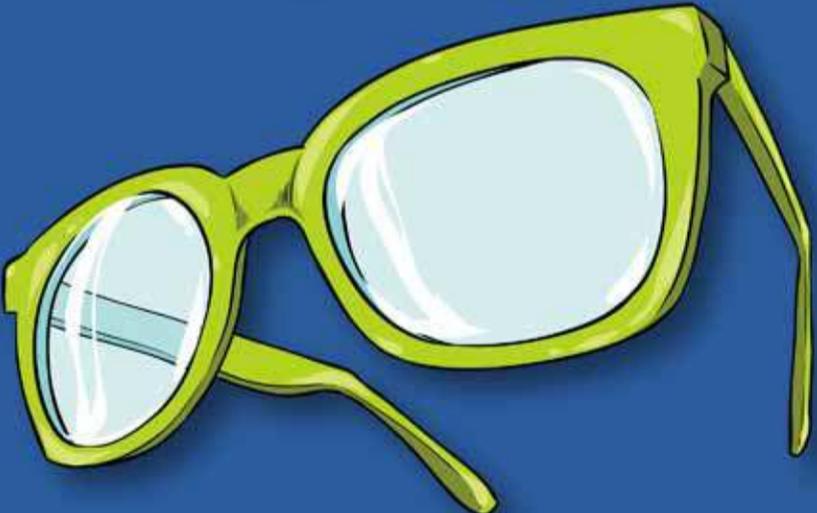
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Or call 780.461.5353

BACK TO SCHOOL EVENT



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*see store for details

TIME TO RENEW YOUR COMMUNITY LEAGUE MEMBERSHIP. CONTACT YOUR LEAGUE.

HEALTH » RELAX

Busy is the new lazy

Idleness can be a balm to the soul

RUSTI L. LEHAY

If you have ever burned a dream to cinders, you will understand my grief and angst. An awesome dream venture involving poetry and art popped up this spring. I leapt at it, dug right in, accomplished a lot...and then stalled. The dead halt was 30 per cent fearing the sales component and 70 per cent too “busy.” I shudder to think how many people, if forced to describe me with one word, might use those four letters. One friend teases, “Rusti, you are trying to squeeze two lifetimes into one.” Guilty as charged.

My eldest sister, Charlotte, offers me a one-word solution: “No.”

Busy is a comfortable habit, an automatic “no” to some activities that may tally more karmic points than the junk activities seeping into my days. Thankfully, I have partially learned that lesson. I say yes to family. My neighbour is peeved at her cousin for his clipped response to her invites, “Can’t, busy as usual.” Both in Edmonton for a whole year and they have not yet met up. We

both agree busy is the new lazy.

My other sister teases that I only do idleness when enforced, like waiting for the locksmith to retrieve her keys locked inside. It is true. I regularly borrow my great nieces, giving me a legitimate reason to sit in the park. My challenge is to enjoy the present moments and stop putting off pleasure or rewards.

Tim Kreider in the *Busy Trap* says, “Idleness is not just a vacation, an indulgence or a vice; it is as indispensable to the brain as vitamin D is to the body, and deprived of it we suffer a mental affliction as disfiguring as rickets. The space and quiet that idleness provides is a necessary condition for standing back from life and seeing it whole, for making unexpected connections and waiting for the wild summer lightning strikes of inspiration—it is, paradoxically, necessary to getting any work done.”

