

# RAT CREEK PRESS

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JANUARY 2016

NEWS » FESTIVAL

## Embracing the deep freeze of winter

Edmontonians flock to Alberta Ave to celebrate winter and local cultures



The popular Deep Freezer race will be featured again this year. » EPIC PHOTOGRAPHY

ALOUISE DITTRICK

January in Edmonton is in the grip of winter. With spring not even a glimmer on the horizon, it's easy to understand the desire to hibernate and emerge when the snow melts. But on Alberta Avenue, winter brings the annual Deep Freeze Festival, now in its ninth year.

At its core, Deep Freeze is about embracing and celebrating winter. Where else will you find the Deep Freezer race, where two people push a deep freezer on skis while three people (wearing helmets) ride inside the freezer? Or a winter bocce ball tournament?

According to festival producer Allison Argy-Burgess, a group of neighbourhood artists who wanted to bring life and fun to Alberta Avenue during winter started Deep Freeze. The festival celebrates the Byzantine New Year and focuses on Aboriginal, Ukrainian

and Francophone cultures.

The three cultures will be celebrated through music, dance, theatre, arts, crafts, and demonstrations. Ukrainian culture is the focus on Jan. 9 while Francophone culture is celebrated Jan. 10. Aboriginal culture is featured throughout the festival at The Pilon Village located on the vacant lot at 118 Avenue between 91 and 92 Street.

This year's theme (Fairies and Elves and Ogres...Oh My!!!) will be showcased in a variety of ways, like the new Fairy Door competition. Local artists will design and decorate a small door (12 to 15 inches), then placed throughout Alberta Avenue. The Reuse Centre will offer a workshop on making wind chimes, which is something traditional folklore says attracts fairies and other magical creatures.

For those wanting to take a break from the outdoors, the

Carrot has a curated show of Ukrainian and Francophone visual art focusing on a winter theme. A Ukrainian wheat weaving workshop will be held at The Nina Haggerty Centre for the Arts, and a tourtière (a traditional Francophone meat pie) competition held on Sunday afternoon. And of course, hungry festival goers can buy food inside Alberta Avenue Community League.

The festival has events and activities for people of all ages to enjoy. Adults always seem to enjoy the popular ice bar behind the Alberta Avenue Community League. For kids, there is a snow kingdom, a kid-friendly movie shown on Saturday night, a family-friendly dance with live music at the community hall on Saturday night, and a variety of other events.

"[Deep Freeze] is a festival that engages winter. We make it [winter] part of the whole

festival. Everybody has a place to go warm up, and have warm food, or go inside and hear some music, but you still have to walk [outside] from place to place. There are things to do while you are walking, and things to see. That's the goal. To make sure people are outside," said Argy-Burgess.

### Further information

Deep Freeze: A Byzantine Winter Festival  
Jan. 9, noon to 11 pm  
Jan. 10, noon to 6 pm  
118 Avenue, between 90 and 94 Street

Free admission, but donations accepted. Food and drink items will work on a ticket basis.

For more information, including a full schedule of events, visit [deepfreeze.ca](http://deepfreeze.ca).

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**Deep Freeze**  
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BUSINESS » PROFILE

# Passing the reigns

Butte Travel now under the care of a new owner and a manager

**BUTTE TRAVEL**  
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**MANAGER: PEARL SEAKER**  
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**SAT 9 AM-2 PM (IN THE NEW YEAR)**

REBECCA LIPPIATT

After 55 years in the travel business, long time community member and businessman Henry Woudstra is retiring from Butte Travel. Daryl Silver, an owner of several travel agencies, and Pearl Seaker, as manager, will continue to offer trusted advice and travel services.

Butte Travel is named after Picture Butte in southern Alberta, where the first owner once lived. The business was originally in the building previously occupied by Peter Goldring. In 1972, Woudstra moved the business to the strip mall on the corner of 95 Street and 118 Avenue. Silver will change the business name to Continental Travel, but will continue to offer the

same service in the same location, with the same phone number.

Butte Travel caters to the international traveller. Many customers have been European Canadians travelling to see their families. With the changes in immigration, Seaker and Silver said they expect to be helping more people travelling to Africa, India, Asia and the Middle East.

The travel agents create relationships with their clients that extend over the years. They provide advice on everything from what resorts will best suit their needs to assistance on meeting dietary needs to providing help with visa requirements. "Great travel agents coddle their customers, build up trust and friendship over the years," said Silver.

Butte Travel fills needs that cannot be addressed through online travel booking. A family might spend \$40,000 on a trip, and they need to know their schedules are coordinated and everyone is cared for. When a large family is booking a holiday and coming from different destinations, a travel agent can make sure the family is sitting together

on the plane. Travel agents have more refined capabilities than trips booked online. Silver said clients come to travel agents and "trust the advice they get, trust the office to get them where they are going, and back them up if there are any issues while they are travelling." Prices through Butte Travel are comparable or even lower than what can be found online.