Still choking on my smoke-damaged dream venture, I try not to berate myself for stealing idle time after accomplishing paying work. A dream venture should have waited a bit when it doesn’t instantly produce

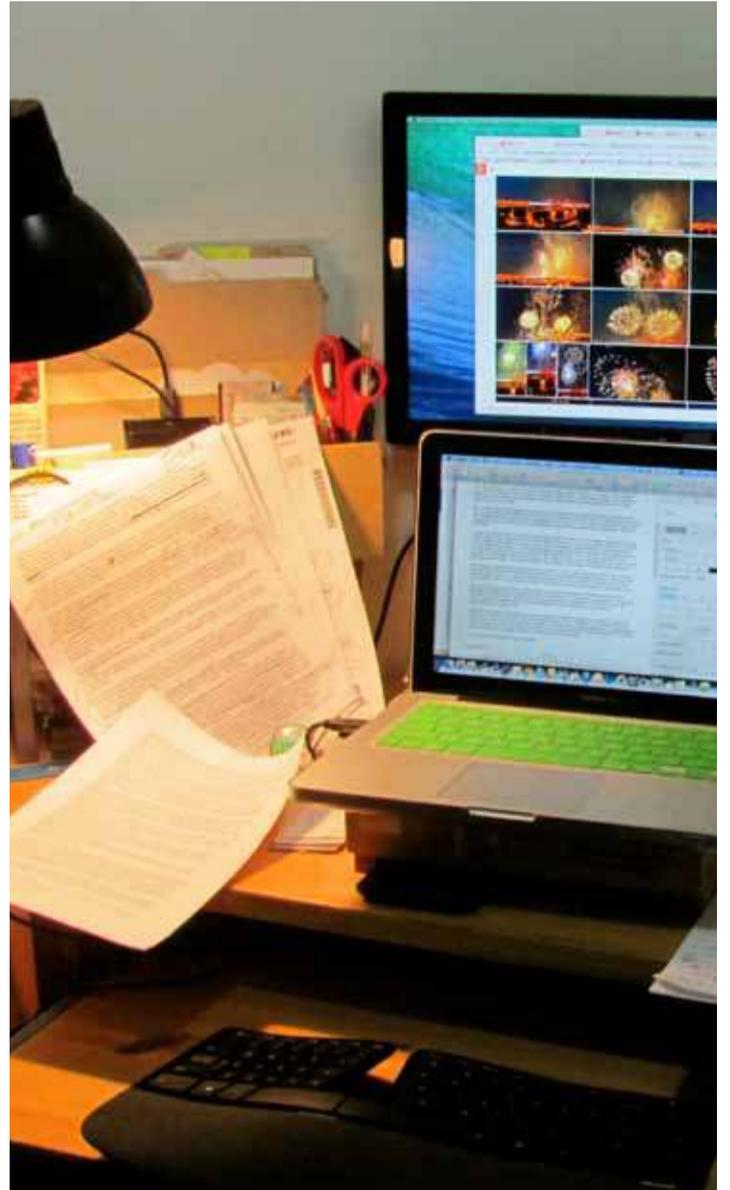
income, right? Painful as it was, I understand why my business partner pulled the plug when my pace frustrated him.

This prompted some questions. Do I want to keep up this pace? At what cost? What can or must I let go of in order to insert what nurtures me? Do I even know how to strap on my helmet and take a bike ride with no destination, errand or goal in mind?

If the answer to eliminating busyness is found in one word, it is “yes.” I need to say yes for me. Yes, I will examine what I allow in my life and in my schedule and cultivate idleness. In the two months I have concentrated on this, it has forced me to examine my choices and become accountable for taking on too much. I commit to imagining what the absence of busyness will feel like.

One simple thing I did recently was walk the nine blocks to Parkdale-Cromdale Community League for their Creat free voice and guitar lessons. I am making a commitment to go every Saturday.

Being busy can make us feel important. How do I allow importance just for being?



Busyness is a comfortable habit, but one allowing little time for enjoying some much-needed downtime. >> RUSTI L. LEHAY



BOARD MEMBERS WANTED:

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SEND YOUR NAME AND EMAIL ADDRESS TO: FRANKI AT BOARD@RATCREEK.ORG

How about an extra \$20,000 towards your home repairs?

HOPE: Housing Opportunities Program for Edmonton

HOPE provides a one-time conditional grant of up to **\$20,000** for qualifying homeowners.

You can use the money for major repairs or disability modifications to your home. Your application will be automatically considered for an additional **\$2,000** for energy-efficient retrofits.

Download your application via edmonton.ca/hope or email hope@edmonton.ca to have an application sent to you.

For more information call: **780-423-3135**



edmonton.ca/hope



TIBETAN BAZAAR SEPT 20 & 21 FROM 10 AM TO 5 PM AT ALBERTA AVE. ADMISSION \$5.

HISTORY » NOTHLANDS

Northlands' 135-year history with Edmonton

First fair predates incorporation of Edmonton in 1904

CHANTAL FIGEAT

On Oct. 15, 1879, 275 farmers, ranchers and agriculturalists gathered on Rosedale Flats in Fort Edmonton to exhibit livestock, grain, vegetables and crafts for a total of \$173 in prizes.

The best pumpkin won \$2, the best ox \$2, the best potatoes \$4. The Northwest Territories government granted a special prize of \$10 for the best wheat. All agreed the first exhibition of the Edmonton Agricultural Society was a great success. But in 1880, the treasurer died with \$139 in his personal bank account and his wife refused to return the money. Despite this serious glitch, by 1890 the exhibition was an annual fall event.

The history of the exhibition grounds (renamed Northlands in 1979) reflects the importance of agriculture in Alberta's development. This venue helped local farmers engage in economic diversification through networking. Faced with serious food shortages on the reserves due to dwindling buffalo herds, the Indian Agency had demands for flour and beef.

The North West Mounted Police (NWMP) needed oats to feed their horses. Merchants acted as brokers between the farmers, the Indian Agency, and the NWMP.

In 1906, the city bought the present site for the exhibition grounds. At the time, this low piece of land was outside city limits. Building construction began in 1910. By 1913, the livestock pavilion was completed.

Over the years, Northlands has grown to play a huge role in the Edmonton community. As their website says, "we're a proud partner of the City of Edmonton, Edmonton Tourism, Edmonton Economic Development Corporation, Chamber of Commerce and the Downtown Business Association."

Northlands Park builds, maintains, and operates all facilities. The opening of the Coliseum on Nov. 10, 1974 was a major milestone. The entire 126-acre site is deeded to the city and leased to the park. The taxes Northlands pays to the Alberta government generate about \$1 million per year for the province.



First World War 66th Battalion Cavalry pose at the exhibition grounds. Formed in April 1915, the South Alberta Light Horse left for Britain in July 1916. >> EDMONTON ARCHIVES

Northlands Park hosts four major events in the Edmonton community.

This year, over 740,000 people attended the gold rush-themed K-Days in July. It's Edmonton's largest summer celebration.

Thoroughbred and harness racing takes place at the grandstand. This venue enables the Alberta racing industry to generate income and jobs through export of breeding stock, tourism, sale of manure to mush-

room farms, and cash generated from exhibits and tack shops. On Aug. 16, thoroughbreds competed in the 85th Canadian Derby.

Farmfair International is Alberta's largest livestock show with agricultural shows, sales, and entertainment.

The Canadian Finals Rodeo attracts thousands from Western Canada and the United States each November. Rodeo fans can watch athletes win national championships as they

compete in events such as bare-back riding and steer wrestling.

Most of the Western Canadian public is aware of these major events held at Northlands Park. But on a quieter note, Northlands makes community donations of money, equipment, supplies, and staff time to many other community programs. An example is the preservation of Edmonton's river valley.

Great things often arise from humble beginnings.