Silver and Seaker said they look forward to serving the community and providing travel expertise. Woudstra will continue to be involved in the business to provide stability and trust.



Owner Henry Woudstra is retiring from Butte Travel.

» REBECCA LIPPIATT

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**ABOUT US**

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

**COMMUNITY, COMMUNICATION, CAPACITY**

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

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**EDITORIAL POLICY**

The Rat Creek Press is a forum for all people. We encourage comments that further discussion on a given article or subject, provide constructive criticism, or offer an idea for community activity. Letters should be no longer than 250 words and must include the full name, location and contact information of the author. Op-Ed columns should be 400-700 words and observe formal rules of spelling and grammar. The RCP reserves the right to edit all material and to remove any electronic comment at any time.

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

**COMMUNITY CALENDAR**

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

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## NEWS » SPORTS

# Playing hockey from the heart

Neighbourhood hockey player inducted into Hockey Club Hall of Fame

MARLENE SALMONSON

Alberta Avenue resident Roger DeJordy has many fond memories of playing wingman in the American Hockey League (AHL) for the Hershey Bears. Now, he can add another memory. On Dec. 20, DeJordy was inducted into the Hershey Bears Hockey Club Hall of Fame.

DeJordy, a native of St-Hyacinthe, Quebec, played for the Hershey Bears from 1962-1970. The 1966-67 period was a big one for DeJordy as he made club history by being the first player ever to reach 50 goals in a single season (he scored 52). He ranks fifth in the Bears' history for career goals (222), seventh in games (531), and is tied for seventh in points (448). He spent his AHL career with the team, scoring 27 points in 62 playoff games.

The Hershey Bears Hall of Fame is in Hershey, Pennsylvania and celebrates those who made the team great. Nominations take place annually, and a candidate must receive 80 per cent of the votes from the 10-person voting committee for election. Howie Yanosik, a friend and former teammate, was inducted at the same time.

Before joining the Hershey Bears, DeJordy, now 78, spent several seasons with the Edmonton Flyers. In those days, he lived at the Cromdale Hotel. Coming from a French-speaking background, he spoke very little English. When order-

ing breakfast, DeJordy remembers how he would wait for someone else to order and then he would say "same." "I had ham and eggs three times a day. Then they encouraged me to say, 'same as him.' That's how I learned English."

Hockey has been at the center of his life since childhood. His parents owned a grocery store located across the street from a skating rink, and growing up the young DeJordy even wore his shin pads to school.

His hockey career spanned from 1955-1971 and enabled DeJordy to meet some famous people, such as Miss Pennsylvania and Bob Hope. Highlights include winning the Calder Cup Championship with the Bears in 1969, and the day that he scored against his brother Denis, who became an NHL goalie. "I kept that puck!" DeJordy said with a smile.

Five years ago, DeJordy and Denis visited Hershey on a bus trip. "Seeing the park and remembering what happened 35 years ago. Everywhere I looked, remembering. It



Roger DeJordy as a Hershey Bear (1962-69). » SUPPLIED

was an emotional time."

After hockey, DeJordy managed the NAIT ice arena for 27 years, and he has an ongoing collection of 600 hockey pucks.

When asked how his acceptance speech was going, DeJordy said, "They told me

to just speak from the heart." From a man who played hockey from the heart, that should be one amazing speech.

Asked if he had anything to add, he said, "Yes! Go Bears go!"

A fan of the Hershey Bears, as always.

EDUCATION » YOUTH

## Local dance company reaching out to inner city youth

Free classes soon available to schools, organizations, and community leagues

TALEA MEDYNSKI

Do you know a child or teenager itching to dance? Come January, youth ages 5 to 18 have the opportunity to receive free dance classes. Mile Zero Dance, a local dance company, is offering the residencies.

Jodie Vandekerkhove is the organization's outreach coordinator. She explained they applied for and received a grant from The Stollery Charitable Foundation and Telus to provide outreach classes to schools, organizations, or community leagues. Edmonton Community Foundation also helped establish the program.

Vandekerkhove said the idea is to provide youth who may not normally have access to dance classes with an opportunity to learn. The grant also helps Mile Zero Dance fund their instructors and sustain their program while providing youth in inner city communities with a unique opportunity.

While the classes focus on contemporary dance, instructors are open to modifying classes based on students' needs. "Usually we do one or two week residencies," said Vandekerkhove. Class location can vary. Instructors can go to the students, or the students can go to the studio.

At the start of every residency, instructors begin with a dance demonstration, and then teach students one-hour classes on a weekly basis. The end of the residency usually concludes with a performance.