T & D

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COMBO 1 (PHẦN 1) \$13.95

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GRILLED BEEF & CHICKEN, &
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WONTON SOUP, 2 SPRING ROLLS,
GRILLED BEEF, CHICKEN & SHRIMP,
& STEAMED RICE OR VERMICELLI

COMBO 3 (PHẦN 3) \$15.95

WONTON SOUP, 2 SPRING ROLLS,
GINGER BEEF, GRILLED CHICKEN, &
STEAMED RICE OR VERMICELLI

SUBSTITUTE STEAMED RICE FOR FRIED RICE FOR \$2.95



PETER GOLDRING
Member of Parliament
Edmonton East



St. Barbara's Orthodox Cathedral: Plaque Unveiling

On August 22nd, 2014, there was a "wave" of unveilings across Canada of 100 plaques at 11am (local time), moving from east to west marking the 100th anniversary of Canada's first national internment operations of 1914-1920. The unveilings occurred in churches and cultural centers, local museums and other public venues.

For some time, I engaged in correspondence and conversations with the CTO project leader, Dr. Lubomyr Luciuk, to have St. Barbara's Russian Orthodox Cathedral in Edmonton participate in this momentous event in history.

Founded in 1902 by Father Jacob Korchinsky, St. Barbara's is historically Ukrainian. A simple wooden church that was replaced in 1960 by a beautiful ecclesiastical edifice that stands today; a vision of Father John Margitich, the parish priest of St. Barbara's for more than 35 years. This building designed by architect Nicholas Flak with picturesque dome, crowned by a triple bar cross symbolic of Orthodox churches around the world, is known by all in Edmonton, not just by those of the Orthodox faith community.

In 1902, the Orthodox Russian Greek Catholic Church of North America was incorporated by the Parliament of Canada and proceeded to develop numerous rural parish churches as well as St. Barbara's Cathedral in Edmonton. For the newly arrived Orthodox faithful in the late 19th and early 20th centuries the only choice of church was the Russian Greek Orthodox Church. Today the Very Reverend Sergey Kipriyanovich is the parish priest at St. Barbara's.

St. Barbara's is the church that I married Lorraine Taschuk and where I return to regularly during the more than 39 years of our marriage. Our children, Corinna and Kristina, were Christened here, our daughter was married here and our three granddaughters Katelin, Alexandra and Eleanor were also Christened here. St. Barbara's will forever be rooted in our family legacy.

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

SPRUCE AVENUE HARVESTFEST AND MEMBERSHIP DRIVE

Saturday, Sept 20 from 1 to 5 pm (10240 115 Ave).

WESTWOOD LEAGUE DAY

Pancake breakfast and big bin on Saturday, Sept 20 from 9 am to noon (12139 105 St).

TIBETAN BAZAAR

A celebration of Tibetan culture. Fantastic shopping for unique items that you won't find easily anywhere else. Delicious Tibetan food - momos (Tibetan dumpling) and more. Saturday and Sunday, Sept 20 and 21 from 10 am to 5 pm (9210 118 Ave). Admission \$5.

MULTICULTURAL GATHERINGS

International food, music, dancing, singing and fun. Saturdays, 2 to 5 pm, on Sept 20 Corn Festival at Action for Healthy Communities (#101, 10554 110 St). To register contact Yanyu@zhou@a4hc.ca or 780.944.4687.

GAMES (AND CRAFTS) NIGHT

Tuesday, Sept 30 at 7 pm at the Carrot (9351 118 Ave). Bring your friends, your favourite board game (or craft) and have a great evening of fun.

NOTICES

CRUD SPECIAL GENERAL MEETING

On Tuesday, October 21 at 6:30 pm at AACL (9210 118 Ave). For CRUD members only.

BRAZILIAN PERFORMANCE

Come to Parkdale-Cromdale Community Hall (11335 85 St) to see free capoeira performances every Saturday from 1-2 pm! Capoeira is a mix of Brazilian martial arts, music, and dance. Various classes are offered throughout the week at the hall. More info: www.capoeiraacademy.ca

THE CARROT STAGE

9351 118 Avenue, 780.471.1580 www.thecarrot.ca
Fridays: Live music starts at 7:30 pm. Check website for line up. \$5 cover, all ages welcome.