The number of students required is something Vandekerkhove discusses with the school, organization, or community league. "Obviously we want to make it worthwhile but not too large," she said.

Mile Zero Dance is offering these residencies throughout the school year. Those interested in participating should email [education@milezerodance.com](mailto:education@milezerodance.com). Then, Vandekerkhove and the interested party "can brainstorm how we can offer dance classes," including booking the time in advance.

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## LOOKING FOR AN INTERCULTURAL DAYCARE?



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

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**Elmwood Park Community League**

**Become a community league member and get free swimming and skating!**

## WHAT'S ON » PROFILE

# For the love of ice

Master ice carver Barry Collier embraces the cold

CONSTANCE BRISSENDEN

Two of the original founders of Deep Freeze Festival were ice sculptors. Today, ice sculptures are one of the festival's major draws.

Several years ago, the ice making and sculpting team of Barry Collier and Stephen Chung were hired to take the Ice Promenade even further. Together, they continue to oversee the transformation of the parking lot of the Alberta Avenue Community League into the Ice Promenade, an ice wonderland, created by many talented sculptors.

The fun begins when over 100 blocks of ice, each weighing 250 pounds, are deposited in the lot. Around 30 blocks are available to the eight to 10 competitors vying for top spots in an intense 24-hour carving competition. By noon on Jan. 10, the carving must be finished so patrons can vote on their favorite sculptures. By 3 pm, three winners are

announced in the community centre.

Collier said he believes he inherited his love of everything wintry. His mother, Ellen, is Gwich'in from the Mackenzie Delta, one of Canada's coldest places.

"All my life I've been dealing with stuff that's cold," he recalled. "When I was growing up, it was hockey and other winter sports. When I started in business, I worked in an ice plant for 33 years, manufacturing and selling packaged ice to convenience and grocery stores."

In 1990, he added ice carving to his skills. He is largely self-taught. By his fourth month creating ice carvings for special events, he was swamped with orders.

By 2010, Collier launched Ice Works with Stephen Chung, another master carver. A few years ago, they joined forces with the festival and continue to be in charge of the ice. Soon they entered the ice carving competition. Collier won first prize the first year he entered.

He admitted his love of ice makes him different. "I like the peace and quiet when I'm sitting in a freezer doing my carving," he said. Carving for the festival takes it one step further since carvings must be completed within 24 hours. "I enjoy working under pressure. It's a hard-core rush."

Speed doesn't affect quality and may even enhance it, he said. "I see the finished image lurking in the ice. Sometimes I use a marker to shape it on the block. I use a chainsaw to cut away the non-essential ice. Then I use various drill bits or an old-fashioned hand chisel to bring out the details."

There's a vast creative difference between carvings for the festival and Collier's works for corporate functions, weddings, anniversaries, conferences and banquets. "Ninety per cent of my business carvings are logos. In winter, I decorate them with fancy elements like snowflakes, highlighted with colour."

This year's festival theme is a far cry from logos: Fairies, Elves & Ogres. . . Oh My!! The theme allows Collier's creativity to soar. "I can go wild with my ideas at the festival."

In addition to the carving competition, Collier and Chung will create an elaborately carved ice bar for the beer garden, with all-ice lounge furniture, as well as an ice slide for children.

Would he give up the cold and the pressure? Surely not. At 53 years old, he said, "I'm not stopping. This is my semi-retirement. I enjoy it too much."

For festival producer Allison Argy-Burgess, the carvings bring out the beauty of Alberta's winter. Last year, the festival attracted between 22,000 and 25,000 people to the Avenue.

"Everything at the festival has an arts focus, incorporating ice and snow. The dazzling ice carvings are such a big draw," said Argy-Burgess.



Festival patrons try out the Viking helmet carved by Barry Collier. >> EPIC PHOTOGRAPHY

## Brian Mason, MLA

EDMONTON-HIGHLANDS-NORWOOD

**Happy New Year!**

**Wishing you the best in 2016**



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**"CHANGE BRINGS OPPORTUNITY."**  
-NIDO QUBEIN

## RAT CREEK PRESS

We are proud of this great newspaper, but we are always striving to make it even better.

In 2016, we will be reviewing all aspects of our production as well as our initiatives. Share your thoughts in this hands-on interactive review of the Rat Creek Press design and newspaper layout, including ideas for expanded content. Refreshments provided.

**PUBLIC DESIGN CHARRETTE**  
**Monday, January 25, 2016**

7 pm at Alberta Avenue (9210 118 Ave)  
Check out our Facebook event for more information.

**"I want to congratulate you all on a wonderful community-based publication that celebrates the joy and diversity of this area."**  
-CLINT WILSON,  
NORWOOD RESIDENT OF 23 YEARS

SPECIAL FEATURE » FITNESS

# New year's resolution to get in shape?

## Here are five at-home exercises to keep you fit this year

**BRIANNA MCCUTCHEON**

For many of us, every year comes with a few more pounds of flesh. The holiday season in particular with its plentiful parties and family gatherings around tables of food can lead to tighter pants and bigger numbers on the scale.

Here are five exercises you can do at home to get into better shape and health this year.

Do 15-20 repetitions of the exercise as indicated below. This is one set. Rest for 30 seconds, then do a second set. Rest for 30 seconds. Do a third set.

Rest for one minute at the end of the three sets, then move on to the next exercise. Once you have completed all five exercises, you're done!

If you want to really push yourself, cut out the 30 seconds rest between sets. Do three sets in a row, then rest one minute before moving on to the next exercise.

This is a fun 45-minute routine, so plug in your music, grab water and a towel, and get ready to sweat. For best results, perform this routine three times a week.

### Squats

**(3 sets of 15 reps)**

Start with your feet hip-width apart, toes facing forward or slightly pointed outward.

Squat down, making a 90-degree angle and keeping most of your weight in your heels. Push back up to starting.



### Lunges

**(3 sets of 20 reps, 10 on each leg)**

Start with your feet hip-width apart and step back with your right leg into a lunge. Slowly lower your right knee to the ground while keeping most of your weight in the front leg. The front leg is always the working leg and should carry most of your weight. Push your back leg up to starting position with your feet side by side. Repeat 10 times, then switch legs.



### Lateral lunge

**(3 sets of 20 reps, 10 on each leg)**

Start with your feet shoulder-width apart, placing a towel under one foot. Push out laterally with the leg that has the towel. While the leg is stretched out to your side, your stabilizing leg will bend, pushing your hips and butt back.

Once you hit a 90-degree angle with your stabilizing foot, slide your extended leg back to the starting position. Repeat 10 times, then switch legs.



### Leg curls

**(3 sets of 15 reps)**

Lie on your back. Position your feet hip-width apart with a towel underneath your heels. Push your hips up so you create a straight line from your knees to your shoulders.

Slowly extend your feet out, keeping your hips pushed up. When you feel you are going to break that straight line, bring your feet back into starting position. Repeat.

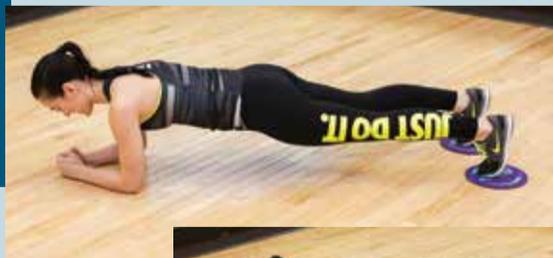


### Plank

**(3 sets of 15 reps)**

Lie face down with your legs straight out behind you and a towel placed under each foot.

Push yourself up and keep a strong line from your head to your heels. Once you're stable, slide your legs out, making a wide stance and bring them back in. Repeat.



## RELATIONSHIPS » EXPERIENCE

# Facing the truth

Breaking up isn't easy, but it doesn't always have to be bad

BRIANNA MCCUTCHEON

Most of us have experienced a break up and I'm sure we could all agree it is far from wonderful. There are so many factors, feelings, and memories involved, especially if you've been together for a long time.

My most recent relationship had been on and off, but the latter part of it lasted for just over a year and a half. I thought the second time around was going to be different. We would be able to fix the issues we had before, laugh and share our time while planning our lives together to potentially form a future as a solidified couple.

I knew things weren't going well, but decided to believe things would get better. After all, we had our ups and downs and were able to maturely communicate about our feelings and deal with situations as they

arose. I started to come to terms with the relationship, realizing it wasn't what I thought it was going to be like the second time around and accepting it.

But I could feel that he seemed distant, distracted and busy.

One night I went over to his apartment where we drank champagne and toasted his recent career and personal success. That's when it all happened. I was hit with the big question that made my heart feel as if it went right into my stomach and my throat began to squeeze closed. He looked at me with a serious, kind look and said something along the lines of "Are you happy in our relationship?"

Pausing for a moment, I looked up to the ceiling and recalled all our memories over the years while he waited for a response. Whether I wanted to accept it or not before, I knew deep down this was it. This was

how this chapter was going to come to an end.

Less than an hour later, I showed myself out of his apartment, stepping out as a single lady. During our discussion, we talked about how it hasn't been working out for a while now and how we should both focus on ourselves. If the time was right in the future, we could meet up and start again but right now, things weren't going well and we both knew it.

To date, this has been one of the most mature break ups I had ever been through and for that I am thankful. And who knows what will happen? We might stay apart or end up together.