Saturdays: Open mic 7 to 9:30 pm. Share original music, poetry or comedy. Free admission for all ages. \$1.25 minimum food charge.

THE SAFEWAY WALK FOR MUSCULAR DYSTROPHY

Encourage your friends, family and coworkers to sponsor your walk as you raise funds and awareness to help enhance the lives of Canadians living with a neuromuscular disorder. Saturday, Sept 6, from 10am to 2pm at Gold Bar Park (10955 50 St). More info: Rachael Chan at 780.489.6322 x5104, or rachael.chan@muscle.ca. www.walkformuscular dystrophy.ca

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

FAMILY ART WORKSHOPS

Dive into the wonderful world of art with FREE all ages workshops every Thursday from 6:30 pm to 8 pm at Parkdale-Cromdale Community Hall (11335 85 St). Inspired by famous artists and your creative imagination, kids and parents alike will explore a variety of materials and techniques in drawing, painting and sculpture.

SING, SIGN, LAUGH & LEARN

Enhance communication and development through repetition, visuals and movement. For caregivers and children up to age 3. Tuesdays, 10:30 am at Sprucewood Library (11555 95 St).

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 am-12:45 pm at Crystal Kids (8718 118 Ave).

IMPROVE YOUR ENGLISH

ECALA English for Community Integration: Free Parent-Tot English classes. Bring along your babies/toddlers and learn basic English skills for everyday situations. Starting in

September with times TBA at Parkdale-Cromdale Community Hall (11335 85 St). More info: contact Sarah at 780.887.6825 or email sarahdelano@hotmail.com.

COLLECTIVE KITCHEN

Cook with friends, try new recipes, help your food budget at PrayerWorks Collective Kitchen. Second Wednesday of each month, 5:30 to 8:00 pm, St. Faith / St. Stephen Anglican Church, 11725-93 Street. Cost is \$3 for one serving of each of 4 different meals. More info: call Trish at 780.464.5444.

FREE MUSIC LESSONS BY CREART!

Every Saturday, free group lessons are offered to members at Parkdale-Cromdale Community Hall (11335 85 St). Singing lessons from 9 to 10 am and guitar lessons from 10 am to 12 pm. Play and meet others. More info: call 780.878.8265 or createdmonton@hotmail.com.

SAA MEETINGS AND FELLOWSHIP

Big Book Study sponsored by Sex Addicts Anonymous. Everybody welcome. For meeting info: call 587.921.1397, text 780.394.3709, or email recovery4wolf@gmail.com.

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

LADIES' COFFEE

St. Faith's Women's Fellowship Guild *Cosy Coffee Club* at 11725 93 Street in Prayerworks Hall (entrance off the parking lot facing 92 Street). Wednesday, September 3 and 17 from

10 to 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.

NFB FILM CLUB

Saturday, September 20, 1:30 pm at Sprucewood Library (11555 95 St).

PRAYERWORKS COMMON

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

FAMILY MUSIC POTLUCK NIGHT

Join us on the last Friday of every month from 7 to 11 pm at Parkdale-Cromdale Community Hall (11335 85 St) for our family friendly arts party and potluck. Enjoy live professional and emerging musicians or take part in the open mic. More info: call 780.878.8265.

BABES IN ARMS

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

LI'L SPROUTS PLAYGROUP

Come join our playgroup! A place where parents can meet and children can play. 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 to 3 pm at Sprucewood Library (11555 95 St). More info: 780.496.7099.

TWEEN LOUNGE

Play video games, make a DIY project, meet friends, hang out. Thursdays from 3:30 to 5 pm at 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 to 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

Starting September 8, seniors' bingo takes place every Monday from 10:30 am to 1 pm at Parkdale-Cromdale Community Hall (11335 85 St). Coffee and snack provided.