All I know is that each time I go through a break up, I can't help but feel that I am left with a little less of my heart.

## HISTORY » COMMUNITY

# Remembering the Village of North Edmonton

Packingtown employed 2,500 men and women during the peak years

CHANTAL FIGEAT

I first heard of the Transit Hotel when I arrived in Edmonton and was looking for a temporary place to stay. Afterwards, when I found an apartment, I would pass by the hotel on the bus. I often thought that there had to be a story behind this large old commercial building situated at a crossroads.

Sure enough, the Transit Hotel, built in 1908, was in the centre of the village commonly known as Packingtown. This settlement was renamed and incorporated as the Village of North Edmonton in 1910. Today only a few commercial buildings remain, but North Edmonton was once a hub for the meat packing industry.

Annexed to Edmonton in 1910, North Edmonton grew to a population of 3,000 and boasted a school, hospital, post office, police force, and streetcar service.

Much of North Edmonton's growth was due to the efforts of American businessman Patrick Dwyer. He funded many early commercial buildings, including

the Transit Hotel. The Transit sported conveniences such as electricity, hot and cold running water and telephones.

"The chap that built the Transit Hotel, Patrick Dwyer, he lobbied the Swifts out of Chicago to come and build a plant here," said Deanna Fuhlendorf, chair of the Fort Trail Historical Foundation.

The meat packing plant was built on Norton Street, now 66 Street. This venture was the first of three meat processing plants in the area. P. Burns and Company built their plant in 1911. In 1935, Canada Packers constructed a modern facility.

"[The] Canada Packers logo itself really made you proud to be a Canadian. [They] employed over 11,000 people in Canada," said Fuhlendorf. The plant was an economic boon to the local community, as it provided employment during the tough Depression years.

The iconic terra cotta smokestack is all that remains of the Canada Packer building. "They forgot about us," said Fuhlendorf. The smokestack, originally part of the power system, is now designated as a historical

resource.

Fuhlendorf grew up close to Packingtown. She said she remembers seeing the workers leaving the plant for lunch. "They looked like little penguins," recalled Fuhlendorf.

The City of Edmonton plans to erect an interpretive centre around the old Canada Packers smokestack in 2017. By then, the Northeast Transit Maintenance facility will be built at the former Canada Packers site. The facility will be named Kathleen Andrews Garage after the first female bus driver in Edmonton.

For those interested in learning more, the foundation published a book called *The Village of North Edmonton*, available for \$20. Funds raised will be used for the production of a 1913 map of North Edmonton. The map and the stories will be placed in the Village Square at the Station Pointe subdivision.

To buy a copy or to find out more, contact the Fort Trail Historical Foundation at 780.472.2562.



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North Edmonton facing north on Fort Trail, circa 1920s. >> SUPPLIED

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# COMMUNITY CALENDAR

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

## events

**DEEP FREEZE: A BYZANTINE WINTER FESTIVAL**  
Join us Jan. 9-10 for the Deep Freeze Festival. Embrace the cold northern climate by enjoying artistic panache and authentic cultural and heritage winter games and fun. Don't miss out on this amazing weekend, right here in our neighbourhood! The fun starts at noon both days! Fireworks display Saturday at 6 PM. <http://deepfreezefest.ca/>

**COFFEE WITH COPS**  
Join Cst. Thomsen to chat about neighbourhood concerns. Jan. 5 from 10-11:30 am at The Carrot (9351 118 Ave).

## art & music

**COMMUNITY DANCE CLASSES**  
Mile Zero Dance Society offers an opportunity for free community dance/movement classes that can come to YOU. We have highly skilled instructors who can provide a dance/movement workshop or classes to your community. Email Jodie Vandekerkhove [education@milezerodance.com](mailto:education@milezerodance.com) or call 780.719.6585

**THE CARROT'S POETRY NIGHT**  
Join us Jan. 28 from 7:30-9 pm for poetry night. A wonderful time to share your work and enjoy a night out with an encouraging crowd.

**JOIN EMCN's GLOBAL SINGERS**  
Eat a delicious lunch, learn new songs and meet new people. Thursdays from 12-1 pm. Room 2-4, Mennonite Centre (11713 82 St).

**NASHVILLE SONGWRITERS ASSOC INTERNATIONAL (NSAI)**  
Jan. 11 from 6:30-10pm at the Carrot (9351 118 Ave). Subject to change. Confirm your attendance by emailing Colleen: [col\\_kside@hotmail.com](mailto:col_kside@hotmail.com)

**FAMILY ART WORKSHOPS**  
Dive into the wonderful world of art with FREE all-age workshops every Tuesday from 6:30-8 pm at Parkdale (11335 85 St).

**COMMUNITY ART NIGHT**  
Free workshop for adults. Tuesdays from 6:30-8:30 pm at The Nina (9225 118 Ave).

**FAMILY ART NIGHT**  
A variety of free art activities for school age children accompanied by adults. Wednesdays from 6:30-8 pm at The Nina (9225 118 Ave).

**MUSIC LESSONS BY CREART**  
Free group music lessons Saturdays from 9 am – 12 pm and violin lessons from 12-1 pm at Parkdale (11335 85 St). Sebastian 780.878.8265.

**THE CARROT STAGE**  
9351 118 Ave, 780.471.1580, [thecarrot.ca](http://thecarrot.ca)  
The Carrot explodes Saturdays for open mic from 7-9:30 pm. Share original music, poetry or comedy. Free admission for all ages.

## programs

**LEGO AT THE LIBRARY**  
Calling all Lego lovers! Come to the library to design and build a Lego creation. Share your building tips and tricks with others. Ages 6-12. Jan. 16, 2 pm at Highlands Library (6516 118 Ave).

**GIRL GUIDES**  
Girl Guides meeting Monday evenings from Sept-June at St Andrew's Church. Email [39thedmontonguiding@gmail.com](mailto:39thedmontonguiding@gmail.com) or call 1-800-565-8111 (answered locally) for more info.

**ESL PROGRAM**  
ECALA English for Community Integration offers free Parent-Tot English classes. Bring along your babies and toddlers and learn basic English skills for everyday situations. Join us on Fridays from 9 to 11 am at the Parkdale-Cromdale (11335 85 Street). More info: Sarah 780.887.6825 or email [sarahdelano@hotmail.com](mailto:sarahdelano@hotmail.com).

**CREE LANGUAGE CONVERSATION CIRCLE**  
Do you want to improve your Cree language skills? Or are you interested in learning this fascinating Native American language?

Join our Cree Language Conversation Circle, provided by the Canadian Native Friendship Centre, in a culturally appropriate and educational manner. This is a free drop-in program where you will also connect with community members and make new friends!

**ENGLISH CONVERSATION CIRCLE (LACE Program)**  
Drop in and join others who also want to practice their English. English Conversation Circle is part of Catholic Social Services' Learning and Community Enrichment (LACE) program. Call 780.424.3545 for more information. Fridays at 10:30 am at Highlands Library (6516 118 Ave).

**POP-UP MAKERSPACE**  
Robot challenges, Makey Makey hacks, DIY music, Art and 3-D design are just the beginning at this Pop-Up maker event. You're invited to drop-in, hang out, bring friends, try things and make fun stuff. Jan. 23 from 2:00-3:00 pm and Jan. 6 from 6:30-7:30 pm at Highlands Library (6516 118 Ave). All ages.

**PRAYERWORKS COLLECTIVE KITCHEN**  
Cook with friends, try new recipes, help your food budget. Second Wednesday of each month, 5:30-8 pm at St. Faith / St. Stephen Anglican Church (11725-93 St). Cost: 4 one serving meals \$3. Trish 780.464.5444.

**ADULT READING & WRITING**  
A new program using mainly Aboriginal materials. Thursdays, 9:30 am to 12 pm at St. Faith/St. Stephen (11725 93 St).

## sports & rec

**LEARN TO SKATE**  
Drop in program starting Saturday, January 9 from 2-5 pm at Spruce Avenue rink (102 St & 114 Ave). More info call Verna 780-479-8019.

**DELTON RINK**  
123 Ave & 88 St  
Public skating 5:30-7 pm weekdays, 1-3 pm weekend  
Shinny hockey 7-9 pm weekdays, 3-6 pm weekends  
Must have skate tags or pay admission. Under 16 must have a helmet. Closed if below -20 C. Rink phone 780.477.5056.

**SPRUCE AVE RINK**  
114 Ave & 102 St  
Public skating Mon, Tue, Thu, Fri 4-6 pm and 7-8 pm; Wed 4-6pm only; Sat 4-8 pm; Sun 1:30-4 pm.  
Skate for free with your league membership. For Membership questions, contact: Verna Stainthorp, 780-479-8019 or visit [spruceavenuecommunity.com](http://spruceavenuecommunity.com)

**ALBERTA AVE RINK**  
93 St and 118 Ave  
Snow bank rink open weeknights 4-8 pm; weekends 1-6 pm. Check Facebook or [albertaave.org](http://albertaave.org) for opening date. Skates available to borrow during Deep Freeze Festival Jan 9 & 10.

**SHERIFF ROBERTSON PARK**  
81 St & 111 Avenue  
unsupervised snowbank rink

**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 SPORTS EQUIPMENT**  
All kinds of sports equipment for kids in need. [sportscentral.org](http://sportscentral.org) or 780.477.1166.