FULL CIRCLE

Starting September 3, Full Circle, a welcoming group for men and women of a distinguished age (55 yrs +), meets on Wednesdays at 6:45 pm at Parkdale-Cromdale Community Hall (11335 85 St). It is a safe and comfortable place to share your life experiences and ideas, and to learn new skills and knowledge while getting to know other local residents. More info: contact Helen at 780.454.4886.

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 to 12:45 pm at Crystal Kids Youth Centre (8715 118 Ave).

SPORTS/REC

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: 780.477.1166 or www.sportscentral.org. Also accepting donations of gently used sports gear.

FREE COMMUNITY ACCESS AT COMMONWEALTH REC CENTRE

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

FREE 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

NOMINATE AN OUTSTANDING VOLUNTEER

The search is on for Alberta's outstanding volunteers as nominations for the Stars of Alberta Volunteer Awards are now open. From students to seniors, volunteers are the backbone of our communities and you can help to recognize their selfless generosity. Think about those remarkable people who are making a difference in your community through their volunteer service. Now consider putting their names forward for the 2014 Stars of Alberta Volunteer Awards! Six awards, two each for youth, adult and seniors, are presented annually on December 5, International Volunteer Day. More info: www.culture.alberta.ca/voluntarysector/stars. Deadline for nominations is Monday, September 15, 2014.

VOLUNTEER AT KALEIDO

Kaleido Family Arts Festival is Sept 12 - 14 and we need your help. Volunteers are the heart and soul of this art-filled family extravaganza and we need more people. If you are able to help out before festival, during festival or even after festival, please contact our volunteer coordinator Marie at kaleidovolunteers@gmail.com

VOLUNTEER AT THE CARROT

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

HELP AT NORWOOD CENTRE

Gain experience for employment or education, meet new people, learn new skills, have fun and give back to your community. Click the volunteer tab at norwoodcentre.com to view position descriptions or phone 780.471.3737.

BEFRIEND A SENIOR

Provide much needed companionship to an isolated senior by assisting them with grocery shopping, sharing life stories, playing cards, completing crafts, going for walks or driving them to and from medical appointments. More info: Carole at 780.342.4421.

DRIVE A SENIOR

Be a volunteer driver who spends 3-4 hours once a month to drive an elderly senior to medical appointments, banking and/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 12yrs.
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

Planning on taking in the Kaleido Family Arts Festival Event September 12th to 14th' ?

While you are on Alberta Avenue don't miss the opportunity to experience up to forty nine restaurants, bakeries and other eateries guaranteed to satisfy any taste or appetite. It's a great opportunity to try out food from around the world.

Please scan the symbol shown for a full listing and their locations on Alberta Avenue.

Find the map and more information at www.alberta-avenue.com

Scan Here!




Would you like to get involved in the community?
Be a part of the revitalization of 118th Avenue and the surrounding communities!

Development Group

This is a new committee that will work towards ensuring there is good development in the area.
Meets every 2nd Monday of the Month 6:30 - 8:30 pm

Sign up/ more info email: judy.allan@edmonton.ca or call 780-496-1913

avenueinitiative.ca



jiffy lube

FAST, FRIENDLY, HONEST SERVICE

Coupon valid at these 3 locations only:

13004 82 Street
NORTHSIDE: 780.478.9617

13731 97 Street
NORTHSIDE: 780.478.7553

11503 104 Avenue
DOWNTOWN: 780.425.7562

FAST OIL CHANGE

\$39.99

REGULAR OIL CHANGE UP TO 5 LITRES

COUPON EXPIRES OCTOBER 31/14



NORTHLANDS INVITES YOU TO A NIGHT AT THE MOVIES

As a special thank you to our neighbours and volunteers, we're holding our second annual Northlands Community Movie Night in Borden Park on September 19. Just after the sun goes down around 7:45 p.m., we'll begin an outdoor screening of Back to the Future. Admission is free and we'll have popcorn available for purchase. Don't miss your chance to see this beloved '80s classic in a beautiful park setting!



NORTHLANDS

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