## social

**AVENUE BOOK CLUB**  
Meets the last Wednesday of each month at the Carrot Community Coffee House at 7 pm. If interested, please contact Lorraine at 780.934.3209.

**FATHER CLUB**  
A place for fathers to talk about guy stuff and do guy things. Supper and childcare included. Jan. 10 from 5:30-7:30 pm at Norwood Centre (9516 114 Ave). Register: 780.471.3737.

**GROWING TOGETHER GROUP**  
A FREE drop-in group for pregnant women and women with babies up to 3 months of age. Enjoy fun activities, meet other moms, and learn information about pregnancy, nutrition, baby care, and parenting. FREE resources including milk coupons and prenatal vitamins, and great support for mother and baby. Tuesdays from 1:30-3 pm at Norwood Child and Family Resource Centre (9516 114 Ave). For more information please contact: 780.471.3737.

**BOARD GAMES NIGHT**  
Games provided or bring your own games. Jan. 26 from 7-9 pm at The Carrot (9351 118 Ave). Sponsored by NNA.

**PRAYERWORKS COMMON**  
Hot complimentary meals & warm friendship at St. Faith/ St. Stephen (11725 93 St). Thursday drop-in 10 am-2 pm. Friday community supper first three Fridays of the month, 5 pm. Saturday breakfasts 8:30-9:30 am. For more info, call 780.477.5931.

**TWEEN LOUNGE**  
Join other kids in the program room to play video games, make a DIY project, meet friends or just hang out.

Thursdays at 3:30 pm at Sprucewood Library (11555 95 St) and Fridays at 4 pm at Highlands Library (6516 118 Ave).

**TEEN GAMING**  
Come to the library to play some great games! Thursdays from 6:30-8:30 pm at Sprucewood Library (11555 95 St).

## pre-schoolers

**GIVE YOUR CHILD A HEAD START**  
Free preschool program for ages 3 1/2 - 5 runs four half days a week at Norwood Child and Family Resource Centre (9516-114 Ave). Free busing, nutritious snack, health and dental services, and a high quality child-focused program. Taking registrations for fall 2015: 780.471.3737.

**NORWOOD CENTRE COME AND PLAY**  
Enjoy our free indoor play space and meet new friends in this unstructured group for parents and children. Snack included. Mondays from 10 am – 12 pm (9516 114 Ave).

**BABES IN ARMS**  
A wonderful casual parent group Friday mornings from 10 am-noon at The Carrot (9351 118 Ave). Join us with your little carrot!

## volunteer

**DEEP FREEZE FESTIVAL**  
Volunteer with us! The Freeze is coming! Email [deepfreezevolunteers@gmail.com](mailto:deepfreezevolunteers@gmail.com) for more info or visit [deepfreezefest.ca/volunteer](http://deepfreezefest.ca/volunteer).

**RCP CASINO**  
Volunteers needed. Thu & Fri, Feb. 4 & 5 [info@ratcreek.org](mailto:info@ratcreek.org) or 780-479-6285

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

**AVENUE VINEYARD CHURCH**  
*A friendly, informal, non-judgmental and safe place to grow spiritually. Traditional Christian values in a non-traditional way.*  
8718 118 Avenue (Crystal Kids building)  
[www.avenuevineyard.com](http://www.avenuevineyard.com)  
Sundays at 10:30 am

**AVENUE CHURCH**  
*A community to belong in...a community to serve with.*  
11739 94 Street (The Studio)  
[www.avenuechurch.ca](http://www.avenuechurch.ca)  
Sundays 10:00 am Coffee Fellowship  
10:30 am Service

**BETHEL GOSPEL CHAPEL**  
*A Bible-based, multi-ethnic fellowship.*  
11461 95 Street 780.477.3341  
Sunday Meetings:  
9:30 am - Lord's Supper  
11:00 am - Family Bible Hour  
Saturdays - Free English Conversation  
Café for immigrants

**EVANGELICAL BAPTIST CHURCH**  
*'Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you... Therefore encourage one another and build each other up'*  
Eph. 4:32, 1 Th. 5:11a  
12317-82 St. 780.474.4830  
Sunday School 10:00 am  
Sunday Worship 11:00 am  
Wed. Study/Prayer 6:30 pm

**ST. ALPHONSUS CATHOLIC CHURCH**  
11828 85th Street 780.474.5434  
Service Times:  
7:30 am - Mass, Tuesday to Friday  
4:00 pm - Mass, Saturday Vigil of Sunday  
11:00 am - Mass, Sunday Main Celebration  
English Classes  
(Seasonal - call for more info.)

St. Vincent de Paul Food Help Hotline:  
780.471.5577

**ST. ANDREW'S PRESBYTERIAN CHURCH**  
8715 118 Avenue 780-477-8677  
Service Times:  
Sundays at 11 am  
A caring and loving church in your community where everyone is welcome.



Calendar sponsored by Norwood Neighbourhood Association

# avenue initiative revitalization YEAR END REVIEW



## Ten years later

2016 will be the tenth year of the Avenue Initiative Revitalization.

Looking back, it's easy to see many successful changes. New streetscaping, store front facades, and increased lighting have improved the look. An active connected community along with a vibrant growing arts scene is changing the perception of the area. House sales and renovations are noticeable throughout the community. An eclectic variety of businesses, fantastic festivals, and arts events draw people to the area from all over Edmonton. Revitalization of the area is not finished. A strong group of committed residents continue to volunteer and advocate for change to keep the area a safe, vibrant community. Everyone has a role to play in revitalizing a community - shop local, be a good neighbour, and get involved.

Judy Allan, Avenue Initiative Revitalization Coordinator - Contact 780.496.1913 or judy.allan@edmonton.ca



### Welcome new N.E.T. member

Meet Gurjeet Sangha, the newest N.E.T. (Neighbourhood Empowerment Team) member from the Northwest EPS division. N.E.T. works to enhance safety in your community. Their work is based on community needs and safety concerns.

Gurjeet is a social worker. She previously worked for Alberta Health at the Glenrose Hospital with seniors. She's excited about her new position. "What attracted me to N.E.T. are the innovative models they use to deal with crime and safety issues."

Gurjeet will be working to engage residents, build positive community partnerships and strengthen community resiliency. She would love to talk to you about your concerns and discuss ideas on how to enhance safety in the community.



Contact 780.499.8987 or gurjeet.sangha@edmonton.ca.



ALBERTA AVENUE  
BUSINESS ASSOCIATION

*Rising up!*

### Alberta Avenue Business Association

Change is the only constant on the Avenue with new businesses opening, others closing, and buildings getting facade facelifts.

In 2015, several new businesses opened. These businesses include Alberta Avenue Medical Clinic in the old Shoppers Drug Mart location, Samosa Cafe on 94 Street, Caribbean's Finest restaurant on 88 Street, Gifted Hands Hair & Fashion on 84 Street, and Go Cafe behind the Wee Book Inn on 80 Street.

Two long time businesses closed. Henry Woudstra of Butte Travel retired after 55 years in business and sold the business. Dimitri of Modern Vac also retired after 30 plus years in business.

ABC Weddings & Rentals completed a facade improvement. The 7-Eleven removed their gas pumps and completed a fantastic interior renovation. Now Qi Creative & Tae Kwon Do is in the midst of adding a second storey and overhauling their building at 94 Street.

Watch for the new business website launching in January 2016 where you can keep up to date and learn more about area businesses at [www.alberta-avenue.com](http://www.alberta-avenue.com).

## Avenue Initiative Matching Grant

The grant supports the community in doing projects that further the goals of revitalization: enrich community life, create safer streets and spaces, grow a thriving economy, and enhance environmental well-being.

#### 2015 Grant Recipients

- |                           |                                    |                              |                         |
|---------------------------|------------------------------------|------------------------------|-------------------------|
| Avenue Party              | Deep Freeze Festival               | Headless Carrot bash         | SkirtsAfire             |
| Bent Arrow Aboriginal Day | Drive In On the Ave                | Kaleido Family Arts Festival | HerArts Festival        |
| Block parties             | Outdoor Movie Night/               | Mother Love event            | SPARKS Art Camp         |
| Bloomin' Garden Show      | Family Fun Time                    | MuttStock                    | Sudan Day               |
| Carrot Garage Sale        | Great Pumpkin Event                | Serca Irish                  | Thousand Faces Festival |
|                           | Hanging flower baskets and barrels | Theatre Festival             | Yule Ave                |

## Upcoming Events

**9th annual Deep Freeze: A Byzantine Winter Festival**  
Jan. 9-10, 2016  
90-94 Street on 118 Avenue  
A festival of art, culture and recreation featuring fairies, elves and ogres  
[deepfreezefest.ca](http://deepfreezefest.ca)

**SkirtsAfire HerArts Festival**  
March 10-13, 2016  
Alberta Avenue Community League (9210 118 Ave)  
A multidisciplinary arts festival celebrating and elevating the work of women.  
[skirtsafire.com](http://skirtsafire.com)

**Serca Festival of Irish Theatre**  
March 16-20, 2016  
Alberta Avenue Community League (9210 118 Ave)  
Bring your family to discover the true meaning of St. Patrick's Day with Irish theatre, music, dance, puppet shows, food and drink.  
[sercafest.com](http://sercafest.com)

